



window on **wakefield**

Your Local News

Community News for the Wakefield Area

WAKEFIELD SCOUT AWARDS

by Veronique Law

WHAT HAS OUR GROUP BEEN UP TO?

It is with pride we tell you that Sarah Arnold, our Venturer Leader gained her **10 year service medal** and **Gilwell Wood Beads and Scarf** at our recent Founders Camp in Wairoa Gorge. Participants of the Scouting Advanced Personal Development (SAPD) course are awarded the beads and scarf to recognise their further training and mean they can now be trainers themselves under the guidance of the Zone Training Leader. The Two Bead Gilwell Park Oak Wood Badge are made from genuine Gilwell Oak and earn Sarah membership in the 1st Gilwell Park Scout Group in England. Our group now has two wood bead holders. Sarah has also been awarded her ten year service for Leadership in Guiding and Scouts. A huge congratulations to you Sarah.



Julian Eggers has reached the highest award available to a youth member. He will travel to Wellington with his proud mother to receive his **Queen's Scout Award** from the Governor General Sir Jerry Mateparae. Julian has been involved with the group since he started as a Cub. He is well known due to his service over the years helping with Keas and Cubs and his efforts to achieve his Queen's Scout Award. Julian has completed his time as a Venturer but continues to be involved in the group as a Cub Leader. Congratulations to you Julian for your achievements and position in our group.

Promoting the group at Higgins Park with the IHC celebration of Children's Day was very enjoyable. A rope bridge was constructed and many took up the challenge to walk across it. There was a lot of interest shown by parents of possible future members. The Venturers also took part by providing marshalling for parking and helping out with the bouncy castle.

The Kea group has been experimenting with bubbles and cornflour, baking chocolate chip biscuits, swimming and challenges with gumboots.

The Cub group has been creating boats and testing their water tightness at Faulkner Bush, cooking on hobo stoves and doing their three stage swimming badges.

The Scout group has been using ropes in different ways to climb to the rafters in the den and skipping. Walking to the river for a well-deserved swim to cool down and making the most of the tail end of summer. They made hokey pokey to restore the burnt off energy each week takes up. The planning of a trip to Wellington has made each Scout responsible for finding out information and applying that to their task. They have been learning new life skills on planning, organisation, responsibility and adventure.

The Venturers have been involved in service as marshalls for events and erecting/taking down marquees. They have had a blast at a car rally put on by the Rover section earlier in the year and did a fantastic job of catering at our Zone camp. They also enjoyed a meal out and taking their new mud bash car for a spin. As well as the events they are also making their way through their Award Schemes and more are underway to complete their Queen's Scout Awards and Duke of Edinburgh.

continued on page 3

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Window on Wakefield is a community newspaper, and as such, we look forward to having articles and content contributed by our community. If you wish to submit a one off article, or suggest some regular content, please make contact with Sonia on 541 9005 or email windowonwakefield@gmail.com and read the Terms and Conditions below.

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Due out the first full week of each month

All Advertising to be submitted by the 20th of the Month prior

All Content to be submitted by the 23rd of the Month prior

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WAKEFIELD SCOUT AWARDS cont

The Wakefield Cubs and Scouts have been baking and cleaning out previously loved items for stalls at the monthly Wakefield market. Both sections are raising funds to increase their activities but keep the extra costs low.



Wakefield Scout Group fundraising is working towards lining the den ceiling and solving heating issues before Winter. The Group is involved with helping at the Apple Fair on Sunday 12th April at Willow Bank and all money raised by the group will go toward these projects. So please come along and join in the old fashioned games, have a sausage or popcorn and enjoy the apple juice aromas.

There are 45 youths involved with the group and more are coming through the doors waiting to join. Wakefield is one of the few in the Zone to have all four sections running with strong numbers. This means Leaders are needed for future growth. If you would like to be part of a team of fun loving, out door, conscientious future building volunteers then we would love to meet you. No experience needed, just a love of working with youths. All training is given.

"The most worth-while thing is to try to put happiness into the lives of others".
Robert Baden-Powell



For more information on Wakefield Scout Group, please contact us on wsg4kids@gmail.com or phone Angela on 541 9223.

NEW TENNANTS FOR SHOP IN FRONT OF TEA ROOMS

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BOOK A HIGHTEA FOR MOTHERS DAY ON SUNDAY 10th MAY

Trekking Bluff to Wakefield

TRAVELLING AROUND NZ WITH MY HORSES

by Maxence Benoist

Hello, I am Maxence, the woman who travelled to Bluff to Wakefield with two horses.

I'm 27, I am French, and I have wanted to come to New Zealand since I was 14 years old and I have always been around horses.

I trained specifically for this trip in France before coming and came to New Zealand to do this horse trip.

I first arrived in Dunedin in September 2014 on a working holiday visa valid for one year, and trained with Lucy (bay mare - riding horse) and Harvey (chestnut gelding - packhorse) for about 6 weeks at their home in Dunedin's back country.

We started from Bluff on the 30th of November from Stirling Point and arrived in Belgrove on the 25th of March.

Here's a map of the itinerary we followed:
<http://www.braidedmanesbraidedtales.com/the-route/>

I always say "we" but this only means me and the horses... ;) It's teamwork!

We crossed three main rivers (Rangitata, Rakaia and Waimakariri) and numerous smaller rivers (Hope, Waiau, ...) and did some 1220kms altogether so far.

We've been through over 40 different stations and farms along the way.

The kiwi hospitality has been amazing, and I've been able to exchange board and accomodation with help and work on the stations: sheep and cattle care, fencing, spraying, and any kind of odd jobs.

This has been an amazing experience and made me want to stay longer and experience more of New Zealand. I will now be looking for permanent work with horses and/or high country farming to hopefully transfer on a work visa and stay in New Zealand.

Maxence contacted Wild Oats via the helpx website, as they take woofers and backpackers to help on the farm and in particular with the party pony and trek business at Wild Oats Farm. Max has been able to offer a variety of skills when working with our ponies, demonstrating natural horsemanship. This has been very interesting for Kirsty as she is building on her skills in offering animal assisted therapy too. If you would like to organise a pony party please contact Kirsty on 03 541 9794.



Ardlussa - Southland



Nokomai Station - Southland



On the road from the Nevis Valley to Bannockburn Otago



ANZAC Day 2015

From the ANZAC Committee

The committee had another productive meeting this week and we are still working towards putting on a special ANZAC service to commemorate the 100th anniversary of ANZAC.

ANZAC Poppies will be available on Thursday 16th April beside the Wakefield Fish & Chip shop as well as our local shops around Wakefield. They will also be available on the day as well if you have not got one already.

After the service is over everyone will be welcomed to come across to the fire station for a cup of tea and biscuits (anyone is welcome to bring a plate along to help with the catering) as well as look at the war memorabilia.

We are still seeking help from the community so if you can help us with the following please give me a call

- We are still looking for more war memorabilia from all the wars to display at Wakefield fire station so the young can have a better understanding.
- It would be great to have a Bag Piper play at the ceremony, really great to have!!!
- We need to know if you wish to lay a wreath at the ceremony so we can tell the people at the service who it is from.

There will no doubt be a lot of people who want to wear medals belonging to relatives who served which is great and to be proud of but there is protocol to follow please

- If they are your own they are worn on the right side
- If they belong to others they are worn on the left

If you can help in any way please give me a call,
 Fritz Buckendahl,
 136 Edward Street, Wakefield.
 Phone: 541 9061 or 02722 44 162
 Email: fritz.b@nelsonforests.com



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Town and Country Talk

by Brenda Halliwell

RABBITS AS PETS

Since it's Easter Bunny time, let's take a look at rabbits. Some people will wonder why?! But rabbits are actually a very popular pet and there are many rabbit breeds and breeders just like there are for cats and dogs.

Preventative health care is very important for rabbits. When correct **diet** and **environment** are provided, many common and potentially serious problems are avoided.

Diet - in the clinic, we find most bunnies are not on an ideal diet. Here's what we recommend:

Rabbits require a very high fibre diet to ensure efficient digestion and prevent dental disease

- good quality hay fed freely
- grass and grass clippings
- green leafy veges, - about 1 cup per kg weight of bunny per day – e.g. dandelion greens/flowers, turnip tops, parsley, bok choy, carrot tops, silverbeet, cabbage
- pellets – are not essential and should only comprise about 1/8th cup per kg of bunny per day. They are high in calories and do not provide enough fibre.
- They are also better fed in 'treat balls' to provide some mental and physical exercise.
- treats – such as carrots, apple, pear, berries should be no more than 1 teaspoon per kg of bunny per day.
- rabbits should not be offered cereals, grains, bread, biscuits, crackers.

- cardboard, untreated wood and fruit tree branches are essential for gnawing and providing some entertainment.

And of course, clean fresh water must be available at all times preferably from a sippy bottle.

Environment – Like all animals, rabbits need something to do in a big enough space that they are able to display normal rabbit behavior. Somewhat surprisingly rabbits are easily house-trained and can be treated the same as our pet cats and dogs. (You just have to rabbit-proof your vege patch, and wires and cables in the house!)

If it is impractical to have a free-range bunny at your place, choose as big a hutch as possible. Rabbits need to be able to stand up, stretch and hop around. A second storey and den are a good idea. The floor can be wire directly on grass but wire is hard on rabbits' feet so there needs to be at least 1/3rd solid flooring too. Lots of shredded paper and straw are suitable bedding options and must be partly or fully changed when soiled, daily if necessary. This is also a good time to do a quick checkover of your rabbit – make sure their face, fur and bottom are clean to avoid flystrike. Comb out any knotty fur.

