



# window onwakefield News

## Community News for the Wakefield Area

#### COUNTRY PLAYERS SHINE IN TOP OF THE SOUTH ONE ACT PLAY FESTIVAL

by Ciaran Thompson

This year's Top of the South One Act Play Festival was held here in Wakefield at the Wakefield Village Hall.

Country Players Wakefield, the local drama group, was hosting the event. The cast, crew and helpers of each show on the fourth and the fifth of August were alive with a mixture of excitement, nerves and tension as the shows got underway.

For some of the directors and actors it was their first time performing and directing. With so many shows in the festival, it was anyone's game to get through to regionals in Christchurch. As well as Country Players, the Nelson Youth Theatre and Havelock Theatre were also part of the festival. Country Players Wakefield had four plays entered, the Nelson Youth Theatre had eight while Havelock theatre had one.

Once it came to the awards time, tension was mounting as each production waited with bated breath to see if they had gotten through to regionals. Typically, they didn't tell us who had gotten through straight away but eventually we heard the award for best technical play went to Youth Theatre's "No TV", best adult play went to "I Never Saw Another Butterfly" from Country Players and "In the Tank" from Country Players got the award for best youth and best overall performance.

"In the Tank" was directed by first time young director Hayley Gibbs and "I Never Saw Another Butterfly" was directed by John Amosa who himself had acted in it 22 years ago. These two Wakefield productions got through to regionals as well as Youth Theatre's "What's For Pudding?" directed by Liam Brennan and Havelock's Rick Edmonds "An Affair of the Art".

After another round of rehearsals, the cast and crew from Country Players hopped on a coach and headed to regionals in Christchurch on the 19th and 20th August. We were to perform at St Andrew's College. There were shows on the Saturday and Sunday nights. On the Sunday we had an hour to rig lights and rehearse and finally had the chance to perform to a big audience. "I Never Saw Another Butterfly", which describes life in a concentration camp during World War 2, got a particularly emotional response from the audience and adjudicator and "In the Tank" got lots of laughs.

Hana Sinclair who was the lead actress in Country Players "I Never Saw Another Butterfly" got an excellence in acting award which is an outstanding achievement for someone 13 years of age.

To my utter frustration and probably to the frustration of many others, at the time of writing the Upper North Island and Lower South Island regionals have not taken place yet so we have to wait to find out if we are off to the national finals in Wellington or not! I'm not very patient about waiting!

Many thanks go to Jen Amosa for doing much of the organising for the awesome trip to Christchurch.



#### **WINDOW ON WAKEFIELD**

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#### Content...

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

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Due out the first full week of each month
All Advertising to be submitted by the 20th of the Month prior
All Content to be submitted by the 23rd of the Month prior
For Advertising please contact Wakefield Print Ltd 541 9641
For Content please contact All Accounts Matter Ltd 541 9005



## In The Bush

The wet weather really gave us some extra work, maintaining the drains and also resurfacing the tracks.

Thanks to Eric Palmer and Chris Tonkin for so ably assisting with these tasks.

Our planting for the year has finished and also the Tasman District Council contractors have planted the slip area on the back hill behind the Scout Den – so hopefully this will stabilise it from any further movement.

#### **Edward Baigent Bush Memorial Scenic Reserve**

The submission process officially closed on the 10th August. Again my sincerest thanks to many of you who took the time to put in a submission.

It has been noted that quite a few folks have not had their submissions acknowledged. If this is the case do telephone the Tasman District Council to ask if your submission has in fact been received. This checking is especially important for those of you who wished to speak to their submissions.

Hopefully when everything is sorted all submissions should be placed on the TDC website for viewing.



Having fun ...and planting at Faulkner Bush Alison Price, Susan Sutherland and Pamela Sirett

#### Pamela Ann Sirett

It was with great sadness that we were informed that our very cherished and esteemed Vice President of our Society passed away unexpectedly at Nelson Hospital on the 8th August following a short illness, only 84 years young.

I cannot say enough about the invaluable service that Pamela gave over 17 years to our Society. Her expertise and knowledge of New Zealand native flora and fauna was acknowledged throughout New Zealand.

Pamela was in essence a "Community Angel" for many organisations spanning many years who benefitted as we did from her endless volunteer hours and incredibly convivial nature.

"Rest well Pamela"
You will be so sadly missed by so many.

Doug South President Wakefield Bush Restoration Soc Inc (since 2000)

#### COMMUNITY ORCHARD

My name is Sarah and I am looking to form a group of people interested in starting a community orchard.

The plan is to plant a variety of fruit and nut trees in our community shared areas that are maintained and enjoyed by the community.

As sections get smaller and the next generation is less likely to see where their fruit comes from, a community orchard can be a great solution.

If you are interested in helping or learning more please contact me on 5418117 or email on andrewbowron@yahoo.com.



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## The Way We Were

## 175 YEARS OF EUROPEAN SETTLEMENT IN NELSON 1842-2017 THE VOYAGE OUT: THE DAILY GRIND

Prepared for the Waimea South Historical Society by Roger Batt

The class distinctions which the first settlers brought with them to New Zealand were reflected in the positions they occupied on board ship and "if the contrast between steerage and cabin passengers had to be summed up in one sentence it would be this: the former was like a working holiday and the latter more like a holiday cruise. Steerage diaries tended to emphasise work where saloon diaries tended to emphasise games and leisure." (p. 87 Over the Mountains of the Sea)

The need for an ordered routine for both days and weeks at sea was similar to that of any institution where large numbers of people had to live in harmonious relationships together - even more so in the cramped, confined conditions of a small sailing ship. What this amounted to for each individual on board depended on whether you were male or female, steerage or cabin class, single or married with children. While everyone needed to eat, keep themselves clean and their living conditions tidy, how this was achieved depended on various factors.

In steerage the mess captains rose at six o'clock to fetch water. Most people got up when they returned but with only one bathroom for the women a daily bath was out of the question. As for the men, they had to make do with a bucket or basin wash. Then the mess captains joined the rush to obtain whatever was on the menu for that day.

