



Alumni Newsletter

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



Issue 2 Semester 2 2015

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Kia ora koutou

The School has enjoyed yet another outstanding year with staff and students winning accolades, scholarships and recognition nationally and internationally.

Just in the last week Dr Anne-Marie Jackson and Dr Hauiti Hakapa won the *Innovation in Māori Course Content Award* at the inaugural Division of Sciences Awards, Dr Lynnette Jones won *Educator of the Year* at the New Zealand Exercise Industry Awards, and Mr Troy Ruhe was announced as the winner of the Philip Ashton Smithells' Memorial Scholarship. These successes once again highlight the School's pre-eminent place in physical education and sport science in New Zealand.

I wish all alumni a safe and enjoyable festive season.

Professor Doug Booth, Dean

Kia ora rā, koutou katoa

Good health to you all.



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

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

SPOTLIGHT ON: DR MARK FALCOUS

CYCLING CULTURES

Dr Mark Falcoux, senior lecturer in the Sociology of Sport, recently presented some of his research findings at the 2015 World Congress for the Sociology of Sport in Paris. The research is part of a wider 'Cycling Cultures' project he is undertaking.

Mark, who hails from Lancashire, England and has been teaching at the School for 13 years, explains that "the project is motivated by the fact that much research approaches cycling as a healthy, pollution and congestion reducing transport practice that people will rationally adopt; but tends to ignore the varied social meanings associated with cycling which provide key factors in its uptake."

Such approaches ignore the cultural meanings of cycling which are significant in patterning who cycles when, with what social meanings and relevance. These are highly varied. For some people, Mark

stood by those who wish to promote it." The Cycling Cultures project seeks to understand these varied understandings.

The project is timely as cycling has become a 'hot topic' of late, and attracts heated debate as urban planners increasingly look for solutions to urban congestion, seek environmental sustainability and work to address health issues. Additionally, cycling has been touted in various media as 'the new golf' – suggesting a shift in significance of cycling as a new status enhancing activity.

Mark's project explores the varied meanings of cycling. "At the moment," he explains "I'm exploring road cycling amongst recreational groups who ride for leisure, which involves riding in their groups and conducting interviews to explore how these cyclists take meaning and negotiate lifestyles and con-



Mark coaches children in track cycling and rides and swims occasionally and is "busy with my two girls Rosie and Lily".

The School's extensive list of recent alumni who have pedigree in cycling at the highest level include:

[Jack Bauer BPhEd 2006](#)

(Commonwealth Games silver medallist) who competed in the 2015

Tour De France; [Reta Trotman](#)

[BPhEd 2011, BSc 2012](#) who represented New Zealand at the 2014



Mark (left and centre) with daughters Lily (7 yrs) and Rosie (9 yrs) 2015

explains "a bicycle and cycling can be a marker of social status, whilst for others it's a marker of a lack of choice and/or status; for some it's about transport, for others leisure, for yet more, it's about a sport. Cycling has very different meanings and connotations for those who ride bikes which need to be under-

stood by those who wish to promote it." It makes for a highly unique and fluid research environment; but getting in amongst the lived experiences is critical to understanding them."

A keen cyclist himself, Mark has over the years won national medals as a Masters rider in track cycling and in cyclocross.



Mark cycling 2015
Photo: [Brendan Ward](#)

Glasgow Commonwealth games; [Matt Archibald BPhEd 2009, BCom 2010](#) who won a bronze medal in track cycling in Glasgow and [Katie Schofield BSc 2007, BPhEd 2007, MPhEd 2011](#) who continues to represent New Zealand on the international stage.

Lead by Example

Christine Arthur BPhEd 1985

"Leaders aren't born, they are made. And they are made just like anything else, through hard work."



Chris's hard work has been recognised and has earned her leadership roles as Deputy Principal at Auckland Diocesan School for Girls and her appointment as Chef de Mission to the World University Games in Gwangju, Korea in July 2015. She has previously been Chef

de Mission to the Australian Olympic Youth Festival in Sydney in 2013 and the Youth Olympic Games in Nanjing, China in August 2014.

Chris says "My role at Diocesan is similar to being part of an executive team of a medium sized business. There is the daily management of staff and operations with a clear focus on learning and academic achievement. As an independent school we have to be competitive, financially secure and customer focused to meet the changing needs of our community. I have oversight of the school's pastoral care team, leadership and ethics programmes, boarding, timetabling and the faculties of Maths, English and Arts as well as some year levels."

As Chef de Mission Chris acts as team leader. "My first responsibility is to establish the team culture and processes to create a high performance team environment. If there are any issues it is my job to resolve. If everything is going well then I'm chief cheerleader for athletes and support staff. It's a huge privilege to be working alongside everyone involved in high performance sport because they are really positive, focused and keen to continually improve. I love winning and being part of winning teams. My definition of winning is celebrating all progress and not just the one that finishes first. The teams I've worked with have had athletes and coaches who are on the pathway



Chris at a Games welcome ceremony in Nanjing, 2014

to be our next Olympic Champions."

