

Community rooms sparkle



A volunteer crew from Arana College spent three hours cleaning up the community rooms at the Valley Project during the University of Otago Orientation Week. Pictured are front, from left, Alice Bird, Caitlin Windress, Lucy Hayes and Alex Thompson; back, from left, Jahdal Jordan, Zach Adamson, Eilish Finlayson and Olivia Salmon.

Walls and roof for North Dunedin Shed



MEMBERS OF the North Dunedin Shed have cause to celebrate as our workshop space is now fully closed in. After a lot of hard work we finally have our workspace closed in, lockable and ready to start laying out as a workshop.

We began in 2014 with a large, open farm shed filled with piles of old wood and rubbish. It took 18 months to clear out before work could begin to enclose the space.

• continued on page 3

For local expertise and timely personalised investment advice...



...contact **Lyn Howe**, your local Authorised Financial Adviser

(03) 477 7464
lyn.howe@forsythbarr.co.nz

FORSYTH BARR RTM Firm
0800 367 227 • www.forsythbarr.co.nz

Disclosure Statements are available on request and free of charge.

Gardens
Physiotherapy
& Pilates



26 Bank St, North East Valley

ph 473 0144

www.gardensphysio.co.nz

Free Parking, ACC & Private Clients

Activity • Life • Balance

Ray White

Ray White **Know How**

Colleen and Jane are
AS LOCAL AS
THE WORLD'S STEEPEST STREET
AS WISE AS
24 YEARS COMBINED
REAL ESTATE EXPERIENCE

Colleen Townsend
Licensed Salesperson
Proven Results, 100% Licensed RE/MAX 2000
m: 027 226 5482
o: 03 477 3660

Jane Bokser
Licensed Salesperson
Proven Results, 100% Licensed RE/MAX 2000
m: 027 473 6221
o: 03 477 3660



Love the Lindsay

CreekFest 2017

* cool activities * live music *

Discovery walks * Pentland St playground * 12 noon
Festival * Chingford Park pavilion * 1-4pm

Sunday 26 March

VALLEY BUILDER
Licenced & Qualified
Carpenter
Jonathan
021-299-1007 or 473 8189

Do it once Do it right

shop • eat
your local guide

Khmer Satay
Noodle House

10% off for students

now open for party
bookings

Dine in or takeaway
473 6066
30-32 North Rd



TASTE NATURE
ORGANIC GROCERY
STORE & EATERY

NATURAL WHOLEFOODS IN BULK
FREE RANGE MEAT & EGGS
ORGANIC PRODUCE & PRODUCTS
GARDENING SUPPLIES & MORE

131 High Street, Dunedin - Open 7 days
www.tastenature.co.nz

Don't feel like cooking tonight?



YourProChef.nz

quality handcrafted meals
fresh or frozen
meals delivered or pick-up

6 Cornhill St
(just behind the butcher shop)
022 6575 846



YOUR LOCAL BUTCHER

Retail • Wholesale
Homekill

shop local
support our advertisers

Project
NEWS

Volunteers feel the love



The valley was feeling the love on Valentine's Day as community members came together to 'love the valley', 'love the volunteer'. An afternoon High Tea was organised by the Valley Project staff to let all the amazing volunteers in our community know they are appreciated.

There are so many people doing small and big things behind the scenes so it was lovely to be able to bring them all together, says Valley Project community coordinator Anna Parker.

From the editor:

AS I put this issue together I had to refer back to earlier *Valley Voice* issues to remind myself of the background of some stories. Suddenly I found myself going through many old stories marvelling at how far various community groups have come since I began working here three years ago.

The North Dunedin Shed is just one amazing example. This group has been quietly working away and has

made a huge achievement in closing in their building. I remember visiting it in the early days when it was rather cold and draughty. Congratulations to them for their dedication and persistence and I look forward to following many other groups as they each achieve their own goals and share their stories with the community through the *Valley Voice*.—*Edith Leigh, Valley Voice editor*

Neighbours Day

Neighbours Day, a nationwide celebration of neighbourliness, is on 25 and 26 March this year. Everybody is encouraged to organise events in their street and get to know their neighbours.

The Valley Project has three \$50 Gardens New World vouchers to give away. The first three people to contact us with details about an event they are planning for their street to celebrate Neighbours Day will receive them.

We can also help with printing invitations for anybody planning a Neighbours Day event in the valley area.

We will also have a free BBQ at our CreekFest, at Chingford Park from 11.30am to 4.30pm, for people to mingle with their neighbours and the wider community. Come and find us.—*Charlotte Wilson, Valley Project community coordinator*

Valley Project office hours: Tuesday–Friday, 9am–4pm, closed Mondays and school holidays



The Valley Project is a registered charitable organisation

If you like what we do you can donate at www.givealittle.co.nz/northeastvalley

valley voice editor Edith Leigh
distribution 3700 copies per issue
online www.northeastvalley.org
readers 7400 approximately
advertising (03) 473 8614

copy deadline 15th of the month prior
T (03) 473 8614 **M** 021 214 4075
E voice@northeastvalley.org
f facebook.com/valleyproject
t [@valleyproject](https://twitter.com/valleyproject)

262 north road
north east valley
dunedin 9010
postal address
p o box 8118 • dunedin 9041

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

Students volunteer in the community



The Community Orchard at Chingford Park has been weeded and mulched as volunteers from Cumberland College and Transition Valley 473 came together during Orientation Week at the University of Otago.

