

TAKE



Dayna Galloway

Julia Bloore chats with one of the most popular past-presenters of children's television ...

Dayna Galloway (née Vawdrey) is most well-known for her role as co-host of TV2's *Studio 2*, which aired from 2004 to 2010. But it's not the only piece of info worth knowing about this fine young lady. *Grapevine* decided to probe past the TV personality and find out more.

1 Let's just get straight into it: tell us one thing about yourself that people would be surprised to know.

DAYNA: Something that hardly anybody knows about me is that at the beginning of last year I started to suffer a little from anxiety. I'd been contracting for a few years, and was juggling so many different jobs it ended up being quite stressful. It made me realise that I needed a little more routine in my life and that it wasn't a good idea to take on so many small projects. It also made me appreciate how important great mental health is – and what a blessing it is to have peace in your everyday life.

2 What's your favourite childhood memory?

DAYNA: My mum is kind of my favourite memory ... she's woven into so many of my childhood recollections. She used to leave notes for me in my school lunchbox, and take me and my friends to One Tree Hill where she'd run a scavenger hunt for us. She also used to take me on spur-of-the-moment road trips. Mum was awesome.

3 Tell us about the highlight of your career so far.

DAYNA: Presenting *Studio 2* for seven years was so much fun. Two of the girls that I worked with went on to be my

bridesmaids! So I'm thankful – not only for the incredibly rewarding work, but for the friendships that were formed over those years, too.

4 Do you have an all-time favourite photo?

DAYNA: I got married nine months ago and am still very much in love with our wedding photos. Thanks Bayley & Moore!



5 What are the three most important things in your life?

DAYNA: I have a few things that I find incredibly important. Peace, hope and love are probably the top three. But I would also like to add purpose into the mix. In my own life I get these things through my faith, through my husband and through my community of family and friends. (If I was to add a fifth, it would be cups of tea. They're right up there!)

6 Do you have a joke that guarantees a laugh?

DAYNA: Ha ha! I worked in kid's television for over seven years, so my jokes tend to result more in the rolling of eyes than actual out-loud laughs! Ummm ... *What did the cheese say when it looked in the mirror?* Answer: *Halloumi!*
(See – case in point!)

7 Tell us about a New Year's resolution you've made in the past. Succeeded? Failed?

DAYNA: In 2013 I made a New Year's resolution that I wanted to do more hiking, because I used to go a lot as a kid and really enjoyed it. Within a month, I was taking on the nine *Great Walks* around New Zealand for a new job – so success!

8 Where were you 10 years ago? Where would you like to be 10 years from now?

DAYNA: Ten years ago I was just 23 (sigh) and presenting *Studio 2*. I loved it and was enjoying all of the perks that came with the job.

In 10 years' time, I really hope to still be loving whatever I'm putting my time into ... which would ideally be a few mini-me's!

9 Give us one piece of advice that you'd give to your 20-year-old self.

DAYNA: Well ... I do wish that the 20-year-old me had saved a little more! That would be useful! But I think, more importantly, I'd say, "Trust your decisions and go with your gut. You're doing a great job and the 33-year-old me is proud of the 20-year-old me!"

10 You're coming up to your first wedding anniversary: what's your best piece of marriage advice?

DAYNA: I've found that when I want to critique my dear husband (which of course is hardly ever) I ask myself, *Is it kind? Is it necessary? Is this the best time to bring it up?* So far that advice has proved really good for me ... but, I'm sure, even better for my husband!

Maybe ask me this question again in 10 years' time! ❁

