



Alumni Newsletter

School of Physical Education Te Kura Akoraka Whakakori



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Cooking Up An Academic Career

Lynnette Jones BPhEd 1997, PhD 2003

Dr Lynette Jones is a woman of candid charm and quirky wit. She is clearly passionate about her work, and it was a pleasure to spend an hour in her company recently to learn more about her life, career and the Beyond Pink initiative.



Dr Lynnette Jones

En route to becoming a Senior Lecturer at the School of PE, Lynnette took a long and winding road... and spent 20 years working as a chef in Timaru, Christchurch and Wellington. Always an active participant in sports, especially cricket and fencing, her growing involvement with competitive body building prompted her to start our Diploma in Sports Studies as a distance learning student: "I became fascinated with how the human body works, and wanted to know more".

After completing two thirds of the Diploma, she was all set to apply for a Physiotherapy degree ... but **Warren Dukes** (DipPhEd 1966) persuaded her that BPhEd would be better: "I hadn't even considered a PE degree, as I thought you only did that if you wanted to become a Phys Ed teacher! As a mature applicant I was welcomed with open arms."

It wasn't long before **Alex McKenzie** steered Lynnette into the Honours programme, and she took to her studies like a duck to water, although she says **"it was weird doing Dance classes with kids half my age: I thought I might freak them out, but they were an incredible bunch"**. **Dave Gerrard** was a particular mentor for Lynnette, and her growing interest in exercise physiology prompted her to do a BSc in Biochemistry as well. She has since achieved a PhD in Biomedical Science - not bad going for a 'late starter' in academia!



Dr Phil Handcock

Lynnette enjoys a **"great working relationship"** with Exercise Prescription colleagues **Phil Handcock** (BPhEd 1980; PhD 2003) and **Carolyn Jenkins** (BPhEd 1994, MPhEd 2004). **"I consulted Phil when I first had the idea for Beyond Pink but was unsure how to make it happen: he was enthusiastic about the idea and instrumental in getting the project approved."**



Carolyn Jenkins

Outside of work, Lynnette shares her Dunedin home with partner Deborah, whom she describes as **"the love of my life: I had to import her - she's from Washington DC"**. Her mother and oldest brother live in Sydney and her sister is in Marton, but sadly Lynnette lost another brother to pancreatic cancer some time ago, which is another motivating factor for her current work with cancer survivors.

Although she has now given up competitive sport, Lynnette firmly believes that **"everybody has to be active for their health, and we as PhysEdders should be setting an example and leading the way."**

Lynnette is well-known for delivering highly entertaining lectures to her PHSE 311 students, and leavens the serious content with some puzzling, off-the-wall or sometimes plain disturbing comments! Students recently presented her with a framed plaque of her most memorable sayings, which has pride of place on her office wall. Here is a sample ...

"they wouldn't play hide and seek, so I would hide behind the bushes and tackle them"

"Fairy bread and red wine ... what else do I need?"

"I bet you're all just thinking ... she's old and she's an alcoholic"

"You don't have time to exercise? You don't have time not to"

"Mcmammoth, KFCmammoth"

"When I was young ... I bet you're all thinking, well you're not now!"

Beyond Pink

by **Lynnette Jones** BPhEd 1997, PhD 2003

Over a four-year period I supported a dear friend through metastatic breast cancer, accompanying her to Oncology department treatments until her death in December 2009. It was a serendipitous discussion I had with one of the Oncology nurses that brought about the Beyond Pink Exercise Programme. The discussion centred on the exercise advice that should or could be given to cancer patients: walking was commonly recommended, but nurses were unsure of what else might be suitable. I thought it might be possible to offer use of the Exercise Prescription Clinic here at the School of PE, where colleagues had already developed a very efficient referral system for people in need of specialised exercise programming, and we started Beyond Pink in November 2009.



Lynnette (left) with clinic client Dr Sue Walthert

“A unique relationship has been forged between Dunedin Hospital’s Oncology Department and the School of Physical Education: this is recognition that Physical Education professionals have specialised knowledge in exercise prescription.”