After breakfast, there was the cleaning up to do: tables to wipe down, dishes to be washed and bunks to be made. The single men had a special job of their own – carrying coal for the galley and the condenser. When this was complete, an inspection would be made by the doctor and sometimes the captain as well.

And then it was on to preparation for lunch where some similar routines were repeated. The children, meanwhile, were busy at school being tutored either by a hired teacher where there were large numbers of children on board or by the surgeon, matron, constable, or church minister – if there was one on board.

The cabin passengers invariably rose somewhat later than in steerage as they had stewards to fetch and carry. It was possible for the women to enjoy the luxury of a daily bath and the men could join the captain and the doctor for a bracing shower under the fire hose on deck.

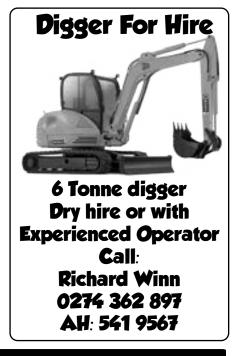
The weekly timetable for important tasks like washing clothes was just as necessary for the well-being of everyone. There were days set aside for this which varied between ships, usually two or three times per week. For cabin passengers who could afford the luxury of paying the crew to do their washing, the going rate on the Hermione was five shillings for a dozen garments - which was regarded as very expensive. (Mountains of the Sea p. 81) It was hard to get clothes clean in salt water and they always felt damp even when dried because the salt crystals absorbed the moisture in the air. It was also difficult sometimes to find space in the rigging for hanging the garments; some with foresight who had brought washing line rigged up lines of their own.

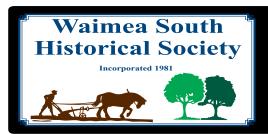
#### Victorian Cleaning Agents: Carbolic Soap

A block of carbolic soap was an essential item in every household, rich or poor. This rough soap containing the disinfectant phenol or carbolic acid was bought at the 'oil shop' – rather like today's hardware store. It was bought in chunks cut off a huge green or orange block and wrapped in newspaper. Other items for sale would have been such things as paraffin for oil lamps, and other cleaning materials such as soda in penny lumps.

Carbolic soap was used for everything from personal hygiene to household uses. It was used for the weekly full body wash in the tin bathtub, for hair washing and, along with a damp cloth, just to wash face and hands in a basin in the bedroom on a daily basis. It was also used for such household chores as washing clothes and cleaning out the chamber pots in the morning.







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## he Way We Were [continued]

While clothes washing facilities were far from ideal and for those with children the time taken could extend into the early evening, men in particular discovered new skills and improvised with what they had. "John Griffiths on the Euterpe simply put his blankets, sheets, shirt and jacket into a bath, filled it with water and danced on them in his bare feet like an old-fashioned winemaker pressing the grapes.

William Brooks commented in his diary, "Washed my shirt and handkerchiefs for the first time in my life." (Mountains of the Sea p.81) Of course rainwater was best and the sailors often knew the short cuts. An easy way to do it was demonstrated on the Ben Nevis by a sailor who, "grabbed a lump of soap and stood on the deck in the rain washing his clothes without taking them off." (p. 82)

The first class cabin passengers, of course, were able to avoid these menial chores by paying for stewards to cook, clean and wash or by bringing their own servants with them. Even if they had left a nanny behind, it was possible to get a "tidy girl in steerage" to take her place in dealing with the children.

The divisions of labour between men's and women's work during those months at sea began to break down. Single men in steerage had to do their own washing, cooking and cleaning and observed the sailors doing the same. Looking after their children if their wives were incapacitated also became necessary for married men. There was also greater opportunity for interaction between classes despite the snobbish attitude of some. Often the attitude of the captain affected what was and was not permitted.

Although the idea of New Zealand being a classless society did not really hold much truth until after the shared horrors of the First World War, shipboard life paved the way. As Charlotte Couchman wrote in 1879 after boarding the Arethusa at Plymouth before the voyage had really begun, "Now we know what it is to be mixed up with all sorts of people and no means of getting away...so we are obliged to make the best of it." (Mountains of the Sea p.37)

#### Acknowledgements:

Hastings, David Over the Mountains of the Sea Life on the Migrant Ships 1870-85, Auckland University Press 2006 https://www.objectlessons.org/houses-and-homes-victorians/carbolic-soap-victorian/s59/a1068/

## **Diamond** Wedding **Anniversary**

## **Acknowledging Our Community**

by Evie-Joy South

Damien O'Connor, MP for West Coast-Tasman, has been supportive with both our society and community since realising the major negative impact that freedom camping was having on our Edward Baigent Memorial Scenic Reserve at Wakefield.

August 1957.

Bert and Beryl Smith married at Takaka, 17th Damien acknowledges our extremely committed community effort within Wakefield and the wider community.

Bert and Beryl have lived in Wakefield for He also expressed his sincere admiration of our spirit and tenacity and respect shown to the day and are looking forward to celebrating 10th with a lovely day planned.

many years and celebrated with family and our pioneering family the Baigents which has been a pivotal part to all of us in our actions friends from the Wakefield Bowling club on to save this Scenic Reserve from further destruction.

with close family and friends on September Damien had a recent catch up with Doug South, President of the Wakefield Bush Restoration Society and both fittingly pose by our local mural, which in part is a tribute to our pioneers Edward and Mary-Ann Baigent, who in turn were folks all about their family, their village and their community.



## Health

by Wakefield Health Centre

It's no secret that being active and eating well is a major contributor to being healthy.

The problem comes when we add life: less time, greater demands being placed on us, increased stress, tighter finances and an ever increasing range of quick, nutrition-free food being readily available.

All these things begin to chip away at what we know we should be doing and the result is the path of less resistance, so we sit longer and eat more of what isn't that healthy, gain weight and feel less motivated.

So how do we get to initiate a process of positive change?



QuickStart is a short, two and a half hour discussion that explores these very topics. Presented by the Green Prescription team at Nelson Bays Primary Health, topics include; what is healthy eating? why be active and how do you get change started?

The session is highly interactive and enjoyable and best of all - free. The venue is Wakefield Health Centre which is perfect as this is the very best place for the local community to

gather for matters affecting health.

Book your spot today by either calling the team at Wakefield Health Centre 541 8911 or the Green Prescription team 0800 731 317.

