



Star Watch

Congrats to NZ's hottest couple
IN HONOR OF DAN

With a wedding ring now firmly on his finger, New Zealand's most eligible bachelor Dan Carter was officially off the market last week. The All Black hunk married his long-time love, Honor Dillon, in a lavish ceremony in Marlborough.

As the world congratulates the happy couple, New Idea pays tribute to the down-to-earth Mr Nice Guy who became the groom of the year.

ETERNAL ROMANTIC
 The Crusaders' first five-eight proposed to the ex Black Sticks striker in October 2010 after taking Honor, his girlfriend of nine years, on a helicopter ride over Queenstown's stunning lakes. Proving his romantic credentials, Dan even arranged for his parents, Bev and Neville Carter, and her father, Jimma Dillon and mother Maling, to fly from Blenheim and Southbridge to celebrate with them.

LOVES HIS NANA
 He might look all brawn on the field, but Dan's a big softie when it comes to his beloved 81-year-old nan Pam Carter – and her cooking. 'My nana used to live down the road and her baking is awesome. On the way home from school

I'd walk past her house and I'd always duck in there because she'd always have food for us. Her scones are amazing,' Dan told Small Blacks TV.

SMALL-TOWN BOY
 Dan remembers his childhood fondly. 'My primary school in Southbridge only had 100 students,' Dan recalls. 'I was always waiting for the school bell to ring so I could race home and kick balls over the rugby post in my backyard till Mum would tell me dinner's ready.'

SO THOUGHTFUL
 Rather than commit the cardinal sin of buying his love an engagement ring she didn't like, Dan purchased a sterling silver Wilshi ring from Wellington's Village Goldsmith jeweller engraved with, 'Will you marry me?' The couple, both 29, later returned to the jeweller to design her platinum and diamond wedding sparkler together. Aww...

COMMITMENT WITH CAPITAL C
 Dan's loyalty to Honor is evident. 'We are very happy and looking forward to spending our future together,' Dan says. And the fiercely loyal sportsman has also

kept the same best friends since he was 10. His parents, Neville and Bev bought the section next to their home so young Dan could have his own rugby field to share with his classmates.

'I'm still friends with my primary school best mates now. They always used to come around and play backyard footy with me,' Dan says.

KEEPING IT CLASSY
 Undoubtedly many Kiwi women shed a tear after learning Dan was no longer a bachelor boy, but he behaved impeccably on his stag do in Queenstown last month. The World Cup player and his friends had a civil evening that included Dan demonstrating his skills on the DJ's turntables. 'They came in for a few drinks at the end of the night. It was nice to see them,' Bardeaux bar manager Jeremy Stevens revealed.

STILL ROCKING THE JOCKEYS!
 Married Dan will still share his toned bod. The sportsman, voted the third sexiest male athlete last year by E! channel, has commercial and sports commitments. He also supports many charities including Canteen and SPCA.

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CanTeen cards carry hope for Christmas

Christmas cheer will be sent all over New Zealand in the coming weeks thanks to a range of Christmas cards from CanTeen members.

The cards are an annual fundraiser for the organisation that supports young people aged 13 to 24 living with cancer.

Each year the initiative raises approximately \$1 million for the charity.

The team of young women who have designed the cards this year are made up of patient, sibling and bereaved sibling members, and have each designed a card that is unique and Kiwi-inspired.

CanTeen marketing and communications manager Kimberley Waters

says it does not receive any direct government funding so it relies on its own fundraising ventures and the support of the New Zealand public through purchasing its products such as Christmas cards or making donations.

“Our member designers have done such a great job this year and we hope New Zealand will get behind them to support CanTeen during the Christmas season, a difficult time for many of our members who may be spending Christmas in hospital, away from their families.”

■ The Christmas cards come in packs of five for \$8 or packs of 10 for \$16 and are available by calling 0800-22-34-34 or online at www.canteen.org.nz/shop/christmas-cards.



Cambridge Edition
Wednesday 14/12/2011
Page: 18
Section: General News
Region: Waikato Circulation: 10,862
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Frequency: --W----

Brief: CANTEEN

Carols at St Stephen's

Tamahere's St Stephen's Christmas Festival is open daily from 10am-4pm until Saturday, December 24. Carols will be sung daily at 11am and 2pm with visiting choirs. Handmade decorations and gifts will be for sale. Entry is free and there is easy parking. The festival is run by a charitable trust with all the proceeds going to charity. A collection bucket will be at 140 King St again this year raising money for CanTeen. So when you're checking out the Christmas lights around town, head to King St to see their great display and make a contribution to a good cause at the same time.



