



PAIGE HAREB'S WORLD OF

EXTREME SPORT



FOR MORE OF PAIGE AND
EXTREME SPORT GO TO
www.exstreamtv.co.nz

Swapping boards for bikes for a great cause

WHAT an inspiration it was to be involved in the Yarrow's Taranaki Cycle Challenge.

I swapped my surfboard for a bicycle for a day and cycled alongside a special team of nine young people rehabilitating from cancer.

I'm an ambassador for CanTeen and this was a great way to promote the charity. My team-mates ranged

from 13 to 24 and have all recently finished, or are still undergoing, cancer treatment.

I can't say I'm much of a cyclist and I had to borrow a bike for the race. I was glad I was doing it relay-style rather than having to compete as an individual over 148km!

It was a good way to do a bit of cross training before the Dream Tour starts in Queensland later this month

but, more importantly, it was a chance to show my support for some truly amazing people.

The Taranaki Cycle Challenge has been raising funds for CanTeen Taranaki for the last five years and CanTeen more than doubled its entries into this year's race, which is a really positive sign.



►Paige, centre, with CanTeen team-mates before the Cycle Challenge.



KAITLIN INSPIRES STARSHIP FOUNDATION'S NEW CHIEF EXECUTIVE

Daddy's little star

By SARAH CODDINGTON

LITTLE Kaitlin has only been in this world for 12 weeks but has already inspired her father to take on a new job.

Brad Clark, who is the new Starship Foundation chief executive saw the job advertised and knew he had to apply for it.

His first child with his wife Nicky was one of the major factors in applying.

"You walk through the Paediatric Intensive Care unit and your heart just melts, seeing these little babies hooked up to every tube imaginable.

"Your heart goes out to the parents. If anything happened to little Kaitlin I would know she had the best care," the Takapuna resident says.

He hopes he can help keep New Zealand's biggest children's hospital moving for-

ward in the right direction to provide top care for its patients.

One of the biggest projects he will be undertaking is fundraising for the level six ward for neurosurgery and neurological disorders.

More than 2000 young patients are admitted to the ward each year.

While the medical care of these patients is being met, overall care is at a basic level and the full needs of the children in this ward are not being met.

This is due to poor configuration of the beds and services within the ward.

Hospitals around the world are moving towards a new era of medical treatment which looks to address both medical, social and emotional needs of

the patients.

Mr Clark comes from a marketing and promotions background and until recently he was the general manager at CanTeen, an organisation that supports young people living with cancer. He has also worked for the Royal New Zealand Foundation of the Blind.

It is not until you get into not-for-profit organisations that you realise the good you are contributing to in society, Mr Clark says.

Mr Clark has lived in Auckland since he moved from Canada 18 years ago.

■ To donate to the level six rebuild project go to www.starship.org.nz/donation.



My girl: Takapuna resident Brad Clark, the new chief executive at Starship Foundation, is also settling into his role as father to Kaitlin.

Photo: BEN WATSON



Keen to help Starship

By SARAH CODDINGTON

LITTLE Kaitlin has only been in this world for 12 weeks but has already inspired her father to take on a new job.

Brad Clark saw an advertisement for the chief executive's job at the Starship Foundation and knew he had to apply for it – and he got it.

The foundation's roles include raising funds for Starship hospital.

His first child with his wife Nicky was one of the major factors in applying.

"You walk through the Paediatric Intensive Care unit and your heart just melts, seeing these little babies hooked up to every tube imaginable.

"Your heart goes out to the parents. If anything happened to little Kaitlin I would know she had the best care," he says.

He hopes he can help keep New Zealand's biggest children's hospital moving forward in the right direction to provide top care for its patients.

One of the biggest projects Mr Clark will be undertaking is

fundraising for the level six ward for neurosurgery and neurological disorders.

More than 2000 young patients are admitted to the ward each year. Their medical needs are met but overall care is at a basic level because of poor configuration of beds and services within the ward.