A dedicated sportswoman, Chris played hockey for New Zealand for eleven years during which she studied for her PE degree. She represented NZ in two Olympic Games finishing sixth at the 1984 Summer Olympics in Los Angeles and in eighth position with the Black Sticks at the 1992 Summer Olympics in Barcelona. She says "The Phys Ed degree helped me look at sport with wider lenses and see the possibilities beyond playing hockey. My priority after finishing my PE degree was to go to a strong hockey province and find something that would



Chris (middle) with the 2014 Nanjing Youth Olympic athletes Rennah Hannah and Finian Scott and mascot Lele

give me time to train and play. The Christchurch College of Education seemed like a good option and I found out I loved teaching."

As well as pursuing a teaching career, Chris's flair for coaching and advising has seen her undertake roles

such as Athlete, Career and Education Advisor for the South Island Academy of Sport from 2001 to 2004. She has coached a range of NZ hockey teams from the NZ Under 15s through to assistant coach of the Junior Black sticks. Further recognition of her leadership skills came in 2005 when she received a Prime Minister's scholarship for High Performance coaching.

Chris has worked with young people in a variety of leadership roles. "I've led

numerous overseas trips with students as part of the World Challenge to Costa Rica and Nicaragua, Thailand and Cambodia and Namibia and Botswana. I've also led school trips to Europe and many parts of Asia for sport and cultural exchanges."



Chris (front left) tramping with Diocesan School on World Challenge in Costa Rica, 2014.



Chris at Diocesan school swimming sports with Lauren Analay, year 13 leader, 2015.

To hone her leadership skills, Chris says she was thrilled to finish her Masters in Educational Leadership graduating from AUT in 2012. In 2014 she was selected for the Aspiring Women Olympic Leaders (AWOL) programme open to women who have represented New Zealand at an Olympic/Commonwealth Games to enable them to fulfil leadership roles that impact on sport in New Zealand and the world. She is the recipient of a 2015 Independent Schools of New Zealand (ISNZ) honours award for services to Independent Schools and Sports.

This year Chris played Masters hockey for Auckland and captained the NZ Masters women hockey team for a trans-Tasman series played in Melbourne in May 2015.

Chris says "The key to everything I've done since leaving PE school comes down to being willing to learn from every situation and transferring the things I've learned through sport into my work. Team building, dealing with conflict, problem solving and hard work are things athletes know well and they are crucial in the work place. I like the messages from Stephen Lundin's book "Fish!" – Be Present, Make Someone Else's Day, Choose your Attitude and Have Fun."

"Phys Edders I catch up with are [Sharyn Pratley \(née Heberley\) BPhEd 1988](#), [Fiona Bush \(née Reeves\) BphEd 1989](#) and [Jan Shand BPhEd 1986 \(née Webby\)](#).

We all taught together at St Margaret's College in Christchurch and called ourselves the Witches because we meddled in each other's love lives. Both Sharyn and Jan married Phys Edders ([Mike Pratley BPhEd 1990](#) and [Darren Shand BPhEd 1992, ONZM](#)). I also taught with [Brenda Rowberry \(née Walker\) DipPhEd 1969](#) married to [Jerry Rowberry DipPhEd 1969](#) and [Jenny Laney \(née MacLaren\) DipPhEd 1969](#). Working with other Phys Edders is always great because they are fun and bring energy to the workplace."

Phys Edders in our backyard!

Kelsey Howlett BPhEd 2013 and Chanel Pienaar BPhEd 2014



L to r: Kelsey and Chanel, Green Prescription Coordinators at Sport Otago, Dunedin, 2015

Photo: Bridget Kennedy

What do your roles involve?

We help those in the community who struggle to find motivation to get out and get active. Our activity programme is designed to kick-start an individual's physical activity levels. Once we receive a GRx referral from a doctor, we'll contact the client to arrange a consultation to discuss their health goals, current physical activity levels, and nutrition. We help motivate and support them towards developing and initiating an activity plan. Our clients can take part in our group activity sessions such as aqua jogging, indoor cycling, and the popular walking series. We also offer one-on-one resistance circuit training placements and can refer clients onto student dieticians.

Any rewarding projects you've undertaken / goals reached at Sport Otago?

One of our most rewarding projects is starting our low impact cycle class. These classes introduce clients to the correct technique and different exercise options that can be carried out on an indoor cycle to increase our client's fitness and help with weight management. This fun class is for all fitness levels and suitable for people who have trouble with weight-bearing exercises. The cycle class has been extremely popular. Due to high demand, we've added in a second weekly class.

One major goal we've reached since being in the role is meeting our yearly referral total, a measurement set by the Ministry of Health. In the last quarter of the year, we doubled our referrals to reach this quota. We'd both only been working here a short time but attended



L to r: Kelsey and Chanel teaching a class at Moana Pool, Dunedin, 2015

Photo: Bridget Kennedy

many expos and promoted the programme around our community.

The biggest challenge is working with clients with mental health issues. We weren't taught about mental health throughout our PE degree, so working in this role has been our first insight into the struggles of these individuals. We're fortunate to go to educational seminars for our personal and professional development in the mental health area.

Do you think your Phys Ed degrees helped you win the positions?

