



October 2008

Dear Valued Subscriber to the Epilepsy South Africa Newsletter

From the director's pen:

As I sit to write to you, I feel both exhausted and excited. Thinking back at the month of September I automatically start smiling because we had so much fun with Casual Day on 5 September 2008. It certainly also meant a lot of hard work and running around getting the casual day stickers to all those that ordered but it was worth while! The National Office of Epilepsy South Africa hosted a golf day in partnership with the Hex Valley Tourism office on Casual Day.

We started the day with a puppet show at Soteria (a pre-primary school) in Somerset West and from there we traveled to De Doorns. The whole day was filled with fun, excitement and goodwill. With the theme of "Wake Up!" some golfers came to play in their pajamas and won prizes for their great spirit. Other prizes were won for best player, longest shot, worse shot, best team, best female golfer, etc. We ended the day with supper, which consisted of "breakfast" to go with the theme; eggs, pork sausages, mushrooms, the works. The JoEllis band provided us with great entertainment the evening as we are so proud of Zaan Ellis, the drummer of this band that lives positively despite having epilepsy. Through their music, the JoEllis band advocates on the rights of people with epilepsy and shows that people with epilepsy can do anything, just like any other person.

I want to thank Melanie Viljoen of Hex Valley Tourism, who organised the golf day, the JoEllis Band, the De Doorns golf club, all the sponsors of our golf day, all the participants and supporters of the golf day and all those that supported us and people with disabilities through buying Casual Day stickers from us. You have made us proud!

Now we await the final feedback from Casual Day on how many stickers were sold nationally and how many the respective Branches of Epilepsy South Africa has sold. We run an annual competition within Epilepsy South Africa and the Branch that sold the most stickers, caps and T-shirts for Casual Day wins our rotating Casual Day Helping Hand, which was kindly donated to us by Casual Day. The Mpumalanga Branch won the hand for Casual Day 2007, but competition was tough this year and we are already hearing that the Western Cape Branch is eager to take the trophy home this year. We would just have to wait till April 2009 when the trophy will be officially handed over to the winning Branch.

We also hosted our Epilepsy South Africa National Directors meetings, Mick Leary Educational Trust AGM, Epilepsy South Africa National AGM and Epilepsy South Africa National Board meetings during September 2008. We thank all the Branches and our Board members and Trustees for their time and input during these successful meetings. It is very special to witness the growth and successes within Epilepsy South Africa and our Branches are working so hard to truly turn obstacles into true potential for people with

epilepsy and people with other or multi disabilities.

A special and very big "Thank you" should go to Mills Litho who once again provided the National Office with the printing of our annual reports free of charge! We are very proud of this document and would not be able to produce such a quality document without your assistance. Any person wanting a copy of our annual report can contact Drikie Snyman at our office.

Now, as the year draws to a close, we are not putting our pens down neither slowing down. We have ordered our diaries for 2009, having to note down appointments for next year already. October month will be utilized to write our annual business plans for the 2009/2010 financial year and then we only have five months left to complete any outstanding work for our 2008/2009 financial year.

I also want to repeat my challenge to people with epilepsy as per the previous newsletter: Any person with epilepsy, who is willing to give their time and who is willing to stand up and speak out about the rights of people with epilepsy, should contact me. We want to expand our advocacy programme in 2009 and need the support of people with epilepsy to make this a real success.

I am very proud to be associated with Epilepsy South Africa and remain excited about the future. I know that the work of Epilepsy South Africa is assisting many people with epilepsy and / or other disabilities and even people without disabilities to live a happier or better life.

Noëline de Goede
National Director
Epilepsy South Africa National Office

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A Casual Puppet with Epilepsy - National Office



As stated in the introduction letter, we were very privileged to host a puppet show at Soteria in Somerset/Strand area. The little ones enjoyed the puppets and we believe they were successfully introduced to disability as well as how to accept people that is different from yourself. What a wonderful characteristic to have in South Africa currently, it can only benefit us all to master difference and utilise each one's potential.

Thank you Marguerite Brink for allowing us to influence the children who so generously donated R547.00 to Casual Day or rather to the disability organisations that benefits from this National Fund raising event.

