



# Alumni Newsletter

School of Physical Education Te Kura Akoraka Whakakori



## Issue 1 Semester 1 2012



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### Professor Doug Booth

Dean, School of Physical Education

Welcome to the first issue of the 2012 newsletters. I trust these newsletters capture, and spread, the spirit of the Phys Edder community. While our community is socially and culturally diverse, as exemplified by the research interests of the School's most recent PhD graduates and the achievements of this year's inductees into the Wall of Fame (see articles below), we are united by the bonds of shared experiences at Otago. I am sure that the many and varied stories in this newsletter, put together by Beverley Lawrence, will spark memories of your Otago experiences and encourage you to reflect on, and celebrate, our Phys Edder community.

Kia Ora Alumni, this is your Newsletter! Two editions are scheduled for 2012, one at the end of each Semester. We encourage you to share your career/personal stories with us since graduating. To find long lost friends' contact details and to update your contact details click on: <https://www.alumni.otago.ac.nz/contactalumni>  
Email us a few lines about

- ◆ "Where are you now?" / "Your memories at the School." or
- ◆ Events, functions, campaigns or reunions that may interest other alumni or
- ◆ "Letter to the Editor" with any riveting news/gossip!

Send suggested story ideas for future issues 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!

## Permanent tribute paid to Phys Ed PhDs

The School of Physical Education has erected a permanent photo display of PhD graduates – to honour their success and to provide inspiration to current staff and students.

Physical Education PhD Rebekah Scott (left) and Vice-Chancellor Professor Harlene Hayne (right) officially opened a photo display in the original Phys Ed building at 665 Cumberland St last November 2011 to celebrate the School of Physical Education's 55 doctoral graduates.



Following on from our story in Issue 2 2011 Alumni Newsletter, click on the link below to see the students' photos on the School's News and Events website : [http://physed.otago.ac.nz/news/#n2011\\_10](http://physed.otago.ac.nz/news/#n2011_10)

## Five Phys Ed PhDs set a graduation record!

Last December 2011 five doctoral graduands from the School created a new record for the most Phys Ed doctoral graduates to be capped in one ceremony. Making the event even more special was that three of the five were supervised or co-supervised by [Associate Professor Mike Boyes](#).

The five graduands - [Rebekah Scott](#), [Chris Harvey](#), [John Maxted](#), [Nalani Wilson-Hokowhitu](#) and [Allen Hill](#) - all had positive things to say about their experience of the School as a place to undertake a PhD.

"Returning to university as a 36-year-old to work on a PhD was a real privilege," says Dr Hill, now a lecturer in Outdoor and Sustainable Education at the University of Tasmania, who focused on sustainable approaches to outdoor education. "The School was superb - I was well supported and felt included. My supervisors, [Associate Professor Mike Boyes](#) and [Dr Mark Falcous](#), were outstanding. They are now close friends, mentors and colleagues."

Dr Wilson-Hokowhitu returned to Otago to undertake her PhD on Native Hawaiian women voyagers after visiting for her Masters study from the University of Hawai'i-Manoa. She has taken up a postdoctoral fellowship followed by a lecturer position in Native Studies at the University of Alberta in Edmonton.

Dr Scott has taken up a postdoctoral research position at the Université de Genève in Switzerland and is continuing her research into the changes in brain function in individuals with Conversion Disorder.

"Completion of my PhD wouldn't have been possible without the amazing support and facilities of the School," says Dr Scott, "especially the technical team whose expertise is second-to-none. In particular I feel extremely fortunate to have worked alongside [Associate Professor Greg Anson](#). Greg has profoundly shaped my research career and continues to inspire, motivate and challenge me."

Dr Harvey, who completed his PhD part-time on the effect of muscle mass on glucose oxidation says, "Clichés paralleling the PhD journey with that of a roller coaster ride held true in my case and while the journey was bumpy, at no point did the roller coaster derail. My research was unfunded, however, the support I received from the School has been outstanding and without additional support from the Department of Chemistry my PhD would never have come to fruition."

Dr Maxted was a Senior Teaching Fellow in Outdoor Education at the University of Otago from 1996 to 2006. He then accepted a position as Senior Lecturer in Recreation and Sport at the Eastern Institute of Technology in Hawkes Bay. Appropriately, he describes his PhD, *Boys Go Bush: Solos at Tihoi Venture School*, as "quite an adventure". "I worked alongside my supervisor Dr Mike Boyes for some eight years whilst on staff; an experience that was professionally very rewarding and empowering. Mike kept me on track for nine years of study part-time."

Associate Professor Boyes, MNZM, who received the University's overall OUSA Supervisor of the Year

award in 2005, says "There is always pleasure and pain as students complete their doctorates; pleasure in their achievements and pain in that I lose the companionship of these close friends as they accept work all over the world. When you meet someone for an intense conversation at regular intervals you get to know each other very well!"

