

# Smart ideas bagged



AN INITIATIVE to reduce plastic bag use by having freely and easily available reusable bags in retail stores will be trialled in North East Valley.

- Read the full story on page 5
- Turn to page 6 to read about a local teacher's initiative to reduce the use of Gladwrap

*Bags for Good coordinator and North East Valley resident Tess Trotter looks forward to a Valley workshop to make reusable bags to be used in the Valley community, while Curtain Bank machinist Marilyn Cook volunteers her time to sew bags.*

*Photo: Edith Leigh*

# Better bus services for North East Valley

BUS SERVICES will increase in North East Valley next month with more buses planned for evenings, weekends and on public holidays.

Other big changes in the pipeline to make bus services more user-friendly include the edition of bike racks, real-time bus tracking and the ability of all buses to 'kneel'. The full extent of the timetable changes are available on the Otago Regional Council website.

By the end of next month access to bus

services will be easier for people with disabilities as all buses will have the ability to 'kneel', which lowers the front of the bus so there is not a big step to negotiate.

All urban buses will also be fitted with bike racks, which will be especially helpful to those who like riding down Dunedin's hills but who may prefer not to ride up them.

Real-time bus tracking is under development and will give the actual location of the bus a person is waiting for online. An upgraded ticketing system is also under

development to be released next year.

Dunedin's bus services are managed by the Otago Regional Council. On average 6000 bus trips are taken daily in Dunedin. The changes will bring the Dunedin bus experience into line with the expectations of 21st-century bus users.



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**Project  
NEWS**

# Dragons Den ideas

A RECENT project featuring poetry and photographs of the Otago Peninsula has inspired local resident, artist, writer and graphic designer Jenny Longstaff to pitch an idea for a similar book about North East Valley at the Valley Project's upcoming Dragons Den event.

Jenny says she would use her skills to write, photograph and design the book while all proceeds from its sale would be locally utilised. The project would need seed money to cover the printing cost which would be recouped through sales, says Jenny.

Dragons Den organiser Rob Thomson says all ideas will be welcomed, ranging from selling ice-creams on Baldwin St to a gondola up the valley.

The Dragons Den event has been set

for Thursday 14 September, so start getting your ideas together. You will need a one-page brief on your idea, including a budget, and to make a presentation to our four judges. There will be a cash prize for the winner as well as a people's choice award. For more information or to discuss your idea, contact Rob Thomson on [robthomson@northeastvalley.org](mailto:robthomson@northeastvalley.org)



Local artist, writer and graphic designer Jenny Longstaff would love to put together a similar idea for North East Valley as her Otago Peninsula poetry and photography book and will be pitching the idea at the Valley Project's upcoming Dragons Den event. (To purchase a copy of her Otago Peninsula book contact [j.a.longstaff@gmail.com](mailto:j.a.longstaff@gmail.com) or phone 021 132 6053.)

## Fantastic local business response to Valley Card

WE HAVE had an amazing response from local businesses keen to be a part of the Valley Project's Valley Card initiative.

The Valley Card will be a discount card that can be used at local businesses and services. Cards will cost \$20 to purchase (\$10 for unwaged/beneficiary) with all money from the sale of cards going back into activities and events in North East Valley.

This fantastic initiative is a win-win for everybody. Those who purchase a card not only get some great deals, they are also giving back to their local community and helping our local businesses and services grow their market base. There will also be an opportunity to pur-

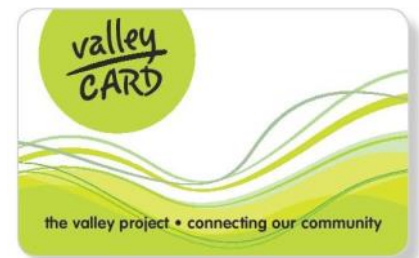
chase a card for another family who are struggling.

Keep an

eye on our Valley Project Facebook page for the launch date of the Valley Card.

