

COMMUNITY GARDEN CONTINUES TO GROW

For twelve years we have been blessed with a busy-bee community of gardeners who have worked tirelessly to make the North East Valley Garden the bounteous masterpiece it is today. Looking back through previous issues of the Valley Voice, I was eager to learn of its history.

In a November 2010 issue of the newsletter, it was recorded that the garden came to be as a result of successful funding from the 'Healthy Action - Healthy Eating Plan' put forth to establish community gardens, barbecue spaces, and community hāngī pits. In our region, the latter two installations no longer exist, but wouldn't it be cool to see a community hāngī pit re-established for localised Matariki celebrations on our new national holiday?!

The garden's formation was concurrently supported by wider community, from the likes of former (...continued on page #4)

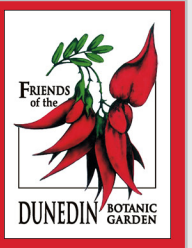


North East Valley Community Garden volunteers mark the 12th anniversary with an official photo!

LOOKING FOR UNIQUELY NEW ZEALAND GIFTS? Visit the Information Centre at the Botanic Garden

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Gardens



WHAT'S NEW, VALLEY CREW? TELL US EVERYTHING!

Seriously though, what's happening where you are? This is just a friendly reminder that the Valley Voice is here to give Valley residents—you guessed it—a voice! A hearty thanks from the editor for the constant flow of newsletter content lately. There's always room for more!

VALLEY PROJECT RECEPTION HOURS

Tue/Wed/Fri 10am - noon | Thur 10am - 2pm
(closed all public and school holidays)

- 📶 free wifi use
- 📧 trap hire
- 📄 laminating
- 👤 booking community rooms
- 📍 placement of notices
- 📄 newsletter advertising
- ✂️ printing & photocopying

Subscribe to digital copies of the Valley Voice and/or OpenVUE newsletters:
<https://bit.ly/VPnewsletters>

Join the Valley Project Community Directory! Listings are entirely free!
www.northeastvalley.org/directory

MORE COMMUNITY ROOMS MADE AVAILABLE FOR HIRE!



THE FRED HOLLOWES COMMUNITY ROOM has a max capacity of 30 and is equipped with a kitchenette (microwave, sink, jug, dishes/cutlery, serving wares, fridge, etc.) tables & chairs, whiteboard, TV, and more.

THE TE PUTAKE ROOM is suitable for small meetings of up to 10 people. Available all hours over weekends and after 3:30pm on weekdays. The room is equipped with a hot drink facility, heat pump, and TV with HDMI cable.



THE CLINIC/QUIET ROOM is ideal for the provision of health and social services, or other one-on-one sessions.

Check the bookings calendar on our website for availability:
(www.northeastvalley.org/services/community-room-bookings), then book by emailing reception@northeastvalley.org.

Mask wearing is voluntary practice for all staff and visitors of the Project. Disposable masks are available should you want one. Staff and room users are expected to practise healthy habits such as regular hand and surface sanitation. Please postpone your visit if you are unwell.

Plenty of free rapid antigen tests are still available. Drop in to collect a couple packs, or organise a contact-free pick-up via phone or email: **03 473 8614** or reception@northeastvalley.org. To find your nearest testing location, call **0800 VIRUS19 (0800 847 8719)** or visit wellsouth.nz.



A NOTE FROM OUR CHAIRMAN

Now who is excited for Creekfest? I sure am! It's going to be a fun, jam-packed day full of joy as we celebrate our creek and learn what we can do to make a difference in our own backyard. I hope to see the whole community there!

I want to take this time to thank the crew at the Valley Project—Jen, Krysha, Clare, Liam, Emily, and Nathan—who have put forth so much effort in organizing such an awesome event. It has been a huge undertaking. Every time I'm at the Project there is a contagious buzz of excitement around everything in store for Creekfest.

A major thanks goes to the community, too! We have been overwhelmed with offerings of food vendors, talent, and other participants. Unfortunately, we have not been able to fit you all into this edition of the popular four-hour fête! We'll reach out to you for future events.

I also want to take this opportunity to do a mental health check-in with our community. I have noticed in the last couple of weeks speaking with some of you that you've been feeling burnt out and generally overwhelmed. It's okay and totally normal to feel this way. There is help out there! If you are stuck, swing by reception at the Project and we can direct you in the right direction. As we move out of Covid times, the world is moving at a faster rate than before! We are trying to catch up with lost time, but do remember to please make room for self-care. I challenge every member of our community over the next month to do so, whether that means reading a book, taking a lunchtime walk, running around the block, or even a little retail therapy. Our community is here to support each other every step of the way!

-- James Sutherland

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what's ON?



CREEKFEST 2023

A family-friendly celebration of our awa, Lindsay Creek|Puke Haukea, is back! Come along for activities and entertainment, food trucks, community stalls, and opportunities to engage with environmental topics and practices. FREE - koha appreciated.

SUNDAY, 2 APRIL, 12noon - 4pm
CHINGFORD PARK SPORTS GROUNDS



WAR MEMORIAL UNVEILING

The Otago Military Historic Group has been cleaning the war memorial at NEV Normal School. Community members and kin of named soldiers are welcome to the unveiling. Afternoon tea follows at the Valley Project rooms next door. FREE - koha appreciated.

FRIDAY, 21 APRIL, 11:00am
NORTH EAST VALLEY NORMAL SCHOOL, 248 NORTH ROAD



FEASTOCK 2023

A full day of live music hosted by a legendary flat nestled in the Dalmore bush. Rock out to a dozen New Zealand bands including The Chills, Ha the Unclear, Julian Temple Band, and Left or Right. BYOB BBQ food. No door sales. Tickets at cosmicticketing.co.nz.

SATURDAY, 22 APRIL, 12noon
3 FEA STREET, DALMORE



GREAT KIWI POSTER COMPETITION

Design a poster showing us the perfect future for Aotearoa and be in to win \$1000 and nationwide display of your creation! The theme is "Protect Our Future"/"Tiaki a Mātāhauariki"). Categories include Junior, Intermediate, Senior, and Adult.

COMPETITION BEGINS 24 APRIL | ENTRIES CLOSE 5pm, 16 JULY 2023
www.greatkiwiposter.com/



HARVEST FESTIVAL AT THE VALLEY PROJECT

Join us to celebrate a successful harvest season by participating in free workshops and activities such as a fermenting demo, wine-making workshop, heritage apple variety tastings, apple-lantern making, a seed and plant swap, apple pressing, and more!

SUNDAY 30 APRIL, 1 - 6pm
THE VALLEY PROJECT, 262 NORTH ROAD

(More information on page #5)



WILD DUNEDIN IN NORTH EAST VALLEY

The 8th Wild Dunedin Festival is on! Check out the full programme at wilddunedin.nz.

COMPOSTING W/THE DIRT DR.: Sat. April 15, 10am - 3pm, Upper Botanic Garden Carpark
NEV COMMUNITY GARDEN TOUR.: Sun. 16 April, 1.30pm & 3pm, NEV Community Garden
SUBTERRANEAN TALES: Tues. 18 April, 11am & 1pm, Lower Dunedin Botanic Garden
ART PLAY FOR EARTH DAY: Sat. April 22, 11am - 2pm, Chingford Park *(More info page #7)*

✉ voice@northeastvalley.org

🌐 www.northeastvalley.org

📘 facebook.com/valleyproject

📷 @valleyproject

☎ (03) 473 8614

📍 P.O. Box 8118,
Dunedin 9041

📍 262 North Road,
North East Valley, Dunedin

The North East Valley Community Development Project (a.k.a. The Valley Project) is a registered charitable organisation that builds community connections and promotes the wellbeing of local families and whanau. If you like what we do, you can donate at:

the
VALLEY
project

givealittle

www.givealittle.co.nz/northeastvalley

The opinions expressed in articles are the author's own and are not necessarily shared by the editor or Valley Project Team. Submitted articles may be edited at the editor's discretion.

We'd love to hear from you! Send us your local photos, stories, announcements, etc. Deadline for newsletter copy is the 15th of the month prior. Submissions later than the 15th cannot be guaranteed space. Please keep your contributions to 250 words or less.