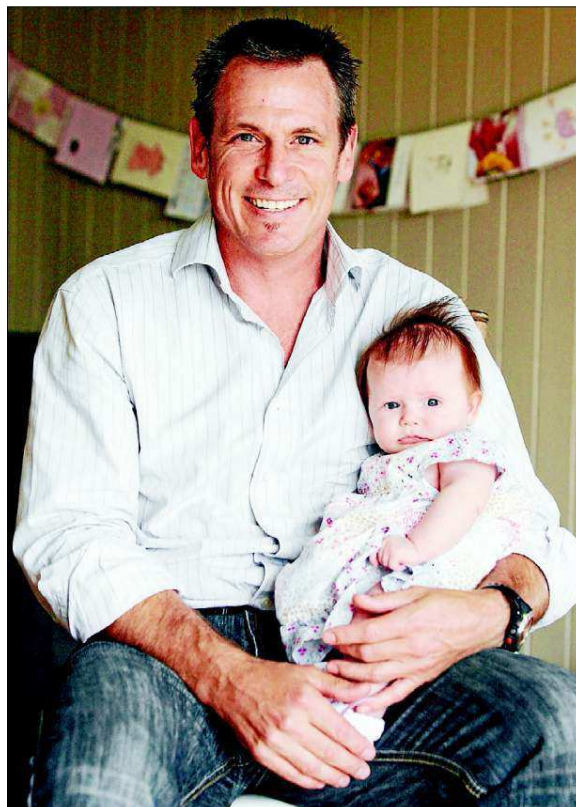
Hospitals around the world are moving towards a new era of medical treatment which looks to address the medical, social and emotional needs of the patients.

Mr Clark comes from a marketing and promotions background and he was the general manager at Can-Teen, an organisation that supports young people living with cancer.

He has also worked for the Royal New Zealand Foundation of the Blind.

He has lived in Auckland since he moved from Canada 18 years ago.

■ Donate to the level six rebuild project at www.starship.org.nz/donation.



My Girl: Takapuna resident Brad Clark is the new chief executive at Starship Foundation and is also settling into his role as father to Kaitlin.
 Photo: BEN WATSON



Brad's a dad on a mission

By SARAH CODDINGTON

LITTLE Kaitlin has only been in this world for 12 weeks but has already inspired her father to take on a new job.

Brad Clark, who is the new Starship Foundation chief executive saw the role advertised and knew he had to apply for it.

And his first child with wife Nicky was one of the major factors behind his decision.

"You walk through the paediatric intensive care unit and your heart just melts, seeing these little babies hooked up to every tube imaginable.

"Your heart goes out to the parents. If anything happened to little Kaitlin I would know she had the best care," the Takapuna resident says.

He hopes he can help keep New Zealand's biggest children's hospital moving forward in the right direc-

tion to provide top care for its patients.

One of the biggest projects he will be undertaking is fundraising for the level six ward for neurosurgery and neurological disorders.

More than 2000 young patients are admitted to the ward each year.

Their medical needs are met but overall care is at a basic level because of poor configuration of beds and services within the ward.

Hospitals around the world are moving towards a new era of medical treatment that looks to address the medical, social and emotional needs of the patients.

Mr Clark comes from a marketing and promotions background and he was the general manager at CanTeen, an organisation that supports young people living with cancer.

He has also worked for the Royal New Zealand Foundation of the

“If anything happened to little Kaitlin I would know she had the best care.”

– Starship Foundation
chief executive Brad Clark

Blind.

It is not until you get into non-profit organisations that you realise the good you are contributing to in society, Mr Clark says.

He was a familiar face in Takapuna as the Takapuna Beach Business Association general manager back in 2005.

"As a former general manager and local resident it is exciting to see development taking place in Takapuna towards building a hub for the North Shore," Mr Clark says.

He has lived in North Shore since he moved from Canada 18 years ago.

■ Donate to the level six rebuild project at www.starship.org.nz/ donation.



North Shore Times
Friday 4/2/2011
Page: 1
Section: General News
Region: Auckland Circulation: 69,797
Type: Suburban
Size: 633.93 sq.cms.
Frequency: -T-TF--

Brief: NT-CANTEEN
Page 2 of 2



My girl: Brad Clark, the new chief executive at Starship Foundation, is also settling into his role as father to Kaitlin.
Photo: BEN WATSON



OBITUARY

CJ – a survivor and role model

Clayton-John Mane Aperahama Bruce touched many people during his short life and his tangi was one the biggest Te Tii has seen.

Born on November 14, 1991, 26 weeks premature and weighing only 975gm, chances of survival for CJ were slim.

After months in the neo-natal unit of Auckland Women's Hospital, his parents Robert and Jacqueline Bruce were able to return home to Kaitaia with a small but healthy son.

Over the years, CJ grew, living a normal childhood, going to Kohanga and pre-school, welcoming a sister Shelsea – Honey, brother Rapene and little sister Rangimarie into their family.

