

Creepy-crawlies pull a crowd



It was a party to celebrate invertebrates and lizards and valley residents flocked to find out more and join the activities. An estimated 200 people came along to see and hear about the research children have been undertaking in their own backyards. *Read full story on page 3.

Chance to weigh in on gambling debate

SHOULD THE Valley Project apply for funding that comes from pokie machines and other gambling?

It's a debate that has polarised the Valley Project executive board with some members saying definitely not while others believe without this source of funding the future of the project could be in jeopardy.

A recent community survey indicated 85% of respondents were comfortable with this source of funding.

With the project's annual general meeting coming up later this month the board invites community input on the issue and will facilitate a discussion at the meeting on 19 June. The Valley Project is a community-led develop-

ment project that aims to improve life for people and whānau in the North East Valley area, including Opoho and Pine Hill. Its activities are mainly funded via grants, with income also coming from *Valley Voice* advertising and community donations.

The biggest challenge is getting funding for core operational costs, such as staffing, building repairs and maintenance, and insurance, which account for about 80% of the projected budget.

According to Valley Project manager Tess Trotter, the more funding providers the project can access, the better the chances are of covering those costs.

• continued on page 3

Dr Matthew Hamilton

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'I met many nice people'

AFTER THREE years on the beat Mary Waymouth is passing the newsletter bundle to a new generation of *Valley Voice* deliverers.

At the start of every month Mary delivered the *Valley Voice* to over 450 homes in North East Valley.

Youngsters Iris Gallagher (12) and Marion McMullan (7) will be sharing this round starting with the delivery of this month's newsletter. Be sure to give them a cheery wave and hello if you see them out and about!

Mary says she will miss the deliveries as she always enjoyed it, but life has been busy for her lately. She passed on a little advice, saying that she met many lovely people and animals on her long walks around the neighbourhood.



After three years delivering the Valley Voice to more than 450 homes in North East Valley, Mary Waymouth is passing her round onto youngsters Iris Gallagher and Marion McMullan (not pictured).

Nomination Form for AGM Elections



The Executive of The North East Valley Project is charged with administering, managing and controlling *The Society* between AGMs. It consists of between 7 and 12 members who represent the community. All positions become vacant at each AGM.

A position on the Executive may be filled by a collective of 2 or more people but will have only 1 vote.

To nominate a person for the Exec please complete the form and return to the community rooms by Tuesday 4th June 2019.

The AGM will be held at the North East Valley Bowling Club, 139 North Road
Wednesday 19th of June, 2019 at 5.30 pm.

One form per nomination please.

Only if there are insufficient nominations may these be called for from the floor of the AGM.

Nominee	Name:	Signed/dated	
	Contact Number:		
	Email:		
Nominator		Signed/dated	

Creekfest dream team

IT'S TIME to get planning underway for this year's Creekfest event!

Each year a large crew of community volunteers works together to create this fantastic event.

Whether you've been involved since the beginning, or are keen to start now, you're welcome to join the dream team for Creekfest 2019.

Come along for conversation and kai at our first Creekfest gathering of the year, on Tuesday 25 June at 5pm at the community rooms, 262 North Road.

At this gathering we will decide on key details such as the date and structure of this year's event.

Everyone is welcome – see you then!

—Tess Trotter

The Valley Project is a registered charitable organisation
If you like what we do you can donate at www.givealittle.co.nz/northeastvalley

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Invertebrates main attraction

community
NEWS

WHAT A wild party!

We are absolutely ecstatic with the outcome of the Open VUE (Open Valley Urban Ecosanctuary) party to celebrate schoolchildren's learning about invertebrates and lizards.

The celebration was in full swing from start to finish. Children showcased posters, displays, movies, sculptures, artwork, cookies, dioramas and pamphlets to display the results of their learning and research.

Celebration activities kept everybody busy – including those running them! – with children waiting patiently to have their faces painted and meet real live invertebrates Orokonui Ecosanctuary staff brought along with them.

They proudly wore badges they had crafted themselves, transformed into kākā to show off their beautiful wings and made TRAPBOXes to catch rats and mice to help protect the lizards, invertebrates and birds they have been learning about.