(...continued from front page) Youth Grow, Transition Valley, The Valley Project, Ōtepoti Urban Organics, Students for Environmental Action, and most importantly North East Valley Normal School, then led by John Mackenzie. Along with the garden, these founding individuals and groups established a vibrant community in which growers, sharers, and green-fingers could thrive.

For many years the garden was lead by a team of fantastic wāhine which included the famous Lynn Tozer and Jenny Roxburgh. They eventually handed the reigns of command to Pam Mckinlay who has since managed the operations with significant success. Pam is, of course, supported by a large team of dedicated members who involve themselves in the community garden for a variety of reasons: because they are locals, for general human and social connection, to learn how to manage soil in their own backyards, or simply for the love of gardening in some form. As Pam describes, "the gardens are made up of 60% people and 40% plants."

The garden has transformed from a 'traditional' operation of semi-raised garden beds into a form of rejuvenation gardening which values soil health as a key priority to what is yielded from it. At first glance the garden may seem overrun with 'weeds' - perhaps more tea drinking is being done than weed control! On the contrary, they're 'cover crops' such as mustard, clover, and buckwheat. They're used to maintain soil health by retaining nutrients and moisture typically lost to the atmosphere. They prevent soil erosion and reduce soil compaction. Furthermore, they increase soil carbon levels and eventually serve as mulch.

Plants here are also grown purely for their seeds, a project that has largely expanded in recent years. Heritage Beans are one of these seed crops, marked by 'don't pull me out' signs. Their purpose is not to be consumed but instead saved to develop their own seed resilience system, and for sharing the resulting bounty of seeds. The Valley Project now homes a Seed Library, available in the reception area for any keen gardeners. Seed libraries provide opportunities for sharing interests, knowledge, culture and customs.

Ingenious techniques for growing food and the evolution of NEV's garden design are not the only reasons for celebration. So, too, is the green-fingered army behind the garden! A couple of the many members include the 'Hot Compost Innovator', Floris Wouters from Netherlands, and his apprentice, Adelle Cleverly, a Valley Local. Floris is the genius behind compost operations, contributing a wealth of knowledge in urban hydroponics that generate the 'black gold'

compost the garden uses. Floris is committed to stirring the compost with a pitchfork at least once a week.

On the outer edges of the community garden you will find an innovative worm farm that is easy to assemble, disassemble, and move - another of Floris' contributions. The design is still being fine-tuned. Its end goal is functionality, of course, and to create an awesome social enterprise around it! Stay tuned for its developments!

Third year Otago Uni communication student, Rowan Redpath, is a member that has found a community away from their own. They live in the Valley and have been involved in the community garden since mid 2022. Though a relatively new addition to the garden, they said they were "welcomed with open arms." "You can just turn up - found everyone nice. You can sit down for a nice tea and biscuit, put in a few hours of work... it's great for the physical and mental health." Rowan finds their membership super rewarding and is well loved by the garden team.

Kate Roscoe was involved in the garden over a decade ago, only having stopped due to moving away. Kate describes her return to the garden as "spiritual". Little commitment to schedule is one of the many perks when volunteering for the garden. You get out of it what you put into it, so Kate comes and goes as suits. She loves the social aspect of the community garden, as well as access to free produce without having to set up her own plot. Kate is the official 'tea caller' for the team, a role which holds significant ceremonial privilege.

Sham Harris is a teacher who loves growing veggies and then sharing them with those who, for one reason or another, can't get involved with a community garden. Volunteering here provides her the opportunity to quiet the mind, to just be at one with the world.

Lucy Greenfield is the Valley's own Soilologist. Lucy and her partner recently immigrated here from the UK. They arrived eager to get involved in the garden as a means of meeting and mixing with locals. Lucy appreciates how welcoming the NEV team has been, and how enthusiastic Kiwis are about getting their hands dirty. She's impressed by the long-term sustainability of community gardens, especially with the UN's recent prediction of upcoming food shortages sitting in the back of her mind. Community gardens in the UK are not really a thing, she says. Instead there are allotments which are hireable parcels of land for private gardening use.

The range of children accompanying family members to working bees is a joyous sight for Kate. In her homeland it's



Pam, Richard & Jenny



Rowan & Kate



Sham



Lucy



a hot issue that children don't understand where their food comes from or processes involved. A public space to learn, grow, harvest, and process food is endlessly beneficial for all, and especially for establishing lifelong healthy eating habits in children.

Twelve years on, the North East Valley Community Garden is thriving in every way! Bigger projects and new ideas are always in the pipelines, and new members are always welcome. Membership is minimal and comes with free, complimentary fitness classes of *planting pilates*, *youthful yoga*, and *quick-foot compost!* Simply drop into any working bee on the days posted below, or visit their Facebook page: *NEV Community Garden*.

Pam and team would like to remind everyone that it's not a market garden for people to come and take what they want whenever they please. Join a scheduled working bee, volunteer your time maintaining the garden, and earn your keep at harvesting times when crops are divided among active members. As mentioned earlier, what you get is what you put in - essentially the ethos of the community garden.

Thanks, Pam Mckinlay, for inviting the Valley Project along to the 12th anniversary working bee at the NEV Community Garden! Your leadership, craft, and dedication hugely service our community. --James Sutherland



HARVEST FESTIVAL AT VALLEY PROJECT SUNDAY 30 APRIL, 1pm - 6pm

Save the date for a Harvest Festival later this month, which coincides with Southern Hemisphere Halloween or Samhain - traditionally a festival that marks the end of the harvest season and looks ahead to darker months.

Join us to celebrate a hugely successful season by participating in free local food workshops and activities, such as a fermenting demo, wine-making workshop, heritage apple variety tastings, apple-lantern making, a seed and plant swap... and much more!

We will be pressing fresh apple juice all afternoon: make sure you bring your own lidded containers for filling - plastic bottles are ideal because they can be frozen and defrosted at a later time, like hot mulled apple juice for Matariki and other winter solstice celebrations.

We'd love to hear from anyone interested in hosting a presentation, conversation, or demonstration that aligns with the kaupapa of growing, sharing, and celebrating a bountiful season's harvest. Anything goes - you don't have to be an expert! Contact Tamsin: communityfruitotepoti@gmail.com or 021 0273 1251.

Keep an eye on the Valley Project Facebook page for an event schedule as it emerges. Until then, season's blessings to each and all!

AUTUMN PROPAGATION FOR JAM - GOOSEBERRIES

We had a bumper crop of gooseberries and blackcurrants this year. They are hardy berry crops that cope with a bit of neglect, dubious weather, and little water. They also make great jam!

This year I picked the gooseberries as soon as they were fat but not quite ripe. If you leave them until they ripen, the birds will strip them overnight and you'll end up with none! I once read that there's no difference in taste if you process them just before they go ripe, so I thought I would give it a go... and they were perfect! They made the most delicious gooseberry and vanilla bean jam (recipe provided below).

My parents grew an old variety that turned pink when ripe, which had the most incredible taste! Unfortunately I have yet to find these to propagate or purchase. The ones we have at the Dalmore Garden stay green, and even when ripe are not as sweet and flavoured as I remember those pink ones being. Nonetheless, our variety is delicious.



If you want to have your own gooseberry bush, Autumn is the time to take a cutting. All of our Dalmore bushes were once cuttings from plants belonging to NEV gardener, Kirsten Bracey. They grew so well and quickly! We are happy to share them, so please come and get some cuttings for yourself. It's really easy: straight off the bush cut a healthy looking stem a bit longer than your hand (20cms). Strip of all the leaves apart from a few at the top. Dig a wee hole and put the cutting into it, about half a finger deep. Press soil around firmly, water in, then leave it to grow over winter. Next Spring you should see some growth and maybe some berries in Summer. Easy as.

