

AGM a great success!

The Valley Project held its AGM last month and I am pleased to report it was very well attended both physically and virtually.

The board presented the usual reports and let everyone know what The Valley Project, and other community groups, have been up to this past year. We also held a very well communicated discussion surrounding food security.

The Valley project has received a portion of funding to develop a collaborative food security plan and initiate the actioning of this plan. Our vision is to unite all food security related initiatives, people, and organisations under one network to improve collaboration, sustainability, and development of local food security within our community. During the AGM we broke into groups and asked the following questions: What does food resilience in our community look like? What food resilience activities are already working well in our community? What could be added to the mix to improve our food resilience? Who else (think individuals and groups); need to be part of this conversation going forward?

Everybody navigated their way through the questions actively discussing with one another. Ideas encompassed so many things including cooking classes for preparing cheap, local and nutritious meals, workshops in preserving/fermenting/dehydrating/community food storage, wild food kerbs, collaborative harvesting, food waste education etc.

We are now amid processing all this collaborative information and looking at how we can support the action of these ideas! If you would like to contribute to the conversation, or be involved pop down and see us or send us your thoughts via email, we would love to hear from you.

- Jess Covell



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Runderful accomplishments

While most of us spent Queen's Birthday relaxing, Harjinder Singh Chander, or Harrie to his friends, spent his time conquering Baldwin Street for mental health. Harrie is from Palia Kalan, a city in Northern India bordering Nepal. He moved to New Zealand roughly ten years ago to study IT but ended up farming in Taieri, something he says is in his blood. Harrie began endurance running around three years ago and has participated in many events including the infamous Crush the Cargill, where he ran his stint in gumboots!

So why did Harrie run up and down Baldwin Street? Well, to fundraise for mental health, of course. Harrie drew inspiration from two local crazed athletes: Glenn Sutton, who just completed a 580km non-stop run in aid of Otago Hospice, and Steve Tripp, who last year ran for 31 days to raise funds for mental health, running 1000m vert a day. On his last day he chose to run Baldwin Street, and Harrie who joined him ran the fastest descent recorded, 49 seconds. Ever since then he's thought about it.

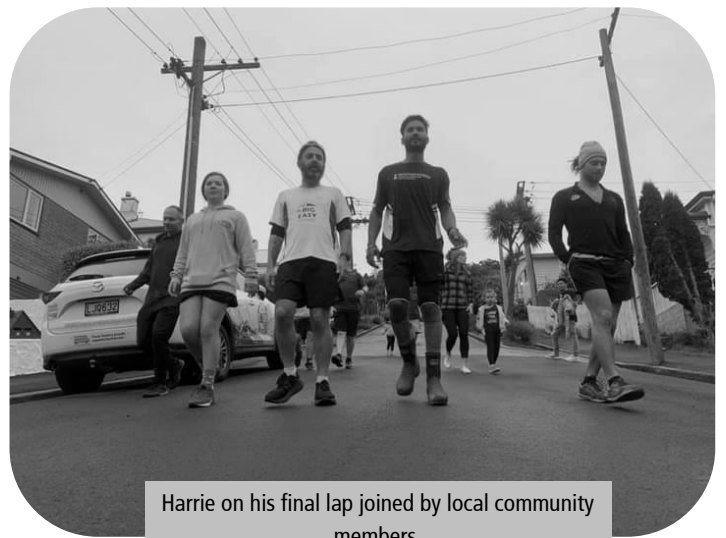
So at 5am on June 5th Harrie set out to run the equivalent of a marathon up and down Baldwin Street in aid of mental health, an underfunded and important part of our health system. Harrie nailed his initial goal of 57 laps, and it only took him 9.58 hours to complete. Adrenaline pumping he upped the ante and decided to run the equivalent of Everest in 30 hours, 134 laps. Harrie absolutely nailed it and threw in a few extra laps for fun. It took him just over 28 hours to complete 139 laps, the very last of which he completed in his gumboots showing solidarity for farmers' mental health.

Harrie said he had a great support crew, some locals, and some came from as far away as Auckland to support their mate.

Crazed local athletes and Crush the Cargill alumni Steve Tripp, Glen Sutton, Chris Taylor, Sandor, Andrew Glennie, Jamie Sinclair and Chris Sole all joined him for brief stints. Harrie says he couldn't have done it without the love and support of his friends and family, including the Dunedin Wednesday 6.15 Pub-Runners, Leith Harrier Athletic Club and the Crush the Cargill crew.

He feels amazing and still can't believe what he achieved. Harrie managed to raise \$2000 for mental health, an incredible feat! But this isn't the end. Harrie's next challenge is to complete the 50km Naseby Water Race in gumboots and overalls, again a nod to farmers and also to raise awareness and funds for mental health. Geddit Harrie!

- Jess Covell



Harrie on his final lap joined by local community members.

Workshops galore lined up for July and beyond!

