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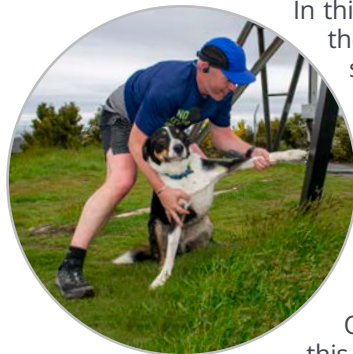
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## GREAT FEATS MADE WITH TOUCH OF MADNESS

Happy New Year, friends! While you were likely making frenzied laps through Dunedin malls as the holidays were closing in, records were being made as Crush the Cargill participants vertically lapped all 676 metres of Mount Cargill! Let's catch you up...

The annual Valley Project fundraising event involves a 24-hour endurance race up and down our beloved Kapukataumahaka, the mountain dominating Dunedin's northern skyline. Starting from its base at Bethune's Gully, dozens of audacious runners take to its slopes at 10am sharp to achieve as many full laps as possible by 10am the next day. A singular lap is defined as a full return trip including a mandatory tap of the trig at the mountain's peak. That's 8.5km a lap! Many complete one round, some complete 10, few make it to 14 or more!



In this most recent Crush the Cargill, there was a spirited calm among the participants in its first hour and up until its last. Competitiveness seemed generally low priority throughout the event. Costumes were worn. Wet weather was endured. Somebody further challenged himself by carrying a kayak atop his shoulder, while another carried his arm in a sling to nurse a previously broken clavicle.

Grid Coffee Roasters were on hand to fuel runners and their supporters over both days of the event. The Valley Project team served up a feed at the finish line for all survivors, including the canine kind. There may have been mulled wine in between.

Once again, former VP chairman, Steve Tripp, was responsible for this awe-inspiring, mammoth marathon. *(Continued on page 11...)*



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## VALLEY PROJECT BACK IN BUSINESS...

...but not as we had hoped. We are doing our absolute best to be as available to our community as we can considering the ever-changing environment caused by Covid. At this time, The Fred Hallows Room is the only space available for bookings. It can accommodate 12 guests standing or 15 guests seated. Contact North East Valley Normal School via email to book this room: [office@nevn.school.nz](mailto:office@nevn.school.nz); or by phone: 03 473 8246.



Please note the Valley Project operates on school property, therefore we must abide by the Covid-19 protection framework set down by the Ministry of Education. Any unvaccinated adult who is not a parent or caregiver is not allowed on site during the hours that children are present at the adjacent school (8.00am - 5.30pm). Vaccination passports and masks will be required for any entry during this time. Stay safe and stay kind! And keep an eye out for posted signs and Facebook notices as we navigate the Covid world.

For the safety of our community and staff members, the Sharing Shelves in the Valley Project & NEVNS carpark will be unavailable at level RED. Please do not leave any giveaways anywhere on the property.



## COMMUNITY DIRECTORY - IT'S KIND OF A BIG DEAL

We're creeping ever so close to the finalization of our website redo and new business directory. If you like the idea of a FREE, no-strings-attached, easy-as marketing platform with private controls, email [aleisha@northeastvalley.org](mailto:aleisha@northeastvalley.org) ASAP or fill out the application form at <https://bit.ly/3oXwRXT>.

More reasons to sign-up: you'll improve your local visibility, enhance your online presence and boost your SEO, offer a better search experience for your potential customers, support the economic development of our region, and feel empowered as a member of the community while simultaneously strengthening it.

## ADVERTISING PROGRAMME REVITALIZED

Considering how important our ad revenue is for the production of this monthly newsletter, we've turned our focus towards simplifying our advertising process. We've done so in several ways, including minimizing ad sizes to two options and four set prices, as well as offering open-ended contracts. Additionally, we've now got an experienced graphic designer on hand to assist you with your ad creation. Get the full details by emailing Krysha at [voice@northeastvalley.org](mailto:voice@northeastvalley.org).

## CCTV INSTALLATION

After the recent flurry of break-ins at the Valley Project rooms, the Valley Project staff and executive were left scrambling to put in place effective safety and security measures for community, volunteers, and staff. One of the things put in place were CCTV cameras. The camera system currently in place follows the Privacy Commission's guidelines. Thanks for your support as we continue to navigate what's best for everyone. We'll keep you posted. If you have any concerns, please email [project@northeastvalley.org](mailto:project@northeastvalley.org).



## COMMUNITY CREEK CONSULTATION

We want to know what you love, how you use, and what vision you hold for the Lindsay Creek Catchment. Come along, share your ideas! Register: [openvue@northeastvalley.org](mailto:openvue@northeastvalley.org) or phone 03 473 8614.

MON. FEB. 21, 7pm - 9pm  
VALLEY PROJECT COMMUNITY ROOMS

## SWITCH OFF AT NIGHT

A comprehensive talk by Karyn Chalk offering a range of research-based brain care strategies to help you switch off at night. Implementing these into your life will help calm you down, soothe your brain, and hardwire happiness.