Cancer survivor backs calendars

Sarah Young

sarah.young@nelsonmail.co.nz

A Nelson girl who has beaten cancer and survived is hoping other members of the public will get behind CanTeen and buy calendars to help others like her get support.

Louise Howes, 16, had a cancerous tumour removed when she was four years old, and her younger brother has also suffered from the same hereditary cancer.

Eleven years later and she is now gracing the pages of a new CanTeen calendar, along with fellow Canteen Nelson Marlborough members.

Louise said she loved being able to come to CanTeen, where she could share or say anything she was thinking, and the people there – who were like family – would understand.

This is the first year the calendar, a South Island-only initiative, has been done as a fundraiser for the member-led organisation which supports teenagers with cancer, siblings and bereaved family members or friends.

The calendar features photos of members from around the South Island doing CanTeen activities, and

also tells their personal stories.

Member services youth worker Sally Stevens said proceeds from all calendars sold in the region would go straight back to Nelson Marlborough members.

If all 200 calendars were sold, this would fund four months' worth of activities and "they would be a very happy bunch", she said.

Funds were also used to incorporate members from more isolated areas such as Motueka, Blenheim and Picton, she said.

"We try to get them all together as much as possible so they can get support from their peers.

"Being able to talk to each other is so important because they really understand each other's experiences."

Branch president Paige O'Shea said the calendars were great for people to see what CanTeen did.

The calendars are \$15 each and can be purchased from the CanTeen office on level 3 at 218 Trafalgar St. Call Mrs Stevens on 021 567 885 for details.



Good cause: Tony Bayard, 22, left, Louise Howes, 16, and Paige O'Shea, 18, with the 2012 CanTeen calendars.
 Photo: MARION VAN DIJK/FAIRFAX NZ



CanTeen sends out good cheer

Five CanTeen members are helping send Christmas cheer around the country this year with their inspirational Christmas card designs.

The cards, on sale now, are an annual Christmas fundraiser for CanTeen and each year raise about \$1 million for the charity. Members of the team, made up of patients, siblings and bereaved family members, have each designed a Kiwi-inspired card to support the charity which they say brings so much to their lives.

CanTeen member Munrith Longe Singh, now 21, was diagnosed with a benign brain tumour at the age of 14 and underwent surgery and radiotherapy.

Her inspiration for this year's design, featuring a girl in a bandanna with a lighted candle, came from wanting to do something for patient members who will be celebrating Christmas in hospital, she says.

"I wanted to reflect CanTeen in my card, but also remind people what they're supporting and why their help is so important.

"I didn't want my card to be sad, but rather reflect the peace and joy Christmas brings to my heart."

CanTeen has helped Munrith move on with her life and not let her treatments' complications set her back.

"I suffer from fatigue, bad headaches and I find it harder to retain information, which can be a pain during exams.

"I'm a perfectionist but I've learnt to change my approach.

"Sometimes it's just about doing what you can – as long as you do your best."

CanTeen Christmas cards come in packs of five for \$8 or packs of 10 for \$16, and are available by calling 0800 22 34 34 or online at canteen.org.nz/shop/christmas-cards.



CanTeen members design Xmas cards

By PIP BOURKE

Surviving a brain tumour at 14 inspired Munrith Longe Singh to do something special for patients in hospital over Christmas.

The 21-year-old is one of five CanTeen members who have designed cards for the annual Christmas fundraiser. The cards, on sale now, raise about \$1 million each year for the charity.

Munrith underwent surgery and radiotherapy after she was diagnosed with a brain tumour seven years ago.

She says CanTeen helped her to move on with her life and not let the complications of her treatments set her back.

"I suffer from fatigue, bad

headaches and I find it harder to retain information, which can be a pain during exams," the Flat Bush resident says.

"I'm a perfectionist but I've learnt to change my approach. Sometimes it's just about doing what you can – as long as you do your best."

She says in her card she wanted to reflect why supporting the charity is so important.

"Never in my life did I expect to be diagnosed with a brain tumour but when I was, CanTeen was, and still is, there to support me and my siblings."

