

# Valley Zumba rocks all ages



Liz Riley, centre, dancing herself fit at a Zumba class held in the North East Valley Baptist Church hall.

**SHE MIGHT** be 79 years old but that is not about to stop Liz Riley from stepping it up at a valley Zumba class. "The music is great. I love it," she declares.

"It makes me feel invigorated and more flexible. I think it is the most amazing opportunity for people in North Dunedin."

The class was started by the North East Valley Playgroup almost one year ago and everybody is welcome, with or without children,

and, of course, any age. Zumba is a mixture of low and high-intensity moves, which create an interval-style, calorie-burning dance fitness workout.

Instructor Liana Barrett says Zumba is not only a great way to gain fitness, but it makes people feel good afterwards. The classes are at the North East Valley Baptist Church hall at 11am on Mondays. The cost is \$2.

—Edith Leigh

## Baby-time in valley

Do you have a baby or pre-schooler? There is so much happening around the valley for pre-schoolers and their whānau. This month the *Valley Voice* features some of what's on for the youngest people in our community. Turn to pages six and seven to find out more, or keep an eye on the 'for families, kids & teens' column in the community notices each month.

Promoting the health and well-being of children and their whānau is a core guiding principle of the Valley Project.

## Coffee roaster opens in old Post Office



Grid Coffee co-owner Gavin Mockford ready to brew coffee in the refurbished old Post Office building. The space is primarily used to roast coffee for wholesale, but also sells barista-brewed coffees. "I love it here, the locals are super-friendly," says Gavin.

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# Puketeraki Marae visit proves an adventure



*Snow-clogged roads and wild weather didn't prevent the Valley Project executive board, staff and community members from having a great weekend visit to Puketeraki Marae in Karitane. The group stayed at the marae on Saturday night and activities included a guided walk around the site of Huriawa Pā and Treaty of Waitangi workshops.*

*It was a great start for the Valley Project to build on their connection with Kāti Huirapa Rūnaka ki Puketeraki. Some good conversations were had around how the project can better connect with Māori in our community. It was also a great opportunity for the Valley Project team to bond and get to know each other, and their families, better.*

*To view more photos of the marae visit go to our Facebook page [www.facebook.com/valleyproject](http://www.facebook.com/valleyproject).*

## Volunteer opportunities with the project

Do you know who Lindsay Creek was named after? How about NEV street names? Did you know that there used to be a swimming pool at Chingford Park?

If you have a passion for learning about and collecting local history and sharing it with others, the Valley Project is looking for a few dedicated volunteers to help organise their collection of historical material into a presentable format.

This was done a few years back but is ready for refreshing and could be an ongoing project. If you are interested in helping out with this project please contact Valley Project staff on 473 8614 or call in to the community rooms at 262 North Road.

—Marty Cancilla (project manager)

*"Volunteers don't necessarily have the time; they have the heart"*  
*Elizabeth Andrew*

## Reusable bags

More than 150 reusable bags have been sold in the 'Make the Switch' campaign coordinated by the Valley Project.

This means we have saved a potential 15,000 plastic bags from being used, as well as enough fossil fuel to drive a car over 150km.

Public response has been positive as heaps of you have jumped on board to go plastic-bag-free. If you haven't yet, don't forget to catch us outside of Gardens New World on Thursdays from 3pm to 5pm so you can make the switch to reusable bags.

—Tammy Evans

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

# Lots of family fun planned for school fair

LOOKING FOR a fun family day out on Saturday 12 September? Why not join the Opoho School community at their school fair from 11am to 2pm at 96 Signal Hill Road.

There will be something for everyone. Entertainment for the young includes bouncy castles, vertical bungy and face painting. We have Eliza with her screen-printing tent, so bring along a clothing item, or buy one at the clothing stall, and get our cool kid-designed logo transferred onto it.

Each class has also been busy preparing very creative crafts, which make fabulous gifts. Enjoy real coffee while the children are entertained or visit the café, crepes stall, cake stall or sausage sizzle for a bite to eat and drink. Pick up some candy floss for a treat and buy a raffle ticket for the many wonderful prizes including food, garden, chocolate, book, pet, toy and ladies and gents hampers.

