

voice@northeastvalley.org – 262 North Road NEV – (03) 473 8614

## Old Post Office revival: ready and waiting

Adam Doering

Perhaps the title of this column sounds more like the name of a folk-rock band than an update on the North East Valley social enterprise initiative, but like waiting for your favourite band to come to town there is a sense of anticipation in the air concerning the Old Post Office revival.

Over the past year the Valley Project and local residents have been busy developing a plan to revitalise the Old Post Office building as a community-led social enterprise initiative. The vision: to build a viable and sustainable business within the Old Post Office property that is owned and operated by the community for the benefit of residents from North East Valley and surrounding areas. We are a few steps closer to making this vision a reality.

The preliminary groundwork has already been laid. At the request of the Department of Internal Affairs (DIA), a feasibility study has been conducted, feedback has been solicited from a broad range of NEV residents, and community members associated with *the Project* recently attended a social enterprise workshop with the Ākina Foundation to analyse potential options based on their social and financial outcomes.

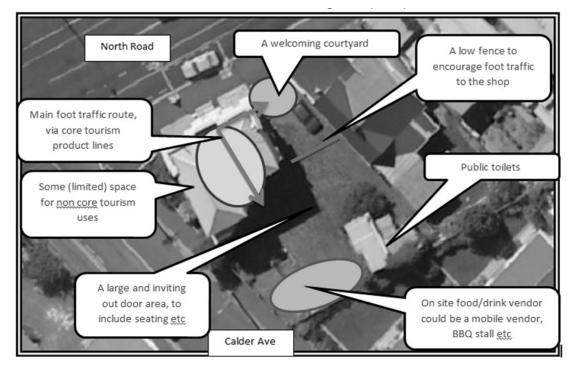
The feedback about the proposal has been almost entirely positive and the initiative was considered to have immediate potential to contribute to the social and economic well-being of the NEV community.

So where are we now? The paper work mentioned above was submitted to DIA at the end of June for a final decision on the funding and subsequent purchase of the Old Post Office. We are currently awaiting their response, but anticipate that the enterprise funding will be discussed and approved by the end of July.

To keep the momentum going, work is currently being undertaken to clarify the decision-making authority for the Old Post Office Social Enterprise and a clear line of communication between the social enterprise and building committees and the NEV executive. Establishing a strong organisation structure now will help ensure processes are in place for this venture to be up and running in time for the 2014-2015 tourist summer season.

In the meantime, if you would like to get a taste for the exciting potential of this community-led initiative take a winter stroll down to Baldwin Street this weekend and as you pass the Old Post Office imagine how wonderful a hot cuppa would feel at that very moment! If you have any further suggestions, questions or would like to walk through the Old Post Office to get a better look please email us at jane@northeastvalley.org.

Below: some of the ideas for the Old PO site.



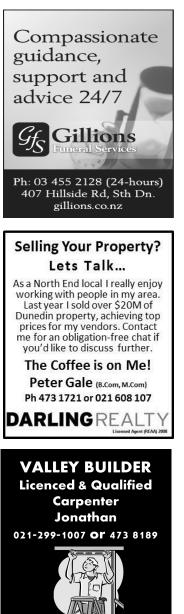
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# TV 473

Maureen Howard

TV 473 (Transition Valley 473) is a group of residents from North East Valley, and the wider area who get together to help the Valley on our transition journey - coping with the climate, energy and economic changes that are coming. We welcome local residents to join us - turn up at an event and introduce yourself, or you can email us at transitionvalley@king.net.nz for more info. We have established subgroups to work on the following areas:

- Food & Gardening
- Transport
- Biodiversity
- Local Economy
- Heart and Soul
- Energy and Housing, particularly improving old houses

TV473's initiating group is looking for a few more members-particularly with an interest and energy for the following: sustainable transport; energy; local currency; local food production. The initiating group get some projects started, liaise with others with expertise in these areas and the wider TV473 group. We usually meet once a month. If this is you, please contact Maureen on 473 9967 or tv473ig@list.king.net.nz

### Man o man

Tone Miller

In a recent speech David Cunliffe said he was 'Sorry for being a man." Mr Cunliffe's observation caused derision amongst many. In response John Key said "The problem isn't being a man, the problem is if you're an abusive man, and I think it's a bit insulting to imply that all men are abusive."

