



window on **wakefield**

Your Local News

Community News for the Wakefield Area

Wakefield Youth Hangout

by Julian Eggers

Over the past month, we've been on an adventure-packed journey, bonding and exploring together. From intense dodgeball matches and thrilling card games to cozy campfires and epic light-and-fog parties, there's never a dull moment. And let's not forget our Big Bake Up session where we've whipped up delicious treats together!

Food is always a highlight, with weekly delights like roasted marshmallows, Mr Whippy ice cream, chocolate chip cookies, and fluffy pancakes topped with whipped cream.

Huge thanks to our amazing sponsors who make it all possible: Wendy Pearson from Welcome Real Estate and Rob from Wakefield Engineering Ltd. Your unwavering support fuels our mission.

Each week, we've seen a steady increase in attendance from teenage youth, with numbers ranging from 25 and up—an incredible initiative that's truly making a difference.

Stay in the loop with our adventures by following us on Facebook and Instagram. Plus, we're on the lookout for dedicated supervisors to join us each week. Reach out if you're keen to get involved!

If you're interested in donating gear that could support our hangout, we would love to hear from you. Join us as we empower youth and build a stronger community together.

Email; Wakefieldyouthhangout@gmail.com



How it works...

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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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The Big Bake Up

by Melissa Woodhouse

School holidays have been and gone and many families have been feeling the effects of the winter bugs. We have been busy, providing meal support to those hit hard with illness.

During the holidays we held a family bake day, where you and your child/ren could come along and bake together. The children made M&M Chocolate Chip Cookies that were packaged up beautifully with handwritten notes.

We would like to thank Brightwater Four Square for their donation of ingredients for our bake day.

Continuing with our baking theme, we baked the night away with the teens at the Wakefield Hangout. Like most teens, their favourite part was getting to eat the cookies!

We still managed to make up a few containers for the freezer, showing the importance of sharing kindness with our young.

This month our group cook-up was Leek & Potato Frittata, utilising the donated vegetables we receive on the weekends. Many people are enjoying the benefits of our community pantry stand now, which is awesome to see.

We also shared fresh vegetables with the families of Pinegrove Kindergarten this month, being sure to spread the kindness even further.

Our thanks to Wendy Pearson of Welcome Real Estate for donating funds to our charity for updating and purchasing new kitchen utensils and equipment.

The support we receive from businesses and the community does not go unnoticed. We are very grateful for every donation we receive.

Lastly, we feel it's important to acknowledge those who are extremely loyal and this month we are celebrating our relationship with Fence Worx Foxhill on their first anniversary.

"Try to be a rainbow in someone's cloud."

Remember to contact us on the phone number or email below if you feel we can provide support.

Photo from left to right: Lee Eggers & Cooper Girvin

Follow us on facebook or Instagram
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Waimea South
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• Knowing the past
• Understanding the present

Firefighter Terry Douglas,

Come and hear about how it used to be!!

One of our intrepid firefighters of yesterday.
A Past leader in the Wakefield Fire Brigade.

Tuesday August 27th at 1.30pm at the Holy Trinity Church Hall, 27 Dorset St Richmond



Come along and hear Terry Douglas talk about how it all used to be done, and understand what changes have been made in our lifetime. Community well being, is at the centre of this valuable service which we all need to survive well. Gold coin please toward expenses.

PHONE 021 542338 for info

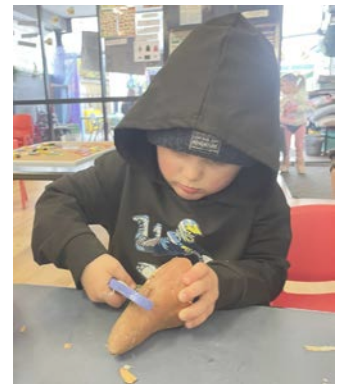
Wakefield Kindy

by Maretta Burbidge

At Wakefield Village Kindy we have had an amazing time learning about and celebrating Matariki. As part of our learning about the the 9 whetū (stars) of Matariki we have had a particular emphasis on Waitī which is connected to fresh water and living creatures in the rivers, streams, and lakes, and Waitā which is associated with the ocean and represents food gathered from the sea.

A highlight of our Matariki learning and celebrations was the Hākari Matariki (feast). We were honoured to have so many whānau come and join us as we performed some waiata and shared in the delicious hupa (soup) the tamariki had helped to prepare. Another highlight was visiting Wakefield School to watch the Kapa Haka performances, this has inspired some of the kaiako and tamariki to learn more waiata.

Wakefield Village Kindergarten caters for children from 2 years old in a play-based environment. We are currently taking enrolments for 2025 so pop in for a visit if you are looking for a space for your special little person – we offer 18 hours free* for 2-year-olds and 30 hours free* for 3–5-year-olds (T&C apply). You can find us at 20 Whitby Way, next to the Villa Café.



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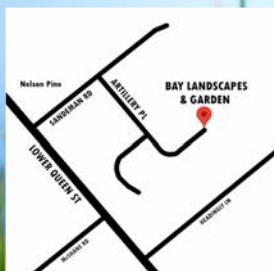
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Live Well Stay Well

by Deborah Green

On 23rd July the Live Well Stay Well group hosted three of our own ladies, Margaret, Kathleen and Yo, who also belong to Waimea South Historical Society. They dressed up in period costumes, kindly loaned and made by Christine from Willowbank Heritage Village, to talk about life as a woman in the district in the 1800s to early 1900s.

Margaret spoke about the life of Jane Rutherford who was born in 1843 at Motueka. The Rutherford family moved from Motueka to Waimea West by 1845. Jane was an Aunt to Sir Ernest Rutherford. She married William Dron on 19th August 1868 and they were married for fifteen years. They had six children together, with their youngest being born 15 days before Jane died in 1882, aged 38 years. William remarried in 1889 to Elizabeth Drummond and they had several more children.