If any other businesses or tradespeople want to be involved, please contact Rob at [robthomson@northeastvalley.org](mailto:robthomson@northeastvalley.org)

—Rob Thomson, Valley Card coordinator



**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](http://www.givealittle.co.nz/northeastvalley)

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**T** (03) 473 8614 **M** 021 214 4075  
**E** [voice@northeastvalley.org](mailto:voice@northeastvalley.org)  
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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.

# Fast-track replacement for 16 poles

AURORA ENERGY still have 44 power poles to replace in the greater valley area as part of its "Fast-Track Pole" programme but it was 'timber' for two rotten poles outside Northeast Valley Normal School last month.

The two new wooden poles were erected on North Road and Longworth Street.

Aurora Energy Fast-Track Pole programme director Godfrey Brosnan says they are focused on removing the risk of 2910 power poles identified as high priority on their network.

There were 210 poles identified for replacement in the Northeast Valley, Opoho and Pine Hill areas.

"To date, we have removed the risk of 166 high-priority poles in the area. Of the remaining 44 poles, 16 are condition zero and 18 are condition one."

Condition zero poles will be replaced within three months and condition one poles within 12 months.



Workers installing new power poles near Northeast Valley Normal School as part of Aurora Energy's Fast Track pole programme.

Felix Street resident Glenda Jack says a pole had been replaced in her street last year. "The power pole had rotted at the bottom. It must have been there for decades," she says.

Ms Jack says if the poles had been maintained more regularly they wouldn't have had this problem. "I could be wrong. They may have a maintenance plan."

"Everything wears out, doesn't it. You have to replace them eventually."—Julie Howard, volunteer Valley Voice reporter

## Generous donation

THE LOVELOCK ENVIRONMENT Society Incorporated warmly invites all interested people to our Annual General Meeting at 7.30pm on Monday 7 August in the Morrison Lounge of the Opoho Presbyterian Church in Farquharson St.

We would really appreciate your support. Our membership fee is \$2.

We thank the people who generously responded to our request in May for financial help to pay the Dunedin City Council rates for the Opoho tennis courts.

We have received a very generous donation from a family with a long association with the tennis courts which will help us immensely with any maintenance required.

—Fiona Stirling

## BE COMMUNITY-LED

IDEAS & STRATEGIES FOR COMMUNITY ENGAGEMENT



A workshop to explore community-led strategies based on the Valley Project experience in North East Valley

community-led strategies  
community events  
social media for community



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# Number 19 preserved for patron

ANY WINNINGS from the Normanby Tavern's meat raffle number 19 will now benefit the Valley Project's "Kai Share" food box service, after publican Richard Dagg decided to permanently buy the ticket number in honour of a customer.

Mr Dagg says Gwen Miller, who was in her 80's, was a regular customer and had died recently.

"She was a valley icon really."

She would box his ears if he did not buy, or keep aside number 19 for her, he says. "She was a hard case."

He has decided to permanently buy the number 19 meat raffle ticket so that Gwen would be a part of the place for as long as they were running the tavern, he says.

Already the tavern has four meat packs aside for Kai Share. Gwen would have loved knowing that they have made Kai Share the beneficiary of her ticket, he says.

Kai Share is not the only beneficiary of the Normanby Tavern owners' community spirit. Te Whare Pounamu Dunedin Women's Refuge will also get a helping hand from the tavern's owners.

They have introduced a new monthly Ladies' Night, and raffle money collected on these nights will be donated to the women's refuge.

The tavern's first Ladies' Night was held in



Photo: Julie Howard



Normanby Tavern owners Richard and Susanne Dagg show their community spirit, while Gwen Miller, pictured here as the winner of best-dressed at a pyjama party-themed Ladies Night, one of her last night's out before her recent death.

March. Nearly 50 women came and \$190 was raised. The raffles included donations from Blacks Road Greengrocer and Mainfreight. Richard and Susanne Dagg took over the tavern earlier this year, alongside the bistro they had previously been running.—Julie Howard, Valley Voice volunteer reporter

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## Church lounge available to groups to help foster community spirit

THE ST MARTIN'S Anglican Church lounge is available for community meetings and groups.

