

Welcome to the 2015 SKHS E-News

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skhs.director@queensu.ca



Jean Côté - SKHS Director

Jean Côté

In the News

Ian Janssen (SKHS Faculty)

[Highly cited researcher makes exclusive list](#), - (e)AFFECT, Issue 6, Fall 2014, page 2.

Jean Coté (SKHS Faculty)

[Diverse projects earn funding](#), December 10, 2014.

Steve Fischer (SKHS Faculty)

[A pain in the neck](#), December 12, 2014

Bob Ross (SKHS Faculty)

[There's no secret, quick fix for fat loss, so learn to take it slow with these three tips](#), National Post, February 11, 2015

Morgan McSheffrey (HLTH '15)

[Exploring the heart of matters](#), February 10, 2015

Bob Ross (SKHS Faculty)

[One size doesn't fit all](#), Queen's News, March 3, 2015. [The Best Workout for Weight Loss](#), Time, March 2, 2015

Elaine Power (SKHS Faculty)

[National Income Floor for Troubled Times](#), The Star, March 9, 2015

Bob Ross (SKHS Faculty)

[Well Being: Do workouts have to be high-intensity?](#) The Philadelphia Inquirer, March 8, 2015 and [Queen's study looks at the impact of activity on obesity](#), CKWS News, March 17, 2015.

Lucas Rumball (PHE '17)

[Queen's men's rugby athletes of past and present making their mark in international stage](#), March 26, 2015

Lucas Rumball, PHE '17

[Lucas Rumball named Rugby Canada men's young player of the year](#), April 17, 2015

HLTH 415 students

[Students learn from real-life application of health course](#), Kingston Whig Standard, April 15, 2015

Alumni Notes

Janice Deakin (PHE '80)

[Sixteen alumni on Canada's 100 most powerful women list](#), Queen's News

Troy McAllister (Artsci/PHE'03)

[Celebrating Queen's Volunteers and Alumni](#), Queen's News, April 7, 2015.

Katie Deakon (HLTH MAJ '13, Law'16)

[Making a real difference](#), Queen's News, March 30, 2015

Erica Pascoal (KIN '14 and Aaron Gazendam (KIN '14)

[Exercise, prescribed](#), Queen's News, April 9, 2015 and [The Creation and Implementation of an Electronic Exercise Prescription at an Ontario Family Health Team](#), Undergraduate Journal of Service Learning and Community-Based Research.

Queen's campus was a winter wonderland by the end of the first week of Winter Term 2015.

This was great news for the KIN and PHE students who were heading out for a ski trip.

(We also hoped that it didn't take the owner of the bike too long to shovel it out.)



The annual PHEKIN Mount Sainte Anne ski trip January 9-11 was a great success! Everyone tore up the slopes with the great conditions and had a great time on the trip. We can't wait to do it over again next year!!





A shout-out to Abby Dixon (KIN '17) and Emily Hazlett (KIN '16) who along with other members of the Women's Basketball team donated their cut hair for wigs. In the process they helped to raise \$3,100 on their annual 'Shoot for the Cure' night on January 9th.

Well done!!

Standing along with Mackenzie Curran, a local high school basketball player diagnosed with cancer in 2013, are, from left: Gemma Bullard, Emily Hazlett, Andrea Priamo, Nicole Morse and Abby Dixon.



For more photos check out the [School of Kinesiology and Health Studies](#) Facebook page.



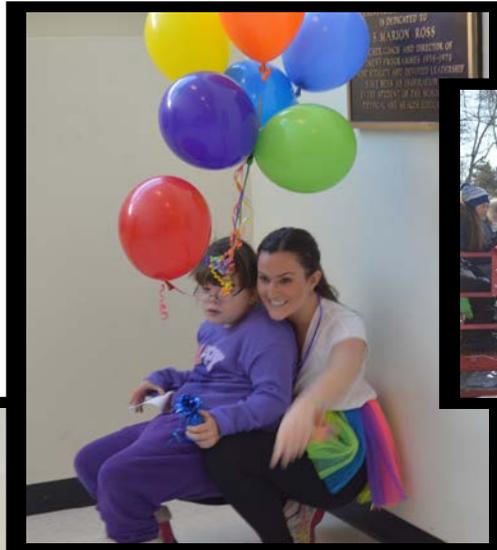
In their final attempt at BEWICS, the PHE/KIN Class of 2015, the "SigniPHEKIN't Beauties" managed to finish second in spirit, first in athletics, and first in overall points. Congratulations Class of 2015!

