



# window onwakefield News

# Community News for the Wakefield Area

# Golden End of Year Celebrations at Wakefield School

by Caraline Dyson

There are not many school celebrations that feature a gold medal winning Olympian, but that is who entertained pupils and families at Wakefield School's end of year assembly last month.

Wakefield local Liam Malone cheerfully regaled the group with tales of his childhood failures, telling them not to give up if they weren't being showered with praise and plaudits just yet. His message was simple; he was once bullied, wooden legged, happy to blame his physical disability for his lack of academic prowess. A change of heart saw him taking responsibility for his achievements, and making him the successful athlete he is today.

Crowdfunding may have helped him get his blades, but it was his personal steely determination that saw him running through the pain barrier, and in Rio this year he smashed records to bring home one silver and two gold medals.

In Rio, Liam famously enchanted the world's media with his happy disposition, which was again clearly evident at our school. He posed for photographs and passed around one of his special gold medals, as carefree in person as he always appears on television. Some of the spectators may have been forgiven for assuming his success had come easily, but the majority were aware of how his painful bleeding legs had often prevented him from consecutive days training. Yet he persevered to break the records previously set by Oscar Pistorious, winning with acceleration as dazzling as his smile.

In true Kiwi style, our Paralympic superstar explained that he could break more records at the National Athletic Championships in Hamilton in March. Liam could become the fastest Kiwi ever. And all his fans at Wakefield School will be cheering him with every bladestep.







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### Content...

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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# **Our Girl Dot Wins the Lot**

What a very deserving recipient for the annual Waimea Weekly shop and win, with the prize going to local volunteer fire fighter Dot Ashton.

Dot does so much in our community to keep the wheels turning in the many local groups she is involved with. These include St John's Ambulance, Target Shooting, and Wakefield and Nelson Bays Trial Riding Club.

Dot puts so much time into organising events for others enjoyment and helping groups succeed with their interests. All this whilst being a mum and wife, and running the family strawberry business, plus working at Wakefield Bistro each morning, and she still puts in several hours in volunteer fire and first aid call outs.

A very surprised Dot was approached by the Waimea Weekly at work. She could not believe her luck; her name was drawn out from over 60,000 entries. Congratulations Dot!









Photos: Local crafts people come together at the Wakefield Bistro and Hotel car park.

In conjunction with Destination Wakefield on the first Sunday of each month, Wakefield Bistro and Hotel opened their car park for local craftspeople to set up stalls and sell their wares.

The next event is on Sunday 5th February 2017; small stall fee depending on stall holders sales.

Contact Jeanette or Dotti at the Bistro or phone 0275 450 648.



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# **Tai Chi Beginners Class**

by Fran Nicoll

Our band of 2016 Wakefield Tai Chi beginners still agree that learning Tai Chi is great fun and most rewarding. We are also much more relaxed with the idea of learning by approximation and body memory. Of course, that means that most of us still have the most confidence in the first sections of the Tai Chi set of 108 moves!

Next year our 2016 Wakefield Tai Chi Beginners class becomes a daytime continuing class. The focus then for us is to gradually increase our knowledge of the detail within movements. For example, learning more exactly how to move your weight from one leg to another, helps you to more correctly complete a set move, which in turns helps build balanced core strength.

We are also excited that concurrently, the Nelson Branch has agreed to provide a new beginner's class also in the Wakefield Village Hall. By "popular demand", this is to be held on Thursdays 6.30 – 8p.m. Graeme Elder as instructor comes highly recommended by us, and we will offer support by acting as corners.

Please do consider joining the group, whatever your age or level of fitness. Take this is as a warm invitation to check Tai Chi out for yourself, and just turn up on the evening.

A free taster session will be held on Thursday January 26th at 6.30pm with the classes proper starting the following Thursday, February 3rd. The beginner's course is five months long.

Payment is by joining the Taoist Tai Chi Society of NZ and can be made in monthly instalments or by a one off payment. Depending on whether you are waged or unwaged, cost varies between \$18-\$31/ month. Incidentally this gives you other membership benefits.

Once a Tai Chi Society member, you are able, for free, to attend as many other classes in Nelson, across NZ, across the globe as you can find. Tai Chi in Costa Rica anyone? Put it in your diary now!!!









# The Way We Were

# 175 Years of European Settlement in Nelson

Prepared for the Waimea South Historical Society by Roger Batt

To mark this important anniversary which began with the arrival of our pioneer ancestors in 1842, we begin publication this month of a selection of photographs of the houses they constructed in those early days, many of which are taken from the Waimea South's Collection on the Tasman Library's Kete website.

We hope that you will contribute to these by sending in photographs of houses in the district which would have been constructed before World War I. (See notices for further details). These will be published over the next few months.



The William Higgins Gallery built in the second half of 1842 before restoration. Courtesy Cathy Cambridge. Perhaps the oldest cob cottage in NZ still in current use as a dwelling.



A typical settler's cottage in Arrow Street, Wakefield. Sometimes these were extended to a second floor with dormer windows in the roof.



Lord Rutherford's home in Brightwater is an example of a cottage on two levels.



The Wells' home in winter - located just before Reay's Saddle shows how common this type of construction was.



The two-storey cob house that was built by Hans Busch or his son in the 1860's on land at Hoddy's orchard in Hope. Earth from the cellar under the house was used to construct the walls.



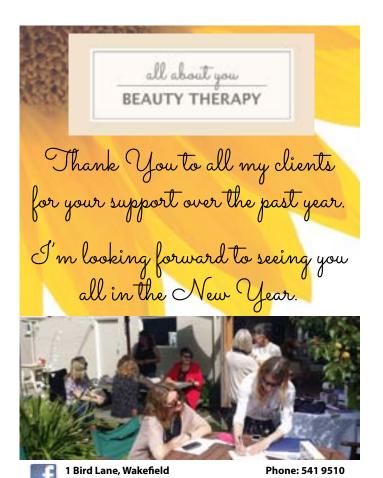
A view inside the cellar showing the stone - lined earth sides.



