



window onwakefield News

Community News for the Wakefield Area

Haunted Hall a Shocker!

They came...they saw...they were terrified.

For two evenings in late September Wakefield hall and its surrounds rang with shrieks and moans of fear – and that was just the bystanders!

Inside the hall a dark, smoke-filled labyrinth greeted the wary intruder; a confusing maze of passages, secret rooms and hidden doorways, curtained alcoves and shadowed corners; and at each twist and turn a bloodied spectre, demonic ghoul or vengeful ghost lay in wait with a blood-curdling scream, a sudden lunge, a sly invitation to terror.

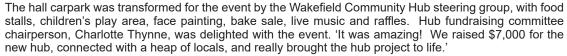


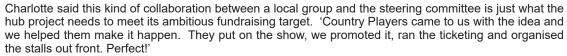
In one corner a demon in a welding helmet wields an angle grinder on a sheet of corrugated iron, in a hellish bathroom a stricken arm emerges from a grimy toilet bowl, along a narrow passage a bride in a bloody gown is hauled, shrieking, to certain death at the hands of a headless demon.

It was all for fun, of course, and for a good cause, to raise funds for Wakefield's new community hub.

The haunted hall was a Country Players special production – something a little different from their usual dramatic fare. President, Jen Amosa, describes it as a scaled up version of the haunted house Country Players runs at the Wakefield School gala. "We've made scaring people a bit of a specialty, so we thought this time we'll pull out all the stops and give the village a really good fright."

And didn't we love it. Over two evenings more than 600 people braved the haunted hall, choosing either an early 'mild frights' session, or a later 'wild frights' experience, at the (bloodied) hands of the 40-strong cast of actors.





She said the hub steering committee welcomes more collaborations like this; so if you have a bright idea to make some money for the hub, they want to know. Contact them via Wakefield Community Hub – Our Place on Facebook, or by email to info@waimeasouth.org.nz

Country Players and the Wakefield Community Hub steering committee thank all our amazing supporters of the haunted hall, including:



Wakefield School and Wakefield School Parent Teacher Committee, Wakefield Community Council, Wakefield Playcentre, Wakefield Toy Library, NBS, Nelson Host Lions Club, Gravity Events, The Villa, Wakefield Pharmacy, Wakefield Four Square, Wakefield Auto Services, Asha and Michelle Maihi, Margy Wallace, Nelson Malayalee Association, Wakefield Food Truck, Richmond Woolworths, Able Kids Tasman, Liz Chandler, Sweet Treats by Natalie.

Community Hub Location Confirmed

The Tasman District Council has confirmed the new Wakefield Community Hub will be built on the Wakefield Reserve next to Whitby Road. This reaffirms the original location, after the recent community consultation strongly preferred the Reserve site over an alternative option on Edward Street.

Thank you to everybody who gave feedback on the two site options.

The hub Project Advisory Group is now focused on setting the requirements for the new building, before inviting expressions of interest from prospective design & build companies early in 2026.

WINDOW ON WAKEFIELD

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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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Jill O'Brien

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NEXT EDITION

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Wakefield Mural

The Wakefield Mural On The Chemist Shop Wall

Evie South for the Mural Team

Just keeping the record straight, recently at a meeting of the councillors at our Village Hall, comments were made to the credit of one person for this mural.

However the only connection the orator had to this event, was asking a friend to apply and present an application (along with 4 others) to the Mural Committee, his only input being just one phone call and no more.

The Mural Committee was a standalone community project co-ordinated in all its entirety, from start to finish by Stuart and Heather Watts and Evie-Joy South.

Throughout all this process we were always supported by many likeminded folks in our Village, who wished to see the original mural saved, revamped and revitalised. I think it would be unanimously agreed that this did take place and is a great credit to the Artist and the Mural Team and our Community.



Just for fun and picking up bits and pieces from the many interviews that we had, you can but smile at comments made 7+ years ago. How long will it last and will the paint fall off? - Stuart replies (with a smile) it will weather as we all do and probably survive longer than many of us!

While signing off - Our Sincere thanks for believing in what we are trying to do for our community, for now and for many years to come - Stuart, Heather & Evie-Joy

Homes For Wakefield

"8 New Pensioner Flats At Pearless Place" - Update

by Sonja Lamers

Homes for Wakefield, sub committee of Wakefield Community Council, has been looking at a possibility to get more pensioner flats built at Pearless Place in Wakefield (see article in July 2025 Window on Wakefield). There is currently no one on the combined waiting list for Wakefield/Brightwater for these pensioner flats.



Could we encourage anyone, who will fit the eligibility critera, to please put your name on the list (a form can be found on the link below).

You can send this form to any TDC office or ask for a form to be send to you: Reserves & Facilities Officer at the Tasman District Council, telephone 03 543 8468

Please find the link to an application form for a council cottage on: https://www.tasman.govt.nz/my-council/key-documents/more/rates-andhousing/housing-for-older-adults

The more people there are on the waiting list for the pensioner flats the more likely it is that we can get more pensioner flats in Wakefield.

