

Students make rooms sparkle



Sixteen students from Aquinas College rocked up to the Valley Project community rooms during Orientation Week and spent two hours scrubbing, painting, sweeping and gardening.

Project manager Marty Cancilla says the rooms look amazing and getting the fence painted has really tidied it up. "Students can get a lot of bad press during O-week but these students gave up their own time to come to put something back into the community they are living in." The students cleared out cobwebs, weeded the gravel and pathways, tidied up the garden and even put together a coffee table that has been sitting in the shed for more than a year.

Aquinas College deputy head Steve Downey said rounding up volunteers hadn't been a problem and a group of students had spent a couple of hours clearing weeds in the Dunedin Botanical Gardens the day before.

Get neighbourly to win lamp post art for your street

HOW GREAT would your street look if the lamp posts were jazzed up with some vibrant community art?

You could win a lamp post art make-over for your street simply by organising a fabulous street event for Neighbours Day on the weekend of 28 and 29 March. Neighbours Day Aotearoa is a nationwide event in which people are encouraged to turn their street into a neighbourhood. It is a great way to get to know your neighbours. To help people organise a neighbourly event for their street the Valley Project has five Neighbours Day packs to give away, which include a \$50 pack from Gardens New World (no alcohol) and free use of Valley Project community resources

such as marquees, tables and a sound system. To enter just email us at project@northeastvalley.org or phone 473 8614 and tell us what you are planning for your street. The Valley Project is also offering to print invitations and neighbour contact sheets (to stick to the fridge) for free—just call into the community rooms at 262 North Rd or email us.

The Valley Project team will be travelling around all the different street events on Neighbours Day and the most neighbourly event will win a lamp post make-over, in which local artists will create community art for the lamp posts in that street.

For more ideas and inspiration go to www.neighboursday.org.nz.—Edith Leigh

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Bike clinic proves popular



There was lots of love in the air at the Valley Project Broken Heart Bike Clinic held on Valentine's Day. Bike enthusiasts of all ages popped by and had a chance to repair their ride with the help of local bike mechanic Peter McDonald and Crooked Spoke member Tod Coxhead. Others also stepped up to help and thirty bikes received attention free of charge. Volunteers baked heart shaped cookies and creative juices flowed at the 'love your lid' helmet decorating organised by Kaitrin McMullan. The event went smoothly and those who attended felt it was a great community effort, well worth doing again.

Pictured is Matt McKague helping Amelia and Manu Wharerimu-Matthews repair their bike. —Marty Cancilla

Schools reflect their communities

- meet the Valley Project exec

SCHOOLS REFLECT their communities and to make a school better you need to make the community better, Valley Project executive committee member Ross Leach believes.

Principal at Dunedin North Intermediate for the past eighteen years, Ross says school rolls in the area are growing, a turn-around from previously decreasing rolls.

"There is a positivity about people who live in the valley and the project has contributed to that in a variety of ways. That positivity has been reflected in buoyant schools." He also believes there are more families and fewer students living in the area. He joined the executive to help provide kids with experiences that make them think positively about the world and their place in it. —Edith Leigh



Exec member and DNI principal Ross Leach

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Group for new valley residents

NEW VALLEY residents and migrants are invited to join a New to the Valley group which will meet monthly.



Kim Romeril

The first meeting will be on Wednesday 18 March at 10am and led by Otago Neighbourhood Support regional co-ordinator Kim Romeril. The group will tour the community gardens followed by morning tea at the Valley Project community rooms. The second meeting on 29 April will be a tour of Toitu Otago Settlers Museum. Contact the Valley Project on 473 8614 for more information.

Jams and jellies galore

Come and learn some different preserving techniques and how to make jams, chutneys, jellies and sauces at a community baking and preserving workshop. An abundance of apples, pears and quinces will be preserved and baked, which people will be welcome to take home, with the remainder going to Dunedin food banks.

Any spare jars or ingredients will be gratefully welcomed. Jars can be dropped off at the Valley Project community rooms.

The workshop will be held at Dunedin North Intermediate on Saturday the 21 March from 10am to 4pm.

An apple pressing day will follow on 18 April at the community rooms.

—Annika Korsten

262 north road
north east valley
dunedin 9010

postal address
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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.

Ten-year milestone for community patrol

THE DUNEDIN

North Community Patrol celebrates ten years of operation this month.

Volunteers are out on Friday and Saturday nights patrolling the north end of Dunedin, including the valley, Pine Hill and student areas. They

join the police line up and shift change at the central station at 10pm and are eyes and ears for their community and the police.

