



connecting our community
whiria te taura tangata



your local newsletter published by the Valley Project • July 2015

Volunteers make a community



The difference the Valley Project and its many volunteers has made to the valley is amazing, volunteer Maria Jackson told those gathered at a volunteer appreciation afternoon held at the Valley Project community rooms.

Maria, who has been involved with the project since its earliest beginnings, says more and more people in the valley feel connected with the project and each other. Valley Project executive committee chairwoman Margaret Hillerby talked about the many initiatives the project runs including Cosy Homes, FoodShare, and community events such as shared dinners.

Minister for the community and voluntary sector, Jo Goodhew, gave certificates and t-shirts to volunteers who have been especially active in the past year. Volunteers are "the salt of the community", she said. T-shirts were given to about 30 people as a token of appreciation. Pictured are some of those at the event.
*More pictures on our Facebook page

New community workspace in the valley

A GROUP of organisations has come together to open a shared workspace in the valley.

The collaboration of groups will initially use the former Motoring Museum at 11 Allen Street and turn it into a multi-purpose, shared workspace that caters to the community. The landowner is providing the building at cost, until the end of the year at least.

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Dunedin North Intermediate School was buzzing last month as we celebrated Puaka Matariki. A massive thank you to the crew who worked tirelessly in the months leading up to the event and on the day. This annual celebration wouldn't be possible without you. Also to the many volunteers who helped to prep and clean up. This event showed what an amazing community we live in. E rere kau ana ngā mihi ki a koutou katoa. —Paia Taani; Photo: John Roxborough

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Photo booth fundraiser for Baldwin St jaffa race

If you plan to attend the famous Jaffa race on Friday 17 July be sure to stop by 30 Baldwin St where the Valley Project will be raising funds with a photo booth.

Every year to celebrate the end of the Cadbury's Chocolate Festival, thousands of Jaffas are rolled down the steepest street with big prizes for the winning tickets.

To capture the moment you can have your group's photo taken with the Jaffa race backdrop for a suggested donation. The Valley Project is exploring the option of having a photo booth created for tourists who visit Baldwin Street and for similar fundraising events.

Gravity Events and Cadbury's are sponsoring the cost of providing the booth on the day and the Valley Project will require two or three volunteers to help, so if you are interested please get in touch with staff at 473 8614.

Three Jaffa races are held between 11am and 2pm with the proceeds going this year to the Taieri Parents Centre, Surf Life Saving New Zealand and the Make-a-Wish Foundation. —Marty

Allen Street workshop open day

continued from page 1

THOSE INVOLVED include Transition Valley 473, Dunedin Makerspace, weaver Christine Keller, the Valley Project, Oil Free Otago and the Otago Polytech. There is even talk of creating a commercial



The Allen Street building

kitchen and second-hand shop. With these exciting possibilities come hard work, and the groups will be having a working bee to clean

up the building prior to an open day to be held this month.

They are also meeting regularly to form a governing body for this workspace. If you are interested in getting involved in the early stages, please contact the Valley Project on 473 8614.

Come and have a look at the beginnings of this great new community initiative on Saturday 18 July from 10am to 3pm. Get your bike repaired, check out 3D printers, looms and electric bikes, and have a bowl of soup. All are welcome. —Marty Cancilla

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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.

Fresh, healthy fruit and veges for all

AN INITIATIVE to make fresh fruit and vegetables affordable across the community is now available in North East Valley and Pine Hill.

All Saints' Fruit and Veggies is a ministry of the Anglican Parish of Dunedin North, a volunteer-based venture run by a committee which, together with its partners, friends and people of goodwill, aims to provide fresh fruit and veges to members of the wider community at more affordable prices.

The produce is purchased from the market place and is packed and distributed through four distribution centres, including St Martin's Anglican Church at 194 North Rd on Thursdays from 4.30pm to 6.30pm and St Thomas' Anglican Church at 1 Raleigh St on Thursdays from 4pm to 6pm.

