

18 february - 8 march 1981

govett brewster art gallery queen street new plymouth

FIONA CLARK

Biography

Born in Inglewood, Taranaki, in 1954. Studied at Elam School of Fine Arts, Auckland, 1971-1975. Graduated Dip. F.A. (Hons) Photography in 1975. Moved to Tikorangi, Taranaki, in late 1975 and set up darkrooms and studio in an old dairy factory.

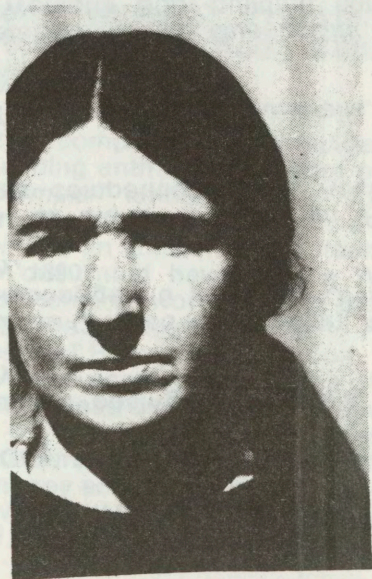
"The medium of photography for me deals with reality. It deals with *what is*, the immediate, not *might be*.

My photographs are not pre-conceived or arranged. With the subject, the concept becomes decided through the lens.

The process is *pure*, it must be a *whole* — subject, composition, exposure, negative, print and audience.

The photographer shares experiences with her subjects and then with her audience.

Some people when viewing photographs ask *How?* and I ask *Why?* — Taking a photograph is an event." Fiona Clark



Exhibitions and Work

'The Active Eye' 1975.

'Some of my Best Friends are Women', (commissioned by the New Zealand Government for International Women's Year, used still photographs by Fiona Clark of cosmetic saleswomen in George Courts Ltd, Karangahape Road, Auckland, 1975).

Clearwater Gallery, 1975 (photographs of trans-sexuals).

Tikorangi Factory Gallery, Taranaki, 1979.
Govett-Brewster Gallery, New Plymouth, 1979.

Barry-Lett Galleries, 1979.
3 NZ Photographers, 1979-1980.

Photographs

Photos approx. 350mm x 240mm

- 26 Paul Graham's Gym — Bondi Beach Sydney 1980.
27 Sione Nuisila — *Mr South Pacific, 1978.* — *Mr Iron-Man, 1980,* Auckland, 1980.
28 Phil Tom — *Novice Mr New Zealand, 1980,* Auckland, 1980.
29 Sonny Schmidt — *Novice Mr Auckland, 1980,* Auckland, 1980.
30 Mike Glass — runner-up *Junior Mr New Zealand, 1980,* Auckland, 1980.
31 Contestants — 16 top Body-Builders in the world *Mr Olympia, 1980,* Sydney.

- 32 Boyer Coe — *Mr Universe, Sydney, 1980.*
33 Contestants posing *Mr Olympia, 1980,* Sydney.
34 Frank Zane (3 times *Mr Olympia*), Arnold Schwarzenegger (6 times *Mr Olympia*), Sydney, 1980.
35 Lindos St Claire — 3rd *Pan Pacific Womens* competition, 1980. Auckland, 1980.
36 John Terrelli — *Mr Best Australia, 1980,* Sydney, 1980.
37 Contestants — *Miss Queen City, 1980.* (First Womens Body-building competition in New Zealand), Auckland, 1980.
38 Robin Pennington — *Miss Queen City, 1980,* Auckland, 1980.

- 39 Mike Ahyek — *Mr New Zealand, 1979* and 1980. Auckland, 1980.
40 John Terrelli — winning *Mr Best Australia, 1980.* Sydney, 1980.
41 Mike Ahyek — posing *Mr New Zealand, 1980,* Auckland
42 Ken Walker — *Mr Universe, Sydney, 1980.*
43 Arnold Schwarzenegger — 6 times winner *Mr Olympia* title, Sydney, 1980.
44 Chris Dickenson — *Grand-Prix* winner, 1980. *Mr Universe, Mr America,* Auckland, 1980.
45 Tony and Debbie Emmott, Sydney, 1980.

- 46 Tony Emmott — *Mr Great Britain, Mr Universe.* Bondi Beach, Sydney, 1980.
47 Chris Dickenson, Auckland, 1980.
48 Sonny Schmidt, Auckland, 1980.
49 Contestants — *Mr Junior Pan Pacific, 1980.* Auckland, 1980.
50 Brent Hamilton and Paul Huigendyke, Wellington, 1980.
51 *The Muscle Factory* window, Auckland 1980.

