



window on wakefield

Your Local News

Community News for the Wakefield Area

THE VILLAGE OF WAKEFIELD'S DEFIBRILLATOR

by Bob Croy, Chairman, Wakefield & Districts Community Health Centre Incorporated

The defibrillator is now in its home in front of the Wakefield Four Square supermarket, just above the NZ Post letterbox.

Thanks to the Fire Brigade for donating it to the area. As has already been reported in an earlier Window on Wakefield, the Fire Brigade has received a standard universal AED from the New Zealand Fire Service and we are lucky to be the recipients of their old one.

Thanks to Focus Wakefield who have generously donated the safety box that the unit is stored in.

We must also thank Stuart and Jacqui Hore for securely hosting the AED on the wall of their shop and also monitoring daily checks on the unit to ensure sure it is ready for active service around the clock, should it be needed. The Medical Centre has also given the unit a thoroughly good check over and has fitted a new battery and paddles.

If at any time you need the unit in the case of an emergency please just help yourself to it. The St Johns people have it on their records that it is available and in an emergency you may be directed by them to collect it and start using it before an ambulance arrives.



When you open the door which is unlocked, an alarm will sound but it will stop once the door has been shut. The unit is on surveillance from the supermarket security cameras.

Please don't be afraid of it as they say a six year old can use it. Just open the unit and it will talk you through the procedure. Please remember to dial 111 first so emergency services can be on their way.

Should you use the unit, please return it to the Medical Centre so that it can be checked and returned to its box for future use.

The upkeep and expenses for the unit will be met by the Wakefield and Districts Health Centre Inc.



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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.

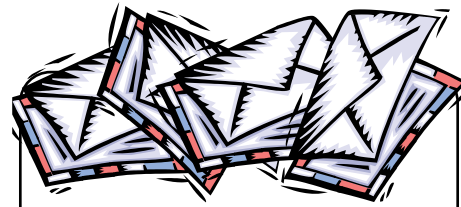
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Due out the first full week of each month

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

by Doug South, President, Wakefield Bush Restoration Society Inc.

It has been a very busy month, with two plantings taking place along the new walkway. One area was planted by the Wakefield School children and the other by members of our society. Also both sides of this walkway have now been fenced off to protect these plantings.

There are now only a couple of minor jobs still to be done; one being to finish off the southern end entrance way and the other to put a new entrance way gate from the walkway into the school area. This will then allow an easy access from the school in order to take the children to the lower area of Faulkner Bush.

The cherry laurel trees in the Scout Den area have also been removed. This has been done to stop the spread of laurel seedlings throughout the bush by the birds.

Their removal has also given better "road viewing" when coming out from the Scout Den into Treeton Place. The laurel stumps have all been poisoned. Spring time may bring some regrowth which will be dealt with promptly with further poisoning.

Sincere thanks; to the Wakefield School for allowing all the fan palms to be removed as they have been another major problem with seeding being spread to other areas of the bush; The Tasman District Council for arranging Nelmac to cut these down; and the two Bush Group society members who spent a day and a half removing all the trunks and greenery into other areas of the bush for rotting down.

Finally in relation to the new walkway this is to be named "Bryan's Track" in memory of Bryan Faulkner who passed away earlier this year. On Saturday the 8th August there will be a public planting from 10am until just before noon. This will be done around the old playground area at Faulkner Bush which is located just down from the new playground area.

The official opening will be at noon and the ribbon will be cut by Bryan's widow Mrs Margaret Faulkner who will be attending with other family members. Light refreshments will be available after this event.

We welcome all members of the public that would wish to attend, to come and plant some trees. Remember to wear warm clothing, sturdy shoes and bring a spade or grubber for digging the holes.

If wet the planting and opening of the walkway will be held on the following Saturday 15th August.

Any queries please contact Doug telephone 541 8980 or email tuivlle@xtra.co.nz.



Live Well Stay Well

"Live well Stay well" is a health and social group that meets two weekly 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.

August 4 Coffee and chat at the "Wakefield Bakery" at 9.45am.

August 18 At the Wakefield hall 9.45am-11am. Betty Soane from "Super Grans" will be our speaker.

September 1 Coffee and chat at "HQ" in Brightwater 9.45am.

All of these sessions are followed by a walkabout in Wakefield or Brightwater.

Any enquiries or to go on our email list to let you know whats happening, please call Margaret 5419693 or Yvonne 5422235.

Wakefield Health Centre

Funded Flu Vaccines

have been extended until 31 August 2015. To be eligible to receive a free vaccine you must have one of the following:

- 65 years and over
- Diabetes
- Cardiovascular disease
- Asthma – on a preventer inhaler
- Cancer
- Pregnancy
- Other conditions – check with Practice Nurse to see if you qualify.

Next of Kin or Emergency Contact

We are making an effort to update our Emergency Contacts on the computer so please inform us of any new contacts we should. It can be particularly helpful to have sons, daughters for elderly people in case of emergency.

Farewell

The staff at Wakefield Health Centre are sad to farewell Jo Francois, Practice Manager, as she begins a well earned retirement. We will miss her a lot and want to acknowledge her hard work and dedication to Wakefield Health Centre and the Wakefield and districts community. Thank you, Jo!

Now for a few words on another issue quite topical at this time of year...

ANTIBIOTICS

by Dr Kim Hurlow

Do I need antibiotics?... It seems each of us is asked at least daily.

Many colds and flus are going around which interfere with our ability to go to work or school or care for our families, not to mention feel well. So it is no wonder when we have one, we are looking for something to help.

New Zealand has very high antibiotic prescribing rates, and most of these are for respiratory tract illness.

We used to say that if you have an ear infection, or your cough has 'gone to your chest' or you have a sinus infection, that the infection will be bacterial and likely require antibiotics. Many of you will have heard this message. Now with recent research, we have answers that help us to know which infections will be helped by antibiotics and which won't: This information may save you a trip in to see us!

Most respiratory tract infections are viral and self-limiting, this doesn't mean they are mild, or gone within a few days, it just means they will resolve on their own and antibiotics are unlikely to make it go any faster.

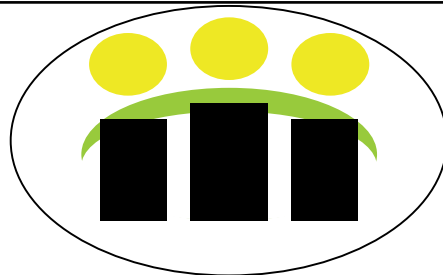
Antibiotics do help some infections, such as pneumonia, and are sometimes necessary in those at high risk of complications – those with COPD, asthma, ear infections in the very young. These people, or anyone feeling so unwell they cannot eat, work or are suffering high fevers or shortness of breath, will obviously need to come in to see us to discuss if antibiotics might help them.

If these factors are not present, avoiding antibiotics is mostly okay. In most cases your sore throat, cough, sinus/nasal congestion will continue to improve over a number of days to weeks. If you want some ideas on what might help you feel better while your immune system does the work, drop in for an information sheet from us, or talk to a pharmacist. If you develop any of the worrying symptoms above or feel more unwell, you will need to be assessed by doctor, but this happens in the minority of cases and, interestingly, taking antibiotics initially does not prevent this.

Antibiotics do cause harm. They may have side effects including diarrhoea, thrush, nausea, or more rare but severe allergies, hepatitis or other adverse effects. They also wipe out a proportion of healthy bacteria and cause resistant bacteria to flourish. One way that has been used to illustrate how our antibiotic use is harmful is that we are depleting a natural resource – the range of healthy bacteria that once used to inhabit our mouths, guts and skin! We are only beginning to find out how this community of bacteria helps protect against chronic diseases as well as colonisation or infections with harmful bacteria – which can spread to other people.

Please help us to keep our community's bacterial community as well as possible by limiting antibiotics only to those situations where the benefits will outweigh these harms. Remember if you are unsure about your symptoms or have any concerns, you can always ring in to talk to one of our nurses, or come in for an appointment.

Want more info? This article has been based on a series of articles in NZ Doctor and Best Practice magazine including some by local infectious disease specialist Dr Richard Everts, try googling his name, or Auckland ID specialist Mark Thomas with 'cough' or 'antimicrobial resistance' and go from there...



Wakefield Health Centre

Surgery hours:

Monday to Friday 8am – 5:30pm

Wednesday 8am – 7pm

New Enrolments Welcome

Phone 541 8911
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	ENTRY FORM	Answer
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2.	Who played the part of Bill Sikes in the 1968 movie version of 'Oliver'?	
3.	A character in the show is called 'The Artful _____'?	
4.	Oliver says "I want some _____."	
5.	What is the name of Bill Sikes dog?	

Name:

Address:

Contact Phone Number:

Email address:

Tick if you wish to be added to our mailing list for information about future shows. ☐

Send the completed entry form to:

Country Players

PO Box 13

Wakefield

Entries Close Wednesday 19 August. Winner will be notified via email.

Tickets are for the show only performance on Wednesday 16 September.

Wakefield Plunket Playgroup

We have had another busy month with a police visit, and Flossie the balloon lady, getting ready for our movie day and pyjama day. We got a visit from the Richmond Community Constable Evan. We all enjoyed talking with Evan, trying on his vests, hat and sitting in his police car. We saw how many children can sit on the seats and took turns having a sit in the driver's seat. Evan talked about being safe while we travel in cars and to remember to always sit in a car seat.

Flossie the balloon lady came for a visit and each child got to choose which balloon they would like to have made for them and take home. Everyone enjoyed playing with their balloon. In August we are having a movie day. We got ready for this by making our movie ticket and choosing which movie we will watch on the day. The children wanted to come to playgroup in their PJ's. A fun day in our PJ's was had by all. We ate toast and had hot chocolate for morning tea. A very fun day was had.

We are open 9-12pm for anyone to attend. Come along and meet other parents/caregivers in a relaxing environment, with a shared morning tea for the children and parents/caregivers.

Any enquiries please contact Wendy 5419272 – 0276949720.