The whole hall was silent in anticipation of the announcement of the colouring competition winners, which was greeted with lots of cheering.

We were treated to a story of the fates of five little kākā, from storyteller Kaitrin McMullan, that ultimately ended in their rescue – reminding us of our vision to see kākā in the valley.

We are incredibly grateful to our collaborators, funders, the schools, students and volunteers for contributing to the success of Open VUE and supporting our vision.—Open VUE educator Clare Cross



Above, Open VUE educator Clare Cross admires a colouring competition entry, and, below, children admire various invertebrate sculptures made by pupils at Sacred Heart School. Photos: Tess Trotter

Gambling funds debate opened up to the community

“THIS IS about opening up our options, but also getting a feel for what our community thinks.”

Board member Rob Thomson believes accepting funds from gambling goes against the values of the Valley Project.

There is no doubt pokie machines and other gambling cause serious harm to individuals, whānau and communities, he says. A recent report for the Ministry of Health estimated that gambling causes almost three times as much harm to New Zealanders as drug disorders.

About \$150 million is taken from people using pokie machines and casinos every year in New Zealand, and only a third is returned through grants, says Rob. “By accepting funds from gambling I believe we are legitimising their activities.”

Board member Lois Scott sits on the opposite side of the debate and believes if there is a need for money in the community then people should apply. Lois has been raising funds for numerous non-profit organisations during the past 40 years

and says all of them have been reliant on grants from gambling-based charity funders. “It is survival versus extinction.”

While she didn't want to minimise the issues of problem gambling – which she has personally experienced the effects of – community and non-profit groups that do great good for the community require a lot of money.

A substantial portion of the Valley Project's funds currently come from the Lotteries Commission, a significant grant from Dunedin City Council's community fund (only available for three years), and up to 15 different smaller funders with contributions ranging from \$500 to \$5000.

Tess says time spent searching for and applying for funds takes away from the Valley Project's core activities to support and connect their community.

The annual general meeting will be held on Wednesday 19 June from 5.30pm at the North East Valley Bowling Club. Please come along for nibbles and great conversation.

Out of your head into your heart

DO YOU find that all too often socialising is more about trying to fit in, say the right thing, or hustle for approval? Imagine coming together with other women, feeling safe to be yourself, warts and all, with the sole purpose of sharing in and being witness to each other's struggles, strength and wisdom.

Welcome to the Women's Heart-Sharing Circle where you are invited to step out of the head and into the heart as we celebrate our common humanity and unique selves.

The sharing circles follow the tradition of indigenous 'talking object' circles. Whoever feels like talking holds the object and speaks while everyone else listens. It is the quality of our listening that makes heart sharing so powerful. However, you might choose not to speak and that is okay too.

When we gather as women in a circle with the intent to be present and listen to each other deeply without judgement and without offering solutions, magic happens. This is even more poignant when women are pregnant (hence a circle just for pregnant women – see below).

Gift yourself this time to connect – not just with others but also with your own deep inner knowing. Heart-sharing circles are empowering, soul-nourishing and heart warming.

For more info contact Uschi on 027 360 0238 or visit www.meetup.com/women-heart-sharing-circle and www.meetup.com/pregnant-women-heart-sharing-circle.

—Uschi Heyd



North East Valley resident Uschi Heyd is starting up a Women Heart-Sharing Circle to empower women to connect with others and themselves.

Amazing aids for every-day chores impress members

IT IS not often representatives from different Probus groups around Dunedin get together, but that is what happened when representatives from clubs in Dunedin, Green Island and Fairfield met at Salt Café last month.

Margaret Drake, director of Probus South Pacific representing our district, 9980, visited the city on 17 May. It was a chance to ask questions, swap interesting information and some good stories.

Dunedin North Probus was represented by myself – secretary Peter Begg – and some good ideas and information were noted for discussion at the club's next meeting this month.

Dunedin North Probus members were also busy on that day collecting for Otago Hospice, and feedback indicates they got an excellent response.

At our meeting on 13 May we had a great attendance. Our guest speaker was Rochell Fox, the mobile service coordinator for Disability Information Service Otago.