MR OLYMPIA

By Peter Hardwick, President of the New Zealand Body Builders Federation

To the competitive Bodybuilder or Bodybuilding enthusiast a holder of the "Mr Olympia" is held in the highest esteem. Merely to compete in a "Mr Olympia" is an achievement in itself. To qualify one must have held a World Championship title or placed in the top three of the prestigious "Grand Prix" Professional Bodybuilding Circuit. This annual event consists of a series of five contests spread over a period of several weeks in which the world's premier Bodybuilders compete for over \$30,000 prize money and the opportunity to gain the coveted "Mr Olympia" title and its \$50,000 purse.

Preparation for competition in the "Mr Olympia" can commence up to a year before the event. Already possessors of impressive Physiques these Champions set themselves the spartan regimen of exercise and diet required to "fine tune" their bodies for this contest.

Daily workouts in the gymnasium using weights, machines and pulleys become twice daily workouts of increasing intensity as the contest draws closer. Two to three-hour workouts, both morning and afternoon, six days a week are not uncommon for up to two months or more before such contests. The body is divided into sections of muscle groups, each workout designed to exercise one such group to its limit while the other sections recover from previous intensive sessions.

To enable the body to take full advantage of this enormous workload the Bodybuilder pays strict attention to his

diet. Not for him are the fatty "junk foods", super sweet soft drinks, white flour and sugar products. Everything that his body consumes must have its purpose and fit his master plan in this quest for the Perfect Physique.

During the early stage of his preparation the contestant will be on a high protein-moderate carbohydrate diet designed to supply his muscles with the large amounts of protein required to enable them to grow and recover from the heavy workload placed upon them. The carbohydrate is required as fuel to power these intense workouts and enable him to sustain his heavy schedule. The protein in his diet is mainly derived from chicken, fish, organ meats and cottage cheese. The carbohydrate comes in the form of natural sugars from fruit, salads, vegetables and honey. Food supplements, such as soya and dairy pro-

teins, dessicated liver and high dosages of vitamins C, E and B Complex, are also an important ingredient of the diet programme.

Just as a Bodybuilder varies his training programme as the event draws closer so he varies his diet. Slowly, over a period of several weeks, he reduces his carbohydrate intake, forcing his body to draw on its own reserves of fat to use as fuel to power the now twice a day intensive workouts. As this bodyfat is absorbed a subtle change takes place in the physique. The muscles become more clearly defined, appearing denser. As the smooth layer of subcutaneous fat under the skin melts away smaller muscles, often not even apparent on the average body, come into prominence while individual muscle fibres become noticeable as striations across shoulders, back and thighs.

In the two weeks prior to the contest the Bodybuilder will be down to a nil carbohydrate diet of chicken, fish with only water or black coffee being drunk. His total daily calorie intake for the week prior to the contest may be as low as 800 calories while still maintaining a daily intensive workout programme. His liquid intake at this time is also gradually reduced until often no liquid at all is taken 48 hours prior to the contest.

When the bodybuilder steps on to the posing podium at a "Mr Olympia" contest the physique that he presents is the end product of months of scientific planning and training, professionalism, courage and determination.

It takes a truly *Olympian* effort to take the "Mr Olympia" — The *Ultimate Contest*.

Alastair Grant

Biography

Born Oamaru NZ 1938, Educated Waitaki Boys' High School and Otago University. Admitted to Fellowship of the Royal College of Surgeons of Edinburgh 1970. Still married, one wife..

Previous Exhibitions

Vietnam Revisited

Auckland Public Library 1973

Govett Brewster Art Gallery, 1974

Eight Girls

Govett Brewster Art Gallery 1975

Taranaki Perspective

Galerie Legard 1976

Barry Lett Gallery 1977

Govett Brewster Art Gallery 1978

Urbs and Suburbs

New Vision Gallery, 1977

Various Exhibitions with Fiona Clark, 1979



Photographs

Images from The Kampuchean Border

1-6.

Samet Refugee Camp
400 x 500mm

7-20.

Khao-I-Dang Refugee Camp
400 x 500mm

21-22.

Border Settlement
400 x 500mm

23-25.

Mak Mun Refugee Camp
400 x 500mm.

An article by Frances Ross backgrounding the Red Cross Society's involvement in Kampuchea and on the Thailand border.

October 1979. A statement is issued simultaneously in Geneva, headquarters of the International Committee of the Red Cross (ICRC), and New York, Unicef headquarters.

"The International Committee of the Red Cross and the United Nations Children's Fund, in co-operation with the World Food Programme for food supplies, are undertaking a joint emergency relief programme to provide food, medical and other urgently needed supplies to an estimated 2.5 million people, including 700,000 children and sick persons, in extreme need in Kampuchea.

