

WINDOW ON WAKEFIELD
 ONLINE EDITION BROUGHT TO YOU
 BY



PHONE 03 541 9641



Wakefield Playcentre

Issue 5 April 2013



Our tamariki have been making the most of the long summer, enjoying and exploring the natural world with lots of interest in bugs, insects and especially watching the Monarch butterfly transformation.

Our vegetable garden has produced some fantastic pumpkins, which with the children's help, have been turned into many different delicious dishes including pumpkin scones and hummus. It has been awesome for the children to see the full cycle from planting seeds, watering and lots of patience, right through to eating something yummy that they have grown themselves.

Hopefully we can spark a lifelong interest in gardening. Special thanks to 'Place for Plants' who have donated us some seedlings to plant for the winter months.

Our whole supervision team have recently attended a fantastic workshop on 'Numeracy and Literacy' which not only reinforced the great work already being done, but gave us all some new inventive ways to encourage these important skills in our children. Visits to the school library are a part of our ongoing focus on literacy. Children can choose their own books, hear a story from Kathy, the friendly Wakefield School librarian, and become familiar with the library environment. Making bookbags at Playcentre has also fired up the children's interest in the library. Choosing their own material and helping to sew their own bookbag was a highlight for many tamariki recently.

Have you seen our new signs? Hopefully everyone knows where to find us now.

Playcentre sessions are run Monday to Friday from 9.30am to 12pm. The first three sessions are free and WINZ subsidies are available. If you want to come and have a look at Wakefield Playcentre give Wendy or Jen a call on 5418866.



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News from Wakefield School

Peter Ross, principal of Wakefield School is retiring at the end of this term, after 22 years of being principal. Our Year 6 reporters decided to interview him about his life.

By Ronan Thompson, Dylan Elwood, Connor O'Toole, Finn de Hamel, Saskia Guymer, Jennifer Lawson, Hannah Sims and Tayla Briggs.

Tell us about your early life and education

I was born in Wellington in 1950 before the climbing of Everest and before the Queen was crowned. I'm 62 years old. I started at Kindergarten in Petone which is where we lived. My earliest memory is of a blind little boy at kindergarten, touching my face to feel who I was. I probably cried on my first day at school. Mum walked out the door and I was held by the infant mistress, bawling my eyes out! That was in Petone, a school with two sites. It was a city school so a bit tougher than Wakefield. My father was a policeman so we had to move wherever Dad worked. After that we went to Levin which was more country-like. I remember getting stabbed with a pencil there because I said something that upset a girl! I still have the scar. I went to an Intermediate school in Palmerston North and that was quite tough. That was the school where I had to learn to fight because you got picked on and I didn't like it. I went to Freyberg High school, a co-ed school. I was good at track running. I ran quarter miles, 400m and 200m. I also became a school prefect and I was a school prefect with Mr Pritchard from Hope school.

[continued on next page]

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Tell us about your teaching career

In my last year at school I went on a Geography trip to Fiji. I could get the local boys to get the coconuts out of the trees cheaper than anyone else. People told me then that I was good with kids and that I should go to Teachers' College! I went to Teachers' College in Palmerston North and I lived at home. I spent my first year teaching at Marton School, which is just out of Palmerston North. I lived there during the week and came home in my little Volkswagen at weekends. I had friends all over the country and some friends in Southland said it was pretty good down there. It's a beautiful place despite the weather and so I ended up going to Southland. It was a little 3 teacher school in Oreti Plains. I stayed with a couple from the school committee for 2 nights at first. I became known in the district as the "boy who came for 2 nights and stayed for 2 years!" I lived with them for 2 years and I really enjoyed Southland. My first leadership position was deputy principal at Wyndham School in Southland. Later I was principal of Kawhatau Valley School in the North Island, then principal of Waituna Creek School, Havelock School and Wakefield, all in the South Island.



What are the biggest changes that happened in your time at Wakefield School?

I think the biggest thing has been the way the school has grown. When I came here in 1992 there were seven classrooms. There were only Rooms 1, 2, 10, 12, 13, 14 and 15. Room 9 was the library and Room 11 was the staff room, the principal's office, the administration office and the sick bay. I was a teaching principal so I had to teach a class as well as run the school. In 1992 or 1993 I think I team taught with Mrs McLaren in Room 2. There were seven teachers then and now we pay 16.2 teachers. There have always been new things; new staff, new technology. When I came there were no computers in the school office. We had no fax machine and there was only one phone line into the school. The typewriter was not even an electric one. Now we have a phone network, a computer network and server, a wireless system, networked photocopiers, 50 computers, 20 laptops, 28 iPads, plus every teacher has a laptop as well!

What have been the highlights of being principal at Wakefield School?

I suppose it's been the growth and the change. There has always been something new happening. Before I came here I had never been in a job longer than five years and I thought I might be here for about the same but the school changed and grew. We pulled down old buildings, built new classrooms and a hall, then the new swimming pool came and more new rooms. It's only lately the school has stopped growing and the roll has dropped a bit.

What have been the difficulties and lowlights of being principal?

I can't think of many. There have always been exciting things and neat people to work with and great kids. There have been a few occasions when we have had to ask kids to leave our school. That's always difficult and you feel you have failed them. Everyone has ups and downs in their lives and I probably remember more of the ups. If the downs have been caused by mistakes I try not to make them again.

What do you imagine yourself doing in your retirement?

I don't know! I haven't thought about it a lot. I always thought I'd get another job or something. At the moment I feel tired. I've done this job for a long time. I went out recently with a retired friend - he reads book, gardens, rides his bike and I thought that sounded pretty good. I have a fishing license to fish for trout and I'll probably fish more. I like duck shooting and after that well we'll see.....

Did you ever dream about being something else other than a teacher or principal?

Apart from being a pirate [I think that would be a pretty good lifestyle!] I thought it might have been nice to write for a fishing newspaper. Years ago I was interested in deer-shooting and I thought about being a forest ranger. My father was a policeman so I thought about that job too but one night he told me he had taken a body out of the river that day and said some awful things about the state of the body. I guess it was his way of putting me off that job! I had only a small break in my teaching service for about three years when I went overseas. I got a job driving a van towing a caravan. We had to go to events like horse races and put up signs in the right places. I also worked overseas as a waiter in bars and restaurants.

What will you miss about our school?

It's the people I will miss—the staff and the kids. It's a different staff now from when I started except for Bruce and Mrs McLaren but we have really good teachers and great kids and we do have fun. I don't expect to come back much once I have left because when it's time to go, it's time to go and it would not be fair on a new person.

Farewell to Peter

On Saturday 13th April at 7:00pm there will be a farewell in the school hall for past and present parents, colleagues and friends. Light refreshments and first drink will be provided. Cash bar. This event is for adults only. Hall numbers are limited so if you wish to attend this event please RSVP sue.mclaren@wakefield.school.nz or phone 5418332.

On Friday 19th of April students will farewell Peter at a final assembly in the school hall at 1:30pm. Parents are invited to this assembly. All welcome.

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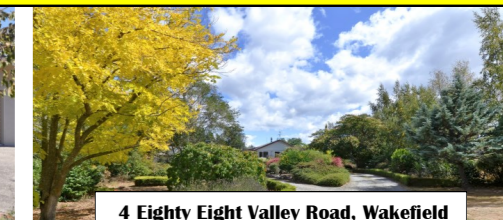
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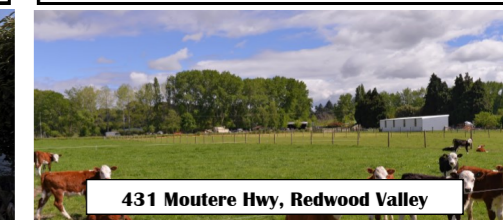
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Art through the Ages Exhibition

Renowned Local Artist Rose Shepard supports budding artists with afterschool art classes for children and adult daytime and evening classes.

Artists range in age from the very young to mature. Classes expose artists to a range of creative techniques including clay modelling, painting, drawing and mixed media work.

The Monday primary afterschool class has a wonderful serene atmosphere as Rose calmly helps the children with their requests. The children were full of praises for the art classes enjoying the range of supplies and techniques introduced.

Lauren Martin "loves painting", while Ethan Martin and Zoe Prestige particularly enjoy creating with clay.

Rose is the artist responsible for creating the mosaic sculpture depicting local native trees in our Wakefield Village Green Area.

Rose has recently completed her Masters Degree in Fine Arts and is now looking forward to an exhibition in Hervey Bay Regional Art Gallery in Australia although dates are to be confirmed.

Coming up Rose's Students are exhibiting at the Chateau Rhubarbe. Opening night for "Art through the Ages" Exhibition is Tuesday 16th April from 5-7pm at 6 Edward St, Wakefield.

The public are welcome to attend.



Womans Biz Meetings

Our most recent Womens Biz meeting was hosted by Wendy Petersen from Wakefield Auto Services, on site, at the workshop.

Although it was only a small group, there was a large amount of information shared. We pulled our vehicles up to the workshop doors, where Wendy kindly pointed out some of the key things that we can keep an eye on under our own bonnets. Things like checking the oil, what the fluid in the radiator should look like, tyre pressures, and keeping an eye on the stickers on our windscreens.

It was amazing to discover that the configuration under each bonnet was different in every vehicle - just finding the dipstick was the first task. The group then popped over to Chateau Rhubarbe for a coffee and chat - thanks to John and Shari for staying open for us.

A huge thanks to Wendy for hosting us and for sharing such valuable information.

Check out the Motoring Tips provided by Wakefield Auto Services in every edition of the Window on Wakefield for some handy pointers.

Our next Womens Biz meeting will be held on Friday 26th April, venue to be confirmed.

We meet monthly on the final Friday of each month. It is open to all ladies whether you are in business or not.

If you are looking to meet with like minded people in an informative but low key environment then Womens Biz is for you.

To find out more contact Justyne 5224488 or Sonia on 5419005.



Wendy Petersen, from Wakefield Auto Services, gives some pointers to Maggie Keeves, Pauline Auchinvole, Anne Grassham, and Ally Preller.

Chateau Rhubarbe

CAFE - BAR - PIZZERIA

Rose Shepard Student's "Art through the Ages" Exhibition Opening Night Tuesday 16th April 5 - 7pm

All Welcome – Come along and enjoy free nibbles and fresh new art at the Chateau Rhubarbe - 6 Edward St, Wakefield

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Wakefield Auto Motoring Tips

Tyre checklist *Written by MTA*

There could be a number of factors that are causing problems with your tyres. Below is a list of important things to check before you head away.

