



CONTENTS

Music & Entertainment

- 12 PIONEERS OF THE ARTS**
Six60 on their success and continued support of emerging artists
- 20 THANK YOU FOR THE MUSIC**
Singing for a cause with Saints All Male Choir
- 24 A BALLAD TO SOUTHLAND'S FILM SCENE**
Local filmmaker Matt Inns achieving international recognition

Health & Wellness

- 30 THE PIED PIPER OF SEX EDUCATION AND WOMEN'S HEALTH**
US OBGYN Mama Doctor Jones on spreading positive health messaging and her online success
- 37 THINKING BIG IN GORE**
Gore Health leading the way in medical technology

Our People

- 43 A MAYORAL LEGACY**
Sir Tim Shadbolt's unparalleled 26 years as Invercargill City mayor
- 50 IT'S JUST BLOOMING MARVELLOUS**
The inspiring story of Festival Farm built on passion and love

Fashion & Design

- 56 THE FASHION EDIT**
Showcasing the talents of local fashion designer, Roxanna Zamani and photographer, Jay Domingo
- 63 ADD TO CART**
Our top product picks for health and wellness, fashion, and interior décor

Architecture

- 64 INSPIRING SPACES**
Unique and visually stunning southern homes

Food & Recipes

- 82 SOUTHLAND FOOD BASKET**
Highlighting the best of local produce
- 87 DINE IN DUNEDIN**
A delicious selection of recipes provided by eateries throughout Dunedin
- 96 FOOD, GLORIOUS FOOD**
The Platter Share offers tips for creating a platter to impress

Sport

- 100 LIFE IN THE FAST LANE**
Brendon Leitch's incredible international career as a professional motor racing driver
- 105 RETURNING MĀORI MARTIAL ARTS TO MURIHIKU**
Celebrating the return of mau rākau

Business & Innovation

- 109 THE LAND OF OPPORTUNITY**
Reinvention of the region
- 116 SHAPING THE FUTURE OF SOUTHLAND**
Plans for a bold transition

Explore

- 119 EXPLORING THE SOUTH'S NATURAL PLAYGROUND**
Escapes that make the far south a desirable place to live
- 124 THE RURAL ALLURE**
Agritourism adventures in Southland

Destination

- 129 DESTINATION SOUTHLAND**
Southland's stunning scenery and all it has to offer