The church is centrally located in North East Valley at 194 North Road. Valley groups and individuals are welcome to hire the St. Martin's lounge for meetings or events.

The easily heated room seats up to 30 with tea and coffee facilities, good natural light during the day and fluorescent light at night. There is also a piano for those who like to have music.

The space is currently booked on Wednesday evenings, Thursday afternoon for the All Saints Fruit and Veges distribution, and Sunday morning.

The church requests a donation of \$25 for up to two hours, with rates negotiable for longer events.

We are happy to share our space and foster the valley community spirit. The donation helps us cover electricity and maintenance costs, but we hope it will also prove affordable.



The St Martin's Anglican Church lounge which is available to community groups for a small donation.

# Bags for Good to start in North East Valley

A GROUP of dedicated volunteers is committed to reducing plastic bag use in Dunedin by making it super-easy for people to pick up reusable bags made from recycled material.

The Valley Project is partnering with Bags for Good to run a workshop making reusable bags at the community rooms on Saturday 5 August.

Bags for Good coordinator Tess Trotter says the bags from the workshop will be

used for a trial run at Blacks Road Greengrocer. They will be freely available for people to use and then either keep using or return on their next shopping trip to the greengrocers.

The Bags for Good team wants to focus on the positives of reducing plastic use and make it really easy for people to use reusable bags and for retailers to provide them.

They want the project to become

community-led and will support and encourage community groups to organise their own workshops. They can supply knowledge, help, the pattern and material.

North East Valley will be the first community to get involved. The workshop runs from 10.30–12.30pm and will be lots of fun, says Tess. More information can be found on the Bags for Good Facebook group.—*Edith Leigh*

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## school NEWS

# Predators enticed to leave mark

IT'S BEEN  
an amazing

few weeks meeting families living within the North East Valley area to discover the different predators visiting their gardens.

As part of the Open Valley Urban Ecosanctuary project, we are embarking on a journey to enhance the local native birdlife, starting with finding out what wildlife already lives here and visits us.

We are currently focusing our efforts on finding which predators live here, by creating garden maps and enticing predatory animals into tracking tunnels with peanut butter. In the tunnels they leave their footprints, biting corflute chew cards filled with a peanut butter mix to leave bite marks, and move in front of motion-sensitive cameras as they smell sardines.

This term Opoho, North East Valley Normal, Dunedin North Intermediate and Pine Hill pupils will use their predator knowledge from term two to review the equipment and discover which predators have visited their gardens.



Opoho School pupils enjoy a session with Open Valley Urban Ecosanctuary educator Clare Cross (back, centre). Pictured are, back from left, Lucy Ireland (6), Sophia Smillie (7), Clare Cross, Arlia Davies (6), Max Hambleton (6) and Rowan Hamilton (6), and front, from left, Salma Johannessen (7), Hannah Schoenleben (6), Oscar Ross (7) and Frank Muir (7).

Next, they will learn about birdlife within the valley and venture out to Orokonui Ecosanctuary to discover the birdlife and habitat there.

We have teamed up with Otago Polytechnic to develop workshop materials to be delivered at Mitre 10 Mega, our sponsor, during the next school holidays in September and October.

—Clare Cross, Open Valley Urban Ecosanctuary educator

## Reusable food covers reduce plastic use

A LOCAL school teacher has used no gladwrap and a lot less plastic since she embarked on a venture to make reusable food covers.

What began as a personal experiment has blossomed into a small business venture, called Cover Up Honey, for Jane Hesson, who is a teacher at North East Valley Normal School.

The wraps, which are colourful pieces of material soaked in a mixture of beeswax, coconut oil and pine resin, can be used to wrap sandwiches, fruit, cheese, bread and other foods, cover bowls of leftovers in the fridge, take food to a barbeque and more. The wraps are reusable and easy to clean.

It took a lot of experimentation to get the right quantities of wax, oil and resin to give the wraps the right amount of 'grip' so they stick to the edge of containers. The warmth of a hand pressed around the edges helps them to mold and stick to containers such as bowls and jars.