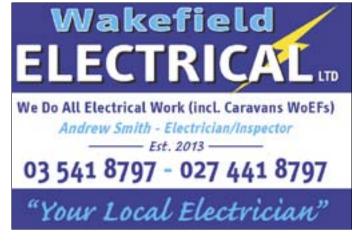








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# **Wakefield Scouts**

by Louis Hornell

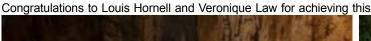
On December 11th Wakefield Scout Group held our end of year function at Ngarua Caves at the top of Takaka Hill. We had a great turnout from our members and their families on the day and with a beautiful sunny day it could not have gone any better. Everyone who wanted to tour through the caves had the opportunity which most people took advantage of while we waited for the barbecue lunch to cook.

After lunch we began our end of year presentation ceremony. Badges were awarded to youth in their sections according to what they had earned, then we invested our new Kea Leader Katrina Grooby, also known as Weka. We thanked our outgoing Group Leader Nick Law and set him a challenge with a tandem hang gliding voucher to show our appreciation of the years of service he has given us. We also rewarded our Treasurer Genie Bradley with a thank you pin and card to acknowledge her tireless contribution to our group.

We were privileged to have two of our leaders, both from the Kea section awarded with their Gilwell Scarf and Wood Badge (beads).



Veronique Law and Louis Hornell with their wood beads.







Above: Keas. Cubs and Scouts in the cave. Right: Katrina Grooby (Weka) being invested.

highest award in Leader Training.

Louis was presented his by his old Scout Leader Allan McCleery who came up from Westport to attend and Veronique was presented hers by Angela Burke the Zone Kea Leader.

It was great to also have Jeanette Ellis, whom is a member of the Baden Powell Guild, join us for the day.

All in all it was a great and positive day for the group.

If you have enquiries regarding Wakefield Scout Group please email wsg4kids@gmail.com or phone/text Louis Hornell on 027 7593 006.



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# Wakefield Volunteer Fire Brigade

The 2016 year has now finished and the new year of 2017 is just starting so let's hope it will be a good one for us all. I hope you all had a Merry Christmas with your family and friends and the start of this new year is going well.

Currently the brigade members are taking a well earned break from our regular training program but they will start back on the first Wednesday in February. If the siren goes off though we will be there to help or assist you if we are called to do so, even on Christmas Day.

We all have to take special care on the roads this year due to the high traffic volumes from the Christmas period as well as State Highway One still being closed due to the earthquakes, so please be patient and please don't take any risks while driving.

Another message for this month is our favourite, the barbecue season, and keeping safety in mind while you are cooking.

# **BBQ Safety**

- Before using a grill, check the connection between the gas tank and the fuel line.
- Do not overfill the gas tank.
- Do not wear loose clothing while cooking at a barbecue.
- · Be careful when using lighter fluid.
- Do not add fluid to an already lit fire because the flame can flashback up into the container and explode.
- · Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately.
- · Supervise children around outdoor grills.
- Dispose of hot coals properly douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in plastic, paper or wooden containers.
- Never grill/barbecue in enclosed areas carbon monoxide could be produced.
- Don't light fires in a fire ban area you could be liable for whatever damage is caused.
- · And finally, make sure your barbecue is completely extinguished when finished.

# **Gas Cylinders**

- · Always ensure there is adequate ventilation.
- Store and install cylinders in an upright position with the valve uppermost.
- Be careful when changing cylinders. Make sure the valve on the empty cylinder is turned off before disconnecting and do not turn on the valve of the full cylinder until it is securely connected.
- When storing on a boat, ensure that cylinders are either secured on deck away from hatches so any escaping gas disperses, or are placed in a properly designed and ventilated container above the water line.

As always take care and be safe Fritz Buckendahl CFO Wakefield



Callouts this month

Total for the year - 85 calls

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Brightwater

Wakefield Village

Lower 88 Valley

Upper 88 Valley

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Medical

Medical

Medical

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Wakefield School & Community Cookbook If you haven't picked up your copy of the Wakefield School and Community Cookbook, then make sure you don't miss out!

Available for purchase from Wakefield Pharmacy, Wakefield Bistro and of course from Wakefield School office [when the office is open] or email ptawakefield@gmail.com to contact a member of the PTA.

If you are a parent or grandparent of the school you may also be interested in the Wakefield School teatowel that has been produced - it contains a caricature of all the children and staff of Wakefield School in 2016.

Wakefield School and Community Cookbook \$20 Tea towel \$12 Package deal [one of each] \$30



# **A Matter of Accounts**

by Sonia Emerson, CA, BBus

# **New Years Resolutions and Reviews**

I hope that you have found some time for rest and relaxation over the Christmas and New Year period, even if you were one of those who worked through the period, like myself. January is often a time for reflection, making New Years Resolutions, and thinking about the year ahead; what we want to be different, what we would like to repeat.

The same is no doubt true for your business, you have probably been thinking about the year ahead. The tax year is still a couple of months off but you don't need to wait until then to review the year just gone, start to make some changes, and hit the ground running in the 2018 income tax year.

In order to plan well for the year ahead, you will be starting to think about your financial plan and/or budgets for the next 12 months period.