"We are all very proud of the achievements of our graduates to complete the highest qualification offered by the University. We now have 55 students who have gained PhDs since 1986, with 47 of these completed in the 2000s."

"I have new students starting their PhD journeys who aspire to the example of those who graduated last year. But either way we look at it, it was a unique day in the history of the School. We are justifiably proud of their and our achievements."

Those achievements brought the total number of Physical Education PhDs awarded for 2011 to six, following the graduation in December 2011 of Dr Anne-Marie Jackson, who has been appointed to a full-time position at the School as Lecturer in Māori Physical Education and Health.



Dr Scott

Dr Harvey

Dr Maxted

Dr Wilson-Hokowhitu

Dr Hill

Dr Jackson

## Excelling in export

Kerry McKenzie

BPhEd 2009, BCom 2011



"Hi, I'm currently Assistant Brand Manager for Export at Fonterra Brands New Zealand Limited in Auckland. My position involves new product formulation, marketing campaigns and scoping of potential opportunities in Asia and the Pacific in regards to dairy products.

I believe my double degree in physical education and marketing offered the company something a little different to regular commerce graduate applications.

The fact that the PE degree was four years showed time management and commitment which was not the usual combination the executives were used to.

My job experience through my PE degree showed my ability to design coaching programmes, to work with the community and to work to deadlines. I love the diversity of working with two very different markets – Asia and the Pacific – and I love that I am involved with selling products that play a massive part in growing healthy lifestyles and are a great source of natural nutrition.

I'm currently living in Auckland with a great bunch of flatmates. I enjoy all sports – netball, hiking, touch, general exercising and socializing. I am also a huge fan of travelling and try to do small trips each year!"



## Wall of Fame Inductees 2012



**Inductees from left:**  
Suzie Muirhead MNZM,  
Anton Oliver,  
Anne Taylor OBE,  
David Paterson,  
Jan Bolwell and Kereyn Smith



Kaho Sakakura BPhEd 2011

The six inductees were led in by bagpiper Kaho Sakakura BPhEd 2011 and welcomed by the PE Maori Association (PEMA) to the Induction Ceremony held on 4 May at Otago Museum. Master of Ceremonies Bruce Hopkins DipPhEd 1978 admirably hosted the occasion.

Hearty congratulation go to the six inductees below who now grace the Wall of Fame at the School.

**Anne Taylor's (née Scott) DipPhEd 1958, OBE** distinguished career over five decades has been defined by her sports administration work and voluntary involvement in sport and recreation. This has included membership of the New Zealand Council for Recreation and Sport, the Hillary Commission, the New Zealand Sports Drug Agency, and Chairperson of Bowls Waikato. Heavily involved with netball, playing at University and then coaching, Anne umpired the first televised netball test in 1969. She became President of Netball New Zealand from 1978-1987, a Life Member of Netball New Zealand in 1987 and then President of the International Federation of Netball from 1989-1999. Anne's services to sport were recognised by the Halberg Trust's first award for Services to Sport in 1987 and her OBE in 1988.

**Jan Bolwell DipPhEd 1970**, an acclaimed dancer, choreographer, actor, playwright and producer, has made an immense lifetime contribution to dance and performance arts in New Zealand including significant roles with the Royal New Zealand Ballet.

After graduating with a BA in 1973, an MA at Birmingham University in 1975, and a Postgraduate Certificate in Dance from London University in 1979, Jan has thrived as Director of the Crows Feet Dance Collective producing a prolific repertoire of plays and dance shows.

Recognition of her work includes the Fulbright Cultural Award in 1992 and her award in 2010 at the Wellington Fringe Festival Award for Best Dance Show: *How to be a Domestic Goddess*.

**Professor David Paterson DipPhEd 1979**, who hails from Timaru, completed his secondary education at Otago Boys' High where he represented New Zealand in track and field. After gaining a DipTeaching from Christchurch Teachers College in 1980, he headed overseas to graduate with an MSc (1985) and DSc (2005) from the University of Western Australia. Further study at the University of Oxford, where he received an MA and DPhil (1989) from New College, (and a half blue for karate!) led to the beginning of an outstanding academic career at Oxford. He is currently the Deputy Head of the Division of Medical Sciences, Editor-in-Chief of *the Journal of Physiology*, has published over 140 papers and has received over £9,000,000 in research funding.

### Kereyn Smith DipPhEd 1981

is a trailblazer for women in sports leadership in New Zealand, moving from her recent role from 2000 until 2011 as Chief Executive of the New Zealand Academy of Sport (South Island) to her latest appointment as Secretary General of the New Zealand Olympic Committee.

A "Southern Woman" born in Clinton, Kereyn completed her DipPhEd in 1981 and a DipTeaching in 1982. After five years as a physical education teacher, she ventured into sport management excelling in numerous appointments namely Executive Director of Sport Manawatu from 1988 to 1991, Private Secretary to the Minister of Sport from 1991-1993 and General Manager of the Hillary Commission until 2000.