• **Look for things embedded in each tyre.** Regularly examine the tyres for damage; bumps or bulges, foreign objects, cuts, cracks and tread wear (often a result of kerbing/scraping). Replace the tyre if damage is evident. Are there nails, stones, or other debris embedded in the treads? Remove them. But if you're going to remove a nail, first make sure that your spare tyre is inflated and in warrantable shape. If you hear a hissing sound when you pull a nail, push the nail back in quickly and take the tyre to be fixed. If you aren't sure whether air is escaping, put some soapy water on the hole and look for the bubbles made by escaping air. If you're still not sure whether the nail may have caused a leak, check your air pressure and then check it again the next day to see whether it's lower. Tyres with leaks should be repaired by a tyre professional. If the leak persists, get a new tyre.

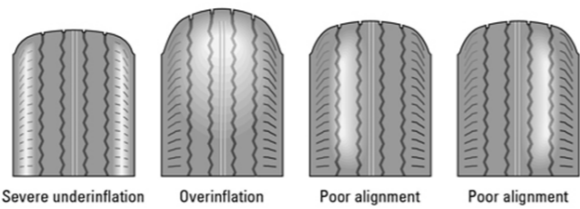
• **Look at the sidewalls.** Check for deeply scuffed or worn areas, bulges or bubbles, small slits, or holes.

• **Look at the tyre pressure.** Tyre pressures are vital for balanced braking, maximum grip and maximum tyre life. Recommended pressures vary according to load or speed. The part of the tyre in contact with the road is the 'footprint'. Incorrect tyre pressures will cause rapid wear and shorter tyre life. Check the pressure in your tyres regularly and when the car has been parked for at least three hours. If you think a tyre might be low, try and check it immediately with a tyre gauge and do not forget your spare tyre! The recommended cold tyre pressures are usually given on the tyre information label that is frequently found on the front or rear doorjamb on the driver's side, in the centre console, the inside of the glovebox lid, or in the vehicle handbook. The pressure can be checked at the majority of service stations. Underinflated tyres wear out faster, create excessive heat, increase fuel consumption, and make your car harder to handle. Overinflated tyres are more easily damaged by road debris, wear out faster, and may make the car unstable and unsafe to handle. And a new set of tyres on wheels that are out of alignment can wear irreversibly in as little as one day of hard driving!

• **Look at the treads.** Most car tyres have tread-wear indicators built into them. These bars of hard rubber are normally difficult to see in a new tyre but appear across treads that have been worn down to 1.5mm of the tyre tread base (the legal limit). If these indicators appear in two or three different places, less than 120 degrees apart on the circumference of the tyre, replace the tyre. Snow or winter tyres legally must have 4.0mm of tread depth and be a matched set. If your tyres don't show these indicators and you think that they may be worn below legal the limit, visit your tyre professional for a free tread depth check. Pay attention to leaks. If you keep losing air in your tyres, have your local service station or tyre shop check them for leaks. Sometimes an ill-fitting rim, leaking valve stem or valve.

How to read your treads

Clue	Culprit	Remedy
Both shoulders worn	Under-inflation	Add more air, check for leaks
Centre ribs or blocks worn	Over-inflation	Reduce pressure to manufacturer's specifications
One-sided wear	Poor alignment	Have wheels aligned
Treads worn unevenly, with bald spots, cups, or scallops	Wheel imbalance and/or poor alignment	Have wheels balanced and aligned
Erratically spaced bald spots	Wheel imbalance or worn shock absorbers	Have wheels balanced or replace shock absorbers
Edges of front tyres only worn	Taking corners too fast or winding roads	Slow down and use alternative routes if possible
Saw-toothed wear pattern	Poor alignment	Have wheels aligned
Whining, thumping, and other unusual noises	Irregular tyre wear, poor alignment, or worn shock absorbers	Have wheels aligned or buy new tyres or shock absorbers
Squealing on corners	Poor alignment or under inflation	Check wear and inflation pressures



It's time for new tyres when tread wear indicators appear

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WAKEFIELD BRIGHTWATER ART GROUP

CREATING A SENSE OF DEEP SPACE with MARIE HILL

Workshop dealing with perspective, colour, contrast and overlap.

Thanks to Impressions, Karin Clyne and Gail Michaels (Art Group Nelson) we were able to fill the ten spaces for the class. Marie Greeks (nee Hill) took the two hour class, which was held in the Wakefield Village Hall. Everyone enjoyed themselves and came away with lots of new skills to work on.

The Wakefield Art Group meet every Thursday from 9 - 12 pm and new members are very welcome. They intend to have another three workshops this year. The next workshop will be in April/May with water colourist Beryl Yeoman. Contact Sandra on 5419615 or Sonja 5418176."



Wakefield Anglican

We have had a busy Lent and Easter, with some cooking classes held in the Worship Centre kitchen, and Youth group catering for a dozen of our young people.

It is interesting to see an increase in the number of baptisms, also weddings, including some for people from Christchurch, who have few such buildings available now.

Our Sunday school at 10.30am is now booming due to more families attending that service. Services are at 9am at St John's each Sunday.

We had some minor vandalism one Saturday, but nothing of value was taken thankfully.

Wakefield Community Council Report

At our last meeting, we discussed the question of bus signs on Pigeon Valley Road. Focus Wakefield updated us on the planned Edward St beautification, which is soon to start outside the church, where there is a plaque relating to the history of the School.

Cycleway safety has been a biggie, and we have discussed and suggested a route through St John's church as a good option for cyclists on the downhill run, and pedestrians both ways, in the meantime. We would love to see the drain filled in and a footpath on that side of Edward Street, which would be a great help for pedestrian safety. It seems the Great Taste Cycleway route will now go directly down Edward Street to the shopping area, rather than via Faulkner Bush. We are all delighted to see the impact of this bringing more people into the Village on day trips.

There has been an update of the Civil Defence Emergency Response plan by that sub-committee. Concerns were raised about trail motorcycles using the Wai-iti Domain, and we are suggesting the trees within this domain be fenced and signs put up. Skateboarding and scooters are all the rage, so pedestrians need to be aware of their presence in the shopping area. Some maintenance work is to be done on the sculpture in the green, by way of painting.

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The Way We Were

Health Camps and Stamps

Many of you will have collected health stamps and first day covers – perhaps you still do - but did you know that the first health camp in the Nelson district was held in Wakefield? This photograph, taken by A. R. Kingsford on the 15th January, 1936, provides evidence of that.



SUNSHINE FOR HEALTH: CHILDREN AT THE WAKEFIELD CAMP, NELSON, BENEFIT FROM THEIR OUTDOOR HOLIDAY
 The first children's health camp in the Nelson district is at present being held at Wakefield, where 43 children, selected as being most in need of nourishing food and camp life, are spending their holiday. The photograph shows the children enjoying the sunshine. -A. R. Kingsford

The artfully arranged rows of 10-12 year olds lie soaking up the January sun. If only they knew then what we know now. Although they are all wearing sunhats, there would have been no sunscreen to smear on those pale limbs and no knowledge that the predisposition towards skin cancer is established in the earliest years of life.

We would like to know where the camp was held. My guess is at the school which would have been closed for the summer holidays. Classrooms could have provided sleeping accommodation, there would have been suitable toilet facilities and the manual training block could have been used as a kitchen.

Health camps in New Zealand had been established much earlier through the work and direction of Dr Elizabeth Gunn who held her first camp with 55 children under canvas for three weeks on a farm at Turakina. She showed that with healthy outdoor activities, good eating habits and healthy food, she could achieve impressive weight gains for sickly, malnourished children who were more prone to developing TB in a pre-antibiotic era.

Between 1938 and the 1950's several government run permanent health camps were opened throughout the country. Otaki is one of the seven which remain today that now cater not just for the physical needs of the children who attend but also for their emotional and social wellbeing.

Health camps were partly funded by the sales of health stamps and covers (envelopes). The first of what were then called Charity Stamps were issued in 1929 and focussed on eradicating tuberculosis. Later issues promoted outdoor sports. Children, royalty, birds and animals were also popular themes.

If you are in your late eighties, you may recognise one of the children in our Kingsford photo. It would be interesting to know about your experiences at this camp or any others you attended.

Acknowledgements:

- www.tepapa.govt.nz
- www.teara.govt.nz
- www.wikipedia.org
- www.healthcamps.org.nz
- www.aucklandcity.govt.nz
- Sir George Grey Special Collections



Dr Elizabeth Gunn



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What Is A Good Posture, And How Does Having A 'Bad' Posture Affect Me?

Your spine is a complex structure that is responsible for a range of important functions. It is made up of numerous vertebrae stacked on top of each other forming an 'S' shape. Having a good posture means maintaining this shape as best as possible. Good posture consists of an upright stature, with shoulders back and stomach 'sucked' in.

Here are a couple of tips to help encourage good posture:

- Stand with your back against a wall. Are the back of your shoulders touching the wall? If not then squeeze your shoulder blades together to move your shoulders closer to the wall. Be careful not to stick your neck out to achieve this. If you are finding this difficult then you may need to stretch your chest muscles.
- Ergonomics are important for your computer set up. Poor placement of the monitor or keyboard will encourage poor posture.
- When driving try to keep your shoulders back and your chin tucked in. Ensure that you can feel shoulder contact with your seat back. You may need to adjust the seat position to achieve this.
- When sitting it is easy to 'slouch'. Have a think about your posture when you sit on the sofa or when eating a meal. You may need to change to a firmer or more upright chair, or place a pillow behind the small of your back to maintain your lower back shape.
- While you are focusing on your shoulders try to also think about your stomach muscles. Think about bringing your tummy button towards your spine while you keep breathing normally. Hold this for 5 seconds and then relax. Repeat again several times.

As soon as you change the shape of your spine, your muscles and ligaments have to work harder. These structures are designed to work most effectively when your spine maintains this 'S' shape. If this shape is not kept, your muscles get overworked, causing pain. Prolonged 'poor' posture can cause muscle groups to tighten or lengthen which in turn will affect how other joints function (for example your shoulder joint).

Correcting your posture takes patience and perseverance. Make the change and you will feel better, have more relaxed muscles and you may even get a little taller!

Kate West
Physiotherapist (NZRP, BPhy)
Wakefield Physio



Kate West BPhy
Mary Caldwell

Credentialed McKenzie Therapist

Back, Neck & Shoulder Pain
Sprains and Strains

ACC TREATMENTS ★ ACCREDITED PRACTICE

WAKEFIELD HEALTH CENTRE
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Tel: 03 541 8860 or 0273644717
Email: sheila@yworrie.com

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Prescriptions form Wakefield.
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Heart To Heart

Midlife Adventures

There are many examples of midlife adventures: menopause, midlife crises, separation, spiritual awakening, falling in-sync with the moon, buying a sports car, having an affair, and many more. Interestingly none are presented in a good light. Menopause, perhaps the most commonly discussed, has been "medicalised" and we have received consistent messages that something is 'wrong'. I'd like to present a different perspective.

