

Urban ecosanctuary vision takes wing



Open Valley Urban Ecosanctuary (OpenVUE) educator Clare Cross shows her excitement at the group's two successful grant applications.
Photo: Edith Leigh

FUNDING TO the tune of \$32,000 means the Open Valley Urban Ecosanctuary (OpenVUE) group can take their ideas to the next level and turn them into practical realities.

OpenVUE educator Clare Cross is thrilled that as well as working with schools, the project can now expand to include the rest of the community. "It is very exciting because we have all these ideas and now we can actually start putting them into action."

A \$20,000 grant from Curious Minds, which follows a successful Curious Minds grant last year, will enable OpenVUE to continue to work with school pupils, while a further \$12,000 grant from Te Ao Tūroa will enable the group to

extend their activities to the wider community. A curriculum-based education programme developed last year, in which school pupils at local schools are the scientists and collect data about pests, predators and birds to analyse from their own back yards, will continue next term.

Having good long-term data is important for future projects, says Clare, as it helps to show if projects, for example habitat restoration or pest management, are making a difference.

The Te Ao Tūroa grant, which is a part of the Dunedin City Council's environment strategy, will be used to engage the wider community with the OpenVUE project.

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New role 'a dream come true'

THE VALLEY Project's new team leader, Tess Trotter, is excited about her new role and looking forward to getting to know her community even better

A long-time valley resident Tess is excited to meet "all those wonderful people" she hasn't already met.

"It's not always going to be easy, but the opportunity to work supporting my community is a dream come true."

Tess has worked with community and in management roles in non-profit organisations previously including the Dunedin Curtain Bank and also volunteers her time doing book-keeping for the Wildlife Hospital.

The Valley Project has restructured its staff organisation to include a team leader alongside a community coordinator and Valley Voice editor and communications manager.

"I'm really excited about supporting the staff and having good systems in place so their work is really sustainable. I think the staff at the Valley Project have worked pretty tirelessly for a long time and I think getting good systems in place and making sure we are realistic about what we can deliver given that we have a minute resource, is important."

Tess sees resourcing and "keeping on top of the demands of funding" as the biggest challenges ahead of her.

There is so much happening in the valley and a great diversity of groups and community strengths, but "we do have to be careful we can keep maintaining everything that happens here in the valley", says Tess.

The valley is an area she is passionate about, especially given that it is home to her own and all her immediate family.

"I love that it's a really family orientated community. We have got great schools and great open spaces that are really suitable for families. I love the general environment around the valley. We are so close to the city but have so much greenery and mountains around us."



North East Valley resident Tess Trotter is looking forward to her new role as team leader at the Valley Project and getting to know new people in the valley community she hasn't yet met.

Photo: Edith Leigh

More community OpenVUE workshops

• continued from page 1

THIS COULD include more workshops such as the recent TRAPBOX workshops, and a recent community brainstorm session came up with an idea to include improving community green spaces in the valley.

"I think it's great to have the kids and their families, and now the community," says Clare. "We have all those different perspectives we can draw upon to get that enthusiasm and excitement for what we hope to achieve."

To find out more or to get involved with OpenVUE, join their Facebook group 'openvue' or email openvue@northeastvalley.org.

• More OpenVUE news on page 10

AGM report to follow

THE DAY after the *Valley Voice* went to print was the Valley Project's Annual General Meeting. The new executive board for 2018 and 2019 will be elected. The meeting was also the board and community farewell for the project's community coordinator, Anna Parker.

Anna has been with the project for three years and plans to spend more time with her young family.

The new board membership will be published in the next edition of the *Valley Voice*.



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Breast Room moves to the valley

THE BREAST Room founder Denise Ives is excited to be joining the North East Valley community as the peer support service moves across the city.

Formerly located in The Hub in South Dunedin, a new home had to be found when The Hub closed down.

"This community seems to have a real buzz so we are excited to be coming here," says Denise.

The Breast Room offers a free drop-in service to provide one-to-one peer support and counselling in relation to breast feeding. Peer supporters help parents find a way that works for them whether that is breast feeding, expressing, formula feeding or various combinations.

"We do promote and support breast feeding but the important thing is we help parents find a way that works for them, rather than doing what we think is right. It is important for us that parents feel good about what they decide to do in the end."

