The Oxford Observer

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Issue 66

The Oxford-Eyre Community Newspaper

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Road safety for horses and their riders

Words: Cathy Dee

A planned nationwide event to highlight the increasing need for awareness of horses and riders on the roads was recently postponed due to inclement weather across the country.

The Ride for Road Safety (RFRS) campaign initiative was initially set up nationally to bring attention to the current lack of road rules concerning horses on roads and to educate all road users (horse riders, cyclists, drivers) on 'best practice' to avoid incidents between horses and vehicles on roads.

On the group's Facebook page it states: "Ride For Road Safety is still very committed to our campaign and will be setting another date for our ride later in the year. We would like to thank you all for your amazing support and hope that you will continue to support us as we take this time to make our campaign even bigger and better."

RFRS is calling for the government to include in its plan the following guidelines to help make road riding safer for all:

• A 20 km/hr speed limit past horses on the road.

• Allow a two metre space between horse/rider/carriage and vehicle when passing.

• Horses to have right of way on bridges.

• To make it an offence for vehicles to accelerate, rev their engine, toot their horn next to horses.

• Universal understanding, use and adherence to rider/carriage driver/handler hand signals.

• Compulsory use of NZ Safety Standards approved equestrian helmets and high visibility clothing (minimum requirement - rider vest) when riding/driving or in charge of a horse on the road.

Keeping visible: A compulsory use of high visibility clothing while riding is just one of the guidelines the Ride for Road Safety campaign is taking to government. Photo: Ride for Road Safety.

• Prohibit mobile phone use while riding/driving or in charge of a horse on the road.

• Horse riders to maintain single file to allow a vehicle to pass, unless leading another horse.

• Led horses to be kept on the left side of the lead horse.

• Horses and riders/drivers/handlers to keep left wherever possible and travel the same direction as vehicles.

To find out more about the campaign and keep in touch regarding the nationwide ride, visit: https://www.facebook.com/rideforroadsafety.

ANZAC Day A fine, sunny morning saw good attendances to the Oxford and local ANZAC services.

ENSHI photographic exhibition coming to Oxford See page 7...

PET CORNER

Can you give an Isaac a forever home?

To see who is up for adoption, go to page 13...

NEXT Issue: July
Deadline for Advertising:
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See page 8 for more information...

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The Oxford Observer reserves the right to edit any contribuition submitted fro print and acknowledges that all opinions of contributing columnists and writers are not necessarily those of the Oxford Observer, its publisher or its staff.

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FREE EVENT
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Join us on June 15 at 6pm for a social evening of food & wine as we taste recipes from this exciting new cookbook with local, Lauren Carmichael, a contributing cook.

This is a FREE EVENT - Booking Essential RSVP by Monday June 12 to us instore or email: emma@emmasatoxford.co.nz

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News

Oxford Community Trust

"bringing the community together..."

Lose the Winter Blues

Oxford Community Trust has transport and drivers available to take you out of Oxford to go shopping, movies, coffee with friends or any activities you decide.

Gather a group of friends and contact the Trust to book or join in on one of our planned trips.

Thurs, June 1: Shopping in Rangiora
Thurs, June 15: Shopping at Riccarton Mall
Tues, June 27: Shopping in Rangiora

Cost: $12.00 return to Christchurch, $8.00 return to Rangiora.

Phone the Trust 312 3006 to have a chat about your activity or to make a booking. on one of our trips.

Upcoming Youth Events for June

Ten pin bowling
Carnival Games
Gym games night

Keen an eye on our OxBox Youth Facebook page for more details.

Thank you to our Fab Five Funders...

- NZ Lottery Grant Board
- Community Organisation Grant Scheme
- The Rata Foundation
- Waimakariri District Council
- United Way NZ

Also thank you to Pub Charties and First Sovereign Trust Ltd.

Oxford Community Trust
is responsive to the physical, social, emotional,and financial needs of individuals, families and groups of people within the community of Oxford and Districts.

Got a community activity that brings people together?
Call the Oxford Community Trust to list your activity here...
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Chair steps down

Dan Gordon recently stepped down after 11 years as chair of the Oxford Arts Trust and will retire as a trustee from the beginning of June.

Dan originally co-founded the Trust with Brent Firkin in 2006. The vision to build a purpose-built gallery and gift shop was realised in 2010.

"Seeing the vision through to the building of the Oxford Art Gallery and its success over the years has been one of my proudest achievements," says Dan. "Being chair of the Trust has been a great privilege, and I remain committed to the vision and will always be a strong supporter of the gallery."

