



Paracosm Party: Bugs, Ayumu Kobayashi, Jayde Medder, and Hilary Faul, photographed by Amanda Konijn

## VALLEY TEEMING WITH TALENT

In its fourth month, the Dunedin Dream Brokerage's Platform Project has funded an eclectic group of engaging arts projects for installation in the George Street retail quarter. It seems North East Valley is rich with extraordinary artists as three of the four activations involve residents from our Northern suburbia.

A few newsletters ago, an official call was made for expressions of interest around artworks to complement the city's high-profile infrastructure project along George Street. The term "artworks" broadly covers just about any form of creative experience, delivered in any media or medium, including temporal practices. Thusly, a widely varied collection of installations resulted. A fellow Valley dweller, Vicki Lenihan, produced an aural experience. Another, Piupiu Maya Turei, facilitated an interactive scavenger hunt. Hilary Faul, also a Valley-an among the mix, participated in the display and performance of musical furniture.

Vicki's *Tū atu, tū mai - he karaka manu ki te manuhiri* occupied the city centre during March. Recordings of Town Belt native manu played in series along the length of the George Street. "Over the past couple of years," she explains, "during lockdown periods when there was close to no human machinery in use, I captured neighborhood birdsong on a portable mic." QR codes and flyers containing biological and cultural information about each manu accompanied the voices of the featured cohabitants including the tūi, korimako, pīwaiwaka, and tauhou. (Continued on page 15...)

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## VALLEY PROJECT PARTICULARS

Members of the community are welcome to the Valley Project reception area during opening hours for the provision of services including:

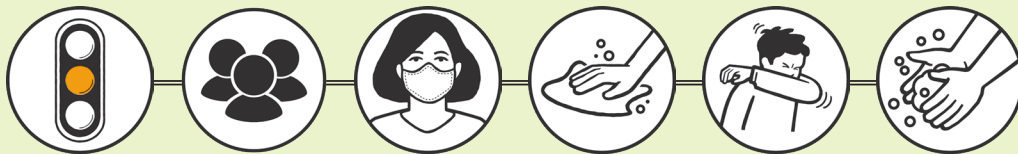
- use of free wifi
- printing & photocopying
- laminating
- trap hire
- placement of notices
- newsletter advertising

Reception hours are Tuesday through Thursday, 10am - 2pm. The Valley Project is closed on all public and school holidays.

As of 6 April, the Ministry of Education and North East Valley Normal School Board of Trustees have decided to pause the mandate for school and Valley Project staff to be vaccinated for Covid-19. Additionally, the expectation that visitors must present a vaccine pass while on school property (including the Valley Project and the Community Garden) has been discontinued. Face covering rules still apply, however. All staff and visitors must wear an approved face covering while indoors and social distancing of at least one metre is encouraged.

A change to the Orange Level of the Covid-19 Protection Framework allows the use of our Fred Hollows community room without a capacity limit. All types of gatherings can go ahead, but keep up the healthy habits, please! Sanitise hands and surfaces, ventilate the room, sneeze in your elbow, etc. Contact North East Valley Normal School to book Fred Hollows for your next gathering: [pip@nevn.school.nz](mailto:pip@nevn.school.nz) or **03 473 8246**.

Stop by our Covid-19 page on our main website ([northeastvalley.org](http://northeastvalley.org)) for the latest information around entry of VP property and use of our facilities. To find your nearest testing location in the Southern district, call **0800 VIRUS19 (0800 847 8719)** or visit [wellsouth.nz](http://wellsouth.nz).



The Sharing Shelves in the Valley Project/NEVNS carpark are still unavailable. Thank you for not leaving any giveaways anywhere on the property and for not tampering with the shelves. The Kai Pantry, however, is still open as its considered an essential resource, and because the nature of drop-offs and pick-ups allow better distancing.

For the sanity of our part-time editor, the newsletter content deadline has been moved back to the **15th of the month prior**. Please ensure any content contributions are as close to completion as possible when submitted. We endeavor to distribute editions of this newsletter by the first Saturday of every month. To stay on track, your punctuality is appreciated.

Need a painter? How about a landscaper and nursery plants with which to supply them? Thinking about learning Italian for a summer abroad? Craving Japanese food? Head over to our Digital Community Directory to satisfy your needs *locally*! [www.northeastvalley.org/directory](http://www.northeastvalley.org/directory)



✉ [voice@northeastvalley.org](mailto:voice@northeastvalley.org)

💻 [www.northeastvalley.org](http://www.northeastvalley.org)

📘 [facebook.com/valleyproject](https://facebook.com/valleyproject)

📷 @valleyproject

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📍 P.O. Box 8118,  
Dunedin 9041

📍 262 North Road,  
North East Valley, Dunedin

The North East Valley Community Development Project (a.k.a. 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:

the  
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project

givealittle

[www.givealittle.co.nz/northeastvalley](http://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. Deadline for newsletter copy is the 15th of the month prior. Submissions later than the 15th cannot be guaranteed space. Please keep your contributions to 250 words or less.

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what's  
ON?

## BIG BIKE GIVEAWAY!



On Saturday 7th May, the Valley Cycle Workshop on Allen Street will be attempting to give away as many bikes as possible in a "Big Bike Giveaway". Over the years, people have been more generous in donating unwanted bicycles than they have been in taking bicycles from us so we have become 'cyclobese' and struggle to fit into our limited space. It is time for a flight of the bikes!

**From 9:30am to 12:30pm on 7th May, any of our bikes can be taken away, no charge!** One bike per person, please, and children must be accompanied by a parent.

There are road and racing bikes, town bikes, older bikes, lots of mountain bikes and some children's bikes... about 70 in total. Some of them are ready to ride, many are not, and while we will do our best to upgrade what we have before the big day, all bikes will be presented as is.

You might want a bike for the bach, or for an art project, for its parts, a Trade Me sale, or a gift. Grab a bike to ride yourself or a bike with which to teach a young person some maintenance skills. Whatever the reason, we would love to see you wheel a bike out our door on May 7th.

**SATURDAY, MAY 7, 9:30am - 12:30pm**

**VALLEY CYCLE WORKSHOP, 11 ALLEN ST, NORTH EAST VALLEY**

**WEBSITE:** <https://valleyworkspace.org> | **FACEBOOK:** @valleycommunityworkspace



## SEED SAVING WORKSHOP

Join a local expert to discuss methods to ensure you are saving the best, most viable seeds for your vegetable garden this Autumn for sowing in Springtime.

**SATURDAY, MAY 7 (MAY 8 BACK-UP DAY), 2:30pm, N.E.V. COMMUNITY GARDEN (behind North East Valley Normal School)**



## NEVNS PTA MEETING

Parents wanted! Come along to the next North East Valley Normal School PTA meeting to go into a draw for a full-year Entertainment Membership!

**THURSDAY, MAY 12, 7:30pm  
FRED HOLLOWES ROOM, VALLEY PROJECT  
[nevn.pta@gmail.com](mailto:nevn.pta@gmail.com)**

## NEVNS PTA CHRISTMAS MARKET

A Christmas craft market in the school hall is planned for later this year. Reserve a table by contacting Billie at 027 4734 203.

**NOVEMBER 2022, DAY TBD**

## Entertainment

Your purchase of an Entertainment Membership contributes to our fundraising. Help us achieve our goal!

**BUY HERE:** <https://nz.entdigital.net/orderbooks/2r60657>

## JUSTICE OF THE PEACE SERVICE RESUMES

The Valley Project welcomes back six JP's on roster to service the community from our Te Putake room. Every Saturday between 11-1pm they'll be available to undertake ministerial duties including:

- witnessing signatures on documents
- certifying copies of documents
- confirming identity
- taking oaths, declarations, affidavits or affirmations

JP's can assist with KiwiSaver withdrawals, estate transfers, and immigration or matrimonial matters. They can also certify emails and phone messages.