Walks, music and creek activities

LOTS OF exciting new ideas are coming together for CreekFest 2017 on 26 March.

Like last year there will be a Discovery Walk along the creek. However, there will also be an extra walk for the more adventurous to explore and discover one of the tributaries of Lindsay Creek showing our valley from a different perspective. To find out more about these walks keep an eye on the CreekFest Facebook event page.

The festival at Chingford Park will kick off at 1pm. We have some great live bands lined up again and an assortment of storytelling, food, and educational activities for all ages.

Come along and soak up the atmosphere as we connect with one another and our wonderful creek. And best of all – it's all free!—*Steve Tripp, CreekFest organising committee member*

• continued from page 1

Upgrading power and lighting next move for shed

OUR NEXT stage will be to secure further funding to tidy and upgrade power and lighting, and also obtain tools and machinery.

As part of our fundraising we will continue supplying dry firewood to the local community from our stocks of demolition timber (mostly old hardwoods) and macrocarpa from trees felled on the property.

At the same time we are continuing to seek new members who are looking for that hands-on experience and camaraderie that comes from working alongside others, sharing skills or learning new ones.

If you are interested in being part of a small (but growing) group helping to finish the setting up of our workshop so we can ultimately work on community projects, then come along to our open mornings. We meet every Saturday and Wednesday mornings from 9.30 am at the old farm shed at 35 Bonnington Street (off Norwood Street).

Anyone, retired or still working, older or younger – you are all welcome! Come along and see what we do. We are always very happy to give you a tour.—*North Dunedin Shed secretary and founding member Paul Nelson*

Opportunity to network

THE VALLEY Project wants to help connect our local community organisations and agencies to help strengthen networks and communication in the valley.

We will be hosting a Community Service Networking meeting early in April. Each organisation will have a two-minute pitch to talk about their organisation and what they offer, and what needs they have that could be met in collaboration with others to be followed by morning tea. If your organisation or agency would like to attend please contact the Valley Project on 473 8614, Tuesday to Friday, or email charlotte@northeastvalley.org
When: 10am, Wednesday 5 April
Where: Valley Project community rooms, 262 North Rd

eat • drink
your local guide

**Simon's
Bistro & Biergarten**

Wed/Thurs 11am-10pm
Fri/Sat 9am-11pm Sun 9am-10pm

473 1155

YOUR FRIENDLY NEIGHBOURHOOD BAR

TIPPLER'S
BAR & CAFE

11b North Rd
473 1795

Self Service TAB - Pooler, Sky TV and Sports Betting
Open 7 Days
Ph. 473 1795

Supper Happy Hour 4-7 Fridays
Bar Draw, Meat Raffles Fri/Sat/Sun
Self Service TAB, Sky TV, Pensioners'
Happy Hour 10:30-3 Tuesdays

Happy Hour 4-5pm every day!

FILADELFIO'S

GOURMET PIZZA
RESTAURANT & BAR

Filadelfio's Restaurant & Bar
@ the Gardens

The best gourmet pizza
experience in Dunedin.
Accompanied with
fine wines and ales.
Ph. 473 6232

ROSS CAFE

Yummy cakes! Great coffees!

Open 7 Days 10.00 am - 4 pm
Ross Home 360 North Road
 (inside the main entrance and foyer)
 Competitively priced,
 come and join us!

support those who
support our community

shop • eat
your local guide

Black's Road Green Grocer

fresh and affordable
fruit
vegetables
coffee
smoothies
real fruit ice creams

Corner Blacks Rd and North Rd
027 508 6447

Wallace
— DESIGN —

Interior design &
furnishing

chalk paint supplier

Hours: 10am–4pm
Wednesday to Saturday
201 North Road, North East Valley
473 9449

It's your 'local'
Garden Centre
It's **VERY**
affordable
It helps youth
employment



Open 7 days
10 am–4 pm
146 Norwood St,
NEV
Ph 473 1334

A Presbyterian Support Otago service

the
Valley
project
Valley Copy Centre

convenient
local
support your community

Print or photocopy at the
community rooms
262 North Rd
voice@northeastvalley.org

Older people needed for study

THE BENEFITS of volunteering on wellbeing and brain health in older people is the subject of a study about to get underway in Dunedin.

North East Valley resident and University of Otago PhD student Hayley Guiney says while there is already a lot of evidence about the general benefits of volunteering there have been few trials specifically looking at effects on brain health.

"I am interested in looking for everyday things that are free and easily accessible that people can do to help them maintain their health and wellbeing as they get older."

Hayley moved from Wellington back to Dunedin to undertake her research as she felt there is "a vibe in Dunedin for people to really support and participate in university research" as a part of living here.

She is looking for 200 people to take part in the study who are aged between 65 and 75 years and who have been retired for at least six months. To be eligible to join the study participants need to have volunteered less than once a month, or not at all, during the past year.

The study will involve taking part in two one-



Researcher Hayley Guiney is looking for 200 people aged between 65 and 75, for a study to look at how volunteering effects positive ageing.

hour sessions, with a \$20 reimbursement for each session, and prepared to volunteer in the community for at least two hours each week for six months.

