



Rotary Club of Christchurch South Inc.

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

SERVICE ABOVE SELF



Bulletin

26 for 21 January 2026

This weeks' speaker was Noy Shani. Noy is a keynote speaker, best-selling author and former sports journalist with 18 years' experience covering professional sport across multiple countries and elite competitions. Having witnessed first hand the human stories behind success, pressure, resilience, and failure, he now helps people translate those lessons into everyday performance, leadership, and personal growth. [supplied]



Noy's topic, 'Stories and Life Lessons from Sport Journalism and Beyond', quickly focused on what he calls the 3D's, "that are like a guide, a compass, together allowing us to reach our peak performance in life and business. (..) It is never too late to upgrade your life".

Three simple things then:

- 1. Double up.** Repeating behavioural patterns that optimise your concentration/success e.g a cricket batter's ritual each time in preparing to take strike.
- 2. Declutter.** Focuses on mental decluttering, removing limiting decisions, and overcoming 'overwhelm' to boost performance. e.g. 'Tiger Woods has reinvented himself multiple times

throughout his career, overcoming severe personal scandals and physical injuries. His ability to reinvent was driven by a relentless desire for improvement, even when he was already winning'. (AI)

3. Decode. i.e. Decode **success** – (what a person or party is doing/thinking, that they succeed). e.g. the mercurial footballer, Maradona, so, to predict his thinking/patterns of play.

Noy Shani is a New Zealand-based, Israeli-born sports journalist/sports marketer turned hypnotherapist.

Footnote: Athol's quote of the week had relevance:

"You don't have to be great to start but you have to start, to be great".

M.

Thanks to Viv for the photograph.

Upcoming Meetings:

28/01/2026	Club Night – Committees Updates	Club Night – Committees Updates
4/02/2026	Rose Challies	Terra Nova Foundation, Our planet is crying out for change. Join us, as we answer the call - Global Think Tank and Change Activator.
11/02/2026	Boyle River Experience – Hannah Watson & Susan GeeEs Pitts	Students Hannah Watson and Es Pitts – Our Boyle River Experience

Notices:

We sadly record the passing of Club member, Peter Mears. Peter joined our club in 1995 and was Club President in 2015-16. He was a great story teller. He could be direct at times but underneath there shone a heart of gold.

He was a committed good Samaritan, having done charity work from the age of 13 years, through high school Young Famers Club, JC's, Lions and finally 30 years with our Club. How fortunate were we!

His contributions to club projects are legendary and especially to our annual chicken manure fundraiser.

Our deepest condolences go out to Ruth and family members.

- *Thanks to Viv for organising of flowers*



To Ruth and family



To Vayomi and family

Young Totaras:



George Johnson

Yassamin Alizada

George has contributed to the life and wellbeing of his Cashmere High School community in a variety of ways and has held the role of Year 13 leader for 2025. He has built a caring relationship with the students, and his skills have received acknowledgement from the community and at prize-giving. He will commence his training in Early Childhood Education at Ara this year.

Yassamin has contributed to her community in a variety of ways, consistently seeking to live by the values of service, leadership and community. She is active within the Student Volunteer Army initiatives, learning the values of teamwork, responsibility, and service. Yassamin is a dynamic student with impressive interpersonal and leadership skills. Her high academic achievements will progress her this year to Med School at Otago University.

Duties:

Duty	28-Jan-26	4-Feb-26	11-Feb-26
Cash Desk	H Garlick	M Opie	L Bougen
Cash Desk	M Soares	D Peterson	G Dockrill
Reception	M Bruce	A Airay	S Mackenzie
Speaker's Host	#N/A	G Dockrill	M Opie
Grace	S Mackenzie	G Dockrill	M Opie
International Toast	M Bruce	A Airay	S Mackenzie
Thanks to Speaker	#N/A	D Peterson	L Bougen
Quote for the Week	H Garlick	M Opie	G Dockrill
Speaker Reporter	V Ellis	A McCully	D Peterson
Sergeant	A McKinnon	M Bruce	A McCully

Leave:

	FROM	TO
S Haye	11/08/20	TBA
E Birmingham	01/01/23	TBA
S McLean	20/03/24	TBA

A Kim	30/06/25	TBA
R McKinney	01/09/25	mid April 2026

The club web pages is 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 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 of 3 or more weeks to the Secretary, by email or in writing.