



window on **wakefield**

Your Local News

Community News for the Wakefield Area

SHAUN'S WORLD CHALLENGE

by Shaun Black

It has now been three months since I returned from my trip of a lifetime to two third-world countries, Costa Rica and Nicaragua.

My name is Shaun Black and I've just completed my World Challenge trip after a year of planning and fundraising.

The trip started with four flights in thirty hours including a ten hour stopover in Los Angeles, then Miami and finally landing in the capital of Nicaragua, Managua. Stepping out of the airport was our first massive change. The hot and humid weather, every sign written in Spanish, along with all the dented up taxis gave us our first glimpse of a third world country. Sitting in our group of eight students, our teacher Paul and our World Challenge leader Billy, surrounded by our massive packs, we didn't take long to attract a lot of attention.

Once we had found our pre-booked van, we enjoyed the cool air-conditioning while it lasted. After about an hour, we arrived in the colourful city of Granada which would be our base for the next couple of weeks. The first few days in Granada were spent booking all our accommodation and transport for the next week. We also had to organise two group phones and top them up so we could book different activities. Then we had a two hour boat trip across Lake Nicaragua to Ometepe Island in the middle of which were two massive volcanoes.

The next day, we had an island tour, which took us to Charco Verde, a massive wildlife sanctuary where we saw heaps of lizards, howler monkeys, fire ants and other exotic creatures. We also had a three hour walk up Volcan Maderas to a massive one hundred and eighty metre high waterfall called San Ramón. After that, we cooled down in a huge natural pool called Ojo de Agua which translates to "waterhole" in Spanish. On the way back we stopped at an amazing fresh water lake called Playa Santo Domingo where we had a swim in the warm water. Back at the hostel, we started up a game of handball on the street. Within ten minutes we had a crowd of locals joining in and cheering.

Once we got back to Granada, we started our World Challenge project, working at the school. When we arrived, a swarm of kids came running up to us. We were asked to sit down on their small classroom chairs out on the concrete to watch their performance. Around twenty kids aged between eight and ten sang their national anthem. This was followed by a national dance performed by two boys and two girls, and then the headmistress of the school made a speech, welcoming us.



We were then introduced to the university students who were volunteering at the school. After that, we made our way around the shipping container-like classrooms to the classroom that we would be sleeping in. The walls and floor were all concrete and the door and windows were covered up with bars. For the next few days, we got up at 6.00 am, had our breakfast of gallo pinto (rice and beans), small bread rolls and occasionally fresh fruit and pancakes at 7.00 am which was made for us by the local mothers, in repayment for us helping them. We then started work at seven thirty. Half of us would get into our old clothes and gloves and start painting the new toilet block, while the other half of us was busy digging trenches and mixing concrete for the foundation of a new set of classrooms. We would then swap over at half time to give the ones working in the sun a break.



Once we had eaten lunch at 12:00, which was again gallo pinto and chicken, we spent about two hours playing with the children. Some of us would go inside the empty classrooms and set up tables with drawing paper, pens and face paint. On one of the days, I was inside painting tigers on all the little boys' faces, when one of them started pointing at the paint and then pointing at me. I started to shake my head but by that time he had already gotten a small paintbrush and started painting my face bright orange. Soon enough I had around ten little tigers covering my face and paint all through my hair.

The rest of us would be out on the concrete court playing football in the melting heat. One day it was so hot that we chipped in a few córdobas, which is the local currency, to buy the kids we were playing with ice creams. The skills that the children had when playing football was amazing! Most nights we would spend playing football or running around with the kids under the street lights. On Saturday since there was no school, we got taken by one of the university students to a massive market called Masaya market. We spent a couple of hours there browsing through hammocks, wood carvings, amazing paintings and all of the local foods. It was really tough saying goodbye to all the little faces after our week there. They ended with another ceremony and all the kids came up to us and gave us hugs.



WINDOW ON WAKEFIELD

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...continued from front page

We then travelled back to Granada to stay for a couple of nights. We got to see a local baseball game down the road and later on we went to a chocolate museum, ChocoMuseo, where we made our own chocolate from scratch. From here the boys and girls split up and the girls got a chocolate spa treatment while the boys went to Mombacho Cigars Museum.



The next day we travelled down to León where we would begin our trekking. We rose early the next morning and managed to squeeze six of us inside the ute and another seven on the back of the ute

with all our packs on the trailer. It was a couple of hours before we arrived at the base of our first volcano, Volcán Rota. We got introduced to our guides, Michael and Danny and also to Memo who was the guy in charge of organising all the World Challenge trekking in Nicaragua.

Danny and Michael were such great guides. As we walked, they would be talking about the history and animals that were often seen. While we were wearing quick-dry tops and shorts, both of our guides were wearing denim jeans and heavy t-shirts! Thankfully most of the walking was in the forest but it got so hot when we were out in the open. When we were getting near the top it started to rain and we tried out our bright red emergency shelter. Once we got to the top we caught the occasional glimpse of a view which went out for miles until the clouds rolled back in again.

The next day we hiked up our next volcano, Santa Clara. On our way back we had lunch at a small house near the top. We had all our pre-made wraps and fruit and gave the left overs to the pet dogs which were hanging around us. After walking to the next volcano, we were pitching our tents when a young boy and girl walked over to us with a baseball and bat and a handful of gloves and asked us if we wanted to play. We played on an open grassy field which had pigs, chickens grazing and a young boy who walked past us with a squirrel on his shoulder. After that we had dinner at a family home in the small village. There was music and dancing later with the locals.

The next volcano was Cerro Negro, which was my favourite as we got to volcano board down it from the top. We left all our bags at the bottom and hiked up carrying only a wooden sled and a bag full of overalls, goggles, helmet and gloves. The volcano was exposed to the sun the whole way so we were all exhausted by the time we finally reached the top. The three hours climbing up went by really quick in the two minutes it took to reach the bottom. It was so much fun.

The day after that, we hiked up El Hoyo, which means "hole" in Spanish. After hiking for around three hours, we went right up to the edge and looked down into the massive crater. The view was amazing. We could see all of the volcanoes we had climbed in the last few days and we could also see the massive Momotombo which was the volcano we would be climbing the day after. When we got to the bottom, we got picked up and got driven up part of the next volcano so we could set up camp a bit closer to the top. After dodging scorpions, massive grasshoppers and snakes, we got our day packs ready and went to bed early. The first of the alarms went off at one am. We were planning to see the sun rise when we got to the top. We set off in pitch-black with only our headlights to guide our way. The path we were walking on was loose gravel and on a steep angle. We reached the top an hour early which was great as we weren't expecting to make it in time. Unfortunately we were surrounded by cloud at the top but on our way back down we got an amazing view over the forests and lakes.

The next day we were back to the busy streets of León, before getting on a Tica bus which took us across to the border into Costa Rica. After going through customs, we arrived in Liberia where we dumped all our packs before heading to Playa Coco which translates to "Coconut Beach". It was such a change from forests and lakes to finally seeing a beach with all the touristy items for sale. Once we had sorted out our next hostel booking, we got a couple of buses to Monteverde. This is where we did a 1590m zip wire over a cloud forest and also visited Kinkajou which was an awesome night walk. We saw sloths, toucans, snakes, spiders and Hercules beetles. After that we hopped on another bus to San José, the capital of Costa Rica where we had our final night. We splashed out on the last night and stayed in a really nice hotel which had warm and cold showers, a pool, computers and a party room.

The next morning, with bags packed with tramping boots and tents at the top for customs, we flew to Miami. As soon as we boarded our next flight to Los Angeles, the pilot announced that flooding in LA meant that the plane wouldn't be able to land. We ended up taxiing around the runway for around two hours before we finally took off. It was a tense flight as we were all unsure of what we were going to do or if we were going to make it in time to catch our next flight. Once we landed in Los Angeles, we had twenty minutes to get our bags, get through customs and be on the flight so by the time we got everything it was too late and the airline company had already filled our seats.

Billy brought us up to speed on what was happening and told us the next flight available would be on Friday which was three days away! Once everyone had mentally absorbed this, we all perked up at the idea of missing out on more school and spending a little while in LA. Since it was one am in the morning, we were all very tired and jet-lagged so we unloaded our gear in a hotel near the airport and had a very long sleep.

Our time in Los Angeles was spent doing a Hollywood tour where we got to visit Venice Beach, Rodeo Drive, Madame Tussauds and Farmers Market. The next day we organised a day trip to Universal Studios which was so much fun. And on our final day we relaxed at Manhattan Beach and enjoyed the sun and beach.

Finally we arrived back in Nelson to very happy family and friends. It took a while to adjust back to our normal everyday lives but it's great to be back. I'm



really grateful to be able to take part in such an amazing activity. I would like to thank Focus Wakefield for their generous youth sponsorship which helped me reach my fundraising goal as well as Brightwater Sprig'n'Fern for allowing me to host several quiz nights. Special thanks also to all those who bought raffle tickets, or supported me by providing work opportunities.

And to any students considering taking part in the next World Challenge adventure, I totally recommend giving it a shot.



Wakefield Health Centre

OSTEOPOROSIS

by Dr Pip de Hamel

This is a condition where the bones get less dense and therefore more likely to break. Kate West, our local Physiotherapist has written an excellent article on this and I encourage you to read that.

The thing about osteoporosis is that we can do a lot to prevent it developing. Also, if we can diagnose it, we do have treatments that can help.

For those who are happy to access the internet the website www.bones.org.nz is really good and includes a brief screening questionnaire to see if you are at risk of getting osteoporosis.

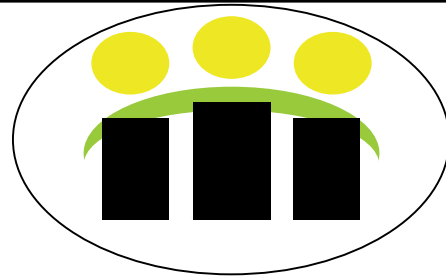
If you aren't so 'tech savvy' we have excellent booklets available free 'Osteoporosis and you' that explain osteoporosis and include the screening questionnaire and advice on prevention.