Whether you agree with Mr Cunliffe's statement, or not, the facts are hard to ignore. Family and sexual violence is perpetrated overwhelmingly by men against woman and children. Every day the news carries stories of indecency, rape, murder, and wars - crimes committed by men on woman and children throughout the world. This is a male dominated world and Mother Nature also shows many scars caused by the rape and pillage of the environment, in the name of progress for mankind.

Yet there are other statistics that may also offer pause for thought. Suicides are far higher among men. Education fails many young men, boys do worse at all levels of education compared to girls. The Media's depiction of men is all too often stereotypical (brutes or buffoons). Society has placed a narrow definition as to "what it is to be a man" and it is damaging and destructive.

If you would like to share your thoughts and story and examine different narratives as to masculinity, I would like to hear from you. If you think it is time to "wake up, stand up, man up and stop this bullshit." I would like to hear from you. If you feel you are a gentleman who wishes to change mankind into the kind men they can be, I would

### **Art Tardis**

Since its launch in June the Art Tardis has been very warmly received and was recently invited to participate in the University Art Week: 28 July–1 August. The Art Tardis spent the week in the St David



Jasmine

Lamorie

Street Lecture complex where we exhibited the work *'Protected in Comfort'* by Dunedin artist Rowan Holt.

She has used the domestic craft of crochet to create a soft large scale blanket from caution tape. The work critiques our perception of danger and protection. Rowan Holt is a highly qualified and experienced artist who has exhibited widely in New Zealand and has recently participated in the Legato Exhibition in Italy.

The Art Tardis and Holt's artwork 'Protected in Comfort' will return to the Valley for the month of August.

For more information visit <u>www.facebook.com/</u> <u>ArtTardis</u>. Artists who wish to display their work in the Art Tardis can submit proposals to us via Facebook or email

<u>northernartery@gmail.com</u>. If you would like to see the Art Tardis in your street or to suggest a location please let us know.



During August the Tardis will be located in front of the Salvation Army Hall on North Road

#### like to hear from you.

I am a gardener, educator and mentor. I have through serendipity and hard work learnt much about what it is to "be a man". Fortune has introduced mentors who have helped direct my learning, and challenged my beliefs, as to my own masculinity and how to be a gentleman. I have expanded this knowledge further with my own study and participating in courses and organisations that promote greater understanding and awareness of masculinity.

Contact Tone Miller 021 029 55 414



### All of us

Gabrielle Pankhurst

soups salads

Dizzas

baked

Welcome to our occasional column on inclusion. The term 'inclusion' usually refers to including people with disabilities but we want to include everyone who might feel left out or have difficulty attending events or activities.

I recently interviewed Hahna Briggs who teaches Inclusive dance. Inclusive dance incorporates people with a diverse range of embodiments including people with and without disabilities. What lead to your interest in Inclusive dance Hahna?

For my Masters in Dance Studies I decided to research inclusive dance since I had been working in the field of disability, and had some really memorable past experiences such as supporting two Physical Education students with disabilities in their dance classes and struggling to include a young high school student who used a wheelchair in the Smoke Free Stage Challenge when I was a senior high school student. Since then I have not stopped.

I just love the interesting range of movement that comes out of an inclusive dance class; and the ability to have a class that is so diverse and focused on supporting rather than competing with one another.

What are the benefits of Inclusive dance for participants?

I see the benefits of inclusive dance as being

the opportunity for self-expression and creativity; to find a voice through movement; to be part of a diverse community; and to challenge stereotypes about who can dance.

Hahna is part of the GASP! Dance Collective and runs an inclusive class on Monday evenings at King Edward Court on Stuart Street. GASP also runs a class in North East Valley on Thursday nights at the Salvation Army Hall taught by a variety of dance teachers in five week blocks. The level of inclusiveness will depend on who is teaching and what they are teaching. People are invited to come try out the first class of a block and talk with the teacher. For more information email gaspdance@gmail.com.