The free drop-in service desk is operated in a comfortable setting with privacy procedures and Covid-19 safety guidelines in place. Enter from the back door which is accessed through gates on either side of the Valley Project building.

Keep in mind that no advice is given. JP services are purely transactional. Also, photocopying is unavailable on weekends

so please arrive with all original and associated documentation needed. (Access a photocopier during Valley Project operational hours of Tuesday - Thursday, 10am-2pm. A small fee applies.)

Additionally, remember to bring identification and your own pens in black or blue ink. Refrain from signing any papers until in the presence of the Justice of Peace.

If you are unable make it in, simply Google "*Find a Justice of the Peace*" or head to <https://justiceofthepeace.org.nz> to book an appointment with the nearest JP.

### JP SERVICE DESK

THE VALLEY PROJECT,  
262 NORTH ROAD  
TE PUTAKE ROOM  
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### PHOTOCOPYING

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RECEPTION  
TUES. - THUR. 10am-2pm

## EXCITING FOREST EXPLORATIONS

In April we teamed up with Orokonui Ecosanctuary, and together with Ōpoho School explored Blacks Bush. It's home to Ōpoho Creek that winds its way down Signal Hill. With the fearless explorers, we investigated the creek, the plant species, and the predator monitoring (tracking) and trapping programmes as part of Predator Free Dunedin's City Sanctuary project. Read the reports below from children who enjoyed visiting Blacks Bush.



Ōpoho School seniors have been going to Blacks Bush every second Friday this term. Everyone had tons of fun exploring, animal tracking, swinging on vines and other exciting things. We caught a few kōura and we also saw a couple of fish. My favourite part was exploring. We had some help from adults that work at Orokonui Ecosanctuary.

Gregor, Year 5

Every two weeks we go to Blacks Bush and put up chew cards and tunnels with ink and peanut butter in it. We want to know if there are possums there or other animals like rats and mice that we want to trap. We saw kōura and fish in Ōpoho Creek. We like to swing on vines and stand in water. We care for the environment a lot.

Ayana, Year 4

The seniors go to Blacks Bush which is very close to our school. We put out chew cards and tracker tunnels. We go on adventures in the bush. The creek is about 11 degrees Celsius. We swing on vines called Supplejack. We get containers and catch small fish and crayfish. We have tested the water to see if Ōpoho Creek is healthy.

Azalea, Year 4



## WANTED: POSSUMS DEAD OR... DEAD!

Have you heard guttural coughing at night or noticed poos in your garden? Possums are becoming more active at this time of year as they breed and explore to find food. They have a devastating impact on native plants and are known to eat eggs and chicks of native birds.

City Sanctuary and The Valley Project's Open Valley Urban Ecosanctuary are providing free possum, rat, and mustelidae traps to residents living in Dunedin's northern suburbs so they can get involved in backyard trapping.

We are providing traps to residents living in

the following suburbs:

- Pine Hill
- Liberton
- Dalmore
- Normanby
- North East Valley
- Opoho

If you live near a reserve or forest, have a section with bush, or are being visited by possums, we'd like to get a trap on your property. Traps are safe to use around pets and kids, and do not contain toxins.

Get in touch to sign up and host a backyard trap: [info@citysanctuary.nz](mailto:info@citysanctuary.nz) or visit [www.citysanctuary.nz](http://www.citysanctuary.nz)



## KIDS CORNER Nature Bingo!

**Can you find** these natural objects in your backyard? Cross off the objects as you go and if you find a whole horizontal or vertical line, you've found a 'bingo'!

Something red	A leaf changing colours	An insect
A twig that feels rough to touch	<b>Free!!</b>	Something shaped like a circle
A fruit	A breeze	A tree with all of its leaves (evergreen)

# BOB TODD TROPHY AWARD, DUNEDIN NORTH MENS PROBUS 2022

The Probus Club of Dunedin North held their Annual General Meeting for 2021/2022 back in March. Despite some alterations to schedules and raised alert levels due to Covid, the club has had a very good year with the exception of the sad loss of two of our members, Jack Kotcamp and William (Bill) Hughes.

There have been some very interesting guest speakers, and outings, including coffee mornings where members could enjoy a catch-up and morning tea together. These have been a great replacement for outings interrupted by Covid.

The Bob Todd trophy was donated to the club by the family of Robert Hamilton Todd (Bob), club president from 2003 to 2004, after his passing on 21 August 2004. This trophy is awarded annually to a member who has been of greatest assistance to the club. The recipient for 2021-2022 year is Terry Boylan, who joined on 8 June 2015. He has seldom missed a meeting, luncheon, or club outing since, and has competently taken on extra duties over and above his normal role within the club. He was elected to the committee

in March 2021 as the club's Bowls convenor. Members appreciate Terry for his willingness to serve—often taking on extra duties—and for his friendly disposition and sense of humour.

The club is fortunate to be in a position to properly recognize and acknowledge the work of such members each year through the Bob Todd Trophy.

Dunedin North Probus meet on the second Monday of each month at the North East Valley Bowling Club premises, starting with a cup of tea or coffee around 9.45am and a yarn before commencement of the meeting proper at 10am, which is relaxed and somewhat informal, the main emphasis being on enjoyment. -- **Peter Begg**

The club always welcomes new members! If you are near to retirement, or are retired and appreciate some social contact, you may well enjoy the Probus club environment. Contact Secretary Peter Begg by phone on 03 455 1256 or email Peter at [peabee@xtra.co.nz](mailto:peabee@xtra.co.nz).



*Life member, past president, and treasurer, Murray Gallagher, QSM., President Graham Reid, and Terry Boylan receiving the Bob Todd Trophy*



*A few of the members gather in support of Terry Boylan, Bob Todd Trophy recipient for 2022*

## A LITTLE BIT ABOUT BOCCIA

In this issue of the Valley Voice I will be describing the sport of Boccia. It's a game originally designed for disabled people with cerebral palsy (like me), first introduced to the Paralympic Games in New York, USA, 1984.

The way to play Boccia is to throw the "target" white leather ball to start the game. Then you throw your own set of leather balls (coloured either red or blue) at the target. You win a game of Boccia by having all of your balls in the "circle", which means between the opponents balls and the target ball. One wrong move could change the fate of the game.



How you strategise playing Boccia is up to you, but when you're playing the game, you can't have any outside noise. It's just you and the game.

My first experience playing Boccia was alright considering I didn't know what I was doing, so I kept rolling the ball as fast as I could. Over years of playing I have refined my skills and now have won a bronze and two silver medals at the national championships. I didn't think that I would win those medals. This year I'm hoping to get gold at the Wellington Boccia Nationals, which would be pretty great! -- **Connor Fa'asaga**

*Connor has been a volunteer receptionist for the Valley Project for over three years! He'll be contributing sports-related content to this newsletter until it is safe for him to serve the public once again.*



# CALLING FOR NOMINATIONS FOR EXECUTIVES AT THE VALLEY PROJECT!

THE VALLEY PROJECT IS AN INCORPORATED SOCIETY WITH CHARITABLE STATUS.

We are very keen to strengthen our executive and are inviting local folk who have some specific skills in the areas of governance, finances, employment law, community development, funding, education and mentoring to get involved and put their name forward. These executive roles may suit retirees who have a bit of extra time to spare to help us rebuild our organisation and get us back to doing what we do so well.

If this sounds like something that might interest you, or you know someone that fits the bill, please contact Kate. She would love to hear from you!

