

On yer bike for a smoothie



Valley Community Workspace member Steve Ward gets ready to test out his latest 'blender bike' while shopping for fruit at Blacks Road Green Grocer.

The bike has been made for Well South Dunedin so they can help communities promote healthy eating and exercise messages.

• continued on page 6

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Bank loss would be devastating

A COUPLE of hundred signatures were collected in just four days for a petition calling on Westpac not to close its Gardens branch, but the co-owners of the Garden Seat Café fear it will be too little too late.

Janice Bennett said the shock announcement from Westpac on 12 August about 19 bank closures across the country took people unawares and they had little time to organise a submission against the closure of the branch at the Gardens corner.

She believed local businesses and elderly people living in the valley would be most affected. Many customers at the café had



Garden Seat Café co-owners Denise Bottomley (left) and Janice Bennett discuss the potential impacts on their business and the valley if the Westpac bank were to close.

talked about how banking would be a lot harder for elderly people without a local branch.

• continued on page 6

Ray White **Know How**

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'Spring into Spring' with fun workshop

IT IS time to 'Spring into Spring - boots, bonnets 'n all'. This will be a fun workshop to create spectacular spring bonnets, crazy caps and beautiful boots culminating in a fashion parade complete with afternoon tea and live music.

The workshop will be at 1.30pm on Sunday 24 September at the community rooms.

Bring along a sunhat, gumboots, brollies and whatever you can decorate with spring blossom (and bugs!)

Please start collecting fake flowers, plastic insects and butterflies, etc. They can be dropped off at the community rooms. Gold coin donation please.

—Kaitrin McMullan



Marion McMillan (4) gets into spring mode, decorating bonnets and gumboots with flowers. Photo: Edith Leigh

Craft workshops coming up at workspace

THE VALLEY Community Workspace is planning to hold a series of Sunday afternoon craft workshops with Kaitrin McMullan during October.

The workshops will include Barbie clothes-making, jewellery repair, screen-printing t-shirts and others to that end.

Please start collecting any small containers, match-boxes, beads, etc for Barbie accessories (plus any unwanted Barbie clothes).

Also is there a skilled jeweller out there who can offer some time, please? I am thinking of a workshop to repair all the cheap-but-loved necklaces I have plus to up-cycle. We have the tools and materials but it would be great to have some skills.

Barbie re-dressed at workspace

A workshop to make Barbie clothes for REAL women, for example, Dr Barbie, Barbie the builder, tramping Barbie (as opposed to Barbie the Tramp) and more. Adults please accompany your child, BYOB (Bring your Barbies), \$5 koha per family, Sunday 16 October at 2pm.

Valley Project office hours: Tuesday–Friday, 9am–4pm, closed Mondays and school holidays



The Valley Project is a registered charitable organisation

If you like what we do you can donate at www.givealittle.co.nz/northeastvalley

Halloween volunteers

The Valley Project's popular Halloween Party is coming up at the end of October and we need people to be part of the organisation committee, as well as volunteers to set up on the evening before or to help on the day.

This event was well attended last year, but we need help if it is to go ahead this year.

For further details check out our Facebook page or contact Charlotte at charlotte@northeastvalley.org or 473 8614 on Wednesdays, Thursdays or Fridays.

—Charlotte Wilson (Valley Project community coordinator)

valley voice editor Edith Leigh

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Opinions expressed in the articles are those of the authors and not necessarily shared by the editor, or any member of the Valley Project team. Submitted articles may be edited at editor's discretion.

Lively night a chance to eye up candidates

VALLEY VOICE readers have the chance to eye up in person candidates for the Dunedin City Council at two election forums at Opoho Church.

The forums are timed for around when ballot papers arrive in letterboxes. Prospective councillors with surnames from Jo- to W have the chance to strut their stuff on Sunday 18 September from 7pm, and candidates from A to Je- on the following evening, Monday 19 September.

The forums for council candidates have a long tradition, having been held at the church or hall for each local body election for at least 25 years. Because of the large numbers across the whole city the candidates are now spread across the two evenings.

In 2013 most candidates were able to attend and the church was nearly full on both nights.

The forums are chaired by Opoho resident and church parish clerk Philip Somerville. They have a history of being lively, are strictly controlled with a 10-minute half time, and they finish by 9.10pm sharp. The church is on the corner of Signal Hill Rd and Farquharson St.