Awards include the New Zealand Centenary Medal in 1990 and the IOC Women in Sport Award in 1999. Kereyn is a Life Member of Netball New Zealand and has served as a Council Member of the University of Otago.

### Suzie Muirhead (née Pearce) BPhEd (Hons) 1996, MNZM

would be most known in the New Zealand hockey world for her services to women's hockey recognised in 2007 with the award of an MNZM.

She was the most capped women's player (and captain) with 238 caps for the New Zealand hockey team from 1993 until her retirement in 2006 and was also the Black Sticks top goal scorer on record with 41 goals. Suzie played nationally and internationally including three Commonwealth Games, two World Cups and two Olympic Games and gained several medals.

Originally from Whangarei, Suzie gained an MA (Applied) in Recreation and Leisure (Merit) at Victoria University of Wellington in 1998.

Mother of two girls, Suzie currently runs her own management consulting business.

### Anton Oliver BPhEd 1998, BCom 2002

Head boy at Marlborough Boys' College, Anton's prestigious career in rugby initially flourished progressing to playing and captaining New Zealand Secondary Schools and New Zealand Under 17s, 19s and 21s.

After his debut for Otago in 1994, he captained both Otago and the Highlanders playing a record 127 games for the latter and was the first New Zealander to play 100 games of Super Rugby. Anton made the All Blacks in 1995, appointed captain in 2001 and contributed outstandingly until his retirement after the 2007 Rugby World Cup.

Academic achievements include an MSc at the University of Oxford and an Executive Master in Business at the University of Cambridge.

He is a Patron of the Coalition for Open Government, and the Yellow-Eyed Penguin Trust, and an Ambassador for Cure Kids.

## Philip Ashton Smithells Memorial



Tim Chambers and  
his mother Lorraine  
Chambers

Presented biennially to a 3rd or 4th year student at the Wall of Fame induction ceremony, the Scholarship is awarded this year to Timothy Chambers.

From an early age water has dominated Tim's life. Hailing from Rongotai College, this 3rd year student has an impressive résumé in his chosen sport of waterpolo. Tim has represented New Zealand at all levels and has coached, administered, played and refereed in the sport. His family have inspired his love of water sports. His father and mother have even restored and now manage a local Wellington community pool with their daughter to enable the community to learn to swim.

An able student, Tim hopes to gain entry to honours research in 2013 to explore the pressures on athletes to play on, or to return early when injured. After that he hopes to teach and coach to carry the message of physical education to New Zealanders. The Smithells legacy continues.

Donations to the Wall of Fame and to the Smithells Scholarship may be made: <http://physed.otago.ac.nz/alumni/wof/donate.html> and [http://physed.otago.ac.nz/docs/Smithells\\_Gift\\_Pledge\\_Form.pdf](http://physed.otago.ac.nz/docs/Smithells_Gift_Pledge_Form.pdf)

## Nic Gill relishes his 3 "Rs": Research, Rugby and Rest



**Dr Nicholas Gill's BPhEd (Hons) 1996** dual roles as a part-time Research Fellow at AUT supervising PhD students in areas of strength, power and performance and, since 2008, as the fulltime Strength and Conditioning Coach to the All Blacks, enable him to relish his three "Rs": Research, Rugby and Rest. Nic describes how these roles are evolving.

♦ **When you studied at Otago were there any particular people who inspired you?**

When I first arrived at Otago as a naïve 17 year old I didn't know what I was going to do with my life, but it sure made you grow up fast. All I knew was that I loved sport, exercise and health and maybe one day I would be a police officer. Staff like the late **Dr Gordon Sleivert**, **Dr Nancy Rehrer** and **Professor Will Hopkins** got me thinking differently. **Dr Steve Jackson** and the infamous **Dr Phil Handcock** both had positive influences on me and made learning about the body and how to make it function better so stimulating and challenging. I worked hard to get into the honours programme and a summer studentship followed. Dr Sleivert helped me with PhD scholarship applications and the next minute I was in Australia completing a PhD.

♦ **Any friends that you are in contact with since graduating?**

The beauty about Dunedin is that your peers are in the same boat as you so you form lifelong friendships along the way including **Andrew Barton**, **Sam Buckle**, **Callum Anderson**, **Karl Wareham**, **Justin Stott**, **Tim Hoy**, **Mat Fox**, **Andrew Davis** and **Christian Dawson**.

♦ **What does your role as a Research Fellow at AUT involve and what research areas do you specialise in?**

I supervise students who are based in Auckland, Hamilton and Rotorua. Three of my students completed PhDs last year and another two will complete this year. We perform a lot of applied sport science research and have focussed more recently on strength and power development, recovery, adaptation and hormone manipulation.