We are offering a mixture of fruit and vegetables in three sizes: family for \$12, couple for \$6 and single for \$3. Orders can be made online at www.fruitvege.allsaintsdsn.org.nz or in person with cash during open hours at the distribution centres. Orders need to be placed one week in advance. Anybody can join. —Fr Ivica Gregurec



From left, Anglican priest Ivica Gregurec and volunteer Amy Hinch hand some fruit and veges to Sam Thorburn.
Photo: Caitlyn Kilner

Tourist puts hospice patients at risk

A CRUISE ship tourist visiting Baldwin Street while sick with norovirus could have spelled disaster for the Otago Community Hospice when he came in looking for a toilet.

Hospice chief executive Ginny Green says staff did not want to turn the man away as he was obviously unwell, but then he threw up in the foyer. "I had to stand down the staff member for 48 hours and clean up the mess he made. It was awful."

The hospice no longer allows the public use of their facilities, but despite a sign on the door clearly stating 'no public toilets', people still come in wanting to use a toilet. "We have had people go around the back and come through patient

doors looking for toilets. It is appalling."

Tour companies and bus drivers often did not help the situation and some even told their passengers toilets were available in the hospice. "It is a big issue." Installing public toilets on hospice land has been suggested by members of the public in the past. "We would look at anything as long as there was not any financial risk to the trust," Ginny says. "We want the valley to be vibrant, but not at the risk of our patients."

Baldwin Street is billed as the steepest street in the world and is a top Dunedin tourist attraction with up to 300,000 people estimated to visit every year.

—Edith Leigh

Computing classes for seniors to start



Computer expert Matthew Dwyer with some of the Valley Project laptops

Do you know how to use email, Skype or stay safe on the web? New classes to help seniors build their computing confidence are starting up at the Valley Project community rooms.

The classes will be run by computer geek and valley resident Matthew Dwyer, who also runs his own business Computer Help! Laptops will be available or bring your own if you prefer. The classes will run for a two-month trial period to gauge community interest. They will be held on Thursdays from 10am to noon at the community rooms. The first class will be on 9 July. Contact the Valley Project on 473 8614 for more information.

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Life-changing experience for mother of teen



Life coach and valley resident Karyn Chalk with a book she has written to help parents communicate better with their teenagers.

HER OWN tough experiences with her teenage daughter prompted life coach Karyn Chalk to take a hard look at her own communication skills and write a book to help other parents struggling with “tricky teens”. In her own life, things got so bad as she watched her then 13-year-old daughter sink deeper into depression and self-destruction, that some days she would go into her daughter’s room not knowing if she would be alive or not. She travels the country teaching people about communication and works at the prison helping prisoners to rehabilitate their lives, yet she felt so hopeless and frustrated in her own life, Karyn says.

It wasn't until she took part in a course called Transforming Communication that her relationship with her daughter turned around.

“A lot of the ways we respond close the door to communication.” When a person is upset most people will try to reassure the person, distract them, offer solutions or fix the problem for them, but none of these responses are actually helpful.

“Sometimes saying nothing is helpful. Just listen, give them some space and support them to solve their own problems. Many people think they are really good listeners, but in reality they are not.”

Changing the way she responded to her daughter was hard, and took about six months, but the results have been life-changing, Karyn says. Now fostering resilience, especially in teenagers, has become her passion.

Karyn will be giving a free talk about raising resilient teenagers at the Valley Project community rooms at 7pm on Monday 27 July. She will also be selling copies of her book *Responding to Tricky Teens*. All welcome. —Edith Leigh



North Dunedin hills inspire pop-up artist

NORTH DUNEDIN'S hills inspired the works of this month's pop-up artist Fiona Stirling. The hill paintings are from a few years ago as Fiona has now shifted her focus to encouraging local artists to show their work to friends and neighbours. She helps to organise the annual Opoho Art Show.