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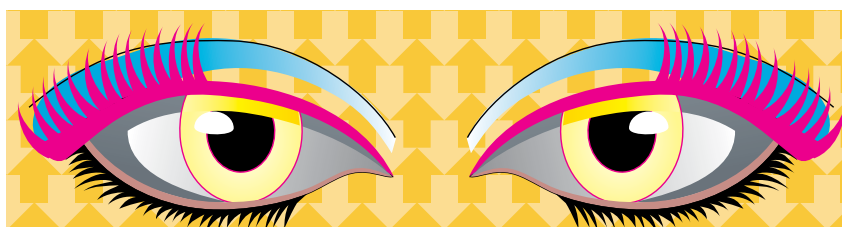
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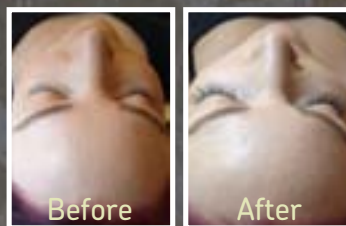
Refresh Spa WHAT HAVE WE BEEN UP TO?

WE'RE ALL ABOUT **WINNING** THIS MONTH AT REFRESH SPA.
HELEN BASHFORD IS OUR LUCKY WINNER FOR THE MONTH - HELEN HAD THE MOST FACEBOOK "LIKES" FOR HER NAIL TRANSFORMATION. HELEN HAS WON A DEEP CONDITIONING TREATMENT FOLLOWED BY A BLOW WAVE AND STYLE FROM SHANNEN. CONGRATULATIONS HELEN.
WE ENCOURAGE EVERYONE TO POST A PHOTO AND TAG REFRESH SPA - YOU COULD BE OUR NEXT LUCKY WINNER.

Several of our team spent a few days in Auckland at the Beauty Expo. We were lucky enough to be sharing our hotel with the All Blacks (Ritchie says hi!). We have come away from the Expo upskilled and eager to share our new discoveries.

Sharyn spent several days with the International FingerNail Fixer, Holly from USA. She has mastered new nail fashion trends and treatments that will blow your mind.

Melanie took part in a competition & colouring models and is absolutely thrilled to have won a trip to America in September. This excursion will focus on colour & cuts, she will attend several lectures and participate in practical training seminars. It is going to be an amazing learning adventure that we can all benefit from.



LISA IS REFRESH SPA'S LASH EXTENSION EXPERT, WITH OVER 5YRS EXPERIENCE. LISA WENT TO EXPO IN AUCKLAND TO FURTHER HER ALREADY ADVANCED SKILLS. ALONG WITH THE SINGLE SILK LASHES & FLARES NOW SHE OFFERS DIAMOND GLITTER COLOUR AND 2 TONE ALONG WITH MINK LASHES WITH A TWIST. NO MORE MASCARA NECESSARY!

Check out our Facebook page for details of our Daffodil Day Auction. 100% of the donations and funds raised will go to the Nelson Cancer Society. Daffodil Day 28th August



PH: 541 9099 30 WHITBY WAY, WAKEFIELD WWW.REFRESHSPA.CO.NZ

Town and Country Talk

by Brenda Halliwell

LUMPS AND BUMPS

We quite often discover lumps on our animals, especially as they get older. Some lumps are temporary such as abscesses and enlarged glands but some lumps are permanent and may remain the same or can change over time.

Any of these permanent lumps are considered to be tumours but not all of them need to cause concern. A benign tumour tends to grow slowly by pushing neighbouring cells out of the way and doesn't damage other parts of the body. Malignant tumours are the ones we worry about as they can invade nearby organs and spread to other parts of the body. Malignant tumours are what we refer to as cancer.

Sometimes we can identify a lump just by looking at it but, if not, the first step is to do a simple needle biopsy. This gives us a sample of cells which we identify under the microscope. We can usually tell which sort of cells they are and whether they are cancerous. So this helps us decide whether it's necessary to surgically remove the lump or not.

A lump should definitely be checked out if:

- it is growing rapidly
- it suddenly gets bigger after being the same size for a long time
- it changes in appearance eg was smooth but is now knobbly, or was soft and is now hard
- it starts to bleed or annoy the animal.

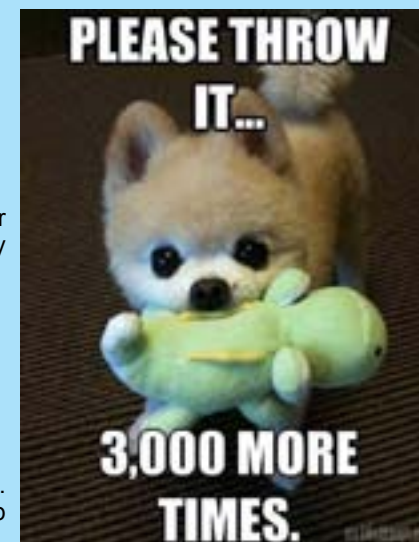
We sometimes surgically remove benign tumours too. The main reasons would be if the tumour is in an awkward place such as on an eyelid or in the 'armpit', or it's getting knocked about by the animal.

If we do decide to remove a lump for whatever reason, sooner is better.

KENNEL COUGH VACCINE

There is currently a supply problem with our intra-nasal (up-the-nose) kennel cough vaccine. This is the vaccine we use to get rapid immunity within 72 hours without needing a follow-up booster.

We still have our traditional kennel cough vaccine that is given under the skin but this requires two injections three weeks apart to get full immunity.



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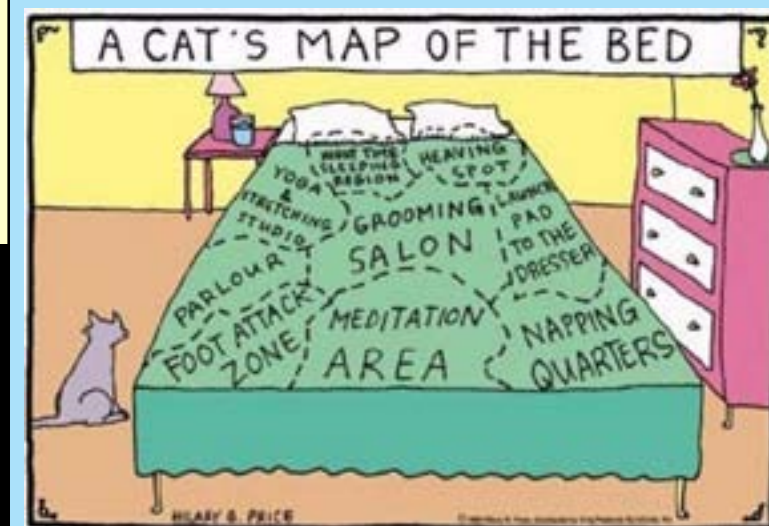
544 1200 24 hours

So if you are due to put your dog into kennels (or dog shows or daycare) in the next couple of months, check that their kennel cough vaccination is up to date.

If it is out of date, then it will take 3-4 weeks to be fully vaccinated again.

If it is still current and due in the next two months, one dose of the traditional vaccine is sufficient but please make sure it is done on time.

According to our suppliers, the intra-nasal vaccine is supposed to be available again at the end of September.



The Way We Were

Post Offices of the Past: Wakefield

Prepared for the Waimea South Historical Society by Roger Batt

Just last month New Zealand Post reduced their mail deliveries from six days a week to three. It seems apt, therefore, that in August 2015 we look back to the beginnings of the postal services in our region – to the mid 19th century and their development to the present day.

In producing this and subsequent articles on the post offices of Waimea South, I am indebted to the work of John Dearing, a Wakefield resident and member of our historical society, who has produced a Postal History of the Nelson District 2014, drawing on information contributed by the members of the Nelson Chapter of the Postal History Society of New Zealand and other sources.

By putting together a large amount of detailed information on this topic, which until now has existed only in note form, he has preserved this knowledge for future generations. Almost all of what follows is taken from his work and is here reprinted with his permission and our thanks.

BEGINNINGS

The post office in Wakefield has moved to five different sites since a postal service first began in 1856:

1. Wakefield School

This was the first school building in Edward Street marked by a plaque just below St Johns. John Squire, school teacher, was Postmaster on 12 pounds a year. Mail was delivered twice a week to Nelson. In 1863 however, the mail delivery contract was obtained by James Andrews. Three years later Squire was sacked for inefficiency and for damaging the date stamp. He lost a month's wages to pay for the damage for this indiscretion. R.J.Malone and then later Richard Chattock took over as postmasters in 1866.

2. Railway Station 1876

With the arrival of the railway it made sense to move the post office to the station. William Austin became both Stationmaster and Postmaster. In the 33 years that followed up until 1909, seven more people were to hold this position until the post office moved back to Edward Street.

3. Edward Street 1909

This quite imposing custom built building with its wooden cupola-topped clock tower created a focal point for the main street. On its steps events of national importance were commemorated such as the accession to the throne of Queen Elizabeth II in 1953. As the centre of communication, particularly after the installation of a manual telephone exchange it looked important – and it was. The new building combined an office and a postmaster's residence at the rear. There was a vestibule, a large public office, a telephone bureau, a private box lobby, a mail room, a telephone room and store with an additional storeroom in the tower.



The Wakefield Post Office in the Railway Station, about 1906



Opening of the new Post Office in Edward St, 17th January 1910

The residence portion, which had a private side entrance, comprised a sitting room, two bedrooms, a bathroom, a kitchen, a scullery and pantry with a washhouse and other conveniences provided in an outbuilding. This was to be the centre of community affairs for the next 80 years.

Sixteen postmasters were to come and go before it closed at the end of March 1990. Ira McPherson and Ian Long would be the last two whom most people remember. Before then, however, there were two important developments.

On the first of April 1911 local letter delivery commenced within about a two mile radius of Edward Street. Delivery was by push bike and the postie had a whistle to alert householders that a letter had been left in their boxes.

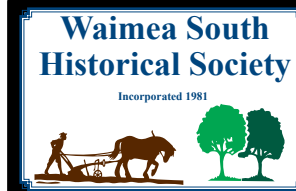
At the end of April 1977 the manual telephone exchange was converted to automatic. With one great technological leap forward the party line disappeared forever. Instant calls could be made without waiting for the neighbour down the road to "get off the line." No more having to lift the receiver and say "Are you working?" in whatever tone reflected the mood you were in. Just a barked out "Working!" was all some people got.