### Contemporary

Dance: GASP! Dance collective classes open to the community on Thursday eve-



Brendon

Thomson

nings at the Salvation Army Hall on North Road. The next block starts on August 14<sup>th</sup>. The class will be a combination of facilitated improvisation and taught contemporary sequences. Cost: \$45 / \$35 for a five week block.

Contact: gaspdance@gmail.com

### **Cop that! Meet Brendon**

I have been in the Police coming up 27 years and have worked in the Dunedin Area all that time apart from a 6 month deployment to the Solomon Islands in 2010 where I was part of the Regional Assistance Mission. This was largely capacity building the Royal Solomon Island Police after what could only be described as ethnic cleansing had occurred. I was part of a multi national police operation which included most if not all South Pacific Nations and lead by Australia.

For the past 14 years I have been a Tactical Options Trainer for the Southern area which involved me training Police Staff in their 'appointments' such as Asp baton, OC spray, Taser, Both Bushmaster and Glock firearms. Alongside this was instructing staff on the tactical aspects of how to conduct a 'High Risk' vehicle stop or the systematic clearance of a building or structure.

Together with these duties, I also spent 21 years on the Armed Offender Squad dealing with incidents of a serious nature involving offensive weapons and firearms offences.

Since my move to North Dunedin, I would have to say it's been a pleasure to be out and about dealing with the public again. Mv perception of the area is that it is a tight community with a plenty of support for people not only from the police, but other agencies all working together to keep the area safe and enjoyable for all.

A final point I would like to make is that North Road is extremely busy with both vehicle and foot traffic. Schools, shops, take away bars etc line the road so let's just take that extra second or two and make sure the road or footpath is clear before either turning into a park or

driveway or exiting back into the traffic flow. Schools are back in business so it's a 'no brainer' to expect a higher volume of traffic around drop off and pick up times. Let's be careful and look out for each other.





Thurs 28 Aug, 7–8.30 pm Not FRIDAY! Community Rooms, 262 North Rd Good Company, Delicious Baking, All Welcome!





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## Matariki star among stars $A_{a}^{*}$

**Ngā whetū o Matariki -** Matariki hunga nui: The Pleiades have many people

The beautiful sounds of the pūkaeā (wooden trumpet) signified the beginning of our Puaka Matariki community event held at DNI on Saturday 12 . Wendi Raumati (Kāi Tahu) welcomed the community with a karanga and karakia. Our MC, Clare Adams, kept everyone informed and made sure the day ran smoothly. The weather was

MATARIKI HĀNGĪ

certainly in our favor this year and it meant we were able to utilise both the indoor and outdoor spaces for the many activities on offer. These included games and waiata with Te Ara Reo Māori ki NEV and South Dunedin, exploring traditional Māori instruments with Te Roopū Taonga Pūoro o Te Whare Wānanga o Otāgo, The Valley Ukes, Jayden TJ, circus tricks with The Circulation Festival Community, kite flying with Andrew Wills and, art activities with Elizabeth and Inge. Our local choir, Sounds Nor'Easterly, blessed the kai with a karakia and entertained the crowd as they lined up to collect their hāngī. We were very privileged to have Justin Hanning (Kāi Tahu) share his knowledge about Puaka as people sat and ate their dinner. Elder Flame Entertainment amazed us with their fire performances. The night concluded with acknowledgements, karakia and waiata.The above whakataukī was the theme of our Puaka Matariki community event; a fitting proverb as there were many people who were involved in ensuring our celebration was successful. Kotahitanga and whanaungatanga

Paia

Taani



(unity and relationships) were reflected in the whole process, from the planning meetings to the clean up at the end. I would like to acknowledge the following matariki stars for their support:

 ${}^{\bigstar} \mbox{Ross}$  Leach and all the staff, tamariki and whānau of DNI;

Antony Deaker and the Puaka Matariki Festival Steering Roopū A The North East Valley Community Development Project;

☆The Department of Internal Affairs;

 $\not\approx$  Jenny Roxborogh and Richard Tozer from the NEV Community Garden;

☆ Geoff from Hintons Fruit and Vegetable Shop;





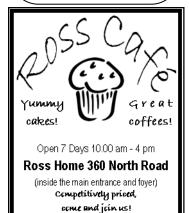


Living in an ice house? Sick of the cold already? Scared of the next power bill?