Kathleen and Yo put themselves into the shoes of two local women and gave very interesting 'first hand' accounts of how life was for early settlers. It involved a lot of hard work such as gold mining, sawmilling, farming, building (including cob cottages) and flourmilling etc. Women who didn't raise families often became teachers.

Sandra thanked the ladies with a gift.

Upcoming Meetings:

Tuesday 6th August 2024: Coffee meeting at The Villa in Wakefield, 9.45am onwards.

Tuesday 20th August 2024: Talk by Sandra Smith on gorilla trekking in Uganda, 9.45am.

Tuesday 10th September 2024: Coffee meeting at The Villa in Wakefield, 9.45am 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 11.00am. 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 our email list, please contact one of the convenors.

Sandra 027 609 9202, Sonja 027 374 0500, Christine 027 677 0080 or Deborah 021 303 515



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Waimea South Historical Society

by Yo Tye, Secretary

DAVID CLARK (1809-1870)

David Clark was born in 1809 in the village of Windlesham, close to Bagshot in Surrey, England, where many members of the British gentry, including the Royal family, owned land which required the skills of Agricultural Labourers (Ag Labs), of which David Clark was one. David's father and five of his brothers were also agricultural labourers. Their skills were wide ranging though they had limited access to education and were therefore illiterate, including David, who signed documents right up until the writing of his Will, prior to his death in 1870, with the letter X.

David worked on a farm owned by the Perrin family who lived next door to the Hammond family, who were members of the British gentry and had lived in Bagshot for centuries prior. David formed a 'liaison' with Elizabeth Hoare, whose mother Sarah was the daughter of Edward and Jane Hammond. Elizabeth, aged 16, became pregnant as a result. Elizabeth's father had died in 1820 and her mother Sarah refused to give her permission to marry David Clark because of the British class system at the time. It was not until Sarah died on 23 Aug 1829 that Elizabeth was able to marry David Clark. The wedding took place on 14 Sept 1829, at Saint John the Baptist Church in Windlesham. Their daughter Elizabeth was born seven weeks later. It is thought that Elizabeth was 'disinherited' by her upper class family. This theory is supported by the findings of her descendants when they were researching for a 150 year reunion of the Clark family in Wakefield in 1992, and discovered that living relatives in England had assumed she had died as no record of her continued existence had been located.

Traditional ways of life changed in England after the opening of the railway system and David and Elizabeth Clark were enticed to migrate to New Zealand by the New Zealand Company's manifesto. David gained a reference from his employer William Perrin and from the Rector at Windlesham and was declared to be a sober, honest and industrious person. The ship 'Clifford' left Gravesend, London on 18 Dec 1841, one month after they had been given clearance, and arrived in Nelson 11 May 1842. Before departure each immigrant was supplied with an extensive list of clothing and bedding requirements which Elizabeth had had to fulfil during this month. David and Elizabeth were accompanied by five children Elizabeth, Lucy, Isabella, Emily and Ann.

Also on board were Edward and Mary Ann Baigent, fellow residents and friends from Windlesham. Initially both families lived in the Maitai Valley, then the Brook and finally in Wakefield. Edward Baigent engaged David to help him build a house, (at Glen-iti, beside the present Wakefield Domain), as well as one for himself across 88 Valley Stream in Wai-iti. When these were completed the women and children joined them. David worked for Edward in his saw milling business. And together they milled and supplied the timber for the original St Michaels' Church in Waimea West, where David and Elizabeth's daughter Elizabeth married Thomas James Feary in 1845, to become the third couple to marry there. They also provided timber for the construction of St John's Church in Wakefield, completed in 1846, as well as for the extensions to Wakefield School and construction of the Wakefield Hotel.

For extra income David, Edward and Thomas Feary, worked for the New Zealand Company on road construction along with many other settlers until the New Zealand Company became insolvent. After Edward Baigent built his new sawmill in Pigeon Valley in 1855-56, David worked there with the two eldest Baigent sons, Edward Jnr and Alfred. David was soon able to purchase his own land at Wai-iti which was on what is now Baigent's Valley Road. The house built on this block is still standing though has been altered over the years. Elizabeth gave birth to five more children in Wakefield, though two of these did not reach adulthood. Three year old David died in 1850 following a burning accident and Sarah died of whooping cough. Their other children were Jane, James Henry and Edward Bernard.

In 1855 Edward Baigent asked David to go to the Baton area to verify the presence of gold. He brought back gold and coal samples and later, gold samples from Wangapeka. He was employed as a guide by Ferdinand Hochstetter, a German Geologist, who became the 'Father of New Zealand geology', as he examined the geology of Wangapeka.

David had somewhere learnt the skills of surveying and was called into what became known as the Wangapeka Inquiry to help determine boundary lines when the gold fields were opening up there. His 'Gunter' Surveyors Chain is on permanent display at the Nelson Museum.

In 1863-64, David was employed by the Nelson Provincial Council to locate an easier route to the West Coast via Motupiko and the Buller and it was his third option, now known as the Clark Valley, which became the accepted route that we all use today.

Elizabeth died in 1864 from a suspected heart attack and David was killed on the 8th of January 1870, whilst felling a tree near the Forrest Inn (just over the Jimmy Lee Bridge). He was taken and laid out on the dining table with a badly damaged spine and managed to dictate his Will before passing away.

New Zealand Law at that time required a Coroner to certify a person as being dead. However on this occasion the Coroner was away so the local Doctor, with the approval of the local Constable, declared David as being dead and he was buried at St John's Cemetery. However upon his return the Coroner ordered the exhumation of David's body and 13 men signed an oath verifying that it was the body of David Clark. Following this extraordinary event, New Zealand Law was changed and it became legal for a Doctor to sign a death certificate without the need of a Coroner's signature.