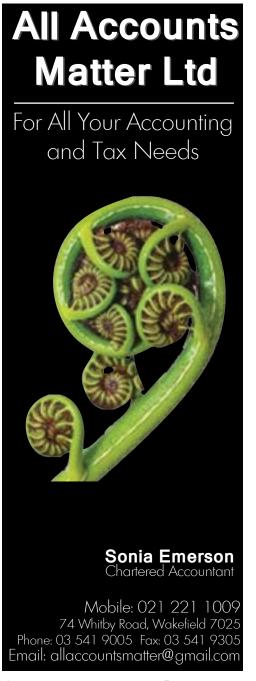
Here are some questions to ask yourself to help get more clarity around your way forward:

- Am I able to access the information I need to analyse my business or am I close enough to operations, and the business simple enough
  that I know exactly where things are at? If not, maybe it's time to look at accounting software or making changes to the software that
  you are currently using.
- · How has the business performed so far compared to budget, last year, industry benchmarks, or as a % of sales?
- Am I selling the right products or right mix of products? Can I add more products to the range?
- Are there new markets or opportunities that I can look at to grow sales?
- Are there value added services I can bring into my business?
- Have any patterns emerged over the months ie have costs increased each month, or are sales showing seasonality?
- Do I need to start sourcing product from new suppliers?
- Can I renegotiate pricing and/or terms with existing suppliers?
- Review your overheads by asking yourself, is this the most efficient way of doing this, or can I find a cheaper alternative?
- What cash needs do I have over the coming months, is this affected by seasonality?
- Where can I source the additional cash I need, or how can I make sure the cash continues to flow on a regular basis?
- · Do I need to purchase any one off assets or am I better to lease?
- Is my business now in a position that I can refinance for a better interest rate?
- Are my customers paying me on time, do I need to "drop" some non profitable customers?
- Do I have slow moving stock that I need to get rid of urgently in order to make a cash injection to more profitable stock?
- Have I been regularly invoicing out my work in progress, or have I been waiting until the end of the job before invoicing?
- What profits have I been making on individual jobs or types of jobs?

These are just a few questions to help you with the review process. Good luck!

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.





# **Town and Country Talk**

by Brenda Halliwell

# **GETTING PREPARED FOR SUMMER!**

This month a reminder about two common seasonal problems for our farm animals. I have written about both previously so apologies if this is nothing new. However we do see both diseases every summer - sometimes in epidemic proportions.

# FACIAL ECZEMA – NOT JUST A DISEASE OF THE SKIN

Facial Eczema is a disease of sheep, cattle, goats, alpacas and deer but not horses. It occurs in warm, moist summer conditions and continues into autumn. The cause is a toxin produced by the spores of a fungus in the base of the pasture. When eaten, the toxin damages the liver and a substance called phylloerythrin starts circulating in the blood. When exposed to sunlight, phylloerythrin releases energy and causes skin damage identical to severe sunburn.

Affected sheep usually have drooping ears and swollen eyelids. They shake their heads and rub on fences resulting in sores and bleeding. These sores can become flystruck. Sheep are desperate to find shade and won't come out to eat or drink. They can die very quickly. Cows will have reddening and flaking skin on hairless and white skin areas. They are also desperate to find shade and are restless and itchy. Affected skin can be raw and painful.

Be aware that by the time you see skin lesions most of the liver damage has already occurred and that up to 50% of the mob can have liver damage without showing skin lesions. With Facial Eczema it is this unseen liver disease that results in a major reduction of farm profitability through:

- decreased production
  - decreased reproductive performance at next mating
- increased death and culling rate
- metabolic problems and deaths around calving/lambing period

There is little that can be done once cows/sheep start showing symptoms because liver damage has already occurred. Blood tests can indicate the severity of liver damage and herd/flock exposure. Doses of vitamin B12 can help in the acute stages. Zinc supplementation is essential to prevent further damage.

Prevention is always better than treatment:

- Feed crop during risk periods
- Do spore counts and shift stock to lower risk paddocks
- Drench with zinc preparations daily or weekly as necessary
- Slow release zinc boluses give six weeks protection

Bring us your grass samples for spore counts – knowing what is happening on other farms is interesting, knowing what is happening on YOUR farm is relevant and valuable!.



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# RYEGRASS STAGGERS

We are again seeing cases of Ryegrass Staggers on farms. This is a disease caused by toxins produced by a fungus present in some types of Ryegrass. It usually occurs during summer and autumn when pasture levels are low and animals graze closer to the ground. The symptoms are tremors, jerky movements and staggering. It affects cows, sheep, deer and horses, and alpaca are particularly susceptible.

Ryegrass staggers is not fatal but affected animals are in danger of accidents such as getting caught in fences or falling into streams. They may also eat less and not drink enough. There is no specific antidote – the main treatment is getting affected animals off the ryegrass pasture and onto some other type of feed or safe ryegrass. Affected animals can take weeks to recover.

There are many causes of staggering, tremors and abnormal behavior — if you are not sure, it is best to get the vet out — sooner rather than later!

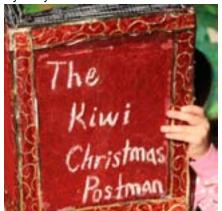


# **Wakefield School**

# The Kiwi Christmas Postman

All students in Matai syndicate contributed to two sell out evening performances and a matinee of The Kiwi Christmas Postman. The show contained a mixture of songs, dance, mime and drama. The children are to be congratulated on their show.

I liked the scary wood. It wasn't scary for me. I was so good. I couldn't wait to go up on the stage. I was so excited. I felt happy. By Kody - Matai Kereru



I liked the Santa scene because I liked their costumes. By Jasmine - Matai Kereru

I liked the Humpty Dumpty. It was funny because he cracked his head.

