

connecting our community whiria te taura tangata



your local newsletter published by the Valley Project • august 2018

100 years in the valley



Ross Home staff and residents are preparing to celebrate Ross Home's centenary at Labour Weekend. Pictured are residents Loraine Ford, George Hayward, physiotherapy aide Adrienne Williamson, who has been at Ross Home for 30 years, manager Margaret Pearce, resident Gordon Fraser and activities supervisor Michelle Marsh, who has been at the home for 35 years.

ROSS HOME is on the countdown to celebrate its centenary in October and invites local residents to join the celebrations.

Manager Margaret Pearce says the home is proud of its century of community connection. Many local schools and groups come into the home, often working on practical projects such as designing and planting gardens for residents.

With centenary preparations well underway, many stories are already being shared. One little known story is that when Ross Home was first opened it had 90 chimneys. "Imagine being the house maid 100 years ago with 90 fireplaces to clean and attend to."

Ross Home is the oldest Presbyterian Supportowned care home in New Zealand. It was named after Sir John Ross, who donated a four-hectare block of prime land in North East Valley in 1917 – on the condition that money be raised to help build and support 'homes for the aged'.

In 1918 his wife, Margaret Ross, laid the first foundation stone, and the home opened later that year with 28 female residents.

Ross Home has expanded significantly over the century. It now has five wings that are home to 124 residents, along with 10 cottages.

The home hosts a mothers' group each week, and a day programme known as Club Enliven runs from Ross Home several days each week.
Residents also regularly go out to participate in community activities.

The centenary celebrations will be held over Labour Weekend. There will be functions at Ross Home on Friday night and Saturday afternoon and a church service and lunch on Sunday. Registrations to attend the weekend are \$20 each, and community members are invited to be part of the celebrations. For more information about Ross Home or to register to attend the weekend, call in to the home at 360 North Rd or phone 473 0029.











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United Way grant gratefully accepted

A \$7000 grant from United Way will have a significant impact on the Val-

ley Project's mahi within the valley community.

Grants were awarded to 30 organisations from around the city last month.

"We are incredibly grateful for the support from United Way," says Valley Project team leader Tess Trotter. "The grant allocation evening was a wonderful event, especially the chance to see and hear about the other local groups covering a wide range of services in our community. Everyone was so grateful and supportive of each other. I came away feeling very optimistic about our city."

The funding received will be used to help cover core operating costs for running the project.

United Way New Zealand is an independent, non-religious, non-political, volunteer-based organisation that encourages generosity by brokering resources, such as money, time and skills, between individuals, businesses and the community.



Dunedin City councillor Marie Laufiso looks on as United Way chairman John Gallaher presents Valley Project vice-chairman Rob Thomson and team leader Tess Trotter with a \$7000 grant.

Gardens called for to be a part of fundraising tour

THE CHILL of winter has taken hold but spring will surely follow. With that thought in mind we are planning our second Loved (but not Lavish) Gardens tour as a fundraiser for the Valley Project.

The previous event, held in October 2016, was a marvellous occasion and attracted well over 100 people. This year the tour will be on Sunday 28 October with a postponement date of Sunday 4 November.

Do you LOVE creating and tending your garden? Would you be happy to share it with others for a day? This is not about grand or weed-free gardens! The only criteria is loving it.

We also have one garden-and-art-studio this year, and would welcome other artists or craftspeople who would like to be part of the day.

Sharing your garden gives others great pleasure, and connecting with others in your community is more often than not a warm, friendly experience.

Mary Waymouth (right) and Diana Dixon discuss details for an upcoming North East Valley garden tour which will also be a fundraiser for the Valley Project

If you live in Pine Hill, North East Valley, Opoho, Leith

Valley or north Dunedin and would like your garden to be part of the tour, please contact Mary on 027 473 8065 or Diana on 021 058 0846.—*Mary Waymouth*



The Valley Project is a registered charitable organisation
If you like what we do you can donate at www.givealittle.co.nz/northeastvalley

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10am-2pm
Tuesday-Friday
Closed Monday &
school holidays

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

Zone imminent for valley school

THE MINISTRY of Education will be establishing a zone to cap North East Valley Normal School's roll at at 300 pupils.

The school's roll has grown steadily in recent years, and the ministry approached the Board of Trustees some time ago to discuss putting a zone in place.