Opoho School is an enviroschool where sustainability is practised so there will be second-hand goods stalls, including books, clothing, toys and white elephant. You're sure to pick up a bargain at these stalls. Eftpos is available.—



Opoho School pupils arm-knitting crafts for the upcoming school fair.

## Welcome to multicultural women's group

A SAFE environment for women to enjoy each other's company, make new friends and learn more about living in Dunedin are the aims of a new women's multicultural group in the valley.

Coordinator Afife Harris says the group welcomes, be-friends and offers a social support network to people of all nationalities in and around Dunedin. "We are a friendly group of women who have international connections. Some of us have come to live in Dunedin from other parts of the world and others have lived or worked

abroad." The group has just started up and meets weekly at the Valley Project community rooms. There are plans to organise trips to museums and other places of local interest, such as the community gardens, to have speakers, share pot-luck meals and run cooking sessions.

"We have no political or religious affiliations," says Afife. "We offer a forum to share information and expand our awareness of multiculturalism."

All women and children are welcome to join the group.

WHEN: 9.30am-11.30am, Fridays  
WHERE: Valley Project community rooms

## Disc golf course all set for park

Disc golfers plan to have a disc golf course installed at Chingford Park by the end of the year now they have been given the go-ahead from the Dunedin City Council.

Disc Golf Dunedin were given resource consent for the project last month. Organiser Hannah Joynt says an immense amount of work has been involved to get to this stage. The group has already done their fundraising, so are ready to go ahead with installing the course.

A trial run held last year attracted more than 70 people and this will be Dunedin's first disc golf course. The Valley Project is sponsoring one basket and will have a set of discs available for hire to the community.



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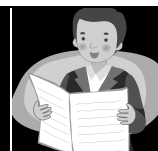
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# Decorated cupcakes a yummy fundraiser



Seven-year-old Bella Anderson helped her mum to bake 276 cupcakes and raised more than \$400 for the Otago SPCA for their annual cupcake day fundraiser. She sold cupcakes at the Dunedin Hospital, Holy Name Church and at her school, where she got her classmates to help out with decorating. "I just love the SPCA and I really wanted to help the animals," says Bella.

She is pictured here, far left, decorating cupcakes with class mates, from left, Sam Marstin (5), Daphne Kendrick (5) and Alex Roulston (6).



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## Football team looking swish on the field this season

**NORTHERN JUNIOR Football Club 15th/youth grade** have been looking particularly professional this football season, thanks to the generosity of a local business.

The team were sponsored by Deep Creek Deli who provided numbers and Northern Junior FC and Deep Creek logos for the team shirts. Local butchers Simon and Enrico were so keen to support the team they also bought Northern shirts for themselves which they wear with pride while slicing up the salami.

The current 15th grade team is made up of local boys some of whom have played together for Northern since they were 5 or 6 years. It is great to see them staying loyal to their local club with a number of players also playing for school and rep teams.

The football club prides itself on being a welcoming, friendly club with an emphasis on participation and fun (a bit like North East Valley really). It relies



The Northern Junior Football Club 15th/youth grade team in their new football shirts.

on strong support from parents to keep the club an important part of local families' lives. Special mention to Donald Liddell, team coach and club stalwart who secured our sponsorship, and of course, a huge thanks to our sponsors for supporting the team.—Marion O'Kane

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# Flatten hills and ride easy around town with an electric bike



Steve Ward enjoys the advantages of an electric bike while cycling in North East Valley

**THINKING ABOUT** getting an electric bike? Interested in flattening hills and getting to work relaxed and on time?

These bikes are rapidly becoming more common on our streets and are definitely changing the way people think about bike transport. Electric bikes remove some of the limits of conventional bikes. If a person needs to bike across town it can take a lot of time and leave the biker a little knackered, but with an electric bike it is fast and easy. As a bonus, electric bikes are incredibly cheap to buy and operate compared with a car.

The Valley Community Workspace is committed to making it easier for people to move away from fossil fuel use toward sustainable energy. We are now offering electric bikes and conversion kits for sale. The sales of these also help support the workspace.