The Breast Rooms runs as a drop-in centre as appointment times are difficult to keep. Getting out of the house on time with a new baby is a challenge in itself and "boobs and babies are not scripted," Denise says. "They are all random. There isn't a right way really. The right way is whatever works and that can take a bit of time to work out."

Peer supporters undergo a six-week training course followed by continuous support, mentoring and monthly meetings to keep their technical skills up-to-date. The Breast Room will be running in the Fred Hollows community room on Wednesdays from 10.30am to 12.30pm.



The Breast Room manager Bushie Calvert (left) and founder Denise Ives are excited about their move to the Valley Project community rooms after their former premises in South Dunedin became unavailable.

Limited Te Matariki Huka Nui Hāngī tickets

HĀNGĪ TICKETS for this year's Te Matariki Huka Nui Hāngī will be available from Tuesday 3 July until Friday 6 July at the Valley Project reception.

Only 100 tickets are available and they usually go within the first few days of release. They are given on a first-in first-served basis and must be picked up in person during office hours (10am–2pm). No pre-orders are available.

Volunteers are only able to cater for a set number of hāngī meals, which is why there is a ticket system. However, community members who miss out on tickets are still welcome to attend the event to enjoy other activities on the day such as kapa haka, kids' time and a fire performance.

Volunteers are still needed to help out at the event. If you would like to be a part of this amazing community event email Lorena on lorena.elsie@gmail.com or text Destynee on 027 300 8800.

The event opens at 2pm on Saturday 28 July. There will be performances at 2.45pm and kids' fun time starts at 3pm. The hāngī will be lifted at 5pm followed by kai time at 6pm and a fire performance at 8pm.

Hands-on art and science at exhibition

A LOVE of art, the environment and community has seen Valley artist Pam McKinlay volunteer her time, including one week of her annual leave, to co-curate and run an art and science exhibition celebrating our oceans during the International Science Festival and Puaka Matariki.

A big part of the Ōku Moana (My Oceans) exhibition, which will be held during the first week of the school holidays at the Community Gallery, is to encourage community engagement. There will be hands-on art activities, art-making, roving storytellers and demonstrations to engage with ideas about climate change and its local impacts on Dunedin and Otago Harbour. The daily art activities combine with science demonstrations, science communication displays and an art exhibition.

"It's a bit of a visual feast," says Pam. "Because it's on in the school holidays we thought we would have hands-on art-making activities. We hope to get people to think about things a little bit longer." Making something to take away will help people to continue thinking about what they have learned.

Every year the International Science Festival has a different theme. Past themes have included light and neuroscience, and this year's theme is oceans. The exhibition is also a part of this year's Puaka Matariki celebrations.

The event is family-friendly with workshops and activities aimed at 8 to 12-year-olds with parental engagement expected. It runs from 9–13 July, from 10am–4pm. There are daily activities as well as special morning and afternoon sessions with guest artists and scientists.

Bookings are essential for some activities. For the full programme of daily activities and special guests visit the International Science Festival and Puaka Matariki websites.

Pam is usually the steam pudding and kitchen queen at the valley's Te Matariki Huka Nui Hāngī, but has had to step aside from that role this year. If you can volunteer some time to help out during the exhibition contact Pam on tompam@xtra.co.nz, or if you can help fill the pudding role at the hāngī contact Destynee on 027 300 8800.



Valley artist, environmental advocate and Ōku Moana co-curator Pam McKinlay in character for a performance she will be giving with fellow valley resident and theatre student, Ahi Kaitai-Mullane, at the opening and closing of the art and science exhibition at the Community Gallery, as part of the International Science Festival.

Be in to win while supporting 'Plastic Free July'

TO MARK 'Plastic-free July' we want to encourage everyone to use reusable bags – every time you shop!

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That's it. You'll now be in to win. We will collect your name and drop it into a bag to be drawn on Wednesday 1 August at noon. We will tag the winner in our post. You'll receive a limited edition 'Bought to Support' bag (\$20 value), to keep as your own for good, plus a \$25 voucher from Black's Road Grocers.

Sewing Bees continue at the Valley Project, with the next one on Saturday 4 August, 10am–1pm, and weekly on Thursdays at the Stitch Kitchen studio, 88 Vogel St at the same time.