If you find that you have several risk factors for osteoporosis a DEXA or bone scan is helpful in deciding what treatment would be best. Although this is not a free test it is useful information and is only usually a 'one-off'. Treatments range from dietary changes to medications called bisphosphonates that can be taken weekly as a tablet or yearly as an IV infusion.

Even better though than these ambulances at the bottom of the cliff is to strengthen your bones now by regular weight bearing exercise, lots of calcium in your diet, avoiding smoking and excess alcohol. Milk is an excellent source of calcium and building strong bones on our kids, helps prevent problems in the future.

Emergency Contraception

Emergency contraception (morning after pill) is now available FREE of charge through our nurses. Please call the health centre to make an appointment if required.



Wakefield Health Centre

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So at 9.45am on November 10th and 24th come along for a chat followed by a local walk. Hope to see you there.

Anyone welcome especially if you are new to the area. Ph Margaret 5419693 or Yvonne 5422235 for info or to join our email group.




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Wakefield Physio - Health & Wellbeing

LOVE YOUR BONES

by Kate West, Physiotherapist (BPhty) at Wakefield Physio

Osteoporosis is a disease affecting bone. It is a condition that is **preventable**. Osteoporotic bones are thin and are less dense when compared to that of healthy bone as seen in picture one. As a result bones become fragile, and are more prone to break or fracture. The most common fracture sites occur at the hips, spine and wrist. Osteoporosis affects one in three women over the age of 50 years and one in five men.

Prevention of osteoporosis can begin at a young age. The **peak bone producing years occur between the ages of 8-16 years and bones fully reach their peak density at 20-25 years**. It is vital that as much bone mass as possible is built up during these years to prevent osteoporosis. For children, it is estimated that a 10 percent increase in bone mass reduces the risk of fractures in adult life by 50 percent (International Osteoporosis Foundation, 2013).

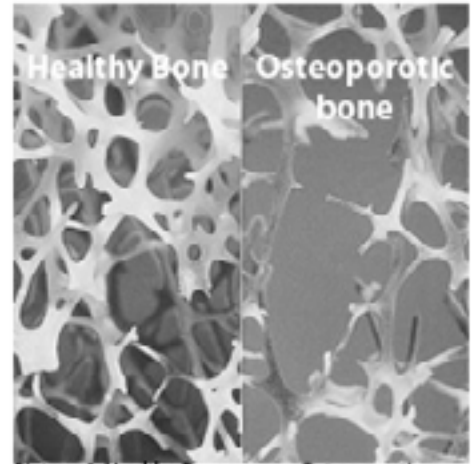
Bone density doesn't alter much until the age of forty and then bone density naturally declines. For women, bone density decreases more rapidly in the first couple of years following menopause. This is due to the reduction in the hormone oestrogen which aids calcium absorption.

So how do we build up bone density and therefore prevent osteoporosis? You need to:

- Participate in weight bearing exercise. Your bone is a living tissue and responds to stress, so you need to do weight bearing exercise to make them strong and dense. Weight bearing exercise is exercise that 'shocks' your bones eg running, walking, ball sports, dancing etc. Biking and swimming are great for your fitness but they do not influence bone density. The recommendation for young people is 40 minutes of normal vigorous activity each day, and for adults 30-40 minutes a day, three to four times a week.
- Eat foods rich in calcium. Eat a healthy and varied diet with plenty of calcium containing products such as dairy (milk, yoghurt and cheese) and nuts. If you want to check if you are getting enough calcium in your diet visit <http://www.iofbonehealth.org/calcium-calculator> or seek the advice of a dietician.
- Get plenty of Vitamin D. Our body produces Vitamin D through exposure to the sun. The general recommendation is to be in the sun for 20 minutes a day but please remember to be SunSmart.

Take the time to complete the 'One-Minute Osteoporosis Risk Test' to assess the status of your bone health as well as the 'Fracture Risk Assessment Tool (FRAX)' to evaluate your fracture risk. These can be found at www.iofbonehealth.org.

Osteoporosis NZ's website (www.bones.org.nz) is also worth visiting as it contains additional information and resources.



Picture 1: Healthy Bone versus Osteoporotic bone. From International Osteoporosis Foundation (IOF) website www.iofbonehealth.org

Detection of Osteoporosis

To diagnose osteoporosis a DEXA or Bone Density Scan is performed. Unfortunately these scans cost \$170.00 which can deter most people. The good news is that Nelson Radiology who provide private radiology services in the Nelson region have donated a **Bone Density Scan to be auctioned off at the Wakefield School Twilight Gala Silent Auction**. The Gala is being held on Saturday the 7th of November. So if you have been advised that you need one, or want to test your bone density then get bidding at the Gala.



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Town and Country Talk

by Brenda Halliwell

TOXIC ALGAE

At the time of writing there hasn't been any mention of toxic algae in our rivers and streams around Wakefield this season. And happily there haven't been any tragic dog deaths either. BUT if you regularly allow your animals access to the river, we would advise thinking very carefully about it from now on. The low river flow and warm temperatures means conditions are great for growing algae in the water.

There are many different sorts of algae and not all of them are dangerous. Toxic algae is also known as Blue-Green algae or cyanobacteria. Unfortunately it is not obviously blue or green and often looks black. It is usually found on the surface of large stones in fast running shallow water. It is a few millimetres thick and jelly-like. Sometimes large clumps of algae, also known as mats, come loose from the stones and float in the water before getting caught up elsewhere in debris or on the riverbank. When the mats die and dry out, they become light brown or white in colour and can still be toxic.

The more brightly coloured long filamentous green algae that are commonly found in rivers and streams are harmless algae that do not produce toxins.

There is definitely increased algae growth in the 88 Valley stream that runs alongside Baigent's Bush and in the Wai-iti River. Many stones in the water already have black algae on their surfaces. It is impossible to tell whether this algae is toxic or not without laboratory testing but if in doubt, it's safest to assume it is.

Tasman District Council normally start testing in November and levels are posted on their website along with lots of other information, photos and frequently asked questions about toxic algae.

Dogs are particularly susceptible to poisoning from toxic algae as they often enjoy being in the water and are more likely to eat algal mats and/or drink contaminated water. Livestock are also at risk from poisoning and should be provided with alternative drinking water.

Symptoms of poisoning include lethargy, muscle tremors, fast breathing, twitching, convulsions and paralysis. In extreme cases, death can occur within minutes. The higher the concentration of algae and toxins and the longer the contact with the water, the more severe the symptoms are likely to be.



Cyanobacteria mats in the Ashley River in March 2007



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In our experience, most dogs don't make it to the vet clinic for treatment. If they do, there is no specific antidote. All we can do is provide supportive care such as intravenous fluids and control seizures until the toxin is cleared from the body.

So where can we take our dogs for a swim? The safest option is to head to one of our awesome beaches.



The Way We Were

Spring Grove Church of Christ Turns 150

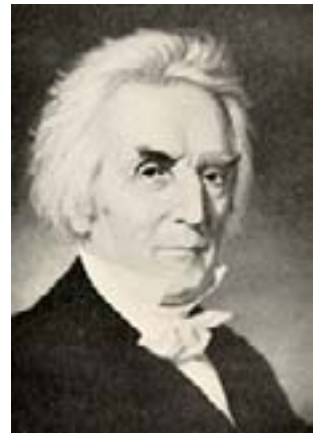
Prepared for the Waimea South Historical Society by Roger Batt

During Easter, 2016, the congregation of the Spring Grove Church of Christ will celebrate the 150th Anniversary of their foundation. In the following articles we explore how their church began and developed in the Nelson district.

Preparing the Ground

The story of the Spring Grove Church of Christ begins in America with Alexander Campbell, a Scots-Irish immigrant who, with his father Thomas, were leaders of a Protestant reforming group which has become known as the Restoration Movement. They wanted a return to a simple form of Christian observance which would be as close as possible to that practised by the Christians of the New Testament.

Because of their belief that "Where the Bible speaks we speak, where the Bible is silent we are silent" they found many practices of the Presbyterian church to which they belonged eg, infant baptism, unacceptable. Eventually they were to set up their own "denomination" (although they passionately believed in the unity of all Christians). In America they adopted the name "Disciples of Christ" - in Britain and New Zealand "Churches of Christ." Perhaps one of the greatest influences on the growing movement was Campbell's establishment of a periodical, The Millennial Harbinger, which fuelled their spectacular growth from about 22,000 converts in 1830 when it was launched, to over 200,000 at the time of his death in 1866 – the year in which the Spring Grove church was established.



Alexander Campbell c1855

(source Wikipedia.org)



Churches throughout the British Empire at this time were often established by migrants rather than missionaries. So it was that a young Scotsman from Glasgow, Thomas Jackson, who had arrived in Nelson on 2nd November 1843 began to publicly proclaim the Gospel in the streets on 2nd March 1844 and to spell out the essential ideas of "New Testament Christianity." Later, in a letter home to co-worker James Wallis, he described how this had occurred.

"On 2nd March, 1844, I proclaimed the same Gospel as Peter did on the day of Pentecost at Jerusalem... I have baptised the household of one by the name of Thomas Butler. This makes us five in number who have determined to abide by the truth as it is in Jesus. There is another which I hope will soon put on the Lord by being born of water and of the Spirit."

The "another" soon to join the group was James Barton who was next to be baptised following the three members of the Butler family. He was to become an indefatigable worker for the cause in the Nelson area. In 1845 the small group of Christians who had "no creed but Christ" could report to Alexander Campbell in America that they now numbered 11 members and in January 1846, 16.

Baptism by immersion would have been a relatively novel event, although this practice for Baptist believers was commonplace. Without a building containing a suitable baptistry, however, the event would need to take place in either a river, sea or lake thus making it a public spectacle. There is no record of where the baptisms occurred in this case but a convenient deep pool in the Maitai would have been a likely spot.