Eligibility

You qualify for a Council cottage if:

- · You are a New Zealand resident; and
- You are 65 years of age or over and are receiving National Superannuation, or over 55 years of age and are in receipt of a Supported Living Payment from the Ministry of Social Development; and
- · Your total assets, including cash, investments, house and other property (but not including car and furniture) do not exceed \$50,000; and
- · You can live independently: and
- You get on well with other people and will live compatibly with neighbours.

Please contact us via email: homesforwakefield@gmail.com

Anna Naygrow, Richard Martin, Sonja Lamers Homes for Wakefield Subcommittee of Wakefield Community Council





Town and Country Vet

by Brenda Halliwell, Vet

Here are some snippets of wisdom from Sarah our lifestyle vet. If you have any questions about chickens, pet sheep, goats, alpacas and pigs, Sarah is your vet!

Hens and Red Mites – this is a tiny blood-sucking parasite that thrives during the summer months. These nocturnal pests infest coops, hiding in crevices and emerging at night to feed. Infestations cause severe stress, decreased egg production and deathly anaemia. It is not uncommon for a hen to be killed from blood loss! Unfortunately the summer months also line up with broody behaviour, and a hen confined to the nest is a 'sitting duck' for being literally eaten alive. But did you know that chickens can receive blood transfusions relatively easily, from another healthy bird? That can be just enough to pull them through!

Red mites are notoriously difficult to eradicate due to their rapid reproduction and ability to survive for extended periods without feeding. Environmental decontamination is key. Clean and disinfect chicken coops every two weeks and it's safe to use an insecticide called Exzolt, now stocked in our Town & Country Vet Richmond. It will eradicate 99% of red mites after 2 treatments. Drop in for more advice!

Pigs – as the weather warms up and UV levels increase, remember it's important to always offer shade to pigs and a mud/wallowing pit to allow them to self-apply mud as sunscreen. They have very sensitive skin and minimal hair so are very vulnerable to sunburn.

It is also important to ensure pigs always have access to fresh water. They are at high risk of salt toxicity even when deprived for just a short time. If you're going away always have someone check in on them.

Goats and urine stones – this is a common problem for castrated male goats (also known as wethers). Crystals build up in the urine for lots of reasons but often there is an incorrect calcium to phosphorus ratio from excessive grain feeding. Small crystals can pass out in the urine but when they get bigger and form into stones they can block the urethra and the goat can't pass urine. This is an emergency condition that requires surgery or euthanasia. If you have a wether who needs supplementary feed, get in touch for a safe nutrition plan from one of our vets.

Old, pet sheep – on a farm a six year old ewe would be considered old but on lifestyle blocks we often see 10-15 year old sheep! Elderly animals are likely to have the common geriatric disorders that other species (including humans)

experience such as arthritis and dental issues. But they don't have to suffer. If your pet sheep is looking stiff or lying around more, we can give them oral pain-relief that goes in food or a monthly injection. If they are losing weight, it's worth getting a vet out for a full exam to check teeth, run blood tests to check for other diseases and help with nutrition.

Alpacas – are really good at pretending they are well when they're not. If you notice anything abnormal particularly teeth grinding or undigested feed in the faeces and definitely weight loss, get them checked by a vet. It is also important for alpacas to be eating long-stemmed grass or hay. If feeding pellets, keep feeds in small volumes to prevent stomach ulcers.

If you have any questions about your lifestyle block animals or pet farm animals, Sarah can be contacted on lifestylefarms@tcvet.co.nz



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Higgins Heritage Park Happenings

by David Win

Spring time is certainly here with the lambs frolicking in the paddocks up Pigeon Valley Road and the trees in blossom.

We often use the phrase ""Remembering the past and saving it for the future". Our story is about a 30RB, being aRuston-Bucyrus Crane. Hard work, time, and at times probably inexperienced operators have not been good for our 30RB. It has languished "down the back' for some time along with other cranes and 'work in progress' items. Recently the team removed the crane's engine to start tidying it up for display again.

The Ruston-Bucyrus Ltd era story is similar to many of the time with the re-emergence of engineering companies, motor vehicles, agricultural machinery, and manufacturing companies..

In the 1960's, the original range of rope-operated machines were upgraded to a main selling range of 22RB, 30RB, 38RB, 61RB, and 71RB with larger machines of 110RB which evolved into the150RB.

The machine concept was a standard base to each model on which optional front-end equipment could be mounted with appropriate counterbalances, crawler track frames and minimal additional machinery. Machine variants included face shovel, dragline, lifting crane, and grabbing crane. Some were also lorry mounted. All machines had 360 degree rotation on a conical section roller path.

They were operated initially by a system of levers which operated toggle clutches into the drum shafts. Despite the significant power being transmitted, the lever system was, if set up correctly, relatively easy for the operator to use. The main control functions were later superseded by pneumatic control.

