

SEPT 2021

QUEEN'S

25

Written with the stars

COACH'S CORNER

PHEKSA PRESENTS ISSUE #1 SEPT 2021



Editor's Note

Welcome back, KIN!

I hope that we've had an amazing summer and that we're excited to be back on campus again!

My name is Angela and I'm the Coach's Corner editor for PHEKSA this year! In the monthly issues, I will be sharing all things KIN - events, people, faculty, QU, everything! If there is anything you would like to share, please email me at coachscorner@pheksa.queensu.ca!

As we transition back from remote learning to hybrid and some in-person classes, it can seem very overwhelming. But know that all of PHEKSA, your peers and faculty are here to support you! Wishing you an amazing year, you got it!

lots of love,

Angela Shih

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HAPPENING

THIS MONTH

0-WEEK

**TRUTH AND
RECONCILIATION DAY**

welcome KIN!

Hello KIN!

PHEKSA is sooo excited to welcome you back to school! We hope your first couple of weeks have been great and you are starting to feel settled into the groove of school and work. Don't forget to take care of your physical and mental health as well. Take study breaks to get out to be active and spend time with friends!

PHEKSA has so many fun events planned for you coming up. In the last month we hired our full team which is full of some super passionate and inspired people that are looking forward to making this year the best for you all! Whether you are coming to Queen's for your first year or your last, there is something for everyone to make connections with your peers, the faculty, and the community!

Keep an eye out on our Instagram (@_pheksa_) to keep up to date with what is going on around the SKHS! You will also be receiving weekly emails from your amazing year reps about such info.

Happy week 4!

lots of love,

*your PHEKSA exec team
Ryan, Stuart, and Kristina*

MEET YOUR 2021-2022 PHEKSA EXEC TEAM!

*Kristina
Miakischeva*
President



Hello! My name is Kristina, and I am one of the PHEKSA executive members. I am in my 4th year in Kin, and this is my 3rd year on PHEKSA! I was coach's corner editor in my first year and then, Vice-President of University Affairs. In my role this year, as President, I connect with student leaders from the AMS and other student governments and the SKHS faculty to communicate on matters surrounding our faculty to make sure this year and many to come are the best ones yet! I can't wait to work with the rest of the team in bringing exciting events and opportunities to you all. If you ever see me around campus (usually at Cogro) come say hi! I'm excited to meet you all and get to know you throughout the year!

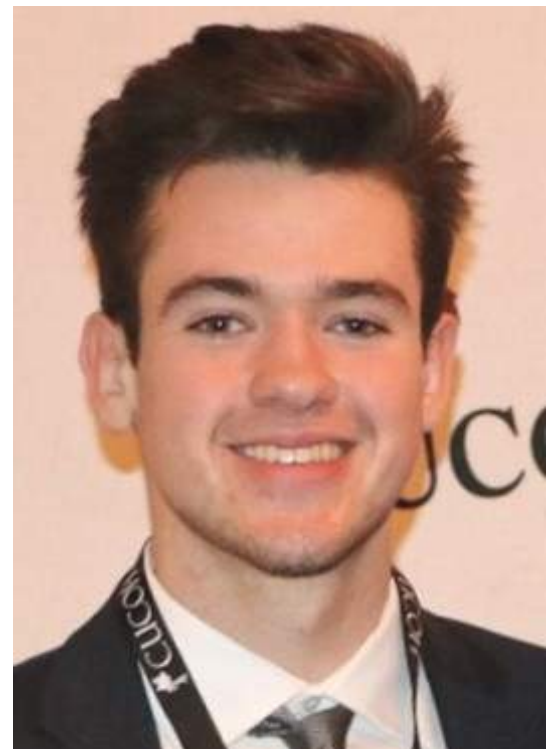
MEET YOUR 2021-2022 PHEKSA EXEC TEAM!