The Valley Project is pleased to let you know that we are hosting loads of exciting workshops this month! With Matariki upon us we decided to host some Matariki-themed activities, kicking off with harakeke whetū workshops led by community member Anna. These will take place on July 3 and 10 and are limited, so please email to rsvp. During this time we'll also be hosting an activity where you can make and decorate a star with a message to someone loved or lost. On July 17 we'll be hosting a community lunch to round off the events and celebrate together.

Later in the month on July 24 we are lucky to have community member and talented artist Jo Bone hosting an intuitive collage workshop, then Anna is back on July 31 with another harakeke workshop, this time with the focus on creating a kono/basket. Again, both of these workshops are limited so be sure to email and rsvp. All workshops will be koha entry. As per usual we'll have hot soup on every Saturday too, so pop down and say hi and fill your belly.

Valley Project will be the host of some other exciting workshops set for August and September. Visual Artist Arati Kushwaha will be delivering a hands-on workshop with the help of Stitch Kitchen. The workshop sees participants discover the joy of quilt making. The project is a nod to gender equality and the feminist movement as a form of resistance against gender discrimination in society. The project's aim is to create a large-scale quilt with panels created by appliqué, of basic math symbols such as not equal, inequality sign and power sign etc. Each panel will depict the inequitable status of women in society and the gender equality message. Everyone is welcome; all ages, genders and levels of sewing experience.

Arati believes that in an age of social media we're becoming physically distanced from each other and that sewing is a way to connect. These workshops will be held on August 7 and September 4 at the community rooms.

Email jess@northeastvalley.org for rsvp and more info

- Jess Covell

Seeking new team member!

Project
NEWS

Here at The Valley Project we're a community-led development organisation with the aim to support our community to discover and meet their aspirations, challenges and goals.

We're a whanau centred organisation, with a small staff, supported and guided by a voluntary executive board and many engaged community members.

With staff members moving on to other projects and opportunities we're seeking a new superstar to join our team! We have a part time position of 20 hours per week available centered around this very publication, The Valley Voice.

We need someone to collate and edit all content for the Valley Voice, manage the layout, respond to advertising queries and liaise with advertisers, design ads if needed, manage deadlines - content, proofing and printing, and manage the deliveries -

both physical and electronic.

We're looking for someone who's caring, open minded and friendly. You'll have a collaborative attitude. Be a quick thinker, but also look at all aspects of a situation. You will need to be flexible, dynamic and able to self manage with good time management. Responsible, thoughtful and a team player.

Our team values compassion, flexibility, participation, commitment to excellence, integrity and a sense of humour. If you think you're up for the challenge we'd love to hear from you!

Email with your expression of interest:
rob@northeastvalley.org

Maddening moisture

Healthy
Homes

This month's Healthy Homes feature is on the dry (ahem) but crucial topic of moisture. Moisture in homes can cause mould, affect health, comfort and make it much harder to effectively heat rooms.

When you are wanting to prevent moisture inside a house the first thing you need to do is to look at reducing water seeping in from the outside.

Make sure your gutters are clear of leaves and other debris. Water overflowing from gutters can seep into other parts of your house. Check all your gutters are connecting to drainpipes and in turn they are draining away correctly – it can be good to check these are not blocked by putting a running hose down them. Old pipes can crack or be damaged by tree roots causing water to go under your house. Replace boards or seal areas where water could get in, or alert your landlord to these issues.

If you have water pooling, or areas of the lawn that don't dry out you should consider improving the drainage. Your neighbour's run-off should not excessively run onto your property and yours shouldn't run onto other people's.

There are many springs around the Valley that can cause issues if not drained properly, this may require installing a sump under your house or in your basement to drain away the water. If you already have one it is good to check on it occasionally to make sure it is still working effectively.

Putting damp-proof plastic sheeting underneath your house, including wrapping it around the bottom of your wooden piles can prevent moisture seeping up and into your house. Even when the ground seems dry, up to 40 L per day can come up under a 100m² house.

Next look at reducing ways moisture might be caused inside your home. Firstly, drying washing outside or in a condensing dryer or one that vents outside is ideal, if this isn't an option, try

to dry laundry as much as possible outside and just finish it off inside. Drying an average load of washing inside releases 3 to 5 L of water.

Having bathrooms and kitchens vented with extractor fans or by opening windows when you are doing something that creates steam is important. It is best to only open a window for a short period of time each day, ideally with a cross draft, 10-15mins, and when the house is warm. The warmer the air the more moisture it holds. Ventilating a room or house when you are heating it, may seem counter intuitive, however, this will greatly increase the amount of moisture removed, and your air temperature will be back to what it was before in 15mins. Colder, dry air heats much faster than warm, moist air! Try to air your house out in this way once a day – imagine you have burnt toast and you are trying to get rid of the smell – open windows/doors wide but just for a short amount of time. If you get condensation, ideally dry them with a scoopy (we have these for sale at The Valley Project, at a discounted rate of \$11 for your first and \$20 after that), towel or other means. It takes a lot of energy either from heaters or from the sun to dry your windows, instead if you dry them the energy can be used to heat the air in your home instead.

