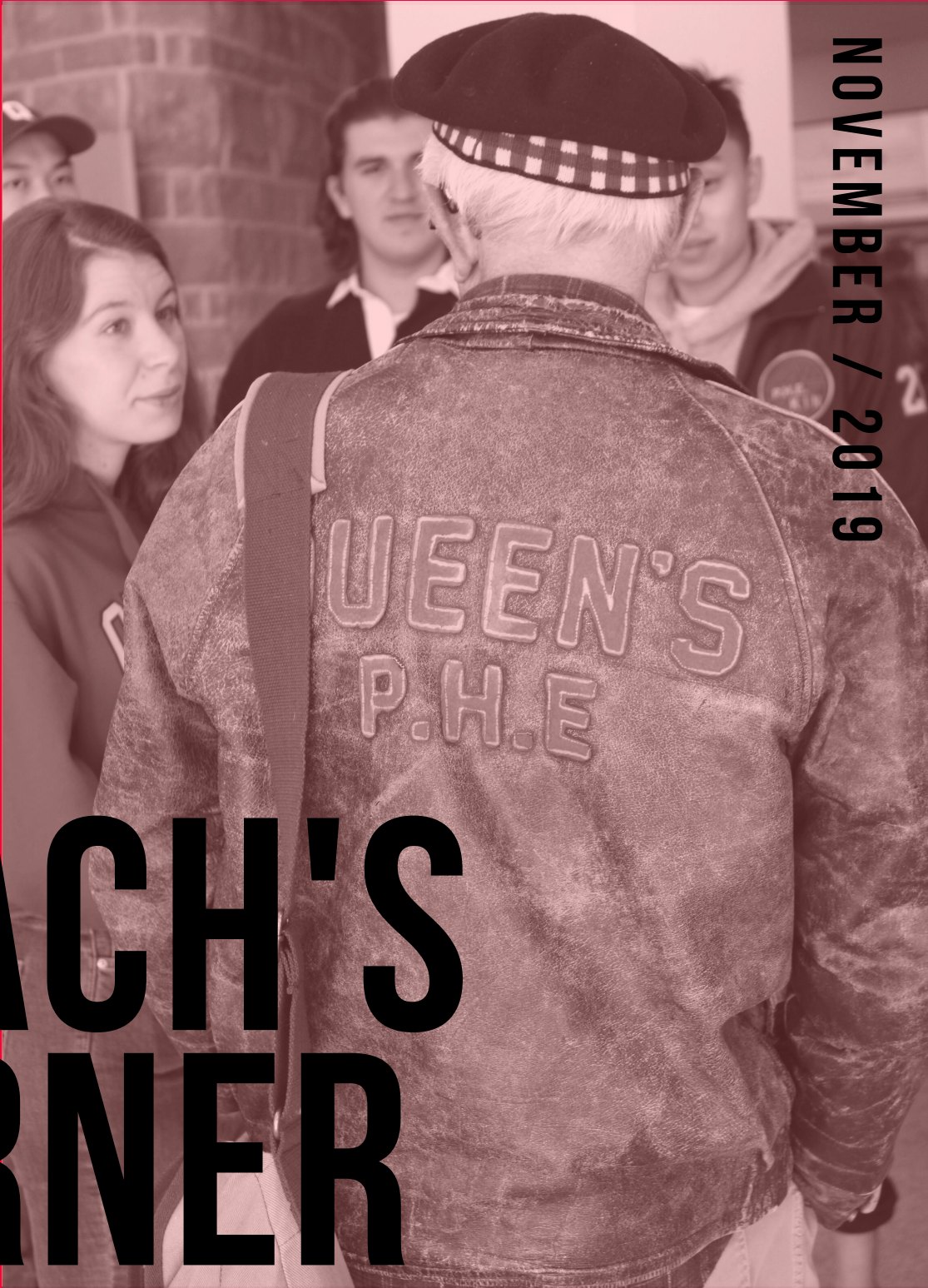


NOVEMBER / 2019



COACH'S CORNER

ISSUE 2

IN THIS ISSUE:
A LOOK BACK ON HOMECOMING 2019
UPCOMING SEMI FORMAL INFO
CHANCE TO WIN A GIFTCARD

A FEW REMINDERS...