Now for that jam. Weigh your berries. Measure an equivalent amount of sugar and water, then combine all in a pot. Bring to a boil and simmer until the setting point is reached. Add a squeeze of lemon and stir in vanilla bean paste (as much as you can afford/like the taste of). Pour into hot jars and seal. Enjoy on a fruit scone with butter! --Lynn Vare

DALMORE RESERVE COMMUNITY GARDEN WORKING BEES

Sat. 8 Apr. 10am	Sat. 6 May 10am	Sat. 3 June 10am
Sat. 22 Apr. 10am	Sat. 20 May 10am	Sat. 17 June 10am

N.E.V. COMMUNITY GARDEN WORKING BEES

Sun. 2 Apr. 1pm	Sat. 22 Apr. 9.30am	Sun. 14 May 1pm
Sat. 8 Apr. 9.30am	Sun. 30 Apr. 1pm	Sat. 20 May 9.30am
Sun. 16 Apr. 1pm	Sat. 6 May 9.30am	Sun. 28 May 1pm

PATAKA KAI OPEN FOOD PANTRY

The recently installed community pantry at 262 North Rd. is not yet complete. As we fine-tune its construction and organise to get it painted, feel free to use the pantry with the following guidelines in mind:

PĀTAKA KAI OPEN FOOD PANTRY GUIDELINES

WE WELCOME DONATIONS OF:

- Fresh fruit & vegetables
- **UNOPENED** dried goods
- Canned & long-life foods
- Baked goods - less than two days old, dated and labelled.
- Eggs - labelled with laying or expiry date

AVOID DONATIONS OF:

- Unsealed, opened, or half eaten food
- Mouldy fruit
- Recalled goods
- Raw meat or fish
- Frozen foods
- Household waste: furniture, greenwaste, whiteware, toiletries, etc.

HUMAN FOODS ONLY. MISUSE OF PANTRY WILL RESULT IN ITS REMOVAL.

DONATIONS DESPERATELY NEEDED!



SEND US YOUR HOthouse PICS!

We are keen to inspire glass/tunnel house growing in the Valley and want to gather some local inspiration.

If you have a glasshouse or tunnel house, could you please take some pictures and/or record a video of how you grow winter crops and/or what you grow over winter? Perhaps you are keen to share your successes, unusual crops, or what hasn't worked so well.

Please send all material to valleykai@northeastvalley.org.

ANNUAL MAY PLANT SALE

SATURDAY 6 MAY, 9AM - NOON
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Photo: Cath Smith

The 8th Wild Dunedin Festival is coming! The Wild Dunedin team are thrilled to announce that our popular Festival is on again in the school holidays, 14 - 23 April.

This year our Festival is focusing on whenua with workshops, open gardens, expert talks and activities about soil, compost, growing your own food, and sustainability. Tūhura Otago Museum hosts opening night on 14 April with the popular 7X7 Wild Talks, presenting seven experts talking for seven minutes on their favourite subject, plus Tūhura is devoting the afternoon of 16 April to Talking Dirty, an opportunity to learn about soil from the experts.

Festival guest Kath Irvine of Edible Backyard will be holding a workshop on pruning at Blueskin Nurseries on 17 April, one on keeping hens at the City Library on 18 April, and taking part in Talking Dirty.

Orokonui Ecosanctuary is holding a session on The Science of the Sanctuary on 21 April, and a Wild Kōrero on 22 April, as well as Kids Go Free for the duration of the Festival.

On 15 April Jim O'Gorman, aka the Dirt Doctor from Kakanui, is running a workshop on composting at the Botanic Garden. The North East Valley Community Garden is running tours

on 16 April. There will be two one-hour shows of Subterranean Tales for children at the Lower Botanic Garden on 18 April and at Tūhura 20 April.

The big event for the Valley is on 22 April. Art Play for Earth Day will run from 11am to 2pm at Chingford Park, and Te Pahi Pukapuka, the new electric book bus will be there so bring your library card.

Suzu Cato will be entertaining tamariki with music sessions at Toitū, Tūhura Otago Museum and she'll also make an appearance at the very popular Wildlife ER sessions.

There are loads of free things for children at Tūhura Otago Museum including Bug Day and Penguin Day, plus deals at Larnach Castle, the Royal Albatross Centre, Penguin Place, Blue Penguins Pukekura, Penguin Place, Monarch Wildlife and Cruises, and Resistance Climbing Gym. There will be a Wild Swim at Portobello, and Dive Otago are running a snorkeling experience exploring Dunedin's kelp ngāhere for ages 8 and over.

Bookings are essential for many events. Go to www.wilddunedin.nz where you will find the full programme and can make bookings. Also become a Facebook Friend and follow us on social media. Pick up a programme at any library.

WILD DUNEDIN EVENTS HAPPENING IN N.E.V.



COMPOSTING WITH THE DIRT DR.

Two 2-hour workshops with composting expert Jim O'Gorman demonstrating how to turn your waste into food for your garden. Audience participation encouraged.
Sat. 15 April, 10am - 12pm & 1 - 3pm
Upper Botanic Garden Carpark
Cost: Free | Bookings: wilddunedin.nz

NEV COMMUNITY GARDEN TOURS

NEV community gardeners welcome people of all gardening abilities to explore their garden. Two 1-hour tours.
Sunday 16 April, 1.30pm & 3pm
248 North Rd., behind NEV Normal School
Cost: Koha | Bookings: wilddunedin.nz



SUBTERRANEAN TALES

Two 1-hour shows with the Soil Sistas. Songs, stories, puppets and earthy mirth near the playground. Bugs courtesy of the Entomological Society.
Tuesday 18 April, 11am & 1pm
Lower Dunedin Botanic Garden
Cost: Free | No booking required



ART PLAY FOR EARTH DAY

Take part in creating a giant earth tapestry-collage using materials found in nature, plus bubbles, sausages, coffee, worms, and nature in abundance!
Saturday 22 April, 11am - 2pm
Chingford Park, 411 North Road
Cost: Free | No booking required

open
VUE

At the Earth Day extravaganza on April 22nd there will be a rolling wormery workshop led by Kaitrin McMullan and Clare Cross of Open VUE. They are kindly asking for donations of clean, 1.5L soft drink bottles for creating wormeries. Please drop them off at the Valley Project, 262 North Road, no later than 21 April. Thanks!



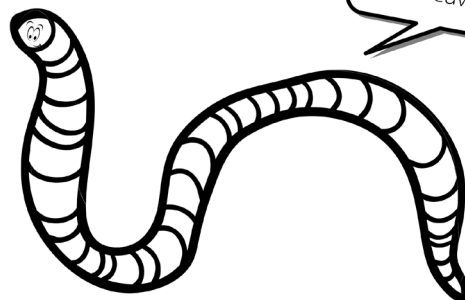
KIDS CORNER Worms, worms worms!

Can you give this wriggly earthworm some colour, then find out where it likes to live?

What to do:

- 1) Colour in this earthworm however you wish using crayons, pencils, or markers.
- 2) Circle and draw the things that earthworms like from the items below. (The earthworm is giving you a hint!)

Snow Sand Beach
Soil Leaves Play Dough



I love living in damp soil and dead leaves.

NEVER A DULL DAY IN THE LIFE OF RUTH SHAW

Ruth Shaw's memoir, *The Book Seller at the End of the World*, allows the reader to be transported to a time in NZ when we all knew a 'Ruth' in our life. It could have been our great aunt, sister, or even grandmother...

What a wild ride Ruth's life has been. She grew up in Central Otago where she first experienced a tragedy that scripted a significant chunk of her life. In another, she sailed around the Pacific accompanied by a series of interesting, and do I say strenuous, relationships. Ruth survived times when she was unable to feed herself, and a near capture by pirates, and chase by military police down the North Island after escaping the Navy.

Ruth's life extended from crisis to crisis, with only flickers of happiness in between extreme sadness. Her ability to face these challenges of adversity while keeping secrets buried over many years is representative of many women of her generation who went through similar situations (excluding the pirates and military chase, I hope).

Through thick and thin, she eventually finds peace and joy in her current Manapouri residence where she manages two tiny bookshops. Initially viewed as an outsider in the remote Fiordland village, she enriched it with her bookshops, adapting to the community as they embraced Ruth. She has transformed what was a small 'sleepy' rural NZ town into a thriving literary destination - not only attracting locals, but kiwis of every kind from across the nation. She continues to cater to every want and need someone may have in relation to books.