FRI. FEB. 18, 6pm - 8pm  
VALLEY PROJECT COMMUNITY ROOMS  
Register: [project@northeastvalley.org](mailto:project@northeastvalley.org)



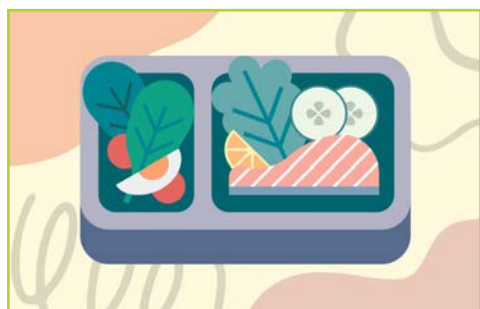
*Gardentour & Workshop*  
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## TAMARIKI LUNCHBOX WORKSHOP

The Valley Kai team brings you a workshop that will be focusing on economic, quick, easy, and healthy lunch ideas for tamariki school lunchboxes. This will conveniently run prior to school pick up. Registration required. Access the registration form and keep updated on all events at the Valley Project Facebook page.

WED. FEB. 16, 2 - 2.45pm  
VALLEY PROJECT COMMUNITY ROOMS  
Register by email: [project@northeastvalley.org](mailto:project@northeastvalley.org)





# BOTANIC GARDEN GOINGS-ON

## ART EXHIBITION

The next display of art in the exhibition space at the Information Centre is by Anne-Marie Davis and is entitled 'Photosynthesis'. It's about plants' interaction with movement of games and energy resources from one state to another. Anne-Marie has previously exhibited in the Information Centre space.

## BOARDWALK NEARING COMPLETION

Over the last few months a boardwalk has been constructed in the Dunedin Botanic Garden which will take visitors on a lovely connection from the Cedars of Lebanon bronze cone to the Mediterranean garden and terrace. The boardwalk should be open to the public from mid-February.

## VOLUNTEERS NEEDED

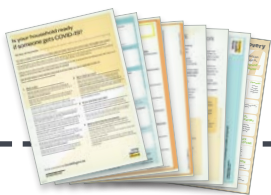
The Information Centre at the garden is staffed entirely by volunteers and we are always seeking to increase our team numbers. Over the last month or so because of the need to shift Vaccine Passes we have had to have 2 people on for each shift each day, which requires 4 volunteers 7 days a week. The shifts are 3 hours each, from **10:00am - 1:00pm** and **1:00pm - 4:00pm**. Full training is given for all tasks including handling sales through our retail shop. If you have a love of the Dunedin Botanic Garden and have a few hours to spare each week, this could be for you. An interest in and knowledge of plants is helpful but not essential, as we have access to reference material to assist in the identification of plants. **Phone: (03) 471 9275**

## IS YOUR HOUSEHOLD READY?

If someone in your household is COVID-19 positive, every member will need to isolate. At minimum, that means no travel, no visitors, no sharing of toiletries, and no grocery shopping yourselves. The Valley Project team wants to help you avoid some of the stress this overwhelming situation will likely cause.

We've compiled a preparation kit composed of checklists, emergency contact forms, posters, procedural guides, treatment advice, and more. You may pick up a printed version from the Valley Project offices during opening hours (**Tues. - Fri. 10am - 2pm**). Please follow our LEVEL RED policies when doing so. We can also email you a consolidated PDF

from [voice@northeastvalley.org](mailto:voice@northeastvalley.org). Try our Facebook page as well, [@valleyproject](https://www.facebook.com/valleyproject). AROHANUI!



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:

[www.givealittle.co.nz/northeastvalley](http://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.

(03) 473 8614

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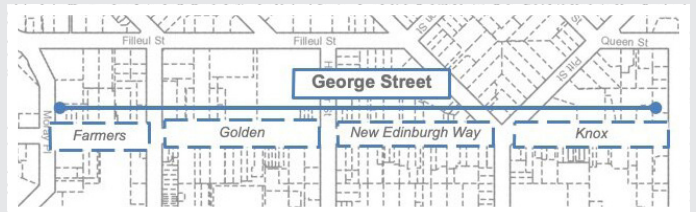
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## ARTISTS ARTISTS ARTISTS!

The Dunedin Dream Brokerage's new initiative, **The Platform Project**, will place art and community activities in the heart of the retail precinct during the DCC's George Street redevelopment.

Send in an expression of interest for an event, provocation, narrative, or community experience in any medium, including temporal practices such as performance and sound art. The projects can take place in and on vacant buildings and laneways, showing semi-permanent and temporary activations along George Street.



**FUNDING OPPORTUNITY CLOSES MONDAY 21 FEBRUARY**

[dunedindreambrokerage.nz/the-platform-project](http://dunedindreambrokerage.nz/the-platform-project)



We'd love to hear from you! Send us your local photos, stories, milestones, etc. Deadline for newsletter copy is the 20th of the month prior. Submissions later than the 20th cannot be guaranteed space. Please keep your contributions to 250 words or less.





# ABUND-ANT NEW ZEALAND INHABIT-ANT NO IMMIGR-ANT

A couple of years ago I met a strange insect in my kitchen - sort of anty, but big and red, and it may have had wings? In my haste to dispose of the unwanted guest I washed it down the sink without thinking, and immediately regretted it. I had never seen such an insect before (or since): why did I not just throw a glass over it? It might have been a new species! Or worse, an introduced pest.



I've been wondering about that thing ever since. Was it an ant? Growing up in the Waikato the only ants I knew where those annoying little black things that congregated on any skerrick of sweetness left on the kitchen bench.

So I called myrmecologist (a fabulous word for an ant-studier) Eloise Lancaster at Otago University. She reckoned the specimen of my memory could have been a native queen ant, which are significantly bigger than ordinary worker ants, and then went on to enlighten me about New Zealand's unique native ants.