Dr. Tschakovsky along with Lab Coordinator, Rob Watering, instruct students in the lab for Exercise Physiology (KNPE 327).



The Sutherland-Chan School of Massage Therapy gave HLTH, KIN and PHE students a hands-on course on January 24th.

Students report, "We had a blast on Saturday morning! It was an amazing opportunity for us to learn some of the basic skills and practice our techniques. The instructor was great at inviting and answering all of our questions. We wish that there was more time available! It's funny how three hours seems like a long time, but it really wasn't long enough!"



 celebrating
years of
an inclusive
and
active community



For more photos... go to the [School of Kinesiology and Health Studies](#) Facebook page.

Report from:



“On February 7th, peer pals attended the second annual *Super Saturday Mental Health Awareness Day* to show their support for their fellow Gaels in partnership with the **Jack Project** in its mission to raise awareness for Mental Health at Queen's.

Both the Men's and Women's Volleyball and Basketball teams played fantastic games, and pals also enjoyed a pizza dinner at the SKHS to follow. Overall, we had a great day, and thank those who came out for making it such a success.”

Last Saturday was the annual Historic Hockey game at FebFest. The Queen's team (PHE and KIN students) had a great time but ultimately lost to RMC. There's always next year!

Congratulations to Allie Biglieri (PHE '15) who was named MVP for Queen's!



(James C Mc Coll Images) The 2015 Kingston Historic Hockey Game @ 2015 KINGSTON FEB FEST- Official Pictures (2-7-15) * Queen's vs R.M.C. * For more photos go to: [School of Kinesiology and Health Studies](#) on Facebook.



The HLTH DSC held a self-defense class March 25th. The DSC **wants** to thank everyone for coming out to support the event and for their contribution to Dawn house women's shelter. Also a huge thank you to the instructors for donating their time and knowledge about self defense.



PHEKSA Merchandise

The “Merchandise Commissioner” for PHEKSA was busy this past week as hundreds of items of PHEKSA merchandise arrived and was picked up by students.

We expect KIN and PHE students to be looking good in their new PHE/KIN gear in the coming weeks!



It's a boy!

We have the joy of formally welcoming the youngest member of the SKHS family, Eric Latimer-Cheung who arrived in February.

Congratulations to parents Amy & Kevin, and to his older sister Evelyn!!



On Friday March 13th, PHEKSA participated in and raised \$2,121.00 for the Queen's Relay for Life. As it was the first time PHE/KIN students had entered a team in this event, nobody knew what to expect. The thing we did know however, was that we had signed up for a 12-hour event that went through the night, and sleep was to be non-existent. Despite this, 15 of us started a journey that was definitely one of the highlights of our year as a PHEKSA council.

The event was more than we expected. From the extremely impactful and meaningful remembrance ceremony, to playing dodgeball at 3 a.m., the camaraderie that was on display by not only PHEKSA but the Queen's community at large, was awe-inspiring.

Furthermore, for 12 hours straight, friends, families, survivors, and peers relayed around the ARC's main gym, making a stand against cancer, and really promoting the statement "Cancer doesn't sleep, so why should we?".

All together Queen's as a whole raised \$57,883.00!

GO GAELS GO! Support your fellow students!!



Abby Dixon (KIN '17)

[Athlete of the Week](#), January 26, 2015

Megan Richmond (KIN '16)

[Gaels win women's squash OUA Championship, men finish 6th](#), February 2, 2015

Kelsey Valentine (KIN '15)

[Valentine named OUA Female Athlete of the Week](#) and [Queen's Athlete of the Week](#), February 23, 2015.