- Come hang with us at Overtime at Tommy's on **November 21st!**
- This year's semi-formal is being held on **November 28th!** Keep reading for more info
- Merch is FINALLY back! Not only do we have new items available but also a new design!! Check out the online store at the link posted in your year facebook group and place those orders because you only have until **November 18th!** As always, make sure you are choosing the right option when it comes to PHE or KIN!



A MESSAGE FROM YOUR EXEC

Hello everyone!
We just wanted to reach out and provide a couple of quick reminders and updates!

We wanted to let all Phys Eds and Kins know that you are welcome at any PHEKSA meetings. We host our meetings every Monday night at 9:30p.m. in SKHS 107.

As well, all students are welcome to sit in and contribute to AMS and ASUS meetings. If you have any questions about when and where

these meeting might take place, do not hesitate to reach out to EXEC. We love having you involved with us and encourage you to come share your thoughts and suggestions with us.

As well, if you are not currently on PHEKSA and would like to be next year, please feel free to ask us questions about how to apply. It is never too early to inquire about something you might be interested in.

We generally have office hours Wednesdays from 9:30-11:30a.m. and again informally Thursdays 10:00a.m. – 12:00p.m. You are welcome to reach out to us online also! Our emails are posted on PHEKSA's website.

We hope that your semesters are going well and that you have comfortably settled into what's shaping up to be an early winter!

Love,
Jared, Brynn & Liv

SEMI FORMAL

A photograph of a crowded semi-formal event, likely a school dance or gala. The scene is filled with people, mostly young women, dressed in formal attire. In the foreground, a woman in a red dress is seen from the back, looking towards the center. To her right, a woman in a blue dress is smiling and looking towards the camera. In the background, a woman is making a peace sign with her hand, and another is holding up a smartphone to take a picture. The atmosphere appears lively and festive. The background shows a well-lit room with chandeliers and framed pictures on the wall.

WHEN

Thursday,
November 28th

WHERE

The Harbour
Restaurant

WHO

ALL YEARS
INVITED!

TICKETS

Ticket sales are coming soon so keep an eye out!

Tickets include transportation to and from the venue, dinner, photography, and a chance to rock out all your best moves on the dance floor!

**ADDITIONAL
INFO**

There will be coat check run by WAG to fundraise for their event



Thank you to our Outreach Commissioners that did a great job organizing this year's Alumni Breakfast. As jackets, tams, and anything tricolour flooded the SKHS on October 19th. It is always so special to see our alumni come back and reminisce about the good ol' days. For current student to interact and hear the stories of previous PHEamily is what makes this day so amazing. Thank you to everyone who came out! SPORTS SPORTS SPORTS

LOCO FOR PHE/KIN HOCO

OCTOBER 19, 2019

Written by **LEAH HOLMS**

MEET YOUR YEAR REPS



RYAN CHEN - FIRST YEAR

IF YOU COULD LIVE THE LIFE OF ANY INDIVIDUAL (REAL OR FICTIONAL), WHO WOULD IT BE?

I would love to be Santa because working one night a year and eating cookies and milk while on the job sounds great! Also, to be able to explore the world and give coal to bad kids..

WHAT IS YOUR FAVOURITE PART OF KIN?

The best part about kin is definitely the energy that comes from everyone in the program. Not once have I felt unwelcome by my peers or even upper year students. I love the tight knit faculty who's always got my back.

WHAT WAS YOUR LAST GOOGLE SEARCH?

"Garbage bin with wheels" turns out to cost like \$150

EMMA ZOLDY - FIRST YEAR

IF YOU COULD LIVE THE LIFE OF ANY INDIVIDUAL (REAL OR FICTIONAL), WHO WOULD IT BE?

Michelle Obama

WHAT IS YOUR FAVOURITE PART OF KIN?

The people!!

WHAT WAS YOUR LAST GOOGLE SEARCH?

"The spread of cancer cells to other locations of the body is known as _____."



MEET YOUR YEAR REPS



ANDREAS SYGOUNAS - SECOND YEAR

IF YOU COULD LIVE THE LIFE OF ANY INDIVIDUAL (REAL OR FICTIONAL), WHO WOULD IT BE?