"Help is also being provided under this programme to civilian populations seeking refuge in Thailand from fighting in Kampuchea.

"The organisations have been co-operating with authorities in the area for the past several months and have determined that the first identifiable needs

under this programme will amount to \$111 million over the next six months.

"Our representatives, through their own observation and in discussion with the authorities there, have identified food and health care as the major areas of need. It is reported that 80-90 percent of children are severely malnourished. Malaria, dysentery, intestinal parasites and respiratory diseases are epidemic and have taken a heavy toll of those weakened by hunger. The number of children under the age of five is abnormally low. It is estimated that only about fifty doctors remain to care for some four million persons.

"Hospitals have been stripped of equipment and drugs; where they exist, they are packed to twice their normal capacity. Orphanages are overflowing. Reports are that perhaps only 10-20 percent of the land normally under cultivation has been planted for the country's major harvest period at the end of the year and rice is in such short supply that little if any will be available for the forthcoming planting season."

The statement went on to outline the components of one of the largest emergency relief programmes of recent years and

to appeal for aid. Estimated food needs for the ensuing six months were 165,000 tons, effective distribution of which called for a strengthening of the country's logistical capacity. Accordingly the ICC/UNICEF airlift, which had commenced after protracted negotiations with the authorities in Phnom Penh at the end of July, was flying in vehicles and handling equipment as well as food, medicine and surgical supplies.

The ICRC also required personnel, to organise and supervise the distribution of relief supplies and to augment the country's sadly depleted medical corps.

The desperate plight of the Khmer people in 1979 was the outcome of many years of political upheaval and repression.

In 1970, while out of the country on a visit to Moscow, the head of state, Prince Norodom Sihanouk, was overthrown by an American backed coup which installed Marshal Lon Nol as leader. Prince Sihanouk, by this time in Peking, responded by announcing the formation of the Royal government of the National Union.

Meanwhile the communist or Khmer Rouge forces active since the 1960s battled with government troops until April 1975



when they captured Phnom Penh, and a new government under Khieu Samphan was installed. Much of the real power, however, lay with the secretary of the communist party, Pol Pot.

Five years of civil war had left many dead and the country's predominantly agricultural economy in ruins. Pol Pot aimed to set up a national irrigation system, thereby increasing the country's

ricecrop, as a prelude to self-sufficiency.

He was also determined to suppress all opposition. Mass graves uncovered since the regime's end bear witness to the systematic and ruthless elimination of the professional classes, intellectuals, soldiers and their families, and many others deemed enemies of the government, by the Khmer Rouge.

The population of Kampuchea by mid-1979 was estimated at four million people. In the mid-sixties it was believed to be close to seven million.

The Khmer Rouge were also engaging in periodic border skirmishes with their hereditary enemies, the Vietnamese. On Christmas Day 1978, the Vietnamese invaded Kampuchea and within a year had established a new government under Heng Samrin. As the Khmer Rouge moved back towards the mountains in the South-West they burnt the unharvested rice crop and by mid-1979 earlier predictions of famine had become a reality. The country was starving.

After efforts lasting many months to get a relief operation going inside Kampuchea, an ICRC delegate, together with a UNICEF representative, finally managed to

visit Phnom Penh in July 1979. Although they were not able to stay they were able to confirm the enormous need for assistance within the country. After further negotiations permission was received to send in relief goods by plane and on August 8 the first of a series of flights from Europe began. Subsequently permission was obtained to send in a relief flight every eight-ten days, until a daily airlift was inaugurated from Bangkok to Phnom Pehn in October.

Meanwhile it had been agreed with the Thai authorities that ICRC and UNICEF working together under the same joint programme as in Phnom Penh would begin to give food and medical assistance to groups of Khmers living at the border.

By the end of May 1979 at least 80,000 Kampucheans had crossed into Thailand to escape the fighting inside Kampuchea and to seek food and medical aid. They were classified as illegal immigrants, and established themselves in makeshift shelters along the border.

As the rain season drew to an end, Vietnamese-led forces in Kampuchea renewed their push against the Khmer Rouge in the west. In the middle of October

tens of thousands of Kampucheans crossed the border, in an advanced state of malnutrition and disease. After a visit to their temporary encampments the Prime Minister of Thailand, in a reversal of previous policy announced that Kampucheans fleeing the effects of war would be granted temporary asylum in Thailand until such time as the situation in their own country returned to normal.

Three holding centres were established, and the ICRC/UNICEF programme on the border swung into top gear. An appeal went out to all national Red Cross societies for money, and for medical personnel to implement the programme.

