

# whiria to taura tangata connecting our community

Issue #5 | E rima rerenga

Your local newspaper published by The Valley Project

AUGUST I HERETURIKŌKĀ 2025

#### FESTIVAL HONOURS VALLEY LIFE FROM CREEK TO PEAK

We're excited to announce the rebranding of CreekFest to Valley Fest—a vibrant three-week celebration of everything that makes our Valley so special. From hands-on workshops, whānau fun days, community gatherings, and activities highlighting our Valley's unique biodiversity, the Valley Fest will be bursting with creativity, connection, and community spirit!

We tried October. We tried April. Either side of the year, previous Creekfests ended up drenched. In an attempt to outwit the weather, we are shifting away from a singular day in the unpredictable outdoors, to a multi-day celebration across various locations; both indoors and out, with wiggle room in-between. Lindsay Creek continues to be cherished, but now so much more of the Valley gets to shine!

Valley Fest will run from *Saturday, 13 September to Sunday, 5 October*. Early into the festival programme we will be hosting a community dinner at an exciting new venue! Join us at the North East Valley Bowling Club, where you will get a full overview of the festival schedule while indulging in hot dishes and sweet treats donated by KiwiHarvest and New World Gardens. The party starts at 5pm sharp. (*Continued page #3...*)













#### SLOW DOWN BUT DON'T SHUT UP SHOP

While some level of social withdrawal can be beneficial for rest, introspection, and reflection over winter months, avoid the temptation to slip into "hibernation". Us humans are inherently social, after all, and community development isn't limited to outside temperatures. Continuous engagement is the very fabric of society, shaping progress and advancement. So today, as any other day, is a good one to make a connection!

#### **VALLEY PROJECT RECEPTION HOURS 262 NORTH ROAD, NORTH EAST VALLEY**

Monday - Thursday 9am - 2pm | Closed Fridays and public holidays

**#** gifts trap hire

laminating

- placement of notices
- newspaper advertising
- printing & photocopying
- **Y** seed library
- **¶** event hireables:
- room bookings
- marquees, tables,

food assistance

PA system, dishes















Subscribe to full-colour digital copies of the Valley Voice and/or OpenVUE newspapers: tinyurl.com/VPnewspapers



Join the Valley Project Community Business Directory! Listings are entirely free! northeastvalley.org/directory



#### 2025 VALLEY VOICE SCHEDULE

ISSUE #: #6 #7 #8 **CONTENT DUE:** October 8 November 12 August 27

**DISTRIBUTION DATE:** September 20 November 1 December 6

#### VALLEY PROJECT COMMUNITY ROOMS FOR HIRE

FRED HOLLOWS COMMUNITY ROOM has a max capacity of 30 and is equipped with a kitchenette (microwave, sink, jug, dishes/cutlery, serving wares, fridge, etc.) tables & chairs, whiteboard, TV, and more.

**TE PŪTAKE ROOM** is suitable for small meetings of up to 10 people. Available all hours over weekends and after 5pm on weekdays. The room is equipped with a kitchenette, heat pump, and TV w/HDMI.

**CLINIC/QUIET ROOM** is ideal for the provision of health and social services, or other one-on-one sessions.

Check the bookings calendar on our website for availability (www.northeastvalley.org/services/community-room-bookings), then book by emailing reception@northeastvalley.org.



	Fred Hollows Room	Te Putake Room	Clinic Room
-	\$25 (inc. GST) p/hour	\$23 (inc. GST) p/hour	\$13.50 (inc. GST) p/hour

### A QUICK NOTE FROM OUR MANAGER

Kia ora e te hapori! Winter is a time for rest and renewal, but here at Valley Project we are happy to see you throughout all seasons. Feel free to pop in and say hi, or to ask us questions and to share your ideas for projects or initiatives.

The Crop Swap is happening all year round on the last Sunday of every month. Come swap something you have for other things you'd like—definitely worth spending your Sunday afternoon out of the house! We hosted some knitting workshops recently that filled up fast and were wholly enjoyed, so watch out for more instalments.

The staff and interns are cooking up grand plans for the upcoming Valley Fest happening this September and October. It's all about celebrating the people and places in North East Valley and surrounds, and will include kai, music, kids activities, environmental workshops, chances to contribute to the community, and more! We look forward to your participation! -- Jen Rodgers





Peter Waymouth **Arborist** 

Tree pruning professional

greentrees.co.nz 027 432 9646



## **Scott Willis** List MP based in Ōtepoti



## YOUR BUSINESS HERE

\$60 monthly for this space Open-ended contract Discounts for non-profits Design yourself or use our in-house graphic designer voice@northeastvalley.org

THE PRODUCTION OF THIS **COMMUNITY NEWSLETTER** DEPENDS ON YOU!

(...continued from front page.)

What else is there to look forward to in this rolling celebration of Valley life and spirit? Lots!

In the space of plants and nature, Denis Enright, biochar expert, will be a guest speaker at an Open VUE propagation and composting workshop. Also, Pam McKinlay will lead an exploratory tour of the impressive Community Garden to discover fresh blooms, and will share a plethora of gardening tips, too. A bountiful crop and seed swap will take place at the Valley Project community rooms where you can gather motivation and supplies for the upcoming growing season.

For primary-aged community members, get your beanbags and blankies ready for a movie matinee at the NEVN school hall! Escape the cold with theatrics, snacks, and generous heating! Also, Sport Otago will be around to help burn off some school holiday energy with various fun games and sports equipment. Stick around for a sausage sizzle after a big day of play!

For all younglings in the Valley, Youth Volunteer Day is your chance to make a difference in the neighbourhood! Participating in sycamore removal, native planting, litter clean-up, and other conservation efforts is guaranteed to bring you a profound sense of accomplishment and belonging. You might even make new friends along the way!

The Valley Fest aims to provide plentiful opportunities to get moving. Try out the topnotch BMX track neatly tucked into the scenic Northend of the Valley. Deck the whole whanau in close-toed shoes and long sleeve shirts, and the Dunedin BMX Club will provide the rest. Oh, and come hungry! The North East Valley Bowling Club will also host a free, all-ages Open Day. Learn the fundamentals of lawn bowling with the pros. Wear flat-soled shoes, or dare to go barefoot! Bowls provided. Bring along a pocket full of change for raffles and bar drinks.

But wait, there's more!

Join the waste revolution with Repair Network Aotearoa. Bring your broken wares to the Repair Café where skilled volunteers can help fix your items for free and show you how to do it safely. Good for your wallet; good for the planet!

Also in the name of waste minimisation, Christine Keller of Sew On Period Care invites you to her workshop on Allen Street where she will introduce you to sustainable menstrual products and show you how to make your own.

The Emergency Resilience Hui will be an opportunity to learn about hazards specific to North East Valley, straight from the experts. Join your neighbours in contributing to a regionspecific community response plan.

As you read this, a medley of other engaging Valley Fest activities and events are taking shape, and we are still welcoming local groups, creatives, businesses, and residents to host their own. Want to get involved? Pop into the Valley Project for a chat, phone 03 473 8614, or email project@northeastvalley.org.

Date, times and descriptions for all festivities will be confirmed on the Valley Fest Facebook event. Don't miss out on all the wonderful opportunities in store. Be sure to follow our page to stay informed: **f** valleyproject











#### CELEBRATING OUR PEOPLE, **OUR PLACE:**

ŌРОНО GARDENS MT CARGILL LIBERTON NORMANBY DALMORE **PINE HILL** SIGNAL HILL **MOUNT MERA UPPER JUNCTION NORTH EAST VALLEY** 

## save the dates

Transport Forum	Mon. 25 August
Crop Swap	Sun. 31 August
Community Dinner	Sat. 13 September
Valley Fest	13 Sep 5 October
Youth Volunteer Day	Fri. 17 October

Follow our Facebook for official event info and notices.

(03) 473 8614

262 North Road, North East Valley, Dunedin

@valleyproject

www.northeastvalley.org

project@northeastvalley.org

f facebook.com/valleyproject

The North East Valley Community Development Project (The Valley Project) is a registered charitable organisation that builds community connections and promotes the wellbeing of local families and whanau. If you like what we do, you can donate at:

## givealittle

www.givealittle.co.nz/northeastvalley

The opinions expressed in articles are the author's own and are not necessarily shared by the editor or Valley Project team. Submitted articles may be edited at the editor's discretion.

We'd love to hear from you! Send us your local photos, stories, announcements, etc. Next deadline for newspaper copy is 27 AUGUST, 2025. Submissions later than this date cannot be guaranteed space. Please keep your contributions to 300 words or less. Advertising information available on the VP website.

## LAST CALL FOR BACKYARD CONSERVATION CHAMPS!

We're thrilled to see North East Valley residents stepping up to join our predator trapping program—thank you to everyone who has volunteered so far. There's still room for a few more households to take part in this vital initiative to protect our native birds and wildlife.

