



Rotary Club of Christchurch South Inc.

P O Box 12-243, Christchurch 8023, NZ.

SERVICE ABOVE SELF



# Bulletin

## #16 for 16 October 2024

This week's speaker was Jasmine White of Arthritis New Zealand. Unfortunately her colleague, Rihanna Gaskell, was unable to attend, but Jasmine presented very well.

Jasmine, who is 22 years old, was first diagnosed with arthritis at age 16, then later with rheumatoid arthritis, and then osteoarthritis.



Arthritis New Zealand educates people about arthritis, and has an excellent website at [www.arthritis.org.nz](http://www.arthritis.org.nz). Arthritis NZ has support groups (local and online), and offers peer support, arthritis tools and resources, undertakes community events (e.g. mental health journal for the youth community), camps (sponsored) for connecting arthritis sufferers.

Osteoarthritis is the most common form of arthritis, with women twice as likely as men to get it. The condition can be aggravated by excess weight, and by repetitive hard physical activity.

Symptoms include:

- a. Stiff joints
- b. Painful joints
- c. Muscle weakness
- d. Cracking of joints when pulled

The symptoms can be managed by:

- i) Exercise and pacing (working to an individual's pace)
- ii) Medications – steroid injections and topical creams
- iii) Heat and/or cold on affected joints can help
- iv) Performing relaxation techniques
- v) Healthy eating
- vi) Joint protection
- vii) Surgery

Gout is the second most common form of arthritis, and is 3 times more common in men than women.

Rheumatoid arthritis affects women at 2 – 3 times the rate of men. The risk is that women can also pass this on to their offspring.



Arthritis New Zealand provides resources for sufferers and the best place for initial contact is through their website

Thank you, Jasmine, for telling us about Arthritis New Zealand, an organization which you were able to tell us about based on your own experience over the last 6 years.

*Thanks to Athol for the report and Viv for the photos*

## Upcoming Meetings

23/10/2024	Jo Blair	The Arts Foundation of NZ – Backing Artists to make their Mark since 1998
30/10/2024	Richard Millett	The St Martins Menz Shed – Keeping Men engaged and healthy in our community
6/11/2024	Steve Clarke	A fun night of Participation – Fencing – Touche! Partners, Friends & Family Night An extended night of fun 6:00pm-8:30ish

- **November Walk and Luncheon Thursday 21<sup>st</sup>**
- **Street Appeal Dates**

Dementia Canterbury  
November 8<sup>th</sup> and 9<sup>th</sup>  
9-5pm  
New World, St. Martin's

Aviva  
May 16<sup>th</sup> and 17<sup>th</sup>  
**Or**  
May 23<sup>rd</sup> and 24<sup>th</sup>.  
New World, St. Martin's.

These dates will all be confirmed nearer the time of the appeals.

## Notices:

- **Our Club's Fit For Purpose coach is:**  
**Karen Purdue**  
**Past District Governor 2015-16**  
**Co-Chair Rotary Zone conference 2024-25**  
**Administrator Rotary EQ-IQ Cyber-safety with John Parsons project**  
**Past President Invercargill Sunrise Rotary Club**  
**District 9999**  
**New Zealand**  
**This is the person our club and in particular, Geoff, will be working with over the next 2 years planning and implementation.**

- Diane informs that the projected local clubs' Polio Plus movie night fundraiser is not now going to happen. Instead, a walk is being considered.



Anne, Shirley, Helen, Sheryn, David and Susan had a lovely walk in Hagley Park Thursday with Alan and Sue Airay, Peter and Ruth Mears and Julie Wylie joining us for lunch at the Boatshed.

- We will have an exact number by the end of the month from Pink Ribbon Head Office, however I'm very pleased to confirm that we collected close to \$900.00 on the day. *Graham D.*
- **The Youth Hub**  
An invitation from The Youth Hub to all Rotary Clubs that have contributed to The Youth Hub's development, to see The Hub before it officially opens.
  - Thursday 7 November 5-7pm
  - Nibbles and refreshments provided.
  - 109 Salisbury Street

## Duties:

Duty	23-Oct-24	30-Oct-24	6-Nov-24
Cash Desk	A McCully	H Garlick	G Dockrill
Cash Desk	D Peterson	M Opie	A McKinnon
Reception	M Bruce	P Mears	D Peterson
Speaker's Host	H Garlick	A Airay	M Bruce
Grace	H Garlick	A Airay	M Bruce
International Toast	M Bruce	P Mears	D Peterson
Thanks to Speaker	D Peterson	H Garlick	G Dockrill
Quote for the Week	A McCully	M Opie	A McKinnon
Speaker Reporter	M Opie	A McKinnon	A Airay
Sergeant	A McKinnon	G Dockrill	A McCully

## Leave:

	FROM	TO
M Whitehead	09/09/15	TBA
J Wylie		TBA
S Hays	11/08/20	TBA
E Bermingham	01/01/23	TBA
S McLean	20/03/24	TBA
L Brown	01/05/24	TBA
A Kim	15/06/24	15/11/24
S Mackenzie	23/10/24	30/11/24
R McKinney	13/09/24	mid- April
V Ellis	23/10/24	06/11/24
G Bailey	16/10/24	13/11/24

The link for the club web pages is [www.christchurchsouthrotary.org.nz](http://www.christchurchsouthrotary.org.nz)

The link to club Facebook pages is <https://www.facebook.com/ChristchurchSouthRotary/>

## Reminders:

### APOLOGIES

Record your apology at the Reception Desk at a prior meeting, OR email: [chchsouthrotary@gmail.com](mailto:chchsouthrotary@gmail.com) before 11.00am Wednesday.

You will get a reminder a couple of days before the meeting re apologising and to advise if bringing a guest.

Emergency apologies to Alan McKinnon (021 142 7668)

OR Club Secretary Viv Ellis (027 490 3161)

DUTIES If you are unable to carry out your allocated duty, it is YOUR responsibility to arrange a substitute.

### LEAVE OF ABSENCE

Please advise all leave of absence (three or more weeks) to the Secretary by email or in writing