

WINDOW ON WAKEFIELD

Your Local News

Issue 5 March 2013

Wakefield Rowers Win Gold

We're really proud of our local rowers and their dedication to their sport. After training hard over spring and summer, it's now regatta season for the Nelson Rowing Club.

On 2nd February the Club competed at the 2013 Meridian South Island Club Championship at Lake Ruataniwha, in Twizel.

Sean Ducray (Wakefield), Sam Johnston (Appleby) and their teammates won three gold medals (Boys under-17 double sculls, Men's under-19 coxless pair and Boys under-17 coxed quadruple sculls) and one silver medal (Men's club coxless quadruple sculls). Both Sean and Sam are in Year 12 at Waimea College.

Last year at the Annual Nelson Sports Awards they were presented the Nelson Mail junior sports team award following gold medals in the New Zealand secondary schools under-16 and South Island secondary schools under-16 and under-17 double sculls finals.



Sean Ducray and Sam Johnston with their gold medal and trophy for the Men's under-19 coxless pair [above].
Sasha Cullum and Tessa Smith with their gold medal [below].

The girls were also well represented in the medal haul at this year's South Island club champs. Sasha Cullum (Wakefield) and Tessa Smith (Nelson) won one gold medal (Girls under-15 double sculls).

With their teammates they placed for silver (Girls under-15 coxed quadruple sculls). Tessa and Sasha attend Nelson College for Girls.

We wish our rowers all the best for the remainder of the season with the upcoming national rowing champs, the South Island and New Zealand secondary school championships.

Author Lynne Scanlen



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WINDOW ON WAKEFIELD

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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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Due out the first full week of each month

All Advertising to be submitted by the 20th of the Month prior
 All Content to be submitted by the **23rd** of the Month prior
 For Advertising please contact Wakefield Print Ltd 541 9641
 For Content please contact All Accounts Matter Ltd 541 9005



News from Wakefield School

Wakefield School Holiday Reading Programme

Compiled and written by Year 6 school reporters; Finn de Hamel, Dylan Elwood, Connor O'Toole, Ronan Thompson, Tayla Briggs, Hannah Sims, Jennifer Lawson and Saskia Guymer.

The future of reading at Wakefield School is looking bright, as for the third year running many children have been involved in the holiday reading programme. Over the school holidays, 20 children were encouraged to read books from the Wakefield School library. Every week they came in and were given small prizes as incentives and motivation to encourage them to keep reading more.

Sue McLaren, deputy principal and co-ordinator of the reading programme said the reading programme "was designed to encourage children to keep on reading throughout the holidays". A similar reading programme is run by the Richmond library but it is difficult to get into, has a cost to the parents and Wakefield parents have to drive in and out of Richmond. Staff, students and parents on the Wakefield programme all had to make a big commitment to the programme. Students had to agree to read 5 days a week throughout the holidays. Parents had to commit to make sure their children's reading log was filled in and had to make sure their child got to the library every Wednesday. Some school staff had to be at school every Wednesday to talk to the children about their reading. Sue McLaren said "The children were very keen to come into the library and share what they read and get more books out" and she thinks it was a huge success.



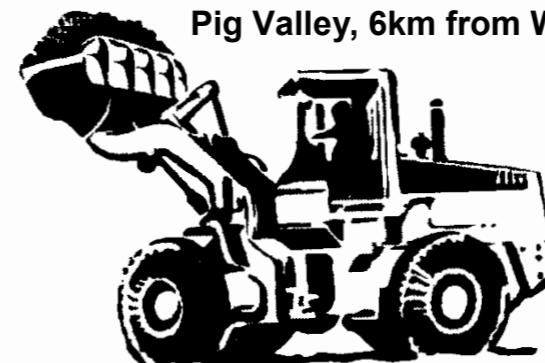
Kathy Ameen, school librarian, has been involved with the programme since the beginning. She says "It's a fantastic idea, because the library has a lot more selection of books because all the books have been returned at the end of the year". Her job was to help set up letters to parents and she came in on Wednesdays to issue and return books. She also needed to discuss the books with the kids and make sure they were at the right level for them. She loves seeing kids getting enjoyment from books and really enjoyed working in the programme. She hopes to see even more kids involved next year.

The children participating were also excited. Jed Douglas-Solly aged 8, said "I liked discovering new worlds and getting rewards." Piper Blackburn, aged 8, said "It was easy and fun." Bradley Emerson, aged 7, loved reading non-fiction books. Parents had to fill out an evaluation form at the end of the programme and they also felt it was very successful. One parent said her child even insisted on reading on Christmas Day to keep up with the reading record! Another parent said the programme helped to maintain the reading levels over the summer break where the reading would usually drop off. Parents also said having rewards and incentives every week took away some of the frustration their children had around reading and made it positive.

This amazing programme would not have been possible without our wonderful sponsors; Mr & Mrs Hitchcock from 88 Valley Engineering, Konica Minolta, Mr Turner from the Craft Fair Trust, Waimea Contract Carriers, Mr Andrews [the husband of a book rep and former student at Wakefield School], Mrs Mitchell - school teacher. A huge thank-you goes to all of these sponsors. Your donations have motivated and excited many children. Wakefield School hopes the programme will continue again next year.

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Womans Biz Meetings

Womans Biz had its first meeting for the year on Friday 22nd February at Hidden Gift Shop, Gallery and Sculpture Garden on the Motueka Valley Highway. A huge thanks to Rachel Carson for hosting us.

We had a fabulous turnout for our first meeting of the year. Emma Panting, a local artist, showcased her work and gave us a very interesting and informative insight into how she creates her masterpieces. It is clear that Emma is very passionate about her talent and all our ladies were incredibly fascinated by the process she takes from start to finish. Emma is running workshops from her studio in Motupiko for both adults and children.

We also had the opportunity to browse Rachel's incredible gift shop. If you are looking for the perfect gift then take a drive out to visit Rachel and David. You can have coffee and cake and also take a walk around the sculpture garden to check out Davids creations. The gallery also showcases many works from local artists.

Our next Womans Biz meeting is to be held on Friday March 22nd [due to Easter], 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 Womans Biz is for you.

To find out more contact
Justyne 5224488
Sonia on 5419005.