♦ **How did you become the Strength and Conditioning Coach to the All Blacks?**

People often ask how I came to work with the All Blacks. In 2001 as I was finishing my PhD, I volunteered to work with the Waikato Rugby team. This turned into a paid part-time role which grew as rugby professionalism developed. I then worked with the Chiefs Super Rugby team for a number of years. In 2004 I became the assistant S and C coach for the All Blacks with **Graham Lowe BPhEd (Hons) 1994, MPhEd 2000**, another Otago Graduate, who was my 3rd year exercise physiology tutor in 1995!

♦ **How does your research influence your coaching methods with the All Blacks?**

The link between research and the coalface is an important one which became evident to me while completing my honours degree at Otago. Often a gap exists between science and practice and this may at times hinder performance. Science can take over and people become blinded by "cutting edge innovations." I may have been guilty of this at a younger age! I now pride myself on staying current, investigating areas that I believe could improve what I do, without compromising the fundamentals.

♦ **What do you enjoy most about your job?**

I thoroughly enjoy what I do and would not change a thing other than maybe having more hours in the day or maybe not needing to sleep. Prof Will Hopkins once told me that sleep was overrated and we needed less than we think! I disagree, I love sleep! In fact this is an area we are currently investigating. We try to do everything possible in our waking hours to improve athletic performance but neglect the other 8 to 12 hours when we sleep (huge potential here). The most rewarding part of my job is working within a tightly knit team to achieve a common goal. I am only





Nic in action on the field

#### Nic's typical day in camp with the All Blacks:

5.30am	My own workout: Gym, run or swim for 60 - 80mins
7.00am	Breakfast
7.45am	Depart for team training
9.00am	Team training starts
11.30am	Team recovery – Pool
12.00pm	Lunch
12.30pm	Power nap (20 mins)
1.30pm	Medical meeting
2.00pm – 5.30pm	Gym sessions with players
6.00pm	Review and Planning session with coaches
7.00pm	Dinner
7.30pm	Assess / review team training / gym training
8.30pm	Plan next day and read a paper or two
10.00pm	SLEEP

a small cog in a very big machine. So when we all get it right it is very rewarding to see the team perform.

#### ♦ What would a typical day be like?

It is my responsibility to ensure each player within the All Blacks squad is optimally prepared to perform their role within the team each week. This includes all aspects of physical preparation. I work closely with the coaches to plan the campaigns and training week, including specifics of every session. I work closely with the athletes to ensure we leave no stone unturned!

#### ♦ How did you celebrate winning the Rugby World Cup?

I was involved in the World Cup last year and what an amazing experience that was. Everyone seemed so excited, not just about the All Blacks, but genuinely about the whole occasion. I will never forget the mood in the changing room after the final. Hard to explain and only about 47 of us got to experience it but everyone involved just had huge silly grins on their faces. No one got changed, no one did anything. We all just sat down on the floor and relaxed ... job done!!

#### ♦ What are the future challenges for the All Blacks and your role in this?

The World Cup was such an amazing experience and I am already excited about the next challenge: "Defend the World Cup!" If I am still involved with the team that would be a bigger challenge off-shore but that's what makes ya feel alive!

#### ♦ Any long term plans for the future?

Maybe I will become a full-time academic or go overseas with my family and travel a little.

#### ♦ Any time left for your own activities?

I live in Papamoa (Tauranga) with my wife Melissa and daughters Olyvia (12) and Grayce (7). I have always liked long challenging events having completed the coast to coast a few times and half/ full iron-man races. I love to get out on my bike or go for a long run and I have a boat I love to hunt and gather from!

## "Talkin' 'bout my generation"

"Talkin' 'bout my generation" goes *The Who's* classic song and a group of buddies from the swinging 70s are here talking about "their generation". Four decades ago this year they were eagerly heading to Otago for fresh adventures and friendships. Click on <http://physed.otago.ac.nz/alumni/gallery/class-photos/> to view their 1974 class photo.



Graham Wallwork in Hong Kong

**Graham Wallwork DipPhEd 1974** says "Faced with a choice of learning to be a cabinet maker or to study Physical Education, I heeded the encouragement of my headmaster, after the death of my parents, and came to Otago. I thoroughly enjoyed that part of my life. **Professor Smithells** was inspirational and we had some great lecturers such as **Brian Maunsell** and **Stan Mair**. We had far smaller year groups in those days and we knew everyone – more of a family atmosphere," he recalls.

"After Otago I had a gap-time in Europe, where I spent most of the time learning flamenco guitar in southern Spain," he says. On his return Graeme completed a Teaching Diploma in Auckland and his main career focus has been teaching and training.

He says "I taught for ten years in high schools mostly in South Auckland before I applied for my present job as a Physical Education Officer for the New Zealand Police where I've been for more than 26 years. I've covered most Districts in the North Island and for the past 8 years have co-ordinated the programme from Wellington.

