

March 2014

### Pine Hill on the up

Tracey  
Fuatavai

Happy New Year to you from Pine Hill where lots of things are happening!

THE COMMUNITY ROOMS are up and running and are available to all community members to use for any functions, groups, meetings or workshops, or just to pop in and have a cuppa and a catch-up. They are located in St Thomas Church on the corner of Raleigh Street and Pine Hill Road.

OUR COFFEE GROUP started the year with a jam and sauce-making workshop. Kristen Bracey from the Transition Valley group showed us how to make plum sauce, and rhubarb, apple and ginger jam (yummy). There was enough for everyone to take some home and leftovers were donated to the Food Bank. Coffee group is on every Friday morning from 9.30-11 am at the Community Rooms.

COMMUNITY BREAKFASTS Starting from 3 March there will be a community breakfast each Monday morning from 8 am. We would love to hear from anyone who would like to

help set up the hall for this. All community members are welcome and all donations of breakfast foods greatly appreciated.

A JUMBLE SALE will be held on Saturday 15 March at the Community Rooms at 10 am. Everyone is welcome. There will be a great variety of clothing, materials, bric-a-brac, appliances, toys etc. What better way to spend Saturday morning than browsing and having a nice cuppa and cake? See you all there.

KIDS HIP HOP CLASSES Be in quick for this, our classes start on Wednesday 26 March at the Community Rooms at 6.30 pm. Please talk to Tracey (see below) for more info on the classes, as numbers are limited.

FOR MORE INFORMATION on any of these groups please contact Tracey Fuatavai on 021-221-2309 or 470-0841, or email traceyf@psotago.org.nz. Alternatively, pop in to the Community Rooms on a Monday or Tuesday.

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### Northern Cemetery

Holly  
Meyer

Founded in 1872, the Northern Cemetery rests on Signal Hill near Lovelock Avenue. An anecdote by James McIndoe relates how the cemetery was a pilgrimage site for people to pay their respects to loved ones who had passed on, to read records of the past, or simply to admire the artistry undertaken to continue memories of their loved ones, to ensure their names lived on into perpetuity. In 1937, the last vacant plots in the graveyard were sold, bringing the number of graves to an estimated 16,000.

Two significant people are buried in the Northern Cemetery. One of these is the builder and financier of Larnach Castle: W.J.M. Larnach (1833-1898). His grave is a grand mausoleum inspired by Gothic architecture. The castle itself stands proudly on

the Otago Peninsula to this day.

The second significant person, who died in the same year, is Thomas Bracken, a renowned poet, journalist and politician, and the author of the New Zealand national anthem as we know it today.

One of his most famous and popular poems was titled, 'Not Understood', which was about experiences – both bad and good – that we attain over a lifespan. This poem appears on Bracken's grave, which also has a large monument built over it to emphasise the importance of Bracken, not only to Dunedin, but also to the nation.

Despite the majority of well-meaning visitors to the cemetery over the decades that have passed, the area has still suffered from the effects of vandalism and occasional neglect.

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## Cop that!

Hello again, it's been a while!

I hope everyone had a safe and happy holiday!

As you may or may not be aware, there were some vehicles and homes broken into in the upper Pine Hill area and we have had a pattern of vehicles broken into in NEV. Moving valuables out of sight is not the best option as the items are still in there if your vehicle is broken into.

It is so important that you remove all valuables from your vehicles at night and make sure they are locked up. Safe communities do not happen by accident. Safe communities are achievable if people take an active role in preventing crime happening to themselves, their families and friends.

It's a new year so why not get out and introduce yourself to a neighbour you haven't met before? By communicating and getting together with our neighbours and providing support for each other, a general feeling of wellbeing can spread through our community and make it a place where we all want to live.

North Dunedin has one of the lower rates of street contacts for Neighbourhood Support

(NHS). Being part of NHS means you will be given information that will help reduce the risk and fear of crime, help foster a sense of community spirit, and help minimise crime in your local area. If you are interested in becoming a street contact for your street, please get in touch with me.