The family then relocated to Jackie's hometown of Kerikeri, living in the small community of Te Tii where CJ and his siblings attended Te Kura Kaupapa Maori o Whangaroa, Te Tii Primary and Kerikeri High School.

CJ's first love was league, then followed closely by soccer and rugby, proudly coached by dad Robert.

His natural talent for all outdoor sports was obvious and over the years he excelled.

He also had a passion

for kapa haka performing for Te Tii Primary and Kerikeri High School with pride and mana.

It was when he was training for the annual Te Tai Tokerau Secondary Schools Kapa Haka Festival he began to suffer chest pain. After a biopsy in 2007, the thriving teenager and his parents were delivered the news that CJ had Ewing sarcoma cancer.

Just two days later they travelled to Auckland's Starship Hospital to begin what would be a very long treatment plan of chemotherapy and radiation therapy.

Although he suffered from constant nausea and hair loss, he maintained a positive attitude, with the support from his teachers, peers and extended family.

After six months his tumour had reduced enough and surgery was required to remove parts of his ribs, replacing these bones with muscle from his shoulder to protect his heart and various other vital organs. CJ's prognosis and future were looking good and he continued with his schooling at Kerikeri High School, gaining respect from his peers and becoming a role model for others.

Rugby of course had to be enjoyed only from the sidelines, yet he did not allow this to stop him from enjoying the outdoors, instead taking up touch rugby and kiorahi. His luck was, however, short-lived, when he relapsed in March of 2009 and required further chemotherapy.

CJ moved to Hamilton in 2010 to begin a physical education course wanting to one day become a personal trainer or physical education teacher.

Those dreams were once again put on hold as he again relapsed – unfortunately this time the growth of the cancer was rapid, spreading to other parts of his body.

As well as the usual treatments, CJ also received Vitamin C shots given intravenously to boost his immune system and help him complete his normal every day tasks without feeling ill. Eventually, mobility became difficult for him but in usual CJ fashion, he soldiered on.

CJ died on January 2. Some may say he lost his battle to cancer, however, his family and those whose lives he touched firmly believe he did not.

“Death is merely the end of the body's old journey ... and the beginning of the soul's new

journey.”

One of CJ's peers described this remarkable young man by saying: “Today our community lost one of it's strongest lil' soldiers, Clayton-Bruce, a great mate to many, an inspiration to many more, because of your hope and determination to survive such a terrible disease. In our darkest hours it will be you that so many of us use as inspiration to pursue greatness.”

Throughout his illness, CJ and his whanau received support from many organisations namely Child Cancer Foundation, Canteen, Make-a-wish Foundation, SKIN. CJ's whanau could not have done without The Ronald McDonald House, who provided a home away from home.

Remarkable young man:
 Clayton-John Mane Aperahama Bruce, known as CJ.





On the trail: National Commissioner for Scouts New Zealand, Stuart Fleming, is about to walk Te Araroa, the trail from Cape Reinga to Bluff, to raise awareness of youth issues.

Photo: FAIRFAX

More and more Kiwis are walking the not-yet-opened Te Araroa Trail for good causes, but as **Michelle Duff** finds out, it's not just about charity.

His tall, rake-thin frame leaning forward, the stick in his hand gripped firmly against the wind, Alfred Hamish Reed walked just about everywhere you could in New Zealand.

Known as "the happy wanderer", Mr Reed cut a skinny and well-known figure as he waved to schoolchildren and paused to chew the fat with locals on his walking tours of the country during the 1900s.

When he was about 85, Mr Reed strolled from Bluff to Cape Reinga. At 90, he took a walk from Sydney to Melbourne. Until he died in 1975, aged 99, he scaled the hills surrounding his hometown of Dunedin.

You could say Mr Reed was a trailblazer. Walking so much and so far was a feat. He wrote books, whole series of them, with titles like *Furthest West*, and *Furthest East*.

He became something of an icon.

Today, the happy wanderer would be struggling for attention.

Nowadays, Mr Reed would be competing with the hundreds of people who walk, and cycle, and run, and swim, the

length and breadth of New Zealand – each with a more worthy cause behind them.

Because somewhere along the line, it became fashionable to cover long distances for charity.

Englishman Stuart Fleming is walking from Bluff to Cape Reinga to raise awareness for Scouts.

Steve Cleverdon is striding for Forest & Bird, while students Tim Geaney and Kate Medicott are walking the country to draw attention to the problems of child prostitution.