Rochell brought along a collection of assistive technology aids for the kitchen and bathroom, clothing and dressing, bedroom and mobility. She demonstrated various items

from tab openers for cans, electric jugs that can swivel to pour, and exercise gear. It was an amazing array of items that showed the potential to make everyday chores easier for those hampered by restricted movement, arthritis and mobility problems. Items were offered to the members for sale and orders and follow-ups were also available.

—Dunedin North Probus secretary Peter Begg



Probus South Pacific regional director Margaret Drake, left, with Probus member Janette O'Loughlin who assisted in an ambassadorial role during a get-together of Probus members from around the city.

Learn to prune a currant bush

community NEWS

WE ARE looking for help to care for the Transition Valley 473 community orchards.

We will be pruning the currants at the orchard sites in Pine Hill over the next couple of months, as well as mulching the fruit trees and bushes.

We would love to hear from you if you can help out. This is also a great opportunity to learn how to prune currants.

Please let us know if you can help, either as an experienced pruner or a learner.

Contact Philippa in North East Valley on 473 9293 or Joanne in Pine Hill on 021 325 695.—Kristen Bracey



Students from Knox College help local community orchard volunteers mulch the fruit and nut trees on Calder Ave and at the North East Valley Community Garden.

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Paper road walks

FOLLOWING PAPER ROADS ALLOWS PLEASANT LOOP WALK FROM NEV UP TO PINE HILL



DID YOU know that there are an estimated 56,000km of unformed legal (paper) roads in New Zealand?

The public can legally use these roads, although it is not always practical to do so! Users must be considerate of adjoining land owners.

This 9km walk includes two paper roads with impressive perspectives down the valley. It has a steep start, fences to cross and stock to avoid.

I also had to adjust my route as it became overgrown. If that's not for you then try the Campbells Road stretch from Pine Hill to the reserve. Do your own checking in case things have changed.

Climb Watts Road from the valley, passing the old quarry and rural Normanby views. The road curves right after which you can follow the power lines up to a stand of trees. Hop some fences, watching out for the one that turned my shorts into a skirt, and clamber up the scrub-lined corridor to Pine Hill.

Turn right onto Campbells Road and stay on it after the seal ends. After a gate take the middle route. It turns into a lush grassy track, fenced off from the lower paddocks.

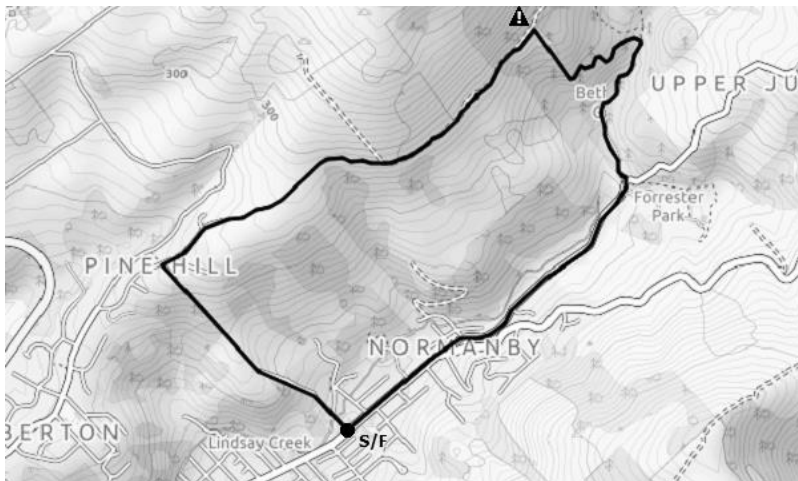
The views back down the valley to the harbour and city are spectacular and Mount Cargill will become visible ahead.

The track reaches a gate into Mount Cargill Reserve and from this point looked very overgrown! Instead I followed the fence down until I could reach the mountain-bike track and then the Mount Cargill walking track.



There were signs of possum control, so be wary! The track winds down to Bethunes Gully from where you can return to the start via Norwood Street and North Road.

—Steve Wood, keen walker and valley resident. Follow Steve's blog at bitfern.co.nz/nev-walks/



Workspace AGM

THE VALLEY Community

Workspace is holding its annual general meeting on Tuesday 25 June at 6pm. The meeting is on at the workspace at 11 Allen St. All welcome. Light refreshments will be provided.