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KAI





## NISSAN LEAF GETS NEW LEASE ON LIFE

When Nissan Leafs were introduced over 12 years ago, it was the only mass-market electric car of the time. It boasted a 121km maximum driving range on fully charged batteries. Once the odometer clocked in over 100,000km, however, owners noticed a steep drop in their driving range by up to 66%. Hagen Bruggemann of EV-lution Ltd. confirms this is because the early models were built with battery packs too small for the size of the car and lacked active thermal conditioning (a system to keep the batteries cool).

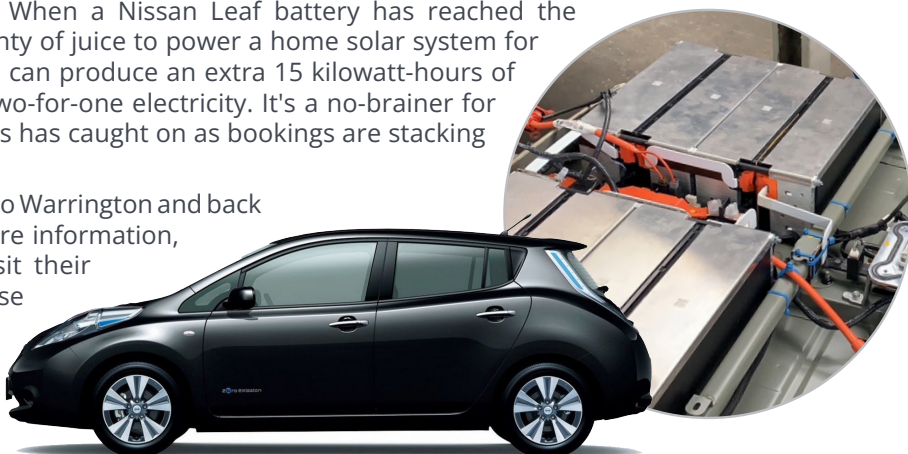
The real trouble began when Nissan Leaf owners sought to replace the degraded batteries. Often times warranties had long expired, but even if they hadn't, the manufacturer couldn't offer upgrades anyway. Until quite recently, no one in New Zealand was performing post-warranty/after-market battery replacement. The EVs were doomed for the dump!

Seeing that an environmental disaster was rapidly approaching, Hagen and his team, in conjunction with Bluecars Auckland, developed Dunedin's first after-market battery replacement service for Nissan Leafs. "It was five years in the making! And the process to source the materials was painful," Hagen explains.

In under a week, EV-lution can add 35% greater capacity than new, original Leaf modules with their custom-designed, high-quality battery cells. The lithium-ion battery of an electric vehicle typically accounts for as much as one-third of the car's cost, so EV-lution's asking price of \$22,600 for a battery overhaul is a "financially attractive" opportunity. Hagen adds it is particularly so if there's also a need for a household powerbank.

When a Nissan Leaf battery has reached the end of its useful life within the car, it still has plenty of juice to power a home solar system for another decade! Degraded Leaf battery modules can produce an extra 15 kilowatt-hours of energy. Hagen states, "the practical solution is two-for-one electricity. It's a no-brainer for the working class!" And it seems the working class has caught on as bookings are stacking up at the energy sustainability company.

"If you can't drive your Leaf from North East Valley to Warrington and back on one charge, it's time for a change." To get more information, contact Hagen or James on **03 395 6565** or visit their website [www.ev-lution.co.nz](http://www.ev-lution.co.nz). You may also choose to stop in at the workshop on Allen Street to have a look at a Nissan Leaf battery replacement project first-hand. -- **Krysha Brzuza**



Did you know New Zealanders throw out 4,767 tonnes of potatoes every year? Astoundingly, that's \$8,313,120 worth!!! So whether they are homegrown spuds or a bulk bag of potatoes, it's worth trying to ensure you store them right for better keeping. Potatoes and kumara/sweet potato will keep best when stored in a cool, dark place. Surprisingly, it's said to never store them with your onions, as they assist your spuds to sprout. Cooked potatoes don't have a good track record of freezing well, but mashed potatoes (especially with butter/cream) will freeze perfectly. Did you know you can save water from boiling potatoes (or rice for that matter) and use it once cooled to water your houseplants?

It's pumpkin harvest season, so try to buy a few as they are at their cheapest. If your pumpkin is undamaged and stored in a cool place (e.g. a garage) they should last at least 3 - 4 months. Apparently they keep best by storing them upside-down with the stalk at the bottom and placed on cardboard or a mat instead of directly on the floor.

Watch this space! We are planning some workshops for propagation of edible perennial plants in June. We'll share skills in growing herbs, berries and grapes from cuttings. If you are keen to assist or be involved, please get in touch. More info to come next month. [Valleykai@northeastvalley.org](mailto:Valleykai@northeastvalley.org)

Do you have happy chooks in your backyard and are keen to share your enthusiasm around keeping chickens? We are planning a Backyard Chook tour and are looking for people with hen houses to visit. If you're keen to show off your set-up, drop us a message at [Valleykai@northeastvalley.org](mailto:Valleykai@northeastvalley.org)

Check out these great resources!

<https://lovefoodhatewaste.co.nz/> - recipes, meal planners, food storage tips, news, events... all around minimizing waste!

*Waste not want not, Fridge Cleaner Cooking* - a cook book based on the top ten foods thrown out in New Zealand



## A SEASON OF FRUITFUL FRUITAGE

Last month we had a busy week with The Valley Project hosting a preserving workshop, harvest hub, and apple preserving event. This was the first time in a while that we could have in-person events so it was great to see everyone in the flesh. The harvest hub was a success with over 150kg of fruit being donated and plenty of glass jars as well (of which we still have quite a few for the taking). Over the course of the Harvest Hub we had plenty of people stopping by, learning about preserving and collecting some fruit and jars to start their own preserving at home.

Later that night we had a preserving workshop where people could ask questions and have a more in-depth discussion around preserving, we had a great mix of experienced preservers and people who were new to preserving. There was some great sharing of information between everyone who joined in.

Finally, we had our apple preserving day. We still had some surplus fruit leftover from the Harvest Hub so we decided to give some hands-on experience around preserving, making dehydrated apples, stewed apples and an apple chutney. People were able to pop down to the NEVB Community Centre and join in with preserving. Although our numbers were small everyone really enjoyed being able to socialise and learn some new skills in the process. -- KJ Davie



dalmore  
GARDEN

## CHUCKLESOME 'CHOKES

What a great autumn we've been having for our working bees! The garden is actually quite dry, so any rain has been a bonus. We've planted broad beans and coriander along with the usual brassicas, but the crop that is really growing at the moment is the Sunchokes (Jerusalem Artichokes, or Fartichokes to some!)

Sunchokes are knotty roots or tubers of Jerusalem Artichokes which are neither artichokes or have ties to Jerusalem. It's suspected that "Jerusalem" is a mispronunciation of the Italian word for sunflower, "girasole" (pronounced "jeer-uh-SOLE-ay"). The Jerusalem Artichoke is indeed identified as a variety of sunflower, but the sense in its naming stops there. Unlike actual artichokes, the edible component is found underground. It's strikingly similar in appearance to ginger, and behave like potatoes when cooked.

Although ours never flower, Sunchokes have a lovely sweet and nutty flavour. They're a very easy crop to grow, but they can be invasive, so be careful where you plant them. They are fine to eat just now, but are best to leave in the ground through winter.

They taste better after a frost or in Spring after the stalks die back.

