

PHEKSA Meeting – February 27th, 2023

Present: Natalie Pryor, Ryan Chen, Kenna Winget, Mara Majer, Sarah Godfrey, Zoli Mayer, Amy Posel, Katie Wakileh, Elizabeth Squire-Fisher, Anna Roper, Riley Sofer, Payton Rix, Alexandra Partridge, Daniel Lesiuk, Johnny Marrongelli, Sophia Pourmatin, Cynthia Charette, Cari Brown, Kiersten Landreville, Yasmin Asadi, Varun Shah, Delaney Tone, Rachel Kailis

Absent: Hannah Kyolayk, Yas Alamashi, Ava Khansari

Start Time: 7:01 pm

Reading of Agenda

Motion: To approve the agenda for the meeting

Seconded by: Rachel

Vote:

For - 23

Against - 0

Abstentions - 0

Motion carried

Assembly Updates

Sarah Godfrey- Internal Affairs Commissioner:

Hope you guys all had a good reading week.

I will be sending out meeting invites on outlook probably to your personal email accounts associated with Queen's because there are some glitches happening right now with the other emails. Make sure you either accept or reject the meeting and if you reject then let me know why and we can find the proper time to meet.

As well can incoming and outgoing exec please stay after this meeting.

Next, transition manuals are due the end of the next week for everyone expect those that have arranged otherwise with me.

Lastly, the AGM meeting will be taking place either in the first 3 days of the pre-exam week or in week 12. Everyone is required to be there and I will let you know then finalized date soon.

Cynthia Charette - Executive Intern:

No updates

Mara Majer - Finance Commissioner:

No updates

Varun Shah - Social Commissioner:

No updates

Riley Sofer - Merchandise Commissioner:

No updates

Delaney Tone & Zoli Mayer - Formal Commissioners:

We are planning a fundraising event on March 8th at Grizzly. As well, we are in the process of finalizing the sticker sale and we may be collaborating with Queen's Sustainable fashion but more on that to come.

Payton Rix - Incoming Head Coach:

We have hired coaches! As well, as posted on the orientation week Instagram, we have officially launched our Lazar tag fundraiser and it will be March 9th, next Thursday. I have a message for the year reps, I will share it with them if they could include it in their emails that would be great, as well if everyone could repost the Instagram.

Sophia Pourmatin - Equity and Wellness Officer:

The equity and wellness committee is meeting this week to come up with some plans for wellness week.

POC – Sarah: When is wellness week?

Sophia: We are thinking it will be the first week of April.

Amy Posel - Coaches Corner:

No updates

Rachel Kailis - Sr. Athletics:

Sending out emails to faculty as we are planning to order Krispy Kreme doughnut boxes, we will collect the order then pick it up in Toronto and then bring it back to Kingston to distribute.

Johnny Marrongelli & Katie Wakileh - Jr. Athletics:

No updates

Hannah Kowalyk - Sr. Academics:

No updates

Anna Roper - Jr. Academics:

First, we still need 5 or 6 more volunteers to sign up for QSSETs, I will resend the form once again so please sign up by Thursday as I have to send in the names on Friday.

Next, I will send a link in the Facebook for the March break open house sign-up.

Ava Khansari - Sr. Outreach:

No updates

Elizabeth Squire-Fisher - Jr. Outreach:

We are going to be organizing midterm care packages, and I have a discussion on that later.

As well, if the year reps could send their day in the life TikToks I would love to have those posted to the PHEKSA TikTok before the open house.

Lastly, we are thinking of doing interviews with the profs, and more on that to come.

Yas Alamashi - Sr. Communication:

No updates

Cari Brown - Jr. Communication:

No updates

Kiersten Landreville & Yasmin Asadi - 1st-year reps:

No updates

Payton Rix - 2nd-year rep:

No updates

Alexandra Partridge - 3rd-year rep:

No updates

Daniel Lesiuk - 4th-year rep:

We had the historic hockey game and we beat RMC 1-nothing.

As well, I have finished the presentation for 1st years and am thinking of doing the event around March 18th from 1 to 3pm but will confirm the date soon.