If rabbits are kept in hutches, it is important to provide something for them to do:

- treat balls
- old phone books for shredding
- dried pine cones
- a paddling pool filled with dirt for digging
- supervised time out of the hutch

Vaccination – against Viral Haemorrhagic Disease (calicivirus) should be done annually.



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Live Well Stay Well

"Live well Stay well" is a health and social group that meets fortnightly in Wakefield or Brightwater from 9.45- 11am.

All interested are welcome to attend especially if you are new to the village.

A varied programme is organised which is informative and fun plus regular coffee and chat sessions.

The group is followed by a walk around Wakefield or Brightwater for those who feel like being more energetic

April 14 Coffee and chat at Chateau Rhubarbe Wakefield then a local walk

April 28 Meet at the Wakefield Hall 9.45am – 11am for a special morning with Nini Wooff who is in Olive Oil production at "Kina Haus Olives" Come along and learn all about Olive Oil and how good it is for you. Learn about the process and experience the different tastes and ways to use.

May 12 Coffee at Sonjas place 294 Pigeon Valley Rd Wakefield (3 houses past the steam museum) followed by some Feijoa picking

Any enquires or to go on our email list to let you know what's happening, please call Margaret 5419693 or Yvonne 5422235

Cryptic Clues

by Derek Evans

Clues in relation to Film Titles.
(apologies this was omitted last month so redoing the Cryptic clues for you again)

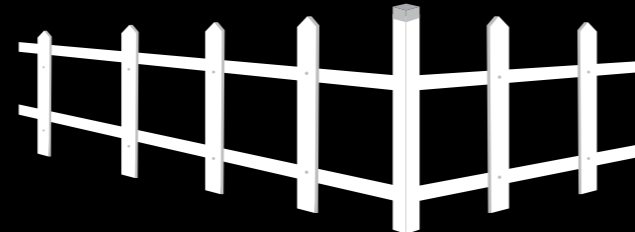
Answers will be in May's Edition.

1. The result of a big bang?
 2. President Mugabe?
 3. Another "Woodentop"?
 4. No Poseidon's sibling?
 5. Did he say "it aint arf hot in here"?
 6. Suitable for Autumn. Winter, Spring and Summer?
 7. Australian Sorcerer?
 8. Modjadji
 9. Almost when "life begins at?", and a UK Pop Dance group makes the ascent easier?
 10. Tonsorial artist in the fast road
- Two very special ones:-
11. What Sonia thinks she has got?
 12. What she will need soon?

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The Way We Were

Back to Eighty Eight Valley and Kareke Schools 1863-1930 - Part 2 (1881-1930)

Prepared for the Waimea South Historical Society by Roger Batt

Just twenty months after the appointment of Mr Moore as schoolmaster in 1880 disaster struck. As recounted in Elizabeth K. Parkes' family history Better Prospects, "The following is the full text of the 88 Valley Committee's report of the incident -

August 29th 1882.

To the Secretary of the Education Board, Nelson.

Dear Sir,

I regret to have to inform you of the total destruction of the 88 Valley School room by fire which occurred on Monday afternoon last. A special meeting of the School Committee was held this evening at which all the members were present when the following facts were elicited.



The Lukey's homestead, site of Kareke School

On the south boundary of the School land near the School fence on land belonging to Messrs Best & Parkes is a quantity of thick Gorse. Two boys named George Webby and Alfred Cole were playing after school in the play ground and lost a ball in the Gorse and while searching for it Webby remarked to Cole that if he had a match he would fire the Gorse. Cole replied that he had a match and they set it on fire. A very strong wind was blowing towards the School and sparks were carried thence to the School which blowing up the corrugations of the iron set fire to the shingles between it & the inside roof lining. The iron roofing was put on the old building over the shingles which at the time were in a very rotten state and were consequently very flammable Mr Wm Wells was first on the spot and found the roof on fire between lining and iron. He got out everything he possibly could till the fire burnt through the inside lining and made all further aid impossible.

The Committee are unanimously of the opinion that the fire was caused as stated above but they are willing that a further investigation should be made if desired and they will give every possible aid in so doing. They ask the Board to inform them as soon as convenient as to the proper steps to be taken to get a new school.

Mr Moore the Schoolmaster has offered the use of two adjoining rooms in the School house as a temporary School and the Committee have decided to avail themselves of it and re open the School as soon as a few forms and desks can be got. Mr Moore desires to state that having an engagement at Wakefield he left home yesterday immediately after School was dismissed and on his return found the room burnt down. The Committee feel that no blame whatever attached to him in the matter.

I have the honour to be Dear Sir
Your obedient Servant
Samuel Clayden
Chairman.



Mr Hunt and Chick in the Humber, with Betty in the front. Photographed by P. Stokeworth.

(Information source – Surrey Vintage Vehicles Society)



The 1914 Humber which replaced Alldays and Onions.



A green 1905 Alldays & Onions tourer (Source: Wikimedia Commons. Author Charles 01, 2009)

The Board accepted this version of events and 3 months later drew a cheque for 130 pounds being the first instalment on the erection of a new school. **Kareke (NZ quail) School**

This household school was held in the home of Mrs Lukey situated not far south of the Highfield homestead. The roll was held in common with 88 Valley and begins in 1879 with 11 children aged from 12 to 15 yrs in a Std 3 class. Younger children living south of Highfield found it more convenient to attend Kareke than to travel to 88 Valley so the roll between the two schools fluctuated over the years.

Final Years

In the 1920's Mr George Hunt was Chairman of the school committee and sent his 3 daughters: Betty, Ellen ("Chicks") and Peggy to 88 Valley School. Ellen remembers that there were many changes of teachers and very few pupils. She particularly remembers the days they had to attend Wakefield school as the school doctor was coming. They dressed in their best and their father drove them down in 'Alldays and Onions', the beautiful red and yellow family car, resplendent with brass trimmings. When 88 Valley school closed in 1929 the Hunt girls rode horses down to their aunt, Mrs Burgess in Hunt Terrace and walked the rest of the way to Wakefield School.

A general decline in numbers of children in the area occurred during these years. 88 Valley School closed for a time in 1916 and for the last time in 1929 when schooling for any remaining pupils in the area continued on at Kareke in the front room of Mrs Lukey's house. The school's progress was inspected by Mr. Street who biked out from Nelson, checked the work, had a cup of tea, then biked back again. The last pupil on the roll was Dean Parkes who was given the roll book. Remaining children were transported by motor vehicle to Wakefield at the end of 1930. The school building, after lying vacant for some time was eventually tendered for by Mr Hunt and removed from its site for use as a farm building.

Acknowledgements:

Parkes, Elizabeth K. Better Prospects – the Parkes' Family History (c. E.K.Parkes, 1986, ISBN 0-473-00428-3)

Stringer, Marion J. 150 Years of Wakefield Schooldays 1843-1993

(Wakefield Anniversary School Committee 1993, ISBN 0-473-02137-4)

Stringer, Marion J. Just Another Row of Spuds, (M.J. Stringer, 1999 ISBN 0-47306021-3)

Wakefield Volunteer Fire Brigade

Wakefield Volunteer Fire Brigade Report March

So far March has been very quiet for the brigade compared to February but that is a good sign for all of us.

When I see smoke coming out of chimneys and I feel the nights are getting colder and we are now into autumn. This mean one thing to do for the fire wise people, you need to check your chimney to see if it needs cleaning before it's too late. Chimneys need to be cleaned once a year to get rid of all the unburnt soot and by cleaning your chimney your fire will also perform better turning wood into heat.

Call outs for February so far

- MVA = Motor Vehicle Accident
- PFA = Private Fire Alarm
- PFA Eves Valley, small fire under the planning room

Running total for the 2015 = 13

As always take care
Fritz Buckendahl
CFO WVFB



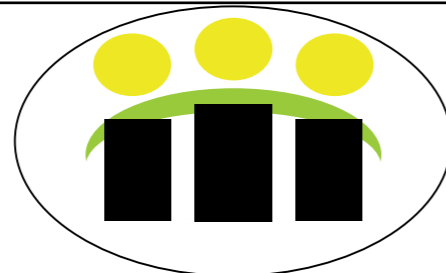
Wakefield Health Centre

!!! FLU VACCINES ARE VERY LATE!!!

As you may be aware the Flu Vaccines are very late this year. They are manufacturing a new vaccine this year with the strains of flu they expect will hit us. We have been advised they are expected to arrive mid-April. This means we will be very pushed to get everyone vaccinated quickly, the plan is to run flu clinics at different times of the day to accommodate our patients. The nurses will have limited time to ring and remind patients. We urge you to ring and make an appointment as soon as the media alert us to it being available.

Well Done to Wakefield Health Centre

Wakefield Health Centre has been recognised by the Nelson Bays Primary Health Organisation for reaching our Healthcare Goals. Reaching these goals mean that we can and are providing the best care for our community. We would like to thank all of our patients and staff for the effort that has gone into achieving these.



Wakefield Health Centre

Surgery hours:

Monday to Friday 8am – 5:30pm

Wednesday 8am – 7pm

New Enrolments Welcome

Phone 541 8911
12 Edward St Wakefield

As of 1st April 2015 the following will be the Doctors new hours

Doctor	Monday	Tuesday	Wednesday	Thursday	Friday
Dr P McKenzie	9am - 4.45pm			9am - 4.45pm	
Dr P deHamel			9am - 6.40pm		9am - 4.40pm
Dr M Fry	9am – 4.45pm	8.30am – 12pm	12pm - 6.45pm	8.30am – 12pm	9am – 4pm
Dr E Fry	9am – 3.45pm		8am – 1.45pm		
Dr W Hurlow	9am – 4.45pm	9am – 4.45pm		9am – 4.45pm	9am – 4.45pm
Dr K Hurlow		8.30am – 4.30pm		8.30am – 4.30pm	

Wakefield Girl Guiding

BISCUIT CAMPAIGN 2015

The Girls and leaders are out selling biscuits for the 2015 Campaign; if you have not seen them or have a biscuit order you need filling let us know. The profit from our biscuit campaign helps us provide fun and interesting programmes for our girls and is an essential part of the girls learning and development.