David was buried in the St John's Cemetery where his wife Elizabeth is also buried as is his daughter Elizabeth Feary. However the record for the exact location of these graves is lost and in 1992 at the time of the Clark Reunion, a plaque was placed in the cemetery in their memory.

This very interesting presentation was made by David Clark's three times great grand daughter, Lynn Harris. Lynn descends from the marriage of daughter Elizabeth and Thomas Feary.

Town and Country Vet

by Brenda Halliwell, Vet

Lumps and Bumps

We quite often discover lumps on our animals, especially as they get older. Some lumps are temporary such as abscesses and enlarged glands. But some lumps are permanent and may remain the same or may change over time.

Any of these permanent lumps are considered to be tumours but not all of them need to cause concern. A benign tumour tends to grow slowly by pushing other types of cells out of the way and doesn't damage other parts of the body. Malignant tumours are the ones we worry about as they can invade nearby organs and spread to other parts of the body. Malignant tumours are what we refer to as cancer.

Sometimes we can identify a lump just by looking at it but, if not, the first step is to do a simple needle biopsy. This gives us a sample of cells which we identify under the microscope. We can usually tell which sort of cells they are and whether they are cancerous. So this helps us decide whether it's necessary to surgically remove the lump or not. A lump should definitely be checked out if:

- It is growing rapidly
- It suddenly gets bigger after being the same size for a long time
- It goes up and down in size
- It changes in appearance e.g. was smooth but is now knobby, or was soft and is now hard
- It starts to bleed or annoy the animal.

We sometimes surgically remove benign tumours too. The main reasons would be if the tumour is in an awkward place such as on an eyelid, in the 'armpit', under a collar, or it's getting knocked about by the animal. If we do decide to remove a lump for whatever reason, sooner is better.

Tummy Upsets

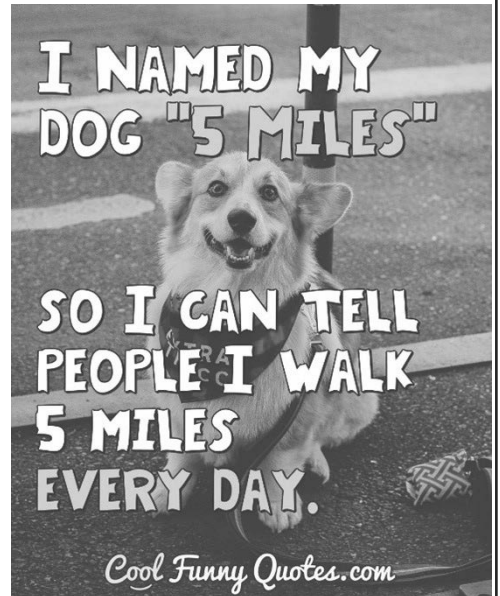
It's an every day event in the vet clinic to see pets with vomiting and/or diarrhoea. Pets are just as vulnerable to tummy upsets as people are, in fact probably more vulnerable due to their poor food choices! Often we don't know the cause but when the diet can include anything from pet food through to bones, plants, compost, dead animals and poo, it's not surprising the digestive system sometimes doesn't cope!

A couple of vomits is not a big deal but when it continues dehydration is the main concern. If your pet is still bright and happy, try these steps first:

- Remove food for 6-8 hours and if vomiting ceases you can introduce small meals of a commercially made bland diet such as Hill's I/D or plain chicken/fish and boiled rice or try a small amount of your pet's normal food.
- Offer frequent small amounts of water or electrolyte such as Vytrate, but withhold for a few hours if vomiting continues.

If vomiting/diarrhoea are frequent and/or persistent and/or your pet seems lethargic, call the clinic for a checkup.

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



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In the Bush

FANTASTIC July tidy up and planting at Robson's Scenic Reserve. Well specifically tidying up an eyesore of 10 years or more, that we could finally turn our attention to.

The Tasman District Council Reserves Department had it on their to do list, but with the multitude of tasks/reserves they manage, we thought to do, as we always do, and lend a helping hand.

Our volunteers had already given the area a really good tidy up, weed eating, spraying etc in preparation.

On the day the added bonus of Duncan with his wee digger to turn the rocky soil over for us to plant.

Many smiles there, as rocks are so the pits, when planting and big ones at that!!

So many thumbs up to Duncan the Digger and to Eric and John for their preparation of the site.

Also it was great to be able to plant "glades" of the same species, to give full effect when they eventually mature and flower and will look so in tune with such a fabulous entrance way, when heading down the bank to the lower paddock.

Thank YOU also to the many folks that stopped and were profuse in their compliments of our Society and the work we do Also to the anonymous and most generous donation dropped to my letter box to thank our digger driver and team. *Such appreciation is indeed humbling to us all.*



While studying some historical details and memories of my West Coast and Banks Peninsula families, I came across Pigeon Pie and felt that I would also share with you.

PIGEON PIE.

OTAGO WITNESS, ISSUE 2468, 3
JULY 1901, PAGE 67

TO-DAY'S RECIPE

TIMARU HERALD, VOLUME CXLIX,
ISSUE 21967, 20 MAY 1941, PAGE
8

PIGEON PIE.

Cut two pigeons in quarters and 1½lb rump steak into small pieces. Prepare seasoning balls by mincing very fine ½lb steak mixed with very fine breadcrumbs, a little finely-chopped parsley, onion, shredded ham, and thyme, and bind all together with the beaten yolk of an egg. Make some puff paste, and line your pie dish. Fill in pieces of meat, pigeon, balls, and two hard-boiled eggs, cut in pieces. Add a little water or stock, cover with paste, bring four pigeon legs through at the centre, set first in a hot-enough oven to brown the paste, and then where the meat will slowly stew.