Women are referred to us by the Oncology Department and undertake supervised and individualised exercise programmes, which are written primarily by me and delivered by supervised fourth year students in the Exercise Prescription practicum paper. The programme serves two key purposes: to provide individualised exercise programmes which address each woman’s specific treatment-related issues (undertaken in a safe environment, as many are still having treatment); and to provide a unique opportunity for our students to experience the challenge of exercising individuals who often have significant day-to-day fluctuations in fatigue and who are dealing with late and long-term side effects of cancer treatments.

“The support and motivation of the trainer means that I have been much more inclined to exercise than I would have if I was by myself. Psychologically it’s a huge help.”

Beyond Pink Clinic Attendee

This is the first programme of its type in New Zealand and it has been incredibly successful. An evaluation of the programme is being undertaken at this time, but anecdotal evidence suggests that we are providing a necessary service. We have received 42 referrals since we started the clinic, and only 2 women have chosen not to attend. We have also provided 3 women who reside out of the Dunedin area with home-based programmes.

A website is being developed to make Beyond Pink exercise programmes and information available to women with breast cancer outside the Dunedin area, which will be trialled and evaluated as part of a Master's research project. There are also immediate opportunities for research, particularly relating to measurement of exercise progress, fitness and health parameters, for example blood glucose, cholesterol, body mass and body composition.

In the medium to longer term, I would like to establish a Postgraduate Diploma in the area of exercise for cancer rehabilitation, and the existing clinic programme is ideal to enable prospective exercise deliverers to be properly trained to deal with this sector of the population. This qualification would allow the programme to reach women in other areas of the country, and physicians could be confident they'd be sending patients to a safe and effective exercise programme which is delivered by skilled and qualified staff.

“I thoroughly enjoy the clinic, and I'm very grateful for the exercise programme which is enabling me to have better arm movement on the affected side. The psychological benefits gained have been enormous, at a time when one feels at their 'lowest' ebb. Thank you so much for all your encouragement: you have restored my confidence.” **Beyond Pink Clinic Attendee**

Clinic attendees have been overwhelmingly enthusiastic about the programme, and we are now exploring ways of increasing the project's scope: I am in discussions with the CEO of the NZ Cancer Society and have also been invited to deliver a lecture on Beyond Pink at the University of Delaware in November.

It is crucial to pass our knowledge on – train more students in this area, strengthen their skill base, and create a critical mass of trained professionals, who can really make a difference to those recovering from cancer.

Lynnette would like to express her appreciation for the work of Professional Practice Fellow **Mallory Handcock** (BPhEd 2010): **“She's fantastic, and the clinic could not run without her.”**



Mallory Handcock

Couldn't Have Happened To A Nicer Bloke

NZ Order of Merit for Mike

Mike Boyes PhD 1997

Dr Mike Boyes, Senior Lecturer at the School, has received the **NZ Order of Merit** from the Governor-General, Sir Anand Satyanand, at an investiture ceremony held this April at Premier House, Wellington.

Mike received his award for services to outdoor recreation and mountain safety over a forty year period. He is currently the chairperson of Outdoors New Zealand and the New Zealand Mountain Safety Council's Research Committee and a past chairman of the education committee.



Dr Mike Boyes

He is a member of the SPARC Establishment Committee for the Sir Edmund Hillary Outdoor Recreational Council, and has been a representative on a number of Ministry of Education working groups to develop safety guidelines and professional development for teachers. Dr Boyes received the New Zealand Mountain Safety Council's 25th Anniversary Award for services to the council in 1991 and a SPARC Supreme Award for service to outdoor recreation in 2007.

Recently, Mike has focussed his research on outdoor leadership and teaching/learning processes in the outdoors. Projects currently underway include: outdoor leadership decision making, sail training programmes and effectiveness, safety management by children, outdoor adventure tourism, and school based outdoor education programmes.