Exec Updates

Natalie Pryor - VP Operations:

I hope you guys all had a good reading week and welcome back.

I have an ASUS meeting this Thursday and will let you all know how that goes.

Kenna Winget - VP University Affairs:

Teaching award nominations close March 12th, so please feel free to nominate people and continue promoting them.

As well, the February student of the month will be posted this week.

Lastly, student awards will close this Friday if year reps could please include those in their emails.

Ryan Chen – President:

Firstly, we are finalizing details for the Kin versus ConEd bowling, so far we are thinking it would be good on April 2nd. The cap is 185 people which should be perfect for the two faculties though we will most likely be opening it up to all students. It is \$15 for shoes and bowling and we are trying to confirm transportation. As of right now we are thinking of getting some taxis and instead of students paying for them they would just bring food as a donation.

Next, the bottles should be here in about 3 weeks so once we have them we should be good for the sticker sale. As well we finalized the colours it is a ruby red lid and greyish, seafoam bottom.

Motion ball and relay for life are both coming up, we typically put 5 teams in each year so a PHEKSA team and then 4 year teams. They have both been spotty for the past few years and I am excited for them to be back fully.

As well, who is interested in planning a spirit week? We did one last year and competed against McMaster, we crushed then, so I'm thinking we can reach out to another school like Guelph or Western who both have Kinesiology programs and plan it for sometime in March.

I'm thinking of doing a collaboration with good times diner. It is an Arts and Science initiative that provides meals for people who sign up. Queen's first aid once did it and I

think it would be a 1 and a half or 2 hour commitment working with making food or helping hand it out.

As well, ASURF is handing out funds for research projects or lab students.

We are still finalizing what we are going to do with the leftover funds for PHEKSA so far we are getting a camera, a gopro, a safe and some extra technology. If you want us to put the money to anything else then please reach out by midnight.

Lastly, we are proposing some restructuring to some positions on PHEKSA, things like creating, splitting up or removing any positions. We will have the final proposal by the AGM.

Old Business

Nope

New Business

Nope

Discussion

Liza: Midterm Care Packages

Opening statement: Ava and I are doing midterm care packages and I wanted to ask what, if anything specific, you guys think we should include.

Rachel: Juice boxes.

Amy; Yea, people always like little snacks, things like chocolate bars.

Sarah: Aim for snacks that are all across the board of vegan, gluten-free, ones that agree with dietary restrictions. A good place to purchase from would be Costco, I have a membership and am happy to take you. You can definitely find packs of snacks that people with restrictions can have and prepare separate baskets for them.

Mara: You could put gum in.

Payton: Tea would be good to put in, you could get a big pack and add the individual ones in.

Natalie: I agree that Costco is a great place to get snacks, I used my first Instacart there and got it delivered right to my house which was nice. Specifically the big boxes of chips are good they come with a lot, as well granola bars are also good.

Ryan: I am also able to take you to Costco, or you can use my membership. Something that has been successful in the past is getting companies to sponsor us and get things like passes for free yoga classes, or passes for free coffees. If you go to small snack shops, or bakeries on Princess they may have these things or free cupcakes, brownies or something that we can give away.

Danny: I was going to say tea but also maybe hot chocolate could be good.

Sarah: You should definitely get microwave popcorn, everyone loves it.

Amy: I remember the coupons were really nice.

POC – Sarah: I still have a lot of the coupons from last year in the office as well.

Natalie: I find that when people are thinking about creating gift bags they think of throwing in a pen or pencil but I don't think you should waste your money.

Sophia: Maybe you could make the bags with the gift baskets those reusable tote bags.

Zoli: You could also make them in jars.

Sarah: Other things that people really like was face masks and self care things, maybe even lip balm. Or you could get a pack of crest white strips and throw a few in.

Closing remarks: Thank you all for those ideas, they were great!

Other questions/remarks from Assembly

Motion: To adjourn

Seconded by: Yasmin

Vote:

For – 23

Against – 0

Abstentions - 0

Motion carried

Resolved: Meeting Adjourned

Meeting adjourned at 7:27 pm