TO-DAY'S RECIPE

PIGEON PIE

Ingredients: 3 pigeons, ½lb rump steak, 2 or 3 hard-boiled eggs, 1 eschalot, 1 pint stock, salt, herbs, mace, pepper, puff pastry.

Method: Cut the pigeons into quarters, take off the feet, cut the steak into small pieces. Put one ounce of butter into a stew-pan, when it bubbles, dredge the pigeons and steak with a little flour and fry a nice brown, then add a pint of hot stock, a bunch of savoury herbs, an eschalot, salt and pepper and mace. Simmer gently for one hour.

When done, take off the fire and strain the gravy. Fill up the piedish with the meat, eggs and some gravy. Let it get quite cold, then cover the pie with puff pastry. Cook in a hot oven till the pastry is cooked.

PIE INSTEAD OF WEDDING CAKE.

At a Fiey wedding (reports a Home paper) a pigeon pie, weighing 29lb, took the place of the customary bridecake, and was distributed among the guests.

PIE INSTEAD OF WEDDING CAKE.

SOUTHERN CROSS, VOLUME 11,
ISSUE 44, 30 JANUARY 1904,
PAGE 11

LOVE FOR YOU TO JOIN US – 2nd Saturday of EACH MONTH

Kind regards Evie-joy South, and the volunteer team.

The Wakefield Bush Restoration Soc (2000) Inc –

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Friends of the Trail

by Julian Eggers

The afternoon of Saturday 6th July, marked our third working bee on the Pigeon Valley to Hoult Valley section of the Great Taste Trail . We worked around the Rotary built shelter.

We planted 85 native trees and also did some weedeating and clearing. With seven individuals, we extend our heartfelt gratitude to Colin, Tony, Neil, Simon, Roman, Peter and Julian – you are all truly legends. Together, we achieved a great deal and are eagerly looking forward to continuing our mission.

Thank you to the wonderful community for the donation of the native trees.

This collaboration between the Great Taste Trail Trust and the Wakefield Community Council shows our commitment to maintaining our portion of the Great Taste Trail.

Community working together for community.



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Teaching Studio in Wakefield Nelson



Wakefield School

Term 2 was very busy at Wakefield School, and Rooms 7 and 8 are excited to showcase some of our learning highlights.

Cross Country

It all started in Faulkner Bush. All the runners were Year One, Year Two, Year Three, Year Four, Year Five, Year Six, Year Seven and Year Eight. What I liked about the day was being able to show talent in running and going through the finish line. Also I liked hearing the horn go off also because then you know when to go. It is fun to run in the wind and the cold makes it a challenge for yourself if you feel the cold but if you are used to cold it is pretty easy. My most favourite part is running and feeling the breeze. My least favourite part is falling over on the ground but I also like getting back up, keeping on going and running even if you aren't close to the finish line.

by Maggie

Hi, I'm here at the Wakefield School cross country 2024. The year 5 boys are just about to take to the track. the principal freya Hogarth is about to honk the buzzer. yes there they go. The favourites for this race are George Macdonald, Jack Edge and, Russ reid. so here they come it and , it's Roman Straton in the lead! oh, there goes Russ Reid, he's sprinted ahead of George Macdonald. Roman Straton is still in the lead, looks like he's losing his gap now. they're heading into the finish. Roman Straton wins! George Macdonald is 2nd and Russ Reed is 3rd. Wow what a race! Now the year 6 girls take the track.

by George MacDonald

Lizard Lounge

What lizards like to eat



Lizards like to eat bugs and berries. The lizard lounge that we will build will attract bugs and critters for the lizards to catch.



Predators

- rats/mice
- stoats
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- cats
- ferrets
- wasps
- birds
- birds



Marae Visit

When we got on the bus for the marae visit I was very excited. I was only a bit annoyed because I had to sit next to a little kid, but I was thrilled to be going to the marae. When we got to the marae we had to wait outside because the people at the marae had to welcome us in. When we came into the marae, one of the people who was in the marae was speaking to us in Māori. A man representing our school came up and spoke, then we sang. After that, we went to the kitchen and had some biscuits. Then it was morning tea time and we played Toilet Tag. Next, we played some games with the teachers. My favourite game was the one that Miss Woodley did. It was like Simon Says. After that, we all had to say thank everybody. Then we got on the bus and we went back to Wakefield school. On the way back some people went to sleep.

by Elias Goodwin

On the 18th of June half of Wakefield School went to the Whakatū Marae in Nelson. The other half of the school went on the 19th of June. When we went to the Whakatū Marae we met the people that own the marae and then the people that own the marae sung a song and we sung a song back to them. This is part of a powhiri. When we went to the marae we did some activities. One of the activities was a Māori game called Maui-Matau. This is where you run around and try to catch the sticks that the person in front of you left. We really enjoyed the marae visit. We would like to go again.

by Liam and Zach

Matariki

Matariki was mostly at school but we went up to the Lookout too. We also saw the sun rise but not all of it because we got cold so we walked back down and had Milo in the library. When school started, we had breakfast at school. There was a big line for the pikelets. There was also toast. We did some Matariki art. We had so much fun.

by Esmae and Maggie



Rippa Rugby

The Rippa tournament was on Wednesday 19th of June 2024. In the team was Meg, Braxton, Evie, James, George, Darion, Emily, Liam and Pysan. The coach was Stu. It was hosted at Henley School. There were heaps of schools at the tournament. There were two Wakefield teams. There was one Brax in both teams. It was fun but tough because some of the teams were fast. Some of the teams were skillful, some of them were speedy and some of them had sidestepping skills. We tied one our games and then got defeated in the other games. We played in the social category.

