



window on **wakefield**

Your Local News

Community News for the Wakefield Area

Wakefield Scout Group with the help and support of Pub Charities Ltd and the Wakefield Community has officially opened our new disabled access deck and wheel chair ramp on the 26th September 2017.

This project was very dear to us as it has enabled one of our Kea Scouts, Hunter Grooby to be able to make his way into the den with ease and give him more independence as he grows. This is the first stage of making our Scout Den a fully accessible den which will not only benefit the members of Wakefield Scout Group but also the wider Wakefield Community that may wish to use the den.

With the support of our builders at You Build Nelson who have done an amazing job by putting in the deck and committing to getting the job done to assist Hunter, yet still allowing us to continue to raise the remaining funds needed to cover the costs over the time that it will take us, has been very appreciated.

To each and every one of you around the community that have given your support to this project and our ongoing projects, on behalf of Wakefield Scout Group I would just like to say a big **B.R.A.V.O!**

Yours In Scouting

Louis Hornell - Tawa
Wakefield Scout Group
Kea Scout Leader / Group Leader
027 7593006
wakefieldgroupleader@gmail.com



WINDOW ON WAKEFIELD

How it works...

Window on Wakefield is produced and published by Focus Wakefield, a subcommittee of the Wakefield Community Council. All businesses advertising in this publication incur a cost for the advertising space allocated, depending on the size and location of the advertisement. The funds raised from this advertising are used to cover the costs of printing Window on Wakefield. No parties are paid for the time involved with editing, coordinating and publishing this paper. It is the intention that if surplus funds are raised from advertising, that these will be held in a separate bank account to be used for other community projects. The bank reconciliations and financial reports related to this account will be made available to any person who wishes to view them.

Content...

Window on Wakefield is a community newspaper, and as such, we look forward to having articles and content contributed by our community. If you wish to submit a one off article, or suggest some regular content, please make contact with Sonia on 541 9005 or email windowonwakefield@gmail.com and read the Terms and Conditions below.

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Due out the first full week of each month

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

All Content to be submitted by the 23rd of the Month prior

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In The Bush

Another successful weeding bee on the 9th September in what we call the cabbage tree paddock, located on the southern side of Faulkner Bush proper.

It was certainly hands and knees stuff as many of these early plantings (from 2000 onwards) have really headed skyward. Old man's beard previously missed and well grown was given the short shift! But fantastic to look back at this area particularly to our "beginnings" and memories - of course discussed at length over the brunch cuppa.

Our next weeding bee is 14th October (weather permitting) from 10am until noon. Just give me a call to register your interest to join us. We would appreciate hearing from all newcomers and those that have been thinking about it and perhaps hibernating over the winter months.

A lot of volunteer work from our society has taken place to resurface many of our existing walking tracks within Faulkner Bush Scenic Reserve. Very time consuming but so worth the effort and the reward of seeing so many walkers making use of them.

DAMN.....The metal detector folks are at it again at Faulkner Bush and leaving holes and digging debris for folks to trip on and over! As stated previously there is ZERO TOLERANCE to any form of metal detection and it is illegal, not only for our Reserves, but sports fields, cemeteries and any other property administered by the Tasman District Council Reserves Department.

Please if you see it report it and if possible obtain registration plate numbers to give to your local police force. Or alternatively report to Richard Hilton, the TDC Horticultural Officer, direct dial 03 543 8484 or mobile 027 701 8235. Remember your safety first and do not approach the offenders.



Update on Edward Baigent Bush Memorial Scenic Reserve

The Freedom Camping Bylaw submissions hearings will be held at Wakefield Fire Station, Pigeon Valley Road, Monday 30th October 2017 between 10am and 4.30pm.

With submissions on the Edward Baigent Bush Memorial Scenic Reserve "polling" the majority of the total submissions, I wish to say, "Well done to you all!" In total there were 112 submissions; 67 wanting full closure, 38 wanting camping for certified self contained vehicles only, miscellaneous ie non-specific comments 6, status quo 1.

Those who indicated to speak to their submissions have been allocated a time frame in which to present. There are 32 of these in total so this will present an incredible cross-section of commitment for protecting this Scenic Reserve.

Special mention must also be made of those who are travelling some distance to attend; Patrick Wijngaarden - Wellington, James Imlach (National Policy and Planning Manager for the New Zealand Motor Caravan Assoc Inc) - Wellington, Heather Baigent - Auckland, Paul Baigent - Hanmer Springs. And again sincere thanks to all who are speaking and attending.

The Baigent family support must also be especially acknowledged, in this instance; Heather Baigent, Gwenda Parker nee Baigent, Evan Baigent, Paul Baigent and Barbara Cameron nee Baigent.

Do contact me should you require any further information and if you have the time come and listen.

Regards Doug South
President Wakefield Bush Restoration Soc Inc (since 2000),
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The Way We Were

175 YEARS OF EUROPEAN SETTLEMENT IN NELSON 1842-2017

THE VOYAGE OUT: ALARUMS AND EXCURSIONS

Prepared for the Waimea South Historical Society by Roger Batt

Apart from the obvious dangers of shipwreck and disease on board a crowded nineteenth century sailing ship undertaking a long sea voyage, the one to be feared the most was fire. When the *Cospatrick* caught fire about 250 miles south west of the Cape of Good Hope on the night of 17 November 1874, it resulted in what has been considered New Zealand's worst civil disaster. Although a bucket brigade was quickly organised, the captain's efforts to turn the vessel so that the wind would come from the stern failed, as the ship would not respond and the wind blew the fire back into the ship and onto a flammable cargo which included turpentine, varnish, methylated spirits, 1,732 gallons of linseed oil and over 7,000 gallons of alcohol. (Hastings p68) "When the *Cospatrick* finally sank, 40 hours after the fire had been discovered, two lifeboats were left floating on the empty sea, with 62 survivors (passengers and crew) aboard. Both boats were without food or water. After a time the boats became separated and one boat was never seen again. The other was found by a passing British ship ten days after the fire but only five people were alive. Two died after being rescued. Of the 473 aboard when the ship caught fire, only three survived." (Te Ara)

At a public inquiry later held in London it was established that the fire was caused by a passenger or crew member setting fire to some combustible material with a match or candle having broken into the cargo hold. The disaster had as much effect on public consciousness at the time as that of the *Titanic* years later. Although the causes were very different, in one respect they were identical: insufficient seats in the lifeboats. However, instead of increasing the number of lifeboats the commission only recommended that the boats should be stored on chocks rather than upside down and that there should be weekly fire and boat drills on all migrant ships. (Hastings, p70) After this terrible disaster migrant numbers to New Zealand declined for a time. However, it certainly helped to improve fire safety procedures at sea with the introduction of regular fire drills.