Ruth's down to earth, kiwi humour shines throughout this read, leaving you feeling as if you have forever known Ruth. Alongside her life story she also includes wee snippets of experiences with her bookstore visitors. In the coming and going of characters, her enjoyment of interactions is really highlighted. Perhaps my personal favourite snippet is of the couple that read copious numbers of books each week. Their technique for doing so is a book-sellers dream! I will leave it to you to find this one out.

What I took away was a profound sadness for what Ruth had experienced in her lifetime, but also deep thought on how she faced adversities. It makes we wonder how many women from my own community may have been challenged similarly, and how it shaped their life and their perspectives on society. Another takeaway for me is the importance of making time for our own families and their stories.

You are certain to learn a thing or two about humanity when you read *The Book Seller at the End of the World*. If anything, you will be flooded with a steady combination of tears and laughter. This book incorporated the beautiful Māori value of Manaakitaka, also valued by the Valley Project, through the sharing of knowledge and stories to the wider community, creating inclusion and reducing stigma.

-- James Sutherland



VALLEY VISIONS: LOCAL CURRENCY

Valley Visions is a regular column where Valley Voice readers can share their visions for the North East Valley community. Use this column to start networking with people to bring your visions to fruition. Send your vision (under 400 words) to marc@northeastvalley.org by the 15th of the month.

One of the great things about the Valley is that our little community is trying to develop resilience to outside shocks and crises. While it's good to be optimistic about the future, it appears that many of the systems propping up our prosperous society are buckling and showing signs of faltering. Shocks and stresses such as "peak oil", then the housing crisis and natural disasters such as earthquakes and floods, and the consequences of Covid, have all illustrated that we don't live in a time of stability - we live in a time of uncertainty and of rapid changes. And I haven't even mentioned the risk of another global financial crisis...

A vulnerability that all communities face is their reliance on the inflow of cash/dollars to keep their local economies going. We see how current inflation is eroding the value of our dollars and we know how crises elsewhere can divert the money that usually flows into our local economy to other regions. Luckily, communities such as ours are exploring ways to be adaptable and resilient to such stresses and shocks by

growing and processing our own food, supporting our own businesses, teaching each other skills, etc.

However, what if the flow of dollars into our community were to suddenly dwindle? Barter networks and alternative local currencies can allow the local economy to keep going, enabling people to keep goods and services flowing. Previously, some people in the Valley set up barter networks and other ways to trade locally without cash. I wonder if now is the time to revisit the idea of developing a local currency to help ramp up our resilience? For example, new block chain technologies provide an interesting opportunity for a decentralised way to manage local currencies. But there may be other models that would also work to help our community build currency resilience.

If you have some expertise, or even just some enthusiasm, for starting up a group to research local currencies and other exchange systems that might be applicable to our community, please get in touch with me at marc@northeastvalley.org.

-- Marc Schallenberg

FOR MORE INFORMATION SEE:

RESOURCE: <https://resource.finance/>

BERKSHARES: <https://berkshares.org/>

THE LEWES POUND: www.thelewespond.org/

THE BRIXTON POUND: www.algrand.foundation/news/brixton-pound-algrand



EXCITING BALFOLK DANCE EVENTS IN APRIL!

BALFOLK CLASSES, MINIBALS, INTERNATIONAL DANCE DAY AND WORKSHOPS WITH MICHAEL PARMENTER

Balfolk Dunedin is excited to announce a variety of upcoming events for the month of April. Whether you're an experienced dancer or just looking to try something new, there's an event for you!

REGULAR BALFOLK CLASSES LED BY KATE GRACE

Join us every Tuesday and Wednesday for our regular Balfolk classes. On Tuesdays, we offer Balfolk Immersion at the Sacred Heart School Hall located at 63 North Road. In the Balfolk Immersion class, we learn a mix of old favorites and new dances from the European Balfolk repertoire. On Wednesdays, we offer Balfolk and Contredances at the Baptist Community Centre located at 270 North Road. This class focuses on Balfolk group dances and European contredances, including forms in chains, longways, square, couple, and circles. Both classes are from 7pm to 8:30pm and are open to all levels of dancers. An opportunity to connect with your community and enjoy the joy of dance!

TWO MINIBALS AT TOITŪ OTAGO SETTLERS MUSEUM

Come dance with us on Sunday 2nd April and on Sunday 30th April at the Toitū Otago Settlers Museum. Minibals are a chance to dance the afternoon away with live music and a friendly community of dancers. The Minibals run from 2pm to 3:30pm, and are free! Experience the joy of Balfolk dancing in the gorgeous Josephine Foyer of the Museum!

INTERNATIONAL DANCE DAY

Celebrate International Dance Day with us on Saturday 29th April at Toitū Otago Settlers Museum. Last year's "How Dances Travel" event was spearheaded by Michael Parmenter as the opening of his Community Dance Fellowship at the University of Otago. This year, Michael Parmenter and Kate Grace are teaming up to bring you "Waltzing across centuries, continents, and classes", another unforgettable celebration of dance and culture, with a focus on the Waltz, Scottish, Mazurka, and Polka. We are thrilled to be collaborating this year with Craig Denham, an exceptional accordionist. Don't miss out on our celebration of International Dance Day where we'll showcase the history and cultural significance of these timeless European partner-dances through stories, performances, and audience participation.

SPECIAL WORKSHOPS WITH MICHAEL PARMENTER

We're excited to offer a series of workshops with Michael Parmenter about "Improvisation in Partner Social Dance". Michael Parmenter is a well-known and highly respected figure in the dance community in New Zealand. He has been involved in partner dance for many years, and has played a key role in promoting and teaching dance, including contemporary dance, Capoeira, contact improvisation, Tango Nuevo, Balfolk, and other styles. These special workshops will take place on Saturday 1st April, Wednesday 8th April, and Wednesday 26th April in the Baptist Community Centre, each workshop having a unique focus. Whatever style of social dance you do or are interested in, this is an opportunity to take your dancing to the next level. Pre-bookings advised.

For more information, check out Facebook: *Balfolk Dunedin* or contact us at balfolkdunedin@gmail.com

We can't wait to see you on the dance floor!



CONNOR'S COLUMN: NZ'S MOTORSPORT ICON

Peter 'Possum' Bourne of Pukekohe, Auckland—born 1956—was a renowned rally driver who was the Asia Pacific rally champion three times in 1993, 1994, and in 2000.

He started working as an apprentice at the motor mechanic Howe and Weston in his hometown. Around the same time, he earned the nickname 'Possum' when one night driving home, a marsupial darted out in front of the car causing him to roll it. He walked away unharmed.

Possum started rallying after doing a few fun hillclimbs, in which motor vehicles attempt singly to ascend a steep slope as fast as possible. Soon he was telling his mates he wanted to become a paid driver. They were discouraging at first. Possum persisted, eventually establishing a partnership with Subaru which would last his lifetime.

The motorsport legend won the famed Race To The Sky in 2001 with a time of 8 minutes, 37 seconds. The race involved a 14.5km gravel hillclimb to the summit of a mountain in the Cardrona Valley.

Sadly Possum passed away on that same course in 2003 when he collided with another car up the mountain in non-competitive circumstances. At just 47 years old, he left behind his wife Peggy and three kids, Spencer, Jazlin, and Taylor. He is memorialised by statue erected in Wanaka and later moved North to his home of Pukekohe. -- *Connor Fa'asega*

The Dunedin-based 2023 Otago Rally is on from March 31 - April 2. It has run annually since 1976 and is supported by the City of Dunedin. The event will kick off with a ceremonial rally start in the Octagon on Friday night. For full details on the 2023 Otago Rally, including stage and spectator maps and eventual racing results, go to <https://otagorally.com>.



DUNEDIN NORTH PROBUS CLUB NEWS

Dunedin North Probus had its AGM in March. This included guest speaker Ian Griffin, Director of Otago Museum and public commentator on matters astronomical and scientific. He gave an excellent, easy to understand presentation to members and visitors on the origins of his interest in astronomy and related matters. Included was his photography of the sun's path as it set over Mt. Cargill, captured by a simple pinhole box camera. Also included were images of the sun's exact position at the same time each day through the seasons, demonstrating the analemma figure-8 patterns over Dunedin!