If you are interested in making the change, or even just want to have a chat about all the different options now available for electric bikes, then please contact Nathan on 027 214 8294 for electric bikes, and Steve on 027 821 2833 for electric bike conversions.—*Steve Ward*

## Street art mural designs called for this month

**MURAL DESIGNS** for a competition to paint a 4m by 6m street mural on North Rd need to be submitted by Friday 19 September.

The submission and judging process is being coordinated by Northern Artery. Proposals should include a brief description of your design concept (100–300 words), concept sketches of the mural, photos of previous work relevant to your proposal, a current CV or artist's biography and a brief outline of your connection to the valley.

Proposals can be emailed to Clare at [clare-n-don@clear.net.nz](mailto:clare-n-don@clear.net.nz) or posted to or dropped off at the Valley Project community rooms at 262 North Rd (see page two for postal address).

## BEATS Study

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This project has been reviewed and approved by the University of Otago Human Ethics Committee. Reference 13/203.



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# Coffee group for parents and babies



Sharing stories and swapping advice at the Valley Project community rooms are, from left, Stacey Anderson and Toby Kennedy, Charlotte Wilson and Finn, Kelly Cook and Tobias and Jennifer Lawn and Caleb Garden. The coffee group is a relaxed affair on Monday mornings with parents and caregivers welcome to come and go as it suits them. It will offer an opportunity for parents with babies to chat and connect with others. The group is held at the Valley Project community rooms from 10am to noon. Refreshments provided. Photo: Edith Leigh

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## First birthday bash for Dunedin Toy Library



Billie (4) and Mila Hinch (1) play on a ride-on toy to take home from the Dunedin City Toy Library

THE DUNEDIN City Toy Library celebrates its first birthday of being at the North East Valley premises this month. Come and join us for a morning of cake, balloons and bubbles.

It's been a great year in the valley. In the past year we have hosted a free alternative Halloween movie night, supported the North East Valley Normal School fair, attended the Valley Project spring dinner and held a sausage sizzle during the recent Cadbury's Jaffa Race. We have partnered up with Opoho Playcentre to hold a quiz night and we look forward to seeing lots of you at The Kensington for that fun fundraiser.

Hope to see you at our first birthday celebrations too!

—Lucy Marr

**Toy library birthday celebration**

**When:** 10am-11am, Saturday 5 September  
**Where:** St Martins Church hall, Northumberland St

**Fundraising quiz night for toy library and Opoho Playcentre**

**When:** Thursday 17 September  
**Where:** The Kensington, King Edward St

## Yoga for mums with babies

A yoga class aimed at new mothers will give them an opportunity to work on their core strength, release back and shoulder tension and relax, with their baby. Yoga teacher Kathryn Davie says they also aim to do some baby massage during the session which encourages babies' strength, coordination and overall wellbeing.



Kathryn Davie with baby Oscar

The class is suitable for non-mobile babies, and is run in conjunction with the Valley Playgroup, so older children can join the playgroup during the class. The class is very flexible around babies' needs and moods.

**WHERE:** NEV Baptist Church  
**WHEN:** 1.30–2.30pm, Mondays

## Kids' bikes

Did you know kids' bikes can be picked up for minimal cost at the Valley Community Workspace bike workshop.

Call into 11 Allen St on Saturday mornings from 10.30am.



# Playgroup a supportive community for parents

**THE VALLEY** Playgroup offers a space for parents to relax, have a coffee, make friends and get support from other parents.

Facilitator Amy Soquet says communities build families and the playgroup has a strong culture of helping each other.

"Mums and dads can come to playgroup, hand their baby off to someone they trust and sit down, relax and have a coffee, or spend time with their other children."

While the playgroup comes under the umbrella of the North East Valley Baptist Church Trust, it is not a religious playgroup. "We have many ethnicities including Iranian, Icelandic, Polish, Māori and Asian, to cover a few," Amy says.