Definitely! Both of us completed one of our majors in Exercise Prescription and Management. The papers gave us an insight into how physical activity and exercise can help reduce or even eliminate symptoms of diabetes, arthritis and heart disease; conditions that a percentage of our GRx clients have. We also worked with PEPSA, GRx, Arthritis, and EXPINKT clients through the Exercise Prescription Clinic in our final years of study which enabled us to put the theory from lectures into practice and gain experience working with clients of varying medical conditions.

We believe that the biggest advantage of the degree is that it teaches you how to be open minded, empathic towards others, and how to work with individuals from varying backgrounds.

For fun:

Chanel coaches and plays netball, loves reading, going to festivals and to the movies. Kelsey coaches water polo, loves snowboarding and freestyle BMXing. She goes to yoga classes and enjoys walking her dogs.

What is your new role at the Otago Daily Times?

From mid July this year I'm officially an online journalist, although publicly I'm an online sports writer. I "live blog" rugby games plus write the post-match analysis. I do a lot of editorial stuff on the sport section, choosing which stories to use from the news wires, getting pictures, writing headlines and deciding what to promote. I also cover general news and a lot of the social media.

Has having your "foot in the door" writing for the ODT on a voluntary basis while studying for the past couple of years and your honours thesis which focussed on how technology is changing sports journalism helped you win the role?

Yeah absolutely as far as the foot in the door goes. I wouldn't have gotten it as the ODT doesn't employ people without a journalism qualification. The knowledge I obtained from the degree is relevant to understanding what's happening in sports and helps me look at things from different perspectives.

In 2012 the ODT did a promotion where Highlanders fans could write articles on the games, so I sent in weekly match reports. The next year they asked me to do rugby analysis articles, like player ratings and 'five things we learnt'. They started paying me



Jeff Cheshire 2015

and got me media accreditation.

You write for other sports blogs?

In 2009 when I was 15 I started writing for the Bleacher Report when they were a small, amateur operation and are now the 4th most read sports website in the USA. I finished up there this year.

<http://bleacherreport.com/users/82257-jeff-cheshire>

I also write for Stadium Journey, a sports-travel website.

Jeff was the ODT online sports writer for the 2015 World Cup Rugby.

<http://www.odt.co.nz/history/13239>

I did more or less everything on the World Cup section of the ODT site. Day-to-day that meant bringing in articles from the wires, editing and deciding how to promote them. I live blogged the All Blacks games and did

some analysis and opinion pieces. Lots of odd shifts and not many days off! There was a buzz around the ODT. We had a picking competition which most of the experts did terribly in. We got all the news, like team lists, a day or so before everyone else which was cool.

Tips about starting out in your field.

Write as much as you can. Make sure it is read. Ask for feedback from people in the industry. Sites that anyone can write for are good starting points. You can get experience and make your mistakes there. Use short sentences and never use the phrase "I think". Keep at it. I've seen so many people come and go who are keen but only last a few months. It took me six and a half years to go full-time, so you have to be prepared to work hard.

Future Plans?

Short-term keep developing the ODT's website's local sports coverage. Long-term go overseas and work for a bigger newspaper. Eventually I'd like to be a full-time writer. I'm happy with what I'm doing for now. It's a more transferable role.

For fun:

I play basketball and coach a couple of teams. I play piano and guitar and write a lot of songs. Try to go fishing when I can.

Multisport adventurer and International Diabetes Federation young leader. Emily Wilson BPhEd(Hons) 2012



Emily at the Godzone race Kaikoura March 2014

After graduating, Wanaka's life-style beckoned to Emily as it provides the perfect setting to train to pursue her passion for multisport and adventure racing.

Emily has established her place in the local community working for the Queenstown Lakes District Council as an Aqua-Fit instructor, swim instructor, life-guard and School sports coach. Emily also helps run the Wanaka Community Networks school holiday programme and the Wanaka after school programme and Sports Central benefits from her volunteer work with their local events.

Emily says "I enjoy the variety



Emily at the finish line with the Race Director Robin Judkin (2014 Coast to Coast)

and the flexibility that my jobs give me and the kids are so inspiring. I'm here for the lifestyle and it couldn't be much better! I'm able to train up to 20 hours a week. This mainly involves kayaking, running and cycling. I also fit in some swimming, cross country skiing, climbing and snowboarding. I get to explore the surrounding wilderness areas and race overseas which I absolutely love."

Emily and her team *Next Generation* have competed in the 2012 and 2014 (placing 8th) GODZone Adventure Races. The race this year was held in Wanaka where they placed sixth overall and retained winning the Under 25 Team title for the second year running.

With an impressive list of events and placings already under her belt including the Coast to Coast in 2014 and the Goldrush 3-day Multisport Race in 2012, and consistently maintaining a high level of training and fitness, it was a shock that on return from a 6 month trip overseas last November Emily was diagnosed with diabetes. She says "As disappointing as this diagnosis was, it could have been a lot worse. I'm motivated to empower other diabetics to take responsibility for their health and get the best out of their lives. I strongly believe that exercise and diet changes are the most effective at reducing the long-term health complications of diabetes. For now, I can successfully manage my diabetes with minimal insulin because I exercise regularly and eat a nutrient-dense, low carbohydrate diet. I can't pretend that diabetes isn't extremely frustrating for someone with an adventurous lifestyle but with persistence and a positive attitude, nothing is impossible."

