

VALLEY VOICE

North-East Valley
Community Newsletter

A Publication From The North-East Valley Community Development Project
voice@northeastvalley.org – 262 North Road NEV – (03) 473 8614

June 2014

Matariki Hunga Nui

Paia
Taani

'Matariki hunga nui' is a whakataukī (proverb) meaning, 'The Pleiades have many people' and will once again be the theme for this year's Puaka Matariki celebration. This is part of the DCC Puaka Matariki Ōtepoti/Dunedin 2014 calendar of events and is a community celebration to be held on Saturday 12 July at Dunedin North Intermediate School, North Rd, NEV.

The event is hosted by the Valley Project in collaboration with the Community Garden Group and numerous volunteers. The team will be onsite from 9 am. There will be activities to suit all ages from 3 pm and the hāngī will be lifted at 5 pm. The community is welcome to join the Valley Project and our fantastic hāngī volunteer team at any point in the day.

If you would like to help in any way, please contact Paia. While all the activities are free for anyone to attend, meal tickets for the hāngī need to be pre-collected. Koha is always appreciated; look out for the koha containers on the day!



Limited numbers available. Please arrange your tickets by Thursday July 3 by contacting Jane Clutha at the Community Rooms, ph 473 8614, 270 North Road, Monday–Thursday 9 am–5 pm.

Friday afternoon and evening have been reserved for kai preparation at the DNI kitchen. Final details in next month's Valley Voice.

Books for kids

John
McKenzie

NEV Normal School has started a scheme to provide books to children who have reading difficulties. The scheme is called *Books in a Backpack*. We need some help from the Valley community to make this scheme work. We are asking local families to donate a backpack full of books for our reluctant readers.

We hope families whose children have grown up would consider filling a backpack with suitable books from their shelves - classifying them by age groups up to 5; 5–8; 8–12 years; and by gender, then placing these books in an unused backpack and *voilà*, a resource for our needy readers! We can supply the backpack if need be. Drop off at the school office between 9 am–3 pm. 473 8246 or office@nevn.school.nz

Our 'topic' this term is Art. Local artists who wish to participate in our art theme are welcome to contact the school office. We have some local artists organised to set themselves up in the school for a day to illustrate their craft to the children. We intend to hold an exhibition of children's work at the end of the term or early next term – artists involved in the exercise will also have the opportunity to exhibit alongside the children's work.

Pop-up artist

Inge
Andrew

The Pop-Up Gallery, Gardens Courtyard, brought to you by Northern Artery.

In June the artist in the pop-up gallery at the Gardens is Zivka Petrovic. Zivka is currently studying a the Dunedin School of Art and has had twelve independent exhibitions and over sixty group exhibitions.

'This collection explores my relationship and dialogue with the living world. I am focused on human faces and their various expressions representing the archetypal figures of the human soul, of which visual presentation runs through the entire history of art. I found my motives in every moment of ordinary life, transforming them into instinctive recordings of moments and people – characters that make life itself.

Furthermore, I am committed to collage, as well as to combinations of picture and text, and I work in a technique which is out of traditional media frames. The works made in mixed media technique are a continuation of modernist use of different materials as a function of autonomy of the artwork. Reduced colours, poster effect and a concise narrative are some of the characteristics of these works,' Zivka explains.

For local expertise and timely personalised investment advice...

...contact **Lyn Howe**, your local Authorised Financial Adviser



(03) 477 7464

lyn.howe@forsythbarr.co.nz

FORSYTH BARR RT22 Firm
0800 367 227 • www.forsythbarr.co.nz

Disclosure Statements are available on request and free of charge.

Compassionate guidance, support and advice 24/7

GfS Gillions
Funeral Services

Ph: 03 455 2128 (24-hours)
407 Hillside Rd, Sth Dn.
gillions.co.nz



Peter Waymouth
Consulting Arborist
www.greentrees.co.nz

*Fine pruning of trees
large & small*

473 8065
027 432 9646

BODY in TUNE

WELLNESS CLINIC
- PAIN RELIEF -
TENSION AND STRESS RELIEF



Margaret Hillier
473 7139
www.bodyintune.co.nz

Need an MP?
Dr David CLARK
 MP for Dunedin North



P 03 474 1973 | F 03 474 9913
 32 Albany Street, Dunedin
 (Next to The Cook)

david.clark@parliament.govt.nz
 labour.org.nz

Authorised by David Clark,
 Parliament Buildings, Wellington



CALL YOUR LOCAL REAL ESTATE PROFESSIONAL



Graeme Pennell
 Property Consultant
 Mb 021 246 6642
 B 03 477 4470

graeme.pennell@nidd.co.nz



VALLEY BUILDER
 Licenced & Qualified
 Carpenter
Jonathan

021-299-1007 OR 473 8189



Do it once Do it right

Friendly Fix
 Home Renovation and Repairs

- All woodwork repairs and finishing carpentry
- Complete repairs including Gib stopping and painting
- Custom built decks and fences and more
- Affordable quality service

Ph. John van Gerwen 03 9748852 / 0211141848
 For your free no obligation assessment and quote



Plunket

FREE Service to Families

- * Well Child Assessments
- * Family Support Services
- * Parent Education
- * Play Groups & Coffee Groups
- * Car Seat Rentals

For more details please phone
Plunket Area office (03) 4740490
PlunketLine 0800 933 922

*Together,
 the best start for every child*

Social Asset Mapping

Alejandra
 Parta Munoz

Every person has capacities, abilities and gifts. Living a good life depends on whether those capacities can be used, abilities expressed and gifts given. If they are, the person will be valued, and feel powerful and well-connected to the people around them. The community around the person will be more powerful because of the contribution the person is making.