By Maisie - Matai Kereru



















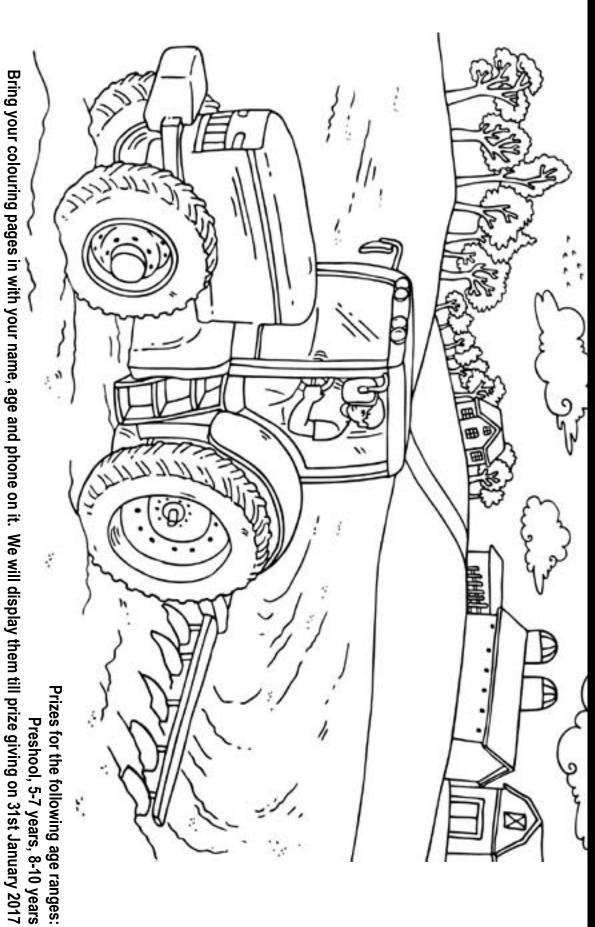
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# ANSWERS FROM THE QUIZ FROM LAST MONTH

- 1. Which British monarch (born 1865, died 1936) introduced the custom of giving thousands of Christmas puddings to staff? King George V
- 2. Very loosely related to Christmas, the predatory animal 'uncia uncia' is better known by what name? Snow leopard
- 3. The Latin word meaning 'coming' gave us what term which still refers to the coming Christmas period, and also to a particular tradition popular with children?

Advent (as in advent calendars - the 'coming' basically refers to the birth of Christ)

- 4. Which southern central US state, whose capital city has the same name, was the last to recognise Christmas as an official holiday? Oklahoma
- 5. The fortified wine drink, sherry, is named after what town?

Jerez (Spain - in Spanish, sherry is called Vino de Jerez)

- 6. Which Christmas condiment is made from fruit sometimes referred to as marshworts? Cranberry sauce
- 7. Which famous comedy double-act partner made the first ever UK mobile phone call, New Year's Day, 1985? Ernie Wise
- 8. Christmas Crackers was the first Christmas edition of which popular UK comedy series? Only Fools and Horse
- 9. What is a baby turkey more correctly called, other than a chick?
  Poult
- 10. What is the greatest-selling Christmas single of all time?
  Bing Crosby White Christmas



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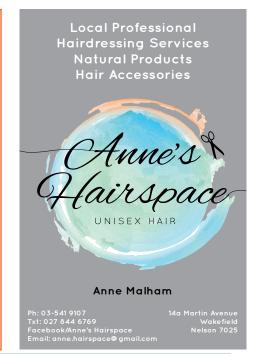
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# **Pack Gear Go**

# Feeding Hungry Troops on the Go

by Lucy Pearson, Co-Owner PackGearGo

Napoleon Bonaparte once said that 'An army marches on its stomach'! Well the same can be said about kids! Getting the family out into the great outdoors is just about one of the best things to do with your day, but it can become a very long, teeth pulling exercise if your 'troops' aren't properly fueled up.

# Keep them hydrated

First and foremost make sure there is plenty of water available to drink. Choose the size of your child's bottle carefully so that they don't have to carry heaps of excess water. Remember one litre of water weighs one kilogram. If you are planning a longer tramp (or the weather is hot) and feel that your child will need more water than they can carry you have two choices, either you as the adult can carry some extra to top them up, or you can use some of the cool 'water treatment' options like filter straws which means you can drink straight from the local stream or lake.



The other thing to consider is how much gear I should expect my child to take. Of course this will in part depend on your child but as a rule a child's backpack should weigh no more than 10% of their body weight. It is also important that the pack fits well... but that's a whole other story.

So back to the food. Once you have an idea of how much your child can carry, time to think about what to take. It again depends on your child's individual likes but also you need to consider what type of tramp you are doing. Is it just a short 30 minute walk, or a whole day, do you need lunch or just a snack?

# Easy access snacks

Depending on the design of the child's backpack have quick access snacks that you can eat along the way. These snacks should give your child a quick energy boost, but also provide some more sustained energy. Scroggin (nuts and dried fruit) is a brilliant quick snack. It is easy to eat and doesn't melt in the heat. Other options could include some fruit (make sure it's not the 'dribbly' messy kind).

If you are stopping for lunch, have something that is not too heavy as you still need to walk back home or to the car. Sarnies are always a good option with some chicken or ham, and salad. The carbs will give the kids a quick energy boost whilst the protein will help sustain their efforts on the way home.

# Aim for 'nude food'

If possible try and aim for as little rubbish as possible. Remember what you take with you needs to come back and be disposed of responsibly. Lunch boxes with sealed compartments can be really handy for this and make it quick and easy for the kids to access with minimal fuss.

If your family is anything like ours you'll need a few secret weapons. For us it's the occasional lolly (sweets), or in the winter a wee bit of chocolate. Save them for the dire moments when a little extra 'rocket' fuel is needed, and of course keep them in Mum and Dad's pack!



What's your fail-safe fuel guaranteed to keep your little explorers going until the next rest stop? We would love to hear your tips and tricks. Come and see us at the shop or flick us an email or text





# Great gear from people who use it

Show room open every Thursday 4pm to 8pm or by appointment

10% - 50% OFF Stoves, Hydration, Sleeping & Kids Gear







WARREN and LUCY

167 Whitby Road, Wakefield, Nelson, 7025 m:027 309 4256 e:sales@packgeargo.co.nz www.packgeargo.co.nz

# **Beehives Suffer Damage**

by Christine Grieder

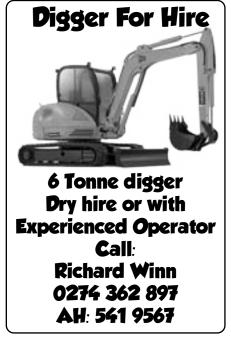
Someone in the district has sprayed their plants while they are flowering, resulting in thousands of bees dead, at least one hive dead and several depleted to the point of being useless for honey production.