My job is varied including testing recruit applicants and specialist squads as well as frontline police officers.

I still enjoy being a physical educationist after 40-odd years."

Graham has strived for excellence in sporting pursuits both for himself and for others. "I was the New Zealand Olympic Weightlifting Champion (Light-Heavyweight class) during the mid nineteen-seventies. For 12 years I was the national fitness co-ordinator for the New Zealand Rugby League and worked for the Auckland Warriors in their first season in their gym," he says.

Graham's present wife Natalia is Russian and between them they have three daughters: Irene who studied management at Cambridge and works for Rolls Royce, Anna who studied physiotherapy at Otago and works for a Neurosurgical Clinic in London and Jane who studied television and film production at Auckland University and works in Auckland.

Graham still nurtures his other skills. "I play flamenco guitar, regularly exercise doing circuits and enjoy cabinetmaking as well as travelling to Eastern Europe regularly and other unusual places."



## **Darryl Work DipPhEd 1974 and Shona Work (née McLeod) DipPhEd 1975, PGDipSci 2006**

Darryl describes Phys Ed School as "finding utopia being able to study something I was good at and being immersed in sport."

He recalls as exhilarating "passionate lecturers like **Stan Mair** ("have a go laddie"), **Frances Cruickshank**, **Les Williams**, **Marshall Seifett** and **Brian Maunsell** who encouraged and challenged us." "Fellow classmates **Brian Lodge**, **Ken Barsdell**, **Greg Burgess** and **Te Waero Piripi** brought some laughs and the excellence of girls like **Lyn Gunson** and **Barb McKenzie** assured we raise our standards to compete." He also had the good fortune to meet his future wife, **Shona McLeod**, fellow Phys Edder, on the steps of the PE School!





The Work family: Brogan, Darryl, Shona and Ojay

"What PE school did for me was to take me out of my comfort zone of success and challenge me in so many more physical areas and then bring you back down to earth when you thought you were quite good at something. These proved valuable life lessons." Darryl's tips to aspiring Phys Edders: "Do everything you can to put the "physical" back into PE".

A desire to prove folk wrong that "you can't make a living out of sport" motivated Darryl (and Shona) to both undertake their Masters' in Teacher Education at Governors State University, Illinois in 1976 and to live in Chicago for a year. After hitch hiking through Europe for 6 weeks, they returned to begin teaching careers that have spanned 35 years.

Darryl's current position at the Bay of Islands College includes teaching forestry, industry studies, a PE class and acting as Careers Advisor and STAR Coordinator to 400 students. "The most rewarding aspects of my job have been the sports teams I have coached, mainly girls volleyball, and the opportunity to continue learning and to diversify in education."

Shona is currently "semi retired" having taught at Northcote College, Orewa College and Waikato Diocesan as HOD.

He says "Adventures I have had along the way include Fraser High rugby tour to USA/ Canada, taking High School students canoeing down the Whanganui River and playing on a rugby tour through South Africa with the Ponsonby Rugby Club, after having previously played for Varsity A from 1972 to 1974 and for Otago in 1973."

"The highlights of my personal life are my marriage to Shona and our children's careers: Ojay in marine engineering and Brogan in business management." Currently living in Kerikeri, Darryl enjoys fishing and following the rugby and Shona plays golf, enjoys swimming, gardening and horse riding.



Ray Edwards on the Waikato River Trail at Waotu

## Ray Edwards Alumnus 1972-1974 (aka the Hobbit!)

Nicknamed "the Hobbit", Ray was always keen to plan adventures for his mates back in the '70s such as running treks across farming country in the hills behind Tauranga and being shot at and chased by farmers in tractors! Now he is busy organising custom bike trip packages for his latest venture *BikesnRides* company.

Of his time at OUSPE he reminisces: "I have many special memories. The lecturers had a big influence on me and my philosophy as a teacher. [P A Smithells \(PAS\)](#) challenged my thinking, [Stan Mair](#) was huge in developing my love of the outdoors and [Bruce Ross](#) had me into VO<sub>2</sub>max and Ex Phys from day one. Working with [Bob Marshall](#) on Biomechanics was inspirational and his ability to facilitate my learning was huge in developing my knowledge. But then there were the trips: ice skating, rock climbing, skiing, hiking and kayaking. Wow! I never wanted to leave. Friday afternoons were spent reading Ex Phys and Biomechanics research, sports coaching and athletics in the library. I loved it, but then it was off to the Cook (pub) for a few drinks and maybe Joe Tuis for food on the walk home. Otago really was an outdoor playground. Learning by experiencing the outdoors is still really important for me and my teaching.