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Wakefield Playcentre



Firstly, welcome to all the new families coming to Playcentre. It's great to see some new faces. A special farewell to Payton who is off to Wakefield School. We wish him all the very best and will miss his cheerful face, but look forward to chatting through the fence.

Our vegetable garden has been busy growing during the holidays much to the delight of the children. Our pumpkins are looking fantastic and we are looking forward to making some pumpkin muffins and soup when the weather cools down.

This term we will again be doing the Quiz nights on a Thursday at the Sprig and Fern in Brightwater. These are always popular and if you want to get a team together, please come on down to support us. If you want to get your kids socialising with other children, want them to have fun, and want them to grow and learn in an awesome setting then come and see us. Playcentre sessions are run Monday to Friday from 9.30am to 12pm during school terms.

Give Wendy or Jen a call on 5418866 if you have any questions.



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Wakefield Welcomes



...Laurie and Joe Dada-Maroni and their three year old twin boys, Piper and Beckett. The family have recently moved to Eighty Eight Valley and they split their time between Newport Beach, California USA and Wakefield.

Lots of folks ask them "What made you choose NZ to move to, and why Wakefield?" and their answer is that they came to NZ seven times over the past 15 years, which saw them travelling to almost every area on both the North and South Islands. They fell in love with NZ because of the wonderfully friendly and inviting people; the beautiful mountains, trees, lakes & oceans, and the solid family values.

The Wakefield area in particular became their focus because of it's proximity to Abel Tasman and Nelson, and the warm summer weather. What put the icing on the cake in choosing this area was the warmth and friendliness of the



Last Straw Cottage owners, where they stayed for several months trying to locate a home to purchase.

They feel incredibly lucky to be part of such an amazing place and are very much enjoying the friendship of their next-door neighbours. They also love the wonderful hospitality and excellent food from Shari and John at Chateau Rhubarbe.

Chateau Rhubarbe CAFE - BAR - PIZZERIA

Whole Wheat Pizza's Available now

	<u>AUTUMN HOURS</u>
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Tuesday-Wednesday	8.30 - 4.00
Thursday	8.30 - 8.00
Friday-Saturday	8.30 - 8.30 (for last seatings)
Sunday	8.30 - 6.00

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Wakefield Community Council Report

A synopsis of the topics we discussed: rubbish around Scout den, Civil Defence response plan accepted. Decision to put in a submission regarding a resource consent application for 97 new sections in Gossey Park subdivision. Our concerns centre around inadequate roading and footpath infrastructure, particularly in regard to the St John's corner dangers. The Village Hall quake rating is well below that of a public building, but it is considered usable until a full report is completed. The Sculpture in the green will be receiving some interior paint maintenance. Roadwise, the main Highway will soon have the 70kph zone extended south of the Village. We continue working on an upgrade for the Chemist shop wall mural.

Focus Wakefield continue to publish the much appreciated Windows on Wakefield monthly publication. This is now online from www.wakefieldprint.co.nz if you would love to have the colour version! Focus have made input into the Wakefield strategic review. Beautification of Edward St is high on their agenda with the increasing cycleway traffic noticeable. Cycleway opening has been postponed until safe accessway options can be provided on the St Johns corner. We also want to be consulted on the proposed cycleway route through Wakefield, which it appears likely will now take cyclists directly into the Village green and shops area.

**WINDOW ON WAKEFIELD NOW ONLINE
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ONLY AT
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The Wakefield Cooking Group



The Wakefield Cooking Group is really taking off. We are seven keen cooks interested in all aspects of the art. We are still in the getting to know each other and planning where our group is going, but already its clear there is a wealth of experience amongst us, and a desire to share that.

Anyone, youngish or oldish, who would like to join us, perhaps for one session to try it out, is welcome. So far we have made bread, Christmas treats, bottled summer, and on Wednesday, 13 March, we'll make/talk about our favourite chutneys and sauces.

Bring along the recipe and a sample of something you've made, or the ingredients and show us how. Our (sometimes hilarious) conversation ranges over many topics not necessarily related to the day's topic. At the next meeting there's a chance of tasting a really yummy/easy ice cream, and the dubious Shoo-fly Pie.

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Wakefield Auto Motoring Tips

10 simple steps to lower your fuel costs

Written by Mta



It's easy to reduce your fuel consumption.

1. Service and tune your vehicle

Regularly service and tune your vehicle as this could reduce your fuel consumption by up to 4%. Also, replace worn components such as spark plugs and regularly change lubricants and filters.

2. Use the recommended grade of oil and fuel

To maximise fuel economy, use the oil and fuel recommended in your owner's handbook.

3. Properly inflate your tyres

Check tyre pressure monthly and before long trips. Underinflated tyres are a significant contributor to increased fuel consumption.

4. Fill it up

You can reduce consumption by filling up. It's better to use most of your fuel before refuelling, as each time you remove the fuel filler cap, fuel evaporates and is lost to the atmosphere. When filling up, stop your fill

at the first click – if you continue filling beyond this, you risk overflowing the tank and wasting fuel.

5. Avoid prolonged idling

Having your vehicle stopped but idling is just consumption for no reason. Modern vehicles are designed to operate efficiently from start up and don't need to be 'warmed up'. If you stop for an extended period, and can restart safely, then consider turning off your engine.

6. Use high gears and cruise control

Use the highest gear, relative to the speed you are travelling, to save fuel and reduce wear. Cruise control (if fitted), helps maintain a constant speed and can reduce fuel consumption when used on long flat roads.

7. Read the road ahead

Avoid quick starts and aggressive driving. You'll save fuel and avoid unnecessary wear and tear. It also helps if you accelerate smoothly, look well ahead and anticipate stops.

8. Clean out your vehicle and remove roof racks

Unnecessary heavy weight burns fuel, so avoid carrying around heavy items if you don't need to. Things like roof racks and storage boxes create unnecessary drag and increase fuel consumption, so if they're not being used, remove them.

9. Avoid rush hour and combine trips

Where possible, avoid rush hour driving as stop-and-go driving burns more fuel. Try to plan ahead and combine several trips into one.

10. Slow down

Fuel consumption increases by around 6 percent for every 10 km/h faster you go over 90 km/h. Besides being the speed limit, for most drivers, 100 km/h is a good compromise between travel time and fuel economy.