"Fires which ended in disaster were mercifully rare. Disease on the other hand was rife. It was, indeed a common expectation of passengers." (Simpson p194) The doctor was a key officer on board with wide-ranging duties: examining the emigrants prior to departure, inspecting and overseeing the maintenance of clean water closets, ensuring adequate ventilation and warmth of the passengers and maintaining the standard of food being served – to name a few. Most were conscientious men who did their best. "But given their standard of skill, the crowded conditions in the steerage and the state of contemporary medical knowledge...they were virtually helpless when disease broke out. Their best protection was to ensure that inspections were rigorously carried out so that no disease was brought aboard in the first place." (Simpson p195)

Reference has already been made in a previous article to the tragedy of the *Lloyds* which sailed to Nelson in 1841. It had one of the highest death rates of any emigrant ship with a death toll of 75 - 67 of them being children under the age of 14 who died of whooping cough. Thirty seven year old George F Bush, the doctor, who had been given 37 responsibilities, (*The Prow*) was held responsible for this disaster by the NZ Company which refused to pay him (McLean p175) despite the fact that he had protested about the embarkation of one family with whooping cough but had been overruled by the company's medical superintendent Sir John Doratt. The disease contributed to the death of 58 children before the ship reached the Cape of Good Hope. (Allan p88)

Storms at sea – like disease and death - were a fact of life. Their frequency and intensity, however, increased the further south the ship sailed. Even though this was tempting as the *Roaring Forties* provided much greater speed for the ship, the dangers of icebergs and severe gales (with the addition of snow and sleet) made for uncomfortable sailing at latitudes higher than 44 degrees. "In 1855 the *Guiding Star* out of Liverpool rushing people to the Victorian gold rush, hit an iceberg and sank with the loss of 543 souls." (McLean p185).

Captain Jardine in 1842 took the *Lord Auckland* as far south as the 45th parallel. There he ran into a storm which struck on New Year's Day. In the words of Alfred Fell, "The storm burst in a wild fury around us, tremendous seas came over us, sails torn into ribands and leaning so that sometimes the sides of the cuddy seemed to be the floor. At 8.30 am the spars lashed at the side of the longboat and at the same time the maintop gallant mast and yard and sail were carried away, and left the appearance of the mainmast a perfect wreck." (McLean p186)

Yet despite all these dangers: fire, shipwreck, infectious diseases - that the emigrants were well aware of - it did not deter them from making the journey of 13,500 miles which shows just how desperate most of them were to make a new life on the other side of the world.

Acknowledgements:

Allan, Ruth *Nelson a history of early settlement* AH Reed, 1965

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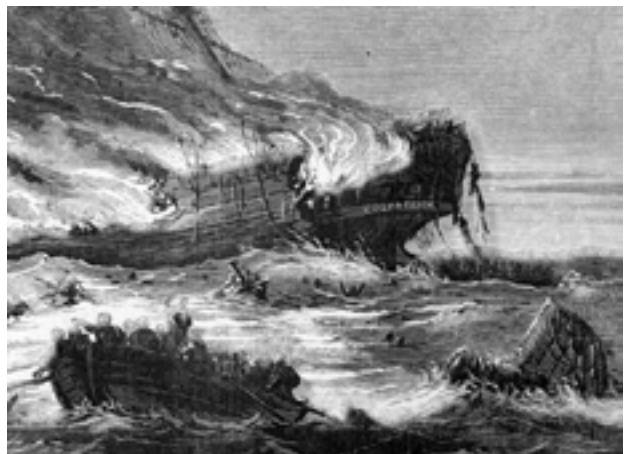
McLean, John *Voyages of the Pioneers to New Zealand 1839-85* Winter Productions, 2015

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<http://www.theprow.org.nz/yourstory/nelsons-early-settlement>



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Webby Family Reunion

Media Release September 4, 2017

Webby Family Reunion Set for March 2018

Members of the Webby family, who trace to original settlers Edward and Mary Webby/Whibbey, will gather in Nelson in March 2018 for a family reunion. Organiser Jacquie Webby, who also wrote the definitive history of the family entitled, "The Webby Family – tracing the history of one of Nelson's founding families", says initial expressions of interest indicate an excellent response to the event, which will be held on March 16, 17 and 18, 2018.

"We sent out initial expressions of interest in a Webby Family Reunion when the book was posted earlier this year and to date, we have family members coming from both North and South Islands, Australia and the USA," Jacquie Webby says.

The event will include visits to properties which are central to the history of the Webby family, a family reunion dinner and two special events in Richmond, one being the unveiling of the headstones on the graves of Edward and Mary Webby, at Richmond Cemetery. "We are just finalising the second big event in Richmond and will release details as soon as they are confirmed," Jacquie Webby says. A visit to Port Nelson, close to where the new settlers first arrived, will conclude the three-day event.

Edward Webby arrived on the *Whitby* in 1841, and his wife, Mary (nee Pike), on the *Lloyds*, in 1842. Although she had left England with two young sons, three-year old John and one-year old George, both died on the voyage. An earlier child, John, had died in England before the pair left Somerset for a new life in New Zealand. After their arrival in Nelson, a further 11 children were born, six sons and five daughters.

Family members are being encouraged to bring family memorabilia, including photographs, to the event, where it will be compiled onto a Webby Reunion DVD. "So far, we have some really interesting items and photographs which will be displayed and recorded at the event," Miss Webby says.

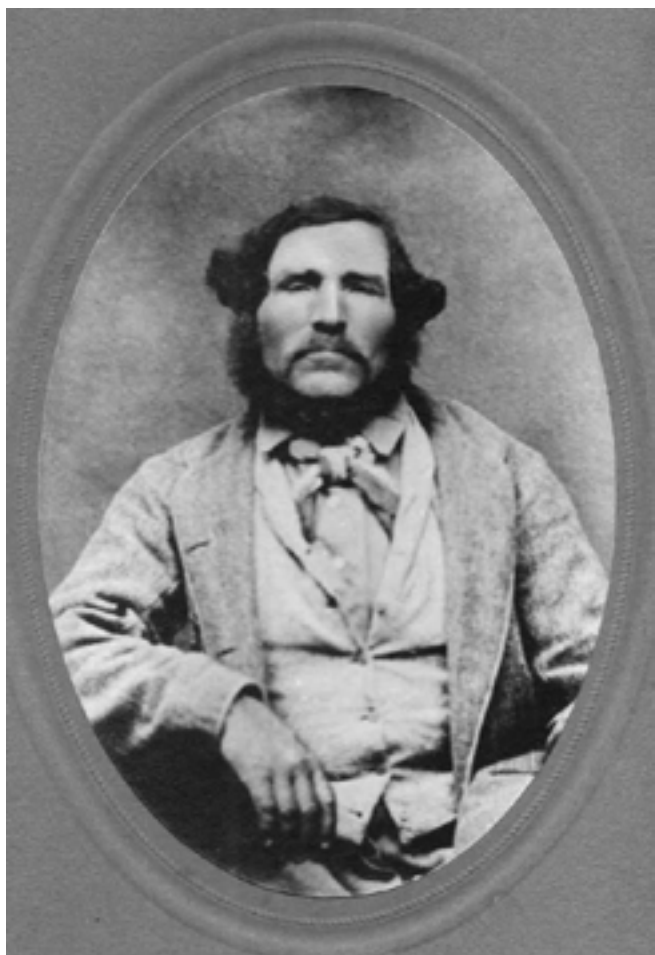
The search is also on for a possible Webby family Bible. "I cannot say for sure that one ever existed, but chances are it did and maybe still does," Jacquie Webby says. If anyone knows anything about a possible Webby family Bible, I would like to hear from them. It may contain some further information on the lives of these first settlers.