#### Green Prescription QuickStart

**Thursday 2 November 2017** 

6pm - 8.30pm

**Wakefield Health Centre** 

See you there!



## **Wakefield Health Centre**

Surgery hours:

Monday to Friday 8am - 5:30pm

Wednesday 8am – 7 New Enrolments Welcome 8am - 7pm

Phone 541 8911 12 Edward St Wakefield

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## Wakefield Volunteer Fire Brigade

by Fritz Buckendahl

A very quiet month for the brigade for this period but a very wet month for everyone and the grass is growing again as well as the weeds.

This month 12 members of the brigade gave up two full weekends, four days, to complete the "St John's First Responder" course (advanced first aid program).

The training has up-skilled us in first aid so we can now be more help to the community and St Johns Ambulance Service by enabling us to take better care of our patients before the St Johns Ambulance arrives.

A big thanks to all the brigade members who gave up their own time to complete this very worthwhile course.

Unfortunately, another very early member of the Wakefield Volunteer Fire Brigade member has passed away last month.

Buster Stringer started in the brigade in 1955 and retired in 1985.

Buster gave 30 years' service to the community and brigade.

Our thoughts go out to the Stringer family and friends.

#### Call outs for this month

Medical Wakefield

Car over bank Wairau Valley, Kawatiri Junction

Medical Wakefield
PFA Wakefield Church

Total calls for the 2017 year so far = 84





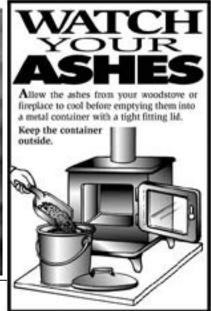
## Options for getting specialised smoke alarms for people who are deaf or have hearing impairment

There are a number of specialised smoke alarm systems available for use by people who are deaf or have hearing impairment.

Credentialed Assessors from Deaf Aotearoa, Life Unlimited or the Blind Foundation can also assess if you are eligible for funding from <u>Ministry of Health</u> or for a system that is installed by <u>Housing New Zealand</u> when appropriate.

The ideal would be to have hard wired, interconnected photoelectric smoke alarms fitted with bed-shakers / strobe lights / pagers or a combination of these but the costs may be prohibitive.







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## **Live Well Stay Well**

by Margaret Clark

Live Well Stay Well is a health and social group that meets fortnightly on a Tuesday 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 heard from author Emma Stephens, who entertained us with her Alaskan adventures.

Coming up this month:

**Tuesday September 5th** - Meet at HQ Brightwater 9.45am for coffee and a chat before we head off to the historic Higgins Cottage in Spring Grove for a tour.

**Tuesday September 19th -** At Wakefield Hall 9.45 -11am. Speakers Mark Rutledge and Di Fleming from Restorative Justice. Come and learn about the who, why, and what of this important service to our community.

Tuesday October 3rd - Meet at the Wakefield Bakery for coffee and a chat at 9.45am.

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.

## Live Well, Stay well

**Speakers** 

Mark Rutledge and Di Fleming

Come and hear about the who, what, and why of

Restorative

Justice.



On Tuesday Septmber 19
9.45am—11am
at the Wakefield Village Hall
Followed by Wakefield Walkers 11-12md

Contact Margaret 5419693 or Yvonne 5422235 for information

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minimum session time 30mins (\$30) First session is one hour \$60

Special offer for Window on Wakefield readers First session \$40 for the hour



## **Toy Library**

## What's happening at Wakefield Toy Library?

#### Why do people volunteer?

To learn new skills or gain experience To meet people and form friendships To support a good cause To make a difference To have fun!

Wakefield Toy Library are looking for new committee members! Our committee is passionate about children and play. We all have busy lives and we want to keep meetings short and fun.

If you feel that you would like to learn new skills or would like to help keep our great resource in the community, come along to our AGM on Wednesday 27th September, 7:30pm at the Toy Library.

This month we have had some great news – a COGS application was successful and we have been granted \$950! This will make a huge difference to our financial situation, enabling us to cover much of our running costs for the year. Thanks to the Community Organisation Grant Scheme for their support.

The Toy Library is open Thursdays 2:30-3:30 and Saturdays 9:30-11:30, opposite the school on Edward St.



# Senior Fashion Show

Sponsored by Waimea Anglican Diocese - Brightwater and Wakefield

## St John's Church

Edward Street Wakefield

## Wednesday 27 September 2.00 PM

\$gold coin donation for entry
(incl afternoon tea)

Come for a fun afternoon of fashion presented by Fashion Central, Richmond,
Plus spot prizes, entertainment

Further info please contact Nicola, Waimea Anglican Senior Care Coordinator 021 277 8061

## Quiz

#### **SEPTEMBER QUIZ**

by Derek Evans

- 1. The Sheffield Shield is competed for, in which sport?
- 2. Also the title of a famous literary work, who were Mrs Page and Mrs Ford?
- 3. Who wrote Cinderella?
- 4. What is the meaning of "prima facie"?
- 5. Where did Sir Francis Drake die?
- 6. Which mountain overlooks Rio De Janeiro and its harbour?
- 7. In 1951, who had a number one hit with "Be My Love"?
- 8. In what year did the first Proms take place?
- 9. The Player of the Year is given an award named after what multiple time golf major winner?
- 10. In what country would you find Kingfisher Airlines?