“Displaying work is a vital part of the process and an important developmental stage for artists.” Fiona has previously held seven solo exhibitions in Dunedin.

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Youth clean-up crew can take on your jobs



The North East Valley Youth Drop-in clean-up crew getting ready for action in the second week of the school holidays

NEED A job done? This may be the team for you. The North East Valley Youth Drop-in is planning a ski trip in August and needs to raise the money for transport, gear hire, lift passes and lessons. During the second week of the school holidays the young people will be available to do odd jobs at your place in exchange for a contribution to the Youth Drop-in. The week-of-work will run from Monday 13 July until Friday 17 July.

We can arrange a small team to weed your garden, clean your windows, stack the firewood, etc. Where needed, an adult supervisor will

guide the students' work. We can also offer a valet service for your car. We will also be setting up some sponsored community work for the young people. So if you don't have a job that needs doing but want to help out, you could sponsor a young person to do some gardening at an elderly person's house or assist in some other way.

The Youth Drop-in is open on Fridays from 7pm to 10pm at North East Valley Baptist Church hall. To enquire further please call Steve O'Connor or 027 424 1828 or email steven.oconnor@xtra.co.nz. —*Steven O'Connor*

Artists leave their comfort zone and surprise themselves in class

HELPING ARTISTS bring out their own style is what art teacher Friederike Schmaltz does at art classes she runs in the valley. "You can't help having your own style. It isn't necessarily how you think or hope it would be, it just comes out of you." Friederike trained in Germany where an "excellent teacher" instilled the beliefs she still uses today. "He taught us to say things simply in a picture and not indulge in shenanigans. So you have to know what you want to say."

She describes herself as a figurative painter, or "an old-fashioned, dyed-in-the-wool visual communicator". People should be able to clearly recognise what is in her paintings, she says. "I teach according to those basic lines and I make people work very hard."

Her classes are held on Wednesdays from 1pm to 3pm, and 7pm to 9pm, at St David's Church on the corner of North Rd and James St. The cost is \$15 per session. The classes are continuous so newcomers can join any time, although Friederike asks that they call her first on 482 2025.

The class covers all aspects of painting including colour, composition and technical handling of at least two media. "Expect to leave your comfort zone occasionally and be surprised at what you can do," says Friederike. —*Edith Leigh*



Artists working hard in an art class held at St David's Church



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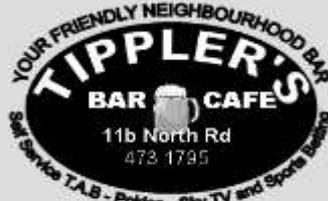
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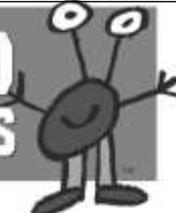


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nicely leash-trained, so we're sure she will make an
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Jag would make a loving companion for any
person, young or old, or a family or couple, with
or without children and other pets.

He's been with us since early March, and alt-
hough we'll be sad to see him go, he would just
love to go home with you for the winter and
settle in by a cosy fire or heater. He is vaccinated, microchipped and neutered. Please
consider this sweet fellow as your next furry family member.

YouthGrow kowhai trees for new citizens



Kowhai trees presented to every new citizen at Dunedin citizenship ceremonies are grown and wrapped for presentation at North East Valley's YouthGrow Garden Centre. The New Zealand native tree is a gift that helps people remember and treasure the ceremony. YouthGrow supplies up to 30 kowhais every month. Pictured wrapping the kowhais ready for the ceremony are Jordan Mason (left) and Andrew McBeath. YouthGrow is a 'life-ready, work-ready' youth development programme for young people aged 16 to 25 years.

Pine Hill community consultation

DO YOU live in Pine Hill, Liberton or Dalmore? Do you have a few hours to spare on a weekend in July or August? Would you like to be part of a community consultation?