500 sign petition

A **PETITION** asking the Dunedin City Council to unlock the toilets at Chingford Park during the day has attracted over 500 signatures.

Petition organiser Kaitrin McMullan was thrilled with the response. "I will now be presenting the petition to the council who will discuss the poo-litics of the situation.

"Fingers and knees crossed it will be successful."

Watch this space, says Kaitrin. And thank you to everybody who took the time to sign.

Poetry-writing workshop

North East Valley resident and poet Rhian Gallagher is running a poetry writing workshop this month. The workshop will be run over six sessions held fortnightly on Thursdays from 7–9pm, starting on Thursday 27 June. For further details contact Rhian on rhian.galnz@gmail.com or mobile 027 432 7774.

Self defence workshops

SELF DEFENCE tutor and North East Valley resident Bell Murphy will be running two free self defence workshops at the OUSA Clubs and Societies Center in July.

"These may be the only courses open to the public I will be running this year so if you have been meaning to come along, sieze the day!," says Bell.

The Rainbow Self-Defence course, which is open to all genders under the LGBTQIA++ umbrella is on Saturday 20 July from 10.30am–5.30pm. More info and to register go to: <https://www.ousa.org.nz/recreation/courses/rainbow-self-defence>

The Women's Self Defence course, which is open to all women including trans gender women, is on Sunday 28 July from 10.30am–5:30pm. Register at <https://www.ousa.org.nz/recreation/courses/womens-self-defence-2>

Bell is an accredited member of the Women's Self Defence Network- Wāhine Toa.

Valley storytellers to feature at festival

WARM YOUR soul with a session of storytelling and music at Winter Tales, a mini version of 'Around the World in 80 Tales', Dunedin's own multi-cultural storytelling festival.

Several valley residents will be telling tales in English and their second language, from German to Nepalese and Birundi and beyond! Truly a chance to celebrate diversity, travel the world ... and be home in time for tea. Come along on Sunday 9 June, 1.30-3.30pm at the Dunedin City Public Library for another amazing free event.

All ages welcome.—Kaitrin McMullan



Valley resident
Christine Keller tells
a story first in
English then in
German.

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Street light choices complicated

NEW STREET LIGHTS COMING NEXT YEAR WILL BE A COMPROMISE BETWEEN ENERGY EFFICIENCY AND HEALTHIER COLOUR TEMPERATURES.

THE MATARIKI season reminded me of an article I wrote a couple of years ago on the new streetlights Dunedin City Council was considering and how they would make for better stargazing.

I wondered what they had decided as the old high-pressure sodium (HPS) lights nearing the end of their life still shine outside my house.

A sniff around the interweb revealed that the council has decided, after some trials in Maori Hill and South Dunedin, to go for 'soft-white' LED lights.

To get technical, these are 3000 Kelvin (K) on the colour temperature scale – generally the lower the K number the 'warmer' or more amber the light; the higher the K number the 'cooler' or more blue-white the light. Our current HPS lights are about 2200K, so the new lights will appear whiter than what we have now.

Choosing new streetlights is more complicated than one would imagine though – a balance between cost, efficiency, safety and the wellbeing of creatures (including humans).

The first LED street lights installed overseas were very energy efficient 4000K or 5000K LEDs – the colour of those annoying blue-white car headlights.

Council bods thought they were great; here was a light that used much less energy (so better for the environment) and was white and bright (so we would all be safer). But things are never that simple, and it turned out that while the LEDs were energy efficient, they were glary and crime rates didn't drop.

These high K LEDs also emitted a lot of blue light – something there is naturally a lot of in morning light, which tells us to wake up, and less of in the evening so we know when to go to sleep.

Being exposed to blue light at night (including that coming from our phones) is thought to disrupt our body clocks and immune systems, and confuse wildlife.

Warmer streetlight colours less than 3000K – soft-white or preferably amber – are thought to be much healthier for us and the natural environment. But it is difficult to make an energy efficient LED less than 3000K.