The new chair of the trust is Areta Wilkinson. "Areta will be a fantastic chair working alongside a very capable and talented board. I wish the trustees all the best as they take the Trust to the next stage."

A vision realised: In 2010, the Arts in Oxford Gallery was officially opened by Minister of Arts and Culture, the Hon Chris Finlayson.

Beware of scammers

Some computer owners in the area have recently been contacted by convincing callers reportedly from Microsoft, directing them to a website to download a tool.

This tool allows the scammers to have complete control over your machine, where they may then demand payment via credit card to release your machine.

Adrian West from Waimak Technology says he has had several calls from distressed people who have fallen prey to the scam.

Adrian says not to let the scammers intimidate you and to simply say 'thank you' and hang up."

The Microsoft website www.microsoft.com/nz/staysafe/ states that scammers don't just send fraudulent email messages and set up fake websites. They might also call you on the telephone and claim to be from Microsoft. They might offer to help solve your computer problems or sell you a software license.

Neither Microsoft nor their partners make unsolicited phone calls (also known as cold calls) to charge you for computer security or software fixes.

Donations appreciated

Cust/Oxford St John treasurer Sue Gillespie was delighted with the local response to the organisation's recent street appeal outside Fresh Choice Supermarket in Oxford.

Sue says that along with an amazing collection from one of their division members, a total of $1,678 was donated.

The donations will help to upgrade the meeting room at the station in Oxford, where first responders and ambulance staff use the room when stationed locally.

"We also need to raise $35,000 per year to meet our 'Levies to Region," says Sue. "The levies are based on $5 per head of population in the Cust/Oxford area."

All donations and members who subscribe to the Ambulance Supporters scheme help St John to achieve this.

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For the love of chooks

Words: Kirstyn Barnett

"Chickenman to the rescue!" Jonathan Branton-Casey gives a wry smile as he plays a snippet of the 60s radio spoof on his phone.

"I own the trademark 'Chickenman'," he says, "but I draw the line at a cape."

A mortgage broker by trade, Jonathan, or Jono as he likes to be called, transforms into Chickenman for 1-2 hours daily, feeding and caring for his large flock of repatriated battery hens.

The Chickenman story started around the financial market crash in 2007 when Jono was downsizing his flock by listing them on Trademe. He was amazed at how quickly they sold. "There seemed to be a good market for second-hand chickens." Connecting with contacts in the egg production industry, he bought a large group of ex-battery chickens and started selling them from his West Eyreton property.

He has now sold over 97,000 chickens from Auckland to Invercargill to the Chatham Islands. With over 8000 clients, usually taking 4-5 chickens at a time, he is kept busy with pick-ups and loves meeting the different people who take in these somewhat bedraggled hens. "When chickens change environment, it sparks a moult, so they can look quite scabby initially."

And is his motivation purely financial? "It certainly has a commercial element, but has become more altruistic as I see the hens go to great homes," he replies. Jono sells Brown Shavers and Hylines, which he calls "the Henry Ford of chickens" as they need the least food for the most egg production of all breeds.

Any advice for home chicken owners, especially facing the dreaded red mites? "Dust your birds in diatomaceous earth (DE) regularly, and paint the egg sites in old oil/tar, or use a strong antiseptic cleaner."

And how does he manage his double life? "Chickenwife puts me back in line when required."

To read about Chickenman's chook rescues, visit his Facebook page or to give a chook a home, phone 310 2183 or 021 243 8566.

Saving lives, one chook at a time: Jonathan (Jono) Branton-Casey loves chooks and meeting people. His unusal business helps rehome hundreds of battery hens each year as far away as Auckland and even the Chatham Islands. Photo supplied.

In Touch

With Matt Doocey
Waimakariri MP

Thank you to everyone who supported my petition for a third lane southbound over the Waimak Bridge.

In the short time I ran the petition, we saw a huge level of support. The final petition, which had over 1,000 signatures, showed how many in our community wanted the Waimak voice to be heard in the decision-making process.

I presented the petition to the Greater Christchurch Urban Development Strategy Implementation Committee (UDSIC) and advised them decisions made in Christchurch impact Waimakariri. I know many of you are frustrated by congestion and unreliable travel times into Christchurch in the mornings – a third lane southbound, as part of an integrated traffic solution, will ease traffic flow issues and address the current bottleneck. The committee recommended to NZTA that they proceed with adding a third southbound lane subject to conditions. At the time of writing, we wait on NZTA's decision.