Community Patrol, who are an extra pair of eyes and ears for the police, are looking for more volunteers to help keep North Dunedin safe. They volunteer their time mostly on a Friday and Saturday night for a few hours. If you have a business or are a resident in the area and want to see North Dunedin a safer place, then please get in touch with me and I can provide you with further information.

I wish you all a happy and safe new year and look forward to seeing you out and about! Don't forget I'm only a phone call or email away – Lou, 473-0737.

[louise.france@police.govt.nz](mailto:louise.france@police.govt.nz)



Lou Francis

## Folding guild, fun, food and fellowship

Steve O'Connor

'I guess we could get a machine to fold the Valley Voice.'

'Oh, no you don't!'

'Why not?'

'Because the folding guild is actually a fun social event where, among the laughter, some very valuable sharing takes place.'

'That sounds a bit touchy feely!'

'No, it's not really like that, of course people are friendly and relationships of care and support are built up, but I'm talking about the sharing of great ideas about the community.'

'Do you mean gossip?'

'No!'

'What do you mean?'

'Well, last month when 6 people gathered on Thursday night, we talked about projects that the probation service could assist us with; and when more than 12 people met on Friday morning, the topics ranged from scone recipes to bike libraries to ideas for the old Post Office' 'Well then, that's interesting, I might just have to come along next time.'

'You'd be most welcome.'

'Thanks!'

'See you there?'

'Maybe!'

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**FOLDING GUILD**

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### Community Garden Working Bee Dates for March

Working Bees alternate between Saturday mornings and Sunday afternoons

Sat 1	9 am–12 noon	Sun 9	1–4 pm
Sat 15	9 am–12 noon	Sun 23	1–4 pm
Sat 29	9 am–12 noon	Sun 6 Apr	1–4 pm

Top field of the NEV Normal School — [garden@northeastvalley.org](mailto:garden@northeastvalley.org)



# Mike and Celia's excellent big adventures

Celia  
Davies

## The intrepid journey of local adventurers.

We'd only been in Kathmandu one day when Mike announced that he was going to buy a set of hand-carved wooden elephants. The market stalls were filled with knives, jewellery, knitwear, weaving and beautiful carvings. All his life he'd wanted one of these, he said, and this was his chance. He'd always loved elephants, he added, as if I should have known instinctively.

I was a little surprised by this news. Thirty-something years of wedded bliss and I had no idea that his heart's desire was a set of carved elephants. When I pointed out that they could hardly be individually hand-carved as there were hundreds of identical carvings all over the market, he informed me that it was a livelihood for the carvers and they should be supported by tourists. I didn't bother to point out that the carvings were identical right down to their toenails and tail hairs.

With strong determination he set off around the Tamil market stalls. At the first stall he stopped and stared at all of the handicrafts. He picked up a khukuri knife, looked at the intricate detail, then put it down and picked up a turquoise necklace, which he put down after looking at it lovingly. He had the stall owner's attention.

For a moment he pretended to walk on, but stopped suddenly and picked up the elephants he wanted and rolled them around in his hand, examining the carving in detail. Quite a bit larger than a tennis ball, the carving was of a mother elephant with several babies clustered around her.

'How much?' he asked the eager stall holder. '200 American dollars,' was the reply.

There was no need for Mike to reply. He put down the carving, clasped his chest in horror and moved on to the next stall.

'\$100!' the man called out.

A 50% discount in the first five minutes! I was impressed.

Mike set off around the stalls with the man following him. I stayed close at hand in case my beloved accidentally spent our life savings. I needn't have been concerned. Every time Mike stopped to look at anything the price came down.

Thirty minutes later Mike had bought a set of resin-cast elephants for the equivalent of NZ\$5.00.

A bargain in a land of bargains!