Biscuits are available from all Units, Wakefield Pippins and Brownies, Brightwater Guides, Waimea Brownies and Waimea Guides. Or at the Four Square Wakefield.

Contact Sue on 03 541 9689

GUIDING THROUGH THE YEARS

Hannah Schroder is 8 years old and is a Brownie with the Wakefield Brownies. While selling the Girl Guide biscuits in Brightwater on the 1st March Hannah knocked on a neighbours' door, Mrs Gardiner. Mrs Gardiner purchased some biscuits then asked Hannah to wait a minute. She came back, with a small Brownie uniform which had badges on it and told Hannah that she was a Brownie when she was a girl and this was her dolls uniform that matched her one. She also said that she used to wear a yellow t-shirt under her uniform. The badges (now pinned to the dolls uniform) were the badges Mrs Gardiner had got at Brownies. Hannah was delighted and put her doll in the uniform and took it to share with the Wakefield Brownies who enjoyed looking at the old badges and uniform.



BURMA TRIAL

On the 5th March 2015 the Wakefield Pippin and Brownies took part in a Burma Trail put together for them by Amelia Law from Wakefield Scouts. Here are some photos of that event.

Top Left, Starting out on the Burma Trail.

Top Middle, Amelia Law encourages Pippin, Monique Higgins.

Top Left, Mia Ferretti keeps an eye on Hannah Schroder as she makes her way through a tricky bit.

Far Left Kia Shefford makes it to the end.

Bottom two pictures, Tug of War.

Thanks to Lucy Pearson for the great pictures



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www.heyward.co.nz/LHR1009
Lydia Heyward 0274 328 532 or 03 544 5488

46 Tui Road, Tapawera

\$450,000



A sanctuary in the country.

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A Matter of Accounts

by Sonia Emerson, Chartered Accountant

Well it's been 24 editions since I started writing these articles so I thought in light of that, and the fact that I have my hands full with the new addition and actual work, that I would republish my articles again, starting with this article which was originally published back in May 2013.

ARE YOU CONSIDERING STARTING A BUSINESS?

So you have a new business idea, or have decided to go out on your own, or have seen a business that has captured your interest. What now? It seems like there are a million things to think about, a lot to do and you have no idea where to start. Take a deep breath, and then begin, one step at a time.

No doubt you are considering going into business because you are passionate about your business idea. But do you have the skills you need to make the business work? Unlike being employed by someone else, when you own your own business, unless you employ staff, or engage professionals to assist you, you will need to 'wear more than one hat' and have multiple skills ie organisation, financial or personnel management, marketing/advertising, people skills, negotiation or sales skills.

Firstly, you need to work out whether the business will be viable? You will need to:

- Research the market - is there an existing demand for your product or services, or will you be creating a new need? If so, how will you attract customers? What things might your customers consider when making their buying decisions? Who are your competitors and how will you differ from them? How big is the market and what are the characteristics of the people who will purchase your product or service? **[Prepare a simple business plan that covers the answers to these questions].**

- Crunch the numbers - How much will you sell the product or service for? What are the costs involved that will be fixed or don't change with the amount of the product or service that you sell? What are the variable costs - those that change in direct relationship to your volume of sales? What are the assets that you need to purchase in order to run your business? How much do you need to take out of the business to cover your personal expenses? How long can you manage before the business must 'pay' you something? Do you have enough money [working capital] to cover the expenses until such time as the business is profitable? How much of your personal money will you need to invest and what sort of return do you want from it - is this more or less than other options? **[Prepare a high level cashflow forecast, and a break-even analysis - a calculation of how much money you need to have coming in to cover all outgoings]**

If after completing the two steps above your business still seems viable, you should complete a full Business Plan, and start thinking about what business structure you will use [this will be the topic of next month's article].

For more information and some useful tools including ideas on what to include in your Business Plan, visit www.business.govt.nz or www.ird.govt.nz/tool-for-business/tfb-start, or give me a call for a free initial consultation.

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Sonia Emerson
Chartered Accountant

Mobile: 021 221 1009
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Phone: 03 541 9005 Fax: 03 541 9305
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Business Plan

Are you ready to start your business?

Wakefield Physio - Health & Wellbeing

Proprioception for your Ankle - Part two

by Kate West

Last month I introduced you to the term proprioception, which is our body's way of knowing where each of our body parts are in relation to one another as well as how they relate to the environment around us.

Increasing our proprioception is of benefit to all of us, regardless of age. Whether you wish to improve your sports performance or reduce your risk of falls you will benefit from improved proprioception.

This month I will focus on ankle proprioception; firstly testing it and then how to improve it. Our ankle is the link between our feet, which when we are standing is the point of contact with the ground and our body. The better this is the better our balance and reactions will be.

To test your proprioception stand on one leg with your hands on your hips and hold for as long as possible.

How well did you score?

0-30seconds	30-60seconds	60+ seconds
Need to practice	Better	Excellent

The above test can also be used as an exercise. If you fall into the 'Need to Practice' or 'Better' category then repeat this five times, morning and night until you can do 60+ seconds. If standing on one leg is difficult then use the back of a sturdy chair until your confidence and balance improve.

If you were in the 'excellent' category then undertake the exercise above, but add the following 'challenges' to further increase your proprioception:

- Do with your eyes closed
- Do with your eyes closed and turn your head from side to side
- Balance on a wobble board
- Balance on something unstable (eg. disc shown in picture) while receiving and passing a ball

By improving your proprioception you will reduce your risk of injury or re-injury and lower the risk of falls. For more specific advice ask your local physiotherapist.



Waimea Plunket Playgroup

Waimea Playgroup had a very exciting month of March. We have had a visit from the Fire Service to talk to us all on fire safety. We learnt so many important things from the talk, a couple were: Where we should put smoke alarms in our home to make them work the best and to check the expiry date of our Smoke Alarms to make sure they have not expired.

Following on from our fire safety talk the Brightwater fire truck came to visit us. Wakefield Playcentre came and visited us to see the fire truck. We all got to have a look over the fire truck, we saw where the hose's were kept, we got to sit in the cab, we got to try on their hat and jacket, hold a hose and see how far it can spray the water, we got to see the lights and hear the siren's. Everyone had a fantastic morning; we would like to thank Martin and Steve for giving us all this great experience. The children could not stop talking about the fire truck.

Easter is fast approaching and we started making Easter creations, Rev Martin Harrison showed us through the Anglican Church and read us an Easter story. We all got to ring the church bell on our way out of the church.

We are now running between 9 -12pm. Come along and meet other parents / Caregivers in a relaxing environment. Any enquires please contact Wendy 5419272 - 0276949720



Waimea Plunket Playgroup
The Brightwater Community Anglican Church,
Waimea West Road, Brightwater
Starting: 28th January 2015
Time: 9.00 – 12.00 noon
Day: Wednesday morning
Cost: FREE



Growing Things

Water and mulch

by Jenni Komarovsky

MINER'S LETTUCE

Some months ago, I spotted a glorious clump of miner's lettuce growing under a hedge of a property in Wakefield. Further investigation revealed lots of young plants coming up next to the driveway. My foraging antennae went up and I resolved to return with a trowel and a plastic bag, to gather a few plants to re-home in my own garden.


Miner's lettuce, Claytonia perfoliata, isn't a lettuce at all, but can be used as a substitute. It's an annual with heart-shaped, slightly fleshy leaves – they get thicker and fleshier as they get older. I prefer the younger, more tender leaves, but you have to pick quite a lot of them to get a decent feed. I've heard that they were brought to New Zealand by the Chinese miners and soon became popular as a cheap source of greens. They grow prolifically from seed or young transplanted plantlets, and are more tender and tasty when grown in cool, damp spots – in sunny spots they tend to become bitter.

Next time I walked past the property I noticed that the miner's lettuce was yellow and shrivelled – it had been sprayed! Somebody thought it was a weed!

Ah well, the definition of a weed is "a plant growing where you don't want it to grow". Probably the owner of this particular clump had no idea that it is edible and a lovely addition to salads, pastas and stir-fries at times of the year when the green pickings from the garden are rather lean. And I didn't act in time – my mistake!

So... I have a lovely shady spot in my garden just perfect for growing miner's lettuce.... who has some to share with me?





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Wakefield School News

LOOSE ENDS SHED

by Fletcher, Max & Edie

At Wakefield School we now have Loose Ends. This is lots of old bits of wood, racks, ropes, barrels, tyres, wheelie chairs, trolleys, logs and sticks and lots more 'junk'. We can play with this at lunchtime if it is our turn.

The Loose Ends is kept in a big, green container by the school bank. The container was paid for by the Foodstuffs Community Trust and the Wakefield School PTA and Board of Trustees.

Lots of people have helped by giving us things for Loose Ends. Amanda Ledger and Sylvia Huxtable have collected them together. Wakefield School's caretaker, Bruce Puklowski, built lots of shelves in the container.