HELP IS AVAILABLE AND IT'S FREE

- Contact the Community Rooms for: • Free home energy assessment (you'll get practical ideas on how to keep your house warm and save power)
- Practical Support: Free eco light-bulbs, Free curtains, free window film What are you waiting for? Phone now 473 8614

### HAIR STUDIO Gardens Shopping Mall Ph 473 0333 today for an appointment Men's Student haircuts \$20





Nicola Wilkinson Ph. 473 0726 WESTPAC GARDENS

To find out what I can do for you, feel free to give me a call and we'll arrange a time for a visit

## Normanby Tavern & Bistro

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Lunch and Evening dining . Wednesday to Sunday Lunch Inder \$10 - Dinner Under \$20 Functions and special occasions catered for Drop in for a quiet drink, and play pokies, pool or darts. The Normanby A Great Little Pub

🖈 Simon Tiefenbach,from Deep Creek Deli butchers; 삷 Brendan Murray, Greg Roberts and staff from Gardens New World; 🖈 Nolan and Leanne



Hill from Salvation Army; ☆ North East Valley Normal School; ☆ Sacred Heart School; ☆ The Open Wānanga; ☆ Charlotte Flaherty from the Dunedin City Council; ☆ Our community workers, Jane Clutha and Charlotte Wilson; ☆ our photographers, John Roxborogh and Tushar Robins; ☆ April from the Salvation Army Family Store; ☆ Restore.

I would also like to thank the many volunteers (too many to name here!) who helped with the preparations and clean up, your help was very much appreciated. Finally, a big thank you to the group who made all this happen, Te Roopū Matariki:

☆ Taneroa Paratene ☆ Greg Marion O'Kane ☆ Clare Adams ☆ Wendi Raumati ☆ Paritai Samuels ☆ Kyoko Nakamura ☆ Kristen and Chris Bracey ☆ Pam and Tom McKinlay ☆ Steve O'Connor ☆ Sue Marshall ☆ Lynda Scott ☆ Michael Gaffney ☆ Maya Tate-Manning  ☆ Audrie Rogers and whānau ☆
Kuini Scott ☆ Your hard work, dedication and energy was inspiring and I look forward to

working with you all again in the near future! Nō reira, tēnei te mihi maioha ki a koutou katoa. Paia Taani

### Editor's comment

Matariki is a festival that celebrates the ascending of the Mataiki star cluster, which marks the beginning of the Maori New Year.



A solotary star may look pretty in the night sky but many stars lighten the dark and point the way.

Paia you are a  $\stackrel{*}{\rightarrow}$  star among stars  $\stackrel{*}{\rightarrow} \stackrel{*}{\rightarrow}$ , thanks for pulling together the many stars that helped make matariki a great community occasion where together we shone and pointed the way to a bright future together.

Photos clockwise from top left: A welcoming sign; children enjoying hangi kai; it takes a lot of puff to blow the conch, Kristen presents one of the many yummy puddings, the "Ukes' play some old favourites in the tech foyer, a demonstration of tradition Māori instruments; Greg Kerr guards the fire pit as the day dawns delightfully dry.





**Community Garden Working Bee Dates for June** Working Bees alternate between Saturday mornings and Sunday afternoons

Sat 2 Sat 16 Sat 30



Sun 10 Sun 24 Sun 7 Sep

9 am–12 noon 9 am–12 noon 9 am–12 noon

SuperGrans Dunedin 'helping people help themselves' Do you have a client that would value from having the gift of a SuperGran? aking a referral ph: 474 0582 - MAM THE ORGANIC COOK 022 172 3630 Make your ad stand out Talk to us aboutour Call graphic artist Steve Suitable for business 473cards and digital 8614 display as well Jim PINE **Driver Education** 473 0044 027 227 2342 jpine @ xtra.co.nz Driving lessons - NZQA Assessor - Road code theory Defensive driving courses - Full licence test training Driving assessments



Self Service TAB, Sky TV, Pensioners' Happy Hour 10:30-3 Tuesdays

Happy Hour 4-5pm every day!