Some transport engineers still argue that 4000K lighting is best for road safety, and that is what the New Zealand Transport Agency uses on our state highways. However, the International Dark Sky Association (stargazing types) recommends streetlights of 3000K or less, and other organisations are pushing for less than 2700K.

So the council's decision to go for 3000K LEDs is a compromise between all these factors – NZTA has even agreed to have them on the state highways through town rather than their standard 4000K, thanks to our local dark sky advocates.



There is no set date yet for when new street lights will be installed in North East Valley, but they are expected some time next year.

And while they will have about a 20-year life, the council hasn't ruled out installing lower K LEDs in some areas in future as technology improves and they become more efficient.

The new lights also come with some nifty features: they will be shielded, meaning that the light will be directed downwards, onto the road where it belongs and not into your house or the night sky. This makes people who value our night sky happy as there will be less light pollution.

Also, the council has a giant dimmer switch that they can use to turn individual lights or groups of lights down low. For example, lights could be dimmed around the Beverley Begg Observatory, or in town during the Midwinter Carnival, or across the whole city at dawn.

The council will start installing the lights in mid-2019, and it will take about 18 months to replace all 15,000 lights around the city. However, when 'burbs will get their lights is still a mystery, so keep your eye out for them!

The Royal Society of New Zealand has some interesting videos on the effects of blue light on our health at www.royalsociety.org.nz/bluelight.

Remember, it is not just about streetlights – you will be happier and sleep better if you reduce your screen time and use soft lamps instead of bright lights inside in the evening. —*Helen Jack, North East Valley resident and scientist*

St Francis Xavier school reunion

St Francis Xavier School is celebrating its 100th centenary at Labour weekend this year. Calling all past and present pupils, families and staff to com along and celebrate. Register by calling school office on 453 4446 or email reunion@stfrancisxavier.school.nz

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DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$4. Ph Yvonne 455 2406, stured1@yahoo.co.nz

HEALING MEDITATION

Guided healing meditation, last Sun of the month, 4-5pm, community rooms, 262 North Rd, \$10. Beginners welcome. Ph Jay 027 584 4537 or bodymindqi@gmail.com

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

QIGONG

Classes, Sun, 4-5pm, community rooms, 262 North Rd, cost \$10, last Sunday of the month is a healing meditation. Contact Jay 027 584 4537, bodymindqi@gmail.com

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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.

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Stretch'n'flex, low-impact exercise, fun and friendship, community rooms, 262 North Rd, 10am-11am, Tue, over-65s, \$4. Ph 473 9311.

SPORTS AEROBICS

Competitive aerobics and casual fitness classes. No previous experience required. Training held at DNI Fri and Sun. Working towards NZCAF regionals next August. Contact rebeccaishemz@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.

ZEN MEDITATION

With the Dunedin Zen group. Meet 7pm Weds, St Martin's Church in the downstairs room.

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

CITIZENS ADVICE

Dunedin Citizens Advice Bureau - a free confidential service for all. We can help with tenancy problems, employment issues, consumer problems & host of other issues. Rodgers House, 155 Princes St, 471 6166, cab.org.nz

COMPUTER CLASS

A free class to learn how to use computers, 10.30am-noon, Weds, community rooms.

FREE LITERACY COURSE

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

FRENCH TUTOR

Beginner to advanced, 30 years experience, hourly rate, ph 473 0159 evenings.

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, 473 0832 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

SPANISH

Looking for Spanish conversational tutoring in NEV, perhaps a weekly small group? Ph Ana 021 0243 3071.

STAND-UP COMEDY

Open mic at Inch Bar, 1st & 3rd Thursday every month. Comedy workshop classes every other Thursday, open to all skill levels. For more info contact reuben@dunedincomedy.co.nz

art, craft & music

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.

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.

MUSIC LESSONS

Guitar, drums, singing, with professional musician. All ages. Contact Bevan bevan37@hotmail.com or ph 027 363 1376.

SENIOR MUSOS

Retired musicians who put on music for an afternoon at the Normanby Bistro. Scones, jam & cream \$3, 3rd Thurs of the month from 2pm.

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

UKULELE SESSIONS

Wed, 7-8.30pm, Baptist Church, 280 North Rd. Just turn up or text Adrienne 027 389 2574 for more info.