Cover Up Honey's can be purchased at Black's Road Green Grocer or at the Otago Farmers Market on Saturday mornings.—Edith Leigh



North East Valley Normal teacher Jane Hesson displays her Cover Up Honey wraps.

# Quiz night to raise the roof



Enjoying some playtime in Opoho Playcentre's glass/sun room area are, left, Ida Beattie (3) and Esme Wilkinson (1). The centre is fundraising to address leaks in the area.

**THE CHILDREN AT** Opoho Playcentre love the glass-roofed collage and painting area of their building where, even on the coldest of Dunedin days, they can see the sky and look up at the birds.

But for months now, the not-for-profit parent cooperative has been battling a series of increasingly serious leaks. The glass roof requires a major overhaul currently beyond the centre's financial means.

To help this project Opoho Playcentre will hold a fundraising quiz night on Sunday 6 August at the Kensington Tavern, starting at 7.30pm.

There will some amazing prizes up for grabs as well as a fun midwinter's evening out and a chance to pit your knowledge against others.

Opoho Playcentre has provided North Dunedin families with a supportive play-based early childhood experience for over 50 years. Parents and children play and learn alongside each other, with parents' life experiences contributing to the knowledge that is shared. For more information or to register a six-person team, contact 473 0819 or email [opoho.playcentre@yahoo.com](mailto:opoho.playcentre@yahoo.com)

—*Onidine Godtschalk*



## Subject matter sparks joy for artist

This month's Northern Artery Pop-up Gallery artist is Alice Maclaurin who is creating art works that spark joy within her.

**MY NAME IS** Alice Maclaurin and I am a multidisciplinary artist with an interest in creating works that contain some element of narrative. I have an instinctual and practice-driven approach to making art, as opposed to one that is research heavy and conceptual.

Leading up to making these paintings I approached my practice holding a thought in mind – "spark joy". *Spark Joy* is the name of a book by Marie Kondo which looks at only keeping possessions that spark joy for you.

I have taken this idea and tried to apply this to my art practice. It has informed my choices of colour and materials, as well as bringing a greater awareness of what subject matter I am enjoying at the moment (which is cats and people).

Lastly it influences the editing process while making. Things I created that didn't spark joy for me I have discarded along the way. You can find more examples of my work on Facebook and Instagram @alicemakesarts or contact me on email [alicemaclaurinartist@gmail.com](mailto:alicemaclaurinartist@gmail.com)

—*Alice Maclaurin*



Art by Dunedin artist Alice Maclaurin

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**BREED:** black cat with small white tuft on chest

**PERSONALITY:** loving, but shy at first

**LOVES:** a good snuggle

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*Gem*



**AGE:** 3 year old old female

**BREED:** Collie-cross

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**LOVES:** treats!

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She would suit someone who has the a lot of time and energy to bring her confidence levels back and in time she should overcome her shyness.

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# Small critters affected by high creek level as well

OUR OLD FOE, the soggy south-easterly, came to visit again a couple of weeks ago. The weather system was exactly the same as the one that caused the June 2015 flood, and which often presents a headache for Canterbury and Otago: a low-pressure system coming from the north and then sitting off the east coast flinging a day or two of heavy rain at us.

I was interested to see how this event compared to the 2015 flood. Rainfall at the Otago Regional Council Pine Hill rain gauge in the 2015 flood was 180mm in 24 hours – the equivalent of two months' rain. This time it was 122.5mm in 24 hours, about two-thirds of 2015. The maximum flow in Lindsay Creek in the 2015 event was just over 30 cubic metres per second. This time it clocked in at 21 cubic metres per second, again about two-thirds of 2015 and not enough to pop out onto North Road at the Quarry.

The graph shows the short lag time of the Lindsay Creek catchment: the river shoots up quickly when the rain starts, and falls just as quickly when it stops. The sharp increase in rain at midnight on 21/22 July is immediately reflected in the huge jump in flow.