It is this positive attitude that led to her selection in April as the International Diabetes Federation (IDF) Young Leader for a two year period to represent New Zealand at the World Diabetes Congress in Vancouver in early December.

She says "I can't wait to expand my knowledge at the World Congress and collaborate with other Young Leaders to come up with some exciting projects." Emily's first project "Everesting TC" for World Diabetes Day involved riding non-stop to the height of Everest (8848m) on the Treble Cone ski field road on the 14th November to raise awareness and funds for Diabetes N.Z.

"In completing this challenge I'll join a small group of people who have claimed an Everesting title. I want to make this day a fun dedication to all those affected by diabetes. I hope to have many people come out to ride a lap and



Emily paddling on the 67km Waimakariri River stage of the 2014 Coast to Coast.

Prix at the Auckland Domain with a homemade trolley inspired by mountain biking and skiing in Central Otago.
<https://www.facebook.com/pages/GQ-Skyline-Redbull-Trolley-Grand-Prix-2015>

"So it is all go... just how I like it!"

enjoy some live music and food. People are welcome to ride as many laps as they like but there can be only one person to claim the mountain, so hopefully it is me!" <https://www.facebook.com/everestingtcworldldiabetesday2015>.

Emily doesn't rest on her laurels though because between September and November she competed with her team *Next Generation* in three multi-day races in China (with a surfing trip to Indonesia in between). In early November she competed as an individual in the Australasian Multisport Champs 55km course in Lorne, Australia (a 1.9km ocean swim, 13km paddle, 16km coastal and trail run, 23km mountain bike and a 700km beach run). Emily's team *GQ Skyline* have recently competed in the Redbull Trolley Grand

1968 Class Photo

Allison Croft (née Rickard), DipPhEd 1970, BA 1973, Dip Ed 1975

Those elusive class photos are gradually coming to light! A chance visit by Allison to the School in September solved the mystery of the missing 1968 class photo. On return home to Nelson, she kindly posted her copy of the photo to us and, using her brilliant memory, supplied the names.

Allison has been married for 38 years to kiwi husband Rodger who she met on her OE in Durban, South Africa and they have five sons. After an early stint of secondary school teaching at Tauranga Girls' College in 1974, Allison changed direction in 1987 working in Nelson Play Centres and graduating as a pre-school teacher in 1991.

Since 1995, Allison has been teaching in community based preschools. For the past 6 years she has worked for the Nelson Kindergarten Association as a contract reliever. She says she will continue to do this until she is 70 years young while keeping up with her travel, walking, hiking, knitting, gardening and voluntary work at a local rest home.

View the 1968 photo and other class photos: <http://physed.otago.ac.nz/alumni/gallery/class-photos/index.html>

Still missing: 1970 and numerous 1980s and 1990s ... Come on phys edders send in those photos lovingly stored in the attic.



Allison Croft, Nelson 2015

Kate Sullivan BPhEd 2008, GradDipTchg 2009
and dad Chris Sullivan BCom 1991, IT and
Technical Manager chilling at home in Dunedin



When Kate was at Phys Ed School, she could pop into Chris's office for a chat in between her favourite dance class lectures.

Her dad Chris, our IT and Technical Manager, is one of our long serving Tech team. After completing a BCom at Otago, Chris started working at the School in 1992 as the computer support person. He now manages the School's technical support services and information technology (IT) systems.

Chris takes a careful 'wait and see' approach about technology. He says "The School's facilities, including IT resources, have evolved with technologies over time. I've always tried to keep abreast of developments. I'm not a fan of jumping on to everything new to the market. I prefer to see how new products and systems used by other organisations are successful in providing any real benefit to the end user. Being a guinea pig with IT systems can be a costly exercise if it all goes wrong!" After Kate graduated in 2008 she says "I wasn't sure what career path to take. I knew that I wanted to work with young people through dance. Having a Phys Ed degree gave me a diverse range of options and helped to show employers that I was versatile in a number of areas." In 2015 Kate started a new teaching dance position organising, developing and delivering the dance programme at Auckland Girls' Grammar School.

Her initial teaching roles were at Burnside High School and Hillmorton High School in Christchurch. "A challenge I had at Burnside was introducing dance to the school curriculum creating the dance department from scratch and building it to a department with over 300 students.



Kate (right) performing "Cut Paste Collaborate" at the Christchurch Body Festival October 2014

Another cool project at Burnside was to take a group of 15 students to India on a World Challenge trip."

Her tips to Phys Ed graduates starting out: "Be open to different types of positions rather than being focused on only one career option. You might find something you really enjoy or gain a foot in the door to what you want to do. Don't be afraid to make mistakes, just learn from them."

Kate would love to find time to work on her choreographic projects and to start a youth company for young people living in hardship who can't afford formal dance training. Chris's passion is photography operating a hobby business called *Seen in Dunedin* (seenindunedin.co.nz) which specialises in event photography. "... providing me the opportunity to meet some cool people (with Elton John the highlight), and seeing some pretty cool events and live shows. Dunedin is a neat wee city with lots going on that many of us never hear about. I use my photography business to capture some of these and put them out there for all to see. I love that marketing slogan the city came up with some years ago – "It's all right here!" I reckon it's bloody brilliant here!!"