Philip Somerville, who is chairing two Dunedin City Council candidates' meetings at Opoho Church, will continue his tradition of wearing silly hats at such forums. He is pictured wielding a water gun from a previous meeting, warning candidates of their fate should they misbehave or go overtime. Photo: Courtesy of Otago Daily Times

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Organise an event to keep the valley beautiful

KEEP NEW Zealand Beautiful clean-up week is on this month from 12 to 18 September. Keep an eye on the

Valley Project's Facebook page for clean-up events in the valley area. Even better, organise your

own clean-up event. All the information and resources you need can be found at www.knzb.org.nz/cleanupweek.

Jane Austen Ball

STEP BACK in time at the Jane Austen Ball on Saturday 17 September at the North East Valley Normal School hall.

Numbers are limited, and tickets are \$20 with a plate. Period or evening attire is encouraged.

To gain experience in period dancing in advance of the ball you are welcome to attend the weekly Wednesday class. Contact Kate at info@frenchdancing.co.nz —Kate Grace

WHICH VOTING SYSTEM?

Different voting systems will be used in October's local body elections.

The Dunedin City Council elections will use the Single Transferable Vote (STV) system.

STV means you rank your preferred candidates, rather than ticking them—as many or as few as you choose.

The Otago Regional Council elections will use the First Past the Post system—whichever gets the most votes wins.

More information about candidates and voting systems is available at www.dunedin.govt.nz/elections

All voting papers will list candidates randomly so that every voting paper is different.

Remember, you have a right to vote. Don't be left out—vote early.

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Quiz night to improve fort

A FUNDRAISING quiz night will help upgrade and maintain the much-loved fort area at Jonathan Rhodes Kindergarten.

The quiz night is an annual event for the kindergarten and there are some great prizes and raffles to be won. The cost is \$5 per person with teams of three to six, and raffle tickets will be \$1.

The quiz night is at 7pm on Thursday 15 September at the North East Valley Bowling Club, 139 North Rd. To enrol a team email jonathanrhodes@dk.org.nz or phone 473 9107. Our new six-hour day is going very well. If you are interested in enrolling your child at kindergarten please get in touch.

—Billie Drummond



Enjoying some play time on the current fort at Jonathan Rhodes Kindergarten are, from left, Rosie Aitken, Finn O'Neill, Akayla Bakker and Alex Thurlow, all 4.

POP-UP artist Painting for enjoyment



Janet Smith working on an artwork

I CAME to New Zealand from Britain in 2002. My art interest before then was making sculptures.

Arriving in Dunedin I tried acrylic painting for a change. I joined different classes and workshops over the years, with tutors who imparted their own brand of knowledge and advice, leaving me to develop my own style. Always interested in abstract art, I have tended towards free style and abstract images.

As well as painting I have enjoyed print making using a variety of methods.

Recently I have discovered the fun of making collages, especially by taking apart works on paper which I no longer need but don't want to throw away. It is good to see old works reincarnated.

Painting remains my favourite medium, and I paint for my own enjoyment.

—Janet Smith

Art Tardis gets a spruce up

The Art Tardis has taken a break while we put in some new windows and gave it a spruce up, but we are now preparing to take art to the streets again!

During August we took part in the OUSA Art Week. This is the third year we have been invited and we were thrilled to be involved.

The work we exhibited this year was an interesting



The Art Tardis in place at the University of Otago campus

piece called 'Stepping into my Shoes' by microbiology student Lucy Huang. Her artwork was made entirely of paper, but was very convincingly real. The Art Tardis had a prime position in the Link building near the west entry.

We will be returning to North East Valley for October so look out for us on North Rd. We have some intriguing pieces lined up for the coming months.

More details about the upcoming artists and their work will be in the next issue of the Valley Voice. If you make art and are interested in showing your work in the Art Tardis please email nothernartery@gmail.com or message the Art Tardis on Facebook.—Jasmine Lamorie

Short films shot at valley locations

TWO SHORT films with North East Valley connections will be premiered in Dunedin on Friday 9 September. Both films were funded by Short Film Otago and both were filmed at iconic locations in the valley.