Working in natural hazards and emergency management, my focus is on the impacts of events like

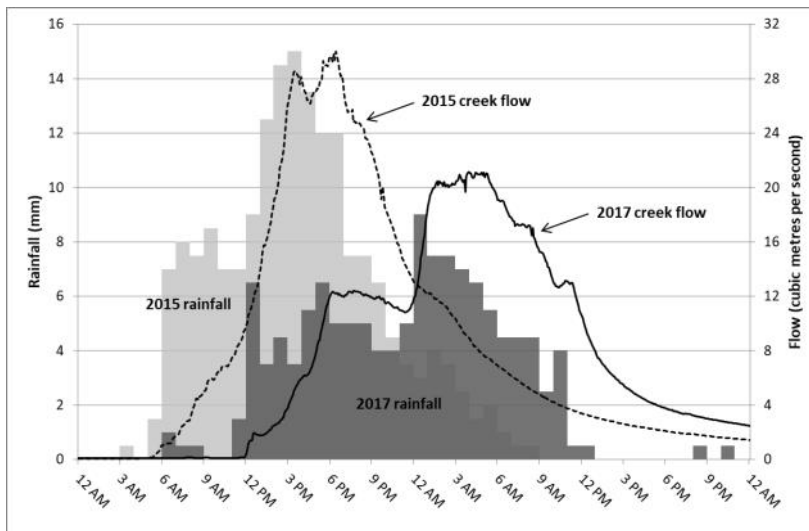
floods on people, property and infrastructure. It wasn't until I married a freshwater ecologist that I started wondering – what happens to all the stream critters in a flood?

Much like humans in a hurricane, they try to hide. Although the water is moving fast on the surface, there will be spots behind and under rocks in the river bed where it is slower. Here insects, crustaceans and small fish will try to hunker down and hold on until the water drops. Some critters will survive the flood, but many will get swept downstream and out to sea, where they will generally die because they don't like it salty.

But life keeps going, and new critters will move back in – they may move down from small tributaries upstream, and next year's baby fish will swim up from the sea. What they will find is a



Lindsay Creek on Saturday 22 July. Photo: Steve Tripp



Pine Hill rainfall and Lindsay Creek flow for 3/4 June 2015 and 21/22 July 2017 (Source: Otago Regional Council).

stream bed that has had a jolly good clean out, with less of the silt and algae that can reduce the amount of living and breeding space critters have.

If there are native fish in a creek, a flood can even help their lifecycle. Some native fish lay their eggs in vegetation high up on the stream bank during high water flows. When the next high flow comes along the eggs get wet again and hatch and the tiny fish larvae get swept out to sea, to come back a few months later as whitebait.

So we are not the only ones affected by floods – they can create big changes for stream life too. —Helen Jack, scientist and North East Valley resident

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Plunket Clinic now at the Gardens Corner (by the post boxes), Opoho Road  
Phone Melissa Plunket Nurse for an appointment 027 6877925 or Plunket Area Office (03) 474 0490  
Plunketline 24/7 0800 933 922



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In the first 1000 days we make the difference of a lifetime

Need an MP?  
**David Clark**  
MP for Dunedin North

- 03 474 1973
- 32 Albany Street, Dunedin
- david.clark@parliament.govt.nz
- fb.com/DavidClarkMP



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  
Parliament Buildings, Wellington

**Green**

the VALLEY project

**Valley Copy Centre**

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support your community

Print or photocopy at the community rooms  
262 North Rd  
voice@northeastvalley.org

# BAGS FOR GOOD LOGO COMPETITION

**ENTRIES CLOSE 24 JULY 2017**

Winner announced 30 July 2017 at BAG IT movie screening fundraiser.

**TO ENTER:**

Email an Adobe Illustrator compatible vector file (.ai, .pdf, .eps) to [bagsforgood@gmail.com](mailto:bagsforgood@gmail.com)

**PRIZE:**

\$100 cash + additional prizes to be announced.

