

**Fashion & Design**

- Phase two** 8  
Lindah Lepou's new home
- Designed for success** 12  
Inside the Hokonui Fashion Design Awards
- All or nothing** 16  
Jane Sutherland on the business of fashion
- Keep an eye on** 20  
Emerging fashion industry talents profiled
- An eye for design** 22  
Interior design trends with Margaret Young

**Our People**

- In her father's shoes** 24  
Bill Richardson's legacy lives on
- Wrestling with local bodies** 29  
Mayor Tim Shadbolt talks polls
- Genius in his genes** 30  
Meet the son of Burt Munro
- Favourite things** 36  
With Suzanne Prentice
- A desire to sail** 38  
Sailing the Pacific with John Dale
- A woman on a mission** 41  
Tara Mulvany's kayaking adventures

**Sport**

- Cycling nation** 44  
The strength of cycling in Southland
- Peak condition** 47  
Training champions with Will Payne
- On a roll** 48  
Eddie Dawkins on track for success
- Sea of orange** 51  
Short story by Abigail Lawrence
- Good sports** 51  
Q&A with young Southland sports stars
- Startlines** 54  
Celebrating 25 years of Sport Southland
- Chasing dreams** 56  
Jamie Conroy leads the way in motorsport



**Special Feature**



- Changed forever** 60  
Aaron Horrell's life after the army
- Southland's soldiers** 66  
Dr Aaron Fox looks back 100 years
- Brothers at war** 68  
Lynley Dear on Invercargill's poppy boys
- Treasure trove** 70  
David Dudfield discovers relics of war
- War at our fingertips** 72  
Short story by Kate MacManus
- Playing Private Spencer** 72  
Jade Gillies brings history to life
- Saying goodbye** 73  
A poem by Paige Ogilvy
- Innovation**
- Mega pixels** 74  
Planet Lab's southern ventures
- Talking tech** 76  
Tech habits of local figures
- Mobile apps** 78  
Locally developed phone apps
- Prime time** 79  
Short story by Israel Reid



**Nature & Wildlife**

- Preserving an island** 80  
The future of Dog Island
- The gift of flight** 82  
Conserving long tailed bats
- A Southern icon** 84  
The man behind Southland's tuatara

**Music & Entertainment**

- The sound of Southland** 86  
Liv McBride talks local music
- Band biography** 87  
The Sparrow Thieves
- The leading lady** 88  
Michelle Lange takes centre stage
- Gore's sweetheart** 92  
Country music star Jenny Mitchell
- Vocal chords** 94  
Top voices profiled, including Mike Puru
- Southland to Summer Bay** 96  
Exclusive interview with George Mason

**Health & Beauty**

- Sugar free lips** 98  
Expert advice on living without sugar
- Food myths debunked** 102  
What is really in our food exposed
- The natural look** 104  
Makeup trends with Kerry Peninsula-Spain

**Arts & Culture**

- Creative culture** 106  
Tahu Parkinson's spiritual outlook
- Home is where the art is** 110  
Gregori Chiaroni's creations
- A theatre legend** 113  
A tribute to Owen Gerrard
- Limited edition** 114  
Q&A with eccentric artist Wayne Hill
- Southland seasons** 118  
Southland photographic showcase



**From the editor...**

People make Southland and in this edition of *The Life* we meet many motivated and inspirational Southlanders. Motorcycle legend Burt Munro's son John who, even at 80 years old, is full of life and full of stories to share [page 30]. Jocelyn O'Donnell opens the doors to her late



father's vintage truck collection and opens up about her plans for Bill Richardson's Transport World [page 24]. Tara Mulvany, a tiny girl with massive ambition who, at just 24, has solo kayaked around New Zealand [page 41]. Then there's the emerging Southland fashion scene, with designers like the amazing Lindah Lepou and Jane Sutherland unveiling local creations to the world [page 8].

I am also thrilled to have the addition of a WW100 special feature [page 60], looking back 100 years to Southland's brave soldiers and the people now working to ensure those who fought and were lost are not forgotten.

All these stories make me feel lucky and proud to be a Southlander. Our people are humble, easy-going, friendly, passionate and driven and now it's time for you to discover their stories.