I-MACHINE



Most machines were fitted with diesel engines. Electric motor options were available and often used on large machines. The machines were mounted on crawler tracks.

The company also manufactured very large capacity walking draglines mainly for open cast mines. The upper machinery deck (known as the revolving frame) was mounted upon a circular tub with motion provided by overhanging cams with paddle feet which, when rotated,

lifted the entire machine and produced individual forward motion steps, a waddling action somewhat like a duck as the end of the boom would rise and lower.

In the 1960s, there was a bridge over the High Street in Lincoln stating that Ruston Bucyrus was the largest Excavator manufacturer in the World. The factory ran the length of Beevor Street, about 900m, apart from a short piece on the north side where a drivebelt manufacturing business was based. The grounds were up to 400m wide. There were more than 30 bays in the factory, most of which were about 150m long, nearly all fitted with overhead cranes. At the far end of the Works, there was an extra-large bay for assembly of the large machines including the 150RB and walking draglines. Beyond that was the testing area where cranes were taken for calibration. The company employed up to 2000 people and operated day and night shifts. Except foundry work, virtually all manufacturing processes were completed on site. For the period, the latest in technology was used including tape-programming and high-speed tipped tooling. Ruston Bucyrus cranes and excavators have been exported to most parts of the World.

Dates to remember:

Sunday 5 October

Steam Up, museum sheds open and a variety of rides.

Sunday 19 October

Museum sheds open, honey barrel & jigger rides

Sunday 2 November

Steam Up & museum sheds open

Sunday 16 November

Museum sheds open, honey barrel & jigger rides

Sunday 4 January

Craft Fair & Steam Up - craftfair@higginsheritagepark.co.nz

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Coastal route 5 to meet the other group. Enjoy a coffee, do Xmas shopping, or join 'Mindful Movement'

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Wednesday

3 Dec

MEET: 8:50am

Berryfield Central Park DEPART: 9:07am



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Wakefield Toy Library

by Ben Howe

Unlock a World of Play at the Wakefield Toy Library! Looking for a fun, affordable way to keep your little ones entertained?

Look no further than the Wakefield Toy Library, a fantastic community resource in the heart of the village at 61 Edwards Street. It's a great place to explore a huge range of toys without the clutter or cost of buying new ones.

The library is a treasure trove for kids of all ages. You can borrow everything from small puzzles and games to large outdoor toys, giving your children the chance to discover new favourites every week. It's a great way to introduce them to different types of play and help them develop new skills.



The Toy Library is about more than just borrowing. It's a vibrant hub for the community with a calendar of activities. Bring the whole family to our Board Game Bash every Tuesday from 3:15 pm to 5:30 pm, where kids and adults are welcome to play together and challenge each other to some friendly competition.

The space is utilized by other groups such as Music Lessons on Wednesdays run by Margy Wallace and Preschool Music run by Nelson School of Music, as well as Mend It Nights every second Monday run by Waiiti Workshop, providing opportunities for learning and sustainability.

The Toy Library is open on Mondays from 3:15 pm to 4:30 pm and Saturdays from 10:00 am to 11:00 am. Come on down and see what's new. We're always growing and adding more events and toys, so stay tuned for more exciting things to come!





We can't wait to see you and your kids there.

For more information, you can follow and/or message us on Facebook at the "Wakefield Community Toy Library".

Waimea South Historical Society

With Guest Speaker Our Local Journalist Robyn Parkes By Yo Tye

On 28 August journalist and author Robyn Parkes provided a captive audience with a very interesting presentation.

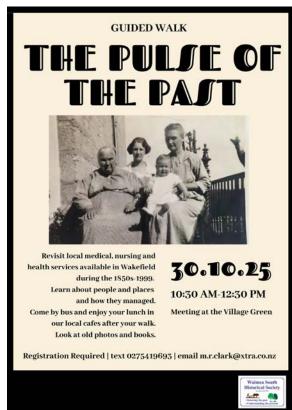
Robyn writes the 'Exploring our local history' articles in the local weekly newspapers Waimea Weekly, Nelson Weekly and The Guardian (Motueka and Golden Bay).

To decide on her choice of topic Robyn explained that she uses a variety of perspectives such as individuals, families, places, buildings and objects and is also open to suggestions from the public.

The articles are limited to 500 words so after extensive research from a variety of sources such as local history books, paperspast, Tasman Heritage articles and many more, Robyn sets about condensing the information into the interesting articles which are published in the above newspapers.

She told us stories of her own family members, the Humphreys and the Norgates, and their associations with the Dovedale District and how subsequent family reunions have resulted in the publication of their family histories. Her grandfather Patrick Judge, a nurse at Ngawhatu Hospital who was also a gymnastic trapeze artist, was involved with the restoration of Fairfield House and the collation of names of those buried in the Fairfield Cemetery.