"Family Bibles not only recorded events in the lives of families, including births, deaths and marriages, they were often used to teach reading and writing. Maybe someone knows something about it, I hope so," she says. Edward and Mary Webby emigrated from England with their surname spelt Whibbey. It was changed on arrival in Nelson for unknown reasons, possibly the way it was pronounced.

Anyone who would like further information on the reunion, can contact Jacquie Webby, email jacquiewebby@gmail.com or phone 0274 769 750 or 03 434 2530.

Edward Whibbey Webby

Mary Pike



Health

What Should We Be Eating?

by Dr Eloise Fry

Sounds like such a simple question but is now so complicated and controversial.

In the 1970's when the 'Healthy Food Pyramid' was designed and promoted, we were told "carbohydrates are good, fat is bad.....eat more carbohydrates and eat less fat. Low-fat options for everything became available and people were led to believe that large amounts of carbohydrates and 'low-fat' was a better option than eating any fat. Fat was replaced with sugar to make 'low-fat options' taste good... but look what happened... we got fatter, heart disease is worse and we now have a diabetes epidemic.

Where to now?

Latest evidence is suggesting that the insulin released by our bodies when we eat carbohydrates (bread, sugar etc) causes inflammation in the blood vessels, damaging the blood vessels and resulting in heart disease. The more refined the carbohydrate, the greater the amount of insulin released and the greater the amount of inflammation caused.

What should we do?

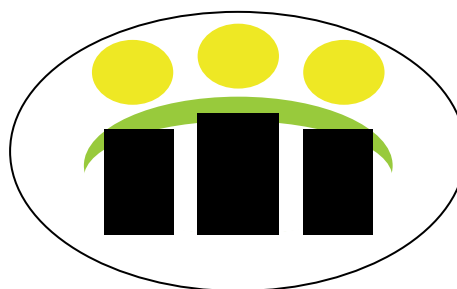
- Eat less carbohydrates (bread, sugars, pasta, rice etc) - and what you do eat, choose less refined options ie wholegrain options.
- Eat more healthy fats (avocado, salmon, olive oil, seeds, nuts)
- Eat more fruit and vegetables

Basically, eat as close to natural as possible. Sounds too hard? Remember change that lasts doesn't happen overnight. Change that lasts comes from ongoing small changes in the right direction.

We are all on this journey together, some just starting out and others further along.

Let's all give it a go and see what difference we can make.

If you want to read more about this latest information, check out 'What The Fat?' by Professor Grant Schofield.



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Wakefield Volunteer Fire Brigade

by Fritz Buckendahl

A very big month for the brigade in celebrating John Ross and Robert Neame's Gold Star function which recognises their 25 years' service to the Wakefield community, the old New Zealand Fire Service and the new Fire and Emergency New Zealand.

A great achievement which shows dedication by both John and Robert as well as their families who have supported them throughout this time. Many a time a meal will be just getting served or is half way through being eaten when up goes the siren or sleep will be broken when the pager goes off in the early hours of the morning.

Currently at the station we have another pump tanker which came from the Motueka brigade which will help us for any structure fires outside the township.

It carries 2,800 litres of water which will help us at the early stages of a structure fire or vegetation fire because our pump rescue appliance only carries 1,800 litres. Therefore, with this new second hand appliance it will buy us time until the Brightwater and or Appleby tankers arrive to give us added water supply.

Also on the equipment front, we have changed over from the old steel breathing apparatus cylinders commonly known as BA to new carbon fibre cylinders which are 15kgs lighter and have twice the amount of air for the user to breathe so we can work twice as long before we run out of air.

Call outs for this month

PFA	Brightwater School - no action taken
Vegetation Fire	St Arnaud
Medical	Wakefield
House Meter Box Fire	Brightwater
Vegetation Fire	Wakefield
Medical	Wakefield
Truck Roll Over	St Arnaud

Total calls for the 2017 year so far = 91



In the event of a fire or other emergency situation, it pays to have preparations in place for your pet where possible. Here are some tips to add to your family's escape planning:

- Ensure your dog or cat is micro-chipped. In the event you're separated in an emergency situation this will increase your chances of being reunited
- Keep a recent photo of your pet with you. If you're separated it will help to have a photo to take to shelters
- Make sure your pets' vaccinations are up to date in case they need to be placed in a pet boarding facility. Most facilities will not accept a pet that is behind in vaccinations
- When preparing your earthquake or emergency 'go' bag, consider including items for your pets such as water, a small amount of food, any medication your pet may be on, litter or newspaper, and a blanket
- If your animal sustains burns the best form of immediate first aid is sponging with cold water until proper veterinary care is available.

Remember - get out, stay out and never re-enter a house that's on fire, not even for pets



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Live Well Stay Well

by Margaret Clark

Live Well Stay Well is a health and social group that meets fortnightly in Wakefield or Brightwater from 9.45 - 11 am. A varied programme is organised which is informative and fun plus regular coffee and chat sessions.

The group is followed by a walk (and talk) around Wakefield or Brightwater for those who feel like being more energetic. Over the past month we have visited Kathy Cambridge at Higgins Cottage Spring Grove and learned of its history (see photos). Thank you Kathy.

Coming up this month:

Tuesday October 3rd - Meet at the Wakefield Bakery for coffee and chat, 9.45am, followed by a village walk.

Tuesday October 17th - At Wakefield Hall 9.45 - 11am. Speaker Cheryl O'Connell from "Supporting Families" talking about what services are available for those who struggle with mental health issues. Come and learn about the who, why, and what of this important service to our community.

Tuesday October 31st - Meet at Cafe Rhubarbe.

All interested are welcome to attend especially if you are new to the village. Any enquiries for transport or to go on our email list to let you know what's happening, please call Margaret 5419693 or Yvonne 542 2235.