People are urged when spraying, both insecticide and herbicide, not to do it while the plants are flowering.

The photograph below shows a pile of dead bees, 5cm thick at some points, at the hive entrance.











# Mobile Feet Podiatry



Now available at Wakefield Health Centre Phone Carole to book

Mobile: 021 0247 4037 | A/H 03 9275120

Email: carole@mobilefeet.co.nz

www.mobilefeet.co.nz

**OPENING SOON** Friday 17th February 9.30am



# 10 Clifford Road (State Highway 6) Wakefield 7025

Brother and sister, Diana and John Wilkins both recent Wakefield residents have joined forces and expertise to bring a new store to Wakefield. Specialising in Vintage up cycled furniture and furnishings, also on offer, an unique range of new and vintage giftware.

> Opening hours Tuesday to Sunday 9.30am - 5.30pm

# **Wakefield Bowling Club**

by Tony Eames

The December tournament was sponsored by Specsavers, Richmond and was won by Monica Kennedy, Colleen Lankshear and Helen White from the Richmond Club. John and Pauline Cawthra's team from Motueka was runner up and the Wakefield team of Stu Peterson, Kevin Galvin and Don Sixtus was third. Thanks to Westmeats for a special deal on hams for the tournament prizes and the Christmas raffle.

Following on from the Women's team success in the Interclub 7s, the Men's team finished third in Division 1, having been promoted from last season. The Pairs was Stu Peterson and Kevin Galvin, the Fours Gordon Hope, Ron Charles, Peter Sisterson and Peter Fitzwater with Tony Eames playing the Singles.

We have an end of year tournament on Wednesday 28 December with the monthly tournament on 18 January. Wakefield is hosting the Nelson Centre Women's Pairs on 17 December and the Centre Mixed Triples on 4th and 5th January so we will have some of the top players in the region playing here. Please feel welcome to call in to watch.

Community Bowls on Thursday evenings has been badly disrupted by the weather but if anyone is interested in playing bowls please come along to our social roll ups on Monday and Friday afternoons or contact Tony on 5418316 to arrange a time to meet.

Congratulations to the Black Jacks NZ team who performed so well at the recent World Bowls Championships in Christchurch, especially the five players with Nelson connections.

There are few sports where you can play with and against World Champions in local club competitions.

Indeed the Wakefield team of Gordon Hope and Peter Fitzwater is drawn to play Shannon McIlroy in the Centre Pairs, Shannon's first game since winning the World Singles title.

Thanks to all those who have donated metal for our collection; this is an ongoing fund raiser for the club.

If you have any scrap metal, wiring, old batteries, etc please contact Trevor on 541 8855.

Winners of Wakefield Bowling Club Christmas hamper raffle - tickets:

0759 - T Jones of Foxhill

0644 - Linda Mitchell of Wakefield

0699 - Vanessa Beard of Brightwater.

Photo: the Wakefield Men's 7s team: back row Peter Sisterson, Stu Peterson, Kevin Galvin; front row Tony Eames, Peter Fitzwater, Gordon Hope, Ron Charles.



# WAKEFIELDQUARRY

Drainage metal: Hard fill: Basecourse 70mm: Topcourse 40mm & 20mm

Landscape rock: Lime: Firewood

You Collect or We'll Deliver



566 Church Valley Road, Wakefield Ph: 5419093 Mon - Fri 7.30am - 5pm

# **Health & Wellbeing - Physio**

# The ICE versus HEAT debate

By Kate West, Physiotherapist (BPhty) at Wakefield Physio

Applying ice or using heat on your body can be an effective way to relieve pain. However, it can be a little confusing deciding which one is best to use. To guide your decision it is helpful to understand why we use each one, when to use them and the effect it has on our body.

### ICF

With injury your body automatically starts an inflammatory response. This is a natural mechanism where the body tries to clean up and repair the damaged area. With inflammation you may experience pain, redness, swelling, bruising and heat in the affected area. Inflammation lasts for the first 72 hours following injury.

By applying ice we are trying to limit or slow the amount of inflammation in that area. Too much blood flow can lead to more bruising and more swelling to the area. And this can cause further damage to the surrounding structures and can increase the healing time. Remember R.I.C.E? At this stage you also need to rest, compress and elevate.

### **HEAT**

Applying heat helps to reduce pain, muscle spasm, muscle tightness and joint stiffness as it has a relaxing effect on muscles and joints.

Heat is also beneficial after the inflammatory phase of an injury. By increasing the blood flow more nutrients and oxygen accumulate at the damaged area helping the area to heal.

But always remember, if there are still signs of inflammation after the first 72 hours then you need to still continue with ice

For sufferers of arthritis when to ice or heat can be a little trickier. As a general rule if your joints are stiff then heat will help to relax them. If your joints are swollen then apply ice.

Please remember that both heat and ice can burn your skin, so be vigilant when applying.

	Ice	Heat
What it does to the body:	<b>Reduce</b> s blood flow to the immediate area.	Increases blood flow to the immediate area.
Suitable for:	Strains, sprain and bruises.	Muscle soreness, joint stiffness or general aches.
How to apply:	Use cold packs or crushed ice in a damp tea towel.	Use a wheat bag or a hot water bottle
How often:	Start immediately following injury. Apply for 10 minutes, every two hours. Continue this for 48-72 hours. For smaller regions of your body such as your hand or fingers then apply ice for 5 minutes. After 72 hours if there is no improvement, seek medical advice.	Apply for 15 to 20 minutes, and as regularly as you like.