We have 11 native ant species, which isn't very many compared to other countries, and they don't come in large numbers; native ant colonies may only have a few hundred ants, compared to thousands or millions in introduced colonies. Our native ants aren't super efficient at foraging - they are a bit more chill than introduced species being slow moving and cruising around randomly rather than forming a trail, so they generally won't come into your house looking for handouts.

The most common native ant around these parts is the southern ant (*Monomorium antarcticum*), which is found throughout New Zealand. These ants are 3-5mm long, range from orange to brown to black, and live in small, shallow colonies in soil cavities they dig out under rocks or logs. If disturbed, they will quickly start moving their brood deeper into the soil to protect them. I realised I had seen one of these wee colonies under a rock in our front garden whilst weeding the immortal dandelions but hadn't realised they were natives.



A native ant colony in the Botanic Gardens (photo: Eloise Lancaster)

Between January and March ants disperse to form new colonies. Winged queens and males take to the air and mate, after which the queen chews her wings off to conserve energy. It's also easier to create a new nest and raise young without those cumbersome wings in the way.

Eloise even alerted me to the existence of ant hobbyists, who dig up colonies to take home as pets. Some even go looking for newly mated queens at this time of year and raise new colonies from scratch. You might not want to go this far, but it is pretty neat finding one of our native ant colonies. Have a look under some rocks or logs around the garden - you might find our southern ant. Also keep an eye out for the striated ant, *Huberia striata*, which are up to 5mm long (big for an ant!) and have a dot on the middle of their head, or *Prolasius advena*, which are unique in keeping their brood in little cocoons. -- Helen Jack

If you would like to get a closer look at the southern ant, view photos at: [https://www.citscihub.nz/Phil\\_Bendle\\_Collection:Ant\\_\(Southern\\_ant\)\\_Monomorium\\_antarcticum](https://www.citscihub.nz/Phil_Bendle_Collection:Ant_(Southern_ant)_Monomorium_antarcticum).

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## VOLUNTEER OPPORTUNITY

Did you know you can buy veggie seeds from plants that thrive in Dunedin's climate? Dunedin's very own locally-sourced seeds from Otepoti Seed Exchange has been going through some changes. The Valley's famous grower, Bart Acres, had the vision and started this enterprise years ago and is in the process of handing it over so it can continue to evolve and grow.

Tamsin Leigh of Opoho is looking for a co-conspirator to nurture the Seed Exchange into an ever-more alive and thriving community resource. With another head, heart, and set of hands on the team, there could be a lot more scope and potential to: Co-ordinate with growers and other seeds banks to ensure a steady, high-quality supply of essential seed crops for our bioregion; Create spaces for community upskilling such as workshops and mentoring schemes; Catch stories, exchange wisdom, and share the love via building the website; and anything else we can dream of!

Get in touch by emailing:  
[symbiosis.seed.exchange@gmail.com](mailto:symbiosis.seed.exchange@gmail.com).



## WORKSHOPS IN THE WORKS

We have a range of workshops planned for the coming months. They aim to improve people's knowledge around food by providing helpful tips, tricks, and recipes across a range of topics including school lunches, preserving surplus, reducing your food waste, and cooking on a budget. There has also been interest in cooking international cuisine, using fresh herbs, and vegan cooking. We would love more support running these workshops. If you think you could help, please email [valleykai@northeastvalley.org](mailto:valleykai@northeastvalley.org).

Our first workshop will be focusing on economic, quick, easy, and healthy lunch ideas for tamariki school lunchboxes. This will run prior to school pick up **2.00 -2.45pm on Wed. 16th of February** (pending confirmation from school).

Our next workshop is about cooking on a budget - great for student flats or those trying to make cost effective meals that feed the masses. This will run early March. Keep an eye out for more info on these workshops on our Valley Project Facebook page. Registration will be necessary. FB: [@valleyproject](https://www.facebook.com/valleyproject)



## ADOPT-A-CROP

Otepoti Urban Organics is a team effort. We don't have a big farm where we grow out all of our seeds each season. Instead our seeds are distributed across the community to be grown out by home gardeners (like you!) and sent back for packaging and distribution. In exchange for growing seeds for us we give you seed-credits or plain old cash! In this way, the quality of our seeds is high because crop-adopters can focus on doing a really good job of one thing. It also means there is more scope for avoiding cross-pollination between certain crossing crops (i.e. brassicas; cucurbits) and if one crop is grown in multiple gardens there is less chance of losing that variety to weather, birds, or random events - so we increase our resilience!

It's a more-the-merrier project. If you've saved seeds for us before, please consider doing so again in the upcoming season/s. If you've done a bit of seed-saving for yourself with good results, feel free to share any excess or perhaps take on a crop! And if you're totally new to seed-saving, that's okay too. We want you!

Also, if you've got time and energy but no land, please get in touch - we may be able to find you a plot. If you've got land but no time or energy, please also get in touch. We may be able to source you some help. Check out [urbanorganics.org.nz](http://urbanorganics.org.nz) for more information on saving your own seeds and also how to become a seed grower.

## COMMUNITY FRUIT HARVESTING



What to do if you have surplus from an abundant fruit tree this summer/autumn? Share with your neighbour or drop some into Kaishare on a Friday. You could also leave excess supply at the popular Community Food Pantry outside the Valley Project. There's also the Valley Exchange Facebook page to which you could announce a contact-free pick-up from a location of your choosing.

If your surplus is of preserving quality, be sure to tell us at [valleykai@northeastvalley.org](mailto:valleykai@northeastvalley.org) as perhaps we can use it in an upcoming preserving workshop.