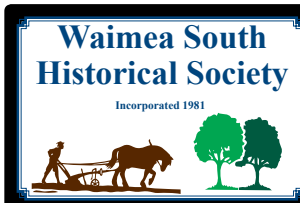
Between 1860-65 James Barton's major concern was to extend the number of converts in Nelson. He constantly wrote to friends overseas to solicit their help to find an evangelist who could be based there and even before 1860 he was in touch with a man who was to become a major force in the development of the church. This man was Edward Lewis, a boot-maker and preacher in Sydney but it was several years before he could be persuaded to come. When he finally did arrive the Colonist reported his meeting in the Oddfellows' Hall.

"Mr Lewis has a wonderful voice, a clear enunciation and appears to be an earnest and independent thinker. His manner, though striking is somewhat brusque and colloquial but never wearisome, while his quotations both in prose and in verse are apt and copious. Mr Lewis' discourse on Sunday evening was upon 'Truth' and his tenets may be briefly described as an entire obedience of the Scriptures without regard to sect. These discourses have interested an increasing number of hearers each Sunday evening that Mr. Lewis has lectured."

It was Edward Lewis who became the driving force behind the development of the church at Spring Grove. A core group of New Testament converts who hitherto had met with Baptist brethren in their Chapel on Telenius Road were persuaded by him to discard all aspects of denominationalism and to take the name "Church of Christ" or "Christian Church." For some time their hearts and minds had been prepared through articles and pamphlets in the British Millennial Harbinger.

All but six were persuaded. It must have taken great strength of purpose and belief in the rightness of their cause to break with the friends and acquaintances whom they had worshipped with for several years and perhaps even more fortitude on the part of those who remained. Did they not all believe in the saving power of Christ? But the Baptists also owed allegiance to the "Philadelphia Confession of Faith" – a creed and that baptism a more liberal age these are matters which we might put aside for the sake of a greater goal but not at this time.

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Explore the past with us
www.waisouth.wordpress.com

Wakefield Volunteer Fire Brigade

This month has been a very quiet month for calls which means that you are all doing a very good job out there, please keep this trend going. It is always safety first which means your safety and everyone else's safety.

The only interesting job the brigade has done this month was to help the Community Council remove the old Christmas lights off the village green spruce tree and install new solar panel lights. A huge big thanks goes to Robert Neame Engineering and Neame's Crane for the donation of materials and the use of the crane which has made this project possible. I would also like to thank the firemen who gave up more of their time to complete this project for the community.

Call outs for October

- MVA = Motor Vehicle Accident
- PFA = Private Fire Alarm

- Vegetation fire at Speargrass
- Car roll over at Rainbow Rd

Running total for 2015 = 60

As always take care
Fritz Buckendahl
CFO WVFB



The Way We Were ...continued



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First Full Time Evangelist in New Zealand.

It would be another 12 years, in 1878, before the "Christians only" would be able to use a building of their own and in the meantime, by arrangement with the Baptists, they continued to meet in the chapel.

One wonders whether any of the six remaining eventually joined them - but we do not know.

Acknowledgements:

Blampied, RA The Trail of a Pioneer (self-published 1964)

Barnford, Thomas The Story of the Planting and Growth of the Restoration Movement in Nelson District, New Zealand, and Spring Grove in Particular from 1843-1946 (self-published 1948)

Higgins, George Rennell Notes on the history of the Spring Grove Church, 1945

Brightwater School 125th Reunion of Brightwater School 1888-2013 Brightwater School, 2013

<http://www.christianitytoday.com/ch/131christians/denominationalfounders/campbell.html>

<http://cofcaustralia.org/about/>

<http://www.worldconvention.org/resources/profiles/new-zealand/>

AN INVITATION

An article in last months 'window on WAKEFIELD'
featured our new stained glass window in

**ST.Joseph's
Catholic church
Pitfure Road**

To give some of the community, who may not normally visit our church, a chance to have a look,
We are having an "open day"

**On 7th November
From 9.00am to 12 noon**

Everyone welcome



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On The Beat



CANNABIS SEASON...

Over the last Cannabis growing season we recovered a large number of cannabis plants from the Nelson Bays area. We rely on information gathered over the summer season to assist us with the recovery operations.

Areas of concern are farmland bordering forest, scrub and bush areas including river beds. The growing season starts late September - early October through to March. We will be out and about gathering information.

We know from past experience that where there is cannabis being grown in an area there is likely to be other associated crime such as property theft. Keep an eye out for any behaviour that just doesn't seem right and let us know. Don't wait to tell us when you see us - ring or email straight away.

If possible get vehicle registrations - or as much detail as you can, but we don't advise confronting anyone you suspect is involved in cannabis growing - we'll deal with that bit!



DRIVING FARM VEHICLES ON A PUBLIC ROAD

Recently it has been brought to my attention a number of vehicles are registered as farm vehicles, knowing at the time that the vehicles would be used for personal use.

You need to be aware that if it is discovered that this is the case, you are liable for a \$1000 fine. You can find the rules around exemptions on the internet, just search Factsheet 27, NZTA. The first hit will take you right to the rules and regulations. Stick to them and save!



WE'RE CRACKING DOWN ON POACHERS

The penalties for unlawfully hunting have changed! Poachers now face a maximum of two years imprisonment and a maximum \$100,000 fine along with confiscation of vehicles, firearms and anything used in the commission of the offence. This could also include GPS, dogs, packs, knives etc...

We recognise the problem it is creating to our rural community. We can't be everywhere. One of our best weapons is sharing information. It is imperative that people going hunting seek permission from the land owner.

My message is that if you don't have permission don't even think about hunting. People who haven't got connections to get permission to hunt on private land can seek permission via a permit from the Department of Conservation to hunt on its land.

While we are doing what we can, we're also encouraging people in rural areas to install cameras if possible to assist with security. Many of you have been taking up that advice. Putting a camera in helps us secure convictions for unlawful hunting - and a range of other offending.

We can capture vehicle descriptions, registration numbers and identity of hunters along with the time, date and place of the incident. I'm sure you'll appreciate what a challenge poachers are to Police. Please, if you see something suspicious get all the information you can and give us a call or email.

WHAT'S HAPPENING IN YOUR AREA

2/09/2016	Golden Downs	Wakefield	Tools take
3/09/2016	Eight Eight Valley Road	Wakefield	Letterbox
6/09/2016	Tapawera	Wakefield	Vehicle b
7/09/2016	Waimea West Rd	Wakefield	Tuna bor
12/09/2016	Lord Auckland Rd	Wakefield	Black Hol
17/09/2016	88 Valley Road	Wakefield	Burglary

REPORTING CRIME

A recent survey of our rural stakeholders show that 32% didn't want to bother police and 31% only contact police to report a serious incident.

The rural community are our eyes and ears - we need to know about all crime or suspicious activity so we can identify issues and prevent them re-occurring.



Searching for a holiday?

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R	O	C	K	E	F	E	L	L	E	R	Y	K	O	T
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In The Bush

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

Another weeding bee has come and gone. A small turnout but big on weeding at Edward Baigent Memorial Scenic Reserve and two lots of homemade scones with our cuppa afterwards made the effort so worthwhile.

A good amount of old man's beard was located during the weeding from just the smallest to the largest. It seems to be having a growing sprint at the present so our sincere thanks to our vigilant crew for the demise of so many.

A start has been made on repairing the track in the bush on the way to the lookout with the first set of steps being installed. This will be followed with some more steps plus drains as time allows.

Just a reminder that it has been so very dry and windy in our region and we must all be very fire vigilant especially in our treasured reserves.

Thank you all again for taking the time to enjoy "The Bush" and keeping it safe for future generations. Do keep in touch if you have any queries or would like to join our society.

Doug South
President Wakefield Bush Restoration Society Inc.
Telephone 541 8980 email tuiville@xtra.co.nz



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Wakefield Art Group

PERSPECTIVE WORKSHOP

How to realistically portray the three-dimensional world in your two-dimensional art work. The rules of perspective apply equally to landscapes, seascapes, townscapes, still life, even figure studies and portraits. All will be explained!

By *Des Whyman*

On Thursday 19th November 2015

At Wakefield Village Hall
9.30 am – 12.30 pm

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

Maximum number: 12 people

You will need to bring a dozen sheets of plain paper to draw and take notes on,
a 2B or 4B pencil to draw with, a ruler and an eraser.

Please RSVP to Fiona

Email: kahurancottage@gmail.com or phone (03) 541 8910

Pretty Smart Sale

by Kala Wray

14 November 2015

What is Pretty Smart Sale?

It is a second hand clothing and accessories sale where people can buy and sell good quality and affordable clothing and accessories. It is a great way to recycle things you no longer use or wear, and make some easy extra cash too.

Modelled on a concept seen in Europe, Pretty Smart Sale began in a garage over twenty years ago. It was the idea of three doctors' wives, and the sales have seen hundreds of happy buyers and sellers since then.

It has developed a large following over the years, and each sale attracts a large number of sellers who contribute items for sale including: quality babies, children's and adults clothing, shoes, toys and babies/children's gear at bargain prices.

The organisers are Wakefield resident Kala Wray and Sally Shaw, and both of whom have been both sellers and buyers over many years.

The sale is always held at the Stoke Memorial Hall, and they run three sales each year.

Sellers pay a small fee to put their gear in the sale, which covers the costs incurred to run the sale. Sellers label their items with a unique code, name, price and description.

They drop off their labelled gear on the Friday prior to the sale between 12pm and 5.30pm. All items for sale must hang and be placed in the sign-posted areas, and then the sellers walk away and leave it all to the Pretty Smart team. This month the Friday prior to the sale will be November 13th.

The sale is run on the Saturday (November 14th this month) between 9am and 2pm. Afterwards, Sally, Kala and their awesome team of helpers clean-up. Later that same evening, between 7pm and 8.15pm, sellers come back and collect their sale proceeds and any unsold items. All money made goes directly back to all the sellers.

If you are interested in becoming a seller or a helper, please contact us by email: prettysmartsale@gmail.com, on Facebook, or telephone Kala Wray on 5419606 or 027 224 1001, or Sally Shaw on 5394561 or 0273 077 410.