Dunedin: the "Riviera" (of the Antarctic)

yes, it's pretty... but how many sleeping bags did *you* have to crawl inside to keep warm in your "Dunnos" flat?



Photo by Stephen Jaquiere, Otago Daily Times
June 2010

Wall of Fame Inductees 2010

Sally Clarke (née **Dalrymple**) DipPhEd 1979

"I am absolutely delighted to be inducted into the Wall of Fame - it is such an honour to be recognised by the School of Physical Education in this way."

Sally grew up in the Rangitikei where she was educated at Nga Tawa Girls' School before completing her Diploma in Physical Education in 1979. After teaching and an overseas trip, she returned to complete a Master of Business Studies at Massey University in 1992.



In the equestrian sport of three-day eventing, in which New Zealand has had outstanding international success, Sally became one of New Zealand's finest riders. In 1989 she got her horse, Squirrel Hill, and turned him into a champion. They finished fourth in the individual section when New Zealand beat Australia in the 1991 Trans-Tasman Trophy, and represented New Zealand at the 1994 world championships.



At the 1996 Atlanta Olympic Games, Sally scored well in the dressage, had few penalty points in the gruelling cross-country, and went clear in the show jumping to gain a brilliant silver medal behind countryman Blyth Tait on Ready Teddy. Sally also finished sixth at Badminton in 1997 and was part of the world champion New Zealand team in 1998. A finalist for New Zealand Sports-woman of the Year in 1996, she was a member of the New Zealand Sports Team of the Year in 1998.

Sally lives in Dannevirke with her partner Maurice Beatson. She does a small amount of relief teaching but the bulk of her time is spent riding and training horses. In her leisure time she enjoys skiing. Currently she is on the show jumping circuit in the USA preparing for Maurice's participation in the World Championships for Show Jumping.

Wall of Fame Inductees 2010

Roger Maro Enoka DipPhEd 1970

"I am humbled by the recognition afforded me by my alma mater and am honoured to be included among those alumni whose professional achievements enhance the reputation of the School of Physical Education. "

Roger was born in Palmerston North, and completed his DipPhEd at Otago in 1970. After completing his Dip-Teaching at Christchurch Teachers' College and teaching at Rongotai College until 1974, he travelled to the United States for postgraduate work and completed an MS in Biomechanics in 1976 and a PhD in Kinesiology in 1981 at the University of Washington in Seattle.



He rose to the rank of Professor in the Department of Exercise Science and in the Department of Physiology at the University of Arizona in 1992. After three years in the Department of Biomedical Engineering at the Cleveland Clinic Foundation, he was appointed as a Professor at the University of Colorado, and is now Professor and Chair in the Department of Integrative Physiology and an Adjoint Professor in the College of Medicine.

Roger's highly regarded textbook, the *Neuromechanics of Human Movement* is now in its fourth edition, and he has published numerous book chapters in addition to over 150 articles in refereed journals. His research is supported by awards from the National Institutes of Health in the USA and focuses on the function of the neuromuscular system in health and disease.

Roger lives in Boulder, Colorado and is married to Bonny. They have three sons: Maro, Joel, and Seth. He enjoys reading and sampling Belgian beers, but designing novel research projects is never far from his mind.

Postcard From Vanuatu

by **Simon Donald** BPhEd 2010



Simon Donald

“people came from miles around to take a look at me - they’d never seen such white skin and red hair!”

I spent 2008 in Vanuatu, delivering sports-orientated experiential education to children - something outside of their normal experience.

My work was based in a youth centre called “Won Smol Bag” in Port Vila, in a “slum” area where there were problems with youth gangs. My job was to start up games and sports teams via community outreach - taking sports gear and educational resources out into communities and arranging sports days, soccer and hockey training: the aim was to get the kids attending by the attraction of playing sport, then provide advice on other things, such as sanitary education, once they were comfortable with my presence.

I did double degrees in BPhEd (Professional Studies) and Geography (Developmental Geography major), so the UniVol placement (arranged via VSA and the Department of Geography) combined the learning from both degrees.