Safety regulations stipulate they do not get out of their car, but they are on the look-out for anything out of the ordinary or suspicious. Secretary and treasurer Marie Sutherland says they also patrol around the schools, the community garden and areas that may have been targeted for burglaries and thefts. "Even if we don't see anything, the fact we are cru-



Dunedin North Community Patrol secretary Marie Sutherland and volunteer coordinator Colin Lind who helped establish the patrol ten years ago

ing the area may make people think twice. It is all about prevention."

With students back in town this month the community patrol will be busy, but the work is interesting and fun, she says. New volunteers of all ages are welcome. Sometimes people who are interested in joining the police volunteer to get an idea of what it might be like. For more information contact co-ordinator Colin Lind at colinlind@hotmail.com or phone 473 7174. —Edith Leigh

First school fair in years promises to be a bumper one

THE LOCAL community has thrown its support 100 percent behind the North East Valley Normal School fair on next Saturday, 7 March. The school is raising money for a new adventure playground and donations from local families and businesses have been flooding in, says fair-committee chair Jesseme Johnston-Jones.

"It's just been fantastic the way everyone has been so generous. Businesses both in the valley and further afield have given us plenty of items for prizes, and the school families have stepped right up as well, so it's shaping up to be an excellent event."

There will be plenty of entertainment on the day, ranging from bouncy castles and bubble blowing, to pony rides. There will also be lots of food, great coffee, a plant stall and some excellent bargains on offer. "The white elephant stall is going to have some amazing deals. I don't think many people will be going home empty handed," Jesseme says.

Raffle tickets will be on sale during the lead-up to the fair, with a first prize of a night for two at Novotel Queenstown Lakeside Hotel. "We're

hoping to raise quite a bit of money, between the raffles and the fair itself. The school hasn't had a fair in years so we're quite excited about putting one on." Anyone who would like to help, either through donations of items or by lending a hand on the day, can email the organising committee at nevnschoolfair@gmail.com.

The fair will be held at the school grounds, from 11am to 2pm on Saturday 7 March.

—Susan McGregor

Pick up some garden skills to save money

People are invited to come up and have a look around the North East Valley Community Garden during the school fair.

A working bee will be running concurrently to the fair and there will be workshops on how to propagate plants and make your own seed-raising mix, starting at noon and 1pm.

Some worm farms will be on display to give people ideas on how to make their own worm farm.



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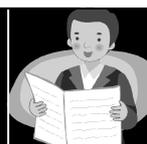
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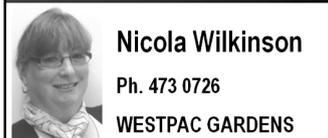


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Reserve could be our jewel: resident



Life-long Pine Hill resident Fred Smith grew up playing in the Dalmore Reserve. Now local resident Kelley Allen has a dream to make it a more family-friendly space with picnic tables, barbeques and a proper walking track.

PINE HILL residents want to see a local reserve become their own 'Woodhaugh Gardens' with proper walking tracks, a family-friendly picnic and barbeque area, and a community garden.

Local resident Kelley Allen is calling for people to get involved and wants to set up a charitable trust to progress the idea. At present a rough track around the Dalmore Reserve is overgrown, steep and difficult to traverse. The top part of the reserve has an open, sunny area with views across the city to the harbour, which could be turned into a great "viewing platform" with picnic tables, barbeques and even a paddling pool for the kids, Kelley says.

"On a beautiful night it's amazing up here. All you can hear is the tuis and on Guy Fawkes night you can watch fireworks all over the city."

"We are one of the poorest, low socio-

economic suburbs in Dunedin and we are the most poorly served in terms of recreational opportunities. There are a lot of mums here that don't have a car and have to rely on public transport so a trip to somewhere like the Woodhaugh Gardens is a major event. We want to bring Woodhaugh Gardens to Dalmore Reserve."

Kelley has approached the Dunedin City Council, which has a concept plan for the reserve that was drawn up in 2006. The next step is to set up a trust and she is calling for inter-

ested people to come to a meeting at 4pm on Saturday 4 March at the St Thomas Church hall on the corner of Raleigh St and Pine Hill Rd.

For more information go to the Dalmore Reserve Bandit Gardeners Facebook page. Otherwise contact Kelley on 027 328 3738 or at kelleygud@windowslive.com.

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Messy fun great for kids

"GOOD, CLEAN, but messy fun" will be on show at an open day at Opoho Playcentre at the end of this month. Playcentre mum Helen Jack says Playcentre Awareness Week this month is a chance to celebrate a "Kiwi institution".