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Next Sale:
Saturday 14th November
Stoke Memorial Hall
9am - 2pm
\$2 Entry

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Growing Things - Salads for Free

by Jenni Komarovsky

One of the benefits of being an untidy gardener is that you have lots of time to sit on the deck drinking cups of tea or glasses of wine, looking at your pretty but slightly messy garden. Another is that you get salads for free. Let me explain....

Allowing your annual veggie plants to stay in the ground instead of pulling them out neatly when they start to flower ensures that bees have plenty of flowers to feed on. These fertilised flowers set seed, and seed pods left to mature fall on the ground to ensure a rogue crop of plants in the next warm season. They won't grow in neat rows, but they'll grow where they are happy, and you'll be able to wander out into the garden in summer, cup of tea or glass of wine in hand, and pick your own salads. I call that a win-win-win situation!

These are some of the plants that I find are happy to feed us in this untidy manner.

Lettuce, particularly the frilly-leaved varieties, seem happy to self-sow. They usually grow in clusters so you may have to do a bit of transplanting when they are young to give them room to grow, or if you have plenty of them, thin them by eating them young as microgreens.

Mizuna is a mild-flavoured Japanese mustard that can be used in salads or stir-fries. The leaves are deeply serrated and spiky, and the flowers are yellow.

Rocket and mizuna

Rocket is another salad staple, with its mild peppery taste adding a little bite. The lobular leaves look a bit like dandelion. The flowers are similar to those of mizuna but are white. The seed pods can also be eaten.

Silverbeet and Kale. Eat the leaves uncooked in salads when they are young and tender.

Parsley, that kitchen staple, will grow like a weed if it has found its niche in the garden.

Viola plants, with their little smiling flower faces, pop up all over my garden. The deep purple edible flowers add a pop of colour to salads.

Time to pour my favourite beverage and head out into the garden to pick a salad!



Friends of Rotoiti

by Diana Gabric

If you love the outdoors then Wakefield is a great location to live with three National Parks at our doorstep.

Nelson Lakes National Park is 45 minutes drive and it's proximity makes it the playground for many locals. We go there to tramp, kayak or simply picnic and swim in the summer. The iconic photograph looking down the lake with the jetty in the foreground is familiar to all.

A few years ago we became aware of a group of volunteers called Friends of Rotoiti (FOR). There are over 400 of these community volunteer groups throughout NZ - another local one called Friends of Flora has a high profile. Some have formal agreements with DOC and the under-funded Department is relying more and more on help from these volunteers.

Considering DOC manages one third of our country and the wilderness is a huge draw card to tourists I find this lack of funding hard to understand!

Twenty years ago a "Mainland Island" was created at Rotoiti. It runs the length of the eastern side of the lake and to the top of the St Arnaud Range. The birdlife and forest there is not unique in that there are no colonies of whio, mohua or rock wren but the value comes from the extensive volume of scientific data that has been generated from the study of this area.

The RNRP (Rotoiti Nature Recovery Programme) as it is now called, is surrounded and dissected by dozens of trap lines to help protect the existing birdlife from the ravages of stoats, weasels, rats, feral cats and possums.

Iain and I check two lines, one up the Rainbow road and another on the Speargrass track. This year we have been out four times with another at the end of October. We enjoy it - an excuse for a day out in the bush and we feel we're doing something useful.

The RNRP area is a mere drop in an ocean of forests being steadily munched away by possums so sometimes it can feel like we're fighting a losing battle but we can't sit there and do nothing!

By doing this we have met a wonderful group of passionate, friendly, like-minded people. Our meetings, three times a year, are relaxed but stimulating and followed by a shared lunch when we all socialise.

If you are interested in participating ring us on 541 8950 - we are happy to take you out with us when we do a trap line. FOR has a website - friendsofrotoiti.org.nz - which is being upgraded at the moment so have a look and see what else the group does.

A Matter of Accounts

by Sonia Emerson, Chartered Accountant, BBus

WHAT DOES IT MEAN TO BE SELF EMPLOYED?

In last month's article we talked about how to establish if you are an employee, or self-employed. As I mentioned then, it is important for you to know if you are employed, or self-employed, as there are very different tax and ACC laws that apply in each scenario. Remember, that if you have more than one job, you may be employed in one, and self-employed in another so you need to look at each job in isolation and apply the guidelines to each.

If you are employed, then PAYE is deducted from your wages as you earn it but if you are self-employed, you are responsible for your own income tax. With this responsibility comes a range of things that you must do as follows:

- Advise the Inland Revenue Department (IRD) that you are in business
- Complete an individual tax return [IR3] each year, which shows all of your income and expenses so that the IRD can assess the amount of tax due
- Budget to make regular payments of provisional tax and end of year income tax
- Consider whether you need to register for GST [either voluntarily or required due to turnover]
- Keep good business records

Even if you meet the criteria for being self-employed, if you work at one of the occupations listed on the IR330 Tax Code Declaration, then tax may still have to be deducted from schedular payments that you receive. However, if you are self-employed, and working in one of these occupations, then you are also entitled to claim work-related expenses against your income from that job.

Keeping good business records

No matter what sort of business you're running, you need to be able to see what you've paid and what you're owed so you can budget. Your bank manager, accountant or investors may also need to see your business records at some time to keep track of your progress and help plan your business's future. Several government departments also require you to keep records by law, especially for statistics and tax reasons. So, what sort of records do you need to keep?

You must keep enough records to be able to calculate your income and expenses and to confirm your accounts. These must be in English, unless you get approval from the IRD to use another language. If you're registered for GST your records must be clear enough to work out your GST liability.

For business income, keep records such as:

- account books, such as your cashbook, journals and ledgers
- receipts and invoices issued
- bank statements and deposit slips
- worksheets showing tax return calculations
- any other necessary documents to confirm account entries

For business expenses, keep records such as:

- your cashbook and petty cash book
- receipts and invoices received
- bank statements and cheque butts
- depreciation calculations
- details of travel expenses
- motor vehicle logbooks, telephone and power bills and other such records
- wage records for employees
- legal statements, such as purchase or sale agreements of a business and leases
- interest and dividend statements.

You must also keep records for all your business assets and liabilities at the end of the year, including:

- lists of debtors and creditors
- stocktake figures
- a fixed asset register
- final profit and loss statements and balance sheets.

For more information, refer to IRD IR320 Smart Business booklet

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



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Waimea Plunket Playgroup

by Wendy Wadsworth

October was another busy month at playgroup with the double decker bus ride, kite flying, bead making and make-your-own riding animal.

The children were excited about going on the red double decker bus, so when they saw it drive past to turn around to park outside the gate on the road, they all got more excited. We climbed aboard to find a seat to take us to a morning tea spot at Founders Park. We drove along Rocks Road and saw which boats were out on the water.

On arrival at Founders Park we went to the playground to find a spot to eat our morning tea and have a play. When it was time we all hopped back on the bus to head back to playgroup. We had a great time out this morning and the children/ parents all enjoyed going in the big red bus.

The children made kites to fly and what a great day to fly them with the winds we have been having. They enjoyed creating their kites and then going out on to the field behind playgroup to try them out. They enjoyed running around flying, watching and encouraging their kites to fly. It was good to see the children having such fun with this exciting activity.

With a newly acquired set of beads, the children created necklaces and bracelets for themselves or their mums to wear. The concentration on the children's faces as they threaded the beads they had chosen showed great hand-eye coordination and determination. They were so proud of their end product.

We made our own riding animals. The children chose which animal they wanted to create and decorate to ride around on. There were so many different types/ colours of animals running around playgroup once the children had finished.



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

Any enquiries please contact Wendy 5419272 – 0276949720.



WAKEFIELD BOWLING CLUB 61 Whitby Road, Wakefield

Community Bowls 2015
Thursday evenings: 6pm - 8pm

5 weeks:

12, 19, 26 Nov, 3 & 10 Dec.

\$5 per player

Children no charge

For non bowlers and inexperienced bowlers only.

Come alone or with a group and teams will be organised.

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Meet some new people and join in a fun evening.

Flat soled shoes please.

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Wire Rope Splicing competition.



Sunday - Steam Logging.
How it all was done in days gone by.
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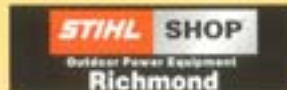
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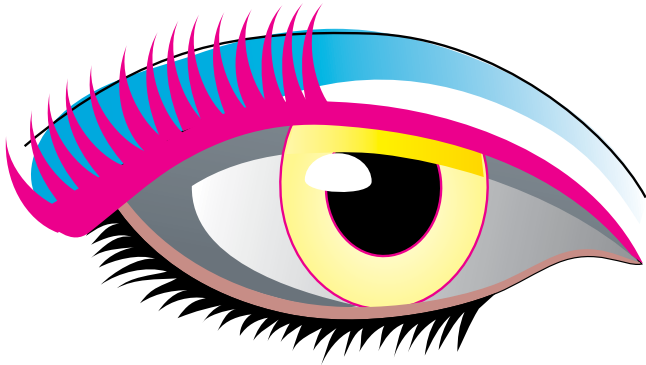
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Quiz

by Derek Evans

Answers to last months quiz -
Whose epitaphs?

1. "Everybody loves somebody sometime"
Dean Martin
2. "I told you I was ill" (translated from Irish)
Spike Milligan
3. "It distresses us to return works which are not perfect"
Peter O'Toole
4. "Quoth the ravens never more"
Edgar Allen Poe
5. "Beren"
J R Tolkein
6. "I told you so, you damned fools"
H G Wells
7. "I am ready to meet my Maker - whether my Maker is ready for the great ordeal of meeting me is another matter"
Sir Winston Churchill
8. "She did it the hard way"
Betty Davis
9. "Free at last, free at last, thank almighty God I am free at last"
Martin Luther King Jr
10. "The best is yet to come"
Frank Sinatra
11. "Pardon me for not rising"
John Yeast

This month's quiz -
Another quiz about the UK

1. Doctor William Perry Brooke and his home town Much Wenlock Shropshire were very famous being the founders of what world wide event?
2. Who and how old was the youngest British Monarch?
3. Name the only occasion when alcohol is permitted in Parliament.
4. What is unique about the UK postage stamp?
5. What is the UK's smallest bird?
6. Which conspirators held their meetings at the Duck & Drake Inn in 1605?
7. When did the last war between Britain and Germany finally end?
8. What is Big Ben?
9. Who were the opponents and what was the score of the first international football match?
10. 80.000 of what item is lost annually on the London Tube system?

