

Meditation in Belmont Park

All levels welcome to join our mindfulness meditation group set in the peaceful valley of Belmont Park. Included is a one hour eastern-based meditation, then a spiritual discussion over tea, finished with a western-influenced guided meditation. The group is taught by Ian Melrose, who has over 30 years experience. This is an opportunity to meet like-minded people, join in discussions and develop your practice.

Where: Belmont Park Retreat, 147 Stratton St, Normandale
When: Monday 7.00 - 9.00 pm and/or
Thursday 1.30 - 4.00 pm
Cost: Free
Contact Ian on 04 586 0110 or ianmelrose52@gmail.com
For more information and directions:
www.belmontparkretreat.co.nz



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Word of the month:

Donnybrook

- A. A raucous party
- B. A pungent cheese
- C. A stagnant stream
- D. A free for all, brawl

Last months word:

- B. The quality that makes a thing what it is, its essence

NORMANDALE TIMES

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Social Media and You: Residents of Normandale

October 2015

To facilitate better communication with the wider community, the committee have decided that it would be a good idea to open up a Facebook page where you can get in touch with us in your day to day life. The idea is that here you can post community notices, have discussions as a community and put up photos or stories of your adventures in our local community!

As the page has just been launched at the start of the month it should be relatively vacant at current, so any posts to the page would be much appreciated.

In future this will also be one of the places where notices that miss making it into the regular Normandale Times (due to timing restrictions for example) will be located.

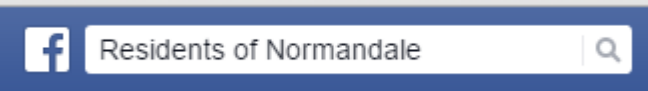
It is also worth noting that a few of our committee members are on Neighbourly too! For those that may be interested in other ways to get in touch with us I recommend looking into that as well.

Don't forget that we have a website too: www.normandale.org.nz where the latest editions of the Normandale Times and a spot for community feedback are located!

-Paul Caygill, Editor

FaceBook: <https://www.facebook.com/NormandaleNZ>

Neighbourly: <https://www.neighbourly.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 on Wednesday 21st of October - all association members welcome. The meetings last from 7:30 until 9:00.

News From Normandale School

Normandale School students have been studying Asia this term with some classes making Japanese carp kites, Bengal tiger masks, diva lamps, lanterns and colouring in rangoli patterns. Students have been practising greetings in different Asian languages and writing their names in Hindi, Japanese and Chinese. We were also lucky enough to have a special visit from The Spice Rack in Petone. Mrs Patel and her two daughters who were in their traditional dresses bought food and sweet samples for the children to try and rakhi (bracelets) to gift to someone they loved. The children loved the opportunity to try different foods and discuss the Indian culture.



A new science challenge - Four Normandale School students (Zoe, Charlie, May and Jimmy) competed in an Epro8 Science Challenge in Wainuiomata coming 2nd place. They then went on to compete in the semi-finals at Papakowhai School in Porirua. The students worked exceptionally well together as a team and finished overall in 6th place.

Normandale School students have just finished their two weeks of school swimming at Huia Pool with an exciting, never attempted before, relay race between a parent/staff team and our very own Western Zone Swimming Championship winning children's team. After a very exciting race and extremely close finish, the students won the trophy which will be up for grabs again next year!
-Sam Williams





Farewell...
A special farewell from the Western Hills Toy Library to our long standing committee members Leonie, Megan & Louise. Thanks ladies for the love, dedication and countless hours spent turning our toy library into the success it is today. A special thank you to Leonie for being the toy library's coordinator for the past 8 years or so. :) We will miss you.

If you're interested in helping out the toy library, please email Yiwen at littlearty@gmail.com or have a chat to Mandy, our toy librarian.


Both mums AND dads are welcome.

St Aidan's garage sale Sat 17th Oct, 9:00-12:00

There is a Garage Sale at St Aidan's on the Hill on Saturday 17 October 2015 between 9 am and 12 noon. St Aidan's is on the corner of Poto Road and Stratton Street. White elephant, cakes, sweets, plants, jams and preserves, books, a sausage sizzle, coffee and more!!

If you would like to donate any goods for sale please contact Janine or Dave on 586-1311.





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