by Braxton and Darion

Planting with Anne

On Monday after morning tea we go with Anne to the propagation shed to do some planting. Anne is a volunteer who helps us with her knowledge of planting. So far nothing has gone wrong which means she must be an expert! We do some potting and watering if they haven't been watered yet. We also get to shovel the compost out of the pile, it's so much fun!!! We do the planting with Anne and Evie as well as us. Many hands make light work as the saying goes. We mostly plant native plants like kowhai, lemonwood and coprosma. We've got to make sure there's enough soil and not too little. We've also got to make sure that there's enough water because too much, they die, too little, they die as well that's why this is normally Evie's job. We all love planting at home that's why we signed up because then we can do it at school as well. All we need to do is remember... don't wear white! We are planting these plants so our school environment can be healthier and so we can sell them for the school's end of year gala.

by Miia and Meg



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So Where is the EQC When You Want It?

by Jean Gorman

As of 1st July the EQC is no longer. It has become the Natural Hazards Commission NHC (Toka Tu Ake) and its role has changed to better reflect that it covers a range of natural hazards. The government has held about 50 reviews and enquiries into the EQC since the 2010, 2011 Canterbury quakes, because recovery was so stressful for those involved.

Since 2010 the \$6 Billion of funds held in the EQC have been completely depleted by the ChCh quakes, the Kaikoura quake and weather events in North Island. It has now rebuilt to \$300 Million, funded, as before, by a levy on your insurance. This covers buying \$9 billion re-insurance from offshore providers, and scientific research into safety and protection against future disasters.

In a disaster now, you will make a claim on your insurer; there will be a single assessor. Your insurer will claim, as a start, the NHC money of \$300,000 + GST towards repairing your home and building platform, or damage to land and house in a landslip. You can't buy additional cover for land through your insurer.

If you are affected by a storm or flood, NHC will only provide cover for some of your land (8m around your home and 60m for your drive) and your home itself would be covered by your private insurance.

NHC will not reimburse you for work you do yourself, so talk to your insurer if possible before starting even urgent repairs to your home.

- * only do the work if it is safe to do so
- * take lots of photos from all angles before and after completing any work and before you throw away anything
- * keep a record of all work that you get done, especially quotes and invoices.

Examples of urgent work to your home may be:

- * turning off power if there are exposed wires
 - * boarding up a broken window
 - * restoring toilets and running water
 - * replacing a damaged heat source
 - * covering holes in the roof or walls
 - * making a damaged chimney safe
 - * fencing off unsafe areas
 - * temporarily bracing a retaining wall at risk of collapse
 - * temporarily diverting any overland water flow away from a landslip area (eg placing a tarpaulin along the top and sides of a landslip). Landslides are very unpredictable. Beware!
 - * removing debris from a driveway to restore access to a home
- You'll probably want to clean up spillages and breakages straight away. However, take lots of clear photographs of the damage before you start cleaning up; keep all the damaged goods and parts (except smelly perishables)! Stay cheerful and go to help and commiserate with your neighbour.



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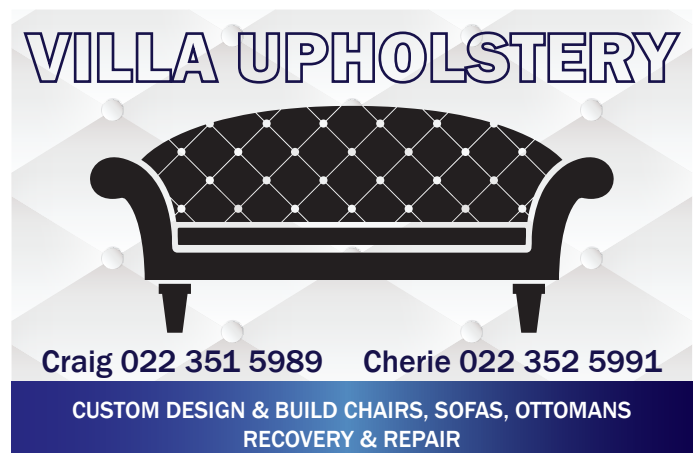
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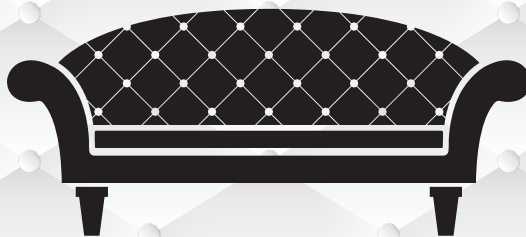
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Higgins Heritage Park Happenings

by Vince Jacobs & David Win

There has been a large amount of 'behind the scenes' work being done at the Park by our volunteers in preparation for the upcoming 'summer season' starting with Father's Day and the Classic and Collectable Car Show, Steam-up and park activities, The Transport Fest 'That's Country' 5 & 6 October, and our annual 2nd January Community Craft Fair to name a few. Our volunteers enjoy a wide range of activities & hobbies, Vince being one who "escapes" from the truck restorations or driving the jigger to "gone fishing", below is his latest (successful) fishy tale!

In late March, wife Aileen and I with the thought of a tasty Trout on our minds headed to the Maruia River. We drew near our intended destination to see, to our dismay, a vehicle turn off the road ahead of us and move to the spot I had intended to fish. The Sports Fishing Code of Conduct provides that one is not to push in where another angler is fishing so the decision was made to drive on upstream to another stretch of river. We had only travelled a further kilometre when I noticed a small break in the roadside bush and recognized it as the start of a steep track which gave access to a section of the river I had not fished for twenty years or so.