The Wakefield School, built 1843 on the right, with St John's Church, built in 1846, the oldest Church in the South Island. The school also became the Post Office in 1856.



Wakefield School. The Post Office was here until 1876. This building has since been demolished, the modern school is next to the site.



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The Way We Were (contd...)

4. Ten years later, in 1987, NZ Post was separated into three State Owned Enterprises. Postmasters became Post Managers and the activities formerly housed under one roof became fragmented. A postal agency was set up in the local pharmacy in Edward Street. A delivery and sorting centre was opened in a leased building next door to the old Post Office where mail was sorted for local delivery. The NZ Post men and women operated from here along with the Rural Delivery contractors.

5. In 2000 the agency at the pharmacy closed and moved to the Four Square grocery shop opposite the 1909 Post Office.

Today the old building stands forlorn and empty in its prime position in the centre of Wakefield. Now in private hands, it is difficult to know what the future will bring.

Like so many wooden buildings over 100 years old in New Zealand it does not weather well in our sunny climate. So long associated with the streetscape of Wakefield, it is hard to imagine what would suitably take its place.

Acknowledgements

Dearing, John: *The Postal History of the Nelson District, Part II, Post and Telephone Offices of Waimea South, Wakefield, 2014.*
Waimea South Historical Society Inc: *The Way we Were, 2015, ISBN 978-0-473-32719-4*

Alpha-numeric handstamp:

Circular 21.5mm E5/month-day/year. This was damaged by the Postmaster in 1866, and he was dismissed. A repair or replacement was not issued.

Earliest: 10.1.1863
Latest: 12.10.1866

J 28.5

Proofed: 14.1.1971
Earliest: 20.1.1971
Latest: 6.5.2004

Used until PO closed on 30.3.1990 then transferred to Delivery Branch next door. This cds was still there when the Delivery Centre closed in 2013.



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Visit us: Every Saturday at the Nelson Market



Wakefield Volunteer Fire Brigade

Unfortunately our call out rate has gone up due to the cold spell of hard icy frosts we are currently experiencing over the top half of the South Island. Our roads south of Wakefield can be treacherous so please drive to the conditions of the road, the weather and traffic flows.

Best to be five minutes late rather than not getting there at all.

This month the brigade held its mid-winter function at the fire station. There was the meet and greet and sharing of old stories but there was also a formal side of the function to conduct as well. Present were the brigade members and their wives, husbands or partners, brigade life honorary members and Graeme Daikee who is our NZFS regional Manager Nelson Marlborough Area.

Dot and Dean Ashton were presented their "Long Service and Good Conduct Medal". This medal goes to volunteers who have completed 14 years' service to the NZ Fire Service and have conducted themselves in such a good standard. A very small reward for the 14 years of voluntary service but well earned by Dot and Dean.

Sue Goff received a small gift of thanks due to her leaving the brigade due to personal reasons. Sue was with the brigade for four years and has held the position of Brigade Treasurer.

Dylan Nott received his three year certificate for doing three years' service but unfortunately Dylan had to resign due to his high work commitments that took him out of town.

We wish to thank both Sue and Dylan for their service to the NZ Fire Service and to our community and wish them well for the future.

Call outs for July so far

- MVA = Motor Vehicle Accident
- PFA = Private Fire Alarm
- MVA Car vs Car SH6 Trass Valley
- PFA Eves Valley saw mill
- Structure Fire Strig & Fern Brightwater
- Medical, cardiac arrest St Amuad
- Structure fire Tadmor
- MVA Truck roll over SH6 Kawatiri
- MVA Car roll over Motueka Valley
- Medical Pigeon Valley

Running total for the 2015 = 47

As always take care
Fritz Buckendahl
CFO WVFB



On The Beat

Well we're about halfway through the cold stuff and heading in the right direction. I'm guessing that most of the farm folk are hanging out for warmer weather so that pastures will start coming away and put an end to feeding out for another year. Not that they'll be getting much of a rest with lambs and calves making an appearance.

Just lately I've dealt with several instances of people hunting on property when they don't have permission to do so. Someone took it into their head that it would be a good idea to shoot rabbits in the paddocks on a property bordering Tapawera Village. While they may have thought they were doing the landowner a favour by ridding his pastures of pests this approach is not only unsafe it is also illegal.

The paddocks in question had in lamb ewes in them. The owner didn't know that someone would be wandering around doing the shooting and with the paddocks being located right on the edge of the village this activity posed a risk to the stock, the property owner and members of the public.

In another incident a couple of hunters had been hunting with permission on a property and shot an animal which ran off. They followed the blood trail and it crossed onto a property for which they did not have permission to hunt on, however they entered that property anyway. The trouble was that there was already another hunter, who had permission to be on that property, set up in the bush waiting for a target to walk into sight. Luckily this gentleman recognised the danger and alerted the trespassers of his presence and no one came to any harm.

No one goes out hunting with the intention of anyone getting hurt. Common sense should tell you that if you are hunting on a property without permission you run the risk of either being shot or shooting someone else. It is vital to seek permission prior to hunting and really it is just plain good manners anyway.

If good manners doesn't sway you bear in mind that unlawful hunting carries a maximum penalty of a \$100,000 fine. First time offenders have been given fines of up to \$5,000 recently in the Nelson District Court.

Another issue Marty and I would like to mention relates to firearms security. There have been a couple of instances lately where Police have been to addresses for other reasons and discovered that there were loaded firearms left insecure at those houses.

This practice is irresponsible and dangerous. The firearms regulations are in place to ensure no one is accidentally shot. All firearms should be locked away in an unloaded state and ammunition stored in a separate lockable container.

If your firearms security is not up to scratch or you leave firearms lying around you run the risk of having your firearms seized and Police beginning the process of revoking your firearms licence. Please when you come home after a hunt take the time to lock your firearms away.

As I said before we are heading back towards warmer weather but at the moment it is still pretty cool and this can turn our roads icy. Please drive to the conditions. If it looks as though there could be an ice problem leave home a little earlier, drive a bit slower and before you get moving ensure that you can actually see through your windscreen. Taking that little bit of extra time to ensure these things are done you could save yourself some time and possibly a lot of money.

Be safe out there and don't be afraid to ring Marty or myself if you have some issue you need help with. If we can't help perhaps we can point you in the right direction.

S/Constable Peter Jackson (PJ), Wakefield



The Earth as a Self-Regulating Entity

by Diana Gabric

The idea of the earth as a self-regulating entity, controlling its chemistry and climate like a living organism, was first hypothesised by James Lovelock in 1968. Gaia was the goddess of the Earth in ancient Greece and he used this name for his concept. Now it is formally recognised as a theory although some scientists still don't ascribe to it.

We humans also self-regulate our bodies and, like the Earth, prefer to operate within certain parameters. Temperature is one of these and our optimum is 37 degrees centigrade. When we experience even a small change above or below 37 it becomes a cause for concern. This was demonstrated to me personally when my body temperature dropped by a mere 1.5 degrees and it was quickly restored to near normal by the medical staff.

It got me thinking about how I could use this to illustrate our need to be concerned about climate change. Two degrees doesn't seem like much, and jokes aside as to how people living in Invercargill would love to have warmer weather, we are nearly at that point of an average global temperature rise of two degrees. This is already causing severe extremes in our climate.

The Earth has been regulating its carbon dioxide and temperature for thousands of years. The over population of our planet and our use of fossil fuels for the last 200 years is causing these two factors to rise rapidly hand in hand. If we carry on with "business as usual" then a rise of up to five degrees has been predicted. All life forms, including us, would suffer and many will not survive.

Our big, clever brains got us into this mess but the good news is that they can also get us out! There are so many exciting technological and social changes we can adopt but we must implement these sooner rather than later.



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Wakefield Community Council Welcomes...

Russell and Carol Wilson have been living in Wakefield Village for the last three years having moved out from Atawhai in Nelson. Originally from Christchurch they came to Nelson 18 years ago and with Carol's retirement thought... why not... let's move to a village where we could enjoy the atmosphere this village is well known for.

Living where they are, overlooking Faulkner Bush and back into Nelson, they have probably seen most of the regular walkers and dog walkers of Wakefield pass their house and have seen many of you talking to Ruby the cat.

Carol has retired after many years working for the public service (IRD) and has done voluntary work in Nelson and here in Wakefield, enjoys the garden (what a project) and keeping in touch with friends and family. Speaking of which, three sons, three daughters in law, three granddaughters and two grandsons spread from Abu Dhabi to Brisbane to Christchurch.

Russell is Principal of Wilson Consultants, a Human Resource Management consultancy, Managing Director of Carat Investments Ltd, is Deputy Chair of the Nelson Marlborough District Health Board, chairs the DHB Audit and Risk Committee and is a member of the DHB Hospital Advisory Committee.

He is a Justice of the Peace, a member of the Totoradale Golf Club, the Classic Motoring Society of Nelson and to fill in his time (!!) has just been elected Chair of the Wakefield Community Council.

In this new role Russell says he would like to see closer communication between the many important groups in Wakefield so that the combined talents of all those busy volunteers can be working towards common goals and community projects. He is keen to talk to anyone about those groups to see where the synergies are and how best to use them whilst keeping everybody's independence.

Russell says it is about Wakefield and using the undoubted talents and community passion that abounds here for the benefit of the whole community.




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Wakefield Physio - Health & Wellbeing

KIDS AND KNEES

by Kate West, Physiotherapist (BPhy) at Wakefield Physio

Osgood Schlatter's is a condition that affects the knees of active adolescent's during growth spurts. Osgood Schlatter's can occur without a specific injury to the knee.

What is Osgood Schlatter's?

Osgood-Schlatter's is a type of 'growing' pain. It occurs at the tibial tuberosity of the tibia or shin bone where bone growth occurs (see picture one). This is also where the quadriceps (thigh) muscle attaches via its tendon.

During times of rapid growth bones lengthen faster than the surrounding muscles and tendons. This puts pressure on the muscles and tendons and they can become tight. Tightening of the quadriceps muscle can also occur after high levels of running, kicking and/or jumping sports.

This repetitive tightening has a 'pulling' effect on the bone where the tendon attaches. If this continues then something has to give. Because adolescent bones are not as strong and not fully formed like adult bones the place most at risk is the bony attachment. In some adolescents, if this pressure continues, small flakes of bone can come off the tibia. This then heals and grows leaving an enlarged 'lump' where the tendon attaches to the bone.