Stock Clearance

Cyclone Chainsaw 45CC Motor, 16" bar, carrycase	was \$350	now \$300
Cyclone Brush Cutter 26cc Motor	was \$299	now \$200
Weed Out for general weeds 1L	was \$27.20	now \$22
200ml	was \$11.20	now \$9
Weed Out for woody weeds 200ml	was \$11.80	now \$9
Foliar Nitrophoska Fertiliser 200ml	was \$6.20	now \$5
Squeak mouse bait	was \$10.20	now \$8



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WAIMEA AREA QUILTERS

Waimea Area Quilters are a local group of ladies from the Wakefield, Brightwater and Waimea areas.

We meet once a month on Thursday evenings, 7.30pm at Hope School Library (Paton Rd, Hope) and occasionally at Wakefield St Johns Church Hall. We cater to all levels of quilting from beginners through to the amazing! There are always friendly quilters available who will help and advise you.

The pictured quilt was made by Joyce McCully at a class we ran last year. We also enjoyed a great Christmas Sew Day run by Jenny Broadhead who taught us to make the most delightful Christmas Trees.

This year's challenge is a Block of the Month run by Mary Carter. We are on our first block so plenty of time to join in should you so wish.

We also made heart blocks, as our first meeting (February) fell on Valentine's Day and during the year these will become a charity quilt.

Later this year we have Karen Brodersen teaching a one day crazy patch quilt class and a weekend retreat in August in the Lee Valley.

If you prefer to do your own thing at meetings that's fine! You can bring your machine along and sew to your heart's content.

We are a very happy bunch, have a good library of books and magazines and enjoy great discussions and a cuppa and biscuits. Show and tell brings us an interesting and varied number of quilts which members work on at home – we always enjoy seeing what other ladies have accomplished, it spurs us on to get the UFO's hidden in the cupboard finished!

New members are always welcome at whatever level. We charge \$25.00 a year to join.

Should you be interested, give our Secretary Marilyn a call on 541 8435.

Sue Burrowes
President (541 9689)

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Deadline is flexible, please contact Annie or Amy if you wish to contribute

Congratulations & Commiserations



Ann Baker of Foxhill was our lucky customer to win the January Prize draw of the Kawasaki K226 bike. Congratulations Ann, we will be looking out for you on the Great Taste Trail. Enjoy!

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Wakefield Pharmacy
This month our window will be featuring Inner Health Plus and Maxigesic-double action pain relief; keep an eye on our window.

- Inner Health Plus is a range of probiotics which improves general wellbeing by improving digestive balance. It's suitable for use in infancy and pregnancy. Come in and discuss with our trained staff, what product may help you.
- Maxigesic—a double action pain relief, containing 500mg Paracetamol and 150mg ibuprofen. This product is considered especially useful for tooth pain.

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- Thompsons Glucosamine & Chondroitin for \$59.99
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INJURY PREVENTION

No-one likes being injured. Having an injury can be a debilitating and frustrating experience that can affect work, family and leisure time. However, we can take steps to reduce the chances of being injured. There are many factors that increase our injury risk. These can be classified as intrinsic or extrinsic.

INTRINSIC: Intrinsic factors can include your age, gender, previous injury, body composition and your fitness.

EXTRINSIC: Extrinsic factors are those external to us and can include the environment we are in (eg weather conditions, sporting surface), equipment we use (eg skis, chainsaws) and the people around us (eg fellow workers, sporting opponents).

The more risk factors you have, the more susceptible you are to injury. If these risk factors are combined with a specific event, for example a ladder rung breaking or an opponent tackling you, then an injury can occur.

Take this fictional example:

A forestry worker

Intrinsic factors:

45yrs old, male, overweight, previous back and elbow injuries, poor flexibility and fitness.

Extrinsic factors:

Tree felling with a chainsaw, in steep terrain on a rainy day.

He cannot change his age or gender, however he can modify his body weight, flexibility and/or fitness, thereby reducing his intrinsic risk factors.

The extrinsic factors can be modified to reduce the risk to the worker, ensuring that the equipment used suits the job at hand and possibly working on the flat until the ground is drier.

If we know our risk factors, we can modify these to reduce our risk of injury, and maybe even prevent the injury from happening in the first place.

Kate West
Physiotherapist (NZRP, BPhy)
Wakefield Physio



Kate West BPhy
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Heart To Heart GIVING

Giving is a form of loving. When we give to someone with heart felt intention just because we can and because we care, we are sharing a part of ourself without limitation.

From an energetic perspective the love we are sharing has a direct route to the recipient and there is potential for the love to be received in all its fullness and goodness.

Of course giving isn't just about buying gifts. It's also about giving our time and care, home grown things such as food, flowers and crafts, and sometimes just our presence and conversation.

Each of us has our favourite ways of giving. Of course this means we need awareness to recognise when others are giving to us.

When we give from a place of duty, obligation or because we feel we should, the energetic route to the recipient is less clear; it may be filled with emotion or agendas.

Such barriers can be felt by the recipient, perhaps not always with awareness, but something will just not feel quite right and a discomfort can be created.

Sometimes we may expect that our giving will be reciprocated by the person we are giving to, and when this doesn't occur we may feel disappointed.

Yet creating a life where giving is part of who we are does indeed create a life full of opportunities to receive but these do not necessarily come from those to whom we give. The giving – receiving equation is more of a flow forward than a 'to and fro' kind of movement.

Sometimes when we feel a lack inside of us we may feel a need to give more to others. We hope that this will fill the emptiness inside. And of course to a degree it does. Yet if we are only giving and not receiving we move out of balance.

In time we must accept that we need to give to ourself too. This is an act of self love and helps us to be open to receive more easily from others.



Wakefield Health Centre

SEASONAL INFLUENZA

2013 Flu Vaccines are now available.

Please phone Wakefield Health Centre 5418911 to make an appointment for your Flu Vaccine.

Remember you have to stay at the Health Centre for 20 minutes after your vaccine.

All people can have the Flu Vaccine but some are able to have it for free. The vaccine is **FREE** to the following people:

- All people over 65 years
- Pregnant women
- People with heart disease
- People with respiratory disease eg Asthma
- People with Diabetes
- People with Kidney disease
- People with cancer

The "flu shot" is an inactivated vaccine – this means it contains killed virus, you therefore cannot catch the flu from the vaccine.