VALLEY BLUEGRASS JAM

Monthly jam session at the Normanby Bistro, 3rd Sun of the month from 2pm.

WOMEN'S ART GROUP

An art & craft group aimed at helping new Dunedin residents learn & share skills & connect with others. Tues, 1pm, community rooms, 262 North Rd.

community

BIBLE HOUR

Friendly small group Bible learning over morning tea, Sun, 9.30am, DNI (tech area) during school terms. All welcome, free, ph 020 4079 5727 or www.dunedinchristadelphians.org

BIKE WORKSHOP

Get help, use our workshop, bikes available for koha, 3.30-6pm Tues, and 9.30am-12.30pm Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com

COMMUNITY ACCOUNTING

Dunedin Community Accounting provides free accounting training & advice for non-profits in Otago. For more info call 0800 113 160, kiaora@dca.org.nz or www.dca.org.nz.

LEGAL ADVICE

Free at Community Law Otago, legal advice by qualified lawyers, practical solutions, 11am-12.30pm Mon-Fri, 5.30-7pm Mon, Fri and 2-3.30pm Mon, Floor 1, 169 Princes St, 474 1922.

MEN'S PROBUS

NEV bowling club, 10am, 2nd Mon each month, new members welcome. Ph Peter 455 1256, peabee@xtra.co.nz or ph Don 473 7544.

COMMUNITY GARDEN

North East Valley, the top paddock behind North East Valley Normal School, working bees every weekend alternating Saturday 9.30am-noon and Sundays 1-4pm. All welcome.

COMMUNITY GARDEN

Pine Hill, Dalmore Reserve entrance on Allenby Ave. Working bees 2nd & 4th Sunday, 3-4pm, check Facebook page: Dalmore Reserve Bandit Gardeners, dalmorecommunitygarden@gmail.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.

Classifieds and community notices (for non-profits)

Belleknowes Golf Club

Green fees \$15
(after 4pm \$10/player)

Come & enjoy our fantastic 9-hole golf course on Lawson Street

Want health, wellbeing and relaxation?

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

All welcome

For class times or private sessions contact Jay 027 584 4537
www.bodymindqi.com

NEED A JP?

Contact Colin Lind to arrange to meet, ph 473 7174 or 027 733 0066 or colin@lind.co.nz.

NORTH DUNEDIN SHED

New members welcome. Open Wed and Sat mornings 35 Bonnington St over bridge. Find us on Facebook: North Dunedin Shed Society Inc

MULTICULTURAL GROUP

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

NEIGHBOUR SUPPORT

Create safer, more caring communities. For more info and local contacts ph Lois on 456 0857 or neighbourhoodsupport@gmail.com.

REFUGEE & MIGRANT CENTRE

Mon, 9-11am, Dunedin Community House, 301 Moray Pl. Coordinator Afife, ph 027 419 3125 or email afife.harris@gmail.com To volunteer at centre please get in touch.

trading corner

BABYSITTER

Experienced 23 year old, have worked with children of all ages. Ph Kelly 027 697 9194.

BABYSITTER AVAILABLE

High school student available for babysitting evenings and weekends. Ph Laura 027 905 9911 after 4pm.

CAKE BAKER

Home-baked cakes large/small for your pleasure. Made to order. Price list available. Ph 473 0159 evenings.

COMPUTER SERVICES

I fix computers! Low rates, great service, Windows, Linux, Mac, Android. Call Matt 022 048 0012.

KNIFE SHARPENING

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

HOUSE-MINDER

House-minder avail to look after your house, pets & plants, late July onwards. 12yrs experience in Dunedin area. Ph Jeffrey 027 4467 915 or email jeffreYRObinson@yahoo.co.nz

LOG SPLITTER FOR HIRE

Commercial power Briggs & Stratton Model 12000 Vanguard. Local pick up & delivery with full tank, \$50/day. User responsibility, ph 473 0393.

ROSE PRUNER

Winter pruning, experienced, hourly rate, pensioner discount. Ph 473 0159 evenings.

SENIORS HAIRDRESSING

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

WORK WANTED

Mature woman seeks gardening work. Ph Jude 473 1650.

