

the life

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Market South

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

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Our People

A legacy of kindness 6

Cancer care advocate Melissa Vining's work to bring the Southland Charity Hospital to life, honouring her husband Blair

For when the time is right 12

Cathy Robertson and Women's Refuge helping women escape domestic violence and abuse

At my table 16

Diverse dinnertimes across Invercargill

Reflections of resilience 22

Southern mayors share inspiring stories of their communities in 2020

Local legends 25

Q & A with Southland's local heroes

Music & Entertainment

The sounds of lockdown 30

How music was kept alive from lounges and bathrooms

Forging connection in digital battlefields 34

One man's mission to save lives through gaming

Arts & Culture

Painted attraction 38

Invercargill artists brighten up the CBD rebuild

A home for imagination 43

The journey to He Waka Tuia

Where the locals are 46

The vision of Shop Southland Studios

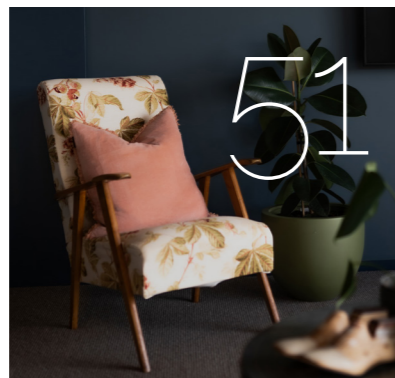
Design & Fashion

One heart fits all 49

Body positivity for all bodies

Considered living 51

Curating stylish interior spaces



Food & Recipes

Celebrating southern roots 58

Chef Simon Henry's best ways to prepare Southland-grown root vegetables

Vibrant eats 62

Local recipes to try at home

Top shelf 68

Classic cocktail recipes with a twist

Spiritual experiences 72

Distillery houses of the south

Glorious beans 74

Southern coffee roasters share their process

Our Land

Luxurious Zen 80

The transformative power of Aro Hā wellness retreat

Angler, author, Athol 84

Fly fishing institution Stu Tripney

Come, gentle night 87

Stewart Island comes to life under the stars

Something in the waters 89

Get your (waterproof) shoes on to explore these gems

The great southern road trip 95

The best spots to check out on the coast between Invercargill and Dunedin

Life in lockdown 102

A photographic showcase from readers



From the editor...



In 2020, the world changed. As people and businesses, we had to adapt. COVID-19 will no doubt be a defining event of the nouveau 20s, with uncertainty and caution shaping outlooks for a long while. But what I've been amazed by is the extraordinary resilience and kindness of the south during what is one of the most stressful events of people's lives. For edition 8, we wanted to celebrate this hardy and compassionate spirit exemplified in people's actions for others. There could be no other cover story to encapsulate this than the tireless work of Melissa Vining and the Southland Charity Hospital, working to preserve her husband Blair's legacy by creating

fairer access to care for cancer sufferers in Southland and Otago (page 6). This determination to help others can also be found in James Wards and his social gaming organisation, YourCorps (page 34), and Women's Refuge Invercargill services co-ordinator Cathy Robertson (page 12).

This edition of *The Life* marks a new direction for our team; we've extended our coverage to bring in wider areas of the south, such as Central Otago, Dunedin and Clutha. We all need to do our part to support local and many Southlanders feel these areas are an extension of their backyards. Read about the beautiful Aro Hā wellness retreat (page 80) in Glenorchy, the perfect place to take some time and perspective for yourself, peruse the whisky and gin distilleries in Otago (page 72), and make the most of domestic tourism with the great southern road trip (page 95).

I want to extend a massive thank you to *The Life's* whole team – you've all worked so hard and I'm so proud to be a part of the team with you. To our readers, enjoy this very special revitalised and inspiring edition. And, choose kindness – always.

Briar Babington

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Sport

One for the team 105

Strength and conditioning coach Simon Jones' momentous career

A playful manner 108

Bringing play into Invercargill's CBD

Head in the game 111

Mental skills coach Jason McKenzie on helping young athletes

Business & Innovation

From fields to Facebook 115

Tangaroa Walker bringing positivity and learning to dairy farming

Do it right, do it well 118

Why start ups should do things that don't scale

Anything but stock standard 121

The young team leading the south's tech sector

Southern start ups 124

Meet the people and agencies empowering start ups

Destination

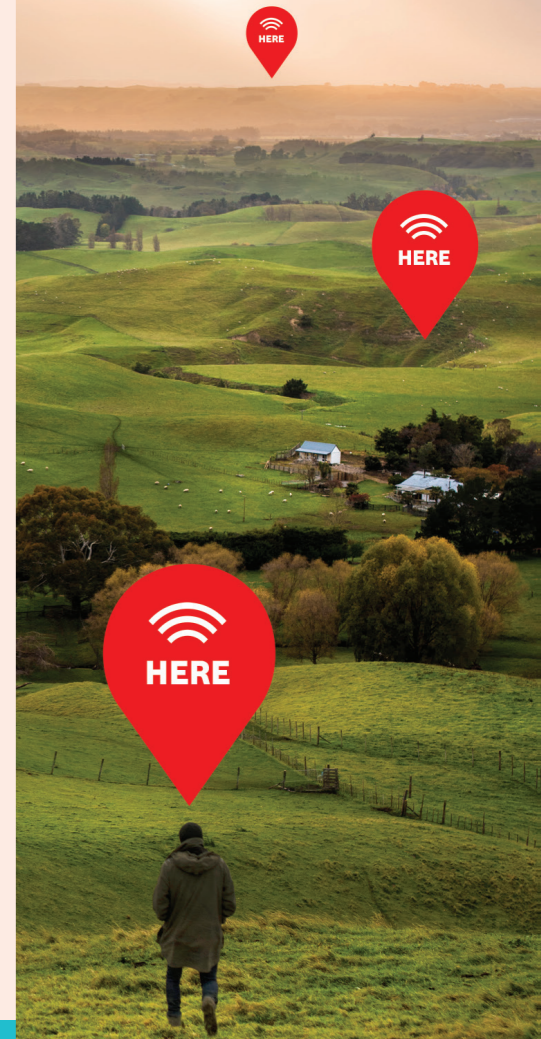
Destination Southland 126

Discover the Southland region by district

Events 134

What's on for 2020

Here is where it matters



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