Confirmation of the zone boundaries will be made after consultation with local schools. It is likely to start at the Gardens corner and extend to Upper Junction, and will be bound by the natural cut-off points up the sides of the valley. Zoning guarantees enrolment for those families who live within the

Pupils who currently attend the school but live outside the zone will have their places protected. Once the zone is in place, however, new enrolments from beyond the boundaries may be subject to a ballot to gain enrolment.



HIGHLIGHTS FROM the past six months at the Community Bike Workshop were:

- 120 bikes of various sizes and numerous bits and pieces were donated
- 75 bikes were given away or sold
- Volunteers helped 150 people to work on their own bikes
- Otago Polytechnic bought 5 bikes for \$75 each for use by students in the new residential hall
- The workshop tool base was significantly upgraded
- A clinic run at Otago Polytechnic for student and staff
- Assistance was provided at weekly North East Valley Normal School wheels days

Peter thanked his team of volunteers: Ross, Alex, Pablo, Guy, Nathan and Steve. There are plenty of bikes for those who'd like to save money, reduce parking stress and their carbon footprint, and enjoy the pleasure of riding a bike!

Bright blue make-over for Dunedin Toy Library

WHAT'S THE brightest thing on Northumberland Street? The toy library doors!

Our doors and shelves were looking a little shabby, and when we asked Resene for assistance they came to the party with 3 litres of paint. Committee members and students from Toroa College got stuck in and gave the library a bright blue makeover.

Committee member Meg Stephenson says the student volunteers are an excellent resource. "They bring energy and enthusiasm to our working bees and it's easy for us to get the crew we need to get the job done."

It takes a community effort to run our library. Recent help from the Marr family meant that a gutter repair quoted at \$800 only cost us \$35. The space beside our toy library will be a dry place to play in summer, and the North Dunedin Shed is helping to install a safety gate to make it a safe space too.

Limited spaces are available for new members at the moment. "If you've ever thought about trying out the toy library, our temporary memberships are a good place to start," says treasurer Sarah



Toroa College students take a break during a painting make-over for the Dunedin Toy Library on Northumberland St.

Frampton. A three-month membership is only \$10, and two-week hire of toys costs between 50 cents and \$3. For more information check out our website www.dunedincitytoylibrary.co.nz, or find us on Facebook. —Jennifer Lawn

Opportunity to be eyes & ears for police

THE COMMUNITY Patrol in North Dunedin offers extra pairs of eyes

and ears for police and has helped in a wide array of police matters from helping to apprehend offenders to assisting with civil defence emergencies.

"They make a difference, there's no doubt about it," says North Dunedin community constable Brendan Thomson.

The North Dunedin patrol has had to reduce its hours from going out on both Friday and Saturday evenings to just Saturdays, however, and is keen to recruit some new committed volunteers.

Volunteer Balazs Kiglics says he really enjoys going out and has never missed a beat when he is rostered on. A former student, one of his main motivations for joining up was to help keep students out of trouble.

The North Dunedin patrol covers a big area including the hills and the student area, and the work is always varied, he says.

The patrol goes out in pairs from 8pm to 2am, and in that time they can find themselves doing anything from patrolling areas where there have been a lot of burglaries or thefts from cars, to talking to students, managing traffic at a serious crash or assisting in a civil emergency.

They listen in on the police radio channel and attend the police line-up at 10pm when police change shifts.

"It can be quite exciting. We get to know what's happening," says Balazs.

The patrol is keen for volunteers of all ages, but they would love



North Dunedin Community Patrol volunteer Balazs Kiglics and North Dunedin community constable Brendan Thomson discuss what's been happening in the valley area recently. Photo: Edith Leigh

to see some younger people step up – "perhaps some experienced students". Joining the patrol involves a vetting process, and training, uniforms and the community patrol vehicle are provided.

"People can come out with us for an evening, get a feel for what it's all about, and decide if they like it before they join," says Balazs

Anybody interested in finding out more should contact Colin Lindt on 027 733 0066.

Shed surprise for gardens



The North East Valley Community Garden was surprised by The Breeze Dunedin and Mitre 10 with a new shed and new wheelbarrows last month. Radio host Damian Newell chats with gardener Jenny Roxborgh who was thrilled with the surprise.

The Dalmore Reserve Community Garden in Pine Hill was given three new garden beds.

*Watch video on the Valley Project's Facebook page

Book features NEV history

DUNEDIN AUTHOR

Bernadette Joyce enjoys being able to include bits of her own family history in her fiction books. Her latest, *Cargill's Castle Revisited*, includes a section set on a farm in North East Valley that was formerly in her family.