Kate West NZRP, BPhty

Accident & Sports Injuries Neck & Back Pain Vestibular Rehab

All Sprains & Strains
Pre/ Post Surgical rehab

**ACC & PRIVATE TREATMENTS** 

# 03 541 8911

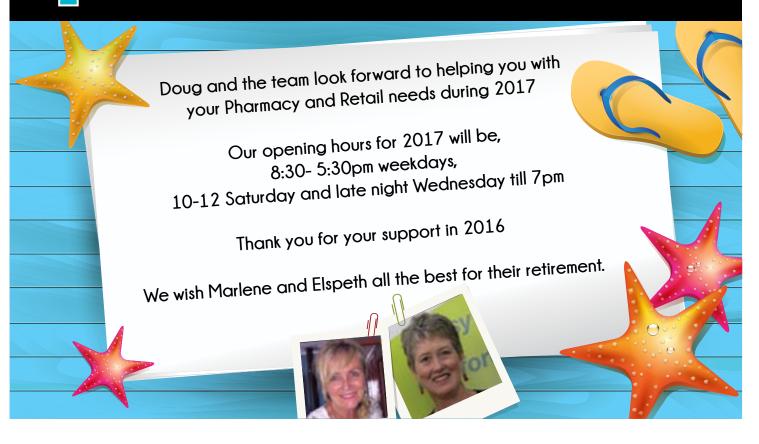
At the **WAKEFIELD HEALTH CENTRE** 12 Edward Street, Wakefield info@wakefieldphysiotherapy.co.nz www.wakefieldphysiotherapy.co.nz



# WAKEFIELD PHARMACY

the caring pharmacy

Join us on our FACEBOOK page and be in the draw to win our monthly prize www.wakefieldpharmacy.co.nz





# Fighting for a fairer future.



# **Wakefield Playcentre**

by Liz Ashburner

The run-up to the summer holidays is busy for everyone and Playcentre is no exception. As well as our usual energetic sessions, this month we had not one but two Christmas parties!

First we celebrated with the rest of the centres from the Nelson region at Rabbit Island. We had morning tea on one of the grass areas before heading down to the beach for wave jumping and sand play. Each of the centres had brought toys so there were musical instruments, balls, bubbles and, of course, buckets and spades. It was great to see so many people from the other centres and realise just how strong Playcentre is in our region.

Later in the month we had a great turn out for our centre Christmas party. We started with a lovely shared morning tea outside before a surprise visit from

Santa and his reindeer. There were some very excited children and it is wonderful to see the season come alive for some of our younger tamariki. Thanks to Wild Oats Farm and the big red man for supplying the magic!

Also this month we visited Kim and Tane's farm. They currently have lots of piglets as well as sheep, sows and chickens. The children enjoyed meeting the piglets and helping collect eggs.

Thanks to Kim for hosting us.

As a not-for-profit organisation, we couldn't operate without the backing of a great community. So as we look back over a 2016 we would like thank everyone who has helped out over the year: Wakefield School (in particular Bruce and the new entrants team), The Country Players, Wild Oats Farm, The Sprig and Fern Brightwater, our caring and enthusiastic supervisors Wendy and Donna and of course all our wonderful children and parents.

Ngā mihi o te tau hou. We look forward to seeing you back at Playcentre on January 31st for another year of play, fun and learning.











Kids, Adults
Costume Hire,
Party Accessories
and Gifts

Shop Hours Tues, Wed, Friday 10 - 5pm, Thurs 10 - 6.30pm, Sat 10 - 1.30 pm

136 Queen Street Ph 5444 699 or 021 313 140





P.O. Box 62, Brightwater, 7051

# 2016/17 SEASON EVENTS.

"On Steam" first Sunday monthly, September to May. (January on the 2<sup>nd</sup> day of the month.) These days are also part of **Destination Wakefield** where many attractions and lunch venues around the Village are all open together for a great day out. Higgins Heritage Park sheds are open on the 3<sup>nd</sup> Sundays monthly until winter.

Sunday 4th September: On Steam, and Classic & Collectable Car Show.

Sunday 2nd October:

On Steam.

Sunday 16th October:

On Steam for Touring Classic Trucks. All welcome.

Sunday 6th November:

On Steam.

Sat. & Sun. 12th & 13th November:

On Steam and Logging Weekend.

Sunday 4th December:

On Steam.

Monday 2<sup>nd</sup> January: Sat. & Sun. January: On Steam, coincides with Wakefield Craft Day. On Steam and Vintage Machinery Club Show.

Sunday 5th February:

On Steam.

Sat. & Sun. 4<sup>th</sup> & 5<sup>th</sup> March:

On Steam and Transport Museum Show

Sunday 2nd April:

On Steam.

Sunday 7th May:

Last Steam Day, and Military Re-enactment

Action Day.

Sheds will be open only on first Sunday of June, July and August for winter. Special visits may be arranged with Park Manager. (Allan, 027 319 7427)

# **AVAILABLE TO RENT**

TOTARA VIEW COTTAGE 164 Totara View Road, Wakefield



Furnished - One bedroom (queen bed) with ensuite shower and toilet.

Living area with heat pump, kitchen with underfloor heating, laundry, study area. Linen and towels included.

Rent - \$250 per week incl electricity and gas

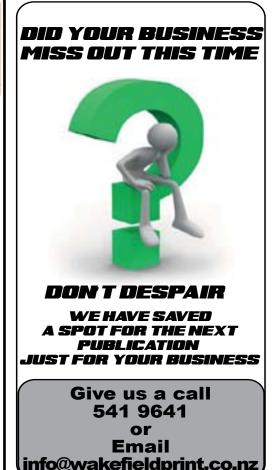
Contact: 03 541 9689 or 027 364 0073

# Check out our Focus Wakefield Facebook page

www.facebook.com/FocusWakefield

Share your stories, photos, events with the community.

Post items wanted, for sale, help needed etc...





# REACH YOUR HEALTH GOALS

Your friendly community Chiropractors are here to help you and your family reach your health goals

X-rays onsite, ACC registered Experienced with sport and work injuries, performance enhancement and whole family care (0-100 years)





Call 03 544 4554 Monday – Saturday
Tasman Bay Chiropractic, 64 Oxford Street Richmond
www.tasmanbaychiropractic.co.nz

# **RURAL POST**

Contact Nick & Jackie Costley

For all your RD2 Wakefield postal needs, including
 Prepaid Bags ● Stamps ● Local freight from Wakefield, Dovedale and Tapawera.