Social asset mapping is a tool to discover what local people are motivated to do and what skills, time, strengths and talents they have to invest in a common purpose.

Are you using your skills, time, strengths, gifts, and talents in a meaningful way?

Help us to discover the treasures and potential in the NEV community!

If you live in North East Valley, you can help us to build our social asset mapping by attending one of the following workshops:

Monday 9 June, 4.30–5.30 pm
 Sunday 15 June, 12 noon–1 pm
 in the Community Rooms, 262 North Road
 Food will be provided!

If you can't make the workshops would you please complete one of our social asset mapping forms at the Community Rooms. Please RSVP for the workshops or respond with any enquiries to the Community Rooms ph 473 8614.

These workshops are part of a research study called "Social Asset Mapping and Community Planning in North East Valley" which aims to examine how community asset mapping contributes to community planning.

Contact Details: Alejandra Parra
 020 4011 0970 paral084@student.otago.ac.nz.

[This project has been reviewed and approved by the Department of Geography, University of Otago]

Ross Home – The Early Years

Celia
 Davies

When Ross Home was officially opened, William Fleming and his wife were appointed manager and matron respectively. It was the first Presbyterian Social Service Association (PSSA) home for the elderly in New Zealand and remained the only one for the next 25 years.

The demand for beds soon outstripped expectations and in April 1921 a debt extension fund was opened with a plan to raise 50,000 crowns. The home had opened with 28 rooms and two wings with 14 rooms were soon added.

In 1921 the annual PSSA report gave great praise to the home's pleasant environment. Old people had comfortably furnished rooms with their own fireplace. There was a drop-in common room for playing draughts, and chatting—smoking was the norm. The dining room had up-to-date little tables with snowy linen, serviettes and tasty meals. It was considered to be a haven of peace and self-respect.

'Inmates' were allowed to come and go as they pleased as long as they told matron if they were out after 8 pm. No one was expected to work, but ladies could dust or make their beds if they

wished.

Admission to Ross Home was still restricted to certain people. 'Inmates' needed to be of good character, cheerful and promise to follow the rules. Anyone who was deemed to be mentally infirm, an invalid or a hospital case were not admitted. Family members were encouraged to contribute financially, if possible, but preference was given to people with no relatives or outside support.

A hospital block was opened in 1926. James Fletcher was (once again) involved with the construction and donated money towards the building. The new block was name "Dunrowan."



Some of the first residents at Ross Home.

Photo courtesy Presbyterian Support Otago

Community Garden Working Bee Dates for June

Working Bees alternate between Saturday mornings and Sunday afternoons

Sun 1	1–4 pm	Sat 7	9 am–12 noon
Sun 15	1–4 pm	Sat 21	9 am–12 noon
Sun 29	1–4 pm	Sat 5 Jul	9 am–12 noon



Top field of the NEV Normal School — garden@northeastvalley.org

Tea-totally tea-rific!

Inge
Andrew

May 17 was a beautiful autumn day. A perfect day for the tea cosy auction, hosted by *Northern Artery*, to raise funds for the Otago Community Hospice.

Tea and cakes were promised and the expectant tea cosy lovers started to trickle in around ten to three. Soon Nga Maara Hall was filled with ladies and gentlemen who were served by lovely ladies in frocks and pinnies and thirty beautiful tea cosies were lined up on stage for perusal before bidding began.

There was also a sale table for those who wanted immediate tea cosy ownership. Around

4 pm, bidding began and auctioneer Jeremy Anderson hardly uttered a word before hands shot up and bidding commenced.

At the end of the day, tea cosies were taken home to new teapots and new lives and everyone left with a smile on their face. A total of \$2395 was raised for the Otago Community Hospice.

Northern Artery would like to thank all the Dunedin artists and Artsenta for their wonderful creations, Sacred Heart School for the use of their hall, and all the people that came and made this event so special.



Punters inspecting tea cosies, enjoying high tea and bidding in response to Jeremy Anderson, auctioneer.

Fund for capability building

The Otago Community Trust has announced a fund for community groups to increase their capability in things like: administrative effectiveness, decision making, governance, succession planning and so on. Any social service organisation can apply. For further information or to get a copy of the application form call into the Community Rooms, 262 North Rd.

New to the Valley?

Or have you been here a while and feel unsettled? The Valley Project wants to help you feel connected to your community.

Would you like to meet new people, learn about local resources, discover groups of interest and connect with your community? Monthly food and friendship meeting 3rd Saturday 2-3 pm Community Rooms, 262 North Road. First meeting 14 June.

Cop that!