The track was severely overgrown and proved hard going thus backing up Aileen's decision to remain in the vehicle with her crochet to pass the time. At last, after a lot of slipping, sliding and getting hooked up in undergrowth I made my way out of the bush onto a narrow sandy bank just wide enough to provide an opportunity here and there for a cast with my spinning rod. The river had not altered too much since I was there previously. Included, was a sharp bend with a mix of quick and slow flowing water of varying depths and almost free of snags. It looked like a splendid home for feeding fish. On my third cast I hooked and landed a well-conditioned female trout of about 1.5 kilograms.

I had, previously purchased an imitation rat lure intended for use in night fishing but taking into account that I already had a nice eating trout I had the luxury of an option to experiment and decided to use it there and then. I moved upstream for approximately 15 meters and had another cast. I had only retrieved a small amount of line winding at the speed I thought a rat would swim when a Trout took the lure. This fish also was landed and proved to be another female in great condition and around 2.5 kilograms. As I was preparing both fish for filleting it began to rain heavily so I placed them in my bag and fought my way back to our vehicle. As I reached it the rain stopped so I dropped both fish on the grass for show. My wife was very surprised as I had previously been loudly pessimistic about any success after missing out on my preferred fishing place. It turned out that I had only been away from the vehicle for 40 minutes. You never can tell how a fishing trip will end and this one is a good example of the hit and miss nature of Trout Fishing.

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Benefits of Line Dancing

by Elizabeth Elsey

Dancing Can Reverse the Signs of Aging in the Brain

Line dancing is a powerful tool to set new challenges for body and mind, especially in older age. Even if you have never done it before, it's never too late to learn a new skill. Older adults who learn to line dance, take up jazz or square dancing are better protected from memory loss and dementia than those who walk or cycle, a study shows. Dancing can help fight off the loss of brainpower as we age and brain scans show that it works better over a period of 18 months than spells of cycling or Nordic walking. A pilot study undertaken by the University of Otago in August 2019 showed the powerful influence that music and dance can have on older adults with dementia. The study results, published in the American Journal of Alzheimer's Disease & Other Dementias, show participants reported significant improvements in their quality of life after just six sessions.

According to Dr Kathrin Rehfeld, lead author of a study based at the German Center for Neurodegenerative Diseases, Magdeburg, Germany, "Exercise has the beneficial effect of slowing down or even counteracting age-related decline in mental and physical capacity." It was shown that two different types of physical exercise (dancing and endurance training) both increased the area of the brain that declines with age. Various forms of exercise were tested and it was found that line dancing, jazz and square dancing were the best. They were proven to help fight the loss of brainpower more effectively than cycling or Nordic walking, meaning that those who learn new moves are better protected from dementia than their counterparts who walk or cycle.

In a study, published in Frontiers in Human Neuroscience, one group of volunteers undertook traditional repetitive exercises for 90-minute stints. The other group had to learn a variety of steps and some choreography as part of their dancing. This latter group showed up as having larger hippocampus's, which is known to help protect against memory loss and dementia. The additional effort associated with learning new dances is thought to lead to reduced loss of brain volume, making dancing a good activity for older people to enjoy. This means that anyone, but especially the elderly, who takes up line dancing could find that it offers more than just a fun, social activity. Line dancing can provide memory stimulation, mood moderation, social interaction and increase physical capacity.

Everyone, all ages and genders – yes, men, too! - can enjoy line dancing to great music. It provides gentle cardio exercise, is excellent for both mind and body, improving memory and physical mobility, and is also fun, friendly, and social. If you would like to give it a try, come along to a line dance class, beginners included, please 'phone Diane (teacher since 1994) on 0274 491 569 or Athol on 0220 685 695 for more information. Line Dancing with Diane takes place Tuesday mornings at Warne's Hall, Songer Street, Stoke starting at 9am. All levels are catered for (beginners/improvers/experienced). Cost \$10



Wakefield Playcentre

by Charlotte Thynne

Messy Play Week - come and join us at Wakefield Playcentre 19th -23rd August

Playcentre is all about letting children learn through play and messy play is a big part of this. Messy play is a very free and joyous form of play for a child where, yes they make a mess, but in the process explore textures, patterns, gravity, cause and effect etc.

Messy Play is so important for children that Playcentre Aotearoa has dedicated an entire week to honour it, from the 19th - 23rd August. Each day on session at Wakefield Playcentre between 9:30 and 12:00 we will have copious messy play available to our tamariki including paint, goop, slime, mud mixtures and clay mixtures.

If you've wondered about joining Playcentre or are interested in the joy that messy play can bring your child (and the joy you will feel about the messy play happening outside of your home) then come along and join us, wear old clothes and bring a couple of changes of clothes for your child. Hot drinks and good chats will be on hand, as per standard Playcentre sessions. So please come and join us :-)

Wakefield Playcentre is a licensed ECE in the heart of Wakefield, open five days a week 9:00-12:00. At Playcentre parents and caregivers stay on session to support and learn alongside their tamariki.

It is an incredible community of mums, dads, grand parents and caregivers, working alongside our session facilitator to provide a diverse and enriching early childhood experience.



Wakefield Health Centre

by Jose Spearson

We have two new additions to the Wakefield team this month.

Dr Anna Koop would like to share the news of her baby's arrival.

Both mother and baby are doing well.

She would like to thank everyone for all the support and lovely gifts she has received.



Wakefield Health Centre

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New Health Coach

Hi, I'm Ollie the new Health Coach here at Wakefield Health Centre. I'm passionate about helping people achieve a healthy positive well-being.

My background is in a Bachelor of sport, recreation and exercise. I also work as a Green Prescription Healthy lifestyle facilitator in my other role, this is helping people get more active and hopefully start to enjoy physical activity.

Yes, that means I'm fairly active and love sports such as football, running and dabble in CrossFit (just started).