Need helping hands to harvest your crop? Don't hesitate to email Tammie at [ourfoodnetwork@gmail.com](mailto:ourfoodnetwork@gmail.com). She will try to connect you with a local volunteer picker. Alternatively if you want to volunteer to help pick fruit locally, please also get in touch with Tammie.

## COMPANION PLANTING - REASONS TO GROW MARIGOLDS IN YOUR VEGETABLE GARDEN

The French Marigold (*Tagetes Patula*), is a useful plant to grow, especially in your vegetable garden, where it will deter harmful insects, protect the soil, and keep your garden growing strongly. Marigolds will grow in a wide range of soil types and conditions, as long as they are planted in full sun.

Marigolds can bloom over a long period of time - their blooms are therefore an excellent resource for bees and other pollinators throughout the growing season.

Marigolds help in organic pest-control by attracting predatory insects such as lady-bugs and hoverflies, which will

eat aphids and other pests which can damage your crops. Marigolds are valued as a companion plant. One way in which marigolds are said to help their neighbours is by killing nematodes that can cause problems for crops, such as root-rot.

Many marigolds are edible, and the petals can be added to a range of salads, and to decorate cup-cakes and other baked goods. They impart a natural colouring to food, and can be used in soups, stews, and to colour icing for cakes.

The petals can be fed to chickens to impart a rich golden tone to the egg-yolk. However you choose to use marigolds, you will no doubt find that they are a great addition to your garden.



### N.E.V. GARDEN WORKING BEES

Sun.	Feb. 6	1pm
Sat.	Feb. 12	9:30am
Sun.	Feb. 20	1pm
Sat.	Feb. 26	9:30am





Photo by Samuel Purdie

# LOUNGING LIZARDS IN THE SUMMER SUN

With long days that always seem to stretch on for hours and hours, I'm often reminded of the wildlife that will be delightfully relishing the warmer temperatures of the summer sun. I've mentioned lizards a few times within these articles and kids' corner activities, but I haven't delved too much into the different types or species of lizards that we might find around here.

More specifically, I was interested to learn a little more about the Southern grass skink (*Oligosoma aff. polychroma clade 5*), as these skinks are often found within Dunedin backyards, and why do they have such an interesting species name? (More on this in our blog.) While they're always some shade of brown, Southern grass skinks can vary in their colouring. They will typically be tan-brown with a darker tan stripe down their back and lighter stripes along their side separated by a darker stripe. Have you seen any lizards in your backyard that look like this? We'd love to know!

They're actually more widespread than just in Dunedin. They can be found in certain places in the lower half of the South Island and on Stewart Island, in a

variety of habitats, not just backyards. They have been found living up mountains, too! Like their name suggests, they are often found scuttling amongst grass. Like me, they are also often found to be basking in the sun, hanging out during the day (diurnal) on a warm surface. It is likely that they will be having their babies at the moment, bearing 3-6 live offspring. They also love to eat small invertebrates and small fruits. And a friendly reminder: if you do see them in your backyard, please leave them be. Not only can they be shy, but a permit from DOC is required to handle them. Do check out our blog on how to look after them in your backyard.

For more information about this fascinating skink and references for the information found in this article, check out our blog on the Valley Project Website: [northeastvalley.org/blog/categories/open-vue](http://northeastvalley.org/blog/categories/open-vue). -- Clare Cross

## KIDS CORNER Find the skinks

Can you help Sammy the Southern grass skink find her friends?

Circle the skinks among the group of lizards below, using clues from our blog. How many skinks and geckos are there? Answers below.

There are \_\_\_ skinks and \_\_\_ geckos in the group of lizards.



Illustrations by Madison Kelly from Orokonui Ecosanctuary

Answer: Excluding Sammy, there are 2 skinks and 3 geckos.

Working bees will officially be back from March! Keep a lookout for working bee dates in the next Valley Voice. They can involve weeding and/or planting at the Riparian Rhapsody site in Chingford Park, or growing and looking after native plants at our small propagation nursery.

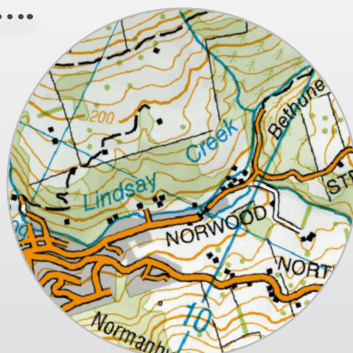
## COMMUNITY CREEK CONSULTATION

We're interested in knowing what you love, how you use, and what vision you hold for the Lindsay Creek Catchment. Come along for an evening of chatter, discussion, and sharing of ideas! The discussion outcomes from this event, along with the results from our previous survey, will be fed into a "River Regeneration Plan" for the Lindsay Creek Catchment that we are currently working towards.

**MONDAY, FEBRUARY 21, 7pm - 9pm, VALLEY PROJECT COMMUNITY ROOMS**  
Book through [openvue@northeastvalley.org](mailto:openvue@northeastvalley.org) or phone 03 473 8614.  
For updates follow our Facebook: @OpenValleyUrbanEcosanctuary

New to the area? Lindsay Creek flows south from the slopes of Kapukataumahaka Mount Cargill, cutting through the North East Valley suburb for 7km. Its catchment area (land from which surface runoff is carried away by the creek) is 12km<sup>2</sup>.

Access the banks of Lindsay from Bethune's Gully Park, Chingford Park, Quarry Gardens, and the Dunedin Botanic Gardens.