Lou
France



Hello again!
Brrrrh chilly start to the morning it was, but boy do I just love a fresh sunny autumn day! It's a good time to remind you to defrost your vehicle

windows before you set off on the road. It is very dangerous driving with an obscured windscreen and can even land you a ticket!!

A few minutes extra planning at night, paper on the windscreen, or defrosting your car in the morning, could save you a crash, injuring someone or a ticket! Be careful during frosty mornings on the road and watch out for pedestrians as they are harder to see with winter approaching!

I've left some free window ice-scrapers at the Community Rooms so please pop in get one before that next frosty morning!

I am now holding regular community clinics. 10.30-11.30 am relaxed environment to come and have a chat/ask a question or two over a cuppa.

Friday 6 June —NEV
Friday 13 June —Pine Hill
Friday 20 June—NEV
Friday 27 June—Pine Hill

Just to confuse everyone with phone numbers, I have been given my desk phone back again ... and it even comes with my old number, 473 0737, that's the best number to get me on! Hope everyone is well—look forward to seeing you out and about! Until next time, keep safe!
Lou

soaps
salads
pizzas
baked goods
preserves
meal of the day
drinks

Taste Nature Eatery

Fresh
Seasonal
Organic
Local

Gluten-Free
Vegan Options

taste nature
131 High Street, Dunedin, New Zealand
03 474 0219 www.tastenature.co.nz

Plumbing Laser

"Proudly servicing the valley for over 20 years"

Our Plumbing services include:

- Gas Fitting
- Solar Hot Water
- Drainage
- Plumbing — new and existing

Master Plumbers

Laser Plumbing Dunedin
5 Lorne Street, South Dunedin
Phone (03) 456 3178
E. dunedin.central@laserplumbing.co.nz

Two Dogs & a Bloke?.. I Can Sell Your Property

As a North End local I'm often recognised walking my 2 dogs, Wilbur & Freddie. However last year I also sold over \$20M of Dunedin property, achieving top prices for my vendors.

Please call me if you're considering selling.

Peter Gale (B.Com, M.Com)
Ph 473 1721 or 021 608 107



Plumb it!
DOMESTIC & INDUSTRIAL
PLUMBING SERVICES

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

Wendy Bowman
Ph.: 473 7832
Mb: 027 609 7599

Contact Wendy now for a FREE appraisal of your home.

wendy.bowman@harcourts.co.nz
www.wendybowman.co.nz

Harcourts
HIGHLAND REAL ESTATE GROUP LTD

FOLDING GUILD Thurs June 26, 7-8.30 pm & Fri June 27, 9 am
Community Rooms, 262 North Rd
Good Company, Delicious Baking, All Welcome!

Moisture matters at home #2



Filadelfio's Restaurant & Bar
@ the Gardens

The best gourmet pizza
experience in Dunedin.
Accompanied with
fine wines and ales.
Ph. 473 6232



Gardens Shopping Mall
Ph 473 0333 today
for an appointment
Men's Student haircuts
\$20

Yummy cakes! Great coffees!

Open 7 Days 10:00 am - 4 pm
Ross Home 360 North Road
(inside the main entrance and foyer)
Competitively priced,
come and join us!

Your Local
Banking
Expert

Nicola Wilkinson
Ph. 473 0726
WESTPAC GARDENS

To find out what I can do for you,
feel free to give me a call and
we'll arrange a time for a visit

Normanby Tavern & Bistro

454 North Road
473 0373

Lunch and Evening dining - Wednesday to Sunday
Lunch Under \$10 - Dinner Under \$20
Functions and special occasions catered for
Drop in for a quiet drink,
and play pokies, pool or darts.
The Normanby
A Great Little Pub

Too much moisture in the interior air in our homes makes us uncomfortable, less healthy and costs us money. That moisture comes from a variety of sources that interact with the atmosphere in our homes so we need a variety of measures, longer term and hour by hour and minute by minute to deal with it. The primary focus of this article is the older houses in the Valley.

The priority is to deal with unwanted water making its way from outside into our space. We need to fix leaky roofs and window surrounds, sort out damp or wet under-floor conditions and attend to faulty plumbing. This intrusive water may be obvious in the form of drips from a roof leak or a musty smell and mould in the sub-floor space, or it may be covert in the form of wet ceiling or wall spaces and insulation.

Effective remedies in most older homes usually cost but can be long-lasting, for example reroofing, improved drainage of water past the house, or installation of sub-floor moisture barriers. Dealing with leaky homes, where problems are the result of bad design, require expert help. And remember, even when such problems are remedied, chronically damp houses may take several weeks or even months to dry properly.

In any event, these solutions are usually the province of owners and landlords and may be difficult for tenants to achieve. Tenants could remind owners that ongoing leaks in structures and plumbing do damage to the structure of a house.

Second in importance is containing and getting rid of excess water resulting from necessary activities within the home. The main ones are washing (selves, dishes, clothing), cooking, drying clothes, and some forms of heating. Ideally high moisture-producing activities have close-by active air extraction of suitable capacity to the outside of the house—this is your range hood, the extractor fan over the shower, and the ducted vent from the clothes dryer. A DIY alternative for cubicle showers that may appeal is a Showerdome. Again, if these facilities are not present, there is a cost to installing them and owners and landlords are best placed to do this.