Lastly, try to heat your home as much as possible. The World Health Organisation recommends heating bedrooms and living rooms to a minimum 18C. The higher the temperature the less likely condensation or mould will occur.

Links for blog post:

<http://www.ecodesignadvisor.org.nz/reducing-moisture-condensation/>

<http://www.nrl.co.nz/understanding-moisture/>

- Charlotte Wilson

Prodigious, precious Peripatus

When I first heard about the primeval invertebrates that are voracious predators with claws and a mouth lined with teeth, I was expecting some kind of large beastly creature. Peripatus, while not being large, probably do fit that description fairly well, but you might not think that just by looking at them.

Braxton Mackenzie-White recently discovered them while looking through rotten logs and leaf litter for small insects. He spotted something and stopped for a second. It was a small peripatus.

Peripatus can be cryptic (hard to find) and are only active at night. When hunting, they will shoot out a sticky glue-like substance then inject saliva into their prey and suck up the resulting soup - yum!

Peripatus belong to their own group called the Onychophora or claw-bearers. While they have not been formally described, it is likely that we have a specific species in Dunedin - *Peripatoides* 'Dunedin'. They are also known by the name velvet worms and their Māori name, ngaokeoke.

If you do find them, handle them with care and place them back gently where you found them. They are vulnerable to predation and are threatened by habitat loss. They are heavily reliant on rotten logs and leaf litter for their homes - so leave these lying around your backyard to create safe spaces for them to live!

Thank you to Braxton Mackenzie-Smith for sharing the story of his find and to Sam Purdie for talking to us about Peripatus!

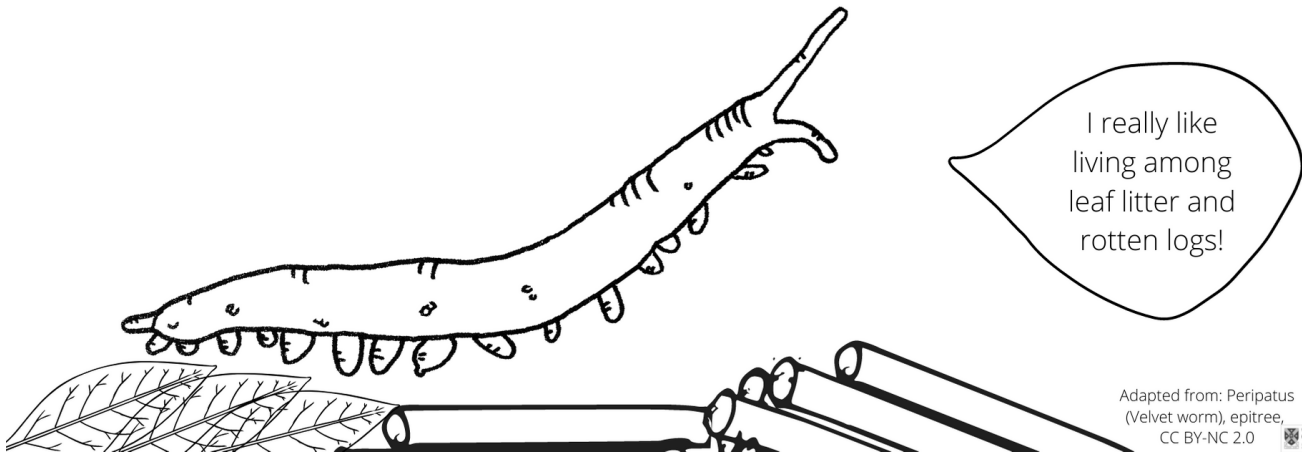
- Clare Cross



Kids' Corner

Can you help Perry the Peripatus?

Colour them in and finish drawing their favourite home!



Adapted from: Peripatus (Velvet worm), epitree, CC BY-NC 2.0



UPCOMING EVENTS

WORKING BEES

- **Propagation Nursery:** working bees are on every Thursday morning and the fourth Saturday morning of the month (**24 July**) from 10am-12pm. Find the Propagation Nursery behind Blacks Road Grocer! Come along and grow your own native plants or grab one for your backyard!
- **Chingford Park "Riparian Rhapsody":** Join us for habitat restoration on the fourth Sunday morning of the month (**25 July**) from 10am-1pm. Find us working at the Disc Golf hole 8 tee. Come along and grab a little time out in nature and help us restore native trees in a corner of Chingford Park!

For postponements and cancellations, please see the Open VUE Facebook page.

TRAP LIBRARY

- The **Trap Library** is open during the Valley Project opening hours (Tues - Fri 9am-3pm and Sat 10:30am-2:30pm). Grab some friendly advice and monitoring devices or traps for possums and/or rats!

COMMUNITY

- We are celebrating **Friendship Day** on the **31st of July** by acknowledging how important our invertebrate friends are! Come along to the Valley Project from 11:30am-1:30pm, grab some hot soup lunch and help us to celebrate!