*Andie Gentle*  
andie@marketsouth.co.nz

**Our Place**

- Eyes on the water** 120  
Southland's coastguard
- The changing face of Southland** 124  
Immigration on the rise
- Shocked by the silence** 126  
From Sri Lanka to Southland
- On Southland** 128  
Jeff Wilson's take on southern icons
- A poem for Gore** 130  
Mayor Tracy Hicks' top town

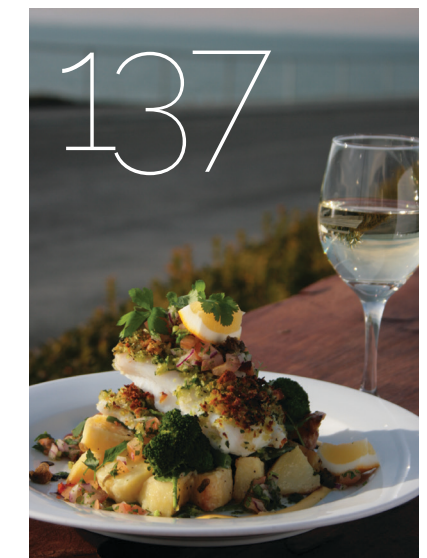
**Food & Recipes**

- Southland's speciality** 132  
Venison put to the taste test
- Food attitude** 134  
Wisdom from chef Tony Chilton
- With compliments** 137  
Local recipes to try at home



**Destination**

- Destination Southland** 142  
Welcome to our region
- Tourism thrives in the South** 144  
Mayor Gary Tong on tourism
- Experience** 145  
Annual events in Southland
- Postcard from the Catlins** 146  
Journey through a hidden gem
- Discover Southland** 148  
Visitor information by district
- High tide** 149  
A poem by Laura Menzies
- Business directory** 154  
Find the best Southland businesses



**the life**

The Locals Publishing  
Market South Ltd  
info@marketsouth.co.nz  
www.marketsouth.co.nz  
ISSN 1172-5508



**General Manager**  
Erin McCall

**Creative Director**  
Carla Forbes

**Editor**  
Andie Gentle

**Assistant Editor**  
Kate Hollows

**Art Director**  
Justine Horner

**Graphic Design**  
Alex Crackett

**Chief Photographer**  
James Jubb

**Photography**  
Rochelle Dillon, Justine Horner

**Special thanks to**  
Helen Duston

**Advertising & Sales**  
info@marketsouth.co.nz

**Contributing Writers**  
SDC Mayor Gary Tong, ICC Mayor Tim Shadbolt, GDC Mayor Tracy Hicks, Will Payne, Liv McBride, Angela Newell, Margaret Young, Kerry Peninsula-Spain, Kerryn McKeown, Holly Pannett, Phil McCarthy, Brendon McDermott, Nisha Randeniya, Lindsay Beer, Lynley Dear, Jade Gillies, Dr Aaron Fox, David Dudfield, Trudi Baird.

**Contributing Photographers**  
Helen Duston, Angela Henderson, Colin O'Donnell, Geoff Ridder, Cory Varcoe, Stephanie Renée Rogan, Dianne Manson, Still Vision Photography, David Harrison, Graham Dainty, Chris Macdonald, Lakmal Fernando, Sharee McBeth, Ben Robinson, Nicole Gourley Photography, Nathan Hughes.

**Retail outlets**  
Page 159 and www.thelife.co.nz

The Life is published annually by The Locals Publishing, Market South Ltd, Level 4, 5 The Crescent, PO Box 1637, Invercargill, NZ. The Life is a registered trademark of Market South Ltd. No part of this magazine may be reproduced without written permission of the publisher. The Life is subject to copyright in its entirety, copyright 2014. All rights reserved. The opinions expressed in The Life are not necessarily those of Market South, its staff or contributors and no liability is accepted. The content in The Life is believed to be true and correct at time of publication 2014.



**Cover Image**  
Creative Direction:  
Lindah Lepou  
Photography:  
Chris Macdonald  
Makeup & Hairstylist:  
Kerry Peninsula-Spain  
Model: Laura Gerkin