Thirdly, there are a lot of things we can all do to reduce or contain moisture through our behaviour. Here is a list of relatively simple habits that help to reduce moisture release and interior humidity:

- Cover pots while cooking—this reduces emitted steam by 60–80%, and is more energy efficient.
- Dry clothes outside as much as possible. This is not always feasible but any outside drying helps even if the final drying has to be done inside. If clothes washing is done inside, cold water washing releases less moisture.
- Contain bathroom moisture by keeping the door closed and, if outside drying is not practicable, use the bathroom for all damp cloths and clothing and initial drying of washed clothes. An open bathroom window and a door snake will help.
- Wipe up/off window condensation in the mornings

using a towel or a special tool for the purpose – this removes some moisture that would evaporate back into the interior air as the house warms up – and don't forget to put the towels outside or in the bathroom to dry.

- Do whole-house ventilation daily or twice daily if practicable by opening doors and windows for 10–15 minutes. The timing of this will depend on weather conditions – it's nice if the replacement air is warmer. Otherwise, keep windows closed in colder weather – especially in older houses where draughts provide adequate air exchange.
- Do not use unflued gas heaters indoors. These release a litre of water per litre of gas, or a litre per 5kWh of effective heating.
- Minimise or cover standing water.
- Of course we ourselves are the source of a lot of airborne moisture through respiration and sweating (approximately 1 litre every 5 hours per person during the day), and so are our indoor plants through transpiration. We can't stop breathing but it may be useful to concentrate indoor plants in an area where active moisture extraction or good ventilation is possible.

Lastly, what about dehumidifiers? They are a treatment for the symptom, not the cause of airborne moisture so can be useful, at a cost, in specific areas, for reducing humidity and the potential for condensation. There is a range of electric dehumidifiers available and they can be a good tool for tenants, providing humidity reduction (and a small amount of heating) for a moderate cost, and being portable from room to room and flat to flat. They should be regarded as back-up to, not a replacement for the other measures above, but can make a significant difference in a smaller room.

Chemical dessiccants may also have a role in very small spaces like closets or wardrobes if needed, but use with caution around young children. Peter McDonald is a TV 473/Valley Project/Blueskin Resilient Communities Trust – Certified Home Performance Advisor.



Living in an ice house?
Sick of the cold already?
Scared of the next power bill?

HELP IS AVAILABLE AND IT'S FREE

Contact the Community Rooms for:

- Free home energy assessment
(you'll get practical ideas on how to keep your house warm and save power)
- Practical Support: Free eco light-bulbs,
Free curtains, free window film
What are you waiting for?
Phone now 473 8614

Chimney Sweep

Call Peter

021 150 3064



Toys galore—for two good causes

Steve
O'Connor

A pre-loved toy sale, along the lines of a car boot sale, is being organised by the NEV Baptist Play Group and Youth Drop-In Centre.

The idea: hire a table for \$10, clean out those old toys from the kids' wardrobe, price them up, bring them along to the toy sale and sell them. Make a little extra cash for yourself or fund purchases from other stall holders. **OR** if you can't be bothered with all the sale stuff why not just donate your spare toys to the Play

Group or the Youth Drop-In to sell.

We will also have a section for recycling kids' clothes; same deal hire a table \$10, price up your clothes and sell them at the toy sale.



Details: Saturday June 28, from 12 noon @ NEV Baptist 270 North Road.

Contact Amy 027 2569 182 or

Steve 027 424 1828 – book a table today!

Taekwondo

Catherine
May

In February of last year a new martial arts club started up in the Valley. Han Ma Um Dunedin Olympic Taekwondo teaches WTF Taekwondo, the style of Taekwondo that was first seen at the Olympics as a demonstration sport in 1988 and became an official Olympic event in 2000. Taekwondo originated in Korea, but is now practised all over the world, and trainees are taught combat and self-defence skills, based on the tenets of Taekwondo, which are: courtesy, integrity, perseverance, self-control and indomitable spirit. The principle of indomitable spirit means that you are encouraged to keep going even when things are tough, and to face your fears.

Lani Morrison, principal instructor of the club and a Second Dan Black Belt, has been practising the art since she was 6. Lani is also the Otago and Southland Technical Director for the Taekwondo Union, and is a specialist in Poomsae, or patterns, which are central to learning correct Taekwondo technique.

Lani wanted to support the development of Taekwondo in Dunedin, and identified the Valley as a great place to start the only WTF club in central Dunedin, with other clubs already running in Warrington, Port Chalmers and Green Island.

Training is every Monday and Thursday evening, from 6–7.30 pm at the NEV School Hall. Each session focuses on developing club

members' fitness, strength, flexibility and endurance, as well as teaching the range of Taekwondo specific skills. There's a wide range of ages, with an even mix of male and female members.

The focus of the club is to develop a safe and supportive environment, and to foster the development of each club member as they grow on their journey in Taekwondo. New members are welcomed, and will find that they are met with smiles and encouragement. The first month of membership is free, and there is a family discount, because as Lani likes to say



"The family that kicks together, sticks together."