To find out more about BAGS FOR GOOD and read the terms and conditions visit:

[www.facebook.com/bagsforgoodproject](http://www.facebook.com/bagsforgoodproject)

**dunedin**

## church services

- Salvation Army**, 43 North Rd, community worker only, Mark O'Donnell
- 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, children & family service, 4.30pm, 3rd Sunday
- 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.



**Every Sunday 1pm-3pm**

**Dalmore Reserve community garden**

At the reserve entrance on Allenby Ave



**Sunday 6 August 1pm-4pm**

**Saturday 12 August 9am-noon**

**Sunday 20 August 1pm-4pm**

**Saturday 26 August 9am-noon**

**NEV community garden working bees**

top paddock behind North East Valley Normal School

## for families, kids & teens

### ATHLETICS & HARRIERS

Children 3-6yrs and 7+yrs, Chingford Park Clubrooms, 5.30-6.45pm, Mon, and Caledonian grounds, Sat morn. [www.leithharriers.co.nz](http://www.leithharriers.co.nz)

### CHINESE FOR KIWIS

Bear Cats Club and Chinese ABC playgroups for children to learn Chinese. Tues, 3.30-4.30pm, Pine Hill School, 11 Hislop St. Ph 021 589 075 or [www.chineseforkiwis.co.nz](http://www.chineseforkiwis.co.nz)

### 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, and 10-11.30am Sat

### GIRLS BRIGADE

Dunedin Girls Brigade Company, all girls, from age 5 up welcome. 6-7.30pm, Wed, St Marks Presbyterian Church Hall, 304 Pine Hill Rd.

### 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. Ph 0800 222 292 or [info@girlguiding.org.nz](mailto:info@girlguiding.org.nz)

### 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](mailto: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.

### PRESCHOOL MUSIC

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

### 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](mailto: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.

## RUDOLF STEINER

Dunedin Rudolf Steiner playgroups, Te Whare Ako Marie, Pinehill and Maia. A sanctuary of creative play for children from birth to kindergarten and a place of peace and friendship for parent. Groups meet weekly, term time, For more info contact 471 2163 or [dunedin-steinerplaygroup@gmail.com](mailto:dunedin-steinerplaygroup@gmail.com)

## YOUNG PARENTS

Young Parents Group Te Roopuu Maatua Maahuri, where young parents come together to share and support each other. For parents who had their first child before 26 years. Children welcome. 1-2.30pm, Thurs, community rooms. Ph Susan 021 550 737.

## fitness & health

### 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. Facebook or email [joooske@gmail.com](mailto:joooske@gmail.com)

### DUNEDIN BMX CLUB

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

### FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$3. Ph Yvonne 455 2406, [stureid1@yahoo.co.nz](mailto:stureid1@yahoo.co.nz)

### FRENCH DANCE

French traditional dance, beginners welcome, no partner needed. Wear comfortable shoes. \$8 casual, 7-8.30pm, Tues, North East Valley Normal School hall, 248 North Rd.

### HISTORICAL DANCE

Monthly workshop, come and discover, learn or perfect dances from days gone by. Second Sun each month, 10am-noon, NEVN School hall. No partner needed, all abilities welcome. More info on our Facebook group 'Historical Dance - Dunedin' or at [www.frenchdancing.co.nz](http://www.frenchdancing.co.nz)

### LEARN TAEKWONDO

Korean martial art, supportive environment. Training Mon, Thur, Pine Hill School hall, 6pm-7.30pm. Beginners' class 5.30-6.15pm; seniors' class 6.30pm onwards. For more details and to register email [dunedinolympictkd@hotmail.co.nz](mailto:dunedinolympictkd@hotmail.co.nz)

### MEDITATION

Meditation and mindfulness afternoon workshop every two weeks, ph 021 035 2392, [www.meditatenz.com](http://www.meditatenz.com)

# Classifieds and community notices (for non-profits)

## DUNEDIN ELECTRIC BIKES

for sale  
at the  
Valley Community Workspace  
11 Allen St, Fri and Sat mornings  
Ph Nathan Parker 027 214 8294 or

## NAKAJIMA JUDO CLUB.

Weekly evening class for all levels and ages. Ph. Keri 021 027 93683.