Prescriptions from Wakefield.

Nick - 027 541 8581 Phone 541 8581

# Admire Nails & Beauty

# For all your beauty requirements

- \* Waxing
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- \* Spray Tanning
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- \* Make Up
- \* Swedish Massage
- \* Skincare
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027 <u>5</u>37 9600



# Southfuels Spring Grove

Check our board – we're 6c cheaper everyday – no voucher or card required, no minimum spend

Fuel up at Southfuels Spring Grove and help support Wakefield School.



Every time you fuel up 1 cent for every 2 litres purchased goes back to the school by way of a Southfuels Donation

# 24/7 Outdoor Payment Terminal

Available with all eftpos, z card, major credit cards



Ph **541 8444**Fax 541 8445
Main Rd North
Wakefield, Nelson
springgrove@xtra.co.nz

# Quiz

# THIS MONTHS QUESTIONS

- What was the first song in the US and UK to sell over one million digital copies within a week of its release.
- 2. How many Olympic medals has Michael Phelps won?
- What was the cargo of the SS Ventnor, which struck a reef off the coast of Taranaki in 1902 New Plymouth, and then foundered off the coast of the Hokianga Head.
- 4. What Education Act did New Zealand introduce in 1877?
- 5. When did New York first celebrate the New Year in Times Square and why?
- Which country traditionally eats grapes at midnight at New Year and why?.
- 7. Who is Donald Trump's Vice President?
- 8. Who first recognised January 1st as the beginning of the New Year?
- 9. New Year's resolutions date back to early Babylon 4000 years ago. What was a popular Babylonian resolution?
- 10. January is named after what Roman God?
- 11. What was the first day of the year prior to 1750?

# **Community Notices**



# **WAIMEA AREA QUILTERS**

Our first meeting for 2017 will be our

ANNUAL SUMMER SEW DAY ON

SATURDAY 21<sup>ST</sup> JANUARY 2017

From 9.30pm – 3.30pm

164 TOTARA VIEW ROAD.
RD1 WAKEFIELD

Please let Sue know if you are bringing your machine or hand sewing 03 541 9689 or <a href="mailto:kiwiisb@snap.net.nz">kiwiisb@snap.net.nz</a>

Please bring the following: Yourself! Your lunch or food to share,
Machines or hand sewing, any show and tell items you may have.

Tea/Coffee provided.

New ladies always welcome to our friendly group! Please contact below for information.

Contacts: Judy-Anne on 5422104, email: judyannesmb@gmail.com
Or Marilyn on 541 8435, email: gibbs@ts.co.nz

# **BETTER THAN BEFORE GROUP**

Want to set an intention for the new year? Let's meet as a small group and to motivate each other

Wednesday 4 January 7pm

William Higgins Cobb Cottage, 170 Main Road, Spring Grove

Email kathycambridge@yahoo.co.nz [Put "group" in the subject line]

# WANTED -ROVING REPORTERS

Window on Wakefield are looking for more volunteer roving reporters.

Please contact us on windowonwakefield@gmail.com

Do You Have Photos of Historical Interest That You Would Like to See Preserved For the Benefit of Future Generations?

Waimea South Historical Society would be happy to take care of them for you.

They would be housed in the Tasman District Library and become part of our collection.

Like the George Lawrence Collection they would eventually become digitised and available on-line as part of the Kete Website.

If you wanted to keep them but thought they would be of interest to others they could be copied and dealt with in the same way.

Just make contact with our Secretary: Jeanine Price Phone 03-542- 3033 or e-mail jandwprice@outlook.com



Come and join the ladies Craft Group held on Wednesday mornings in the Fire Brigade Supper Room Pigeon Valley Road 9.00am - 12pm

Bring any project - sewing, knitting, crochet.
Learn to knit or crochet or just come for a look
and join us for tea, coffee and company.
Small donation

For more information phone Judy on 5418342

Wakefield Craft Group start back on 18th January 2017.

See you then. Hope everyone had a great xmas.



# **Community Notices**



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 – 12.00 pm

Wakefield Village Hall – Supper Room \$4 per session/cup of tea included

For more information contact:
Fiona - P: 027 767 7909
E: kahurangicottage@gmail.com
or Sonja – P: 541 8176
E: sonjal@ts.co.nz

# **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.

# WAKEFIELD BOWLING CLUB

Wanted scrap metal, appliances, old wiring, old car batteries, etc -

Wakefield Bowling Club is willing to collect any items.

Please phone Trevor on 5418855

# ST JOHN'S ANGLICAN CHURCH COMMUNITY LUNCHES

The monthly community lunches have now finished for this year.

They will recommence on 16th February 2017.

We look forward to seeing you all there as usual.

# WAIMEA PLUNKET PLAYGROUP

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

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

# WAKEFIELD JUNIOR TENNIS

Fridays Term 4 and Term 1

To register visit www.caldertennis.co.nz

# **FOXHILL TENNIS COURTS**

658 Wakefield-Kohatu Highway (at rear of Rutherford Memorial Hall) FREE PUBLIC USE

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

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

# PERMACULTURE GROUP

Our group meets informally on the 4th Wednesday of the month.

If you are interested in joining us to share knowledge or learn to start growing food organically then ring Diana and Iain on 5418950 for the venue.



WE NEED YOUR
FOR SALES
WANTED
OR HELP REQUESTS

PLEASE CONTACT
541 9005
SOME LIMITATIONS APPLY
PLEASE ASK

# 2017 NELSON'S BIRTHDAY

# **Celebrating 175 Years of European Settlement**

This February it will be 175 years since the first four emigrant ships: *Fifeshire, Mary Ann, Lloyds and Lord Auckland* arrived in Nelson Haven, carrying our pioneer ancestors from Britain. Over the course of the year 15 more would follow.