Robyn has also co-authored a book titled 'The Indian Connection' which is about the Indian/Anglo cultural connections and she continues to explore and add to this information. These and many more snippets of fascinating stories kept us spellbound until the end which was marked by a tasty afternoon tea and much chatting.



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We're seeking locals who can respond with us any time a call comes in, but in particular daytime hours on weekdays! Sound like you? Contact Wattie to find out more; Email Wattie.Mortimer@fireandemergency.nz, or phone 022 492 8841.











Group Wellness Walk and Talk



Hi, I'm Ollie the Health Coach at Wakefield Health Centre. Spring has sprung and the sun is shining and the weather is getting warmer, so let's do something fun while socialising in a group!

When/Where:

Commencing Thursday 25th September 10.00am - 11.00am at Faulkner's Bush entrance way. This will be weekly activity group.



Come rain or shine! We can combine a mix of walking and fun exercises to improve fitness, strength & co-ordination, while also having a laugh and social interaction.

By simply incorporating more activity into your daily life and connecting with nature, you can boost your mood, reduce stress levels and maybe help give you a solution to a problem.



A FREE walking group; outdoor program fostering community & connection through physical activity

This programme is suitable for individuals who can walk 30 minutes without assistance

Open to anyone registered at the Wakefield Health Centre To enroll, please contact:

Wakefield Health Centre: 03 541 8911 or Health Coach: 027 317 5879





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In The Bush

Reporting In From Evie South - President

Well we are all still dealing with all seasons in one day. Our September's maintenance day at The Edward Baigent Memorial Scenic Reserve was called off due to heavy rain, which cleared on and off for the rest of the day!! However 2 hardy souls (Eric and Evie) finished the repair work to the fencing of the internal Reserve (thanks also to Doug Donaldson for your expertise) and 4 volunteers "appeared" on the Sunday to keep clearing the flood debris along the Reserve boundaries. While there we had a fabulous experience in that a Mum was checking in with us as she wished to have a birthday party at the Reserve, what a venue, and the added bonus of the sun shining too.

When you look back to the Gifting Deed from the Baigent Family to the Waimea County Council of the day, the words on this Deed, really are so relevant EVEN NOW.

For us it was indeed lovely to view and know that the saving of this small but pivotal Scenic Reserve was indeed to honour and respect such a magnificent gift from the Baigent Family to our Village and Community.

An excerpt from the Baigent Family Submission to close this Reserve to Overnight Camping (Aug 2017) Abridged - The Edward Baigent Memorial Park is located to the south of Wakefield township, off SH 6 and adjacent to the Eighty-Eight Valley Stream. It consists of three acres and two perches (1.2 hectares),

Being Lot 2 on DP 4029. In pre-European times, this section, and the surrounding land, was covered with dense, podocarp forest. In February 1843, Edward Baigent, a settler who had arrived in Nelson in May 1842 on board the Clifford, purchased the land and, being a sawyer by trade, began a timber-milling business.

This particular stand of trees was reserved as a superb example of the original forest and was Protected by Edward, his children and grandchildren

for over 100 years. In 1947 the grandchildren who then owned the property decided to gift this bush to the County of Waimea "for the health amusement and instruction of the public"

The Edward Baigent Memorial Park was officially opened on 13 December 1951. Edward Baigent Memorial Park was gifted to the people of Waimea by the children of Joseph and Charlotte Baigent, grandchildren of Edward and Mary Ann Baigent.

Back row: Edward (Ted), Ruth, Joseph, Mabel, Stanley Front row: Harold, Hilda, Maurice (Morrie)

Our next maintenance day will be scheduled for the 2nd Saturday in October the 11th from 10am until Noon, to meet up at the Barbecue area at Faulkner Bush Scenic Reserve, IF WET then the following Saturday.

If you are new to our Village and wish to join us for the day, please just give me a call.

JOIN OUR TEAM Any spare time?? How about joining up to our telephone tree to let you know when we are out and about maintaining our Scenic Reserves.

Kind regards Evie

for the Volunteer Team Phone or Txt 027 907 2879 Landline 03 541 8980 no message minder Or Email tuiville@xtra.co.nz

Wakefield Bowling Club

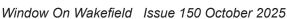
The Wakefield Bowling Club held its Winter Closing/Summer Opening day on Saturday 20th September.

Our oldest club member Doug Adams had the honour of rolling the first bowl of the season. Following a great afternoon of bowling on the natural green (which wasn't damaged in the flood events) it was into the club rooms to catch up with everyone over afternoon tea.









Wakefield Kindergarten

by Jasmine & Kim

At Wakefield Village Kindy we had such a fun week as we celebrated te wiki o te reo Māori.

The tamariki explored making craft paper koru, weaving putiputi (flowers), playing games in te reo, learning a new karakia kai (blessing before eating), and much more.

A highlight was when the tamariki wore our kapa haka kakahu (clothing) and performed a concert with waiata (songs) poi and rākau (sticks).

