

Letter to the editor

I recently received a letter from one of the members of our community, and was rather pleased to read the story on the inside.

Very early one morning when I went to bring in the paper, I had a nasty fall. Luckily I was only bruised and bleeding. A neighbour who was out walking her dog came to help and stayed with me until I could get up and get indoors. Every morning since then she has picked up the paper and thrown it onto the doorsteps so it is easy for me to collect it .

I'm writing to say how much I appreciate her thoughtfulness and kindness and feel so lucky to have such a good neighbour. It is for me the essence of the community spirit in Normandale.

Nancy Phillips, Resident



As part of the 'meet your neighbours campaign' many Martin Grove residents partook in an indoor/outdoor picnic at 5pm, Sunday 24th March. This was at St. Aidans on the Hill an ideal venue for such a gathering.

It is great to hear about our community events and stories. If you have any stories about amazing residents, or things you want to bring to the community's attention, feel free to send them in to me and I will try to publish them when available



Word of the month

Otiose

- A. Serving no useful purpose
- B. Loose fat tissue pockets close to the skin
- C. A difficult or tortuous winding road
- D. Extremely unpleasant or repulsive

March's word

Aubade

- B. song or poem greeting the dawn

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Conserving water

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You will all be aware by now that there is a ban on outdoor water use. We are now also being asked to try to use less water inside. The Greater Wellington Regional Council have some great tips for conserving water on their website (go to <http://www.gw.govt.nz/use-a-bit-less-water-inside/>). Here are some of my favourite and most useful water conservation tips.

- ◆ Save the cold water to reuse when waiting for running water to warm up in the kitchen or bathroom. You will be amazed at how much water you avoid wasting by doing this.
- ◆ Recycle 'grey water' from your bath or shower to water the garden. The GWRC warn not to use grey water on any plant you are going to eat – for example don't use it on your vegetable garden.
- ◆ Use full loads in the washing machine or dishwasher whenever possible.
- ◆ Minimise water use in your toilet. One of my friends is using grey water to fill her cistern; others I know are only flushing every second or third visit. The GWRC suggest that if your toilet does not have a half flush button you could reduce water use by placing a one or two litre plastic bottle – filled with water and with the top on – in your cistern.
- ◆ Use a bowl or half-filled basin to wash your hands, your dishes, or your vegetables rather than running water.

Thank-you to everyone who has been conserving water so far, keep up the good work!

Robyn Caygill, NRA member.

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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 on Wednesday 17th of April - all association members welcome.

The meetings last from 7:30 till 9:00.



STUNNING STARTER

- * Two bedrooms
- * Sleepout with toilet
- * Decking off dining
- * Tandem carport
- * Walk to school

NEGOTIATION

135 Miromiro Road, Normandale
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Great Lake Relay – Taupo

This is the 5th year in a row that Team O₂ Exercise has competed in the Great Lake Relay in Taupo. With less runners than previous years due to injury, more of us had to complete two legs of the relay, but still we powered on! Our 11 runners started at 2.30am on Saturday morning, which promised the usual sunshine and heat. As the day and the relay progressed the temperatures rose, and suddenly it was 10am and 25 degrees. This added to the challenge of running anywhere from 4.7km to 14.4km while remaining vertical after next to no sleep for nearly 36 hours.



earth was going on, but the friendly banter with other teams (and our own team for a confused few), got us through the remaining hours.

Statistics

This is what we did for fun one Saturday in February.

160km;
18 legs;
14 hours;
28 degrees.



At 9am the water pistols were loaded and the water fight fun began. It took a while for some of the newer teams to realize what on

Great Lake Relay – Taupo (continued)

There was also the team aerobics on the side of the road which added a certain hilarity and motivation to those running the longer legs. Everyone ran their hearts out, and we all had an amazing time. Our full results and photos can be found at:

www.o2exercise.co.nz or on [facebook.com/pages/O2-exercise](https://www.facebook.com/pages/O2-exercise)

Here's looking to next year!

Nikki

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