Famous, directed by valley resident Sue Marshall, stars Hamish O'Malley who, at the time of filming, was a student at Dunedin North Intermediate, and Pippi Miller, a valley girl and former graduate of Logan Park High School. The executive producer was Stephen Downes of Pine Hill. The film was shot entirely in the valley using the old and wonderfully atmospheric tannery.

The second film, *On the Other Side of the World*, a WWI drama written and directed by Phil Davison and co-produced with Sue Marshall, was filmed at Chingford Stables, converted for the filming into a French farmhouse.



On location in North East Valley are, from left, Anna Wilde, Phil Davison and Sue Marshall.

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WHAT IS IMPORTANT TO YOU IN OUR COMMUNITY?

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AS MANY of you will have read in the *Valley Voice* over the past several months the Valley Project is facing a new funding future. We will be seeking new funding relationships to continue to strengthen and develop what the Valley Project has been doing.

As we are a community-led organisation we want to hear from you about what you want our priorities to be.

Our action plan has been developed in previous years by the community and incorporates all these themes:

- community collaboration
- connecting our community
- education and lifelong learning
- environment
- housing
- social inclusion
- cultural development
- economic development

Under each of these themes there are a number of activities that have become our core work.

We would really appreciate to hear from

you how important these activities are to your sense of community.

Everybody who fills out our form and returns it to us, either physically or online, will go into the draw for a free coffee at The Grid or a free disc golf frisbee.

Watch out for some pop-up feedback op-

There are lots of ways to make sure your voice is heard

- Fill out this form and drop it into the Valley Project office at 262 North Rd
- Post it to PO Box 8118
- Go to this link to fill it out online: <http://bit.ly/2aYwZnQ>
- Email us at project@northeastvalley.org
- Take a photo of your completed form and message it to our Facebook page

portunities during the month of September. Join us for a free morning tea on the International Day of Democracy on Thursday 15 September at the community rooms, or find us outside the New World Supermarket on Saturday 24 September. Have your voice heard in helping us shape the future in the valley.



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Possible bank closure a shock

• continued from page 1

THIS IS also the closest bank for many people in outlying areas, such as Wai-kouaiti and Palmerston. Often busloads of older people come to the Gardens shopping area as it has everything they need in one small area - a supermarket, pharmacy, bank, post office and the café. The public were given less than two weeks to make submissions to Westpac on

the proposed closures. Submissions closed on 24 August. Decisions from Westpac are expected by the end of September. First Union communications advisor Morgan Godery says: "In most branches across the country people are feeling pretty gutted that this has come out of the blue."
—Edith Leigh

Blender bike to make smoothies

• continued from page 1

Well South health promotion specialist Sophie Carty says the blender bike is available for community groups and schools to use at events, such as fairs, for free. "The kids always really enjoy them."

Steve says he converted an old exercycle and he had to experiment with attaching the blender. It works very well, even easily blending frozen fruit, he says.

Community consultation: Please complete

Please rate these activities for how important they are to your sense of community:
 1-very important 2-important 3-of little importance 4-neutral or not relevant

Valley Voice 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Community education and workshops 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Facebook page 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Love the Lindsay - Creekfest & more 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Community rooms 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Community arts 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Building tools, resources & process for community-led development 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Cosy Homes - free window film, supporting people to create warmer homes 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Support for community initiatives 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Cosy Homes - education workshops 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Multicultural Women's Group 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	FoodShare support 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Multicultural computer classes 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Community Gardens support 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Valley kapa haka group 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Matariki Hunga Nui - free community hangi 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Support for the Valley Community Workspace 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Halloween party 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Supporting local businesses 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	Community events in general 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>
Community dinners 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	THANK YOU FOR COMPLETING THIS SURVEY. FILL IN YOUR DETAILS BELOW TO GO INTO THE DRAW FOR A FREE COFFEE FROM THE GRID OR A DISC GOLF FRISBEE

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River



AGE: 8-10 month old female

BREED: Tabby/Tortie cat

PERSONALITY: shy at times, but friendly

LOVES: a calm environment

River can be a little nervous and will sometimes shy away from swift movements, but she is curious and usually tries to get to know visitors that come to the SPCA adoption unit. She was so named after being found near a river in North Otago, possibly abandoned there. We would recommend a quiet home with a gentle owner who will cherish this special young girl. If she can enjoy a calm environment without excitable children, we believe River will really come out of her shell and become a friendly companion to her nearest and dearest.