Bob Todd Trophy recipient, Don Nash, and President, Wolf Nader

The Club also presented two awards, the first being the Bob Todd Trophy for outstanding work over and above that expected by the club. This trophy was presented to the club for this purpose by the family of Bob Todd who passed away while serving as club President in 2003/2004. The recipient was Don Nash, for his extra efforts in procuring excellent guest speakers through still difficult post-Covid times.

A certificate of Appreciation was presented to Ken C. Williams for his service as a committee member for 20 years, many as Sergeant-at-Arms, entertaining the club with his interesting and often very thought-provoking quiz sessions.

The Club also has a trip to Naseby and Ranfurly organised for April and this is well patronised. This will include a visit to various attractions in the area.

If you are retired, or close to it, our Probus may be what you are looking for. There are no obligations to undertake projects, the cost is very minimal, it is a friendly club which meets once monthly, you can enjoy a cuppa and a chat, and great guest speakers, after which a relatively informal meeting is held to plan outings, lunches, and other activities.

-- Peter Begg

For further info, contact Peter on 03 455 1256 or peabee@xtra.co.nz



Ken C. Williams



Do you know anyone that makes our North East Valley region a better place to be, who is deserving of recognition for community services? Nominate them now for a Good Sort Allsort Award! We're accepting nominations from across NEV, Pine Hill, Opoho, Upper Junction and Dalmore.

Winners earn a pack of RJ's Licorice Allsorts, an interview for

print and social media, a certificate of appreciation, a high tea at the end of the year, and a spot on the honour board. Head to the Valley Project website to fill the form or drop into reception at 262 North Rd.



TAMARIKI INHALERS ON TRIAL

Did you know one in four kids in New Zealand will get asthma? Winter viruses like RSV or rhinovirus can trigger asthma attacks.

Researchers have made big strides in asthma treatment for adults in New Zealand. Let's extend these developments to help our tamariki. Help us find the best inhaler for your child.

Apply online at www.p3research.co.nz or call P3 Research Dunedin at 03 974 8170 for more information. No cost to participate. The study has been approved by the Northern B Health and Disability Ethics Committee (reference: 20/NTB/200).

-- Dr Mark Bevin Sub-Investigator, P3 Research - Dunedin



What does it involve?

-
1 year

-
3 visits +
2 phone calls

-
Inhalers provided
free of charge

-
Breathing tests +
asthma education

-
Reimbursement
for travel
expenses

CHILDREN'S ASTHMA STUDY CAN YOU HELP?

We are looking for children with asthma to take part in a study comparing two different asthma inhalers

To take part in this study you must:

- ✓ Have been diagnosed with asthma by a doctor
- ✓ Be aged between 5 and 15 years
- ✓ Only use a reliever inhaler

For more information, contact:

- ✓ Email: DunedinTrials@p3research.co.nz
- ✓ Phone: (03) 974 8171



This study has been approved by Northern B Health and Disability Ethics Committee (20/NTB/200)

NEW OPENINGS FOR KITCHEN VOLUNTEERS

The Otago Community Hospice is looking for kitchen volunteers at the North East Valley Inpatient Unit for our new evening shift that runs from 5pm to 7pm.

This new shift is a solo one, however the shift aligns with our weekday reception volunteers, so there will be a small team of two volunteers.

The kitchen volunteer looks after the evening supper for patients, and are key support for the nurses who are caring for patients in the unit.

On shift, volunteers are responsible for taking supper orders from patients and prepping simple meals which involves reheating soups, or preparing eggs, toasted sandwiches, and simple puddings from our A-grade kitchen.

Volunteers can choose the regularity of their shifts – from a minimum of one shift a month to a maximum of one shift a week. We provide full training.

We rely upon our volunteers – without whom, we could not provide the Otago-wide specialist palliative care service that we do for over 800 patients and their whanau. And this is a wonderful opportunity for individuals to give back in a meaningful way, making a difference to those on the Hospice service.

To find out more come along to our next information session **MONDAY, 1st MAY, 6pm**. Please email volunteer@otagohospice.co.nz to book your place (and receive location details). After this, if you are still interested, you can apply to attend the training day.

Please note as we are a health provider all staff and volunteers at North Road need to be vaccinated against Covid-19 (2 vax + at least one booster) and RAT test before each shift.



RISE UP – WE NEED NURSES!

Dunedin nurses and health care workers are calling on the wider Ōtepoti community to come out in force and join them on 15 April for a community rally, "Rise Up – We need nurses!"

This will be a family-friendly event with a serious message.

"Our health system is in crisis. People are not getting the health care they need due to massive shortages of nurses and other health care workers in hospitals and in the community. This election year we need to make sure we are heard so we can fix the crisis – and we urgently need members of the public to turn up and show they support us."

Dunedin Hospital nurse & NZNO President, Anne Daniels

On **SATURDAY 15 APRIL** we're taking action and holding community rallies across Aotearoa. We're calling on political parties to commit to more nurses and better pay. Please be there at the Dunedin rally to help get us the health system we deserve.

Meet at First Church (415 Moray Place) at 11:00am and walk together to the Octagon from 11:15am. Gather in the Octagon from 11:30 - 1pm with music, a BBQ, and face painting.

For information about the campaign to fix the nursing shortage crisis visit:

<https://maranga-mai.nzno.org.nz/>



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- ◇ Orthobionomy
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kindliving.co.nz 027 360 0238

Dunedin Electric Bikes

Valley Community Workspace
11 Allen Street, North East Valley

Sat, Sun, & Tue: 9am - 2pm
Mon & Fri: 9am - 4pm

Phone Nathan:
027 214 8294



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Your friendly neighborhood bar

- ★ Happy hour everyday 4-6pm
- ★ Self-service TAB
- ★ Pokies
- ★ ATM

11B North Road
473 1795

art, craft & music

ART CLASSES

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

ART CLASSES

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

ART FIBRE DUNEDIN

Bring lunch and requirements, 10am-2pm, second Sunday of each month, community rooms. ☎ Megan 027 245 8605 ✉ artfibredunedin.blogspot.com

DIAL-A-PIPER

Available for any functions including birthdays, weddings, funerals, Haggis Address, etc. Feel free to contact me to discuss your function. Can travel. ☎ 03 473 0045 or ☎ 027 473 0060 ✉ thepiper50@gmail.com

DUNEDIN FIDDLE CLUB

Mostly Celtic tunes, mostly fiddles. New players always welcome! Wednesdays 7.30pm at The Valley Project community rooms. Just drop in or ✉ anna.bowen1@gmail.com

FOLK CLUB OPEN MIC NIGHT

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

KIDS ART CLASS

Thinkit Art offers dynamic and enriching after school term art classes for 7-15yo. Focus is on enriching creativity & exploring who you are as an artist. Book Now: Kiri Scott Artist - Oniyonkid. Instagram @thinkitart ☎ 021 118 9882 Facebook @thinkitartfeuerstein.art ✉ Thinkit.fie@yahoo.com

LEARN TROMBONE

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

MUSIC LESSONS

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

MUSIC LESSONS

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

PAD-MAKING WORKING BEE

Interested in plastic-free period products? Like to sew? Learn to make sustainable period products for you and whanau. Contact ✉ sewon@christinekeller.co.nz

SOUNDS NOR'EASTERLY

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

STAND-UP COMEDY

Open mic at Inch Bar, every Tuesday and penultimate Wednesday. Comedy workshop Mondays 5-7pm at George Street McDonalds. Open to all skill levels. Contact ✉ reuben@dunedincomedy.co.nz

UKULELE SESSIONS

Wed, 7-8.30pm, Valley Baptist Community Centre, 280 North Rd. Just turn up or call/text Mary for more info: ☎ 027 929 9813

community

ALZHEIMERS OTAGO

If you are concerned about your own memory loss or supporting someone with dementia, we are here for you. Contact us about our free support for individuals, carers and families. ☎ 03 471 6154 ✉ Still.Me@alzheimersotago.org.nz ✉ www.alzheimersotago.org.nz

BALMACEWEN LIONS CLUB

Meets 2nd & 4th Mondays at Otago Golf Club: 125 Balmacewen Rd, Dunedin. New members welcome! Contact Secretary Russell Hancox: ☎ 03 467 5126 (evenings)

BIBLE HOUR

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

BIKE WORKSHOP

Get help, use our workshop. Bikes available for koha, 3.30-5.30pm Tues, and 9.30am-12.30pm Sat. Valley Community Workspace, 11 Allen St. Email Peter ✉ peterd0n@yahoo.com

BURNS RESERVE

Interested in learning more about this Reserve featured in "Forgotten Wilderness" by Bruce Munro published in the ODT Weekend Mix on 20 August 2022? Contact ✉ burnsreserve@gmail.com

CITIZENS ADVICE BUREAU ŌTEPOTI | DUNEDIN

Free, confidential, independent information & advice. Know your rights, how to take action and how to access the services you need.