Who gets Osgood Schlatter's?

Boys are most at risk of Osgood Schlatter's between the ages of 12-15 years, while girls are likely to be affected earlier, between 8-12 years of age.

Boys are more likely than girls to develop this condition and those who participate in activities involving running, kicking and/or jumping sports are at a greater risk again.

What are the symptoms?

Pain, swelling and tenderness over the tibial tuberosity (see picture one), especially during and after exercise.

How to prevent Osgood Schlatter's?

Modify your child's activity. This does not mean they have to stop sport completely, but you will need to look at the amount and type of activity they do and modify. Let pain be a guide. Stop their activity if the pain becomes too much. Ice and rest after exercise if there is pain. Make sure your child has supportive and correctly fitted footwear. This does not mean you need to buy the most expensive shoes. Instead ensure they have the right shoes for their feet and that their footwear is suited to their activity.

If you think your child has Osgood Schlatter's then get them checked out. This condition needs to be managed effectively so no long term damage occurs. A physiotherapist can assess their flexibility and strength and prescribe an individualised stretching and strengthening program. A physio can also help reduce pain and make it easier to manage this condition.



Picture 1. Anatomy of the knee joint

Reproduced from www.osgoodschlatter.com

Wakefield Community Council

The latest meeting of the Wakefield Community Council considered a number of new issues for the community to give serious thought to as well as finalising a number of long term matters:

1. Russell Wilson was elected as Chair of the Wakefield Community Council. Special thanks to Allan Wasley for his three years at the helm in amongst his many other hats.
2. Noted the Focus Wakefield and Victoria University Landscape project in Wakefield. More on that elsewhere in this newsletter but a very exciting project for all of us.
3. A major issue for the community is the state and future of the Village Hall. As many will know this falls short of the earthquake requirements for public use and as a community we need to see what it is we want, need, will use, can afford. The hall is owned by TDC who are unable to include any expenditure on it in the current "ten year" plan. We intend to call a meeting over the next few weeks to see what the many and varied users or potential users and community groups would like to see done. A note to sharpen your thoughts. To re place it would cost in the region of five to six million dollars.
4. The pharmacy wall mural is on the agenda as the current one is now needing serious repair or replacement. The next "Window on Wakefield" will include a suggested design which truly reflects Wakefield today. The mural is an expensive business and if anyone out there would like to contribute to its cost we would certainly like to talk with you on what that financial, material or for that matter physical help might be. One such offer could be simply space made available to prepare the finished article before it is permanently "on site".

Good to see the Great Taste Cycle Way now reaches us, with plans to extend further in the next year. Great to bring people to the village. Well done to those involved in that project.

We advise that the new track in Faulkner Bush just on the northern edge of the school leading to the public playground area will be officially opened Saturday 8 August at 12.00pm weather permitting (following week if wet). The track is to be named after the late Bryan Faulkner, a descendant of the original family.

Looking forward to seeing you at our next meeting.
Russell Wilson, Chair
Wakefield Community Council

Broad Beans and Baa-ing

by Jenni Komarovsky

I sing the praises of the humble broad bean, whose presence in the garden, like the baa-ing of newborn lambs around Wakefield, signals the onset of spring. We arrived here in April last year, on a day when the heavens opened and flooded our worldly goods. By the time we'd recovered from the shock and unpacked all our boxes, we were heading into winter and the garden had gone to sleep.



At the May Wakefield Market we purchased a packet of broad bean seeds from the hippie van. Nothing in the garden was properly prepared for veggie beds, but we had removed a dead tree and created a patch of bare soil in a sunny position; so I poked the bean seeds in hopefully. A month or so later there were no signs of life, so I nagged them. I told them how privileged they were to be the first occupants of my garden, and that they ought to show gratitude by growing well. Within a couple of weeks they had responded by poking their beany heads out of the ground.

I had intended to cut down the plants for green manure, digging them back into the soil to enrich it for a future crop. After all, who likes eating bitter broad beans? But in October they flowered and brought in the bees, so I didn't have the heart to kill them. By the beginning of November they had produced baby bean pods. I got brave and put very small raw beans into a salad, and was pleasantly surprised by their sweet taste! When the beans got bigger, I boiled and skinned them and made them into a sort of green hummus rather than using them as a vegetable, and they were very palatable.

I saved some of the seed, and planted those in May this year. All through the winter the small bean plants have grown bravely. On days when the view from the front door was sparkly with frost and the garden looked dead, I marvelled at the resilience of those little plants. They made me remember that winter doesn't last indefinitely!



Today I saw the first baby lambs. Soon the hills will be full of the baa-ing of mothers and babies calling to each other. Spring, you're just around the corner.





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Wakefield Welcomes...



Wakefield Welcomes... Sue Fowler, who runs Astek Stud, a warmblood stud just south of the village on the Wakefield Kohatu Highway.

Astek Stud offers fresh chilled semen available on demand from any of the four resident warmblood stallions, a training facility and they also take horses for breeding.

After 17 years out of town, Sue has returned from Burnham in Christchurch, and she is really enjoying being back home in Wakefield. Some of her old friends still live here, and she is thrilled to be both making new acquaintances and reacquainting herself with old mates.

It is great to hear that after some time out of the village, Sue says the supportive community and 'friendly small town feel' is still what makes Wakefield so special.

Horses are Sue's passion, so it is no surprise that she plans to get involved with the horse and riding community.

Astek Stud will offer a training facility and take horses for breeding and general agistment while people are away on holiday, and she will also take horses needing post op care. Humbly, Sue says "I would like to offer what I can to the community in this respect".

Please get in touch with Sue if you think Astek can help you, or if you would like to involve her in any equine activities in our community. Find out more at <http://www.astek.co.nz/>.

Waimea Senior Care

by Nicola Berthelsen

It's not easy getting older. They face losses, both physical and emotional. The world changes so quickly for them and it gets harder to keep up. They have to be tough to cope with it.

When I'm out and about in the community I come across people who inspire, encourage and show tremendous love, have understanding and incredible attitudes. They have to make sure that they are greater than those mountains that they are climbing and enduring at the same time. They do have the never give up attitude. So I encourage you to listen, and spend time with an elder person. Hear their story, you can be blown away. To all the carers of elder people, you do an amazing job and you are worth your weight in gold. Be encouraged to keep going you all are true gifts and are so needed.

We recently had a fantastic day out on the double decker bus trip. Over 30 people came from both Wakefield and Brightwater communities. A movie morning with treats and a shared lunch.

We are planning to have a cook up, which involves making meals for the freezer for senior people within Wakefield and Brightwater communities who may need a bit of support while going through a tough time.

If you would be interested in helping you can contact Nicola Berthelsen 021-277-8061 or through the local Wakefield and Brightwater Anglican church office.

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A Matter of Accounts

by Sonia Emerson, Chartered Accountant, BBus

THE FIRST TWO YEARS – PROVISIONAL AND RESIDUAL TAX

Last month I mentioned that it can be a good idea to align GST returns with the cashflow of the business. I want to talk more about the cashflow requirements in the first two years in this article.

A business receives taxable income for the goods and/or services it sells and can claim business related expenses against this income which leaves the net profit. The business pays income tax on its net profit. Therefore, the first year in business is not tax free. If your business makes a profit in its first year [or part year to balance date], then there will be income tax to pay.

Tax payable on income

The rate of income tax that a business uses to calculate the tax it needs to pay to Inland Revenue depends on:

- the type of entity you operate as (partnership, company, sole trader, etc), and
- the income year.

Any profit that a company makes, is currently taxed at a flat 28% income tax rate. For partnerships, the income is split between the partners as per their agreement, and is added to income from all other sources for each individual. They then pay tax at the individual income tax rates on their total income for the year including their share of this partnership income, less any tax that they have already paid ie PAYE or resident withholding tax. The same concept applies for sole traders.

Provisional tax in your first year

Like all other business expenses, you have to budget ahead for your taxes. It is important therefore to know when your provisional tax payments are due, and how much they will be, and to put money aside for your provisional tax.

Although provisional tax payments are not required in the first year of business, you can choose to make voluntary payments during the first year. Some people choose to do this if they know that they are going to make a profit, especially if they are able to reasonably forecast what it might be. Voluntary payments can be made at any time and will help to reduce the amount of income tax you have left to pay at the end of the tax year.

Others prefer to set up a separate tax bank account to assist with saving these funds. This will help ease the cash flow in your second year of business, when you'll need to pay provisional tax instalments for that year plus the residual income tax for your first year of business.

What is residual income tax?

Residual income tax (RIT) is the amount of tax you have to pay based on your taxable income for the year, less any tax credits you may be entitled to (excluding working for families tax credits or other tax payments made during the year) and any PAYE deducted.

When do you become a provisional taxpayer?

If your residual income tax on your last income tax return is more than \$2,500, you will need to pay provisional tax for the following year. The amount you pay is based on the last income tax return with a small % adjustment up/down which is set by the IRD.

At the end of the year you pay or are refunded the difference between the amount of provisional tax you paid and the amount you should have paid, based on your actual profit for the year.

Due dates for your provisional tax

Your provisional tax payment due dates depend on the option you use to calculate your provisional tax, and how many times you pay GST (if registered).

If you have a 31 March balance date (ie your tax year ends on 31 March) and you use the standard or estimation options to calculate your provisional tax payments, your provisional tax due dates are:

	If you're not registered for GST	If you're registered for GST and pay monthly or two-monthly	If you're registered for GST and pay every six months
First instalment	28 August	28 August	28 October
Second instalment	15 January	15 January	7 May
Third instalment	7 May	7 May	

This information is intended as a guide only - it is not intended as legal advice. For more detailed information please refer to the legislation or seek legal and/or accounting advice.

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Wakefield Community Toy Library

USE IT OR LOSE IT

by Caraline Dyson

It is more than 13 years since Wakefield Community Toy Library was established. When it first opened, kids and parents keenly embraced the opportunity to borrow piles of toys rather than buying them. New toys were expensive and when your kids outgrew them, there was a sea of plastic in your garage. But a lot has changed since 2002. Kelly Clarkson had just won the first American Idol, 'The Lord of the Rings: Two Towers' had just been released on the big screen, and our country had 500,000 fewer inhabitants. Everything was Helen Clark's fault back then.