It is a great opportunity to get to know other like-minded people, dust off your sewing skills and learn a few new tricks, all while making something that someone will be very grateful for at a time when they need it. It is wonderful meeting people from different walks of life who all share an interest in sewing, helping the community and reducing plastic.

*Make sure the post is public so we can see it, or if you want to keep everything on your page private, please post the photos to the Bags For Good Facebook page.—*Fiona Jenkins*



Fiona Jenkins with the new Bags For Good bag stand at Black's Road Green Grocer.

Community workspace like a family

community
NEWS

THE VALLEY Community Workspace team is starting to feel more like a family as we reach another milestone - our third anniversary. If you haven't visited the workspace recently you will notice plenty of changes. The kitchen is being upgraded and will eventually expand to provide a larger space for meetings and a heated workspace. The second toilet has been upgraded and we even have hot water!

The central space between Christine's weaving area and the main garage, adjoining James' Control Focus workshop space, is in the process of becoming a community sheet metal workshop - with a permanent work bench, trolley table, spot welding machine and a bending machine. These will be available for public use but also will be used for building Control Focus battery boxes for electric vehicles and solar photo-voltaic installations.

Families have their ups and downs and our biggest down is the rain which is literally coming through one or two persistent ceiling leaks. Our biggest up this year is that the structural work at the far corner of the building was finally completed and our weaver,

Christine Keller, has moved in. Christine's organisational skills and eye for a bargain has brought colour, texture and a beautifully designed and built warm space to the far end of the workspace. If you haven't yet visited the Loom Room, do come and see. Be warned though, you will just want to get in there and weave! My fingers twitch when I'm there.

A year and a bit into our signed lease agreement with our landlords, the Valley Project, we are paying our way, making ends meet and very happy to be getting on with turning our original shared vision into a practical reality.

The good thing about working in a shared space like this is that there's always something new to learn and someone to ask if you get stuck.

Please join us for our year three annual general meeting, warm soup and snacks at the workspace at 11 Allen Street at 5.30pm on Tuesday 17 July. We look forward to seeing you.—Rosemary Penwarden and the Valley Community Workspace organising group

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Parents enjoy marae trip with children

HIGH NUMBERS of parents and caregivers joined their children on a school trip to Puketeraki Marae in Karitane with North East Valley Normal School.

School principal John Mackenzie told parents he had a cousin, born and bred in New Zealand, a well-travelled man now in his retirement who felt sad that he had never been to a marae.

"I suspect there would be many non-Māori Kiwis in the same boat. Unless one has an invitation or is attending a tangi, most people without an ancestral connection to a marae would indeed not have this experience."

When he invited parents who wanted to visit a marae to join the school trip, there were a lot of people keen to go, he says. The children and parents were welcomed onto the marae with a pōwhiri before doing a range of activities, including harakeke weaving, learning about which native plants can be eaten or used for medicine, and making clay tiles.



North East Valley Normal School pupils, from left, Irene Mombi, Te Uira Makoare, Elise Holman (all aged 5) enjoy harakeke weaving during a school trip to Puketeraki Marae in Karitane.

Starry safari night-time creek adventure for kids

EVER WONDERED about the exciting night-life of our local creek?

Under the magic of the night sky, come for a prowl and peep along Lindsay Creek on our Starry Safari these school holidays.

Led by wildlife wonderwoman Tahu Mackenzie, storyteller Kaitrin McMullan and Momma Poo-bomb Clare Cross, this will be an adventure not to be missed on Tuesday 17 July.

We will meet at 5.30pm at the Valley Project community rooms, 262 North Rd, for a spot of gumboot blinging. Then off we will go into the wild wet yonder for an explore in the dark. Who shall we meet? Moths? Eels? All that and maybe moa?

To finish we will head back to the rooms for hot chocolate and soul-warming stories to take home in our hearts.

Adventuring will take place whatever the weather, so come prepared. Bring your own gumboots, torches, a full tummy and a spirit of adventure. We will be home by 7pm.

All children must be accompanied by an adult. Gold coin donation. For more information phone the Valley Project on 473



Story teller Kaitrin McMullan with her blinged up gumboots.

Lanterns ready for parade



More than 100 lanterns were made during a weekend of workshops at Dunedin North Intermediate for the Dunedin Midwinter Carnival. Pictured, Marlie (8) Ruby (8) Maddy (9) Amalia (9) are busy creating their lanterns.