A week later we went to the Royal Chitwan National Park and got to ride on an elephant for the first time. Mike was in his element until he had to get off. There was no wooden box or seat to sit on, so we sat astride the elephant with a rope around its middle for us to hold on to. I was at the front behind the mahout/master and could lift up my knees. Mike, on the other hand, had his legs stretched out as wide as possible. Getting off was difficult and it took him a day to be able to walk straight again.

It's lucky he's got that little carving to remind him of how much I laughed.



Antonella  
Vecchiato

## Italian lessons

Ciao! Are you planning a trip to Italy or do you just love this musical language? Antonella Vecchiato has been offering Italian classes in the Valley and Opoho for a few years.

Antonella is a native speaker of Italian, born and raised in Venice. She offers Italian language classes to the residents of the community, both individual lessons and group classes, and has an enjoyable and communicative approach to language teaching.

If you like to be in a group but do not have one, please do not hesitate to contact her, as there might be somebody else in your situation.

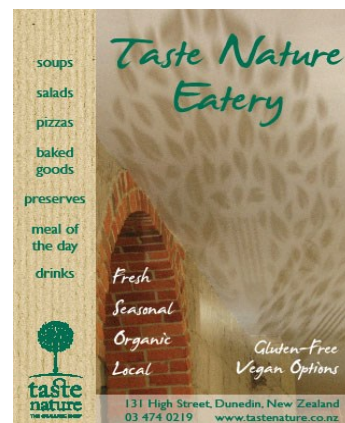
Antonella is a trained linguist (PhD in Lin-

guistics, University of Southern California), and has over 15 years of tutoring experience, from beginners to advanced courses in universities (USC, Otago), community (Adult Community Education Programmes at Logan Park and Bayfield High Schools) and private classes. She is also one of the founders and the current chair of the Dunedin Italian community group, *La Piccola Italia*, and is passionate about introducing the Italian language and culture to Dunedin.

Contact details:

[antonella.vecchiato@gmail.com](mailto:antonella.vecchiato@gmail.com);

ph 473 0832; mobile: 027 341 8312. Benvenuti!



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# Qigong for wellbeing

Jay Baker



Recently I have started teaching Qigong classes in NEV. Knowing there are some other Qigong classes and teachers in the area as well, I thought it would be a good idea to explain a bit about it.

Qigong is the general name for a wide variety of graceful, flowing and sometimes still meditation practices from China. Like the martial arts and Tai Chi, both of which it shares strong connections with, Qigong is often inspired by the natural movements of animals.

Using focus of the mind along with movements, postures and sometimes breath, Qigong aims to bring a person into a very special and relaxed state. This state of mind, along with the exercises, improves the flow and quality of a person's Qi (Chi). Qi can be thought of as a person's life force or vitality, and a good Qi condition has a positive influence on health and the clarity of the mind.

Qigong, then, is a tool that can help us achieve stability of the mind and an internal calmness as well. Because it improves the Qi condition, it becomes easier to experience a sense of wellbeing inside.

Regular use of a good Qigong system can develop healthier, happier individuals, which in turn can create positive effects throughout society. Often, for people who are looking for a way to move forward in life or health, Qigong practice can help a lot.

Whatever your motivation, Qigong really is something special and is definitely worth trying. My own practice has been a really a great experience for me and is something I wouldn't go without.

# 1 in 3 people volunteer in your community

*Thank your local voluntary groups today!*

Enter them in the Trustpower Dunedin Community Awards online at: [www.trustpower.co.nz/communityawards](http://www.trustpower.co.nz/communityawards) collect an Entry Form from your council service centre, or phone the Trustpower Community Relations Team on **0800 87 11 11**

There are cash prizes for the groups as well as a celebration dedicated to them. Entries close Friday 7 March.



## Blokes' Shed



Are you interested in being part of establishing a bloke's shed?

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Bob Biggart 488 2647  
Jane Clutha 473 8614  
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## Cat concerns

Steve O'Connor

A tale of two kitties. Local resident Yvonne Walsh was very upset recently when she found one of her two beloved and affectionate kittens wounded and in pain on her doorstep. Veterinary intervention eased the kitten's pain but in the end the kitten was put down.