If you've noticed rats or mice in your backyard, we'd love to hear from you. You'll be provided with everything you need to get started, and your efforts will contribute to research on the impact of domesticated pets on backyard pests.

It only takes a few minutes each week to make a real difference for our urban ecosanctuary. Let's keep building this strong network of local kaitiaki. Email us at *OpenVUE@northeastvalley.org* or call *473 8614* to join while spaces remain. Visit *www.northeastvalley.org* for more information.

Together, we're creating a safer home for our taonga species, one backyard at a time.





### MANY HANDS, FEWER INVADERS

Thank you to everyone who has volunteered to join our sycamore removal efforts so far.

Each week, new sycamore seedlings pop up across North East Valley,

shading out native plants and threatening bird habitats. Left alone, they form dense canopies that choke out our beloved natives. That's why we're asking for a few more helping hands.

Whether you have an hour or an afternoon, your time counts. No experience? No problem. Open Valley Urban Ecosanctuary provides all needed tools, guidance, and good company. It's a great way to connect with neighbours while giving back to the valley we love.

Join us. Call **03 473 8614** or email **OpenVUE@gmail.com** to get involved. Together, we can keep our valley thriving for generations to come.



## HOLD OFF ON YOUR SPRING GARDEN CLEAN-UP!

When winter fades and the sun tempts us outdoors, many of us feel that irresistible urge to tidy up the garden. But experts are urging a simple shift: wait just six more weeks before you start clearing away leaves and plant debris.

Why? Because beneath those fallen leaves, hollow stems, and sticks lie countless beneficial insects overwintering until temperatures warm. Research shows that early yard clean-ups can unintentionally disturb or destroy beneficial insects that are still dormant in garden habitats. These small creatures aren't just pretty visitors—they are powerful pollinators and natural pest controllers that keep local ecosystems thriving.

Gardens left a little wild support up to 200% more wildlife than neatly manicured lawns. By delaying your rake and pruners until temperatures consistently reach 12°C for a few weeks, you're providing critical shelter for these insects to safely awaken, breed, and begin their vital seasonal work.

So this spring, instead of rushing to tidy your patch, grab a cuppa and enjoy the messy beauty of nature. Your small act of patience will help protect pollinator populations, boost garden biodiversity, and create a healthier environment for everyone—from soil microbes to songbirds. Sometimes, doing nothing is the best thing you can do.

-- Jennie Wagner-Gorton

#### NEVN School pea straw fundraiser Amazing as garden mulch: Other ideas for pea straw: ·Adds nitrogen to soil ·Chicken coop ·Retains moisture and ·Add to compost improves soil structure ·Garden pathways ·Suppresses weeds, lay **ORDER ONLINE** thickly or for lighter tinyurl.com/2025peastraw applications put down wet newspaper first. ·Reduces need to water ·Protects plants and roots from frost.

Thank you very much for supporting the growth & learning of our tamariki!

Fundraising goes into classrooms & the library as new

books, and into experiences for the kids' school camp.

#### **GROW MICROGREENS**

Microgreens are the just-sprouted seedlings of many common vegetables and herbs, which are harvested and eaten in salads. sandwiches, soups, and smoothies. They're highly nutritious, being a very concentrated form of vitamins and minerals. Usually grown

indoors (and so they're not affected by the weather), they're ready for a first harvest after as few as five days, when the first two leaves have formed. Microgreens are easy to grow once you know a few simple basics:

GET YOUR SEEDS from a local garden centre, or do an online search for "NZ wholesale microgreen seeds". All seeds should be untreated (no pink or other colouration). If mixing seeds, choose seeds which germinate in a similar time-frame, e.g. lettuce, kale, broccoli, cabbage. Easy, quick-growing species are kale, cabbage, mizuna, rocket, cress, mustard, and radish. Other seeds commonly used are lentils, peas, chickpeas, arugula, radish, chia, beet, buckwheat, chard, cilantro, fenugreek, basil.

PREPARE YOUR SEEDS: Soak larger seeds like peas and lentils in warm water overnight to aid germination.

PREPARE YOUR CONTAINERS AND SOIL: Containers should be wide, shallow, lightweight, portable, and with good drainage, and can be anything you've got lying about your house and garden. Use sieved growing medium: soil, potting mix, seed-raising mix.

SOW YOUR SEEDS: Sprinkle seeds evenly over the surface, and cover with a fine layer of sifted soil to the depth of the seed. Water well with a fine, light spray. Cover with damp paper towels. Optional: cover with cling-wrap to make a minigreenhouse. Remove it when seedlings appear. Put them somewhere warm—a window-sill, or even in a hot water closet.

CARE FOR YOUR SEEDLINGS: Five minutes of daily attention water with a fine spray, and perhaps a diluted seaweed fertiliser when the seedlings appear. As well as windowsills, you can put the containers in a greenhouse, or under cloches in the garden.

HARVEST: Cut them just before use, after six to twenty days most plants will be two to five centimetres high. Many people only harvest once, but with some seedlings it's possible to get two harvests if you cut for your first harvest just above the first two kidney-shaped leaves. Eat them immediately, although they can be stored for up to about six days if sealed in a lockable plastic bag and refrigerated. -- Hector Guthrie



Sat. 9 Aug. 10am	Sat. 13 Sep. 10am	Sat. 11 Oct. 10am
Sat. 23 Aug. 10am	Sat. 27 Sep. 10am	Sat. 25 Oct. 10am

#### N.E.V. COMMUNITY GARDEN WORKING BEES

Sat. 9 Aug. 9:30am	Sun. 31 Aug. 1pm	Sat. 20 Sep. 9:30am
Sun. 17 Aug. 1pm	Sat. 6 Sep. 9:30am	Sun. 28 Sep. 1pm
Sat. 23 Aug. 9:30am	Sun. 14 Sep. 1pm	Sat. 4 Oct. 9:30am

## Crop Swap NEV



#### LAST SUNDAY OF THE MONTH 3-4pm

Valley Project, 262 North Rd, North East Valley

Swap your excess garden produce or home goods: baking, dips & relishes, eggs, preserves, flowers, seedlings, bulbs, cuttings, books, honey, jars, etc.

## FROM CURIOSITY TO CONNECTION

The only thing I knew when I turned up to my first Crop Swap was that I hadn't brought any 'crops'. I pictured people bartering vegetables by the sackful or haggling over lettuces...I couldn't have been more wrong, or more happily surprised!

What I discovered was a friendly group of people making small offerings of almost anything food related to anyone with an interest, and most importantly, everyone was sharing their knowledge of selfsufficiency. This really is the heart of the gathering.

"It's about food sharing, and community food resilience," said Claire Speedy, one of the group's coordinators, who got the idea to start the Valley Crop Swap from attending the Ōtepoti Food Futures Hui in November last year. "It's about sharing what you have left over, from seeds to baking or kitchen equipment, and giving your knowledge and experience freely to create a stronger community."

This theme was evident within a minute of starting. After a short welcome and an introduction from all, tables were laid with goods from attendees and everyone was encouraged to mindfully peruse what was on offer, and ask questions of those giving it away. I instantly heard experienced advice on growing dahlias and instructions on making sourdough bread from the starters on offer. Leftover eggs were donated, with some shared stories of raising chickens. Everyone was helpful and there was a real desire to include all those who came along—shout out to the young girl who brought awesome painted rocks to give away!

Importantly, people took home what was left over from their donation to give away another day. Leftover food was donated to the Community Pantry and the whole room was back to the way it started.

If you have a few flower bulbs, more rosemary than you can handle, or even some

cookbooks to offer, bring them along on the last Sunday of every month, share your knowledge with others, and find some treasure for your garden or kitchen.

I'm going again! -- Karl Bray



Offered by Peace Talks
Jorinde Rapsev & Sally Prebble PhD

SEEN is a transformative documentary that reveals how we cannot truly see our children until we've done the work of seeing ourselves.

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Peace Talks was born from a shared love of Norwiolent Communication (NVC) and a desire to share it widely to inspire transformation in individuals, families, and communities. We envision a peaceful world where people speak truth with love, reshape systems to meet huma needs, and care for each other with compassion.





## NEW KAIAKO AT ISLINGTON EARLY CHILDHOOD CENTRE

"The Jumbo dairy owners still recognise me!" Islington Early Childhood Centre's new head teacher, Jaimee van Betuw, has found herself back in familiar territory, with both her parents and grandparents having grown up in the Valley. Recently returning to Dunedin with her partner and four children after nine years away in Gore, Jaimee brings 15 years' experience in early childhood teaching to North East Valley's unique early childhood centre.

Jaimee has been joined by Chris Ryder, who has a wealth of experience after 20 years teaching in kindergartens and home-based care. Originally from the deep south, Chris has lived in Christchurch, Auckland, and Dunedin with her husband and two (now grown-up) children. Jaimee and Chris are helped by our fabulous centre support, Tania Daniell.