If you are interested in taking part contact Hayley on hayley.guiney@psy.otago.ac.nz or phone 479 4077.—Edith Leigh

Encouraging youth to serve community

YOU MAY have noticed that for the past two weeks two youths, Benji Leask and Elti Sannyasi, have been door-knocking throughout the North East Valley community inviting youth of all ages to join a community-building endeavour aimed at bringing young people together in service to the community.

The programme aims to develop the intellectual and spiritual capacities of youth to become active agents of change in the community and to inspire other young people to become involved and take charge of their future. Topics such as justice, hope, co-operation, service to humanity and unity are discussed.

On a practical level, youth come together once a week to study materials that build intellectual and moral capacities, create beautiful works of art, participate in sports and recreational activities and plan and carry out service projects for the community.

Youth between the ages of 11 and 15 are at a crucial time in life. They are no longer children but are not yet adults. They may be constantly searching for standards by which to live their lives. This means they are susceptible to stand-

ards set by media and society and the habits of thought and action that they form during these years often endure throughout life. Consequently, involvement in programmes which help young people navigate these transitional years are vital.

The Junior Youth Spiritual Empowerment Programme has been established in many communities around New Zealand and throughout the globe with positive results.

Benji and Elti extend a warm welcome to any young people who may wish to join their weekly gatherings on Sunday 5 March from 2pm to 5pm at the Valley Project community rooms. Contact us on 022 647 8448 or email e.sannyasi@gmail.com

Self-defence workshop

A mothers' and daughters' self-defence workshop will be held in North East Valley on 11 March, 10am–5pm. A fun day for mums and daughters to build greater self-confidence and learn more options to deal with a range of situations from attacks by strangers to pressure and abuse from people they know. To register contact Bell Murphy on 022 638 9885 or selfdefencegrrrl@gmail.com.

advertising makes this
newsletter possible

Valley storytellers to feature in diverse festival

THE SOUNDS Nor'Easterly Choir and other valley identities will be featuring in the inaugural *Around the World in 80 Tales* event at Dunedin Public Library this month.

Co-organiser and valley resident Kaitrin McMullan says people will tell five-minute stories in their own language and then repeat the story in English. The event will also feature dance, puppets, music and songs. "It is a way of

celebrating the multiculturalism in Dunedin, that is not just the food and music, but the language as well." For some people, it might be their only chance to listen to some of the different languages, says Kaitrin.

The story-telling sessions would be happening in small pockets over three floors in the library, and volunteers are still needed to help out on the day.

Valley story-tellers will include Anna

Bowen, speaking in Dutch, Afife Harris speaking Arabic and the Sounds Nor'Easterly Choir singing Spanish, Samoan, African and Russian songs and hymns.

The event is taking place on International Storytelling Day and is free and suitable for all ages.

Where: Dunedin City Library

When: Sunday 19 March, 11am-3pm

TRADE DIRECTORY

For home, garden and business

New Builds, Renovations,
Alterations Maintenance &
Farm Buildings



EDWARDWHITE BUILDERS


for more information contact:
p: 021 0718 665
or 03 482 2729
e: edwardwhitebuilders@gmail.com

NEED A PAINTER?

INSIDE OR OUT!
NO JOB TOO SMALL
Competitive Hourly Rates
or Quotes
Contact **BRYAN**
Home: 473 7488
Cell: 021 108 1860



b.a.porteous@clear.net.nz



North Dunedin
Dakin Electrical

- * Guaranteed Electrical Service
- * Reasonable Rates
- * Pensioner Concessions
- * Domestic and Commercial

Ph: 473 7981
88 Selwyn St, NEV
027 4322 381

Plumb it!
DOMESTIC & INDUSTRIAL
PLUMBING SERVICES



TIM BUSCALL
027 473 1650
ph/fax (03) 473 1650
Craftsman Plumber / Reg. Drainlayer



Peter Waymouth
Consulting Arborist
www.greentrees.co.nz
Fine pruning of trees
large & small
473 8065
027 432 9646

Easy... HOME RENOVATIONS

For your new bathroom, kitchen, extension etc. We have a great team of experienced, reliable tradespeople. We'll give you **ONE PRICE** for your project & manage it through to completion. Get the best job, on time and on budget!

Contact us for a **FREE quote!**

Phone (03) 395 6751 OR
email inquiry@1stop.co.nz

1Stop.co.nz
"Give us the job... we'll do the rest!"




Gleam Window Cleaning Services Ltd

Window Cleaning
Spouting Cleaning
Spider Spraying
Water Blasting

Phone: Simon
021-02680618 /
4737360
gleam.windowcleaning@yahoo.co.nz

A-Team Maintenance
Home/Building Repairs
& General Maintenance



Marty Hillerby
Builder/Joiner

25 Cardigan St
North East Valley, Dunedin 9010
M: 027 6000 404
a-teammaintenance@outlook.co.nz

McARTHUR & SYMONS ELECTRICAL



APPROVED CONTRACTOR FOR THE DCC AND OTAGO UNIVERSITY

DOMESTIC COMMERCIAL INDUSTRIAL
WORKMANSHIP GUARANTEED

Phone 03 473 8519 • sales@mcarthursymons.co.nz
39 North Road, North Dunedin • www.mcarthursymons.co.nz



"Proudly servicing the valley for over 20 years"

Our plumbing services include:


- Gas fitting
- Solar hot water
- Drainage
- Plumbing - new and existing



Laser Plumbing Dunedin
369 King Edward Street South Dunedin
Phone (03) 456 3178
E: dunedin.central@laserplumbing.co.nz

Allgo Electrical

DOMESTIC
COMMERCIAL
SERVICING



Rory Seaton
Electrician
02104 043 4033
allgoelectrical@hotmail.com

services
your local guide



Motherhood changes art style

KIA ORA koutou, my work experience includes teaching visual art at secondary school in Whakatāne, Paraparaumu and Dunedin. I enjoy the energy and enthusiasm that young people bring to creating art.