For ANYONE about ANYTHING! ☎ 03 471 6166 or 0800 367 222 ✉ www.cab.org.nz Facebook CABDunedin 155 Princes Street

COMMUNITY ACCOUNTING

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

COMMUNITY PATROL

Dunedin North Community Patrol. Assisting Police to ensure our communities are safe to live in. Volunteers welcome. Call Garry for more info: ☎ 027 364 1485

COMMUNITY STUDY CIRCLE

Baha'i Spiritual Training. Develop your capacity to offer service to your community as a result of exploring spiritual concepts and how to apply them to everyday life. Strictly no charge. Ring or text Ash: ☎ 022 615 6115

DALMORE RESERVE COMMUNITY GARDEN

Join us fortnightly at the garden on Allenby Ave., Pinehill. All welcome. Tools provided. Check Facebook for dates/times or ✉ dalmorecommunitygarden@gmail.com

DUNEDIN CURTAIN BANK

Open again for 2023! Got a StudentID, Community Services card, or SuperGold card with CSC? See us at 174 Princes St. 9-4pm Mon-Thurs. or apply online: ✉ www.dunedincurtainbank.org.nz

ENABLING LOVE

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

FRUIT & VEGES NFP

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

LEGAL ADVICE

Free legal advice from Community Law Otago, available by appointment. Legal advice by qualified lawyers, practical solutions. ☎ 03 474 1922 or email ✉ reception@dcl.org.nz to make an appointment.

MEN'S PROBUS

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

NEED A JP?
The Valley Project offers walk-in JP services for affidavits, document certification, KiwiSaver withdrawals, immigration, etc. Every Sat. 11am - 1pm.

NEIGHBOURHOOD SUPPORT

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

NEV COMMUNITY GARDEN

North East Valley Community Garden, directly behind NEV school. Pay us a visit! We meet every wknd: 1st & 2nd Saturdays 9.30-12pm, 2nd & 4th Sundays 1-4pm.

NORTH DUNEDIN SHED

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

NEV JUSTICE OF THE PEACE

Pine Hill resident, Colin Lind, available for JP services. Flexible days and hours. ☎ 03 473 7174 ✉ colinlind@hotmail.com

OP-SHOP VOLUNTEERS

Cat Rescue Dunedin is seeking volunteers to help in our North Rd. Charity Shop. Please call into shop Tues. mornings to speak with manager or contact Raewyn: ✉ raewynalexander@gmail.com

REDEDICATION CEREMONY

Families of those named on the NEVN School Memorial Archway are welcome to attend its rededication, 11.00am, Friday 21 April 2023

VOLUNTEERS NEEDED

CREST train at the Botanic Garden. Can you help? Volunteers needed for driving, ticketing, commentary, maintenance. ✉ crestrides.org.nz or ☎ Rodger 027 471 4902

WILD DALMORE RESERVE

Help us protect and restore the native biodiversity of Dalmore Reserve. We meet most Sunday afternoons. Entrance at 20 Allenby Ave, Pine Hill. Contact us through Facebook Wild Dalmore Reserve or phone/text ☎ 021 206 3593 for info.

employment

BEDTIME SUPPORT POSITION AVAILABLE

Seeking person w/initiative to assist a young disabled man with evening routine: personal care & household tasks. Must be physically strong as transfer assistance required. 8.45-9.45pm, 4-on/4-off roster. Position based in NEV. Applications w/CV + references to ✉ Tessa.Brown@ccsDisabilityAction.org.nz

WORKBRIDGE

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

fitness & health

ADULT YOGA CLASSES OPOHO SCHOOL

Fiona Johannessen, experienced yoga teacher of all ages & levels. Needing time to focus on breathing and moving mindfully? This might be for you! Tues. 7.30–8.30pm (school term). \$10 casual rate. All levels welcome. ✉ Fiona: sweetfee77@gmail.com

BALFOLK DANCE CLASSES

Balfolk *Immersion* (mix of various Balfolk dances). Sacred Heart School (Nga Maara Hall), 63 North Rd. Tuesdays 7–8:30pm.

Balfolk *et Contredanses* (group dances only). Baptist Community Centre at 270 North Road, Wednesdays 7–8:30pm.

Both classes offer blocks of 5 consecutive classes (check dates on [Balfolk Dunedin](#)). \$40 per block or \$10 casual attendance. No booking required. Beginners welcome. No partner needed. ✉ balfolkdunedin@gmail.com

BALFOLK MINIBALS

Presented by Balfolk Dunedin, an afternoon to enjoy the chance to dance together to live music. Sunday 2nd April & Sunday 30 April, 2–3:30pm in the Josephine Foyer of Toitū Otago Settlers Museum: 31 Queens garden. FREE!

INTERNATIONAL DANCE DAY

Sat. 29 April, Toitū Otago Settlers Museum. Michael Parmenter & Kate Grace are teaming up to bring you "Waltzing across centuries, continents, and classes", a celebration of dance and culture, with a focus on the Waltz, Scottish, Mazurka, and Polka. FREE!

MICHAEL PARMENTER DANCE WORKSHOPS

"*Improvisation in partner social dance.*" A series of workshops by Michael Parmenter exploring key elements of partner social dance. Sat. 1 April, Wed. 8 April, Wed. 26 April. For more info:

📍 Balfolk Dunedin or ✉ balfolkdunedin@gmail.com. \$20/workshop or discounted price for x3. Pre-bookings on Eventfinda advised.

BELLEKNOWES GOLF CLUB

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

Come & enjoy our fantastic 9-hole golf course on Lawson St. Spectacular views over the city. Call Secretary, Christina King: ☎ 03 467 9499

CONTRA DANCE

Every Monday 7.30–9pm. Old Baptist Church, corner Calder Street. \$3. No partner required. ☎ 0211854566

DUNEDIN BMX CLUB

Race night, Forrester Park BMX track, 5:30pm, Thursdays.

FOLK DANCING FOR FUN

Valley Baptist Community Centre, 270 North Road, 10–11.30am, Fridays, \$4. ☎ Yvonne 455 2406, ✉ stureid1@yahoo.co.nz

INDOOR BOWLS

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

KUNG FU

Fitness, discipline and self defence. Classes for 7–12 years Wed, 5–6pm, Sun, 3–4pm, teen & adult classes, Wed, 6–7.30pm, Sun, 4–5.30pm, Sacred Heart School, 63 North Rd. Contact Kenneth ☎ 021 0242 38 ✉ Dunedin@shaolinkungfu.co.nz

MESSAGE FOR WOMEN

with Uschi Heyd. Book your session online [www.kindliving.co.nz](#) or call/text ☎ Uschi 027 360 0238 Mention the Valley Voice to receive a 10% discount on your first massage.