## WAKEFIELDQUARRY

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

Landscape rock: Lime: Firewood

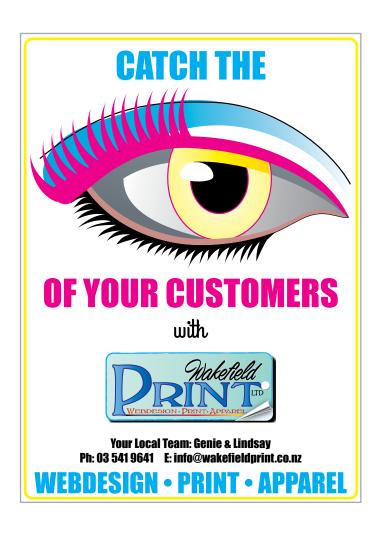
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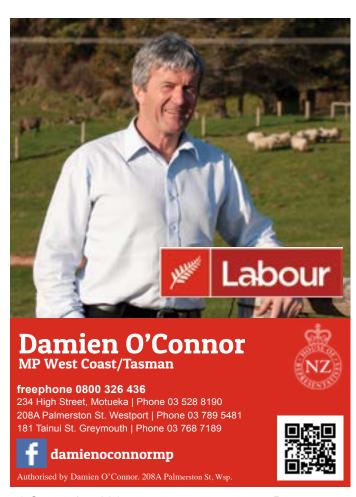
Ph: 5419093

Mon - Fri 7.30am - 5pm









## **Wakefield Bowling Club**

by Tony Eames

SUMMER SEASON OPENING DAY is on Saturday 23 September at 1pm. Anyone interested is welcome to come along.

HAVE A GO Day will be held on Sunday 8 October from 2 - 4pm. All welcome. More detail in October Window on Wakefield.

The last Club Trophy games for winter were played as drawn pairs. Men: Edward Baigent Pioneer Cup won by Kevin Galvin and Jim Stringer. Women: Joan Eden Trophy won by Chris Evans and Rona Vessey.

The monthly Wednesday Tournament was 2-4-2 Pairs and resulted in four teams with four wins from the four games on the day. The final places being decided by the number of ends won by each team. Winner was Nora Harvey and Maureen Gibbens from United Bowling Club with 21 ends, second was Wakefield's Kevin Galvin and Carolyn Mason with 20 ends, third was Tony Eames and Helen Moseley with 19 ends and a fourth prize was awarded to new members Steve Hammond and Alan Mathews with four wins and 18 ends.

Wakefield has been hosting regional coaching sessions over the last few Saturday mornings on behalf of the Nelson Bowls coaching

group so the Club has been buzzing with players motivated to improving. Coaching is available for all levels of player.

There are two more winter tournaments on Sunday 2 September and Wednesday 13 September and social roll ups on other Wednesday and Friday afternoons before the winter season closes with fun games and a social evening on Saturday afternoon 16 September.

Please feel welcome to call in at any of the above times.

For further info or to arrange a time to have a go please contact Tony on 5418316.

Website: http://www.sporty.co.nz/wakefieldbowls



Chris Evans & Rona Vessey with the Joan Eden Trophy and Kevin Galvin & Jim Stringer with the Edward Baigent Pioneer Cup.

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.

<u>Materials required</u>: 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



ph 021 154 6040

Email: redwoodbuilding@clear.net.nz

## **Wakefield Playcentre**

by Liz Ashburner

Playcentre is buzzing at the moment with lots of enthusiastic parents and energetic children. We have a great relationship with the school and this month we have continued our fortnightly visits to the school library as well as enjoying the school production and taking part in the book parade. Thanks to Kathy and everyone who helps us feel part of the school community.

The Nelson Half is a unique opportunity for us to promote exercise and improve fitness levels while raising some funds. This year we are raising funds for outdoor resources for the children and by running or walking a distance of your choice, you can help us too.

Gather together family, friends and whanau and join us at The Nelson Half on 5th November. By nominating WAKEFIELD PLAYCENTRE when you enter, we can all benefit. For more information check out thenelsonhalf.co.nz.

We will be hosting the quiz night at the Brightwater Sprig and Fern on September 7th and 14th. Get a team together and join us for a fun night out while supporting a great cause.

Welcome back to Meekah and Odin.

Also, a big welcome to the new tamariki who have joined us this month: Asher, Trysten, Maddison and Joel.

We look forward to having you as part of our Playcentre whanau.

Our rolls are increasing but we still have places available every week day morning.

We are open 9:30 until 12:00, next to the school on Treeton Place.









## On The Beat

Spring is here and we are being dished up the usual spring weather, which can be wet and windy or fine and sunny. Please if you are on the road DRIVE TO THE CONDITIONS and don't take any risks with your or other road users wellbeing.

We are still picking up too many drivers who have consumed alcohol prior to driving. The percentage in comparison to the number of drivers is small but one is one too many.

If you are drinking get a sober person to drive and preferably someone who has the correct class of licence. I have lost count of the

times I have been told by the holder of a graduated licence "I'm just sober driving for my mates". That excuse doesn't cut the mustard and will result in an infringement notice.

Recently there have been a number of burglaries and thefts from forestry sites and rural properties. Please be vigilant around security on your properties.

If you come across a vehicle or person that seems a bit dodgy take down the registration number, get a description of the vehicle and/or the person and then ring the Police.

We will respond to these calls. The information you as a community provide to us may help Police piece together the bigger picture and help stop further people becoming victims of crime.

If you have any queries at all either drop into the station (not that we're there much) or ring us on 541 8210 and leave us a message. We will get back to you.

Drive safe, be safe.

Peter JACKSON (PJ) Wakefield Police





## **WAIMEA AREA QUILTERS**

Our SEPTEMBER 2017 meeting will be A 'SEW DAY' ON SATURDAY 9TH SEPTEMBER

<u>from</u>

9.30am - 3.30pm

AT

ST JOHN'S AUDITORIUM, 120 EDWARD STREET, WAKEFIELD AND WILL INCLUDE;

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Please bring the following: Yourself! BYO lunch, your machines, or own handwork. Any show and tell items you may have.

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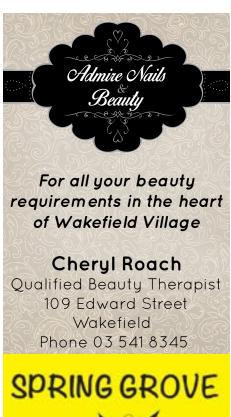




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## **Physiotherapy**

#### **ILLIOTIBIAL BAND SYNDROME - Persistent Knee Pain**

By Kate West, Physiotherapist at Wakefield Physio

Pain in the outside of the knee can be a common complaint, especially amongst runners. The culprit of this pain is often iliotibial band syndrome (ITBS). Pain can begin after a run, and over time this pain may be felt during or towards the end of the run. If this pain continues further it may prevent you from running completely.