Here are some extracts from our writing about Loose Ends:

'Fun! Laughing and swirling, me and Skye played. We got the rope out and the chair. We swung around and around. We took turns. We were happy...' by Keira

'I played with Loose Ends. I built a rocket. It needed a few more SENSIBLE helpers to build it. It had an escape pod with a cool seat...' by Solomon

'On Thursday Matai Toru played with Loose Ends. I got out some tins and pipes. I started to bang with pipes on the tins. I made a cool noise, it sounded like a big brass drum...' by Brooke

'I made a rocket ship. It could transform into a castle. You would go very high like an airplane. It had steps. There was a bedroom. "Yawn." It was a big day!' by Fletcher

'Yesterday it was our turn with Loose Ends. I had a wonderful time because there was heaps of cool stuff. The most fun I had was building a spaceship.' Max



'"Hmmm" I thought, "what shall I get?" "Ah, some wood." I leaned the wood together. I put the rug on. I went under. "Errr, I better get out!" I said to myself. It wobbled like an earthquake. It fell down.' Edie



Abby and Stu Hore, owner of the Wakefield Four Square, cut the ribbon on the Loose Ends storage shed.




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WAKEFIELD COMMUNITY POOL

END OF SEASON



LAST DAY OF TERM



3-5pm

Free entry for keyholders
\$2 entry for non-keyholders

DRINKS
sausage sizzle

RETURN YOUR KEY ON THE DAY TO RECEIVE YOUR \$20 BOND REFUND.

Keys must be returned to the school office by 1st May to receive bond refund.

GIANT INFLATABLE

Children under 16 years *MUST* be supervised by a parent/ caregiver. There will be NO lifeguards present at the pool.

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Wakefield Playcentre

by Amby Cowe

This term at Wakefield Playcentre we have focused on emergency services. Our main intention is to familiarise the tamariki with what they may see, hear and experience in an emergency.

This also extends the children's involvement in the wider community. Last week Wakefield Playcentre visited Waimea Plunket Playgroup in Brightwater where the Brightwater Volunteer Fire Service had a fire truck. The tamariki got to hear the siren, get inside the truck, see what tools the firemen keep onboard and have a turn with the fire hose.



There were some very wet tamariki at the end of the visit!

Today we had the new entrance children join us when Kathryn from St John come to the centre to talk about medical emergencies. Kathryn talked to the tamariki about what to expect if an ambulance came to help us or a loved one. We heard the siren and looked at photos of the inside of an ambulance so we could see that it was big enough for mum or dad to come along too. The children got to see and touch various medical equipment so they could see that they were not scary or painful at all. We then got to bandage each other!

Next week we will have a policeman visit us at Wakefield Playcentre so the children can see that the police look after us all.

An emergency can be a very scary and stressful situation for children so having a fun experience with the three main emergency services helps to ease anxiety in real life situations.

Wakefield Playcentre will be closed during the school holidays and will open again on Monday 20th April. Playcentre runs from 9 until 12 weekday mornings. New families are entitled to three free visits. Come in any time during session times or phone 541 8866 for more information.



Rural Ramblers

LAKE ROTOITI - Monday 09 March 2015

It was a day to remember... with a trip to Lake Rotoiti of 14 people in fair weather conditions.

We were met by Hamish, owner/operator of Rotoiti Water Taxis, Kayaks & Canadian Canoe Hire (Cell : 021 702 278, Email : watertaxi@clear.net.nz).

We were taken up the lake on the water taxi and dropped off to walk back for 1.5 hrs, seeing beautiful bush and a friendly black robin. That brought us back in time for lunch at the lakeside and a quick catch up and to check out the eels under the pier.

Then it was time to 'have a go' on the kayaks, which we thoroughly enjoyed. It was the first time kayaking for some people and they were surprised how easy it was and so relaxing just drifting about on the water. Hamish gave us a super deal on the hire for which we thank him profusely. By this time it was about 4 p.m. so off to the dairy for icecream and more chatter and then home. It was a absolutely super day. Thanks again Hamish!

Should you wish to join our happy band following are the contact numbers you need :-

Carolyn Mason	541 9200
June Johnston	542 3588
Louise Baker	522 4909
Pauline Coy	542 3994

We meet second Monday in each month. Next meeting is 13 April 2015.



World Expedition

Costa Rica

by Kirra Kennard - Roving Reporter

Shaun Black goes to Waimea College and volunteered himself to go to Costa Rica. In his classes at school he has had meeting about their culture.

He has been raising money for the trip by working part time. He has been going well but he still has to raise about \$4,000.

They are leaving for Costa Rica at the end of June. They are planning to visit the third world country and to explore their culture. His expectations are to get a better understanding of their culture and get to know some of their people better.



Nelson Youth Theatre presents

Book by Mark O'Donnell
Thomas Meehan

Music by Marc Shaiman

Lyrics by Scott Wittman
Marc Shaiman

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Anglican Senior Care

What's On at Waimea Anglican Senior Care?

Waimea Anglican Senior Care is up and running again. In 2015 we hope to repeat some of our most successful events from 2014. These included the annual fashion parade; the Brightwater Garden Party and the overwhelmingly successful Christmas concert, "La Vida by Candlelight." This final event for 2014 was made possible with the generous support of "La Vida" and enabled the Brightwater community to donate \$1029 to Oxfam. It was wonderful to see Old St Paul's church full to overflowing on the occasion.

At the end of March we had two outings in quick succession. The Senior Citizens' Expo at the Headingly Centre saw guests treated to informative seminars and a talk by double amputee, Mark Inglis, on positive aging. Armed with homemade muffins and drinks for a picnic morning tea the group also visited Isel House and gardens. All had a lovely time.

Senior Care co-ordinator Nicola Berthelsen is keen to organise a double-decker bus tour for the end of April but needs to know numbers in order to confirm a booking. If you are interested in this outing please contact Nicola.

A reminder that Senior Care operates a range of weekly activities and support services.

- Exercise and Games – 10am Thursday at the Brightwater Community Church Hall. \$2 donation
- St Johns Community Luncheon – 12 Midday on the third Thursday of the month. A donation towards lunch is requested
- Home visiting
- Transport for medical appointments, grocery shopping and Senior Care activities

A small and valued team of volunteers supports Nicola. If you would like to volunteer or are interested in any of the upcoming activities or events please contact Nicola Ph: 541 9225 or 021 277 8061

Village Green Beautification Project

Save the dates and get involved!!

Saturday 9th May 2015 & Saturday 16th May 2015.

We need YOU to help us with our first stage of implementation of the Village Green Beautification Project!!

Please come and help us at our first Working Bee on May 9th 2015 where we will complete stage one - planting up new areas of the Village Green (as shown in previous plans).

We will need lots of people of all ages to help with digging, planting and watering.

Saturday May 16th 2015 is our reserve day, should we either fail to get finished on May 9th or have to cancel work on that day due to bad weather.

Please bring buckets, wheelbarrows, shovels and spades.

We also need a small digger for the day. If you know anyone who can help out by providing a digger then please get in touch with us.

We are seeking donations of compost, mulch, bark and fertilizer and plants. If you are able to help out with any of these items then please get in touch with us!

PLEASE CONTACT:

Emma: 021 811 513 or via email emma@terminalvelocity.co.nz OR Jason: 0211673803 or via email kernow4construction@gmail.com

Or just turn up on the day ready to do some planting!

Community Council


Representation on behalf of your community – the Wakefield Community council's report.

Your Community Council Needs you. We meet every second Tuesday of the month at the St Johns Worship Centre, 7.30pm. This will be the last meeting before the A.G.M in May. At the A.G.M. we will need to elect a new chairperson, and establish the executive for the year. Last month our meeting was run by the T.D.C. looking at the long term plan.

Easter in Wakefield

Good Friday, 10am 3rd April We will be having a combined service of Wakefield with Murchison and Tapawera at the St Johns Worship Centre, followed by hot cross buns and fellowship together.

Easter Day Sunday 5th April Services Celebrating the Resurrection of Christ will be held at 9am in historic St Johns on the Hill, and 10.30am at the Worship Centre for families. These will be Holy Communion services and all are welcome.



WAIMEA AREA QUILTERS

Our next meeting will be on
9TH APRIL 2015 at 7.30pm

**ST. JOHN'S CHURCH CENTRE, 120 EDWARD ST.
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MEMBERS MARKET – PLEASE PRICE YOUR OWN ITEMS FOR SALE
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Wakefield Country Players

Country Players bring OLIVER the musical, to Wakefield

Calling all budding actors: Auditions to be held in May

Saturday May 16th: adult audition. You need to be able to sing. Looking for 9 males, 5 females, aged 19 years to middle aged.

Sunday May 17th: youth audition. You need to be able to sing. We are looking to fill roles as work house kids, Dodger, Oliver. Age range 5-13 years.

Oliver performance dates 11th -19th September
To find out more contact: John Amosa: phone 5418139 or jjamosa@kinect.co.nz
or check the website for details.

To be up to date with what's happening at Country Players you could go on our mailing list (enquiries@countryplayers.org.nz), like our Facebook page, or check our website countryplayers.wordpress.com




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Children's Learning & Development

Nurture@Home
by Bodhi Tohill

Welcome to our new page, focusing on children's learning and development and sharing some helpful tips and ideas from the Nurture@Home network of home-based educators. But first... with Mother's Day just around the corner we thought we would start off by addressing one of the most important elements of happy children... a happy mum!

Being a mum is such a fulfilling and rewarding role and one of the most important responsibilities you will ever have. Really?! I get the responsibility part, but rewarding? The hours are terrible, there's no pay and no holiday. Having your delicious, nutritious, well-balanced meal received with "Yuk!" is not in the least bit fulfilling. Who on earth would want this job? Surprisingly, many of women do and, despite the sometimes appalling working conditions, it truly is incredibly fulfilling and rewarding to nurture your children through life.

