



Coach's Corner

October 2023

Homecoming
Go Gaels Go!
Kin Games
Meet the members



02 Editor's Note October 2023

Hey everyone! I hope everyone's first two months of the fall semester have been going well!

It is crazy how we are already over half way through the fall semester! Time sure does fly when you're having fun!

As the semester gets busier, make sure to take breaks and do things you enjoy! Balance is key!

Feel free to reach out to the Kin community or any member of PHEKSA! We understand how stressful it can be, we are here for you!! Wishing everyone the best of luck through midterm season and so on!

ALL THE BEST,

Amelia Rodrigues

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UPDATES THIS MONTH

**KIN GAMES
MEMBERS**
REPRESENTING QUEEN'S KIN

**ALUMNI
HOMECOMING
BREAKFAST**
ON SATURDAY, OCTOBER 21ST

HOMECOMING!
GO GAELS GO!!

WELCOME HOME ALUMNI



PHE/KIN ALUMNI HOMECOMING

MEET THE KIN GAME MEMBERS!



Olivia Smith

Favourite part of Kin:

The family and lifelong relationships that you get to make!!!

Fun fact:

I have never had a brain freeze

Reuben Bowley



Kayla Hacquard

Favourite part of Kin:

So many opportunities to get involved in the kin community and meeting new people!

Fun fact:

I cannot whistle

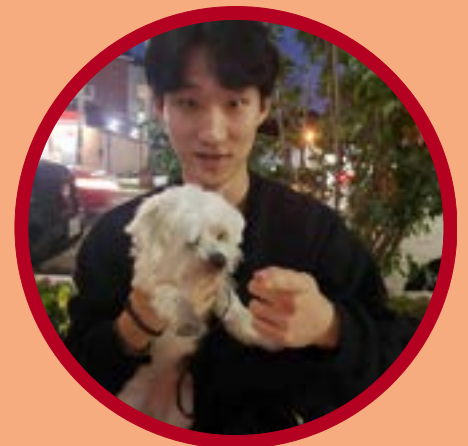
Nate Chang

Favourite part of Kin:

Unbreakable bond with others

Fun fact:

I can solve a Rubik's cube in under a minute





Kalina Mueller

Favourite part of Kin:

The experiences and opportunities as well as the friends you make

Fun fact:

I've never broken a bone

Morgan Pluin

Favourite part of Kin:

How tight knit our program is!

Fun fact:

Both of my thumbs are double jointed



Miriam Taylor

Favourite part of Kin:

That fact that everyone loves each other and is willing to help out with anything

Fun fact:

The Melt & Grill staff know my order

Hannah Kowalyk

Favourite part of Kin:

How helpful and loving our program is!

Fun fact:

I taught myself how to ski and snowboard





Katie Baxter

Favourite part of Kin:

The people and life long relationships that are made!

Fun fact:

I have never had a pet

Victoria Bennett

Favourite part of Kin:

The Kin fam is always bringing people together

Fun fact:

I've changed a flat tire on the side of the highway



Alissa Dykstra

Favourite part of Kin:

The amazing friendships made within the community

Fun fact:

I was a backup dancer for the Mini Pop Kids

Cameron Duda

Favourite part of Kin:

The people in the program and the lifelong friendships I have made with them

Fun fact:

I lived in England for 6 months on exchange



Sarah St-Hilaire

Favourite part of Kin:

Amelia <3 (CC editor)

Fun fact:

I've never been to Costco



Brooklen Stevenson

Favourite part of Kin:

The people are the best, and everyone helps out each other!

Fun fact:

I play the trumpet



Cassandra Baldry

Favourite part of Kin:

Kin Games <3

Fun fact:

I lived in New Zealand for a year as a kid



Need new tunes? We've got you covered...

Disciples - Tame Impala

Fading - Colouring

Nothing Works - Declan Mckenna

Now That We Don't Talk - Taylor Swift

Real Estate - Boy & Bear

Roslyn - Bon Iver & St. Vincent

secrecy - Ethan Regan

The Night Loves Us - Alan Doyle

Upset - Brent Faiyaz

When I Dream - San Cisco

02:00AM - Sarah Crean

Want more songs? →





October Word Search



F	A	N	G	S	C	A	R	F	F	S	K	P	C
C	E	A	E	C	L	I	P	S	E	S	O	H	I
A	P	N	E	E	W	O	L	L	A	H	C	U	I
S	W	E	A	T	E	R	E	M	E	P	I	E	S
S	P	I	C	E	O	E	A	U	T	U	M	N	E
C	O	R	A	L	I	N	E	R	I	P	M	A	V
G	D	E	M	O	N	S	T	E	R	O	L	B	G
E	S	P	O	O	K	Y	I	A	A	F	C	D	O
G	O	B	L	I	N	I	K	P	M	U	P	O	E
H	P	F	N	Y	R	E	T	E	M	E	C	T	H
O	F	A	L	L	T	S	E	V	R	A	H	D	E
U	C	T	O	C	T	O	B	E	R	T	E	E	N
L	L	C	A	N	D	Y	C	O	S	T	U	M	E
T	K	S	D	R	U	O	G	A	G	I	E	O	C

Candy Autumn Goblin Cemetery Vampire Scarf Coraline Monster Harvest
HoCo Eclipse Mask October Spooky Gourds Fang Ghoul Halloween
Costume Spice Sweater Fall Pies Pumpkin



H

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N

Why did the skeleton laugh?

Something tickled its funny bone

**What's a pumpkin's favourite
sport?**

Squash

Why did the ghost quit studying?

It was too ghoul for school

I would find another skeleton joke

but you wouldn't find it humerus.

J

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K

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S

IN MEMORY OF



THE GOLDEN SQUIRREL

REST IN GOLDEN PEACE

GET INVOLVED WITH RESEARCH!



PAID RESEARCH OPPORTUNITY!

The Queen's Muscle Physiology Laboratory is seeking participants for a study examining the effects of fasted exercise training on metabolic flexibility

Criteria for participation:

- Recreationally active males and females
- 18-30 years of age
- No history of cardiometabolic disease

Study details:

- 1 preliminary visit (~3-4 hours) – FREE FITNESS ASSESSMENT
- 5 consecutive exercise sessions (7 am – 11 am), involving 1-hour of cycling with or without breakfast
- 1 post trial visit (~3-4 hours)
- Breakfasts provided during study and dinners provided prior to pre- and post-testing

Participants will be compensated \$200

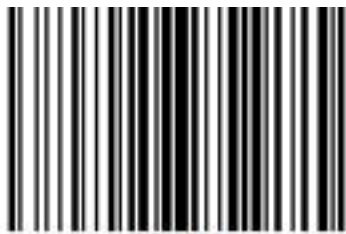
Email Kristi at 13kls2@queensu.ca for more information!

Principle investigator: Dr. Brendon Gurd (gurdb@queensu.ca)

Hey Kin,



how excited are you?



CC-1023