Top field of the NEV Normal School — garden@northeastvalley.org

For further information on these items contact the Community Rooms 473 8614





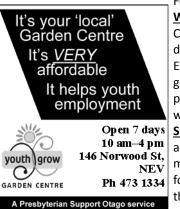


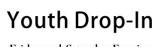
Looking for a new canine family member?

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 as 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 Face

book!





Friday and Saturday Evening 7-10pm



Supervised fun for year 7-13 students NEV Baptist 270 North Road

### **Before-school checks**

We have a public health nurse from the DHB visiting the Community Rooms regularly, who gives free before-school health checks for 4-year-olds. To book in your child phone 479 9839.

### For the Grey Matter: use it or lose it!

Mental Motivation: The first organisational meeting of a new group to arrange stimulating discussion, was held in July and now it's time for the next steps. You are invited to come to a meeting on Wednesday 6 August from 10-11.30 am at the Community Rooms. After a brief discussion about what topics you would be interested in, we will then listen to our first presenter. The subject will be "Meeting the Maldives".

You may also like to come to another session at night time if it suits better and we can talk then about the topics that interest you and also plan ahead. The second meeting is on Thursday 7 August from 7-8 pm also at the Community Rooms. We want to find out if day or night time slots suit more people better. All inquiries to Jane 473 8614. (Help with transport available.)

Babysitter Available. Hey, I'm Kelly and I'm 19 years old. I have four years of experience working with young children (mostly between the ages of three and six). I am trustworthy, reliable and responsible. I'm fine around animals. Please txt or call me on 027 697 9194, I am happy to answer any questions you may have :-) Thank you!

### **Reclaiming the night**

A group of senior and enthusiastic residents have begun to take evening walks together, refusing to be confined to their homes simply because it's dark outside. This endeavour to 'reclaim the night' begins at DNI each Wednesday at 6.30 pm. For more information contact Jennifer 473 1694.

### Women's Health

Come along to our weekly meetings in NEV to discuss women's health and well-being.

Every Tuesday from 12–1pm. A friendly get together in a safe environment where women supother. port each contact Pia at www.taosh.co.nz or ph: 021 027 92116

### Supporters of the Opoho Tennis Courts

are invited to the AGM of the Lovelock Environment Society Incorporated which holds the lease for the courts with the DCC in order to retain them as an asset for our community. Our AGM will be held in the meeting room of Opoho Presbyterian Church in Farquharson St at 7.30pm on Wednesday 6 August. Messages to the secretary -Fiona Stirling Fiona.stirling@ihug.co.nz 4730024. Citizens Advice Bureau Dunedin (CAB) is thrilled to be among the 30 CAB locations throughout New Zealand chosen by Immigration NZ to be the new face to face information service for new migrants. We are well placed to provide this service with over 34 years of experience in providing face to face information and advice to people coming to the bureau. CAB can be contacted by phone on 471 6166 or 0800 367 222.

email cab.dunedin@xtra.co.nz, www.cab.org.nz or call in to see us at 301 Morav Place. Dunedin. Need a Justice of the Peace? Colin Lind is a Justice of the Peace who lives locally and is available to sign documents and certify copies of documents. Ph. 473 7174 to arrange a time. There is also a JP available every Saturday morning from 10:00am to 12:00 midday at Citizens Advice in Moray Place. For other option look on the internet at www.jpfed.org.nz you can find contact details of all JP's in New Zealand.

If you are interested in becoming a JP check that website, then talk to your local Member of Parliament.

### **Community Patrol**

Do you wish to volunteer to give something back to your community? Dunedin North Community Patrol is looking for new Volunteers so join us lo help make a difference by working together to reduce crime and build safer communities. The Dunedin North Community Patrol Annual General Meeting will be held at Dunedin North Police Station Monday 4 August 7 pm and we welcome Interested folk to attend - for further Information call 4737174.



