

the life

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Cover Image
Regan Mauheni
Photo by James Jubb of Studio Jubb

From the editors...

What fun we've had this year! This edition of *The Life* is all about attitude and there is no shortage of Southlanders with some real moxie doing amazing things in our great province and beyond.

The power of positivity is the theme on so many pages this year; Constable Regan Mauheni relays his experience of sustaining a head injury after an AOS operation ended in him being shot at (page 22), hair salon owner Natasha King shares with us her crusade for cutting through the silence on domestic violence (page 62) and we discuss setting goals and attitude for life with Bridget Paddon (page 65).

Inclusivity and cultural awareness are abundant in Southland as we explore the journey of the Polyfest Cultural Festival (page 44), carver Steve Solomon's mission to revive whakairo rākau (page 38) and the installation of three Pou on Whenua Hou (page 118).

We've got so much going on this edition and it's been such a privilege to talk to these wonderful people and organisations. There are Q & As from a whole range of

people from different backgrounds, as well as our enviable job of poking our noses behind the doors of some beautiful properties in our architecture spread.

So, find a minute in your busy day, grab a cup of coffee (or tea!) and indulge in a bit of "me time" with this wonderful edition of *The Life*.



Carla Forbes & Briar Babington

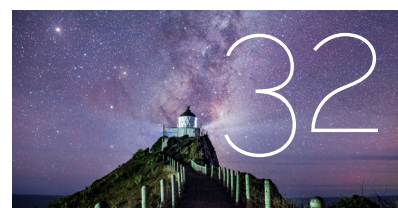
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