

Scottish Country Dancing in Normandale.



In early April the Lower Hutt Scottish Country Dance Club held a dance at St Aiden's. It was an evening to welcome a visiting group of American Scottish Country Dancers (11 in total)

who were travelling the country, sightseeing and dancing. Several Normandale dancers were billeting our visitors for two nights so they could spend a day in Wellington, as well as fitting in their passion of dancing. Christine Grobler the leader of the group is an ex kiwi and has brought several tours of dancers out here in the past few years, each time she has danced with the Lower Hutt Club.

Scottish Country Dancing is a social fun way to exercise with many clubs in the Wellington area. You don't need a partner; it does help if you have a love of Scottish music, but a wonderful way of meeting new people and exercising your brain as well as your body. Our club meets every Monday night from March to November. Our web site is <http://www.lowerhuttscd.org.nz> – check it out; it may be the very activity you are looking for.

Gayle Collin



Word of the month:

- Solipsism**
A. A phrase used ironically
B. Type of mutation in contaminated foodstuffs
C. The action of correcting verbal grammar
D. The view that the self is the only thing that can be known to exist

May's word: Quiddity

- B. The distinctive quality of something**



NORMANDALE TIMES

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Enjoying the Outdoors

June 2013

With the current discussion of greater density housing in Auckland, it reminded me how lucky we are in Normandale to have wonderful open spaces to enjoy. I recently wandered down one of the lovely walking tracks in Jubilee Park to Minot House. I also frequently use the walking tracks that provide short-cuts between various streets within our neighbourhood, such as the one nicknamed by our family as the zig-zag. The 'zig-zag' takes you from just above the intersection of Normandale Road and Miromiro Road, to Pekanga Road. Other tracks connect us with neighbouring suburbs, such as the tracks to Harbourview and Tirohanga (both off Normandale Road). Similarly, the walkway between Miromiro Road and Wisteria Grove provides another access route into Maungaraki.

For a different walking experience, why not try the Paekakariki Escarpment Track to Pukerua Bay which opened at Easter this year. Local business, Valley Landscape, have been constructing this exciting new walking track on the Kapiti Coast with beautiful views to Kapiti Island. Starting from the rail over bridge at the intersection of State Highway 1 and Ames St, the 3.7 km completed track runs up and along the side of the hill and drops to alongside the railway lines.

If you are out walking on public roads, remember to be safe. Don't forget that, especially with our winding roads in Normandale, motorists need to be able to see you to avoid you. Make sure you are visible, preferably wearing light, bright colours particularly after dark and at twilight.

Robyn Caygill



Constructing the track—Paul O'Hagan, Valley Landscape

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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 (AGM) will be held on Wednesday 19th of June—all association members welcome.

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

PERSONAL TRAINING WITH O2 EXERCISE

Some people just aren't into 'the gym thing', although I'm sure everyone appreciates the value of a body that works well. Personal Training doesn't have to be 1 on 1 training, if you have a mate, bring them along! We can cater for 2 on 1, or even small group training (minimum 3 people). It's not necessarily about having someone crack a whip to push you, it's mostly about doing the right things for you correctly and effectively.

A lot of us have an ache or pain be it hip, back or shoulder to name the popular ones. Going hard-out is unlikely to fix these, but well executed simple and specific exercises can usually bring about a much improved quality of life. Does that sound like something you'd appreciate? You don't even have to be a member!

Sometimes there is an event or a sport you want to get ready for, or just be better at. Again some well executed simple and specific exercises could be the ticket to getting more out of your sport and enjoying yourself more with your favourite activity.

So if you feel your body could do with a tune up, whether it be to minimise day to day aches and pains, or to perform at a higher level, perhaps consider paying us a visit to discuss what we can do for you?

We look forward to meeting you soon.

Nikki and Reno at O2 Exercise.
contact us on 586 4881 or
info@o2exercise.co.nz.

Normandale Residents' Association Annual General Meeting

19th June 2013,
7.30 p.m.

St Aidan's on the Hill.
Supper will be provided.



The toy library is currently looking for some new committee members. We are a very relaxed, friendly group who meet once a month for about 2 hours, and every 2-3 months we have a fundraising activity such as a sausage sizzle, raffle or movie night. We are keen to get some new people on board. Pop in or email Leonie on leonie9@slingshot.co.nz

Western Hills Toy Library

Located at the Maungaraki Community Centre
135 Dowse Drive, Maungaraki, Lower Hutt

Maungaraki-Richmond Scout Group – Jamboree Fundraiser

We are holding a Movie Night to help raise funds for our Scouts to attend the 20th NZ Jamboree at the end of this year.

Join us for a screening of "The Great Gatsby", on Monday 17th June at 8.00pm at the Light House Cinema in Petone.

Tickets are \$20.00 each, and include pre-movie nibbles.

For tickets, please contact Elaine on 566-4000, or little.yip@xtra.co.nz.



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