"My ancestor, John Duff, owned four 11-acre (4.4ha)



Dunedin author Bernadette Joyce

blocks from the Botanic Gardens up to Craigleith Street in the 1860s. The book's main protagonist Jessica's story starts in 1879, and I believe it would probably have many houses built on the land by that time, but when writing fiction we have licence to embellish the story."

"I have enjoyed so much being able to include the amazing achievements of the early settlers. Dunedin certainly has a rich history." To find out more or purchase a copy of the book, go to www.bernadettejoyceauthor.kiwi.nz

Get your fruit tree pruning right

TO PRUNE or not to prune? Summer and winter pruning of fruit trees achieve

different things: stimulating new growth or fruiting.

Rory Harding will share tips and demonstrate how to prune, using our community fruit trees and bushes (apples, pears, plum, quince, currants, apricots). Rory is an amazing gardener. Check out his website georgestreetorchard.com

There will be pruning demonstrations on:

- Sunday 5 August, 1–3pm, North East Valley Community Garden
- Saturday 11 August, 10am-noon, 131 Evans St, Opoho
- Saturday 11 August, 1–3pm, park next to Pine Hill School (between Hislop and Wilkinson streets)

Bring your secateurs.—Kristen Bracey, Transition Valley 473



Rory Harding explains pruning decisions at a demonstration at the Chingford Park Community Orchard last year.

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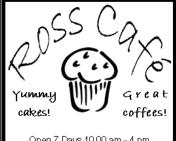
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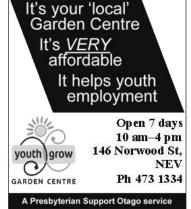
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Valley lego-lands pops up at rooms

WHAT STARTED as a plan to keep the kids busy through the holidays has snowballed into something much bigger. A few parents from Opoho School wondered about running a 'Brick Show' so their children could dream up Lego-based creations.

A hastily created poster followed, which was sent to five families. The idea seemed to have broader appeal, however, as almost 30 children showed up at the Valley Project community rooms on the first Friday of the holidays. Many came with multiple creations that were cooked up during the preceding days.

The Brick Show was divided into categories including vehicles, creatures, castles and lairs, and things from movies or books. Children as young as three entered, and there was even a parents' category that was well supported.

What was most encouraging was that the 'movies and books' category was by far the *least* popular, meaning that for the most part, children were coming up with their own ideas from scratch. Each entrant was invited to tell the story behind their favourite creation, allowing everyone to appreciate the thoughtfulness and

As the afternoon wore on, the words 'when we do this next time ...' were heard more than once.—*Malcolm Gordon*

inventiveness that had gone into each entry.



An impromptu Brick Show started as a small idea but attracted 30 young lego enthusiasts to share their creations in the last school holidays. Photo: supplied

Movie prop challenge stimulates Tinkerers' creativity

TINKER WINTER School has just wrapped up two weeks of holiday care and enrichment for children aged 5–14 years of age.

With a focus on project work, our underlying learning model aims to teach to the problem not to the tool. Tinkerers were engaged in a range of self-directed activities including woodwork, blacksmithing, robotics, coding, electronics, VR & AR game design and fashion design, as well as many other spontaneous activities arising from the

interests of the students themselves.

Many of the project themes were sup

Many of the project themes were supported by Rialto Cinema's movie prop challenge. This gave students daily themes such as scifi, fantasy, transport, costumes, structures, robots and inventions from which to develop their ideas and be creative. The tinkerers who were voted best outcome for each daily movie prop challenge received a movie ticket.

The Tinker School aims to provide learning pathways better suited for the 21st century. We also aim to provide pathways for youth in our community.

Alongside our core staff who have experience as professional teachers in local schools, we engage and involve youth from the



The Tinker School team have been busy thinking, making and solving problems these school holidays.

local high schools. These students are doing technology-related studies as part of NCEA, so have the depth of knowledge and skills to support the tinkerers.

The Tinker School is a not-for-profit organisation that relies solely on parent and client fees to operate. It can be supported by using our after-school and holiday-enrichment services, by donating tools, equipment and materials, or by giving time to run a project.