Screen-printing workshop

MAKE YOUR own stencil design and learn the art of screen - printing at a screen-printing workshop in the first week of the school holidays.

Limited places are available so please book to secure a space. No experience is required but the workshop does involve using sharp cutting tools for stencil-making. Children are welcome but they must be accompanied by an adult and may need your assistance to participate if they are little ones.

All materials are supplies to print on fabric and paper, though if you want to print on a garment or something special please bring it along.

The cost is \$10. The workshop is on Tuesday 10 July, 1-3pm at the Valley Project community rooms at 262 North Rd. To book email Eliza at Signal Hill Studios on signalhillstudios@gmail.com

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Mid-winter glow worm viewing

WHILE I was wondering what to write about this month, my friend Gabbi suggested glow worms. Of course, glow worms! The perfect topic for a mid-winter Nevology. We had recently taken Miss Jack to see some glow worms while on holiday on the West Coast, and I had always meant to take her for a winter evening's walk up Nicols Creek in Leith Valley to see the glow worms there, but the cosy fire had always won out. Here was my excuse!

We donned several layers and set off for the Leith Valley on an icy cold solstice night. A mere five to ten minutes' walk from the road (depending on how short your legs are) is a sweet little grotto of sparkles next to the stream.

I've never really thought much about what glow worms actually are, apart from pretty. So out came Mr Jack's insect book and I discovered that glow worms are part of a wonderfully named family of insects called fungus gnats.

The New Zealand glow worm *Arachnocampa luminosa* is only found in Aotearoa. Its scientific name describes its spider-like ability to spin silk and catch flying insects (*arachno*), and the way it glows (*luminosa*). The *campa* bit means larva, which is the life-cycle stage that the glow worm spends most of its life in.

The larvae (pūrātoke) live in slimy tube-like nests on the walls and ceilings of caves and damp banks. During the day they hide away in crevices, but at night they come out for a feed, dropping lots of sticky threads to catch passing flying insects, which are attracted by the light in the glow worm's rear end. When an insect is caught, the glow worm pulls up the thread with its mouth and voila – dinner.

After six to nine months the glow worm goes into a pupa stage (a bit like a monarch caterpillar going into a chrysalis) for a bit of a rearrange, and comes out after about two weeks as a thin-bodied fly (titiwai).

Like many adult insects, the adult fly is only interested in one



It's not easy to take photos of glow worms, so here is one of a sign about glow worms instead.

thing: breeding. It doesn't eat, being solely focused on mating and laying eggs before dying after two or three days.

So are there glow worms in our valley? In the name of science we stopped off on the way home from Nicols Creek at one easily accessible damp bank that sprang to mind. Risking life and limb, we crossed the icy and slippery Selwyn St bridge and nipped up the wee track on the other side. We scoured the bank, but there wasn't a single fungus gnat to be seen. At least not one with a glowing bum. Glow worms like it to be really damp, and it was probably not wet enough for them there.

But now that my curiosity is piqued I shall be keeping an eye out for really damp banks in North East Valley to scout out for glow worms. A nocturnal Bethunes Gully mission is definitely on the cards before the end of winter.

—North East Valley scientist Helen Jack

Still harvesting at community gardens



A beautiful Saturday morning close to the shortest day at the North East Valley Community Garden. Perhaps not your vision of winter gardening, but sixteen workers are getting beds ready for spring planting and harvesting leeks, carrots, beetroot, and parsnips. This is not a garden that goes to sleep in the winter. Average attendance at working bees this year was 20 people compared to 13 last year.—Jenny Roxborough

Orchard helpers wanted

THE COMMUNITY fruit and nut trees are generally growing well. We have had small crops of hazelnuts, apples, pears, quince, plums and lots of cranberries.

It's very enjoyable to meet with others from the local area for occasional working bees at each of the sites in Pine Hill, Chingford Park, Calder Ave and the North East Valley community garden.

Soon we'll need to prune the currants and we'd like to try a seaweed spray on the fruit trees. The trees in Pine Hill also need weeding and mulching. We'd love some more volunteers!