Roading and transport were topics that were raised as important to you at my Keeping Connected Evening Meetings held across the electorate last month. These are designed to be accessible to constituents who might find it difficult to meet me during business hours due to work and family commitments. I enjoyed the lively conversations and the opportunity to update you on what is happening in the electorate, and to hear from you some of your concerns. In Oxford, I heard concerns around visibility issues at the pedestrian crossing and it was good to also discuss ways we can get our young people more involved in civic issues. I always say Oxford is great at community-led solutions, and I look forward to working alongside as needed in this space.

Authorised by Matt Doocey MP
130A Percival St, Rangiora.

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National

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CLUB NEWS Weekly Club Promotions
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Challenge cup retained in SI

Winning streak: Charlotte Thomas, one of the youngest in the Canterbury team, with her pony, Picollo, holds the NZPCA Perpetual Challenge Cup. Charlotte also placed 4th individually in the MT section, while Niamh Rayne on My Hallucination placed 3rd in the DC section.

The Canterbury events team, with riders from View Hill, Springston, Waiau and Oxford pony clubs, recently won the NZPCA Perpetual Challenge Cup, keeping the trophy in the South Island for the second year in a row.

The NZPCA Eventing Championships was held in Whangarei, which meant getting the riders and their horses safely to Northland in time to compete in the testing competition was a huge undertaking both logistically and financially.

The team, managed by Sharon Rayne and coached by Becci Thomas, won ahead of the Marlborough Nelson West Coast team, which came in second only 1.4 points behind with Auckland in third place 8.2 points behind.

It has been 10 years since Canterbury won the trophy.

'Pupdate' your dog's details

The district's four-legged residents are hogging the limelight as the council starts a new campaign targeting dog owners.

With new dog registrations being sent out in June, the Council is encouraging people to make sure their contact and dogs' details are up-to-date.

Cute as: Poppy, owned by a Council staff member, doesn't mind posing for a photoshoot and peaks out from her rather comfortable gift-box. Photo: supplied.

A video on the council website, featuring four dogs owned by council staff, in a variety of cute and comical situations, encourages dog owners to consider the following questions:

• Have I changed address or have my contact details changed?
• Have I got a new dog, or has a dog passed away?
• Has my dog recently been desexed or microchipped?

If the answer to any of the questions is yes, the council needs to be notified in writing. This can be done at any council service centre or by emailing the council office.

Enshi coming to Oxford

Enshi Vision in Oceania, a visual feast of 100 photos of Waimakariri's sister city Enshi in China will be on show at Emma's at Oxford for the month of June.

Emma Gillard says she is really honoured to be offered the opportunity to display the exhibition.

"Not only does it introduce the people of Oxford to the beauty of Enshi in China but it will give Oxford the chance to show off all the fabulousness we have on offer to the out of town visitors to the exhibition."

The photo displays will be rotated throughout the month.

The exhibition coincides with Emma's at Oxford's celebration of 10 years in Oxford.

Emma has plenty happening during the business' birthday month including a visit from Oscar the owl on Sunday, June 11 and an evening of wine and food on Thursday, June 15 to introduce an exciting new cook book with guest speaker, Lauren Carmichael.

Photo: Enshi Prefectural Photographer's Association

Cultural treat: The Enshi Vision in Oceania exhibition is in celebration of the anniversary of the sister city relationship between Enshi and Waimakariri. The exhibition has been on display at the Rakaia Atrium at the ARA Institute of Canterbury and is coming to Emma's at Oxford for June.

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CUST COMMUNITY NETWORK (CCN) AGM

Wed 14 June 7.30pm, Cust School MP Hall

Guest Speaker: Kitty Waghorn - Council

"Cust Rural Recycling and Three Bin Proposal"

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It can be a drawing you have created, or a picture from a magazine, or a photograph. Make sure you put you name and a contact phone number on the back.

DESIGN ENTRY COMPETITION

Come up with a wearable art design for the Market Day category. The winning idea will receive their entry fee and a small contribution from the Oxford Farmer's Market. For more information, see Kathi at the market.

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Mike Christie is local to Oxford and is a Natural Health Consultant with Kiwi owned and operated SANDERSON vitamin company. Mike has worked in the vitamin industry for over 10 years and will be instore on Friday, June 16 offering FREE consultations.