It takes about two weeks for the body to develop protection against the flu virus infection.



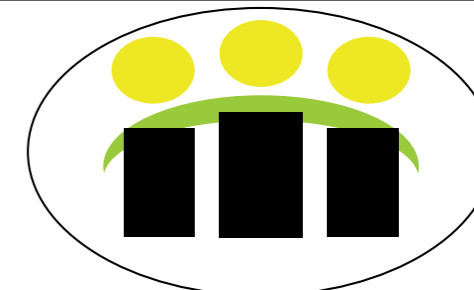
FLU SYMPTOMS

- Fever (not everyone with flu will have fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Sometimes vomiting and diarrhoea

Usually the flu is worse than a cold and can take longer to get better.

IF YOU HAVE 'FLU-LIKE' SYMPTOMS

1. STAY AT HOME
2. DRINK PLENTY OF FLUIDS
3. IF YOU GET WORSE PHONE YOUR DOCTOR OR HEALTHLINE 0800 611 116



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

Hi EVERYONE

This year is certainly going fast.

Its that time of year when schools have gone back and we need to put in a reminder about the speed when passing school buses. The speed you are allowed to do is 20kmph when passing a school bus that is picking up or dropping off children.

It is also a good time to keep an awareness of children that walk to and from school. Sometimes younger children may be unpredictable when crossing streets so if you see children about to cross the road take more care.

Internet fraud has popped it heads up recently. If you are purchasing an item over the internet, try and do all the checks you can to prove that the item actually exists.

With the internet, never give out your password details as the scammers will phone you to say you have an internet or computer problem and then ask you for your passwords.

With summer here and more people on the roads, there is the potential for an increase in motor vehicle crashes. Keeping ourselves safe on the roads is going to be a key focus for us here over this period, with Pete and myself having a very visible presence.

On a good note we have noticed a reduction in the number of motor vehicle crashes that we have had to attend this year, and we have had some pretty harsh conditions to deal with on the roads this year so it is an excellent result and keep it up.

We have a great community spirit in this area so let's keep it going, so keep the information coming to us.

Cheers
S/Const Marty Tutton
Wakefield

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Wakefield Volunteer Fire Brigade Report

So here we are again and as this month beckons the start of Autumn, there are a couple of things worth a mention.

Firstly, did you know that your local volunteer fire brigade also respond to priority ambulance calls? Some of you will know this as perhaps we have visited your home but others of you may not realise until we actually turn up. ☺ It can be quite daunting, when you phone for an ambulance to attend a family member or friend who you're very concerned about, to see our rescue unit arrive at your front door.

So we thought we'd just reassure you that all of us are qualified first responders and have extensive training which is on-going. We are called out to assist St John on calls where time is of the essence or where there is a delay because an ambulance has to come from Nelson rather than Richmond. So please don't worry if the blue and red vehicle arrives before the ambulance, you are - as always - in safe hands. ☺



Now with Autumn at our door a lot of you will be thinking about firewood for the winter. This will mean that you guys will be digging out the chainsaws and axes and maybe even hiring a log-splitter.

So a little safety reminder – please check your equipment before you use it as it may be needing servicing and a little maintenance since the last time you used it and (really important) - when you're splitting and chopping logs - please make sure that 'Dads Little Helpers' are occupied with something else - as stitching digits back on doesn't come under our list of 'things that fire-fighters can do.'

The other thing to make sure of is that the logs are stacked safely so they won't collapse and that they are stacked **away** from the side of your house.

From logs to wood burners. Now is also the time to get your chimney swept. The average price for a chimney sweep is around \$65 to \$70 which is not a huge amount for peace of mind. They will also have a quick look over your log burner at the same time and advise if there's any other maintenance needed.

Chimney fires are not just scary when they happen, they are also messy and however careful we fire-fighters are – putting them out involves water, soot and your carpets so let's try to avoid too many of them this winter.

It's such a shame that we have to ask again!! But there are still kids playing around the fire station on skateboards and bikes etc and as well as the rubbish and litter that they leave behind, they have now taken to melting wax candles all over the tarmac. So as well as attending fire calls and medical calls in our own time, the fire-fighters are now having to clean up after these kids.

Really – it's not funny – it's dangerous for these kids because of fire-fighters responding to calls and its thoughtless leaving your mess for us to clear up. Please let's not have someone get hurt before you realise that this is an emergency response building and not a playground. So we now ask parents, please inform your children that the fire station car park is not the place to ride scooters and skate boards due to too many safety concerns. Sorry but the last thing we need is a child hurt on our station grounds.

And finally - BIG THANKS to all of you for taking care during the summer months with fires and barbecues. Thankfully to date, we haven't had to attend any out-of-control burning which is just awesome. ☺

Calls for year to date

Call	Date	Time	
18	28 Jan	21:21	Medical Assist
19/20	31 Jan	10:31	Two incidents within minutes of each other, first we were turned out to a scrub fire in the Wairau Valley. Before the guys had even left the station we were redirected to a structure fire at Hiwipango, a lucky save was had with an office area in a shed.
21	31 Jan	14:58	Call to a scrub fire in Eves Valley, this turned out to be a false alarm and was believed to actually be a fire in the Glenhope area
22	3 Feb	02:21	Medical Assist
23	3 Feb	17:07	Car fire in the village
24	4 Feb	20:13	Alarm activation at Fonterra Brightwater
25	8 Feb	13:38	Medical Assist
26	14 Feb	03:30	Medical Assist
27	17 Feb	11:50	Medical Assist

Until next month, take care and be safe
Simon Ladley
CFO WVFB

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Lynda's Aerobics/Pilates Classes Term 1, 2013

St John Worship Centre, Edward St, Wakefield.

A new 10-week term starts Thursday Feb 14th -

Yay, we can have nice slushy Valentine's Day music!

Thursdays 9.05am - 9.45 am

followed by Pilates 9.55am - 10.45am

You can do either or both classes.

Aerobics \$65.00 for the ten-week term.

Pilates \$65.00 for the ten-week term.

Discount for both sessions - \$110.00 (\$20.00 discount)

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

Please phone Lynda 5432268, txt 027 222 1491, email lynda@hht.co.nz to book and for details. Classes are on a per-term basis, no casuals sorry. If you commit for the term (and pay!) you are much more likely to come, then you'll get results.