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Pearl & Topaz



AGE: 3 month old females

BREED: Dalmation/Staffy crossbreed

PERSONALITY: super cuddly & playful

LOVES: wiggling & chewing

The photo says it all - these little girls are just too cute for words! They arrived at the SPCA with their two sisters, Amber and Opal, and we do not expect the litter to hang around for long at all. All four have lovely, sweet natures and will be an adorable addition to any family. They are at the perfect age for training, so prompt entry into puppy school is highly recommended. Otherwise they're at the stage where you can just have fun and enjoy their roly-poly cuteness. And don't forget to hide your slippers away.



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Impressive line-up for Environment Festival

AN IMPRESSIVE line-up of speakers is leading Monday evening sessions at the Opoho Environment Festival this spring.

The festival and its sessions are at the church in Opoho, with the public warmly welcomed. It runs from September 5 to October 10.

Organiser Abby Smith says the festival coincides with the "creation" season in the Presbyterian Church, "where we focus on the wonder of the world around us, and our relationship with it".

Otago Museum director Ian Griffin, an astronomer, discoverer of minor planets and public spokesman on scientific matters, is among the speakers.

"We welcome everyone and anyone to join us in our journey of deepening understanding of our place in nature and the world," Prof Smith says. Visitors are also encouraged to view the environment-themed artworks that will hang around the church during the festival.

Opoho Presbyterian Church is on the corner of Signal Hill Rd and Farquharson St, on bus routes 11 (day) and 7 (evening) from the Octagon. The festival sessions all start at 7pm and are followed by tea and coffee.



Opoho Environment Festival organiser and marine scientist Abby Smith with her collection of marine rocks and shells. Photo: Edith Leigh

Regular services, including "creation" themes, are at 10am on Sundays and more information can be found at www.opohochurch.org

Festival speakers

Monday 5 September: Conservation in the Community, Opoho parishioner and evolutionary geneticist in the zoology department at the University of Otago, Hamish Spencer.

Monday 12 September: Joys of Urban Bees, Murray and Heidi Rixon of Rentahive, Mosgiel

Monday 26 September: Making a real difference: Christian living for a sustainable world, Phil Scadden of Opoho

Monday 3 October: Our Oceans, Our Future, marine scientist and head of the marine science department at the University of Otago, Abby Smith

Monday 10 October: Stars, Space and Light, Otago Museum director Ian Griffin

Letter to editor: Support teachers

I WAS very pleased to receive a letter from Dunedin North Intermediate school today, informing me all teachers belonging to these unions would be stopping work to attend the NZEI Te Riu Roa & TPPA union meeting, and inviting us as parents to support them by keeping our children home on the afternoon of 6 September.

As parent I value the labour of teachers, appreciate and value their contribution to my daughter's education, and that of the children in our community.

I am concerned about education cuts, and I see the value in supporting our teachers to have better working conditions, because education is fundamentally important.

I hope that as many teachers as possible attend, and that parents are able to keep their children out of school at this time in solidarity with the workers we trust with our children's education every day.

—Olive McRae, Unite Union Otago/ Southland organiser

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your local guide

Plunket

Plunket Clinic now at the North East Valley Community Hub, 262 North Road

Phone Lou, Plunket Nurse for an appointment
027 675 3259 or Plunket Area Office (03) 474 0490

Plunketline 24/7 0800 933 922

Like us on Facebook—Otago Plunket

Plunket's vision is Together,
the best start for every child.
Mā te mahi ngātahi, e puāwai ai ā tātou tamariki.

Need an MP?