Helen and her two-year-old daughter started going to playcentre a year ago and they both love it. "I was amazed at the number of activities that the kids can get involved in, it's a fantastic resource. Adele absolutely loves it, there are so many things for her to do that we don't have at home."

Playcentre isn't just about the kids either, she says. It is also a relaxed and supportive environment for parents to develop new skills and a great way to meet other families in the community.

Playcentre is run as a parent co-operative, which means parents decide how the centre is run. Parents actively participate in the sessions and are recognised as their children's first and best teachers.

The open day is on Sunday 29 March, from 10am to noon, and is a chance for families with pre-schoolers to come along and see what playcentre is all about and what makes it special. An Otago-wide "let's get messy" day is also being held at the Mitre10 Mega garden centre on Saturday 7 March, from 10am to 1pm.

Opoho Playcentre, at 28A Signal Hill Rd is open weekdays from 9am to noon, for children from birth through to school age, and visitors are always welcome. For more information contact opoho.playcentre@yahoo.com or phone 473 0819 during session hours.



Jack Morris (3) enjoys some carpentry at Opoho Playcentre.

New home for Plunket clinic



Plunket nurse Lou Oldham chats to Pine Hill mum Kasia Beale during a Well Child check for five-month-old Beau at the Valley Project community rooms.

THE NORTH East Valley Plunket Clinic has moved to the Valley Project community rooms. This satellite clinic is open 2.5 days per week, by appointment only.

Plunket Otago clinical leader Barbara Warren said children can have their first seven Well Child checks at the clinic, and the Before School checks are available at the community rooms with a Public Health South nurse on Fridays. Phone Plunket on 474 0490 to make an appointment.



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Photocopying and printing now available in valley

Non-profit community groups and organisations can now take advantage of a 20 percent discount on printing and photocopying services in the valley.

The Valley Project has installed a Canon photocopier to print the monthly community newsletter, the *Valley Voice*. To help pay for the cost of producing the newsletter they are offering printing and photocopying services to the public.

Valley Voice editor Edith Leigh says this will be a great facility for North Dunedin residents who can now get printing and photocopying done in the valley and not

have to trek into town or to the library.

"Whether you want to print a few pages or a few thousand, we can help out. Our printing machine can also fold items into booklets or brochures.

"The *Valley Voice* is a fantastic resource and we want to keep it going for the next twenty years. Help support it by encouraging your community group or club to print their flyers, posters and other information here."

Phone 473 8614 for more information, email voice@northeastvalley.org or call into the community rooms at 262 North Rd.

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Call for artists to exhibit

ARTISTS ARE being invited to display their work in the Northern Artery art tardis.

Jasmin Lamorie, whose series of motorcycle helmets have been on display last month, says any three-

dimensional art work will be welcomed. The art space is 50 cubic centimetres.

"The art tardis brings contemporary art into the community so it becomes more accessible and people don't have to go out of their way to experience art. We have had a fantastic community response to the project."

Interested artists can find more information at Facebook.com/ArtTardis or email northernartery@gmail.com.



Workshops help drivers stay safe

DO YOU worry when you drive? Find the traffic moves too fast? Or wonder who gives way on a roundabout? Age Concern hosts free driving workshops for mature road users which help familiarise drivers with current traffic rules, safer driving practices and to increase driver knowledge. Driver educator Jim Pine, of Pine Hill, says the Staying Safe workshops are excellent and anybody who has had their licence for 20 years should do them. "Lots of people have never looked at the road code since they got their licence. The law is changing all the time and people are ignorant of it."

For more information about the workshops phone Kristen at Age Concern on 477 1040.

Community spirit embodied in valley football club

THE FOOTBALL season is almost upon us and the Northern Junior Association Football Club is calling for player registrations.

They have teams for players five years old and up, and competition football starts at 11th grade. This year, for the first time, there will be a youth team for players aged 16–18.

The club embodies the true spirit of community football with parents and local players supporting the administration, coaching and manage-

ment of teams. It is a great way to engage with other people who share a passion for football in North East Valley and the surrounding suburbs.

A fun day will also be held at Chingford Park on Sunday 15 March from 11.30am to 3pm. The postponement day is Sunday 22 March. For more information email register.northernjuniors@gmail.com.

—Andrew Bowen

community garden working bees

At the top paddock behind North East Valley Normal School

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St Thomas', Raleigh St and Pine Hill Rd, 6pm

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each month, new members welcome.
Ph Don 473 7544.