Hops in the garden

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The picking machines

The Way We Were

Over a Century of Hops

The Lines Family flow with the Winds of Change

The Lines family have lived on land at Wai-iti for 170 years. Thomas and his second wife Anne arrived on the Thomas Harrison in 1842 with five children. Eldest son John extended their original block by purchasing land from neighbours but it was left to his eighth child, Henry James (Jim) to consolidate the landholdings and plant the first few acres of hops, training them up poles as was the custom back in England.

An essential item of equipment to harvest hops cultivated in this way was the "hop dog" (see photo) still held on the farm today. This enabled the poles to be prised out of the ground after the bines had been cut at ground level. Assuming the first hops were planted soon after the death of Jim's father in 1883, this "hop dog" is probably 128 years old.

Its sister, the "hop cat", is a sickle lashed to a long pole used to cut the string from the overhead wires which criss-crossed the whole garden. This method of supporting the growing plants was introduced in the 1890's and is probably of American origin. Hops have been grown on some part of the farm since then and the acreage has steadily increased to 30.

In 1982 six and a half acres of Albany Surprise grapes were planted - now extended to 10 acres and juice is sold from the farm and in supermarkets.

The latest venture, a small boutique brewery, was set up in 2010. (see www.totrabrewing.co.nz) Drovers Draught, Totara Gold and Ninkasi Green are produced from hops grown on the property. There are now only 17 hop farms in New Zealand - all of them in the Nelson area.

The Lines garden is managed by Peter Lines, a fifth generation descendant of Thomas. His is the only farm brewery in the country. As varieties of hops have improved in quality and potency so the amount required for beer production has decreased. Once the hops grown in Nelson could supply all New Zealand's beer requirements. Now it still does but over 95% of the total production is also exported.

Hops were picked by hand until 1964 when the first picking machine was bought. Before this event, 36-38 pickers were needed to harvest eight acres of hops. Now just eight workers are needed for the same acreage.

The method of producing heat to dry the hops has interestingly come full circle. The first kiln on the farm, built in 1929, used coke and charcoal. Then, in the 60's diesel burners provided the necessary heat and now coal is burnt to heat radiators through which fans blow the hot air to the hops spread out on the drying floor.

In a world where everything changes it is heartening to know that some things stay the same. By canny management, diversification and awareness of current trends the Lines family is, somewhat miraculously, still making a living from growing hops 128 years after the first plantings were made. Long may they continue.



The brewing vats

Acknowledgements:
Just Another Row of Spuds: the pioneer history of Waimea South, Marion J. Stringer.

Thanks to Peter Lines who filled in important details about the farm's operations.



Peter Lines demonstrates the "hop dog"

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You and Your Dog's Yabber

Keeping kids safe around dogs! *Written by Vicki Pickering (Dip,CBST)*

Statistics around the world show that a high percentage of dog bites happen to children and occur at their own home or with a dog that they are familiar with such as a relative or friend's dog. Often children receive bites to their facial area because being short, they are generally a lot closer to a dogs face than the average adult, so if a dog feels the need to bite, naturally they will bite the part of the child that is closest to them....the face. **There are things that parents and children can do to be safer around dogs, including their own pet dog.**

• **Active supervision by the adult:** This means if you have a dog and children, you should be supervising interactions between them the entire time. We all know this could be nearly impossible for most parents (including myself with two children and two dogs!) So manage this by having a safe area where you can put your dog while children are playing and you can't actively be watching. This could be behind a fence, in their dog run, in proper dog crate, or behind a baby gate. This way not only is the child guaranteed to be safe, but the dog is also safe too. A good idea when putting your dog in his own safe area is to give him something to do as well to prevent him making a fuss, such as a stuffed Kong.

• **Learn about your dog's body language:** Dogs communicate in very subtle ways, and when they are uncomfortable in a situation or are stressed they will do subtle things with their body such as a yawn (when they're not tired), a lip lick (when they haven't eaten), show the whites of their eyes, fast or excessive panting, hyper-vigilance, pacing, furrowed brows. Those are just a few of their communicative signals. If these signs are ignored then the dog could be put in a situation where he then needs to growl and if that is ignored, then his last option is to bite.

• **Kids should learn to 'Be a Tree':** If a child is worried about a dog because he's becoming too hyper and boisterous around them and he's not on a lead, they should stand very still with their roots (arms) pointing to the ground and looking down at the ground. More often than not the average boisterous dog will get bored very quickly and move on. This applies to the family dog at home, or a friend's dog or if the child is at a park and the dog is running around them trying to play. The last thing a child should do is run and squeal when they are worried as that to a dog would be an instant invitation to carry on play and to be chased, because dogs love to chase!

• **The child has seen dog on lead with an owner that they would love to pat:** There are several things that children should learn first: Recognise a happy / relaxed dog versus a serious dog (a relaxed happy dog will have his mouth open and be panting gently), ask the owner if they can pat the relaxed happy dog, stand side on to the dog and offer their fist for the dog to sniff and then pat the dog under his chin or on his chest and side area – avoid reaching your hand down over the dogs head to pat him! This can be very intimidating to a dog that doesn't know the child or adult trying to pat him.

• **Situations to walk away from a dog:** There are times when a child and an adult should leave a dog alone. Here are just a few: If a dog is behind a fence - leave him alone, if a dog has a bone or food – leave him alone, if a dog is tied up outside the four-square without his owner – leave him alone, if a dog is in his car with the window down – leave him alone, if a dog is sleeping – leave him alone, if a dog has puppies – leave her alone.

• **Dogs don't like hugs:** Believe it or not kids, dogs don't really like being hugged, it is restricting to them and it is not natural for a dog to be hugged. If you observe your dog next time he is being hugged, you may notice any of the following communicative signals from the dog such as the closed mouth (serious look), whites of the eyes, yawn, lip lick. A lot of family dogs will learn to tolerate hugs from children but I would err on the side of caution. As you just never know down the track when your usually 'tolerant' dog may be feeling sick or be in pain or may have been stressed which increased the chances of the dog needing to do something to make the child go away – ie ending with a bite. I have a rule in my house that the kids are to hug their stuffed toys, or hug other humans, but not the dogs. Certainly they can do other fun stuff with the dogs though such as playing fetch and hide and seek, and teaching their dog some tricks for the older kids.