Wow! What a great day out in Nelson City we had with the four-year-olds on our trip to the Nelson Centre of Musical Arts for their Preschool Music Discovery Day.

A big thank you to Jodie who organised this day and invited us to attend. Jodie runs music lessons at the toy library in Wakefield on a Thursday morning and is a great link between the Kindy and Nelson School of Music extending our ability to add exciting trips out into the wider community for the families who attend Wakefield Village Kindergarten.

We got to hear lots of different instruments, songs and music and visit some of Nelson's parks and gardens. For a lot of the children the

highlight was catching the public bus there and back, and we will be looking at using this service more in the future to continue to extend our program.











Wakefield School

Daffodil Day at Wakefield School

The Cancer Society will benefit from Wakefield School's student council running a coin trail on Daffodil Day. They raised \$409. Students could wear yellow in support. In Room 13 Year 1 students brought daffodils to draw, using chalk pastels and black paper. The daffodils were later used for a science experiment. (Experiment- split part of the stem and place the parts in 2 different coloured cups of dye. What happens?)





Live Well, Stay Well

by Christine Godfrey

Upcoming meetings:

Tuesday 7 October 2025: coffee meeting at The Villa in Wakefield, 9.45am onwards

Tuesday 21 October 2025: Jamie White, one of our local policemen, talking about Scams, Floods, Resilience Venue: Wakefield Fire Brigade, 9.45am-11am.

Tuesday 11 November 2025: coffee meeting at The Villa in Wakefield, 9.45 am onwards

Live Well Stay Well is a local health and social group that meets twice a month in Wakefield. Our goal is to keep well and healthy, by encouraging good health practices and exercise, but also by having a positive social connection with others in our community.

Maybe you are new to the area, or feeling a little isolated, and would like to meet and get to know others who live locally, within a friendly environment. Or would you like to learn more about our community? Then our group could be for you.

Our group meets twice a month in Wakefield, mostly on a Tuesday morning from 9.45am to 11am.

One Tuesday we will meet in a local café for a coffee and chat, and the other Tuesday we have a guest speaker focussing on health knowledge or who can help us understand and learn more about our community. This could also be a visit to a local business of interest. We aim to arrange a varied and interesting programme.

The group is run on an informal basis and there is no joining fee. However when we have a guest speaker or go out for a visit we do ask for a \$2 gold coin donation to help us cover the hire of the hall facilities and tea and coffee and/or a small gift for our speaker.

We advertise our programme in "Window on Wakefield", your local news magazine, plus on the Community noticeboard in Wakefield.

We also communicate what is happening each month by an email group. You are very welcome to join us. We would love to meet you!

If you would like to be on email list, please contact one of the convenors:

Sandra 027 609 9202, Sonja 027 374 0500, Christine 027 677 0080

Scenery and Fungi in our Back Country

The LWSW group met on 23rd September to hear our speakers, Maria and Rob Merrilees. Maria belongs to our group. They have both done extensive tramping in the Richmond Ranges, parts of the Te Araroa trail and Nelson Lakes National Park, where the Blue Lake is situated. Its pristine glacial waters boast a visible clarity of up to 80 metres.

Rob explained that if you see mosses growing in a creek, the water is pure and good. He also said that the water you find from springs underground is better than the huts with rainwater on tap. They often chose to camp in the bush, away from the sandflies. Photos were shown of the many places they have tramped, huts they have stayed at, and the most amazing lakes and general scenery.

Maria and Rob showed us photos of the many fungi and alpine plants they have seen. The bright blue mushroom found on a \$50 note is named Entoloma Hochstetteri. The wood ear fungus can be cooked up and eaten. Underground there is a whole network of tunnels of fungi. They have seen Sun Jew plants that capture insects in their flowers, Gentians, Mt. Cook daisies and Edelweiss and Orchids in the Alpine environment.

Sandra thanked Maria and Rob with a gift and for sharing their extensive knowledge of the Upper South Island Back Country.





Feathery Logic

by Petros

The Council were naming streets in the subdivision. They wanted to acknowledge some early Scottish settlers, but there was disagreement over the spelling – should it be Mc or Mac?

We've always spelt it Mc, said Resident Historian, that's what's in all the books. But Council Heritage Researcher had looked up the family tree, and found many of the family had called themselves Mac. So what to do? Consult the community, said the Town Clerk.

So an email went out, and the birds were conferring. This concerns us too, they felt. We definitely like our names to be spelt right. What shall we say? We need a united voice on this. Let's ask old Ruru. He's our advisor on this sort of thing, difficult though he is to deal with. We'll have to search deep into the bush to find him.

We'll go, offered a couple of fantail teenagers. (He's always good for a laugh, the old know-all, they thought.) Well, well, said Ruru, once they roused him from his snooze. Some say this and some say that, do they? That's called a dilemma.