The definition of dynamic teaching duo, Jaimee and Chris hit the ground running at the start of Term 2 and have set about refreshing the diverse inside play and learning spaces, introducing more Te Reo Māori, and organising a new carpentry table for the outside nature playground. We've already had a winter disco, a Matariki breakfast with waffles, and walking adventures to the local primary schools. The tuakana group, made up of the older children at the centre, have had Thursday afternoon outings on the bus to Toitū, the library and local parks and gardens.

Islington Early Childhood Centre has been providing warm care and creative play as an independent childcare centre for Ōtepoti tamariki for 50 years. Its small size—we have a maximum of 20 children each day—means that the teachers have time to get to know each child, encourage their interests and cater to their individual needs. Families love Islington's relaxed and inclusive atmosphere; parent input is welcomed and valued, which fosters a friendly and welcoming whanau community that sets it apart from other centres.

With several four-year-olds moving on to school soon, we have spaces available for children from two years old, and this term we can offer five free days a week for new enrolments. We are at 16a Islington Street, off North Road, and our days run from 8.30am to 2.30pm during term time. There's more information on our website at <a href="https://www.islington.org.nz">www.islington.org.nz</a>, and you can email us at <a href="mailto:islington.ecc@gmail.com">islington.ecc@gmail.com</a>, call us on 473 7490, or come visit!

-- Helen Jack

#### Longtime LPHS staff members can't wait to see you!







Rarhara Eitzeimone

Christine Colbert

Paul Enright

## YOUR SMILE, OUR PASSION

At Farella Orthodontics, we would like to say a heartfelt thank you to all our patients in North Dunedin, and the greater Dunedin area, who have chosen our practice for their orthodontic care.

We are truly touched by the appreciation you've shown us through

your kind and meaningful words, and would like to take this opportunity to share a few short reviews from some of our valued patients. Thank you from the bottom of our hearts.

"From the first visit we were welcomed with open arms and treated with kindness and professionalism from the whole team. My daughters process was easy and I put that down to the expertise of the team. Everything was carefully explained with no pressure felt at all to have done what they were suggesting—it was totally up to us.

If there were any problems, e.g. a stray wire, the team were always there at the other end of the phone or getting us in quickly to sort it out.

It was bitter-sweet coming to the end of the treatment. My daughter was left with a beautiful smile which has seen her self-confidence grow, but her comment was, 'I'm sad I'm not going to get to see Mauro every month'. That just shows how comfortable she was made to feel by Mauro and the team during her treatment.

From the bottom of our hearts we thank you for your care and expertise during our orthodontic experience. Every member of your team made us feel welcome and became more like good friends by the end of it!"

#### -- Kylie R., mum; Brooke, patient

"We cannot recommend Farella Orthodontics enough! Professor Farella is truly amazing—highly skilled, professional, and incredibly thorough in his approach. Both of my daughters, Haneen and Hadeel, are currently receiving treatment with him, and we couldn't be more pleased with the results.

Our experience at Farella has been amazing, everything was explained to us step by step, making the entire process smooth and reassuring.

A special mention to Jen and Carmen, who have been extremely supportive and helpful throughout. The entire team provides excellent care, and the level of professionalism is outstanding. If you're looking for top-quality orthodontic treatment, this is the place to go!"

#### -- Humara F., mum; Haneen & Hadeel, patients

THIS AUGUST: Free Consultations for kids and adults! Start your journey to a confident smile with a complimentary initial consultation, whether it's for your child or yourself.

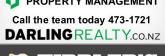
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#### **HOT TIPS FOR COLD DAYS**

Winter in Dunedin can be a bit brutal, so we asked the various agencies that attended our recent Winter Warmer to give us their best ideas for making winter more comfortable and a season to enjoy. Read on to get inspiration and keep your family cosy!

#### **DCC ECO DESIGN ADVISOR SERVICE**

#### www.ecodesignadvisor.org.nz/

- \* A heatpump set to around 20c and heating with the fan pointing downwards is most efficient.
- Clean the filters on your heatpumps regularly. Use the internet to find guides or manuals for your model.
- \* Let the sun in where you can—free heat!
- \* Minimise moisture in your house: dry washing outside and use an extractor in the kitchen and bathrooms.
- \* Get a cheap and effective 'scoopy' device to reduce condensation on windows (Bunnings or online).

### DUNEDIN CURTAIN BANK

#### dunedincurtainbank.org.nz

- \* Keep your curtains closed during cold and cloudy days.
- \* Make sure your curtains are double-lined. Talk to the Dunedin Curtain Bank if you need help here.
- \* Get curtains that go all the way to the ground. The energy savings over time are enormous.
- When you do open your curtains in the morning, also open your windows to let the moisture out.
- Get some draught excluders to block draughts from under doors.

## PRESBYTERIAN SUPPORT OTAGO'S ENERGYMATE PROGRAMME

#### www.energymate.nz

- Get in touch with Presbyterian Support Otago for an in-house assessment to see where you're losing heat!
- \* They can also liaise with your power company to ensure you're paying the right amount for the energy you use.
- \* Don't use oil heaters all the time. Just use them when you need them. It works out much cheaper this way.

### WELLSOUTH PRIMARY HEALTH NETWORK

#### www.wellsouth.nz

- \* Get in touch with WellSouth for cheap and healthy family meal plans, food portion guides, and diabetes support.
- \* Soups including protein do wonders to keep your body warm and nourished for a long day.
- \* Warm drinks are important to keep your internal temperature up, especially in the morning.
- Ensure you're having three meals a day to maximise energy levels.
- Water is best. Avoid sugary substitutes, however tempting!

## OTAGO MENTAL HEALTH SUPPORT TRUST (OMHST) www.omhst.org.nz

- \* Keep your pets close—they're great therapists and good for keeping you warm.
- \* Connect with your neighbours and friends with a hot chocolate party!
- Don't hesitate to reach out for support from OMHS, even if it's just a chat with a friendly ear. Winter may be cold, but it doesn't have to be hard.

-- Karl Bray

### **COMMUNITY WISDOM FOR WINTER WELLBEING**

Back in June, the Valley Project welcomed friends from the Otago Mental Health Support Trust to take part in our Winter Warmer event. Grant, George, and Vicki joined the gathering and made some lovely connections with community members. In true peer support style, instead of offering advice on how to beat the winter blues, they asked people what works for them. Inspired by the responses, the Valley Project continued gathering ideas.

Behold: a collective, community-sourced list of wonderful ways to melt away the midwinter meh!

WINTER SPORT PARTICIPATION
REORGANISE A ROOM
EMBRACE CREATIVE HOBBIES
READ YOUR FRIEND'S FAVE BOOK
HIGH-TEMPO MUSIC PLAYLISTS
EATING MORE WHOLEGRAINS
GOING THROUGH OLD PHOTOS
BUBBLE BATHS
STAND-UP COMEDY
SOUPS, STEWS, AND ROASTS

SOUPS, STEWS, AND ROASTS
COLLAGING OR VISION BOARDS
HARRY POTTER/LOTR BINGE
APPRECIATING WINTER BEAUTY
VISITING ART GALLERIES
PHOTO EXCURSIONS
WALKING TO WORK
AROMATHERAPY AND CANDLES
PLANNING SUMMER HOLIDAYS
SLEEP IN NEXT DAY'S CLOTHES
WEARING A STATEMENT COAT

AIR-DRY CLAY MODELLING

FREE GYM AT TE KAIKA

**HOT YOGA AND SAUNAS** FLASHLIGHT TAG AKA SPOTLIGHT **BOARD GAMES BY THE FIRE AQUA JOGGING MOTIVATING PODCASTS CHARITABLE GIVING GET YOUR FLU SHOT** INDOOR CONTAINER GARDENING WATCHING MOVIES WITH KIDS READING FANTASY BOOKS **GOOD WINTER-PROOF SHOES GRAB A GRAB-A-SEAT DEAL** JOINING COMMUNITY GROUPS **DOUBLE-UP ON MOISTURISERS** HOT TEA WITH A NEW BOOK LIGHT THERAPY LAMPS **JOIN PARKRUN PIZZA-MAKING PARTIES INSTALL LINED CURTAINS** MERINO, MERINO, MERINO! HOT CHOCOLATE-MAKING PARTY

**PHONE YOUR MATES** 

**HOST A COOKIE SWAP** FLAX WEAVING STOP BY THE COFFEE CART **CHECK OUT LOCAL MUSIC GIGS VISITING ANIMALS AT SHELTERS** LOAD UP ON ROOT VEGGIES PLAN YOUR SPRING GARDEN SCIENCE EXPERIMENTS **STARGAZING CALL YOUR MUM DANCE WITH YOUR CAT** TAKING THE STAIRS EVERYWHERE GO TO THE PUB EVERY FRIDAY **DECLUTTERING** MAKE FUNKY DRAFT STOPS **USE HOT WATER BOTTLES DUNEDIN BEDDING BANK** DAY TRIPS WITH WHANAU **TRYING NEW RECIPES** KNITTING WINTER GEAR WEARING BRIGHT COLOURS **BLITZ THE HOUSEWORK** 

VITAMIN D SUPPLEMENTS **EXPLORING NEW MUSIC GENRES** PRIORITIZING SLEEP THE POLAR PLUNGE SIGN UP FOR TALK THERAPY CUTTING/STACKING FIREWOOD HAVE A MID-YEAR CHRISTMAS **MAKING HEARTY SMOOTHIES OP-SHOP FOR EXERCISE DVD'S GOING ON WINTER HIKES** TRY VOLUNTEERING **SUPER THICK SOCKS JIGSAW PUZZLES OPEN MIC NIGHTS** STOCKING UP FROZEN VEGES MULLED WINE OR HOT WHISKY **GUIDED MEDITATION** JUMPROPING AEROBICS **CUDDLING PETS BAKE AND SHARE** JOIN A MULTI-DAY RETREAT PLAYING WITH HYDROPONICS

#### **BATTLE FOR THE BALLOT**

Dunedin City Council mayoral and council candidates will once again have the chance to strut their stuff at forums at Ōpoho Church.