MEDITATION & MINDFULNESS

4-hr meditation and mindfulness workshops designed to simplify and clarify everything you need to know to meditate effectively. ☎ 0210 352 392 [www.meditatenz.com](#)

ORTHO-BIONOMY

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

PARKRUN

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

STEADY AS YOU GO

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

TANNOCK GLEN

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

THREE LEFT FEET

Social dance group, no experience or partners necessary. European dance – folk and traditional, \$5 or \$7.50 per couple, Nga Maara hall, 6–7pm, Thursdays. ☎ Marilyn 027 446 3358

YOGA IN THE VALLEY

Instructor Adair Bruce, 6–7pm, Mon. & Fri., DNI designspace; 9.15–10.15am, Mon. & Wed., community rooms. \$10 waged, \$8 unwaged. More

info ✉ adairbruce@hotmail.com

ZEN MEDITATION

Traditional Zen for beginners and those experienced. All welcome. 7pm Thur. Quaker Rooms, 15 Park St., Dunedin North. Koha please. 6wk beginners courses through the year. 7-day retreat on Quarantine Island annually. ☎ Glenn 473 6256

for families, kids, and teens

AURORA TAMARIKI EARLY YEARS CARE AND KINDERGARTEN

Childcare for 0-5yr-olds inspired by Rudolf Steiner and Emma Pikler, offering homely rhythms, seasonal songs/stories, and natural space for children to learn and grow. Organic vegetarian kai provided. 351 Pine Hill Road. [auroratamariki.co.nz](#)

DUNEDIN CITY TOY LIBRARY

A vibrant toy library for children from birth to 7yrs. Huge range of toys, ride-ons, dress-ups, puzzles, and games. Valley Baptist Community Centre, 270 North Road, 3.15–4pm Wednesdays and 10–11.30am Saturdays.

DUNEDIN PUBLIC LIBRARY VALLEY LEGO & CRAFT CLUB

Years 6–8! Valley Baptist Community Centre on 3rd Wed. of every month, 3–4.30pm (excl. school hols). Low-tech club is the opportunity for you to get creative w/Lego & craft. Also books to read/borrow with a Dunedin Public Library card.

DUNEDIN RUDOLF STEINER PLAYGROUP

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

ISLINGTON EARLY CHILDHOOD CENTRE

Where children are cherished and individuality is recognised & valued. Independent NFP. High-quality education for 2–5yrs, small session sizes up to 20 children, well-resourced play space, & new nature playground. Extended hours: Mon–Fri 8.30am–2.30pm. Book a visit to discover this treasure, hidden in the heart of the Valley. ☎ 03 473 7490 ✉ islington.ecc@gmail.com [islington.org.nz](#)

MAINLY MUSIC

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

MT CARGILL GIRLGUIDES

Pippins, brownies, guides, & ranger groups in the valley. ☎ 0800 222 292 or ✉ info@girlguidingnz.org.nz

NEV CODE CLUB

Primary ages 7–10yrs. Held term time Mondays 3.15–5pm in the Valley Baptist Community Centre tech space, 270 North Road. Join us for some code club projects and some friendly games. Meet some like minded techy friends. FREE to attend [com2tech](#) [com2.tech](#) ✉ office@com2.tech

NEV GAME DEV CLUB

Intermediate tamariki learn to build their own video games. Tuesdays, 3.30–5pm at the Valley Baptist Community Centre. [com2tech](#) ✉ office@com2.tech [com2.tech](#)

NEV NORMAL SCHOOL PTA

Monthly meetings at Valley Project on a Thursday evening. Anyone interested in being of service to this wonderful school is welcomed. 6 April, 11 May, 8 June, 20 July, 10 August, 14 Sept., 12 Oct., 9 Nov., 7 Dec. ✉ nevn.pta@gmail.com

NEV PLAYGROUP

For 0–5yrs, variety of experiences to enhance development of your child and meet other local young families. Free morning tea and lunch provided for adults. Please supply child's morning tea. Valley Baptist Community Centre, 270 North Rd, 9am–2:30pm Wednesdays ✉ nevplaygroup@gmail.com

ŌPOHO PLAYCENTRE

Nurturing play space for 0–6year olds where children and their whanau attend together. Focus is on child-led learning through play. Make friends, play, learn, & grow. 3 free visits. 28A Signal Hill Rd. Mon–Fri 9am–12pm, school terms. [opoho.playcentre](#) ✉ opoho@playcentre.org.nz or ☎ 027 880 2365

ŌPOHO SCOUTS

Keas, 4–5pm, Tues; Cubs, 6pm–7.30pm, Thur; Scouts, 6–8pm, Wed. Ōpoho Scout Den. ✉ Shane: opoho@group.scouts.nz

SPACE FOR YOU AND YOUR BABY

Programs run by registered ECE teachers supporting families through their 1st year with new baby. School terms at Valley Baptist Community Centre. ☎ 021 150 9165 or ✉ space.valleybaptist@gmail.com

SUNDAY SCHOOL

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

Classifieds continued next page... ☎





further education



BEGINNER ENGLISH FOR CHINESE

Join our beginner English conversation group for senior Chinese new to English language. Shared meal. Small contribution to costs. Great way to improve simple conversation. No English necessary. Tian: ☎ 029 02 0009 68  254783519@qq.com

COGNITIVE ENHANCEMENT

Thinkit Feuerstein is a cognitive enhancing program for individuals with learning differences. Enriching thinking and learning skills for ages 5+ to adults. Private sessions held in North East Valley/Dunedin Schools. Book Now: Tutor Kiri Scott, certified practitioner in Feuerstein method. ☎ 021 118 9882  www.icelp.info  Thinkit.fie@yahoo.com


COM2TECH DIGI DROP-IN

A community-led group that offers a range of free classes to upskill our communities in communications technology and online safety. 12.30–2.30pm every Monday at Valley Project  com2tech  office@com2.tech  com2.tech ☎ 027 256 9182

GERMAN LANGUAGE LESSONS WANTED

Beginner level required. I'm on a seven day streak on Duolingo, so I have some basic knowledge. Txt or phone ☎ 027 710 7077 Danke!

INSPIRING MATHS CLASSES

Affordable creative maths classes and maths art after school at my home in North East Valley.  Inspiring Maths Classes  Sandra.Dunedin@gmail.com


ITALIAN CLASSES

Experienced teacher, native speaker of Italian. Small groups, all levels, from absolute beginners to advanced and conversation. ☎ 027 341 8312 or ☎ 473 0832  antonella.vecchiato@gmail.com  italianclasses.co.nz


LEARN ENGLISH

English for daily life and work. Free and low cost courses. Please contact one of our staff at English Language Partners: ☎ 455 5266 or via email


MATHS MADE EASY

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

NATIVE FRENCH TUTOR

Conversation, preparation for exams, for adults and children. Hourly rate. French Up Your Life! ☎ Sandrine 021 107 5814 or  sanfeillet@gmail.com

REO MĀORI

Reo Māori teaching or tutoring for adults. Groups or individuals. John Birnie:  johnbirnie@hotmail.com or ☎ 021 236 3765

VOCAL TEACHER

I live in the Valley but work from my studio on Vogel Street. I currently have times available on Tuesday and limited times available on Monday. All ages, all skill levels. Starts from \$30 a lesson. Text for more info/to book: ☎ 022 122 3405

housing

HOUSE FOR PRIVATE SALE

4 bdrm/1 bath home for sale on 312 Hillingdon Street, Normanby. Elevated position on the sunny side of the Valley ☎ 027 465 1867 Trademe #3997811262

SELF-CONTAINED UNIT

Looking for a one bedroom flat/self contained unit or studio room. Unfurnished. Up to \$320 p/w. In a quiet, safe building with no smokers. Quiet, reliable tenant. I have autism. Text ☎ 022 034 6290

trading corner

BABYSITTER

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

BABYSITTER

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

CAKE BAKER

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

COMPUTERS

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

DAVE'S COMPUTER SERVICE

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

DOG WALKING FUNDRAISER

Young NEV resident fundraising for Scouts jamboree. Dog walking: \$10 for 30min., \$15 for 45min., \$20 for 1hr. Cash only. Weekends only. Up to 2 walks per client per day.  lincolnfentiman@gmail.com ☎ Lincoln 021 137 2306

GARDENER

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

GARDENER/LANDSCAPER

 Backblokgardens.nz. Section clearing, tree pruning/shaping, planting, custom planters, retaining walls. ☎ 021 023 44 938


HAIRDRESSER

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

IRISES, BEARDED

Bearded Iris rhizome's ready to go. Contact via text ☎ 0204 185 2350

JESCARGO CARPET REPAIRS

Domestic and commercial carpet repairs. No job too small. 100% local. ☎ Jesa 022 012 1194  jescargo_carpet@outlook.com


NEV LASER ENGRAVING

Want something personalised? Get it laser engraved. Wood, ceramic, acrylic & more. Call and see if we can help. 11 Allen St. North East Valley. ☎ Jeff 021 957 369

