

### 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, emailing [lee.brehaut@selwyn.govt.nz](mailto:lee.brehaut@selwyn.govt.nz), or phoning 347 2964 or 318 8338. The Council's website now lists Council and Community meetings in the 'Meetings Calendar' found under [Council Info / Meetings](#).

### COUNCIL

#### Council Meeting

- Wed 14 July, 9am Council Chambers, Rolleston.  
*Please note earlier start time.*

#### Selwyn Central Community Board

- Wed 21 July, 4pm, Executive Meeting Room One, Rolleston Council Buildings.

#### Malvern Community Board

- Mon 26 July, 4pm, Greendale Hall.

#### Council Meeting

- Wed 28 July.  
*This meeting has been cancelled.*

#### Coes & Chamberlains Fords – Reserve Management Committee

- Thu 29 July, 7.30pm, Sudeley Park.

### COMMUNITY

#### Castle Hill Village Community Association

- Mon 26 July, 5.30pm by SKYPE.

#### Coalgate Township Committee

- Tue 20 July, 7.30pm, Coalgate Fire Station.

#### Darfield Township Committee

- Thu 15 July, 7.45pm, Former Darfield Service Centre.

#### Darfield Recreation & Community Centre Committee

- Mon 2 August, 7.30pm, Darfield Recreation Centre.

#### Doyleston Community Committee

- Tue 13 July, 7.30pm, Osborne Park Hall.

#### Glentunnel Community Centre Committee

- Tue 13 July, 7.30pm, Glentunnel Community Centre.

#### Glentunnel Residents Association Committee

- Mon 2 August, 7.30pm, Glentunnel Community Centre.

#### Halkett Community Centre Committee

- Wed 21 July, 7.30pm, Halkett Community Centre.

#### Killinchy Community Centre Committee

- Wed 21 July, 7.30pm, Killinchy Hall.

#### Kirwee Community Committee

- Mon 19 July, 7.30pm, Kirwee Community Hall.

#### Leeston Community Committee

- Mon 2 August, 7.30pm, Leeston Community Room.

#### Leeston Park Association

- Mon 26 July, 7.30pm, Leeston Park Pavilion.

#### Prebbleton Community Association

- Tue 13 July, 7.30pm, Prebbleton Hall.

#### Prebbleton Reserve Management Committee

- Mon 19 July, 7.30pm, Sports Pavilion, Prebbleton Reserve.

#### Rolleston Community Centre Committee

- Thu 29 July, 7.30pm, Rolleston Community Centre Lounge.

#### Rolleston Reserve Management Committee

- Mon 19 July, 7.30pm, Rolleston Community Centre.

#### Rolleston Residents Association

- Mon 26 July, 7.30pm, Rolleston Community Centre.

#### Southbridge Advisory Committee

- Tue 27 July, 7.30pm, Southbridge Fire Station.

#### Springston Community Committee

- Mon 19 July, 7.30pm, Springston Hall – Supper Room.

#### Springston Hall Committee

- Thu 22 July, 7.30pm, Springston Community Hall.

#### Springston Recreation Reserve and Associated Sports Committee

- Wed 21 July, 8pm, Springston Reserve Errol Tweedy Pavilion.

#### Springston South Reserve Management Committee

- Mon 19th July, 7pm, Soldiers Memorial Hall Springston South.

#### West Melton Reserve Board

- Mon 19 July, 7.30pm, West Melton Domain.



### Mid Winter Blues

It's that time of year when the days seem to drag on and it's hard to get that chill out of your bones. Fortunately there is a good remedy to help keep you motivated for the week ahead – **Exercise!**

The fitness classes at the Centre are now running through the holidays, almost all the year round so no excuses for having a few weeks off! A number of people have even been down for the classes that don't start until next week – Thursday night and Wed afternoon Zumba. It's great to see people so keen.



The first week of the holidays has been and gone with some great activities at the Centre, including the high ropes course. This week is the Sport Canterbury programme.