Sunchokes are great in soups, roasted, boiled, raw in a salad, or pickled. They're high in iron, potassium, and B1. They're a low-GI food but they can cause terrible gas and stomach pain in some people, hence the term "fartichokes". Reading up on getting rid of their gas, I found many people saying to eat them in the Spring when they've stopped growing. Other tips were to boil in water with salt, baking soda, lemon, or vinegar to help break down the carbohydrate *Inulin* which causes the gas. One sure way to avoid the flatulence is to pickle them, which I'll be doing this year with some early ones. We'll wait until Spring to harvest the rest.

If you'd like to grow some yourself, come to one of the working bees and collect some tubers. -- Lynn Vare



### DALMORE COMMUNITY GARDEN WORKING BEES

Sat. May 14 10am


Sat. May 28 10am

Sat. June 11 10am

Sat. June 25 10am

# TOP TIPS FOR ECONOMIC SHOPPING

Over the last two months we've been highlighting a variety of pantry staples, talking about cheap and nutritious foods that everyone should know about. We were building up to a *Cooking on a Budget* presentation that ran on both the 4th and 11th of April. It covered different ways to save money while still achieving delicious and nutritious meals for the whanau.

Following are some of our top tips for cooking on a budget. Find more in the full recording posted to our Facebook page or scan this QR code to take you straight there. 

**📋 MAKE A LIST:** By making a list you know exactly what you need to buy and can stay focused in the supermarket. As you create a list it's a great time to see what you already have to prevent doubling up on ingredients.

**🛒 DO ONE BIG SHOP:** By only doing one big shop per week you can avoid all of the extra purchases that happen when you're

navigating the supermarket. Switching to online shopping can also help as you can easily track how much you spend.

**🌱 SHOP IN-SEASON:** The price of fresh produce can vary wildly depending on the time of the year. Shopping for in-season foods is a guaranteed money-saver, especially at farmers markets or stores like Veggie Boys.

**🍏 BUY IN BULK:** Buying in bulk is one of the best ways to get more value for money. To avoid waste, make sure you only buy in bulk when you know you can use all of it.

**🌿 GROW YOUR OWN:** By growing your own produce at home you can save yourself a bit of money. Start with simple potted herbs like mint, rosemary, and basil. These are all easy to grow and are quite expensive to buy at supermarkets.

**🌱 USE LEGUMES:** Legumes, such as beans, peas, chickpeas, and lentils, are quality plant-based sources of protein and iron that are much cheaper than

animal-based protein. Use them to bulk out or completely replace animal-based protein in your meals.

**😊 BE FLEXIBLE:** Cook up a meal that can easily have extra veggies thrown in like soups, quiches, or pasta bakes, or throw them in the freezer and make veggie stock once you have enough scraps stored up.

**📦 BUILD YOUR PANTRY SLOWLY:** By spending \$5-10 each week on pantry staples you can have plenty of food when money is tight. Focus on foods with long shelf lives like canned goods, flour, rice and pasta, and then staples of your favourite meals.

**🏷️ COMPARE LABELS:** For some products, all options are made within the same factory, but depending on the label you may pay more or less. Experiment with different food brands, try generics, and see if you can get the same product for a cheaper price. -- Rowan Lewis

## VEGAN HOT POTS - BROTH & LENTIL SOUP

Local catering enterprise, Many Hands, has a soup-remely tasty recipe for you this month! Watch this space for more plant-based delectability in upcoming issues. Head to Facebook @ManyHandsKitchen to get to know your neighbourhood culinarians.



### ♥ Broth + Lentil Soup ♥

- 1 Tbsp ~ Olive oil (or other oil)
- 1 Onion ~ diced
- 1 Tbsp crushed garlic
- 1 Tbsp grated ginger (or crushed)
- 1.5 cups diced celery
- 2 cups diced carrot
- 2 Tbsp tomato paste
- 1 Potato diced (about a cup)
- 2 cups beans ~ roughly chopped
- Can of brown lentils ~ drained + rinsed
- Salt + Pepper ~ to taste

### Method:

Heat oil gently in a pot ~ add onion and fry til translucent  
Add garlic + ginger + stir ~ add a small amount of water if it starts to stick.

Add celery, carrot + potato ~ stir and cook for a few minutes to let the vegetables add their flavour to the pot.

Cover the vegetables with boiling water ~ add tomato paste and Salt + Pepper

Add rinsed lentils and beans

Top up with water so that all ingredients are submerged in the broth

Put the lid on and simmer 15 mins

Valley Kai Food Resiliency



## A STARTING POINT

Local Rebecca Harris is becoming a familiar face around here! Over the past month she's been kindly schooling us on food waste and resilience. She's informed us that eggshells, lemon rind, canned bean juice, and carrot tops are still useful. She's reminded us that growing our own windowsill herb garden is a smart idea! Rebecca has also explained the varying forms of preserves, ranging from chutneys to dried and frozen goods.

But that's not all! Jump to our Valley Blog to view the 3-part video series:

<https://www.northeastvalley.org/your-community/valley-blog>

The 5-minute recordings are all about keeping things realistic and doable, both time and money-wise. While zero-waste is the ultimate goal, no-one is perfect and truly waste-free, but at least there's a starting point!

## art, craft &amp; music

## ART CLASSES

For all levels. Casual attendance welcome, tutor Anneloes Douglas, community rooms, 10am–noon, Thur. ☎ 027 307 7034 ☎ 467 9993  
✉ anneloes.douglas@xtra.co.nz

## ART CLASSES

Continuous class, newcomers welcome, 1–3pm, Wed, community rooms; 1–3pm, Thurs, St Peter's Church Hall, Caversham; 7–9pm, Thurs, Logan Park High School, \$15 per session. ☎ Friederike 482 2025

## ART FIBRE DUNEDIN

Bring lunch and requirements, 10am–2pm, second Sunday of each month, community rooms.  
☎ Megan 027 245 8605  
✉ artfibredunedin.blogspot.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.  
☎ 03 473 0045 or ☎ 027 473 0060  
✉ thepiper50@gmail.com

## DRUM LESSONS

Ziggy offers private drum lessons to any individual of any age, skill level, and learning style. Lessons tailored to individual to ensure fun!  
Get in touch: ☎ 020 488 8015  
✉ ziggy.richards.nz@gmail.com  
✉ www.universallrhythmnz.com

## DRUMMER AVAILABLE

Middle age drummer into all sorts (psych rock, dream pop, reggae, ambient, classical, techno, "world" etc.) looking for band/musicians. Anything with soul, groove, and edge. Paul ✉ hoani76@hotmail.com

## 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 every Thursday from 7.30pm. Come and join the supportive circle to play or listen. Dunedin Folk Club, 80 Lovelock Ave. ✉ info@nefc.org.nz

## KNITTING SQUAD

BYO knitting or crocheting, or come & learn, Valley Project community rooms, 1–3pm, Wednesdays.  
☎ Marjory 473 7751

## LEARN TROMBONE

From winner of Dunedin Youth Jazz Festival best trombone, and Otago Rockquest best musician - contact Finn Barr ☎ 027 356 2881 or ✉ fin.mckinlay@gmail.com

## MUSIC LESSONS

Celtic style flute, tin whistle, and guitar lessons by Rennie Pearson.  
✉ rennie.pearson@gmail.com  
✉ renniepearsonmusic.com

## MUSIC LESSONS

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

## SOUNDS NOR'EASTERLY

Do you enjoy singing with a group? Why not join your local community choir? All ages and abilities welcome. DNI design lobby every Tues, 7.30–8.45pm. Email Marion for info ✉ marion.okane68@gmail.com

## STAND-UP COMEDY

Open mic at Inch Bar, 1st and last Wed. Comedy workshop Mondays 5–7pm at George Street McDonalds. Open to 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 text Adrienne ☎ 027 389 2574 for more info.