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Wakefield Playcentre

by Liz Ashburner

Welcome to the final term of 2015! The weather is warming up and Playcentre kids and families are enjoying the season with lots of outdoor play. This has been made even better with the transformation of a neglected corner into a calm and restful retreat.

A sloped area near the fence had been previously landscaped but in recent years had become neglected and overgrown. With the help of a grant from Canterbury Community Trust, we were able to clear the overgrown planting, create a new rock garden and build a peaceful platform for the children to rest, hide and play. The revamp has been an example of Playcentre at its finest – mums, dads, kids and community all working together to benefit our children.

Special thanks go out to Bruce for going far beyond his duty and helping us move out the stones, to Bevan at Hilltop Native Nursery for his help in selecting our new plants and to Kerri and Dan for making the deck, tyre frog and some cool new chairs for the kids to sit back and enjoy the view. Thanks also to all the parents and children who helped move stones and plant the garden – it was a real team effort!

The new area has already seen lots of use: the children have loved having a new area to play in and are extending their social skills through pretend play, turn taking (with the new seats) and learning about caring for the plants.

Also this month we were lucky to be invited to visit the dairy farm of Hannah and Brian in Motupiko. Around thirty children and parents started with morning tea at Supervisor Wendy's house where we met her menagerie (including a lamb, chickens, quail, a bearded dragon and a blue-tongued lizard) then headed round the corner to the dairy farm.

On the farm we learnt how milk starts its journey to our fridge. We met some of the 400-strong herd of cows, visited the milking shed and felt the suction from the cups. During our visit the milk tanker arrived to collect over 6000 litres of milk and take it to be processed by Fonterra in either Brightwater or Takaka. Fonterra had kindly donated some of their products for us to taste so we were able to enjoy yogurt, flavoured milk, cheese and ice cream.

We are lucky to have these real learning experiences on our doorstep and to be part of a strong community that supports Playcentre and our children. Huge thanks to Hannah and Brian for taking time out of their very busy day to show us around and teach us all so much.

As we move into summer, why not drop in for a visit, check out the new garden and experience Playcentre for yourself. We are open Monday to Friday 9:30 until 12 and your first three visits are free.



Household Management

MEAL PLANNING FOR FESTIVITIES

by Gracie Marsden

Imagine this... melt in the mouth pork with crispy roast potatoes smothered in rich brown gravy and apple sauce. For dessert, a cinnamon mince pie with a helping of hot vanilla custard. All washed down with a cheeky glass of red. It definitely makes the taste buds tingle and the mouth water doesn't it?

All the delicious food we consume over Christmas is definitely a treat we wait for all year, but behind the scenes it can get quite stressful. So, here is our guide to help plan and achieve a stress free Christmas meal.

Using the budget you worked out from the last issue of Window on Wakefield you can determine how much spending money you have for catering and beverages. You can also check out our 'Meal planning for festivities checklist' on our website www.girlfridayhm.co.nz, under the News section.

Step One:

Organise your guest list from people staying to day visitors. It is important to remember to cater for breakfast, lunch, dinner and snacks. It's important to ask all your guests for any allergies and dietary requirements and make note of this next to the person's name.

Step Two:

Write a meal plan from the day your guests arrive to the day they leave; this way you are organised and know exactly which dish is being cooked on which day and at what time. If you're following a recipe be sure to write down which book it is from and the page number.

Step Three:

Put together a grocery list of everything you will need over the Christmas period. To make things easier, try organising your shopping list to suit your local supermarket. Start from one side of the supermarket to the other. You may want to do a practice run just to clarify you have it correct on the actual shopping day.

If you have to go to different stores for different items, the easiest and quickest way to do this is to visit them in order. Start at the closest one to your home then work your way through to the last store furthest away from your home. Don't forget your grocery list on the actual day! Make sure you put the list straight into your purse when ready to go.

Step Four:

Make enough room in your fridge, freezer and pantry. There's nothing worse than buying all the items and having nowhere to store it. If your budget will stretch, look into hiring electrical items if necessary. Make sure you have the correct or extra equipment for example electric whisks, roasting tins, saucepans, gravy boat, glasses, plates, bowls, cutlery and lastly furniture. You can also ask friends and family to bring their own if you wish.

Step Five:

Delegate some jobs. It's okay to get help if necessary, don't feel pushed to do it all yourself, this is your holiday too. Organise someone to decorate the table, someone to do food preparation, someone to cook, someone to plate up and someone to do dishes.

Step Six:

Put together a time schedule for the whole day every day over the Christmas period. Think about cooking food prior to the day to help save time. Some food can be prepared and frozen.

Some extra tips to help get you through

- Don't forget extra items like condiments and stuffing...
- Try not to over buy and if you do donate them to your local food bank...
- Stay hydrated especially if consuming alcohol...
- Have smaller portion sizes so you don't over consume...
- Add rainbow colours to your plate...
- Chew slowly and thoroughly...
- Don't forget to purchase all beverages including ice, mixers, tea and coffee... Stay safe and be merry!



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Target Shooting Wakefield

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



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

FUNDRAISING

If you or your business is able to help us out with any items goods or services that we can raffle off to raise funds please contact me: Dot Ashton on 0275430529 or targetshootingwakefield@gmail.com. All the proceeds from our raffles go back into the club and will assist those entering competitions with travel, accommodation and entry fees etc.

Monday 28th September was our final club night and prize giving. We started the night off with a novelty shoot which was a picture of a racoon with various spots on and around him we had to hit. The problem was that all you really saw through your scope was a black blob! So it was guess work where the targets were. Our club patron Colin Gibbs came along to hand out the trophies for the season. It was great to see a noticeable increase in young people that have come along throughout the season. Congratulations to all that received awards ☺



Tony Carter won the McNamara Cup. This cup has been doing the rounds since 1961. This is based on the best average scores gained over a six week period.

Group photo of the Wakefield members who received trophies on the night.



Sheryl Guyton won the David Crowe trophy. This trophy is in commemoration of David Baigent's uncle who put money aside for the club in the early years. On passing the club was able to purchase six rifles. To win this trophy you need to shoot the best score with a club rifle.



Tim Green won the cup for B grade.



Cameron Gibbons won D grade cup and most improved junior.



Robert Green won the Aldridge Cup for most improved on the sandbag.

Enjoy your summer everybody, and we will look forward to seeing you again come winter.



Cade Blanchet won the cup for junior novice

Trophy Cups for grades.

A grade ~ Ian Inwood
B grade ~ Tim Green
C grade ~ Scott Green
D grade ~ Cameron Gibbons

WINNERS OF RAFFLES

- Beary Nice Raffle won by Raelyn Eggers
- Gardner's Delight Raffle won by Vicki Sixtus
- Choc A Block Raffle won by Maxine Morrison
- Poker Night Raffle won by Brian Regan

Thank you to everyone who bought raffle tickets to support the club. ☺☺☺

Also **Jack Hicks** received a medal and certificate for most improved off the sandbag; Jack has just started in sling and jacket. **Holly Gibbons** received the Own star shield, this is based on working out your own handicap over 3 club nights to equal 100.

Marksman badges for scoring 100 on a single card over the season were handed out to Tim Green, Sheryl Guyton & Scott Green. Well done.

Masters Games indoor held on Saturday 3rd October at Barton range in Nelson. Wakefield members: Dot Ashton, Sheryl Guyton, Tony Carter, Ian Inwood & David Baigent competed on the day. It would be fair to say we all did pretty good too coming away with gold & silver medals. Results: Dot Ashton D grade age 35+ ~ Gold. Sheryl Guyton B grade age 35+ ~ Gold. Tony Carter C grade age 65+ ~ Silver. Ian Inwood A grade age 65+ ~ Silver. David Baigent A grade age 50+ ~ Silver.

L-R Tony, David, Dot, Sheryl & Ian.



Smarter Business Administration

Getting Your Business Online

by Joanna Smith and Amanda Ledger

If you are in business, the chances are that you will carry out some of your daily or weekly activities online. Perhaps you order materials via a supplier's online system, do your banking or pay your GST online. You might have your own website. A surprising study carried out by MYOB Business Monitor revealed that less than a third of New Zealand businesses own a website, and just nine percent of those sell products or services online. The same study showed that 66% of NZ customers look online before making a purchasing decision. If your business has no digital presence in an increasingly digital world, it is not hard to see that you may be missing opportunities. If you've been thinking about getting a website, but don't know where or how to go about it, here are a few tips to get you started.

Step 1 - Set your goals

Consider what you would like a website to achieve for you. Do you want to sell online? Will your focus be finding new customers, or encouraging repeat business? Are you looking to expand into different areas? Taking time to think about these things at the start will help you be clearer about what you want your website to do, which determines how much you need to spend.

Step 2 – Think about your branding

If you have an existing brand identity, now is the time to review it and check this still reflects your business. If you don't have a definite brand, now is the ideal opportunity. The more defined and consistent your business identity is, the more memorable it will be to prospective customers.

Step 3 – Get your domain name

A domain name is the address for your website. For most New Zealand businesses your domain will be something like www.yourbusinessname.co.nz. Ideally, your domain name should represent your actual business name as closely as possible. If you're planning to market your business within NZ only, a .co.nz domain is best. If you are planning to compete globally, look for a .com name. You don't own your domain name, you only rent it. Fortunately, domains are relatively cheap, around \$30 plus GST a year.

Step 4 – Build your website

There are many options for designing and building your website, and this wealth of choice can be daunting. There are many web design and development companies out there who will design and build you anything from a simple, static page website, right up to a multi-page fully custom-built site. There are also many online options offering DIY websites, where you sign up to their system and use templates and themes to create the website yourself. Whilst the relative cheapness of the DIY offerings may seem tempting, there are a few things to consider before you decide.

Budget – Be realistic about how much you want to spend; it's not always the case, but often you get what you pay for. Don't make the mistake of paying for things you don't want or need – and if you don't understand what you are paying for, ask for plain English!