I am drawn to a colourist/expressionist approach to painting and have always been keen on life drawing and portrait drawing. As a working mother I have limited time to paint and this is forcing me to work more quickly and loosely. Recently I have started approaching family and friends and asking them to sit as a portrait models. Drawing from a live model is much more challenging than working from photographs but can hopefully result in more energetic and lively artwork.

Artists I have been investigating recently include the American portrait painter Alice Neel



March Northern Artery Pop-up artist Maya Tate-Manning with a painting created for a community project.

and a young African American artist, Mickalene Thomas. Over the years I have drawn from a wide range of influences, from Matisse and the post impressionists to kōwhaiwhai patterns and contemporary Māori art, to the bold patterns and colours of my mother's 1960s Finnish Marimekko dresses. —Maya Tate-Manning
•The Pop-up gallery is at the Gardens corner

Kim's Remedial Massage

- ◆ Neck, shoulders & lower back pain
- ◆ Joint mobilisation
- ◆ Myofascial release
- ◆ Posture analysis
- ◆ Stress relief & management

bookings
essential

Kim Gilbertson (qualified remedial MT)
022 317 3597
kim.gilbertson39@gmail.com



Caltex Valley Workshop

134 North Rd

- All servicing and mechanical needs
- WOF
- Oil changes
- AA rewards on fuel over \$40
- MTA assured

Book online at www.caltexvalley.co.nz
473 0068



DARLING REALTY
Lincoln Darling Real Estate
SALES & PROPERTY MANAGEMENT

Need your property
SOLD or RENTED?

Call us for a free no-obligation appraisal

Call our team today
473-1721

21 North Road, Gardens

DARLINGREALTY.CO.NZ

YOUR AD HERE



from \$26 per issue

Phone Valley Voice editor
Edith on 473 8614
voice@northeastvalley.org

Call for valley artists to exhibit

Artists in the wider North East Valley area are invited to take part in the Opoho Art Show held in the Opoho Presbyterian Church on 29 and 30 April and 6 and 7 May. Past shows have included paintings, drawings, photography, ceramics, installations and fabric art. Please contact Fiona on 027 483 2028 or fiona.stirling@ihug.co.nz, or Gabrielle on 021 039 5899 or gabriellepanck@gmail.com for more details.

Invitation to sing at church

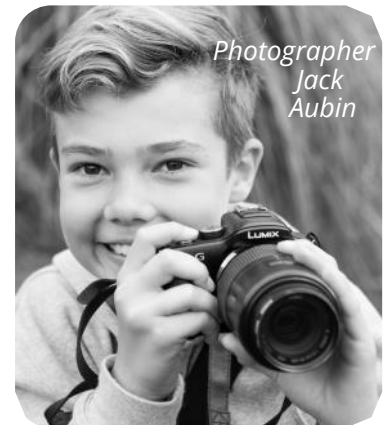
THE MINISTER at Opoho Church, Rev Margaret Garland, spent some time last year in the United Kingdom looking at the ways music contributes to worship experiences. This took her to the Isle of Lewis and a Gaelic service at the church in Back – where they sing the Psalms using particular 'tones' or variations of them. Singing is direct from the bible and the tunes expand to fit the words.

There are variations on the singing of the Psalms around Scotland and further afield. In this style of church music the Precentor leads the singing inviting the congregation to respond.

We are fortunate to be able to welcome Catriona Parsons to Opoho. Catriona is a Gaelic language teacher and a Precentor hailing from Nova Scotia and originally Lewis. She is going to spend a couple of evenings teaching the Psalm singing to anyone who would like to join in and then bring that to a Sunday service in March at Opoho.

If you are interested you are most welcome. The workshops will be on Tuesday 7 and Friday 10 March from 7.30pm to 9pm at the church in Signal Hill Rd. Then, those who are able are welcome to the Sunday service on 12 March at 10am no cost. Any enquiries please contact marg.garland@gmail.com or phone 395 6120.

Young photographer making waves



Photographer
Jack
Aubin

HE MIGHT be only 10 years old, but Jack Aubin is already a prize-winning photographer. The North East Valley Normal School pupil won the Jury Prize and the animal category for 14 years and under at last year's Otago Wildlife Photography Competition.

This year he was commended in the Australian Photographer of the Year under-18 category. More than 8000 images and 2000 portfolios were entered in this competition so to make the commended list was a fantastic achievement.

Jack has been taking photos since he was six starting out on his mother's "little pink camera".

He enjoys studying animals and birds in their natural habitat and sharing his photos of amazing things with other people.

shop local
support our advertisers

No gender stereotyping at this school



Dunedin North Intermediate school has five uniform options including shorts, long pants, culottes and a kilt, and pupils are free to choose any option regardless of whether they are male or female. Principal Heidi Hayward says the change was brought in this year after pupils raised concerns about gender stereotyping. Culottes have been a popular choice among female pupils as they give freedom to be active, however no male pupils have yet opted to wear a kilt.