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Cath King is a nutritionist who specialises in bone health and weight loss. She owns Osteohealth NZ - a bone density scanning service - and will be providing bone density scans and consultations. Early testing, from 30 years, is the key to prevention of suffering later from Osteoporosis and fractures. These appointments are normally $80 but are on special at Oxford Pharmacy for $60.

Sarah Kortegast is from local company Oasis Beauty. Oasis Beauty products are formulated for sensitive skin and made with a combination of natural and certified organic ingredients. Sarah specialises in skin analysis and is also going to be in store for our main event offering FREE consultations. So if you have any skin questions or concerns pop in and see Sarah.

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Words: Michelle Vernal

If you are the creative type, then the Oxford Wearable Arts provides an opportunity to let your imagination run wild.

It's the perfect place to showcase your vision, just ask Michael Turner.

Michael is the Christchurch hair salon owner who wanted to see if he had the winning edge by entering last year's competition. He did, taking home Supreme Adult Winner with his ingenious Hairy Styles Headed in One Direction.

Michael, an avid hair memorabilia collector, says, "If you're thinking about entering then just do it. Life's too short not to, and it is so much fun."

He found inspiration from the Victorian era of Hair Dedication - making jewellery and art from hair. Michael also wanted to explore the idea of when does something beautiful become something that makes us shudder. His costume was made thanks to real hair donations and took nine months to put together.

The excitement and creativeness of Paesli Austin's fellow competitors backstage on the night are what the former View Hill pupil and Student Supreme 2016 winner loved about being part of The Oxford Wearable Arts.

Paesli's Aviatrix design was inspired by a holiday to Austria with her family and seeing things that were new to her. She advises this year's entrants to be well organised for the big night, and not to get flustered.

The show is being held in the Oxford Area School GP Hall from 6.30 to 9.30pm on August 26, 2017, and entry forms are available at Oxford Area School.

Above: Last year's Student Supreme winning design Paesli Austin's Aviatrix. **Right:** Supreme Adult 2016 winner Michael Turner with his entry, Hairy Styles Headed in One Direction.

This year's 2017 winners will be flown to Wellington to see WOW.

The winners from each student age group and the adult categories costumes will also be displayed in the showroom at Arts in Oxford after the event.

For further information email: jane@oxford.school.nz

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GET YOUR ENTRIES IN FOR
Oxford's Wearable Arts

Entry forms for students and adults available from:
Oxford Area School
Ph 03 312 4197
Enquires to:
jane@oxford.school.nz
or 021 073 5844

Winners of the Student and Adults Supreme Awards each receive flights and tickets to WOW in Wellington

Kindly sponsored by Oxford Farmer's Market

Gallery News

With Celia Wilson

BRAid Workshops

Before our June exhibitions open on 10 June, our first group of workshops, starting on 30 May, take place in the front gallery space to make birds to join #TheFlockNZ.

The workshops are free, open to all ages, with all materials supplied. The birds are made by applying paint, collaging, gluing objects - whatever you like - to template shapes of birds that nest on the braided rivers of Canterbury. Let your creativity fly!

During this same week, **Out of the Shadows** is a storeroom show – it will be informally presented in the main gallery. A chance to see some favourite works again, perhaps?

From the **Rivers to the Shore** and **Flyway Print Exchange** are two shows devoted to the migratory birds, many of which breed on the braided rivers of the South Island. Many gifted printmakers from NZ and Australia are exhibiting in these shows, which will also be shown in Auckland and the Far North.

The below print is by Maude Cook-Davis, 'Te Kotuku in Flight', woodcut on muka paper.

In May, June & July, Arts in Oxford is celebrating bird life on our braided rivers

#TheFlockNZ

Make birds for Braided River Aid - free to all
30 May - 6 June (closed Monday 5 June)

From the Rivers to the Shore & *Flyway Print Exchange*

Opening Saturday 10th June @ 3pm - 18 July

Plus - "Out of the Shadows"
works from the storeroom | 30 May - 6 June

72 Main Street Oxford www.artsinoxford.com Ph: (03)3121639

News

This month's specials

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Business venture

A voluntary group of six local women, Wendy Mehrtens, Jo Boocock, Jo Ealam, Barbara Thompson, Linda Kerr and Sandra James, is heading off to Moso Island, Vanuatu on July 15.

The group, organised by Jo Ealam, plan to help local women create a small business venture sewing products that can be sold to tourists at their local markets on the island.