A few days later Yvonne's other kitten 'mysteriously' disappeared. This has left Yvonne wondering what is going on in Pentland Street. Is there someone out there who is harming cats? Yvonne says, 'I am sad that I have lost both my cats and in these unusual circumstances. I am also sad that these incidents have changed my perception of the community I live in.'

Animal cruelty, if it is happening in our community, should not be tolerated. A spokesperson from the SPCA says that people should report animal cruelty to them, by making a formal complaint.

The SPCA is available 24 hours a day; to report any animal abuse phone 473-8252.





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## Bikewise Fun Day

Marion  
O'Kane



A gorgeous sunny day saw Victorian ladies serving tea and scones to penny-farthing cyclists while colourful bunting blew in the breeze ... where else in Dunedin could you come across such a scene other than in our very own NEV? As part of Bikewise Month, a Fun Day was held in Forrester Park with participants encouraged to bike along North Rd and enjoy a free cuppa and scone to sustain them. Members of the Oamaru Ordinary Cycle Club were a fantastic sight to behold as they travelled along the road. They made disembarking from a penny-farthing look very easy at both refreshment stops: Northern Artery ladies outside the bowling club and Les Belles Vilaines outside the Community Rooms. Les Belles Vilaines even included some dancing with passing tourists who had a healthy appetite for scones. All in all a great success and a good promotion for cycling in our community.



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## Ideas wall

Steve  
O'Connor

There's such a lot goin' on in our community – it's hard to keep track. So we started an ideas wall!

It began as a way of mapping all of the things that The Project is responsible for, along with other recent initiatives in the area that we have some form of connection with. It is a very good visual way of seeing the interesting array of activities that our energetic residents apply themselves to.

It also serves as a useful tool to explain to people what The Project does and how people can get involved in community development. As people have looked at the wall many have suggested ideas, so we've added those and made it into an 'ideas wall'. Next time you're going past 262 North Road, pop in to the Community Rooms, have a look, and add your ideas!



## Old Post Office

Jane  
Clutha

A steering group has been formed. A business case has been drafted. Earthquake strengthening evaluation has been undertaken. Insurance quotes gathered. Ideas gathered from community. Social enterprise training for the community is being planned. Things are happening – watch this space.



## Snippets



### WANTED – Tea cosies!

Who doesn't like tea cosies? We can't think of anyone!

Northern Artery (a North Dunedin Arts Collective)

is joining Otago Hospice during their awareness week in May 2014 by raising funds.

How are we doing this?

This is where you come in! We are looking for people to make tea cosies which we will auction off at a Tea Party event on 17 May.

The cosies can be knitted, crocheted, felted, any which way you like. We would need to have the finished product by the end of April.

If you are interested in being part of this fantastic event, please reply to [northernartery@gmail.com](mailto:northernartery@gmail.com) and register to become a tea cosy maker. Hope to hear from you soon.

### And while talking about tea parties ...

We're looking for more cups, saucers and table cloths, so that our tea party empire might expand!

If you have any old (vintage) tea-party gear please get in touch with Clare Adams, 473-7226 or [clare-n-don@clear.net.nz](mailto:clare-n-don@clear.net.nz)

**We have a letterbox** at the Community Rooms. Our official address is now 262 North Road. So, if you have anything for the Valley Voice or *The Project* and there is no-one about when you call, please leave it in the letterbox.



### Sounds Nor'Easterly

Community Choir

Tuesdays 7.30–8.45, DNI Design Lobby.

Contact Clare Adams, 473-7226 or [clare-n-don@clear.net.nz](mailto:clare-n-don@clear.net.nz)

### Northern Junior Football Club

registration day is on 1 March, 11 am – 1 pm at Chingford Park.

Come along to register or speak to the club about playing for the 2014 season, or register online at [footballsouth.co.nz](http://footballsouth.co.nz), click on club directory & find Northern Junior, Dunedin.