### Registrations for Term 3 Programmes ARE OPEN!

Classes start beginning the week of July 19

Make sure you don't miss out on your favourite class(es) next term. Look out for our brochure which is available from the

**Want more info on any of the above?** Come in to the Centre or call **David** ph 347 2882. You can also e-mail: [rcc.enquiries@selwyn.govt.nz](mailto:rcc.enquiries@selwyn.govt.nz)



Remember that stopping distances are **nearly double** on wet roads.



- Slow down and keep a generous following distance between you and the car in front.
- The two-second rule should be a four-second rule.
- Be extra vigilant – take corners slowly.
- Heed road signs warning of flooding and remember that you will need more time to stop and avoid hazards in wet conditions.

**Drive safely!**

### Text "Drive Safe" to 244

Enter our Winter Driving "Drive Safe" text competition and go into the draw to win two nights at the Burn B&B and two three-day ski passes.



with David Pryor

Centre, New World or your local Service Centre. Don't forget we have a range of classes for a wide range of interests and ages. If there's something you'd like to see on at the Centre in the future, we'd love to hear your ideas.

### Fitness Max Classes

All classes are suitable for all abilities and run through the school holidays except Skate to be Fit. Purchase a Fitness Max concession card (10 classes + 1 free) for \$60.00 to participate in any of these classes. No enrolment required.

- **Zumba®**, with **Sarah Wilson** on Mondays, 7-8pm, Wednesdays 1.30–2.30pm and Thursdays at 8.30-9.30pm with Petra. **Wednesday and Thursday classes start next week.**
- **Step It Up!** Step classes with **Lisa Fisher**, Tuesdays 6.30-7.20pm. **Note new time.**
- **Skate to Be Fit** with **Ingrid Phelan** of Phat Sk8, Wednesdays 12-1.00pm. Skates provided. Mums and Dads with prams welcome.
- **Pump Fitness**, Mondays 6-6.50pm with **Sarah Wilson**, Wednesdays 6-6.50 with **Jacque Hibbs** and Fridays 9.30-10.30am with **Andrea Williams**.
- **B.A.T** with **Jacque Hibbs**, Saturdays 8.30-9.30am.

**Don't forget** we have the best venue for your next event, a **High Ropes Course** for confidence and team-building and a **Fitness Centre**.



with Sarah Wilson, Active Communities Coordinator

### WANT SOME YOGA, OR PILATES?

In one-on-one or group sessions?



Averil Drake has opened a fabulous new studio at 418 Two Chain Rd, Burnham – just three minutes from Rolleston!

**Current class times** are **Tuesdays** 6.30pm, **Wednesdays** 10.30am and **Saturdays** 8.30am.

Cost \$80 for 10 weeks.

Contact **Averil Drake**, ph 027 481 0405, email [adrake@paradise.net.nz](mailto:adrake@paradise.net.nz)

(Prospective classes, which are not currently timetabled, are: Yoga for over Sixties, Mums and Pre-schoolers yoga, and Yoga for Kids.)

### APPETITE FOR LIFE IS BACK!

**Appetite for Life (AFL)** is a six-week weight management and healthy lifestyle course for women, which helps women understand about healthy eating and fat loss and ignore diets forever. The course is particularly suitable for women who struggle with weight and just want to eat normally; it is also great for those who want to improve the health of their families.

There is no weighing or counting calories; instead the course helps women identify habits that have caused weight gain in the first place and to make small changes to these that they can keep forever. Participants enjoy delicious food tasting each week and can't believe how much fun it is.

AFL commences on **Monday 26 July, 10am – 12pm**. The six-week course costs just \$25. Take the plunge and rediscover your energy and zest for life!

To enrol or for more information contact **Nicky Scott** on 03 980 4070.



### Applications Invited

Applications are now open for grants from the Council's Selwyn Natural Environment Fund, which has \$30,000 available for this application round.

Grants are intended to help landowners protect and manage indigenous vegetation, wetlands and wildlife habitats on their land. First preference for grants will be for sites where their ecological significance has been confirmed by a formal ecological assessment and where their significant values are under threat of being permanently lost.

**Application forms** are available from the Council's website [www.selwyn.govt.nz](http://www.selwyn.govt.nz) or by contacting **Andrew Mactier** on 347 2802.

Applications close at **5pm on Friday 27 August 2010**.

You won't guess what I just discovered...