"We intend to make some of the items before we go," says Jo, "so we have a supply to sell while we are there."

They plan to use local Vanuatu fabrics that are "bright and flowery" and are representative of the islands.

"We hope this project will give the women of the small island a start to their own small business and enable them to earn some money for the village."

A book fair is being organised for Sunday 25, June to help raise funds to purchase sewing materials. For donations of books and collection, contact Julia on 021 995 942.

The group will personally cover their airfares and related accommodation costs.

If you are keen to sew some products for the group to take or have sewing items to donate, please contact Barbara Thompson on 312 4248.

WANT MORE INFORMATION FOR YOUR HOME IMPROVEMENT PROJECT?

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Join seminar host Marissa Stephen on the Build Right Q & A couch as she talks with the experts.

Our FREE Build Right seminars are held at Horncastle Arena daily from June 30th – July 2nd 2017 (inclusive).

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*Conditions apply. Offer only available to Build Right seminar attendees.

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buildrighthomes.co.nz

Build Right HOMES CONSTRUCTION

From city to nature

Getting stuck in and making visitors welcome at Glentui Meadows is more than just a job for owners Anna and Craig Mckay, it has become a new way of life.

The hardworking couple left their busy city jobs to make Glentui their home and business just a year ago and haven't looked back.

From stilettos to mud-covered boots, Anna loves the challenges her new rural life brings while Craig, who comes from a farming background, enjoys working outdoors again.

Waking up to native bush and birdsong each morning is something they also love to share with guests in their accommodation business.

The couple has spent the last year upgrading areas of the complex, and both agree that it is an ongoing project.

Anna says the main complex sleeps up to 120 people and includes 96 bunk beds and the Tui wing, which has six family rooms, sleeps up to four per room, and has a kitchen, dining and lounge area.

A self-contained apartment, sleeping five, is also available separately to hire.

The complex includes a games room/lounge and a conference room, both 90sqm as well as the 200 sqm hall plus a commercial kitchen.

Craig, who loves to cook, says they have focussed on providing great tasting food for large gatherings and school camps on a budget.

"Our aim is to provide quality homemade food that tastes good," says Craig, who remembers eating baked beans on toast when he attended school camps. Providing for all dietary needs is essential and supporting local is important too.

"We cater for a wide range of groups and functions including weddings, school camps, conferences, weekend craft and health retreats, and groups with interests in the rural sector such as DOC and Search & Rescue," says Anna. Larger groups can hire the whole complex if required.

With abundant native forest on its doorstep, Glentui is perfect for groups to take part in fun outdoor activities and challenges from bush walks and abseiling, to canyoning, water safety awareness and a waterfall slide.

To find out more about Glentui Meadows accommodation and activities, visit www.glentui.co.nz or visit their facebook page: Glentuimeadows.

Glentui Meadows

140 Glentui Bush Rd,
Ashley Gorge 7495
Phone: 03-312 1165

www. glentui.co.nz

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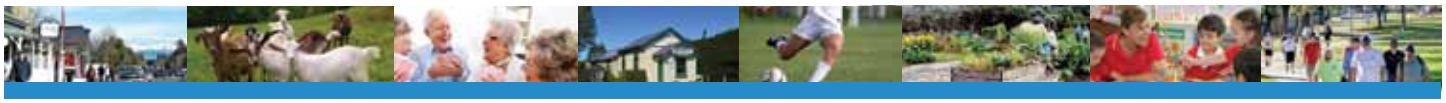

Coming Events

4 JUNE Enshi Vision in Oceania photographic exhibition on display at Emma's at Oxford for the month of June.

17 JUNE Winter Wonderland Ball, 7pm Oxford Town Hall, Tickets - View Hill School.

25 JUNE Oxford Book Fair Fundraiser at Oxford Town Hall to support a Women of Vanuatu business venture. See page 10...

29 JULY Sale of Linen, Fine China & More. Oxford Union Parish Fundraiser.

26 AUGUST Oxford Wearable Arts at Oxford Town Hall.

Got a special one-off community event coming up?
To advertise your event free, contact us on 0800 627 378 37 or Email: news@oxfordobserver.co.nz

Community Directory

Monday Cafe Come along for a chat and morning tea at the St James-on-the-Cust hall every 4th Monday 10-11.30am. All ages welcome, ph Sandra on 03 310 2074.

Yummy Mummy's Oxford A group that helps families with new babies with meals/baking. Volunteers always appreciated, ph: Amanda on 027 490 7052.