I started teaching at Tauranga Boys College with [Max Heimann \(DipPhEd 1961\)](#) as my HOD. (Note: Max has over 43 years service at the College, had an illustrious rugby playing career and was made a Life member of Tauranga Sports Club in recognition of his coaching/treasurer contribution). You couldn't ask for a better place to start a career. I had an awesome OE for 4 years in the '80s working on resorts in Colorado, USA, and spent time triathlon racing which culminated in a World Championship age group title in 1991. This led on to a job for Triathlon New Zealand as their first Coaching



Ray Edwards in the new Dio Fit Club at Waikato Dio which is open to staff and students and offers after school special fitness classes to the Dio community

Director setting up Coach Education programmes, training camps and a talent ID programme and then back to teaching at Waikato Diocesan Girls School in Hamilton for 18 years where I am currently HOD.

Waikato Dio has allowed me to indulge my passions and use my areas of expertise as a teacher. We have just built a \$5 million Sports Education Centre which I've been heavily involved with so it's very exciting and motivating to plan for my students' future learning. Being a PE teacher is demanding, full of challenges and it's a rewarding career but it takes a very special person to be successful at the job.

My main concerns for the future are getting kids outside, active and developing their skills and confidence to enjoy the outdoors. I want to see more practical experiences put back in PE at NCEA level. We need

to be careful that the fun and play aspects are not overridden by the pressure to teach, learn and assess. To have a PE Scholarship exam without a practical component is a sad state of affairs.

While I love my job and have some amazing young women to teach, it's time to back off the HOD job and look for other challenges towards 'retirement'.

I recently started a company called *BikesnRides*. <http://www.bikesnrides.com/> I will gradually work on developing it into a mountain bike tourism business with custom trip packages.

A new challenge and time to indulge my love of adventure, cycling and the outdoors."

*BikesnRides.com*



Ray Edwards and his partner Max at the 2010 Motatapu Marathon, Central Otago

## Passionate about Policy



Rebecca Keat at the 2011 Motatapu Marathon, Central Otago

Rebecca Keat BPhEd (Hons) 2009, MPhEd 2011

"Hi, I'm currently living in Wellington and have been in my position as a Policy Analyst at New Zealand Qualifications Authority (NZQA) for just over a year now. My position wasn't a graduate position so I was very fortunate to get it. They were looking for someone with good research, analysis and communication skills which I think I certainly developed through doing my Masters.

At NZQA we are largely involved with operational policy. In my role I have generally been involved at the implementation stage of new and changing policies, or analysing suggested improvements and changes to current policies. Key projects I have been involved in over the past year include the review of University Entrance, the current review of the Scholarship subject list, and the Youth Guarantee initiative, one of the Government's flagship programmes targeting youth retention in education.

Now I'm in the "real world" I definitely appreciate my weekends more and enjoy spending time with friends and doing a bit of running (when I'm not injured)."



## Cardiac Rehabilitation Research: A heartwarming tale

Dr Sandy Mandic BPhEd(Novi Sad),  
MSc PhD(Alberta)



Sandy's  
Research  
Team



Back row (left to right): Diana Wilson, Bridget McIlraith, Sandy Mandic, Hayley Horwood, Claire Hodge  
Front row (left to right): Emily Stevens, Casey Brown

How does a young woman from Croatia find her way to New Zealand? Hard work and feminine charm (enticing her husband to come to the other side of the world)!

Sandy says: "I am a Croatian-Canadian living in the Kiwi Land. I moved from my European origins for academic training in North America and then came to the far south to pursue my academic career at the University of Otago. My research interests, expertise and passion include clinical exercise physiology, cardiac rehabilitation and physical activity and health. My current research projects focus on the role of exercise in primary and secondary prevention of cardiovascular disease."

In 2009 with no initial funding, just sheer enthusiasm and a dedicated technical team rallying around her, Sandy began her pilot cardiac rehabilitation research project with 77 participants from the Otago Phoenix Club and the Taieri Fit and Fun Group.

Her project has thrived to the extent that she says: "We have just established a Cardiac Rehabilitation Laboratory at the School in January 2012. Our research team is passionate about investigating how an ageing heart responds to both active and sedentary lifestyles. Findings from our studies will help to inform exercise recommendations for elderly individuals with and without cardiovascular disease. In the next few years, our research team will be conducting exercise intervention studies, designing community and school-based physical activity initiatives and establishing an exercise clinic for older adults.

I don't love what I do – I do what I love. Working in academia offers plenty of room for creativity and for expanding boundaries of knowledge, helping the community and sharing my passion for learning and discovery with students and colleagues around the globe. Being at the School is a great bonus. My husband Philip, our 18-month old daughter Adriana and I truly enjoy living in Dunedin and going tramping and cycling on Otago Peninsula in our leisure time."