Being a mum is obviously a huge part of who we are; however, it is important to acknowledge that it isn't all of who we are as an individual. Sometimes as mums we need to remind ourselves that our own health and happiness are equally as important as those of other family members.

So the next time you fight that urge to indulge in a bit of me-time, remember that small children don't appear to know or care whether the dishes are done or the windows are clean. They do, however, notice and care that their mum is glowing with the inner joy that comes from topping up the tank occasionally.

A healthy mum is one who feels good inside and out and, consequently, has the ability to know which battles are worth fighting (and which are not), and has the energy to keep up with the demands of her busy day. A stressed, tired and overwhelmed mum is someone who is going to find it difficult not to snap at the smallest provocation and will probably overreact when her kids are simply being kids.

Being well-rounded is all about including and making time for other-oriented activities in your life, rather than only focusing on mother-oriented activities. "Making time" ... it's an interesting concept and if only we could make more time to fit in all the things we are supposed to do in a day to live a well-rounded life! Unfortunately there are only 24 hours in the day, so you can't make more time, but you can take some time by making yourself a priority.

Here are our tips to help you take some me-time:

#1 – Acknowledge your importance

The first step is to acknowledge how powerful you are in determining the health and happiness of your family. You shouldn't underestimate the effect everything you do and say has on those around you. Your children are looking to you for guidance regarding how to act and react. You need to be in top form so that you can make the best decisions each and every day.

continued on next page...

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Continued from previous page

#2 – Embrace Imperfection

A key reason many of us struggle to make time for ourselves is because we want everything else to be perfect first. Are all those other jobs really more important than your own wellbeing? If we wait for the perfect time to do things we will never do them. Accept that perfection doesn't exist and start making you a priority.

#3 – Create new habits

Once you have decided to make yourself a priority you need to schedule your 'me time'. Get into the habit of setting and achieving small goals for yourself. Often it is the little things (if done regularly) that will be the most powerful. Take a walk, grab a cuppa, breathe! Or check out our recipe for a nice relaxing bath.

#4 – Focus on the positive

We have a natural focus on what goes wrong in our daily lives yet we rarely spend any time at all dwelling on the good things. It's really easy to get bogged down worrying about all the negative aspects of your children's behaviour and the growing list of things you don't manage to get done each day. The reality is if we focus on something that becomes our reality. Think back over your day and remember **three** good things that happened - things that went well, that you enjoyed or were grateful for. If, at the end of the day you actually focus on all the things you did achieve and the positive things about your children, you will feel much better for it. It may sound a bit wishy-washy but the daily habit of listing **Three Good Things** is scientifically proven to help increase serotonin levels in the brain, and create a more resilient brain when stressed or upset.

So here's wishing all you mums out there a very happy day next month on Mother's Day and every day.

'Be willing to relinquish the life you've planned, so as to have the life that's waiting for you'

Hon Damien O'CONNOR
MP for West Coast/Tasman

0800 DAMIEN (0800 326 436)
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Labour

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Motueka Clinic 03 528 8459 and Mapua Clinic 03 540 2329
Keep an eye on our promos on Facebook

Wakefield Football Club

Wakefield Football Club 2015 Season

by Richard Malcolm

Wakefield Football Clubs 33rd season is about to get underway this coming weekend (11th April). WFC has once again seen a growth in player numbers and we have decided to enter a fourth team into Nelson Bays Football Senior men's competitions. With now over 60 members, we will be entering Pomeroy's Wakefield 1st XI into the 1st Division, Wakefield 2nd & 3rd XI's into the 3rd Division and Tall Poppy Wakefield Masters into the newly formed Masters Division.

Fielding four teams this year will mean that almost every weekend, Wakefield will be hosting home fixtures. The 3rd Division and Master's league games will kick off at 1.15pm with the 1st Division games following with kick off at 3pm.

WFC will once again be entering a team into New Zealand's oldest cup competition, The Chatham Cup, which is run in a similar fashion the English FA Cup. It is open to all clubs and is a straight knockout competition, so we are all hoping we manage to be drawn with a home fixture in the first round to try and notch up our first win in the Cup. We will aim to keep you all informed of when this fixture will be played and hope we can get some great community support behind us.

Club President and foundation player, Chris Olaman, is excited about the upcoming season, "We are going from strength to strength each season and have a fantastic culture and club spirit. We have some very enthusiastic younger players who show great promise. I am proud we have now developed a pathway for our players to progress through," he says.

WFC would also like to thank our new sponsors, Pomeroy's and Wendy Pearson from Tall Poppy Real Estate. Without support from our local businesses, our club would struggle to continue to offer what we do for our community, so thank you to Wendy Pearson and to Hayden Thompson of Pomeroy's (you can purchase a freshly ground Pomeroy's coffee from Wakefield Villa Tearooms). We still need sponsors, so if you think you may be able to help in any small way, please contact Richard Malcolm on 5419429.

Bring It On 2015!



Totaradale Ladies Golf

Totaradale 9 Hole Golf Ladies Group

Each year we aim to hold two Tournaments. Our Christmas event is well attended as we try to include a lighter fun element around the course and in our prizes. March is when we get more serious with our annual Summer Tournament. This year has been the best ever.

Thanks to, Wendy Pearson, well known local Real Estate Agent. Who has agreed to be our sponsor, the inaugural Tall Poppy tournament was a great success, we were able to offer an attractive array of prizes in two grades across several categories. The prize table looked amazing. Entries came from all around the region and competition was strong, the sun shone and a good time was had by all. Thank you Wendy for your help and good luck in your new business venture.

Earlier in the Month four of us went to Hammer Springs to play on their three day Tournament, open to 18 hole and 9 hole players from around the country. You can imagine the noise level as over 150 women assembled for the evening registration, with free wine and buffet. Day one saw an early start with our ladies teeing off at 8.45 a challenging course which none of us had played before, plenty of ups and downs and traps for the uninitiated, and then there were the water hazards. I will say no more about them! Except that by the end of my round I was two golf balls lighter in my bag! Day two was hot, very hot 35 degrees, Hammer was the hottest place in the country. By now we were prepared for the course and posted better rounds. Day three was the Friday of the deluge. Water everywhere so much so that golf balls were aqua-planing across the greens and we were getting decidedly wet. The game was called off when we were approaching hole 3. What a contrast to the previous day. Home then a dip in the hot pools then back to the clubhouse for the prize giving. Well done Lyn for winning the 9 hole Nett prize. We will be back next year, all clubs blazing!

There is still plenty of summer time to go, we have several local tournaments on the horizon and our Friday games are well attended. If you would like to come along and meet the ladies, we are a friendly bunch and would love to welcome new members. Give either myself, Verety a call on 03 541 9644 or Jackie at the clubhouse on 541 8030



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Profiling a Wakefield business - Helping keep the great businesses in our village

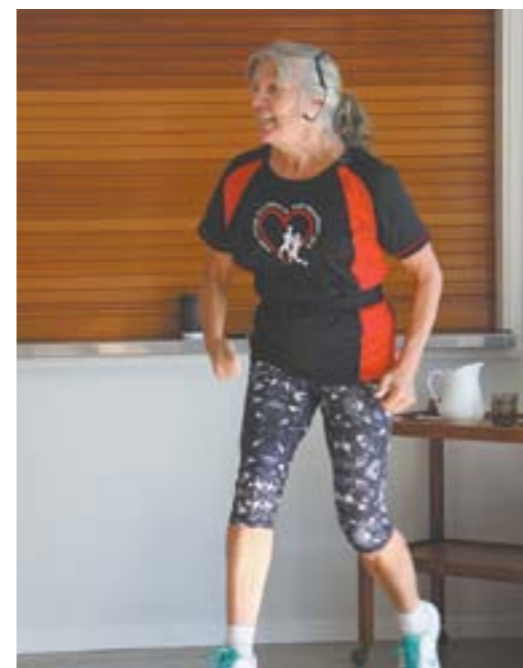
Lynda Mabin Exercise Classes

by Caraline Dyson

Let me say right now, most of my friends would laugh if they heard my name and 'aerobics' in the same sentence, so the idea of me writing an article extolling its virtues is extraordinary. But the simple fact is that Lynda Mabin's exercise classes are extraordinary.

They have changed the way I feel about exercise classes, and have converted me to a fan. The hard part is saying exactly why.

If you have ever driven past St Johns Worship Centre on a Thursday morning, you have probably heard the great music pumping out, and wondered if Rev Alan is having a party. But the music is personally chosen by Lynda for each week's aerobics class. Every week there is a different theme, and as the tunes belt out, spanning decades, with different beats and different speeds, you can't help singing along. For St Patricks Day week she played U2, The Corrs, The Pogues, Van Morrison, Feargal Sharkey, The Dubliners, The Irish Rovers and a string of other great bands. Not everyone knows every song, (apart from Lynda of course). But the rest of us sing the ones we know,



smiling because we know we are getting an even better cardio workout by using our lungs too! And smiling because singing out loud does that, it makes you feel FABULOUS!

The aerobics is enough to make you perspire (we ladies don't sweat, we perspire) and you can feel the burn at the end of some of the songs and routines, but it is not so hard going that you don't want to go again next week, next term, next year. In fact, some Wakefield regulars have been exercising with Lynda for over 15 years! The majority of the exercisers in the room are mature, experienced, grown up women. We are all different ages and sizes and no one is there to watch anyone else working out. I am definitely the least coordinated of the entire group, but no one judges me when I'm going left as they go right. I've been to classes in the past that were all about what you wore and how well you moved, how little you perspired (you know the kind) and they were all horrid and they made me feel bad, and I always quit.

