



Rotary Club of Christchurch South Inc.

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

SERVICE ABOVE SELF



Bulletin

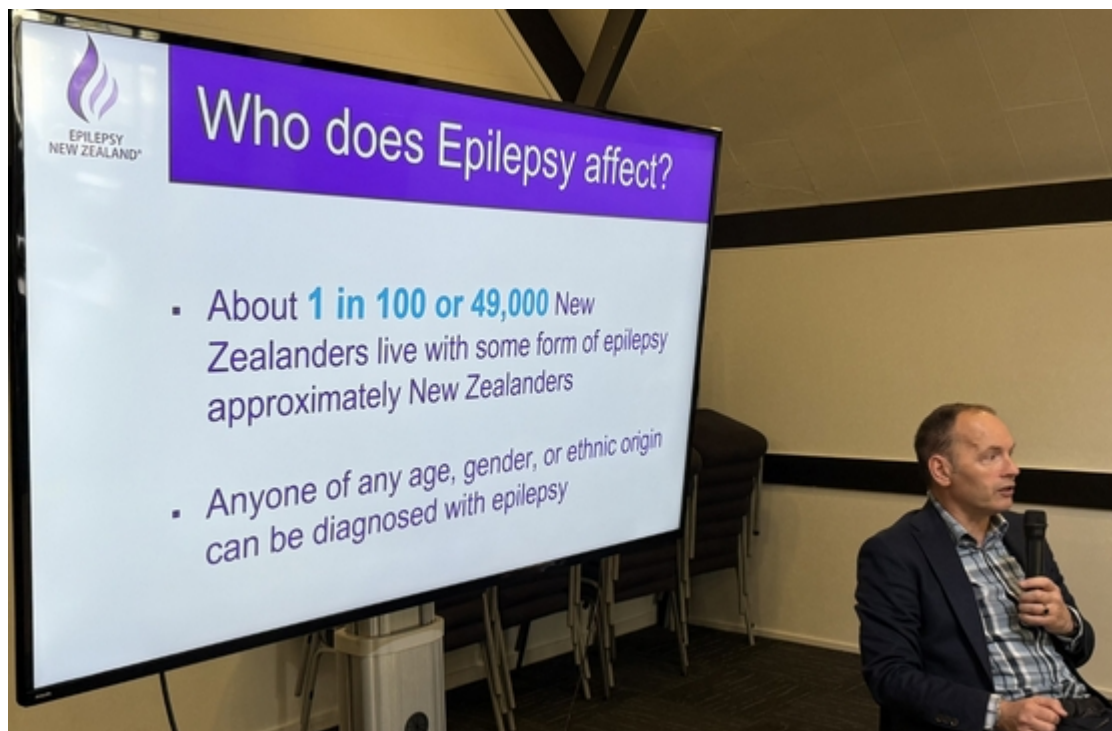
#20 for 12 November 2025

Speaker Report, 12 November 2025

This week's speaker was Chris Selbie, from Epilepsy New Zealand.

To introduce the topic and understanding of epilepsy, Chris advised that:

- Around 1 in 100 people are affected by epilepsy.
- Epilepsy can affect people of any age, gender, or ethnicity.
- In simple terms, Chris described epilepsy as being a seizure resulting from the misfiring of brain cells.



The triggers for epilepsy are:

- Missed medication.
- Lack of sleep.
- Stress.
- Fever, etc.

An epileptic seizure can be traumatic for the epilepsy sufferer and for those close to them. There are several different types of epileptic seizures, and a sufferer cannot drive if they have epilepsy, unless their epilepsy is sufficiently controlled by medications.

It Is important to note that epilepsy is not a mental illness.

If you see someone having an epileptic seizure, you should protect or cushion their head, take the time of the seizure, roll them on to their stable side, and reassure them. If a seizure lasts for more than 5 minutes, or a second seizure follows quickly after the first, an ambulance should be called.

Epilepsy New Zealand (ENZ) provides support, information and education programmes. Their vision is to have our country free from epilepsy discrimination and stigma, and to raise public awareness of the condition.

ENZ has 13 educators nationwide, along with a national office team. Appointments can be made with their personnel face-to-face, by phone, or online.

EPNZ assists with developing seizure management plans for affected people, and offers seizure-smart online training.

Thank you, Chris, for sharing the information on ENZ with us – your address was illuminating.

Thanks to Athol for the report and Viv for the photo

Upcoming meetings:

26/11/2025	Club Night – Committees Updates	Club Night – Committees Updates
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- **FINAL WALK/LUNCH FOR 2025 – 20TH NOVEMBER**
- Peter Mears will be presented with an honorary membership certificate on Wednesday 19th November. Ruth and Jill will both be there too.

- **Walker/Lunch Group**

**Come join us on our walk and/or lunch on Thursday
20 November**

Date: Thursday 20 November
Park/Meet Near Sign of the Kiwi
Time: 10.30am
Walk: Part of the Harry Ell Track
Lunch: Sign of the Kiwi

Leader: Geoff

**If you are unable to join the walk, then come and
have lunch with us.**

If the weather is unsuitable for walking, we will still
meet for lunch at 12:00 noon

**Please let David (david.buist@xtra.co.nz) know if you
are walking, lunching or both.**

Notices: Confirmation of Joint 1st Meeting for 2026.

From: Ewan Maxwell <ewan.maxwell@xtra.co.nz>
Sent: Monday, 10 November 2025 3:50 PM
To: Alan Stewart; Lindsay Acker; dave matheson; Ngaire Robertson; Murray Pearce
Subject: Re: Joint Meeting of Rotary South & Cashmere Club, Wednesday 14th January 2026.

Hello Alan,

**Thank you for your kind invitation to Cashmere Rotary Club
to attend the joint meeting of our Club' on 14th January 2026
at Cashmere Club 5.30 for 6.00pm Meeting**

DUTIES:

Duty	19-Nov-25	26-Nov-25	3-Dec-25
Cash Desk	M Bruce	G Bailey	D Buist
Cash Desk	A McCully	M Soares	M Soares
Reception	M Soares	D Peterson	A Airay
Speaker's Host	G Dockrill	#N/A	L Bougen
Grace	G Dockrill	H Garlick	L Bougen
International Toast	M Soares	D Peterson	A Airay
Thanks to Speaker	A McCully	#N/A	D Buist
Quote for the Week	M Bruce	M Soares	M Soares
Speaker Reporter	A Airay	V Ellis	A McKinnon
Sergeant	D Peterson	A Airay	G Dockrill

- LEAVE. N/A

The link for the club web pages is
www.christchurchsouthrotary.org.nz

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

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.

Duty		12-Nov-25	19-Nov-25	26-Nov-25
S H	Cash Desk	G Dockrill	M Bruce	G Bailey
	Cash Desk	A McKinnon	A McCully	M Soares
	Reception	S Mackenzie	M Soares	D Peterson
	Speaker's Host	A Airay	G Dockrill	#N/A
	Grace	A Airay	G Dockrill	H Garlick
	International Toast	S Mackenzie	M Soares	D Peterson
	Thanks to Speaker	A McKinnon	A McCully	#N/A
	Quote for the Week	G Dockrill	M Bruce	M Soares
	Speaker Reporter	A McCully	A Airay	V Ellis
	Sergeant	G Bailey	D Peterson	A Airay
E <u>Bermingham</u>		01/01/23	TBA	
S McLean		20/03/24	TBA	
K <u>Guneseckara</u>		04/12/24	TBA	
P Mears		05/02/25	TBA	
A Kim		30/06/25	TBA	
R McKinney		01/09/25	mid April 2026	