## OPEN VUE SUPPLIES AND SERVICES



**PekaPeka Bird Feeder Kit**  
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**Possum Trap Installation**  
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**Chew Cards**  
Identify predators in your backyard using chew marks. Free to keep.



**Tracking Tunnels**  
Identify predators in your backyard using footprints. Free to borrow.

[openvue@northeastvalley.org](mailto:openvue@northeastvalley.org)



# TRAP LIBRARY READY FOR ACTION

The Valley Project Trap Library is open again on the *8th of February!* Come get a rat trap, a monitoring device, and some friendly advice. We are so grateful for the continued support from City Sanctuary's Predator Free Dunedin Project and the North Dunedin Shed Society. (Keep up-to-date with Trap Library opening hours on our Facebook page. Due to the changing restrictions of Covid-19, we may offer this service contactless if needed.)

**PREDATOR FREE DUNEDIN**, a City Sanctuary project, is a conservation collective working collaboratively to protect native biodiversity and strengthen communities.

Launched in 2018, the organisation focuses on predator control—especially possum eradication—along the Dunedin Peninsula, around the Orokonui Ecosanctuary, and in suburban areas like Maori Hill, Caversham, and Northern Dunedin of which OpenVue assists.

Predator Free Dunedin also organises support, tools, and training to get the Dunedin community working together.

Register to become a City Sanctuary volunteer!

[www.citysanctuary.nz/volunteer](http://www.citysanctuary.nz/volunteer)

Facebook: @PredatorFreeDunedinNZ

**THE NORTH DUNEDIN SHED SOCIETY** is always open to new members. They welcome both men and women into a supportive environment, collaborating on community and personal projects.

Pop in and see them at their impressive workshop on *35 Bonnington Street*—just over the bridge—anytime during open hours: *Wednesday and Saturday mornings, 9.30am until around 1pm.*

Meet the active members, have a look around, be amazed by all the traps they've made for us, and you might even be invited to stay for morning tea if you time your visit right.

Facebook: @NorthDunedinShed

Email: [northdunedinshedsoc@gmail.com](mailto:northdunedinshedsoc@gmail.com)



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e: [edwardwhitebuilders@gmail.com](mailto:edwardwhitebuilders@gmail.com)

**Plumb it!**  
DOMESTIC & INDUSTRIAL  
PLUMBING SERVICES

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

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Require an electrician to complete work within your home? We provide expert advice and service.

**Andrew Parkinson**  
027 266 3906

[ask.one.earth@gmail.com](mailto:ask.one.earth@gmail.com)  
[www.oneearthelectrical.co.nz](http://www.oneearthelectrical.co.nz)

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Local, loyal and licensed builder practitioner at your service.

No job to big or small, quotes available.

Please call  
021 867 896

**Peter Waymouth Consulting Arborist**

Professional pruning of trees

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027 432 9646

**BACKBLOK**  
GARDENS & LANDSCAPES

- Section clearing
- Tree pruning and shaping
- Planting plans
- Custom planter boxes
- Timber retaining walls

**021 0234 49 38**  
[www.backblokgardens.nz](http://www.backblokgardens.nz)

**EVolution**

Electric car charging systems  
Electric Car conversion and parts  
Off grid Solar design build  
Custom Lithium battery manufacture

**03 395 6565**  
[ev-lution.co.nz](http://ev-lution.co.nz)

## art, craft &amp; 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–3pm, second Sun each month, community rooms, ☎ Viv 473 0343  
☎ artfibredunedin.blogspot.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

**KNITTING SQUAD**

BYO knitting or crocheting, or come & learn, Valley Project community rooms, 1pm–3pm, Wed.  
☎ Marjory 473 7751

**LEARN TROMBONE**

From winner of Dunedin Youth Jazz Festival best trombone, and Otago Rockquest best musician - contact Finnbar ☎ 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

**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, 1st and last Wed. Comedy workshop Mondays 5–7pm at George St 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 text Adrienne  
☎ 027 389 2574 for more info.

**WOMEN'S ART GROUP**

Art & craft group aimed at helping

new Dunedin residents learn & share skills & connect with others. Fri 11.30–1pm, Valley Project community rooms, 262 North Rd.

## community

**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, 3.30–6pm Tues, and 9.30am–12.30pm Sat. Valley Community Workspace, 11 Allen St. Email Peter ✉ peterd0n@yahoo.com

**COMMUNITY ACCOUNTING**

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

Come join us fortnightly at the garden on Allenby Ave., Pinehill. All welcome and tools provided. Check our Facebook page to see dates and times over summer, or contact us at ✉ dalmorecommunitygarden@gmail.com

**DUNEDIN MAKERSPACE**

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

**DUNEDIN REFUGEE & MULTICULTURAL WOMEN'S GROUP**

Dunedin Refugee Centre, meet at the community rooms, 262 North Rd, 9.30–11.30am, Fri. ☎ Afife 473 8944

**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 at Community Law Otago, available by apntmt. Legal advice by qualified lawyers, practical solutions. ☎ 474 1922 or email ✉ reception@dcl.org.nz

**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 have a JP service every Saturday from 11am - 1pm.

**NEIGHBOURHOOD SUPPORT**

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

**NORTH DUNEDIN SHED**

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

**NORTH EAST VALLEY COMMUNITY GARDEN**

NEV Community Garden is directly behind NEV school. Pay us a visit! We meet every weekend: 1st & 2nd Sat. 9.30–12pm. 2nd & 4th Sun. 1–4pm.