Never put your face near a dog's face.

Always wait for a dog to come to you. If they want to be stroked or play, they will ask!

HELLO DOGGY!

Never go up to or touch a dog you don't know.

Be quiet and walk slowly. Dogs gets scared of loud noises and fast movement.

Never disturb dogs when they are sleeping.

Never go up to a dog when they are eating.

Dogs growl when they are angry or scared. Fold your arms and walk away slowly.



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Town and Country Talk

Tummy Upsets

Pets are just as vulnerable to tummy upsets as people are, in fact probably more vulnerable due to their often poor food choices! It is an every day event in the vet clinic to see pets with vomiting and/or diarrhea. Often we don't know the cause but when the diet can include anything from pet food through to bones, plants, compost, dead animals and poo, it's not surprising the digestive system sometimes doesn't cope! Very young and very old animals often succumb to the dehydrating effects of vomiting or diarrhea rapidly. Any animal will also be more susceptible when it is hot as it has been this summer.



So if your pet is bringing up food/water or has runny faeces, it is important to take action before they dehydrate and their body condition deteriorates:

- Remove food for 6-8 hours and if vomiting ceases you can introduce small meals of chicken/fish and boiled rice for a few days. Then gradually re-introduce your pet's normal food over a further few days mixing into the lighter diet.
- Give frequent small amounts of electrolyte such as Vytrate, or water, but withhold for a few hours if vomiting continues.
- If vomiting/diarrhea are frequent and/or persistent and/or your pet seems lethargic, call the clinic for a checkup.

There are many causes of vomiting and diarrhea. Often our examination and the details you give us provide enough information to diagnose and treat your pet. Otherwise further tests such as blood samples, faecal samples, xray or ultrasound may be necessary.



Image from TDC Website

Toxic Algae

As I write this in late February, the conditions are still perfect for cyanobacteria or blue-green algal growth in our rivers. Please play it safe and don't take your dogs to the rivers until the all-clear has been issued by the TDC.

And on the farm, don't forget trace element testing!

Autumn is an ideal window of opportunity for trace element supplementation, ensuring your stock come through winter in excellent condition, and maximising health and survival of new-borns in spring.



But do they need supplementation? What reserves do they have? 6-8 blood samples from a mob to check vitamin B12, selenium and copper levels can answer these questions.

Another more accurate method of determining trace element levels is testing liver samples when stock go to the works. Usually only 3-4 samples are necessary.

Supplementation of iodine can improve lamb health and survival. This can be given to ewes as a long-acting injection before mating.

Supplementing trace elements without having information about the levels in your stock can be dangerous. But if your stock are deficient, supplementation can have huge benefits. One client had a 40% increase in his sheep pregnancy scanning by increasing his selenium supplementation!

Book in with Danny or Roger and get the facts.

By Brenda Halliwell

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

Emphasising the experience at Wakefield Villa Tea Rooms and Gift Shop

by Caraline Dyson

Don't you hate that feeling, when you see someone wearing the same jewellery as you, or carrying the same bag? Sometimes it feels like all my friends have the same things because we all shop in the same shops, and Nelson isn't brimming with consumer choice, is it?

So it makes a refreshing change to buy gifts from Wakefield Villa Gift Shop. Aside from the fact that their stock is sourced from around the world, they try to order limited numbers of each item, retaining exclusivity.

Whether you're browsing for toys, baby gifts, home décor, fashion accessories or home-made cards, when you leave with your gift wrapped purchases, you know you've bought something special.

'Something special' is a great way to describe the adjoining tea rooms too. Often, going for coffee can feel like a trip to a New York deli - like you're on a quick conveyor belt where you order fast, get your drink in a paper cup, and then leave.



But at Wakefield Villa Tea Rooms the emphasis is on the experience. It's no surprise to learn that owner manager Ally Preller specifically envisaged the tea rooms as a place to linger and chat, enjoying the ambiance with friends and staff. The welcoming décor combined with Soo, Ally, Rea, Ella and Kaylie's friendly attitudes definitely encourages locals and tourists to while away time.

Reassuringly, Clarice of Pomeroy's trained all the front of house staff, so you can have your drink, your way. For some people, the tea rooms is their morning tea destination, whilst for others it's the place to indulge in chefs lain and Narissa's delicious lunches. My personal favourite is to order a special high tea the day before, a great treat for special occasions, or to make any afternoon special (it's only \$15 per person). Whatever time of day you visit, whatever you choose, everything is freshly cooked on the premises each day, a labour of love that you can really taste!

There is ample parking across the road, and cyclists have their own cycle stands too. Infant and senior visitors with wheels or an unsteady gait all make use of the level path that leads to the beautifully landscaped courtyard garden.

Children enjoy playing in the colourful house and boat, or with wooden toys and crayons inside. The popular book swap is helping Nelson Hospice, and there is often a raffle opportunity supporting local kids events. Amazingly, they have already raised over \$500 for the cycle trail, and there is still over a month to go until their First Birthday Party.

They are taking bookings for Mother's Day now, but if you miss out, their gift vouchers make great presents, and can be redeemed in the shop and tea rooms.



Wakefield Villa Tea Rooms & Gift Shop
Whitby Road, Wakefield
541 9168
Open 9am - 4pm every day



Waimea Plains Football Club



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Wakefield Scouts & Guides



Twin Peaks District Girl Guiding held a Thinking Day Slumber Party this past weekend at St John's Church Hall - 32 girls and 8 leaders attended.

The girls enjoyed a Friday evening Thinking Day Ceremony celebrating the joint birthdays of Lord Robert Baden Powell and his wife Lady Olave Baden Powell which raised \$65.00 in small change for the World Thinking Day Fund.