The iliotibial band (ITB) is a band of fascia that arises from the outside of the pelvis and extends down to the outside of the knee (see Figure 1). Fascia attaches, encloses and separates muscles and other internal organs from each other.

Iliotibial band syndrome (ITBS) is caused by the ITB rubbing where it inserts into the bone on the outside of the knee. This occurs due to repeated knee bending. If this friction continues and isn't corrected then the result is inflammation and pain.

ITBS pain can be a sharp or a burning pain on the outside of the knee joint. You may also feel a snapping or flicking noise when bending your knee. Pain is often felt after running, and can be worse after running down hills, or when walking down stairs.



Certain factors can make you more susceptible to ITBS. Weak hip muscles, especially your gluteals (bottom muscles) are a common contributing factor to ITBS. These muscles help to stabilise our pelvis. As you run only one leg touches the ground at a time. If your gluteal muscles are weak this will allow your leg to fall inwards, and your lower leg to rotate inwards. This results in force and strain onto the outside of your leg and therefore your ITB.

Other factors which may lead to ITBS are tightness in your ITB; foot pronation; running on hills; running on uneven or off camber surfaces and wearing old or incorrectly fitted running shoes.

Initial treatment aims to reduce the inflammation and pain of your knee, which can be achieved by using the R.I.C.E (eg Rest, Ice, Compression and Elevation) principle. Depending on the severity of your ITBS you may have to reduce or stop running altogether for a short time.

The next phase of treatment is to improve your hip strength, flexibility and your proprioception (eg awareness of your body in space). Getting your muscle strength and flexibility assessed is important so you know which muscles you need to work on.

Other ways to improve your ITB health is to stretch it out as shown in Figure 2 below. Foam roller exercises for your ITB and gluteals are also beneficial, but beware they can initially be painful especially on your ITB.

A rehabilitation plan that addresses and corrects any contributing factors will be beneficial in reducing your pain and you will be back running in no time.

It is also important to note that not just runners get ITBS. If you are experiencing pain on the outside of your knee come and see me to get it checked out.



Kate West NZRP, BPhty

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Figure 2. ITB stretch



Photo source: Sports Injury Bulletin (2017)

## Wakefield School

## Wakefield School's Production Week!

by Milla and Brooke

Toroa and Karearea proudly produced the 2017 Wakefield School production of BACON, EGGS AND MISS RED. It was adapted from Roald Dahl's revolting rhymes.

We worked in teams to produce all the props, costumes, learn the songs, and to practice our parts.

We had woodland animals, city type animals, farmland animals, a lazy pig, a sporty pig, a successful pig, Little Red Riding Hood and of course, a grandma and two wolves.

Everyone knew their lines well, and acted very well. It was very hard work to achieve this goal. We worked on it for six weeks. But... It was really fun and was worth it.

It was really amazing seeing all the kids with their make-up on. The scenery made: pig one's house, pig two's house and pig three's house, the woodland and grandma's house.

The backstage people, sound and lighting organised and prepared the props and changes of scenery. Daniel Olaman said the best part of the show was when Little Red Riding Hood shot the wolf and the third pig.



by Ayesha and Milla

This year in week five our Book Week theme was fairy tales and myths and legends from around the world. We had the opportunity to read and buy lots of books in our school library at the Scholastic Book Fair.

There were different events throughout the week. On Monday, the year five and six girls went for lunch with author Jerri Pire. On Tuesday morning all the senior boys went to 'Brucie's BIG BOY'S BREAKFAST.'

There were lots of competitions to enter throughout the week and teachers moved around the classrooms sharing a story each day.

On Friday morning, the whole school was able to have a costume parade and be judged. There were some really amazing costumes and even the teachers dressed up.





## Author Stu Duval

Last term we were very lucky to have author and illustrator Stu Duval, come to our school as part of our writing programme to help motivate us with our writing. Stu is a very talented cartoonist and an amazing story teller who had us totally engaged with his stories and workshops on how to draw cartoon characters. Many of his creations feature in his books and stories he tells.

The characters that he creates begin from either a letter, number or basic shape. We had the opportunity to have a go at creating a cartoon character for our own narrative which we are currently working on. Here are some of our creations.

















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## **Town and Country Talk**

by Brenda Halliwell, Vet

#### AN END TO TAIL-DOCKING

In July veterinarians around New Zealand celebrated the news that tail-docking in dogs will be banned. The announcement concluded over two decades of campaigning by vets to prohibit docking dogs' tails for cosmetic reasons.

Historically there have been many weird and wonderful reasons why people thought it was a good idea to dock dogs' tails. It was thought to prevent injuries, rabies and increase a working dog's speed. In the Middle Ages, owners were taxed more if their dog had a tail!

So tail-docking continued for centuries in certain breeds to conform to the traditional desired look. Unfortunately it has mostly been done without any pain relief when pups are only a few days old. Apart from the obvious pain and stress this causes at the time, there is often ongoing pain from damage to the nerves that are severed.



Tails help dogs with balance, they act as a rudder when swimming and they are a vital dog communication tool. Sometimes they get injured but studies show about 500 dogs need to be docked to avoid one tail injury.

So given the benefits of having a tail and the lack of good reasons for removing them, it is time to let all dogs keep the tails they are born with.

Under the new rules, tail docking will be prohibited unless it is done by a veterinarian to treat a significant injury or disease. It will also be an offence to remove dew claws (the shorter toes on the inside of a dog's leg) unless done by a vet for the same reasons.

#### UPDATE ON VACCINATIONS

Vaccination protocols for cats and dogs change regularly based on evidence from scientific studies around the world. The study of immune systems is a huge and complicated science where new discoveries are made regularly. This often changes what we need do in the clinic.



The most significant recent change is the need to finish puppy vaccinations at the later age of at least 16 weeks old. For a long time we thought 12 weeks was old enough but studies show that many pups haven't made enough antibodies to be immune to disease by this age.

Ideally pups should have their first vaccination at 6-8 weeks old then we do boosters every 3-4 weeks until they are at least 16 weeks



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old. So the number of vaccinations a pup receives and the age they get them varies eg one pup could have vaccinations at 6, 10, 13 and 16 weeks while another has theirs at 8, 12 and 16 weeks.