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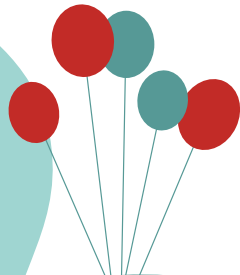


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GIANT WATER SLIDE

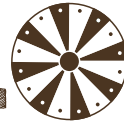
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Quiz Answers

ANSWERS FROM LAST MONTH'S QUIZ

1. The Sheffield Shield is competed for, in which sport?
Cricket [Australia]
2. Also the title of a famous literary work, who were Mrs Page and Mrs Ford?
Merry Wives of Windsor
3. Who wrote Cinderella?
The most popular version was published by Charles Perrault in Histoires ou contes du temps passé in 1697. and later by the Brothers Grimm in their folk tale collection Grimms' Fairy.
4. What is the meaning of "prima facie"?
Usually applied to legal evidence, means 'at first sight'
5. Where did Sir Francis Drake die?
Drake died on 28 January 1596 of dysentery off the coast of Portobelo, Panama
6. Which mountain overlooks Rio De Janeiro and its harbour?
Sugar Loaf
7. In 1951, who had a number one hit with "Be My Love"?
Mario Lanza
8. In what year did the first Proms take place?
1895
9. The Player of the Year is given an award named after what multiple time golf major winner?
Jack Nicklaus
10. In what country would you find Kingfisher Airlines?
India, it was established in 2003. It was owned by the Bengaluru based United Breweries Group



FOCUS WAKEFIELD BEAUTIFICATION

In last months Window on Wakefield, our article talked about the first area that was tackled being the St Johns Church car park area and the plaque marking the site of the old Wakefield School.

Plans were drawn up by one of our project team, Jason Preller, and approved. On 28 September 2013 we held a very successful working bee with loads of cheery volunteers to get the job done.

The initial result, plus additional more recent work carried out by TDC to pipe and cover the drain and construct the new footpath, looks great as can be seen in this photo with the trees in full bloom.

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Wakefield Bowling Club

by Tony Eames

The winter season has been very successful with lots of good bowling and fun. We have welcomed a number of new players which has been great.

Summer season opened on Saturday 23 September with Club Patron Rona Vessey putting up the jack and the Bowls Nelson Vice President, Wakefield member Peter Fitzwater, putting up the first bowl on the live green.

There is a full programme for the summer with social bowls, tournaments, club champs, interclub and centre events.



Have a Go Day

This will be held on Sunday 8 October 2–4 pm. Anyone interested in playing is very welcome to come along. The only requirements are flat soled shoes please and a willingness to have a good time.

Bowls NZ Gold Award

Wakefield recently underwent reaccreditation for the Gold Award and passed "with flying colours". Bowls NZ Community Development Officer, Lorraine McLeod, attended the club to present the award. Special acknowledgement was made of Club Secretary, Margaret Eames, who does so much work to keep everything in order.

Umpires' Success

Umpires are vital to the game. Margaret has recently attained the World Bowls International Technical Officer umpire qualification at an assessment in Christchurch. Harry Beckers has completed the umpires' level one qualification. We now have six qualified umpires in the club.

Coaching

A full coaching programme is provided at the club with regular group sessions and individual coaching on request. We have four Bowls NZ accredited coaches. Peter Sisterson has been appointed as selector/coach for the Nelson Reps women's development team.



Above: Bowls NZ Community Development Officer, Lorraine McLeod (L) presents the Gold Award Certificate to Club President, Peter Sisterson.

Bottom Left: Club Patron, Rona Vessey (L), and Bowls Nelson Vice President, Peter Fitzwater, open the summer season.

For further enquiries please check our website: <http://www.sporty.co.nz/wakefieldbowls> or contact Tony on 541 8316.

Wakefield Art Group

Workshop with Rose Shepard

Thursday 19 October 2017, 9.30am to 12.30pm

Venue: Wakefield Hall

Subject: Colour Theory and Colour Mixing.

Areas to be covered in workshop – Basic Colour Schemes, Arranging and Pushing Values, Intuitive Colour, Fractured Colour, Chromatic Expression, High Chroma Colour, Considering Colour Temperature.



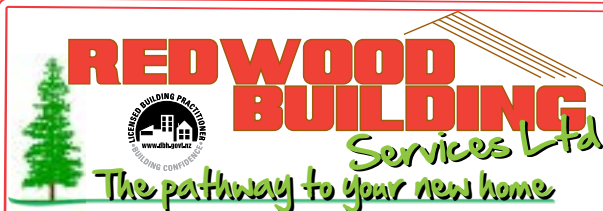
The Green Dancer 1879, by Edgar Degas

By analysing the painting 'The Green Dancer' by Edgar Degas, we will consider the above colour arrangements as used in this work. During the workshop whilst considering Degas' painting participants will also learn how to mix colour and apply colour theory to their own work.

Materials required: Your normal paints (any medium), brushes, art pad that can take wet media and a painting you are currently working on (if you have one, otherwise no need).

Cost: Members \$7.50, Non-members \$15, morning tea provided

Please RSVP to Sonja, e: sonjal@ts.co.nz or ph (03) 541 8176



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Wakefield Playcentre

by Liz Ashburner



Spring is in the air at Wakefield Playcentre and our tamariki have really been enjoying the warmer weather. It has been wonderful to enjoy water and messy play outside without worrying too much about the chill factor (from parents that is, the children never seem to be too concerned about the weather spoiling their fun!)

We are lucky to have a beautiful flowering cherry tree that attracts the tui at this time of year so many sessions have been interrupted by impromptu bird spotting.

Next term we start our sunsafe policy so please ensure that children come prepared with a sunhat and sunscreen. As with everything else, children learn best through modeling – if you are wearing a sunhat, your children are much more likely to keep their's on.

We are used to people coming and going at Playcentre – that is the nature of an Early Childhood Centre, where children and families move on to school or other adventures after a few years.

Still it is always sad to say goodbye and this month has seen a big loss in the departure of Donna Todd, a Playcentre parent and supervisor for eight years. Donna's calm and caring approach with the children will be greatly missed.

We would also like to say goodbye to Tyler who left us this month for Wakefield School.

Haere ra Tyler, we look forward to seeing you over the fence.



WAKEFIELD BOWLING CLUB.



Have a Go Day

Sunday 8 October
2 - 4 pm

All welcome

Contact: Tony on 541 8316
Or website: <http://www.sporty.co.nz/wakefieldbowls>



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**WAKEFIELD SCHOOL TO CELEBRATE 175 YEARS
WE NEED YOUR HELP**

In October 2018 Wakefield School will have been operating continuously for 175 years which makes it the oldest school in New Zealand.

As part of the planning to celebrate this occasion, a history of the last 25 years since 1993 (the 150th anniversary) is being written.

We are also in the process of organising an event for the community and past and present students and staff.

As you can imagine it is a big undertaking to organise an event such as this so the more helpers we are able to have the better. We look forward to hearing from you.

If you would like to be involved in this major milestone and have ideas to share, we would love to hear from you.

If you wish to help, or for more information, please contact Sonia, phone 03 541 9005 or email allaccountsmatter@gmail.com.

Thanks very much, the Planning Committee.



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Physiotherapy

STOP THE WATER WORKS!

How to Train Your Pelvic Floor Muscles for Women and Men

By Kate West, Physiotherapist at Wakefield Physio

Summer is fast approaching, which means more time outside and being active. Do you want to bounce on the trampoline with your kids? But are you afraid of leakage? Or do you have to cross your legs when you sneeze? If yes, then the chances are you have weak pelvic floor muscles. Your pelvic floor muscles are vital for maintaining good bladder and bowel control. And the good news is that they can be retrained and strengthened so no more embarrassing leakage.

Where are your pelvic floor muscles located?

