



Alumni Newsletter

School of Physical Education, Sport and Exercise Sciences
Te Kura Para-Whakawai



Issue 1 Semester 1 2015

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Kia ora koutou

Welcome to another informative and lively edition of the School's alumni newsletter.

Philip Ashton Smithells (PAS), the founding Director of the School, is still remembered by several generations of Phys edders whose lives he directly influenced. Even today, the curriculum of the BPhEd degree bears many of Smithells' intellectual hallmarks and in this sense he is a man who warrants knowing. Recently I published an

article about the different ways phys edders might remember Smithells and I am delighted to share this piece with alumni. The article is available at

<http://physed.otago.ac.nz/alumni/mem-pubs.html> I hope some of you will find it of interest.

Professor Doug Booth, Dean

Kia ora rā, koutou katoa.

Good health to you all.

Kia ora Alumni, Staff and Students – Beverley Lawrence, Editor

- ⇒ If you're organising a class reunion, contact the Alumni Office: reunions.alumni@otago.ac.nz who offer a free service including sending invites to classmates, venue and accommodation advice, Dunedin's activities, welcome bags and campus tours.
- ⇒ Our Alumni class photo collection grows thanks to everyone: <http://physed.otago.ac.nz/alumni/gallery/class-photos/index.html>
Elusive years are still out there e.g. 1980s and 90s photos. Post/email to us!
- ⇒ Find long lost friends' contact details and update your contact details: <https://www.alumni.otago.ac.nz/contactalumni>
- ⇒ View previous newsletters: <http://physed.otago.ac.nz/alumni/newsletters.html> AND Alumni Achievements: <http://physed.otago.ac.nz/alumni/alumniachievements.html>
- ⇒ Send riveting news/gossip, events, reunions, photos, PE job websites to pe.alumni@otago.ac.nz
Submissions may be edited to suit the style. Editor does not take responsibility for alumni memory lapses!

Class of 1969 to 1971

Our PE Alumni 46th year Dunedin reunion: 23 – 25 January 2015

"Still doing it after all these years!"

"I'm not sure where 46 years went since we first gathered at OUSPE. The exuberance our class was known for has not diminished and nor has the quality of friendship." says Wendy Dunlop.



View their 1969 class photo at:

<http://physed.otago.ac.nz/alumni/gallery/class-photos/DipPhED1969.html>

L to R:

Back row: Danae Goosman, Jackie Roy, Barb Stewart (née Douglas), Anthea Page (née Berry), Dennis Tindall (McCarthy), Sally Jackways (née Allison), Bev Anderson, Derek Compton (Tickell)

4th row: Jack Dzenis, Di Donnelly (née Myers), Wendy Donaldson (née McCaw), Bruce Vickerman, Ros Lusk (née Howman).

3rd row: Chris Taylor, Nigel Hands, Wendy Dunlop (née Bird), Adrian (Doc) Ward, Annette Compton (née Knight), Kevin Gledhill, Graham Bond, Marion Fink (née Allan)

2nd row: Keith Roberts (Dylko), Kay Sutherland (née Pragnell), Marja Ter Haar, Lissie Hogg, Ray Garrett, Judi Miller, Dave Norriss.

Front row: Rex Thomson, Trevor Sutherland, Maurice Jackways, Gail McBride, Keith Williams



Left: The welcome BBQ would be nothing without the original Camp '69' tee shirt airing. Evidence that one or two still exist!



Infamous 109 Dundas St

Dunedin put on a stunning display of weather for the 69ers' reunion weekend to rediscover their old haunts and hallowed halls. The group stayed at Knox College and were warmly hosted by fellow 69er Maurice Jackways, Head of Salmond College, and wife Sally.

The organisers Adrian (Doc) Ward and David Norriss ensured there were plenty of opportunities to catch up and reminisce (and toast absent friends). Activities included a welcome BBQ held at Salmond College on Friday night, on Saturday a walk past old flatting haunts (infamous 109 Dundas Street) en route to the PE School where they were hosted to morning tea and a session of group photos on 55 Union Street "steps" taken by our photographer Chris Sullivan to mark the occasion. Tours of the Uni, Forsyth Barr Stadium and Unipol were followed by bowls at Opoho Bowling Club and on Saturday evening a fine dinner (and Shirley Bassey incognito!!) at the Grand Hall, Knox College. Sunday's activities were golf, a bush walk through Ross Creek and then it was time to farewell everyone at the BBQ at Knox College. The word on the street was "Roll on the 50th!"



"If anyone was in any doubt, this is evidence that Doc is a mere shadow of his former self." quips Graham Bond (Actually Tall Blacks sent Doc an XX large size). Doc, Keith and Dennis donated their NZ Rep uniforms to the School at the morning tea.