Functionality – Make sure your website is going to do what you need it to do. Many sites now are built upon a system called WordPress, an open source system, meaning the system is freely available for anyone to use. There are many, many themes created for it (which you pay for) to give your site a particular style or look. There are also many Plug-Ins that add a huge range of functionality – from extra security, linking your blog to your Facebook account, or including availability calendars, booking systems, and much more.

Responsiveness – This has become a major factor in web design over recent years. More and more people are using devices or phones to access the Internet, therefore websites need to be readable on those as well as a PC. If your site isn't mobile friendly search engines will score it negatively. This is an important point when looking at the DIY websites, as not all of them are responsive.

Hosting – Another major factor, is hosting your site. Once it is designed and built, it needs to be hosted on a server. Most web design companies also offer hosting services. Ask about the security systems in place. If the server is hacked, what happens? How quickly can they get your website back up and running, and ensure that it hasn't been compromised? What bandwidth are the servers on? If there is a power outage, do they have back up systems? Check your hosting agreement and make sure that if you choose, you can take your website and get it hosted elsewhere. Sounds silly, right? You've paid for it, it's your website – of course you can take it where you want. This is not always the case. Some design firms retain ownership of the design, some enable you to use it only as long as you host with them. Check the fine print.

Step 5 – Keep it current

Finally, once you have your new website, make sure you keep it current. Keep your contact details up to date, change images, add new information, write blog posts. Little and often increases your chances of enticing search engines and customers to your site time and again.

A website is not a magic wand – if you don't do anything to make it memorable it will get lost amid the millions of other sites out there on the web. Just because you have a website does not automatically mean you will get sales – but if you put in a bit of regular targeted effort, you might find your online presence can make the world of difference.



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Children's Learning & Development

Challenging Behaviour

by Amy Bucknall

Aggression (hitting, kicking, biting etc) is a normal part of development. It usually peaks around the age of two.

Toddlers have very strong feelings but are not able to use language effectively to express themselves. They have a fierce desire to become independent, and an undeveloped impulse control making them prime candidates for getting physical. That doesn't mean you should ignore it, of course.

Let your toddler know that aggressive behaviour is unacceptable and show them other ways to express their feelings.

What to do about it:

Follow up with logical consequences

If your child gets into the ball pit at the indoor play centre and immediately starts throwing the balls at other kids, take him out. Sit down with him and watch the other kids play, and explain that he can go back in when he feels ready to join the fun without hurting other children. Avoid trying to "reason" with your child, such as asking him, "How would you like it if he threw the ball at you?" Toddlers don't possess the cognitive maturity to be able to imagine themselves in another child's place or to change their behaviour based on verbal reasoning. But they can understand consequences.

Discipline consistently

As much as possible, respond to each episode the way you did last time. Your predictable response will set up a pattern that your child will recognise and come to expect. Eventually, it will sink in.

Reward good behaviour

Try to catch her being good — for example, when she asks to have a turn on the swing instead of pushing another child out of the way. Praise her for verbalising her desires ("That's so great that you asked to have a turn!") and, in time, she'll realise how powerful words are. Then give her a time-in by offering to push her swing or playing with her afterward.

Limit TV time

Cartoons and other shows designed for young children can be filled with shouting, threats, even shoving and hitting. Try to monitor which programs he watches, particularly if he seems prone to aggressive behaviour. (The American Academy of Paediatrics recommends that children under the age of two watch no TV at all.)

Provide physical outlets

You might find that unless your toddler gets a chance to burn off his abundant energy, he's a terror at home. If your child is high-spirited, give him plenty of unstructured time, preferably outdoors, to let off steam.



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Sharyn's Amazing Experience

On the 10th of October Sharyn was invited by the Nelson Children's Cancer Society to paint nails for mums, care givers and/or guardians of children who suffer from cancer.

This was a wonderfully organised event, from pedicures, manicures, facials and massage on offer.

What these families must go through and to have someone take the pressure off by providing a weekend of food, wine and pampering was just amazing.

The Nelson Children's Cancer Society held a quiz night to raise funds to provide this weekend of relaxation.

Sharyn would like to thank the Nelson Children's Cancer Society for the humbling opportunity.

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Wakefield School

TERM FOUR

At Wakefield School we are all looking forward to the busy term ahead - these are just some of the activities we will be involved in: Year 5 and 6's on camp, school-wide investigation into improving our school environment, Stage One performance, soccer tournament, Rock Fest, gymnastics festival, showcase of our dance lessons, the school gala, a visit from Raroa Intermediate, Year 3 and 4 athletics, a visit from the Ashburton College Choir, swimming lessons, Year 5 and 6 athletics and our triathlon.

Tahi Toroa's Poetry (Year 3 and 4 children)

We started our term off by reading and then writing poems. Some of us wrote our poems using a format and others used their imagination. All of us have worked hard to use descriptive language to create an image in the reader's mind. Enjoy!

My Dad

My dad is towering and strong
He looks like Muscle Man off Regular Show
Sometimes he says "Goodnight"
And he is really benevolent.

Brooklyn

All 65 green Kawasaki's
All 65 happy riders lined up
At the top of the slippery firebreak
Then the sun popped out
And off they rode in a cloud of dust

Rhys

My Sister Holly

My sister Holly is really vexing
She looks like a monkey
She always does funny faces at me
But I still love her

Abbie

My cat is cute and cuddly
He looks like a buffalo
Sometimes he says, "I'll get you"
Then he plays peekaboo
And hides behind the couch
Just about to pounce
I try to run - too late!
Meeeeooooooooooooowwwww!

Oilly

Dark Scary Woods

I was walking through the woods not knowing what could happen.
Anything could happen...
Like shivering by a tree,
Perhaps seven wolves might come and chase me
Or seven green goblins might come and thrash their axes at me,
They might, might they not.
Anything could happen in the dark scary woods.

Ayesha

The Beach

The beach. A wonderful sandy place to be!
My mum sits on a seat relaxing in the sunlight.
I can build a sand castle.

Maggie

Space Debris

The road is closed. Junk is piled up, up, up, upon the roughly cracked tarmac. Builders have begun slowly picking away at the burnt-out remains of satellites and space shuttles. Boulders of monstrous sizes piled up on the lawn. Our uncle says, "The sky is falling!" I doubt this could be true, after all he don't know much. I think our planet must be growing! It's gravity sucking things in. Either way, growing or falling, this has got to stop! I can't think of a world covered in junk, especially not this one. My mum says we're all going to die! I wish she didn't say that, now all my sister says around here is, "I'm too young to die!" I hope this stops.

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MOBILE COMPUTING - "We still come to you"

by Fran McGowan

"We" is Fran McGowan aka Fran the Man, owner and sole operator.

Mobile Computing moved to Wakefield from Nelson in 2014, but has been servicing the Wakefield area since the beginning, back in 1997. I recognised a need for a mobile service as some people aren't keen to pull their computers apart and take them into a shop for fixing.

I set up the business with Shank's pony, a push bike and a motorbike, and travel to clients' homes to fix computers on site. Occasionally it's more efficient to perform a repair at the home office, and my long-suffering wife Jenni has become used to finding bits of technology standing by the front door where clients have dropped them off.

Mobile Computing's business card describes the services as "fix up, set up, back up, clean up tablets and computers". Clean up is what's most commonly asked for – making a device work to the best of its potential. Clients often think that they need a new computer, but after a thorough clean up the PC may run better than when it was new. Until the grandchildren come to visit! I am noticeably busier after school holidays, because kids are notorious for clicking on everything, often with undesirable results.

Initially I fixed mostly desktop computers, later mainly laptops and home networks, and now smart phones and tablets make up a lot of my business.

I service home systems and a few small businesses. Some clients have been with me since I first started and it's not unusual for people to expect me to remember their passwords! (Sometimes I do!)

I have always been interested in technology, since my childhood in Golden Bay. I started playing with Apples, Commodores, Spectrums and Segas and writing software in my teenage years at Waimea College. Mobile Computing grew out of this interest, and from helping family and friends with their computers. I built my first PC from parts; that gave me a good feeling for what each bit does.

A Diploma in Business Computing gave me a piece of paper to frame, but mostly I learn from doing and experimenting. My wife accuses me of fiddling with my own computer until it breaks, just so that I can figure out how to get it working again.

Being able to choose my mode of transport depending on how close the job is and what the weather is doing! I regularly service from Tapawera to Cable Bay and Motueka and usually use my Suzuki DR650. For closer jobs I walk, or ride one of my push bikes (mountain or road or single speed). The motorbike tends to attract comment because of the kiwi sitting on the front mudguard, complete with crash helmet made out of a ping pong ball. He's been my travelling companion since 2006.

What does the future hold?

More of the same. I have no plans to expand or change, apart from what's driven by technology changes. Next year Jenni and I plan to build a house in Wakefield, so we'll be in the area for the long term.

Mobile Computing
Edward Street
Wakefield

P: 03 548 1787

[That looks like a Nelson number, but due to the wonders of the internet, it reaches a phone in Edward Street Wakefield]

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E: fran@mobilecomputing.co.nz

BEST TIME TO RING:

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Waimea Senior Care

by Nicola Berthelsen

Wednesday the 7th of October was the Waimea Senior Care Fashion Show at St Johns Community Church.

What a fabulous afternoon of beautiful clothes from Fashion Central's spring collection, spot prizes, treats and entertainment from some incredible local talented dancers. There were over 50 people from the community who attended the afternoon.

We were able to raise some money for the forthcoming Waimea Anglican Senior Care van that will hopefully be in service for the start of next year.

This will be to help both Church and Community Senior Care clients within the Wakefield and Brightwater areas.

It will be a door-to-door delivery service for shopping, appointments and outings as well as visiting with clients.

If you would like any information on what we have available for senior people, please don't hesitate to phone Nicola 541 9225 or St Johns Community Church 541 8883.



The Tao of Christmas

"Less presents, more present. This time, give time."