Tammer Graham (KIN '18)

[Faulkner named OUA First Team All-Star, Taner Graham All-Rookie](#), March 5, 2015

Members of the Queen's Gaels women's basketball team, from left, [Abby Dixon \(KIN '17\)](#), Gemma Bullard, Andrea Priamo, Nicole Morse and [Emily Hazlett \(PHE '16\)](#), helped raise funds for Shoot For the Cure and had their hair cut after the January 9th game against the Nipissing Lakers. (Queen's Athletics)

Source: [Queen's News](#)



On January 9th at halftime of the men's basketball game against Nipissing Queen's Athletics & Recreation honoured the 2014 Fall Varsity champion Men's Rugby and Cycling teams with a special presentation and banner raising.

Congratulations to Rugby athletes!!

Mason Dingwall – PHE '18,
Brian Duncan – KIN '16
Brendan Lacelle – HLTH -17
Marc Levin – KIN '18
Jeffrey MacDonald – PHE '15
Lucas Rumball – PHE '17
Toby Sharland – KIN '16
R. David Williams – KIN '15

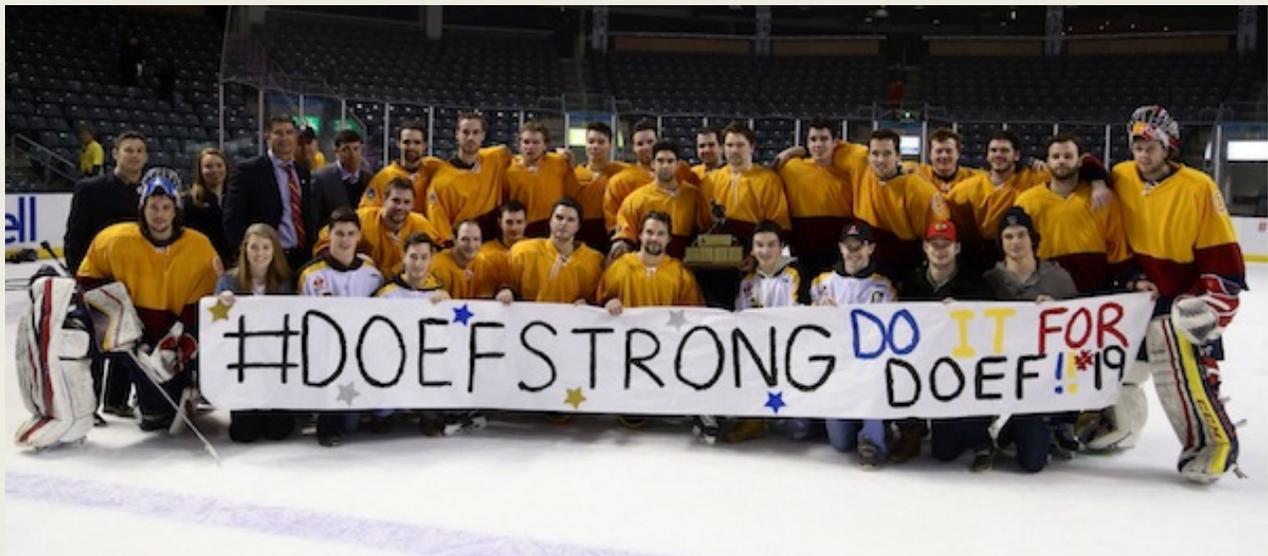
Abby Dixon (KIN '17), Emily Hazlett (KIN '16) and Sarah Saftich (KIN '17) from the Women's Basketball team were among the students who met with Premier Wynne on her visit to Queen's campus on January 19th.



Congratulations to Megan Richmond, KIN '16 and her team mates on the Women's Squash team!



Gaels reclaim Carr-Harris Cup



Congratulations to Kevin Bailie (HLTH '17) and Yannick Laflamme (PHE '16) and fellow team mates!



**Congratulations to the PHEKSA team who are the
KIN Games 2015 Champs!!**

We are thrilled to know that the trophy's running shoe will soon sport Queen's colours!

Fit to Lead

This past weekend, some PHE, Kin and Health Studies students did their *Fit to Lead Staff Training* at the Queen's School of Business. They will provide fitness and wellness coaching for business executives and MBA students. This job was advertised through the UG news which is how most found out about it.

It's fantastic to see PHE, Kin and Health current students & alumni all working together!