Dr David
CLARK
MP for Dunedin North

P 03 474 1973 | F 03 474 9913
32 Albany Street, Dunedin
(Next to The Cook)

david.clark@parliament.govt.nz
labour.org.nz

Authorised by David Clark,
Parliament Buildings, Wellington



Labour

Nau mai, haere mai
Metiria Turei
Green Party MP

Dunedin Office
5th Floor Burns House
10 George St
Please phone
for appointment
03 477 8502

Authorised by Metiria Turei
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473 8614
voice@northeastvalley.org

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Wild winter whirlers enjoy folk dance



Two dance groups, Folk Dancing for Fun and Three Left Feet got together to celebrate winter with pot-luck footloose dance in the dark. Great fun was had by all at this folk dance fiesta. If you would like to be part of these dazzling dancers then come along to the Valley Baptist Church hall on Fridays from 10–11.30am. Phone Yvonne Reid on 455 2406 for more info. Photo: Kaitrin McMullan

NURTURE & NATURE

A day of wellbeing and exploration at Orokonui Ecosanctuary. Join together for an all-level Hatha yoga and relaxation with Phoebe of Southern Light Yoga, silent walking meditation with Sharee and a segment of healthy eating classes with Hagar Ozri, The Organic Cook. We will have fresh juices, herbal teas, healthy snacks and a spring-seasonal plant based dinner to end. Cost \$80, hagar@hagarozri.co.nz, nurturenaturesite.wordpress.com

Looking for WORK?



Would you like assistance in a supportive environment? Workbridge is a free specialist employment service. We assist people by working one on one for job opportunities which leads to employment and support on the job. If our agency sounds like you, please feel free to call us. For more information call our free phone 0508 858 858 (Dunedin) or landline 477 0877 and talk to Mandy or Sue. Criteria will apply.

church services

Salvation Army, 43 North Rd, Nitechurch, 6pm

Sacred Heart Catholic, 89 North Rd, Mass 9.30am

Glenaven Methodist, 7 Chambers St, 11am

Pacific Island Presbyterian, 160 North Rd, English 11am on 1st, 2nd and 3rd Sundays; Cook Island 9.30am; Samoan 11am, 4th and 5th Sundays

Anglican: St Martin's, 194 North Rd, 10.45am

St Thomas', Raleigh St and Pine Hill Rd, 4pm

Opoho Presbyterian, 50 Signal Hill Rd, 10am

NEV Presbyterian, 224 North Rd, 9.30am cafe service

St Mark's Presbyterian, 304 Pine Hill Rd, 10am

NEV Baptist, 270 North Road, 10.30am.

community garden working bees

top paddock behind North East Valley Normal School

Sunday 4 Sep
1pm–4pm

Saturday 10 Sep
9am–noon

Sunday 18 Sep
1pm–4pm

Saturday 24 Sep
9am–noon

for families, kids & teens

DUNEDIN TOY LIBRARY

A vibrant toy library for children from birth to 7 years. Huge range of toys, ride-ons, dress ups, puzzles, games. St Martin's Hall, Northumberland St, 10–11am Wed, 10–11.30am Sat.

FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children, email gabrielle.david@gmail.com

MINI MUSIC GROUP

Preschool music and movement session, 9.15–9.45am, Mon, Nga Maara Hall, Sacred Heart School, school terms, gold coin. All welcome.

MT CARGILL GIRLGUIDES

Pippins, brownies, guides and ranger groups in the valley. More info on Facebook or Ph Eileen 476 1813.

NEW PARENTS' GROUP

Coffee group for parents with babies, 11.30am–1.30pm, fortnightly Mon. 5 Sep, botanic gardens picnic, BYO food, meet at playground. 19 Sep, Mosgiel playground, BYO food, ph for carpooling/transport options. All welcome. Ph Charlotte 473 8614 or 027 476 1066.

OPOHO PLAYCENTRE

Sessions for 0–6 year olds, 9am–noon, Mon–Fri, school terms, 28A Signal Hill Rd. Visitors welcome. For more info ph 473 0819 or email opoho.playcentre@yahoo.com

OPOHO SCOUTS

Keas, 5.30pm–6.30pm, Tues; Cubs, 6pm–7.30pm, Thur; Scouts, 7pm–8.30pm, Wed. Opoho Scout Den, Ph Kevin 0800 SCOUTS.

PLAYGROUP

Leith Valley Church, Malvern St, 10am–noon, school terms. Ph Julia 027 635 8181.

PREGNANCY YOGA

Move & breathe your way towards a positive birth with experienced yoga teacher & birth educator Uschi Heyd, ph 027 360 0238, 473 0393 or visit www.birthcircle.org

PRESCHOOL MUSIC

At Opoho School, 9am–9.30am, Fri, during school term, Room 3, gold coin, drop in, Ph 473 8019.