So, the aerobics classes are brilliant and I can't speak highly enough about them. I really look forward to aerobics, and that has never happened to me before. But it was Pilates that originally brought me to Lynda. A few friends had recommended her classes and I was lucky enough to try out her term of evening classes a few years ago. Unfortunately, not enough people attended to make it viable as a regular class, but that term showed me that Pilates with Lynda was almost essential to my wellbeing. I had never tried Pilates prior to those lessons, so unlike aerobics, I can't compare Lynda to other instructors. All I know is that after one class my body felt better and I really noticed the difference when the term ended and I wasn't able to continue. It is too difficult to list all the benefits of Pilates here, but if you are a woman over 21 you should try it, preferably with Lynda, but if you are busy on Thursday mornings, try it

somewhere else. It makes your torso more solid and stops you from hurting yourself lifting and gardening and just being. And it tightens up all the parts that start to relax once you leave your teens behind!

As soon as logistics allowed, I re-joined Thursday morning Pilates and I arranged my childcare around them this year. That is how highly I rate Lynda's exercise classes. So give them a try this coming term. But be prepared to shape your life around it in future.

Lynda's Aerobics/Pilates Classes Term 2, 2015

St John Worship Centre, Edward St, Wakefield.

A new whopping 11-week term starts Thursday April 23rd, ends July 2nd.

Winter start times apply.

Thursdays 9.15am - 10.05am

followed by Pilates 10.10am - 11.00am

You can do either or both classes.

Aerobics \$80.00 for the eleven-week term.

Pilates \$80.00 for the eleven-week term.

Discount for both sessions - \$140.00 (\$20.00 discount)

No special skills, gear or fitness levels required for either class.

New folk are most welcome - we are a friendly bunch and usually head off for coffee after Pilates.

Please phone Lynda 5432268, txt 027 222 1491, email lynda@hht.co.nz to book and for details. Classes are on a per-term basis, no casuals sorry. If you commit for the term (and pay!) you are much more likely to come, then you'll get results. If you have to miss a class you can truck on over to Mapua and make it up on a Tuesday night, or Wednesday, Friday or Saturday morning.



Wakefield Village

THE WILD LIFE OF WAKEFIELD

by Diana Gabric

For those who thought this is an investigation into what the young ones get up to on a Saturday night down in the village or what happens in the privacy of your own home then I am sorry to disappoint!

This is about the other sort of wildlife to be found around this beautiful verdant village of ours.



Did you know there are koura in the stream at Faulkner Bush? I didn't. The girl who unearthed it held up a hand with the koura firmly attached and it elicited a scream before she handed it over to her Dad. It did draw blood!

That same day as I walked through the bush I noticed that the totara are covered in masses of red fruits. Like the beech, this must be a good year for the totara to flower. The trees were alive with tui and kereru feasting on these tiny delicacies.

I moved here from Wellington onto a windswept paddock covered in grass and not one tree. For the first two years I worked all week and spent all week-end planting hundreds of trees and shrubs. There was no time or energy for any sort of wild life! Now, seven years on, we have a house surrounded in trees providing privacy, shelter from that strong wind and home to over 25 species of birds. The native ones include grey warblers, falcons, kingfishers, bellbirds, fantails and in the flax flowering season dozens of tuis. They zip around the house like low flying jets often causing us to duck our heads and provide us with hours of entertainment as they squabble over a flax stalk.

There are many ways to encourage the right sort of wildlife into your garden. We have set traps for the unwanted ones such as rats and stoats. Even though they don't always show themselves they are there and eat eggs and young in the nest. Plant trees that attract birds (the back of Appletons tree catalogue lists these species), feed the birds through the lean Winter months with fruit and honey/sugar water for the tuis.

Piles of rocks encourage lizards though if you have a cat they will be preyed upon, they do get birds too but usually the introduced ones like thrushes and blackbirds.

Check out the Forest and Bird website and do the bird count in June. It can all be done online and is a very pleasant way to spin out your coffee break for an hour while you relax in your well earned garden and observe all the species you have created a home for.



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Rachael 027 286 7927
Fax: 03 541 8764

Womens Biz

Womens Biz is a friendly and informative group who meet on a monthly basis. Formed to provide an informal support and networking group for the very talented ladies in the Wakefield/Tapawera and beyond area.

The March meeting was held at the Hidden Sculpture Garden along the Kohatu end of the Motueka Valley Highway. The gift shop was open for the evening with a 50% off sale to celebrate their 10 years in business.

We had a good turn out of ladies and a couple of new faces. We were fortunate enough to have a local author, Karen Mead, attend. She was really interesting and did a great job telling us all about writing and publishing.

We got some fantastic insight into what is involved in the process of writing a book and how to go about it.

Karen recently published her first book, "Cursed Love" which is a New Zealand love story. The majority of her books are based in New Zealand which gives them extra authenticity to the New Zealand reader.

Unfortunately our local artist, Lisa White was unable to attend due to family commitments but that gave Jo Leyland a bit more time to give us an update on the cycle trail.

A FREE Family Event



Sunday 12th April 12.30 - 4pm

Willow Bank Heritage Village, 79 Wakefield-Kohatu Highway

Turn your Harvest
Apples into juice!

Market Stalls, Live Music,
Childrens Activities, Food & Drink

A Local Celebration of Apples

Jo is really passionate about the trail and with more people like Jo, and of course a certain amount of funding, it will happen sooner rather than later and will be great for the area.

Thanks to all who came along and to Rachel for hosting us, it was an enjoyable evening.

Our next meeting will be in Wakefield on Friday 1st May, details will be emailed out once confirmed.

Due to other commitments, we are currently looking for a couple of keen volunteers to help in the organisation of this group.

This entails helping Genie with the organising and location of the meetings each month, which are generally turn about in Wakefield and Tapawera.

It also involves checking and answering emails and organising ladies to profile their businesses at each meeting.

If this sounds like you, please ring Genie.

For further information, please feel free to contact Genie Bradley on 541 9641 or to be added to the email list email us on wakefieldtapawerawomensbiz@gmail.com.



Wakefield Bowling Club

by Tony Eames

The Wakefield March Tournament was sponsored by Colour Plus, Richmond and we were pleased to welcome Kevin Gear & John Gray as guest players for the day. It was won by Jamie Hoult's team from Stoke with Neville Forsyth's team from Ngawhatu second.

Success in Nelson Centre Tournaments:

*Margaret Eames & Rae Peterson have won the Nelson Centre Women's Open Pairs - See photo.

* Gordon Hope & Peter Fitzwater qualified for post section play in the Men's Open Pairs, as did Stu Peterson and Tony Eames individually in the Men's Open Singles.

* Harry Beckers & Les Holland won 2nd place in the "Valtex" Junior Fours in a composite team with Alan Dannefaerd from Motueka and Liam Cody from Stoke (Liam started playing bowls at the Wakefield Community Bowls before moving away from the village to live in Richmond).

Nelson Rep selections:

Linda Sisterson & Margaret Eames have been selected for the Nelson Women's Senior 'B' team for the South Island Intercentre Tournament.

Fundraiser reminder.

We are still collecting scrap metal for the Club – "any old iron", TV aerials, car batteries, whiteware, old wire, etc. We will help clear out your sheds and yards.

Please contact Trevor on 5418855.



Higgins Heritage Park News

by Allan Palmer

On Sunday March 1st the park hosted a Family Fun Day on behalf of the IHC [Intellectually Handicapped Children's Society]. This was well supported by many stalls selling all manner of goodies, activities for the kids as well as the steam men of the museum in action, supporting this good cause. The crowd attending however was not as large as was hoped for. Plans are in place to make this an annual event so, local people, next time get out and support these wonderful people who do so much for those in the community who are less fortunate than the rest. Higgins Heritage Park is also such a great venue, right on our doorstep.

The Transport Museum held a most successful show on 14th and 15th March encompassing all forms of transport early and modern. This year, besides trucks there were several car club activities, lots of demonstrations and rides, and military vehicles and displays.

Bill Hohepa was filming for his TV program so watch out for that. On Friday Waitangi Day we were host to 110 vehicles which were in Nelson for Hot Rod Clubs' National Rally. They sent a thank you in the form of a large donation, having enjoyed the visit so much.

The groups based at the park have decided that they will all open their buildings and collections regularly to the public on both the first and third Sundays each month. So if you have visitors from away, want to hold a birthday party, or just have a picnic and a look around, then these are the days to choose.

The next events are:
Sunday 5th April – Steam Day, with rides operating and all museums open

Sunday 3rd May – Last Steam Day and military re-enactment action/noise

HIGGINS Heritage PARK (Inc.)

222 Pigeon Valley Road, WAKEFIELD.

Programme of Events

Date	Event
Sunday 5th April	Steam Day, with rides operating and all museums open
Sunday 3rd May	Last Steam Day and military re-enactment action/noise

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Wakefield Auto Services welcomes Kev to the team of workshop technicians. Kev lives in the village so you may already know him. All our technicians can carry out wheel alignments on your vehicle to ensure all wheels are rolling parallel to one another and the steering wheel is centered.

It is recommended that a wheel alignment is done at least annually, after any suspension work, fitting of new tyres and especially if your tyres are showing uneven wear.

If you experience pulling on the steering wheel or have hit a kerb or a pothole, we would also recommend a wheel alignment.

Wheel Alignments usually from ~~\$85.00~~ April Special Price from \$60



Wakefield Auto Services Ltd
67 Whitby Road, Wakefield
Phone 541 8121



Community Notices

HOUSE TO RENT

Short term rental from 25 July to the end of October 2015. Furnished large three bedroom home for rent in Wakefield.