They will be quizzed by the moderator, the Cat in the Hat, Philip Somerville. Expect a mixture of exacting questions and varied responses—and a few excruciatingly bad jokes.

Owing to the large number of aspirants, candidates will appear across two nights. The sessions—beginning sharply at 7pm and ending on the dot at 9pm—will be held on *Sunday, September 7*, and *Monday, September 8*. The half-time breaks will be seven minutes long.

These community meetings—held every three years since the 1990s—are consistently well supported by Ōpoho and other North-end residents. As usual, the stag caller will roar to drown out any candidate who dares to stray even a second over their allotted time.

The meetings have always been a valuable way to assess in person the calibre of candidates. Who is worth ranking highly, and who warrants leaving off your list altogether?

It pays to arrive early, as the church is usually full for these forums. A visual connection to the lounge is set up for any overflow.

There will be a low-key koha collection of goods or cash for the Presbyterian Support foodbank, should anyone like to contribute. -- Philip Somerville



One of two Dunedin City Council candidate forums held at Ōpoho Church in 2022. Photo: Otago Daily Times.



## **Dunedin City Council Funding**

Applications are now open for funding in the waste minimisation sector.

Funding up to \$500 is available to not-for-profit, schools, registered charitable and voluntary community groups who want to implement small waste minimisation projects, events or initiatives.

Open 1 February - 11 December annually



www.dunedin.govt.nz/wmf



### A NEW GENERATION OF LEADERSHIP FOR DUNEDIN

Mickey Treadwell, Rose Finnie and Lily Warring are the Green Party's candidates for the Dunedin City Council in October's local elections. Mickey at 33, Lily at 30, and Rose at 26, represent a generation that is currently missing around the council table. They will bring a breath of fresh air to council chambers.

Mickey Treadwell owns a small business designing video games, and lectures part time in the subject at Polytech. Standing for both the mayoralty and as a councillor, Mickey feels the privilege of growing up and living in Ōtepoti.

"Ōtepoti produces an incredible amount of innovative technology. This is not random, but the result of the city being safe, affordable, and educated. It is the amenities and the culture of the city that foster innovation - and that's what we need to protect," he says.

Mickey wants the new council to provide more support and engagement to the community groups who are working to improve the city. A top priority will be finding housing solutions for our homeless and under-housed population.

Rose Finnie has worked in the disability sector for five years as a support worker and an administrator. She wants to be part of a council dedicated towards ensuring all people can participate in everyday life, whether it's the ability to travel, have adequate housing, access information or engage with public services.

"Putting accessibility and inclusion first is necessary for producing thriving communities," Rose says. "Together, we can build these strong and flourishing communities through collaboration, empathy and informed decision-making."

Lily Warring is a professional visual designer. She is a strong advocate for innovation, particularly within the arts and culture sector. She is also an active volunteer across several Dunedin communities, including Aroha Kaikorai Valley and John's Sketch Club.

Lily says that people are at the heart of her kaupapa. Ōtepoti is rich in taoka—people, places and stories—that deserve protection and investment.

She explains on behalf of all three candidates, "By shifting the way we see ourselves, not as paying customers, but as active members of a community working together for the greater good, we can build an abundant city."

"He aha te mea nui o te ao? He tāngata, he tāngata, he tāngata."

-- Alan Somerville

Views are those of the contributing party and not necessarily of this publication. Other parties are welcome to submit articles.



The Valley Project is hosting a panel discussion "Transport Dreams: possible futures for transport in Aotearoa and how we might get there."

Here's the chance to hear our panellists explore the possible futures of getting around and what we can all do to head towards a fair and healthy future, and not some combination of isolation and gridlock.

What we have now is not inevitable, and can be changed by the choices made by ourselves and our leaders. With local body elections just around the corner, the meeting will highlight the issues we want our local candidates to think about.

Our panellists bring a wealth of experience and knowledge, as well as local, national, and international perspectives.

ALEXA FORBES, Otago Regional Councillor, is co-chair of Council's Public and Active Transport committee, deputy chair of the combined Otago Southland Regional Transport Committee, and a long-standing member of the Transport Research Network Advisory Group. She lives in Tāhuna | Queenstown. In thinking about what makes a transport network work,

she says, "I hold close the image of a 14-year-old who desperately wants independence but needs safe passage under her own steam. Design for her and it will work for almost everyone."

HON JULIE ANNE GENTER is MP for Rongotai and a former Minister for Women and Associate Minister of Transport and Health. She famously cycled to hospital to give birth—twice! Raised in Los Angeles, Julie Anne was exposed to how car-dependence, low-density planning, and a lack of the prioritising of community spaces created a

poor quality of life, especially in the most vulnerable communities.



over twenty years of experience and is the Executive Director of the Global Designing Cities Initiative (GDCI). Skye and her team produced the awardwinning Global Street Design Guide and its recent supplement, Designing Streets for Kids. In support of these global resources, GDCI has provided technical

assistance to 60+ cities around the world, advising on policies, programs, and projects related to safe and sustainable street designs and mobility.

#### TRANSPORT DREAMS PANEL DISCUSSION

North East Valley Bowling Club 139 North Road, NEV Monday, 25th August, 7 - 8pm

Join panellists and guests for a hot drink and conversation after the meeting.

#### DJ AUTO THINK TANK

**Q:** WHAT'S THAT NOISE? JUST HOW IMPORTANT IS ONOMATOPOEIA TO A MECHANIC?

A: As mechanics, we become familiar with a lot of different noises and what they could mean. While accurately describing the noise your car is making doesn't guarantee a diagnosis, it does help us understand what you want fixed—and in many cases, it speeds up the diagnostic process and repair planning by hours. The more details about the noises a driver hears, the better. For example, "clunking noise from behind me when going over small bumps, and it's there all the time," sounds like a sway bar link (suspension component) to us. "There was a screeching noise when I was using the brakes last week, but now it's a rough grinding noise," tells us you're probably about to have a catastrophic brake failure.

Despite being in the trade for over a decade, we are still exposed to new noises every now and again, so bear with us if we aren't immediately on target. Many noises can go just as quickly as they come, and some things can sound different depending on heat, moisture, vehicle weight, driving style, and so on. Sometimes multiple noises caused by different issues are happening all at once, or your car is suddenly mechanic shy and goes quiet at inspection. It's also important that the noise you heard is the noise we heard.

Rest assured, through inspection and testing we will always confirm the problem before we take any actions. DJ Auto offers free consultations, and we always try to make ourselves available to accompany you on a test drive to play 'What's That Noise?' together.

While most noises are signs of a component or system issue, some are early warnings of impending stuck-on-the-roadside failure. A squealing noise first thing in the morning, especially in cold or damp conditions, could mean a loose or worn belt that's about to detach. A screeching or grinding sound when braking might point to worn brake pads and reduced braking ability. Beeping accompanied by dashboard warning lights usually means your car's computer is trying to get your attention. If the alert relates to engine overheating, low oil, or oil pressure, we strongly recommend you don't ignore it. Ideally, the only noise you should be experiencing is the pleasant sound of the kettle boiling at home, having arrived safely after a day's driving.

Unusual noise? We speak fluent *clunk*, *rattle*, and *squeak*. Call us or pop by for a translation.

Email or text us with any questions and we will do our best to provide answers via this publication: dud.dj.automotive@gmail.com or 021 331 528.

-- The DJ Auto Family



**DJAUTOMOTIVE** 

134 NORTH ROAD, NORTH EAST VALLEY, DUNEDIN



## VALLEY PROPERTY INSIGHTS



## Spring Is in the Air... and So Is Buyer Activity

With Spring just around the corner, it's great to see the days stretching out and the first blossoms appearing. Alongside the seasonal shift, we're seeing some interesting changes in the Dunedin property market. The number of residential properties currently for sale has now dropped to around 700 - well down from approximately 830 in December 2024. That's a significant reduction, and if mortgage interest rates continue to soften, we expect this trend to continue in the coming months.