## GALA EVENING

**Saturday 31 July**  
**at the Rolleston Community Centre**

Celebrating the excellence of Selwyn's people and their achievements!

6.45pm – pre-dinner drinks

7pm – dinner commences

Come along and enjoy the **very best** of Selwyn's wine and food, in a dazzling menu prepared from local produce by White Tie Catering.

**And here's the Main Course menu!**

You have the choice of:

- Prebbleton and Malvern Butcheries beef, slow braised with garlic confit and sweet parsnip.
- Oakleys Purple Heart potatoes, greens of broccoli, peas, baby spinach and pearl onions, with
- Wyenova organic carrot puree  
or
- Cressy Farm pulled pork, slow cooked in spiced red wine and pumpkin,
- Oakleys Purple Heart Potatoes, greens of broccoli, peas, baby spinach and pearl onions, with
- Wyenova organic carrot puree

**Doesn't that get your taste buds going even better?**

**TICKETS AT \$65 PER PERSON ARE SELLING FAST!**

Purchase yours from any Selwyn library/service centre or the council offices in Rolleston.



with Glen Walker Libraries Manager

# BOOKMARKS

www.selwynlibrary.co.nz

## DON'T MISS THE BUS!

The mobile library will visit the following places this week:

### Wednesday 14 July

Arthur's Pass	11:30am-12:30pm
Wilderness Lodge	1:00+-1:25pm
Grassmere Lodge	1:40-2:10pm
Castle Hill Village	2:40-3:15pm

### Thursday 15 July

Ladbrooks School	12:40-1:30pm
Prebbleton Tavern	4:00-6:00pm

### Monday 19 July

Terrace Downs	11:05-11:20am
Lake Coleridge Village	11:40am-12:30pm
Wind whistle School	1:00-1:30pm

### Tuesday 20 July

Dunsandel Hall	10:30-11:15am
Dunsandel School	11:20am-12:10pm

### Wednesday 21 July

Southbridge Playcentre	9:40-10:00am
Rakaia Huts	10:15-11:06am
Southbridge School	11:20am-12:30pm

## POETRY READINGS

Join Selwyn writer **Ian Collins** in a poetry reading session at either of these venues:

- **Leeston Library/Service Centre**, Tuesday 13 July, 1.30–2.30pm, as part of the Leeston Day Club's activities.
- **Darfield Library/Service Centre**, Saturday 17 July, 12noon-1.00pm

If you think poetry is boring, or you have bad memories of having to learn poems at school, Ian's poetry might change your thinking! His readings will include work from his collection **poEmS**, published recently with funding assistance, through the Council, from Creative New Zealand.

At these sessions you are invited to read a poem you have written yourself, or a favourite poem from elsewhere.

**If there is sufficient community interest, these sessions may be the start of regular poetry/creative writing gatherings in Selwyn.**

## SMALL BUSINESS WORKSHOP

**Plain English Guide to Enhancing Your Website**

This two-hour workshop is in plain English, with easy-to-follow directions on how to:

- get the most from your website,
- improve your search engine rankings
- be noticed by potential clients
- be visited often by regular customers

**Date:** Tuesday 27 July 7pm - 9pm

**Venue:** Rolleston Council Offices

**Cost:** \$45

To register or ask about details, email [btadviser@selwyn.govt.nz](mailto:btadviser@selwyn.govt.nz)

**Details for payment by internet banking:**

Bank No: 03 1587 0050000 00



**Don't overload power points – use multi-boxes with circuit breakers instead.**

**GIVE YOUR ELECTRIC PLUGS THE FEEL TEST! Do they feel hot?**



## PUBLIC MEETING

**THURSDAY 29 JULY, 7.30PM**  
**LINCOLN BOWLING CLUBROOMS**

**Would you like to be part of the current and future successes of the new Lincoln Community Centre?**

If so, then come to this meeting and seek election to the new Community Centre/Domain Management Committee, which will remain in place until after the October 2013 Local Body elections.

For further information please phone **Diane Chesmar**, phone 347 2755 or email [diane.chesmar@selwyn.govt.nz](mailto:diane.chesmar@selwyn.govt.nz)