In numerology the number five holds the energy of change and so it is not surprising that we might begin our midlife adventures early in our fifth decade and by the time we hit the big 50 we are experiencing an urge to bring change into our life. Or perhaps changes have been thrust upon us and we are already banging around trying to make sense of what is happening. It doesn't feel so long since we felt sure that by midlife we would be settled in all the ways that we felt were so important in our 20s and 30s; mortgage free, career sorted, kids off our hands and happy, overseas holidays, money invested for old age, and an enjoyable social life. But no, it would seem that the template for life on planet earth holds much more excitement than such a cozy and familiar road home.

And so how might we respond when the call for change turns up, particularly when it does so with feelings of urgency and perhaps even physical pain? First, don't resist what is occurring; it is a natural process. While you may feel as if you are going mad you can be pretty sure that there are others around you going through something similar but no-one is talking about - it can be too hard to put into words. Second, don't over-react and dump everything and everyone despite the urge to do so. Feelings of panic, claustrophobia, frustration, anger and deep boredom are messages from your soul telling you it's time for change. If the feelings are getting really loud it's just because you haven't been listening or perhaps you have but haven't taken any action. If the feelings don't settle, find someone you can trust to talk to, sharing in itself brings relief. Third, take lots of deep breaths, take time out for yourself and listen to what your heart is saying. Put your mind on the back burner, if you can, it will only get in the way of you finding out what it is you really need.

Midlife is about giving birth to our true self. While we had intended to do this as we set out in our adulthood the pressures from schools, religions, business, government and a myriad of other social pressures have had us take up beliefs and positions that despite good intentions aren't our own. We did our best to adapt but now our soul is taking charge and encouraging us to let go of that which no longer supports and inspires us and to go seek that which does. This is an internal journey that requires stillness, reflection, connection with self, reclamation and eventually the courage to bring our new-found self out into the world - HERE I AM, THIS IS ME AND I AM ENOUGH! Many liken it to the transformation of caterpillar to butterfly and I like that. What kind of butterfly are you?

Karen Wason is a Soul Coach and Reiki Practitioner. For more information see www.karenwason.com

Wakefield Health Centre

PRACTICE NURSE SUE STEVENSON RESIGNATION

Many of you will be sorry to hear that Sue is finishing her employment at Wakefield Health Centre on Friday 5 April.

Sue has worked at the Health Centre for 12 years and decided it is time for a change. She has been a valuable member of the clinical team and has embraced the changing health environment over this time.

Sue has formed many professional friends over the years and made a significant contribution to the health and lifestyle of many people.

It is with sadness we say "goodbye" to Sue and know she will be missed by many of you.

Sue, we wish you all the best in your new employment and your future ventures.

REPEAT PRESCRIPTIONS:

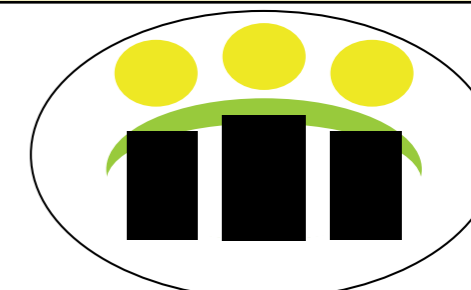
Repeat prescriptions should be ordered in advance.

- Patients on regular medications are required to have an appointment with their regular GP six monthly.
- Patients on Careplus are to have an appointment three monthly when medications are due.
- Repeat prescriptions are charged at \$15 to Wakefield Health Centre.

Patients requiring repeat prescriptions on the same day will be charged an extra \$5 ie \$20 for repeat script.



REMINDER: FLU VACCINES ARE AVAILABLE NOW. PLEASE RING TO MAKE AN APPOINTMENT - 5418911



Wakefield Health Centre

Surgery hours:

Monday to Friday 8am – 5:30pm

Wednesday 8am – 7pm

New Enrolments Welcome

Phone 541 8911

12 Edward St Wakefield

On The Beat

CIVIL DEFENCE - WAKEFIELD AREA COMMUNITY RESPONSE

A subcommittee of the Wakefield Community Council, in conjunction with the Nelson Tasman Emergency Management Office, have been working on the Wakefield Area Community Response Plan for almost two years. During this time, there have been numerous iterations, amendments and revisions as some of the other local community plans were tested during the December 2011 floods, and the recent tsunami warnings.

We can advise that this has now been approved by the Nelson Tasman Emergency Management Office, and copies are held by the relevant bodies within the Wakefield Village including the Welfare Centre, and local emergency services.

If there is an event requiring a Civil Defence response in the Wakefield area there may be a need for local people to provide a response to support their community.

The people coordinating the response, or the Wakefield Community Response Group, is currently made up of: Chief Fire Officer [Simon Ladley], Deputy Chief Fire Officer [Fritz Buckendahl], Senior Constable [Peter Cobeldick], Sergeant in Charge [Richmond Police/Motueka Police], Situation Officer [Sonia Emerson], Alternate Situation Officer [Stuart Hore], Community Response Group Management [Allan Wasley], Alternate Community Response Group Management [Caroline Gibbs], and the Civil Defence Emergency Management Duty Officer.

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 which may be in the form of signage].

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.

Activation of the Plan:

The Community Response Plan can be activated by the Wakefield Community Response Group.

Declaration of Emergency:

A Declaration of Emergency can only be made by the Mayor and Deputy Mayors of Nelson and Tasman. A Declaration of Emergency is not required in order to activate this Plan. This Plan might be used if there is the threat of an emergency (eg impending weather event) or to support the emergency services (eg looking after people evacuated as a result of a rural fire).

Communications:

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

Information brought to you by Wakefield Community Council Community Response Group



Wakefield Volunteer Fire Brigade Report



Hi from the Wakefield Fire Crew ~ doesn't seem like a month ago we were putting pen to paper but this month we have a few things to talk to you about.

We now have four recruits in training with Wakefield Brigade which is great but remember, if you're interested in joining us and would like to come along for a 'no obligation chat' and to have a look at what we're about - just give Simon Ladley a call.

In March, we purchased two pulse oximeters – one for each vehicle and also a twin blade saw. These were purchased from donations made to us by people in the Wakefield and Brightwater communities. It's wonderful when we hear back from you after we've assisted with anything from road accidents to property fires and everything in between but even more wonderful when you are kind enough to give us a donation because this means we are able to purchase more equipment to put on the vehicles to help you and us when we're called out. All donations are used on items that go back to help our community – so thanks heaps everyone. The pulse oximeters that we've now got help us on medical calls. Basically they measure the oxygen saturation in the haemoglobin allowing us to know whether or not a patient needs to be given extra oxygen. The twin blade saw has been put on our big fire truck as it can be an amazing tool when we need to gain access at property fires. So thanks again everyone we're proud to be your Fire Brigade ☺



The next thing on the agenda is Smoke Detectors. We usually like to remind people about these on the two occasions that the clocks change each year. If you already have smoke detectors installed, now is the time for a bit of maintenance, giving them a clean, changing the batteries and then testing.

If you don't have smoke detectors installed because you've never really seen the point or maybe just don't have the time to install them..... then here are some statistics you may like to consider.

Each year in New Zealand the NZFS attends over 3,500 house fires. In over 80% of those fires, smoke alarms were either not installed or not working! Most fire fatalities occur in homes, mainly while people are sleeping when they can't smell the smoke. So I've done a little research and at the time of writing this article, you can purchase a pack of four smoke detectors – which is all you would need to protect your family and home – for less than \$30 at Mitre 10 – so please, please go shopping if you don't have them already and always read the instructions before installing. For instance, to function properly they need to be fixed to the ceiling, not on walls! And finally on this subject - if you are one of our treasured pensioners and would like a little more advice and information about smoke detectors in your home, please feel free to contact us at the Fire Station ☺

A good lead on from this subject is 'Escape Plans'. Have you and your family sat down and discussed an evacuation plan to put into action if you have a fire in your home? This is such an important thing to do so that everyone from the kids to gran know where the exits are, how to protect yourself on the way out and where to meet once you have vacated the building. Periodically, we have groups visit the fire station from school or scouts etc and we are able to discuss this with them and give them ideas to take home to their families. These groups are always welcome to come through the station, have a look around and a chat with us. Weekdays can be hard as we all have jobs to go to but evenings or a Saturday morning aren't so bad - so again, if you'd like to fix something up, just give Simon Ladley a call – his number is in the back of this magazine.

Last thing for this month is huge - thanks again for taking care during this hot, dry summer that we've had. At the time of writing this article, we've just had two days of good hard rain which is awesome but.... we're not over the high risk of fire yet so please carry on being vigilant and not lighting those outdoor fires.

Whilst we mention the heavy rain, with autumn coming fast another forgotten chore is to clear drains of leaves and debris so as they don't block and back up with flood water and cause damage to your property. Until next month, take care and be safe
Simon Ladley
CFO WVFB

Call	Date	Time	Report
28	26 Feb	18:05	Call to a meter board sparking, occupants had isolated the power and rung power company, no action by brigade.
29	1 Mar	14:56	Medical, Lake Rotoiti
30	2 Mar	16:37	Motor vehicle crash, Wai-iti, crews worked with the jaws of life to extricate a female passenger who was flown to hospital by the rescue helicopter. There was some outstanding work done here by the public with patient care and providing emergency services with excellent details of the call, well done to you all.
31	5 Mar	15:52	Motor vehicle crash, Brightwater. Some great team work here, Richmond and Wakefield crews worked on patient extrication and the Brightwater guys protected the scene with traffic control.
32	8 Mar	20:04	Motor vehicle crash, near the Rainbow Valley turn off, one of our appliances attended and assisted with patient care
33	10 Mar	23:11	Medical
34	14 Mar	14:38	Smoke showing in the vicinity of Lee Valley, turned out to be a lime spreader
35	14 Mar	21:22	Smoke in area of Bird Lane, at this time there was a total fire ban, crews from Wakefield and Brightwater spent some time trying to locate the origin but were unsuccessful
36	15 Mar	14:56	Motor vehicle crash, Whitby Road
37	17 Mar	08:32	Call to a transformer sparking on Whitby Road, a crew stood by at the scene until the Network Tasman contractor turned up
38	18 Mar	18:21	Flooding in house (the day of the heavy rain)
39	18 Mar	19:16	Crews had not quite made it back to the station from the previous call and were responded to another property with flooding inside a house
40	19 Mar	02:16	Alarm activation, Fonterra Brightwater

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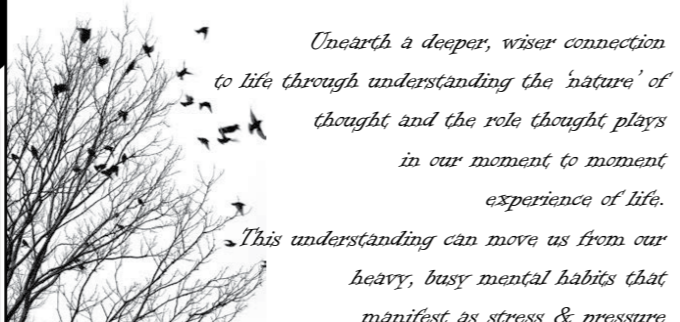
Congratulations & Commiserations



Congratulations to the Year 6 Kids' Lit Quiz team from Wakefield School who were the top scoring Year 6 team at the inter-schools quiz held at Nelson Intermediate.