**VOLUNTEERS NEEDED**

CREST train at the Botanic Garden. Can you help? Volunteers needed for driving, ticketing, commentary, maintenance. ☎ cresttides.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

**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 &amp; health

**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. ☎ Secretary, Christina King, 467 9499

**DUNEDIN BMX CLUB**

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

**FOLK DANCING FOR FUN**

Valley Baptist Community Centre, 270 North Rd, 10am–11.30am, Fri, \$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

**KIND LIVING**

Relaxing massages for mind and body, aware yoga and self-leadership coaching. Valley dwellers and friends are invited to ask for a special discount on their first massage. Visit ☎ kindliving.co.nz or contact ☎ Uschi 027 360 0238

**KUNG FU**

Fitness, discipline and self defence. Classes for 7–12 years Wed, 5–6pm, Sun, 3–4pm, teen & adult classes, Wed, 6–7.30pm, Sun, 4–5.30pm, Nga Maara hall. Contact Kenneth ✉ Dunedin@shaolinkungfu.co.nz or ☎ 022 094 6357

**ORTHO-BIONOMY**

In pain or discomfort? Had surgery or injuries? Ortho-Bionomy is a gentle way to help you in the process of maintaining your balance or accessing your resources during your recovery! For more info and bookings visit ☎ juliafast.nz

**PARKRUN**

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

**STEADY AS YOU GO**

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

**TANNOCK GLEN**

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

**THREE LEFT FEET**

Social dance group, no experience or partners necessary. European dance – folk and traditional, \$5 or \$7.50 per couple, Nga Maara hall, 6–7pm, Thur. ☎ Marilyn 0274 463 358

**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 experienced people. All welcome. 7pm Thur. at the Quaker Rooms, 15 Park Street, Dunedin North. Koha please. 6wk beginners courses through the year. 7-day retreat on



Quarantine Island annually. Any questions phone 📞 Glenn 473 6256

## for families, kids, and teens

### DUNEDIN CITY TOY LIBRARY

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

### 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 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-12pm Tue & Wed. ✉ nevplaygroup@gmail.com

### OPOHO PLAYCENTRE

A nurturing play space for 0-6 yr-olds where children and their whanau attend together. Focus is on child-led learning through play. Come make friends, play, learn, and grow. Three free visits. 28A Signal Hill Road. Mon-Fri 9am-12pm following school term times. Find us on Facebook, contact us at ✉ opoho@playcentre.org.nz, or 📞 027 880 2365

### OPOHO SCOUTS

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

### PRESCHOOL MUSIC

At Opoho School, 9am-9.30am, Fri, during school term. Room #3. Gold coin. Drop in. 📞 473 8019

### RUDOLF STEINER

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

### SPACE FOR YOU AND YOUR BABY

Programs run by registered ECE teachers supporting families through their first year with a new baby. School terms, 12.30-2.30pm, day TBC, Valley Baptist Community Centre. 📞 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](http://dunedinchristadelphians.org)

## further education

### CITIZENS ADVICE

Dunedin Citizens Advice Bureau - a free confidential service for all. We can help with tenancy problems, employment issues, consumer problems & host of other issues. Rodgers House, 155 Princes St, 📞 471 6166 📧 cab.org.nz

### COM2TECH

A community-led group that offers a range of free classes to upskill our communities in communications technology and online safety. ✉ office@com2.tech 📧 com2.tech 📧 @com2tech (See page #14)

### 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, 📞 473 0832 ✉ antonella.vecchiato@gmail.com 📧 italianclasses.co.nz

### LEARN ENGLISH

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

### NATIVE FRENCH TEACHER

📞 Emilie Lilley 021 256 5785 or ✉ emilie.grenon@laposte.net

### NATIVE FRENCH TUTOR

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

### SPANISH LESSONS

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

## housing

### SEEKING SLEEPOUT

I'm looking for a sleepout in North East Valley. If there's anything available please contact me: 📞 021 086 22 922

## 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.

### BABYSITTER IN NEV

Children of all ages. Experienced 26-year-old. Wide hourly availability. 📞 Luana 027 284 7836 or email ✉ luana.suarez26@gmail.com

### CAKE BAKER

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

### CITIZENS STREETFOOD

Citizens Food Truck offers steamed bao buns, loaded fries, burgers, salads, vegetarian and gluten-free options, and more. Find us parked weekly just outside the Valley Project. Check social media for schedule. Mobile catering available. 📧 citizens.co.nz 📧 @citizensdunedin ✉ info@citizens.co.nz

### COMPUTERS

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

### GARDENER

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

### GARDENER/CLEANER/HOMEHELP

I offer general household cleaning, assistance, weeding and trimming at \$30 an hour. I use my own cleaning products/gardening tools. 📞 Hannah 027 713 3094

### GARDENER/LANDSCAPER

📧 Backbloggardens.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

### JESCARGO CARPET REPAIRS

Domestic and commercial carpet repairs. No job too small. 100% local. All enquiries welcome. 📞 Jesa 022 012 1194 ✉ jescargo\_carpet@outlook.com

### ROHDE DECORATOR

Interior/exterior. New and existing. Painting and decorating. Trade qualified and experienced. ✉ Rohdiepaint@gmail.com 📞 021 083 48207

### SEA BLOOM

A 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

### 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)

## church services

### SALVATION ARMY

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

### SACRED HEART CATHOLIC

89 North Rd, Mass 9.30am

### GLENAVEN METHODIST

7 Chambers St, 11am

### PACIFIC ISLAND PRESBYTERIAN

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

### ANGLICAN: ST MARTIN'S

194 North Rd, 10.30am

### ST THOMAS'

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

### OPOHO PRESBYTERIAN

50 Signal Hill Rd, 10am

### NEV PRESBYTERIAN

Community rooms, 9.30am, 11st, 3rd, and 4th Sundays, cafe service, contact Shona McDonald: 📞 453 0145

### ST MARK'S PRESBYTERIAN

304 Pine Hill Rd, 10am



Why not try posting to The Valley Exchange Facebook Group?