If you're interested in joining, either turn up to one of the training sessions, check out the club's Facebook page at 'Han Ma Um Dunedin Olympic Taekwondo', or email Lani at dunedinolympickt@hotmail.co.nz

McARTHUR & SYMONS
ELECTRICAL

APPROVED CONTRACTOR FOR THE DOC AND OTAGO UNIVERSITY

INDUSTRIAL & DOMESTIC ELECTRICAL SERVICES
PHONE: 03 473 8519 • SALES@MCARTHURSYMONS.CO.NZ

DOMESTIC COMMERCIAL INDUSTRIAL
WORKMANSHIP GUARANTEED

Phone 03 473 8519 • sales@mcarthursymons.co.nz
39 North Road, North Dunedin • www.mcarthursymons.co.nz

Gleam

Window Cleaning Services

Simon Niblock
Window Cleaning
Spouting Cleaning
Spider Spraying

Phone: 021 0268 0618 4737360
gleam.windowcleaning@yahoo.co.nz

SuperGrans Dunedin

'helping people help themselves'

Do you have a client that would value from having the gift of a SuperGran?

Consider making a referral ph: 474 0582

Hagar Ozri

THE ORGANIC COOK

022 172 3630 www.hagarozri.co.nz

Kip McGrath

EDUCATION CENTRE

Professional After School Tuition

By Qualified Teachers
Reading Writing Spelling English
Maths / Numeracy
Plus NCEA All Levels 1, 2 & 3
For a **Free Assessment**
In **Dunedin North**
call Paul **477 7072**

Jim PINE

Driver Education
473 0044
027 227 2342
jpine@xtra.co.nz

Driving lessons - NZQA Assessor - Road code theory
Defensive driving courses - Full licence test training
Driving assessments

YOUR FRIENDLY NEIGHBOURHOOD BAR

TIPPLER'S

BAR & CAFE

11b North Rd
473 1795

Self Service TAB - Pokies - Sky TV and Sports Betting

Open 7 Days
Ph. 473 1795

Supper Happy Hour 4-7 Fridays
Bar Draw, Meat Raffles Fri/Sat/Sun
Self Service TAB, Sky TV, Pensioners'
Happy Hour 10.30-3 Tuesdays

Happy Hour 4-5pm every day!

NEED A PAINTER?

**INSIDE OR OUT!
NO JOB TOO SMALL**
Competitive Hourly Rates
or Quotes
Contact BRYAN
Home: 473 7488
Cell: 021 108 1860



b.a.porteous@clear.net.nz

LINWOOD HOLDINGS Ltd

Painters and Decorators



Gavin MEAD
PO Box 1168
482 2485
021 222 7918



Looking for a new canine family member?

We foster and re-home dogs that have been left unwanted at the DCC Pound.

Each dog is registered, micro chipped, vaccinated and will be de-sexed. We ask adoptive owners for a donation of \$230 towards these costs.

Foster homes needed. All essentials provided, fully fenced sections required. Visit: www.dogrescuedunedin.co.nz or phone 03 486 2311. Find us on Facebook!

It's your 'local'
Garden Centre
It's **VERY**
affordable
It helps youth
employment



Open 7 days
10 am-4 pm
146 Norwood St,
NEV
Ph 473 1334

A Presbyterian Support Otago service

Youth Drop-In

Friday and Saturday Evening
7-10pm



Supervised fun for year 7-13 students
NEV Baptist 270 North Road

Snippets

The AGM of the North East Valley Community Development Incorporated Society will occur on 25 June at 7 pm in the Community Rooms, 262 North Road. Nominations for *The Project* Executive close on 11 June at 5 pm. To nominate someone for the executive you need to be a member of the society. Membership forms and nomination forms are available from the Community Rooms and at northeastvalley.org/downloads.

Homework club

If you are a high school student and would like some extra help, or if you can help tutor, please contact Steve at the Community Rooms.

Before-school checks

We have a public health nurse, from the DHB, visiting the Community Rooms regularly who gives free before-school health checks for 4-year-olds. To book your child in phone 479 9839.

Free parenting course

Karyn Chalk from *Changing Ways* is running a free parenting course as part of her commitment to community service. The course, *Transforming Communication*, is internationally recognised and is built on research-based skills and tools. As well as being lots of fun, participants will come out with confidence in: getting on better with others, resolving conflicts, communicating their needs assertively and helping others solve their problems. Starts on Monday 9 June, 9-12.00 pm, 8 sessions and is held at the Community Rooms. For more details or to enrol contact:

karyn@changingways.co.nz

Buy local: use the Valley website

Need a plumber or builder? Did you know you can search for a local business on our website? Try it out: go to *The Project's* home page www.northeastvalley.org. Type 'plumber' into the search box, hit enter and hey presto, you get the details for Tim Buscall.

Business and community are co-dependent; when one thrives so does the other, so please support our local businesses and build community.