The quiz challenged teams with questions on a wide variety of childrens' literature. Well done to Kendall Thompson, Saskia Guymer, Jennifer Lawson and Ronan Thompson for their fantastic reading knowledge and recall.

LESS STRESS → MORE JOY



Unearth a deeper, wiser connection to life through understanding the 'nature' of thought and the role thought plays in our moment to moment experience of life.

This understanding can move us from our heavy, busy mental habits that manifest as stress & pressure to being able to navigate life with more ease, clarity of mind and joy. Beneficial to anyone wanting to live life with Less Stress & More Joy

KIRSTEN SIMMONS
MNZAC COUNSELLOR & FACILITATOR
ACC & WINZ APPROVED
FREE PHONE 0508 925 334 OR TEXT 027 5418451

*Kirsten is available in Wakefield for Counselling & Facilitation sessions
 Freephone 0508 925 334 or 027 5418451 for inquiries
 Less Stress - MORE JOY available 1:1 or small groups*

Can we celebrate your special event or commiserate with the loss of a loved one?
Please send your birth announcements, wedding stories or obituaries to us 541 9005

Wakefield Pharmacy

Just one course of Buccaline tablets gives everyone from young children to the very elderly, safe protection for up to three months from the bacterial complications of colds. Come on in and ask the Pharmacist if Buccaline is right for you.

From Doug and the girls at Wakefield Pharmacy- "the caring pharmacy"

Colds

Immunise yourself



- Sore throat
- Runny nose
- Coughing

3 months protection from the bacterial complications of colds

1 for \$12.99

2 for \$22.99!

Wakefield Pharmacy Survey

WIN!

By helping improve our services and filling in this survey, you will be in the draw to win four \$50 Wakefield Pharmacy vouchers.

1. Name (optional):
 2. Age:

<input type="checkbox"/> 0-5	<input type="checkbox"/> 19-35	<input type="checkbox"/> 56-70
<input type="checkbox"/> 6-18	<input type="checkbox"/> 36-55	<input type="checkbox"/> 71 and over
 3. Gender:

<input type="checkbox"/> Male	<input type="checkbox"/> Female
-------------------------------	---------------------------------
 4. Occupation:
 5. Location, where you are:

a. Living.....	and	b. Working.....
----------------	-----	-----------------
 6. Do you use Wakefield Pharmacy?

<input type="checkbox"/> Yes	<input type="checkbox"/> No (skip to question 6b)
------------------------------	---

 - a. If Yes, how many times have you used Wakefield Pharmacy in the last 12 Months?.....
 - b. If No, why?.....
 7. What do you purchase from Wakefield Pharmacy? (tick as many as required)

<input type="checkbox"/> Dispensary (prescriptions)	<input type="checkbox"/> Natural Health	<input type="checkbox"/> Children's Gifts
<input type="checkbox"/> First Aid	<input type="checkbox"/> Cough & Cold	<input type="checkbox"/> Jewellery
<input type="checkbox"/> Skin Care	<input type="checkbox"/> Pain Relief	<input type="checkbox"/> Nail Care
<input type="checkbox"/> Medicated Skin Care	<input type="checkbox"/> Allergy	<input type="checkbox"/> Perfume
<input type="checkbox"/> Cosmetics	<input type="checkbox"/> Weight Management	<input type="checkbox"/> Home ware
<input type="checkbox"/> Sun care	<input type="checkbox"/> Film Processing	<input type="checkbox"/> Scarves/aprons
<input type="checkbox"/> Hair Care	<input type="checkbox"/> Gifts	<input type="checkbox"/> Sunglasses
	<input type="checkbox"/> Cards	<input type="checkbox"/> Bags
- Is there anything else you would like to see in Wakefield Pharmacy?

8. How would you rate the following:
 - a. Staff Service
 Excellent Good Average Poor Unacceptable
 Please comment.....
 - b. Product Range
 Excellent Good Average Poor Unacceptable
 Please comment.....
 - c. Advice
 Excellent Good Average Poor Unacceptable
 Please comment.....

Rural residents: Collection courtesy of rural delivery (no stamp required.)
 Wakefield residents: Please return to Wakefield Pharmacy by 1st May.

d. Pharmacy Environment

Excellent Good Average Poor Unacceptable

Please comment.....

e. Waiting time for prescriptions

Excellent Good Average Poor Unacceptable

Please comment.....

f. Rural Delivery of Medications (if applicable)

Excellent Good Average Poor Unacceptable

Please comment.....

9. Would you be interested in a home-mail delivery service for your medications? (Wakefield Village residents only)

Yes No

10. Would you be prepared to pay for this service?

Yes No

11. Would you be interested in a 'Repeat Prescription Reminder'?

Yes No

-If Yes, how would you like to receive the reminder?

Text Email Phone

If you have any further feedback that could help us provide you with a better service please feel free to comment:

*any information provided in this questionnaire, will not be used outside of Wakefield Pharmacy.

*Vouchers will be drawn 1st May 2013

Many thanks from everyone at Wakefield Pharmacy- "the caring pharmacy." Doug (Pharmacist), Susan (Dispensary manager), Marlene (Retail manager), Jo, Ali, Shelley, Rebecca, Elspeth and Anna.

For your convenience we offer.....

- Passport photos \$15.
- Delivery service to most outlying areas.
- Vitamin and L'Oreal loyalty clubs.
- Dual ear piercing \$30.
- Medico medication trays.
- In store photo processing kiosk.
- Easy payment options.
- Phone ahead for repeat prescriptions so they will be ready on arrival.
- Fully trained weight loss management consultants.

Our Details.....

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Fax: (03) 5419100

Email: Wakefield.pharmacy@paraside.net.nz

Free calling from Murchison: 0800 TABLET

Open hours: Mon-Fri 8.30am-5.30pm
Sat 10am-12pm

To be entered into the draw

please leave your contact

telephone number.....

Rural residents: Collection courtesy of rural delivery (no stamp required.)
Wakefield residents: Please return to Wakefield Pharmacy by 1st May.

Collecting urine samples....not just entertainment for the neighbours!

by Caraline Dyson

Often we ask clients to collect a urine sample from their pets for us to analyse at the clinic.

Urine samples provide a lot of valuable diagnostic information at a very low cost, forexample...

- Concentration (specific gravity) - indicates the ability of the kidneys to concentrate urine.
- Blood – often indicates inflammation
- Protein levels – indicates some kidney diseases or infections
- Glucose – to check for diabetes
- Ketones – only seen with poorly controlled diabetes
- pH and white blood cells – both of which change when infection is present
- Bilirubin – found in urine in association with some types of anaemia and some liver disorders
- Sediment–whenwelookatacentrifugedurinesampleunderthemicroscopeforcrystals,redbloodcells,whitebloodcells,bacteriaandcasts

It might seem a tricky task but we have lots of suggestions how to get a urine sample with minimum stress! Even though it might seem awkward, we really do get lots of information from this exercise, so please persevere even when your neighbours get a laugh out of it!!

Spare a thought for our farmers....at the time of writing, drought conditions are occurring over many parts of NZ. We have received some rain but a lot more is needed. Other than the obvious concern about farm animals potentially starving, there are significant other longer term health and financial issues involved. Droughts are expensive and farmers have to plan ahead to minimise costs, manage feed into autumn and winter, manage animal health and welfare issues associated with the drought and feeding supplements, and manage animal health issues that may arise when the rain returns.

Many dairy farmers are currently buying in extra food for their livestock, so feeding cows is costing more than is regained through milk production. It is currently pregnancy testing time and many cows that aren't pregnant or have had health issues such as mastitis will be culled so there are fewer mouths to find food for. Remaining cows may be dried off early to reduce their food requirements. Normally cows are not culled or dried off until the end of May so this means 2-3 months less milk production than usual, or 25% of annual income!

Sheep farmers are affected too. Food supplies now need to be prioritised to ewes to improve their health and the future lambs they are carrying. Last year's lambs can't be fattened so are sold cheaply as store lambs rather than prime lambs.

Horses are often fed supplements so they are not necessarily an unexpected cost. However the concern for horses is when it rains again – the resulting rapid grass growth can cause colic and founder, so care is needed to control intake. Worms can also be a problem.

All in all, drought means stress for animals and people. Many of us have enjoyed the long, hot summer but what we need now is RAIN.
By Brenda Halliwell



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You and Your Dog's Yabber

MENTAL MADNESS *Written by Vicki Pickering (Dip,CBST)*

Have you ever wondered why your dog digs holes in the backyard, pulls washing off the line, barks at random things like the wind or butterflies, or just does plain old things that annoy you – EVEN THOUGH YOU'VE TAKEN HIM FOR HIS DAILY WALK! If your dog is confined in a yard for most of the day except for the occasional walk, he faces many of the same problems exhibited by exotic zoo animals. A lack of stimulation and opportunity to interact naturally with the environment causes the animal to display stress related behaviours – in the dog these could be excessive barking, destructive chewing and digging and self-mutilation.

I like to compare our dog's energy levels to petrol tanks! In the morning they wake up with two tanks, one full of physical energy, and a second full of mental energy. And of course the size of these 'tanks' differ depending on the dogs age or his breed. So if you own a border collie he will have larger tanks to drain! It is the human's job to help drain those tanks and the mental energy one is just as important as the physical one. We all know how to drain our dog's physical energy tank – playing fetch, regular walks (off-lead is best if that is possible), dog play dates, swimming, tug-of-war, agility, and so-on.