Hey Everyone! My name is Stuart Mladen and I am the Vice President of Operations on PHEKSA this year! My responsibilities include overseeing all internal commissions and our budget (alongside our incredible finance guy Andreas) and representing PHEKSA on ASUS assembly. I came onto PHEKSA as the First Year Representative, was the Jr. Academics Commissioner in my second year and was the VP of Operations last year! I am so optimistic for this upcoming year on PHEKSA. We are looking to reintroduce classic in-person events that we all have been missing, as well as keeping certain online events that saw a lot of success last year. One new event that is in the works is an alumni speaker series to give us insight into different career paths post-graduation!

If you ever have Kin-related questions, comments, or concerns, feel free to reach out to any member of PHEKSA! We are happy to help with anything that may improve your experience here in the Queen's Kin family!

Stuart Mladen

VPOPs



MEET YOUR 2021-2022 PHEKSA EXEC TEAM!



Ryan Chen

VPUA

Hey everyone! If you don't know me, my name is Ryan Chen, and I am your Vice-President of University Affairs on PHEKSA this year. It has been beyond amazing to be able to see so many familiar faces back on campus after a year of online learning. We aren't exactly in the clear just yet, but you can bet that we'll have some awesome stuff ready for you all soon! Welcome back to this new in-person school year! Keep working hard and doing what do you best. Y'all are the reason I'm so proud to call myself a Queen's Kin student.



O-WEEK 2021



written *KJN* the stars

MEET YOUR ECKO COMMITTEE!

INTRO



head
coach

Nic

Hey everyone! My name is Nic Curcio, I am from Ottawa, ON and I was the Head Coach for Kin Orientation this year! I had the privilege to oversee everything involved in Orientation and got to meet some very cool people along the way! Aside from Orientation, I like listening to music (Spotify playlists are STACKED), hanging out with the housemates, and cooking up a storm in the kitchen.

FAV O-WEEK MEMORY

My favourite Orientation Week memory was the final year dance where everyone gathered in the middle of Summer Hill (covered in paint) and brought their A-game for their year dance (the crumps were unmatched)!

INTRO

Hi everyone! I'm Steph and a few fun facts about me is that I've moved 12 times in my life and I have 18 cousins. In my free time, I love dancing, playing spikeball, reading, and hanging out with friends and family!

FAV O-WEEK MEMORY

My favourite o-week memory is the final time we all did the year dance because all the first years KILLED IT. It was the first time everyone crumped the right way and let's just say, instant goosebumps



Stephanie

logistics event
coordinator

MEET YOUR ECKO COMMITTEE!

INTRO

Hi Everyone! My name is Alyah and I was the academics representative on ECKO this year! I'm originally from Toronto, ON. A fun fact about me while I was in high school I planked for 23 minutes!!

FAV O-WEEK MEMORY

My favourite memory from oweek this year was watching the Class of 2025 learn their year dance and then watching them do the dance in their coveralls!



Alyah academics representative

INTRO

Hey there! My name is Ben (he/him) and I am from Toronto Ontario. I enjoy cloud watching and camping (especially in the Kingston area) and a fun fact about me is that I am ambidextrous!

FAV O-WEEK MEMORY

My favourite O Week memory is definitely coverall painting because it's when everyone feels most comfortable with their groups and it also really reminds me of my time as a first-year in Kin.



logistics EDII coordinator

Ben

MEET YOUR ECKO COMMITTEE!



INTRO

Hey everyone! My name's Liam Plewes and I'm ECKO's Financial Representative. I'm from Etobicoke and am currently in third-year kinesiology here at Queen's! A fun fact about me is that when I was younger I lived in Singapore for 4 years.

FAV O-WEEK MEMORY

My favourite O week memory was definitely during 2021 in-person O week being able to walk around summer hill and seeing all of our first years painting their coveralls and beginning the amazing journey that is Queen's Kin!!!

Liam Financial Representative

INTRO

Hi everyone! My name is Sarah Godfrey, and I was this year's Outreach Coordinator on ECKO. I am from Vancouver, BC and moved here for school! I love to hike, travel, and hang out with family and friends.

FAV O-WEEK MEMORY

My favourite OWEEK memory must be when we did in-person coverall painting! It felt just like it did in my first year and it was so amazing to see how much fun everyone was having.



Sarah outreach coordinator

HERE'S TO AN AMAZING YEAR!