Maybe a lot has changed in our homes over the years, too. Membership at our toy library is now at its lowest point, and unless new members make use of this facility, the committee fear they may have to close. Asking parents in Wakefield and Brightwater why they don't use the toy library, it would seem that kids have enough toys at home and parents don't think they need to hire extra toys for their already well catered for offspring.

Annual family membership costs just \$25, and toys cost an average of \$1.50 for fortnightly hire. With over 400 toys to choose from, there's plenty for even the most indulged child to borrow. Fancy dress costumes and bikes are popular, and kids can try everything out before they take them home. If you lose a piece from a toy you can pay a small fee, and if you subsequently find it, they will refund your money. There is even a casual membership for grandparents etc who may want to hire infrequently.

The Toy Library is open every Saturday from 9:30 – 11:30 and if you want to extend your hire you can text to arrange another fortnight's loan.

Perhaps you have been a member in the past, and you think you have enough toys now you have a brood who have had years of birthday and Christmas gifts galore? Or maybe you meant to try it but you're never free on Saturday mornings? You could even be unaware the village had a toy library? If you have kids aged seven years or under, please take a look at Wakefield Community Toy Library. A lot may have changed since 2002, but it is still a great idea to borrow toys instead of buying more and more, and it is still a great way to make friends in our community. Our toy library is an asset we would miss; let's use it!

<http://www.facebook.com/pages/Wakefield-Community-Toy-Library/>



We would like to thank Wendy Pearson – Tall Poppy Real Estate for generously sponsoring our June membership competition.

All new members were entered into a draw to win a Refresh Spa Voucher and the winners are:
Andy and Natasha Knight



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Pop in and see them the next time you are in Nelson to get some fantastic Fresh Baking, or talk to Shelley about her FREE delivery to Wakefield.

Let's Design Wakefield - Instalment Three

by Lynne Scanlen

It's been a fabulous week! Last week 26 students and three lecturers from Victoria University's School of Landscape Architecture were in Wakefield getting to know us and our community and gathering the information they need for their four month-long (July to October) studio projects.

The students and staff were billeted by families and were based in the Football Clubrooms. Monday afternoon we welcomed and briefed them. On Wednesday Focus Wakefield hosted a community dinner where residents came and, over a meal, talked with the students about living in Wakefield. During the week, 13 speakers talked to the students on topics ranging from sociology, economy and cultural history of Wakefield to ecology and hydrology.

The highlight of the week was Saturday 25 July when the students reported back to the Wakefield community on their observations and preliminary analyses of Wakefield. Our landscape, ecology, natural vegetation and river all featured. Some analyses looked at community life, the centre of the Village and how it functions, our centres of activity and the locations of heritage buildings and sites of interest. Others analysed how we get round Wakefield, our walking routes, SH6 and crossing it. Some students looked at how people driving through see Wakefield and why travellers stop. One group completed an analysis of Wakefield's strengths, weaknesses, opportunities and threats. Very insightful!

From their analyses, each student will now select a project and work with the people involved here in Wakefield and at TDC to investigate and develop their designs. These designs are academic projects. The designs will help us imagine how our village might look and function in the future. They will also help us talk about and decide what we want as Wakefield develops and grows over the next 20 years.

You can be involved with the students as they develop their designs during August, September and October.

- Friend the class through their Facebook page Wakefield Meets Victoria Uni 3rd Year Landscape Architects and join in conversations about Wakefield and students' plans and designs.
- Participate in one or both design reviews on the mornings of Monday 7 September and Monday 28 September at the School of Architecture in Wellington. At these reviews the students present their work so far and we talk with them about their designs. If you want to attend get more details by emailing focuswakefield@gmail.com or calling Lynne Scanlen 021 0231 6121 or 541 8540. Travel assistance may be available, thanks to Focus Wakefield.

The students will be returning to Wakefield from 4 to 8 November to present their work to us. Come along to the exhibition opening on Thursday 5 November, or view the students plans and designs on Friday 6, Saturday 7 and Sunday 8 November. Vote for the designs you like best and Focus Wakefield will award the "People's Choice Award" to the student with the most votes.

Thank you to the students for coming to Wakefield and for your wonderful analyses so far. We're looking forward to working with you and to your return; Scott, Phillip, Hamish, Izack, Garth, William, Thomas, Christopher, Jay, Tatpong, Samuelu, Elvin, Siddharth, Zak, Yousr, Karelle, Elle, Shu, Alexandra, Serena, Brooke, Tessa, Adi, Madeleine, Kristina, Sophie. Thank you to the Victoria University staff, Bruno Marques and Martin Bryant for figuring out how to make this happen. Thank you to Jade au Morris, for tutoring and most importantly Carles Almoyna, lecturer, organiser and champion!

Our community has made an amazing contribution by hosting, working and talking with the students. Thank you Shelagh Noble, Richard Malcolm, Sonia Emerson, Peter Verstappen, Angela McMiken, Russel Wilson, Dugald Ley, Dennis Bush King, Ewan Crouch, Bob Croy, Richard Martin, Ani Davey, Roger Batt, Doug South, Beryl Wilkes, Richard Hilton, Tim King, Murray Hendrickson, Steve Markham, Phil Platt and Brenda Halliwell, Rob Merrilees and Maria Brooks, Doug and Pam Chapman, Sarah Bowron, Janette Ley, Denise Martin, Valerie Crouch, Elspeth and Don Everitt, Jenni Komarovskiy, Jo and Neil Kitchen, Sjeif and Sonia Lamers, Emma Marshall and Jeremy Cook, Amanda Ledger and Tim Lloyd, Don and Katrina McLean, Sue and Rob Ketel, Dale and Jenny Pomeroy, Christine Grieder, Colin Gibbs, Caraline Dyson, Richard Liddicoat, the Wakefield Football Club, the staff and students at Wakefield School, Symon Beattie thanks for the wif, the Hall Committee, St John's community, Dixie and the Country Players, Rohin and your team at KC's Restaurant thanks for the lovely meal, Stu, Jacqui and your team at Four Square, Whitney and your team at Village Takeaways and everyone who came along to the events and who chatted with the students when they were with us. You've all made this possible.

Richard Malcolm showing the students around Wakefield



Target Shooting Wakefield



Contact : targetshootingwakefield@gmail.com
if you require any further information about coming shooting.

CONTACT Bev Inwood 5448074 after 7pm evenings
if you require further information about coming shooting.

FUNDRAISING

Look out for us at the Wakefield market ~ 2nd Saturday of the month. We will have some awesome raffles up for grabs + other items for sale. All the proceeds go back into our club to accommodate travel costs for members travelling to competitions around the country, entry fees, and updating club equipment. If you or your business is able to help us out with any items please contact me: Dot Ashton on 0275430529 or targetshootingwakefield@gmail.com.

WINNER ~ Morning Tea Shout Raffle
Drawn Monday 24/06/15 at our club night.
Congratulations to: Lyn Baigent

2015 South Island Champs Results:

A Grade Ian Hutchings 389.16, placed 13th
A Grade David Baigent 388.16, placed 17th
A Grade Ian Inwood 387.19, placed 23rd

B Grade Tim Green 389.17, placed 6th
B Grade Sheryl Guyton 384.15, placed 22nd

C Grade Scott Green 382.16, placed 4th
C Grade Barry Green 370.11, placed 15th

Woman's Sheryl Guyton 384.15, placed 16th
Junior's Tim Green 389.17, placed 3rd
Open Team of Ian H, David B & Ian I took out 1st place with a score of 1164.51.
B Grade team of Sheryl G, Tim G & Scott G took 2nd place with a score of 1155.48.

Club Night ~ Mondays from 7pm, range next to soccer rooms. Kids shoot first so they can get home on a school night. \$6 a card, all gear supplied and completely supervised. Come on down and give it a go, age 10 yrs - and beyond. Great sport for all ages that you can carry on with throughout your life. Even though winter is biting, the club room is warm and the humours hot. If you would like some more info or have any questions just contact us on the above contacts top of the page.

Town V Country match held at the Barton Range 18th July results showing the country bet the townies by 8 points, phew close! Townies ~ 2857 Country ~ 2865
Each team had 16 members shooting.

Events August

- National Indoor Champs
- ABC Match
- 4th Divisional match
- North/South match
- 5th round McDonald/Tantrum
- Closed Nelson Champs

Events September

- Hadfield Shield Match
- Champion of Champions
- Inter-Island Secondary School Match

CONGRATULATIONS to our own Sheryl Guyton who has made the South Island Women's Team for shooting ~ awesome effort.

Secondary School Shooting Team from Waimea College is: Ryan Ashton, Matt Easton, Livy Guyton, Scott Green, and Cade Blanchet. Best of luck guys and I'll let you know how they get on ☺

Fire Brigade comes shooting. I have managed to persuade some of my fellow firemen to join me in a shooting competition run by the Waipara Volunteer Fire Brigade. We have managed to put together two teams and have been shooting on a Monday club night for some practise [yup we need it]. Amongst the hilarity of it all there is some quite good results starting to emerge. The team members in no order are : Dot Ashton, Nigel Patterson, Andy Lane, Roger Duncan, Vince Hitchcock, Brad Reader, Stu Goff, Ian Clark, Dan Boustridge, James Rees. A big thank you to the Target Shooting Wakefield crew for their support and coaching, it's been a great team building exercise. Will keep you informed how we get on.

Welcome to all the newbie's giving shooting a go. We are glad to have you aboard: Jack Hicks, Jacob Grant, Matt & Blake Stuart, Luke Person, Robert Green, Wendy Lane, Cade Blanchet, Matt Baker, Ben Thomas, Zac Thomas, Tom Ladley, Max Ladley, Edwin Ladley.

A BIG thank you to Maxine, new Manager at the Wakefield Hotel who has kindly agreed to help us out by having our raffles on display at the pub. So if you missed us at the market pop into the pub and take your pick. \$1.00 & \$2.00 ones. We have a "Bathroom Bonanza", "Chocolate Bouquet", and 2 x 'TUI gear "promo packs.