Here are just a few ideas for helping you to drain your dog's mental energy tank, some of which are great to do before heading off to work for the day:

*TRAINING –if you do regular tiny bits of reward-based training each day with your dog it is a super way of draining your dog's mental energy tank as well as forming a great bond with you AND in-turn resulting in a more responsive dog.

*Outings at different locations – try and vary where you take your dog rather than the same old route every day – walking up a different street or going to a different park can have many different smells for your dog.

*Dog Play – if your dog loves to play with other dogs, you could look at dog day care while you are at work, or organising regular play dates with a friend or neighbour's dog. Dogs drain so much energy from both tanks during dog-play.

*Sand pit – Dogs love to dig! Give them their own sand pit and hide some of their toys, treats etc under the sand to encourage them to dig in their new pit.

*Donate your dog's bowl to charity! When you put your dog's brekkie in their bowl, usually they finish it within a couple of minutes and then they're like "hmmm, I'm bored, what shall I do now...." and depending on the dog it could be "hmmm, let's go and wine at the slider to go inside, or lets go and chew on the table leg..." Here are some other novel ways that your dog can eat throughout the day and drain their tanks at the same time! Sprinkle their dog biscuits/kibble all over your back-yard and let them make use of their super scenting ability! They can go hunting for their food for half an hour. If your dog gets really good and fast at sniffing out the biscuits then you could hide a few in certain areas around your yard – up at higher levels, some under a bush – be creative and get the kids involved in hiding them.

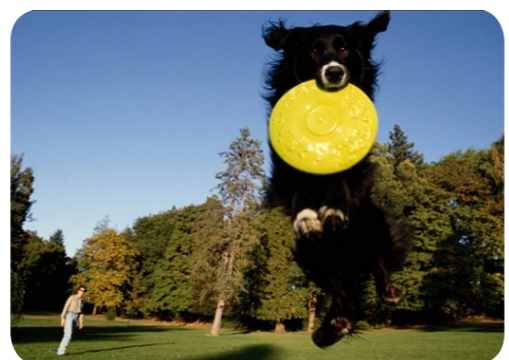
-Kongs! These are super hard rubber toys that come in different sizes that are designed to be stuffed full of your dog's food and your dog learns to manipulate the food out in various ways. When your dog gets really good at de-stuffing them you can freeze them and then they turn into 'Kongsicles'. -Put your dog's dinner into an ice cream container, fill it up with water, and add some stinky stuff to make it more appealing like a bit of meat or cheese then freeze it. The next day you can tip it out of the container and viola – a great iceblock to keep your dog occupied for a couple of hours.

-Puzzles! There are dog puzzles on the market that you can put their food into and watch their clever little minds work out how to get the food. You can also make home-made dog puzzles (google it) – another great one to get the kids involved with.

The most important mental energy drainer is YOU and the daily interactions that you and your family do with him, either with play, off-lead walks, training, or just hanging out together this will be the ultimate drainer of your dog's energy tanks.



This is Flick, a dog I fostered for the Nelson Ark trying to work out how to access the food in this puzzle toy.



Hanging out with you and having fun at the same time is one of the best ways for your dog to burn off some physical and mental energy.



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Kinder for dogs, enjoyable for owner

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Town & Country Vet *by Caraline Dyson*

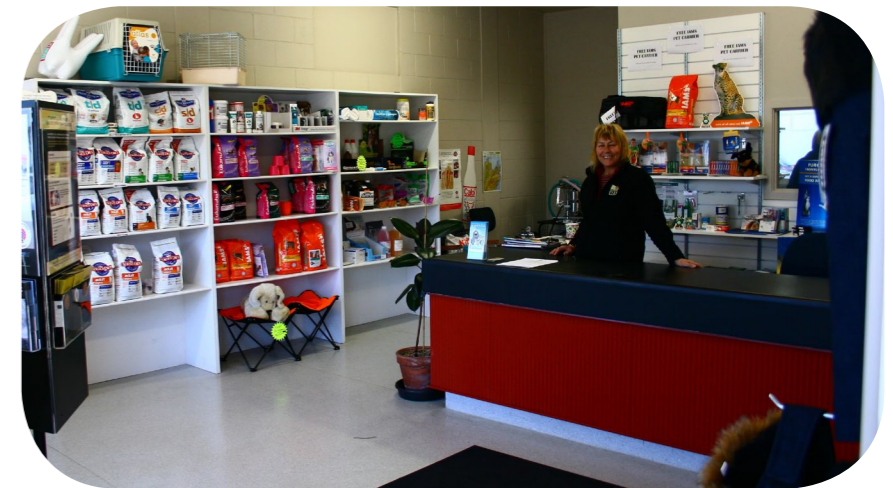
What are the first things you do when you move to a new area? Check out the convenience store and buy bread and milk? Visit the village pub and sample the local magic hops and grapes? Register your kids at the school? For many people, registering at the closest medical centre is probably top of the list. But when our family moved here from overseas, the first thing I did was register with Town & Country Vet on Edward Street. Our fur baby had just travelled across the world and I needed to make sure he was ok. MAF had charged us to check him out in Auckland, and I knew that in theory he had made the big trip un-damaged. But I needed a friendly face to look at him and tell me he was truly alright.

So you can imagine my joy when I realised I didn't have to take him on another magical mystery tour to establish he was sound. I just strolled down the street and walked into Town & Country and arranged for him to be seen the next day. No car caterwauling, no motorised moggy misery and once I knew he was ok, I finally relaxed. The happiness I felt when I discovered we had a vet in the village has never left, and every time I have reason to visit again, I feel the same mixture of relief and pleasure that I had back then. I don't have to listen to my pet crying all the way into town, because we're at the vet in a whisker.

Having a wonderful vet right here in the village is amazing, and we are truly blessed. For the size of our community, we are bestowed with greatness having our own veterinary clinic right here. Obviously Brenda, Paula and (especially farm animal expert) Danny cover a wide area, but for those of us with domestic pets that usually only need annual WOFs, we can schedule our animal care to suit our busy lives and call in when we're at the shops. Danny is generally out and about caring for larger animals, whilst Brenda and Paula are at the clinic with the 'smallies', the pets we share our homes with. It's not unknown for riders to tether their horses outside to get their shots done too! Most days it is Linda's friendly smile that greets you at the clinic (or on Thursdays you'll see Nurse Natalie behind the desk) but whoever you see, the same expertise shines through.

I know several farmers have recently hired Town & Country because they are so knowledgeable and flexible, something those who have been using them for the best part of twenty years have always known. The relationship the vets have with individual clients is special, and they are very accommodating. You can arrange for your animals needs to be met in the way that suits you, whether that means stocking specialist drugs or arranging your own calendar of care.

Brenda and Paula are keen to spend more time in the village and the clinic will extend their hours in Wakefield to meet demand. So if you would like to make more use of this local gem, please talk to them about your animal care soon.



Town & Country Vet
Edward Street, Wakefield
541 897
Open 8.30am - 5pm Monday - Thursday
www.tcvet.co.nz



Beautification Project - Progress Report and Request for Materials

SIGNAGE FOR THE CYCLE TRAIL

We recently met with Hugh Briggs, trustee of the Nelson Tasman Great Taste Trail Trust to discuss signage for where the Cycle Trail enters the village (from both directions) as well as for the Village Green.

The Trust largely dictates the style of the main Cycle Trail signboards but we have been asked to contribute appropriate content. The goal is to encapsulate and promote the special character of Wakefield and it is envisaged that this will include a taster about Wakefield's heritage and history as well as highlight some of the natural areas of special significance such as our precious podocarp forests.

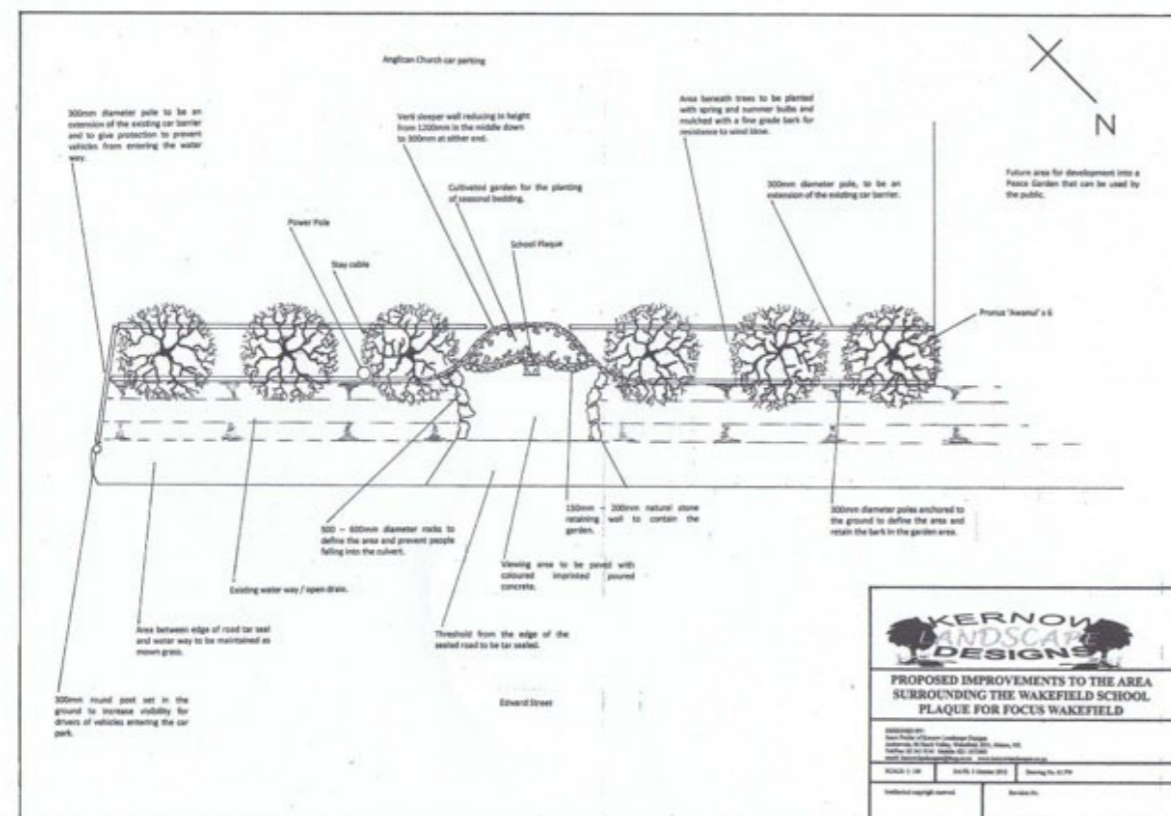
We hope also to convince the Trust of the need to include additional signage to promote local businesses, accommodation, activities and the like by way of a local map and directory.