Tao Wells has been living in Wakefield for the last four years and feels it's time to share some of his creativity with the town. This December 20th, with some luck with the weather, the "Now Festival of Tao" will run for one brief afternoon all over Wakefield. Wells plans to subtly install a series of his creative works inspired by the spirit of DIY and limited wealth, in four different outdoor sites around Wakefield.

With family and friends in support, and to engage with any questions that may arise, Wells hopes to have permission sorted soon, as well as promotion and maps available for people to find the different locations. All within walking/ cycling distance of each other.

The works are made of stretched bed sheets, pillow cases and spare socks on wooden frames hung from fencing wire. For Wells the works are a conundrum, "It's just a bed sheet stretched over a wooden frame, but to me it looks like a million dollars". There's a cheeky promotional theme playing on his name of Tao, a Chinese philosophy that contemplates nothingness as a path from which everything springs. Wells wishes to encourage an xmas where time instead of presents, is celebrated.

"I want to do something different for Christmas this year. I thought I would make a stand and present values I actually have instead of just going with the flow. It's only taken me 42 years to get here".

For more information about the festival, Wells is making a blog at: winkybinkytv.blogspot.co.nz

Tao, Laura and Cassius Wells (and Betty the goat) pictured at their family property in Wakefield.



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WAKEFIELD KEA SCOUTS

Term four has been an exciting one and to start it off we all celebrated the Kea Scouts Birthday! It's been 36 years since Kea Scouts started in New Zealand and a lot of fun was planned for the birthday week. Starting off at the den we had a great night making Kea masks and paper buckets as well as a load of games.

The new Scout Law also took pride of place in our first night back as the Keas learnt all about it and what it means for them. Then it was off to join all the Keas from the Nelson Zone at National Kea Day in Brightwater. A bit of rain in the morning didn't dampen the spirits of the Keas as they got ready for a fun filled day of games and races. From "Captains Coming" to the first annual Zone soccer tournament and chasing a giant blow up beach ball around the field, the Keas all had a blast and needed a good nights sleep afterwards.

Back at the Den we have new leaders in charge of the posse's for this term and have welcomed three new Keas, Brook, Charlie and Miles into our group this term with two more on the way. It's going to be the biggest term so far for Kiwi and Tawa but luckily we have plenty of parent helpers on board to help :)

Coming up this term we have yet more big events with our Keas gearing up for the National Kea Sleepover at the end of October. It's going to be a big night with Keas from all around the Zone loaded into the Wakefield Scout Den. We also have the Zone Swimming Sports in December and our Keas will be planning for the Richmond Christmas Parade this year as we will be joining forces with the Richmond Keas.

If you have a child that you would like to join us either bring them on over to the Scout Den on a Tuesday night during school term and see what we are all about or call 0800 Scouts for more info.

OUR KEA LEADERS

Veronique (Kiwi) & Louis (Tawa)

Ever wondered what it's like to be a Kea Leader... I can tell you now it's a blast! The hardest part of the job is keeping up with the Keas when they are in full charge and finding new and exciting ways to challenge their minds. You must have a passion for sharing knowledge with the youth and enjoy watching the fun and excitement they have each and every week as they learn while experiencing new and exciting things. Seeing first hand their own personal growth is what makes it all worth while. If this sounds like you and you would like more info on becoming a leader in the Scouting Organisation the Keas, Cubs or Scouts would love to have you.

Just give Angela a call on 5419223

Or Email : wsg4kids@gmail.com



Pictured above National Kea Day Opening Ceremony.

Below Wakefield Keas In charge of the ball with Roy about to attempt a goal in the 1st Annual Soccer Tournament!



Important Info

- Keas is every Tuesday at the Wakefield Scout Den from 4.30pm till 5:30pm during school terms.
- First three visits are free so you have a chance to see how much your child will enjoy their time with us.

Wakefield Bowling Club

by Tony Eames

The summer season is now in full swing with Interclub and Club Championships midweek and weekends.

Community Bowls starts on Thursday evenings from 12 Nov for 5 weeks, 6 – 8 pm. All previous participants and any new players welcome for a fun time.

Adults \$5, children free. Bowls & instruction supplied. Sausages & drinks available. Please see flyer or phone Tony on 5418316.

Wakefield won the Washbourn Shield in the annual challenge match against Richmond, the Shield being donated in 1922 by Dr H O Washbourn who had links with both Clubs. There were seven teams of triples from each Club who played two games each, Wakefield winning six games, Richmond five with three draws. See photo.

In the interclub 5s (one team of Triples and one of Pairs) both the Women's and Men's team did exceptionally well qualifying in the top section of four teams for the Finals, the Women in the Premier Division and the men in the Premier Reserve. The women's pair won five games out of six with one draw and the triples won four games from six. The men's triples won all six games and the pairs won four.

The first Club Championships to be decided were the Junior Singles won by Harry Beckers for the men and Bev Ashton for the women. Women's Junior Pairs was won by Di Holland & Pam Bonis.

The Open Singles Championships were played over Labour Weekend with the women's won by Margaret Eames for the fourth year in succession and the men's being retained by Tony Eames for the second year. Play was of an exceptional standard with close games throughout, showing the progress of many of our players.

In the first Open Tournament of the season, Wakefield filled all three top places against good quality teams from around the region. Winning team was Margaret Eames, Don Sixtus and Les McJarrow, second place Barbara McGregor, Nick Riordon and Tony Eames, third place John van der Laan, Arnold Mason and Pam Bonis.

Special comment was made as to how well the green played, thanks to our team of workers led by green keepers Stu Peterson and Don Sixtus.

Congratulations to Stu Peterson and Margaret Eames who won the South Island Masters games 2-4-2 competition, winning all four games on the first day to qualify for the top section in the finals when they again won all four games for the Gold Medal. See photo.

Please feel free to call in anytime to see what is going on or check our website.
<http://www.sportsground.co.nz/wakefieldbowls/>

Wakefield players with the Washbourn Shield won against Richmond in the annual challenge match.



Stu Peterson and Margaret Eames with the South Island Masters Games gold medals.



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\$5 Bundle Deal

Get one sandwich loaf and 8 rolls for \$5
Free delivery to Wakefield
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Ask us about our gluten friendly and wheat free/dairy free options

193 Hardy Street, Nelson
03 548 7520

Local Baker Shelley has owned bakeries for 6 years and is excited that FreshBake is nearly a year old. She lives in Wakefield with her 3 year old daughter Macie and partner Brad.

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

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.
Phone 541 8581



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Tuesday afternoon with Brenda
Thursday morning with Paula

Ph 541 8974

info@tcvet.co.nz * www.tcvet.co.nz

Edward Street, Wakefield

Head office 35 McGlashen Avenue, Richmond



544 1200 24 hours



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Organise Your LPG Bottle Fills NOW

Drop them off in the morning and pick them up on the way home

Wakefield Auto Services Ltd

67 Whitby Road, Wakefield

Phone 541 8121



ENJOY THE JOURNEY



CALTEX

Community Notices



WAIMEA AREA QUILTERS

Our last meeting for 2015 will be on

SATURDAY 14th NOVEMBER 2015

at 9.30am – 3.30pm

ST JOHNS CENTRE, 120 EDWARD ST. WAKEFIELD

This will take the form of a **CHRISTMAS QUILTING SEW DAY**, learning how to make several items for **CHRISTMAS**.

IF YOU WISH YOU CAN SIGN UP FOR THE CHRISTMAS SKILLS OR BRING YOUR OWN CHRISTMAS PROJECTS TO WORK ON.

New ladies always welcome! Please contact below for information, registration essential for this meeting, there is a small charge.

Please bring the following:

Your machines & Sewing essentials, plus items for the classes, Show & Tell, Fat Quarter Challenge, Shared Lunch plate, please return all Library Books. Most of all bring yourself!

Contacts: Marilyn on 541 8435 gibbs@ts.co.nz, or Bev 544 4976 beven@xtra.co.nz

PLEASE NOTE

Please note that Mainly Music has changed it's venue to : St Johns Worship Centre, 120 Edward Street.

Waimea Anglican Budgeting Service: Free Budget Advice in Richmond, Brightwater, Wakefield and Tapawera.

Local volunteers offering free, friendly advice on personal budgeting.
Txt 022 020 5565 or ring 5448901

WANTED

We would like to preserve old Wakefield photos for future generations to enjoy. If you have any that we could obtain copies from please contact Christine 541 8595 or Jeanine 542 3033.

THANKS

Thank you to the Belgrove Tavern and Audrey McGregor for the photos and information on the bridge that Ralph Bradley was asking for in the October Edition.

WANTED

A couple of locals to serve on a committee for future Dark Sky Park (astronomy friendly area), ring Ralph 541 8859

FOR SALE

2 Seater Sofa – great for a student flat or similar, \$25.00 to a good home! 03 541 9689

WANTED

Kirsty is looking for a safe, sound and sensible horse for beginners to ride, 14-16hh. If you have something suitable sitting in a paddock? Please contact her on 541 9794.

WANTED

Shared accommodation / sleep-out for mature female, with grazing for two horses please. 021 025 74207

Wakefield Community Toy Library

needs new members!

Wakefield Community Toy Library
Edward Street, Wakefield

COMMUNITY OUTREACH LUNCHES

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

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

STATEMENT FROM NZ POST

regarding changes to mail delivery following Matt & Angie Wells departure from Wakefield:

"New Zealand Post & CourierPost service our customers in the Wakefield township with a Contract Postie delivering both the mail and parcels. Our customers with any questions or queries related to deliveries should contact our Customer Call Centre on 0800 501 501."

WAKEFIELD SCHOOL & COMMUNITY POOL KEYS FOR SALE AT WAKEFIELD SCHOOL GALA!

A GREAT FAMILY EVENING OUT!

Dine on our fantastic local fare:
Wild Pork Sandwiches, Whitebait Patties,
Vegetarian Food, BBQ, Café, Desserts,
GLUTEN FREE OPTIONS AVAILABLE,
Kids Food & much more!

Check out our fantastic stalls:
Silent Auction, Plants, Produce, Books,
Toys, Clothing, White Elephant, Mystery Boxes

Fun for Kids of all ages:
Inflatables, Shooting Gallery, Digger Rides,
Horizontal Bungee, Haunted House,
Face Painting, Animal Petting Zoo & more!