Clinical exercise testing and assessment of cardiovascular function during exercise



Community-based cardiac rehabilitation programs in Dunedin area: The Otago Phoenix Club (above) and Taieri Fit and Fun Group (below)





## Like mother, like daughter

Lois Grayburn (née Deacon) DipPhEd 1951 and daughter Heather van Skike (née Grayburn) DipPhEd 1979

Acceptance into the second intake at the newly established School of Physical Education School in 1949 for [Lois Grayburn \(née Deacon\)](#), Head Girl at New Plymouth Girls' High School, "was a major move for me as I had only twice been out of Taranaki." Nowadays, it's hard to get hold of Lois as she is a jetsetting social butterfly with her family and enjoying her timeshare in Coolangatta.

"I have great memories of my time in Dunedin and the sciences we studied at the Medical School and the inspirational lectures by [Prof Philip Smithells](#). The practical work was always enjoyable. We were fortunate to have [Mrs Emmy Bellwood](#) from Estonia to introduce us to Rhythmic Gymnastics and Dance.

Outdoor Education at Trotters Gorge was a great experience," she recalls.

**"Girls from 1949 intake in our green track suits. We caused a stir in the University as trousers were not greatly used in that era."**



Lois in 1950



Lois in 2012

says. Married in January 1953, Lois taught that year as a Physical Education Instructor and Health Sciences teacher at New Plymouth Girls' High School.

In 1954 Lois and husband Mark moved to Rotorua establishing a Civil Engineering Company based in Tokoroa. "I had a significant role in the company as secretary running the radio telephone base from home for several years. Our four daughters Joanne, Heather, Carolyn and Toni were born between 1955 and 1961. During the 1960s I became involved with golf, badminton and teaching club swimming. As President of the Tokoroa Kindergarten, I raised funds for a 2nd Kindy by producing the "Cooking for Fun" cookbook. In recent times we have contributed to building Tokoroa's new Aquatic Centre," she says. "Our life, as a sport-loving family, led to Joanne representing Auckland Surf Life Saving, Heather captaining the New Zealand Basketball team and Toni representing New Zealand in surf and pool swimming. I was heavily involved with their endeavours including



Back Row: [Mollie Nicholas \(née Snowden\)](#); [Lois Grayburn \(née Deacon\)](#); [Von Stevens \(née Gordon\)](#); [Leith Thompson \(née Gunn\)](#) [Janet Taylor \(née Barker\)](#);  
Front Row: [Natalie Wicken \(née Nicholls\)](#); [Tricia Broad \(née Thomas\)](#); [Betty Buckley \(née Fleming\)](#); [Jenny Atkin \(née Dudding\)](#)

Lois was also active playing representative netball "in the distant past called basketball" for Otago University, Otago and later for Taranaki Province. "Our Class has had several happy reunions. I am frequently in touch with [Jenny Atkin \(née Dudding\)](#), [Natalie Wicken \(née Nicholls\)](#) and [Betty Buckley \(née Fleming\)](#)." Click on <http://physed.otago.ac.nz/alumni/gallery/class-photos/> to view their 1950 class photo.

"After completing my Diploma in 1951, I spent one year at the Auckland Teachers' Training College," she



Otago University Basketball (Netball) team 1950  
Most of the team were PE students

Left to Right: [Margaret Brant \(née Barrett\)](#); [Lorna Kelly \(née Birch\)](#); [Lois Grayburn \(née Deacon\)](#); [Betty Buckley \(née Fleming\)](#); [Theresa ? \(née Riordon\)](#); [Barbara \(née Excell\)](#); [Joan MacPherson \(née Newlands\)](#); [Carol Halvorsen \(née Hardie\)](#); [Hillary MacInnes \(née Peacock\)](#); [Natalie Wicken \(née Nicholls\)](#); [Cynthia ? \(née Pierson\)](#); [Gillian Jackson \(née Soper\)](#)

periods of swimming club administration with the Waitamata Swim Club," she says. With husband, Mark, of 59 years, Lois now lives in Takapuna, Auckland and has taken up computer and photographic hobbies. She says "Our daughters, Joanne (Christchurch), Heather (California), Carolyn (Perth) and Toni (Auckland) are all happily married. We are very lucky to be able to travel and catch up with our widely spread family. Off to pack!"



Click on <http://physed.otago.ac.nz/alumni/gallery/class-photos/> to view 1978 class photo

Heather van Skike (née Grayburn) in 1979

Perhaps tales of her mum Lois's earlier adventures enticed second daughter Heather van Skike (née Grayburn), now based in California, USA, to follow in Lois's footsteps as she ventured to Otago.