A keen mountain biking and road cyclist, Chris tries competitive racing every so often. "I love pushing myself in training, setting goals, getting as fit and fast as I can to try and keep up with others of my own age."

"Bitten" by the travel bug, Chris and wife Julia have visited Italy, France, Ireland, South Korea and Australia and are hopefully off to the UK in 2016.

Their son Tom (27 years) is in the final year of an electrical apprenticeship and daughter Emily (24 years), a graduate nurse (Otago Polytechnic 2012), is in Seoul, South Korea with her boyfriend teaching English to 3 to 8 year olds.

Scott's "Try" to improve rugby participation

Scott Collins BPhEd 2001, BCom 2002

A belief that he "wanted to work in sport" has led Scott on his journey to his current role as the Regional Development Coordinator with Auckland Rugby (ARU) for the past six years.



Scott holding the Bledisloe Cup trophy on display at the 2014 NZRU Conference, Papakura.

Scott structured his degrees to enable him to work in sport by studying a BCom in human resource management to complement his BPhEd. His idea that "the human resources side would work well as professional sports need people on and off the field" has certainly paid off for him.

Scott spent his first 4 years as Coordinator looking after and rebuilding the primary school section as well as the junior club section. Scott is now working within the secondary school rugby sector looking after player, coach and game development in the Schools in the South Auckland section of the Rugby Union.

An enthusiastic rugby player, Scott played with Otago University RFC and Zingari-Richmond RFC, then the Otago Maori Colts and Senior sides. "I played because I enjoyed the game

but I didn't really appreciate the opportunities it could have provided."

"After graduating I played rugby in Scotland and USA with a few friends – typical deal – go and play and help out the club. See the world through rugby fields! In the USA we helped coach at the Brother Rice High School in Chicago. It was after this that I knew what I wanted to do."

When Scott returned to New Zealand he dropped off his CV to the three Unions in Auckland and won the Auckland Rugby role. "Ever since then it has been a great journey. The opportunity to work in rugby has created so many unique experiences and the people you meet in the game are incredible. Training is on the job so I've been able to complete a few NZRU/IRB Coaching Courses. An IRB Educators License allows me to run courses as well as sign off coaches for assessments."

"Rugby may be the national game but there are still plenty of barriers out there. A fraction of the Auckland population call rugby their game of choice. To grow the game in Auckland we need more players, coaches and referees. You also need the infrastructure to grow, like

increase in fields available not just for games but for training. Several schools only have one rugby field and some schools don't have rugby at all. So yeah challenges everywhere."

"I'm happy with my current direction as the variety keeps me on my toes ... admin, development or coaching wise, the opportunities offered to me here at ARU are exciting. We have an International Academy at ARU so working with foreign players here in NZ can lead to opportunities in far flung countries, much like the rise of 7s."

"I play club ice hockey in Auckland though my main passion is inline hockey. I've represented NZ over the last few years in USA, France and Australia as part of the Senior Men's team. I'm also involved in the admin side, recently joining our governing body on the NZ Inline Hockey Association Board. The skills I've learnt from working in rugby are transferrable and it provides me with a unique viewpoint compared to others on the Board."



Front row 3rd left: Scott with Mangere College after winning their Auckland Secondary School Girls Rugby 10s 2014 Championship title

Carol Goodlass (née Noble-Adams) BPhEd 1993,
MPHed 2003 & Steve Goodlass BPhEd(Hons) 1993



Back L to r: Carol, Moss (11 yrs), Fynn (13 yrs) and Steve
Front L to r: Ryley (6 yrs) and Aria (3 yrs) October 2015
At the grand re-opening of Clyde railway station and the
new *shebikeshebikes* Clyde depot

Meeting at Phys Ed School 15 years ago in 1990, Carol and Steve have created a lifestyle for themselves and their four children in Poolburn establishing the *shebikeshebikes* Otago Central rail trail cycle adventure business. Their success is measured by being awarded a 2015 Trip Advisor 2015 Certificate of Excellence.

After graduating, Steve's first role for a year was as a lab systems co-ordinator on a world first digital language lab in the Language Learning Centre at Otago University which "hooked me on programming thanks to [Dr Barry Wilson](#) introducing me to software development on a summer studentship." Steve was lured away from PhD study to work as a software developer for Joe Morrison's BPhEd 1992, MPHed 1996 *siliconcoach* company.