The New Zealand response was rapid and generous. The New Zealand Society immediately launched an appeal for \$100,000, and raised over a million dollars. By the end of December the Society had fielded three teams, each consisting of a doctor and four or five nurses, as well as sending funds to the ICRC to be used for the purchase of food and medical supplies.

The immediate problems faced by the medical teams were malnutrition and hunger related diseases. New arrivals

were thoroughly screened as doctors and nurses identified malnourished children in the crucial 0-5 age group, checking for contagious diseases, and providing special care for expectant and nursing mothers. The refugees in the most urgent need of special food were immediately placed in supplementary feeding centres.

Subsequently the New Zealand Red Cross Society has fielded some 56 medical personnel to work with Kampuchean refugees on the Thai-Kampuchea border. As the immediate problems became less urgent, the teams were able to devote more time to public health and sanitation programmes, as well as training local personnel to implement basic health and welfare measures.

Last October's prospect of another 2.5 million Khmer deaths has now been averted but the refugee's plight is one with which the New Zealand Red Cross must continue to concern itself. There are still 150,000 refugees in camps on the Thai-Kampuchea border, dependent on the Red Cross/UNICEF relief programme for their survival. Having saved them from death, we cannot now deprive them of the means to live.

Dulux Awards encourage higher standards for New Zealand journalism

The 17-year history of the Dulux Journalism and News Photography Awards has seen many of this country's more prominent journalists and newspaper photographers featuring in the prize list.

Among those who have won Dulux Awards are the current editor of the Listener, Mr Tony Reid, former Dominion editor Mr Jack Kelliher, prominent political columnist Richard Long, well-known Auckland Star writer Noel Holmes and satirist Tom Scott.

As New Zealand's leading journalism competition, the Dulux Awards provide an accurate reflection of the country's recent history and stories on the Kaimai tunnel disaster, Wahine sinking, Inangahua earthquake, Strongman Mine collapse and the overstayers issue all won prizes.

The list of judges for the awards also tends to read like a who's who of New Zealand journalism with broadcasting chairman and author Ian Cross frequently acting in the judging role. Veteran Wellington suburban newspaper publisher and public relations consultant Maurice Kitching has acted as a judge every year since the awards inception in 1962.

Journalists and photographers who are successful in the awards gain considerable kudos and there is no doubt this enhances their career and promotion prospects.

The Prime Minister (Mr Muldoon) presented the 1979 Dulux Awards at a recent function at Wellington's James Cook Hotel. He took the opportunity to address a media audience on an assessment of the degree of bias in daily newspaper editorials. As usual Mr Muldoon's speech was hard-hitting, containing a claim that almost twice as many editorials were anti

the National Government as were for it.

In fact there is quite a record of political media speeches at Dulux Award presentations over the years with new Labour Deputy Leader David Lange and Australian union leader Bob Hawke both making a contribution.

Dulux Photojournalism Awards

Photographs:

Photo size approx. 500mm x 700mm

News

WINNER: Brett Richardson, Evening Post,
Train Crash.

SECOND: Barry Durrant, The Dominion,
Mouth to Meow.

THIRD: Trevor Coppock, Auckland Star,
Motorway Head-On.

Portrait

WINNER: Geoff Dale, New Zealand Herald,
Maurie Davis.

SECOND: Ian Mackley, Evening Post,
Battered Boy.

THIRD: Trevor Coppock, Auckland Star,
John Pertwee.

COMMENDED: John Selkirk,
Dominion, Arthur Allan Thomas and
Father.
Murray Job, Auckland Star,
4-year-old Refugee.
Ross Giblin, Evening Post,
Armed Against the Weather.

Feature

WINNER: Merv Gaston, Daily News,
Daring Young Dogs.

SECOND: Don Roy, The Dominion,
Taking It On The Chin.

THIRD: Vicky Wardell, Auckland Star,
Mayoral Couple at Centenary.

COMMENDED: Merv Griffiths, Evening
Post, Dramamine Weather.

Sport

WINNER: Trevor Coppock, Auckland Star,
Shot Put.

SECOND: John O'Brien, The Dominion,
Onny Parun.

THIRD: Owen Jones, Southland Times,
First Test — Carisbrook.

COMMENDED: Ross Setford, Sunday News,
Flying Cricketer.

Rex Rattenbury, Auckland Star,
Amazing Somersault.

John Sefton, New Zealand Herald,
Whippets.

Murray Job, Auckland Star,
The Winner.

Best overall winner

Geoff Dale, New Zealand Herald,
Maurie Davis.