The playgroup is for all ages from birth to five. Lunch is also provided with help from FoodShare Dunedin, as "generally you make sure the kids have a lunch when you leave in the morning, but you forget yourself," she says. Sessions run from 10am to 2pm on a Monday, and from 9am to 3pm on Tuesdays and Wednesdays.—*Edith Leigh*



*Bahar Rashidinejad (1), left, checks out the puzzle table while Elsie Anderson (3) figures out a block puzzle at the Valley Playgroup, held at the North East Valley Baptist Church three mornings a week.*

## Tuneful Tuesdays build on children's natural sense of rhythm



*Huia Cumming-Smith (1) drums a rhythm on a bucket watched on by her mother Marama Smyth.*

**CHILDREN NATURALLY** sing all the time and a valley music group aims to build on their innate sense of rhythm.

Coordinator and professional children's storyteller Kaitrin McMullan says she loves to see children and parents play with music and sounds. At the Terrifically Tuneful Tuesdays music group they explore music concepts such as rhythm (beat), tempo (fast and slow), dynamics (loud and soft), as well as moving to music, fingerplays and puppet fun.

The sessions are designed to be creative and based on voice. They don't rely heavily on taped music and parents learn songs they can sing with their children at home or in the car.

The group is multicultural and they also learn songs in children's native languages. "There is lots of spontaneous creativity," says Kaitrin. It is open to all pre-schoolers from birth through to age five.—*Edith Leigh*

**WHERE:** North East Valley Baptist Church  
**WHEN:** 1.30pm-2.15pm, Tuesdays, gold coin donation

## Active movement for pre-schoolers

Parents will get ideas and inspiration to get their babies and toddlers playing and moving in a series of active movement sessions starting next month.

Sport Otago active movement advisor Kerri MacLennan, who will be running the six-week series, says the sessions will introduce ways to encourage developmental skills such as cross-patterning, hand-eye coordination and developing the vestibular system. The sessions are a lot of fun and give parents heaps of ideas to take home, she says.

The active movement sessions are being hosted by Wild Things, who offer home-based early childhood care and education, and nanny services. The sessions will be primarily aimed at up to two, but ages up to five are welcome.

To find out more or to register your interest contact Jan at Wild Things on 0800 44 44 70.

**WHERE:** Salvation Army hall  
**WHEN:** 10am-11am, Thursdays (from 15 October)

## Quiz night fundraiser to upgrade kids' outdoor play area

**THE JONATHAN** Rhodes Kindergarten is holding a quiz night fundraiser to update and upgrade their outdoor play area. The kindergarten is changing to a six-hour day and three-year-olds will be eligible for 30 hours free. Head teacher Joy Hawley says the changes will be helpful for working parents or those returning to study. "The kindergarten has a lovely community feel to it. We are well-resourced and have a beautiful outdoor area." New enrolments are

**WHEN:** 7pm, Thursday 17 September  
**WHERE:** North East Valley Bowling Club, 139 North Road, cost \$5/person (max 6 per team)  
Contact the kindergarten on 473 9107 or jonathanrhodes@dk.org.nz to register a team.

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*Bryn*



**AGE:** 8 years

**BREED:** Staffy/Mastiff cross

**PERSONALITY:** a big softy,  
very affectionate and loving

**LOVES:** human attention and cuddles

Bryn is a good-natured, friendly, middle-aged dog. Sadly her previous owner, an elderly lady, passed away leaving Bryn alone and very sad about the sudden separation.

SPCA Otago just had to step in and help re-home this sweet dog. She is cheerful, well behaved, friendly with cats, and would suit an older person, a couple, or a family with teenage children.

Due to her size and a tendency to get excited around small children, we recommend that she would be best suited to older children who can handle her affections.

Photo: Tim Slade

*Dawson*



**AGE:** 3 years

**BREED:** short-haired ginger cat

**PERSONALITY:** cool, calm and collected

**LOVES:** taking naps in a warm, quiet place

Fully ginger female cats are rather rare, yet here is Dawson, a strikingly beautiful red-headed girl.

She is gentle and composed and enjoys the company of all people who visit her.

Sadly Dawson was abandoned as an unwanted pet whose previous owners no longer had the time or inclination to care for her. She has been with us since mid-February, but would like to leave the SPCA Animal Centre in favour of a warm and happy home environment.

Please consider adopting this gorgeous young lady today.

Photo: Tim Slade



# Our voices: New columnist shares history



Fiona Dun-Frae

## GREETINGS ALL.

I want to begin with the purpose of this history column: to provide a platform to share 'our stories', for our own collective prosperity.