My UniVol supervisor prepared me for the Vanuatu experience by saying that my head would constantly be full of questions, my strength of character would constantly be tested, and my capacity to learn would be pushed to the maximum - and this was certainly the case. The experience really helped me to grow as a person, and I now see the world differently: there is a vast disparity between the “developed” and “developing” worlds.



L to R: stinging jellyfish marks; by the sea; coaching basketball; party time; deeJaying; the youth centre

Sight Lines

Suzanne Cowan

**2010 Caroline Plummer Community
Dance Fellow**



Suzanne Cowan

Suzanne is from Auckland and has just finished six months at the School working on her dance project *House of Memories*, a result of her desire to make choreography more accessible to people with sight impairments. Suzanne, who uses a wheelchair since being involved in a car accident several years ago, has a Master's of Creative and Performing Arts with First Class Honours from Auckland University, and is recognised as a leader in the disabled community.

In 2008, at the inaugural NZ Attitude Awards, she received the supreme award in recognition of her outstanding achievements for people living with a disability, as well as the Arts prize for dance and choreography. She spent several years travelling with the UK-based mixed ability dance company Cando Company and more recently has been working with the Auckland-based Touch Compass Dance Company.

Suzanne says the work was **“designed to heighten people ’ s awareness of partial sightedness and being blind. The visually impaired and blind community has a unique perspective on the world, and from a dancer ’ s perspective, kinetic engagement is really important; it is not uncommon for dancing to take place with eyes closed. This is the first time I have organised a sight-specific performance and it has been an insight into the world of visual impairment. It has also been neat to create a little community around the development of the show. ”**

The performance was staged in an empty villa opposite Selwyn College, and the audience moved between rooms to watch a series of dance installations with the theme of sightedness. The performance drew on the experiences of people **“who may not see well, but nevertheless live in a wonderfully tactile, sensory world ”**. The house was chosen because Suzanne wanted an intimate space, **“w hich is significant for people with visual impairment because the way they engage with the world is more kinetic ”** .

Surf Sisters

Carla Laughton BPhEd 2007

Stephanie Laughton BPhEd 2009

These Southland sisters made a great contribution to the School as student teachers for the pool swimming programme, and have gone on to further aquatic success with an impressive medals haul at national Surf Lifesaving competitions this year.



Carla (left) and Stephanie Laughton

The Laughton sisters provided stalwart support to the PHSE 104 Aquatics programme for an impressive seven year span, which only ended with Steph's graduation last year.

The thing they both enjoyed most about the BPhEd was “**getting to know like-minded people who enjoyed playing and working hard**”. Carla's favoured area of study was sports science and training athletes, and she particularly enjoyed the Advanced Exercise Physiology paper taught by **Dr Jim Cotter**: “Jim is an amazingly inspirational lecturer, a true legend in his field. He can really walk the walk and talk the talk, and made us appreciate the unlimited potential of the human body.” Steph has a passion for Exercise Prescription and the practical side of getting people active in the real world, and really enjoyed working in the Clinic. This led to her being tutor for the Exercise Class Instructing practical course during 2009, where she shared her knowledge of aerobics, swiss ball, circuit training and spinning with her fellow students. She also completed a Bachelor of Commerce degree in 2009.

Carla did a teaching diploma in 2008 and is now a Physical Education teacher at Otago Boys' High School, Dunedin, describing herself as “**the only chick in the department!**”. Being a minority feminine presence in a very male institution can be a daunting experience, but Carla is a pretty relaxed sort of person and credits her university tutoring experience with “**improving my confidence and leadership skills, and preparing me for the teaching profession**”. Being a high achiever in a challenging sport like surf lifesaving must also impress all those teenage boys - giving her considerable 'macha' to combat the 'macho' atmosphere!

Steph has just started work (and is loving it so far) as Otago/Southland Club Development Officer for Surf Life Saving NZ, and is also based in Dunedin.