We are seeking input from various groups in order to put together content. We also need to receive expressions of interest from businesses that would like to be included in the business directory signage.

If anyone wishes to have a say about content for the Wakefield "special character" signage or to register interest in being on the "business directory" signage please email us on focuswakefield@gmail.com with the reference "Beautification Project" or alternatively contact Diane on 541 9725.

BEAUTIFICATION OF THE OLD WAKEFIELD SCHOOL PLAQUE AND ANGLICAN CHURCH BOUNDARY

We have now received the go-ahead from the Anglican Church at the top of Edward Street to begin work on improving the area immediately surrounding the old Wakefield School plaque and the road-side verge which borders the Church carpark. A landscaping plan has been finalised (see below) which involves beautifying the area around the plaque as well as the planting of an avenue of trees along the boundary line of the Church's property.



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or 03 541 9141

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www.kernowlandscapes.co.nz

We have not yet set the date for work to begin. We require the following items /materials and hope we can obtain some of these directly from the community: We also need someone with a small digger.

Materials	Length/Area	Unit Size	Quantity
Verti-sleepers (round sided)	100mmx200mm	2.4m	25
Batten	50mmx12.5mm	6m	4
Concrete for foundation	8mx.4mx.3m	m3	1
250mm diam poles and posts	6m x 250 diam	6m	8
Waratahs		800mm	16
Nails - galvanised	150mm	500g	1
Galvanised strapping		900mm	9
Rocks - hand picked (small)	5m	ute load	1
Rocks - hand picked (500-600mm)	4m	ute load	1
Concrete for paved area	2.5mx4mx0.1m	m3	1
Reinforcement mesh	668 - non seismic	sheet	1
Tar-mac		m2	9
Mortar		m3	0.20
Top soil	15mx1.8mx.3m	m3	8
Trees - Prunus 'Awanui'		PB28	6
Seasonal bulbs - assorted			
Seasonal bedding - assorted			
Forest bark	50m2	m3	4
Irrigation pipe to install a simple irrigation system+ sprinklers, or ground drippers	TBA		

VILLAGE GREEN

Although the plans for improving the Village Green are not finalised, we have received an offer to make new seating and cycle stands (which will be required) and we would like to make a start with these. Initially, we need a supply of appropriately sized metal piping for this purpose.

If you are able to contribute or help with any of the above please email us focuswakefield@gmail.com with the reference "Beautification Project" or alternatively phone Diane on 541 9725. We will be very pleased to hear from you.

Thank you from the Beautification Project Team.

WAKEFIELD VILLA

Tearooms & Gift Shop

WE SERVE DAILY
FINE COFFEE, TEA'S
DELICIOUS CAKES
& LUNCHES

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TELEPHONE:
541 9168
6 DAYS A WEEK
CLOSED MONDAY



Sun City Panel and Paint Step Up to the Challenge

Written by Bob Croy

Whoever said that you could not make a silk purse out of a sow's ear!! Well after Nick Harrison had finished his share of the panel work on the BMG Mini – thanks for a sterling effort Nick. Well Done! - Tony Johnson and his team are working wonders with the body shell.

Alan Hardaker the panel beater has worked extremely long hours on the car, sometimes to 2am in the morning to get the remainder of rust and wrinkles out of the body, trying to get it as smooth as a babies proverbial. And he has succeeded. The body is now in the paint shop and has had its first coat of paint, the undercoat. It still has a long way to go but boy this is a great step forward for us.

We have been extremely lucky and impressed with Tony Johnson and his teams' willingness to help with this project. It has cost them an enormous amount of time and no doubt dollars and without their skills we would have huge problems getting this project to completion.

Thank you Sun City Panel and Paint Ltd and folks out there please remember if your vehicle needs some body work please don't forget these fellows. Tony is a local and lives in 88 Valley with his family and is an asset to Wakefield.

Our team will soon be going in to Sun City' to help with rubbing down the interior of the body. We have not had to do much for a while so it will give us a chance to get our enthusiasm going again.

Pitt and Moore have been advising us on the raffle issues which are pretty large. And we have asked the Nelson Cancer Society to apply to Internal Affairs for a license to run the raffle. There are a lot of fishhooks in this legislation so we need to get it right first time.

One of the issues we learned was that we could only run the raffle over a three month period so that will stop us selling tickets until early December not June as we had hoped. But that will be okay as we will be able to have the project completed and have the car on show around the region in the meantime.

Apart from the Mini News we have about seven cord of bone dry firewood to sell. This is a mixture of mainly macrocarpa with a bit of pine. It has been under cover for the summer so will make great firewood for the ensuing cold days of the winter. You can pick it up your self or it could be delivered. We want \$180 a cord for it and the money goes to the Mini fund. Phone Bob Croy 5418468.



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 74 Eighty Eight Valley Road
 Wakefield, Nelson 7025
Phone 03 541 8763
 Phone: Bevan 027 541 8763
 Rachael 027 286 7927
 Fax: 03 541 8764

Wakefield Scouts & Guides

On the 9th of March, four of the Wakefield Venturers unit, plus two adults, ascended to the top of the Coppermine saddle on mountain bikes via the route of the old Coppermine Railway. Beginning around 9:00 in the morning at Brook Street, we started the grind to the top, thankful for the shade provided by the lush bush. Climbing steadily we reached Third House, where they would have swapped over the horses for the last haul up to the saddle.

On the site today stands a shelter, where we stopped to have morning tea in the sun. Breaking out of the trees onto the mineral belt, we reached windy point. We all knew it was just a short bike around the corner to the Coppermine saddle. Reaching the saddle we were rewarded with spectacular views of the port and surrounding countryside.

After taking four hours to reach our goal it took us just under an hour to get back to Brook Street. A total of nearly 40km and 750 metres climbed.



GIRL GUIDE BISCUITS !

Guiding's annual fund raising event is in full swing! If you have not ordered your biscuits for this year please do so as we are getting low on some of the flavours. We have plenty of plain biscuits in stock, some chocolate and a very few mini's. So get your order in to your local unit or please call our contact lady, Anne Newport who is doing a fantastic job with her team. Phone 03 541 9343 or myself, Sue, on 541 9689.

Our Biscuit Campaign is what allows our leaders to provide a full, interesting and fun programme for our girls. Your support is much appreciated by all of us in the Guiding Movement.

Sue Burrows - Twin Peaks Rural Guiding District



Wakefield Community Toy Library

Every Saturday morning between 9:30 and 11:30am, the Wakefield Community Toy Library throws open its doors and welcomes children and families from the wider Wakefield area to come in and PLAY.

Situated in the old Public Library Building on Edward St, the Toy Library holds a wide range of quality toys and play equipment. All sorts of toys are available for hire from slides to dolls-houses to musical instruments. Toys are hired out to families for a fortnight at around \$2.50 each. When you become a member of Toy Library your family can hire as many toys as you like. The annual membership fee for a family is only \$25.00.

Babies, pre-schoolers and young school-age children will find heaps of toys, puzzles, games, dress-ups and outdoor play equipment to excite their imagination and keep them entertained. Don't let you or your kids get bored with the same old toys at home. A variety of interesting, age-appropriate toys is always available at Toy Library and you can 'try out' large purchases such as bikes.

Next Saturday, pop in to Toy Library between 9:30 and 11:30am to check out the range of toys for yourself. There is no obligation to join and your children are welcome.

Chat to one of the Volunteers about how Toy Library works. New Toy Library members are always welcome and casual toy hire is available.

For more information call Meredith 541-9632, wakefieldtoylibrary@gmail.com

Check out our Facebook page



Village Sports News

Wakefield Rowers Medal at Maadi

The Aon 2013 Maadi Cup Regatta, is the national secondary schools rowing championship and was held last week at Lake Karapiro. Maadi is the largest schools' sports event in the southern hemisphere. This year 2030 rowers from 120 schools competed over six days.

Wakefield Rowers were well represented with Sean DuCray representing Waimea College and Sasha Cullum for Nelson College for Girls.



Tessa Smith, Sasha Cullum and their coach Rachel Arbuckle receive the Francis Hill Memorial Cup from Eric Murray for winning the Girls under 15 Double Sculls at the 2013 Aon Maadi Regatta.

Sasha and her teammate Tessa Smith won gold in the Girls Under 15 Double Sculls and were awarded the Frances Hill Memorial Cup by Olympic gold medalist Eric Murray. Their time for the 2 km distance was 7:45.83, the fastest time for this event over the last 10 years.

Sean DuCray and Sam Johnston from Appleby, bought home a silver medal for Waimea College in the Boys Under 17 Double Sculls.

Nelson College for Girls' Under 15 Coxed Quadruple Sculls team, which included Sasha and Tessa, received silver in their event.

Nelson College's under 17 sculler, Olly Stephens from Moutere, won silver.

WAKEFIELD SOCCER CLUB

Green and Black Attack

With the start of the 2013 football season only a few weeks away, Wakefield Football Club, continue to attract an ever increasing player base. With numbers swelling to an all time high, on the back of the last few successful seasons, for the first time Wakefield Football Club will enter three teams into the Nelson Bays Football Senior competitions. Wakefield FC will field teams in the 4th, 3rd and 1st Division competitions.

"After 30 years as a local club we have made significant gains. Particularly over the last few years and we know we're ready to attack the Senior 1st Division competition this year and show some of the larger clubs we deserve to be taken seriously", said Club Manager, Richard Malcolm. Club President, Chris Olaman backs up these sentiments by saying, "Wakefield Football has always been about community. It shows in how many players return, year after year. We have taken the steps necessary to build a great platform for our younger players to aspire to play at the highest level possible".

Wakefield FC, will again, this year be entering the greatest cup competition in New Zealand, the ASB Chatham Cup. With an unrivaled history of drama and tradition, the coveted trophy has turned 90 years old and this season promises to be the biggest yet. In their inaugural season last year, Wakefield FC, (the only entry from Nelson's 2nd Div) surprised a lot of local football supporters by nearly taking their match against FC Nelson (eventual winners of Nelson's 1st Div) to extra time, only to lose 2-0. "We are planning another great day for our players and supporters to be involved with. The day's all about showcasing our Village's talent", says Richard. This years first round will be played late in April with a draw and date yet to be confirmed.

The return to Wakefield's traditional colours of "Green and Black" has been well received by the players, especially the youth players, as this will now align with Waimea Plains Junior FC to show the synergy between the clubs.



The pitches and Clubrooms have recently been upgraded and the players are ready to go for another great year of local football action. Come on Wakefield get down to the grounds and support YOUR team this year.