## INTERESTED IN ADVERTISING WITH CLASSIFIEDS?



To add or update a listing please email [voice@northeastvalley.org](mailto:voice@northeastvalley.org) before the 20th 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**





270 NORTH ROAD, NORTH EAST VALLEY



The Valley Baptist Community Centre (VBCC) team are currently navigating government requirements and group needs at level RED of the traffic light protection framework. Please wear your mask when entering the shared premises for all groups and look to your group leader for guidance if it's not 'made obvious on the walls'. SPACE and Playgroups are currently only mandated for My Vaccine Pass under the Ministry of Education.

### DUNEDIN CITY TOY LIBRARY



Exciting new toys have arrived! Latest additions include walkie-talkies, a pogo stick, domino maze kit, detective game, reusable water balloons, and more!

Remember only one family bubble allowed to enter the library at a time.

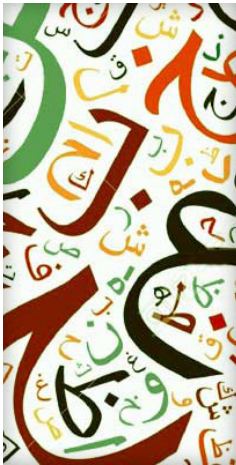
[dunedincitytoylibrary.co.nz](http://dunedincitytoylibrary.co.nz)  
Wednesdays, 3.30 - 4pm  
Saturdays, 10 - 11.30am



NEV Playgroup is back in session! We run once a week with a great range of planned, fun activities for ages 0-5. Come and check out our programme and meet the team.

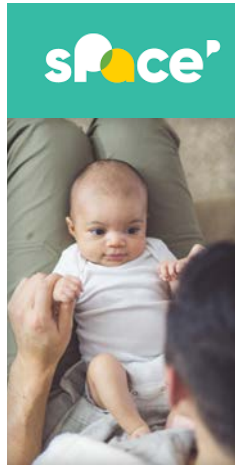
This year we are rocking some new heating in our large hall space, as well as a shared backyard space. We're keen to develop some new specific play areas and activities for your under-two's to learn together. We'd love to hear from you if you have any ideas on what activities you'd like to see included for your small person.

[nev.playgroup@nevbctrust.org](mailto:nev.playgroup@nevbctrust.org)  
Wednesdays, 9am - 12pm



The Dunedin Farsi Language Playgroup is also back on. For those wishing to immerse their young ones in the language, the playgroup runs fortnightly on a Sunday afternoon.

If you would like to know more about this programme, please contact Seta at [farsi.playgroup@nevbctrust.org](mailto:farsi.playgroup@nevbctrust.org)



A new VALLEY SPACE session for babies 0-4 months old starts **Monday, February 14th**, running weekly from **12.30 - 2.30pm**. Bookings essential.

We also have some places available for older babies. For more information phone **021 150 9165** or email [space.valleybaptist@gmail.com](mailto:space.valleybaptist@gmail.com).

SPACE for you and your baby is a family oriented program built on the need for connection with others. We support your journey as a parent, help you learn a bit more about your baby, and facilitate relationships between both parents and babies alike in an inclusive, supportive, and respectful setting.

## COM@TECH COMMUNITY COMMUNICATIONS TECHNOLOGY TRUST

Welcome to the New Year and COVID RED Light. If you are in isolation and need a cheap internet connection, or if you need help learning your technology to connect with loved ones who are isolating, our classes and drop-ins are starting again from the **15th of February**. We can also be available at other times in other places around town. So if you need help and have no one to turn to, please contact us and we can see how we can help.



### DIGITECH DROP-IN (FREE)

Valley Project, Wednesdays 10.30am - 12.30pm

Valley Baptist Community Centre - Tech Space, Wednesdays 3.30pm - 5pm

Learn basics of using your tech apps and programs. Bring your own device, learn ways to use your tech together more efficiently. Utilizes 'Stepping Up' programme modules. Supported by IT experienced and trained volunteers. Choose topics to match your needs: [www.steppingup.nz](http://www.steppingup.nz)



### NORTH GAME DEV CLUB

Valley Community Centre - Tech Space, Tuesdays 3.30 - 5pm (First session 22 February)

Intermediate-age tamariki. 8wk program to build your own game in Gamefroot. Run by three IT-trained tutors. Supported by CODE (Centre of Digital Excellence) and local game devs. Bookings essential: [gamedev@com2.tech](mailto:gamedev@com2.tech)



### TECHTIME (FREE CLASSES)

Valley Community Centre - Tech Space, Wednesdays 3.30 - 5.30pm

Primary ages 7+. Work on tutorials for Scratch, Python, Html, & Gamefroot. Supported by IT-trained volunteers.

AMY SOUQUET: 027 256 9182 | [AMY@COM2.TECH](mailto:AMY@COM2.TECH) | FACEBOOK: @COM2TECH



# VALLEY WELCOMES NEW PRINCIPAL, ELLEN DEVANEY

"I am very thrilled to come to Sacred Heart School and join the community here in North East Valley. My dad attended in the 60s so I feel it has come full circle, so to speak. A local Dunedin girl, I come to this area from teaching at St. Mary's Milton where I have been Deputy Principal and Director of Religious studies since 2016. I'm excited for this new chapter.