We are looking for community-minded people to help us make sure Pine Hill, Liberton and Dalmore are great places to live whatever your age. This involves door knocking on your neighbours' doors, having a conversation, taking notes and socialising. A report on the results will be produced and used to decide on the next stage. This may include a more rigorous survey, the planning of a community event or the start of project working groups.

If you are keen, or know someone who might be, get in touch with Presbyterian Support Otago community worker and Pine Hill resident Noora Frantz on 021 415 530 or nooraf@psotago.org.nz.

—Noora Frantz

Cute cutlery creatures in Art Tardis



NEW CREATURES in the Art Tardis have been created by Artsenta artists working with visiting ceramicist Jim Cooper. Artsenta is an art studio for people who use mental health services and are interested in being creative.

Meet the Pine Hill public health nurse



Public health nurse
Nicola Hough

Hi, my name is Nicola Hough and I am the public health nurse for the Pine Hill area. Public health nurses are registered nurses who have knowledge and experience in child and family health. I am originally from Scotland, where I worked as a children's nurse for eight years. I relocated to Dunedin three years ago. I can offer free, confidential advice, enrolment into services such as dental and referral to agencies within Dunedin. I can complete child health assessments such as the Before School Check which is offered for four-year-old children. I am able to assist with GP and prescription costs and organise immunisations for babies and children. I work in a variety of settings such as early childhood centres and schools, and will be available at Pine Hill Community Rooms. To contact me, please call Noora Frantz on 021 415 530.

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Cats can be prolific breeders



Pet Fix founder Michelle Blair with some unwanted kittens waiting for homes at the Otago SPCA.

AN UN-FIXED male and un-fixed female cat could potentially lead to up to 420,000 kittens in seven years. Valley resident and Pet Fix Dunedin founder Michelle Blair says many unwanted kittens end up homeless and diseased, while still more are cruelly

disposed of or unnecessarily euthanised due to over-population.

She established the charitable trust Pet Fix three years ago to help people on a low income get their cat neutered or spayed.

At the time, she had inherited a cat when a neighbour moved away leaving their cat behind, but she could not afford to get it de-sexed. When a friend helped her to get her cat fixed for free she felt "incredibly grateful". "There are a lot of responsible pet owners who end up with cats, not always by their own choosing, but they can't always afford to do things like de-sexing. I wanted to recognise that — and pay it forward.

"The exponential growth of cats breeding is quite scary. It doesn't take long for a population to get absolutely out of control which is why we focus on prevention." Generally Pet Fix will help subsidise the cost of de-sexing cats for people who have a community services card, with the generous support of Mosgiel Veterinary Services.

The trust is in desperate need of people to come onboard to help with fundraising. For more information go to www.petfix.org.nz or phone 453 1277. To help support Pet Fix packs of six cards featuring animal sketches by Marjorie Orr are available to buy at the Valley Project community rooms for \$10 per pack, or \$2 per card.

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LOVELOCK ENVIRONMENT SOCIETY AGM

We are a non-profit society that holds the lease for the Opoho tennis courts with the DCC so they remain available to the community.

AGM

7.30pm, Monday 6 July

Opoho Presbyterian Church

meeting room, Signal Hill Rd

Anyone interested is warmly

invited to join us.

Notices to secretary Fiona Stirling
473 0024, fiona.stirling@ihug.co.nz

Birth class will give women confidence

HELPING WOMEN to regain confidence and trust in their ability to give birth is the aim of a holistic antenatal class starting at the community rooms this month.



Uschi Heyd

The main focus will be on understanding what facilitates the natural flow of labour,

birth and the postnatal period, and what women can do before birth to ensure a healthy pregnancy and optimal fetal positioning before labour begins.

Uschi trained with Birthworks International and is a certified yoga and meditation teacher.

The six-week class will run on Mondays from 7pm to 9.30pm starting on 3 August at the Valley Project community rooms. For more information contact Uschi on 027 360 0238 or info@birthcircle.org.

for families, kids & teens

DUNEDIN TOY LIBRARY
St Martin's Hall, Northumberland St,
10am–11am, Wed and Sat.