Carol's teaching diploma led to her role as one of the first female Physed teachers at Otago Boys' High School. She then moved to the Sports Institute as programme manager and eventually a senior lecturer role in Sport and Exercise Psychology while completing her Master's in Sport Psychology and giving birth to Fynn their first son. A shift to Central Otago in 2005 to assist Carol's mother with Carol's father's advancing Alzheimers led to Carol



and Steve purchasing a 5 bedroom mud brick farmhouse with a 4 bedroom lodge attached. They renovated the lodge to provide Otago Central Rail Trail accommodation. Steve says: "After a couple of seasons we saw an opportunity for a lifestyle change by establishing a cycle tourism business. I'd been fortunate enough to be working remotely as the lead developer for the *siliconcoach* desktop products. It was time to invest further in our own business and so we started *shebikeshebikes*."

www.shebikeshebikes.co.nz

We now have a fleet of over 150 bikes, depots in Clyde, Omakau and Middlemarch and the fantastic *Omakau Bedpost* www.omakaubedpost.co.nz to complement *Solandra Lodge* www.solandralodge.co.nz

We provide cycling adventures on the Otago Central Rail Trail, Roxburgh Gorge and Clutha Gold trails from half day to 6 to 7 days. Customers have choice of accommodation, their bags transported and we offer various transport options. We can put it all together for clients thanks to local knowledge. This year we'll open a Clyde depot at the 107 year old historic Clyde Railway Station to expand options for day trip customers. It's a really exciting time."

Carol continues to work for High Performance Sport NZ (HPSNZ) during winter with Snowsports NZ as an athlete life advisor and mental skills trainer alongside head coach [Tom Willmott MPHed 2009](#), and chief executive [Martin Toomey BPhEd 1985, MPHed 1988](#). Carol is two papers off a Psychology degree studying extramurally and hoping to become a registered general psychologist.

"On our lifestyle block, Carol is an avid gardener with over 150 roses, hundreds of peonies, trees and an acre of lawn, sometimes called the "life sentence" by me when I have to mow the lawn. Poolburn has no dairy, no pub, lots of sheep and dairy cows. It's gorgeous scenery and often appears in Graeme Sydney artworks. So, roughly speaking, we're still involved in physical education. I think the "can do" attitude of the programme and its breadth set us up well for heading in any direction that we wanted to."



A "New Tack"

Jill Maree Evans (née Warden) DipPhEd 1975



A desire to "try a new tack" and a hankering for boats was the catalyst in 2002 for Jill and teenage sweetheart husband Mark to buy the fast ferry service company *Cougar Line* in the Marlborough Sounds. <http://www.cougarline.co.nz/>

They forged ahead despite Jill having to leave behind family and friends, her beloved position as Assistant Principal at Menzies College and their family farm at Hedgehope, Southland to set up home in Picton and run a tourism business.

Jill and Mark's company provides a water transport service transporting people and goods to and from the Queen Charlotte track, resorts and private homes along the Queen Charlotte Sounds.

At the time Jill and Mark braved the storm because "We knew no one in Picton and it was a major challenge. Everyone thought we were crazy."

Since she graduated, Jill's career and family life with their "four strapping sons" had been based in Southland. Jill began her teaching career at Kingswell High School with another couple of Phys

Edders [Brian Cockeram DipPhEd 1975](#) and [Anne- Louise Jackson \(née Prentice\) DipPhEd 1975](#). Jill shifted to Central Southland College teaching PE, particularly athletics and netball, with [Craig Johnson DipPhEd 1982](#) who is now the Executive Principal at Hutt International Boys' School.

So the move to Picton was all hands on deck for Jill and Mark to gain a reputation for offering quality vessels, an outstanding service for international visitors and domestic holiday makers and to build up a team of ship shape skippers and hostesses.

Jill says "Thankfully it has turned out to be the best decision we've ever made. We now have four boats plying the Sounds. Mark handles the operational and mechanical side of the business. My role in the business is PR, marketing, financials, tour groups, and a big part is organizing tours for cruise ship visits. Forty plus ships will be coming this season. My "bossy" teaching skills still come in handy when running these tours.

We work with Outdoor Ed teachers with their School camp groups. The Queen Charlotte Track is amazing, provides a fantastic setting for Duke of Edinburgh excursions and is a big part of our business.

My office is right on the Picton waterfront. I reckon it probably has the best outlook of any in New Zealand. I still keep fit and love walking the hill tracks around this beautiful wee town.

Jill was one of [Prof Smithells' \(PAS\)](#) handpicked students in the days when he interviewed his candidates at their High Schools. She remembers "Life in Dunedin was great fun and not without its challenges for me. I still remember being lapped by [Lorraine Moller MBE Dip PhEd 1975](#) (former Olympic medal winning marathon athlete) on those 12 minute run tests out at the Caledonian. Here I am 40 years on. "Who would have 'thunk'?"



Dedicated Duo

Verna Parker (née James) DipPhEd 1969 and Norman (Murray) Parker DipPhEd 1969

Verna and Murray have dedicated many decades to sport in South Canterbury.

Romance blossomed at PE School and, after graduating from Christchurch Teachers College in 1970, they married and moved to Timaru where they taught physical education and brought up their four children.

Murray, a former New Zealand cricketer, has made a huge contribution to sport, particularly cricket, as a player, coach and administrator. He also played cricket for Otago, Canterbury and South Canterbury. He was a teacher at Timaru Boys' High School over a period of 33 years, retiring in 2013, and owned a sports shop in Timaru. Murray was a founding trustee and a member of the Canterbury West Coast Sports Trust for 25 years.