## WOMEN'S ART GROUP

Art & craft group aimed at helping new Dunedin residents learn & share skills & connect with others. Fridays 11.30–1pm, Valley Project community rooms, 262 North Rd.

## community

## BIBLE HOUR

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

## BIKE WORKSHOP

Get help, use our workshop. Bikes available for koha, 3.30–6pm Tues, and 9.30am–12.30pm Sat. Valley Community Workspace, 11 Allen St. Email Peter ✉ peterd0n@yahoo.com

## COMMUNITY ACCOUNTING

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

## 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 no charge. Ring or text Ash: ☎ 022 615 6115

## DALMORE RESERVE COMMUNITY GARDEN

Come join us fortnightly at the garden on Allenby Ave., Pinehill. All welcome and tools provided. Check our Facebook page to see dates and times over summer, or contact us at ✉ dalmorecommunitygarden@gmail.com

## DUNEDIN MAKERSPACE

Work on projects, watch others and chat, 1–5pm, Saturdays; organised talks, 7pm, Thurs, Valley Community Workspace, 11 Allen Street.

## DUNEDIN REFUGEE &amp; MULTICULTURAL WOMEN'S GROUP

Currently inactive. Seeking interest in reviving the group. Please call former member, Anne, if you'd like to help ☎ 022 480 0676

## ENABLING LOVE

Looking for friendship & social connection? 18–65 years welcome to weekly coffee group at Otago Museum Cafe, Thurs, 1–2pm. More at ✉ enablinglove.nz or email Joshua for venue: ✉ enquiries@enablinglove.nz

## FRUIT &amp; VEGES NFP

Fresh fruit and veges at wholesale prices with All Saints Fruit and Veges. Small, med, family weekly bags. Order at St Martins, 194 North Rd, Thur, 4.30pm, or sign up online: ✉ fruit.vege.allsaintsdsn.org.nz

## LEGAL ADVICE

Free legal advice from Community Law Otago, available by return phone call. Legal advice by qualified lawyers, practical solutions. ☎ 474 1922 or email ✉ reception@dcl.org.nz

## MEN'S PROBUS

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

## NEED A JP?

The Valley Project offers a walk in JP service for document certification, Kiwi Saver withdrawals, immigration matters, affidavits, etc. Every Saturday from 11am–1pm.

## NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For info and local contacts ☎ Davis 456 0857 or ☎ 027 476 6047 or email: ✉ coordinator@nsotago.nz

## NORTH DUNEDIN SHED

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

## NORTH EAST VALLEY COMMUNITY GARDEN

NEV Community Garden is directly behind NEV school. Pay us a visit! We meet every weekend: 1st & 2nd Sat. 9.30–12pm. 2nd & 4th Sun. 1–4pm.

## WILD DALMORE RESERVE

StarJam is a fun, creative and positive not-for-profit organisation that runs music & dance-based

workshops for youth with disabilities. We are opening in Dunedin and Mosgiel in early May and have a few more spots available for young people aged 6–25 to join us, and also for volunteers. Visit ✉ starjam.org for more information or contact Fiona ✉ Dunedin@starjam.org

## 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. We meet most Sunday afternoons. Entrance at 20 Allenby Ave, Pine Hill. Contact us through ☎ Wild Dalmore Reserve or phone/text ☎ 021 206 3593 for info.

## employment

## WORKBRIDGE

A FREE specialised service assisting work-ready people with any health conditions/learning difficulties/injuries to find suitable employment. All aspects of vocational prep provided – CV's, cover letters, job search, interview skills, placement. Once employed, support continued 12 months more. ☎ 0508 858 858 or visit ✉ workbridge.co.nz

## fitness &amp; health

## 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, Christina King  
☎ 03 467 9499

## DUNEDIN BMX CLUB

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

## FOLK DANCING FOR FUN

(On hold due to Covid restrictions.) Valley Baptist Community Centre, 270 North Rd, 10am–11.30am, Fri, \$4. ☎ Yvonne 455 2406, ✉ stureid1@yahoo.co.nz

## INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. ☎ Terry Boylan 473 0049

## KUNG FU

Fitness, discipline and self defence. Classes for 7–12 years Wed, 5–6pm, Sun, 3–4pm, teen & adult classes, Wed, 6–7.30pm, 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](http://www.kindliving.co.nz) or call/text 📞 Uschi 027 360 0238 Mention the Valley Voice to receive a 10% discount on your first massage.

## ORTHO-BIONOMY

In pain or discomfort? Had surgery or injuries? Ortho-Bionomy is a gentle way to help you in the process of maintaining your balance or accessing your resources during your recovery! For more info and bookings visit 📞 [juliafast.nz](http://juliafast.nz)

## PARKRUN

A free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at café, 8am summer, 9am winter. Go to 📞 [parkrun.co.nz](http://parkrun.co.nz) for more info.

## STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, Valley Baptist Community Centre, 10.30am–11.30am, Mon, and Pine Hill School Library, 11am, Thur.

## TANNOCK GLEN

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

## THREE LEFT FEET

Social dance group, no experience or partners necessary. European dance – folk and traditional, \$5 or \$7.50 per couple, Nga Maara hall, 6–7pm, Thursdays. 📞 Marilyn 0274 463 358

## WANT TO TRY ARCHERY?

For anyone wanting to try archery, Dunedin Archery Club is running a "Have-a-go" day on Mother's Day (May 8th). Chingford Park from Afton Terrace. All gear & coaching provided. \$10 for 10 arrows. More details: 📞 @DunedinArcheryClub 📞 <http://dunedinarcheryclub.co.nz>

## YOGA IN THE VALLEY

Instructor Adair Bruce, 6–7pm, Mon & Fri, DNI designspace; 9.15–10.15am, Mon & Wed, community rooms. \$10 waged, \$8 unwaged. More info 📞 [adairbruce@hotmail.com](mailto:adairbruce@hotmail.com)

## ZEN MEDITATION

Traditional Zen for beginners and experienced people. All welcome. 7pm Thur. at the Quaker Rooms, 15 Park Street, Dunedin North. Koha please. 6wk beginners courses through the year. 7-day retreat on Quarantine Island annually. Any questions phone 📞 Glenn 473 6256

## for families, kids, and teens

### DUNEDIN CITY TOY LIBRARY

A vibrant toy library for children from birth to 7 yrs. Huge range of toys, ride-ons, dress-ups, puzzles, games. Valley Baptist Community Centre, 270 North Rd, 3.30–4pm Wed, and 10–11.30am Sat.