Get ready for the Jane Austen Ball

in September! Belles Vilaines' dance workshop on Sunday 8 June (10-12 pm at the Nga Maara Hall - 63 North Road - \$10). This dance workshop is the first of a series of workshops focusing on dances from the Regency era to prepare for the costumed ball in September. No dancing experience, no dance partner required. No special clothes or shoes necessary. Try to convince husbands and partners ... Good luck! More info at www.frenchdancing.co.nz

For further information on these items contact the
Community Rooms 473 8614

French music session at Filadelfios

Sunday 8 June 2-4 pm. Keen musicians meet every second Sunday of each month for a casual music session, playing French traditional tunes. Contact Kate at info@frenchdancing.co.nz or text 027 263 9939 to get the tune book and audio tracks. Les Belles Vilaines - traditional and historical dancing from Europe.

Opoho parents and little people

A chance for Opoho parents and their little people to meet regularly for a cuppa, a chat and a play. Held at Opoho church on the 2nd and 4th Thursdays of the month, 10 am-12 pm. Gold coin donation is appreciated. Contact Sasha Turner on 473 1111 or Kirsten Beyer on 473 7236 or kbeyernz@gmail.com for more info or to be on the email reminder list. All welcome.

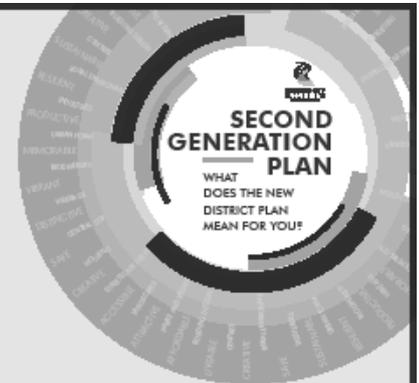
Hort Talk

Local Food: Passing fad or secure future? by Andy Barratt, Karitane small farmer. What is local food and what should we be doing about it? Friday 6 June, noon. Information Centre, lower botanic garden, by duck pond.

Wanted, volunteer van drivers:

We could do much more with our community vans if we had some other volunteer drivers. You need to be over 25 with a good clean licence and available during the day. Contact the Community Rooms if you can help.

MANAGING NATURAL HAZARD RISKS IN THE DISTRICT PLAN



The DCC is reviewing the Dunedin City District Plan and all its land use planning zones and rules. We have developed preferred options for managing development in hazard-prone areas based on the Otago Regional Council's technical assessment of Dunedin's vulnerability to natural hazards.

We are holding community presentations to see if these options are on the right track and so you can understand the natural hazards that may pose a risk to you and your community.

DCC policy planning staff, the Otago Regional Council's natural hazards team and Civil Defence representatives will be available to answer questions.

Come and talk to us, ask questions and find out more - it will all help us develop the options into a second generation District Plan.

www.dunedin.govt.nz/2gp



CENTRAL CITY • TUESDAY 24 JUNE 2014 • 5.30pm - 7.30pm • CIVIC CENTRE

NORTH EAST VALLEY • TUESDAY 1 JULY 2014 • 7pm - 9pm • NORTH EAST VALLEY BOWLING CLUB, 139 NORTH ROAD

CENTRAL CITY • THURSDAY 17 JULY 2014 • 3.30pm - 7pm • CIVIC CENTRE

Classifieds

YOGA

Body-breath-mind connection.
Tuesdays 6.00–7.15 pm
Baptist Church.
Jenny Haydon 482 1409
027 482 1426 or
claydons@actrix.co.nz
Qualified Satyananda
Yoga teacher, 20 years-plus
teaching experience.

Do early mornings suck?

Reboot your brain to get motivated
in the mornings. Karyn Chalk from
Changing Ways is running a
Morning Motivation Workshop.
Sunday 22 June, 1–5pm.
For more info check out
www.changingways.co.nz.
021 0275 4881, 473 7087.

NEED A NANNY?

Mature (warm-hearted and
experienced) woman available for
after-school care, preparing dinner
& light domestic duties
for busy working parents.
References available
Ph Mary 473 8065

Psychodrama Personal Development

Weekend Workshop July 11–13
@ the NEV Community Rooms
Led by Sandra Turner
Ph 482 1605 or email
sandra.turner@xtra.co.nz
for more details.

Community Notices *for not-for-profits*

FITNESS AND FUN

CONTRADANCE 7.30 pm Mon-
day nights Baptist Church Hall,
270 North Rd. \$3 cover charge.

FOLK DANCING FOR FUN

Friday mornings 10–11.30 am,
\$3 Baptist Church, 270 North
Rd. Ph Yvonne 455 2406, or
stureid1@yahoo.co.nz

YOGA IN THE VALLEY

Adair Bruce: Yoga Instructor \$5
waged, \$4 Students/Unwaged,
6 pm Mon–Fri DNI, Tech Block
or 9.15 am Mon, Wed & Fri,
St David's Church, cnr James St
& North Road.

STEADY AS YOU GO (Age
Concern) Gentle balance and
strength exercises. Mon, 10.30–
11.30 am, Baptist Church.

TAI CHI FOR BEGINNERS

(Age Concern) NEV Baptist
Hall, Thurs 1.30–2.30 pm,
Contact: Margaret 477 1040.

SPAN NEV Stretch'N'Flex Tues,
10–11 am. Over 65s \$3 per ses-
sion. Gentle low-impact exer-
cise. Lounge at St David's
Presb Church. Ph 473 9311.