RUDOLF STEINER

Playgroup in Pinehill, 10am–noon, Mon, Thur and Fri (Te Reo Māori group), 351 Pinehill Rd, \$3 koha & piece of fruit, Ph Steiner School 471 2163.

SPACE PROGRAMME

Programme to support new parents through first year of child's development (Supporting Parents Alongside Children's Education). Valley Baptist Church. Contact Amy on 473 0014 or space.valleybaptist@gmail.com

NEV PLAYGROUP

Come along with your children 0–4 years, Baptist Hall, 270 North Rd, 9am–3pm, Tue, Wed. Ph Michael 473 0572.

ZUMBA

All welcome with or without children, qualified instructor Liana, 11am–noon, Mon, Baptist Church

fitness & health

CLASSIC YOGA

Move, breathe & relax with professional yoga and meditation teacher Uschi Heyd. Classes start in March, www.birthcircle.org/yoga-classes for more info.

CONTRA DANCE

7.30pm, Mon, \$3, 52 Dundas St. Ph 473 8640 for more information.

DUNEDIN ACROYOGA

Combining acrobatics and yoga, no partner needed. Beginners classes available. 6–9pm, Tue, Opoho Presbyterian Church, 50 Signal Hill Rd. Find us on Facebook or email joooske@gmail.com

DUNEDIN BMX CLUB

Race night, Forrester Park BMX track, 6pm, Thu.

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am–11.30am, Fri, \$3. Ph Yvonne 455 2406, stureid1@yahoo.co.nz

INDOOR BOWLS

Friendly games, 1pm start, Thur, NEV Bowling Club, 139 North Rd. Ph Jack 473 9565 or Sean 473 8822.

HISTORICAL DANCE

Explore European dance from the medieval era to the late 19th century. Historical dance workshop, 2nd Sun each month, 10am–noon, Nga Maara Hall, 63 North Rd. Beginners welcome, \$10, www.frenchdancing.co.nz

LEARN TAEKWONDO

Korean martial art, supportive environment. Training Mon, Thur, NEV Normal School hall, 6pm–7.30pm. Ph 027 412 5770 or dunedinolympictkd@hotmail.co.nz

MEDITATION

Meditation and mindfulness afternoon workshop every two weeks, ph 021 035 2392, www.meditatenz.com

OPOHO BOWLING CLUB

Dunedin's friendly little club on the hill. Become part of our lawn bowling community, club day 1.30pm, Mon. Ph Paul and Bridget 471 0743.

PARKRUN

A free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at café, 8am summer, 9am winter. Go to parkrun.co.nz for more info and to register & get your personal barcode.



Classifieds and community notices (for non-profits)

CHANGING WAYS

Lose weight without dieting

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www.changingways.co.nz

THAI MASSAGE

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20 years experience and Thai trained, here in NEV

By apt only
Ph Heidi on 473 6256 or 021 174 9290

GARDENS PHYSIOTHERAPY CLINICAL PILATES

Beginners Pilates

Fridays 9.30am-10.30am

Levels 1-2 Pilates

Tuesdays, 11.30am-12.30pm

Fridays, 1.15pm-2.15pm

\$15 per session/\$72 six sessions
www.gardensphysio.co.nz

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www.bodymindqi.com

QIGONG

Interested in Qigong? Classes in Yuan Gong, a style of Qigong. Ph Ans 473 6114, 027 756 8383,

yuangongdunedin@gmail.com or Jay 027 584 4537, www.bodymindqi.com

SELF DEFENCE COURSES

For women and girls, learn simple ways to use your mind, body and voice to keep safe. Contact Imogen to arrange evening or weekend course, ircoxhead@gmail.com

SPAN NEV

Stretch'n'flex, gentle low-impact exercise, St David's Presb Church lounge, 10am-11am, Tue, over-65s \$3. Ph 473 9311.

STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, NEV Baptist Church, 10.30am-11.30am, Mon, and Pine Hill School Library, 11am, Thur.

THREE LEFT FEET

Social dance group, no experience or partners necessary. European dance-folk and traditional, \$5 or \$7.50/couple, Nga Maara hall, 6pm-7pm, Thu. Ph Marilyn 473 7829.