From left to right:

Front Row: Amanda Budge (PHE '17), Tori Hollett (PHE '15), Jennifer Kates (KIN '14), Sarah Libera (KIN '15)

Middle Row: Renee Archibald (PHE '10), Emma Nielsen (KIN '18), Jenelle Weidner (KIN '16), Lindsay Toth (PHE '16), Mary-Bridget Tuffner (HLTH Major '16), Aarti Vyas (HLTH Minor '16)

Back Row: John Lapp (PHE '16), Nick Preobrazenski (KIN '17), Chris Bailey (KIN '13)

Absent: Colleen Dermody (PHE '16), Chris Szymus (PHE '16), Molly Scott (KIN '15)

"It's been great to get to apply our knowledge to a real life job!"



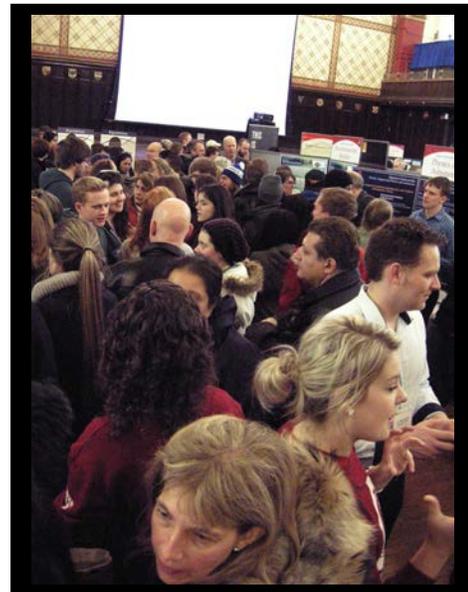
March Break Open House



On March 21st, prospective students arrived on campus. Those with offers to HLTH, PHE and KIN '19 were here one last time to check out Queen's. We hope to see them again next September!

Others were excited to learn about our programs and find out how best to prepare to apply next year.

Many thanks to all the great student volunteers who answered questions both in Grant Hall and the KHS building but also to those who gave demos in the UG Lab and promoted the available mini-streams!



SKHS MAJOR AWARDS 2014-15

Annual Contribution Winners

[2015 Fred Lambert Bartlett Memorial Award](#)

Brandon Kober, KIN '16

[2015 Don Krestel Memorial Award](#)

Adam Beaudoin, KIN '15

[2015 Stephen J. Hobbs Award](#)

Leo Burns Scully KIN '16

[2015 Ron Steward Physical Education Prize](#)

Breanna Burton, PHE '15

Laura Callender KIN 16

[2015 Danielle Polk Memorial Award](#)

Lindsay Toth, PHE '16

Note – for more photos, go to [SKHS Facebook page](#).



[Health Studies Award of Excellence](#)

Kevin Bailie HLTH MAJ 17

[2015 PHE Canada](#)

Lindsay Toth, PHE '16



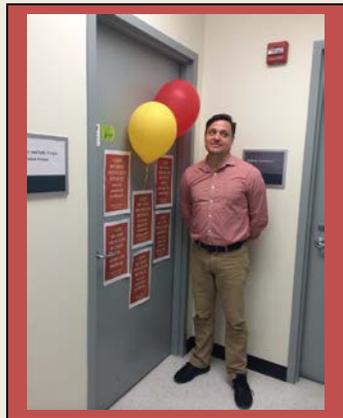


2014-15 Teaching Award Winners are:

Health Studies Teaching Award was given to Dr. Steve Ferguson... "because of his passion for teaching"!!

PHEKSA Teaching Award for Theory Courses was given to Dr. Brendon Gurd... "because his lectures are informative and just plain AWESOME"!!

PHEKSA Teaching Award for Activity Instructors was given to Melody Torcolacci... "because she is the kindest, most caring instructor I have had in my four years."