## DUNEDIN RUDOLF STEINER PLAYGROUP

Te Whare Ako Marie. A sanctuary for creative play for children from birth to kindergarten. A place of peace and friendship for parents. Groups meet weekly, term time. Contact us for times and days 📞 471 2163 or 📞 [dunedinsteinerplaygroup@gmail.com](mailto:dunedinsteinerplaygroup@gmail.com)

## MAINLY MUSIC

Leith Valley Church, Malvern St, Wednesday 10am, \$4. Contact: Fran 📞 467 9208 (Leith Valley Church Phone No) or 📞 027 456 1188

## MT CARGILL GIRLGUIDES

Pippins, brownies, guides, & ranger groups in the valley. 📞 0800 222 292 or 📞 [info@girlguidingnz.org.nz](mailto:info@girlguidingnz.org.nz)

## NEV NORMAL SCHOOL PTA

New members always welcome. Fundraiser ideas needed to help kids and school. Meeting schedule: 7.30–8.30pm 12 May, 16 June, 7 July, 11 Aug, 15 Sept, 20 Oct, 17 Nov, 8 Dec. 📞 [nevn.pta@gmail.com](mailto:nevn.pta@gmail.com)

## NEV PLAYGROUP

For 0–5yrs, variety of experiences to enhance development of your child and meet other local young families. Free morning tea and lunch provided for adults. Please supply child's morning tea. Valley Baptist Community Centre, 270 North Rd, 9am–12pm Wed. 📞 [nevplaygroup@gmail.com](mailto:nevplaygroup@gmail.com)

## OPOHO PLAYCENTRE

A nurturing play space for 0–6 yr-olds where children and their whanau attend together. Focus is on child-led learning through play. Come make friends, play, learn, and grow. Three free visits. 28A Signal Hill Road. Mon–Fri 9am–12pm following school term times. Find us on Facebook, contact us at 📞 [opoho@playcentre.org.nz](mailto:opoho@playcentre.org.nz), or 📞 027 880 2365

## OPOHO SCOUTS

Keas, 4–5pm, Tues; Cubs, 6pm–7.30pm, Thur; Scouts, 6–8pm, Wed. Opoho Scout Den. 📞 Shane: [opoho@group.scouts.nz](mailto:opoho@group.scouts.nz)

## SPACE FOR YOU AND YOUR BABY

Programs run by registered ECE teachers supporting families through their first year with a new baby. School terms, 12.30–2.30pm, day TBC, Valley Baptist Community Centre. 📞 021 150 9165 or 📞 [space.valleybaptist@gmail.com](mailto:space.valleybaptist@gmail.com)

## SUNDAY SCHOOL

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

## further education

### CITIZENS ADVICE

Dunedin Citizens Advice Bureau – a free confidential service for all. We can help with tenancy problems,

employment issues, consumer problems & host of other issues. Rodgers House, 155 Princes St, 📞 471 6166 📞 [cab.org.nz](http://cab.org.nz)

## COM2TECH

A community-led group that offers a range of free classes to upskill our communities in communications technology and online safety. 📞 [office@com2.tech](mailto:office@com2.tech) 📞 [@com2tech](mailto:com2.tech)

## INSPIRING MATHS CLASSES

Affordable creative maths classes and maths art after school at my home in North East Valley.

📞 Inspiring Maths Classes 📞 [Sandra.Dunedin@gmail.com](mailto:Sandra.Dunedin@gmail.com)

## ITALIAN CLASSES

Experienced teacher, native speaker of Italian. Small groups, all levels, from absolute beginners to advanced and conversation 📞 027 341 8312, 📞 473 0832 📞 [antonella.vecchiato@gmail.com](mailto:antonella.vecchiato@gmail.com) 📞 [italianclasses.co.nz](http://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 or via email 📞 [dunedin@englishlanguage.org.nz](mailto:dunedin@englishlanguage.org.nz)

## MATHS MADE EASY

Experienced maths teacher, recently retired. Primary and secondary certified. Montessori trained. Private tutoring at your home or mine and Zoom as another option. Different strategies to help your child achieve success. 📞 Diane 021 357 565 📞 [dvalavanis@aol.com](mailto:dvalavanis@aol.com)

## NATIVE FRENCH TUTOR

Conversation, preparation for exams, for adults and children. Hourly rate. 📞 Sandrine 021 107 5814 or 📞 [sanfeillet@gmail.com](mailto:sanfeillet@gmail.com) French Up Your Life!

## SPANISH LESSONS

Learn Spanish in a fast and fun way. All levels and wide time availability. 📞 Luana 027 284 7836 or 📞 [luana.suarez26@gmail.com](mailto:luana.suarez26@gmail.com)

## housing

### SEEKING SLEEPOUT

I'm looking for a sleepout in North East Valley. If there's anything available please contact me: 📞 021 086 22 922

## trading corner

### BABYSITTER

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

### BABYSITTER

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

### BABYSITTER IN NEV

Children of all ages. Experienced 26-year-old. Wide hourly availability.

📞 Luana 027 284 7836 or email 📞 [luana.suarez62@gmail.com](mailto:luana.suarez62@gmail.com)

## CAKE BAKER

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

## COMPUTERS

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

## DAVE'S COMPUTER SERVICE

Troubleshooting & tuition. Low rates. Free optimisation software. 📞 Dave 022 635 9414 or 📞 03 473 9542

## GARDENER

Gardener available, light weeding/trimming, winter rose pruning. Very experienced, \$30/hr, 📞 473 0159 (evenings)

## GARDENER/CLEANER/HOMEHELP

I offer general household cleaning, assistance, weeding and trimming at \$30 an hour. I use my own cleaning products/gardening tools. 📞 Hannah 027 713 3094

## GARDENER/LANDSCAPER

📞 [Backblokgardens.nz](http://Backblokgardens.nz). Section clearing, tree pruning/shaping, planting, custom planters, retaining walls. 📞 021 023 44 938

## 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. All enquiries welcome. 📞 Jesa 022 012 1194 📞 [jescargo\\_carpet@outlook.com](mailto:jescargo_carpet@outlook.com)

## LOCAL COMPUTER TECHNICIAN

Installs, maintains, and troubleshoots hardware & software. Contact Jeff at Control Focus 📞 021 036 9670

## MATURE BABYSITTER

I'm a mother with grown-up children, (full driver's licence) now available for babysitting. Minimum of three hours and also able to help with homework! 📞 Pauline 027 717 0282

## ROHDE DECORATOR

Interior/exterior. New and existing. Painting and decorating. Trade qualified and experienced. 📞 Rohdiepaint@gmail.com 📞 021 083 48207

## SEA BLOOM

A local business specialising in custom resin accessories and home decor – the perfect treat for yourself or a gift for a loved one. Find Sea Bloom on Facebook or Instagram, or here: 📞 [seabloomnz.company.site](http://seabloomnz.company.site)

*Classifieds continued on next page... 📄*



Classifieds continued...

### TOP SOIL WANTED

Top soil wanted for the North East Valley Community Garden. If you have any to give away, contact Janice Bridgman ☎ 03 473 7076 or 📠 027 674 7788

### VENUS FLY TRAPS

Large caliber plants. Five times as big as those sold by the shops and are \$4.00 cheaper. Growing instructions included. \$10. ☎ Pat 473 0159 (PM)

## church services

#### SALVATION ARMY

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

#### SACRED HEART CATHOLIC

89 North Rd, Mass 9.30am

#### GLENAVEN METHODIST

7 Chambers St, 11am

#### PACIFIC ISLAND PRESBYTERIAN

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

#### ANGLICAN: ST MARTIN'S

194 North Rd, 10.30am

#### OPOHO PRESBYTERIAN

50 Signal Hill Rd, 10am

#### NEV PRESBYTERIAN

Community rooms, 9.30am, 11st, 3rd, and 4th Sundays, cafe service, contact Shona McDonald: ☎ 453 0145

#### ST MARK'S PRESBYTERIAN

304 Pine Hill Rd, 10am

## INTERESTED IN ADVERTISING WITH CLASSIFIEDS?



To add or update a listing please email [voice@northeastvalley.org](mailto:voice@northeastvalley.org) before the 20th of the month.

Koha is appreciated, but not essential, for classifieds.

If you would like to make a donation, the Valley Project bank account number is **03-1726-0005606-000**  
Reference: VVDonation

## BOTANIC GARDEN PLANT SALE IS ON!

On the 21st of May the Botanic Gardens propagation facility is the place to be! It'll be jam-packed with trees, shrubs, perennials, and indoors plants. Bring boxes, bags, a ute, truck, or trolley -- you're sure to fill it!