For working bees, remember your sturdy shoes, warm/wet weather clothing and water bottle!



Knitting yarns



Knitting as I do, to lift my soul spirits, in no 7 Balmac Cafe, I notice a tearful barista. Gently enquiring, she confides her grandfather, husband of the knitter in the family has died. I meet with the barista, Grace Mirams. Helen Ledger from the NorthEast Valley knitting group, anchored by Marjory Brown, meets the challenge with a beautiful cardigan and lace scarf. (Helen walks a marathon a week to buy wool and gifts the products.) Wow.

Well, the best is yet to be revealed. Grace is the director and editor of a film on sustainable adaptations for farming merino in Hawea. Now my family farmed the Dingle and Timaru Creek in Hawea! Wow again. I am aligned on a wonderful chain of connectivity here. Images of worn farmers' bodies, mustered sheep sheltering with exquisite images of a still Lake Hawea. Families devastated by the loss of a million dollars, as the governments' land acquisition for hydroelectric power impacts them. Many strands in a hank of this merino wool!

My local church seeks to weave this imagery into a sermon. Themes of sustainability, a necessary correction to the centrality of the human species in salvation narratives.

Yes, we are divinely inspired Grace!

- Suzanne Mitchell



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Winter warmers for your belly

The winters can be pretty unforgiving in northern Portugal, with temperatures often falling to single digits multiple months in a row. Remind you of anywhere? Thankfully, the Portuguese have developed an antidote in the form of *caldo verde*, a potato and kale soup often topped with pork sausage. This recipe is endlessly adaptable; it welcomes any herbs you may have in your garden – just chop them up fine and add them in with the stock. It is also an excellent opportunity to use up any collard greens or other similar vegetables; anything that won't break down over long cooking is perfect for this. No potato masher required; the soup cooks for long enough that the potato will yield to anything, including the whisk I have been using for this recipe – our flat's potato masher has vanished under mysterious circumstances.

Caldo Verde

Ingredients (serves 4 hungry people)

- 6–8tbsp olive oil
- 1 medium onion finely diced.
- 5 medium potatoes, cut into 1cm dice (I prefer to leave about one potato a little chunkier, to add a variety in texture)
- 1.5 litres vegetable or chicken stock (stock cubes work fine in this)
- 1 bunch curly kale, stems removed and leaves torn into small pieces.
- 1 tbsp balsamic vinegar, or to taste.
- 500 grams sausages of your preference (optional)
- Parmesan and parsley to garnish

Method

Heat 6 tablespoons of the olive oil in a large pot. Add the onions and cook, stirring constantly, until they are softened thoroughly, about 10 minutes. Add more olive oil as necessary to keep the onions from drying out. This is the time to add any fresh herbs you may have lying around; I suggest thyme and rosemary. Once the

As I touched on earlier, this recipe is traditionally topped with *linguiça*, which is a smoke-cured pork sausage flavoured with garlic and paprika, however this can be changed to any cured meat of your choosing or else omitted completely. I went with a venison-pork sausage for this iteration, which worked out deliciously. This soup, with its subtly robust flavour, makes an excellent canvas for a myriad of toppings. I tend to go with chopped parsley, parmesan cheese and balsamic vinegar, but it can be made completely vegan and arguably more delicious by topping with a simple blend of mix of parsley, olive oil, lemon juice and raw garlic. I tend to make a large batch then freeze down the remaining soup – ideal for when you return home after a long day. I hope this soup will tide you through until spring.

onions are softened, add the potatoes and stock, and bring to a simmer. Add the kale and cook, stirring occasionally, until the potatoes have broken down completely, about thirty minutes. At this point you can use a potato masher to break the potatoes down further if you want a creamier soup. Add the balsamic vinegar (I go fairly heavy on this, as I prefer acidic dishes) and season with salt and pepper to taste, then continue cooking if needed until the soup has reached your desired consistency. While the soup is simmering away, cook the sausages, if using. Cut into thin slices and stir into the soup just before you are ready to serve. Spoon into bowls and top with grated parmesan, chopped parsley and an extra swirl of balsamic vinegar, if desired. Serve with a side of crusty bread.



New art gifted to VP HQ

Our Friday multicultural women's art group have created this beautiful piece of textile art. The group meets every Friday at 1130am and over the last month or so have been hand felting leaves. Everyone's creations have been put together in one stunning wall hanging that the Valley Project is lucky enough to display. There's some finishing touches being put on, but the piece will be up soon so do pop by and have a gander!



Above group member Annie (left) and group co-leader Phoebe (left) holding up the wall hanging.

Pictured left a close up of the work created by the women's art group





Local Songbirds



After spending the last five years teaching in London, Sarah is excited to be back in her hometown to offer singing lessons to the locals. Sarah is pretty laid back and has always aimed to make her lessons fun and creative. She has a depth of technical knowledge, but her main focus is to make singing easy and fun, inspire students, build confidence and promote healthy effective singing so that students can get the absolute best out of their voice.