Window on Wakefield encourages all families, clubs, societies and organisations which are based in and around Wakefield to recognise this in some way during the year.

We would also like to **publish photographs of any houses which were built prior to 1900.** We may have a photo of your house on file, but if you think we haven't please feel free to send us one (the most interesting side) in jpg format. Include the name of the family who first owned it and (if possible) the year of construction as well as your address.

Send your e-mail to rogerab@vodafone.net.nz

With the title: Nelson's 175<sup>th</sup> Birthday

# **Community Diary & Classifieds**

**FOR FREE**Boxes, bubble-wrap and packing paper.

Handy for moving house! Phone: Marten 5419350

FREE Nov

Hen & Baby chicks to give away to a good

home.

Phone Rachel 541 8763 or 027 286 7927

FOR SALE Nov Sheep Manure \$8.00 per 25kg bag

Can deliver ph: 541 8488

FOR SALE Nov

11 hand, 4 year old broken coloured pony. Well handled but not ridden.

Phone Lorna 541 8979.

FOR SALE Nov

Agapanthus - cheap mature plants. Clearing out section.

Phone 03 265 5066

STORAGE BAYS AVAILABLE

Great for a Motorhome or Boat, Wakefield

Contact: 541 9726 or 0210 833 0261

FOR SALE Dec

Free range eggs \$5.00 per dozen Ph Gail 541 9701

**FOR SALE** 

Beginners pony 10.1 hands, black and white paint, broken into harness, 11 yrs old. \$2500 or near offer, Ph Gail 541 9701

**FOR SALE** 

Swings - pipe and chain type \$35.00 Ph Marion 541 8018

**FOR FREE** 

Half tractor tyre large, suitable for sandpit Ph Marion 541 8018

**FOR SALE** 

Highline brown pullets from excellent laying stock, quiet, vaccinated and guaranteed. Ph Alison White 021 168 0324

TO RENT Nov

One bedroom self contained cottage, rural farm location, limited cell phone but wifi for permanent rental. \$160 per week.

Phone Kirsty 027 212 8021.

WANTED Nov

Three bedroom house with garage for small family.

Anywhere from Richmond to Wakefield. Rural okay. References available.

Phone Regan 021 103 1020 or 543 2570.

# MONTHLY COMMUNITY CALENDAR

# **JANUARY 2017**

Sun 1
Mon 2
Fri 6
Case 2.30 pm
Tues 10
Sat 14
Sat 21
Sat 21
Sun 31
Sun 31
NEW YEARS DAY
40th Annual Wakefield Craft Fair
Wakefield Community Library open
Wakefield Community Library open
Wakefield Market Day, Village Green
Tai Chi Taster Session, Wakefield Village Hall
Annual Summer Sew Day, Waimea Quilters
Sarau Festival, Moutere Hills Centre

# FEBRUARY 2017

Sun 5 10.00 am Destination Wakefield, various locations





# **WAKEFIELD MARKET DAY**

Saturday 14th January Summer hours 8am to 12pm Welcome - Happy New Year!

Come enjoy the village market - a large array of goods available. We would love you to take home locally grown plants, things made and recycled goods.

BBQ and sites availble, ring Jean 541 8154

# **Community Directory**

**Citizens Advice Bureau** 548 2117 - 0800 367 222

Rutherford Memorial Hall
658 Wakefield-Kohatu Highway, Foxhill
Bookings and enquiries:
Erica Short 541 8882 or
rutherfordmemorial.hall@gmail.com

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 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 Chris Olaman 027 541 9029 Ian Radcliffe 021 0244 6459

Wakefield Medical Centre 541 8911

Wakefield Pharmacy 5418418 doug@wakefieldpharmacy.co.nz

Wakefield Playcentre Contact: 541 8866

Wakefield School Edward Street 541 8332

Wakefield Scout Group wsg4kids@gmail.com

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

Wakefield Volunteer Fire Brigade DCFO Fritz Buckendahl 027 224 4162

Justice of the Peace Katie Greer 896 Wakefield/Kohatu Highway Ph 021 547 756 Country Players (Drama)
Jen Amosa 541 8139

enquiries@countryplayers.org.nz www.countryplayers.wordpress.com

> 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, Thurs 9.30am Parish Preist Seth Pijfers 544 8987

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

Wakefield Book Group Mahala White - 541 8933 or Chrissy Harris - 541 9596

Wakefield Bush Restoration Society Doug South 541 8980

> Wakefield Craft Fair Leanne and Glen Turner 541 8306

Wakefield Plunket Donna Todd 541 8583

Wakefield School/ Community Swimming Pool Phill Platt 027 231 7610

Target Shooting Wakefield targetshootingwakefield@gmail.com Contact: Dot Ashton 541 8989 or 027 543 0529

Wakefield Rest Home Ltd Cath Smart - Manager Rita O'Neil - Clinical 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 focuswakefield@gmail.com

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 South Historical Society Arnold Clark 544 7834

Wakefield Bowling Club Margaret Eames 541 8316

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

Wakefield Community Council Sonia Emerson 541 9005

Wakefield Indoor Bowls Club Ren Olykan 541 8275

> Wakefield Preschool Contact: 541 8086

Wakefield School PTA ptawakefield@gmail.com

Wakefield Tennis Club Ngaire Calder 541 9419

Wakefield Village Hall Rob Merilees 541 8598

St. John's Worship Centre Nigel Massey 541 8857

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

> Window on Wakefield Articles & Content - 541 9005 Sonia Emerson

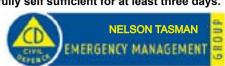
# **CIVIL DEFENCE - WAKEFIELD AREA COMMUNITY RESPONSE**

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

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

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

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







# wishing all of Wakefield a happy 2017

# FREE qualified advice about your home's value is only a phone call away.

I love giving back to our fantastic community and am so proud to support the following organisations

















**Wendy Pearson** 

M 021 567 722

P 541 9667

E wendy.pearson@tallpoppy.co.nz

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