- *Planting projects
- *Landscaping projects
- *Arborist work
- *Tree felling
- *Laying of pavers
- *Backpack spraying
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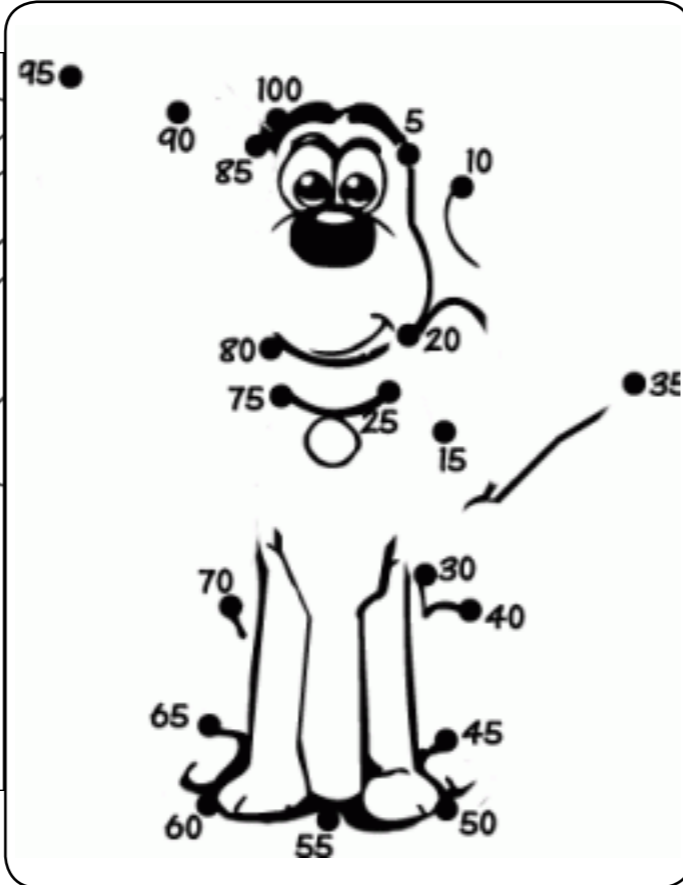
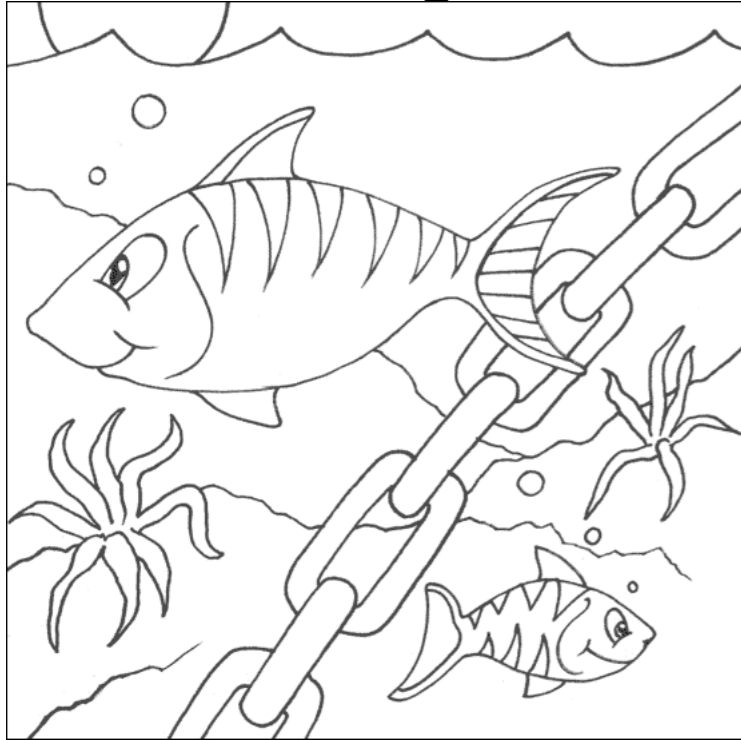


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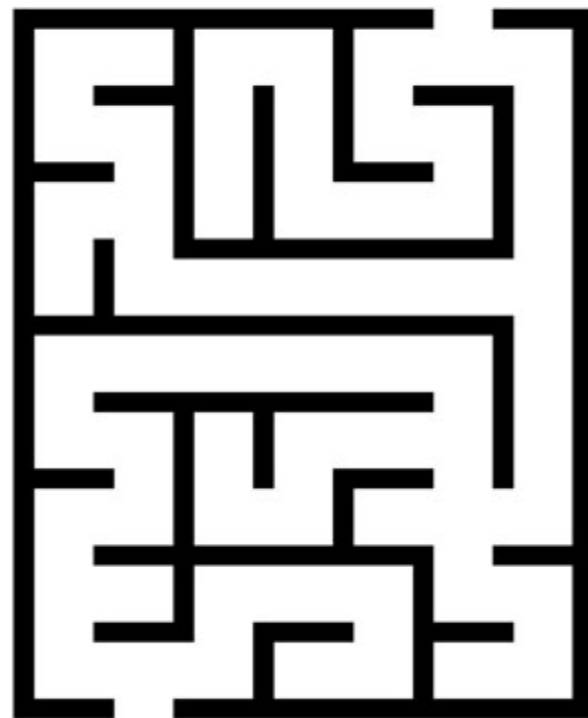
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Kids Colouring Corner

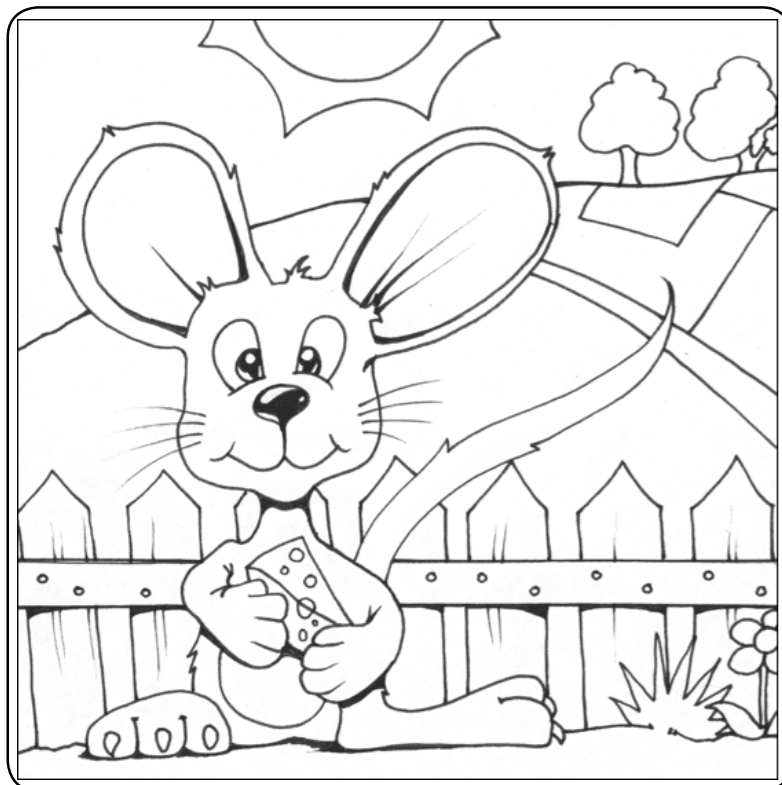


Maze Fun

Start



Finish



MONTHLY COMMUNITY CALENDAR

APRIL 2013

- | | | |
|----------|------------|--|
| Mon 1 | | EASTER MONDAY |
| Wed 3 | 9.15 am - | Craft Group, Wakefield Village Hall |
| | 9.30 am - | Wakefield Plunket Playgroup, Methodist Church |
| Thurs 4 | 9.00 am - | Art Group, Wakefield Village Hall |
| Sat 6 | 9.30 am - | Wakefield Community Toy Library open |
| Mon 8 | 10.00 am - | Mainly Music, Wakefield Village Hall |
| | 1.00 pm - | Indoor Bowls, Wakefield Village Hall |
| Tues 9 | 7.00 pm - | Indoor Bowls, Wakefield Village Hall |
| | 7.30 pm - | Wakefield Community Council Meeting, St Johns Church |
| Wed 10 | 9.15 am - | Craft Group, Wakefield Village Hall |
| | 9.30 am - | Wakefield Plunket Playgroup, Methodist Church |
| Thurs 11 | 9.00 am - | Art Group, Wakefield Village Hall |
| Fri 12 | | Waimea Sheepdog Trial Club 92nd Annual Trial Event |
| Sat 13 | 8.00 am - | Market Day, Whitby Way Carpark |
| | 9.30 am - | Wakefield Community Toy Library open |
| | 7.00 pm - | Waimea Sheepdog Trial Club 92nd Annual Trial Event |
| Mon 15 | 10.00 am - | Mainly Music, Wakefield Village Hall |
| | 1.00 pm - | Indoor Bowls, Wakefield Village Hall |
| Tues 16 | 7.00 pm - | Indoor Bowls, Wakefield Village Hall |
| | 7.30 pm - | Village Hall Committee Meeting, Village Hall |
| Wed 17 | 9.15 am - | Craft Group, Wakefield Village Hall |
| | 9.30 am - | Wakefield Plunket Playgroup, Methodist Church |
| Thurs 18 | 9.00 am - | Art Group, Wakefield Village Hall |
| Sat 20 | 9.30 am - | Wakefield Community Toy Library open |
| Mon 22 | 10.00 am - | Mainly Music, Wakefield Village Hall |
| | 1.00 pm - | Indoor Bowls, Wakefield Village Hall |
| Tues 23 | 7.00 pm - | Indoor Bowls, Wakefield Village Hall |
| Wed 24 | 9.15 am - | Craft Group, Wakefield Village Hall |
| | 9.30 am - | Wakefield Plunket Playgroup, Methodist Church |
| Thurs 25 | | ANZAC DAY |
| Fri 26 | 7.30 pm - | Womens Biz, venue TBA |
| Sat 27 | 9.30 am - | Wakefield Community Toy Library open |
| Sun 28 | 6.30 pm - | Wakefield District Youth Trust AGM, Methodist Church |
| Mon 29 | 10.00 am - | Mainly Music, Wakefield Village Hall |
| | 1.00 pm - | Indoor Bowls, Wakefield Village Hall |
| Tues 30 | 7.00 pm - | Indoor Bowls, Wakefield Village Hall |

MAY 2013

- | | | |
|--------|------------|---|
| Wed 1 | 9.15 am - | Craft Group, Wakefield Village Hall |
| | 9.30 am - | Wakefield Plunket Playgroup, Methodist Church |
| Sat 4 | 9.30 am - | Wakefield Community Toy Library open |
| Mon 5 | 10.00 am - | Mainly Music, Wakefield Village Hall |
| | 1.00 pm - | Indoor Bowls, Wakefield Village Hall |
| Tues 6 | 7.00 pm - | Indoor Bowls, Wakefield Village Hall |
| | 7.30 pm - | Village Hall Committee Meeting, Village Hall |

[If you want to make sure your important date shows on this calendar, please email windowonwakefield@gmail.com]

A Big Thank You

"to the kind young woman who came to my help when I had a fall outside the Wakefield School some weeks ago" - Sue Gordon

WAKEFIELD BABY SITTER AVAILABLE

I am 16 years old and looking for local babysitting work.

