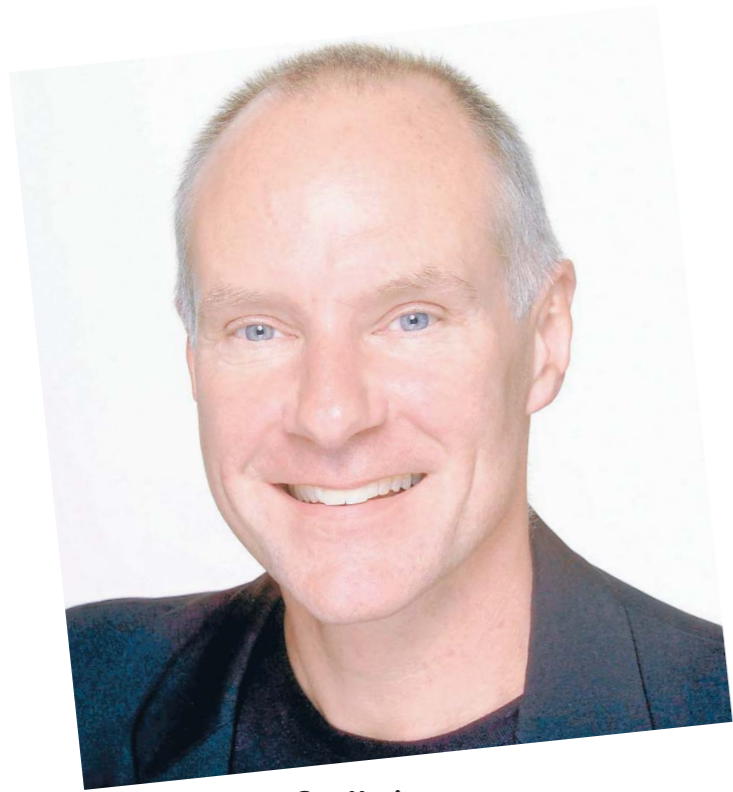
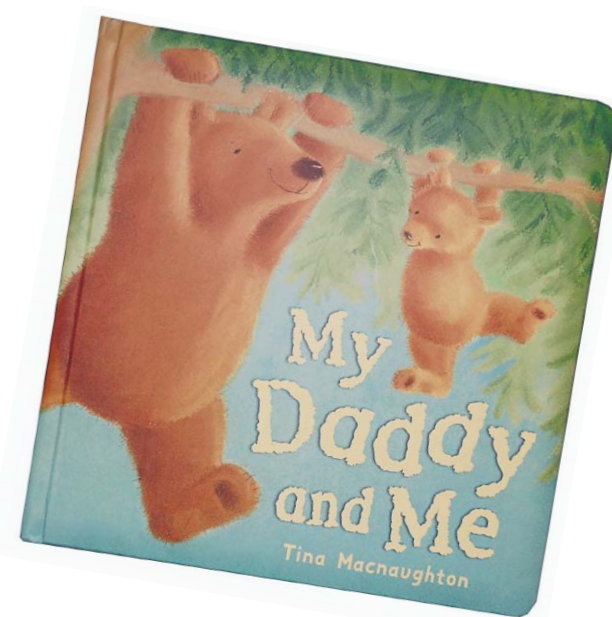


# INDULGE

## a day for dad



Gary Harris



Father's Day is just around the corner, so Indulge reporter **Craig Lawson** asked Southland dads what they enjoy about fatherhood and how they spend their dedicated day.

### The tutor

Southern Institute of Technology tutor Stu Oldham will be celebrating his first Father's Day this year with his daughter Amelia who is six weeks old.

"I can lose hours watching her smile and get a thrill when she has a little giggle," he says.

He is surprised but relieved (and so are his students) at how well he is coping with so little sleep.

He would like to spend his first Father's Day with a nice breakfast in bed and maybe the morning off changing nappies.

### The rugby player

Imagine growing up in a family of rugby-playing boys to starting your own family and raising three daughters.

Former All Black test captain Paul Henderson has three daughters, Bailey, 17, Paige, 16, and Holly, 13.

Growing up in a house full of boys was different from being in a house full of females.

But has enjoyed watching the girls grow, gaining beauty, grace and poise.

"After looking in the mirror I look in wonderment of what I have created.

"The cost to run them is a totally different thing though," he says.

He is looking forward to spending Father's Day, like any other, with possibly an extra kiss on the cheek, then lunch.

### The chef

Molly O'Grady's head chef and father Craig Atkinson said an ideal breakfast for dad is English muffins with bacon, poached eggs and topped with his favourite sauce such as hollandaise or sweet chilli.

Mr Atkinson and his 18-month-old son, Ashton, will be spending Father's Day in Sydney with his family.

It will be the first time three generations of his family have been together on the special day.

And he has thoroughly enjoyed being a father so far.

"It doesn't matter how bad my day has been, just to come home and see his cheeky grin, is awesome."



# Q & A

By **CRAIG LAWSON**

GET out your dancing shoes, the ballet is in town!

Royal New Zealand Ballet artistic director Gary Harris has worked all over the world as a dancer, teacher and designer.

He is touring the country with the Meridian Season of *La Sylphide*.

**Q:** What do you love about the ballet?

**A:** Being in a creative environment, the theatre. Beautiful bodies doing incredible things.

**Q:** What inspires you?

**A:** Music, nature, books . . . loads of things. Sometimes, something really simple. Great artists.

**Q:** Any embarrassing moments on stage?

**A:** Tons! Falling flat on my face during a big entrance in *Giselle* was the best.

**Q:** Your happiest moment?

**A:** Too many to mention. I'm a happy person.

**Q:** How do you like to relax in your spare time?

**A:** Reading, flying, model-making.

**Q:** How has the ballet changed during the past 10 years?

**A:** Dancers look more streamlined. We present more of our own big productions. Consistency.

**Q:** How tough is the life of a ballet dancer?

**A:** It's a gift to be able to dance professionally. It's a great life but it's hard work and you have to be very disciplined. You need the right physical and mental attributes and good training.

**Q:** Tell us why people should go see The Meridian Season of *La Sylphide*?

**A:** It's a beautiful, charming work. Lovely music and a great story. Breathtaking sets and costumes. Fabulous dancing . . . and not to be missed!

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