YOGA IN THE VALLEY

Instructor Adair Bruce, DNI tech block, 6pm, Mon-Fri, \$5 waged, \$4 unwaged; St David's Church, cnr James St & North Rd, 9.15am, Mon, Wed, Fri, adairbruce@hotmail.com

further education

COMPUTER CLASSES

Free class, 9.30-11am, Tues, community rooms, 262 North Rd. Tutor Rob Tigear. Ph Aife 473 8944 for info.

FREE LITERACY COURSE

For more information contact Ana & Marg at Literacy Aotearoa, 477 2055.

SEA OF FAITH

Highgate Church Hall (cnr Drivers Rd and Highgate), 3-5pm, fourth Thur each month. Enquiries ph 473 0031.

LEARN ITALIAN

Planning a trip to Italy this year? Fun, communicative lessons with qualified, experienced teacher. Ph Samantha 021 0831 8408.

ITALIAN CLASSES

Exp teacher, native speaker of Italian (PhD Linguistics), ph Antonella 473 0832 or 027 341 8312,

antonella.vecchiato@gmail.com, www.italianclasses.co.nz, Benvenuti!

LEARN ENGLISH FAST

English for daily life and work, free. Contact Paul or Tamara at English Language Partners 477 7261, dunedin@englishlanguage.org.nz

art, craft & music

ARTYFACTS

Art group for support and motivation, bring your own work, 9.30am-noon, Wed, free. Ph Patricia 473 1494.

ART CLASSES

For all levels, casual attendance welcome, tutor Anneloes Douglas, community rooms, 10am-noon, Thur and 6pm-8pm, Fri. Ph 027 307 7034, 467 9993, anneloes.douglas@xtra.co.nz

ART CLASSES

Continuous class, newcomers welcome, 1pm-3pm and 7pm-9pm, Wed, St David's Church, \$15 per session. Ph Friederike 482 2025.

ART FIBRE DUNEDIN

Bring lunch and requirements, 10am-3pm, second Sun each month at the community rooms, Ph Viv 473 0343, www.artfibredunedin.blogspot.com

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

KNITTING SQUAD

BYO knitting or crocheting, or come & learn, community rooms, 1pm-3pm, Wed. Ph Marjory 473 7751.

QUADRILLE CLUB

We are looking for musicians to collaborate with the Quadrille Club on an informal basis. Our dance repertoire is mostly from the 18th/19th centuries. Contact Kate at info@frenchdancing.co.nz

SOUNDS NOR'EASTERLY

Do you enjoy singing with a group? Why not join your local community choir? All ages and abilities welcome. DNI design lobby every Tues, 7.30-8.45pm. Email Clare for more info clare-n-don@clear.net.nz

WWI & II RE-ENACTMENT

Re-enactment group looking for new members. We do displays and battles at events like the Wanaka Airshow.

Ph Karl 021 244 4119 or kurtz@ihug.co.nz

community groups

BIKE WORKSHOP

Get help to repair or tune-up your bike, use our workshop, bikes available for koha. 3.30pm-5.30pm, Tues, and 10.30am-1.30pm, Sat, Valley Community Workspace, 11 Allen St.

DUNEDIN MAKERSPACE

Work on project, watch others and chat, 1pm-5pm, Sat; organised talks, 7pm, Thur, Valley Community Workspace, 11 Allen St.

ENLIVEN DAY CLUB

Ross Home, drivers and help with activities needed, light food preparation. Tues, Wed & Fri. Ph Maybank 473 0890.

LADIES' PROBUS CLUB

Meets 10am, Mon, NEV Bowling Clubrooms. New members welcome. For more info ph 455 6683.

MEN'S PROBUS

NEV bowling club, 10am, 2nd Mon each month, new members welcome. Ph Don 473 7544.

MULTICULTURAL GROUP

Women's multicultural group, make new friends, speakers, cooking, outings. Community rooms, 10am-noon, Fri, ph Aife 473 8944.

PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café, last Wed of each month. Ph Carolyn 477 7115 for more info.

NORTH DUNEDIN SHED

Older or retired men wanted to help in workshop environment. Have trade experience or just want to work with tools? Sat mornings Bonnington St over bridge. Ph Paul 474 0060.

OPOHO EUCHRE GROUP

OpoHo Bowling Club, 1.30pm, Wed. Ph Roy 473 7162.