FANTAIL TRAILS
Unstructured exploration in nearby nature for families with young children. Next event on www.meetup.com/Fantail-Trails, or email gabrielle.david@gmail.com

MT CARGILL GIRLGUIDES
Pippins, brownies, guides and ranger groups in the valley. More info on Facebook or Ph Eileen 476 1813.

MUSIC AND MOVEMENT
For little ones, Salvation Army Hall, Mon, school terms only, two sessions, 9.30am–10am, 10am–10.30am, gold coin. Ph 473 0581.

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

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

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

PRESCHOOL MUSIC
At Opoho School, 9am–9.30am, Fri, during school term, Room 3, gold coin, drop in, Ph 473 8019.

RUDOLF STEINER
Playgroup in Pinehill, 10am–noon, Mon and Fri (Te Reo Māori group on Fri), 351 Pinehill Rd, gold coin and piece of fruit to share, Ph Steiner School 471 2163.

TUNEFUL TUESDAYS
Music session for pre-schoolers and parents, limited spaces. NEV Baptist Church, 1.30pm–2.15pm, Tues, gold coin. Ph Kaitrin 425 8959.

VALLEY PLAYGROUP
Come along with your children 0–4 years, Baptist Hall, 270 North Rd, 10am–2pm, Mon; 9am–3pm, Tue, Wed. Ph Michael 473 0572.

YOUTH DROP-IN
Supervised fun for young people years 7–13, NEV Baptist Church, 7pm–10pm, Fri, Sat. Ph Steve 027 424 1828.

ZUMBA
All welcome with or without children, qualified instructor Liana, 11am–noon, Mon, Baptist Church hall, \$2.
021 299 1024

community garden working bees

Saturday, 4 July
9am–noon

Sunday, 12 July
1pm–4pm

Saturday, 18 July
9am–noon

Sunday, 26 July
1pm–4pm

top paddock behind North East Valley Normal School

Classifieds and community notices (for non-profits)

YOGA

body-breath-mind connection

Tuesdays 6pm–7.15pm, Baptist Church.
Jenny Haydon
482 1409 or 027 482 1426
claydons@actrix.co.nz

Qualified Satyananda yoga teacher
20 years-plus teaching experience

CHANGING WAYS

FREE public talk

Raising Resilient Teenagers

7pm–8.30pm, Mon 27 July
Community rooms, 262 North Rd

Ph Karyn on 021 0275 4881
www.changingways.co.nz

LET'S GO DOG WALKING AND TRAINING SERVICES

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GARDENS PHYSIO THERAPY CLINICAL PILATES

Beginners Pilates

Fridays 9.30am–10.30am
Saturdays 9.30am–10.30am

Levels 1-2 Pilates

Tuesdays, 11.30am–12.30pm
Thursdays, 12.30pm–1.30pm
\$15 per session/\$72 six sessions
www.gardensphysio.co.nz

fitness & health

CONTRADANCE

Baptist Church Hall, 270 North Rd,
7.30pm, Mon, \$3.

DUNEDIN BMX CLUB

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

EXERCISE GEAR WANTED

Do you have exercise gear, such as
weights, mats & bands, you no longer
need? Donate it to the NEV communi-
ty Sat morning exercise class.

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-
11.30am, Fri, \$3. Ph Yvonne
455 2406, stureid1@yahoo.co.nz

FREE FITNESS CLASS

Outdoor circuit training, NEV Normal
School, 9.30am, Sat, free, bookings
essential. Ph Knox Rehabilitation
Clinic 474 0517.

HISTORICAL DANCE

Get ready for Jane Austen Ball on Sat
29 Aug. Historical dance workshop,
10am–noon, Sat 13 July, Nga Maara
Hall, \$10. Weekly dance class starting
Wed 29 Jul, 7pm–9pm. Please regis-
ter at info@frenchdancing.co.nz

LEARN TAEKWONDO

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

MEDITATION

Meditation and mindfulness
afternoon workshop every
two weeks, Ph 021 035 2392,
www.meditatenz.co.nz

NEW INDOOR BOWLS

Friendly games, 1.30pm, Thur, 139
North Rd. All welcome to come or ph
Jack 473 9565 or Shaun 473 8822.