This area is rich in both geographical and social history. The

landscape has been woven together from the lives and stories of the past, that weave the present fabric of this community and neighbourhood today. It is of value to draw on and preserve for future generations.

As a descendent of seven generations reaching back to the Northern Cemetery, I have an avid interest in local history, genealogy and conservation.

My ancestors arrived in the 1860s at Port Chalmers, as did many others. Mr John Kyle Murray, who stands proudly draped in tartan in the Smith Gallery at the Toitū Otago Settlers Museum, my great-great-great-grandmothers' brother, arrived first (that I know of)

and other family followed suit. He had varying occupations, including one at the George Hotel in Port Chalmers in the 1940s, which is now demolished.

Another family link is the Stokes of Leith St who had a dairy factory on the corner of Grange and Albany Streets. Both their residence and business buildings have gone with time and development. The milk was delivered on horse-drawn carriages.

Our family has photos of these, snapshots of a time out of living memory, but within living family lore.

By sharing stories of different cultures, backgrounds and times, we can collate a collective understanding of this unique community.

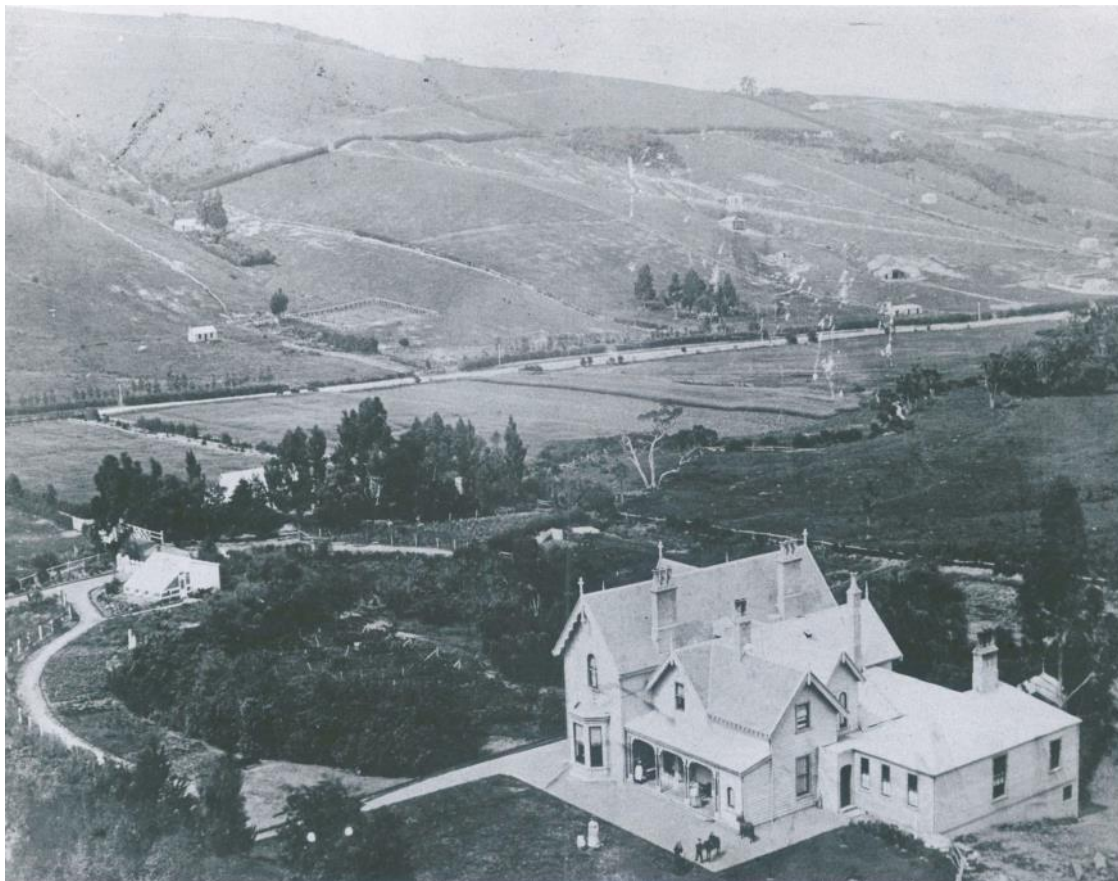
This is an opportunity to share stories and photos, both your own and those of others. Each has its own meaning, significance and connection to this place.