Cust Craft Group meets every 1st & 3rd Tuesday 10am-3pm at the Cust Community Centre. All welcome.

Community Directory

Israeli Folk Dancing Every Thursday in Oxford. Easy, enjoyable, suits all levels of fitness. Enquiries to Colleen, ph: 03 928 3733 or 027 428 5824.

Oxford Spinning Group Meets 10am-2pm alternate Wednesdays and one Monday/month. Social woolcrafting group, beginners welcome, ph: 312 3345.

Oxford Women's Forum Meets on the first Thursday of every second month, March-Nov with guest speakers, ph: Margaret on 03 312 4478.

Craft Circle Oxford Library every Monday 10.30am. All welcome.

Oxford Community Men's Shed The Oval, Pearson's Park. Open Tues 7-9pm, Thurs 10am-2pm and Sat 10am-2pm.

Oxford Senior Citizens Meets every 2nd Weds 1.30pm at OWMC, ph: Carol on 312 3019. All welcome.

Oxford Community Gardens Meets every Thursday 10am beside the Men's Shed, Pearson Park. All welcome, ph: 312 1536.

Women's Institute 1st Thursday of the month 1.30pm at Oxford Workingmen's Club. All welcome, ph: Rena on 03 312 4270.

Cancer Support Coffee Morning Every 3rd Wednesday at Cafe 51 from 10am, ph: Wendy 312 1330 or Judy 312 4495.

Cust/Oxford St John Cadet Group and Ambulance Supporters Scheme Committee, ph: 3125839 or 3125538.

Waimakariri Bridge Club meets every Thursday 7.30pm at the Waimakariri Golf Club rooms.

Scottish Country Dancing Great exercise no partners required Tuesdays, ph: Judi on 312 4291.

Waimakariri Bridge Club Meets every Thursday 7.30pm at the Waimakariri Golf Club rooms.

Line Dancing Come and join the fun! Oxford Club, 160 High St. For days and times, ph. Jan: 03 313 3893.

New To Oxford? Join us for coffee/tea and a chat at Cafe 51 on Main Street,10am every 1st and 3rd Monday of the month.

Cake Decorating Fondant Modeling Club. Learn the art of cake decorating - any experience welcome, ph: Patsy on 0210 220 1656.

Oxford Squash Club Have Fun! Get Fit! For all ages, casual or competition. Club nights Wednesdays, 6pm, ph: Fran on 027 222 6753.

Cust Bowling Club Club days Saturday, Tuesday, and Thursday at 1.30pm. Come along and have a go, ph: 312 5892.

Oxford Wednesday Walkers 2-3 hour bush, farmland & road walks - start 9.30am, ph: Anne on 03 312 4375 or 027 298 7750.

Cust Toy Library Indoor and outdoor toys for borrow. Open Sat 10-11.30am & Mon 9.30-10.30am at Cust Community Centre.

Health, Emergency & Local Services

For the following emergencies, please phone: 111
• Ambulance • Police
• Fire Brigade • Search & Rescue

Oxford Police Station
Main Street, Oxford. Phone: 03 312 1050.
Oxford Community Health Centre,
39 Park Avenue, Oxford Phone: 03 312 4195
Search & Rescue - For Emergencies, please phone: 111
For other enquires: contact Ron Ealam 027 2424 907

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THIS MONTH'S FEATURED Animal Welfare & Rescue Group

North Canterbury Cats: catcare.org.nz

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Nervous of sudden noises, he would suit a house with older children, however he loves other cats and tolerates the dog. Being a teen he is only $100 which includes desexing, microchiping, and first vaccination.

Call 021 312 230 to meet Isaac.

OXFORD BIRD RESCUE Rehabilitation and release for all species of wild birds at 77 Sales Road, Oxford. Ph: 021 292 7861.

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RAINBOWSCAPES

Fire Report

With Fire Chief
Trevor Ealam

In April, the Brigade was called four times. Two were slash burns, one with the owner in attendance and controlled, the other unattended and put out, one chimney fire and to a motor vehicle stuck in a ford.
This brings the total number of calls for the year to 24.

CLEAN SWEEP

With colder weather approaching it would be a good time to consider having your chimney cleaned and the fire box inspected.

Clean Chimneys Are Safe Chimneys

Cust -West Eyreton Garden Club

With Dean Ward-Leonidas

Since our previous update, we held our AGM in April. Besides the election of officers, Life Membership was presented to Barbara Taggart and Janet Dalley in recognition of loyal and inclusive service. Congratulation to both ladies.