## QIGONG

Classes in Yuan Gong, Ans 027 756 8383, yuangongdunedin@gmail.com Jay 027 584 4537, www.bodymindqi.com

## 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.

## SPAN NEV

Stretch'n'flex, low-impact exercise, fun and friendship, community rooms, 262 North Rd, 10am-11am, Tue, over-65s, \$4. Ph 4739311.

## SPORTS AEROBICS

Competitive aerobics and casual fitness classes. Training held at DNI Sun, Mon and Fri. Contact Rebecca rebeccafishernz@yahoo.co.nz

## 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.

## TANNOCK GLEN

The 3.5acre garden of the Dunedin Rhododendron Group is situated in Torridon St, Opoho. Members of the public are invited to visit at any time. Dogs permitted on a lead.

## 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, 6-7pm, Mon-Fri, DNI designspace; 9.15-10.15am, Mon, Wed, community rooms. \$10 waged, \$8 unwaged, for more info contact adairbruce@hotmail.com

## further education

### COMPUTER CLASS

A free class to learn how to use computers, 10am-noon, Weds, community rooms.

## Want health, wellbeing and relaxation?

Yuan Gong Qigong exercises are easy to learn, effective & enjoyable

All welcome

## FREE LITERACY COURSE

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

## ENGLISH CONVERSATION

Multicultural Women's Group New English speakers welcome, 10-noon, Wed, community rooms, 262 North Rd. www.multicultural-women.com

## LEARN ITALIAN

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

## INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. Ph Jack for more info 473 9565.

## ITALIAN CLASSES

Exp teacher, native speaker of Italian ph Antonella 027 341 8312, antonella.vecchiato@gmail.com,

## LEARN ENGLISH

English for daily life and work. Free and low cost courses. Contact Tamara or Felicity at English Language Partners 455 5266, dunedin@englishlanguage.org.nz

## SEA OF FAITH

St Johns Church Hall (cnr Wright St and Highgate), 6-7.30pm, fourth Thur each month. Enquiries ph 473 0031.

## art, craft & music

### ART TARDIS @ THE GRID

Coffeehouse featuring 'Mud Diamond' by Elise Johnston

### 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, 1-3pm, Wed, community rooms; 1-3pm, Thurs, St Peter's Church Hall, Caversham; 7-9pm, Thurs, Logan Park High School, \$15 per session. Ph Friederike 482 2025.

### KNITTING SQUAD

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

## THAI MASSAGE

Traditional, clothes on,  
massage for health

20 years experience and Thai trained,  
here in NEV

By apt only

Ph Heidi on 473 6256 or 021 174 9290

## ART FIBRE DUNEDIN

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

## DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

## 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

## VALLEY BLUEGRASS JAM

Monthly jam session at the Normanby Bistro. All welcome to listen or participate, 2pm Sunday 20 August.

## community groups

### BIKE WORKSHOP

Get help, use our workshop, bikes available for koha. 3.30-7pm, Tues, and 9am-12.30pm, Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com

### 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, first Mon each month, 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.

### MEN'S SHED

The North Dunedin Men's Shed welcomes new members. Open Wed and Sat mornings Bonnington St over bridge. Ph Paul 474 0060.

## MULTICULTURAL GROUP

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

## NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For more information and local contact details contact Lois on 456 0857 or neighbourhoodsupport@gmail.com.

## PINEHILL COFFEE & CAKE

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

## trading corner

### BABYSITTER AVAILABLE

Experienced 22 year old, have worked with children of all ages. Ph Kelly 027 697 9194 .

### BABYSITTER AVAILABLE

17 year old with extensive first aid training and experience with children of all ages. References available. Kyra Ph 0221507349

### COMPUTER SERVICES

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

### KNIFE SHARPENING

Mobile knife sharpening service for house knives, \$15/knife. Ph 022 416 5446.

