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# The Southland Times Unwind

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# Kiwi magic

Kiwi cinematographer Stuart Dryburgh is turning his masterly touch to Jodie Foster's latest film, *Nim's Island*.

**Tom Cardy** reports.

IT'S not obvious at first, but *Nim's Island*, the new Jodie Foster movie that opened at No 1 at the American box office, has a distinct Kiwi connection.

The movie's cinematographer is Stuart Dryburgh, who was behind the camera on some of the best movies to come out of New Zealand, including Jane Campion's *An Angel at My Table*, *The Piano* — which garnered Dryburgh an Oscar nomination — and *Once Were Warriors*.

Dryburgh was born in England but moved to New Zealand when still a child. He's worked on many movies, including *In My Father's Den*, *Bridget Jones' Diary*, *Runaway Bride*, *Analyze This* — and is one of the camera operators on Martin Scorsese's new Rolling Stones documentary, *Shine a Light*.

Shot on Australia's Gold Coast, *Nim's Island* stars Foster as the reclusive and faint-hearted author Alexandra Rover. A young girl called Nim — played by Abigail Breslin from *Little Miss Sunshine* — is a big fan of Rover's adventure stories and seeks out the writer when the island she lives on is threatened.

Dryburgh says he was attracted to the film because it was a chance to delve a bit into magical realism, a style with which he's always been fascinated.

"The idea with *Nim* was to hit a lovely balance between the real world and a more fantastical world of imagination," he says.

"*Nim's Island* definitely feels like a real-world place, but we wanted to make it just a little bit more special."

One of the challenges for Dryburgh was finding ways to visually match scenes that were shot on soundstages, especially the treehouse set, with those shot in real rainforests.

"That's where lighting comes in," says Dryburgh.

"Another thing we did to give our theatrical rainforest a more natural look was to put in an atmosphere of water vapour, so there was constantly a sense of mistiness and dampness to all the vegetation. We placed a very complex rig on to the roof, sort of like the kind of thing you would use inside a huge greenhouse to mist tropical plants. It was extremely effective."

As for Dryburgh's favourite shot?

"Every once in a while you catch things that really stand out and one of those for me is when Nim is standing at the front of her father's boat when they're going out to the supply ship. You've got the ship sailing, the beautiful islands behind, the sun shining, and it's just a really uplifting, magical moment."

► *Nim's Island* is now playing at Reading Cinema in Invercargill.



Jodie Foster

## Moderation fried up

### MATE

MARK WILSON



THE weekend fry-up. It's as Kiwi as the ABA (anyone but Australia) policy in sport.

There is nothing better to get a good Kiwi bloke's motor running on a crisp southern morning than a hearty feed of toast soaked in butter, bacon, fried eggs, sausages or last night's roast beef or lamb, baked beans, mushrooms and fried tomatoes.

Some say soy is a wonder food — maybe because you can have soy milk in your fancy \$7 coffee — it's low in saturated fat, high in protein, stops global warming, can be used on space shuttles and cures cancer or at least two of those things are true.

Soy may keep your now increasingly fashionable vegetarian or vegan appearance up but can it get you going for a day's duck shooting, hunting, rugby, skiing or mustering. The southern man Sunday fry-up is a wonder food like no other. It's high in everything both bad and good for you.

It can be eaten at 5am or 1pm. It's more versatile than Natural Glow and with a simple change of ingredient or two and a garnish of something green it can become a gourmet meal.

Recently, I heard a researcher state that all of the good stuff was taken out of butter and all that's left is saturated fats. In his moment of rapturous excitement to be able to knock butter he forgot that they didn't take the taste out.

Today, we are all acutely aware of the problems of obesity, heart disease and cancer and diet is a major contributor to this. However, it's not the only contributor. We should all have a healthy diet and balanced lifestyle but the trend towards veganism, vegetarianism, soyism is too extreme.

Red meat is good for us in the right amount. We are fat because we are lazy, not just because we eat meat, drink beer and enjoy a pie from time to time. It's Kiwi culture to enjoy a roast with home-made gravy, butter our toast and to have great, artery-clogging put-hairs-on-your-chest manly weekend fry-ups.

We have always eaten diets packed with dairy and meat products in this country and only in the past few decades have problems emerged.

The butter police can go home. It's our changing urbanised, lazy, computer-bound, TV-watching, coffee culture lifestyle that has seen the health problems of the 1990s and 2000s emerge, not our love of a good Kiwi weekend fry-up!

I'm off to Dunedin this weekend via Central Otago for a spot of hunting and no doubt this journey will see a few Speight's, a decent size fry-up and possibly the odd hangover!

All in moderation.

# sorting out the Kitchen...

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