Verna recently retired as Regional Manager of Sport Canterbury, South Canterbury. Her input into initiatives and achievements during her 23 year career with the Trust leaves behind an enduring legacy. Initially a part-time coordinator for the "Active in Age" programme, Verna set up walking groups for over-50s to raise awareness of the benefits of being active. In 1997 the Trust offered her a full time position and in 2008 Verna became Regional Manager, following a decade of involvement in Sport Development, KiwiSport delivery, "Active in Age" and "Green Prescription" programmes. She's been involved in campaigns and events to encourage participation in physical activity and sport such as the Sea 2 Sea Challenge, South Island Masters Games, Bikewise, Push Play and Jump Jam activities.

Verna says the mantra of "more people more active more often" still holds strong. "Everything we do is about keeping people engaged with a goal of making communities healthier. We provide a pathway for sport and physical activity to people from five to 65-plus. Over the last 20 years the impact of the seven-day working week has removed the 'sacred Saturday sport'. People are increasingly time poor, spending more time at work. This is having a greater impact on health and wellbeing. Sitting is now replacing smoking as the new chronic lifestyle disease of the future." She notes Sport Canterbury is taking a greater role in the development of children's fundamental movement skills; skills previously developed through unstructured play. Verna said her only disappointment was that Sport Canterbury no longer works with 0 to 5 year-olds where the physical activity story begins.

Her friend Win Parkes DipPhEd 1961, who ran PEPSA classes with Verna, describes her as "a stalwart for community work in all aspects of physical education in the South Canterbury community."

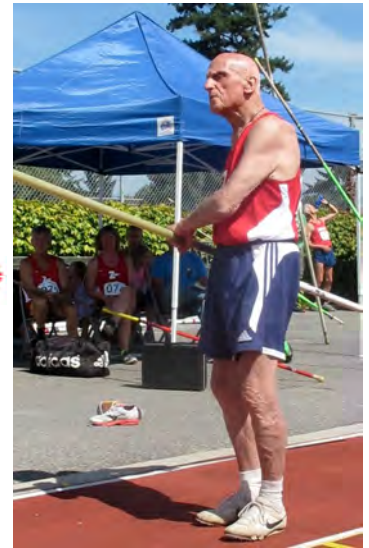
Verna and Murray were touched by tragedy when son Mark aged 27, a talented cricketer, was killed in the 2002 Bali bombings. They set up the Mark Parker Memorial Trust to offer opportunities for young cricketers at Timaru Boys' High School to attend and play cricket for Winchester College in England for 3 months. They've also provided a monetary scholarship at University College in Dunedin for a young person who has lived at the College, and is a talented all-rounder displaying strong leadership qualities.

Verna and Murray are enjoying the flexibility of retirement continuing to be active through cycling and golf and spending time with family and six grandchildren. Travelling happens regularly to visit their two daughters living in Hong Kong.



ALUMNI SNIPPETS from some of our original Phys Ed cohorts

Douglas Monds DipPhEd 1951, BA (Akl) 1956, MSc (Oregon) 1978 from Victoria, British Columbia (BC) tells us he taught PE for forty years in Auckland, London, Sydney and Vancouver. Since 1995 he has competed in the BC Seniors Games and holds Canadian records in the 75 to 80 year group in hammer throw and in the 85 to 90 year group in weight penthalon pole vault.



Douglas Monds



Dr Vince Rabbitte Alumni 1949 to 1951 hails from Invercargill and took papers at the PE School in his 3rd year as part of his Teachers College degree. He taught in New Zealand for 11 years then moved with his late wife Anne to British Columbia (BC) completing a master's degree and a doctorate in education. Vince has been fascinated by the field of movement and motion in its relationship with philosophy. As well as sailing and playing tennis 3 times a week, Vince, aged 88 years, is currently a ski instructor at the Apex Mountain Resort, Penticton, British Columbia. He says he is looking forward to the forthcoming 2015 winter season.

Dr Vince Rabbitte

A montage tribute to the late **Lorna Margaret McLeod (née Nimon) DipPhEd 1952** (24.11.1931 to 23.12.2014) can be viewed: <http://physed.otago.ac.nz/alumni/mem-pubs.html>



The late Dr Brian Kelly

Dr Brian Kelly DipPhEd 1951, from Invercargill, passed away 9 October 2014. Brian taught at the University of Texas at El Paso for 23 years (1968-1991) becoming Chairman of the Department for 11 years. He co-authored two textbooks on Methods and Materials in Physical Education with his wife Dr Noeline Kelly. Noeline said Brian is remembered by many former students for encouraging them to stay the course in spite of dire economic circumstances.

SCHOOL SNIPPETS — EVENTS

Read about another eventful semester at the School: <http://physed.otago.ac.nz/news/>

The **Sport Tech Expo** held on 2 October 2015 was a chance for students to present their work to give us an inside look at the sometimes controversial world of technology in sport.



Some of the PHSE 329 students at the Sport Tech Expo

Te Koronga Research Symposium

held on 29 September showcased our Māori physical education and health students' research within Te Kura Para-whakawai.



Postgraduate students from Te Koronga Māori Research Group and undergraduate students from PHSE 427 – Te Mahi ki ngā Hapori Māori (Working with Māori Communities) and PHSE 320 – Akoranga Whakakori (Māori Physical Education and Health).