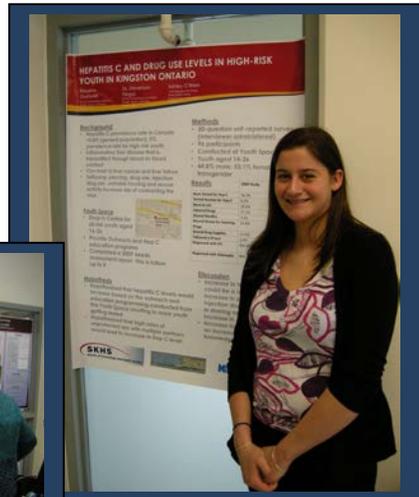
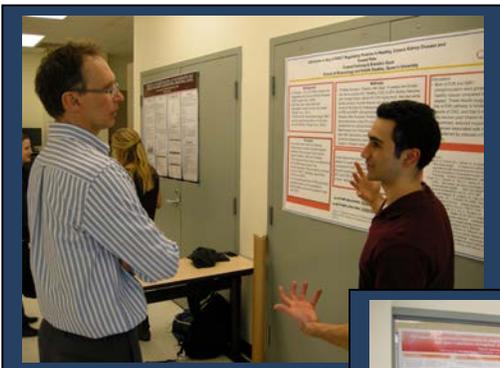
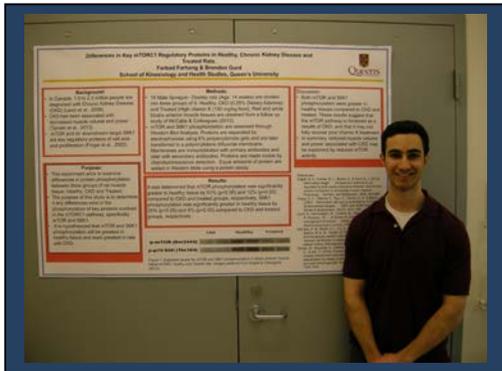
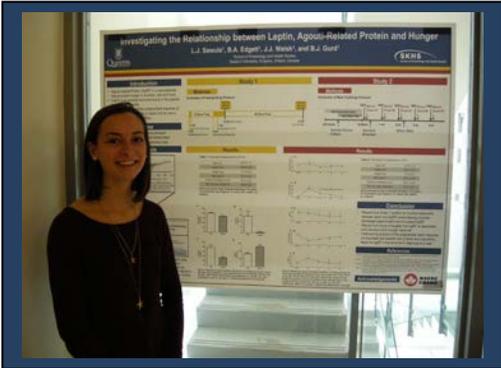


A special thank you to Lindsey Fair, in the Faculty of Arts & Science who helped the HLTH DSC and PHEKSA to organize a week of surprises for all the nominees... for more photos, go to the [SKHS Facebook page](#).

POSTER PRESENTATIONS

MON MAR 30 – second floor KHS

Fourth-Year Independent Courses



PHEKSA Formal

Formal was absolutely fantastic! The surprise location was the Kingston Banquet and Conference Centre.

PHEKSA Third Year Reps Siena Hilley Bland and Lindsay Toth began organizing and planning back in September to make their vision a reality. They are very grateful for the support of all PHE/Kin students, and specially thankful for the support from their Formal Committee. Without the efforts of the Formal Committee, this event would not have been possible!

All four PHE/Kin years danced the night away and it was an awesome event! MC's for the 4th year dinner were Josh Moulton and Beth Godkin, and their meal was concluded with Jacob Bonafiglia's Valedictory address! The speakers were exceptional and well-reflected the spirit of the **Class of 2015**.



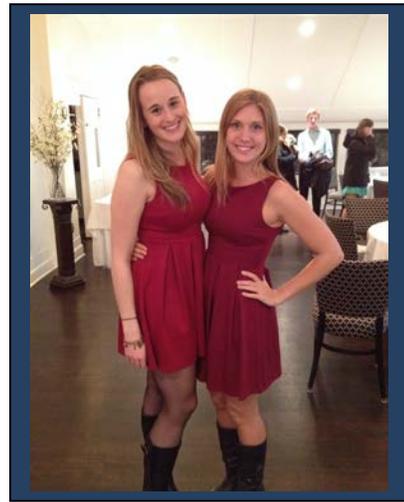
Formal Committee members included: Siena Hilley Bland and Lindsay Toth (Co-Chairs), Clare Murphy, Emma McCrady, Megan Houlding, Emma Lambert, Chelsea Breckels, Gabi MacDougall, Teresa Luu, Ashlyn Tom and Meredith Sanderson. Thank you!!!

HLTH DSC

The Health Studies DSC hosted their End-of-Year Celebration last Wednesday at the University Club.