The Berthelson Cup shoot was also held at the Barton range 18th July before the town v country match. Five teams were entered and the results were: Tasman 959.21, Wakefield 950.19, Wood 956.26, Defence 754.22, and Richmond 573.17. So overall Wakefield came third.

Cadets and Scouts will be coming in to have a go at shooting as well. We have our local scout group booked in for the 6th September and the Sea Cadets booked for the 4th August. All going well we might be able to get a bit of a competition going on between these groups. Watch this space....

Smarter Business Administration

Road Maps for Googlebots – Search Engine Optimisation Explained

by Joanna Smith and Amanda Ledger

We're part of a local business networking group which meets weekly to swap information, tips and support. Each week, someone takes a turn to do a short educational presentation followed by a one minute speech by each business owner on some aspect of their operation.

The Challenge

Recently, the speaker set us all a challenge - not to introduce yourself by what you do, but by how you help your clients. Be creative. For example, instead of Frank saying "I'm Frank, and I'm an insurance broker," Frank might say instead "I'm Frank, and I relieve stress." Good concept. The first person to go was the pest control guy, who stood up and said, "I'm Bob, and I kill things." Nice one, Bob.

So it got me thinking. I'd been planning to speak about the SEO work we do for our small business clients. How to make that sound more creative and edgy? Hmm. By coincidence, that week I'd finally managed to get out on my bike for a long overdue ride along the Tasman Great Taste Trail. One of the great things about the cycleway is that the tracks are easy to follow and beautifully signposted. You never go too far without seeing an information board, blue signpost or waypoint marker. So there's never any danger of taking a wrong turn and ending up in a random paddock full of cows. Or ending up in Mapua when you were planning to get to Richmond. Just follow the maps, look out for signposts...and you'll get there.

How Search Engines Work

And essentially, this is how SEO works. The internet is a huge place, and your website sits in one little corner of it. Search engines use web crawlers - fondly referred to as bots like Googlebots and Bingbots - to crawl through the content of websites from link to link, to see what's there. Once they've done that, they index everything they've found according to key words or phrases which seem most relevant to the particular page content, and they store it in a huge database. When you search the internet, the search engine uses a complex set of algorithms to filter through that database to find the keywords you asked for.

But as we've mentioned, the internet is rather large. There's a lot of ground for the Googlebots to cover. If yours is a new site, it might take them a while to realise you're even there at all. So they need some clear directions on how to find you.

That's where SEO comes in. Think of it as putting up good information boards, regular signposts and waypoint markers so that the web crawlers find their way to your place, and don't end up in a random paddock full of cows by mistake.

So how exactly do you do that?

SEO You Can Do Yourself

Here are some simple things you can do to improve your website's SEO, and remind those web crawlers where your site is, and how to get there:

- Keep your content fresh and up to date
- Update images regularly
- Consider adding a blog if you don't already have one – and post to it regularly
- Use keywords that are relevant to your area of business
- Use header titles well throughout your content
- Add alt tags to your images (search engines can't 'read' images – they need text)
- Include links in your content which link to other sites relevant to your industry

These are all little steps you can do yourself on a regular basis – just a little, and often.

There is much more that can be done to keep building a clear and ongoing road map to your website, such as keeping your sitemaps up to date, having clean URLs, using effective title tags and meta tags. Don't worry if your eyes are starting to glaze over at the sound of all that; if its starting to sound less like a jaunt along the cycleway and more like The Rainbow Rage, there are many web professionals out there who can help you with a more comprehensive and ongoing SEO strategy.

And what was my introduction for my one minute speech at the networking meeting?

'I build roadmaps for Googlebots.'



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Children's Learning & Development

Nurture@Home - Cooking With Kids by Amy Bucknall

While some of us are blessed with children who will eat anything and everything, for others it is a constant challenge to get our child to eat a healthy, balanced diet. While there is an endless amount of advice and theories about what you could, and should do, research shows children will try a wider variety of food when they are involved in the preparation of food. Five to ten minutes may be all your child wants to spend on the activity, and that's okay. Unlike adults, children are focused on the process, not the product so start small and keep it fun.

There are also many other learning benefits for children when cooking: **Creativity:** Allow children to make decisions and add ideas to the process. Let them do as much as possible. Encourage and praise your child for experimenting and trying new things.

Self-confidence: Realising they can take part and contribute to the adult world, provides satisfaction and develops positive self-esteem.

How things change: Through various processes in the kitchen – heating, freezing, grinding and beating ingredients are transformed into food ready to eat.

Fine motor skills: Using cooking utensils such as graters, peelers, corers and grinders assist in the development of fine motor skills.

Imagination: Encouraging children to use their imagination to express themselves in the kitchen gives them the chance to experiment and use problem solving skills.

Sensory development: Children rely on their senses to explore the world. Cooking gives them the opportunity to use the senses of sight, hearing, smell, touch and of course taste.

Science: Cooking is in itself a science experiment. Too much salt or baking powder, not enough flour, or the wrong timing and you're likely to have a flop on your hands.

Language: Cooking is a fantastic way to extend language with ingredients and descriptive words (where else can you use words like drizzle and dollop?). Following step-by-step instructions with recipes shows children meaningful opportunities for reading and writing that offers tangible results.

Fun: Last, but by no means least, cooking is fun. Having fun with your child in the kitchen builds positive memories, good vibes and good food.

With all the benefits of teaching kids to cook and no limitations with starting, what are you waiting for?

KITCHEN SKILLS by age

Preschool (2-5 yrs) Preschoolers can begin to learn basic concepts that they will need in the kitchen. They should be able to follow simple instructions and use simple tools like a spoon, fork, knife, and whisk. They should also be able to follow simple recipes and use simple kitchen equipment like a toaster, microwave, and oven.	Young Cook (6-8 yrs) Young cooks should be able to follow simple recipes and use simple kitchen equipment like a toaster, microwave, and oven. They should also be able to follow simple instructions and use simple tools like a spoon, fork, knife, and whisk.
Preteens (9-12 yrs) Preteens should be able to follow simple recipes and use simple kitchen equipment like a toaster, microwave, and oven. They should also be able to follow simple instructions and use simple tools like a spoon, fork, knife, and whisk.	Teenagers (13-16 yrs) Teenagers should be able to follow simple recipes and use simple kitchen equipment like a toaster, microwave, and oven. They should also be able to follow simple instructions and use simple tools like a spoon, fork, knife, and whisk.

REMEMBER TO:
Wash hands, listen to the grown up in charge, ask questions, pay attention and **HAVE FUN!**

Here's a yummy recipe to get you started:

Pancakes With Grated Pear
Serves 4

Ingredients:
 1 cup self-raising flour
 1 cup milk
 1 egg
 1 pear
 a few knobs butter
 fat-free natural yoghurt, to serve
 runny honey, to serve

Method:

1. Put the flour, milk, egg in a mixing bowl and whisk until smooth.
2. Grate in the pear (core and all) then stir it through with a spoon. (You can substitute the pear for any fruit you wish; banana, strawberries, blueberries, apple, anything that takes your fancy)
3. Put a large pan on a medium heat and add a knob of butter. Once melted, add the batter, a spoonful at a time to the hot pan.
4. Cook in batches for a few minutes each side until golden.
5. Serve right away with a dollop of natural yoghurt and a drizzle of runny honey.



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Wakefield School

from Totara Rua

To follow are two pieces of writing from the ALL Stars specialist writing team. One is an example of descriptive writing by Mac and one is an excerpt from our comic character writing from Cameron W.



by Mac Reynolds

The village has one street. The street is lonely and spooky with spider webs on the wall and the street has potholes in the gravel road. The lamplights are candles. The street has been abandoned. Buildings crumble and weeds are growing through the road and the roof of some of the houses. Rubbish flies around the place. The only people who lived there are homeless people that eat food out of the bins and live under old cars and rusty trucks and bushes.

by Cameron Wakefield

Part 1

A super villain called Explosive Man has made a giant magnet to bring a meteorite to earth with a nuclear bomb inside it. Dr Cameron you need to fly into space, destroy the meteorite, come back and sneak into their base and destroy the magnet, since you are the only one who can do it, and also, send Explosive Man to prison.

Part 2

“Wake up Dr Cameron!”

“Just five more minutes?”

“He broke out and made a robot”

“Who?”

“Explosive man!”

“You can’t make robots in two weeks,” Dr Cameron added

“Just get him!” Commander yelled.

Part 3

“Wake up Dr Cameron”

“It’s time for school? I don’t want to go to school today is Monday. Monday is the armpit of the week.”

“No it’s the day you steal the remote!” Commander yelled.

Okay. I teleport in and try to find a way to turn off the spy cameras. There is a padlock; luckily I have a safety pin. Got it! Wow! Just then some guards come by. I’m a flowerpot. I’m a flowerpot. Phew, I grab the remote and get going.

Suddenly, woooooohooooooo wooooohooooooo! Oh no! Get out fast the alarms have gone off! I teleport out with seconds to spare.



Wakefield School Open Day

Friday 7 August 9am – 3pm

All parents, family, community members and prospective parents are welcome. Spend time in classrooms, talk to staff, watch collaborative teaching and democratic learning in action, find out about the wide range of learning opportunities available to our Wakefield children.

No bookings necessary – please report to the office on arrival.

Programme for the day includes:

9.00am	Celebration assembly in the hall
9.30am	Classroom programmes, student committees meeting
10.10am	Morning tea
10.30am	Classroom programmes
12.00pm	Kapahaka group in the hall
12.30pm	Lunch – Loose Ends play project operating
1.20pm	Classroom programmes, choir in the library
3.00pm	Finish

ADDRESS Edward Street Wakefield 7025 ▼ TELEPHONE 03 541 8332
EMAIL admin@wakefield.school.nz ▼ WEBSITE www.wakefield.school.nz

Quiz

by Derek Evans

A quiz with a bit of a difference. Who made these famous quotes?