### PEASTRAW

\$12 per bale delivered. A fundraiser for North East Valley Normal School. Ph 021 0849 9662 or nevpeastraw@gmail.com

### RHUBARB CROWNS

Rhubarb crowns for sale. Large pieces \$5 each, smaller pieces \$2-\$3 each. Ph Ivy 473 1151.

### SENIORS HAIRDRESSING

Retired senior hairdresser providing service for seniors. Your home or mine. Dunedin North only. Ph Helen 467 9644 or 021 104 1011.

## COMMUNITY NOTICES

Community notices welcomed.

Priority is given to groups and activities based in the Valley Voice readership area - NEV, Opoho and Pine Hill. Email voice@northeastvalley.org

Please keep notices brief. They may be edited to fit the space.

Please email details if your notice needs updating, correcting or removing.

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### The Normanby Tavern and Bistro

Bar open from 11am daily  
Bistro open Wed–Sun  
Lunch: 11.30am–2pm  
Dinner: 5–8pm, 5–9pm Fri & Sat  
Ph: 473 0373

**LIVE MUSIC**  
with the Hooray Henrys  
From 8.30pm  
Saturday 12 August

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Are you on our  
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Fill out our form online or come into  
the office: [bit.ly/valleyvolunteer](http://bit.ly/valleyvolunteer)

Being on our database is not a  
commitment. It simply means we  
will be in touch if we have  
opportunities that might match your  
interests.

Make a difference in your community!

# Over-65s keep fit and happy



The SPAN Stretch and Flex over-65 group enjoying their new home at the Valley Project community rooms. Led by Alma Brady (centre) the group meets every Tuesday morning.

A GROUP of over-65-year-old women keep themselves fit, strong and flexible thanks to the dedicated leadership of Alma Brady, who has given her time to run the Span class for more than 20 years.

Four members of the class are aged 85 and they get to enjoy fun and friendship as well as low-impact exercise.

Class member Doreen Welham, who has been exercising with the class for more than 10 years, describes Alma as “a local hero”. She is quite devoted and a very nice person, says Doreen.

“I enjoy coming down. It gets me out of the house. I think if I didn’t come here I would become a hermit. I like meeting different people and having a little chat.”

Alma says the class originally began at the school and the name Span comes from the idea of spanning the age gap between young and old.

The class has been held at various locations in the Valley but is now at the Valley Project community rooms at North East Valley Normal School.

“I love doing it.” The exercises cover all parts of the body, from head to toe, and are aimed at improving strength and flexibility. Everybody has their favourite exercises they like and if new women join the group they might have a new exercise for us we haven’t tried before, says Alma.

The cost of the class is \$4 per session and this money is used for two annual outings, one to a restaurant of the group’s choice and the other a Christmas outing to a surprise destination picked by Alma. Previous outings have included trips to Milton, Mosgiel and Waiholia for dinner.

The class is held on Tuesdays from 10am to 11.30am at the community rooms.—*Edith Leigh*

## Community orchard pruning

LEARN HOW to prune fruit trees at a workshop with Rory Harding at the Community Orchard in Chingford Park.

Meet by the far edge of the playground from 1–2.30pm on Saturday 13 August. Bring secateurs and gloves. The workshop will be postponed if it is wet.

For more details contact Kristen from Transition Valley 473 on 473 9535.—*Kristen Bracey*

## what’s on calendar

### HortTalk

Predator free Dunedin collaboration, a contemporary, collective approach. Friday 4 August, noon, Information Centre, Dunedin Botanic Gardens.

### bag workshop

Make reusable bags for use in our community to reduce plastic bags. Saturday 5 August, 10.30am–12.30pm, community rooms, 262 North Rd

### quiz night

Raise the roof for Opoho Playcentre at a fundraising quiz night. Starts 7.30pm, Sunday 6 August, Kensington Tavern.

### agm

The Lovelock Environment Society Incorporated AGM, Monday 7 August, 7.30pm, Opoho Presbyterian Church.