

Rotary

Christchurch South



LYMPHODEMIA

Our grateful thanks goes to our very own Christchurch South Rotary member Lew Brown for sharing his journey with Lymphedema.

Lymphedema is a condition caused by a blockage in the lymphatic system, part of the immune and circulatory system. It is most commonly caused by the removal of lymph nodes or damage caused by cancer treatment for example breast cancer. Lymphedema or lymphatic obstruction is a long term condition where excess fluid collects in the tissues causing swelling (edema). As a condition it is incurable, but with the right treatment it can be controlled. Lymphedema is when the Lymphatic system fails, fluid doesn't drain away and builds up usually in the arms or legs.

Some of you may have noticed swelling of the legs and feet during a long international flight. This is due to lack of movement. To make the muscles work and to force fluid from tissues, movement is necessary. Wearing compression socks helps and luckily in this situation, this swelling is short lived. However, for Lew this has been quite different.

Lew's journey started 3 years ago when he hit his leg on a glass coffee table and the resulting large gash caused swelling and took time to heal. During this time, he attended a Nurse Maude Clinic two times a week to have his leg bound tightly.



Since then the complications with Lymphedema have been ongoing for Lew.



Massages have helped with Lymphatic draining. He has also attended aqua jogging three times a week as the water pressure is beneficial. A foam wedge helps at night by elevating his legs while sleeping. (photo inserted) A District Nurse calls in three times a week to bandage and keep an eye on his condition. The bandages help support the muscles and move fluid out of the affected body part. Compression socks have helped as they do on long haul flights but as those who use them know, they are difficult to get on and off. Lew showed us a frame that helps with this process (photo inserted). He wears these when he knows he is going to be standing for a length of time, for example when participating in the Liedertafel Male Voice Choir.

After some weeks in Christchurch Public Hospital followed by Burwood Hospital, Lew is still faced with the condition on a daily basis.

Thank you Lew for presenting a very informative talk.

Huge thanks to our Speaker Reporter Viv Ellis

PARTICIPANTS WANTED



Who – The Rose Centre is looking for participants over 20 (with no history of swallowing disorder or related impairment).

Why – To help strengthen data for chewing and swallowing (which will help diagnosis and support for people with swallowing disorders).

What – a half hour session where you will be asked to eat a couple of crackers. Imagine, if we all ask a friend or two to help, we could make a real difference helping with this research.

Where – UC Rose Centre, St George's Medical Centre Please
Please contact Maddie on mmm174@uclive.ac.nz or phone 03 3692385 to schedule your appointment.

SAVE THE DATE

What – The Mother of All Cleanups

Where - Meet at the Beckenham Scout Den near The Brickworks, Centaurus Road.

Date - Saturday 9th May 2022

Time - 10.00am to 12pm

We have the opportunity to give back to Mother Nature; cleaning up her rivers and the Estuary. The event is jointly organised by Avon-Otakaro Network, the Opawaho Heathcote River Network, the Avon-Heathcote Estuary Ihutai Trust and City Care. Head to the Brewery Bar & Restaurant after the cleanup, from 3pm for a sausage sizzle and refreshments.



RAMBLING WETLAND WALK



What - Rambling wetland native walk (Walk Leader – Andrew Kim)

Where - Meet at Longhurst Shopping Centre Carpark, Hamill Road, Halswell

Date - Thursday 17 February 2022

Time - 10.30am

Lunch will be at Qubed Café, Longhurst Shopping Centre. If you are unable to join the walk, then come and have lunch with us. RSVP to David B on 027 2900 946 or by email david.buist@xtra.co.nz by Tues 16th February

JOHN TAYLOR WALKWAY PROJECT

What - John Taylor walkway clean-up and BBQ

Where - Halswell Quarry

Date - Saturday 19th February

Time - 10am - 1pm (Including BBQ Lunch)

All volunteers will need to be vaccinated. Please only put your name down if you are happy to show evidence of your vaccination status. An invitation has been emailed to the Rotary Club of Cashmere for any members wishing to participate in this project. If you are not attending the next two Wednesday meetings but you are wanting to participate, please contact Sara Mackenzie to include your name. Park Ranger Nigel Morritt, suggests we bring hedge clippers for releasing and secateurs. He has a few spares (and gloves) if you don't have any of your own.



PRELIMINARY NOTICE - POLIO MOVIE EVENT (THE DUKE)



Starring Jim Broadbent, Helen Mirren

[THE DUKE](#) is “a ridiculously charming British comedy” and “stranger-than-fiction true story” of a 60-year old taxi driver who held the government to ransom by stealing Goya’s priceless portrait of the Duke of Wellington from the National Gallery.

We are looking to schedule the 9th of March 2022 four club members/ family and friends.

We will negotiate to run our event in March, likely as a Club night. Details to be finalized.

[#TheDukeFilm](#) (Ctrl+click to follow link) - The Duke - Official Trailer

Upcoming Meetings

16th Feb – Issy Whitticase (Education Co-ordinator for Trade Aid)

23rd Feb – Graham Dockrill (Great Walks of New Zealand)

	Duties		Leave		
	16 th February	23 th February	Who	From	To
Cash Desk	M Bruce	G Bailey	M Whitehead	09/09/2015	TBA
Cash Desk	D Conroy	L Brown	J Wylie		TBA
Reception	M Opie	H Garlick	S Hays	11/08/2020	TBA
Speaker Host	G Dockrill	G Fowler	K Moss	04/07/2019	30/06/2022
Grace	G Dockrill	G Fowler	R McKinney	03/11/2021	31/03/2022
International Toast	M Opie	H Garlick			
Thanks to Speaker	M Bruce	G Bailey			
Quote	D Conroy	L Brown			
Speaker Reporter	S Harris	M Opie			
Sergeant	S McLean	A McKinnon			

Reminders

Record your apology by:

- Notifying the Reception Desk
- Email alan.barbara.mckinnon@gmail.com before 11am on that Wednesday
- Emergency apologies to Liz Bermingham on 021 2456875
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Please advise all leave of absence (three or more weeks) to the Secretary by email or in writing