PHSE 103 and PHSE 116

Annual Dance Performances

held on 28 and 29 September featured our talented students.



2015 Postgraduate Research Symposium

"From Grass Roots to Elite Performance: Movement Matters"

An impressive group of seventeen postgraduate students proudly presented their research on 18 to 19 November. A broad range of topics from sport sociology to physiology, from psychology to biomechanics, and from general methodology to philosophy were discussed. The organisers Dr Sally Shaw and student committee Ian Blake, Anthony Stadnyk, Amanda Calder, Rob Creasy, Danielle Salmon, Rens Meerhoff, Stephen Fenemor, and Matthew Jenkins organised a spot of lawn bowls and a BBQ after the event to unwind.

SPOTLIGHT ON: ASSOC PROFESSOR MIKE BOYES MNZM, IMMERSE YOURSELF IN NATURE'S RHYTHMS



A lecturer at the School since 1998, Mike's research interests focus on outdoor recreation and outdoor education. His current projects include examining the outdoor body in time, the role of planning in outdoor adventure decision-making and the landscapes of outdoor leisure for older people.

His research is inspired by questions: "At the top of an alpine peak at sunrise have you ever become transfixed by the splendor of the panorama, the magnificence of the moment? Does it seem that time stands still while you ponder the universe? In the outdoors, have you ever taken off your watch to escape clock time and to immerse yourself in nature's rhythms?"

Mike explains "It is exactly these perceptions that I'm focusing on in my work with the outdoor body in time. To fully engage in nature, outdoor recreationists have opportunities to resist industrial time with its linear, irreversible and decontextualized nature. In contrast, nature's time is cyclical and embedded with an intersection of rhythms and cycles including those of homo sapiens! My research is confirming that to live life for a few days linked to the daily patterns of nature, fauna and flora and the movement of the sun can be enlightening and rejuvenating."

"In research based on psychology, I believe in models of decision making that are field based, integrate the nature of an outdoor leader's expertise and appreciate the complexity and dynamic nature of risk taking in the outdoors. My recent research identified that outdoor leaders constantly make decisions ranging from inconsequential to profound. These decisions can be categorised into themes of logistical, safety, pedagogical,

environmental and group dynamics. Some decisions are powered by a leader's intuition and others require considerable analysis. One noticeable and un-researched facet that emerged was the role that planning plays in predetermining decisions. This question forms the basis of a current project being conducted with fellow academics in Denmark, Germany and Canada where we are looking at how planning days, group meetings and a leader's ongoing reflections influence the decision moment.

Since working with a group of third age explorers from Timaru, I have developed a burgeoning interest in the role the outdoors can play in the lives of senior citizens. One thing that impresses me is the remarkable functionality of the outdoors to meet the needs of a



Above: OUSPE camp and Third Age Adventure group in the Southern Alps

wide range of people. For instance, healing gardens are places of refuge and recovery, vegetable and flower gardens are sites of beauty and industry and wilder natural places are ideal for exploration by foot, boat, ski and cycle. Lastly, adventure activities provide excitement and fun. The common ingredients are physical activity, camaraderie and environmental immersion - all of which lead to redefining successful ageing."

SCHOOL SNIPPETS — EVENTS

2015 Educator of the Year - NZ Exercise Industry Awards



Lynnette receiving her 2015 Educator of the Year, New Zealand Exercise Industry Award from Jennifer Schembri-Portelli, Chief Executive Officer of AUSTSWIM (company sponsor of this award category) at the award dinner held on 21 November 2015 at the Sir Paul Reeves Building, AUT campus, Auckland.

Congratulations to [Dr Lynnette Jones](#) who won the *2015 Educator of the Year* at the New Zealand Exercise Industry Awards. The award recognises Lynnette's support for exercise professionals in educational and mentoring roles.

The judges said "Her passion for physical activity and its integration into everyday health issues has inspired hundreds of students over the years. Not only does she have the ability to communicate complex scientific concepts in ways even the utterly naïve can understand but she injects warmth, humour and a generosity of spirit into all of her teaching activities."

Professor Doug Booth said "Lynnette is one of the School's most effective teachers, having demonstrated inordinate consistency, commitment and dedication to teaching over a long period. Students consistently praise Lynnette for stimulating their interests and for the conspicuous time and effort that she puts into developing and presenting her lectures. It is wonderful to see the wider exercise industry acknowledge Lynnette's teaching and mentoring."

Division of Science Awards 2015



Congratulations to [Dr Anne-Marie Jackson](#) and [Dr Hauiti Hakapa](#) who won the *Innovation in Māori Course Content Award* at the inaugural Division of Sciences Awards held at Arana College on 20 November 2015. The award constitutes peer recognition of Anne-Marie and Hauiti in founding and directing Te Koronga. Anne-Marie and Hauiti established Te Koronga in 2013 to build leadership (totara haemata) and research excellence among Māori postgraduate students within the School; the philosophy of Te Koronga is based on the tenets of ancestral scholarship (indigenous knowledge) and world-view, community collaboration and reciprocation, and academic skills and rigour.