The annual Dunedin Botanic Garden plant sale will be on **Saturday 21 May from 9am to 12noon** in the propagation facility located on Lovelock Avenue. Current Covid restrictions will apply which may include wearing a mask inside the building. EftPos will be available.

The plant sale is organised by Friends of the Dunedin Botanic Garden committee to raise funds to support future developments in the Dunedin Botanic Garden.



## DUNEDIN CITY TOY LIBRARY

Huge range of toys and games for kids aged 0 - 7 years old. New members always welcome!

[dunedincitytoylibrary.co.nz](http://dunedincitytoylibrary.co.nz)  
Wednesdays, 3.30 - 4pm  
Saturdays, 10 - 11.30am



Programmes for first-time parents. Now taking registrations for the next two seasons of sessions: babies 0 - 4 mnths, start 4 May or 29 July Valley Baptist Community Centre

[space.valleybaptist@gmail.com](mailto:space.valleybaptist@gmail.com)  
[www.theparentingplace.nz](http://www.theparentingplace.nz)  
021 150 9165

## COM2TECH

Community Communications Technology Trust

### DIGITECH DROP-IN (FREE)

Learn basics of using your tech apps and programs.  
Wednesdays, 10.30am - 12.30pm at Valley Project or  
Wednesdays, 3.30 - 5pm at the Valley Baptist Community Centre

### NORTH GAME DEV CLUB

Intermediate tamariki build their own video games.  
Tuesdays, 3.30 - 5pm at the Valley Baptist Community Centre

### TECHTIME

Primary ages 7+. Work on IT tutorials.  
Wednesdays, 3.30 - 5.30pm at the Valley Baptist Community Centre

[amy@com2.tech](mailto:amy@com2.tech)  
Facebook: @Com2Tech  
027 256 9182



Runs every Wednesday during school terms with a great range of planned, fun activities for ages 0 - 5yrs. While still having 3 - 4yrs play, the playgroup is currently focusing on a programme for the crawlers & toddlers. Check it out, meet the team, and make new friends over a cuppa.

[nev.playgroup@nevbctrust.org](mailto:nev.playgroup@nevbctrust.org)  
Wednesdays, 9am - 12pm

Farsi Language Playgroup is for those wishing to immerse their young ones in the language. Playgroup runs fortnightly on a Sunday afternoon.

[farsi.playgroup@nevbctrust.org](mailto:farsi.playgroup@nevbctrust.org)

## NORTH EAST VALLEY BAPTIST COMMUNITY CENTRE

## GET YOUR GROOVE ON WITH STARJAM

StarJam, a fun, creative, and positive not-for-profit organisation that runs music and dance-based workshops for youth with disabilities. At StarJam, we want to help change the way New Zealanders view disability by helping the disabled youth unleash their potential through musical performance.

Within a fun and welcoming environment, young people, known as 'Jammers', experience respect, confidence, and empowerment, as well as gain new friends, new hope, and new purpose. StarJam's weekly workshops support Jammers to discover their unique talents in their own way and time. They can move, groove and socialise each week with the support of tutors and volunteers within each workshop. They are also invited to participate in the Annual Concert, and attend discos where they can meet other Jammers from around the region.

StarJam is opening up in Dunedin this month with four workshops in the region. We still have a handful of spaces for more Jammers to join us, as well as spaces for more volunteers.



starjam.org  
dunedin@starjam.org



## GOLD HEALTHY HEART AWARD

For three years, the team at BestStart Montessori the Gardens have been working alongside Healthy Heart to develop their 4-week rolling vegetarian menu so that it's super healthy and nutritious for tamariki and pepe. Working alongside Qa-t-a Amun from the Heart Foundation was inspirational and educational and really worth doing to perfect what we offer in terms of nutritional value to our tamariki and pepe.

On the 16th February 2022, they were awarded 'GOLD'! This is the highest award possible with Healthy Heart and they have been awarded this through their dedication to promote healthy eating and physical activity to all of the tamariki and pepe. A huge CONGRATULATIONS to their Chef, Ricky Cracknell, and to their team of super health-conscious kaiako for their reflective minds in evaluating their menu and programme over the past three years and for their creative minds and nutritional knowledge to help create our GOLD Healthy Heart Menu.

Otago Nutrition Advisor, Qa-t-a Amun, has said that, "BestStart Montessori the Gardens has worked hard to create a supportive and holistic food and active movement environment that supports young children to thrive. By taking part in the Heart Foundation's Pā-harakeke (gold) Healthy Heart Award, the centre is working towards creating healthy lifelong habits for young children."



**GOLD Healthy Heart Award**  
Mr. Ricky Cracknell



Together we nurture kind, respectful, independent learners.



## SUPPORT FOR SUPPORTERS

Covid-19 has been hard on us all. It has hugely impacted not only those who suffer with mental distress and/or addiction issues, but also their supporters. If this applies to you or someone in your whānau, then help is at hand. Able Minds is a local, free, confidential, and mobile service where people can self refer.

While you may not have heard of Able Minds, they have been

part of the social services caring network here in the south for a very long time. Able Minds is a merger of four organisations: Supporting Families Southland, Waitaki, and Central Otago, and Schizophrenia Fellowship Otago. Primarily they provide support to whānau who have a family member affected by mental distress and/or addiction challenges. They are a community-based service providing information, advocacy, emotional support, and peer support groups for whānau. Their support workers are experts in these areas. They understand the impacts mental distress and addiction have. They understand the system and collaborate with the District Health Board and other resources so that families are well resourced as caregivers. Able Minds work to build resilience within whānau so that challenges can be faced head on.

The organisation has their office and community spaces in South Dunedin, however, as mentioned they do offer a mobile service where they can meet with you in your home, at the park, or wherever it is convenient for you to access.

Rebecca Paton, Able Minds Family Fieldworker, explains the typical process. "When you contact our service, either by phone or email, you will be initially attended by our practice manager. You will then be assigned a support worker who is trained and qualified for your needs. They will contact you usually within two working days."

"As a family/whānau support worker, my job is to help you look after yourself and assist you to navigate the system while you support your loved one. I will call you to introduce myself, check what support you need and explain what I can offer. If you feel comfortable, we will arrange a time and place to meet, usually the Able Minds office or at your home. At the first meeting I will encourage you to share your story. I often allocate up to two hours for this first meeting, so that you feel comfortable and have the time to explain the situation to me. I will give you information regarding emergency contacts and some other useful resources to help you. At subsequent visits, I will work with you to set goals. You may also wish to attend one of our peer support groups. I'll be there with you to advocate on your behalf making sure you are aware of your rights and your loved one's rights until you feel empowered to do this yourself."

Rebecca concludes, "Clients have said after working with [Able Minds] they feel more hopeful and prepared to support their loved one. One client told me, 'I don't think you know how much you have helped me'. She said by focusing on looking after herself and working out ways to communicate has better prepared her to support her loved one moving forward. I was also told that having the affirmation posters I made for a client helped her to remember to look after herself every day. Another client said it felt so good to finally have someone on her side to support those that are typically isolated."

The Valley Project has brochures available listing the different programmes on offer. Able Minds can be contacted directly on 0800 494 262 or by email at [admin@able.org.nz](mailto:admin@able.org.nz).

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(...continued from front page.)

When asked how her North East Valley residence affects her artistry, Vicki responded that, "living on my tūrakawaewae informs every aspect of my existence! My people have lived on Te Wai Pounamu for over 40 generations. I am blessed to live in a verdant, sunny patch that is named for one of our ancestors, and to uphold the mana of my forebears by supporting the return of native wildlife to the area, through the reforestation of the wee patch our whare is on, and living the most sustainable life that I can. Community and sustainability are two core concepts of my art practice; this is reinforced with every project I undertake."

