

Hutt Valley Kyokushin

Learn Kyokushin Karate with a club that's been operating in Lower Hutt for the past nine years.

Both adults and children are welcome and there are separate classes for children and adults. We teach a traditional style that is recognised all over the world as one of the strongest styles of karate! Students gain self confidence, improved fitness and strength while also learning discipline and respect.

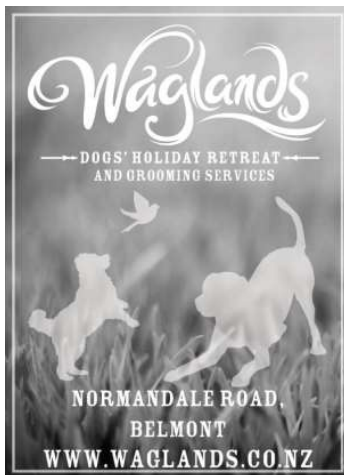
Come and see us in our new dojo (at 7 Wilson Grove in Normandale) - the first 3 lessons are free! For training times and more info check out our website:

www.huttvalleydojo.co.nz

Or contact us:

By phone at 021 466 602
Senpai Tania Rowley

Or by EMAIL at
[huttvalleydojo@
hotmail.co.nz](mailto:huttvalleydojo@hotmail.co.nz)



Word of the month: Gloriole

- A. Large rabbit hole
- B. Halo around sun
- C. Lines of unmown lawn
- D. Phase of waxing moon

Last-month's word: Torporific

- A. Causing sluggish inactivity

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BOOKINGS: 022-646-9529
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NORMANDALE TIMES

Published by the Normandale Residents' Association



Water, water, but not everywhere?

February, 2018

We hope you have had a chance to enjoy the amazingly warm summer we have been having. Did the temperature get above 30°C at your place?

The run of dry, warm weather has meant that water restrictions were put in place. This means that the ban on the use of residential sprinklers and irrigation systems took effect on the 29th November last year and hasn't yet been lifted:

- ◆ All unattended residential watering systems are banned.
- ◆ Careful watering by hand is still permitted.

Here are some tips from the Hutt City Council for saving water in the garden:

- ◆ Use good mulch – it holds water and protects the soil from drying out
- ◆ Remove weeds – they compete for water
- ◆ Use your broom for sweeping, not your hose – using your hose to 'sweep' uses 1,000 litres of water per hour, while your broom uses none!

Rain water tanks

You might also consider installing a rain water tank to collect your water when we do have rain and then using that water when we don't. A rain water tank would also be good in an emergency should we get cut off from the water supply. You can get

200 litre water tanks - \$105 from Petone Library, 7 Britannia Street, Petone. This is a really good deal! It comes with a diverter to install on your downpipe and a tap to get the water out again! See inside for a photo of our tank set up at home.

Robyn Caygill, Normandale Residents' Association

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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 15th of February - all association members welcome. The meetings last from 7:30 until 9:00.



A WINNER FOR BEGINNERS

- * Three bedrooms, one bathroom
- * Heat pump & DUS system
- * Gas water & cooking
- * Off street parking
- * Right next to bus stop
- * Normandale Primary zone
- * Zoned for Hutt Valley High

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Just what Santa ordered

The weather for Santa's Christmas morning visit to Normandale was just what he likes – dry but not too hot, because his outfit is more suited to cooler nights.

It was Santa's 34th Christmas morning visit to our suburb and he didn't disappoint his loyal fans waiting at their gates to greet him.

There were sweets for them, provided by the Normandale Residents' Association, and present deliveries for about 30 families.

Thanks to David Capel, Göran Persson, Malcolm Cameron, Sheena Hirayama-Barr, Elanor Capel, Brooke and Charlee Collins, Izzy and Eliza Bloodworth, Aaron Gough, Rosemary McLennan, Kelvin Gardiner and Joe Glover.

Jack Bennett, 17 months (picture on the right), was "quite impressed" with Santa's wheels, Mum Andrea Bennett said. It was the first time Jack had seen Santa, who gave him a book, in Normandale.

Thanks to Rosemary McLennan for, once again, organising this wonderful event!



Andrea and Jack Bennett



Santa and his entourage in Miromiro Road.



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

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



Agapanthus - a pest plant?

An eagle-eyed reader of the Hutt News (on January 23, 2018) noticed the article on agapanthus being declared a weed by some councils. Thanks Hutt News for pointing this out - we have lots of agapanthus in Normandale.

Do you consider this plant a weed? Certainly it is tough and will survive most conditions. If you would like a similar plant, we recommend the renga renga lily (also known as Arthropodium cirratum or NZ rock lily - see below for a picture).



Consider the renga renga instead of agapanthus (above); Water tank set up at the Caygill's house (right).





Learn Kyokushin Karate in your neighbourhood!

Self-confidence, respect, strength, discipline

First 3 lessons free
Adults and kids welcome

Where: Wilson Grove
Phone: 021 466 602

For more information see huttvalleydojo.co.nz



+ your local landscapers

+ all landscape works carried out

+ from concept to completion

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



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

Toni is committed to your success; if you are too then contact me on 586 4881 or info@o2exercise.co.nz



Do you have problems stretching your money to pay the bills?

If so, the 10 steps should help you manage your money so that you never need to worry about a late bill ever again!

Ring or text Anne on: 021 819 887 for a free and confidential discussion.