Any queries can be directed to:

Donald Liddell 473-7226

or Sacha Turnbull 473-9194.

The club fun-day is on 16 March from 11 am.



### Looking forward to some mental exercise?

Would you like to be part of a discussion group for stimulating conversation around a range of interesting subjects?

Expressions of interest to the Community Rooms, 473-8614.

# Classifieds

## YOGA

Body-breath-mind connection.  
Tuesdays 6:00- 7 15pm  
Baptist Church.  
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# Community Notices *for not-for-profits\**

## FITNESS AND FUN

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day nights Baptist Church Hall,  
270 North Rd. \$3 cover charge.

**FOLK DANCING FOR FUN:**  
Friday mornings 10-11:30 am,  
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455 2406, or  
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**LES BELLES VILAINES DANCE  
WORKSHOP** Dance workshop  
on the second Sunday of each  
month. First one for 2014:  
Sun 9 March, 10 am to noon at  
the Nga Maara Hall (Sacred  
Heart School Hall) - 63 North  
Road - This month: Renaissance  
dance. We will learn dances  
from European Courts at the  
time of the Tudors. Tiara op-  
tional. No dancing experience,  
no dance partner required. No  
special clothes or shoes neces-  
sary. Try to convince husbands  
and partners...Good luck! More  
at [www.frenchdancing.co.nz](http://www.frenchdancing.co.nz)

**FRENCH MUSIC SESSION** From  
April, keen musicians will meet  
at Filadelfio's every second  
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pm for a casual music session,  
playing French traditional  
tunes. Mailing list: interested  
musicians should contact Kate  
[info@frenchdancing.co.nz](mailto:info@frenchdancing.co.nz)  
or text 027 263 9939 to get the  
tune book and audio tracks.

**STEADY AS YOU GO** (Age  
Concern) Gentle Balance and  
Strength Exercises - Mon, 10.30  
-11.30 am, Baptist Church  
Contact: Margaret 477 1040.

**TAI CHI FOR BEGINNERS**  
(Age Concern) NEV Baptist

Hall, Thurs 1.30-2.30pm, Con-  
tact: Margaret 477 1040.

**SPAN NEV Stretch'N'Flex** Tues,  
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**OPOHO EUCHRE GROUP** Weds  
1.30pm Opoho Bowling Club  
starts April Ph Lesley Bosman  
473 9771

## MEET NEW PEOPLE

**COMMUNITY LUNCH**  
Every Friday 12 noon NEV  
Baptist Church BYO lunch-tea  
and coffee provided.

**CHAI AND CHAT** Where wom-  
en can come together to social-  
ise. Children most welcome.  
Dunedin Community House,  
283 Moray Place, opp the  
Countdown, Monday 10.30 am  
Gold coin donation. Ph Afife:  
473 8944.

## EMPLOYMENT

**BABYSITTING**  
14 years old with National Cer-  
tificate in Babysitting and in-  
volved in St Johns. Please ph.  
Kyra Murdoch on 473 7087

Laura 18yrs has done child  
protection and first aid also  
looking for babysitting work  
Please ph 020 403 7992  
[blaurap@hotmail.com](mailto:blaurap@hotmail.com)

**COMPUTER SERVICES** Trouble-  
shooting Tuition, low rates.  
Phone Dave 473 9542  
[davescomputer@actrix.co.nz](mailto:davescomputer@actrix.co.nz)

## FOR THE LITTLE ONES

**PLAY GROUP** for 0-4 yrs.  
Come along with your children  
9-3pm on Tues & 9-11.30am  
on Wed at the Baptist Hall (270  
North Road). Want to know  
more? Call Michael 473 0572

**MUSIC AND MOVEMENT** for  
little ones at the Salvation Army  
Hall on Mon 9.30 & 10.30 dur-  
ing school terms only. Between  
sessions morning tea from 10-  
10.30 am Gold coin

## TRY SOMETHING NEW

**ITALIAN** Exp teacher & native  
speaker of Italian (Ph.D Lin-  
guistics). Contact Antonella at  
[antonella.vecchiato@gmail.com](mailto:antonella.vecchiato@gmail.com);  
473 0832 or 027 341 8312  
Benvenuti!