She has 20 years of classical/musical theatre vocal training, extensive performance experience, and has been teaching for the past eight years both in her own studios and within schools. She has taken students through exams and prepared them for competitions, school assessments and many auditions.

She is a qualified classroom music teacher and has a BA in music from Otago University, and a post-graduate degree in fine arts. She can teach music theory and aural skills right through to university level and has worked with both children and adult students.

Her background is mainly in classical/musical theatre and Bal Canto technique; however, she is experienced in teaching a range of styles including contemporary and folk..

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What's on?

Your monthly guide to Valley events, talks, workshops, gigs and the rest.

To list your event please contact Jess by the 20th of the month: voice@northeastvalley.org

ADJØ

Nicer Thursdays. ADJØ presents natural wine nights every Thursday 4pm - 9pm throughout the month of July.

ADJØ presents 'Beyond Pink Crowns', an exhibition by DoNna Jackson. Join in for the opening of 'Beyond Pink Crowns' at ADJØ Thursday July 1, 6-8pm and exhibit running till July 21.

Propagation Working Bee

Every Thursday 10-12pm
Saturday 24 July 10-12pm
Gate behind Blacks Road
Green Grocers on Blacks Road.

Soup & activities

Every Saturday down at VP HQ we have a delicious pot of homemade vegan soup and family friendly activities.

11 - 2pm

Chingford Park Working Bee

Sunday 25 July
10am - 1pm
Chingford Park.

JP Service

Every Saturday 11 - 1 pm
At the VP community rooms



inch Bar

All events FREE unless stated. Koha is encouraged.

For all booking inquiries email: inchbarevents@gmail.com

4/7 - Celtic jam session from 4pm

6/7 - Inch bar open mic feat **Julian Temple** lead vocalist of psych-funk blues band The Julian Temple Band 7pm

7/7 - **Comedy Night!** \$5 7pm

9/7 - Singer songwriter **Daryl Baser** 8pm

10/7 - An evening of hypnotic soul, funk and blues with **Oscar Ladell** 8pm

11/7 - Jazz session with **Big Jazz Apple** 4pm

13/7 - Inch bar open mic feat **Porpoise** Dunedin Sound inspired post-punk shoegaze 7pm

15/7 - **AKOBA** creator of infectious acoustic indie-pop songs 8pm

16/7 - Blues-folk, alt-rock sprinkled with motown from **Marissa and the Dandelions**

17/7 - Quirky, synth-obsessed bass pop with Tāmaki Makaurau based **Vikae** on her single release tour for **Sinking** *ticketed event \$15

18/7 - Jazz session with **Big Jazz Apple** 4pm

20/7 - Inch bar open mic feat **Boaz Anema** lead vocalist and guitarist of Ōtepoti's modernly twisted vintage pop-rockers Bo and The Constrictors 7pm

21/7 - **Comedy night!** \$5 7pm

22/7 - Singer songwriter **Jared Smith** 8pm

23/7 - Rythm and blues with **Jacob Reeve** 8pm

24/7 - **Black Roses** 8pm

25/7 - Jazz session with **Big Jazz Apple** 4pm

27/7 - Inch bar pen mic feat uniquely ethereal balladeer **Abby Fleur** 7pm

30/7 - **Edmond Brothers** *ticketed event 8pm

31/7 - Contemporary country with **Bronwyn** 8pm

3/8 - Inch bar open mic feat **Michael Morris** lead vocalist and guitarist for alt-rock trio Michael Morris and the Slow Loris

4/8 - **Comedy night** \$5 7pm

6/8 - **The Something Quartet** the multi member project of Bugs, bringing you crunchy rock riffs and swells of delicate melody with an experimental edge. 8pm

MATARIKI ACTIVITIES

JOIN US AT VP HQ FOR MATARIKI THEMED ACTIVITIES

3/7 - HARAKEKE WEAVING WITH ANNA*

10/7 - HARAKEKE WEAVING WITH ANNA*

17/7 - COMMUNITY POTLUCK LUNCH AND STORY TIME WITH KAITRIN McMULLAN

*PLEASE REGISTER VIA EMAILING JESS@NORTHEASTVALLEY.ORG

Community member Hahna Briggs and her partner Gala have spent June getting sweaty for Pride!

The duo decided that with the ongoing stigma and discrimination that our LGBTQAI+ community members continue to face they would take part in the fundraising challenge, Sweat with Pride. The challenge disperses the funds raised to support the NZ AIDS foundation, Rainbow YOUTH and OUTLINE, organisations who are actively working to improve the physical, mental and sexual health of Rainbow New Zealanders.

Hahna is no stranger to these sorts of challenges, having participated in the Step-Up challenge twice for Leukaemia and Blood Cancer New Zealand, and this is the second time she's participated in Sweat with Pride. She had so much fun last year she encouraged her partner to join her this time. Hahna says until recently she's been one of the local community members organising fundraisers and says it's nice to be able to be on the other side as a participant.