Median sales prices are holding firm, with Dunedin's current

median sitting at \$590,000—up from \$580,000 this time last year. All signs suggest that, barring any unforeseen events, prices may continue to edge upwards as we head into the traditionally active Spring selling period.

So, if selling is on your radar, now's the time to start preparing. Getting market-ready isn't something that happens overnight - between tidying, decluttering, minor renovations etc it can take weeks (or even months) to do it properly. A little preparation now can help ensure a smooth and successful sale later.

## Getting the Best Price for Your Home in a Challenging Market

With the right approach, you can give yourself every chance not just to sell -but to secure a great price. If you've already spent time preparing your home- sprucing up the garden, carrying out minor repairs -you're off to a great start. A tidy, inviting presentation is important, but it's just one part of the equation.

#### Start with a Plan

Work with your agent to set clear goals, timelines, and a tailored marketing strategy. This upfront planning creates a solid foundation, facilitating communication, setting expectations, reducing stress, and helping to achieve the best outcome.

#### Pricing - A Delicate Balance

The key to pricing is balance. Aim too high and buyers may walk away. Too low, and you risk underselling. A skilled agent will help you pitch your property correctly - also massaging other factors such as conditions of sale, chattels etc to optimise your result. Understanding Buyer Types

Understanding or 'profiling' the potential buyers for your property is a critical step in developing an effective marketing campaign. In my experience, buyers tend to fall into these three categories:

- Low-Ballers (10%) They'll always find fault and aim unrealistically low
- Middle Market (80%) Most buyers sit here. They're interested but not yet emotionally committed. They'll generally align with the appraised value
- Premium Buyers (10%) These are your ideal purchasers. For them, your home isn't "overpriced" - it's the one they've been waiting for. They see the value and are often willing to pay a premium to secure it.

## MAR LOW-BALLERS 10%

MIDDLE-MARKET 80%



#### Targeted Promotion vs Just Advertising

People are busier than ever. Many buyers - especially those from out of town - are searching from their phones, often during short breaks or late at night. If your property doesn't stand out immediately, it might not get a second look. Gone are the days when a few ODT ads, a basic Trade Me listing, and a sign on the fence were enough. Today, great marketing must quickly inform, excite, and inspire action - especially from premium buyers who will stretch to secure the right home.

Buyers scroll fast - this skill is to ensure that your property's advert stands out instantly. High-quality photography, creative headlines, and engaging video content are essential in capturing attention. Highlight what makes your home special - particularly those things that should resonate with premium buyers.

Modern marketing also applies innovative digital promotional tools - social media campaigns, targeted database emails, and smart digital funnels - to reach 'the right' buyers and motivate them to enquire.

#### Choosing the Right Sales Method

Different properties and market conditions call for different strategies:

- · Auction Great for creating urgency and competition, but excludes conditional buyers
- Tender Fixed deadline, but less flexible (you can't accept early offers)
- Deadline Sale A good mix of urgency and flexibility; suits many situations.
- Fixed Price Simple and transparent, but risky if the price is off the mark

I'll cover these methods in more detail in the next article.

#### Make Every Open Home Count

Every visitor is an opportunity. A skilled agent will engage with buyers, build rapport, and follow up strategically. This can lead to repeat viewings, multiple offers, and a premium result.

I hope that this article has given you an appreciation that there are many factors involved in not just selling your home, but in achieving the best possible price. Genuine marketing involves careful planning, understanding the market, profiling the ideal buyers, developing compelling, targeted promotions, and engaging carefully with qualified buyers.

If I'm fortunate to be invited to sell your home, I look forward to explaining this process in more detail with you.

Peter Gale is a long-time Ōpoho resident; and also the agent/licensee and advisor for NZ Property Solutions

Peter Gale | 021 608 107 | peter@nzps.co.nz





## advertisements ngá pánui hokohoko

### art, craft & music **ART CLASSES**

For all levels. Casual attendance welcome, tutor Rose Shepard, community rooms, 10am-noon, Thur. 🔲 027 406 4154 📞 467 9993 ■ Shepard@thistle.net.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. • Friederike 482 2025

#### **ART PASTEL GROUP**

All levels welcome. We meet every second Tuesday of the month, 12.15–3.15pm, Valley Project. More info: txt 🛘 Anneloes 027 3077 034 or \( \bar{\pi} \) Marijke 021 101 4333

#### **CELLO LESSONS**

All welcome. What works for you is best! Some instrument hire options available. NEV based. 4 years cello teaching experience & a performance degree. Also open to performance opportunities. 

Ellen 027 430 7739 ■ ellen.walters@gmail.com

#### **DIAL-A-PIPER**

Available for any functions including birthdays, weddings, funerals, Haggis Address, etc. Feel free to contact me to discuss your function. Can travel. **4** 03 473 0045 or **1** 027 473 0060 

#### **DUNEDIN FIDDLE CLUB**

Mostly Celtic tunes, mostly fiddles. New players always welcome! Wednesdays 7.30pm at The Valley Project community rooms. Just drop in or **■** anna.bowen1@gmail.com

#### **FOLK CLUB OPEN MIC NIGHT**

Songs, tunes and convivial company. Thursdays 7.30pm. Dunedin Folk Club, 80 Lovelock Ave. Come and join the supportive circle to play or listen. info@dunedinfolkclub.co.nz

#### **GROUP DRUM LESSONS**

Learn to play djembe, cajon, percussion with a focus on enjoyment, finding your sound, and jamming. Jamie: **Q** 027 550 2858 drumwithjamie@gmail.com

#### **KIDS ART CLASS**

Thinkit Art, dynamic after school term art classes for 7–15 year-olds. Focused on enriching creativity & exploring who you are as an artist. Book now! Kiri Scott Artist:

- @ @thinkitart 021 118 9882
- **?** @thinkitartfeuerstein.art
- Thinkit.fie@yahoo.com

#### **KNIT/CROCHET LESSONS**

Beginner to intermediate levels. One-on-one or small groups, 8yrs and above. First 30min free! Tutor Aurora, at a public place or at your home. Flexible time and day. Rates TBA. • 020 4031 4040 ■ aurlyn.knits@gmail.com

#### PAD-MAKING WORKING BEE

Interested in plastic-free period products? Like to sew? Learn to make sustainable period products for you and whānau. Contact christine@sewonperiodcare.org

#### **PIANO LESSONS**

Beginner and advanced, all ages, all welcome. Your place or mine. Places available on Tuesday. Rates tba. Text 🔲 021 0842 5948 in first instance. Marian Poole: RMTNZ, ATCL, PhD, Music Journalist.

#### REHEARSAL SPACE WANTED

NEV Band looking for long-term rehearsal space. Reliable, mature, considerate. Currently a duo with weekly jams. Demo available. Paul 027 544 6126

#### **SHE CHOIR DUNEDIN**

A non-auditioned, collaborative choir welcoming women, nonbinary, and gender queer people. Rehearse Wednesdays, term times, 6.15-7.30pm at DNI. No prior contact or experience needed. lust turn up and sing with us! shechoirdunedin

#### SINGING FOR FUN

For social and practice. Meet in Musselburgh at 10am on Mondays. Singing at aged homes approx. every 6wks. At present mixed group of 6-8 ladies + 2 men. 📞 Graham 03 929 4834

#### STAND-UP COMEDY

Open mic at Inch Bar, Tuesdays and Wednesdays. All skill levels. Contact □ reuben@dunedincomedy.co.nz

#### UKULELE SESSIONS

Wed, 7-8.30pm, Valley Baptist Community Centre, 280 North Rd. Just turn up or call/text Mary for more info: • 027 929 9813

#### WANTED: BASSIST/MULTI-**INSTRUMENTALIST**

NEV duo looking for someone with good feel for music who plays bass and poss synth/guitar/percussion. Broad influences but make our own music (songs + jams) in weekly sessions; swap demos and see! **P**aul 027 544 6126

## community

#### **ALZHEIMERS OTAGO**

Concerned about your memory loss or supporting someone with dementia, we are here for you. Free support for individuals, carers and families. \$\scrick\$ 03 471 6154 ■ Still.Me@alzheimersotago.org.nz

### www.alzheimersotago.org.nz

## **BIKE WORKSHOP**

Get help, use our workshop. Bikes available for koha, 3-5:30pm Tues, and 9.30am-12.30pm Sat. Valley Community Workspace, 11 Allen St.

#### **BOOKBUS LIBRARY**

Gardens New World, Fri. 11am-12.15pm + North Rd./Watts Rd. Thurs. 1.30–2.45pm + Signal Hill Rd./Farguharson St., Thurs. 3.15-4.30pm + Pine Hill Rd./Forrester Ave. Thurs 6-7pm.