Good references available, please phone Laura on 541 9334

FOR SALE

Kids motocross helmet HJC Size Youth Sm, \$50, phone Dave 541 9005

LOCAL FIREWOOD!

Dry Pine - local delivery \$55.00 per cu.m.
Collected - \$50.00 per cu.m.
Call 541 9689

Stolen from Brightwater School

between 28th Feb and 1st Mar, turquoise MGP Team Edition scooter with red grip tape. Any information, please phone Neil 542 3611 or text 027 733 5464



**WE NEED YOUR
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WANTED
OR HELP REQUESTS**

**PLEASE CONTACT
541 9005
SOME LIMITATIONS APPLY
PLEASE ASK**

Community Notices

MEALS on WHEELS

Do you have a couple of hours to spare once a fortnight ?

I'm needing a kind person to deliver Meals on Wheels to recipients in the Wakefield-Brightwater area on alternate Tuesdays.

Meals are picked up from the Wakefield Village Rest Home at about 11 am, and delivery takes approximately 1 - 1 1/2 hrs.

This service enables the elderly and unwell to remain in their own homes, and is greatly appreciated by them.

If you think you can help, please give Heather a call on 5418151

Wakefield Market Day on the 13th of April 8 to 12 at the Village car park. Come enjoy the large range of plants grown locally, Recycle books and bric-a-brac. Clean out those cupboards before the winter. BBQ and sites available, ring Jean 5418154

Live Well Stay Well

Live well stay well group recommences Tuesday April 16 at the Wakefield Village Hall 9.45-11am, followed by a walk around Wakefield. We are a fortnightly group especially arranged for the over 50s but anyone is welcome to attend.

If you are interested in maintaining good health and fitness in good company then you are welcome. A varied programme of interests are covered. April 16 at Wakefield Village Hall, local Physio Kate West with an active session on "Taking care of your back" April 30 we will meet at the Wakefield Villa Tearooms for coffee and some activity May 14 at Wakefield Village Hall, Donna Smith from Victim Support May 28 coffee at Wakefield Villa Tearooms, followed by visit to Eco house in Wakefield. Please phone Margaret 5419693 or Yvonne 5422235 if you want any info or would like to go on our email list to be notified of the programme.

GREAT TASTE CYCLE TRAIL

A Public meeting, specifically for Nelson/ Tasman business operators is on Wednesday April 17th 2013 5.30 - 7.30 pm - at Motueka Top 10 - Conference Room, 10 Fearon Street, Motueka, where an update from the Coastal \$800K group on trail construction, the passport, benefits of being an Official Partner and Virtual Trail fundraising will be presented.

The Mapua to Kaiteriteri section of Tasman's Great Taste Cycle Trail (GTT) is due to open July this year. As with former open GTT sections, it's expected the usage will be high, building up to perhaps 300 per day during the summer months, as recorded on the new Nelson - Mapua Trail last summer. We need businesses to be ready. The Nelson Tasman Cycle Trails Trust's 112 Official Partners, use this monthly meeting opportunity for Collaborative Marketing and Collective Mentoring through cluster opportunities aimed at delivering a top cycling experience, attracting thousands of trail users and generating economic benefits throughout each town. Its \$295.00 to become an Official Partner.

For full meeting agenda, an Op application or RSVP: Please email admin@heartofbiking.org.nz



This workshop is being funded by TDC
Tasman Communities Scheme

Wakefield/Brightwater Art Group

WATERCOLOUR WORKSHOP 'LANDSCAPE OR STILL LIFE' with BERYL YEOMAN

Workshop covers a short history on watercolour painting, types of brushes & paper, stretching paper, painting techniques, textures, layering colour, how to paint white without using white paint, applying a straight and graduated wash, working wet on wet etc

Thursday 16th May 2013

Wakefield 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

Materials Needed:

Pencil & rubber, a board if you have one, a jar for water, white palette or white plate, sketching paper, towels/tissues, salt, gladwrap & flour, a photo of a landscape and/or bring an A4 sketch of a landscape you wish to paint showing light source and colours etc.

Materials Supplied:

No6 & 10 Brushes, 300g paper & watercolour paint, salt crystals, flowers

Please RSVP Sandra

Email: info@bushwalk.co.nz or phone (03) 5419-615

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
\$3 per morning
Phone Judy on 541 8342




Wakefield District Youth Trust

is a charitable trust allocating funds to support Secondary School students in the Wakefield District studying the arts.

The AGM for the Trust will be held on April 28th 2013 in the Methodist Church Sunday School room, corner Arrow and Edward Street, commencing 6.30pm. All welcome.

For more information or if you would like to put your name forward as a Trustee you can contact Rose Shepard on 5418381.

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 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
Vin Law 541 9190

Wakefield Community Library
Wendy Gibbs 541 8490
Pam Dick 541 8392

Wakefield Football Club
Richard Malcolm 541 9429

Wakefield Medical Centre
541 8911

Wakefield Playcentre
Contact: 541 8866

Wakefield School
Edward Street 541 8332

Wakefield Scout Group
Sheryl Guyton 541 9178

Wakefield Toy Library
Tues 10.30-11.30am
Friday 2.30-4.00pm
Chris Gaul 541 8148

Wakefield Volunteer Fire Brigade
CFO Simon Ladley 027 2577 786

Womens Biz
Justyne McGaveston 522 4488
Sonia Emerson 541 9005

Country Players (Drama)
Philip Calder 541 8442

Junior Country Players
Dixie McDonald 541 8862

**Nelson Vintage Engine &
Machinery Club**
Allan 027 319 7427

Pinegrove Kindergarten
03 542 3447

Rural Women
Dawn Batchelor 542 3628

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

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

**Wakefield Bush Restoration
Society**
Doug South 541 8980

Wakefield Craft Fair
Leanne and Glen Turner
541 8306

Wakefield/Brightwater Guides
Sarah Arnold 5419481

**Wakefield Methodist -Presbyterian
Church**
Meet 1st & 3rd Sundays 11am
Rev Paul Tregurtha 544 8394

Wakefield Plunket
Donna Todd 541 8583

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

Wakefield Smallbore Rifle Club
Ian Hutchings 541 8342

Wakefield Village Rest Home
Gerri Harvey 541 8995

Wanderers Sports Club
542 3344

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 Representative**
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 Community Council
Allan Wasley 541 9622

Wakefield Indoor Bowls Club
Ren Olykan 541 8275

Wakefield Pippins
Kirsty Harte 541 9799

Wakefield Preschool
Contact: 541 8086

Wakefield School PTA
katdonmac@xtra.co.nz
Katrina Mclean 541 9049

Wakefield Tennis Club
Ngair Calder 541 9419

Wakefield Village Hall
Rob Merilees 541 8598

Way to Go Co-ordinator
Vanessa Mairs 027 511 8826

St. John's Worship Centre
Caroline Gibbs 541 8491

Waimea Plains Junior Football Club
Grant de Joux
542 4452



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For All Your Accounting and Tax Needs

Sonia Emerson
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CHARTERED
ACCOUNTANTS

FOR SALE IN WAKEFIELD



21 BIRD LANE, WAKEFIELD \$299,000+
Power, telephone, water & sewerage services to the boundary
Fantastic value here with this flat bare block, approximately 3 and a half acres, with all services available! Hidden away on the north side of Wakefield village, there is a lovely outlook to the foothills and Ben Nevis.



87 PIGEON VALLEY ROAD \$529,000
An Acre Plus, A 4 Bedroom Home And Great Sheds!
So close to the Wakefield Village, but enjoying the peace and quiet of the countryside. Please call to view.



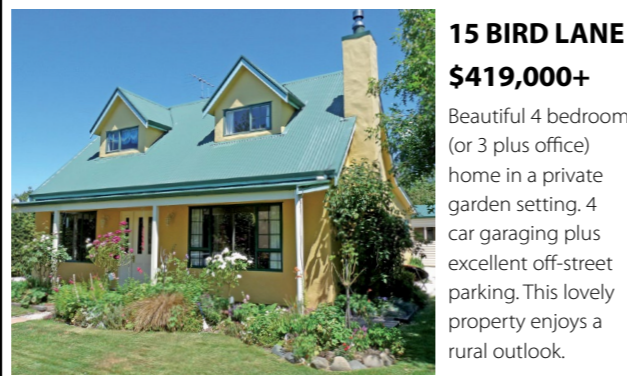
359 PIGEON VALLEY ROAD \$580,000
3 Bedroom Cottage + New Sleepout/Garage On 3 Hectares
Beautiful flat to rolling land, water to all paddocks, established trees and great sheds with character 3 bedroom cottage, and a modern sleepout with double garage attached.



489 CHURCH VALLEY RD \$780,000 + GST IF ANY
Peaceful and so private on 21 hectares. Secluded and peaceful rural retreat only 5 minutes to Wakefield village. Spacious 3 bedroom plus office home with stunning views to the Ranges. The land is fully deer fenced, with its own water source. Modern 140m² garaging. RV \$800,000



128 WAKEFIELD-KOHATU HIGHWAY \$565,000+
Just the perfect amount of land here and so close to Wakefield!
1.32 hectares of flat, fully fenced land, on town supply water plus a well. Spacious double-glazed homestead, 3 bedrooms, ensuite and a large loft. 2 logburners, one on wetback. Double garage and high stud shed.



15 BIRD LANE \$419,000+
Beautiful 4 bedroom (or 3 plus office) home in a private garden setting. 4 car garaging plus excellent off-street parking. This lovely property enjoys a rural outlook.

WINDOW ON WAKEFIELD
ONLINE EDITION BROUGHT TO YOU
BY



PHONE 03 541 9641

**10 properties sold in the
last 2 months -**

call me for a free appraisal of your place.



WENDY PEARSON
021 567 722 / 544 5488



LICENSED REAL ESTATE SALESPERSON (REAA 2008)