Pups then have another booster after they are a year old. Adult boosters are now every three years for parvovirus and annually for kennel cough and leptospirosis.

#### REPEAT PRESCRIPTIONS

Just a reminder to give us advance notice if you need more medication for your pet. Just like doctors need time to read through your records to check drugs and doses, we also need time to ensure your pet gets the correct medication. It also means we can have it ready for you at reception rather than you having to wait or come back the next day.



## Focus Wakefield - Beautification

by Emma Marshall

## Update on the Focus Wakefield Beautification Project and CALL TO ACTION!

When Focus Wakefield was established back in 2012/2013 we identified a number of key projects we wanted to concentrate on. One of those was the Beautification Project and, as a result of the imminent arrival of the Great Taste Trail to Wakefield, we decided to start with improving the aesthetic appeal of the cycle way entrance to the village via Edward Street down to the Village Green.

The first area tackled was 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.

We next moved onto the bigger and more complex job of improving the Village Green. Again, Jason Preller designed great plans and our local and very talented artist Rose Shepherd created an artist's 3D rendition (both shown below). Over a number of months approval was sought from the Wakefield Community Council, the local community and TDC.

In March 2014 the team presented to the TDC Community Reserves Committee seeking funding for this project, and were eventually awarded \$5,000 from the Moutere Waimea Reserves Contribution Fund for 2014/2015. This was on top of the funding we had intialliy received from TDC for our first four projects: church carpark, website, an annual event and beautification.

On 16 May 2015 we held the first working bee on the Village Green to establish the planting of shrubs around the roadside edge. This was a great success with many lovely volunteers again making short work of the tasks required. A smaller planting session of the project team and Richard Hilton from TDC a few months later completed the planting around the public toilet area. A few years on these plants are looking healthy, growing well and softening the view of the main road from the green as well as providing a natural safety barrier.

As for next steps, we are now in serious need of new volunteers to come on to the Focus Wakefield committee or at least to sign up in a limited capacity for completion of the Village Green project. Two of our three key team members (Jason Preller and Richard Malcolm) have now left the village and the third (Emma Marshall) is also due to leave soon. Without your help, the project cannot be completed.

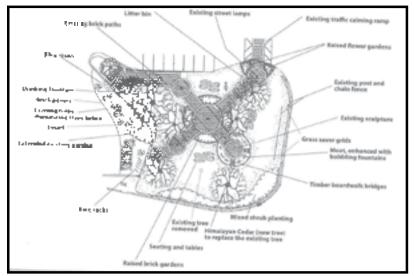
What is needed are some people to finalise the purchase of the materials needed, agree a timeframe for the work to be done by paid contractors and volunteers and generally administer and oversee this process. (Quite a lot of work has already been done to obtain quotes and contact different supplies etc.)

The actual approved work that remains to be done is:

- completion of the brick work to create more raised flower beds (bricks are already paid for at ITM and we did have a bricklayer from Brightwater and a concrete specialist from Wakefield ready to do the work)
- purchase and installation of the tables and chair sets x 3
- purchase and installation of a water fountain, bike stands and rubbish bin (a smart heritage look has tentatively been chosen to tie in with the existing large lampposts)
- cobbles need to be layed on the edge of the carpark near the toilet (we already have some of these from previous jobs but will need to purchase more).

If you have an hour or two a week that you could dedicate to getting this project moving again, please contact Sonia Emerson or Emma Marshall on focuswakefield@gmail.com or ring Sonia on 541 9005.

If new members of the community do not step forward, much of the hard ground work carried out this far by the project team may be in vain and sadly the funding we have already obtained from TDC may be withdrawn or at least have to be allocated to other Focus Wakefield projects.





## **Wakefield Scouts**

## **DISABLED ACCESS RAMP AND BATHROOM DONATION**

by Louis Hornell

Wakefield Scout Group is currently working hard fundraising to upgrade our den and we would love your help to reach our goals.

Our first goal is to add a deck and wheelchair ramp to the front of the den to enable us to be more user friendly for those who live with differences in our community.

This would not only benefit any community users of the den but also closer to our hearts it would benefit one of our members Hunter Grooby who has been with us since 2016 as a Kea and has many more years to go with Scouting in Wakefield.

Hunter has Spastic Diplegic Cerebral Palsy which means mostly his legs and lower body are affected with the upper body to a lesser degree.

At the moment to get Hunter into the den his mum has to first carry him in and then place him down on the floor so she can bring his wheel chair in, so a ramp and more disabled friendly access would be of great benefit to him.

Being a non profit organisation we rely on our members, fundraising and the community to be able to do what we do within the community.

We are all volunteers who give up a large amount of our time week in week out to run the group and provide great programs for our youth that teaches them the morals of scouting and life to help them along their way as they grow.

Through fundraising and grants, we have currently raised just over \$6,400 to go towards making our den user friendly. We still need to raise \$2,800 for the deck and a total of \$11,500 to complete the renovation of our toilets to change them into disabled wheelchair access.



While we are still working hard planning more fundraisers to raise money we are calling on any businesses that would like to donate to our great cause to come on board no matter how big or small the donation may be, every cent will help us reach our goal.

If you would like to donate to our cause you can do so by contacting myself on the details below or by going to our Give A Little page which has been set up with the target for the ramp phase of the project.

Wakefield Scout Group Give A Little Page—target set for ramp only. https://givealittle.co.nz/cause/disabledaccess

Any and all businesses who donate will of course receive a great big thank you from everyone at Wakefield Scout Group but we will also get a special sign made up to go by the deck listing all those businesses and people who have helped make this happen.

If you would like to know more about this or would like to make a donation please contact me for more information.