**ASTROLOGY COURSE**  
Learn the fundamental princi-  
ples of astrology  
[www.taosh.co.nz](http://www.taosh.co.nz) or contact Pia  
on 473 7781

**MEDITATION**  
Meditation and Mindfulness.  
Afternoon workshop every  
2 weeks, 021 035 2392  
[www.meditatenz.co.nz](http://www.meditatenz.co.nz)

**QIGONG:** Interested in  
Qigong? contact Ans, Qigong  
Teacher home: 473 6114

Mobile: 027 756 8383

[www.qigongrenxue.org.nz](http://www.qigongrenxue.org.nz)

Jay Baker also runs a Qigong  
class at the community rooms  
Thursday evenings 6pm.

**SEA CADETS** TS Nimrod, Port  
Chalmers sea cadet unit offers  
young people 13-18 years of  
age the opportunity to experi-  
ence sea going activities, as  
well as a range of other life  
skills. NCEA credits available  
[tsnimrod@gmail.com](mailto:tsnimrod@gmail.com)

**FREE LITERACY COURSE**  
Learn licence theory, scrap-  
booking on a budget, step up to  
learning - improve your literacy  
skills. Workplace literacy train-  
ing available. For more infor-

mation contact Literacy Aotea-  
roa Ana & Marg on 477 2055.

**LEARN ENGLISH FAST** Contact  
Paul or Glenys at English Lan-  
guage Partners 477 7261 or  
[Dunedin@englishlanguage.org.nz](mailto:Dunedin@englishlanguage.org.nz)  
English for work and everyday  
life.

**ART CLASSES** for all levels.  
Casual attendance welcome.  
Tutor: Anneloes Douglas  
Thursdays 10 am-12noon,  
NEV Community Rooms,  
262 North Road, Dunedin.  
Ph 467 9993 or 027 3077 034,  
[anneloes.douglas@xtra.co.nz](mailto:anneloes.douglas@xtra.co.nz)

## CAN YOU HELP?

**ENLIVEN DAY CLUB** Ross  
Home. **Wanted:** Drivers, as well  
as help with activities, light  
food preparation. Tues, Wed &  
Fri Ph Maybank on 473 0890.

**MENTORS REQUIRED** Become  
a mentor to young people who  
lack a good male role model in  
their lives. Operation 'New  
Direction' Rob Fitzpatrick on:  
473 6825.

**HEAPS OF BRICKS** available  
sometime in April. Please email  
Imogen at  
[ircoxhead@gmail.com](mailto:ircoxhead@gmail.com) if you  
would like some.

## **OPOHO CHURCH FAIR 10 MAY**

If you have books or items you  
would like to donate to the  
Opoho Church fair please ring  
Fiona on 473 0024 or email  
[Fiona.stirling@ihug.co.nz](mailto:Fiona.stirling@ihug.co.nz). We  
can pick up if needed.

## **COMMUNITY DINNER**

**Tues 8 April 6 pm,**  
Baptist Church. Contact Steve  
if you can help. 027 424 1828  
Help needed with set up and  
decoration, working in kitchen,  
clean up and dishes. The meal  
will be pot-luck and a gold coin  
donation is requested to cover  
costs. **More in next Valley  
Voice. Book the date now!**



**LJ Hooker**

Buying or Selling?  
Expect **Excellence**  
The difference is in the detail



Talk to me first.  
**Matt Carter**

mcarter.dunedin@ljh.co.nz  
M 027 632 4244  
P 03 470 1370

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**88 Selwyn St. NEV**  
**027 4322 381**

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**Phone Craig: 021 02922687**  
**Email: bigakers@yahoo.co.uk**