LOCAL COMPUTER TECHNICIAN

Install, maintain, and troubleshoot hardware and software. Contact Jeff at Control Focus ☎ 021 036 9670



LOCAL HANDYMAN & LANDSCAPER

Fencing, Decks, Retaining and all types of Concrete and Paving. For a free quote contact Liam George on ☎ 027 239 0220 or  email Lg.contracting98@gmail.com

MATURE BABYSITTER

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


OH PEONY PHOTOGRAPHY

At your location or in studio. Portraits, engagement, maternity, child milestone, cake smash, newborn. Products, social media, personal branding, conceptual, etc.  heidi.ohpeonyphoto@gmail.com  ohpeonyphoto.mypixieset.com/

SCRAP METAL COLLECTION

Seeking your scrap metal you have rusting away or cluttering up the shed, etc. Can do small to medium size loads. ☎ JT: 027 206 1725

SEA BLOOM

Local business specialising in custom resin accessories and home decor - the perfect treat for yourself or a gift for a loved one. Find Sea Bloom on Facebook or Instagram, or here:  seabloomnz.company.site

SEEKING CATERERS

Finger food only for event this November. 100–150 guests. Leave a message with Wendy: ☎ 027 557 6724

VENUS FLY TRAPS

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

WILDWOOD FLOWERS

Accepting orders for bunches of beautiful, seasonal garden flowers. \$45 delivered weekly. Contact Robyn ☎ 021 178 2855

church services

ANGLICAN: ST MARTIN'S

194 North Rd, 10.30am

GLENAVEN METHODIST

7 Chambers St, 11am

LEITH VALLEY PRESBYTERIAN

George St. Normal School Hall, 10am

ŌPOHO PRESBYTERIAN

50 Signal Hill Rd, 10am

PACIFIC ISLAND PRESBYTERIAN

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

SACRED HEART CATHOLIC

89 North Rd, Mass 9.30am

SALVATION ARMY

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

INTERESTED IN ADVERTISING WITH CLASSIFIEDS?



To add or update a listing please email voice@northeastvalley.org before the 15th of the month.

Koha is appreciated, but not essential, for classifieds.

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

A newsletter exists that is entirely about dried fruit. It's raisin awareness of currant events!

Where does a newspaper journalist go when they need a lead on a new scoop? The ice cream shop.





BOTANIC GARDEN'S YEW TREE NOT ABDUCTED BY ALIENS

It was a balmy January day as I walked into the Botanic Garden for a sneaky stroll before supermarket shopping. Along the rock-lined path, over the bridge and – hang on, where the heck is the climbing tree? It was here a few weeks ago and now there is no sign of it. Was it abducted by aliens?? I was sad; Miss Jack had spent hours climbing in that tree beside the Peter Pan statue when she was little.

A few weeks later, from the top of the rock garden I could see strange crop-circle-like stripes in the grass radiating out from the spot where the tree no longer stood, causing me to further ponder my aliens theory.

At which point I decided to call Botanic Garden Manager Alan Matchett for a more likely explanation. Indeed 'the climbing tree'—actually a yew tree — had been cut down just before Christmas. The tree had been deteriorating for several years, not helped by aforementioned climbing, which damages the roots as well as the branches. The gardeners had fenced the tree off in late 2017 to see if it could recover, but by late 2022 it was even sicker and the decision was made to cut it down.

Not being a tall tree, it could be dismantled from ground level so was easily removed in a day - it's stump ground down below soil level and grassed over. Most of the wood was chipped but some pieces were kept – the gardeners keep some wood from every tree that is cut down.

My 'crop stripes' are in fact traces of old paths that winded their way alongside Lindsay Creek, which once meandered curvaceously through this part of the lower gardens until it was straight-jacketed into its current course. The recent dry weather has dried out the shallow soil over these ghost paths more than the surrounding soils, parching the grass and highlighting their old routes.

There is no record of when the yew tree was planted, and the way it was multi-stemmed from its base (making it so appealing for climbers) meant that the tree rings couldn't be counted to determine its age. An old photo of the band rotunda shows the yew tree growing between one of the old paths and the original creek course, which suggests it was planted pre-1900 making it one of the earliest plantings in the garden.

I was interested to learn that yew trees are poisonous—their scientific name *Taxus* comes from the same root as 'toxic'—something I'm happy I didn't know while my precious child cavorted in its limbs. Apparently no one ever came to any harm from munching on a piece of this yew tree, but it does make me feel slightly less sad about its demise.

While there is a balance to be had between enjoying and conserving, tree climbing is generally discouraged in the Botanic Garden. It is one thing for a few kids to climb the tree in their backyard or neighbourhood, but quite another to have a city's worth of kids (and uni students) galloping on the roots and clambering in the branches of our woody Garden friends. -- **Helen Jack**



The gardens with the new band rotunda, 1917. The yew tree is in the middle of this photo, between the path and the old creek course. (Source: Sir George Grey Special Collection, ref 35-R422)



The yew tree a century later, just before it was cut down in late 2022. (Source: Dunedin Botanic Garden)

COMMUNITY SNAPSHOT

Kathleen Currie, from the local Sacred Heart Church branch of the St. Vincent de Paul Society recently presented Peter McDonald from the Bike Workshop with a certificate of appreciation. He has generously provided bicycles for children and for folks in the Prisoners Aid and Rehabilitation Society.



Happy Neighbours Day from Northfield Avenue, Ōpoho! The street had their annual street BBQ in mid March, a wholesome tradition spanning 34 years! It was potluck style with a couple of grills set up in a double carport. The adults relaxed while the kids frolicked. This year even featured a tug-of-war competition of kids versus local All Blacks legend Kees Meeuws (the kids triumphed!). A big thanks to Kevin Helm for making it happen, and Jennifer Lawn for sharing this with the Valley Project!



Frosty and Annie Colley with daughters Marianne and Ina.

business NEWS

TRASH-2-TREASURE ENTERPRISES MULTIFACETED ENDEAVOUR

"Anything in the shop is hers. Anything in the workshop is mine!" Neville 'Frosty' Colley is quick to describe the operational dynamic of the NFP business he co-owns with wife Annie. Indeed there is an immediate distinction between the sales floor and workroom of their new Trash-2-Treasure venture in Pine Hill. One is filled with colourful novelties and quirky homewares, and the other with power tools and vintage machinery - both creative havens, and together a social enterprise!

A few months back Annie was visiting a friend and took notice of noisy renovations happening nearby. Upon a thorough nosy, she was offered the owner's contacts. On the same day she asserted to Frosty, "I wanna set up a shop," to which he replied, "alright, we'll give it a go." So Frosty called the agent in haste, sadly learning the property had already been claimed. His contender was none other than Annie who had signed the lease in a blink!

The Colley's recent occupancy of the corner building at Pine Hill Road and Hillary Street is far from dualistic in purpose, as Frosty may have you believe. As well as being a gift store and an upcycling centre, Trash-2-Treasure also serves as a charity,

classroom, and community hub. "Any money made goes right back into the shop and to church funds," Frosty discloses. The pair are dedicated supporters of the Leith Valley Presbyterian Church and extend its community services to their shop space.

Annie is always keen to teach the art of turning inorganic waste into usable and saleable items. You'll often find her hosting classes or instructing one-on-one. She encourages you to sell your upcycles at Trash-2-Treasure alongside the Colley family creations: a handbag composed of food packaging, a broken sewing machine transformed into a miniature tractor, and Valley Voice newsletters woven into a sturdy storage basket (only after reading them front to back, of course!)

"See what you want, buy what you want, then have a cup of tea with us!" Both Frosty and Annie value a good yarn. They know well that it's in welcoming atmospheres and ease of conversation that communities evolve. So pop into Trash-2-Treasure at 281 Pinehill Road Mondays through Thursdays, 9am - 4pm, or Saturdays 1 - 4pm. And if so inclined, they could use donations of shelving, wood-turning tools, modern nuts/bolts/screws, quality second-hand goods (the quirkiest, the better), and good ol' fashioned cash. -- *Krysha Brzuza*

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FREE Property Appraisal

As a proud Opoho resident, & your North End property specialist, I'd like to offer a FREE property appraisal:

- 🏠 How much could your home sell for in today's market?
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