Phone: 0275419615

EXPRESSION OF INTEREST

Shop Rental Wakefield
Trade me ref: Listing #845271585
Tel: 0211673803 anytime

WANTED - ROVING REPORTERS

Window on Wakefield are looking for more volunteer roving reporters.

Please contact us on
windowonwakefield@gmail.com

RIDE NEEDED WEEKLY

Does anyone travel to Richmond or Nelson every Wednesday.
I Would like a lift in as I am unable to drive.
Please phone : Jean 5419068
Happy to share cost

LIKE TO SING?

Three singers would love more people to join in for fun unaccompanied part singing, evenings or weekends.
Being able to read music not a requirement.

Contact Jenni 548 4107

CAREGIVER REQUIRED

In-home caregiver required for our bright, bubbly 21 month old son.
8am - 10:30am Mon - Fri.

Phone Julie to discuss details & cash rate 0277 1000 68.

SARBIES CUSTOMERS

Jess is now working from her home in Richmond following the end of her lease in Wakefield.

Call her on 544 2584 or 021 993 139 if you would like an appointment.

FOR SALE

Sheep Manure \$8.00 per bag
Pinecones \$5.00 per bag
Can deliver ph: 541 8488 or
0211 279 567

FLAT/HOUSE WANTED

May to October
Can be furnished or unfurnished
Careful responsible tenant
References available
Wakefield, Spring Grove, Brightwater preferred

Please phone Kathy 03 541 8441

RENT/BOARD

Furnished double room available, in spacious house, to share with small, friendly family, large workshop and garage space.

Must be working. \$140 includes expenses.

Ph/text 0211528315

FOR SALE

Elite fitness Flyer 5500 phone 5418342

Colonial pine wooden bar stools x 3
Never used, need staining or painting,
Phone 5418342

Bike rack for one bike fits onto tow bar
5418342

DOLLS CLOTHES AND DOLLS STILL FOR SALE
5418342

WANTED

Grazing or small paddock for two little ponies.

Very responsible owners who are able to check daily and keep paddock maintained and clean.

Please contact Candace:
03 541 8302 or candaceb@clear.net.nz

IF YOU HAVE A COMMUNITY NOTICE

OR UPCOMING EVENT TO PROMOTE, PLEASE SUBMIT YOUR MATERIAL BY THE 25TH OF EACH MONTH

EMAIL TO WINDOWONWAKEFIELD@GMAIL.COM OR PHONE 03 541 9005

LOST

Walking stick, left at Snowden's Bush Brightwater. Very much needed.
Please phone 541.8953

FOR SALE

Contact the Brooks, phone 541 8018 for:

One childs swing make an offer
One jigger swing make an offer
Both galvanised, strongly built, in excellent condition.

TO GIVE AWAY

To give away to good country home, lovely buff bantam roosters, suitable for breeding, showing, and pets, phone 541 8018.

CAN YOU HELP?

We have had taken around the 28th or 29th December, a light blue Macpack day pack, removed from the olde BMX track under the trees.

It has the Name 'Waters Family' written on the inside.

It had in it a pair of new Felco secateurs and a red hammer which I am eagerly keen to have returned.

I'm offering a \$50 reward for its return along with its contents.

Please can anyone with any info contact us on 021361160 or 5418082

COMMUNITY OUTREACH LUNCHES

The community lunches at St. John's Worship Centre will be the thrid Thursday of each month.

All welcome.

To assist with catering, please phone Caroline, 5418491 by Monday evening preceding, if possible, if you wish to attend.

MISSING

Missing from Totara View since 26th November, black cat, quite skinny and bald on tummy, answers to the name Lexie.

If anyone has seen her please phone Christine 541 9358

Community Diary & Classifieds

WORK WANTED - BABYSITTING

Babysitting available after school and weekends (anytime in school holidays). I am 17 yrs old, live in Wakefield and have been babysitting for the last three years. Pay negotiable.

Please call Caitlin - 5418 254.

WORK WANTED

Full or Part Time
New to district.
CV and references available.
Experienced in a variety of roles including administration and hospitality.

Anything Considered
Please Phone Sarah Robinson 5224603

WORK WANTED

Do you need a housekeeper or gardener?

Professional cleaner and keen gardener.
Reasonable rates apply within.

References are available.

Text or Call Anna on 027 2277033/ 5419633 anytime.

Sewing Repairs & Alterations

Hemming and Zip replacements etc
Kala Wray, ph 541 9606, 027 224 1001

WORK WANTED

I am a local mum (and mature student) offering domestic support and assistance (basic care, housework, meal preparation, errands, garden care, pet care and dog walks) to elderly in Wakefield and Brightwater areas.

I have lots of experience in home care, I am practical, reliable and efficient with a high standard of integrity.

Casual or part time.
Please give me a call to discuss your needs
Tara 5419319.

WANTED

Old books (up to 1930s) for Willow Bank Library. The books will be used for display in a vintage library. It doesn't matter what content the books have.
Contact Christine 541 85 95

WANTED

Ice-cream containers 2lt, with or without lids.
Drop off at Strawberry Patch Wai-iti or Wakefield Trading.

WORK WANTED

Hi my name is Rebecca. I am 15 years old and wold like some work over the Christmas holidays to raise funds for a trip to Japan.

Anything considered, phone 541 8128.

LOST

Sean lost his blue men's running shoes probably on the road from Hunt Terrace out of Wakefield (thinks he left them on top of his car and drove off)

Phone Julia 541 8521

MONTHLY COMMUNITY CALENDAR

April 2015

Wed 1	9.15 am	- Wakefield Craft Group, Wakefield Village Hall
	9.00 am	- Waimea Plunket Playgroup, Brghtwtr Anglican Church
Thurs 2	9.30 am	- Wakefield Art Group, Wakefield Hall
Fri 3	10.00am	- Combined Service at St Johns Worship Centre
	2.30 pm	- Wakefield Community Library open
Sat 4	9.30 am	- Wakefield Community Toy Library open
Sun 5	9.00am	- Service at St Johns on the Hill
	10.30am	- Service at St Johns Worship Centre
	All Day	- On Steam Higgins Heritage Park
Mon 6	10.00 am	- Mainly Music, St Johns Worship Centre
Tues 7	10.30 am	- Wakefield Community Library Open
	7.30 pm	- Wakefield Community Council, St Johns Worship Centre
Wed 8	9.15 am	- Wakefield Craft Group, Wakefield Village Hall
	9.00 am	- Waimea Plunket Playgroup. Brghtwtr Anglican Church
Thurs 9	9.30 am	- Wakefield Art Group, Wakefield Village Hall
	All Day	- Opening of Boutique Artwork and Framing Shop
Fri 10	2.30 pm	- Wakefield Community Library open
Sat 11	9.00 am	- Wakefield Market Day
	9.30 am	- Wakefield Community Toy Library open
	10.00 am	- Historic Transport Museum Show, Higgins Park
Sun 12	12.30 pm	- Apple Fair, Willow Bank 79 Wakefield-Kohatu Highway
Mon 13	10.00 am	- Mainly Music, St Johns Worship Centre
Tues 14	10.30 am	- Wakefield Community Library Open
Wed 15	9.15 am	- Wakefield Craft Group, Wakefield Village Hall
	9.00 am	- Waimea Plunket Playgroup. Brghtwtr Anglican Church
Thurs 16	9.30 am	- Wakefield Art Group, Wakefield Village Hall
Fri 17	2.30 pm	- Wakefield Community Library open
Sat 18	9.30 am	- Wakefield Community Toy Library open
Mon 20	10.00 am	- Mainly Music, St Johns Worship Centre
Tues 21	10.30 am	- Wakefield Community Library Open
Wed 22	9.15 am	- Wakefield Craft Group, Wakefield Village Hall
	9.00 am	- Waimea Plunket Playgroup. Brghtwtr Anglican Church
Thurs 23	9.30 am	- Wakefield Art Group, Wakefield Village Hall
Fri 24	2.30 pm	- Wakefield Community Library open
Sat 25	All Day	- ANZAC DAY
	9.30 am	- Wakefield Community Toy Library open
Mon 27	10.00 am	- Mainly Music, St Johns Worship Centre
Tues 28	10.30 am	- Wakefield Community Library Open
Wed 29	9.15 am	- Wakefield Craft Group, Wakefield Village Hall
	9.00 am	- Waimea Plunket Playgroup. Brghtwtr Anglican Church
Thurs 30	9.30 am	- Wakefield Art Group, Wakefield Village Hall

May 2015

Fri 1	2.30 pm	- Wakefield Community Library open
Sat 2	9.30 am	- Wakefield Community Toy Library open
Sun 3	All Day	- Last Steam Day Higgins Heritage Park
Mon 4	9.00am	- Wakefield Art Group—Collage Workshop—Red Art Gallery
	10.00 am	- Mainly Music, St Johns Worship Centre
Tues 5	10.30 am	- Wakefield Community Library Open
Wed 6	9.15 am	- Wakefield Craft Group, Wakefield Village Hall
	9.00 am	- Waimea Plunket Playgroup. Brghtwtr Anglican Church
Thurs 7	9.30 am	- Wakefield Art Group, Wakefield Village Hall
	6.00 pm	- Community Bowls, Wakefield Bowling Club
Fri 8	2.30 pm	- Wakefield Community Library open
Sat 9	9.30 am	- Wakefield Community Toy Library open
Mon 11	10.00 am	- Mainly Music, St Johns Worship Centre
Tues 12	10.30 am	- Wakefield Community Library Open
Wed 13	9.00 am	- Waimea Plunket Playgroup. Brghtwtr Anglican Church
	9.15 am	- Wakefield Craft Group, Wakefield Village Hall

Community Notices

MAINLY MUSIC

Now meeting at Wakefield St Johns Anglican Worship Centre
Starting back Monday 9 Feb, 10.00am.
Cost \$3.00 per family.

