

Check out...

...the new Hutt Council Annual Plan available at [huttcity.govt.nz/annualplan](http://huttcity.govt.nz/annualplan). Hard copies of the Consultation Document are available at all Hutt City libraries and Council's main building at 30 Laings Road.

The Council is inviting people to make submissions. Ensure you make them by Friday 28 April, 2017.

Or if you want to tell us what you think, email us or post on facebook: Residents of Normandale

PF Normandale "catch" tally for March:  
19 rats,  
11 mice,  
1 hedgehog,  
1 possum.  
Don't forget to report your catch!

**Quiz**

**Word of the month: Quintessential**

A. Five most Important things  
B. Most perfect or typical  
C. Fifth most essential  
D. Most commonly believed

**Last-month's word: Abysmal**

B. Terrible

# NORMANDALE



Joan Marilynn Latimer

April 2017

9th January 1925 - 22nd February 2017.

Joan was born Joan Arnold in Christchurch, New Zealand. She lived in that area through school days, going to Teachers' Training College in Dunedin. Joan first taught primary school in the Christchurch area.

Joan married John Latimer in 1946. They celebrated 70 years of marriage last year. During their married life they lived in Canterbury, Palmerston North, Bulls, Nadi Airport (Fiji), Upper Hutt and Normandale. They lived in Normandale from 1965 until 2016 when John died. Joan and John adopted four children.

Wherever they lived Joan's teaching skills were in evidence. She was involved with Playcentre, schools throughout the Hutt Valley, and coached tennis, bowls, and reading. Joan, a Guide herself in her youth, was involved as her family grew with Guides and Bible Class.

Joan became interested in SPELD and willingly shared her knowledge with other teachers who had special needs students in their classes. She also taught individual SPELD pupils for many years. She was an exceptionally good communicator. Joan was always ready to help, always cheerful, always encouraging, always hospitable.

Joan's warmth of personality will be remembered by many in the community.



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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 April - all association members welcome. The meetings last from 7:30 until 9:00.



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

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For further information call: Hettie 027 525 5720 or go to [www.taichi.net.nz](http://www.taichi.net.nz)



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## AWWWW, RATS.

Considering freeing Normandale of predators? Let's tell you about our grand plan. First, rats and mice. Rats, especially (and mice) will devour skinks and gecko, weta, birds' eggs and chicks. All predators can be tempted by food and this is their weakness. We provide it to them, but with a fatal hazard during the meal. We'll start with trapping rodents and move on to mustelids - ferrets, weasels and stoats later.

Possums will also attack bird's eggs and nestlings, but need a bigger trap. We'll get to them later. The Greater Wellington Regional Council and HCC are dealing with possums, but possums do slip their net and we must be aware of "signs" of them at our homes. Then we can trap them, too. Anyway, we start small, and progress; that's the plan. A rat trap, at least, in every third home.

Trap placement: Now, think like a hungry rat. He'll be where food is. Compost heaps, chook runs, stock food stores - that's where the trap goes. You can also lure the rodent to the trap by dabbing bait (peanut butter or cheese, refreshed weekly) in numerous places that lead to the trap mouth.

Leave the trap un-set for the first few days (but baited) so that the animal becomes familiar with, and less wary of, the tunnel. Then, after three or four occasions of having the bait stolen - rebait the trap and set it. Rat *tunnel-traps* are available from [pfnormandale@gmail.com](mailto:pfnormandale@gmail.com) at \$10 each, with integral mousetrap.

Finally, don't expect to catch a rodent every night. Just keep on re-baiting, resetting and finally celebrating a "catch". And keep it up - for years! If you advise us of your success, we can see where the infestations are greatest and plan accordingly. Go on, join the movement.

Stuart

## TAI CHI AND QI GONG



The ancient Chinese practices of Tai Chi and Qi Gong (pronounced CHEE-gung) combine slow, deliberate movements, meditation, and breathing exercises. Tai Chi and Qi Gong are martial arts that can help your circulation, balance, and alignment. They can also help restore your energy, called chi or qi.

Tai Chi and Qi Gong are perfect counter measures for the stresses and strains of our busy lives. If you have high blood pressure, some studies have shown that Tai Chi can help lower your blood pressure. Other research points to a drop in cholesterol levels as well. That helps lower your chances of heart disease. It may even decrease your chances of getting Alzheimer's disease.

Although Qi Gong and Tai Chi are excellent fitness activities for beginners and people with health conditions, elite athletes also benefit from doing the slow movements, because everyone needs better balance and muscle control.

The postures flow together without pause, making Qi Gong and Tai Chi look like slow, graceful dances that keep your body in constant motion. This is a very low-impact exercise that puts minimal stress on joints and muscles. One of the best features of Tai Chi and Qi Gong is that they can be adapted to fit just about any fitness level. The gentle flowing low-impact movements are also easy on your joints if you have arthritis.