Our more intrepid members ventured into the vast and expansive wilderness ably led by the wonderful 'Sally of the legs that go all the way up to her armpits'

Once a phys edder always a phys edder, even if the widths of the beams have increased ever so slightly.

WALL OF FAME RECIPIENTS 2015

The School was honoured to include two recipients in our Wall of Fame at a surprise ceremony at the May 2015 pre Graduation Ceremony held at the School.



L to r: Grenville Alabaster
DipPhEd 1956 – teacher
and elite cricketer and

Joe Morrison BPhEd 1992,
MPHed 1996 – Siliconcoach
founder.

Read their stories:

[http://physed.otago.ac.nz/
alumni/wof/index.html](http://physed.otago.ac.nz/alumni/wof/index.html)

Professor Ken Hodge DipPhEd (Otago) 1981, MS (Montana) 1984, PhD (III) 1988 ➔ has been appointed by the University to the position of Provost for a 3 year term and took up the role on 30 March 2015. This is an honour for Ken and the School. Ken will deal with matters referred by the University Proctor, involving student offences or alleged offences against the University's Code of Student Conduct, as well as determining appeals against decisions made by the Proctor. The Provost also has the authority to refer offences directly to the Vice-Chancellor.



Congrats to Margie Lazar DPH 2001, MA 1998, who received an Appreciation Award from Otago's Disability Information & Support (DI&S) last November. ➔

As Course Adviser for the School since 1999, Margie works tirelessly to assist our students at course approval time and throughout the year, while teaching the paper Body, Culture and Society in semester two.

The DI&S awards acknowledge individuals who contribute to their vision of working to promote an inclusive environment that celebrates diversity, promotes academic support and empowers individuals with impairments to achieve their full potential while studying at Otago.



➔ Water Safety in New Zealand and Australia Symposium February 2015

Hosted by the School, Symposium guest speakers included expert analysts and policy makers from Water Safety New Zealand and Surf Life Saving New Zealand.

Our School's staff spoke on a range of topics including "Bondi's Black Sunday: The Clubbie as Hazard"; "Moving Competently in Water: What Really is Fundamental?"; "Ngati Porou Surf Life Saving Incorporated: Māori, Empowerment, Water Safety, and Surf Lifesaving"; "One Day a Waka for Every Marae: A Southern Approach to Māori Water Safety"; "River Crossing Revisited: Bushcraft Instructors' Beliefs and Values"; and "Do We Have a Sufficient Feel for Cold Water Immersion?"

View the programme synopsis: http://physed.otago.ac.nz/news/index.html#n2015_01

Contact our staff if you wish to chat about their ongoing research.

Arthur Green (Art) BPhEd 2009 (aka The Bachelor NZ)



We've been captivated by Arthur's (Art) journey over the past few months as the star of the first *NZ Bachelor*, courtesy of TV3, to find "the one" and the woman to receive the final rose. We caught up with Arthur post *Bachelor* now he is back to normal life away from the mansion to find out about his other passions in life.

When Art, who grew up on a farm near Pirinoa, graduated from Phys Ed School he spent 2 years travelling, coaching tennis in the States and a stint managing a gym in a 1000-

man mining village in the Western Aussie outback where he worked 4 weeks on and 1 week off which enabled him "to save a lot of money and pay off my student loan."

How did you become involved with health food venture CleanPaleo? <http://www.clean-paleo.com>

My two business partners, who I met when we were sword fighting action extras on the set of *Spartacus*, started CleanPaleo about a year before I bought into the company and I moved back to Auckland in 2012 to help run it with them. I'd realised that I didn't want to be making money for someone else and that I'd like to be my own boss. With a huge interest in health, CleanPaleo was exactly the type of business I wanted to have to enjoy doing something meaningful and positively impacting people's life through health.

Its philosophy?

CleanPaleo is all about creating the highest quality, and most delicious Paleo packaged foods.

How's the venture going?

From a business point of view, CleanPaleo is going from strength to strength. Every month is a new record and a new milestone. Personally, I'm loving it because it's challenging, exciting, fun, and I'm learning new things every day.

For fun ...

I exercise regularly at Ludus Magnus gym in Auckland which is all about function, body strength and fitness. I play tennis, touch rugby and like to socialise with friends as much as possible. Martinborough is home base and a place to "chill out" with a spot of fishing, paua diving or duck shooting.

How is life post Bachelor?

Life is slowly coming back to normal. I'm able to put more time into the business which is great. People recognising me in the street is probably the weirdest way in which *The Bachelor* has changed my life. I'm still exactly the same person but now it's like everyone thinks they know me. I'm very happy with how everything has turned out, I met Matilda and things are going really well.