Canadian Shalane Hopkins and British woman Alex Ward are hoping to boost community programmes in the Solomon Islands with funds raised during their New Zealand-long trip, while Alison Blyth is using her 2300-kilometre cycle ride to raise awareness of depression and raise money for the Mental Health Foundation of New Zealand.

Two weeks ago Christchurch student Karl Taaffe passed through Hamilton, on his walking journey to raise awareness of suicide.

And in a slightly more innovative move, Wellingtonian Bill Ramsay, 79, plans to play 80 games of bowls in 80



days at bowling clubs the length of the country for the Heart Foundation.

Some of the striders will pound the pavement, Forrest Gump-style. But the majority will use Te Araroa Trail, which winds across farmland, up grassy hills, along coastlines, and through mountain passes for 3000 kilometres.

The trail, in development since 1998, is not yet officially open. But even as the finishing touches are put on tracks, and the last farmers asked for permission to cross their land, people are flocking to walk it.

In 2009, a dozen people did the entire trek. Last year, the number doubled.

And with the popularity of the charity walk showing no signs of slowing, could Te Araroa become New Zealand's version of Peru's Inca trail? Will Portaloos nestle next to toitoi by the trackside?

Te Araroa Trust chief executive Geoff Chapple booms a hearty laugh, but admits the idea isn't so far-fetched.

"Oh yeah, I think there's going to be more and more issues as it becomes more and more popular, as it will.

"I think it will become a bit of a cultural goal, I think it will become a thing that you should walk the length of New Zealand in your lifetime. There are a whole lot of things that suggest long-trail walking is going to get a lot more popular."

Studies undertaken by the trust predict at least 200 "through-walkers" a year once the track is established. There will be many more who will join for tramps over shorter distances.

It will be one of the longest walks in the world, sharing this status with legendary treks like the United States' Appalachian Trail, which crosses 14 states.

Well-known routes attract hundreds of walkers a year, with many services set up around the trail to cater for the foot traffic - like internet, toilet and refreshment stops.

But the motivation of the true long-trail devotee isn't charity, Mr Chapple says.

He talks about a "long-trail culture", where walkers know one another, enjoy meeting the locals, and embark on the epic treks to experience the outdoors in whatever country they are in.

Most of them are fit, have done hikes overseas, and walk at a very fast pace, easily covering the length of New Zealand in 90 days.

"In the main, they just do it because they're long hikers - they're there for the landscape and the trail magic.

"It's nothing to do with hanging out

for a charity sort of thing, it's just the appreciation for the long trail."

Although a lot of them will set up blog sites, this is usually for the entertainment of close family and friends, he says.

In contrast, the websites of many charity walkers are sleek and professional, with the names and details of sponsors displayed prominently, and links to charities and secure web portals where contributions can be made.

Backpackers Shalane Hopkins and Alex Ward have individual sites complete with video, audio, a personal profile, a blog and a series of photographs of the tanned girls in various locations.

Welcome to the future of giving, Fundraising New Zealand chief executive James Austin says.

At last count, the Charities Commission register listed 25,723 charities. That's a lot of organisations vying for money, made more difficult in recessionary times, he says.

In a competitive market, charities have to think of new and more compelling ways to grab people's attention. No longer are the sausage sizzles outside The Warehouse, the bake sales and street collecting viable. With the rise of the internet as a fundraising tool, it makes sense to reach as big an audience as possible.

So when someone decides to walk for charity, it is not just a walk. It has to be a marketing campaign, Mr Austin says.

The charity will back the walker with advertising and promotion on their website and in the community, contacting media outlets for coverage. But the charity walk is hardly new. In fact, it's getting kind of old. Aren't contributors going to get sick of it, and hold on to their money?

Philanthropy New Zealand chief executive Robyn Scott talks of "donor fatigue", when too much of one thing gets people yawning.

"You start losing the novelty factor after a while. Certainly, people are always looking for more novel ways to fundraise ... I suppose you could only tell by the amount of money that is being raised by doing these things."

At last count, it was quite a lot. Ultramarathon runner Lisa Tamati netted \$50,000 for CanTeen and Cure Kids with her 2200-kilometre cross-New Zealand run in December, and Ms Hopkins and Ms Ward hope to hit at least \$10,000. And Mr Austin, for one, believes the success of the long-distance fundraiser will continue.