### **House Sitter Available**

From September 1 onward; please contact Jane at Community Rooms 473 8416

Catch Daniel Madill a Dunedin musician living in Opoho about to embark on a South Island tour to promote his debut album. The tour will include a backing band and singer/songwriter Jo Little in support. Playing 9 shows over two weeks from 31 July . Homecoming gig at Inch Bar 16 August.

Youth Picnic On Saturday the 12th of July the North East Valley youth community group held it's first community event at the local Bontanical gardens. The afternoon consisted of fun and games including a sack race, egg and spoon race and hula-hooping. The weather was in our favour, the sun was shining and it was warm. After all the games everyone enjoyed a free sausage sizzle and drink. The event was a success and we hope to put on more events in the community for school holiday fun! If anyone has any suggestions of events or ideas we can do within the community feel free to contact Kyra, via the Community Rooms Annabelle Johnstone

# **Classifieds**

YOGA Body-breath-mind connection. Tuesdays 6.00–7.15 pm Baptist Church. Jenny Haydon 482 1409 027 482 1426 or <u>claydons@actrix.co.nz</u> Qualified Satyananda Yoga teacher, 20 years-plus teaching experience. <u>CHANGING WAYS</u> Change your mind & keep the change. Karyn Chalk from Changing Ways is offering free seminars to show you how to create habits and beliefs to support your success. For more info check out <u>www.changingways.co.nz</u> or Ph 473 7087 or 021 0275 4881

### NEED A NANNY?

Mature (warm-hearted and experienced) woman available for after-school care, preparing dinner & light domestic duties for busy working parents . References available Ph Mary 473 8065

### COMMUNITY DINNER

Would your like to help plan the next Community Dinner? The evening is a lot of fun, there's a bit of work to plan it, but its not too much. Date to be arranged probably early October. Contact Steve O'Connor 027 4241828

### **Community Notices** for not-for-profits

### FITNESS AND FUN

LEARN TAEKWONDO, Korean martial art, in a supportive environment. Training Mondays and Thursdays, NEV Normal School Hall, 6–7.30 pm. All ages and stages welcome. First month free, family discount available. For more info ph 027 4125 770 or dunedinolympictkd@hotmail.co.nz

**CONTRADANCE** 7.30 pm Monday nights Baptist Church Hall, 270 North Rd. \$3 cover charge. **FOLK DANCING FOR FUN** 

### Friday mornings 10–11.30 am, \$3, Baptist Church, 270 North Rd. Ph Yvonne 455 2406, or

Rd. Ph Yvonne 455 2406, or stureid1@yahoo.co.nz FRENCH MUSIC session at

Filadelfio's on the second Sunday of each month. Any instrument welcome. Next session Sunday 13 July 2–4 pm.

# Contact Kate for tunes: <u>info@frenchdancing.co.nz</u>

#### YOGA IN THE VALLEY

Adair Bruce: Yoga Instructor \$5 waged, \$4 Students/Unwaged, 6 pm Mon–Fri DNI, Tech Block,

or 9.15 am Mon, Wed & Fri, St David's Church, cnr James St & North Road.

**STEADY AS YOU GO** (Age Concern) Gentle balance and strength exercises. Mon, 10.30–11.30 am NEV Baptist Church.

### TAI CHI FOR BEGINNERS

(Age Concern) NEV Baptist Hall, Thurs 1.30–2.30 pm, Contact: Margaret 477 1040.

**SPAN NEV** Stretch'N'Flex Tues, 10–11 am. Over 65s \$3 per session. Gentle low-impact exercise. Lounge at St David's Presb Church. Ph 473 9311.

SELF DEFENCE FOR WOMEN AND GIRLS Learn simple ways to use your mind, body and voice to keep yourself safe. \$5. For information on next course contact Imogen

ircoxhead@gmail.com.

**OPOHO EUCHRE GROUP** Wed 1.30 pm Opoho Bowling Club Ph Lesley Bosman 473 9771. **INDOOR BOWLS** Come and join NEV Indoor bowls. Thur 1.30– 4 pm at NEV Bowling Club, 139 North Rd.

Ph Jack KotKamp 473 9565 or Sean Cadogan 473 8822.

NORTHERN FOOTBALL CLUB'S Masters team, for male players aged 43 and older – wanting new players. Contact Wayne on 021 056 1268, or wmralph2003@gmail.com.