To see some of the projects tinkerers created follow us on Facebook. For more information contact us via email at tinkerschooldunedin@gmail.com.—*Tinker School co-founder and director Andrew Bowen*

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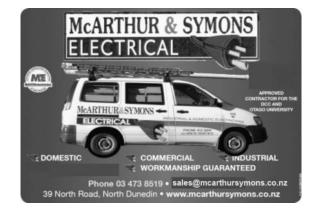
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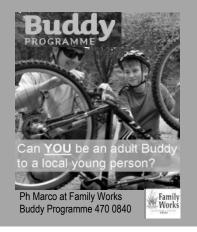


Volunteers Wanted

Call: 473 6005











Simon Noble is planning a community weed blitz on weeds in the valley's green spaces, such as this gorse and broom on the MacGregor St-Evans St walkway.

REMEMBER THE great valley spring clean last year? We had a skip, e-waste, kid stuff, sausage sizzle, stormwater info and a 'sort-ver-vard-out' vibe? Well, this year there's a new aspect ...

Plans are afoot for a community-wide operation to remove certain weed nasties from parks, homes, pathways and the Lindsay Creek bed, says organiser Simon Noble. "The main idea is to improve the naturalness of the valley and prevent weed spread."

The weeding efforts are intended to complement the waste control and ecological or restoration efforts emerging from the Open Valley Urban Ecosanctuary (OpenVUE) project.

Residents will be encouraged and supported to weed certain troublesome plants from their homes or neighbourhood, and Simon says he knows plenty of spots to work in if people are keen to make a difference in groups.

More details will be provided in the next Valley Voice and on the Valley Project Facebook page, but to register interest, or to suggest a place where some weeding work is needed, contact Simon on 021 468 406.

Lots of holiday activities with OpenVUE

WHAT DO pipe cleaners, ribbons, pine cones, apples, native seeds and clay all have in common? They can all be used to attract native birds to gardens.

During the July school holidays, many creative minds came together at Open Valley Urban Ecosanctuary (OpenVUE) workshops to create bedazzling bird feeders, using pipe cleaners and ribbons to adorn pine cones to feed apples to

Not only did many peoples' creative minds flourish, they weren't afraid to get their hands a little dirty too, to create seed bombs to plant hebe (koromiko), lemonwood (tarata) and kowhai seeds. Birds and other critters, such as moths, love to feast on these plants.

We also joined Love the Lindsay and Orokonui Ecosanctuary for an exclusive after-dark walk to discover the nightlife of our awa on a 'Starry Safari'. With the end of the school holidays comes the start of our scientifically driven school-based education programme.

We are excited to have been nominated for a Keep Dunedin Beautiful award. Please join us at 7pm on Thursday 23 August at the Valley Project community rooms to see how the project is progressing and add your thoughts. Follow us in our Facebook group (facebook.com/groups/OpenVUE) and keep your eyes open for upcoming collaborative events in September.



Tennis on agenda

THE LOVELOCK Environment Society Inc that holds the lease for the Opoho Tennis Courts is holding its Annual

General Meeting at 7.30pm on Sunday 5 August in the Morrison Lounge, Opoho Presbyterian Church, Signal Hill Road.

All welcome to join us. For more information contact Fiona on ffstirling@gmail.com or 473 0024.

Companion wanted

ARE YOU a female with an hour or two each weekend (or during the week if it suits better) to volunteer your time? Have you got a car and a willingness to help someone? A lovely woman in her early 50s would love someone to help her get out and about in the community. She gets tired very easily but is keen to go for coffee, op-shopping, or anything else that takes her fancy.

She would like to have some company and someone to chat to. If this interests you, or you have a question, please get in touch with Harriet Toa, local area coordinator for AccessAbility on 027 500 2281.

Soldier's relatives sought

A MILITARY historian is seeking any relatives of a soldier who served in the Boer War and is now buried in the Northern Cemetery.

The soldier, William Farguharson (serial number 474) formerly lived on Signal Hill Road.

Southern Heritage Trust historian Peter Trevathan is creating a Boer War trail brochure for the Northern Cemetery. He is planning a get-together for relatives to unveil the brochure, lay poppies and share an afternoon tea.

The soldiers' graves will be cleaned and tidied before the launch.

Please contact Peter on 027 5018 224 with any information that may be of help.

Organic gardening course

A 13-WEEK organic gardening course to be offered in August will include a field trip to a past student's productive organic garden in North East Valley.

This comprehensive course teaches how to grow the best organic food you can. It will cover how to grow fertile living soils, make compost and plan your garden for yearround production.

The basics of organic propagation will be covered to help produce your own edibles and habitat/shelter plants for

The course is a mix of class time, hands-on gardening practicals and field trips.