She reminisces: "Phys Ed School in 1977 seems like so long ago. I've lost touch with many people that I truly enjoyed being with, but I have many lasting memories including our track coach, an intense Englishman, having us piggyback a classmate up the stadium stairs. I was paired to lift Max (Tony Mackie) – I'm sure he

"The education and experiences that I received at Otago laid a solid foundation for me to move into the workforce and to feel confident that my clients are receiving the best possible advice, instruction and motivation to achieve their own goals." - Heather

was heavier than me! This professor believed the proof of an intense workout was to throw up! We participated in many group activities to foster teamwork and trust, and probably to prove scientific principles. The only phys edders that I have remained in frequent contact with are Robin Lonsdale, Frances Harrison and Moz (Marceline) Borren with a catch up along the Auckland waterfront this January." She says "After Otago, I headed to Auckland Teachers College but prior to even obtaining a teaching position I ended

up in America. I played for the New Zealand Basketball team from 1976 until 1981 when I was extremely fortunate to receive a scholarship at Chapman University in Orange, California.

I finished my Bachelor's in Athletic Training during my second season so decided to continue in California with a Masters in Exercise Physiology. While working on my Masters, I was employed at the only Sports Medicine facility in the area, as a receptionist (in 1984 females were not allowed to work on the exercise floor!). Within a year I was working in the cardiac rehabilitation program and then physical therapy and became State Board certified. After working 18 years at this facility, I started my own personal training business "Kiwi Conditioning" 10 years ago, just me, no staff, fun work, which gave me more flexible hours with our young family.

I have also been teaching swimming at private pools since being over here during the warmer months, at the City Recreation program to begin with, and leading to setting up on my own for the last 15 years as



Heather (standing) working with a client in 2012 at Kiwi Conditioning, California.

Kiwi Swim School." Heather says that her and husband Owen's days (married in 1988) are "fun, busy days, getting kids to school early for weight training or swimming, then in my gym from about 7am to 11am working with clients that really have become a part of my extended family and a few I've trained for over 15 years. It's then off to the pool for 2 to 4 hours having fun with young kids. For recreation I bike ride, hike in the local hills with friends or read a good book. My favourite pastime is to watch daughter Rachel, a high school junior, who is involved in singing, theatre, basketball and swimming and son Mark, a freshman, who is totally focused on baseball."



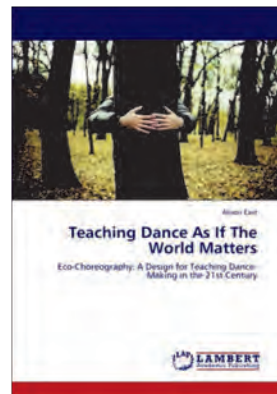
## Book Blitz: "Teaching Dance As If The world Matters."

Eco-Choreography: A Design for Teaching Dance-Making in the 21st Century  
By Ali East

To Ali, dance matters and the launch of her first self-authored book at the School on 9 March encapsulates what dance means to her throughout her choreographic and dance education career spanning 40 years. Ali investigates how teaching and choreography may be used to enhance relations with ourselves, each other and the world by introducing a framework for, what she has termed, an eco-dance pedagogy.



Ali East DipPhEd 1970,  
MPhEd 2006



## Congratulations Ken!



Prof Ken Hodge, DipPhEd (Otago) 1981,  
MS (Montana) 1984, PhD (Ill) 1988

Professor Ken Hodge is one of 14 leading University of Otago academics to have been promoted to full professorship on 1 February 2012.

University vice-chancellor Prof Harlene Hayne said the promotions reflected the staff's "proven records of excellence." A graduate of the School and a stalwart staff member at the School since 1988, Ken's area of expertise is sport and exercise psychology, with a research focus on the psycho-social effects of participation in sport. Ken has investigated issues such as motivational orientations in sport, athlete burnout and athlete engagement, lifeskill development through sport, and prosocial/antisocial behaviour in sport.

Read about Ken's extensive experience and contribution at:

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

## 50 year milestone graduation reunion

They keep racking up the milestones. The latest for this hardy, close-knit group of 18 PhysEdders from the class of 1959 - 1961 (and some spouses) is to mark 50 years since graduating in 1962.

They "succumbed to the pull of Dunedin" in March to have a celebration reunion weekend, organised by Gay (Gaynor) Turner (née Restieaux), where they explored Unipol at the Stadium, Orokonui Eco Sanctuary and enjoyed gossipy lunches and dinners.

After a tour of the School with Chris Sullivan, Tech Team Manager, they viewed photos and memorabilia at an afternoon tea hosted by Doug Booth, the Dean.

Win Parkes (née Mirams), group organiser, says "As a year group we all acknowledge the profound impact of our 3 years at OUSPE when classes were small (32 in ours) and we were the first year group to have a 50/50 ratio of boys and girls. Is that why we had such

fun?" Win, an ex careers adviser, says "Present students might be interested to hear about the variety of fulfilling careers that our group has built up from our Dip Phys Ed." To be inspired click on <http://physed.otago.ac.nz/alumni/alumnicareers.html>



Class of 1959—1961 in the Gym, 665 Cumberland St, in 2012, the first year group to use the newly refurbished building in 1959.