Yours In Scouting

Louis Hornell Group Leader Wakefield Scout Group

027 7593 006 wakefieldgroupleader@gmail.com

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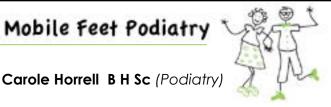




## **Quiz Answers**

## **ANSWERS FROM LAST MONTH'S QUIZ**

- 1. Which letter in Morse Code consists of one single dash? T
- 2. Which famous composer had the first names Pyotr Ilyich? Tchaikovsky
- 3.Which company advertised in 2009 to mark it's 125th Birthday, "Don't ask how much everything is, one penny"? Marks and Spencer kick started its 125th birthday celebrations by going back to its roots as the Original Penny Bazaar and offering an exclusive range of M&S products for just one penny each.
- 4. Who holds the record for the most UK number one singles? Elvis Presley, 21
- 5. Which word can be placed before 'rising', 'wards' and 'set' to make new words?
- 6. Which opera contained the song Mack the Knife? The Threepenny Opera by Bertolt Brecht
- 7. According to the World Boxing Association, which weight class is just below 'heavyweight'? Cruiserweight
- 8. How many sides does a heptadecagon have? Seventeen
- 9. What is the name of the highest rank in the Royal Navy? Admiral of the Fleet
- 10. What is the official language of Sierra Leone? *English*



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## Spring Along to Wakefield Village Market

by Fran Nicoll

So let's zip into spring with a great community get together market morning on Saturday, September 9th.

Let's meet up on the Wakefield Village Green between 9am and noon, a return to an older timeframe, for a natter and a community trade of goods and goodwill.

Shall we get Spring Fever? We're hoping that it is contagious. Our market musicians will be there singing about it. As well, it is election month and who knows but a local politician or two may make an appearance? Certainly we were visited just before last election. A great chance to wipe off your vocal chords.

Talking about spring cleaning, today is the time to check the wardrobe, garage and who knows where else for "stuff" for your own boot load of odds and sods. Do that in the next few days. You will be most welcome to join us.

Our regulars and their goodies will be there – that excellent pepper relish, those "good read" second hand books (Clive Cussler and Andy McNabb recommended for the blokes), the pre-loved clothing and white elephant items. From our local plant growers (at least three, often more), a good range of shrubs, perennials and annuals (including hellebores and spring bulbs in flower) are priced well below the big stores.

Also, we hear of a few new stall holders ready to come with gift ideas like hand-made cards and decorative mobiles. On that note, you as a new stall holder or boot sale person, regular or casual, just need to turn up on the day before market starts. There is a donation fee of up to \$5 to help our good St Johns cover organisation costs.

Remember the second Saturday of the month is local market day. See you Saturday morning 9th September!

The health of our community market depends on you!

## **Waimea Anglican Senior Care**

by Nicola Berthelsen

Anglican Senior Care group have been holding "Ticking the Boxes" seminars around the Nelson area. These are free to all, with a finger food lunch provided.

This is followed by a speaker on subjects that may affect us in our retirement years, like a balanced view on retirement living options, information on power of attorneys, wills and legal considerations for seniors, life stories, staying in your own home and many more.

These happen at various venues around the Nelson area and are held the third Wednesday of each month. So far these seminars have been well received by the community people who go to them.

The Ticking the Box seminar on life without a car, to be presented by Age Concern, will be held at St Paul's Community Church in Brightwater on Wednesday 20th September at 12pm, starting with lunch and the presentation will follow for around about one hour.

Life without a car for the Waimea area is very difficult so if you would like to hear and ask questions on this subject, we would be so happy to see you there. If you would like to come and don't have transport, we can pick you up and deliver you home.

Not only do we do seminars, we have a weekly exercise and games morning on a Thursday at 10am and a monthly outing.



If you are lonely or isolated we can come and visit you.

Once a month at St Johns in Wakefield you are most welcome to join in at community lunch.

For any further information, please don't hesitate to contact Nicola Berthelsen, Waimea Anglican Senior Care Co-ordinator, on 021 277 8061.

## **Community Notices**

New season of Indoor Bowls !! Wakefield Hall is the ideal place to play indoor bowls

Another season of Indoor Bowls is about to begin at Wakefield. Last season was our most successful for a number of years and this year is promising to be better again, with most of our experienced players returning.

The Wakefield Hall is the ideal venue, being spacious and light with excelent facilities, warm in winter (the temperature is kept at a very cosy 23'C),

> The Wakefield Indoor Bowls Club Invites young and old to their 2017 season, starting \*Monday afternoon 3rd April 1 pm \*Tuesday night 4th April 7.15 pm

> > A special offer

for new players is 100% discount on local subscription for the first year!

So come along in your favourite soft shoes and join in.

Our experienced Trophy winners will be very willing to share their knowledge.

\*If you would like more information please phone

Ren 5418275 for Tuesday nights

Car sharing can be arranged, so if you would need a lift please let us know.

#### **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

## 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 Mâori, 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.



Wakefield School Twilight Gala Saturday 4<sup>th</sup> November 4.00pm - 7:30pm

Wakefield School
Edward Street, Wakefield

Please note the gala will run wet or fine!

## Planning is underway for another GREAT FAMILY NIGHT OUT!

The Wakefield School PTA would love to hear from any individuals or businesses who are able to help the school through the donation of prizes for the silent auction, products for the food stalls, resources for the activities or sponsorship of advertising.

We would also be grateful for plants and good, clean items for the Book, Toy or Clothing stalls.

If you are able to support the school in any of these ways then please leave your name and number at the school office or email ptawakefield@gmail.com

## **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@its.co.nz

#### **WAKEFIELD MARKET DAY**

Saturday 9th September NOTE: HOURS 9am to 12pm

Come enjoy your locally grown plants. See the variety of goods available now. Time to air out the winter. Pack up, recycle goods. We have 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

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 Wednesday of the month.

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

#### **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 LUNCHES

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 21 September 5.45 - 7.00 pm

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

## **WANTED**August Old/Vintage logging or forestry equipment for local museum. Chainsaws or any old style item of interest related to logging.

**FOR SALE** 

Holic Muliay 541 3055

Phone Murray 541 9655

Phone Judy 5419370

**WANTED**A plastic or glass house. Phone or text 022 645 3971

WANTED August

Bluebridge travel voucher, travel before 30 Sept 2017, valued \$150, sell for \$130

Baby changing table. Phone or text 022 645 3971

#### **RAW FOODS**

If you're interested in learning more about raw foods, come to our social meeting on Sunday September 24th.

