

MEETINGS

You can speak on matters of concern during the first 15 minutes of each Council or Committee meeting. Please contact **Sue Elder** at the Rolleston office well in advance if you wish to speak.

Township, Hall and Reserve Committees, please note: If you wish to advertise your meeting please let **Lee Brehaut** know as soon as possible by faxing (03) 347 2799, e-mailing lee.brehaut@selwyn.govt.nz, or phoning 347 2964 or 318 8338.

COUNCIL

Selwyn Central Community Board

- Wed 15 July, 4pm, Executive Meeting Room One, Rolleston Council Buildings.

Council Meeting

- Wed 22 July, 1pm, Council Chambers Rolleston.

Malvern Community Board

- Mon 27 July, 4pm, Old Darfield Service Centre.

COMMUNITY

Coalgate Township Committee

- Tue 21 July, 7.30pm, Coalgate Fire Station.

Darfield Recreation & Community Centre

- Mon 3 August, 7.30pm, Darfield Recreation Centre.

Darfield Township Committee

- Thu 16 July, 7.45pm, Darfield Recreation Centre.

Doyleston Community Committee

- Tue 14 July, 7.30pm, Osborne Park Hall.

Glenroy Community Hall

- Tue 14 July, 8pm, Glenroy Hall.

Glentunnel Residents Association

- Mon 3 August, 7.30pm, Community Centre – Glentunnel.

Hororata District Citizens Association

- Tue 21 July, 7.30pm, Hororata Hall.

Kirwee Community Committee

- Mon 20 July, 7.30pm, Kirwee Community Hall.

Lake Settlers Association

The meeting advertised last week has been cancelled. Contact Lawrence Croft, ph. 324 3413

Leeston Community Committee

- Mon 3 August, 7.30pm, Leeston Community Room.

Leeston Park Association

- Mon 27 July, 7.30pm, Leeston Park Pavilion.

Prebbleton Community Association

- Tue 14 July, 7.30pm, Prebbleton Community Hall.

Prebbleton Reserve Management Committee

- Mon 20 July, 7.30pm, Sports Pavilion, Prebbleton Reserve.

Rolleston Community Centre Committee

- Thu 23 July, 7.30pm, Rolleston Community Centre.

Rolleston Reserve Management Committee

- Mon 20 July, 7.30pm, Rolleston Community Centre.

Rolleston Residents Association

- Mon 27 July, 7.30pm, Rolleston Community Centre.

Southbridge Advisory Committee

- Tue 21 July, 7.30pm, Southbridge Fire Station

Springston Community Committee

- Mon 20 July, 7.30pm, Springston Hall – Supper Room.

Springston Hall Committee

- Thu 23 July, 7.30pm, Springston Community Hall.

Springston Recreation Reserve and Associated Sports Committee

- Wed 15 July, 8pm, Errol Tweedy Pavilion Springston Reserve.

Springston South Reserve Management Committee

- Mon 20 July, 7pm, Old Soldiers Hall Springston South.

Templeton Residents Association

- Mon 27 July, 7.30pm, Templeton Community Centre.

West Melton Reserve Board

- Mon 1 August, 7.30pm, West Melton Domain.

Caring for those who are sick with influenza

The main issues you will have to deal with, when caring for a person who is sick with influenza, are fever and dehydration so make sure the person's temperature does not get too high and keep them well supplied with fluids.

Keep up the fluids

Symptoms of dehydration include headache, weakness and a dry mouth. On average, an adult needs 2-3 litres of fluids (or about 20 cups) each day.

People with influenza become dehydrated very easily, as a feverish body sweats heavily in an attempt to cool itself. The smaller the person and the higher their temperature, the worse this becomes.

A dehydrated person may not feel thirsty.

The best drinks for rehydration are cold drinks that contain a little sugar and electrolytes. Soft drinks and fruit juice will need to be diluted with cold water.



Congratulations and celebrations to Alicia Smith of Rolleston



Nine-year-old Alicia from Rolleston entered the Canterbury Regional Road Safety Competition at the Ellesmere Show last October at the launch of the "Don't Get Snatched, Wear Your Seatbelt" campaign – remember the aliens from Planet Belt?

Alicia won a Hanmer Springs voucher for her and her family.

Winter Driving

You have only two weeks left to enter our first ever winter "Drive Safe" cell-phone text competition.

TEXT "DRIVE SAFE" TO 244

You'll and go into the draw to win two nights at the Burn Bed & Breakfast and a pair of three-day 09 CHILL (ski) passes.

Free windscreen cloths and ice scrapers are still available at any Selwyn Service Centre and Library. Watch out for our 'Chill Guys and Girls' in your town soon!



These are some rehydration drinks that can be made easily at home and will help to make the sick person better.

- 1 litre clean water
- 3 tablespoons sugar or honey
- 1/2 teaspoon salt

OR

- 750 ml clean water
- 250 ml fruit juice
- 1 tablespoon sugar or honey
- 1/2 teaspoon salt

It's important to remember, however, that any drink (non-alcoholic) is better than no drink, providing it is tolerated by the person who's sick.

