

Keep Normandale Beautiful

In conjunction with Keep NZ Beautiful Clean up Week 2017

The Normandale Residents Association is organising a clean-up week to remove litter from our roadside and reserve areas.

Last year we had to cancel because of heavy rain, so this year, we have a cunning plan.

On Saturday, 9th of September, 2017 rubbish collection bags (and safety briefings) will be available from 10am at the carpark at the bottom of Normandale hill (by the top of the overbridge).

Filled bags can then be returned to the car park any day from then until the following Sunday, 17th of September.

We suggest you think about using equipment, such as long handled tongs, to help you pick up rubbish in tricky to reach places.

Please support this community effort to make our environment a cleaner, healthier place.

Event organised by the NRA



Word of the month:

Catatonic

- A. Ancient form of medicine
- B. Unlikely
- C. Unmoving
- D. Reactant

Last-month's word:

Monograph

- A. Detailed study of single specific subject

NORMANDALE TIMES

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Cleaning up, here and beyond.

August 2017

Keep Normandale Beautiful - *In conjunction with Keep NZ Beautiful Clean up Week 2017*

The Normandale Residents Association is organising a clean-up week to remove litter from our roadside and reserve areas. See the back for more.

Emergency response

See inside for information on food and personal preparedness.

Landslip

Have you seen the large slip at the bottom of Normandale hill? It closed a lane when it came down, carrying a large boulder over a meter in diameter.

We can take this as a reminder to drive carefully around our hills - you never know when a hazard might be just around the corner!

For more info and an image of the rock see:

<https://www.stuff.co.nz/national/95095222/Cat-screams-as-a-large-rock-falls-onto-Lower-Hutt-road>

No Job Too Small !

Cutting Edge

Lawns, light landscaping, hedges, pruning, trimming

Owner Operator James

Selwood,
Normandale
resident
Contact
589 4717
or
0274 576 259



Make your decision now and beat the spring rush!

This time of the year we have very little stock but plenty of buyers.

So beat the spring rush and decide to sell now.



Cheryl Salt

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Disclaimer: The opinions expressed in this paper do not necessarily reflect those of the committee.

Note: Copy deadline 25th of preceding month.

The next NRA meeting will be held at St Aidans church on Thursday 17th of August - all association members welcome. The meetings last from 7:30 until 9:00.

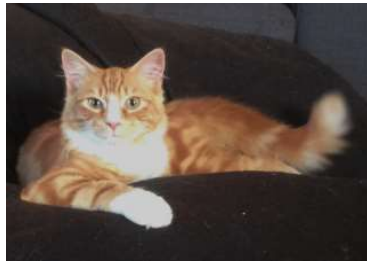
Emergency response and food.

Due to it's habit of going off, food is no longer stored at the community hub (previously civil defence centre) and it is advised to have enough non-perishable food for three days, for each person.

- ◆ As others may not be as prepared, or access to the Hutt may be limited, you might wish to have more food stored.
- ◆ For more information go to: <http://getprepared.nz>
- ◆ Travel bags are also a good idea. Details of what you should put in these can be found at <http://getprepared.nz> under personal preparedness.

Missing Cat

Cheeto has been missing for over 3 months. I moved from Kelburn to Poto road and he escaped a week after the move.



Phone
021 389 410 if you can help.

MONEY, MONEY, MONEY!

Learn to budget, save and gain better control and management of your money!

Where: Upstairs above the auditorium at Maungaraki Baptist Church 164 Dowse Drive.

When: Thursdays 17th Aug, 31st and 7th Sept at 7.00pm OR Fridays 18th Aug, Sept 1 and 8 at 9.15am (sessions approx. 2 - 2.5 hrs long)

Register at: capmoney.org or phone CAPMoney Coach Nicola Fraser 586 7048

ASPIRE!

Helping secondary and tertiary students navigate methodically through the research process, learning to critically find, sort, compare, and manage information to successfully produce a report or essay. Speakers of other languages are encouraged to apply.

Bookings are open for this term's progressive course
Thursday nights 6.30-8pm

FIND OUT MORE!
ENQUIRIES TO VICTORIA MITCHELL 0276094149
aspire4learning@gmail.com



TAI CHI AND QI GONG IN PETONE

Tai Chi is a gentle form of exercise that can help maintain strength, flexibility, and balance.

Come and try it at the Wellington School of Tai Chi Chuan – first class is free.

Address: Halford Place (River end of Jackson Street) Petone.

For further information call: Hettie 027 525 5720 or go to www.taichi.net.nz

Planting to beautify Normandale

We have another upcoming activity for you to get involved in!

Your residents' association has received a grant to purchase plants to beautify Normandale. We will let you know when we have organised the plants and a day to plant them.

Hopefully we will have some good weather in the spring and can get together to plant, chat, laugh, and enjoy each others' company.

Nazzanim Ratcliffe

https://www.change.org/p/free-nazanin-ratcliffe?source_location=discover_feed

Nicholas Sheppard has shared this story with us.

There is a petition to help a 37-year-old mother and charity worker Nazanin Ratcliffe, who on the 3rd of April was detained by the Iranian revolutionary guard.

She is currently being held in an unknown location in the Kerman province in solitary confinement. Richard Ratcliffe (Nazanin's husband) has reached 923,601 signatures of his 1,000,000 signature goal.

Contribute to the N-Times

The Normandale Times relies on contributions from you - our community. We have had requests for messages about missing pets recently—we are very happy to do this or you could contact our facebook page Residents of Normandale.

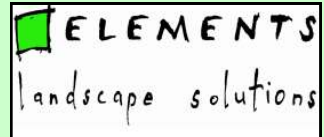
If you have anything you want to let us all know about, submit it to ntimes@hotmail.com before the 25th of the month prior.

Thank you.



Based in the Maungaraki shops, we offer weights, pilates and yoga, nutrition plans, massage, personal training . . .

Nikki and Reno are committed to your success, if you are then contact us on 586 4881 or info@o2exercise.co.nz



- + your local landscapers
- + all landscape works carried out
- + from concept to completion

Blair 021 586385
elements.landscape@xtra.co.nz

Acrylic Painting Lessons



ART CLASS

For more information Please contact Escha at: www.eschagallery.com
eschagallery@hotmail.com
0273524688