Please get in touch via [voice@northeastvalley.org](mailto:voice@northeastvalley.org) or phone 473 8614. We are interested in your stories.

—Fiona Dun-Frae\*

\*pen-name

## Valley flashback: A view of Chingford Park in the 1870s



Chingford Park farmhouse, now gone, overlooking North East Valley in the 1870s. The Stables building is not in view. Photo: Hocken Collections, Uare Taoka o Hakena, University of Otago.

Do you have old family photographs that show the valley from a historic perspective or tell a story worth sharing? We would love to see them. Call into the office at 262 North Rd or email [voice@northeastvalley.org](mailto:voice@northeastvalley.org)

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# Folk, country and roots extravaganza

**YELLOW EYE** Ltd presents *Our Songs from the South*, a concert of acoustic collaboration featuring Dunedin's very own Delgirl with Invercargill's 'Into The East' and introducing Jake Cropley. This will be an extravaganza of folk, country and roots music at its finest, with a grand finale of all the performers together on stage featuring their own and others' much loved songs from the south.



*Songs Of The South Team, from left Liv McBride (Into The East), John Dodd (Delgirl), Erin Morton (Delgirl), Graeme Woller (Into The East), Lynn Vare (Delgirl), Steve Hudson (Delgirl) and Jake Cropley.*

Delgirl are three multi-instrumentalist singer-songwriters who play roots music, bedded in tradition but speaking of today's laughs, loves and losses in one clear voice. As performers they slip quietly into the living-room of the soul, warming it with their unaffected charm. Since busting onto the scene as a pair of southern unknowns, Graeme Woller and Liv McBride of Into the East have gathered a strong following thanks to their tight performances and crystalline sound, which has been described as 'Fleetwood Mac with the poetic & harmonic charm of Simon & Garfunkel'. Also thrown into the musical mix is the young Jake Cropley, another Dunedin-grown artist who has only just begun his journey, accompanied by his voice and guitar, into the world of acoustic music.

**WHEN:** 7pm, Saturday 5 September  
**WHERE:** Opoho Church, cost \$20 (under-13 free)

—Simon Vare

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Phone Valley Voice editor  
Edith on 473 8614

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**community garden working bees**

**Sunday 6 Sept 1pm-4pm**  
**Saturday 12 Sept 9am-noon**  
**Sunday 20 Sept 1pm-4pm**  
**Saturday 26 Sept 9am-noon**

top paddock behind North East Valley Normal School

## church services

- Salvation Army**, 43 North Rd, Nitechurch, 6pm
- Sacred Heart Catholic**, 89 North Rd, Mass 9.30am
- Glenaven Methodist**, 7 Chambers St, 11am
- Pacific Island Presbyterian**, 160 North Rd, English 11am on 1st, 2nd and 3rd Sundays; Cook Island 9.30am; Samoan 11am, 4th and 5th Sundays
- Anglican: St Martin's**, 194 North Rd, 10.45am
- St Thomas'**, Raleigh St and Pine Hill Rd, 6pm
- Opoho Presbyterian**, 50 Signal Hill Rd, 10am
- NEV Presbyterian**, 224 North Rd, 9.30am cafe service
- St Mark's Presbyterian**, 304 Pine Hill Rd, 10am
- NEV Baptist**, 270 North Road, 10.30am; 5th Sunday, 2pm.

## Daylight savings

**DAYLIGHT SAVING** begins on Sunday 27 September. Clocks go forward one hour.

## for families, kids & teens

### DUNEDIN TOY LIBRARY

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

### FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children, on [www.meetup.com/Fantail-Trails](http://www.meetup.com/Fantail-Trails), or email [gabrielle.david@gmail.com](mailto:gabrielle.david@gmail.com)

### MT CARGILL GIRLGUIDES

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

### MUSIC AND MOVEMENT

For little ones, Salvation Army Hall, Mon, school terms only, two sessions, 9.30am-10am, 10am-10.30am, gold coin. Ph 473 0581.