Come to Wellington School of Tai Chi Chuan in Petone for Tai Chi and Qi Gong – continue down Jackson Street towards the river end then over the little bridge into Halford Place – the first building on the left. We have classes on nine levels and our School has just celebrated its 16<sup>th</sup> birthday.

We have beginner's classes for Tai Chi on Thursday evenings and Saturday mornings and Qi Gong Classes on Wednesday evenings. There is also Meditation sessions every second Sunday evening of each month. There is a lovely atmosphere of peace and tranquility and friendship amongst the students.

Your first class is FREE – wear comfortable clothes and shoes and just come along.

For more information phone Hettie: 027 525 5720 or check our website: [www.taichi.net.nz](http://www.taichi.net.nz)



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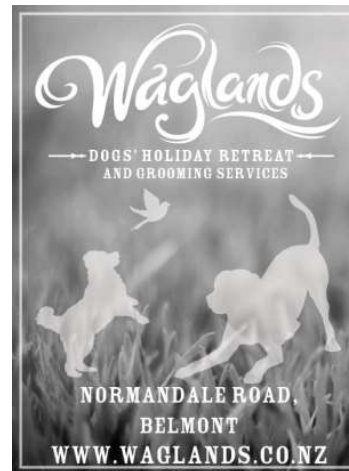
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Whew....

Stu Reid has tunnel rat traps for collection in his carport. I am soooo relieved. Hope they stay there. Means we can still have fried fledglings and skink steaks for brecky.

Call 027 240 9691

# Nancy Phillips - 1928 to 2016

Nancy Rowarth was born in Birmingham on 10 January 1928. She died on 17th November 2016 in Lower Hutt hospital.

Nancy went to school and later trained in her chosen career as a nurse in the UK. She really enjoyed her student days of nursing.

She met Allan Phillips on a ship following a trip to Finland. They married in 1970 and travelled to New Zealand by ship in 1974.

Nancy and Allan settled in Normandale around 1974. Nancy lived there in the same house until a week before her death. Nancy and Allan adopted a son in 1973. Howard brought lots of joy and laughter to the household.

Nancy had a sharp intellect, a great concern for humanity and the environment and a passion for cooking, sending and receiving letters, singing, and reading. Nancy's reading was always a weighty tome, nothing frivolous for her! Her cooking was legendary and she often gave fruit loaves as Thank You's. Nancy's interests were wide and included local community activities, politics, music, embroidery, gardening, spirituality. Because of her height, gardening was not easy but Nancy always visited the Botanical Gardens in Spring to view the tulips and she spoke often of bluebells and daffodils seen in the U.K. Nancy made several trips back to the UK to visit friends and family. She also visited France and other European countries.

Nancy really enjoyed receiving mail, she liked writing letters, she kept up to date on world affairs and could converse knowledgeably on almost any topic. She was part of a reading group, music groups, an embroidery group, discussion groups and a prayer group.

When she was 75 years old Nancy learnt to drive and bought a car mainly so she could visit Allan who by then was a resident in Aroha Hospital. Once when I commented on how wonderful a wife she was Nancy's reply was 'Allan would do the same for me if the roles were reversed'. I thought what a wonderful relationship to have such trust in one another.

Many will remember Nancy's cooking, her apt and often frank comments, her kindness, her contribution to the Normandale community.



# ASPIRE! Learning through Partnership:

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I'm a primary teacher with the good fortune of working with awesome students at the secondary and early tertiary level. I realised there was a huge need for students to develop research and study skills. By using a 3-tiered programme I have designed, I guide and work alongside students to help them develop a tool and a

system for them to "stay on top", and avoid getting lost in endless files. By starting at their own beginning point we learn how to:

- ⇒ allocate sufficient time to each part of the process,
- ⇒ select and use the best information that answers their questions,
- ⇒ organise paper and digital files (using shared Google Docs),
- ⇒ quote and reference sources, and
- ⇒ **blend information to write in their own "voice"**.

Of course, along the way, this also develops reading, writing and oral presentation skills in a motivating and practical way. What was hard, tedious and frustrating can become enjoyable when it is manageable. I believe when something is enjoyable, learning can happen.

In these school holidays I am offering senior school students a 'fast-track' to develop these skills in 4 three-hour sessions in a small group. This will be a condensed version of the term programme I run on Tuesday or Thursday evenings, 6.30 – 8pm, which includes a weekly half-hour on-line session. Individual tutoring sessions, ESOL and career coaching are also available by arrangement. Contact Victoria 0276094149 or email [aspire4learning@gmail.com](mailto:aspire4learning@gmail.com)

It's about being supported while gaining and practising the skills that will empower you to realise your potential and achieve your goals. This is why my service is called "ASPIRE! LEARNING THROUGH PARTNERSHIP".

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