Your pelvic floor muscles extend from your pubic bone in the front to your tailbone at the back (refer picture). These muscles form the 'floor' of your pelvis.

What do your pelvic floor muscles do?

These muscles support your bladder, bowel (and uterus or womb in females) and they help prevent leakage.

How do they get weak?

Typical causes are:

- * In pregnancy and childbirth the pelvic floor muscles are stretched to make room for the baby which can lead to weakness
- * After some prostate surgery
- * Persistent straining to empty the bladder or bowel
- * Heavy lifting
- * Chronic cough
- * Being overweight
- * Lack of general fitness

How do I know if they are working properly?

Start by sitting in a chair and breathe calmly. Relax your bottom, stomach and leg muscles. Now imagine you are trying to stop the flow of urine or are holding in wind. Do this by gently squeezing and lifting up around your front and back passage. Remember don't hold your breath or tighten your bottom or leg muscles. You can do a self test to check you are using the correct muscles the next time you need to pass urine. Try and stop mid-flow and then restart. Please note that this is only a test and is not a way of training your pelvic floor muscles.

Training your pelvic floor muscles

The first thing to know is that with all strength training you need to persevere to see results. Training your pelvic floor muscles is no different. Start off small, and as you get stronger increase the time of your holds.



Kate West NZRP, BPhy

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Picture 1. Pelvic Floor Location

Adapted from
www.pelvicfloorfirst.org.au

Pregnancy and childbirth are the greatest risk factors for developing urinary incontinence in women

- * Sit or lie down, relax your breathing and allow the rest of your body to relax
- * Strongly squeeze and lift your pelvic floor muscles and hold for 3 – 10 seconds
- * Relax for 3 - 5 seconds
- * Then repeat your squeeze and lift 8 - 12 times – this counts as one set
- * Repeat this exercise so that you are doing three sets per day

Remember to make sure that you continue to breathe throughout this exercise and don't use your bottom and inner thigh muscles. You should see results within 4-12 weeks depending on your circumstances. If you are pregnant, make sure you start doing these exercises now and continue to do after birth to reduce the chances of leakage.

If you are having difficulty finding or contracting your pelvic floor muscles then don't give up. Try the exercise in a different position such as lying on your back or on your side. If this still doesn't work then please seek help from a qualified pelvic floor physiotherapist.

Wakefield School

by Kereru 12

We have been learning about Matariki, together we have created two korowai for our team. Each day we learnt about one of the seven stars of Matariki and what it was associated with. For every star we designed our own feather to contribute to our korowai. Together we then glued each feather onto our korowai and decorated them with some real colourful feathers. We then weaved coloured paper into a band for the top of the korowai and some students platted some wool to create the ties.

We now have two korowai that we can wear for special occasions, like when we host assembly or on someone's last day.

FAIRYTALES

We have been retelling fairytales. This is what we wrote:

By Kick

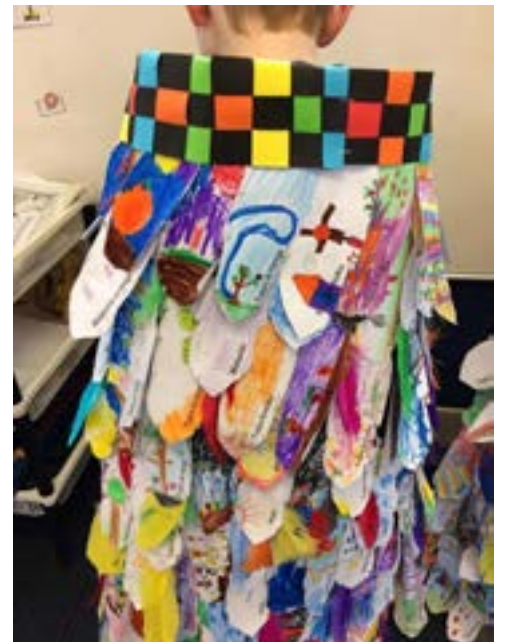
Once upon a time there were three little pigs. Their mother said you have to go and build your own house. The first little pig made it out of straw. The second little piggy made a house of sticks. The third little pig made it of bricks. The wolf tried to blow down the house then he went down the chimney. The three little pigs put the fire on then the wolf ran all the way home.

By Ruby

Once upon a time there lived a girl named Red Riding Hood. One day her mum sent her to visit her Grandma's house because she hadn't been feeling well. Red Riding Hood said, "I'll go right away". She hadn't gone far when she saw some pretty flowers, she wandered deep into the woods. Meanwhile the wolf was at Grandma's home and he put on Grandma's clothes. Red Riding Hood came inside and said, "What big eyes you have." "All the better to see you with." "No but Grandma, what ears you have." "All the better to hear you with my dear." "No but Grandma, what big teeth you have." "All the better to eat you with..." Red Riding Hood screamed "AAAAaaaaaaa!" Just then a woodcutter was passing by, he heard the scream and ran inside. He cut the wolf's head off. The end.

By Tyler

Once upon a time there was a little girl who was going to her Grandma's house. She didn't go down the path she was told to so she went the long way. The wolf got to Grandma's first. He put Grandma in the cupboard and pretended to be Grandma in bed. Red Riding Hood screamed and the woodcutter came and killed the wolf and they all lived happily ever after.



Lynda's Aerobics/Pilates Classes Term 1, 2017

St John Worship Centre, Edward St, Wakefield

A new 9 week term starts Thurs Oct 19th, ends Thursday Dec 14th

Thursdays 9.05am - 9.55am

followed by Pilates 10.05am - 10.55am

You can do either or both classes

Aerobics \$75.00 for the term

Pilates \$75.00 for the term

Discount for both sessions - \$130.00 (\$20.00 discount)

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

New folk are most welcome - we are a friendly bunch and usually head off for coffee after Pilates.

Please phone Lynda 5432268, txt 027 222 1491, email lynda@hht.co.nz to book and for details.

Classes are on a per-term basis, no casuals sorry. If you commit for the term (and pay!) you are much more likely to come, then you'll get results. If you have to miss a class you can truck on over to Mapua and make it up on a Wednesday, Friday or Saturday.

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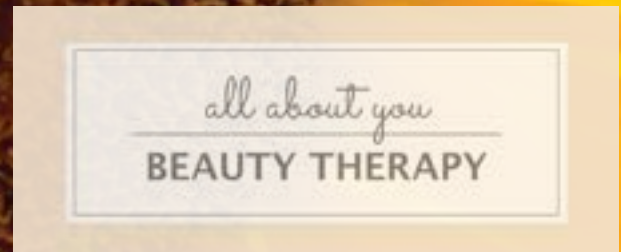
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Town and Country Talk

by Brenda Halliwell, Vet

HORSES AND WORMS

At this time of year it is important to be thinking about worm control in your horse. The warm wet weather in spring is perfect for increasing worm and egg numbers. Regular drenching of young horses is important for their health as a large worm burden can cause significant disease and even death. Older horses are less susceptible to parasites but they can be affected clinically if they get a large enough worm burden. Drenching adults is also important for reducing the number of eggs they are passing out onto pasture that then infect young stock.