I am in the Wakefield Health Centre two afternoons a week but that doesn't mean I can't help individuals in other means of contact via phone or if unable to leave the house, home visits.

This is also a FREE service so you can see me as many times as you like!

So, if you need lifestyle support ranging from stress to basic nutrition or to Physical activity, I am your guy.

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Community Notices

WAKEFIELD COMMUNITY COUNCIL 51ST AGM - CHAIRPERSONS REPORT [Julian Eggers]

What a year it's been! Thank you all for an incredibly productive, rewarding, and enjoyable journey together. Reflecting on the past year, it's evident that our collective efforts have produced remarkable achievements. The Wakefield Community Council has a rich 50-year history of serving its community with dedication and commitment. Founded in 1973, it has played a pivotal role in enhancing local initiatives, organizing community events, and advocating for residents' interests. Over the decades, the council has navigated various challenges and milestones, from infrastructure improvements, to always striving to improve the quality of life for Wakefield residents. Its achievements include advocating for having 2 police officers, the village green development and Whitby way carpark, and making sure we have health care close by within our health center. As the council looks ahead, it continues to build on its legacy of service, ensuring Wakefield remains a vibrant and supportive place to live for generations to come.

A heartfelt thank you to Tony Aldridge, our dedicated treasurer, who has commitment to kept our finances in excellent shape. Tony, your finest detail is truly appreciated. I also want to recognize Amby, our hall booking officer, and Sam, our hall cleaner, for their dedication towards the hall. Stuart Watts, your support in our hall proceedings has been greatly appreciated. Together with our management committee, we've navigated challenges and steered our community hall in the right direction, maintaining our partnership with Tasman District Council for its upkeep.

To our ward councillors Dan, Mike, Christeen, and Stuart Bryant, your support at Wakefield Community Council meetings has been crucial as we tackle local matters. I'm grateful for the open gateway provided by the Tasman District Council and the cooperation of TDC staff in addressing our community's needs. A special thank you goes to Tony, Chelsea, and Nathan for their pivotal roles in the management committee and Wakefield Community Council. Your wisdom has greatly contributed to our growth. Richard, Colin, Anna, Ewan, Jean, Anne-Marie, Brent, and Melissa, your hard work has not gone unnoticed. Thank you all for your energy and dedication towards the overall goal.

Each of us plays a vital role in the Wakefield Community Council, bringing diverse knowledge, age, wisdom, and passion to the table. Together, we've given Wakefield a strong voice and worked tirelessly towards our collective successes. Our cohesion and strength as a group have grown this year, supported by the connections we've fostered. Personally, organizing the Wakefield Community Anzac Service stands out as a highlight. The positive community response was truly gratifying, reflecting our deep respect for our service men and women. Another highlight is our guardianship along the Tasman Great Taste Cycle Track, where community efforts have made a tangible impact through working bees and community donations.

Looking ahead, here are some projects we'll be focusing on or working in partnership:

- Wakefield Community Hub Project
- Wakefield ANZAC Day Service
- Pitfure Rd and Pitfure Subdivision – Homes for Wakefield
- Security Cameras in partnership with Wakefield Police
- Friends of the Trail – working on the cycle track
- Rural Resilience Expo
- working closely with the Waimea Youth Council
- Post Memory
- Baigent Bush Pigeon Valley
- Faulkner Bush Play Space Stage 1
- The Big Bake Up
- Wakefield Youth Hangout
- Water Tank Project
- Wakefield Community Plan

Serving as Chairperson for another year has been a privilege. Leading our council and management committee has been so fulfilling, and I thank you all for your trust and support. Together, we've achieved a great deal, laying a strong foundation for our future endeavors. Our journey continues, and I look forward to seeing the continuous work alongside each of you to build upon our strengths and relationships in our beloved Wakefield. Thank you once again for your dedication and passion.

Wakefield & Districts Health Trust

The Wakefield and Districts Health Trust had its AGM for the year in July and is set for a productive year.

The Trust was established to be beneficial to the Wakefield and districts community by:

- Primarily, but not solely, maintaining a building adequate for the provision of medical services to, and for the benefit of, the community - This is the building at 12 Edward St that the Wakefield Health Centre and also District Nurses and Plunket operate out of. Many other health professional also meet clients there for example Health Improvement Practitioners.
- Facilitating the enhancement of medical and health-related services to, and for the benefit of, the community, providing the community with access to medical providers and service outside of the Wakefield and Districts community
- Generally enhancing the health and wellbeing of the community.

This year the Trust is concentrating on a good deal of maintenance and some small upgrades in the building and of course there are 15 AED's in the area to monitor and maintain. We are grateful for the community members we have that assist with monitoring these. There is a large generator attached to the Practice building that we are also looking after. It is envisaged that this will add to the community's resilience in the event of disaster. The Trust continues to take an interest in current community issues.

We are always looking for new trustees that might complement the existing trustees skill sets and possibly eventually replace any Trustees that have served a considerable amount of time and ready to rest. More information is available by emailing wdhealthtrust@gmail.com.

Thanks, Julie McLeod, Chairperson

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Community Classifieds

WAKEFIELD TOY LIBRARY

As we settle back into the Old Library building opposite the school on Edward Street, 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!

MEALS ON WHEELS - DRIVERS WANTED

Do you have a little time to volunteer in our community? Do you have a car?

If so, how about joining our team to deliver Meals on Wheels to elderly and unwell folks.

Meals are picked up from The Homestead Rest Home in Wakefield at about 11am, and delivery takes approx 1 1/2 - 2 hours.

We need someone to do alternate Tuesdays, and also would like more relief drivers to be on call.

If this sounds like something you would be keen to do, please phone Heather 541 8151 or 027 541 8151 for more info.