During our May meeting, we enjoyed a presentation from the President of the Canterbury Herb Society on the benefits of herbal infusions, with the appropriate health warnings. The accompanying tasting was an interesting and enlightening experience.
The Sheat Challenge Cup was presented to Heather Percy for her prize dahlia at our April meeting, while the Mullen Helping Hand award was presented to Val O'Loughlin, congratulations to Heather and Val.
Our next gathering will be our annual mid-winter gathering on Saturday, June 10.
If you would like more information re your local Garden Club, please contact either the president or secretary on 310-2274 or 312-5650 respectively or email custwegardenclub@yahoo.co.nz.

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Church Notices

Baptist Church

Sunday Service
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10am at 166 High Street

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www.oxfordbaptistchurch.org.nz
email: office@oxfordbaptist.org.nz

YOUTH GROUP
Years 9 to 13 at 7.30pm on Fridays at the Auditorium.

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Years 2 to 3 Boys,
Friday night: 6.15pm - 7.15pm
Years 4 to 6 Girls,
Monday night: 6.30pm - 8pm
Years 4 to 6 Boys,
Tuesday night: 6.30pm - 8pm
Years 7 to 8 Girls,
Monday night 6.30pm - 8pm
Years 7 to 9 Boys,
Wednesday 6.30pm - 8pm

MUSIC & MOVEMENT (0 TO 5YRS)
10am - Open Sessions for all ages

EARLY LEARNING CENTRE
Open 8.30am to 3.30pm for ages 6 months to 5yrs.

CLOTHING & CHRIST
Tuesdays at the Oxford Baptist Church, 12.30pm - 3.30pm.

OXFORD MUMS
Every 2nd & 4th Wednesdays in the Church Lounge, 10am - 12 noon.

TWELVE BASKETS FOODBANK
We offer care packages for individuals and families who are going through a difficult time. We are always here to help anyone in need..

'FOOD TOGETHER' Fruit & Vege Co-op
Tuesdays at Oxford Baptist Church, 12.30pm-3.30pm Come on down for your fruit and veges.
10am - Volunteers packing - would you like to help?
11.45-12.30pm Free community lunch, all welcome
1.00pm - 1.30pm Alpha Express
For all enquiries contact the co-ordinator, Tamar on 027 303 4084.

A mouse in the house

Words: Kirstyn Barnett

"Mum – there's another mouse inside!"

Talking to a few people in our area, this year seems to have been particularly bad for rodents invading our homes and initiating mad chases with brooms and tea towels.

So what causes a mouse epidemic?

Wet weather can be one reason according to many sources - as outside nests and holes become flooded and human abodes stay warm and dry, your house becomes particularly attractive to our bewhiskered neighbours as a holiday destination.

Here are a few tips to help keep your house a rodent-free zone:

1. Don't let them in

Mice can crawl through tiny holes and rats can gnaw through almost anything – fill holes in outside walls and inside cupboards with steel wool to discourage entry. Once you hear or see one in the house – there will be more!

2. Spring clean the pantry

Mice and rats are attracted to food, even crumbs – a clean environment will put them off as there is nothing to forage. Put all food in airtight containers, bag all rubbish/ compost and clean all kitchen surfaces. Pet food is a particular problem, as it is a veritable buffet for the little skitterers, but hopefully, your pet will be protective of its food and discourage thieves.

3. Electric repellers? Smells which repel mice?

Opinions vary widely on the success rate of these options with some people adamant they work, while online reviews disprove these claims. Generally, they agree the best mouse is a dead mouse which leads to point four...

4. Invest in mouse traps

General consensus in the online community seems to favour peanut butter or hard butter as bait, with traps placed in quiet covered locations. You can opt for a humane version, but be aware every mouse you let go is likely to return with friends.

If all else fails, it is time to call in the professionals who can have your house rodent-free in a short space of time. Or simply wait until warmer weather and the call of the wild encourages them to evacuate their winter location.

Church Notices

St Peter Chanel Catholic Parish

Sacred Heart Church, Oxford

ENQUIRIES: Waimakariri Parish Ph: 03 313 6285

SUNDAY MASS: 8.30am

Small Prayer & Reflection Groups

Held every 2nd Monday
Next meeting June 12 at 7.30pm. All Welcome.