Drenching programs will vary depending on how many horses you have and in what area of pasture, their ages and what else they eat. But generally young horses should be drenched every six weeks from 2 - 3 months old until they are at least one year old, sometimes up to two years old. Once they are adult it is better to switch to doing Faecal Egg Counts and drenching when necessary.

The main concern when choosing a drench is that it is effective. Performing Faecal Egg Counts before and after drenching is called a Faecal Egg Count Reduction Test and is a useful guide to ensure your drench is effective. If there are eggs present in the first Faecal Egg Count, there should be zero eggs in the second if your drench is working.

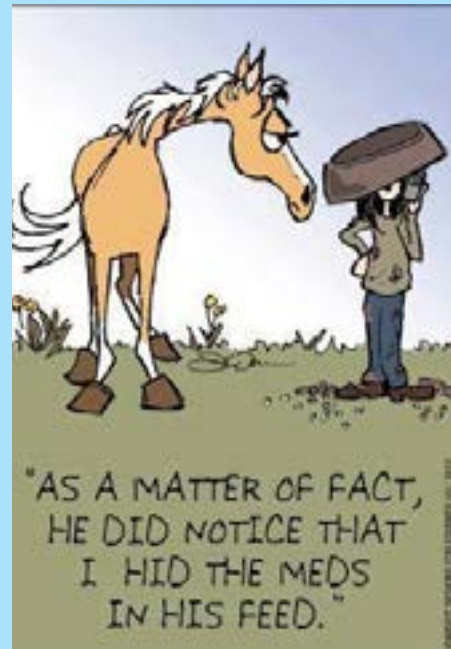
There are several other important ways to reduce worm numbers in horses:

- remove poo from pasture
- avoid overstocking – spread horses out as much as possible
- feed hay or hard feed off the ground
- rotationally graze paddocks with other species such as cattle and sheep

Contact us to arrange a Faecal Egg Count and for more advice on how to best manage your horse(s) worming program.

A wee reminder about fireworks coming up...

Some animals are not bothered by fireworks but others become seriously distressed. If you have a pet that is freaked out by fireworks, it is more effective to prevent (or at least reduce) their exposure to the noise and lights than it is trying to calm them when they are panicking. Closing curtains and playing music or turning on the TV before fireworks start will help. Rescue Remedy and other similar treatments, Adaptil plug-ins and collars, and Thundershirts can all be very helpful at reducing stress but all need to be started days or weeks before Guy Fawkes. Sometimes we prescribe medication to help calm pets – this requires a checkup in the clinic first and should also be done ahead of time.



Call us if you would like more help with your pet and fireworks.



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Monday afternoon with Brenda

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Thursday morning with Paula

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Wakefield School and Community Swimming Pool Opening

Sunday 29 October

Yes, it's the time of year to dust off your bathing cap and polish up the goggles for another swimming season at Tasman District's best little community pool. The Wakefield School and Community Swimming Pool will open for the season on Sunday 29 October with the familiar Wet n' Wild party – see the accompanying promotion for details. Wet n' Wild features our pool inflatable, sausage sizzle, cake stall and coffee vendor, with season key sales at discounted prices.

Swimming and aquacise are perfect fitness training and our season key prices knock gym membership out of the park, so if you want to get in shape for summer, get the kids out from under your feet or just hang out with the locals buy a season key and enjoy our own community swimming pool.




**Wet 'N Wild
WEEKEND**

29TH OCT 2017 10AM - 2PM

ENTRY: \$2 per person or \$5 for the whole family
Non-swimming caregivers FREE - Door sales available
Giant inflatable obstacle in the main pool
Sausages, tea, coffee & soft drinks available for purchase

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All children MUST BE ACTIVELY supervised by parent/caregiver

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FOR MORE INFO PLEASE CONTACT THE SCHOOL OFFICE:

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As sections get smaller
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Quiz

OCTOBER QUIZ

by Derek Evans

1. What material is the painting The Mona Lisa painted on?
2. What colour is the flag flown on a ship where a disease has broken out?
3. What is the most common food allergy?
4. Which poem by Rudyard Kipling ends with the line 'And which is more, you'll be a man my son'?
5. What is the full name of the first man to climb the Matterhorn?
6. What is the well-known Arabic word for 'The Island' or 'The Peninsula'?
7. Dirk, Ka-bar, Sykes-Fairbairn, Kukri and Basilard are all examples of what?
8. Duffel bags and duffel coats. In which EU country is the town Duffel located?
9. A bicycle manufacturer, a US state capital and a county in West Virginia are all named after which Englishman?
10. Alec Guinness, Robert Carlyle, Anthony Hopkins and Ian McKellen have all played which 20th century historical figure?

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www.facebook.com/FocusWakefield

Share your stories, photos, events with the community.

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

A Second Plan Change for Wakefield

by Shelagh Noble, TDC

PC65 – Wakefield Stage 2

Come along to the monthly meeting of the Wakefield Community Council on Monday 16 October – 7.30pm` at the St John's Anglican Worship Centre, Edward Street – to hear more and ask questions.

Council staff will be present to explain the four matters covered by this second plan change to the Tasman Resource Management Plan (TRMP):

Council proposes to:

- Re-zone some land on Bird Lane from rural to residential (deferred)
- Re-zone some land at Totara View Road from rural residential to rural
- Re-zone some land at Higgins Road from rural to rural residential (deferred)
- Specify the location for an indicative walkway between Genia Drive and Kilkenny Place

[To see the effect of these changes, go to Council's website on Saturday 14 October for the full documentation, including zoning maps.]

These ideas were suggested in submissions on the first plan change for Wakefield in 2016, however we needed to do some more research on these matters and talk to people likely to be affected before formally proposing the above changes and asking for your submissions.

From Saturday 14 October all the documents will be available on Council's website along with a form for you to make a submission should you wish to do so. Please search on the Tasman District Council website for Plan Change 65 – Wakefield Stage 2.

The public notification period closes on Tuesday 14 November.

If you are unable to attend the meeting on Monday 16 October and would like to discuss the proposed changes please contact Shelagh Noble on 021 150 2391.

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Mainly Music

by Wendy Milson



Who had the longest piece of paper competition



Parachute with balloons

Smith family and grandparents

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Community Notices



WAIMEA AREA QUILTERS

Our next 2017 meeting will be

THURSDAY 12th OCTOBER

from

6.30PM – 9.30PM

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WE WILL BE WORKING ON QUILT SHOW

PREPARATION/INFORMATION FOR THE APRIL 2018 QUILT SHOW

Please bring the following: Yourself! BYO dinner or eat first, scissors and glue sticks would be helpful plus some spare fabrics, or own handwork.

Any Show & Tell items you may have.

Tea/Coffee provided.

NEW MEMBERS ALWAYS WELCOME TO THIS FRIENDLY GROUP

Contacts: Marilyn on: 541 8435, email: gibbs@ts.co.nz.