#### CITIZENS ADVICE BUREAU

Free, confidential, independent information & advice. Know your rights, how to take action and how to access the services you need. For ANYONE about ANYTHING! 📞 03 471 6166 or 0800 367 222 www.cab.org.nz • CABDunedin 155 Princes Street

#### COMMUNITY ACCOUNTING

Dunedin Community Accounting. Free accounting training & advice for non-profits. **■** kiaora@dca.org.nz www.dca.org.nz 📮 0800 113 160

#### **COMMUNITY PATROL**

Dunedin North Community Patrol. Assisting Police to ensure our communities are safe to live in. Volunteers welcome. Call Garry for more info: • 027 364 1485

#### COMMUNITY STUDY CIRCLE

Baha'i Spiritual Training. Develop your capacity to offer service to your community as a result of exploring spiritual concepts and how to apply them to everyday life. Strictly FREE. Ash: **Q** 022 615 6115

#### DALMORE RESERVE COMMUNITY GARDEN

Join us fortnightly at the garden on Allenby Ave., Pinehill. All welcome. Tools provided. Check Facebook for dates/times or dalmorecommunitygarden@gmail.com

#### **DUNEDIN CURTAIN BANK**

Got a StudentID, Community Services card, or SuperGold card with CSC? See us at 174 Princes St. 9–4pm Mon–Thurs. or apply online: dunedincurtainbank.org.nz

#### **DUNEDIN NORTH PROBUS**

Retired/close to retirement? Could you benefit from meeting others? Enjoy social outings? Now accepting women's membership! NEV bowling club, 10am, 2nd Monday p/month. Peter: peabee@xtra.co.nz or 📞 455 1256 or 📞 Don 473 7544

#### **ENABLING LOVE**

Friendship and social connection. 18–65yrs welcome to weekly coffee group. More info: 🖵 enablinglove.nz or **■** enquiries@enablinglove.nz

#### FERN COLLECTIVE

Accepting new clients. Self referrals welcome. Open to all ages. Support for individuals & families facing unique challenges of neurodiversity and more. Let us support your journey w/practical tools & resources. 

#### **LEGAL ADVICE**

Free legal advice at Community Law Otago, available by appointment. Legal advice by qualified lawyers. Practical solutions. Appointments now available at the Valley Project...

on Tuesdays from 11am. 📞 03 474 1922 or **reception@dclc.org.nz** 

#### **LOGAN PARK HIGH SCHOOL 50TH REUNION**

Labour Weekend. All past students, teachers, and staff invited for gala dinner, mix & mingle evening, and more.

> Volunteers needed for reunion committee.

www.lphs.school.nz/lphs-50th-reunion

■ LPHSReunion@ encoreeventcoordination.co.nz

#### **NEIGHBOURHOOD SUPPORT**

Create safer, more caring communities. For info and local contacts: **■** coordinator@nsotago.nz **456** 0857

#### **NEV COMMUNITY GARDEN**

North East Valley Community Garden, directly behind NEV school. Pay us a visit! We meet every wknd: 1st & 2nd Saturdays 9.30–12pm, 2nd & 4th Sundays 1–4pm.

#### **NEV JUSTICE OF THE PEACE**

Pine Hill resident, Colin Lind, available for JP services. Flexible days and hours. \$\infty\$ 03 473 7174 colinlind@hotmail.com

#### **NEV JUSTICE OF THE PEACE**

Upper Junction resident, John Campbell, available for JP services by appointment only. gmail.com **Q** 021 646 266

#### **NORTH DUNEDIN SHED**

Open Mon, Wed & Sat mornings, 9–1pm. 35 Bonnington Street, over the bridge. • North Dunedin Shed Society Inc.

#### **VOLUNTEERS NEEDED**

CREST train at the Botanic Garden. Can you help? Volunteers needed for driving, ticketing, commentary, maintenance. 🖵 crestrides.org.nz or Rodger 027 471 4902

#### WILD DALMORE RESERVE

Help us protect and restore the native biodiversity of Dalmore Reserve. Meets most Sunday afternoons. Entrance at 20 Allenby Ave, Pine Hill. • Wild Dalmore Reserve 021 206 3593

#### **WRITING GROUP**

Seeking new members. Meeting once a month. Great way to receive constructive feedback from other 

## employment

#### **WORKBRIDGE**

FREE specialised service assisting work-ready people with any health conditions, learning difficulties, or injuries to find suitable employment. Vocational prep provided – CV's, cover letters, job search, interview skills, placement. Once employed, support continued 12 months more. 🔲 0508 858 858 🖵 workbridge.co.nz

#### fitness & health

#### ADULT YOGA CLASSES ŌPOHO SCHOOL

Fiona Johannessen, experienced yoga teacher of all ages & levels. Needing time to focus on breathing and moving mindfully? This might be for you! Tues. 7.30–8.30pm (school term). \$10 casual rate. All levels welcome. 

Fiona: sweetfee77@gmail.com

#### AWAKENING TO SELF LOVE

Half-day retreat at North East Valley Normal School, 9.30am–12.30pm Sunday, Aug. 17 & Sunday Sept. 14 with Kovido Maddick. More info: 

☐ mindfulnessdunedin.co.nz/ or contact Kovido ☐ 027 357 2884

#### BALFOLK DANCE CLASSES

\$10 for casual attendance or \$40 for a block of 5 classes English Country Dance:

Day class: Tues. 10.30am–12pm, Baptist Community Centre, 270 North Rd. Night class: Tues. 7pm–8:30pm, Opoho Scout Hall,123 Opoho Rd.

#### Balfolk:

Tues. 7pm–8:30pm, Baptist Community Centre

#### The Pastel Ball:

Sat. 20 Sept. The Sargood Centre. Think Jane Austen vibes, or anything pastel that makes you feel fabulous. Tickets: Eventfinda

#### Toitū Balfolk Minibals

1st Sunday each month at Toitū Otago Settlers Museum. 2–3.30pm. FREE!

Join our mailing list:

■ balfolkdunedin@gmail.com

■ www.balfolk.co.nz

## BELLEKNOWES GOLF CLUB

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

Come & enjoy our fantastic 9-hole golf course on Lawson St. Spectacular views over the city. Call Secretary, Lorraine Lobb: 027 465 1516

#### **CONTRA DANCE**

Every Monday 7.30–9pm. Valley Baptist Community Centre, corner Calder Avenue. \$3. No partner required. 

0211854566

#### **DUNEDIN BMX CLUB**

Race night, Forrester Park BMX track, 5.30pm, Thursdays.

#### 'EVERY BODY' HOLISTIC MASSAGE

Now based in Opoho! Swedish relaxation - deep tissue - myofascial release. Queer-friendly, trauma-informed & disability support-led by your needs. \$90/hr. \$\mathbb{Q}\$ Tamsin 022 1240 525 for info or to book.

#### **FOLK DANCING FOR FUN**

Valley Baptist Community Centre, 270 North Road, 10–11.30am, Fridays, \$4. Yvonne 455 2406, 

stureid1@yahoo.co.nz

#### **FRUIT & VEGES NFP**

Fresh quality fruit & veges at lower prices at St Martin's Church, 194 North Road. \$14, \$7 or \$4 prepaid weekly bags for pick-up. Sign up online: allsaintsdn.org.nz/allsaints-fruit-and-veges/ Want to volunteer? Email:

#### **KUNG FU**

Fitness, discipline and self defence. 7–12 years Wed 5–6pm or Sun 3–4pm; teen & adult classes, Wed 6–7.30pm or Sun 4–5.30pm.

Sacred Heart School, 63 North Rd.
Contact Kenneth ☐ 021 0242 38

■ dunedin@shaolinkungfu.co.nz

#### **MASSAGE FOR WOMEN**

with Uschi Heyd. Book your session online www.kindliving.co.nz or call/text Uschi 027 360 0238 Mention the Valley Voice to receive a 10% discount on your first massage.

#### **MASSAGE THERAPIST**

#### MEDITATION FUNDAMENTALS

Discover the ART OF WISDOM.

12wk courses consist of 'Theory and Practice.' One cannot go without the other. Koha participation, run all year, and are level based. Contact Colleen Robb: ☐ 021 0228 7258

□ ciga.nz.dunedin@gmail.com

#### **NEV BOWLING CLUB**

139 North Rd. New members welcome. Come along and have a go. Bruce ☐ 027 432 8649 or Michelle ☐ 027 408 2603 ☐ nevbowls@xtra.co.nz

#### mevbowis@xtra.co.nz

**ORTHO-BIONOMY**In pain or discomfort? Had surgery or injuries? Ortho-Bionomy is a gentle way to help you in maintaining balance or accessing

your resources during your recovery! For info & bookings:  $\Box$  juliafast.nz

#### PARKRUN

Free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at café, 8am summer, 9am winter. Go to parkrun.co.nz for more info.

#### **SPRING EQUINOX RETREAT**

5 days, 20–25 Sept. Embracing balance, growth and renewal. Quarantine Island, with Kovido Maddick & Eric Chagnon. More info: mindfulnessdunedin.co.nz/ or contact Kovido 0 27 357 2884

#### **STEADY AS YOU GO**

(Age Concern) Gentle balance and strength exercises, Valley Baptist Community Centre 10.30am Mondays, Opoho Church Hall... 1.30pm Tuesdays, and St. Thomas Hall in Pine Hill 11am Thursdays.