Other designers for this year's Christmas card range are Natasha Gate from Auckland and Brooke Hopkins, Rachel Allan and

Mikaela Marshall from Christchurch.

CanTeen is a national peer support organisation for young people aged 13 to 24 living with cancer as a patient, sibling or bereaved sibling. They receive no direct government funding.

Members are able to share their experiences with other young people who know what it is like to deal with cancer.

CanTeen Christmas cards come in packs of five for \$8 or 10 for \$16.

They are available by calling 0800-223-434 or at www.canteen.org.nz/shop/christmas-cards.

■ Visit www.canteen.org.nz for information on CanTeen.



Helping others: Munrith Longe Singh, 21, designs a Christmas card to help other CanTeen members



Waitomo News

Tuesday 13/12/2011

Page: 8

Section: General News

Region: Waitomo Circulation: 7,489

Type: Community

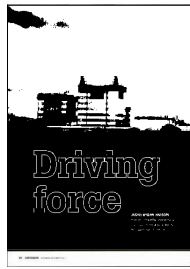
Size: 33.50 sq.cms.

Frequency: -T-T---

Brief: CANTEEN

CanTeen cards on sale

FIVE CanTeen members are helping send festive cheer around the country with their inspirational Christmas card designs. The cards, which are on sale, are an annual Christmas fundraiser for CanTeen and each year raises about \$1 million. The team of young women, made up of patient, sibling and bereaved sibling members, have each designed a card that is uniquely artistic and Kiwi-inspired. CanTeen is a national peer support organisation for young people aged 13-24 living with cancer as a patient, sibling or bereaved sibling. The cards come in packs of 5 (\$8) or 10 (\$16) and can be ordered by phoning 0800 22 34 34 or visiting the website – canteen.org.nz/shop