Leah on: 544 6181 or 027685 3237

Wakefield Craft Group

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

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

For more information phone Judy on 5418342

AUDITIONS!

If you're an actor looking for a satisfying and challenging role to sink your teeth into, Country Players has the opportunity for you!

We need seven actors for our upcoming production of Joyful and Triumphant which is to be staged on Friday 17 November – Saturday 25 November at the Wakefield Village Hall.

Written by the late Kiwi playwright Robert Lord, Joyful and Triumphant won the Chapman Tripp Theatre Awards for Best Production and its author also took Playwright of the Year in 1992. This modern classic covers the Bishop Family over a period of 40 years from 1949-1989. We are after a cast of five women in various ages and and two men (aged 30-60ish).

Auditions will be held in the Supper Room at the Wakefield Hall at 10am on Sunday 10 September. If you require further information, please contact Jen on 541 8139 or Peter on 021 047 1092.

TE REO MAORI

Learn Te Reo Maori with Âni Davey. Âni is a Tutor of Te Reo Māori, with over 22 years experience in tutoring groups from beginner to advanced level.

Would you like to learn Te Reo in a fun, non threatening environment? Classes are for two hours, during day time in Brightwater in school term, small group (4 to 6 people).

For more information contact Sonja Lamers: sonjal@ts.co.nz or txt 027 374 0500.

WAIMEA SOUTH HISTORICAL SOCIETY INC

Meeting Tuesday 24th October

At 2.00pm

Constance Barnicoat Room Tasman District Library

Speakers: Colin & MaryAnn Mann will give an illustrated talk about their recent trip to Belgium and attendance at the World War I Commemoration of the Battle of Messines

NON MEMBERS WELCOME

WAKEFIELD BOWLING CLUB

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

Wakefield Bowling Club is willing to collect any items.

Please phone Trevor on 5418855

Lutheran Church Ranzau Road Cemetery

Wanted, any information, maps, register names, since first burial for perusal. Webby family burials in particular.

Phone MaryAnn Mann, granddaughter of Stanley Webby, 03 544 4556 or 027 548 9948.

Community Notices



Wakefield Art Group

Everyone welcome. All levels of interest.
Our group has been meeting weekly since July 2012 during school term.

Every THURSDAY of the School Term
9.30 am – noon
Wakefield Village Hall – Supper Room
\$4 per session - cup of tea/coffee included

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

WAKEFIELD MARKET DAY

Saturday 14th October

NOTE: HOURS 9am to 12pm

Come enjoy friendly local stallholders with a large variety of plants, jams, relish, recycle goods.
For sites ring Jean 541 8154

MAINLY MUSIC

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.

WAIMEA PLUNKET PLAYGROUP

The Brightwater Community

Anglican Church, Waimea West Road, Brightwater

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

PERMACULTURE GROUP

Our group meets informally on the 4th Saturday of the month.
If you are interested in joining us to share knowledge or learn to start growing food organically, then ring Diana and Iain on 5418950 for the venue.

FOXHILL TENNIS COURTS

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

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

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

WAKEFIELD ANGLICAN COMMUNITY LUNCHESES

The monthly community lunches recommenced for the year on Thursday February 16th at 12 noon in the lounge at the Worship Centre.

All welcome third Thursday each month.
If you wish to attend we prefer that you let us know by phoning Caroline 5418491 by the previous Monday if possible.

Come and enjoy a social hour and chat over a meal.
A small donation is appreciated to cover expenses.

BETTER THAN BEFORE GROUP

Meeting together once a month, to set goals, to inspire each other and to share knowledge

No charge
Thursday 2 November 5.45 - 7.00 pm

William Higgins Cobb Cottage,
170 Main Road, Spring Grove
Enquiries phone 265 5066

RAW FOODS

If you're interested in learning more about raw foods, come to our social meetings.

For the next monthly shared lunch and venue, contact Sally, phone 548 8405 or 021 170 9443.

WANTED

Old/Vintage logging or forestry equipment for local museum. Chainsaws or any old style item of interest related to logging.
Phone Murray 541 9655 August

WANTED

A plastic or glass house. Phone or text 022 645 3971 August

WANTED

Baby changing table. Phone or text 022 645 3971 August

WANTED

Photos/portraits of local soldiers for our collection at the replica RSA at Willow Bank. We will cover the costs of copying and will return the originals to you.
Email Christine on willowbank2002@gmail.com. August

SEEKING

Seeking 5 to 10 hectares grazing land to lease. Contact Callie via text at 022 645 3971. October

FOR SALE

12 angora goats, mostly females of various ages. All males are neutered. \$25 each.
Contact Callie via text at 022 645 3971. October

WORK WANTED

Child care/school holiday care available. 50 year old woman with care tickets. Private home, huge section, close to school and parks. Please phone Carleen on 541 8567. October

Community Classifieds

FOUND

June

There has been a gold ring found in the Wakefield Village Hall. If you believe this is yours, please ring 03 541 9005.

FOR SALE

August

2003 VW beetle for sale. NZ new, mileage 122,000. The iconic Poppy VW is for sale. Often commented on. Very eye catching. Owner Jeanette has gone for an extended time to Mexico, and has left the car for mum to sell. Sadly it has to go. Jeanette would like \$4495 - a real bargain! Goes well, and looks so styley. Also has a great number plate; "1 TOP 1"
Enquiries, phone 2655066.

FOR SALE

August

Agapanthas, blue, cheap for removal, phone 265 5066

FOR SALE

July

Hi-line brown pullets, excellent layers, vaccinated and guaranteed.
Ph Alison White 021 168 0324

FOR SALE

July

This years hay, small size bales, \$8 a bale
Phone Rosalee 541 8270 or 021 176 1357

WANTED

August

Old computer discs, cds, dvds for craft project. If you have a stash you need to clear out I would love to have them. Will collect. Please email ylash@xtra.co.nz or call 541 9757. Thanks.

WANTED

August

3-4 bedroom home required to rent, with land for a horse if possible but not essential. For professional business woman and teenage daughter, well behaved cat and small dog (outside pets). Clean, tidy, non smokers, respectful tenants and excellent references. Any rent value considered. Required before end of September. Phone Sheree 021 887 507.

FREE

August

To a good home, six year old female tortoiseshell cat, better without other cats or dogs. Phone 541 8794.

LAND WANTED

October

2-4 acres of flat land in Brightwater, Wakefield, Eighty Eight Valley, Pigeon Valley areas wanted. Services not required as we have a newly built full solar powered two bed home to relocate. Private block only, not in a subdivision. Cash buyers. Do you have a small parcel or lot you want to sell? Please contact Rachel 021 227 7950.

FOR SALE

October

Children's sunhats. Various sizes and colours. \$12.50 each. Phone Deborah on 541 9045.

FOR SALE

October

Babies booties/slippers, woollen. \$3.00/pair. Phone Deborah on 541 9045.