**SELF DEFENCE FOR WOMEN
AND GIRLS** Learn simple ways
to use your mind, body and
voice to keep yourself safe. \$5.
For information on next course
Imogen ircoxhead@gmail.com.

OPOHO EUCHRE GROUP Wed
1.30 pm Opoho Bowling Club
Ph Lesley Bosman 473 9771.

INDOOR BOWLS Come and join
NEV Indoor bowls. Thursdays
1.30–4 pm at NEV Bowling
Club, 139 North Rd.
Ph Jack KotKamp 473 9565 or
Sean Cadogan 473 8822.

NORTHERN FOOTBALL Club's
Masters team, for male players
aged 43 and older, is wanting
new players. Home games @
Forrester Park. Come and join
us! Contact Wayne for more
information on 021 056 1268,
or wmalph2003@gmail.com.

FREE FITNESS CLASS

Outdoor circuit training NEVN
Schools Saturdays 9.30 am.
Bookings essential, Ph Knox
Rehabilitation Clinic 474 0517

MEET NEW PEOPLE

CHAI AND CHAT Where wom-
en can come together to social-
ise. Children most welcome.
Dunedin Community House,
283 Moray Place, opposite
Countdown, Monday 10.30 am
Gold coin donation. Ph Afife:
473 8944.

YOUTH DROP-IN

Supervised fun for young peo-
ple years 7–13, NEV Baptist
Church Fri and Sat evenings 7-
10 pm. Ph Steve 027 424 1828.

FOR THE LITTLE ONES

PLAY GROUP for 0–4 yrs.
Come along with your children
9–3 pm on Tues & 9–11.30 am
on Wed at the Baptist Hall (270
North Road). Want to know
more? Call Michael 473 0572
MUSIC AND MOVEMENT for
little ones at the Salvation Army
Hall on Mon 9.30 & 10.30
school terms only. Between
sessions morning tea from
10–10.30 am Gold coin

OPOHO PARENTS AND KIDS

Opoho church 2nd & 4th Thurs,
10–12 noon. See 'Snippets', on
previous page, for more details
of this new group.

TRY SOMETHING NEW

ITALIAN CLASSES Exp teacher
& native speaker of Italian
(PhD Linguistics). Antonella:
antonella.vecchiato@gmail.com,
473 0832 or 027 3418312.
Benvenuti!

ASTROLOGY COURSE Learn
the fundamental principles of
astrology www.taosh.co.nz
or contact Pia on 473 7781

MEDITATION and Mindfulness.
Afternoon workshop every
2 weeks, ph 021 035 2392
www.meditatenz.co.nz

QIGONG: Interested in
Qigong? contact Ans, Qigong
Teacher home: 473 6114
Mobile: 027 756 8383

www.qigongrenxue.org.nz

QIGONG CLASSES Jay Baker
runs a Qigong class at the com-
munity rooms Thursday eve-
nings 6 pm. 027 5844 537.

FREE LITERACY COURSE
Learn licence theory, scrap-
booking on a budget, step up to
learning – improve your literacy
skills. Workplace literacy train-
ing available. For more infor-
mation contact Literacy Aotea-
roa Ana & Marg on 477 2055.

LEARN ENGLISH FAST Contact
Paul or Glenys at English Lan-
guage Partners 477 7261 or
Dunedin@englishlanguage.org.nz
English for work and daily life.

ART CLASSES for all levels.
Casual attendance welcome.
Tutor: Anneloes Douglas
Thurs 10 am–12 noon, NEV
Community Rooms, 262 North
Road, Dunedin. Ph 467 9993
or 027 3077 034

anneloes.douglas@xtra.co.nz

CAN YOU HELP?

ENLIVEN DAY CLUB Ross
Home. *Wanted:* Drivers, as well
as help with activities, light
food preparation. Tues, Wed &
Fri. Ph Maybank on 473 0890.

MENTORS REQUIRED Become
a mentor to young people who
need a good male role model in
their lives. Operation 'New Di-
rection' Rob Fitzpatrick on:
473 6825.

garden@northeastvalley.org

NORTH DUNEDIN SHED
Working Bees: Bonnington
Street, two shifts Saturdays 9–
12.30 and 12.30–3 pm.
Boots and gloves essential.
Coffee, tea & scones welcome.

LIONS IN THE VALLEY
Toroa Lions Club meets twice
monthly on Monday evenings at
the Morrison Lounge, Opoho
Church. New members, both

men and women, are welcome.
To find out more call Tess on
473 8114 or email Genny
gennyhann@gmail.com

KNITTING SQUAD

Meets Wednesday 1–3 pm in
community rooms. BYO knit-
ting or crocheting or come
and learn. Marjory Brown
ph 473 7751.