1. Reader, suppose you were an idiot. Now suppose you were a member of Congress. But I repeat myself.
2. I believe God in creating Man somewhat overestimated his ability.
3. I never forget a face, but in your case I’ll make an exception.
4. Women who seek to be equal with men lack ambition.
5. Better to remain silent and be thought a fool than to speak out and remove all doubt.
6. “Mr xxxxxx” you’re exceedingly drunk!”
“Yes, and you, Madam, are very ugly. But tomorrow, I shall be sober”
7. If William Gladstone fell into the Thames, that would be a misfortune. If anybody pulled him out, that would be a calamity.
8. Some of my best leading men have been dogs and horses.
9. His mother should have thrown him away and kept the stork.
10. If you want anything said, ask a man. If you want anything done, ask a woman.

Live Local Shop Local

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

SILVER SUMMIT

by Jo Smith

Finding a builder or carpenter can be tricky, especially if you are new to an area and are faced with a list in the yellow pages with nothing to differentiate one from the other. This was our situation when we first moved to Wakefield eight years ago, with no contacts or friends to ask for a recommendation.

By chance we met Simon Whittaker, owner of Silver Summit. Luckily for us, Simon turned out to be a skilled professional with a wealth of knowledge, and he has completed several jobs for us over the years, from taking down a dodgy chimney to handcrafting a stunning kitchen workbench from reclaimed rimu.

Silver Summit is based in 88 Valley Road in Wakefield and much of Simon’s work is local. He has lived in Wakefield with his wife Rebecca and two teenage sons for the past nine years, and the village is very much home.

As friendly as Simon is, he also likes to spend time away from it all on his lifestyle block, where much of his bespoke joinery work is completed. He’s no slouch – in his spare time Simon can be found mountain biking with his sons, or learning new songs on his guitar.

Occasionally his wife manages to persuade him to help her with her flock of sheep, but this is not one of Simon’s passions in life. Give him an archery set, however, and you glimpse the precision and accuracy that Simon likes to apply to his work.

Simon’s life is full, with various projects on the go, although Silver Summit is his main business and the one he has over 25 years experience in. As a result, Simon knows his stuff. He can design and build you a sleepout, craft you a bespoke kitchen, sort out your windows and doors or transform your garden with decking and a pergola.

His passion is carpentry, and Simon has created numerous bespoke furniture pieces for clients over the years. It’s worth giving him a call if you have a project in mind. His quotes are free.

I was at a friend’s home recently and admired her new bookcase. Simon had just crafted it for her and I wasn’t surprised to hear that she has just asked him for another one.

If you don’t know Simon, don’t take my word for it. Look up Silver Summit on Trademe under Services/Carpentry and you will find a long list of glowing reviews about his workmanship, professionalism and most importantly, his friendly, honest approach.

**Silver Summit
88 Valley Road
Wakefield**

**027 541 8507
03 541 9507**

**Email:
silversummit@rocketmail.com**



Girl Guides

TWIN PEAKS GUIDING DISTRICT

Guiding in our Waimea area has been really busy over the past few weeks firstly with a very successful campfire at Wakefield Scout Den on July 4th for Wakefield Pippins and Brownies. Well done Veronique! Leading your first campfire and best wishes to Mia going up to Guides next term at Brightwater.

The Guides and Brownies from Waimea units camped at Paretai Lodge for the weekend of 4th/6th July and had a great time; 30 girls and six leaders from Waimea Brownies and Guides joined with a unit from Arapiki Region for a fun time full of activities celebrating America's 4th July Independence Day.

Term Three started week commencing 20th July and all units are meeting in their usual places.

Wakefield Pippins & Brownies: - Thursdays, from 4.00pm at Wakefield Village Hall.
Brightwater Guides: - Wednesdays, from 6.00pm at Brightwater Scout Den.
Waimea Brownies: - Thursdays, from 5.30pm at Trinity Church Hall, behind Richmond School.
Waimea Guides: - Thursdays, from 6.00pm at Trinity Church Hall, behind Richmond School.



Jamboree 2016: - our raffle evenings at the Sprig & Fern in Brightwater for all the Thursdays in July have been going really well and we sincerely thank them and appreciate their help towards our girls and parents fundraising efforts to get to Jamboree in Christchurch January 2016.

We have a District Campfire for all units scheduled for August the 20th at Paretai Lodge and look forward to having the girls and families take part.

We are looking for help with two units, Waimea Brownies and Brightwater Guides. If you feel this is something you would enjoy please contact me on the information below; your assistance would be much appreciated.

Sue Burrowes
DC Twin Peaks Guiding District
03 541 9689
0273640773 or kiwiisb@snap.net.nz



Wakefield Scouts

In early November 2014 Wakefield Scouts went on a trip to Wellington. They were told "This will cost your parents nothing but time (and some baking)". The Scouts fundraised like mad and planned their trip themselves. They took two leaders with them.

We had a rough ferry trip to Wellington and stayed at Hotel Waterloo in downtown Wellington. We checked in, tidied ourselves up and how convenient, the hotel was right next to Mc D's! Once we powered back a serious lunch, we were off. We raced up to Parliament to book a tour. Then once we checked lethal weapon 2014 in and out of Parliament – yes being Scouts what did someone forget was in his bag...a pocket knife, everyone experienced a full body x-ray, removal of all dangerous items from their person and then being hand winded! Thrilling stuff!

Then we were off up to the cable car, a quick trip to the botanical gardens and the Carter Observatory all in daylight. Back down to the middle of town, much to the fascination of one or two – they couldn't believe you can be in the city and five minutes later be on top of the hill in tropical like gardens. Once back in the city we did a quick dash to the waterfront as the light rain decided to become a deluge. We looked over at Te Papa and that was a very brief orientation of Wellington City. Being right across the road from the Railway Station, we took a train to Petone for tea. Dinner was surprise, surprise at one of the Scouts favourite places – an all you can eat restaurant, Valentines. The bottomless glass of coke was a mystery for some.

The next day we went to Parliament to do our tour and passed security with flying colours this time. Then it was off to our next destination, Te Papa. On the way we detoured underground to the Old Bank Building for lunch. When we resurfaced the Scouts then had a job of navigating in a city where the landmarks are hidden by other buildings. They succeeded very well – found the sea and knew which side they needed to be on to find the hotel and then Te Papa. Four hours solid at Te Papa was not enough. Some Scouts climbed inside a Blue Whales heart and discovered how big it was, others worked out power usage of standard light bulbs versus eco bulbs, showing them how to do their bit to save the planet. Others saw the Peter Jackson lifelike ANZAC display and were wowed by this. The lifelike models had hair on their arms and sweat on their brow. "Very cool" and "amazing" were some of the comments.

That evening we went back up to the Carter Observatory to see the show and look around the cool displays and interactive activities. The show was a hit – the Scouts really enjoyed that and also got to see Saturn through the big telescope and both sets of rings before the rain came in and closed the telescope.

Last day! Breakfast and pack, then off to the war memorial. This was super cool. The new entrance is amazing. Then a slice of remembrance and seeing what battles NZ fought and lost in. Then up the hill further to the museum – well worth the walk, never enough time though. We had that ferry to catch home. Peter Jackson's private collection is on display and the battle ground models which depict the war are fabulous.

The trip home on the ferry was much better. Kids had a great time and learnt lots. Todd and I also really enjoyed taking the kids away. The Scouts can be proud of their conduct away and they did themselves proud representing their community when talking to the various people who asked them questions over the weekend. Well done everyone. Thank you to everyone who helped us raise the funds for this trip by buying our baking and raffles at the local Village Markets.



Wakefield Pippins and Brownies

by Veronique Law

The Wakefield Pippins would like to welcome our three new girls, Lilly, Nevaeah and Chloe who have been enrolled in May, June and July. There are now six Pippins who are an enthusiastic group of young ladies, ready for some fun and adventure each week.

During the end of Term Two the Pippins have been working on Pippin Health, All About Me, Pippin Family and One with Nature badges, and visited the Stoke Pippin unit.

Pippin Health involved learning some basic first aid skills like cleaning a wound to apply a plaster and how to stop bleeding. There were some interesting items required to make up a first aid kit. They also had discussions about car safety and stranger danger. The session ended with many bandages around the girls pretend injuries.

All About Me required making a special treasure box to keep important items in.

Pippin Family started with a discussion about items that were important to each individual and their family's having fun together. The badge was completed with maps to work out where we all live and making a finger puppet gift for a sibling.

The Wakefield Brownies have welcomed back Lily and total six in attendance each week but farewelled Mia at the end of Term Two. The Brownies are involved with planning and organising most of their programme with guidance along the way. It is a pleasure to be a part of the very responsible, inclusive and considerate decision making that takes place. They have been working hard towards their Green Koru which is made up of a variety of different topics. For Term Two they have worked on Keeping Safe, My World and One with Nature badges.

Keeping Safe required all the Brownies to stocktake the first aid kit and check it met the Girl Guiding requirements. This involved working out how each item could or would be used which naturally led to learning some basic first aid skills. We discussed the process of calling 111, fire and earthquake procedures and keeping ourselves and each other safe. The kitchen was a place where possible hazards need to be looked for. We ended with a game of crab soccer. Luckily there were no accidents or emergencies that took place. There was also a theory side of Keeping Safe.

Planning how we would celebrate the last week for Mia as a Brownie before she leaves to join Guides was the responsibility of the Brownies. Hannah was quick to suggest that maybe it should be Mia who decided on what she would like to do. It was decided to have a camp fire night so we would need to learn some camp fire songs. The camp fire invites were made working alongside the Pippins.

My World was about sharing an item that was important. Another part was to paint a mask, then compare how we are similar and how we are all different. It was then acting time with some short skits about bullying.

One with Nature has been started by making a bird feeder. There were some interesting reactions from the Pippins and Brownies to spreading peanut butter with their hands onto a cardboard roll to make the birdseed stick. We also helped with keeping the Village Green looking neat and tidy by picking up any rubbish we could find.

The last week of Term Two we all visited the Stoke Pippins who had a special presentation and afternoon tea.

The term ended with a family dinner and campfire at the Wakefield Scout Den. Each family performed a skit as part of the campfire programme. The evening ended with smores and a milo. In recent years campfires have not been celebrated as often as when Baden Powell introduced them. We aim to have one each term. The next one is planned as a Twin Peaks District event in August at Paretai.

Term Three will start with a geocaching experience that will be a first for me as well. Thanks to Warren for helping with this.