### MUM 'n' BUBS YOGA

A class for mothers and babies from about 8 weeks old until they are actively mobile. 1.30pm-2.30pm, Mon, Baptist Church. Ph KJ 021 174 0149 or [catchkj@gmail.com](mailto:catchkj@gmail.com).

### OPOHO PLAYCENTRE

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

### OPOHO SCOUTS

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

### PLAYGROUP

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

### PRESCHOOL MUSIC

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

### RUDOLF STEINER

Playgroup in Pinehill, 10am-noon, Mon and Fri (Te Reo Māori group), 351 Pinehill Rd, gold coin & fruit to share, Ph Steiner School 471 2163.

### TUNEFUL TUESDAYS

Music session for pre-schoolers and parents, limited spaces. NEV Baptist Church, 1.30pm-2.15pm, Tues, gold coin. Ph Kaitrin 425 8959.

### VALLEY PLAYGROUP

Come along with your children 0-4 years, Baptist Hall, 270 North Rd, 10am-2pm, Mon; 9am-3pm, Tue, Wed. Ph Michael 473 0572.

### ZUMBA

All welcome with or without children, qualified instructor Liana, 11am-noon, Mon, Baptist Church hall, \$2, ph 021 299 1024.



# Classifieds and community notices (for non-profits)

## CHANGING WAYS

**Making Marriages Work Seminar**  
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## fitness & health

### CONTRADANCE

Baptist Church Hall, 270 North Rd, 7.30pm, Mon, \$3.

### DUNEDIN BMX CLUB

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

### EXERCISE GEAR WANTED

Do you have exercise gear, such as weights, mats & bands, you no longer need? Donate it to the NEV community Sat morning exercise class.

### FOLK DANCING FOR FUN

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

### FREE FITNESS CLASS

Outdoor circuit training, NEV Normal School, 9.30am, Sat, free, bookings essential. Ph Knox Rehabilitation Clinic 474 0517.

### HISTORICAL DANCE

Dance workshop, 10am-noon, Sun 9 Aug, Nga Maara Hall, \$10.  
Weekly dance class, Wed 29 Jul, 7pm-8.30pm. Please register at info@frenchdancing.co.nz  
Jane Austen Ball, 8pm, Sat 29 Aug, NEV Normal School hall, \$25.

### LAUGHTER YOGA

Laugh yourself to health and happiness. 5.15pm-6pm, Wed, Otago Polytechnic H block, room 608.

### LEARN TAEKWONDO

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

### MEDITATION

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

### NEV INDOOR BOWLS

Friendly games, 1.30pm, Thur, 139 North Rd. All welcome to come or ph Jack 473 9565 or Shaun 473 8822.

### RECLAIMING THE NIGHT

Approx. 1hr walk, meet at pedestrian crossing outside DNI, 6.30pm, Wed. Ph Jennifer 473 1694.

### QIGONG

Interested in Qigong? Ph Ans 473 6114 or 027 756 8383, www.qigongrenxue.org.nz

### QIGONG CLASSES

Jay Glubb runs a Qigong class at the community rooms, 6pm, Thur. Ph 027 584 4537.

### SELF DEFENCE COURSES

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

### SPAN NEV

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

### STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, NEV Baptist Church, 10.30am-11.30am, Mon.

### THREE LEFT FEET

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

### YOGA IN THE VALLEY

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

## art, craft & music

### ARTYFACTS

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

### ART CLASSES

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

### ART CLASSES

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

### ART FIBRE DUNEDIN

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

### DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

### KNITTING SQUAD

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

## further education

### COMPUTING 4 SENIORS

Build your computer confidence, 10am-noon, Thur, community rooms, by donation. Ph Matthew 473 0343.

### FREE LITERACY COURSE

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

### ITALIAN CLASSES

Exp teacher, native speaker of Italian (PhD Linguistics), ph Antonella 473 0832 or 027 341 8312, antonella.vecchiato@gmail.com, www.italianclasses.co.nz, Benvenuti!

### LEARN ENGLISH FAST

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

### LEARN ITALIAN

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

### SEA OF FAITH

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

### SOCIALIST ORGANISATION

Meetings 7.30pm, Thurs, OUSA Recreation Centre. Ph Andrew 473 0502.