We meet in the Cob Cottage at Spring Grove 12.30-2.30pm.

RSVP to Sally 0211709443

FOR SALE August

10 heritage breed chickens plus a friendly rooster, various ages and breeds. Phone or text 022 645 3971

SEEKING August

Bluegrass and/or classical string musicians to play music with. Phone Callie 022 645 3971

WANTED August

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

August

## 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** 

Epson printer CX 7300 in good working order with computer cable and ink. \$35 or swap for DVD player. Phone Marten on 541 9350.

**FRFF** August Four brown shaver hens. Phone 265 5066 **FREE** August Variegated flax plants. Phone 265 5066

**FOR SALE** VW car for sale. 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 \$5500 - a real bargain! Goes well, and looks so styley. Also has a great number plate; "1 TOP 1" Enquiries, ph 2655066.

**FOR SALE** August Agapanthas, blue, cheap for removal, phone 265 5066

**WANTED** July

Needing a two bedroom house to rent Wakefield/ Brightwater area up to \$330 p/w. I have a well behaved dog, good references and pay my rent on time. I will go further out if needed to.

Phone or text 020 4032 9383

**FOR SALE** July Toyota Echo 1.3L \$3,700

2000 NZ new 123k, manual, suit learner. Good condition, phone Geoff 021 252 1133

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

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.

Large gold fish (several) suitable for pond, \$10.00 each, phone 541 9347.

**WANTED** 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.

## MONTHLY COMMUNITY CALENDAR

ı			
SEPTEMBER 2017			
ı	Fri 1	2.30 pm	Wakefield Community Library open
ı	Sat 2	9.30 am	Wakefield Toy Library open, Edward St
ı	Mon 4	10.00 am	Mainly Music, St Johns Worship Centre
ı	MOII 4		Indoor Rowle, Wakofield Villago Hall
ı	T E	1.00 pm	Indoor Bowls, Wakefield Village Hall
ı	Tues 5	9.45 am	Live Well Stay Well, HQ Brightwater
ı		10.00 am	Tai Chi, Wakefield Village Hall
ı		10.30 am	Wakefield Community Library open
ı		7.00 pm	Indoor Bowls, Wakefield Village Hall
ı	Wed 6	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
ı		9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
ı	Thur 7	9.30 am	Wakefield Art Group, Wakefield Village Hall
ı		2.30 pm	Wakefield Toy Library open, Edward St
ı		6.00 pm	Tai Chi, Wakefield Village Hall
ı	Fri 8	2.30 pm	Wakefield Community Library open
ı	Sat 9	9.00 am	Wakefield Market Day, Village Green
ı		9.30 am	Wakefield Tov Library open, Edward St
ı	Mon 11	10.00 am	Mainly Music, St John's Worship Centre Indoor Bowls, Wakefield Village Hall
ı		1.00 pm	Indoor Bowls. Wakefield Village Hall
ı	Tues 12	10.00 am	Tai Chi, Wakefield Village Hall
ı		10.30 am	Wakefield Community Library open
ı		7.00 pm	Indoor Bowls, Wakefield Village Hall
ı	Wed 13	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
ı	1100 15	9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
ı	Thur 14	9.30 am	Wakefield Art Group, Wakefield Village Hall
ı	THUI 14	2.30 pm	Wakefield Toy Library open, Edward St
ı		6.00 pm	Tai Chi, Wakefield Village Hall
ı	Fri 15	2.30 pm	Wakefield Community Library open
ı	Sat 16	9.30 am	
ı	Mon 18	10.00 am	Wakefield Toy Library open, Edward St
ı	MOII 16		Mainly Music, St John's Worship Centre Indoor Bowls, Wakefield Village Hall
ı		1.00 pm	Wakafield Community Council St. Johns Warship Control
ı	Tues 10	7.30 pm	Wakefield Community Council, St Johns Worship Centre
ı	Tues 19	9.45 am	Live Well Stay Well, Wakefield Village Hall
ı		10.00 am	Tai Chi, Wakefield Village Hall
ı		10.30 am	Wakefield Community Library open
ı	W- 4 20	7.00 pm	Indoor Bowls, Wakefield Village Hall
ı	Wed 20	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
ı	Tl 24	9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
ı	Thur 21	9.30 am	Wakefield Art Group, Wakefield Village Hall
ı		2.30 pm	Wakefield Toy Library open, Edward St
ı		6.00 pm	Tai Chi, Wakefield Village Hall
ı	Fri 22	2.30 pm	Wakefield Community Library open
ı	Sat 23_	9.30 am	Wakefield Toy Library open, Edward St
ı	Mon 25	10.00 am	Mainly Music, St Johns Worship Centre
ı	Tues 26	10.00 am	Tai Chi, Wakefield Village Hall
ı		10.30 am	Wakefield Community Library open
ı		7.00 pm	Indoor Bowls, Wakefield Village Hall
ı	Wed 27	9.00 am	Waimea Plunket Playgroup, B/water Anglican Church
	I	9.00 am	Wakefield Craft Group, Fire Brigade Supper Room
	l	2.00 pm	Senior Fashion Show, St Johns Anglican Church
	Thur 28	9.30 am	Wakefield Art Group, Wakefield Village Hall
	I	2.30 pm	Wakefield Toy Library open, Edward St
	I	6.00 pm	Tai Chi, Wakéfield Village Hall
	Fri 29	2.30 pm	Wakefield Community Library open
	Sat 30	9.30 am	Wakefield Toy Library open, Edward St

August

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



#### HAVE YOU SEEN ME?

Dead or (hopefully) Alive. I went missing on the evening of 10 July. Please, report all sightings.

My name is LUNA, I'm about 3 years old.

I love a stroke and a tickle around my neck. But, please do not touch my tummy as all my "bits" have been removed and it's sensitive.

I am a long haired black female cat. I live with my 2 brother in laws Gingernut and Zoro, (bits also removed).

Please phone Phil or Irene on 541 8901 or 021 160 0032 or 021 172 9257 or eMail at phil irene@inspire.net.nz

## **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 Preist 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 davs.

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





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

Bulsara Ltd REAA Licensed MREINZ

Licensed Real Estate Salesperson (REAA 2008)