Safeguard

Thursday 1/12/2011

Page: 26

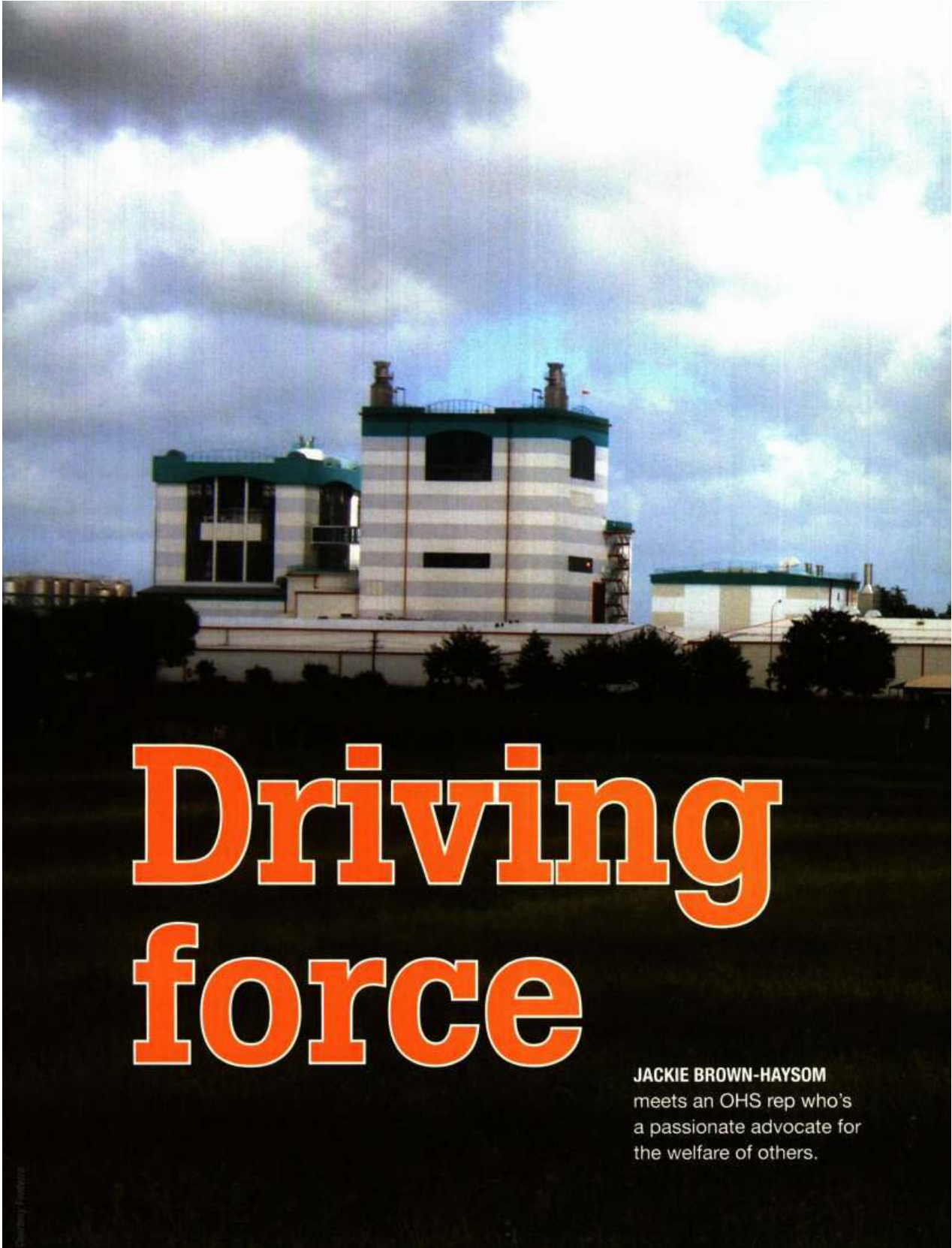
Section: General News

Region: New Zealand Circulation: 4,000

Type: Magazines Trade

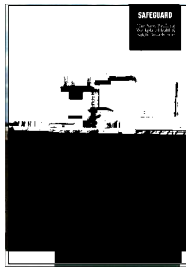
Size: 1,611.30 sq.cms.

Frequency: Bi-Monthly



Driving force

JACKIE BROWN-HAYSOM
meets an OHS rep who's
a passionate advocate for
the welfare of others.



Safeguard

Thursday 1/12/2011

Page: 26

Section: General News

Region: New Zealand Circulation: 4,000

Type: Magazines Trade

Size: 1,611.30 sq.cms.

Frequency: Bi-Monthly



SAFEGUARD
presents
The New Zealand
Workplace Health &
Safety Awards 2011

THOMSON REUTERS

It's not hard to spot Greg Chaffey in the foyer of Fonterra's huge Edendale milk processing plant. He's the one in the Canteen bandana, with a breast cancer awareness ribbon pinned to his high-viz vest.

Chaffey's concern for others was what caught the eyes of the judges when he was named most influential employee in this year's Safeguard OHS awards, so it's little surprise to find this attitude reflected in his dress code.

He's a milk tanker driver, making return trips of 500km or more to collect the day's yield from farms scattered along the Foveaux Strait coast, across Central Otago and as far north as the lower Waitaki. It's one of the largest dairy factory catchments in the country, while the plant itself, 40km north of Invercargill, is the biggest of its kind in the world. With a staff of almost 500, it's not the sort of situation where you'd expect one worker to be able to make a difference – but Chaffey isn't daunted by long odds.

"I'm the sort of person where, if you talk the talk, you don't get any credibility from me unless you walk it too," he says. "If there's an issue that needs addressing I will challenge people, irrespective of who they are."

He's not confrontational by nature – just ready to do whatever it takes to keep his co-workers safe. "Sometimes people interpret the things I'm trying to do the wrong way. That's their choice, but if they want to know what it's about, they just have to ask and I'll tell them."



“IN THE END HEALTH AND SAFETY IS ABOUT EVERYBODY WORKING TOGETHER. I THINK THE REPS HERE HAVE BUILT UP A GOOD RAPPORT WITH MANAGEMENT...”

Slow start

For all his zeal, Chaffey claims to have been a late bloomer in health and safety.

When he arrived in Southland in 1983, following a brother who'd left the family's East Coast farm to work at Maitava, he was, he says, a bit of a hangman. The safety focus "just sort of grew" during a succession of jobs in high-risk industries over the next two decades. It was only when he came to Fonterra Edendale some nine years ago, however, that it became his driving force.

"That was when I really became passionate about health and safety. I'd seen how it should be done when I was working as an underground driller at a mine site in Australia, but I don't know why I left it so late in life to re-educate myself."

In 2005 his workmates elected him as their OHS rep and he received his first formalised training in the field.