#### **TANNOCK GLEN**

Torridon St. Ōpoho. 3.5 acre garden of the Dunedin Rhododendron Group. Members of public invited at any time. Dogs permitted on lead.

#### THREE LEFT FEET

Social dance group. No experience or partners necessary. Folk & traditional European dance. \$5 or \$7.50 per couple, Nga Maara hall, 6–7pm Thursdays. 

Marilyn 027 446 3358

#### **WEKA WELLNESS**

Community mental health sessions, Mondays 6–8pm at WEKA hub, 31 Stafford St. level 2. Follow us on FB to keep updated **?** WEKADUNEDIN wekadunedin@gmail.com

#### **ZEN MEDITATION**

## families, kids, and teens

#### AURORA TAMARIKI EARLY YEARS CARE AND KINDY

Childcare for 0-5yr-olds inspired by Rudolf Steiner & Emma Pikler, offering homely rhythms, seasonal songs/stories, and natural space for children to learn and grow. Organic vegetarian kai provided. 351 Pine Hill Road. — auroratamariki.co.nz

#### **DUNEDIN CITY TOY LIBRARY**

Vibrant toy library for children 0–7yrs. Huge range of toys, puzzles, ride-ons, dress-ups, & games. Valley Baptist Community Centre, 270 North Road, 3.15–4pm Wednesdays and 10–11.30am Saturdays.

#### DUNEDIN RUDOLF STEINER PLAYGROUP

Te Whare Ako Marie. A sanctuary for creative play for children from birth to kindy. A place of peace and friendship for parents. Groups meet weekly, term time. Contact us for times and days ⁴471 2163 or dunedinsteinerplaygroup@gmail.com

#### **GO! YOUTH GROUP**

## INTERGENERATIONAL PLAYGROUP

Bringing together multi-generations, supporting communities, and nurturing relationships through play. Every Friday at 11am in the Maybank Room in Ross Home, 360 North Rd.

## ISLINGTON EARLY CHILDHOOD CENTRE

#### MT CARGILL GIRLGUIDES

Pippins, brownies, guides, & ranger groups in the valley. ☐ 0800 222 292 or ☐ info@girlguidingnz.org.nz

#### **NEV NORMAL SCHOOL PTA**

Monthly meetings at Valley Project on a Thursday evening. Anyone interested in being of service to this wonderful school is welcomed. 

■ nevn.pta@gmail.com

#### **NEV PLAYGROUP**

0–5yrs, variety of experiences to enhance child development and meet other local families. Free morning tea and lunch provided for adults. Please supply child's morning tea. Valley Baptist Community Centre, 270 North Rd, 9.30am−1.30pm Wednesdays.

■ nev.playgroup@nevbctrust.org

#### **ŌPOHO PLAYCENTRE**

#### **ОРОНО SCOUTS**

Keas 4.30–5.30pm, Tuesdays; Cubs currently full; Scouts 6.30–8.15pm, Wednesdays. Ōpoho Scout Den. ■ Shane: opoho@group.scouts.nz

## SPACE FOR YOU AND YOUR BABY

Programs run by registered ECE teachers supporting families through their 1st year with new baby. School terms at Valley Baptist Community Centre. ☐ 021 150 9165 or space@nevbctrust.org

#### **SUNDAY SCHOOL**

Variety of classes with stories, crafts, songs, and more. Ages 4–18yrs, 9.30am Sundays (term time only) DNI (tech area). All welcome! No charge. ☐ 020 4079 5727 or go to ☐ dunedinchristadelphians.org

## further education

## BEGINNER ENGLISH FOR CHINESE

Beginner English conversation group for senior Chinese new to English language. Shared meal. Small contribution to costs. Improve simple conversation. No English necessary. Tian: \$\mathbb{Q}\$ 029 02 0009 68 \$\mathbb{Q}\$ 254783519@qq.com

Classifieds continued next page... &

#### **COM2TECH DIGI DROP-IN**

Community-led group offering range of free classes to upskill communities in communications technology & online safety. 10am–12pm Monday, Valley Project.

■ office@com2.tech □ com2.tech

office@com2.tech com2.tech com2tech 027 256 9182

#### **COGNITIVE ENHANCEMENT**

Thinkit Feuerstein is a cognitive enhancing program for individuals with learning differences. Enriching thinking and learning skills for ages 5+ to adults. Private sessions held in NEValley/Dunedin schools. Tutor Kiri Scott, certified practitioner in Feuerstein method. □ 021 118 9882 □ www.icelp.info □ Thinkit.fie@yahoo.com

#### **INSPIRING MATHS CLASSES**

#### **ITALIAN CLASSES**

Experienced teacher, native speaker of Italian. Small groups all levels, from absolute beginners to advanced and conversation.

© 027 341 8312 or \$\simeq\$ 473 0832

antonella.vecchiato@gmail.com

italianclasses.co.nz

#### **LEARN ENGLISH**

English for daily life and work. Free and low cost courses. Please contact one of our staff at English Language Partners: 455 5266

#### **LEARN GERMAN**

with a native speaker. Whether it's for school, business, holidays, hobbies, movies, or casual convo, let's get creative with your learning! ☐ 022 189 4564 ☐ creativemethodes@gmail.com

#### **MATHS MADE EASY**

**✓** dvalavanis@aol.com

#### **REO MĀORI**

Reo Māori teaching or tutoring for adults. Groups or individuals. John Birnie: 

johnbirnie@hotmail.com or 

021 236 3765

#### **VOCAL TEACHER**

All ages, all skill levels. Starts from \$30 a lesson. Studio on Vogel Street. Text for more info/to book: 

022 122 3405

## trading corner

#### 529 PLANTS

#### **ALL-ROUNDER**

#### **BABYSITTER**

10 years of childcare experience. Full drivers licence. Have worked with twins. **Q** Kelly 027 697 9194

#### **BALDWIN STREET BOOK**

Substantially revised and enlarged edition. 32 A4 pages, 8,000 words, 60 photos. \$20ea. Available from saddlehillpress@xtra.co.nz and Valley Project □ 027 248 0714

#### **BIN CLEANING**

Smelly bins? Get them cleaned by Bin Blast. Text ☐ 021 157 4953 or email ➡ blair@binblast.co.nz. Use code VALLEY for 20% off first clean.

#### **CHIMNEY SWEEPS**

Top Hat Chimney Sweeps offering single flue cleans for \$100 or two neighbouring houses for \$85 each. FREE glass door clean. Replacement services on firebrick, door seal, and baffles. Text Luke **Q** 027 332 2915

#### **COMPUTER REPAIR**

I fix computers! Low rates, great service, Windows, Linux, Mac Android. 

Matt 022 048 0012

#### **CROP SWAP NEV**

FREE! Last Sunday of every month at Valley Project, 262 North Road. 3-4pm. Trade garden produce, preserves, baking, flowers, seedlings, bulbs, cook books, jars, garden supplies, eggs, etc.

#### **DOOR WANTED**

Wooden exterior door needed for basement entry. Approximately 1910x810mm. Happy to purchase. Can trim if needed. ☐ 473 8180, leave message if no answer.

#### **EXPERIENCED PAINTER**

Bruce Interior Painter (B.I.P.). Int/exterior, residential, commercial 20 years in industry. ☐ 022 171 5102 ■ bip.painters@gmail.com

#### **FARELLA ORTHODONTICS**

Offering Valley residents complimentary consultations for children. Cutting-edge tech. 30yrs clinical experience. Flexible financing options. 

Graph 021 228 4895

Farella.co.nz

#### **DAVE'S COMPUTER SERVICE**

Troubleshooting and tuition. FREE optimisation software. Lowest charges in the Valley. Phone Dave: ☐ 022 635 9414

#### **GARAGES TO RENT**

Pine Hill. 24-hr level access. Secure, dry garages 5.5m long x 2.8... wide x 2.3 high. 36 cubic metres. Plus new 20ft containers. Only \$200 a month GST inclusive (\$46p/wk). Cheapest in Dunedin. Household items, old car, etc. \$\mathbb{Q}\$ 027 213 2474

#### **GARAGE WANTED**

Dry and secure for single car, preferably in Ōpoho or thereabouts. ☐ Douglas 021 1567 667 or ☑ dczeadin1@gmail.com

#### **GARDEN SPACE AVAILABLE**

Owner of good sized garden wishing to freely share it with someone who can benefit from and utilise the space for gardening. Contact:

caitlin.lester@gmail.com

#### Cartilli.icstcre

**GARDENER**Very experienced. Light weeding/ trimming, winter rose pruning. **♣** 03 473 0159 (evenings)

#### **GOLD & SILVER**

Buying gold and silver. Unwanted or broken jewellery, chains and watches, coins and bars, etc. Local buyer, fair prices.