## community groups

### CHAI AND CHAT

Where women come together to socialise, children welcome, gold coin donation, Community House, Moray Pl, 10.30am-12.30pm, Fri. Contact Yulia and Shiraani chaichatdunedin@gmail.com

### ENLIVEN DAY CLUB

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

### LADIES' PROBUS

Speaker Celia Davies talking about her trip to Nepal, meet 10am Mon 7 Sep, NEV Bowling Club. New members welcome, ph 455 6683.

### MENS' PROBUS

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

### LIONS IN THE VALLEY

Toroa Lions Club meets twice monthly Mon evenings, Morrison Lounge, Opoho Church, new members, men and women, welcome. Ph Tess 473 8114 or email Genny at gennyhann@gmail.com

### NORTH DUNEDIN SHED

Working bees, Bonnington St, over bridge, 10am-early afternoon, Sat. Coffee, tea & scones welcome. Ph Bob 488 2647 or Paul 474 0060.

### OPOHO EUCHRE GROUP

Opoho Bowling Club, 1.30pm, Wed. Ph Lesley 473 9771.

### PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café, 11am, 4th Wed each month. Ph Noora 021 415 530 for more info.

### MENTORS REQUIRED

Become a mentor to young people who need a good male role model in their lives, Operation 'New Direction'. Ph Rob Fitzpatrick 473 6825, garden@northeastvalley.org

## trading corner

### COMPUTER SERVICES

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

### LEITH BOWLS CLUB

QUIZ NIGHT: Fri, 7 September, Leith Bowls Club, 2 Duke St, \$5/person, teams of up to 6. All welcome. Ph 473 8146.

## Animal-based charity free to a good home

Want to make a difference for animals? Pet Fix Charitable Trust needs new leadership. This voluntary role involves working with a small group of volunteers to continue fundraising to assist people on low incomes to desex their cat/s. There is scope to grow the organisation and leave your mark. Contact Michelle on 021 850 616 or michelleandreablair@gmail.com



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## Pop-up artist creates pottery & drives bookbus



Potter Jo Howard preparing to glaze pots in her valley basement workshop.

WHEN SHE is not creating in her basement workshop, potter Jo Howard drives the bookbus to North East Valley. She has been making things out of clay for almost 30 years and mostly makes hand-built domesticware and sculptural pieces. Her process of working involves drawing on slabs of clay, then cutting the pictures down and draping the clay around objects or over moulds to shape it. "It's the reverse way

to what you normally do." Jo came to Dunedin from Auckland to attend art school here, and "just stayed on". Her work will feature in this month's Northern Artery pop-up gallery in the Gardens Mall and can also be seen at the Stuart Street Potters Cooperative.—*Edith Leigh*

## Crafternoons overwhelming success



Lucy Ireland (4) flies the kite she made at a Crafternoon event at the Valley Project community rooms.—*Photo: Rachel Zajac*

KITES, BALLOON saxophones and funky lunchwraps will be plentiful around the valley following amazing turn-outs at a series of Crafternoons.

Organised by Kaitrin McMullan and Drew Wills, and hosted by the Valley Project, four crafty afternoons were held during August. The events proved so popular they had to be changed to two sessions to cater for the demand. The series finished with a craft materials swap.

## what's on calendar

### country concert

*Our Songs from the South*, an acoustic collaboration  
Saturday, 5 September, 7pm at Opoho Church. Cost \$20.

### birthday bash

Celebrate the Dunedin Toy Library's first birthday in their valley premises.  
Saturday, 5 September, 10am–11am, St Martins Church hall.

### Opoho School fair

A fun family day out featuring screen printing, crafts, food, raffles and a bouncy castle.  
Saturday, 12 September, 11am–2pm, Opoho School.

### kindy quiz night

Help Jonathan Rhodes Kindergarten improve outdoor play.  
Thursday, 17 September, 7pm at the NEV Bowling Club, 139 North Rd, \$5/person.

### double quiz night

A fundraiser for Opoho Playcentre and the Dunedin Toy Library. Thursday, 17 September at The Kensington.

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