Please contact Joanne Inder in Pine Hill on 027 325 695 or Kristen Bracey in North East Valley on 027 779 5481 if you can help. Our first meet-up is at Chingford Park by the playground on Thursday 5 July from 11am–12.30pm.—Kristen Bracey

Beam Me Up Bagels an experience to remember

As I depart Dunedin and head to Wanaka for a ski season, I am left with an enormous sense of gratitude for having had the chance to work in a little bagel shop on North Rd.

Dear Ellen and Chris MacGregor, I'm sorry, I was planning on thanking you by parading you around town on a giant, sparkly, bagel-shaped sedan chair and showering you in champagne and flowers ... but I didn't get around to organising it. So instead, here are some words.

Your love for Beam Me Up Bagels shines through every little bagel hole. It shows in your endless thought towards us staff members and our working experience, in your constant pursuit of making sure all our lovely customers get a delicious bagel experience, and in the good energy and laughs you bring to the shop every single day.

You encourage and support our lives outside of work and treat us like family in your generosity.

You firmly put ethics before profit by refusing to run a business driven solely by the bottom line, and this shows in the way you



The Beam Me Up Bagels crew enjoy time together.

source ingredients and products as well as the craftsmen and women, artists and businesses you choose to do business with. You spend time forging strong connections with suppliers and actively encourage them to use less packaging.

The quality of the rise (bagel chat) is always on the agenda as well as what's hot and what's not for the next bagel filling. It's all these details that make you so special. I will miss you so much.—*Alice von Kohler*

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OpenVUE in school holidays



Children and community members were kept busy building their own TRAPBOXES at the last OpenVue workshop.

WHAT'S IN store for the Open Valley Urban Ecosanctuary (OpenVUE) these school holidays?

Visit us at "Florokonui" on Sunday 15 July from 10am–4pm at the Wall St Mall where OpenVUE and the Orokonui Ecosanctuary will join forces to help you make a pine cone bird feeder and poo bomb for your garden.

If you can't make that date we will be doing it all again on Saturday 21 July at the Valley Project community rooms from 2pm–4pm with a gold coin donation.

If you missed out on the TRAPBOX workshops and would like one, be sure to pop in to the Valley Project where you can buy your own TRAPBOX for \$10 (\$8 with a community service card).

Watch this space for more exciting OpenVUE community events coming up in August. Keep up-to-date with the school-based education programme and community events by joining our facebook group (facebook.com/groups/OpenVUE).

We would also like to hear your thoughts about your community. Fill in our short online survey at bit.ly/openvuesurvey and go in the draw to win some awesome prizes.

community gardens

NORTH EAST VALLEY

The top paddock behind North East Valley Normal School, working bees every weekend, alternating Saturdays 9.30am–noon and Sundays 1–4pm, all welcome.

June dates: Sun 8 July, Sat 14 July, Sun 22 July, Sat 28 July.

PINE HILL

Dalmore Reserve entrance on Allenby Ave. Working bee dates on Facebook page: Dalmore Reserve Bandit Gardeners. Contact dalmorecommunitygarden@gmail.com

church services

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

Sacred Heart Catholic, 89 North Rd, Mass 9.30am

Glenaven Methodist, 7 Chambers St, 11am

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

Anglican: St Martin's, 194 North Rd, 10.45am

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

Opoho Presbyterian, 50 Signal Hill Rd, 10am

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

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

NEV Baptist, 270 North Road, 10.30am.

for families, kids & teens

ATHLETICS & HARRIERS

Children 3–6yrs and 7+yrs, Chingford Park Clubrooms, 5.30–6.45pm, Mon, and Caledonian grounds, Sat morn. www.leithharriers.co.nz

CHINESE FOR KIWIS

Bear Cats Club and Chinese ABC playgroups for children to learn Chinese. Tues, 3.30–4.30pm, Pine Hill School, 11 Hislop St. Ph 021 589 075 or www.chineseforkiwis.co.nz

DUNEDIN TOY LIBRARY

A vibrant toy library for children from birth to 7 years. Huge range of toys, ride-ons, dress ups, puzzles, games. St Martin's Hall, Northumberland St, 10–11am Wed, and 10–11.30am Sat.

GIRLS BRIGADE

Dunedin Girls Brigade Company, all girls, from age 5 up welcome. 6–7.30pm, Wed, St Marks Presbyterian Church Hall, 304 Pine Hill Rd.

MINI MUSIC GROUP

Preschool music and movement session, 9.15–9.45am, Mon, Nga Maara Hall, Sacred Heart School, school terms, gold coin. All welcome.