MONTHLY COMMUNITY CALENDAR

JUNE 2017

Thur 1	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 2	2.30 pm	Wakefield Community Library open
Sat 3	9.30 am	Wakefield Community Toy Library open
	9.30 am	Wakefield Toy Library open, Edward St
Sun 4	10.00 am	Destination Wakefield, various locations
Mon 5	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
Tues 6	7.00 pm	Indoor Bowls, Wakefield Village Hall
	10.30 am	Wakefield Community Library open
Wed 7	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
Thur 8	9.30 am	Wakefield Art Group, Wakefield Village Hall
	5.30 pm	Farewell Stuart & Jacqui Hore, Wakefield Fire Station
	7.30 pm	Waimea Area Quilters AGM - Hope School Library
Fri 9	2.30 pm	Wakefield Community Library open
Sat 10	9.30 am	Wakefield Community Toy Library open
	10.00 am	Wakefield Market Day, Village Green
Sun 11	1.30 pm	Wakefield Bowling Club Open Day
Mon 12	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
Tues 13	9.45 am	Live Well Stay Well, Wakefield Bakery
	10.30 am	Wakefield Community Library open
	7.00 pm	Indoor Bowls, Wakefield Village Hall
Wed 14	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
Thur 15	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 16	2.30 pm	Wakefield Community Library open
Sat 17	9.30 am	Wakefield Community Toy Library open
	9.30 am	Wakefield Toy Library open, Edward St
Mon 19	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
	7.30 pm	Wkfld Comm Council Meeting, St Johns Worship Centre
Tues 20	10.30 am	Wakefield Community Library open
	7.00 pm	Indoor Bowls, Wakefield Village Hall
Wed 21	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
Thur 22	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 23	2.30 pm	Wakefield Community Library open
Sat 24	9.30 am	Wakefield Community Toy Library open
Mon 26	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
Tues 27	9.45 am	Live Well Stay Well, Wakefield Village Hall
	10.30 am	Wakefield Community Library open
	7.00 pm	Indoor Bowls, Wakefield Village Hall
Wed 28	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
Thur 29	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 30	2.30 pm	Wakefield Community Library open
	7.30 pm	Country Players - Evening of Short Plays, Village Hall

JULY 2017

Sat 1	9.30 am	Wakefield Community Toy Library open
	9.30 am	Wakefield Toy Library open, Edward St
	7.30 pm	Country Players - Evening of Short Plays, Village Hall
Sun 2	10.00 am	Destination Wakefield, various locations
Mon 3	10.00 am	Mainly Music, St Johns Worship Centre
	1.00 pm	Indoor Bowls, Wakefield Village Hall
Tues 4	7.00 pm	Indoor Bowls, Wakefield Village Hall
	10.30 am	Wakefield Community Library open
Wed 5	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
Thur 6	9.30 am	Wakefield Art Group, Wakefield Village Hall
Fri 7	2.30 pm	Wakefield Community Library open

Community Directory

Citizens Advice Bureau
548 2117 - 0800 367 222

Rutherford Memorial Hall
658 Wakefield-Kohatu Highway, Foxhill
Bookings and enquiries:
Sue White 027 474 6324
Hire Rates & Conditions:
www.lordrutherfordhall.org.nz

Pigeon Valley Steam Museum
Alan Palmer 027 319 7427

Rural Ramblers
Carolyn Mason 541 9200

Spring Grove Drill Hall
C Pike 542 3904

Totaradale Golf Club
Jacquie 541 8030

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

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

Wakefield Football Club
Chris Olaman 027 541 9029
Ian Radcliffe 021 0244 6459

Wakefield Medical Centre
541 8911

Wakefield Pharmacy
5418418
doug@wakefieldpharmacy.co.nz

Wakefield Playcentre
Contact: 541 8866

Wakefield School
Edward Street 541 8332

Wakefield Scout Group
wsg4kids@gmail.com

Wakefield Toy Library
Saturday 9.30-11.30am
Liz Ashburner 541 9453

Wakefield Volunteer Fire Brigade
DCFO Fritz Buckendahl 027 224 4162

Justice of the Peace
Katie Greer
896 Wakefield/Kohatu Highway
Ph 021 547 756

Country Players (Drama)
Jen Amosa 541 8139
enquiries@countryplayers.org.nz
www.countryplayers.wordpress.com

Nelson Vintage Engine & Machinery Club
Allan 027 319 7427

Pinegrove Kindergarten
03 542 3447

Rural Women
Dawn Batchelor 542 3628

St Joseph's Catholic Church
Sun 8am, Thurs 9.30am
Parish Priest Seth Pijfers 544 8987

Taoist Tai Chi
Deb Knapp 022 083 9332

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

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

Wakefield Bush Restoration Society
Doug South 541 8980

Wakefield Plunket Volunteers Group
Wendy Wadsworth 541 9272

Plunket Nelson Area Office
For appointments etc 539 5200

Wakefield School/ Community Swimming Pool
Phill Platt 027 231 7610

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

Wakefield Rest Home Ltd
Lowreen Mani - Facility Manager
Navya Solomon - Clinical Manager/RN
541 8995

Wanderers Sports Club
542 3344

Wakefield Physiotherapy
Kate West 03 541 8911

Focus Wakefield
focuswakefield@gmail.com

NZ Postcard Society Inc.
Doug South 541 8980

Richmond Lions - Wakefield Rep
Ivan Burrowes 541 9689

Spring Grove Church of Christ
Meet Sundays 10am
541 8011

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

Waimea South Historical Society
Arnold Clark 544 7834

Wakefield Bowling Club
Margaret Eames 541 8316

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

Wakefield Community Council
Sonia Emerson 541 9005

Wakefield Indoor Bowls Club
Ren Olykan 541 8275

Wakefield Preschool
Contact: 541 8086

Wakefield School PTA
ptawakefield@gmail.com

Wakefield Tennis Club
Ngaire Calder 541 9419

Wakefield Village Hall
Rob Merilees 541 8598

St. John's Worship Centre
Nigel Massey 541 8857

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

Window on Wakefield
Articles & Content - 541 9005
Sonia Emerson

Window on Wakefield
Advertising - 541 9641
Genie & Lindsay Bradley

AED DEFIBRILLATOR LOCATIONS - AVAILABLE 24/7

Wakefield Four Square, Highfield Farm, Kohatu Flat Rock Cafe, Old Tadmor Store, Dove Nursery, Corner of Thornee Road & Wins Valley Road, 29 Moonlight Road Glenhope, Corner of Totara View Road and Kilkenny Place, Southfuels Spring Grove, Belgrove Cafe and Bar, Lake Rotoiti Fire Station

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





WAKEFIELD
15 Bastin Terrace **\$469,000+**

4 bedrooms, lounge with logburner, chippee on wetback

WAKEFIELD
10 A Windlesham Place **\$335,000+**

2 double bedrooms, internal access garage & heatpump

Thank you for your business, when you support me you are supporting the following local organisations I sponsor:



Give me a call if I can help you with any real estate query you may have.

Wendy Pearson 021 567 722 / 03 541 9667
 Email wendy.pearson@tallpoppy.co.nz