This is a time for parents and children to enjoy music, song, dance and lots of laughs.

Any queries please phone Wendy Milson 544-5494.



COLLAGE AND MIXED MEDIA WORKSHOP

with Sally Barron
Sally recently exhibited her paintings at Red Art Gallery in Nelson
(for more info on Sally please visit her website: sallybarron.co.nz)

Monday 4th May 2015

Wakefield Village Hall: 9.00 am – 12.00 noon

Cost: Members \$10, non-members \$15
Morning tea provided

Maximum number: 15 people

Please bring magazines, papers (tissue, coloured etc.), any printed material (old books, illustrations), old art work, drawings you like to re-use in your work, cardboard paper as well as your own acrylic or oil paints or ink

Please RSVP to Sonja; email: sonjal@ts.co.nz
or phone (03) 5418-176

FOXHILL TENNIS COURTS

658 Wakefield-Kohatu Highway (at rear of Rutherford Memorial Hall).

FREE PUBLIC USE.

Re-painted lines, nets up ready to go, for twilight practices and late summer fitness.

Managed by Rutherford Memorial Hall (Foxhill) Assn Inc. for TDC
Erica Short
Secretary/Treasurer 541 8882

To Give Away FREE to Pig Owners

Bulk fresh apple mush left over from Wakefield Apple Fair on April 12th. Please provide own lined trailer.

Phone Sylvia 541 9762 for information.

WAKEFIELD FOOD GROUP

This Month: Guest Speaker "Making Vegetables Irresistible, and Other Interesting Tidbits"

We meet every second Wednesday of the monthly @ Anglican church kitchen in Worship Centre, for a fun, informative food session.

Please join us. Contact: Rita 0272288902

WAKEFIELD TENNIS CLUB

Junior Tennis

Starts Friday 13th February.
Contact Ngaire 0272799938
Register online
www.caldertennis.co.nz

Adult Tennis

Social Doubles
Starts Thursday 19th February 6 pm for 6/8 Thursdays.

All welcome some rackets available & BBQ to follow.
\$20 or \$2 each week.
email Phill@drpotatoehead.net

Come along and have some fun!!

CALLING ALL APPLE CRUSHERS!

Wakefield Apple Fair is seeking volunteers for our free community fair on SUNDAY APRIL 12th 12:30 – 16:00

There are different roles available:
Setting up, helping with tea & coffee and helping with juicing apples.
Come and have some fun!
Contact Amy for more information:
541 8001 or 0210 2677 605

WAKEFIELD MARKET DAY

Saturday 11th April 9am to 1pm (winter hours)

You are welcome to join us in April, showering us with bargains galore

As an avid planter I encourage you to come and see our wonderful range of products from local growers.

We also have books, magazines, trinkets and treasures galore.

If you have articles to sell come and join our happy team.

If you would like a site RING Jean 5418154

Wakefield Craft Group

Come and join the ladies craft group
Wednesday mornings in the Village hall supper room
9.15am - 12pm.
Bring any project - sewing, knitting, crochet etc.
and join us for coffee and company
\$2 per morning
Phone Judy on 541 8342

Community Directory

Citizens Advice Bureau
548 2117 - 0800 367 222

Guiding Co-ordinator
Sue Burrowes 541 9689

Lord Rutherford Memorial Hall Foxhill
Helen Pullan 541 8058

Pigeon Valley Steam Museum
Alan Palmer 027 319 7427

Rural Ramblers
Carolyn Mason 541 9200

Spring Grove Drill Hall
C. Pike 542 3904

Totaradale Golf Club
Jacquie 541 8030

Wakefield Anglican Church – St Johns
Meet Sun 9.00am; 10.30am
Rev. Allan Wasley 541 8883

Wakefield Brownies
Veronique Law 541 9190
nvaslaw@gmail.com

Wakefield Community Library
Wendy Gibbs 541 8490
Pam Dick 541 8392
Hours - Tues 10.30 - 11.30am
Friday - 2.30 - 4pm
Excluding Public Holidays

Wakefield Football Club
Richard Malcolm 541 9429

Wakefield Medical Centre
541 8911

Wakefield Pharmacy
5418418
wakefield.pharmacy@paradise.net.nz

Wakefield Playcentre
Contact: 541 8866

Wakefield School
Edward Street 541 8332

Wakefield Scout Group
Angela Burke 541 9223

Wakefield Toy Library
Saturday 9.30-11.30am
Chris Gaul 541 8148

Wakefield Volunteer Fire Brigade
DCFO Fritz Buckendahl 027 224 4162

Womens Biz
Genie Bradley 541 9641
Sonia Emerson 541 9005

Country Players (Drama)
Philip Calder 541 8442

Junior Country Players
Dixie McDonald 541 8862

Nelson Vintage Engine & Machinery Club
Allan 027 319 7427

Pinegrove Kindergarten
03 542 3447

Rural Women
Dawn Batchelor 542 3628

St Joseph's Catholic Church
Sun 8am, Wed 10am
Fr David Gruschow 544 8987

Waimea Sheepdog Trial Club
Colin Gibbs 541 8435
gibbs@ts.co.nz

Wakefield Book Group
Mahala White - 541 8933 or
Sheila Kennard - 541 8860

Wakefield Bush Restoration Society
Doug South 541 8980

Wakefield Craft Fair
Leanne and Glen Turner
541 8306

Wakefield/Brightwater Guides
Josie Macdonald 544 2660
macdonald.josie@gmail.com

Wakefield Plunket
Donna Todd 541 8583

Wakefield School/ Community Swimming Pool
Contact Phill Platt on 027 231 7610

Wakefield Smallbore Rifle Club
Ian Hutchings 541 8342

Wakefield Rest Home Ltd
Pauline Coombs Manager 541 8995

Wanderers Sports Club
542 3344

Wakefield Physiotherapy
Kate West 03 541 8911

Window on Wakefield Advertising - 541 9641
Genie & Lindsay Bradley

Focus Wakefield
Diane Blackburn 541 9725

Just Gymnastics
Linda Mace 546 6013

NZ Postcard Society Inc.
Doug South 541 8980

Richmond Lions - Wakefield Rep
Ivan Burrowes 541 9689

Spring Grove Church of Christ
Meet Sundays 10am
541 8011

Top of the South Rural Support Trust -
gibbs@ts.co.nz
Colin Gibbs 541 8435

Waimea Sth Historical Society
Jeannine Price 542 3033

Wakefield Bowling Club
Margaret Eames 541 8316

Wakefield/Brightwater Book Club
Pauline Coy 542 3994
paulinebc@gmail.com

Wakefield Community Council
Allan Wasley 541 9622

Wakefield Indoor Bowls Club
Ren Olykan 541 8275

Wakefield Pippins
Veronique Law 541 9190
nvaslaw@gmail.com

Wakefield Preschool
Contact: 541 8086

Wakefield School PTA
Sue Ketel
ptawakefield@gmail.com
03 541 8908

Wakefield Tennis Club
Ngaire Calder 541 9419

Wakefield Village Hall
Rob Merilees 541 8598

St. John's Worship Centre
Caroline Gibbs 541 8491

Waimea Plains Junior Football Club
Debbie and Grant de Joux
541 8307

Window on Wakefield
Articles & Content - 541 9005
Sonia Emerson

CIVIL DEFENCE - WAKEFIELD AREA COMMUNITY RESPONSE

In the event of an emergency, your first task is to ensure the safety of your own home, family and neighbours. Once you have attended to this, if you have **specialised skills/ equipment**, and/or feel you can assist others; or require assistance yourself, please make your way to the Welfare Centre which will be at the St Johns Worship Centre in Edward Street [unless notified otherwise].

Please note that the existence of a Welfare Centre does not absolve each individual from their **responsibility to be personally prepared**.

You should ensure that you have your own **survival kit** in place, and that you are able to be **fully self sufficient for at least three days**.

In the event of an emergency, for urgent public messages, tune in to:
More FM 94.1, Classic Hits 89.8, Fresh FM 95.4





Making real estate fair!

WAKEFIELD
21A MARTIN AVENUE
Enquiries Over \$429,000



NEW LISTING



4 bedrooms, lovely kitchen, open plan dining, logburner on wetback, separate laundry, heaps of off street parking, large single garage and 2 workshop areas.

WAKEFIELD
9 HUNT TERRACE
Enquiries Over \$449,000



NEW LISTING



219m² 4 bedroom home on a large private 1171m² section next to Faulkner's Bush reserve. The garaging is an internal access 3 door garage plus a workshop.

WAKEFIELD
20 WHITING DR
\$389,000+



3 bedroom, 2 bathroom modern home on fenced 690m² section, internal access garage.

WAKEFIELD
98C TOTARA VIEW RD
\$649,000+



4 bedrooms, 2 bathrooms, 2 separate living rooms, a self-contained flat, and good sheds.

WAKEFIELD
18 ARROW ST
\$339,000+



I am going away for a while ...

before I knew I was moving to Tall Poppy, Rob and I made a plan to take Brittany and Maya on our last 'family holiday', as next year Brittany will be at uni and Maya will be studying for her Year 11 exams.

We will be away all of April visiting family overseas but I will be back, refreshed and raring to go, in May.

Wendy Pearson 021 567 722

(being diverted to my colleague Debbie Watson whilst I am away)