Pictured here, Taya Kain (11) practices her cartwheel watched by, from left, James Johnson (13), Ella Clarke (12), Rose Deacon (12) and Caspar Rinnie-Weston (11).

Fun in the sun at Opoho Playcentre



The children at Opoho Playcentre are enjoying being back together and have been making the most of the sunny days. Pictured here Emma Cantem, Theo McKillop and Ida Bealtie make an obstacle course jump with lead educator Carleen Mitchell. The centre is open Monday to Friday, 9am-noon. New members are always welcome. —Vanessa Gordon

'Tinker Communiversiety'

THE TINKER School is calling for all youth, aged 12 to 24, living in the valley area who have a passion for tinkering or working with their hands to come join the adventure.

The Tinker School has a \$5000 youth development grant to create a 'Tinker Communiversiety'. The concept of a 'community university' is to provide community courses around learning, to help young people become resilient, resourceful and enterprising.

Five tinkering courses were identified in consultation with youth currently involved with the Tinker School: an Art Installation, Game Design & Development, Digital Design and Manufacturing, a Football Coaching programme, and a celebration of our journey by hosting a community event, the Festival of Tricks.

Young people wanting to be involved will plan the content of the course, develop knowledge and skills to deliver the course and manage the resources required. It will require a minimum time commitment of around 30 hours spread over 60 days. For all youth involved in the development of this initiative, this is the only cost involved.

The community courses are then delivered to children and youth in the valley area over four months, finishing in June. The cost will be \$10/session.

To register your interest come by the Tinker School at 347 North Rd. We are open 3-6pm, Monday to Friday, or contact me on 021982216.—Andrew Bowen

services
your local guide

Dr Matthew Hamilton

Welcoming New Patients



Dr Hamilton is warmly welcoming patients into his new centrally located practice on Albany Street.

To register come down or call for more info

Albany Street Medical Centre
477 8812
29 Albany St, North Dunedin

Ready for change?



Sonja Antonsen,
Dip. Couns. MNZAC

Experienced,
professional
counselling and
therapy with
individuals and
couples.
Enquiries
Welcome

sonjaacounselling@gmail.com
Ph 473 0429 or 021 269 8421

Mindfulness Training with Kovidomaddick

individuals
groups
workplaces

Practicing mindfulness has been shown to reduce anxiety, stress & depression & increase wellbeing

www.kovidomaddick.co.nz
027 357 2884
kovidomaddick@gmail.com



JANET MELBOURNE

BHSc (CompMed) ND Dip Herb Med
Mind Body Medicine Practitioner

No consultation fee for
children up to 13 years

487 7974
021 0233 9778
herbmed@xtra.co.nz

shop local
support our advertisers

Caring for animals
as if they are
human.



Phone
03 456 2345
manned by our staff
24/7



Humanimals
YOUR PETS' DOCTOR

44 Rankine St, Dunedin
www.humanimals.co.nz
formerly Dunedin South
Veterinary Clinic



SPCA
OTAGO

Animals for adoption

Go to spcaotago.org.nz for information about the adoption process and fees.

Visit us at 1 Torridon St, Opoho, Dunedin or phone 473 8252

Astro

AGE: 3-4 year old male

BREED: black & white cat

PERSONALITY: a little shy, but very loving

LOVES: treats



Astro is initially quite shy but once he gets to know you he'll come out of his shell with his playful loving side and will soon be your best friend.

Astro was originally adopted from SPCA Otago a few years ago, however, his owner recently passed away, so he was returned with another cat called Nicholas.

Nicholas has already been adopted and now Astro is patiently waiting at SPCA Otago for his forever home.

Please come and meet him today.



Looking for a new canine family member?

We foster and re-home dogs that have been left unwanted at the DCC Pound.

Each dog is registered, micro chipped, vaccinated and will be de-sexed. We ask adoptive owners for a donation of \$230 towards these costs.

Foster homes needed. All essentials provided, fully fenced sections required.

Visit: www.dogrescuedunedin.co.nz or phone 03 486 2311. Find us on Facebook!

DISC GOLF



discs \$15ea
course at
Chingford Park

call into our office
262 North Rd
or buy at the
Grid Coffee Roasters

French dancing

NOW FOR something different! Bring a blanket, pack the sandwiches and join us for a sunny picnic at the beach.

The Historical Dance group will kick the year off with a costumed promenade and picnic at the St Clair Esplanade on Sunday 4 March from 11am to 1pm.

This is a casual gathering where everybody is most welcome. Period attire encouraged but not required. Hat *de rigueur* though.

The dance year for the group will start with a block of six dance classes focusing on French regional dances. The French tradition is very old and some regional dances can easily be traced back to medieval times.

The dance is quite social and well suited to beginners. There is no need for a partner. Wear comfortable shoes.

The six classes will be held at the North East Valley Normal School hall, 248 North Rd, on Tuesday from 7pm to 8.30pm starting on Tuesday 7 March. The cost is \$40 for the six classes or \$8 casual. More info at www.frenchdancing.co.nz

Dalmore Reserve Community Garden to meet on Sundays

THE DALMORE Reserve Community Garden in Pine Hill has changed their weekly meeting time to Sunday afternoon.