COMMUNITY NOTICES

Priority given to valley groups, email voice@northeastvalley.org Please keep notices brief. They may be edited to fit the space.

ELECTRIC BIKES

for sale

On display at the
Valley Community Workspace
11 Allen St

Ph Nathan Parker 027 214 8294 or Facebook Blueskin Bikes for free trial appointment and advice

trading corner

BABYSITTER

Hi, I'm a 21 yr old looking for babysitting jobs. I have a few years experience & a restricted licence. I have worked in a centre and currently work for a babysitting agency. Ph or txt Kelly on 027 697 9194.

COMPUTER SERVICES

Trouble-shooting, tuition, low rates. Ph Dave 473 9542, 022 635 9414 or email davemaxz@actrix.co.nz

PEASTRAW FOR SALE

\$10 per bale. Pick-up or small delivery charge. A fundraiser for North East Valley Normal School. Ph 021 0849 9662 or nevpeastraw@gmail.com

FIREWOOD FUNDRAISER

North Dunedin Shed, cut up demolition timber, dry, untreated, good-burning hardwood. Pick up \$40/cubic metre Sat morning, ph Paul 474 0060.

HOUSEMINDER AVAIL

Houseminder available, 10 yrs experience minding your pets and plants. Mature male (53), non-drinker, non-smoker. Ph Jeffrey 027 446 7915 or jeffreyhrobinson@yahoo.co.nz

WANTED IN OPOHO

Cook for 2hrs/week on Mon or Tues, prefer afternoon. Housekeeper for 1hr/week, time flexible. Ph 021 039 5899.

WANTED TO BUY

We are looking for a family home in NEV or OpoHo. We can complete a sale within a few weeks, as we are cashed up and renting on a periodic lease. If you are considering selling contact Keri 021 0279 3683 or kremdelakremlin@gmail.com

Parkrun a worldwide weekly event



Runners and walkers finish a weekly timed 5km run/walk at the Dunedin Botanic Gardens.

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 where children can be children

PARKRUN IS a free, fun, weekly timed 5km run/walk held every Saturday in 14 different countries, including 15 locations in New Zealand.

Dunedin parkrun has been in action for over two years and welcomes runners and walkers of all abilities (for safety reasons children under 11 must be accompanied by a parent or guardian).

Volunteers from the parkrun community put on the event each week and the meeting place is by the café in the Dunedin Botanic Gardens (9am in winter and 8am in summer).

It's easy to take part: you just register at www.parkrun.co.nz, then print a personal barcode from the email you will receive and bring it along each time you run or walk. This will mean your time will be emailed to you shortly after you run or walk.

After you have registered once you can take part in any parkrun in New Zealand and anywhere in the world where parkrun is held, and as long as you remember to bring your personal barcode along you will receive an emailed time.

After parkrun each Saturday lots of people like to gather in the Croque-o-dile café for a coffee and a chat so it's a great way to get to know other parkrunners.

From time to time we have special events such as Halloween and Christmas themes where you can dress up if you like, and on 22 October this year we will have our first tutu run. In January each year we also celebrate our anniversary with cake, and this year there was a special New Year's Day event.

Find us at www.parkrun.co.nz/dunedin or on Facebook (just search Dunedin parkrun). Please feel free to send any queries through to dunedinoffice@parkrun.co.nz.

—Tania Hollis and Christine Montgomery

Aaron Hawkins
 for Mayor and City Council

Marie Laufiso
 for City Council

Pat Wall
 for Regional Council

what's on calendar

environment festival
 Monday evening sessions at Opoho Church, 7pm, 5 September to 10 October.

kindy quiz night
 Support Jonathan Rhodes Kindergarten, teams of 3–6, cost \$5/person, 7pm Thursday 15 September, NEV Bowling Club

Jane Austen ball
 Saturday 17 September, at NEVN School hall. Period dress or evening attire encouraged. Tickets \$20.

candidate forum
 Hear from Dunedin City Council candidates. Sunday 18 September and Monday 19 September, 7pm–9.10pm, Opoho Church

boots 'n bonnets
 Crafty workshop and fashion parade, 1.30pm, Sunday 24 September, community rooms.

Vote **GreenDunedin**
 before October 8
dunedin.greens.org.nz
 Authorised by Aaron Hawkins, Level 5, 10 George St, Dunedin