EMPLOYMENT

BABYSITTING

14 years old with National Cer-
tificate in Babysitting and in-
volved in St Johns. Please Ph
Kyra Murdoch on 473 7087

COMPUTER SERVICES Trouble-
shooting Tuition, low rates.
Ph Dave 473 9542

davescomputer@actrix.co.nz

TRADING CORNER

WANTED TO BUY: SCOOTER
50cc or under, contact Yvette:
027 257 7065 or
yvette.pauley@hotmail.com

AGEE PRESERVING JARS
(large) for sale, \$5 a dozen.
Ph 027 473 1434

2–3 BEDROOM HOUSE WANTED
for family with 19 month old.
Child friendly, source of heat-
ing, NEV, Opoho, Normanby,
Pine Hill area. Call 9266774

FEEDBACK

Hi Steve This is just a quick
note to say that the Project is
doing a fantastic job, so well
done to you and everyone who
is involved. I really liked the
warm fuzzies that were
abounding when you helped
Kerry the Postie to celebrate his
30 years on the job. He is a
warm and friendly guy and
definitely part of the valley's
social glue and it was great to
see this, as much as his postie
service, acknowledged and
celebrated. It was a great few
days in NEV! Lyn Howe

little red pen
FOR PEOPLE WHO WRITE AT WORK

- writing workshops
- coaching and mentoring
- editing services

Mary McLaughlin, Principal
473 0542 / 022 677 1960
littleredpen@slingshot.co.nz
alittleredpen.wordpress.com

Century 21
LINCOLN DARLING REAL ESTATE

PROPERTY MANAGEMENT

We offer a full management service

To get your property rented or if you require a rental appraisal, Please call our

Property Management Team

473-1721

SMARTER. BOLDER. FASTER.

Ray White Works

For Honest, Reliable & Dedicated Service, contact your Local Agents



Colleen Townsend
Mobile 027 226 5482
Office 03 477 3660



Jane Bokser
Mobile 027 473 6221
Office 03 477 3660

Ray White

North Dunedin

Dakin Electrical

- * Guaranteed Electrical Service
- * Reasonable Rates
- * Pensioner Concessions
- * Domestic and Commercial

Ph: 473 7981

**88 Selwyn St. NEV
027 4322 381**

Plaster It Contracting Ltd



**All interior & exterior
plastering**

Experienced tradesman

Phone Craig: 021 02922687

Email: bigakers@yahoo.co.uk

Art and

Gabrielle Panckhurst



The Opoho art exhibition was a great success with 190 people through the door on the opening day. The church looked splendid with its added adornment. The Church Fair also benefited with takings up considerably on last year. Many thanks to the artists who generously provided their works and Opoho people who came to see the creativity that abounds in our community. Picture: Rachel Owen's "Donald Please Convert the Army".

Photo by Tui Bevin

Church Services Directory

Salvation Army, 43 North Rd, Nitechurch 6 pm

Sacred Heart Catholic, 89 North Rd, Mass 9.30 am

Glenaven Methodist, 7 Chambers St, 11 am

Pacific Island, 160 North Rd, 11 am on 1/3rd Sunday

- Cook Is 9.30 am; Samoan 11 am on 4/5th Sunday

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

- St Thomas', Raleigh St & Pine Hill Rd, 6 pm

Opoho Presbyterian, 50 Signal Hill Rd, 10 am

NEV Presbyterian, 224 North Rd, 9.30 am Cafe Service

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

NEV Baptist, 270 North Road, 10.30 am

Hate waiting at bus stops?

Be involved with a Masters Student project. Share your opinions and experiences of waiting at a bus stop. Help make them a more attractive place.



Held on 18 June at the Community Rooms, 7.30-8.30 pm. Please RSVP if you are interested even if you can't make it. Contact Martin: swama644@student.otago.ac.nz.

Story workshops in the Valley

Claire Adams

Northern Artery is hosting two 3.5-hour workshops with Moya Sayer-Jones on Saturday 5 July at the Community Rooms.

Moya is an experienced story facilitator who has worked with many communities and organisations in Australasia, facilitating story sharing. It will be wonderful to have her work with our community.

With the second workshop we hope to discuss ideas on a project that Northern Artery could develop, such as a book!

There will be a small fee for these workshops: around \$50 for both or \$30 for the first. We will offer non-waged rates as well. Note, you need to do the first to do the second workshop.

Workshop 1: The Power of Story

This is a hands-on workshop that inspires people to see how they can use story for a variety of purposes.

Useful for community-led groups to gather insights, bring community on board and report on outcomes.

Workshop 2: Gathering and writing your stories

This is a follow-up workshop to the morning session. Participants must come to the morning session so we are all on the same page with understanding and basic skills.

In this workshop we will look at the nuts and bolts of gathering and writing a written story collection.

Participants will learn Moya's method of

- * devising the scope of the collection
- * identifying storytellers: best practice gathering
- * how to interview for story: recording and transcription
- * working from a transcription to weave emotional stories
- * editing for strategic intent
- * basics of digital photography and visual treatment

Please contact Clare Adams if you are interested in attending clare-n-don@clear.net.nz or ph. 473 7226

Valley Voice is published monthly and distributed free of charge by the NEV Community Development Project, PO Box 8118, 262 North Road, NEV, Dunedin 9041. Circulation: 3700. Deadline for contributions **15th of the month prior**. Opinions expressed in the articles are those of the authors and are not necessarily shared by the editor, or any member of *The Valley Project* team. Articles submitted may be edited at editor's discretion. *Interim Editor Steve O'Connor Ph 473 8614*