They have found Saturdays are busy for many people, so will gather at the gardens on Allenby Ave from 1pm to 3pm on Sundays.

They are busy getting plants in for winter and drawing up a planting plan to rotate crops.

Parenting courses in the valley

Build a great family team and have fun on the way at Parenting Toolbox courses in the valley.

Each course has a small group with a trained facilitator. There will be six sessions per course, tailored to your needs. There are three different courses, covering the Early Years (0-6); the Middle Years (6-12); and Tweens and Teens (12+).

The cost is \$35/person or \$55/couple. Some people will be eligible for free courses. These will be held at the Valley Baptist community centre on Thursday evenings, from 2 March to 6 April. Contact Amy or Steve on 473 9413 or toolbox.valleybaptist@gmail.com for info.

BETTER BUSINESS ACCOUNTANTS
Investment House • 462 Moray Place
77 5867 • www.betterbusiness.co.nz

When
you're busy
looking ahead,
we've got your back.

advertising makes this
newsletter possible

Abundance of tiny critters in creek

WITH CREEKFEST almost here again, I thought we'd take another look at the stream life in Lindsay Creek/ Pukehaukea.

Last year we ventured into the creek with an electric fishing machine to see what fish were about, but this year we went low-tech and embarked on a family insect-catching mission equipped with just a few small nets.

Our first spot was Bethune's Gully at the wooden steps. For someone who doesn't spend much time thinking about small creatures in streams, I was amazed at how the creek bed was teeming with life. Under every rock we turned over lurked an assortment of critters; mayfly, caddisfly, stonefly, crane fly and midge larvae, as well as tiny snails and worms.

These fly larvae love this bouldery stretch of stream with mini-rapids – the turbulent water holds plenty of oxygen and the overhanging trees keep the water nice and cool. There is also plenty of food and, as with any animal, life is all about the food.

These critters are totally fascinating. There are over 230 species of native caddisflies in New Zealand and the larvae we found (a type of Hydropsychid) make little nests of stones under rocks. They make tiny silk nets next to the entrance and wait for algae and small bugs to float into it.

Mayfly larvae shed their skin many times, getting bigger each time until, after about a year in the stream, they turn into a winged adult. The adults don't eat, they fly off, mate, lay eggs and then die. There are 40 species of native mayflies in New Zealand, the most common being *Deleatidium*, which we found plenty of in the stream.

Mayflies are an important part of the stream food chain. *Deleatidium* larvae graze along rocks sweeping up bits of loose plants and algae from



A stonefly case on a rock at Bethune's Gully. The larva has turned into a winged adult and headed off leaving its last shed skin behind.

the water with their furry mouthparts. In turn they are the main food for trout (and other fish and some birds) and thus form a cornerstone of New Zealand's trout fishery.

Our second stop was downstream, at the North Road bridge. This stretch of stream is quite different – less shade (so warmer water), more weeds and slime, and a more uniform stream bed with rocks of similar sizes. The warmer water means fewer mayfly, caddisfly and stonefly larvae, but there were dobsonfly larvae as well as lots more tiny snails.

For an urban stream with an industrial history, the diversity of critters is okay. Mayfly, caddisfly, and stonefly larvae are particularly sensitive to pollution and are one indicator of stream health. The fact that all three are present here, albeit in fewer numbers than Bethune's Gully, is promising.

So next time you see the creek, think of the thousands of insects and other wee bugs busy in the stream bed. As Mr Jack reminded me – it's a jungle out there!—*Helen Jack*

community
your local guide

Plunket

Plunket Clinic now at the Gardens Corner (by the post boxes), Opoho Road

Phone Melissa Plunket Nurse for an appointment

027 6877925 or Plunket Area Office (03) 474 0490

Plunketline 24/7 0800 933 922



Like us on Facebook – Otago Plunket

Plunket's Vision

In the first 1000 days we make the difference of a lifetime

Need an MP?
David Clark

MP for Dunedin North

03 474 1973

32 Albany Street, Dunedin

david.clark@parliament.govt.nz

fb.com/DavidClarkMP



Nau mai, haere mai
Metiria Turei
Green Party MP

Dunedin Office
5th Floor Burns House
10 George St
Please phone for appointment
03 477 8502

Authorised by Metiria Turei
Parliament Buildings
Wellington

New warning signs erected for Lindsay Creek

Health Warning:



This piped stream may contain wastewater overflows during heavy rainfall. Contact with water is not recommended.



(03) 477 4000
www.dunedin.govt.nz

DUNEDIN CITY Council has been investigating the city's wastewater network and has identified a number of historically constructed overflow channels that alleviate pressure in the wastewater network during heavy rainfall.

One such overflow has been identified at Lindsay Creek near Knox College. The council will be spending more than \$7 million addressing this issue, with work to start in the Kaikorai catchment first.

Until remedial work is carried out, signage has been put up to warn users of the creek of the potential health hazards.

SuperGrans Dunedin
'helping people help themselves'

Do you have a client that would value from having the gift of a SuperGran?

Consider making a referral ph: 474 0582

shop local

Fringe show by valley mums

OPOHO MOTHER and performer Charlotte McKay has teamed up with her best friend to create a no-holds-barred show on mums for the Dunedin Fringe Festival. "It's time to don your leather jackets, bust out your regrettable tattoos and pack your mummy issues for a crack up night of song, stories and, potentially, even therapy." Both women have small children, so the story behind the show is about trying to "retain a sense of self in amongst all the mummy-ness" and giving a nod to their former lives as singers and performers.