**Church Services Directory**

**Salvation Army**, 43 North Rd, Nitechurch 6 pm  
**Sacred Heart Catholic**, 89 North Rd, Mass 9.30 am  
**Glenaven Methodist**, 7 Chambers St, 11 am  
**Pacific Island**, 160 North Rd, 11 am on 1-3<sup>rd</sup> Sunday  
- **Cook Is** 9.30am; **Samoan** 11 am on 4-5<sup>th</sup> Sunday  
**Anglican: St Martin's**, 194 North Rd, 10.45 am  
- **St Thomas'**, Raleigh St & Pine Hill Rd  
**Opoho Presbyterian**, 50 Signal Hill Rd, 10 am  
**NEV Presbyterian**, 224 North Rd, 9.30 am Cafe Service  
**St Mark's Presbyterian**, 304 Pine Hill Rd, 10 am  
**NEV Baptist**, 270 North Road, 10.30 am

**REMEMBER LAST WINTER?**

**Did your home feel cold and damp?**

*If you want your home to be warm & dry, your family to feel healthy, and reduce your heating costs.....*

Come and talk with us for:

- ✓ A free home energy assessment by a qualified assessors
- ✓ A detailed written report including information and advice on how to access healthy home initiatives through other providers
- ✓ Practical support – eco lightbulbs, curtains, window film
- ✓ An outline of how you can reduce your heating costs

Please contact us to find out more at  
[project@northeastvalley.org](mailto:project@northeastvalley.org)  
Ph. 473 8614 or pop into  
The Community Rooms  
262 North Road N E V

*A joint initiative between The Valley Project and TV473 to help make the homes in our community warmer and healthier places to live, work and play.*

**Opoho Church** is holding a series of seven services on Wednesday evenings at 7pm beginning on the 26th February to which all are welcome. Supper will follow the service, each of which will be about 30-40 mins, will be led by different people within the church and will each have a particular theme.

26 February: Caring for our environment and Communion  
5 March: Peace and War  
12 March: Words  
19 March: Water: God's gift for all  
26 March: Legacy  
2 April: How does your garden grow?  
9 April: Labels and Communion

Contact Margaret Garland  
[marg.garland@gmail.com](mailto:marg.garland@gmail.com) 395 6129

**Opoho Playcentre Open Day**  
**Sunday 2nd March**  
**10am - 12 noon**  
**28a Signal Hill Rd**  
**Opoho**

**THE WINDOW CLEANER**  
Windows Professionally Cleaned

Plus Property Maintenance

**Peter Douglas**  
021 150 3064  
[petedougs@gmail.com](mailto:petedougs@gmail.com)

**FOR SALE BULBS MATCH-HEADS (GRAPE-HYACINTHS)**

**\$3 FOR 40 phone 473 1151**

**Community Fruit preserving and skill sharing workshop**

**Where:** Dunedin North Intermediate, Food technology room  
**When:** Saturday 5 April from 9 am–2pm

Come along to help make pickles, apple jelly and other preserves, or to bake some crumbles for the Food bank. Donations of fruit or surplus vegetables welcome. This is part of a community initiative to make the most of local resources - people through skill-sharing - and fruit that would otherwise go to waste. Volunteers and tree owners all get to keep some of the produce, with the remainder going to the Foodbank.

Contact Annika Korsten on 021 0690 546, Kristen Bracey on 473 9535 or email [dunedinharvest@gmail.com](mailto:dunedinharvest@gmail.com) if you would like to offer your surplus fruit, or help pick; or to come along to a 'community preserving workshop'. Or look for 'community food harvesting Dunedin' on Facebook.

**Hagar Ozri**  
**the organic cook**

Will be running 2 x 4-week courses on healthy eating.  
@ the Community Rooms  
Wed 6.30–8 pm

Course 1 from 5 March  
Course 2 from 2 April  
Phone 022 172 3630  
[hagar@hagarozri.co.nz](mailto:hagar@hagarozri.co.nz)

*Incorporate raw foods, natural ingredients, unprocessed, into your diet, learn to run a sustainable nutrition-full eco kitchen.*

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