Some of the public feedback Vicki received was that her installation was uplifting, therapeutic, calming and just what we need right now to lift the spirits. Several people also asked if it was a permanent feature and, if not, could it be?

Keep your eyes and ears open for more projects by prolific and wide-ranging local artist, Vicki Lenihan. She has more in the works with the Blue Oyster Art Project Space, and with her eldest son creating a children's book.

In the following month of April, the main street became home to an interactive arts scavenger hunt. Children and their adults examined artworks by Ōtepoti artists placed in shops along George Street, searching for clues that would give them a secret passphrase to unlock a prize. Along the way, sprinklings of George Street history were uncovered.

*The Secret Path*, by Tini Whetū kī te Rangī, sought to get our tamariki looking actively at artworks. It was facilitated by NEV resident, Piupiu Maya Turei. The title of the installation is a proverb from Piupiu's iwi, meaning "a multitude of stars in the sky," emphasising accessibility to everyone. It was primarily designed for kids using contemporary creations of high quality by a collection of local artists. "It was my first [curatorial experience] for kids, which comes with its challenges. But I love a good challenge," pipes Piupiu.

The strategically scattered artworks were mainly displayed behind shop windows. Though touching was discouraged, the dance of colours and textures were ultra-inviting for inquisitive minds, and they intentionally inspired investigation. Piupiu mentioned all of the artworks were entirely new, made by emerging student artists experiencing their first-ever commission. Painters, weavers, digital and installation artists were among the collection of DCC-funded creators for the Secret Path exhibition.

From her Valley home, Piupiu often hears the thunderous beats of drums and other musical instruments from sessions at the community rooms nearby. The Valley Project's constant buzz of activity and dedicated efforts in community engagement were an inspiration to her.

In this month of May, New Zealand Music Month, *Spectacle Dunedin* is presenting *Monocle – Musical Furniture*. At first glance, one perceives a simple lounge scene, but upon closer inspection the furniture is in fact interactive

instruments for the public to play. The instruments will create oscillations, squeaks, drones, chirps, and other sounds, providing a fun experiential encounter.

*Paracosm Party*, a band of Ōtepoti musicians featuring Valley resident Hilary Faul (*Koizilla*), as well as Jayde Medder (*Centre Negative, Denudes, Mary Berry*), and Chris Miller (*The Entire Alphabet, Ha The Unclear, The Something Quartet, Coin Laundry, Alizarin Lizard*), introduced the pieces of the installation and demonstrated the unique capabilities of the instruments in a short public performance on George St. last weekend.

The installation now takes up residence in multiple locations along the main drag and will be open to view and play Wednesday through Sunday, 10am - 3pm all of May.

Hilary Faul was asked to be a part of the group by Chris Miller, the music director of Monocle. She says, "I know Chris through the Dunedin music scene. Our bands have played many shows together.

*Koizilla* (the band I'm in) also played an amazing mini-festival called 'Lettuce Inn' that Chris and Jess, the project director, organised a few years ago."

Former Valley Project staff member, Jess Covell, directs the project, and is also who organised the funding for it.

Hilary adds, "Jess has worked with the Dunedin Dream Brokerage in the past, so she saw the funding opportunity come up and seized it! Jess and Chris have had this idea for a wee while now and the Platform Project has enabled it to come to life! I feel very lucky to be included in such a cool project."

Hilary hopes that people really enjoy the performances, that they find them surprising, fun, and intriguing. She also encourages everyone to have a go on the musical furniture!

She'd also like to express gratitude for her NEV neighbours who were seemingly unbothered by the band practices. "Finding a place to practice can be extremely difficult for bands. With little to no income, leasing a commercial property where noise is not an issue is practically impossible. Adjø and Inch Bar are very welcoming to bands and host many gigs. Although, as you may know, these are fairly small spaces. It would be great if there was a larger venue in the Valley with suitable soundproofing to minimise noise disturbance." She speaks for both Monocle and her own surf-psych rock band, *Koizilla*, in which Hilary plays the flute, organ, and tambourine.

So grab your friends and family and swing by Monocle's *Musical Furniture* installation along the city's main street. This is the fourth instalment of Dunedin's Dream Brokerage Platform Project.

Piupiu Maya Turei, Jess Covell, and Hilary Faul would probably agree with Vicki Lenihan that the Platform Project is of, "super high quality, so it's a real honour to be included in this whakaaro. Actually, everything that Dunedin Dream Brokerage does is of international standard and open to all-comers, so I encourage everyone to check out the DDB website, and to consider how they might bring a forgotten corner of our awesome city to life again."

-- **Hannah Molloy and Krysha Bruza**





## WHAT'S THE HAPS ON BLACKS?

“ *Change is not made without inconvenience, even from worse to better.* ” -- Richard Hooker

North East Valley was proclaimed a borough in 1877. At the time, it had a population close to 4,000 whose water was independently drawn from creeks and streams. 33 years later sewage and water supply systems were laid in the newly amalgamated suburb of Dunedin City. Today the collective 'Valley' is composed of 10,000+ residents still partially reliant on century-old piping.

So what's all the noise on Blacks Road in recent weeks? It's Fulton Hogan and company modernizing the subterranean maze of antique piping in our region. Upgrades to the foul (waste water) and storm sewer drains here are part of the ongoing DCC 3 Waters Project to replace or renew over 13km of old and poorly performing water, wastewater, and storm water pipes throughout North East Valley. Construction started in 2018 and is now well over halfway to completion.

The expected end date for pipe renewals in the Blacks Road area is February 2023. The proposed timeline takes into account any delays such as significant weather events or, as in recent days, archaeological finds!

Before undertaking any earthworks that may affect an archaeological site, permissions must be obtained from the Heritage New Zealand Archaeological Authority. Fulton Hogan staff are well informed of archaeological protocols. Prior to commencement of the pipe renewal project, they were made aware of North East Valley streets listed as "Red

Zones" for historical significance. It was no surprise that in the first weeks of construction at Blacks Road, workers unearthed chiseled bluestone blocks (example pictured below). They're believed to have functioned as either steps or kerbside. Surely other exciting objects await discovery beneath the Valley floor!

And what a flash digger to find them with! It seems to be the talk of children throughout the Valley. It was simply luck that the hired equipment happened to be new. 3 Waters Manager for Fulton Hogan, Dean Scott, explains that this Yanmar SV40 Excavator comes with rubber tracks to cope with the challenging steepness of Blacks Road. It will be an especially important feature for the fast approaching frosty days.

Fulton Hogan is impressively managing the messy nature of live plumbing and roadworks, particularly in communications with affected residents. They are kept updated to the minute with a combination of mobile texts, printed flyers, abundant street signage, and adjustable magnetic maps.

Despite efforts to inform and protect businesses, residents, and passerby, sadly there has already been reports of harassment towards workers. A slight adjustment to routine, even if by foot for an additional minute or two of travel time, is hardly an inconvenience compared to a wastewater leak, a floating man-cover in times of flooding, or —gasp— a shower without any pressure! Those are some of many potential crises that the renewal project is aiming to prevent. So please follow safety protocols in place, practice patience, plan ahead for reroutes, and be kind to workers! -- *Krysha Brzuza*



If you have any questions or concerns about this project, or would like to sign up to receive text message updates, please feel free to contact the DCC customer services team on 03 477 4000 or email the project team at [nevrenewals@dcc.govt.nz](mailto:nevrenewals@dcc.govt.nz). For site-specific matters, contact the contractor directly: Marty Wells from Fulton Hogan 022 488 3009



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