### FREE FITNESS CLASS

Outdoor circuit training NEVN School Saturdays 9.30 am. Bookings essential, ph Knox Rehabilitation Clinic 474 0517. **RECLAIMING THE NIGHT** walking group. Meets @ DNI car park 6.30 pm Wednesday nights, contact: Jennifer 473 1694.

### **MEET NEW PEOPLE**

#### NEW TO THE VALLEY

Meets each Friday morning at the Community Rooms. Chance to meet new people and find out what's going on in the Valley. 10.30-11 am.

#### LIONS IN THE VALLEY

Toroa Lions Club meets twice monthly on Monday evenings at the Morrison Lounge, Opoho Church. New members, both men and women, are welcome. To find out more call Tess on 473 8114 or email Genny

### gennyhann@gmail.com

CHAI AND CHAT Where women can come together to socialise. Children most welcome. Community House, 283 Moray Place, opposite Countdown, Monday 10.30 am. Gold coin donation. Ph Afife: 473 8944. YOUTH DROP-IN

Supervised fun for young people years 7–13, NEV Baptist Church Fri and Sat evenings 7– 10 pm. Ph Steve 027 424 1828.

### FOR THE LITTLE ONES

**PLAY GROUP** for 0–4 yrs. Come along with your children 9 am–3 pm on Tues & 9–11.30 am on Wed at the Baptist Hall (270 North Road). Want to know more? Call Michael 473 0572.

**MUSIC AND MOVEMENT** for little ones at the Salvation Army Hall on Mon 9.30 & 10.30 school terms only. Between sessions morning tea from 10–10.30 am. Gold coin.

### **OPOHO PARENTS AND KIDS**

Opoho church 2nd & 4th Thurs, 10–12 noon. See 'Snippets', on previous page, for more details of this new group.

### TRY SOMETHING NEW

**ITALIAN CLASSES** Exp teacher & native speaker of Italian (PhD Linguistics). Antonella: antonella.vecchiato@gmail.com, 473 0832 or 027 341 8312.

Benvenuti! ASTROLOGY COURSE Learn the fundamental principles of astrology www.taosh.co.nz or

contact Pia on 473 7781. **MEDITATION** and Mindfulness. Afternoon workshop every 2 weeks, ph 021 035 2392 www.meditatenz.co.nz

QIGONG: Interested in Qigong? contact Ans, Qigong Teacher home: 473 6114 or 027 756 8383.

### www.qigongrenxue.org.nz

**QIGONG CLASSES** Jay Baker runs a Qigong class at the Community Rooms Thursday evenings 6 pm. 027 5844 537.

**FREE LITERACY COURSE** For more information contact Literacy Aotearoa Ana & Marg on 477 2055.

LEARN ENGLISH FAST Contact Paul or Glenys at English Language Partners 477 7261 or <u>Dunedin@englishlanguage.org.nz</u> English for work and daily life. ART CLASSES FOR ALL LEVELS Casual attendance welcome. Tutor: Anneloes Douglas Thurs 10 am–12 noon, NEV Community Rooms, 262 North Road, Dunedin. Ph 467 9993 or 027 3077 034,

anneloes.douglas@xtra.co.nz

### CAN YOU HELP?

**ENLIVEN DAY CLUB** Ross Home. *Wanted:* Drivers, as well as help with activities, light food preparation. Tues, Wed & Fri. Ph Maybank on 473 0890. **MENTORS REQUIRED** Become a mentor to young people who need a good male role model in their lives. Operation 'New Direction' Rob Fitzpatrick on 473 6825.

### garden@northeastvalley.org

#### NORTH DUNEDIN SHED

Working Bees: Bonnington Street, two shifts Saturdays 9– 12.30 and 12.30–3 pm. Boots and gloves essential. Coffee, tea & scones welcome.

#### KNITTING SQUAD

Meets Wednesday 1–3 pm in Community Rooms. BYO knitting or crocheting or come and learn. Marjory Brown ph 473 7751.

