

# PRIDE OF NZ

2014 AWARDS

To nominate someone: [www.prideofnzawards.co.nz](http://www.prideofnzawards.co.nz)



To read about more nominees, go to: [tinyurl.com/prideofnz](http://tinyurl.com/prideofnz)

Rupene Mare's tireless efforts have improved the lives of those he has worked with, his nominator says.

Picture / APN

## A good fit with the community

Kaitiata man on mission to prove all ages can benefit from exercise and good nutrition

### Rupene Mare

**Community Spirit category.** He has well and truly reached an age where he is entitled to put his feet up, but Northland man Rupene Mare shows no sign of doing that.

And what the 75-year-old is doing for others has earned him a nomination in the community spirit category of the Pride of New Zealand awards.

Mr Mare's nominator said he had given tirelessly of his time to the elderly, sharing his expertise in exercise and nutrition at his own gym and another in Kaitiata, reducing their vulnerability to cardiovascular disease, diabetes and high or low blood pressure. That gave the beneficiaries of his time and skill a better quality of life, and in some cases had actually helped save their lives.

"Not only does he give his time free to the elderly, but also to youth who are disengaged with their peers," the nominator added. "He helps them build self-esteem in their own abilities, and gives them the confidence to go on to much healthier and better outlooks.

"He opens his home to the not so young, not too old, to work on a programme where they are not sidetracked by mobile phones, TV and other distractions, until they are able to work the programmes themselves.

"This includes nutrition. He feeds them the whole time they are with him, with a menu they can use in their own homes. The outcome for these adults after two weeks is weight loss and the ability to sleep without the assistance of a machine. Better health brings full participation in the community and healthier, happy families."

— APN

## Striving to keep te reo alive

### Hokimoana Te Rika-Hekerangi

**Community Spirit category.** Preserving the Maori language has been a life-long duty for Hokimoana Te Rika-Hekerangi, who was born and raised in Ruatahuna.

Her mission to keep te reo alive has extended beyond the reaches of her own community to encompass wider New Zealand and abroad.

It is for her resilient dedication to teaching others that Ms Te Rika-Hekerangi has been nominated.



The 76-year-old is most known for translating English books into traditional Maori compositions for Ruatahuna Turangi but she has also taught the language at public institutions around New Zealand and Australia.

"I do what I can to the best of my ability for the survival of my people, not for awards," she said. "I had a very simple, humble upbringing but it was rich in culture and I want to keep that alive to give younger people an opportunity to experience their heritage."

— APN

## Lost locks make a difference

### Dani McQuay

**Fundraiser of the Year category.**

Hairdresser Dani McQuay knows how attached people can be to their hair and has seen clients with cancer go through the pain of losing their locks.

So when she was given the chance to raise money for charity, she decided to do it the only way she knew — shaving all her hair off.

Ms McQuay, of Stratford, last year raised \$21,500 for Hospice Taranaki.

"My hair was always going to grow back. But people with cancer don't always have that luxury," she said. "I just shaved my head, it was the people who got behind the idea... that made the difference."

Ms McQuay said she has seen several



clients go through a cancer journey, as well as losing one her closest friends to the disease. "Hospice Taranaki is such a great cause and they do so much for people in the community. You don't know they're there until you need them."

Ms McQuay knows your hair is a key feature of your appearance, so shaving it off was not going to be for the faint-hearted. Despite more than three-fold exceeding her original goal in monetary terms, she is adamant that this is not so much a reflection of her, but of the community.

"Stratford is a great little town, and everyone who lives here is so supportive and so generous, that it makes all the difference."

— APN

# bivouac/outdoor

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**20-40% off**  
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