Warren Buffet

WHAT IS YOUR FAVOURITE PART OF KIN?

The great tight-knit community and unique opportunities

WHAT WAS YOUR LAST GOOGLE SEARCH?

"Help I accidently built a shelf"

ZACH DERA - THIRD YEAR

IF YOU COULD LIVE THE LIFE OF ANY INDIVIDUAL (REAL OR FICTIONAL), WHO WOULD IT BE?

If I could live the life of anybody it would be Dwayne "The Rock" Johnson

WHAT IS YOUR FAVOURITE PART OF KIN?

My favourite part of Kin is the community and opportunities to get involved in things I am passionate about

WHAT WAS YOUR LAST GOOGLE SEARCH?

"NHL betting odds for this week"



ATHLETE OF THE MONTH

— SEAN COGHLAN

Written by **ARTHUR LEUNG**

Sean “Heater” Coghlan is the greatest shooter Queen’s University has ever seen. Averaging 50ppg for the Tier 2 Absolute Units, Sean puts the team on his back every night. He is the clear favourite to win MVP at the end of the season. With a form like Lonzo Ball and a step back James Harden wishes for, unquestionably, he is the Athlete of the Month!



A CHANCE TO WIN...

So it's November, and the bank account is looking slim after utility payments, forgettable nights at Stages, and pounds bought of chicken fingers and frozen dinners. Coach's Corner would like to present a little pre-exam gift by offering a chance to win one of two \$25 Metro Giftcards. Write down your best PHE/Kin joke or pun and place it in the box located in the UG Lounge! Stay tuned as the winners that give us the best laugh will be announced at the end of the month!



KIN GAMES 2020 MEMBERS



SYDNEY MUNROE

IF YOU COULD ONLY EAT ONE FOOD FOR THE REST OF YOUR LIFE WHAT WOULD IT BE?

Ketchup chips

WHERE IS THE FUNNIEST PLACE YOU'VE FALLEN ASLEEP?

A bathtub

WHAT IS/ARE YOUR FAVOURITE SPORT(S)?

Equestrian, powerlifting, hockey

WHAT IS YOUR BEST PHEKIN MEMORY?

Walking to class in our blue sweaters after the first merch order ☐



GEENA DENNO

IF YOU COULD ONLY EAT ONE FOOD FOR THE REST OF YOUR LIFE WHAT WOULD IT BE?

Cheese. Even though I'm lactose... but I'm sure I could adjust to it eventually, or grow out of it... unless that's not how it works? I didn't do well in physiology ok.

WHERE IS THE FUNNIEST PLACE YOU'VE FALLEN ASLEEP?

Lecture for sure, while front row too.

WHAT IS/ARE YOUR FAVOURITE SPORT(S)?

I am equally terrible at most sports but hopefully I'll pull the team through in other ways. Not to brag but I was on the walk-on basketball team in grade 6.

WHAT IS YOUR BEST PHEKIN MEMORY?

4 years later and to this day, my favourite memory is still first year orientation week. It was when I fell in love with QU and the PHEKIN community and then wouldn't shut up about it for 4 years

KIN GAMES 2020 MEMBERS



MITCH POIRIER

IF YOU COULD ONLY EAT ONE FOOD FOR THE REST OF YOUR LIFE WHAT WOULD IT BE?

Cheeseburgers

WHERE IS THE FUNNIEST PLACE YOU'VE FALLEN ASLEEP?

The Brass Pub (long night studying Biomech)

WHAT IS/ARE YOUR FAVOURITE SPORT(S)?

Golf, Football, Hockey

WHAT IS YOUR BEST PHEKIN MEMORY?

Ski Trip with the boys



ALEXANDER COLLINS-LOUIE

IF YOU COULD ONLY EAT ONE FOOD FOR THE REST OF YOUR LIFE WHAT WOULD IT BE?

Pizza is the correct answer because there are so many different kinds you can always mix it up

WHERE IS THE FUNNIEST PLACE YOU'VE FALLEN ASLEEP?

I fell asleep in a comedy club... that was pretty funny

WHAT IS/ARE YOUR FAVOURITE SPORT(S)?

Football

WHAT IS YOUR BEST PHEKIN MEMORY?

Winning the camp school relay race during 2018 orientation week