CleanPaleo



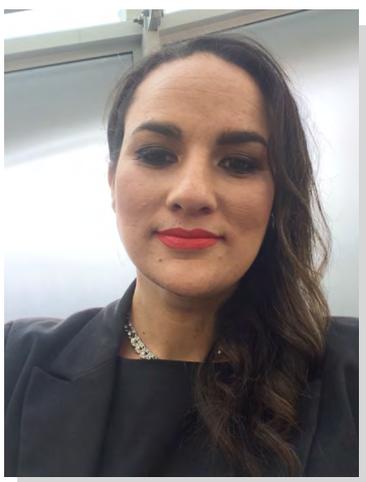
Art and colleagues at the Go Green Food Expo in Auckland, April 2015



Art in workout mode at an Auckland park 2015

Like father, like daughter

Katarina Williams BPhEd(Hons) 2004 and Dr Tupu Williams DipPhEd 1981



Katarina 2015

Even though Katarina initially followed in the footsteps of her father Dr Tupu Williams DipPhEd 1981 who always spoke fondly of his time at Phys Ed School, she knew her footsteps would ultimately lead her to become a sports lawyer, sports player agent or a sports journalist. It was the latter career choice that won her the accolade of being recognised as one of New Zealand's top sports journalists at the 2014 Sir Terry McLean National Sports Journalism Awards dinner in Auckland last November - the country's top sports radio prize.

At Phys Ed School Katarina says "I focused all my attention on doing the honours programme to give myself the best shot at getting into journalism school, venturing into the unknown, because at that time no one had been accepted to the University of Canterbury's post graduate journalism course from Phys Ed School.

Since then, I've worked as a sports journalist for the *Daily Post* in Rotorua, and the *Herald on Sunday* before starting my current job in Auckland as a broadcast journalist at RadioLIVE - where I've been for about 5½ years. I'm now working as a reporter on the new Paul Henry breakfast show on TV3 too!

Alongside reporting in both news and sport, I get to work as a sub-editor and chief reporter in both departments. My job as a sub-editor, checking stories before they go to air, requires a cool head because,

quite often, stories are still being written right up to deadline. As chief reporter I look after the journalists across the country, set tasks, give feedback and direction, as well as coordinating story ideas from our Auckland newsroom.

I've been a top-three finalist for Best Individual Sports Journalist at the New Zealand Radio Awards in 2013 and 2014 and this year, I was a finalist in the Best Journalist - News or Sport category."



Tupu at his PhD graduation ceremony at Massey University in March 2014.

Tupu's research focussed on one of his tūpuna (an ancestor) from 1820 to 1882 who originated from Taupō-nui-a-Tia.

Katarina's father Tupu says "I was the first member of my family to attend Otago University and had quite the rugby rivalry with Ken Hodge. I'm Head of Māori Language and Director of Māori Achievement at St Bernard's College, a boys' secondary school in Lower Hutt. I had a two year stint out of the classroom in the late 80s/early 90s writing policy and doing research work for NZQA, otherwise I've taught most of my working life.

I'm passionate about family and church, collecting whakapapa and family history, strengthening my own command of Te Reo Māori; reading, music and travel. After I finished competitive rugby, I competed in triathlons. I still keep fit by running and swimming at least five times a week. It's been a way of life for me for so long." <http://physed.otago.ac.nz/alumni/gallery/class-photos/DipPhED1977-1979.html>



A Perfect Match Bradley Simpson BPhEd 2001, BSc 2002

influxHq

Bradley's current role at Influx is the perfect match for someone who understands the needs of the fitness industry combined with an understanding of technology.

Bradley's skills were what the founder of the company was seeking and which won him the role.

Based in Wellington, Bradley says "I run everything that doesn't involve computer software development: revenue, partnerships, marketing and looking for future trends and software needs. I spend all day talking to people who own or manage fitness businesses (just like me - who are fitness minded), so I love it!"

Influx makes simple to use fitness software. It manages members (accounts, memberships, and communications), and has a simple to use integrated booking app for hands-off management of group fitness classes: <https://influxhq.com>

"We've tripled in size in the last nine months so it is very exciting to be part of something growing so fast. We now have thousands of fitness minded people using Influx and we're adding dozens every day."

"My PE degree was the foundation on which I have done everything since." He acknowledges his most valuable asset since he graduated has been applying his degree in the industry as a PT/Instructor and working in and visiting various gyms in NZ and Canada, at the Royal NZ Police College and aboard a cruise ship. "Understanding the challenges gym owners and managers face is critical to my role – and not something you can fake."

"If you're interested in working for a tech company, you have perseverance and you're prepared to learn, there are opportunities. One of the great things about working in tech is that it is easier to scale than other businesses many people working in the fitness industry are used to. We can deliver a service to clubs that gives them the feeling of a one-on-one experience –

but to hundreds of clubs in every town and city in New Zealand at the same time.

In the future we want to meet more fitness business owners and let them try our product – both here and overseas.

