

# St Aidan's Annual Garage Sale

St Aidan's Annual Garage Sale is on Saturday the **29th of October**, from **9:30-11:30**  
**Address:** St Aidan's on the corner of Poto Road and Stratton Street.

Stalls:

- White Elephant,
- Plants
- Jams and Cakes
- Books
- Coffee
- BBQ (food)
- Kids toys
- Clothes
- Jewellery and Ornaments



To donate goods or for further information, ring **Bruce** (ph 6896934)

## Quiz

### Word of the month: **obdurate**

- A. Not long lasting
- B. Using word opposite in meaning to intended
- C. To discern the quality of goods
- D. Stubbornly refusing to change opinion

### Last month's word:

- xenophobia**  
 B. A fear of foreigners or strangers

# NORMANDALE TIMES

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## Inorganic Goods Collection

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The inorganic goods collection will be held on the **12th of November**. Please put your inorganic goods out on the 11th so others who are interested can re-purpose your old items.

\*No garden or household refuse

\*No tyres or glass

\*No recyclable material (things that you would usually put in your recycling bin)

\*No paint (water or oil based)

\*No hazardous material particularly no medical waste

\*No commercial or excessive quantities of building and other waste.



If you have anything that is too heavy for two people to lift or very large, please advise us at [normandale.residents@gmail.com](mailto:normandale.residents@gmail.com). Otherwise, over-sized items will not be able to be collected unless someone provides extra assistance.

Please put your items out by **9am on the 12th** at the latest to ensure they are collected. We will also have a **collection bin at 145 Normandale Road** for any items you forget to put out on time!

**For volunteers:** meet at 145 Normandale Road at 8:45am. There will be a free lunch and you get to keep anything that you want.

## Keep Normandale Beautiful

*in conjunction with Keep NZ Beautiful Clean up Week 2016*

Keep Normandale Beautiful was cancelled due to bad weather, no replacement has been arranged so far.



### IT'S FAMILY APPROVED

- \* Central heating
- \* Double garage
- \* In tip top condition
- \* Established gardens and trees
- \* Fully fenced
- \* HVHS zone

99 Normandale Road, Normandale  
 redcoats.co.nz/RED17673  
 For sale by Auction 28 Cornwall St, 12:30pm  
 Thur 3 Nov (unless sold prior)

Cheryl Salt 569 0768  
 Chrissy Kibblewhite 619 1042  
 Email saltteam@redcoats.co.nz



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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 20th of October - all association members welcome. The meetings last from 7:30 until 9:00.

## Reader's favourite recipe: Herby-rice with roasted veg and halloumi



Rebecca Howells suggested this recipe from:  
[bbcgoodfood.com/recipes/herby-rice-roasted-veg-chickpeas-halloumi](http://bbcgoodfood.com/recipes/herby-rice-roasted-veg-chickpeas-halloumi)

The ingredients include red onions, capsicums, courgettes, olive oil, brown rice, parsley pesto, chickpeas, halloumi, and garlic.

Unfortunately, due to copyright, we can't reproduce the full recipe here, but see the web address above for more information.

If you have a favourite recipe you want to share, email us: [ntimes@hotmail.com](mailto:ntimes@hotmail.com)

## Fun fact and recent events

### Fun fact

*Did you know that Normandale used to:*

...have a caretaker and he would ride his bike and sweep, clean and report erosion or faults?

### Recent events

You'll have seen the big slips that came down during the weekend of 16<sup>th</sup> to 18<sup>th</sup> of September, 2016. It was a pretty wet weekend. According to the metservice, (see [metservice.com/towns-cities/wellington/lower-hutt](http://metservice.com/towns-cities/wellington/lower-hutt)) in Lower Hutt we had **30.4 mm**, **27.8 mm**, and **31.4 mm** respectively on the 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup> of September - a **total** of nearly **90 mm** over 3 days. This is much higher rainfall than our historical average for the whole month of September of **40 mm** ([myweather2.com](http://myweather2.com))

As a hilly suburb we should watch out for slips and drive and cycle carefully, especially after days of heavy rain like we had in the middle of September.

*Thanks to Sandra Greig for the fun fact.*

**Article reminder:** Don't forget to send in your articles or ideas for articles by the 25th of the month to ensure we have time to publish them.  
Thanks, Dan and Robyn

## Mountain Biking – Intro to BAMBA

The Belmont Area Mountain Bike Assn (BAMBA) has played a key role in mountain biking in Belmont Regional Park, working with Greater Wellington as a partner in building and maintaining off-road trails, and in promoting and enabling the sport.

Track identification is important, and while most tracks are for shared use, signage is used where appropriate to show that mountain biking is the predominant use. A good example of the value BAMBA adds is that since the felling of the Danzig Forest (also known as the Pine Block), the association has built many trails that climb from the bottom end of Stratton St through to Hill Rd.

### What are you doing on Sunday 6th November?

BAMBA [www.bamba.org.nz](http://www.bamba.org.nz) are hosting Round 4 of the PNP Cycling Club's XC Spring Series from: the Stratton St Woolshed on Sunday 6th November, **9am sign-in**. All ages and skills are catered for and spectators welcome. Series details can be found at [www.pnp.org.nz/mtb](http://www.pnp.org.nz/mtb)



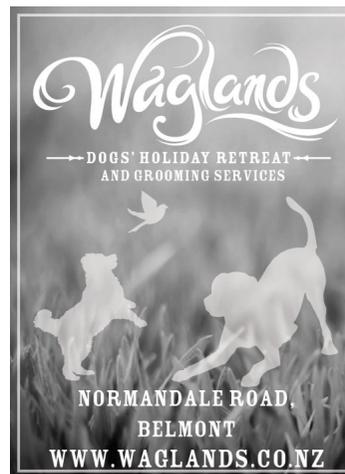
Based in the Maungaraki shops, we offer weights, pilates and yoga, nutrition plans, massage, personal training . . .

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

### ART/PAINTING CLASSES



For further information please contact Estelle at [stel.colourart@gmail.com](mailto:stel.colourart@gmail.com)  
0204 039 2062  
Maungaraki Community Centre



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

Blair 021 586385  
[elements.landscape@xtra.co.nz](mailto:elements.landscape@xtra.co.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