I have a wise saying about this sort of thing, somewhere. He leafed through his bundle of scholarly jottings. Yes, here it is:

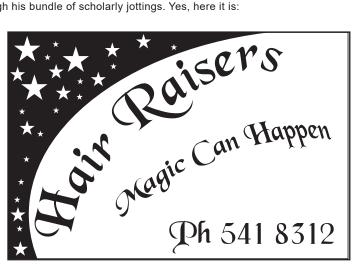
It is the mark of an educated person (ahem, ahem ... wrote Aristotle) not to demand of a discussion more precision that the subject-matter allows. Can you youngsters manage to remember that? he grumbled. We'll try, they replied (taking a picture on their phones, to his astonishment).

They reported back. That's interesting, said Blackbird. Nobody is completely right. Some people will be offended, whatever they do.

We'll send our findings to the Council, and tell them they might as well just toss up.

Well that's a shame, sighed Thrush, names and spellings are important. But I suppose the offended people will just have to put up with it and move on.

Tell me about it, murmured Bellbird (who would much prefer to be called Korimako, but hardly anybody bothered to get that right nowadays).



Wakefield Playcentre

Birthday Parties

Kia ora e te whānau,

Nau mai ki a Wakefield Playcentre. Many of you will have or had children who have been a part of our Playcentre Community.

We are excited to share with you that we are now opening Playcentre for hire for birthday parties.

This is for all whānau/families within the community and suitable for children up to 7-years-old.

Price: \$50 Time: All day

For more information email us at wakefield@playcentre.org.nz Looking forward to hearing from you for your next party booking.



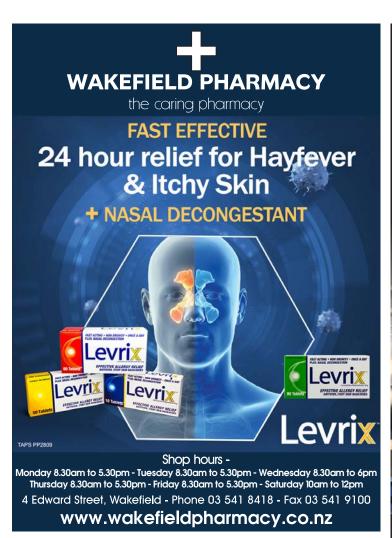
















Wakefield Health Centre

WHAT IS PREDIABETES?

by Gavin Drummond

Pre-diabetes or impaired glucose tolerance is when your blood glucoses are elevated more than normal but still less than diabetes levels. Most people have little or no symptoms. Some people can feel tiredness or increased thirst and urination. Prediabetes is identified with a blood test called Hba1c. This reflects how high your glucose levels have been on average in the last 3 months.

In New Zealand pre-diabetes is classified with a result of 41-49. An HbA1c under 40 is considered normal and an HbA1c of 50 and higher is called diabetes.

Insulin is a hormone that regulates glucose peaks we have after eating. It basically functions as a specific key to store glucose in our body. With prediabetes the body becomes insulin resistant (the key does not work that well anymore) with as a result high glucose levels. Being overweight, certain genes, having had pregnancy related diabetes, stress, or an unhealthy lifestyle can increase the risk of insulin resistance.

When our blood glucose is elevated, we increase our risk of developing Type 2 Diabetes and Heart disease. The good news is that THIS IS REVERSIBLE!

For many people there will be some changes they can make in their lifestyle that can reverse prediabetes:

Healthy food choices and 30 mins of moderate daily physical activity will help to:

Keep our blood glucose level in an acceptable level

Reach and maintain a healthy body weight

Keep our cholesterol in an acceptable range

Reduce our blood pressure

These changes are not always easy, but we are here to help support your journey to health through your GP, practice nurses, health coach (Ollie), health improvement practitioner (Nicole), pharmacist or community education.

A medication called Metformin can also reduce insulin resistance, which can REVERSE PREDIABETES and even help some patients LOSE WEIGHT.

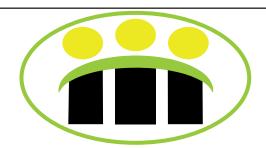
Gastrointestinal side effects are not uncommon initially but for most people these settle with time. Speak to one of our nurses or doctors about whether this might help you.

WANT TO READ MORE - some great online resources to check out:

https://healthify.nz/health-a-z/d/diabetes-prediabetes

https://www.diabetes.org.nz/pre-diabetes

Your team at Wakefield Health Centre.



Wakefield Health Centre

Surgery hours:

Monday to Friday 8.30am - 5:30pm

Wednesday 8.30am – 7pm

Phone 541 8911 12 Edward St Wakefield

The Big Bake Up

by Melissa Woodhouse

New faces & new recipes. We are so fortunate to see new faces regularly in the kitchen. Sharing their time, their skills and giving back to their communities.

A question we often get asked is whether we have standard recipes we use. No we don't, we like to mix it up. We use items we are donated and like to be creative with our recipes.