RECLAIMING THE NIGHT

Approx. 1hr walk, meet at pedestrian
crossing outside DNI, 6.30pm, Wed.
Ph Jennifer 473 1694.

QIGONG

Interested in Qigong? Ph Ans 473
6114 or 027 756 8383,
www.qigongrenxue.org.nz

QIGONG CLASSES

Jay Glubb runs a Qigong class at the
community rooms, 6pm, Thur.
Ph 027 584 4537.

SELF DEFENCE COURSES

For women and girls, learn simple
ways to use your mind, body and
voice to keep safe. Contact Imogen to
arrange evening or weekend course,
ircoxhead@gmail.com

SPAN NEV

Stretch'n'flex, gentle low-impact
exercise, St David's Presb Church
lounge, 10am–11am, Tue, over-65s
\$3. Ph 473 9311.

STEADY AS YOU GO

(Age Concern) Gentle balance and
strength exercises, NEV Baptist
Church, 10.30am–11.30am, Mon.

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, DNI tech
block, 6pm, Mon–Fri, \$5 waged, \$4
unwaged; St David's Church, cnr
James St & North Rd, 9.15am, Mon,
Wed, Fri, adairbruce@hotmail.com

art, craft & music

ARTYFACTS

Art group for support and motivation,
bring your own work. Community
rooms, 9.30am–noon, Wed.
Ph Patricia 473 1494.

ART CLASSES

For all levels, casual attendance
welcome, tutor Anneloes Douglas,
community rooms, 10am–noon, Thur.
Ph 467 9993 or 027 307 7034,
anneloes.douglas@xtra.co.nz

ART FIBRE DUNEDIN

Bring tea and whatever you want to
work on, 5.30pm, first Thu each
month at the community rooms.

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

KNITTING SQUAD

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

further education

SOCIALIST ORGANISATION

Meetings 7.30pm, Thurs, OUSA Rec-
reation Centre. Ph Andrew 473 0502.

FREE LITERACY COURSE

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

ITALIAN CLASSES

Exp teacher, native speaker of Italian
(PhD Linguistics), ph Antonella
473 0832 or 027 341 8312,
antonella.vecchiato@gmail.com,
www.italianclasses.co.nz, Benvenuti!

LEARN ENGLISH FAST

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

LEARN ITALIAN

Planning a trip to Italy this year? Fun,
communicative lessons with qualified,
experienced teacher. Contact Samantha
021 0831 8408.

SEA OF FAITH

Highgate Church Hall (cnr Drivers Rd
and Highgate), 5pm, light meal, 6pm–
7.30pm, meeting, fourth Thur each
month.

community groups

CHAI AND CHAT

Where women come together to
socialise, children welcome, gold coin
donation, Community House, Moray
Pl, 10.30am–12.30pm, Fri. Contact
Yulia and Shiraani
chaichatdunedin@gmail.com

ENLIVEN DAY CLUB

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

LIONS IN THE VALLEY

Toroa Lions Club meets twice monthly
Mon evenings, Morrison Lounge,
Opoho Church, new members, men
and women, welcome. Ph Tess 473
8114 or email Genny at genny-
hann@gmail.com

MENS' PROBUS

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

NORTH DUNEDIN SHED

Working bees, Bonnington St, over
bridge, 10am–early afternoon, Sat.
Coffee, tea & scones welcome. Ph
Bob 488 2647 or Paul 474 0060.

BIRTHWORKS ANTENATAL CLASSES HOLISTIC

Natural birth education for new parents &
those with previous birth experience
6-week course, Mondays
at community rooms
Call Uschi 027 360 0238
info@birthcircle.org
www.birthcircle.org

OPOHO EUCHRE GROUP

Opoho Bowling Club, 1.30pm, Wed.
Ph Lesley 473 9771.

PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café,
11am, 4th Wed each month. Ph
Noora 021 415 530 for more info.

MENTORS REQUIRED

Become a mentor to young people
who need a good male role model in
their lives, Operation 'New Direction'.
Ph Rob Fitzpatrick 473 6825,
garden@northeastvalley.org

trading corner

COMPUTER SERVICES

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

church services

Salvation Army, 43 North Rd,
Nitechurch, 6pm

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, 6pm

Opoho Presbyterian, 50 Signal Hill
Rd, 10am

NEV Presbyterian, 224 North Rd,
9.30am cafe service

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

NEV Baptist, 270 North Road,
10.30am; 5th Sunday, 2pm.

Ray White

Jane and Colleen offer a wealth of local knowledge and years of real estate experience

Jane Bokser
M: 027 473 8221
H: 03 473 6021

Colleen Townsend
M: 027 226 5482
H: 03 473 9727



Weaving classes on offer for community



Valley weaver Christine Keller, left, helps others at the loom during a weaving class at the community rooms.

VALLEY MASTER weaver and teacher Christine Keller will offer a new round of textile classes supported by the Dunedin City Council creative communities this spring.

There will be a loom weaving class for any level, from beginner to experienced, which will run most Thursday evenings and selected Saturdays in August and September at the community rooms. An orientation will be held at 6pm on 23 July. Compact weaving weekends can also be arranged on request.

Anybody who would like to learn how to dye cotton or wool can contact Christine and project sessions for small groups can be arranged on request.

Looms and equipment can be rented for a small fee. Term-long classes are \$140 unwaged and \$175 waged. Contact Christine on mindmade@hotmail.com or 473 1156.

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On tour with the Black Caps



Valley physiotherapist James Montgomery on tour with the Black Caps in England, second from right in the back row (no hat).

TOURING ENGLAND with the Black Caps has been a thrilling experience, especially with so many records falling, for valley physiotherapist James Montgomery. The tour is not all glamour, however, as being part of the team keeping the players fit is a lot of hard work, he says.

Everybody on the team, from the players to the support crew, work long hours, but they also have a lot of fun, says James. Put a bunch of (mostly) blokes together for long periods and there will be lots of practical jokes. But at the same time everybody is focused on the fact they are all there for New Zealand, with thousands of people back home watching to see how they get on.

Riding the wins and losses of the team can be "a bit of a roller coaster", but that is sport, he says. "You are emotionally invested in the team and it definitely hurts when we lose." Being away for eight weeks can be tough, but the learning experience has been great and he also got to visit some special places that not many people get to see, such as the Long Room at Lord's cricket ground in London. James is the team physiotherapist for the Otago Volts and the Kings' United Hockey Club. He has always had a passion for high performance sport and is the owner of Gardens Physiotherapy and Pilates which is now open for Saturday sessions.

what's on calendar

Senior computing

Valley Project community rooms, Thursdays, from 9 July 10am to noon, by donation

Jaffa race

Baldwin Street, Friday 17 July, from 11am to 2pm.

clean-up crew

Second week school holidays, 13 to 17 July, odd jobs done Ph Steve 027 424 1828

Allen St open day

Community workshop at 11 Allen St, 10am to 3pm, Saturday 18 July.

weaving class

Orientation at Valley Project community rooms 6pm, Thursday 23 July

free teenage talk

Raising resilient teenagers, at the community rooms 7pm, Monday 27 July

birth classes

Valley Project community rooms, 7pm to 9.30pm, starts Monday 3 August,

The Normanby Bistro

(At the Normanby Tavern)

Open Wed-Sun

Lunch: 11.30am-2pm, all \$13.50

Dinner: 5pm-9pm*, from \$15.50
(*8pm on Sunday)

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Susanne and Richard look forward to meeting you

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