This year's challenge has been great motivation for Hahna to keep active and moving. Being pregnant, her energy levels are much lower than she is used to, so she welcomes the motivation. Team Ghahna have tracked well over the month in their goal is to raise \$200. Hahna confirmed she did take rest days, but as a contemporary dancer she found herself doing a lot

more than just 21 minutes sweating most days, so it balanced out. At the time of interview, the pair were halfway there and elated to be able to contribute to the wider cause. Kai pai Team Ghahna!

- Jess Covell



Team Ghahna Hahna (L) and Gala (R)

valley garden journal

Gardening tips with Meryle: Autumn Gold

Construct a free-standing cylinder made from small hexagonal or square patterned fence wire. Clip the ends together, and support with wooden or bamboo stakes. Fill the cylinder to the brim with Autumn leaves, and water when needed. The larger the volume, the quicker the heap will heat, and break down the leaves to form compost.

- Fill sacks with dried leaves. Store in a shed for next season's compost bin.
- Use leaves for layering in a compost bin.
- Mulch garden beds to prevent the soil drying.
- Digging-in leaves helps to break down heavy clay, or compacted soil.

Crafting with dried leaves:

Collect leaves of various shapes and colours. After they have dried, paint them with free-form colourful designs, repetitive patterns, doodles, or art of your choice. Glue to a card, and use as a gift-tag. Make a gift-card with any of the above ideas for friends or family.

Cut leaves into different shapes – e.g. stars, hearts - paint them and then glue them onto a card in a random or ordered design, and frame it for yourself, or as a gift for a friend.

Safety

Rake all the fallen leaves from pathways as soon as possible, because they are a slip-hazard for young and old when wet.



North East Valley
Community Garden
Sat 3, 17 & 31 July
9.30 – noon
Sun 11 & 25 July
1 – 4 pm

Dalmore Reserve
Community Garden
Check
www.facebook.com/DalmoreCommunityGardenPineHill
for upcoming events
and working bees.

fitness & health

CONTRA DANCE

7.30pm, Mon, \$2, 52 Dundas St. Ph. 473 8640 for more information.

DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$4. Ph Yvonne

455 2406, stureid1@yahoo.co.nz

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, Nga Maara hall. Contact Kenneth Dunedin@shaolinkungfu.co.nz or 022 094 6357.

PARKRUN

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

STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, NEV Baptist Church, 10.30am-11.30am, Mon, and Pine Hill School Library, 11am, Thur.

SPORTS AEROBICS

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

TANNOCK GLEN

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

THREE LEFT FEET

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

ZEN MEDITATION

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

YOGA IN THE VALLEY

Instructor Adair Bruce, 6-7pm, Mon & Fri, DNI designspace; 9.15-10.15am, Mon, Wed, community rooms. \$10 waged, \$8 unwaged, for more info contact adairbruce@hotmail.com

KIND LIVING

Relaxing Massages for Mind and Body, Aware Yoga and Self-Leadership Coaching, now on offer in the Valley.

Valley dwellers and friends are invited to ask for a special discount on their first Massage (May only). Visit www.kindliving.co.nz or contact Uschi 027 360 0238.

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

INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. Ph. Terry Boylan ph. 4730049

ITALIAN CLASSES

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

ph 027 3418312, 473 0832

antonella.vecchiato@gmail.com

www.italianclasses.co.nz

LEARN ENGLISH

English for daily life and work. Free and low cost courses. Contact Tamara or Felicity at English Language Partners 455 5266.

dunedin@englishlanguage.org.nz

NATIVE FRENCH TUTOR

Conversation, preparation for exams, for adults and children.

Hourly rate. Ph. Sandrine, 021 10 75 814 or sanfeillet@gmail.com

French Up Your Life!

SPANISH LESSONS

Learn Spanish in a fast and fun way. All levels and wide time availability. Ph Luana 027 284 7836 or luana.suarez26@gmail.com

STAND-UP COMEDY

Open mic at Inch Bar 1st and las Wednesday in Feb. Comedy workshop Mondays 5-7pm at George St McDonalds. Open to all skill levels. Contact reuben@dunedincomedy.co.nz

art, craft & music

ART CLASSES

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

ART CLASSES

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

KNITTING SQUAD

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

ART FIBRE DUNEDIN

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

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

MUSIC LESSONS

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

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 more info marion.okane68@gmail.com

UKULELE SESSIONS

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

WOMEN'S ART GROUP

An art & craft group aimed at helping new Dunedin residents learn & share skills & connect with others. Fri 11:30 - 1pm, community rooms, 262 North Rd.