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Casual Day Success even in a child's eye - Western Cape



We would like to acknowledge and thank our Casual Day clients and Regional Office staff for their valued support and fun spirit in participating in Casual Day held on Friday, 5th September 2008. For 2008, we set our target to sell 15,000 stickers and excitedly had 27,398 casual day stickers delivered to clients. Metropolitan, Independent newspapers and the Department of Social Development invited our staff and Mr Able, the mascot onto their premises to increase sales. SAS Wingfield supported us and hosted 60 children from the Khayelitsha Special Needs School, who surprised the children with Mr Able driving in on a fire brigade truck. The reaction of the children's lit-up and excited faces and the interaction with Mr Able was amazing. Bernard Vukic, Potash and Getz Attorneys also enthusiastically participated in competitions dressed up in support of casual day and handed out prizes for the best dressed individual and team spirit comradeship.

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Launch of Kai Fitchen and our Youth Development Programme



Our AGM, launch of 14 year old Kai Fitchen and our Youth Development Programme was a great success! We had 66 people in attendance. A special thanks to our funders, employees and Athlone's Community News Papers for their support.

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Epilepsy Seminar - Western Cape

We would like to invite you to our 3rd Annual Epilepsy Seminar to be held on Saturday, 25th October from 08h30 to 13h30 at the Education Centre, Red Cross Children's Hospital in Rondebosch. The theme is "Youth with a Future". The focus of the seminar is the youth and how obstacles can be turned into true potential. Our guest speaker, Kai Fitchen who will be climbing Mount Kilimanjaro on 9th January 2009, aims to raise awareness of epilepsy and change society's perceptions by using the mountain as a metaphor to overcome obstacles. Other speakers for the day includes Dr. Butler, Prof. Eastman (Head of Neurology at Groote Schuur Hospital); and Prof. Wilmshurst (Head of Pediatric Neurology at Red Cross Children's Hospital).

For more information on Kai Fitchen, our Youth Development Programme or the Epilepsy Seminar, please contact our office at 021-703 9420.

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Wake Up Golf Challenge - National Office



A wonderful day of exposure, fun and contribution toward epilepsy was arranged by Melanie Viljoen of the Hex Valley Tourism and De Doorns Wine Cellar.

Her paths first crossed with the organisation in March right before our annual wine auction. She donated 12 bottles of De Doorns Sauvignon Blanc 2007, which also presented the greatest bid of R27,000 at the auction. She had epilepsy herself and could immediately associate herself with the organisation but this partnership grew after more info on our activities was presented and so led to this wonderful Golfing event.

The event was a total group effort and we would like to mention the contributors with appreciation: De Doorns Cellar, Hex Valley Tourism, Hex Valley Gholf Club, Hex Kem pharmacy, Vellei Supermark Video, Local Gp's, Logo Clothing, Steers (Worcester and Touwsriver), Hexvallei Donsprodukte, Uys Slagtery, Royal Mushrooms, Navisat, Butternut Bush Camp, Vallei Voorsieners, Matroosberg Drankwinkel, NU Skin Enterprises, Wenkem SA, Struthion Farm Enterprises, BD Communications, Magalies Citrus, Jan Haak Properties and Evertsdal Guesthouse (Durbanville).

The players made sure they were awake although they preferred riding in gholf cars. The JoEllis band ensured that they stay awake and the welcome atmosphere kept our friends warm and committed to do this again for Epilepsy South Africa.

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From the Mpumalanga / Limpopo Branch

Riaan the Nuts man renew Epilepsy SA centre from 11-14 August 2008.

Just a short stroll off the main road in this popular country destination, is home to a family of more than 67 people living with Epilepsy and other disability. Cameras were rolling at

Epilepsy South Africa in Dullstroom with plenty of action to film in August. The stars being Riaan Venter and his nuts man team, with amazing support from loyal locals, in fact many Dullstroom restaurateurs exchanged their basting brushes, and their rolling pins for paint brushes and rollers to brighten up the centre.

Without your generous support from concerned giving people and companies, this centre really battles to make ends meet. The dining room, TV room, sick bay, snooker room repainted and new lights put in, new emergency lights fitted. 75 base and mattresses donated. Enough paint to paint all the remaining bedrooms and passage donated by Medal paints.

Thanks to all the restaurants who committed to provide lunch, not forgetting the Helping hands for preparing the breakfast. Thanks One! Thanks All for your support and efforts in refurbishing our centre.

The residents really love the fresh new look of their home.

Friday 5 September 2008

On this special day, the organisation presented consumers and all businesses with flowers as a token of thanksgiving. The local schools and crèche also participated in the beauty contest arranged by community development.

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