Treating a fever

Fever may prevent eating, drinking or sleeping. For this reason, fever needs to be closely watched and controlled if it gets high or causes distress.

The normal body temperature is 37 degrees Celsius. Your aim should be to keep temperature as close to normal as possible. If you do not have a thermometer you will still be able to tell when patients are feverish by the way they look and feel. Having an exact reading is not essential

The best medicine to treat fever is

paracetamol. Small children will need it in liquid form.

Use a lukewarm bath or sponge if necessary to help cool the patient. Even a wet facecloth applied to the forehead can greatly ease the distress of fever. To maximise this effect keep the patient in a cool room after drying, and wearing little or no clothing. This technique is useful immediately after medication has been given (before the drugs have taken effect).

Do not wrap up or warm someone who is feverish, shaking or has the 'chills'. If you do this (particularly in children) their temperature may become dangerously high and they may suffer seizures

Keep the sickroom well ventilated. The environment should be cool but comfortable

Cover coughs and sneezes – use tissues and dispose of them in a plastic bag

Wash hands well

STAY AT HOME

If you are worried about your flu symptoms call the Canterbury Flu Line on 0800 30 37 30. For more information on the symptoms, caring for sick people at home and how to prevent spreading the flu visit www.fluinfo.org.nz

STOP THE FLU

Sick? Stay Home



Cover Coughs and Sneezes



Wash Hands

If you are worried about your flu symptoms call 0800 37 30 37

For more information visit www.fluinfo.org.nz

Canterbury
District Health Board
15 Year Hours 3 Lines



We're humming!

Holidays:

Week One of the holidays has been and gone with our Kids Fest ropes course proving very popular. Friday sees Punk the Clown coming to the Centre for an afternoon of fun as well as a range of other activities. Make sure you get here early! Sport Canterbury is running its holiday programme too so there is plenty to choose from.

Term 3:

Our Term 3 programme has some exciting new classes and some time and day changes to our regular classes, so please check the programme. Most will run for ten weeks to coincide with the school term.

If you did not get a programme in the mail, or missed it in the newspaper, copies are available from the Rolleston Community Centre, New World Rolleston and the Leeston, Lincoln and Darfield libraries.

with David Pryor



Registrations are open now for:

Ceroc Dance: Sat nights. 8-10pm.

Volleyball: Children – Tuesdays after school, Adults Tue 5.30–7.15pm.

Flow Yoga: Beginners class: Wed, 6.30–7.30pm.

Dabble in Scrabble plus other board games and cards as well as a cuppa: Mon, 2.15–4.15pm. **No Cost!**

Creative Crafts: Tue, 7.30 – 9.30pm. Phone 347 2133.

Tai Chi Beginners: Fri, 10.30am–11.30am.

Tai Chi Intermediate: Fri, 11.35am–12.35pm.

Roller Sk8: Call on 349 9924 to book. Ages 5-13. **Saturdays – 25 Jul, 22 Aug, and 19 Sep.**

Social Badminton & Table Tennis: Wed, 10–11.30am.

Day Club: A monthly social get-together aimed at older adults who are keen to meet new friends and companions in a caring and supportive environment. Morning and afternoon teas and a delicious hot lunch provided! Activities include games, discussions, exercises and quizzes. Phone 374 6564.

Dance For Dance Sake: Thu, 1.30–2.30pm.

Children's Dance: Thu - times to suit all ages.

Pump Fitness: Mon, 6–7pm and Fri 9.30–10.30am.

Belly Dancing: Thu, 7.15–8.15pm

Active Seniors: Mon & Fri, 1–1.45pm

Sit and be Fit: Wed 1.30–2.30pm

Pilates: Wed 7.30–8.30pm

Basketball: Mon - times to suit all ages.

Mini Gym: Mon, 10.30–11.15am

B.A.T: Sat, 8.30–30am

Badminton: Tue, 7.30pm

You can enrol at the Rolleston Library Service Centre desk **now**.

There are maximum numbers for all classes so make sure you paying in advance to ensure a place.

Want more info? Call into the Centre, phone me on 347 2882, or email me at david.pryor@selwyn.govt.nz

RESOURCE CONSENT

Because of their possible environmental effects, many activities need a resource consent from the Council. You have the right to inspect the following consent applications at any Council Service Centre during normal office hours and to make a submission supporting or opposing them.

