



## Mr Mac's perfect life

by Jacqui Taylor-Reid

**T**he construction industry and big machines have been part of Alistair McIntyre's life since he went to work in the holidays with his dad when he was five.

His love of the construction industry has dominated his life, from his time working in the industry to his new venture, writing a book about Doug the Digger and sharing his passion with schoolchildren.

"I've always been a physical kind of guy, working hard, hands on," he says. But the mid-90s saw him involved in a horrendous accident when he got crushed between a building and a truck. His arm and shoulder were severely injured and Alistair found himself having to re-think what he was going to do with his life.

"I had a dream of writing a book and I had to face my fears and go for it."

The result was a picture book designed

with the pre-school and primary school-aged child in mind.

"I was not what you'd call a scholastic person and so at times it was really hard work."

He now takes the book into schools, sharing his story with the children and explaining to them the process of writing a book. He talks about the importance of writing and spelling and hopes to instil a love for reading wherever he goes.

"With the pre-schoolers we talk colour and having fun and a lot of children that age love diggers and trucks. With the primary-aged children we talk about the process of writing and the joy of achieving goals and succeeding. Mr Mac, as he is known, also goes into high schools as part of an Infratrains initiative to encourage school leavers to consider a career in the infrastructure industry, as well as following their dream.

Alistair also finds time to raise money for community projects and spends a lot of his time travelling the country spreading his message of goal setting, believing in yourself and having pride in your achievements, no matter what size they are.

"I've learnt a lot myself about setting targets and time management, as well as learning from the past and being positive, and I try to pass these things on to the students I meet. I really love doing this work."

He is working on his second book, and still works as a contractor in Northland. He sees his perfect life as a mixture of talking with children of all ages and getting on to a big digger as often as possible and doing a hard day's work.

**To contact Alistair McIntyre or to find out more about Doug the Digger visit:**  
[www.dougthedigger.co.nz](http://www.dougthedigger.co.nz)