Wakefield Bowling Club

by Tony Eames



The winter season continues with some beautiful sunny days and a great, friendly social atmosphere.

Roll ups every Wednesday and Friday afternoon, names in by 12.45pm, and Club days on Saturdays.

The Sunday tournaments have had full rinks with the July tournament won by visitors Allan Griffiths, Janis Reynolds and Wakefield resident Neville Turner.

The Club Championship Triples with drawn teams was won by Margaret Eames, Arnold Mason and Pam Bonis.

Closing day for winter is 19 September and we are already planning opening for summer season 26 September.

Please feel welcome to call in and experience the club.

Wakefield Craft Group

Re Knitting Peggy Squares for Nepal

We would like to thank several people for donating wool to us, to knit up these blankets. Firstly last year to Helen Walker of Yarn Traders Ltd, we have made five blankets. Also Wendy, Rikki and Jenni for donating wool. We are all busy knitting and have finished eight so far and crocheted one. Two more my mum made will go to Nepal as well.



Still in the stages of knitting diamond shaped ones to match the ones a Wakefield School parent knitted. Thanks to all concerned with knitting and donating wool. Judy Hutchings 5418342



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4PM - 7.30PM



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7.30PM THE NIGHT BEFORE

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021 277 8456

Community Notices

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

FOR SALE

Small group of registered A2 Guernsey incalf cows. Ideal as house cows to produce your own milk, cream, cheese and butter.

Sold individually or as complete group of seven.

Phone 543 2526 early mornings/evenings or 0274 860 187.

WOOL WANTED

Wanted wool for craft group members who are assisting Wakefield Rest Home residents to knit peggy squares at our Wednesday morning craft group at the hall, for Nepal.

Any spare oddments of wool will be gratefully accepted.

Phone Judy 541 8342

WINTER TENNIS SCHEDULE

Hope Tennis Club
Mondays 20th July
Waimea West
Tuesdays 21st July
Wakefield Tennis
Fridays 3.15 24th July
All levels catered for,
Contact ngaire@caldertennis.co.nz
0272799938
or register online www.caldertennis.co.nz

Wakefield Community Toy Library needs new members!

Wakefield Community Toy Library
Edward Street, Wakefield

CARPOOLING WANTED

I would like a ride into Richmond every day, leaving Wakefield some time between 7.00 am and 7.30 am.

Will pay petrol money.

If you are able to help please text/call 0204 070 1475.

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

WANTED - ROVING REPORTERS

Window on Wakefield are looking for more volunteer roving reporters.

Please contact us on
windowonwakefield@gmail.com

FOR SALE

Baleage for sale, mini bales meadow hay, no nasty chemicals used @ \$22.00 each, minimum order of 10 bales, contact Sue or Rob on 5418908

House sitter wanted for various dates, must be good with animals including horses and cows, please enquire to Sue or Rob on 5418908.

🍴🍷 WAKEFIELD FOODIE GROUP 🍷🍴

August meeting: Vegetarian cooking!!!
Come along and see how much nutrition, flavour and fun you can pack into one meal.
You will leave a confident meatless-meals cook!?
Go on, give it a go.
Wednesday, 12 August, 1pm
St. John's Anglican Church Worship Centre
Contact: Rita 0272288902

TO GIVE AWAY

To give away to good country home, lovely buff frissel cross hen and rooster, suitable for breeding, showing, and pets, phone 541 8018.

WANTED

I'm after an older style petrol bowser, any condition considered.

My contact details are Kaye Hill
541 9745 or 027 468 9627.

COMMUNITY OUTREACH LUNCHES

The community lunches at St. John's Worship Centre will be the third 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.

FOR SALE

Dolls clothes and dolls still for sale
Phone 541 8342

FOR SALE

Sheep Manure \$8.00 per bag
Pinecones \$5.00 per bag

Can deliver ph: 541 8488 or 0211 279 567

FOR SALE

Childrens woollie hats.
Minions and Ninja Turtles \$20.00 each.
Other types from \$10.00 to \$15.00 each.
Phone Deborah on 5419045.

FOR SALE

Glasshouse Eden Aluminium 8ft 6in x 7ft assembled in sections, glass required, \$300 phone 541 8363

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

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.

TO GIVE AWAY

Three rabbits to give away to a good home, They have been the kids pets but they no longer have time for them

Ph 541 9606

WANTED

Naked Ladies bulbs wanted to brighten back garden at pensioner flats.

Phone Carol 5418744

FOR SALE - FIREWOOD

Dry shed stored pine: Only 20m3 left
Also available bluegum for next year

Ph: 541 9665 or 541 9093

FOR SALE

Lazyboy chair, dark brown leather, as new. \$550. Phone 541 8953 evenings.

FOR SALE

Akvoke Air Pistol - Good Condition \$160.00
Ph 021 292 7859

MONTHLY COMMUNITY CALENDAR

AUGUST 2015

Sat 1	9.30 am	Wakefield Community Toy Library open
Mon 3	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
Tues 4	9.45 am	Live well Stay well, Wakefield Bakery
	10.30 am	Wakefield Community Library open
	7.00 pm	Indoor Bowls, Wakefield Village Hall
Wed 5	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
Thurs 6	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 7	9.00 am	Wakefield School Open Day
	2.30 pm	Wakefield Community Library open
Sat 8	9.00 am	Wakefield Market Day
	9.30 am	Wakefield Community Toy Library open
Mon 10	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
Tues 11	10.30 am	Wakefield Community Library open
	7.00 pm	Indoor Bowls, Wakefield Village Hall
	7.30 pm	Wakefield Community Council, St Johns Worship Centre
Wed 12	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
	1.00 pm	Wakefield Foodie Group, St Johns Worship Centre
Thurs 13	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 14	2.30 pm	Wakefield Community Library open
Sat 15	9.30 am	Wakefield Community Toy Library open
Mon 17	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
Tues 18	9.45 am	Live well Stay well, Wakefield Bakery
	10.30 am	Wakefield Community Library open
	7.00 pm	Indoor Bowls, Wakefield Village Hall
Wed 19	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
Thurs 20	9.30 am	Wakefield Art Group, Wakefield Village Hall
	12 noon	Community Outreach Lunch, St Johns Worship Centre
Fri 21	2.30 pm	Wakefield Community Library open
Sat 22	9.30 am	Wakefield Community Toy Library open
Mon 24	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
Tues 25	10.30 am	Wakefield Community Library open
	7.00 pm	Indoor Bowls, Wakefield Village Hall
Wed 26	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
Thurs 27	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 28	2.30 pm	Wakefield Community Library open
Sat 29	9.30 am	Wakefield Community Toy Library open
Mon 31	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall

SEPTEMBER 2015

Tues 1	10.30 am	Wakefield Community Library open
	7.00 pm	Indoor Bowls, Wakefield Village Hall
Wed 2	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
Thurs 3	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 4	2.30 pm	Wakefield Community Library open
Sat 5	9.30 am	Wakefield Community Toy Library open
Mon 7	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall



Wakefield School Twilight Gala
Saturday 7th November
3.00pm - 6:30pm

Wakefield School
Edward Street, Wakefield

Please note the gala will run wet or fine!

Planning is underway for another GREAT FAMILY NIGHT OUT!

The Wakefield School PTA would love to hear from any individuals or businesses who are able to help the school through the donation of prizes for the silent auction, products for the food stalls, resources for the activities or sponsorship of advertising.

We would also be grateful for plants and good, clean items for the Book, Toy or Clothing stalls.

If you are able to support the school in any of these ways then please leave your name and number at the school office for a member of the PTA to be in touch.

Community Notices

Wakefield/Brightwater Art Group

WORKSHOP 'LANDSCAPES'

This workshop is all about capturing a landscape in any medium

with Rose Shepard

Thursday 13th August 2015

Wakefield Village Hall

9.00 am – 12.00 pm

Please be at the hall at 8.50 am for a prompt start at 9.00 am

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

Maximum number: 12 people

A list of materials will be provided on booking

Please RSVP to Sonja

Email: sonjal@ts.co.nz or phone (03) 5418-176
or Fiona

Email: kahurangicottage@gmail.com (03) 541 8910

FOXHILL TENNIS COURTS

658 Wakefield-Kohatu Highway
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Erica Short
Secretary/Treasurer 541 8882

SOCIAL INDOOR BOWLS

Wakefield Village Hall
Mondays 1pm

Come and have a game, chat and cuppa
\$2 per person

MAINLY MUSIC

**Now meeting at Wakefield St Johns
Anglican Worship Centre**
Monday's 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.



Are you a beginner, or have never drawn or painted before?

Come and give it a go.

Join our very friendly group

Every THURSDAY of the School Term

9.30 am – 12.30 pm

Wakefield Village Hall – Supper Room

\$3 per session/cup of tea included

For more information contact:

Sandra - Phone: 5419 615, or Sonja – Phone: 5418 176

Waimea Plunket Playgroup
The Brightwater Community Anglican
Church,
Waimea West Road, Brightwater

Time: 9.00 – 12.00 noon
Day: Wednesday morning
Cost: FREE

WAKEFIELD MARKET DAY

Saturday 8th August
9am to 1pm (winter hours)

Well, a great time was had by all at the anniversary last
month so come see what we have in store for you.
Plants grown local, heritage fruit trees,
native and rhodo perennials, knowledge unlimited.
Recycle those clothes that don't fit. Sell those things that
have been in the cupboard for years.
Your trash is someone elses treasure. BBQ.
Ring Jean for a site - 5418154



**Nurture@Wakefield
Playgroup**

Every Friday 9.30-11.30

Wakefield Community Toy Library, 61 Edward Street, Wakefield

From 0 to 5 years

Please bring morning tea for your child(ren). Tea & coffee provided
for adults.

Safe, Fun, Friendly.

Donation appreciated Thank you
Amy 541 8002
021 02677605

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

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**
Phill Platt 027 231 7610

Target Shooting Wakefield
targetshootingwakefield@gmail.com
Secretary : Bev Inwood
5448074 after 7pm evenings

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
Russell Wilson 541 8477

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
ptawakefield@gmail.com

Wakefield Tennis Club
Ngairie 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

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



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





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WAKEFIELD

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WAKEFIELD

46 EIGHTY EIGHT



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WAKEFIELD

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