Alexander 027 367 8863

#### **HAIRDRESSER**

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

#### **JESCARGO CARPET REPAIRS**

Domestic and commercial carpet repairs. No job too small. 100% local. ☐ Jesa 022 012 1194 ☑ jescargo\_carpet@outlook.com

## LOCAL HANDYMAN & LANDSCAPER

Fencing, Decks, Retaining and all types of Concrete and Paving. For a free quote contact Liam George on □ 027 239 0220 or email

■ Lg.contracting98@gmail.com

#### **NEV LAWNS & GARDENS**

Lawns, edges, hedges, gardens, bushes, trees, weeds and green waste removal. Consultation & quote: ☐ Keegan 027 474 1828 ☐ nevlawns@gmail.com

#### **NORTON BIKE WANTED**

1930's–50's Norton motorcycle or parts, especially sidecar. Also motorcycle books, pictures or photos, etc. from those years. Please phone 2027 213 2474

#### **PAVER/GARDENER**

#### **SCRAP METAL COLLECTION**

Seeking your scrap metal you have rusting away or cluttering up the shed, etc. Can do small to medium size loads. 

JT: 027 206 1725

#### **STORAGE UNITS**

Located Pine Hill. 24-hr level access. Secure, dry garages 5.5m long x 2.8 wide x 2.3 high. 36 cubic metres. Plus new 20ft containers. Only... \$200 a month GST inclusive (\$46p/wk)Cheapest in Dunedin. Household items, old car, etc. \$\mathbb{Q}\$ 027 213 2474

#### **SPLIT FIREWOOD FOR SALE**

Mixed grade & seasoned. \$120 per cubic meter. Pick-up only (Mondays, Wednesdays, Saturdays 9.30am–12.30pm) 

■ secretary@ northdunedinshedsoc.org.nz

#### **VENUS FLY TRAPS**

Large caliber plants. 5x bigger than sold by shops and are \$4.00 cheaper. Growing instructions included. \$10. Pat 473 0159 (PM)

## VOLUNTEER NEEDED FOR LIGHT MOWING/WEEDING

North Road resident with disability seeking regular volunteer for weeding and mowing of small garden. ~1 hour per session. Paul: 
■ paul.arnott@ccsdisabilityaction. org.nz □ 021 237 8040 8.30–5pm

#### **WELDING REPAIRS**

Gates, fences, balustrades also. Advanced welding courses. More info: Bob ☐ 027 206 4064

#### church services

ANGLICAN: ST MARTIN'S 194 North Rd, 10.30am

**GLENAVEN METHODIST** 7 Chambers St, 11am

HOPE CHURCH

304 Pine Hill Road, Sun.10am & 7pm

**LEITH VALLEY PRESBYTERIAN**George St. Normal School Hall, 10am

**ŌPOHO PRESBYTERIAN** 50 Signal Hill Rd, 10am

#### PACIFIC ISLAND PRESBYTERIAN 160 North Rd. English, 11am on 1st, 2nd, and 3rd Sundays; Cook Island 9.30am; Samoan 11am, 4th and 5th Sundays

**SACRED HEART CATHOLIC** 89 North Rd, Mass 9.30am

#### **SALVATION ARMY**

43 North Rd, community worker only, Mark O'Donnell

## INTERESTED IN ADVERTISING WITH CLASSIFIEDS?







Add or update listings: voice@northeastvalley.org

\$2 per listing per issue

Project bank account: 03-1726-0005606-000 Reference: VVDonation



### WELCOME TO THE VOLUNTEER FAMILY, KYLE ATKINS!

"Hello, everyone! I moved to NZ from Australia in 2013. I've lived in North East Valley for the last six years. I enjoy the diverse range of people in this part of town, and the places to explore like glow worm habitats and various walking tracks.

In my spare time I'm an artist working with ceramics, paint, and harakeke. In the Valley Project reception you will see an aboriginal-inspired dot painting I created and donated to the organisation. It depicts several Australian animals as part of the land creation process. I was lucky enough to live with a Koori family when I was growing up, learning their culture and art formats. I have recently done a collaboration piece with a Māori artist, Lizette. My contribution was a harakeke waka with paua shell paddles. Lizette carved an Oamaru stone base for it, featuring beautiful Māori designs including koru and waves depicting the name of the artwork, *Tō Tātou Haerenga* | *Our Journey*.

This year I decided I wanted to make a difference in my community so I started volunteering at The Valley Project. I currently do administration tasks and help with events. I'm also one of the friendly faces at Kai Share on Friday afternoons. I'm currently organising sport open days for the upcoming Valley Fest—email me at *project@northeastvalley.org* if you would like to host one for your club or group. It feels good to give back to the community like this, and especially when I'm on walks and get stopped for chats with people I have interacted with as a Valley Project volunteer."



#### BRINGING THE LIBRARY TO YOUR DOOR

At Dunedin Public Libraries, we know that not everyone can easily visit our libraries or bookbuses, and that's where our dedicated Home Services team comes in. This free service ensures that everyone can still access a wide range of books and media right from the comfort of their own home.

Every four weeks, we create a tailor-made bag of library items, chosen specifically for each customer. The contents of the bags vary based on individual preferences and can include anything from regular or large-print books, audio books, music CDs, magazines, or even DVDs. We strive to offer a variety of materials that will delight our customers, ensuring that each delivery feels fresh and exciting.

As we're a long-term service, we get to know our customers and their preferences really well. It's always heartening for our team to hear our customers are enjoying what we send—we've even had the odd customer likening the arrival of their monthly library bag to the excitement of Christmas morning. We love hearing feedback, and always look for ways to improve!

Our amazing group of volunteer couriers also play a vital role in this service, as they are the ones who ensure that every bag is delivered safely. Thanks to their dedication, our customers still get to enjoy a wide range of library items.

If you or someone you know could benefit from this service, or if you're interested in becoming a volunteer courier, we'd love to hear from you!

03 474 3681 | HomeServicesDPL@dcc.govt.nz

### KEEP AN EYE OUT: TAMARIKI WALKING AND WHEELING IN AUGUST!

This month is Active August: a winter, active travel challenge for primary schools run by Dunedin City Council. With 4,600 Dunedin students signed up, you'll see lots more tamariki from North East Valley Normal, Sacred Heart, and Ōpoho walking and wheeling as they practise using active travel to school.

Walking or wheeling to school can improve independence, decision making, road safety skills, and risk assessment. It is also a great opportunity for daily exercise. Active August creates safer environments around schools by reducing congestion at the school gate.

We love seeing tamariki and their communities trying new ways of getting to school and we're asking drivers to take extra care around schools to help keep them safe.



## VALLEY ARTIST SPOTLIGHT: MARTYN BUYCK, EVENT PHOTOGRAPHER

my heart to various concerts and festivals, particularly those featuring incredible live music and immersive visual performances.

At the heart of any amazing festival or special event you will always find wonderful, talented, creative and passionate people; a unique blend of identities, artistries and inspirations, united to breathe life and substance into their visions. A special kind of magic occurs when performers and audience connect—hearts and souls are suspended in a time and space, far away from the world of the ordinary. My favourite images capture unique and fun moments of people dressed up and letting their hair down. Many festivals have fostered a wonderful and enduring sense of friendship and community.I have met many amazing people, inspiring

diverse range of local festivals and special events, and have also been working in partnership with Dunedin Library to promote upcoming events. My current free photographic exhibition "Collectively Dreaming - The Magic of Festivals" (180 images) has been running there since January. My next exhibition will open

My love of photography grew out of impressionable early on the evening of Friday, 12 September at the Library, and will encounters with nature and diverse cultures. I also followed feature live entertainment, guest speakers, and a whole lot of

new festival and special event photos.

At Easter I was awarded the national Sir Julius Vogel Award for my photography. I also take concert images for many friends and as a *Muzik.net.nz* photographer. I enjoy taking on challenges that come with new projects, events, and collaborations.

I grew up with bulky cameras and film rolls, lacking the convenience and versatility of modern day digital cameras. I still like to print my favourite images for albums and display. I used a versatile compact camera (Panansonic Lumix TZ 80), before upgrading to a Panasonic SL5 (better resolution and light sensitivity). It's worth the time experimenting with a new camera, exploring different techniques, and ideas.

I love Dunedin, and am also very fond of colourful Waitati and distinctive Oamaru. We have a wealth of creative talent, amazing musicians, diverse cultures,

unique spaces and special people. We are incredibly lucky to have botanical gardens on our doorstep (Nature's studio) which erupts with spectacular spring and autumn colours. The Inch Bar also hosts great live music performances.

My photographic bucket list includes Rio Carnival, Burning Man Festival, Iceland and The Galapagos. -- Martyn Buyck

me to push my creative boundaries. I believe in the importance of documenting and celebrating a

**Proud to support** 

## The Valley Project

Open 7.30am - 9pm Daily



**Gardens** 

