The sisters have enjoyed great success in Surf Lifesaving: Carla is the first lifesaver to win gold medals at all three national championships (2007 - 2010), and teamed up with Steph this year to win in Tube Rescue at the Surf championships on the sand at Whakatane and the IRB championships at Waipu Cove, Northland, and became the first team to win both events in the same season. Steph explains: **“Most people are either specialist swimmers and compete at the sand champs, or they are specialists in IRB racing: it’s extremely rare for people to enter both events.”**

Both women started out as keen pool swimmers in their early teens. Carla gave up pool competitive swimming at 15, when she was diagnosed with a heart problem: **“there was a narrowing of the valve to the aorta: I couldn’t pump enough blood, and had surgery to correct it”**. She got back into pool swimming as a student, and was a member of Duncan Laing’s squad, but is now more interested in kayaking. **“Surf lifesaving has opened the door to kayaking for me: I started to paddle K1 and compete in local paddle series races, and made steady improvement. A few weeks ago I entered the CRNZ 10km champs in Wellington, and was thrilled to come away with the national title.”**

Steph, the holder of 37 Southland swimming records from under-12s to open grades and 19 national breaststroke titles, also trained with Laing, and represented NZ twice, first in a 2001 Tri Series competition then at the 2002 Youth Olympics in Sydney. **“Pool swimming requires a massive commitment, with twice-daily training. When I came to University I didn’t have the time for such dedication, and was also looking for a new challenge, so it was natural to progress to surf lifesaving.”** Steph still trains with a local swim squad and has set a number of New Zealand Masters Games records. She also races in a team for the annual Wanaka Challenge triathlon.

Their passion for the ocean is obvious, and much of their time outside of work is spent practicing their sport. **“We love the unique ocean environment,”** says Carla. **“One day the sea is flat calm, and the next it is challenging: it’s a true adrenaline rush - you have to respect the ocean and constantly improve your skills in order to beat your competitors. All surf life-saving members are also life guards, and it’s good to give something back to the community by patrolling the beach.”** Steph adds: **“the support of our parents, Steve and Margs, is invaluable: they do a lot of weekend driving, gear-loading and catering, as well as cheering us on!”**

STOP PRESS: since this article was written, the sisters have soared to even greater success at the State National Pool Champs competition in Wellington, where they each won 1 gold, 2 silver and 4 bronze medals. 1 silver and 2 of the bronzes were in relays together; the rest were individual medals. With her gold in the 100m Manikin tow, Steph has now equalled Carla’s record as the holder of 3 gold medals at 3 successive national events.



Phillip Ashton Smithells Memorial Scholarship

Philip Ashton Smithells was the founding director of the School of Physical Education. Alumni funds were augmented by donations from a 1985 function marking the retirement of two long serving School of Physical Education Lecturers, Hillary Evison and the late Frances Cruickshank, to set up a scholarship fund in honour of Professor Smithells. The scholarship emphasises the applied aspects of physical education. One scholarship is awarded biennially to a student progressing to their third or fourth year of study for the degrees of Bachelor of Physical Education and Bachelor of Physical Education (Hons). Additional contributions to the scholarship fund can be made at <http://physed.otago.ac.nz/alumni/wof/smithells.html>



2010 Smithells Scholar

Bruno Watkins

A gifted sportsperson and student, Bruno Watkins is exploring the construction and expression of Māori identity through aspects of Marae Touch.

Bruno Watkins

At Whangarei Boys' High School, Bruno was a prefect and a prominent sportsman. His proudest achievement has been selection to the New Zealand Under 17's Rugby squad.

As well as aspiring to become a physical education teacher, Bruno intends to actively promote the 'pleasure' aspects of physical activity and human movement back in his Northland home community. He has recognised that the widespread health messages surrounding contemporary physical activity may not work for his community, and sees himself as a potential role model when he returns home to contribute to the far North.

Bruno Watkins is a fitting scholarship recipient who embodies Philip Smithells' philosophy and vision for Physical Education.

That's it for issue 2; more to follow next week