Marlborough Express

Wednesday 2/2/2011

Page: 13

Section: General News

Region: Blenheim Marlborough Circulation: 8,983

Type: Provincial

Size: 1,933.14 sq.cms.

Frequency: MTWTF--



run just fits in so well with the Kiwi “can-do” psyche, he says. We like people who commit to big goals, and have to work hard towards them.

“People in New Zealand are very supportive of people doing events, and showing how much hard work they are doing,” he says.

“We’re sports crazy. And more and more people are doing these events because they are so easy to fundraise for, you can be running the campaign from Taranaki on your computer, and people

from Auckland to Sydney can donate,” he said.

It seems a long time since the days of Alfred Reed, a lone figure meandering through the rolling green hills. But as well as being a walker and a writer, Mr Reed was a philanthropist, giving books, time and money to the people of New Zealand.

So, you never know. Maybe Mr Reed, in all his wisdom, knew exactly what kind of trend he was starting. Fairfax



Stepping out: Steve Cleverdon, centre, with friends Elle Smart, left, and Nick Leppington. Mr Cleverdon is walking from Cape Reinga to Bluff for Forest & Bird.
Photo: FAIRFAX



Happy wanderer: A H Reed walked just about everywhere you could in New Zealand.
Photo: FILE



Up to the challenge: Cyclists take the Okato corner in the Taranaki Cycle Challenge around Mt Taranaki on Saturday. Brett Tivers, 28, Stratford, crossed the finish line first in 4:20:22 in the elite group of the 165 kilometre event. This year's challenge attracted 1300 riders. Wanganui's Cath Cheatley was first woman home and finished seventh overall. Race organiser Selwyn Brown said more than \$4000 was raised for CanTeeen. The winner of the Suzuki car was Emma Jones from Auckland. **Photo: THOMAS BUS**



Challenge:
 Judy Kerr, left,
 and Pauline
 Harper from
 Volunteer
 Wellington.

Matching diverse skills

VOLUNTEER Wellington is the link between more than 400 community organisations in the region that use voluntary workers to operate effectively, and the diverse people who are happy to volunteer their skills and experience.

The organisation also matches businesses taking part in the Nikau Foundation Corporate Challenge with groups and organisations who could use a hand.

The Nikau Foundation is a community trust that distributes donations and bequests to charitable organisations in accordance with the donor's wishes, throughout the Wellington region.

During the 2010 corporate challenge 55 community projects took place which represented 564 employee volunteers in Porirua, the Hutt Valley and Wellington. Their projects included helping Red Cross, Girl Guides, Wellington Zoo, Habitat for Humanity, Ronald McDonald House and Sailability, to name just some of the groups who benefited from the challenge.

2011 is the fifth time the challenge has taken place and Pauline Harper, one of the two managers of Volunteer Wellington, says the key to a good project is in making an appropriate match between volunteers and the projects on which they work.

"If the match is right, the volunteers will be keen to be involved again in the future."

Volunteer Wellington's co-ordinator for the corporate challenge and the Employees in the Community programme, Judy Kerr, says this fifth challenge is a milestone year with interest growing all the time from businesses throughout Wellington.

"Corporates are really wanting to get out into the community more and it's not just for media coverage or publicity; it is a real team-building

thing. But motives and ways to get people involved are varied.

"For example some groups like competitive projects. A great example is from one section of KPMG who took on supporting Bandanna Day with Canteen selling bandannas and they pitted a female team against a male team.

"They went out to their suppliers, friends and families, and the girls raised \$3500, the boys \$3000. Then KPMG put \$2000 towards it as well."

Ms Kerr said the project was taken on after a young man with cancer spoke to the group.

"They totally fell in love with him and commented on how brave he was," Ms Kerr says.

"They want to do even more this year. This shows that good-natured competition can pull in a little bit more money!"

Ms Harper says everyone benefits from the Nikau Challenge with important spin-off effects as well. It gives people an opportunity, she says, to see the value of volunteer work.

"This can be a useful way to make the transition from full-time employment into retirement."

Most of the volunteer seekers who come through Volunteer Wellington are younger people between the ages of 20 and late 30s.

"We are now consciously promoting to the large numbers of retirees out there who would be surprised to find how diverse and interesting the roles are we have on our database," Ms Harper says.

"Their experience and well-honed skills would build the capacity of the voluntary sector – and keep older generations involved, learning and feeling valued."

For more information go to:
www.volunteerwellington.org.nz