### **EMPLOYMENT**

#### BABYSITTING

14 years old with National Certificate in Babysitting and involved in St Johns. Please ph Kyra Murdoch on 473 7087. **COMPUTER SERVICES** Troubleshooting Tuition, low rates. Ph Dave 473 9542. davescomputer@actrix.co.nz

### **TRADING CORNER**

Wanted: Wooden car trailer, two wheels, suitable for two bikes. Call in 16 Calton Street (off Arnold) or Ph Richard 473 1622.

HOME ENERGY ASSESSOR TRAINING more details and expressions of interest to Community Rooms.



Email: bigakers@yahoo.co.uk

# **Church Services Directory**

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

**TV473 Home energy tour** Sat 9 Aug, 1 - 3 pm Visit 3 local homes to see a range of energy efficiency measures. Contact Kristen to register your interest <u>tv473ig@list.king.net.nz</u>, or 473 9535, or 027 779 5481

**1 pm** visit the first house (in Opoho). This has insulation and some higher cost measures: acrylic double glazing (magnetic); solar hot water; solar photovoltaic, heat pump.

**1.30 pm** visit the second house: acrylic double glazing (DIY), insulation, shutters.

**2 pm** visit the third house (in Normanby). This has a range of high and low cost measures: pelmets, seals on doors and windows, acrylic secondary glazing, heat pump, extra insulation in ceiling, wall and floor insulation, double glazing in existing timber sashes.

**Fruit tree grafting with TV473,** the Dunedin Permaculture group and Jason Ross from Habitate. Come and learn how to graft a fruit tree at our hands-on workshop. Grafting of young trees and re-grafting of old unproductive trees will be covered. Contact Kristen tv473ig@list.king.net.nz or on 473 9535 to register. (Places limited). The cost of the workshop is \$30p.p. This covers the cost of an apple rootstock, potting mix, scion wood and tuition. If you just want to learn the techniques, but don't want a rootstock, it is \$20p.p.

# Key dates August

Aug 2: New discussion group meets, p.6
Aug 6: Reclaiming the night walking group
6:30 pm DNI see page 6, each Wed
Aug 6: For the Grey Matter 10:30 am
Aug 7: For the Grey Matter 7 pm
Aug 8: Community police clinic 10.30 am
NEV Community Rooms
Aug 8: New to the Valley group, 10.30 am
NEV Community Rooms, each Fri
Aug 13: Project Exec 7 pm Comm. Rooms
Aug 13: Reclaiming the night
Aug 13: Dance workshop, see p.2
Aug 15: Community police clinic 10.30 am
Pine Hill Community Rooms
Aug 15: New to the Valley group, 10.30 am
Aug 20: Reclaiming the night
Aug 22: Police Clinic Pine Hill 10.30 am
Aug 22: New to the Valley group, 10.30 am
Aug 27: Reclaiming the night
Aug 28: Folding Guild, 7-9pm (none Fri)
Aug 29: Police Clinic NEV 10.30 am

### **Community Asset Mapping Workshops**

Two workshops about community (social) asset mapping were run in June. The aim of the workshops was to begin to identify what we have in North East Valley as a social resource. Who can we count on in terms of individuals and groups of people for support and community building. This comment of one participant in the second workshop summarizes very well the experience:

"I think showing our skills, interests and knowledge is very useful. It is a way of communication, to know how we can help, and maybe is a good way of making life easier in communities where resources are scarcer. At the same time in places like NEV where there is people better off and not so good, this could start a real community life where we could help each other and share. Try to make a less individualistic life. This workshop could be done several times and then pass to a second stage of develop to organize people's interests and skills and start something new or improve what is already happening in the community." (Carolina Gomez).

Thank you very much to all of you who gave your time and shared your skills, knowledge, interests and concerns with us! If you wish to know more about asset mapping or share your own assets (including ideas, energy, spare time), do not hesitate to contact the Valley Project.

e S	Туре	Size	Once	3 issues save 15%	11 issues save 25%
10. 0. 10. 0.	Front, Back Page	45mm*55mm	\$50.00	\$127.50	\$410.00
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		45mm*110mm	\$65.00	\$65.00	\$535.00

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THE VALLEY

BOPTIST CHURCH

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