Wakefield School Twilight Gala

Saturday 7th November
3.00pm – 6:30pm

Wakefield School
Edward Street, Wakefield

Please note the gala will run wet or fine!
LIVE ENTERTAINMENT

Community Diary & Classifieds

WORK WANTED

Small building and maintenance jobs required.
50 years experience
Text or call 027 4452 190

FOR SALE

Dolls clothes and dolls still for sale
Phone 541 8342

FOR SALE

Children's sun hats (new) \$12.00ea.
Phone Deborah on 5419045.

FOR SALE

Jigsaw puzzles – mostly Wasgij but some others. \$8.00ea.
Phone Deborah on 5419045

NEEDED

Looking for local retired farmer willing to help out with a few handyman jobs occasionally like fixing fences, repairs to woodwork, tractor driving, making hay, flexible hours to suit.

Ph Sue on 5418981 or 027-222-5037

WORKER REQUIRED

Quote for a Wooden Shingle Roof
Ph 541 8441
Jeanette or Glen

Sewing Repairs & Alterations

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

WANTED

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

FOR SALE

Carded wool, \$15/kg, various natural colours, email pictures available by request, deliver or drop off between Wakefield and Nelson, phone 541 8288

FOR SALE

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

FOR SALE

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

FOR SALE

NEW HOUSE
2 bedroom + office, brick, landscaped, quiet location, close to Wakefield.
Suit retirement or down sizing.
Enquiries phone 5419634

WANTED TO RENT

3 bedroom to rent, hopefully wood fire, must have sheds, wakefield and surrounding areas, phone 027 567 8054

WANTED

Wakefield Bowling Club is still willing to collect any scrap metal, old wiring, car and truck batteries, etc.
Phone Trevor on 5418855

MONTHLY COMMUNITY CALENDAR

NOVEMBER 2015

Sun 1	10.00 am	Wakefield School & Community Pool Opening
Mon 2	10.00 am	Mainly Music, St Johns Worship Centre
Tues 3	10.30 am	Wakefield Community Library open
	7.00 pm	Wakefield Community Health Centre Meeting
Wed 4	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
Thur 5	9.30 am	Wakefield Art Group, TBA [ring for venue]
Fri 6	2.30 pm	Wakefield Community Library open
Sat 7	9.00 am	Open Day, St Josephs Catholic Church
	9.30 am	Wakefield Community Toy Library open
	9.30 am	Logging Weekend, Pigeon Valley Steam Museum
	3.00 pm	Wakefield School Twilight Gala
Sun 8	9.30 am	Logging Weekend, Pigeon Valley Steam Museum
Mon 9	10.00 am	Mainly Music, St Johns Worship Centre
Tues 10	9.45 am	Live Well Stay Well, Chateau Rhubarb
	10.30 am	Wakefield Community Library open
	7.00 pm	Wakefield Community Health Centre Special Meeting
	7.30 pm	Wakefield Community Council, St Johns Worship Centre
Wed 11	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
	1.00 pm	Wakefield Foodies, St Johns Worship Centre
Thur 12	9.30 am	Wakefield Art Group, Wakefield Village Hall
	6.00 pm	Community Bowls, Wakefield Bowling Club
Fri 13	2.30 pm	Wakefield Community Library open
Sat 14	8.00 am	Wakefield Market Day
	9.30 am	Wakefield Community Toy Library open
	9.30 am	Waimea Area Quilters, St Johns Centre
Mon 16	10.00 am	Mainly Music, St Johns Worship Centre
Tues 17	10.30 am	Wakefield Community Library open
Wed 18	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
Thur 19	9.30 am	Wakefield Art Group, Wakefield Village Hall
	12 noon	Community Outreach Lunch, St Johns Worship Centre
	6.00 pm	Community Bowls, Wakefield Bowling Club
Fri 20	2.30 pm	Wakefield Community Library open
Sat 21	9.30 am	Wakefield Community Toy Library open
Mon 23	10.00 am	Mainly Music, St Johns Worship Centre
Tues 24	9.45 am	Live Well Stay Well, Chateau Rhubarb
	10.30 am	Wakefield Community Library open
Wed 25	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.15 am	Wakefield Craft Group, Wakefield Village Hall
Thur 26	9.30 am	Wakefield Art Group, Wakefield Village Hall
	6.00 pm	Community Bowls, Wakefield Bowling Club
Fri 27	2.30 pm	Wakefield Community Library open
Sat 28	9.30 am	Wakefield Community Toy Library open
Mon 30	10.00 am	Mainly Music, St Johns Worship Centre
	6.30 pm	Wakefield Scouts AGM, Scout Den

DECEMBER 2015

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

Community Notices

WAKEFIELD FOODIES

Back to basics in November,
Special but easy family favourites
Fish Pie and Quiche

Wednesday 11 November 1pm
St. John's Anglican Church Worship Centre

Contact: Rita 0272288902



Are you a beginner, or have never drawn or painted before?
Come and give it a go.
Join our very friendly group

Every THURSDAY of the School Term
9.30 am – 12.30 pm
Wakefield Village Hall – Supper Room
\$3 per session/cup of tea included

For more information contact:

Fiona - Phone: 541 8910 or Sonja – Phone: 541 8176

WAKEFIELD MARKET DAY

Saturday 14th November
8am to 12pm (Note summer hours)

Come and enjoy the friendly local market.

We have a good variety of goods for sale and with
planting time here you can benefit.

There is bound to be something that will become a
useful tool in coming weeks before Xmas.

If you have got things that are just sitting there in
those boxes from last year, get them out, recycle.

BBQ and sites available, ring Jean 5418154

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.

FOXHILL TENNIS COURTS

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Erica Short
Secretary/Treasurer 541 8882

NOTICE OF MEETING

Wakefield and Districts Community Health Centre Incorporated
3rd November 7pm
At the Health Centre

Followed by

SPECIAL GENERAL MEETING

Wakefield and Districts Community Health Centre Incorporated
10TH November 7pm
At the Health Centre

Wakefield Craft Group

Come and join the ladies craft group
Wednesday mornings in the Village hall supper room
9.15am - 12pm.

Bring any project - sewing, knitting, crochet etc.
and join us for coffee and company

\$2 per morning

Phone Judy on 541 8342



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

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

**Nurture@Wakefield
Playgroup**

Every Friday 9.30-11.30
Wakefield Community Toy Library, 61 Edward Street, Wakefield

From 0 to 5 years

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

Safe, Fun, Friendly.

Donation appreciated. Thank you
Amy 541 8001
021 02677605

Community Directory

Citizens Advice Bureau
548 2117 - 0800 367 222

Guiding Co-ordinator
Sue Burrowes 541 9689

Lord Rutherford Memorial Hall Foxhill
Helen Pullan 541 8058

Pigeon Valley Steam Museum
Alan Palmer 027 319 7427

Rural Ramblers
Carolyn Mason 541 9200

Spring Grove Drill Hall
C. Pike 542 3904

Totaradale Golf Club
Jacquie 541 8030

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

Wakefield Brownies
Veronique Law 541 9190
nvaslaw@gmail.com

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

Wakefield Football Club
Richard Malcolm 541 9429

Wakefield Medical Centre
541 8911

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

Wakefield Playcentre
Contact: 541 8866

Wakefield School
Edward Street 541 8332

Wakefield Scout Group
Angela Burke 541 9223

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

Wakefield Volunteer Fire Brigade
DCFO Fritz Buckendahl 027 224 4162

Womens Biz
Genie Bradley 541 9641

Country Players (Drama)
Philip Calder 541 8442

Junior Country Players
Dixie McDonald 541 8862

Nelson Vintage Engine & Machinery Club
Allan 027 319 7427

Pinegrove Kindergarten
03 542 3447

Rural Women
Dawn Batchelor 542 3628

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

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

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

Wakefield Bush Restoration Society
Doug South 541 8980

Wakefield Craft Fair
Leanne and Glen Turner
541 8306

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

Wakefield Plunket
Donna Todd 541 8583

Wakefield School/ Community Swimming Pool
Phill Platt 027 231 7610

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

Wakefield Rest Home Ltd
Pauline Coombs Manager 541 8995

Wanderers Sports Club
542 3344

Wakefield Physiotherapy
Kate West 03 541 8911

Window on Wakefield
Advertising - 541 9641
Genie & Lindsay Bradley

Focus Wakefield
Diane Blackburn 541 9725

Just Gymnastics
Linda Mace 546 6013

NZ Postcard Society Inc.
Doug South 541 8980

Richmond Lions - Wakefield Rep
Ivan Burrowes 541 9689

Spring Grove Church of Christ
Meet Sundays 10am
541 8011

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

Waimea Sth Historical Society
Jeannine Price 542 3033

Wakefield Bowling Club
Margaret Eames 541 8316

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

Wakefield Community Council
Russell Wilson 541 8477

Wakefield Indoor Bowls Club
Ren Olykan 541 8275

Wakefield Pippins
Veronique Law 541 9190
nvaslaw@gmail.com

Wakefield Preschool
Contact: 541 8086

Wakefield School PTA
ptawakefield@gmail.com

Wakefield Tennis Club
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





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WAKEFIELD

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NEW LISTING



4 bedroom, 2 bathroom, 2 spacious living areas, 862m² section.

UNDER CONTRACT



150 EDWARD STREET

WAKEFIELD

26 PITFURE ROAD \$556,000



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WAKEFIELD

385 CHURCH VLY ROAD \$1,750,000

+GST



70 hectares, currently deer farmed. Stunning views.

WANTED

I have many buyers seeking properties from

\$350,000 - \$450,000

please call if you are thinking of selling.

SOLD



25 BEATSON ROAD

SOLD



34 LORD AUCKLAND RD

SOLD



3 HOOPER PLACE

SOLD



129 WHITBY ROAD

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Wakefield Bowling Club NZ
Wakefield School Music Program

Wendy Pearson

021567722 or 541-9667

wendy.pearson@tallpoppy.co.nz

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