I have a huge passion for education and love working alongside children and seeing the growth within them is what inspires me to do what I do. Having gone through the Catholic school system myself (St. Bernadettes and Kavanagh), I love the true community feel of the small Catholic school, and the pastoral care that takes place within this family.



My love for children, and desire for each and every individual to experience success in their learning, is what drives me to want to lead the way as a Principal and I look forward to joining a wonderful community that has already invited me in with open arms." -- **Ellen Devaney**

Interested in finding out more about joining the Sacred Heart community? Please email [principal@sacredheartdn.school.nz](mailto:principal@sacredheartdn.school.nz), or phone the office on (03) 473-8362 to make an appointment.

.....  
**A note from the editor:** You would be surprised by the number of educational institutions in North East Valley alone! I'd like to invite all of them to be regular contributors to our Valley Voice newsletter. What's new? Big plans? Major achievements? Milestones? Cool history? I'll take it all! [voice@northeastvalley.org](mailto:voice@northeastvalley.org)

## EMPTY SUPERMARKET SHELVES AGAIN???

If COVID is showing us one thing, it's demonstrating where our societies are vulnerable - in our health systems and our heavy reliance on a food supply chain that is experiencing some kinks or may even break for a time. Of all of life's stresses, these two, ill health and food shortage, are the most basic and the most harmful to our happiness and wellbeing.

What if you could tackle both of these issues in one hit with some basic knowledge and a brave palate? I'm talking about foraging, also called gathering. Remember that long lost time before history when our ancestors were called hunter-gatherers? Well, hunting and fishing were involved, but it was mostly gathering that was done. Gathering practices allowed a healthy, nutritious, and balanced diet rich in vitamins and minerals. Unlike today, the supermarket fruits and veggies have been cultivated, not for their vitamin or mineral content or health benefits, but for their size, looks, flavour, and disease resistance. Even a person considered an extremely healthy eater may be lacking in certain minerals because the plants we eat are grown in poor conditions (heavily sprayed monocrops, aided by synthetic fertilisers, planted in the same dead soil year after year).

No, we don't really remember those prehistoric times, but we can relearn. Ever heard of Ribwort? Knotgrass? Sow thistle,



Sheep sorrel, or Lamb's quarter? (No, these are not animals to be hunted.) How about Chickweed or Henbit? (Still no animals.) Cat's ear? (Not your pet.) Dandelion, Dock, or Cleavers? (Surely you know them!) These are a few examples of wild greens that grow in the Valley in different seasons. Letting these greens (called 'weeds' by some) grow where they will, helps soil life and hence the nutrient exchange between roots and soil. Evolving without human interference or cultivation (although some have tried eradication to no avail), these plants have become specialised in their relationship with the soil. They can thrive in the worst of soils and sometimes are named pioneering plants as they pave the way for 'fussier' plants to grow after them.

So, let's try not to rid ourselves of so-called weeds by spraying them, but rather by eating them. The Earth body and your physical body will both be grateful. Imagine, next time you find empty shelves in the supermarket, you can simply go into your own garden and pick a snack, assemble a side salad, or find ingredients to complete soups or stir-fries. -- **Anna Read**

If you are intrigued by this idea but have no clue where to start, try a beginner's workshop in backyard foraging. Valley local, Anna Read, will be hosting one on Sunday, February 27th (see advert on Page #2). Questions or to sign-up, please email her at [annamerielread@gmail.com](mailto:annamerielread@gmail.com).



(...continued from front page.) After beating his personal best this time around with a whopping 16 rounds, he still had breath left in him to formally close the event. He awarded the Cargill Twig trophy to Brandon Purdue, the overall race winner with 17 laps to boast! Brook Thomas came in at 16, exceeding previous numbers for female competitors.

2021 was a notable year for Crush the Cargill. Entrants totalled a winning 112 humans and dogs. Michael Mitchell, Nathan Lungley, Steve Tripp, and Brooke all tied for second place, while a new Over-50 record was set by Steve. Technically, each of them covered the height of Everest, or the driving distance between the Valley Project and the Otago-Canterbury boundary-town of Glenavy. In the Cargill Canine Crusher category, a Border Collie named Hendrix managed a remarkable 76.5km in nine whole laps. Moeraki Boulders is where he'd end up had he travelled that distance over Highway 1. Fundraising efforts nearly out-shined previous years. Almost \$4,000 was collected via Give-A-Little. The Valley Project team is immensely grateful for your contributions.

Even though the last standing participants had mud up to their ankles, bandages on their toes, and sore paws all around, they beamed with content and pride. It was inspiring enough to make me want to partake in this year's Crush the Cargill challenge, no matter how mad the feat may seem to be. See you on the mountain! -- **Krysha Brzuza**



# CRUSH THE CARGILL 24-HOUR ENDURANCE RACE, DECEMBER 2021



## VALLEY ARBORISTS Complete Tree Care

Make contact for free quotes for tree care by a professional and qualified arborist.

022 302 3607 (Sam)  
valleyarb@gmail.com



## Plumbing Laser

"Murray and Corey Ford proudly servicing the Valley for 25+ years"

- Plumbing - new and existing
- Gas fitting
- Drainage

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369 King Edward St. South D.  
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*Local People  
Selling Local Property*

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