"I didn't know what I was going into, but I ended up being pretty good at it. For me it's more about being an example than an enforcer, although I'm not frightened to challenge people when I have to."

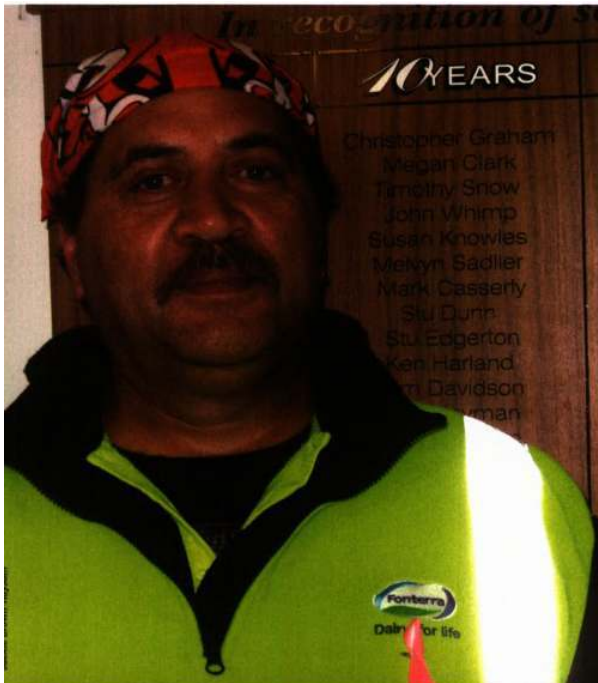
Site union delegate *Grant Ellis*, who nominated Chaffey for the Safeguard award, says he has made the rep role his own, leading by example on the job, and acting as a ready advocate for his team when issues need to be taken to a higher level.

New approach

Under Chaffey's influence, incident investigation procedures at the plant have changed, giving OHS reps more involvement in a process that was previously handled by managers. As a result attitudes to incident reporting have also changed for the better.

"When I started here I think we only had 10 or 12 incidents reported each year, and maybe four or five hazards," Chaffey says. "Now we are probably getting 20 reports a month because people are realising they won't be punished for telling us what's happened."

By his own admission, he wears a lot of hats these days, complementing his rep responsibilities with service as a trained first aider, a permit-to-work issuer, a lead driver, an attendance committee member, a site traffic management leader, a safe work practices





leader, a union delegate, and, at national level, an active member of the Dairy Workers' Union Rununga. He also oversees the site's incident investigations, ensuring everything is done properly and appropriate corrective actions are taken.

It's a lot to fit in around 12-hour shifts as a driver, but Chaffey isn't bothered.

"You accumulate all this knowledge over time and at some stage you've got to impart it to other people."

Education is the key

OHS knowledge sharing is something he values highly. Last August he worked with Fonterra's global safe work practices manager **Rangi Solomon** to give 20 tanker drivers a day of paid training during their holidays. He arranged for others to attend a traffic management course and, having himself completed all three stages of rep training, now plans to go on to a level 5 diploma.

"I firmly believe education is the key to health and safety," he says. "Incident prevention begins in the classroom, not the discipline room."

On site his reputation is such that managers and staff from other departments now bring him their OHS problems.

Late last year, when he heard about an unsafe operation in the lactose plant, he was quick to take the matter to his own manager. As a result the site manager became involved, a safety audit was conducted, and the risky

operation was halted until design changes could be implemented and workers given extra training.

Chaffey takes no personal credit for the successful intervention, however, instead paying tribute to his "proactive" manager, **Dean Morrison**, who willingly allows him time to deal with OHS matters.

"In the end health and safety is about everybody working together. I think the reps here have built up a good rapport with management because we're all working to the same goal of keeping people safe.

"That's what keeps me hot - the welfare of the workers. The people I work with are a good bunch of guys, and we all want them to go home safe to their families at night."

Greg Chaffey: motivated by the welfare of his fellow workers.

Family tradition

Health and safety advocacy runs in the Chaffey family. In 2006 Greg's cousin, Buddy, then health, safety and risk coach at Carter Holt Harvey's Penrose mill, won the Safeguard award for OHS practitioner of the year. Greg says Buddy, now based in Australia, is still passionate about OHS, and the pair hope to get together at Christmas to swap safety stories. **S**