On Saturday morning as a Community Effort, they took part in a rubbish collection around the Village of Wakefield and found four large bags of rubbish! This was followed by 'A Great Race' around the village after lunch. A great time was had by all and a big thank you to everyone who took part and especially to John at Chateau Rhubarbe for the scrumptious pizzas! - Sue



GUIDE BISCUITS ARE ON SALE IN WAKEFIELD FROM 1ST MARCH - PLEASE SUPPORT YOUR LOCAL GIRLS. Contact for Biscuits Anne Newport on 541 9343 or 027 353 8877



Over the weekend of 22nd to 24th of February, the Nelson Zone Scouts met up at Gilbert Lodge for the annual Founders Camp. The Cubs and Scouts sections stayed from Friday till Sunday in tents and the younger Kea sections came for a fun filled afternoon with their families. On Saturday 23rd at 1pm Mrs June Gilbert, wife of the late Stan Gilbert, re dedicated Gilbert Lodge after many hours of hard work and dedication from the members of Friends of Gilbert Lodge who have been progressively renovating the old building.



There were also presentations of the new Chief Scout Award to those youth who have completed the requirements. Tim Green from Wakefield Scout Group was one of those recipients. The Nelson Zone Training Leader, Bridget Smith also officially welcomed new members to the Nelson Zone Team. Three of which are from the Wakefield Scout Group. They are Tracy Gibbs as the new Zone Treasurer, Sheryl Guyton as the Assistant Zone Scout Leader and Angela Burke as the Assistant Zone Kea Leader. Well done to Wakefield for having such good representation at Zone level.

Over the weekend the 200 plus youth participated in a range of activities and games put on by various section leaders with the help of the Venturer units from around the region, including the annual Mudslide. Wakefield Scout Group Jamboree parents did a fantastic job of catering for the event as a fundraiser, with assistance from Venturers and others on site.

Overall, a fantastic weekend was had by both youth and adults and I would imagine there were some very tired people by the end of Sunday. Thank you to all those involved. For information about Scouts contact Wakefield's Group Leader, Nick Law on 5419190.



Village Sports News



P.O.Box 46, 14 Lord Rutherford Road, Brightwater, Nelson
Phone 03-5423344 Fax 03-5423305 Email sportwanderers@xtra.co.nz
Website www.wandererssports.co.nz

WANDERERS UPDATE

Cricket

For Seniors, see them playing one day competitions and the Scoble Trophy, a competition with Marlborough teams, played in both Nelson and Marlborough. Congratulations to Connor Neyneens, Joe O'Connor and Dan Cooper for all making representative teams.

Annual Golf Tournament

Sunday 24th March at Totaradale Golf Course. This is an Ambrose with teams of four, start time at 8am. If interested, please contact Diane for entry form - phone 542 3344 or sportwanderers@xtra.co.nz. This is a fun day with lots of prizes and BBQ/drinks on course.

Junior Cricket

Junior cricket has started for the short season left. Wanderers will have an Intermediate A and B team. If you would like to play, please contact Kevin Harris phone 543 8090. The primary team is looking for players, and you can contact Mal Irvine for more information phone 542 3754.

Winter sports season is coming up and planning happening with registrations and trials in the next month. If you are interested in playing:

Senior Rugby

Division 1, 2 and 3 please contact Frazer, our Club Captain phone 542 4444 or 027 439 2035. Division 1 competition starts on Saturday 6th April, Division 2 on 13th April, and Division 3 20th April. Training has started at 6.30pm on Tuesdays and Thursdays.

Junior Rugby

Junior rugby will be having their registration night on Friday 8th March, 5.30 - 7.30pm at Wanderers Clubrooms. Our Club Sponsor Taylors Contracting Co Ltd has once again donated a rugby ball for every player that registers and pays their subs on the night. If unable to attend on the night, contact Diane phone 542 3344 or email sportwanderers@xtra.co.nz at the club or register and make payment.

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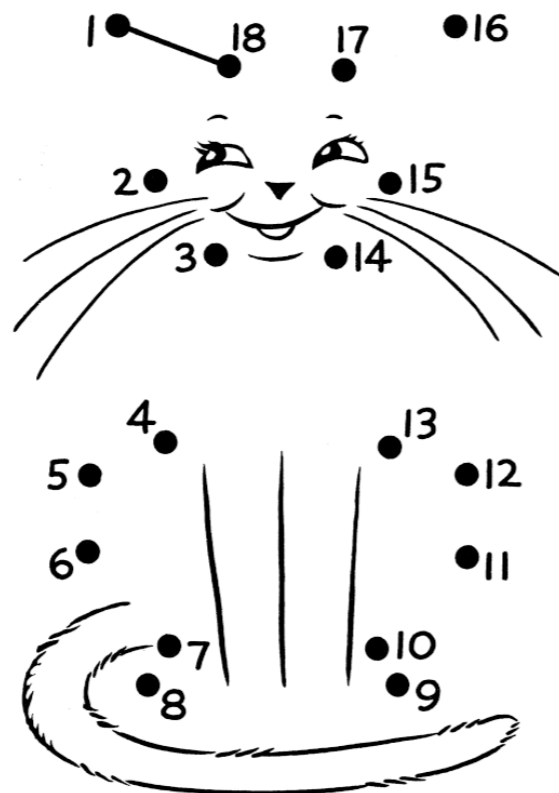
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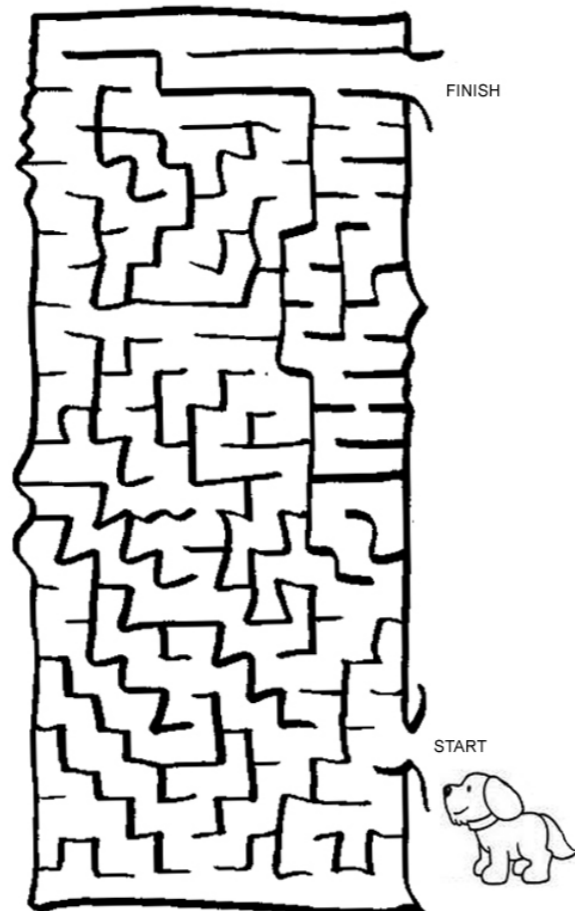
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Kids Colouring Corner