LEARN TROMBONE

From winner of Dunedin Youth Jazz Festival best trombone and Otago Rockquest best musician - contact Finnbar ph 0273562881 fin.mckinlay@gmail.com

community

BIBLE HOUR

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

BIKE WORKSHOP

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

COMMUNITY ACCOUNTING

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

ENABLING LOVE

Looking for friendship and social connection? 18-65 years welcome to our weekly coffee group at Otago Museum cafe, Thurs, 1-2pm. More at www.enablinglove.nz or contact Joshua for venue at enquiries@enablinglove.nz

DUNEDIN REFUGEE &

MULICULTURAL WOMEN'S GROUP

Dunedin Refugee Centre, meet community rooms, 262 North Rd, 9.30-11.30am, Fri. Ph Afife 473 8944.

FRUIT & 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 at Community Law Otago, available by appointment. Legal advice by qualified lawyers, practical solutions.

Telephone 03 474 1922 or email reception@dcl.org.nz to make an appointment.

MEN'S PROBUS

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

DALMORE COMMUNITY GARDEN

Pine Hill, Dalmore Reserve entrance on Allenby Ave, We need more gardeners, please get in touch if you can help or come along to one of our working bees on the 2nd and 4th Sunday each month at 3pm. dalmorecommunitygarden@gmail.com

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 our Facebook page Wild Dalmore Reserve or phone/text 021 206 3593 or more info

NORTH EAST VALLEY COMMUNITY GARDEN

The NEV Community Garden is directly behind NEV school. Pay us a visit! We meet every weekend: hours in the Valley Garden section in this Valley Voice.

DUNEDIN MAKERSPACE

Work on project, watch others and chat, 1pm-5pm, Sat; organised talks, 7pm, Thur, Valley Community Workspace, 11 Allen St.

NEED A JP?

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

NORTH DUNEDIN SHED

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

NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For more info and local contacts ph Joy Davis on 456 0857 or 027 476 6047

neighbourhoodsupport@gmail.com.

COMMUNITY PATROL

Dunedin North Community Patrol. Assisting Police to ensure our communities are safe to live in. Volunteers welcome – for info call Garry on 027 3641485

VOLUNTEERS NEEDED

CREST Train at the Botanic Garden. Can you help? Volunteers needed for driving, ticketing, commentary, maintenance, secretarial duties. lwww.crestrides.org.nz or phone Rodger 0274714902

trading corner

BABYSITTER

10 years of childcare experience, full drivers licence. Have worked with twins. Ph Kelly 027 697 9194 .

BABYSITTER

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

BABYSITTER IN NEV

Experienced, 26 year old, children of all ages. Wide hourly availability. Ph Luana 027 284 7836 or luana.suarez62@gmail.com

CAKE BAKER

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

COMPUTERS

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

GARDENER

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

HAIRDRESSER

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

housing

HOUSE SHARE

Furnished house share in sunny part of Dalmore. Bus stop adjacent, on street parking, heat pump and fire. Non-smoker (inside or out) no pets, social drinker only. \$225 p/w power and internet included, firewood for winter a shared cost. Bond applies. Contact Gordon – 0274443820 gjd748@uclive.ac.nz

SEEKING SLEEPOUT

I'm looking for a sleepout in North East Valley if there's anything available please contact me on my phone number

COM2TECH

Classes, device help, Skinny JUMP setups.

Tuesday 3.30-5.30pm Valley Baptist Community Centre-Tech Space.

CodeClub4Teachers

CodeClub4Kids

Wednesday

10.30-12.30 Valley Project

3.30-5.30 Valley Baptist Community Centre-Tech Space.

CodeClub4Kids

Stepping up

Better Digital Futures

Contact: Amy Souquet

Phone: 0272569182

Email: amy@com2.tech

Web: www.com2.tech

Facebook @Com2Tech

02108622922

for families, kids & teens

DUNEDIN TOY LIBRARY

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

MT CARGILL GIRLGUIDES

Pippins, brownies, guides and ranger groups in the valley, ph 0800 222 292 or info@girlguiding.org.nz

OPOHO PLAYCENTRE

Opoho Playcentre is a nurturing play space for 0-6 year olds where children and their whanau attend together. Our focus is on child-led learning through play. Come make friends, play, learn, and grow. Three free visits. 28A Signal Hill Road. Mon-Fri 9 am - 12 pm following school term times. Find us on Facebook, contact us at opoho@playcentre.org.nz, or ph: 027 880265

OPOHO SCOUTS

Keas, 4pm–5pm, Tues; Cubs, 6pm–7.30pm, Thur; Scouts, 6.30pm–8.30pm, Wed. Opoho Scout Den. Contact Shane opoho@group.scouts.nz

MAINLYMUSIC

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

PRESCHOOL MUSIC

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

SUNDAY SCHOOL

Variety of classes with stories, crafts, songs and more. Ages 4–18, 9.30am Sun (term time only), DNI (tech area). All welcome, no charge, ph 020 4079

5727 or

www.dunedinchristadelphians.org

SPACE FOR BABIES

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, ph 0211509165 or space.valleybaptist@gmail.com