I keep in regular contact with a handful of Otago grads. Not many are in Wellington – most have fallen in love with people or jobs overseas (US, Canada, UK, Australia, Japan ...), so I have to get by on yearly catch ups!" In any free time I have, besides typical things like travel, I like visiting sports stadiums and gyms. I'm lucky I have a job where I do both often."



Bradley biking with his boys in Martinborough: Lucas (4) and Oliver (2).



L to r: Peter Wardell BPhEd 2001, BCom 2003 and Bradley in Oriental Bay, Wellington with their oldest children: Luka and Lucas. Pete is the Director of Business Development at Chandos Construction in Edmonton. After they both went on University exchange in 2000 at the University of Alberta, Pete met a Canadian girl and has been living over there for the last few years.

A superlative role model

Virginia Le Bas BPhEd 1984, PGDipSportMed 2001

During a 24-year police career leading some of Canterbury's highest-profile criminal cases, Virginia (Ginny) has recently been promoted to Detective Superintendent, based in Wellington, as the National Manager Organised Crime. She is the first ever female to hold this rank in the New Zealand police.

Her dedication to duty has been recognised by the Police when she received a Long Service Star for 21 years' service and a Commissioner's Commendation for commitment, professionalism and dedication to duty in the Canterbury District in 2014.

As a superlative role model for women in the police force, Virginia diversified from teaching physical education at Cashmere High School to joining the police force in 1991. She spent 18 months on the front line before joining criminal investigations (CIB) where she spent five years as a detective. Other roles have included Detective Inspector in the Canterbury District for 4 years and, before commencing her new role in May, Virginia was Acting Crime Manager Canterbury for seven months.

What qualifications are required to be accepted into the police force?

The selection process gathers a cross section of people from the community so there is a high level of qualification but certainly life experience and a person of "good character" are qualifications. My teaching qualifications serve me well as teaching is focussed around leadership and development of people. The physical education studies I undertook at Otago had a lot to do with development of people, with prevention through exercise. The NZ police have a strategy of prevention first "a be safe, feel safe community".

What does your new role comprise?

My new role is managing (nationally) strategy and implementation and investigations to combat organised crime along with building inter-agency capacity and

capability.

What do you enjoy most about working in the police force?

There are many jobs and opportunities to move around within this organisation and take promotion. The challenges within policing are exciting and there is so much scope to be creative and have vision – it's working in an arena that doesn't stand still!!

Why do you think more women should be in the police force?

(Figures show women comprise 20 per cent of sworn police, but account for fewer than 10 per cent of commissioned officer positions, meaning they are inspector or above.)

Policing is dynamic and diverse so people working in policing need to have these attributes. In my experience, women and diversity have a positive impact on policing enhancing relationships with the community leading to increased public trust and confidence to work together to have a safe community.

Highlights of your career?

I have a strong sense of satisfaction in solving a crime and providing answers to the victims and their families and "doing a good job" by improving someone's life and providing them a direction to remove themselves from the crime cycle permanently.

For fun ...

Every day I bike to work and will incorporate a ride, a run or swim into my day. I enter long distance mountain bike or road cycle races with partner Bob, a long distance cycling crazy man who was also in the police until recently. Over the past 4 years we've travelled to Europe touring on our bicycles for up to 8 weeks at a time experiencing the most amazing scenery and physical challenges.





Successful SSentif
Peter Owens
BPhEd 1991

SSentif Intelligence

Take a word and reverse it, develop a software system and adapt it and Pete has created a recipe for success with his software company SSentif. Ten years ago in 2004, Pete founded a company called SSentif (the word fitness turned around, or Turn your fitness around) in England. <http://www.ssentif.com/>

In the 1990s when Pete was a national fitness consultant to New Zealand Golf, he originally developed a software system called Golf-Fit. When Pete moved to the UK, he started from scratch and built on the principles from Golf-Fit using the latest technology to make the system available to a wide range of data types and to an unlimited market.

Pete says "We built our own software system originally for the fitness world to help increase and motivate players' fitness levels. We had clients like USA Cycling and the Scottish Institute of Sport but found we couldn't financially sustain it so we switched to putting health data into our powerful system and have never looked back. My English wife Judy runs it and I do whatever she says!"

Based in Leeds and another office near Birmingham, Pete says "We help the National Health Service (NHS) Hospitals, Mental Health trusts, Clinical Commissioning Groups and Local Authorities allowing them to benchmark their performance with other 'like' organisations and fine-tune their spending/forecasting.



L to r: Judy and Pete at the Captain's Hawaiian Charity Dinner, Moortown Golf Club, nr Leeds, England, 2014

We've recently been employing students while they are completing their Masters and PhDs and they love it, using cutting edge technologies and getting valuable 'real world' experience while doing their studies – beats flipping burgers (so they tell us).

We're a relatively small company but certainly pack a powerful punch in the marketplace. Amazing crossover really, in that looking after an individual's fitness and health is the same principle for an organisation's state of health. All this happened quite by accident but started with its roots in Otago Phys Ed!"

Ed!"

Asked how he met his wife, Pete jests "Not sure what she saw in me, perhaps it was my Kiwi charm (or oversized hairy feet) that swept Judy off her elfin feet 12 years ago when I met her at work at the NHS."

For relaxation, Pete maintains a sharp golf stroke

playing off a 2 handicap at the historic Moortown Golf Club (first Ryder Cup venue in Britain) where he is scratch team captain. Pete feels that "Both England and NZ are home for us. Who knows, we may end up back in the Shire, Middle Earth (aka Matatmata), where my parents live."



Pete at Cypress Point Golf Club, September 2013. Holes 16 & 17. (16th Par 3, 222 yards over water, all carry). "Great fun!"

Our talented researchers !

Dr Michael Kraakman BPhEd(Hons) 2008



When Michael visited the School with his Austrian wife Kerstin in March to show her "where it all started at the PE School" we chatted to him about his PhD and further research he undertook at the Cellular and Molecular Metabolism Laboratory at the Baker IDI Heart and Diabetes Institute in Melbourne.

Since January 2010 Michael has been researching and working (3½ years of which he was undertaking his PhD) with Professor Mark Febbraio, head of the Laboratory, on the role of inflammation in linking obesity with the development of type 2 diabetes.

Michael says "I found out about Mark Febbraio through [Assoc Prof Nancy Rehrer](#) and [Assoc Prof Jim Cotter](#) who recommended me to him. Before I got accepted into his Lab, I met Mark in Christchurch when he came over for a conference. It was important to touch base with him to build a rapport. I then applied for, and received an Australia Postgraduate Award (APA) which provided a stipend (living allowance) for 3½ years. From my experience, New Zealand students are considered as high quality which improves your chances of obtaining these awards."

"My research focussed on the role of one inflammatory hormone (interleukin-6) in linking obesity with the development of type 2 diabetes. We

looked at this hormone because it is elevated in the blood of obese people and was thought to cause damage to other organs leading to type 2 diabetes. While my research has revealed that this hypothesis is not as robust as once thought, we were able to discover a novel role for interleukin-6 in regulating another immune process - white blood cell movement into obese adipose tissue."

Michael and Kerstin are travelling around NZ and South East Asia for a couple of months to chill and recharge before heading to New York where he will start his postdoctoral research at the prestigious Columbia University with Dr Domenico Accili, a world leader in type 2 diabetes research.

Sounds like they will be busy in New York checking out the music, sports and food scene as well as taking the opportunity to explore the rest of the USA.



**Evelyn Parr BPhEd 2007,
BSc 2009, MPhEd 2010**

Michael's other Phys Ed colleagues are also conducting research in Melbourne. [Paddy Dempsey BPhEd 2009, MPhEd 2012](#) is also at the Baker IDI Institute (*refer to [Phil Hancock's article](#)*).

[Evelyn Parr](#) at the Australian Catho-

lic University (ACU) in Melbourne says she is undertaking research and one of her supervisors is Professor John Hawley (who is Phil Hancock's brother in-law, another connection with Otago!).

Evelyn says "My PhD research is looking at the combined role of nutrition and exercise on the maintenance and regulation of skeletal muscle mass."

SPOTLIGHT ON: DR PHIL HANDCOCK BPhEd 1980, PhD 2003

RESEARCH INTO POLICE FITNESS TESTING



Phil Handcock recently presented some of his research findings at the 2014 International Association of Chiefs of Police Conference in Orlando, Florida.

Phil, a senior lecturer in exercise prescription and conditioning at the School, was reporting on contract research that he and [Paddy Dempsey BPhEd 2009, MPhEd 2012](#) completed for the New Zealand Police. Phil says "Our research examined the validity of the Physical Competency Test (PCT), a fitness test used by the NZ Police since 1986. The PCT is an obstacle course that involves a number of physical tasks associated with law enforcement work. Paddy also completed his

master's research (co-supervised by [Assoc Prof Nancy Rehrer](#)) examining the effect of stab resistant body armour (SRBA), as worn by NZ Police, on physical performance." Coincidentally, the last research on the PCT was completed back in 1988 by the former Dean of the School and Phil's PhD supervisor, [Emeritus Professor Les Williams DipPhEd 1961](#).

"The research involved physiological monitoring of police personnel as they completed the PCT obstacle course, with testing conducted in Dunedin and Auckland. The main findings were that the PCT is a strenuous and provocative test of fitness and functional ability. The research identified some issues around the test allowances for age and gender and highlighted the importance of maintaining good aerobic fitness and body weight throughout a law enforcement career."

The research enabled Phil to reconnect with a number of Physical Education graduates working with or within the New Zealand Police. These included [Andy Montgomery BPhEd 1995, PGDipRehab 2002](#) in Dunedin, [Pete Wells DipPhEd 1980, PGDipSportMed 2000](#) and [Graham Wallwork DipPhEd 1974](#) in Wellington, [Bradley Simpson BPhEd 2001, BSc 2002](#), formerly at the Police College in Porirua, and [Nicki Glintmeyer BPhEd\(Hons\) 2000](#) in Palmerston North.

Law enforcement officers [Jared Kirk BPhEd 1998](#), [Karl O'Dowda BPhEd 1993](#) and [Laura Blackie BPhEd 2005, BA 2005](#) were also involved in the research.





Phil and Paddy's research has been well received both nationally and at the International Police Chief's conference. Phil says "It turns out that the NZ Police are the envy of police forces internationally, being one of the few jurisdictions that has regular mandated fitness testing for their law enforcement officers. At the conference there was a lot of interest concerning the validation and standards surrounding testing and the response of the Police Union to assessments. Nationally the research has prompted some changes with the New Zealand Police and administration of the PCT."

Phil notes that the New Zealand Police were an excellent organisation to work with, and that the project really challenged the broad domain that many of us know as physical education.

Most of Phil's previous work and research has been with rugby union, a sport where the participants are relatively similar physically, and fitness testing and player selection/non-selection is routinely accepted. Phil says "For the context of the PCT we had to understand the contexts of gender, age, the different body shapes and sizes, and fitness levels of law enforcement officers. Any testing also needed to be cognisant of legislation, employment law, and satisfy the NZ Police Human Resources Group and the Police Union – imagine that in rugby union! While we were not involved in any of the subsequent police internal decision making, our report certainly had to consider those broader issues."

A lot of this research experience has now found its way into Phil's teaching. He says "We're using hypothetical scenarios from the PCT in lectures and labs for both my exercise prescription and my athletic training and condi-

tioning papers. These are proving ideal for exploring functional tasks, safety and risk, gender, ageing, exercise prescription and conditioning, and fitness testing attributes. Our students seem to enjoy and respond well to this novel test and the issues faced. The results from both studies have been presented at several conferences in Australia and the USA. Paddy has published two papers from his SRBA research and we are presently preparing a PCT paper for publication."



Paddy Dempsey

Paddy is just starting the 3rd year of his PhD at the Baker IDI Heart and Diabetes Institute in Melbourne.

Paddy's PhD studies focus on understanding the potential for the preventing and managing type 2 diabetes and cardiovascular disease through reducing or breaking up sedentary behaviour.

At the Hub of things Sam Mepham BPhEd 2013



A dual passion for helping young people and for football motivated Sam to pursue and win his role at Oasis Hub Waterloo in London as a Hub Athletic Development Worker.

After Sam graduated

in December 2013, he saved money working for a builder to embark on his OE touring Brazil and attending five World Cup Football matches, arriving in London in July 2014 to begin his job hunt.

Sam worked temporarily at a primary school working with children with behavioral/learning difficulties before he spotted his current role at Oasis.

Sam recalls "It just popped up on one of the search engines I was using. It looked like an incredible opportunity. I started the job in October and I'm beginning to feel pretty comfortable. I head up a youth project in Waterloo called Hub Athletic, which is part of a large Christian charity called Oasis

<http://www.oasischurchwaterloo.org/football>

We work in partnership with Oasis South Bank Academy and Oasis Johanna Academy, the local primary and secondary schools.

At Hub Athletic we use football as a tool to engage and connect with local young people

in the Waterloo area. The young people we deal with are vulnerable to issues that come from living in an inner-city community. Our job is to provide a safe and inclusive environment that helps them to prepare for life on and off the field.



Hub Academy 5-aside. Sam back row far right with a group from Hub Athletic Academy who participated in a London wide 5-aside 2015.

We do this by engaging them in weekly training sessions and league matches but also by providing face time with youth workers, opportunities to develop their character, employability skills and also to gain coaching badges.

Over all our projects we engage with about 100 young people aged 11-24.

I have 13 months left on my visa and I intend on seeing that out. After that I'll see what opportunities

come up – maybe back to the southern hemisphere."

For relaxation Sam says "I love getting up the White Hart Lane stadium to watch Tottenham Hotspur play. After years of watching them on TV, it's fantastic to be able



Life leaders group photo. Sam front row far right. A group of Hub Athletic seniors on a trip to Barclays headquarters for an employability workshop 2015

to see them live. During the winter on a Sunday afternoon one of my favourite places is a nice pub with friends, having a roast and watching football – the perfect way to end the week."

Dr Lindsay Carter DipPhEd 1952, Dr Patria Hume PhD 1998 and Janet Davidson DipPhEd 1953 (née Brown)



Lindsay and Patria, Auckland, 2015

When an alumni has a Clinic named after him we like to boast about it. [Dr Lindsay Carter, DipPhEd 1952](#), currently Emeritus Professor at San Diego State University, having taught there for the past 44 years, visited Auckland University of Technology (AUT) in March, where he has the honour of having the J.E. Lindsay Carter Kinanthropometry Clinic and Archive named after him.

Lindsay caught up with colleague and fellow alumna, [Dr Patria Hume PhD 1998](#) at the AUT 2015 International Society for the Advancement of Kinanthropometry (ISAK) course where he shared some of his vast anthropometry experience (or science of the measurement of the human body).

[Patria](#) is Associate Dean Research for the Faculty of Health and Environmental Sciences at AUT and is also Professor of Human Performance in AUT's Sport Performance Research Institute New Zealand (SPRINZ). She has an international reputation in the field of sports biomechanics, in the areas of sports performance biomechanics in rowing and gymnastics, and in sports injury prevention using biomechanics to evaluate the mechanisms of injury.

Patria says "The things I like about being Assoc Dean Research is helping to develop the strategic direction of the faculty and university for research. I enjoy linking researchers together to develop programmes of research, and streamlining processes to make it easier for researchers to be able to do their work.

I love working with the PhD students I supervise and the SPRINZ ones I advise. Our large group of postgrads



From the archives! Lindsay testing out the 1st bicycle ergometer for physiological testing in 1962, built by Angus Howie, musician and technician at OUSPE. The weights are attached to the friction belt and friction load is read on the scale at top.

challenge each other and my academic colleagues to ensure we are being creative to help improve sport performance and reduce injury risk. Relaxation is time spent at our holiday bach on Kawau Island and in our two boats fishing."

Lindsay <http://physed.otago.ac.nz/alumni/wof/inductees/2006JELindsayCarter.html> visited our School on his New Zealand trip to donate over 80 Camp/ staff historical photos of the 1950s and 60s and fortuitously found our "lost" former staff member [Janet Davidson DipPhEd 1953 \(née Brown\)](#).



Janet's retirement function in 2012 with husband Barry at Elephant Hill, Te Awanga



Janet Davidson with Orchesis dance group 1960s.

[Lolita Carter's \(Lindsay's wife\) choreographed dance entitled "Joy"](#)

Janet has an enduring association with the School first as a student in 1951, then as a member of staff from 1956 to 1962.

Janet, who lives in Napier with husband of 55 years Barry BCom 1967 Otago, recalls "My main subjects were Gymnastics, Health Education and Corrective Work, the latter developing into a Clinic in which students worked with school children to develop better postural habits and improve hand-eye co-ordination and spatial awareness. (known as the Movement Development Clinic and still offering classes up to the present day).

My time at Phys Ed School was enjoyable with enriching experiences. I was a member of the *Orchesis Dance Group* choreographed by Dr Lolita D Carter and Annette Golding, went on School Camps and was a member of the University Faculties' group with Philip Smithells.



Above L to r: Tony Thompson, Janet Davidson (née Brown), Beverley Bridgeman, Shirley Davison at Capping May 1953 "Quanta La Gusta" dance



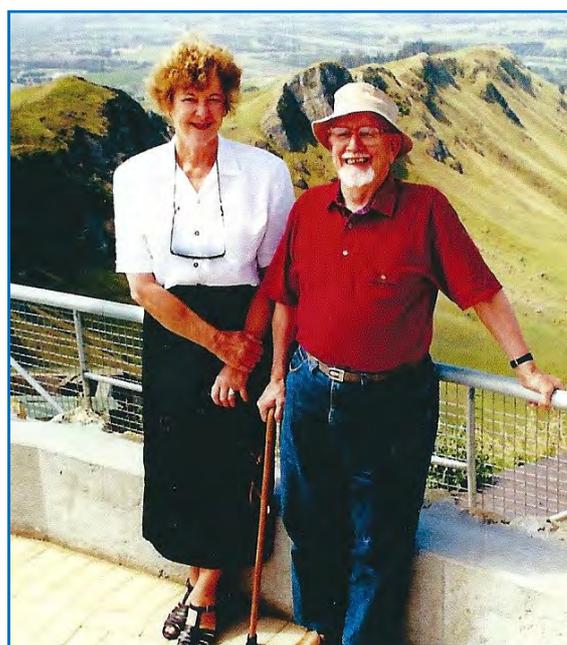
L to r: DipPhEd 1953s: Sadie Baird, Ailsa Farrant, Beverley Bridgeman, Brenda Duncan, Janet Brown, Nora Denman before Capping Ceremony May 1954

I worked with superb staff and met top-class students who no doubt have influenced many young people towards healthier lives during their subsequent years of teaching.

In the late 1970s I taught at all three Timaru Secondary Schools. When Barry was posted to Hawkes Bay to manage Watties in 1981, a line-up of redundant teachers in Hawkes Bay meant I turned to the real estate industry for 30 years, retiring end of 2012."



L to r: Janet Davidson, Lorna Nimon, Mary Middleton and Joy Smith at OUSPE 80m hurdles athletic sports in 1952



Janet with Joe Wallace in late 1990s at Te Mata Peak Havelock North. Joe was one of the School's first lecturers from 1950 to 1960. Joe organised the first National Conference in PE in Otago in 1952, founded and edited the New Zealand Journal of Physical Education in 1953 until 1960 when he left NZ to take up a position at London University Institute of Education. Joe spent over 40 years in Health Education and Kinesiology, retiring as Principal Lecturer in Health Education and Kinesiology.

Passion for sport psychology

Dr John Gross DipPhEd 1976



John 1973

John says his Award of Distinction from the Australian Psychological Society (APS) College of Sports Psychologists "was a wonderful way to finish off my career as a sport psychologist, with my early retirement at the end of 2009." The Award recognises the importance of an individual's contribution to the specialist field of sport psychology and to the College over a number of years.

Now based in Canberra, John says "I've been most fortunate to witness the sport psychology profession grow from its roots as an interest group in PE into a universally accepted and valued sub-discipline of psychology today."

John's passion for sport psychology led him overseas with first wife Jessica to complete a Master of Science from the University of Waterloo, Canada in 1979 and a Doctor of Philosophy, specialising in sport psychology from the University of Iowa, in 1982. Their daughter Adrienne was born in Iowa City during that time.

John's passion for sport psychology led him overseas with first wife Jessica to complete a Master of Science from the University of Waterloo, Canada in 1979 and a Doctor of Philosophy, specialising in sport psychology from the University of Iowa, in 1982. Their daughter Adrienne was born in Iowa City during that time.

He says "In 1982 I took up a lecturing position at the Canberra College of Advanced Education and was able to make life-long links with the Australian Institute of Sport Psychology staff. An opportunity then came up to move to the University of Wollongong where another OUSPE graduate [Professor Peter Milburn DipPhEd 1971](#) had a major part in setting up the Human Movement Science program."

John's specialist research interests in science have been motivational aspects of sports performance and coaching behaviour effectiveness, and he has published a number of research papers in this area.

Family matters prompted a return to Auckland in 1987 and a brief term as Head of the Auckland Training College's Primary School Physical Education Team. After John's return to the University of Canberra in 1989 he taught subjects across all 3 years of



John and Johnanna 2015

the Sports Studies program and was Director of Sports Studies from 1991–1995 and Head of the School of Human and Biomedical Sciences from 1998–2002. John wrote the first distance education course in sport psychology which was delivered by Central Queensland University.

John remarried in 1996 and in 1998 he and wife Johanna returned to Dunedin to share in the 50th Dunedin reunion of PE School.



John and Johnanna with their classic cars 2015

Despite his achievements, John reckons that "Life hasn't all been about career. I have an active interest in classic cars currently owning a Riley Pathfinder, and an Mk 2 Jaguar. I became a Christian in 1999, which profoundly changed my outlook on life. I wouldn't have traded in my days in Dunedin for anything and have wonderful memories of my time at OUSPE."

And finally ... Paradise Camp revisited!



Shona Lees (née Peat) in 1964 and 2015



Doug McClymont 2015

Our eagle eyed alumni have set the record straight on Paradise Camp dates. It wasn't 1972 that PE students first discovered Paradise. **Doug McClymont DipPhEd 1964** remembers: "Our group went to Paradise November 1963. The day we came back was the assassination of John F Kennedy. We slept in a barn the first night, it snowed and one of the guys got frostbite!" **Malcolm Marshall, Pete Cameron and Joy Smith**, staff members, accompanied the students.

Doug now works as a casual farm labourer picked up for fun and now blossomed into full time work after he retired from lecturing at Christchurch College of Education! From 1991 Doug taught Athletics, Gymnastics, Biomechanics, Motor Learning and professional teaching courses. He and his wife then ventured overseas in 2006 for 7 years teaching math/chem/physics in International Schools. Editor of the yearly class of '64 Xmas newsletter, Doug diligently keeps classmates in touch with each other.

Shona Lees (née Peat) DipPhEd 1964, now retired from teaching as a Principal at Berwick School and living in Mosgiel, happily shared photographic "evidence" below (and unearthed our elusive 1963 class photo) (<http://physed.otago.ac.nz/alumni/gallery/class-photos/index.html>) that students knew about Paradise, chose it as one of their 2 camps and ventured there one snowy week in November 1963.



Paradise Camp 1963

Philip Ashton Smithells