Springs Ward

• Corner of Birchs and Trices Roads

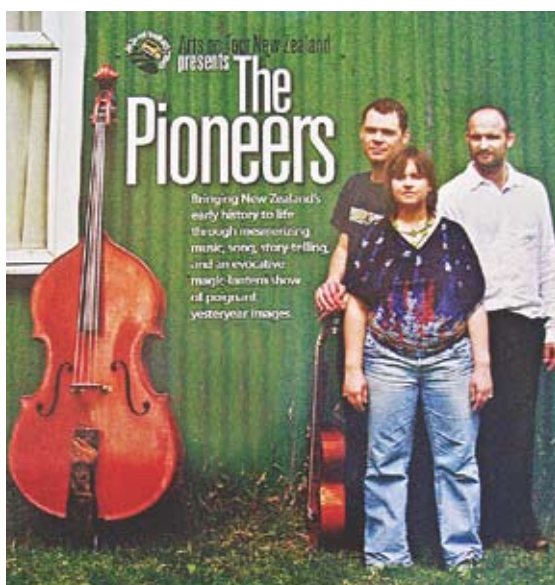
Mark, Grant and Rose Crabbe Partnership seeks (**Application 095120**) to subdivide 2.0236 hectares zoned Inner Plains into three lots, and (**Application 095121**) to erect a dwelling on each of proposed Lots 1 and 3 and to retain the existing dwelling on proposed Lot 2 of approximately 6036 sq metres. The land is at the corner of Birchs and Trices Roads on Lot 1 Deposited Plan 73583. The applicants' address for service is C/- Davie Lovell-Smith, PO Box 679, Christchurch 8140 (**Attn Julie Comfort**)

How to make a submission

If you wish to support or oppose a consent application you must get a written submission on Form 13 or to the like effect into any Council Service Centre by **Thursday 13 August 2009**, and promptly send a copy to the applicant's service address. Your submission should be addressed to **Helen Allison**, Planning Administrator. It must be signed and dated by you, and must state:

- your name, postal address, phone or fax
- the applicants' name, number and location
- whether you support or oppose the application
- your reasons
- the decision you wish us to make
- whether you wish to speak at a hearing

(This notice is issued under Section 93(2) of the Resource Management Act 1991.)



The Pioneers New Zealand Tour Coalgate Tavern 23 July at 7pm

Tickets are only \$15 and available now at the Selwyn Gallery, Darfield.

Expat Kiwis, The Pioneers, have wowed audiences in Britain with their multimedia portrayal of their ancestors' journeys to New Zealand. Now they're repeating that journey themselves, bringing their acclaimed show to New Zealand.

The Malvern Community Arts Council has organized their first show in New Zealand.

Using original acoustic music, texts by leading New Zealand poets, story-telling and character portrayal, the Pioneers bring to life the experiences of early European settlers attempting to create a place they could call home. Set against a backdrop of stunning New Zealand scenery and rarely-viewed archival images, this powerful and poignant show features the combined talents of vocalist **Angeline**

Conaghan, guitarist **Ben Brewer**, and double bassist **David Leahy**, as they tell the stories of three of their ancestors who travelled from England and Ireland to a very different New Zealand from the one they had imagined.

For the past two years the show has been performed in village halls and theatres throughout Britain and has enjoyed two one-week seasons in London, which led to a number of live interviews on the BBC. **David Jones**, Director of the Bournemouth Literary Festival said, "I was blown away... you deserve world-wide success."

And now you can be part of their success by joining 'The Pioneers at Coalgate Tavern' as they take their performance world wide.



WHO PUT THE SAW IN EYESORE?

Whoever did this unsightly tree-pruning in the reserve on the corner of Markham Way and Wilbur Close has caused irretrievable damage to the form of the trees, which might now have to be removed.

Reserve trees are Council property and are planted and maintained for the enjoyment of local people. A number of residents have reported this damage to us



because it has reduced their enjoyment of the reserve.

If you live near a reserve and feel that some of the trees need pruning, please don't "take the saw into your own hands". Talk to us. We will do our best to reach a solution that everyone can live with – neighbours, council and the trees!



Lincoln Envirotown 2009 Story Competition

Write an illustrated story – Past and Future

Have you got started on your illustrated "Past and Future" story yet? Remember the deadline is **Friday 24 July** and there are prizes for each age group: 6 and under, 7-10, 11-14, 15-18.

Entry forms available from local libraries and from **Sue Jarvis** ph 329 5858 or on www.lincolnenvirotown.org.nz



FOUND STOCK

Two weeks ago, two red heifer cross cattle were found at Aylesbury.

If you are the owner or know who they might belong to, please contact **Tracey Wheeler** on 347 2800.



with Sarah Wilson, Active Communities Coordinator

You may remember a while back that I was on the hunt for stories of those who have achieved success in our district. Don't forget if you do know of anyone let me know I would love to feature them in Council Call!

Introducing: Hayley McKnight

Hayley is a 14-year-old football (Soccer) machine! Aged ten she was selected to represent Canterbury and has done so ever since. Aged 12 she was selected to represent Mainland Football, a franchise which consists of players from Canterbury, West Coast, Nelson and Marlborough. In fact Hayley has played in two New Zealand Football Federation Tournaments and in 2009 her team was the National Champion for the 14-year-old girls' grade. While at Rolleston School, Hayley was awarded Sportsperson of the Year.



What with practising three times and playing two games per week, it's little wonder her team has been invited to participate in the Kanga Cup tournament in Canberra this month! We can't wait to hear

how she went! Hayley's ultimate goal is to play football for the White Ferns and no doubt if she keeps working hard she will kick that goal into play!

The first step on Hayley's road to success was the simplest – she joined a club. I'm keen to hear of others who have had their lives – or their outlook on life – changed by joining a sports club or fitness programme. Drop me a line on 347 2800 or 318 8338 or email sarah.wilson@selwyn.govt.nz