Pictured from left to right: Larissa Inch, Fleur Dash, Janet Mclennan. Rolling many meatballs made with vension mince donated from Hunters4Hope.

How does it work?

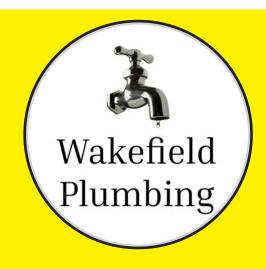
- We cook the meals, package and freeze.
- You nominate or refer someone for a care parcel.
- We make the parcel up with the frozen meals and some little treats and we deliver.

Something so simple made special.

The Big Bake Up, here for our community.







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Califont & water cylinder installs & replacement.

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Call: (03) 526 8221

Visiting Wakefield Health Centre fortnightly admin@edthynnehearing.co.nz edthynnehearing.co.nz



Community Notices

WAKEFIELD COMMUNITY LUNCH

is held at

St Johns Worship Centre at Noon 3rd Thursday of each month until November

Everyone is welcome so come and enjoy a beautiful two course meal.

Donations to help cover the costs are welcome but it's seeing the people of Wakefield enjoy food and fellowship that is the important thing.

This years dates: August 21 September 18 October 16 November 20

To help with numbers for catering, if possible, please phone or text
Liz Massey 021 1850 168

WANTED

Block layer to help on project laying Oamaru Stone. Please phone 0274 383 227

FREE

11 green Grolsch glass bottles. 470 ml with ceramic flip- off stoppers.

4 tall brown bottles.600ml with plastic flip- off stoppers. Ph Diana 021 250 9446.

TO GIVE AWAY

Pittosporum Eugenioides Tarata or Lemon wood Pots 1lt or Bags 1 1/1lt Phone Bill (03) 5419153

FOR SALE

Hyline Brown hens- 2 years old- some younger available in December

Laying at 65% and increasing. Great layers and lovely temperament.

Msg Alison 0211680324 for more details

FOR SALE

End of November- weaned H/FR Xcalves, Charolais/ Fr X calves, 1 Simental/Fr X, plus 1 well bred, purebred Hereford Bull calf ready in December.

All electric fence trained, hand reared, quiet and will grow well. For more details, msg Alison 0211680324 Order now to avoid missing out!

FOR SALE

EGGS. Free range, fresh, farm eggs. Great taste. Available at 3 Clifford Road, Wakefield, between the Chemist and the police station.

Live Well, Stay Well

Tuesday 7 October and 11 November 2025 Coffee and a chat at Café The Villa, Wakefield at 9.45am

Tuesday 21 October 2025 9.45am—11am **Speaker**

Jamie White

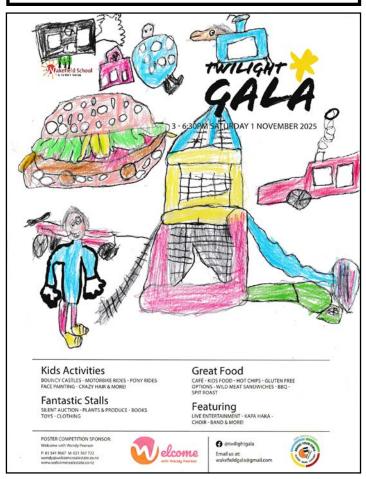
of Wakefield Police

SCAMS, FLOODS, RESILIENCE

Venue: Wakefield Fire Brigade,

Pigeon Valley Road, Wakefield.

For information contact Sandra 027 6099202, Sonja 027 3740500 or Christine 027 677 0080



Community Classifieds



Spring Grove Church of Christ
Main Rd Spring Grove
Worship and Communion Sundays 10am
You are welcome to attend.

" The Love of God is Eternal "

Jeremiah ch. 31 vs.3 N.I.V.
"I have loved you with an everlasting love;
I have drawn you with loving kindness."



Wakefield Community **Toy Library**

WAKEFIELD TOY LIBRARY

We want to remind everyone that we are always interested to hear about what toys you think we should add to our collection.

You can share your ideas by emailing us on wakefieldtoylibrary@gmail.com or pop in and see us during our opening hours, Saturday 10:00am-11:00am and Mondays 3:15pm-4:30pm

The Wakefield Community Toy Library is for everyone!