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, community rooms, 9.30am, first, third and fourth Sundays, cafe service, contact Cameron Sinclair on sinclair@snap.net.nz

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

NEV Baptist, 270 North Road, 10.30am.

for families, kids & teens

ACTIVE MUSIC

For 0-5yrs, with Yvette, 10.30am Wed, Valley Baptist Community Centre, 270 North Rd, ph 473 9413 or nevplaygroup@gmail.com

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

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, 3.30-4pm 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.

MT CARGILL GIRLGUIDES

Pippins, brownies, guides and ranger groups in the valley. Ph. 0800 222 292 or 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

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.

SUNDAY SCHOOL

Variety of classes with stories, crafts, songs and more. Ages 4-18, 9.30am Sun mornings (term time only), DNI (tech area). All welcome, no charge. Ph. 020 4079 5727 or www.dunedinchristadelphians.org

SPACE FOR BABIES

Space for you & your baby. Programs run by registered ECE teachers supporting families through their first year with a new baby, school terms, 12.30-2.30pm, day to be confirmed, Valley Baptist Community Centre. Ph 473 0014 or space.valleybaptist@gmail.com, www.spacenz.org.nz

NEV PLAYGROUP

For 0-5yrs, variety experiences to enhance development of your child, meet other local young families, free morning tea & lunch provided, Valley Baptist Community Centre, 270 North Rd, 9am-2.30pm Tue & Wed. Ph 473 9413 or nevplaygroup@gmail.com

RUDOLF STEINER

Dunedin Rudolf Steiner playgroups, Te Whare Ako Marie, Pinehill and Maia. A sanctuary of creative play for children from birth to kindergarten, a place of peace and friendship for parents. Groups meet weekly, term time. For more info contact 471 2163 or dunedinsteinerplaygroup@gmail.com

YOUNG PARENTS

Young Parents Group for young parents come together to share and support each other. For parents under (about) 26 years. Children welcome, 11.30am-1pm, Thurs, community rooms. Ph Nika 022 690 0440.

THE BREAST ROOM

Free peer support and help around breastfeeding. All parents welcome. Every Wed, 10.30am-12.30pm, community rooms.

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COMPETITIVE RATES & QUOTES

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 porteous.a.b@gmail.com

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Potluck and dancing



Above, Multicultural Potluck co-organiser Afife Harris takes to the stage with the Kia Orana Dancers, and, below, people enjoy kai from many different cultures during the Multicultural Potluck held at Dunedin North Intermediate.

Photos: Natasha Murachver *See more pictures on the Valley Project website or Facebook page.

NEW COMMUNITY connections were made as about 200 people came together to enjoy music, kai and laughter at last month's multicultural potluck event.

The audience learned some new moves – it's all in the hips! – with the Kia Orana Dancers and Edumail Walter, who brought Pasifika performing arts to the stage from the Cook Islands and Solomon Islands.

The crowd then welcomed the bells and bright colours of the performers from Natyaloka School of Indian Dance. They gave us a taste of the Bharathanatyam form of dance and absolutely blew us away.

The Tamzin Tribe Belly Dancers rounded off the afternoon with a performance so inspiring that Afife Harris, event co-organiser, took to the stage with a performance of her own.

The audience then became the providers with the wonderful dishes they brought to share. The tables were laden with kai from the many cultures represented in the Valley community. We enjoyed sushi, roast vegies, tabouli, quiche, dolmathakia, spaghetti – and of course each other's company!

It was a great event and we would like to thank Afife Harris for her hard work as well as all of the wonderful performers. The event was a collaboration between the Valley Project and the Dunedin Refugee and Migrant Centre.—*Erin Silver*

Valley Project AGM agenda

When & where

The Valley Project Annual General Meeting is on Wednesday 19 June from 5.30pm at the North East Valley Bowling Club.

All welcome! Nibbles provided.

conversation

Join the community discussion about whether the Valley Project should apply for gambling-related funds.

community reports

Hear the annual report from the Valley Project and reports from the community about what is happening with their groups.

info evening

Find out more about becoming a Valley Project executive board member, Tuesday 4 June, 5–6pm, community rooms. Pizza & beer (or wine, tea or coffee) on offer!