The show is on Thursday, Friday and Saturday, 9-11 March, 8-9.30pm, at Cafe LOL, Wall St Mall. More info at Facebook page 'According to Harriet & Charlotte'.



INFORMATION SESSION

Would you like to find out more about volunteering with us?
Come along ...

Information Session for Potential Volunteers

Tuesday 28 February | 5.30pm-7.00pm
Tuesday 14 March | 5.30pm-7.00pm
Tuesday 4 April | 5.30pm-7.00pm
Seminar Room | Otago Community Hospice
293 North Road | North East Valley | Dunedin
Nibbles provided! Please RSVP 473 6005

The purpose of this session is to provide information to anyone who may be interested in volunteering with us. You will find out some more about the hospice and the volunteer roles available. If you are still interested we can talk further.

THERE IS NO OBLIGATION TO VOLUNTEER WITH US!



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, 4pm
- Opoho Presbyterian**, 50 Signal Hill Rd, 10am
- NEV Presbyterian**, 224 North Rd, 9.30am cafe service
- St Mark's Presbyterian**, 304 Pine Hill Rd, 10am
- NEV Baptist**, 270 North Road, 10.30am.

Every Sunday 1pm-3pm

Dalmore Reserve community garden

At the reserve entrance on Allenby Ave

Sunday 5 Mar 1pm-4pm
Saturday 11 Mar 9am-noon
Sunday 19 Mar 1pm-4pm
Saturday 25 Mar 9am-noon

NEV community garden working bees

top paddock behind North East Valley Normal School

for families, kids & teens

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 Sat.

FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children, email gabrielle.david@gmail.com

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

NEW PARENTS' GROUP

Coffee group for parents with babies, 11.30am-1.30pm, fortnightly Mon. All welcome. Ph Charlotte 473 8614 or 027 476 1066.

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.

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 parent. Groups meet weekly, term time, For more info contact 471 2163 or dunedinsteinerplaygroup@gmail.com

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.

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. 12.30-2.30pm, Thurs, community rooms. Ph Susan 021 550 0737.

fitness & health

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

CONTRA DANCE

7.30pm, Mon, \$3, 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 jooske@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, \$3. Ph Yvonne 455 2406, stureid1@yahoo.co.nz

FRENCH DANCE

French traditional dance, beginners welcome, no partner needed. Wear comfortable shoes. \$8 casual/\$40 for a block of 6 classes starting Tues 7 March. 7-8.30pm, Tues, North East Valley Normal School hall, 248 North Rd.

LEARN TAEKWONDO

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

MEDITATION

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

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

for sale
at the
Valley Community Workspace
11 Allen St, Fri and Sat mornings
Ph Nathan Parker 027 214 8294 or
Facebook for free trial and advice

OPOHO BOWLING CLUB

Dunedin's friendly little club on the hill. Become part of our lawn bowling community, club day 1.30pm, Mon. Ph Paul and Bridget 471 0743.

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 and to register & get your personal barcode.

SELF DEFENCE COURSES

For women and girls, learn simple ways to use your mind, body and voice to keep safe. Contact Imogen iroxhead@gmail.com

SPAN NEV

Stretch n'flex, low-impact exercise, fun and friendship, Nga Maara Hall, Sacred Heart School, 10am-11am, Tue, over-65s, \$4. Ph 473 9311

SPORTS AEROBICS

Competitive aerobics and casual fitness classes. Training held at DNI Sun, Mon and Fri. Contact Rebecca 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; 9.15-10.15am, Nga Maara Hall. \$10 waged, \$8 unwaged, for more info contact adairbruce@hotmail.com

Want health, wellbeing and relaxation?

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

All welcome
For class times or private sessions
contact Jay 027 584 4537
www.bodymindqi.com

ZUMBA

All welcome with or without children, qualified instructor Liana, 11am-noon, Mon, Baptist Church hall, \$5, ph 021 299 1024.

further education

COMPUTER CLASSES

Free class, 9.30-11am, Tues, community rooms, 262 North Rd. Tutor Rob Tigear. Ph Aife 473 8944 for info.

ENGLISH CONVERSATION

Multicultural Women's Group New English speakers welcome, 10-noon, Wed, community rooms, 262 North Rd. www.multicultural-women.com

FREE LITERACY COURSE

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

LEARN ITALIAN

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

ITALIAN CLASSES

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

LEARN ENGLISH FAST

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

SEA OF FAITH

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

art, craft & music

ART TARDIS @ THE GRID

Coffeehouse featuring 'Mud Diamond' by Elise Johnston

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.

THAI MASSAGE

Traditional, clothes on,
massage for health

20 years experience and Thai trained,
here in NEV

By apt only
Ph Heidi on 473 6256 or 021 174 9290

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.

KNITTING SQUAD

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

SOUNDS NOR'EASTERLY

Do you enjoy singing with a group? Why not join your local community choir? All ages and abilities welcome.

SUNDAY SOUNDS

DNI design lobby every Tues, 7.30-8.45pm. Email Clare for more info clare-n-don@clear.net.nz

community groups

BIKE WORKSHOP

Get help, use our workshop, bikes available for koha. 3.30-7pm, Tues, and 9am-12.30pm, Sat, 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, VCW, 11 Allen St.