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MONTHLY COMMUNITY CALENDAR

MARCH 2013

- Sat 2 All Day - Transport Weekend, Higgins Park
- Sun 3 All Day - Transport Weekend, Higgins Park
- Mon 4 10.00 am - Mainly Music, Wakefield Village Hall
- Wed 6 9.15 am - Craft Group, Wakefield Village Hall
9.30 am - Wakefield Plunket Playgroup, Methodist Church
- Thurs 7 9.00 am - Art Group, Wakefield Village Hall
- Fri 8 5.30 pm - Wanderers Junior Rugby Registration - Clubrooms
- Sat 9 9.00 am - Wakefield Bootsale, Whitby Way Carpark
9.00 am - Waimea Plains Football Club Gala Day/Player Reg
- Mon 11 10.00 am - Mainly Music, Wakefield Village Hall
- Tues 12 7.30 pm - Wakefield Community Council Meeting, St Johns Church
- Wed 13 9.15 am - Craft Group, Wakefield Village Hall
9.30 am - Wakefield Plunket Playgroup, Methodist Church
- Thurs 14 9.00 am - Art Group, Wakefield Village Hall
- Mon 18 10.00 am - Mainly Music, Wakefield Village Hall
- Tues 19 7.30 pm - Village Hall Committee Meeting, Village Hall
- Wed 20 9.15 am - Craft Group, Wakefield Village Hall
9.30 am - Wakefield Plunket Playgroup, Methodist Church
- Thurs 21 9.00 am - Art Group, Wakefield Village Hall
- Fri 22 7.30 pm - Womens Biz, venue TBA
- Mon 25 10.00 am - Mainly Music, Wakefield Village Hall
- Wed 27 9.15 am - Craft Group, Wakefield Village Hall
9.30 am - Wakefield Plunket Playgroup, Methodist Church
- Thurs 28 9.00 am - Art Group, Wakefield Village Hall

APRIL 2013

- Tues 2 7.30 pm - Village Hall Committee Meeting, Village Hall
- 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
- 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 9.00 am - Wakefield Bootsale, Whitby Way Carpark
- Sat 13 Waimea Sheepdog Trial Club 92nd Annual Trial Event

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

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:

2009 Blue Honda Jazz Sport, 54,000kms, WoF July 2013, Reg. Aug 2013, NZ new, alloy wheels, climate control, economical 1.5l V Tech engine, avg.fuel consumption 6 litres per 100kms

\$17,500

Call 541 9415 or 021 0233 6290

FOR SALE

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

FOR SALE

Nissan Pulsar Serie SRV 1995 Manual 1.8ltr

\$3500.00 ono

Phone 541 9641

RENT FREE WORKSPACE

Available in Wakefield, would suit Artist/Craftsman, shop frontage location with good foot traffic (conditions apply) for further information please call 021 1673803.

Lost - Samsung cell phone, lost around northern end of Whitby Road. Week of the 18th Feb. Contact 5419241. As usual owner wants the photos more than anything else.

WANTED:

Local storage/garage space for old classic car.
Phone 5419077

FOR SALE

FREE

WANTED

HELP

WE NEED YOUR FOR SALES

WANTED OR HELP REQUESTS

PLEASE CONTACT 541 9005 SOME LIMITATIONS APPLY PLEASE ASK

FOR SALE IN WAKEFIELD



21 BIRD LANE, WAKEFIELD **\$279,000**
1.44 Hectare Bare Land On Village Edge Fantastic value here with this flat bare block, approximately 3 and a half acres, with water and sewerage available. Subject to final survey.



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.



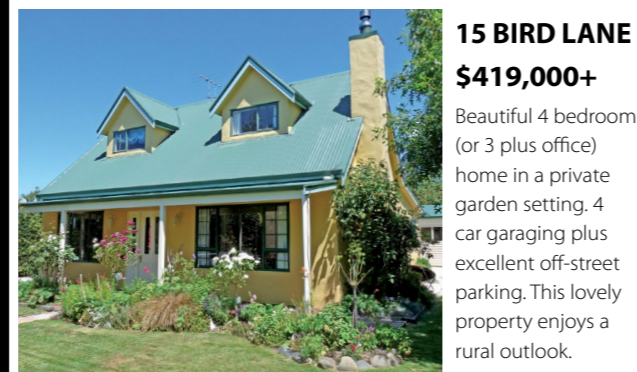
359 PIGEON VALLEY ROAD **\$589,000+**
3 Bedroom Cottage + New Sleepout/Garage On 3 Hectares
 Beautiful flat to rolling land, water to all paddocks, established trees and great sheds with character 3 bedroom cottage, and a modern sleepout with double garage attached.



4 EIGHTY EIGHT VALLEY ROAD **\$429,000+**
Huge Section, 4 Big Bedrooms And A 10x8m Garage!
 Updated kitchen and bathroom, 4 double bedrooms with built in robes, and an open plan living/dining area with logburner on wetback. 2934m² section.



70 TOTARA VIEW ROAD **\$485,000+**
Modern 3 Bedroom Home On 1.2 Hectares of gorgeous gardens and a few paddocks, double internal garage plus extra off-street parking. Beautifully presented all-round.



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.



46 EIGHTY EIGHT VALLEY ROAD
 I can't meet demand for small blocks of land in the Wakefield area. Please call if you are thinking of selling.



25 TOTARA VIEW ROAD
 I can't meet demand for small blocks of land in the Wakefield area. Please call if you are thinking of selling.



36 LORD AUCKLAND ROAD
 Under offer and sold within 2 weeks. Please call if you are thinking of selling.

WINDOW ON WAKEFIELD
 ONLINE EDITION BROUGHT TO YOU
 BY



PHONE 03 541 9641



WENDY PEARSON
 021 567 722 / 544 5488

LICENSED REAL ESTATE SALESPERSON (REAA 2008)