TEA AND TALK

For over-65s, Safe & Sound – Scams,
Wed, 18 Mar. Contact Age Concern
477 1040.

for families & kids

DUNEDIN TOY LIBRARY

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

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,
9.30am and 10.30am, school terms
only. Between sessions morning tea,
10am–10.30am, gold coin.

PLAY GROUP

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.

try something new

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

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), Benvenuti! Ph An-
tonella 473 0832, 027 341 8312,
antonella.vecchiato@gmail.com

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 Saman-
tha 021 0831 8408.

MEDITATION

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

SENIOR CHEF

Improve your cooking skills for over-
60s. Classes at Age Concern, 11 May
to 6 Jul. Ph Age Concern 477 1040.

QIGONG

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

QIGONG CLASSES

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

can you help?

ENLIVEN DAY CLUB

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

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

NORTH DUNEDIN SHED

Working bees, Bonnington St, two
shifts, 9am–12.30pm and 12.30pm–
3pm, Sat. Boots and gloves essential;
coffee, tea & scones welcome.

Employment

WORK AVAILABLE

Independent young(ish) woman,
wheelchair user, requires helper for
light household tasks. Two hrs/week,
\$18.80/hr. Ph 473 0686 or contact
nev.household.help@gmail.com

trading corner

COMPUTER SERVICES

Trouble-shooting, tuition, low rates.
Ph Dave 473 9542 or
davescomputer@actrix.co.nz

LONG-TERM RENTAL

Family wanting long-term house to
rent, up to \$300. Ph 926 6774.

PEA STRAW FOR SALE

Fundraiser for NEV Normal School,
delivery available. Contact
nevpeastraw@gmail.com or Ph Amy
027 256 9182.

Ray White.

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

Jane Bokser
M: 027 473 6221
H: 03 473 6021

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



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Free fitness class for 'feel-good factor'



Get your weekly dose of 'feel-good factor' with exercise and fresh air and meet new people at a free fitness class held in the valley every Saturday. Run by the Knox Rehabilitation Clinic at North East Valley Normal School every weekend, the one-hour class features cardio training, body weight exercises and weight training.

Chiropractor Stacey Morgan said she and her husband Steve spend their working days indoors at a desk and would like to be more active themselves. They both worked in the fitness industry for ten years and even just a small amount of regular exercise is important to a person's health and well-being, Stacey says. Community involvement is also a strong part of the clinic ethos.

The class caters for all levels and abilities, and is different every week. It goes ahead at 9.30am whatever the weather so dress appropriately for the conditions. "I think we only cancelled once because of snow." Families are welcome and children can play in the school playground while mum and dad exercise. "We do ask people to let us know beforehand if they will be attending so we can adjust the class according to numbers." Updates are posted on the clinic's Facebook page. —Edith Leigh

Confidence boost for girls at Guides



Leader Emma Rooney and Rangers Hannah Byas and Mwhari Rowbottom during a clean-up day at Opoho Park.

CAMPS, STAR-GAZING and lots of outdoor activities are all part of the fun for Mt Cargill GirlGuide groups operating in the valley. Ages five to seventeen are catered for, with Pippin, Brownie, Guides and Ranger groups all active.

Mt Cargill district co-ordinator Eileen Richardson says GirlGuides is a lot of fun, but there is also an underlying educational element to the programmes. "It is about teaching the girls to be confident, have leadership skills and to connect with their community and the environment from a very early age. Girl-

Guides is one of the few opportunities where girls can just be with girls and that is really important I think. It helps with their confidence."

Rangers and guides have been kayaking and geocaching during an Otago-wide camp held in Cromwell in January this year and Pippins will be learning about the SPCA and having an Indian-themed sari night. Anybody interested in joining GirlGuides can just turn up to a session or contact Eileen at emrichardsonreed@gmail.com or phone 476 1813, or find the Mt Cargill GirlGuides on Facebook.

what's on

games library

Join us for a games night to launch the new games library. On at the community rooms from 7.30pm-10pm Thursday 19 March.

Games such as Cranium and Pictionary can be hired for a gold coin donation.

relay for life

Come support the Valley Relay for Life team. Team members will be walking at Forsyth Barr Stadium, from noon Saturday 7 March to noon Sunday 8 March.

valley GirlGuides

Pippins (6-7 years), 5pm-6pm, Mondays, Opoho Presbyterian Church hall.

Brownies (7-9.5 years), 6.15pm-7.45pm, Mondays, Opoho Presbyterian Church hall.

Guides (9-12.5 years), 6pm-7.30pm, Mondays, Sacred Heart School hall.

Rangers (12.5-17 years), 6.30pm-8pm, Tuesdays, NEV Normal School hall.