DUNEDIN NORTH LIONS

Always welcomes visiting or new members. Ph Ed 456 4317 or Murray 473 8044.

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, Mon, 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.

MULTICULTURAL GROUP

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

OPOHO EUCHRE GROUP

Opoho Bowling Club, 1.30pm, Wed. Ph Roy 473 7162.

NORTH DUNEDIN SHED

Sat mornings Bonnington St over bridge. Ph Paul 474 0060.

PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café, last Wed of each month. Ph Carolyn 477 7115 for more info.

trading corner

BABYSITTER AVAILABLE

Experienced 21 year old. Ph Kelly 027 697 9194.

BABYSITTER AVAILABLE

17 year old with extensive first aid training and experience with children of all ages. References available. Kyra Ph 0221507349

CLEANER WANTED

We need a house cleaner for 2hrs/week in Normanby. Rate \$25/hr cash. Ph 027 586 2548.

COMPUTER SERVICES

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

DECKING TIMBER WANTED

To make seating at the North East Valley Community Garden, treated timber, 20mm or 30mm thick, more than 60cm long. Will pick up. Ph Richard 473 0139.

FIREWOOD FUNDRAISER

Stock up now for winter. Demolition hardwood \$60/m, macrocarpa \$90/m. Call at North Dunedin Shed, 35 Bonnington St, just over the bridge, Wed and Sat mornings.

GARDENER WANTED

For 1hr/fortnight. Rate negotiable. Ph Alma 473 7607.

HOUSEMINDER AVAIL

House-minder available, 10 yrs experience minding pets and plants. Mature male (53), non-drinker, non-smoker. Ph Jeffrey 027 446 7915 or jeffreYROBINSON@yahoo.co.nz

PEASTRAW

New load just arrived, \$12 per bale delivered. A fundraiser for North East Valley Normal School. Ph 021 0849 9662 or nevpeastraw@gmail.com

SENIORS HAIRDRESSING

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

TUTORING

Free short-term tutoring available for primary age students experiencing difficulties with reading. Contact Suzanne iaml84t@gmail.com or ph Valley Project on 473 8614

WANTED

Back-up housekeeper and cook, up to 3 hrs/week in Opoho. Ph 473 9033 or 021 039 5988.

COMMUNITY NOTICES

Priority given to valley groups,
email voice@northeastvalley.org

Bilingual class at NEVN School



Bi-lingual teacher Mel Stojanovich, at back right, with some of her pupils in a new bi-lingual class at North East Valley Normal School for year two to year six pupils.

Wendy Bowman
Committed to achieving the best results for you
474 7070
027 609 7599
wendy.bowman@harcourts.co.nz
wendy.bowman.harcourts.co.nz
Harcourts

Compassionate guidance, support and advice 24/7



Ph: 03 455 2128 [24 hour]
407 Hillside Rd,
Sth Dunedin, 9012
www.gillions.co.nz

BAYLEYS
Sale
Steve Havard
021 289 1102
03 4739576
Driven for Results? Contact me today

The Normanby Bistro
Ph 473 0373
Open Wed–Sun
Lunch: 11.30am–2pm
Dinner: 5pm–8pm*
(*9pm on Friday & Saturday)
Ask about our Gold Card discount
Susanne and Richard look forward to meeting you

the valley project
Are you on our volunteer database?
Fill out our form online or come into the office: bit.ly/valleyvolunteer
Being on our database is not a commitment. It simply means we will be in touch if we have opportunities that might match your interests.
Make a difference in your community!

WHILE SOME of her pupils looked a little shell-shocked when their year began with her speaking te reo Māori in the classroom, the full-time bilingual class for years two to six at North East Valley Normal School is now thriving, says their teacher.

Mel Stojanovich says the new class will take time to grow, but the plan is to become a full-immersion te reo class in a few years.

The school is lucky to have a principal and senior teacher who already speak te reo, says Mel. "Our teachers here are really pushing themselves to learn more. It's a really rich environment for our language."

Mel was teaching English overseas in Japan when she realised two things. Firstly, how much she loved teaching, and secondly, how important it was to learn her own language, te reo Māori. She grew up in Dunedin, where little Māori is spoken – although "it is getting better", she says – and in a home where Māori was not spoken – her grandparents had been banned from speaking their language.

She studied te reo at Te Whare Wānanga, before doing her Masters in teaching, and is still learning the language, she says.

Principal John McKenzie says the bilingual class has been well received by the school community. The class has 17 pupils, a good number to start with. The children are year two to year six, and their te reo abilities range from those who currently speak very little to te reo speakers who also attend the city-wide Māori immersion class, Kā Puananī o Te Reo, once a week.

what's on calendar

church singing

Psalm singing workshops at Opoho Church, 7 and 10 March, 7.30–9pm. Sunday service, 12 March, 10am

neighbours day

Get to know your neighbours, organise an event in your street on weekend of 25 and 26 March. Contact the Valley Project for help on 473 8614.

CreekFest 2017

Love the Lindsay and get to know our creek better on 26 March. Discovery walks at noon, meet Pentland St playground. Festival, 1–4pm, Chingford Park.

networking

Networking meeting for community organisations and agencies in the valley, 10am, Wednesday 5 April.