The night was filled with refreshments, delicious appetizers and a guest speaker from the Toronto based charity Meagan's Walk.

"It was a great opportunity to celebrate everyone's hard work over the past year!"



PHEKSA organized a Proffee Coffee this on the last Tuesday of classes – a welcome jolt of caffeine to help everyone get through the last week of classes!

Thanks!



Winter Term 2015



Hard to believe that Winter Term classes have come to an end, it was a great term!

KNPE 261 students in their final lab.



PHEKSA held its annual volunteer appreciation event on the last Wednesday of classes with treats both sweet and savory!

The Community Outreach Commissioner from ASUS reported that the PHEKSA "Cover your Crest" team came in second by raising \$151.47 for local hospitals.

Engineering: \$259.91

Phe/Kin: \$151.47

Comp Sci: \$128.51

Con Ed: \$93.75

Art Sci: \$88.31

Commerce: \$61.38

Nursing: \$54.75



Together ASUS raised **\$838.08** for Child Life Programs in local Kingston hospitals. Thanks to all who contributed!



On MON APR 20th students in HLTH 415 gathered to give presentations on the health programs that they designed and evaluated in partnership with community organizations.

Read more in [Students learn from real-life application of health course](#), published in the Kingston Whig Standard.





PHEKSA held its annual volunteer appreciation event on April 1st with treats both sweet and savory!

Thank you to everyone who contributed to PHEKSA's Food and/or Clothing Drive.

Every contribution helps!

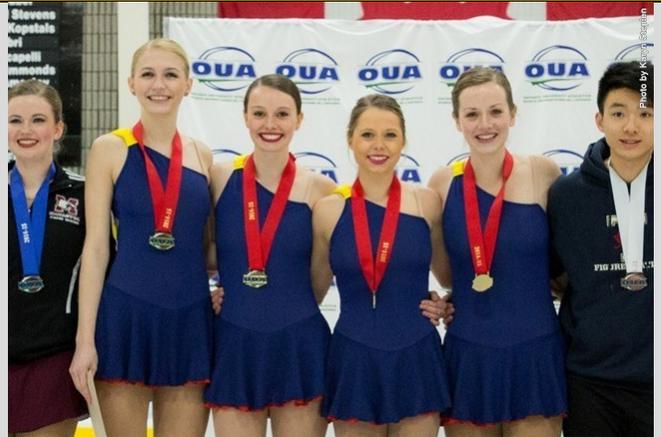


GO GAELS GO!



Gaels finish fifth at OUA Figure Skating Championship, taking home gold in three events

Congratulations to Kelsey Valentine, KIN '15 and the rest of the team!



Yellow team takes Bronze at CUSSL National Championship

Congratulations to Erin Milner (KIN '15) Cassidy Timlin (KIN '16) and the rest of the Synchro Swimming Team!

[Women's Varsity Squash wins Jesters Final in Toronto](#)

Congratulations to Megan Richmond – KIN '16 and the rest of the Squash Team



Gaels men take bronze, women win Bowl at Canadian University 7s Championship

Congratulations to the following players from the SKHS!

Mason Dingwall (PHE '18), Brian Duncan (KIN '16),
Brendan Lacelle (HLTH '17), Marc Levin (KIN '18),
Jeffrey MacDonald (PHE '15), Lucas Rumball (PHE '17),
Toby Sharland (KIN '16), R. David Williams (KIN '15),

Lauren Cranfield (PHE '17), Danika Dupuis (PHE '16),
Willa Jones (PHE '17), Lauren Murray (KIN '17),
Kristina Murray (KIN '18), Gillian Pegg (PHE '15),
Jenna Press (KIN '18), Rose Sanderson (PHE '16),
Meaghan Sherban (PHE '15) and Danielle Underwood
(KIN '15)!!



Track & Field

Congratulations to Alex Willkie,
HLTH Minor (ENGL Major) '17

[Willkie finishes third for CIS bronze medal in 1500m](#)



[Erin Milner KIN '15 of Synchronized Swimming wins the Marion Ross Trophy.](#)



Congratulations Kevin!

The last two winners of the CIS men's hockey rookie of the year and Queen's Alfie Pierce for top male rookie Spencer Abraham and **Kevin Bailie HLTH MAJ '17**