It starts on 13 August and will run for 13 Saturdays. Contact Michelle on oestara.nz@gmail.com or go to www.oestara.nz for more information.

oga class for valle **A NEW** yoga class is starting in the valley past year. this month. My name is Hagino and I am What I like about yoga is that anybody can excited to offer two classes on Tuesdays practise, from just breathing to physical (except for the first Tuesday of each postures to meditation, and you always month) at learn something new about yourself. 6-7pm and 7.15-8.15pm at the Valley I try to create a welcoming space for Project community rooms. everyone to practise and feel grounded My teaching style is gentle hatha yoga, foand nourished after the class. I am excited cused on alignment and breath. I someto get to know the North East Valley com-

services community

munity and practise yoga together.

Please wear comfortable clothes and bring

your own mat (and optional props such as

a blanket or a block, if you like). The cost is

\$10 per person, or \$45 for a five-class

pass.—Hagino Baker

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Beat loneliness and meet others

HOW MANY people in the valley area are right now sitting alone and would love to catch up with other people in their area for a coffee or glass of wine and a chat?

My neighbour and I were having a catch-up the other night and we thought how nice it would be for other people in the valley to join us of any age or gender.

Venue will be dependent upon the

number of people. There will be no charge buy may bring refreshments. We are thinking once a month is a good idea, maybe at about 4pm in the afternoon, but we are open to suggestions.

We want it to be a great time for everyone. If you would like to join us the contact email

is mee tup in the valley@yahoo.com.— Christine Barker and Anita Fogarty

trading corner **BABYSITTER AVAILABLE**

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

BABYSITTER WANTED

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HOUSE WANTED

Small family looking for 3 bedroom home to rent in NEV/Opoho area. Very tidy, reliable tenants with good references. Ph Sarah 022 137 6385

HOUSE WANTED

Older couple living on a Supported Living allowance, with a neutered cat and a car looking for 1-bedroom home. Heat pump desirable as we are getting older and feel the cold. NEV been our home for past 18 yrs & would love to stay here but willing to look at surrounding areas. Contact ireneparsons@xtra.co.nz, 473 1788 or 027 511 6894.

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church services

Salvation Army, 43 North Rd, community worker only, Mark O'Donnell Sacred Heart Catholic, 89 North Rd, Mass 9.30am

Glenaven Methodist, 7 Chambers St, 11am

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

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

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

Opoho Presbyterian, 50 Signal Hill Rd, 10am

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

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

NEV Baptist, 270 North Road, 10.30am.

PLEASE RECYCLE THIS NEWSLETTER- PRINTED ON CARBON NEUTRAL PAPER

for families, kids & teens

ATHLETICS & HARRIERS

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

CHINESE FOR KIWIS

Ages 6-12 Bear Cats Club to learn Chinese, Mon, 3.30pm-4.45pm, St Mark's Church, 304 Pine Hill Rd. Ph 021 589 075, chineseforkiwis.co.nz

DUNEDIN TOY LIBRARY

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

GIRLS BRIGADE

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

MINI MUSIC GROUP

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

MT CARGILL GIRLGUIDES

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

OPOHO PLAYCENTRE

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

OPOHO SCOUTS

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

PLAYGROUP

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

PRESCHOOL MUSIC

At Opoho School, 9am-9,30am, Fri. during school term, Room 3, gold coin, drop in, Ph. 473 8019.

SPACE PROGRAMME

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

NEV PLAYGROUP

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

SUNDAY SCHOOL

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

RUDOLF STEINER

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

YOUNG PARENTS

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

THE BREAST ROOM

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

TINKER SCHOOL

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

fitness & health

CONTRA DANCE

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

DUNEDIN ACROYOGA

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

DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$4. Ph Yvonne 455 2406, stureid1@yahoo.co.nz

LEARN TAEKWONDO

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

NAKAJIMA JUDO CLUB.

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

Classifieds and community notices (for non-profits)

DUNEDIN ELECTRIC BIKES

shiny, new & recycled ebikes Valley Community Workspace 11 Allen St

Tues-Thurs, Sat 9am–2pm Fri 9am–5pm. Message us on Facebook

OIGONG

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

PARKRUN

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

SPAN NEV

Stretch'n'flex,low-impact exercise, fun and friendship, community rooms, 262 North Rd, 10am–11am, Tue, over -65s, \$4. Ph 4739311.