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



An enthusiastic & supportive group exchanging ideas

Wakefield Village Hall



THURSDAY 9.30 am-noon

Bring your Pencils, Paint & Pastels

\$4 donation per session

Everyone Welcome. All levels of interest

For more information checkout Wakefield Website

https://www.wakefield.org.nz Clubs & Societies



18 OCTOBER 2025 Garden Trail 9am - 4pm Gala 2pm - 6pm



Community Directory

Rutherford Memorial Hall 658 Wakefield-Kohatu Highway, Foxhill Sue White 027 474 6324 www.lordrutherfordhall.org.nz

Higgins Heritage Park info@higginsheritagepark.co.nz

Higgins Park Community Fair info@higginsheritagepark.co.nz

Post Memory NZ Sarah Arnold 072 341 7820 postmemorynz@gmail.com

Spring Grove Drill Hall C Stratford 021 0268 5176

Totaradale Golf Club Sue James 541 8030 totaradalegc@gmail.com

Wakefield Anglican Church St Johns on the hill Traditional Service: 9.00am 1st Sunday of each month

The Worship Centre
Service: 10.30am every Sunday
Food & Faith: 5.00pm every 2nd & 4th Sunday
Ph 541 8883 wakefieldanglican@xtra.co.nz

St Johns Worship Centre Bookings Nigel Massey 027 243 1207

Wakefield Community Library
Wendy Gibbs 541 8490
Pam Dick 541 8392
Hours - Tues 10.30 -11.30am
Friday - 2.30 - 4pm
(When library is not open book returns can be left at Hair Raisers Salon)

Wakefield Football Club wakefieldfootballclub@gmail.com www.wakefieldfc.nz

> Wakefield Health Centre 541 8911

Wakefield Pharmacy 541 8418

Wakefield Playcentre 541 7097

Wakefield Volunteer Fire Brigade CFO Wattie Mortimer 022 492 8841 DCFO Dot Ashton 027 543 0529

Willowbank Heritage Village willowbank2002@gmail.com

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 Diane Higgins 03 542 4388

St Joseph's Catholic Church Mass - 5pm 2nd Saturday of each month 027 337 4622 office.admin@parish.org.nz

> Waimea Sheepdog Trial Club Sally Powell 021 773 461 Email: sally@tcvet.co.nz

Waimea Area Quilters Kay Norgate 021 0811 4860 Marilyn Gibbs 03 541 8435 marilyncolingibbs@gmail.com

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

Wakefield Bush Restoration Soc Inc Evie South 541 8980 or 027 907 2879

> Plunket Nelson Area Office For appointments etc 539 5200

Wakefield School/ Community Swimming Pool C/- Wakefield School

Target Shooting Wakefield targetshootingwakefield@gmail.com Holly Gibbons 022 406 1674

Wanderers Sports Club 027 714 6160 jimmy@wandererssports.co.nz

Wakefield Toy Library Saturday 9.30-11.30am wakefieldtoylibrary@gmail.com

Wakefield Art Group Thursdays 9.30am - 12pm Alison 541 8822 Marlborough Nelson Marine Radio Assn Adrian Mullan 021 118 4832

www.mmr.org.nz

NZ Postcard Society Inc Evie South 541 8980 or 027 907 2879

Spring Grove Church of Christ Meet Sundays 10am info.springgrovechurch@gmail.com

Waimea South Historical Society Yvonne Tye 021 542 338

Wakefield Bowling Club
Phone club rooms on 541 8556
(Please leave message if
answerphone comes on).
www.wakefieldbowls.co.nz

Wakefield Brightwater Book Club Sue McAuley 027 343 2410 vsmcauley@gmail.com Meets last Tues of every month

Wakefield Community Council Nathan Dunn 0210 869 0807 wcc.chairperson@gmail.com

Wakefield Village Kindergarten 20 Whitby Way Phone 021 0227 1762 or 03 5418086

Wakefield School PTC ptawakefield@gmail.com

Wakefield Tennis Club Ngaire Calder 027 279 9938 www.caldertennis.co.nz

Wakefield Village Hall Amby Cowe - 541 8869 ambynz@hotmail.com

Window on Wakefield Articles & Content Sonia Emerson 021 221 1009

Window on Wakefield Advertising - 027 306 4237 Genie & Lindsay Bradley

Wakefield School Edward Street - 541 8332

Wakefield Youth Hangout Julian Eggers - 027 771 8556 wakefieldyouthhangout@gmail.com

Justice of the Peace Katie Greer - Ph 021 547 756

AED DEFIBRILLATOR LOCATIONS - AVAILABLE 24/7

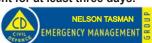
Wakefield Four Square, Wakefield Bowling Club, Wakefield Football Club, Highfield Farm, Kohatu Flat Rock Cafe, Old Tadmor Store, Dovedale Hall, 29 Moonlight Road Glenhope, Corner of Totara View Road and Kilkenny Place, Corner of Martin Ave and Lord Auckland Road, Southfuels Spring Grove, Belgrove Cafe and Bar [what was], Lake Rotoiti Fire Station, Golden Downs Golf Club, Totaradale Golf Club.

CIVIL DEFENCE - WAKEFIELD AREA COMMUNITY RESPONSE

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

Please note that the existence of a Welfare Centre does not absolve each individual from their **responsibility to be personally prepared**. You should ensure that you have your own **survival kit** in place, and that you are able to be **fully self sufficient for at least three days.**

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



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- Don't pay too much commission
- Pay a fee that represents value

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