MT CARGILL GIRLGUIDES

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

OPOHO PLAYCENTRE

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

OPOHO SCOUTS

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

PLAYGROUP

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

PRESCHOOL MUSIC

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

SPACE PROGRAMME

Programme to support new parents through first year of child's development (Supporting Parents Alongside Children's Education). Valley Baptist Church. Contact Amy on 473 0014 or space.valleybaptist@gmail.com

NEV PLAYGROUP

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

SUNDAY SCHOOL

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

www.dunedinchristadelphians.org

RUDOLF STEINER

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

YOUNG PARENTS

Young Parents Group Te Roopuu Maatua Maahuri, where young parents come together to share and support each other. For parents who had their first child before 26 years. Children welcome. 1–2.30pm, Thurs, community rooms. Ph Emma 021 125 0850.

THE BREAST ROOM

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

TINKER SCHOOL

Afterschool courses, Mon–Fri, 3–5.30pm, 347 North Rd. Ph Andrew 021 982 216.

fitness & health

CONTRA DANCE

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

DUNEDIN ACROYOGA

Combining acrobatics and yoga, no partner needed. Beginners classes available. 6–9pm, Tue, Opoho Presbyterian Church, 50 Signal Hill Rd. Facebook or email joeske@gmail.com

DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

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

LEARN TAEKWONDO

Korean martial art, supportive environment, family friendly. Training Mon, Thur, Pine Hill School hall, 6–7.30pm. For more details and to register email dunedinolympictkd@hotmail.co.nz

NAKAJIMA JUDO CLUB.

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



Classifieds and community notices (for non-profits)

DUNEDIN ELECTRIC BIKES

shiny, new & recycled ebikes
Valley Community Workspace
11 Allen St
Tues-Thurs, Sat 9am-2pm
Fri 9am-5pm. Message us on Facebook
or ph Nathan Parker 027 214 8294

QIGONG

Classes in Yuan Gong. Ans 027 756 8383, yuangongdunedin@gmail.com Jay 027 584 4537, www.bodymindqi.com

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.

SPAN NEV

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

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 rebeccafishernz@yahoo.co.nz

STEADY AS YOU GO

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

TANNOCK GLEN

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

THREE LEFT FEET

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

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

ZEN MEDITATION

With the Dunedin Zen group. Meet 7pm Weds, St Martin's Church in the downstairs room. Free introductory course Mon at 7pm.

COMMUNITY NOTICES

Community notices welcomed. Priority given to groups and activities based in the valley area.

Want health, wellbeing and relaxation?

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

All welcome

further education

COMPUTER CLASS

A free class to learn how to use computers, 10am-noon, Weds, community rooms.

FREE LITERACY COURSE

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

FRENCH TUTOR

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

LEARN ITALIAN

Planning a trip to Italy this year? Fun, communicative lessons Ph. Samantha 021 0831 8408.

INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. Ph. Jack for more info 473 9565.

ITALIAN CLASSES

Exp teacher, native speaker of Italian ph Antonella 027 341 8312, 473 0832 antonella.vecchiato@gmail.com,

LEARN ENGLISH

English for daily life and work. Free and low cost courses. Contact Tamara or Felicity at English Language Partners 455 5266, dunedin@englishlanguage.org.nz

SEA OF FAITH

St Johns Church Hall (cnr Wright St and Highgate), 6-7.30pm, third Thur each month. Enquiries ph. 473 0031.

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.

VALLEY VOICE

Copy deadline 20 July 2018.

KNITTING SQUAD

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

ART FIBRE DUNEDIN

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

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

MUSIC LESSONS

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

SENIOR MUSOS

Retired musicians who put on music for an afternoon at the Normaby Bistro. Scones, jam & cream \$3, Thurs 17 May, 2pm.

SOUNDS NOR'EASTERLY

Do you enjoy singing with a group? Why not join your local community choir? All ages and abilities welcome. DNI design lobby every Tues, 7.30-8.45pm. Email Clare for more info clare-n-don@clear.net.nz

UKULELE SESSIONS

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

VALLEY BLUEGRASS JAM

Monthly jam session at the Normanby Bistro, Sun 20 May, 2pm.

community groups

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. 3.30-7pm, Tues, and 9am-12.30pm, Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com

DUNEDIN MAKERSPACE

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

ENLIVEN DAY CLUB

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

LADIES' PROBUS CLUB

Meets 10am, first Mon each month, NEV Bowling Clubrooms. New members welcome. For more info ph 455 6683.