SPORTS AEROBICS

Competitive aerobics and casual fitness classes. No previous experience required. Training held at DNI Fri and Sun. Working towards NZCAF regionals next August. Contact rebeccafishernz@yahoo.co.nz

STEADY AS YOU GO

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

TANNOCK GLEN

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

THREE LEFT FEET

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

YOGA IN THE VALLEY

Instructor Adair Bruce, 6–7pm, Mon– Fri, DNI designspace; 9.15–10.15am, Mon, Wed, community rooms. \$10 waged, \$8 unwaged, for more info contact adairbruce@hotmail.com

ZEN MEDITATION

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

COMMUNITY NOTICES

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

Want health, wellbeing and relaxation?

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

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

further education

COMPUTER CLASS

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

FREE LITERACY COURSE

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

FRENCH TUTOR

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

LEARN ITALIAN

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

INDOOR BOWLS

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

ITALIAN CLASSES

Exp teacher, native speaker of Italian ph Antonella 027 341 8312, 473 0832

antonella.vecchiato@gmail.com

LEARN ENGLISH

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

dunedin@englishlanguage.org.nz

art, craft & music

ART CLASSES

For all levels, casual attendance welcome, tutor Anneloes Douglas, community rooms, 10am–noon, Thur and 6pm–8pm, Fri. Ph 027 307 7034, 467 9993,

anneloes.douglas@xtra.co.nz

ART CLASSES

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

KNITTING SQUAD

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

Belleknowes Golf Club

Green fees for August \$15 Green fees for September \$10

Come & enjoy our fantastic 9-hole golf course on Lawson Street Spectacular views over the city Secretary, Christina King, 467 9499

ART FIBRE DUNEDIN

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

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

MUSIC LESSONS

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

SENIOR MUSOS

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

SOUNDS NOR'EASTERLY

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

UKULELE SESSIONS

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

VALLEY BLUEGRASS JAM

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

community groups

BIBLE HOUR

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

BIKE WORKSHOP

Get help, use our workshop, bikes available for koha. 3.30–7pm, Tues, and 9am–12.30pm, Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com MEN'S PROBUS

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

COMMUNITY GARDEN

North East Valley, the top paddock behind North East Valley Normal School, working bees every weekend alternating Saturday 9.30am-noon and Sundays 1-4pm. All welcome.

COMMUNITY GARDEN

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

DUNEDIN MAKERSPACE

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

ENLIVEN DAY CLUB

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

LADIES' PROBUS CLUB

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

NORTH DUNEDIN SHED

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

MULTICULTURAL GROUP

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

NEIGHBOUR SUPPORT

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

REFUGEE & MIGRANT CENTRE

Mon, 9–11am, Dunedin Community House, 301 Moray Pl. Coordinator Afife, ph 027 419 3125 or email afife.harris@gmail.com To volunteer at centre please get in touch.

TWILIGHT TINKERING CLASSES

Mon & Thurs, 7–9pm, 347 North Rd, Ph Andrew 021 982 216

ASTROLOGY

The 'Birthchart Demystified' is an introduction to the meaning of the symbols contained in your astrological birthchart. Psychological Astrology offers profound insight into our inner patterns, needs and drives. Complete beginners welcome. Complementary copy of your birthcharth. Sun, 26 Aug, 1–3.30pm, \$30, Valley Project community rooms. Contact Cheska 021 253 5445, cheska.w@gmail.com

The Normanby Tavern

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

Kiwi Poker League 7pm Thursdays

Compassionate guidance, support and advice 24/7



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474 7070 027 609 7599 wendy.bowman@harcourts.co.nz wendy.bowman.harcourts.co.nz

Harcourts

Community Matariki celebration



The community gathered at Nga Maara Hall to celebrate Te Matariki Huka Nui Hāngi, with a hāngi, kapa haka performances from local schools and lots of children's activities and entertainment. Many thanks to all the many volunteers who helped out with the event. Thanks to Roslyn Nijenhuis Photography for the beautiful pictures recording the afternoon and evening's activities.













what's on fruit tree pruning

Pruning demonstrations Sun 5 Aug, 1-3pm, NEV Community Garden and Sat 11 Aug, 10amnoon, 131 Evans St; 1-3pm, park

next to Pine Hill School.

try yoga

New classes starts Tue 14 Aug. 6-7pm or 7.15-8.15pm, community rooms.

register 4 centenary

Join the celebration with Ross Home at Labour Weekend. Call in or phone 473 0029 to register.

share your garden

If you love your garden consider sharing it with the community. Phone Mary on 027 473 8065 or Diane on 021 058 0846.

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