NEV PLAYGROUP

For 0–5yrs, variety experiences to enhance development of your child, meet other local young families, free morning tea & lunch provided for adults please supply child's morning tea. Valley Baptist Community Centre, 270 North Rd, 9am–12.00pm Tue & Wed. nevplaygroup@gmail.com

RUDOLF STEINER

Te Whare Ako Marie, Pinehill & Maia. A sanctuary for creative play for children from birth to kindergarten, a place of peace & friendship for parents. Groups meet weekly, term time, ph 471 2163 or dunedinsteinerplaygroup@gmail.com

Belleknowes Golf Club

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

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

Spectacular views over the city
Secretary, Christina King, 467 9499

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

St Thomas', Raleigh St and Pine Hill Rd, children & family service, 4.30pm, 3rd Sunday

Opoho Presbyterian, 50 Signal Hill Rd, 10am

NEV Presbyterian, community rooms, 9.30am, first, third and fourth Sundays, cafe service, contact Shona McDonald ph 4530145

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

NEV Baptist, 270 North Road, 10.30am.

Classified listings: please email voice@northeastvalley.org to update or add a listing, before May 20th please. Koha is appreciated, but not essential, for classifieds.

Our bank account number is 03-1726-0005606-000 if you would like to make a donation. Please use VVdonation as a reference.

VALLEY PRIDE

Need an MP?
David Clark
 MP for Dunedin
 03 474 1973
 32 Albany Street, Dunedin
 dunedin@parliament.govt.nz
 facebook.com/DavidClarkMP



Labour
 Authorized by Hon Dr David Clark, 32 Albany Street, Dunedin

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 porteous.a.b@gmail.com

Local community member and co-owner of Ōtepoti's premier establishment WOOF!, Dudley Benson, has proposed a Rainbow crossing in support of Dunedin's LGBTQAI+ community. Rainbow crossings have been installed throughout Aotearoa and the world, to symbolise support for the Rainbow community. Dudley says that visiting other cities around Aotearoa and walking across their rainbow crossings gives him a sense of pride and energy. He feels it is a symbol of love and acceptance and intuitively adds to the identity of a city. Dudley feels it is a strong statement: this is who we are, and our community supports us. The fact that Ōtepoti doesn't have any rainbow/queer symbolism in support of the LGBTQAI+ community has lit a fire within him to do something. Ōtepoti has thousands of rainbow citizens, and it is our queer and trans people who are still more likely to suffer mental health issues due to the negative impacts of homophobia and transphobia. It is an issue extremely close to Dudley's heart and he believes a crossing would be a significant way to show support for a vulnerable portion of our community and take a stand against this type of bullying and bigotry.

Dudley's vision is for the largest rainbow crossing in the country to be painted at the lower Stuart Street/Moray Place barn dance; he believes the location is ideal. The area radiates hospitality with all the bars, cafes and restaurants, and obviously his establishment WOOF! is right on the corner and is a safe space and meeting point for the Rainbow community, so it just makes sense. It's also an area that is heavily trafficked by families. Children are curious and

will ask why it's different, and this is where the conversation and education can start for the normalisation of Rainbow life. To visitors of Ōtepoti it will show our values as a city, support and inclusivity, and is a great photo op.

To create the design, Dudley and the chief designer will host a hui with the Rainbow community. Dudley believes it's vital that takatāpui (queer Māori) ō Ngāi Tahu have a voice in the design to make sure the crossing represents everyone. "I reckon that by bringing in as many queer voices as possible, we're going to have a globally unique crossing that will be seen and talked about all over the world."

The DCC has been taking some more progressive steps of late and this is one of them. When Dudley presented the idea all 15 councillors were on board. The next steps are meeting with the DCC and NZTA. The petition closes July 10. If you agree with it, I implore you to sign one; we have even got one down here at Valley Project HQ. Every signature shows support for this meaningful, powerful and beautiful symbol!

- Jess Covell



Dudley with one of the petitions at his establishment WOOF!



Te Reo Māori language used in this month's Valley Voice

Harakeke - New Zealand flax, *Phormium tenax* - an important native plant with long, stiff, upright leaves and dull red flowers
Hui - to gather, congregate, assemble, meet.
Ka pai - good.
Matariki - an open cluster of many stars in Te Kāhui o Matariki, with at least nine stars visible to the naked eye., and indicates the beginning of the Māori year.
 It is also known as the constellation Pleiades, but also in the context used is the celebration Māori of New Year.
Ōtepoti - Dunedin

Takatāpui ō Ngāi Tahu - historically meaning 'intimate companion of the same sex'. The term was reclaimed in the 1980s and used by individuals who were gay, lesbian, bisexual, transgender, intersex or part of the rainbow community. *Ngāi Tahu*, or Kāi Tahu, is the principal Māori iwi (tribe) of the South Island. Thus takatāpui ō Ngāi Tahu translates to a Māori person from Ngāi Tahu who is also a member of the rainbow community.
Whetū - star - sometimes also used for other celestial bodies, e.g. comets.