Men's Prayer & Reflection at Oxford Church Centre
Woman's Prayer Group at two locations, call Josie 022 089 8331

OXFORD - CUST ANGLICAN CHURCH

Services for June 2017

4 JUNE	9.30am at St Andrews, Oxford
7 JUNE	10am St John's Rangiora followed by lunch
11 JUNE	9.30am at St Andrews, Oxford 11am at St James, Cust
14 JUNE	Oxford Hospital & Karadean Court
18 JUNE	9.30am at St Andrews, Oxford
25 JUNE	9.30am at St Andrews, Oxford 11am at St James, Cust

WARDENS: **Beryl Ph 312 4540 Bill Ph 312 4834**
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CONTACT: **312 5302 or 027 4493 440**
EMAIL: **christine@ihug.co.nz** *for all pastoral needs*

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Enquiries Ph 312 0973
www.church360.nz

OXFORD AND DISTRICT UNION PARISH

Serving Christ in our Community

UNION (METHODIST & PRESBYTERIAN)
SERVICES FOR JUNE, 2017

4 JUNE ~ COMMUNION SERVICE
9.30am at Oxford Union Church, 85 Main Street.

11 JUNE - COMBINED SERVICE
9.30am at Oxford Union Church

18 JUNE ~ COMBINED SERVICE KIDZ FRIENDLY
9.30am at St David's Church, Cust
Also Salvation Army Service
6pm at Oxford

25 JUNE ~ COMBINED SERVICE
9.30am at Oxford Union Church

UNION PARISH MINISTER: Rev Laurence Ennor
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Peppermint Foot Soak

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- ¾ cup epsom salts
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- 6-8 drops peppermint essential oil

Directions:

1. Tear or cut open tea bag.
2. Pour tea bag contents into a bowl, add epsom salts, baking soda, and peppermint essential oil and stir until well combined.
3. Place in a jar with a tight fitting lid until ready to use.

Alternatively, substitute with lavender oil, dried lavender flowers and green tea bags.

To use: Add 1-2 tbsp to a foot bowl filled with warm water for a relaxing and invigorating treat. Sit back and soak for about 15-20 minutes. Enjoy! Fill a few jars as gifts for family and friends.

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Keeping Healthy

With Oxford Community Health Centre

Depression

Everyone feels a little down every now and then but depression is more than just low mood, it can be a serious illness. An episode of depression is serious if it lasts for more than two weeks – when the person feels miserable most of the day, nearly every day.

Depression affects everyone differently. A person may be depressed if they have felt sad, down or miserable most of the time, or lost interest or pleasure in most of their usual activities, for more than two weeks. Other signs of depression may include; irritability, loss of energy, sleep problems, changes in appetite or weight, feeling worthless, problems with concentration, loneliness and anxiety.

Depression is very common with one in six New Zealanders experiencing a major depressive disorder at some time in their life. In fact, one in seven young New Zealanders experience a major depressive disorder before the age of 24 in turn increasing the risk of suicide by 20 times.

Causes of depression is usually a combination of things such as; long term unemployment, alcohol problems, chronic illness or living in an abusive or uncaring relationship. Sometimes there are no obvious reasons.

Risk factors:

- family history of depression/violence
- death or loss of someone close
- breaking up with partner
- stress at work, school or university
- loss of job
- being bullied or undermined
- Poor diet, lack of exercise, drinking too much
- Social isolation
- Lack of sleep
- Use of a lot of recreational drugs

Different types of depression require different treatments therefore, it is important to find what works for you. For mild depression changes in diet, adequate sleep and regular exercise can be helpful. For more severe depression your Health Provider can help decide whether medication and/or psychological therapies can help.

If you want to talk to a trained counsellor about how you are feeling or if you have any questions, you can call the Depression helpline on 0800 111 757 or text the Lowdown team for free on 5626. For more information you can visit: www.depression.org.nz or www.thelowdown.co.nz.

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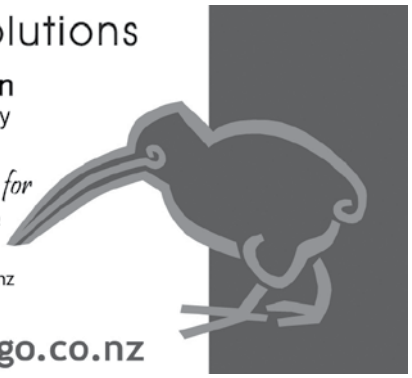

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