FOR SALE

August

Agapathus plants; white.
Mature, healthy.
\$1 each or \$30 the lot.
Ph 03 265 5066

Higgins Road Frozen Blueberries

For Sale

\$15 per kg

Orders to

Sue - 021267 1298

or

Rob - 021 0723 925

WAKEFIELD ANGLICAN COMMUNITY LUNCHES

The monthly Community Lunches held in the Worship Centre, will be on the 3rd Thursday of each month at 12 noon, from February until November.

Welcome to any who would like to attend and enjoy a meal and fellowship.

To assist with catering it would be helpful if those wanting to attend can phone Liz Massey 021 1850 168 the previous Monday. Otherwise, just turn up.

Lunch date this month: August 15

Further dates:
September 19
October 17
November 21

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

Community Directory

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

Higgins Heritage Park
Secretary: David Win 027 631 6786
info@higginsheritagepark.co.nz

Higgins Park Community Fair
David & Diane Win 544 7096
info@higginsheritagepark.co.nz

Rural Ramblers
Carolyn Mason 541 9200

Spring Grove Drill Hall
C Stratford 542 3992

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

Wakefield Anglican Church
St Johns on the hill
Traditional Service: 9.00am
1st & 3rd Sunday of each month
The Worship Centre
Informal Service: 10.30am every 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 (Seniors)
wakefieldfootballclub@gmail.com

Waimea Plains Football Club (Juniors)
waimeaplainsfootballclub@gmail.com

Wakefield Medical Centre
541 8911

Wakefield Pharmacy
541 8418

Wakefield Playcentre
Contact: 03 541 7097

Wakefield Volunteer Fire Brigade
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 - 2nd Saturday each month
Parish Priest Seth Pijfers 544 8987

Taoist Tai Chi
Deb Knapp 022 083 9332

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
marilyn.gibbs72@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**
Karyn Young 021 112 4203
Libby Thomson 027 541 8202

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

Richmond Lions - Wakefield Rep
Sue Burrowes 541 9689 or 027 364 0773

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 544 7325
sue.mcauley@ncc.govt.nz
Meets last Wed of every month

Wakefield Community Council
Julian Eggers 027 771 8556
eggers213@gmail.com

Wakefield Preschool
Contact: 541 8086

Wakefield School PTA
ptawakefield@gmail.com

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

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

Window on Wakefield
Articles & Content - 541 9005
Sonia Emerson

Window on Wakefield
Advertising - 541 9641
Genie & Lindsay Bradley

Wakefield School
Edward Street 541 8332

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





WHY NOT Wakefield

SAT 31/8 - SUN 1/9

WHY NOT VISIT WAKEFIELD ON THE FIRST WEEKEND OF SPRING?

It's Father's Day and also the first of our summer open days. There's lots for everyone in the family to enjoy. But wait there's more...**collect 3 stamps from selected activities** and go in the draw to win a **unique Wakefield prize pack**. This includes accommodation for 2 and a basket of local produce and vouchers to use in the village. For more information (including opening times) on the weekend, go to Wakefield.org.nz - Events.

What's open?

SAT SUN BOTH

WILLOW BANK HERITAGE VILLAGE
Sun 10am - 3pm *Open Day/Market*
www.willowbankwakefield.co.nz

REDSTONE GOLF COURSE
Sat/Sun Open from 8.30am
www.redstonegolfpark.co.nz

TOTARADALE GOLF COURSE
Sun 9.00am - 4.30pm
www.totaradalegolf.co.nz

FAIRFIELD BERRIES
Coffee, Icecream, Gifts.
Sat/Sun 10am - 5pm
Bring Flyer for free icecream for Dad!

DARK SKIES TASMAN
(Wai-iti Domain)
Sat 7pm - 9pm (weather dep)

HIGGINS STEAM MUSEUM
Sun 10am - 3pm
Steam up/Car show
www.higginsheritagepark.co.nz

MAKE A KNIFE
Sun 10am - 3pm
(at Higgins Park)
www.makeaknife.co.nz

THE VILLA CAFE
Sun 9am - 3pm
Great Coffee, Delicious Food
www.dailyexchange.co.nz

ARMAGEDDON PAINTBALL
Sat/Sun *Bookings required*
www.armageddonpaintball.nz

WELCOME REAL ESTATE
Sun 12pm - 2pm
(pop in for a surprise!)
www.welcomerealestate.co.nz

PENNY LANE PLANTS
By appointment only
027 633 0010

WILD OATS PETTING FARM
Sun 10am - 1pm *Bookings required*
www.wildoatsfarm.co.nz

LITTLE SPRIG
Sat/Sun 12pm - late *Sunday*
Special : Free pint/glass of wine for Dad with a meal \$20+

SUNRISE COFFEE SHACK
Sat 8am - 1.30pm Coffee, Baking, Real Fruit Icecream

ST JOHNS ANGLICAN CHURCH Sun 9am Service
Open 12pm-3pm
One of NZ's oldest churches.

BROOKSIDE NURSERY
Sat 10am - 4pm
Wide collection of plants

WAKEFIELD HOTEL
Sat 1pm - late
Sun 11.30 am - late
Band between 3-6pm Sun

WASHINGTON STREET FOOD
Sat/Sun 9am - 2pm
Coffee + Street food brunch

SELF GUIDED HISTORICAL WALK
Collect a free map from local retailers.

MCGAZZALAND SKATE / BIKE PARK
Bring the scooters, bikes or skateboards for some free fun

KAINUI BIKE PARK
Mountain Bike Track.
www.kainuibikepark.co.nz

PICNICS + WALKS
Faulkeners Bush, Baigents Scenic Reserve, Robsons Scenic Reserve.

WAIMEA SOUTH HISTORICAL SOCIETY
Village Green
Sunday 12pm - 3pm

Thank you to our sponsors:

