



# Alumni Newsletter

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



## Issue 2 Semester 2 2014

- |  |  |
|--|--|
| ⇒ Christchurch Alumni get together         | ⇒ Whatever happened to ...                           |
| ⇒ PENZ Awards                              | ⇒ Our Phys Edders win study awards                   |
| ⇒ A Journey in Paradise                    | ⇒ Exercise "Snacks"                                  |
| ⇒ Adventure is within the man: Ian & Craig | ⇒ Nothing left to prove                              |
| ⇒ Qatar Quest                              | ⇒ Spotlight on ... Nancy Rehrer                      |
| ⇒ Alex makes a 'splash' as head swim coach | ⇒ Induction into IRB Hall of Fame                    |
| ⇒ Postcard from Japan                      | ⇒ NZ Science Festival / Culture and Sporting Success |
| ⇒ Mindful of body                          | ⇒ School and Alumni Snippets                         |



### Kia ora koutou



It has been another busy year in the School. This is a great time to wind back a little and to reflect on the outstanding achievements of staff and students – some of these are reported on the following pages. This is also the time to prepare for the next intake of students. In 2015 the School is introducing a new major – Physical Activity and Health. One of four majors in the degree, Physical Activity and Health focuses on physical activity and exercise as ways to enhance life-long development and well-being. Papers in the major emphasise the design of exercise programmes to meet the specific needs of clients. Subject areas include sports injuries, exercise for prevention and rehabilitation, and adapted physical activity.

I hope you enjoy a happy and peaceful Christmas and New Year.

Professor Doug Booth, Dean

Kia ora rā, koutou katoa.

*Good health to you all.*

### Kia ora Alumni, Staff and Students

- ⇒ The response to our call for Alumni class photos has been impressive. Thanks to everyone. We're still seeking some elusive years e.g. 1963, 1967 and 70s, 80s and 90s photos so dig around in your cupboards and post/email to us! See our collection:
- ⇒ <http://physed.otago.ac.nz/alumni/gallery/class-photos/index.html>
- 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, functions, campaigns, reunions, photos, graduate courses/PE job websites
- ⇒ to [pe.alumni@otago.ac.nz](mailto:pe.alumni@otago.ac.nz)
- Submissions may be edited to suit the style. Editor does not take responsibility for alumni memory lapses!

Beverley Lawrence, Editor



## PE Alumni get together in Christchurch

On a sunny Sunday afternoon on the 6 July, over 30 'Phys Edders' (ranging in ages from 23 to 80 plus) met for an informal get together in a bar in Merivale, Christchurch. This was a trial for what we hope will be the first of many informal alumni gatherings around the country which 'piggyback' onto other events that attract our alumni. In this case the 'other' event was the Physical Education New Zealand (PENZ) conference for physical education teachers.

The invitation to attend the alumni event went to those who our database suggested were living in Christchurch. As we had hoped, the news of the alumni event spread via the various networks so we had alumni attending from as far away as Doha, Qatar and as close as just around the corner.

Staff member Assoc Prof Tania Cassidy hosted the event and in her welcoming comments pointed to the headline in the Otago Daily Times the previous day which announced that a \$650 million building boom was about to begin at the University of Otago (see <http://www.odt.co.nz/campus/university-otago/308321/uni-spark-building-boom>)

Feedback from attendees was very positive, they enjoyed meeting up with 'Phys Edders' from across the decades and looked forward to doing it again. If you have an event that you think would attract 'Phys Edders', and would lend itself to having an alumni event attached to it, do let us know.



L to r: James Holden BPhEd 2012 Internship at Canterbury Rugby Union; Pat Barwick DipPhEd 1967, MNZM, Coaching Advisor, Sport Canterbury. Pat received the 2013 New Zealand Lifetime Achievement Award at the annual sport and recreation awards in Wellington April 2013; Ali Choukry BPhEd 2012, Community Development officer Bowls NZ.

**L to r: back row:** Ian Edmonds BPhEd 1989, BSc 1989, MPhEd 1993; Iain Ansell BPhEd 1988, BSc 1989 Business Development; Sharyn Pratley BPhEd 1988 Health & PE teacher Doha, Qatar; Michael Pratley BPhEd 1990 Aquatics director, Doha, Qatar and Richard Smith BPhEd 1983, BSc 1984, High Performance Leader, Crusaders Rugby Franchise  
**Front row:** Tania Cassidy DipPhEd 1984, DipGrad 1992, MPhEd 1995 and Sue McBain DipPhEd 1981, Programme Coordinator, School of Sport and Physical Education, University of Canterbury,



Neville Hollands (Mark Holland's dad) and Alisoun Butt DipPhEd 1956



L to r: Michael Pratley BPhEd 1990; Sharyn Pratley BPhEd 1988 and Iain Ansell BPhEd 1988, BSc 1989

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L to r: Ian Edmond, Senior Technical Developer, Ministry of Education, Training Services with wife Nora and Oscar and David Watt BPhEd 1994, General Manager – Outdoor/Director, Brandex Adventure Sports Ltd



L to r: Andrew (Maps) Curtis BPhEd(Hons) 2003 (Lucy Smith's brother) studying 5th year Bachelor of Medicine & Bachelor in Surgery at Otago in Christchurch; Dr Jacqueline Blakely (née Laney) BPhEd(Hons) 2001, MB ChB 2007, PGDipOMG 2011, Women's Health Liaison & GP; Lucy Smith (née Curtis) BPhEd 2000 and Katrina Curtis BPhEd 2003, (née Richardson, Andrew's wife) Primary Teacher



Stephen Rickerby MPhEd 2001 Manager, Sport Science Centre, Uni of Canterbury and Fiona Hall BPhEd 1997, BSc 1998, PGDipDiet 2000, Paediatric Dietician



L to r: Tess Murphy BPhEd, 2005, DipTchg(Sec) 2005 (left) and Sara Johnston, BPhEd 2005, DipTchg(Sec) 2005, PE teacher (right) and non-PE friends (in background)



L to r: Marks Hollands BSc 1992, BPhEd 1995, BPhy 1996, PGDipSportMed 2002, Physiotherapist; Jenny Laney DipPhEd 1969 (mother of Jacqueline Laney); Paul Carpenter DipPhEd 1968 worked in Sport Science and Recreation Services, University of Canterbury from 1971 and retired in 2007. Since then Paul has worked part time with several sport organisations.



L to r: Alison Schofield DipPhEd 1976, National Assessment moderator of Physical Education, NZQA; Lynlee Fowler DipPhEd 1976, Registered Nurse and Lorna Gillespie DipPhEd 1976, Lecturer University of Waikato

At the PENZ 2014 Conference Awards ceremony ...  
 Congratulations to Lisette Burrows – 2014 Sir Alexander Gillies Medal



Annette Golding and Lisette Burrows at PENZ 2014. Annette was the first female dance lecturer to be appointed at the School by Philip Smithells.

L to r: PENZ Award Ceremony: Lady Joan Gillies (Sir Alexander Gillies, orthopaedic surgeon, was the first patron of Physical Education New Zealand 1936 until his death in 1982) and

**Lisette Burrows receiving the Sir Alexander Gillies medal for her outstanding contribution to physical education in New Zealand**



L to r: PENZ Award ceremony: **Bob Stothart** (PE staff 1994 and has acted as Chairman of various degree approval panels for NZQA), **Annette Golding and Prof Ian Culpan Dip-PhEd 1973**, (all past recipients of the Sir Alexander Gillies Medal since the award's inception in 1969) with **Lisette Burrows** (3rd left)



Annette in 1959



Annette in 1984

**Annette Golding** says "I joined Philip Smithells' staff in February 1953 after being based 2 years in London for teaching, European travel and part time studies in dance. I held the appointment at the School for 12 years, leaving for a position at Wellington Teachers College in October 1965.

I'm now 90 years of age, a nonagenarian! Since 1984, I've travelled extensively and developed interests in computing and genealogy. I live independently in my Christchurch home remaining active in home centred activities." Read about Annette's days as a 1959 Dancing Fulbright Scholar in the USA: <http://www.fulbright.org.nz/wp-content/uploads/2011/12/Dancing-Fulbrighters.pdf>



Annette's OUSPE dance class practice 1964

## A Journey to Paradise

**How many students can boast of their undergrad days that they've enjoyed the fruits of the fabled "Garden/Rock of Eden", crossed the River Jordan and been transported through the pearly "Heavens Gate" of Paradise to camp?**

Heavenly quips aside, Paradise and its location in the majestic backcountry at the base of Mt Alfred, 20kms from Glenorchy, is a place that inspires and sends shivers down your spine. If you've been here you'll know what we mean.

In the early 1970s, Gouke (Bob) Leek, a PE staff member, had been searching for an alternative to the original Trotters Gorge Camp site to maintain the outdoor component of the Diploma in Physical Education course, introduced at Otago University in 1948. Bob found Paradise after a chance meeting with a Uni of South Australia lecturer who had brought students to Paradise. He told Bob that Paradise was a great place to run an outdoor programme. Phys Edders had their first taste of Paradise (courtesy of <http://www.paradisetrust.co.nz/>) in 1972 as a ten day camp experience.

**Geoff Ockwell BPhEd 1985, BCom 1987, MPhEd 2001** reminisces about his camp days as a Phys Edder at Paradise in the summer of 1982 to 1983. (Since completing his Masters, Geoff returned in 2007 to Phys Ed and is the Co-ordinator Applied Theory and Practice.)

He recalls "At that time, staff members including Shona Thompson, Bevan Grant, Hillary Evison, Frances Cruickshank and Warren Dukes were involved in the Camp programme. The School effectively shut down in February when the whole year group of Phys Edders went to Paradise, about 75 to 80 students in 1982 to 1983.

Camp was based in the Garden of Eden: staff slept in the hut and we slept in tents dotted around the bush in the clearing near the hut. We cooked outside camp style for 7 days using food that was going to sustain us and not spoil – no fridges or electricity!

We stayed for 10 days in groups of 8 to 9 students, 7 days of which we would complete a rotation of activities such as fire lighting, river crossings, baking bread, cooking food and games. These were to



*Camp Sauna 1973 approx*  
*Tempted to reminisce? See photos ...*  
<http://physed.otago.ac.nz/alumni/gallery/camp/>

orient and prepare us to explore this wild back country environment for the final 3 days when we ventured on 'out camp', having been given a grid reference from a map and dropped by vehicle in Dave Miller's (founder of Paradise Trust) old truck at the road end.

It was our job with the skills we had learnt over the past 7 days to get ourselves, with no supervision, to that place. We had a mountain radio to call back in the evening. We camped out overnight 2 nights and with luck on the 2nd day a staff member who knew where we should be came out to see if we were still alive! On the 3rd day we made our way back to be picked up."

Geoff says "Around 1990-1991, the format and the emphasis changed. Some PE staff were concerned about being asked to run a programme where risk was involved. New staff – Martha Bell was pivotal at that time – changed the emphasis to a physical challenge with qualified, experienced outdoor educators, sometimes our postgrads, leading the student groups.

John Maxted joined PE School in 1994-5 and brought a different approach based on journeying. By now, Camp had been reduced to 7 days. Students were now learning how to be comfortable living and moving in a back country environment and exploring their relationships with their environment and understanding more about the human history and the geographical history of where they were travelling. The Camp experience moved from being a physical chal-

lenge to something broader. It has retained those emphases since I took it over from Annie Dignan, who succeeded John.

Nowadays, we run two Camps at Paradise in November (after exams) and two Camps in February (last weeks of hols) with 45 students going up to each camp in 5 groups of 8 or 9 students – about 180 students in total go through Camp each year.

The students might stay the first night in tents at Paradise, heading off next day to go on a journey in the mountains. Students walk back to Paradise for the last night where everyone reassembles for the final night ritual – a session in the sauna!

There have been a few versions of the sauna over the years (the first version built by Hans Nilsson in 1972 at Trotters Gorge Camp) because due to their flammable nature they burnt down! In the 70s, students would erect our old 6 x 6 or 9 x 9 canvas tents by a creek and dig a hole in the ground inside on the floor of the tent. The tent would be sealed round the bottom to keep the air from escaping. We would light the fire not far away, heat up rocks and steel, drag the hot material into the tent, put it into the hole, close it up and wait till it heated up sufficiently for us to sauna.

After our dry sauna, following the Swedish principle, we plunged into the cold creek, which we had dammed to make a pool. These temporary tent saunas gave way to more permanent structures – at least 3 versions! A more permanent building was erected – a robust shed with a wood burner inside it, insulated with earth sods and grass growing on an earthen roof.

In 1986 – 87 the "permanent" sauna burnt down. Bob Leek galvanised everyone and it was rebuilt in time for the 1987– 88 summer. We took crews of students up at weekends, poured a new concrete slab and built a structure insulated by earth sods. This sauna still stands today.

Camp experience is very much what the leader and students want it to be. We give leaders some guidance as to what we want students to be able to do by the end of the experience. The leaders have the freedom to do what they think is suitable for the group given the conditions, the nature of the group and the leader's own strengths. Trips have been de-

veloped over the years that work and we tend to send groups to areas on their own, both on track and off track, scattered around Mt Aspiring National Park. Generally, groups don't see each other during this time."

Geoff is ultimately responsible for health and safety aspects of the Camp. "We employ qualified outdoors educators who support students at the beginning to help them set up the tents, use the burners, cross the river safely and other basic skills. By the end of the week we want students to be leading as much of the experience as possible."

What does Geoff want students to take away from the Camp experience? He says "I want them to see the outdoors as an exciting place for them to explore a wide range of theoretical concepts.

Our students want to become capable professionals in society and that usually means being able to demonstrate you can do something with the knowledge you have acquired.

Camp is a great opportunity to enable our students to explore some of those Otago graduate attributes such as teamwork, lifelong learning and ethical awareness (e.g. walking through an area and finding out that a company wants to put a tunnel through to Milford Sound). Camp leaders carry the graduate attribute cards, which spark some wonderful discussions around the camp fire."

"I want our students to develop a sense of a connection with Paradise and to understand the value in coming to know a place, with an opportunity to go back to reconnect and the value of what we call: "place responsive education". 'Where' learning takes place is very important. Learning is grounded and has greater meaning when we acknowledge the 'place' where that teaching and learning occurs.

I also want students to see there is an opportunity within the degree to develop their career interest in the wider outdoor education/recreation field."

If you have memories of either Trotters Gorge or Paradise Camp you would like to share, email us.

*Footnote: A celebration memorial for the late Nick Beharrell, our outdoor technician, who was a passionate advocate of the Paradise experience, was held at Paradise in November 2011, with a kowhai tree planted in his memory beside the staff building.*

## Phys Edders in Paradise 2010 to 2014



*"Adventure is not outside the man. It is within." (George Eliot)*

Ian ("Monty") Edmond BPhEd 1989, BSc 1989, MPhEd 1993



L to r: Pedro (dog), Josh (12), Millie (10), Ian, Oscar (1) & Nora in 2014



Left to right: Nora (wife), Ian, Paul Romero and Karen Lundgren – our team in the 2008 Adventure Race World Champs in Brazil

Ian's dual qualifications in physical education and computer science have taken him on two career paths which, he says, "one keeps me running and the other keeps me employed."

Ian is renowned in New Zealand as an adventure racing and multisport great and has participated in adventure racing events, a career that has spanned 20 years and covered most continents.

**What were some of your most challenging adventure racing achievements?**

"The first international race, the 1996 Eco-Challenge in British Columbia, I did with [Jim Cotter](#) plus other kiwis. The longest we'd raced before this 8 day race was 2 days, so a mammoth undertaking and highly rewarding to finish with our 4th placing.

In 2008 I competed with my wife Nora in the Adventure Racing World Champs in Brazil – a highlight of my racing career as it was our honeymoon and we came 3rd overall – much cause for celebrations."

You took part in the 2012 NZ's Orion Health Godzone Chapter I 'Milford' inaugural Adventure Race with your 'Team One Square Meal', notching up a spectacular 2nd place.

Since retiring from adventure racing in 2013, you took on the roles of Course Adviser and Live Coverage and

Tech Manager at GodZone for the Chapters 2 to the upcoming Chapter 4 race on 28 February 2015 set around Lake Wanaka.

**What motivated you to take on these roles and what do they involve?**

"I saw both roles as a great way to give back to the sport in a positive way. It also keeps me close to the sport and taps into my experience and passions.

Once the course is set, I vet the course and do a 'reccie' of each stage checking things such as safety, enjoyment, challenge, timings and alternative routes. Sometimes, based on my findings, a stage can change format, distance or be replaced. One huge bonus of the course vetting is I get to have an adventurous time doing the course without the hardship/pain of racing it!

Developing the web based Live Coverage platform involves making sure folks back home watching the event are kept up to date with the teams' progress. Each team has a tracking device which we use to display their position on a map. The Live Coverage site allows people to immerse themselves in the event and watch vicariously the joys and heartaches of the teams navigating around the course. There are course and team details, news snippets and features, photos and videos, social media – to keep you transfixed. I make sure people know what the race is about before the event on the race website: [www.godzoneadventure.com](http://www.godzoneadventure.com)"



Ian and Nora adventure racing World Champs, Brazil, October 2008



Ian cycling in the first Godzone in 2012 saying hi to adventure racing legend Bill Godsall (who raced with Jim Cotter and Ian in the 1996 Eco-Challenge) at the entrance of the Homer Tunnel, Fiordland (which Bill helped drill!!)

### What sets this race apart from any other in the World?

"It explores the beautiful back country of New Zealand. It is very well organised and focuses on giving a fantastic racing experience. The event is run by racers for racers."

### What have been the highs and the challenges of your roles?

"The highs have been hearing how much the participants love the event and how engaged the folks back home are watching the sagas unfold via the Live Coverage. The challenge is making sure the Live Coverage platform gives the best possible user experience. It's very hard to test how the site will perform under load before the event starts. When the gun goes off we go from a couple of viewers to 35,000!

Since August 2006 you've had another "daytime" role as the Senior Technical Developer at the Ministry of Education, Training Services."

### What does this role involve?

"I'm contracted to the Training Services Team at the Ministry and we provide informative and practical live online training in various applications and topics to schools, trustees and Ministry of Education staff. I work with fellow Phys Edder **Craig Hoskin BPhEd 1988, BSc 1989** as a 'virtual team' (he's in Gisborne) on the Content and Learning Management System that allows 45,000 participants to book and do online courses.

I live in Christchurch with my wife Nora (originally from Brazil) and my kids Josh (12), Millie (10) and wee baby Oscar (15 months). For fun, we play music in our very informal Edmond family band, ski in winter and mountain bike in summer."

Craig's wife Phys Edder Toni Hoskin (née Hawksworth) BPhEd 1989 is the Active Health and Green Prescription Manager at Sport Gisborne Tairāwhiti.



L to r: Toni Hoskin, daughter Courtney and Craig Hoskin, Senior Ball August 2014

Craig says "Being the slightly obsessed fitness people we are, we have 2 teenage girls following in our footsteps. Courtney (16), year 12 at Gisborne Girls' High, is a multiple National Sprint Kayak Champ (K1, K2, K4) and Alicia (14) has National podiums in Triathlon, Duathlon, Cycling and Kayak.

As for Toni and I ... we run, cycle when able and still compete nationally, but the kids' goals and aspirations take precedence. They're better than us. We're involved in a charity mountain bike race for the Ruel Foundation Fiji "Reach 150" <http://www.mup.org.nz/Reach150/> (a 150 min team relay or solo race) to raise money for free surgical intervention for kids with cleft lip and palate. We have a semi rural property so the race is literally run around our house – typically raise about \$3-5K."



Craig Hoskin at the NZ Age Group Road Cycling Nationals in Hamilton May 2014



Daughters Alicia (14 yrs) and Courtney winning Gold in 2014 NZ Sprint Kayak Nationals – U16 K2 500m

## Qatar quest

Sharyn Pratley BPhEd 1988 and Michael Pratley BPhEd 1990

A desire to enjoy a more balanced lifestyle and workload, to spend time with their son and overseas travel were the impetus in 2007 that led Sharyn and Mike to head to the American School of Doha (ASD) in Qatar. They say "It turned out our skills and experience matched what the school were looking for."

Sharyn was previously involved in the Bachelor of Education (PE) and Bachelor of Sport Coaching at the then Christchurch College of Education and Mike was in management in the health sector.

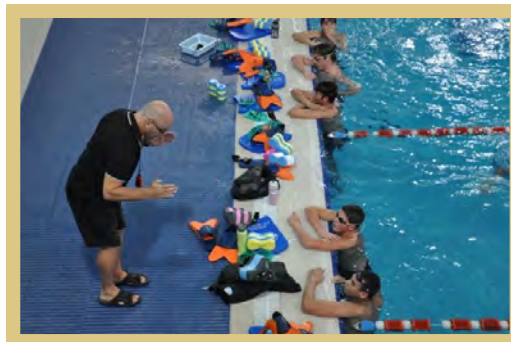
Mike says "For the first six years in Qatar, Sharyn taught upper elementary physical education (8 – 11 year olds) and developed and formalised a developmentally appropriate physical education programme for this age group. She now teaches in the Middle School (12 -14 year olds).

In my Aquatics Director role, which was a new position, I developed the aquatics curriculum for Grades 1 – 12, worked alongside the 12 physical education teachers, managed the two pool facilities, professionally developed lifeguards and instructors, and was instrumental in establishing a private swim club. After 7 years, I was looking for a new challenge and am now teaching physical education to 4 – 7 year olds.

Sharyn is involved in coaching basketball; track and field (athletics) and flag rugby. I coach the senior and middle school swim team and provide after



L to r: Mike, Mason and Sharyn at Sterling Castle, Scotland, Oct 2014.



Mike coaching at ASD



school opportunities for students to develop aquatic skills such as water confidence, kayaking and water polo. A bonus is that all coaching positions come with a stipend.

We also run what has become an annual event at the school, the Dragon Triathlon, with over 300 participants from the school community.

Our challenge is to provide the best physical education experience we can for our truly international student body. The nature of the school means we are teaching highly motivated students with great support structures (e.g. small classes and first class equipment and facilities).

We live a very Western lifestyle in a Middle Eastern country. Doha is developing rapidly and with this comes positives and negatives. We love the experience we're having in Doha and the high quality school experience for our son but acknowledge it's not the greatest city to live in. Doha's location and the school calendar (generous holidays) allow us to travel.

When we're in Qatar, we play social sport, socialise with friends and follow our son's sport.

When Mason (13 years) finishes high school at ASD, we hope to take time off in New Zealand as

he settles into university. We're likely to spend a few more years teaching in another international school in a different region of the world, before returning to Christchurch. Happy to share our overseas teaching experience and the recruiting process with any interested graduates."

<http://www.asd.edu.qa/>

## Alex makes a 'splash' as head swim coach

Alexandra Offen BPhEd 2012

Alexandra's desire to travel, see the world and experience living in another country put her in the right place in Canada and the right qualifications, a BPhEd, to land her first role as a head swimming coach.

After graduating, Alexandra set up an online au-pair profile and "hit it off" with a Canadian family who lived in Alberta.

Alexandra says "After a couple of emails and a skype "date" with the family, it was official, I was moving to Canada!

I'd been going to the local pool occasionally to maintain my fitness; it was enough to capture the attention of a local who told me about the head swimming coach position with the Drayton Valley Neptunes Swim Club, suggesting I apply for it because I would make a great candidate. I wasn't sure if I was qualified

enough but I decided to go for it.

The combination of my Physical Education degree and my experience in swimming were the two main contributors to getting the role and attracted the employers to my application in the first place. My degree paid off and my C.V was enough to land me the job before they had met me."

I had 70 swimmers and 3 assistant coaches below me. My favourite time of the week was when the children swam their best race and the first person they wanted to tell and show their ribbon to was me. I set little goals for my swimmers and when they achieved them, even if they were small like diving off the blocks, I was happy. We recently had provincials, like the Nationals in New Zealand, where one of my eleven year old swimmers got gold. I was that crazy coach screaming



Alexandra and swimmer with his 100m medal at provincials 2014

while he was swimming. I enjoyed coaching these kids.

I've been thinking about going back to Uni and finishing an education degree after my travels or I may complete some swimming instructor courses and see where that takes me. I've been invited back to Drayton Valley again to coach but who knows, I've no real plans yet."

## Post Card from Japan

David Edgar BPhEd 2003

Konnichiwa!

*I've been in Osaka for six months after relocating from Tokyo where I was based for the previous two years. I'm working in the Japan Rugby top league as head strength and conditioning coach with the 'Kintetsu Liners' (the team is owned by Kintetsu Corporation), who are based in Hanazono, in the shadow of the Ikoma mountains, (my favourite place for cycling training on days off). I have a new exciting challenge with the 'Liners' building the strength and conditioning/sports science programme. We'll be up against the biggest rugby teams in Japan.*

*Since leaving Otago in 2003, my wife Karen, daughter Pepa (13 yrs) and son Oliver (8 yrs) and I have experienced a heck of a lot: 5 years with Waikato in the NPC and Chiefs in Super Rugby, 3½ years based in Samoa including the 2011 Rugby World Cup in New Zealand and now Japan. Next March I go straight back into a role with Samoa as the Strength and Conditioning technical advisor for the 2015 Rugby World Cup in England.*

*Life as an international coach has been very rewarding - constant challenge and long hours with plenty of stress! Getting to work with players from all over the world easily makes up for this. The satisfaction I get from seeing my players develop and achieve personal bests is what drives me on.*



David at Training Camp

## Mindful of body

Assoc Professor James (Jim) Carmody DipPhEd 1965



L to r: Marion Craighead? (radiation tech trainee at Dunedin Hospital) and Jim at an Aquinas barn dance "hop" 1963

When Jim came to Otago he says his career ambitions weren't thought through at all. He recalls: "Swimming was my sport – I swam for NZ Universities (NZU) – and vaguely imagined a life in shorts and a whistle around my neck! But I'd been such a slacker at school I didn't qualify for a Teaching Studentship which would have obligated me to Teachers College. This turned out to be a blessing as I became interested in research.

After graduating, I did a fourth year at Otago so I could apply for an American graduate program and got accepted at the University of Iowa where the late Dr Jim Hay's (DipPhEd 1956) MA and PhD in biomechanics had affirmed that OUSPE produced quality graduates.

(<http://physed.otago.ac.nz/alumni/wof/inductees/2006JamesHay.html>)

To save some money before I went, I drove a Speights beer truck and also worked the night shift at Cadbury's factory; survived on beer and chocolate that year.

Dr Rex Billington DipPhEd 1960 (<http://physed.otago.ac.nz/alumni/wof/inductees/2010DavidRexBillington.html>) and Dr Russell Langton DipPhEd 1960, two other Phys Edders, started at Iowa at the same time and we remain good friends.

During the master's year my interest turned to psychology and I transferred to the educational psychology program and later trained in clinical psychology.



OU Water Polo team 1963 L to r: James Carmody 3rd left with Phys Edder Phil Jack DipPhEd 1964 6th left.

In the early seventies academic jobs were plentiful with offers from several schools. I decided on the University of Massachusetts because of their innovative programmes and taught in the School of Education and Department of Psychology. The freedom to teach whatever took my fancy made me quickly recognise my own education was incomplete and how little I knew of fundamental questions of meaning and happiness.

So I quit and joined the trekkers to Asia in search of something-or-other, if only a more colourful outfit or plentiful hashish! There I became fascinated with the idea of enlightenment and began a forty year engagement with Buddhist practice; seeking out the best teachers I could find; going between traditions in an effort to distil out the essence of each.



Jim with his great nieces and nephews, Auckland 2013

Coincidentally, I'm at the University of Massachusetts again, this time in the Medical School. My research is on mindfulness and mind-body processes studying their clinical effects and psychological and neural mechanisms. I've been fortunate in getting steady National Institutes of Health funding for my lab, including a US\$4 million research grant this year to study the effect of mindfulness training on asthma control. I also teach the integration of



Jim building his stone wall (lowering a stone into the wall using his backhoe)

mindfulness into clinical practice for physicians and psychologists. This year I've focused on writing; drawing on research and personal experience to describe mindfulness using terms and concepts familiar to patients.

I live in Petersham, Massachusetts, a bucolic New England town; picket fences, postcard town square and a church steeple, about an hour from the medical school in Worcester.

My house is surrounded by miles of dense hardwood forest with a lot of wildlife; a huge black bear ambled past the porch last week. I enjoy building in stone and landscaping; my backhoe lets me wreak weekend havoc!

America is an enigma to me. It never ceases to surprise. Happily I'm now able to get back to New Zealand to escape the awful northern winter and stay mostly with my daughter Lori and her family in Palmerston North – she's a primary school teacher there. Lovely to get to spend time with my grandson.

I enjoy teaching various courses while I'm in NZ including an annual residential course for GPs interested in integrating mindfulness and mind-body principles into primary care. Last year I was also a visiting scholar at AUT and taught a couple of weekend courses for the NZ Psychological Society.

Sadly, it must be 30 years since I've been back to Dunedin. Happy to do a seminar there if anyone has an interest in mind-body processes."

<http://profiles.umassmed.edu/profiles/display/133176>

## Whatever happened to ...

### Lucy Smith (née Curtis) BPhEd 2000 and Craig Smith BPhEd 2001

Running a 25 acre farm near Lincoln in Springston South and a 103 acre farm in Cashmere for Lucy's mum keeps Craig busy, while Lucy teaches Health and PE and is Year 9 Dean at Lincoln High School. They have organised their roles to suit their lifestyle. Lucy says "Craig looks after the kids and does a bit of PE and Outdoor Ed relief teaching at Lincoln School. It works well for us as Craig can take time off during calving and lambing and has time to do the shearing. We run about 100 ewes, a few beef cattle, chooks and pigs and a duck pond for duck shooting season!

My brother [Andrew \(Maps\) Curtis BPhEd\(Hons\) 2003](#) left PE school to do post grad at Simon Fraser Uni in BC, Canada. He's currently studying 5th year Medicine in Christchurch and doing some research work with Dr Dave Gerrard (drugs in sport). [Katrina Curtis \(née Richardson\) BPhEd 2003](#), "Map's" wife, is teaching at Clearview Primary in Rolleston. They get out and about tramping and skiing. Maps does the odd rafting/kayaking trip with [Steve Brown BPhEd 1997](#) <http://www.wildearth.co.nz/>

Our friend [Jacqui \(Jax\) Blakely \(née Laney\) BPhEd \(Hons\) 2001](#), works part time as a GP in Christchurch and has just taken up a part time women's health advisory/liaison position. She is mum to 3 year old Isobella and is expecting her second child in December."



L to r: Toby 3 yrs, Heidi 5 yrs, Lucy with baby Skye 4 months and Craig at the Canterbury A & P Show Nov 2014

## Prestigious study awards go to our five Phys Edders

Craig Reddington DipPhEd 1984, Celia Fleck (née Horne) BPhEd 1995, Karen Palmer DipPhEd 1985, Bevan Packer BPhEd 1989 and Gareth Hyett BPhEd 2002



Craig 2014



Celia 2014



Karen 2014



Bevan 2014



Gareth 2014



Karen (left) with a softball team at the end of season games in 2013. Karen entered this team in a local social competition as part of the Sport in Education programme linking with the community.

Congratulations to **Craig Reddington DipPhEd 1984**, Kaikorai Valley College; **Celia Fleck (née Horne) BPhEd 1995**, HOD Health and Physical Education, Aotea College; **Karen Palmer DipPhEd 1985**, Queen's High School; **Bevan Packer BPhEd 1989**, Howick College and **Gareth Hyett BPhEd 2002**, Tauranga Boys College who won the 2014 New Zealand Secondary Schools Sports Council Peter Sharp Study Awards in July. The awards this year have been given to the eight school leaders of the SportNZ Sport in Education three year initiative, begun in 2013, five of whom are our Phys Edders.

Craig says "Karen and I are both leading the Sport in Education Project (SiE) initiative in our Dunedin schools, with only 8 schools nationwide fully funded by SportNZ. We're just past the halfway mark. Using sport as a context for learning to improve student engagement is a major aim for the project.

I'm hoping to bring back ideas from visiting Melbourne as part of the award that can be incorporated into the project. We'll be visiting some Sport speciality schools. It will be interesting to see how they are set up, operate and how they can strike the balance between sports training and the academic side of school life. I'm sure I'll see some ideas to help us achieve our goals of engaging pupils and improving academic and behavioural outcomes for our students."

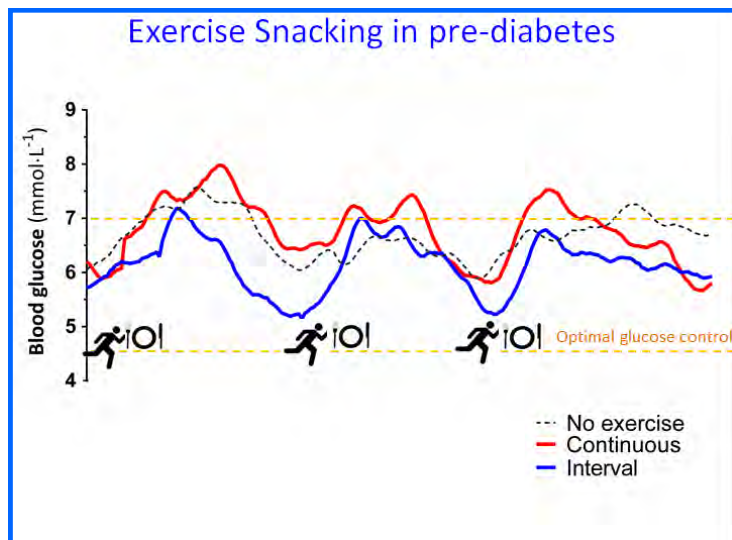


Craig and Year 9 Mini Olympics, Term 1 collating scores from the Tug of War event 2014

<http://www.sportnz.org.nz/managing-sport/programmes-and-projects/sport-in-education-project->

## Exercise "snacks" to control blood sugar

Monique Francois BPhEd(Hons) 2010, MPhEd 2013



Monique's "prop"



Terry Hill and Monique mountain biking at Smith Creek, West Kelowna, Canada 2014

Armed with one graph as a prop, emerging female scientist Monique Francois BPhEd(Hons) 2010, MPhEd 2013 succinctly presented her exercise "snacks" research to an audience in Dunedin at the "2 Minute Talks: Young Women in Science", New Zealand International Science Festival held in July.

Monique says "My research investigated whether small 'snacks' of high intensity exercise before meals would control blood glucose across the whole day in pre diabetes. We compared this to the traditional exercise guidelines of 30 minutes' moderate continuous exercise."

"Alarminglly 1 in 3 adults are at risk of developing type 2 diabetes. The black dashed line on the graph shows the uncontrolled blood glucose response to meals in pre diabetic individuals.

While many things can increase blood glucose, only two things can decrease it – insulin and muscle contractions. The tissues of pre diabetic individuals do not respond well to insulin. Therefore exercise is a very important therapy in controlling blood glucose without the need for medication.

Muscle contractions can take up glucose into tissues without the stimulus of insulin. The more intense the exercise, the more glucose is taken up, and this effect can persist for many hours.

Our research participants 'snacked' on 6 x 1 minute intervals of high intensity exercise before each meal compared to the exercise guidelines which recommend 30 minutes of moderate continuous exercise on most days.

The main finding was that the exercise snacking, high intensity intervals before meals significantly lowered blood glucose spikes as shown by the blue line whereas the red line shows that the continuous exercise did not lower blood glucose.

These findings agree with others that exercise is medicine and is particularly effective in controlling blood glucose.

However, low-moderate exercise may just not cut it. The exercise must be more intense than daily living – on top of an active lifestyle.

When prescribing exercise for pre diabetes, it is important to consider the timing, intensity and frequency of exercise for controlling blood glucose across the whole day."

Monique's research, in collaboration with and supervised by Assoc Professor Jim Cotter, was originally published in *Diabetologia*, a prestigious clinical diabetes journal. Monique's findings received laudable international media attention from The New York Times, LA Times, Aljazeera news, The Australian and The New Zealand Herald.

<http://www.latimes.com/science/sciencenow/la-sci-sn-exercise-snack-20140508-story.html>

<http://www.aljazeera.com/video/asia-pacific/2014/05/new-exercise-plan-help-fight-diabetes-20145925112837631.html>

[http://www.huffingtonpost.com/2014/05/09/exercise-snack-blood-sugar\\_n\\_5295451.html](http://www.huffingtonpost.com/2014/05/09/exercise-snack-blood-sugar_n_5295451.html)

<http://www.livescience.com/45906-exercise-snacks-stabilize-blood-sugar.html>

In mid-August Monique and partner **Terry Hill BPhEd 2007, MPhEd 2014** moved to the University of British Columbia, Kelowna Canada where, in September, Monique started her PhD research in the same area: exercise and diabetes!

By good fortune, Terry has taken up a role as lab technician in the same department as Monique. "We're both loving it. The University is pretty small, but it has everything we need. We live downtown (minutes from the lake) by Knox Mountain, so lots of trail running, hiking and mountain biking.

I'm enjoying working with Dr Little as he is a guru in exercise and metabolism diabetes research, and in the EMIL (exercise metabolism inflammation lab). I'm now recruiting 60 type 2 diabetes patients. My research will investigate the effect of milk supplementation after interval exercise in type 2 diabetes, with a specific focus on improving glucose control, vascular health and inflammation. We're also planning several acute studies. I'm very excited to start."

## Nothing left to prove

Doreen King (née Brown) Dip PhEd 1955



Doreen has recently ticked off another item on her bucket list. She now relishes the accolade of winning gold and the honour of becoming the world's fastest 100-metre breastroker and achieving silver in the 200m breaststroke events in the 80 to 84 women's age category after competing at the FINA World Masters Championships in Montreal held in August. "It was a surprise to win," said Doreen, who turns 80 in December. "I was delighted."

Introduced to swimming at the early age of five, later at Phys Ed School, Doreen was part of the University of Otago's varsity swim team. After finishing her teacher training in Christchurch in 1956, Doreen worked in Dunedin as a health education officer with the Health Department promoting public health in the community.

She travelled to Illinois, USA in 1958 where she completed an MSc in Health Education at the University of Illinois in 1960. She reunited with Les, her Kiwi boyfriend she had met in Christchurch in 1956, who was undertaking his PhD at the University of Iowa.

On their return to New Zealand, and after marrying Les in Dunedin in October 1960, Doreen taught at Avonside Girls' High in Christchurch during 1961–62. They moved to Canada in 1962 for a university appointment for Les and eventually settled in Hamilton, Ontario where they have lived since 1970. Doreen has worked in various libraries and as an interviewer for several university health studies.

Since the early 1980s Doreen has been a founding member of the local Ancaster Masters Swimming Club. "For me, swimming is about the camaraderie and staying fit and mobile," says Doreen.

Doreen seems to have passed her love of sport on to her family with the oldest of her two sons, Loren, a competitive swimmer and two of her 4 grandsons pursuing triathlons. Doreen thinks she may be ready to retire. "Going to the Worlds was on my bucket list of things to do. Now I think I'm done with competing."



## SPOTLIGHT ON:

ASSOC PROF DR NANCY J REHRER



Nancy downhill mountain biking, La Massana, Andorra

<http://physed.otago.ac.nz/staff/nrehrer.html>

I'm a strong believer in the virtues of collaboration and have benefited greatly over the past 19 years at Otago from working alongside numerous colleagues and postgraduate students.

My primary research interests lie within the realm of exercise metabolism and how metabolism is altered via exercise, and mechanisms that limit human performance such as environmental constraints, dietary manipulations, gender and inactivity.

I've been involved in numerous studies using stable (i.e. NOT radioactive) isotopes to label and trace ingested molecules as they are metabolised in the body in collaboration with the Chemistry Dept and several postgraduate students.



Chris Harvey BPhEd 1995, BSc 2000, MPhEd 2000, PhD 2011 self-participating during his PhD research investigating the effects of muscle mass (size and location) on plasma glucose oxidation

An application is to determine energy utilisation in the free-living situation.

We used this technique to follow a cycling team in the Tour of Southland.

<http://www.tourofsouthland.com/>



Research team cyclists in Tour of Southland

<http://onlinelibrary.wiley.com/doi/10.1111/j.1600-0838.2009.00974.x/full>

Energy expenditure, dietary intakes, and body compositional changes over the week of competition were monitored. The effects of exercise to increase lean mass (mostly muscle) and reduce fat mass, and, when in negative energy balance to reduce lean mass loss, were clear. Energy expenditures were similar to those in the Tour de France, nearly 3x that of most individuals.

I've recently been involved with research on the metabolic effects of inactivity with colleagues in the Human Nutrition Dept and The Centre for Nutritional Research at Lyon University. Prolonged sitting is associated with ill health and we are looking at the frequency of getting up and moving. We found it's better to get up and walk for a couple of minutes every half hour than doing one x 30 minute walk and sitting the rest of the day.

Presently we're looking at whether swimming in cold water increases energy metabolism during and after exercise more than in normal pool temperature. It appears that energy utilisation is increased not only during swimming and immediately after, but also for up to 24 hours with colder water. However, body composition is important; it appears that the "more insulated" you are, the colder the water will need to be.

Lest you think I only poke, prod and measure – when not at work – I enjoy being out on a bike as well.

## IRB HALL OF FAME INDUCTION

### FARAH PALMER BPhEd(HONS) 1994, PhD 2000, ONZM

Congratulations to Farah, one of our 2006 Wall of Fame inductees, and now one of the first women elected into the International Rugby Board (IRB) Hall of Fame in November. The election acknowledges her 20 year illustrious rugby career with the Black Ferns from 1996-2006, playing in three Rugby World Cups, winning each one and earning 35 caps. Farah became hooked on rugby after playing in an inter-college game while studying for her Phys Ed degree. Married with 2 children, Farah is a senior lecturer in the school of management at Massey University specialising in race, gender and diversity issues in sport management, leadership and governance.



## NEW ZEALAND SCIENCE FESTIVAL

## LEAVE BORING BEHIND

### PE ACTION AND REACTION DAY.

### ENGAGING AND INSPIRING OUR FUTURE PHYSEDDERS!

No ennui was evident as children were challenged by the "mind bending" and "altered reality" scientific stations set up by our tech team Nigel Barrett, Gavin Kennedy, Hamish Gould, Rochelle Palmay and Monique Francois and manned by Terry Hill BPhEd 2007, MPhEd 2014, Dr Chris Button, Dr Jon Shem-mell, Dr Peter Lamb and Lisa Hughes at the Wall Street Mall and Toitū Museum during the NZ Science Festival held in Dunedin in July. THANKS TECH/ACADEMIC TEAM FOR ORGANISING THIS COMMUNITY EVENT.



## CULTURE AND SPORTING SUCCESS



Luiz Uehara tries out his football moves with his capoeira friends "on hand" to offer "ginga" expertise (a rocking back and forth capoeira movement used as a deceptive movement in Brazilian football)

Luiz Uehara BPhEd(Hons) 2006



What are the cultural elements that define how a football or other sporting team play to empower the team to rank among the world's best? Luiz Uehara, PhD student, who appeared on TVNZ One Seven Sharp programme during the euphoric weeks of the 2014 World Cup football matches, believes he may have found some of the answers.

Brazilian-born Luiz's research has found that the players' flamboyant style of his country's team derives from their cultural background of dance and movement which is incorporated into their fluid and deceptive football moves on the field. Blending the martial art of capoeira and the dance samba into the way Brazilian footballers play football and you get a "samba/capoeira mojo" happening on the field. Luiz has now developed a framework for testing how a nation's culture influences sporting success, as he believes the two are inextricably linked. Luiz says the same framework may be used to determine why New Zealand is so strong at rugby.

## School Snippets

### Welcome to:

- ☆ Louise Potiki Bryant , award winning choreographer and dancer who created her own dance company Atamira Contemporary Dance Company in 2000, and who was the 2014 Caroline Plummer Fellowship in Community Dance recipient. Her six month project *Whakaahua — Coming to form* — (whakaahua means to transform) culminated in a whanau dance performance at Toitu Otago Settlers Museum during the Puaka Matariki midwinter festival in June. Her project was based on research about dance and haka that were traditionally performed in the historical pre-European whare tapere, which tended to be about people's relationship with nature. Louise worked with hapu from Otakou marae and with university students offering meditation classes and workshops to the community while in Dunedin.
- ☆ Tom MacKay BPhEd 2005, our new Laboratory Technician . We look forward to Tom being re-familiarised with our facilities and our teaching and research programme where he will be providing technical support.



Louise Potiki Bryant



Tom MacKay

## Alumni Snippets

### Congrats to:

- ☆ Jonathan Bredin Cert Spt St 2006, BCom 2006 who is now ranked the number one New Zealand netball umpire. He has notched up an impressive 71 trans-Tasman league games and his skills earned him the umpiring of the ANZ Championship grand finals in both 2013 and 2014. At international level, Jono, who resides in Dunedin, was appointed to umpire the semi-final and Bronze Medal netball matches at the 2014 Glasgow Commonwealth Games, reaching the impressive milestone of officiating 50 test matches around the world. This follows on from Jono officiating at the last Commonwealth Games four years ago in Delhi and the 2011 World Championships in Singapore. Jono's leading rank is testament to the years of hard work and preparation he has put in.



Jono Bredin



Katy Atkinson

- ☆ Kate Holland BPhEd(Hons) 2010, PhD (submitted) on her appointment as Sport Waitaki Regional Coordinator in July. She says "I am loving it. It is so great getting out there in the community."
- ☆ Katy Atkinson BPhEd 2011, PGDipPE 2012, MPhEd 2014 on her new role as Team Leader of Volunteering, Dunedin and North Otago at the Cancer Society in August.



Kate Holland