MEN'S PROBUS

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

NORTH DUNEDIN SHED

New members welcome. Open Wed and Sat mornings Bonnington St over bridge. Ph Paul 474 0060 or find us on Facebook: North Dunedin Shed Society Inc

MULTICULTURAL GROUP

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

NEIGHBOUR SUPPORT

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

REFUGEE & MIGRANT CENTRE

Mon, 9-11am, Dunedin Community House, 301 Moray Pl. Coordinator Aife, ph 027 419 3125 or email

trading corner

BABYSITTER AVAILABLE

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

COMPUTER SERVICES

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

DAHLIA CLUMPS

Stunning red pompoms, \$10, ph 473 0159 evenings.

KNIFE SHARPENING

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

HOUSE-MINDER

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

LOG SPLITTER FOR HIRE

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

SENIORS HAIRDRESSING

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

ROSE PRUNER

Winter pruning, experienced, hourly rate, ph 473 0159 evenings.

RHUBARB CROWNS

For sale, ph 473 1151.

The Normanby Tavern

Bar open from 11am daily
(open from 3pm Mon & Tues)
Bistro open Thurs-Sunday
Lunch 11.30am-2pm
Dinner 5-8pm

Kiwi Poker League
7pm Thursdays

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Disclosure Statements are available on request and free of charge.



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Comfy seats thanks to Yellow



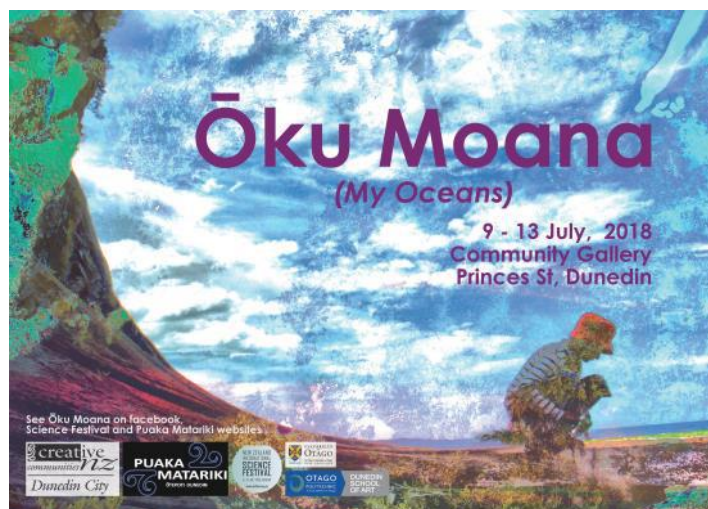
Dressed in yellow to say thanks to Yellow are, from left, Valley Project incoming team leader Tess Trotter, community coordinator Anna Parker and Valley Voice editor Edith Leigh. Yellow donated their surplus meeting chairs to the project bringing more comfort and style to the community rooms.

MEETINGS AT the Valley Project community rooms just got a whole lot more comfortable thanks to Yellow.

Yellow, which includes the yellow pages and digital marketing solutions for business, moved to a new office at Petridish, a shared office space on Stafford St.

As a result they had surplus furniture and donated their meeting chairs to the community.

"We are very grateful," says community coordinator Anna Parker, "as new chairs in the community rooms has been on our wish list for quite some time."



what's on

Screen-printing

Make your own stencil design & learn art of screen printing, 1-3pm, Tuesday 10 July, community rooms, \$10, bookings essential.

Workspace AGM

Valley Community Workspace AGM with warm soup & snacks, 5.30pm Tuesday 17 July, 11 Allen St.

Starry Safari

Night-time adventure walk along Lindsay Creek. Meet 5.30pm Tuesday 17 July, community rooms.

Bird feeders

Make a pine cone bird feeder and poo bomb for your garden with OpenVUE, 2-4pm, Saturday 21 July, community rooms.

Matariki hāngī

Starts 2pm Saturday 28 July, Nga Maara hall, kai time at 6pm. Hangi tickets released Tuesday 3 July.

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