

## HANA CRAIG, FUNDRAISING FOR MOTHERS HELPERS

Mothers Helpers is a charity that supports mothers suffering from depression or anxiety. This year, Hana has been a charity ambassador for Mothers Helpers which means she has been working to raise awareness about this issue .

What are the Symptoms of Antenatal/Postnatal Depression or Anxiety?

- Persistent low mood
- Tearfulness
- Agitation/irritability/anger
- Insomnia or sleeping too much
- Negative thoughts
- Low self-esteem
- Loss of appetite or increased appetite
- Loss of interest in favourite activities
- Low energy or motivation

Source: [www.mothershelpers.co.nz](http://www.mothershelpers.co.nz)

She has already raised \$7500 towards her \$10,000 goal and is doing a couple more activities. She is selling brand new HCC recycling bins and/or nets for \$20 which she will deliver to your home – just email [hanacraig@gmail.com](mailto:hanacraig@gmail.com) to order.

She is also running an online charity art auction. <https://m.facebook.com/OnlineCharityArtAuction/>

Hana thanks you for your support!

## GOOD LOOKING AND HARD WORKING

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027 4487747 / 04 569 0768 [salteam@redcoats.co.nz](mailto:salteam@redcoats.co.nz)



**Word of the month:**  
**Acnestis**  
A. A disagreement.  
B. A skin condition  
C. Part of an animal it cannot reach on itself.  
D. The point of an elephant's tusk.  
**Last-month's word:**  
**Bellicose**  
A. Demonstrating aggression

## Tell us your story

If you have anything you want to include in an edition of the times, any question you have for the committee or any suggestion for the editors, submit to [ntimes@hotmail.com](mailto:ntimes@hotmail.com) or call on 04 566 4130



**SOLD**  
By Salt!

# NORMANDALE TIMES

Published by the Normandale Residents' Association



AUGUST 2019

## Normandale Residents' Activities Coming Up

Your residents' association is organising a few activities in the next few months.

### Clean up Normandale

Come along to help keep Normandale beautiful!

Clean up Normandale is coming on Saturday the **21st of September!** Bags and very light gloves supplied - we suggest you bring your own heavy duty gloves and tongs or similar rubbish grabbing equipment. More details to come!

### Community Recycling Day

On **2 November** we will be holding the community recycling day where residents put out good used furniture and brick-a-brac for other residents to pick up and reuse . Take a trip around the neighborhood and help yourself to anything **clearly** free to a good home. Anything remaining the following day should be taken back in.

### Inorganic Collection

The following weekend in November - current proposed day **9 November** - we will hold the inorganic collection.

This is where everyone can bring their inorganic goods to the **collection bin** at **145 Normandale Road** after 9:00am. **First come, first served.** We will not be collecting anything from your gate unless you make a special arrangement with us **at least a week before.**

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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 17 Pokohiwi Road on Thursday 15th August - all association members welcome. The meeting goes from 7:30 to 9:00pm

## Maungaraki Tennis Club Open Days

Maungaraki Tennis Club Open Days will be held on Saturday 7th & Sunday 8th September, 1-4pm at 10A Barberry Grove

Nationwide tennis event run in conjunction with Love Tennis. Bring your family and friends to have a hit.

- Giveaway prize
- Free pizza vouchers
- Fun games
- BBQ

Regional draw for a free trip to the Auckland ASB Classic

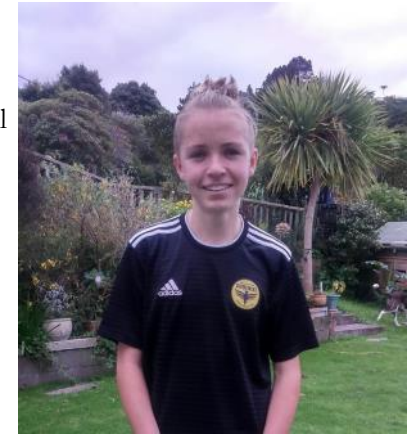
[www.mtc.co.nz](http://www.mtc.co.nz)



## Local Wellington Phoenix talent on his way to Chile

Terran Philippi, a 15 year old Normandale resident, has already had some impressive success in his budding football career. He has played for several years in the first teams in his age groups for local LHCAFC football club, where he picked up numerous awards for most improved and most valuable player.

He has achieved his next milestone by being picked up earlier this year to play in the prestigious Wellington Phoenix Youth development squad with other talented players from all over New Zealand. He thoroughly impressed his coaches during the intense routine of four weekly training sessions with games on Sundays. Terran recently scored his first hat trick: 3 goals in one game.



Terran has been invited to join a Hutt Valley Selection Squad in October on a trip to Concepcion and Santiago de Chile for 2 weeks of exhibition matches against local teams. This is a fantastic opportunity for Terran to experience the flair of international competition and to further improve his skills. While in Chile, Terran and his team will donate new and quality second hand sports equipment to underprivileged children in Concepcion and Santiago de Chile. It truly promises to be a trip of a life time for Terran!

You can **support Terran** to get to Chile by ordering Tickets @ \$25.- for the newly released movie "Blinded by the Light" showing on 22<sup>nd</sup> August at 6pm at Petone Lighthouse theatre (please send txt to 0275668314) or by visiting his give a little page at <https://givealittle.co.nz/cause/local-football-talent-on-his-way-to-chile>

### Reminder: SUBSCRIPTIONS ARE DUE

Subscriptions for the NRA are due now and cover the 2019/2020 year. Subscription is \$5 per person and allows the NRA to carry out projects on behalf of the Normandale community. Please pay directly into the NRA bank account:

**Bank** - Westpac (Petone branch)

**Account Name** - Normandale Residents Association

**Account Number** - 03 0543 0200658 00

Ensure that you give both your name and partial address - enough to identify who you are in the references. If you prefer to pay by cash or cheque, please send your subscription to: The Treasurer, c/o 17 Pokohiwi Road, Lower Hutt, or contact one of the committee. Thank you.

### Happy Home Dog Training



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