**PHEKSA Meeting - September 25th, 2023**

**Present:** Varun Shah, Hannah Kowalyk, Payton Rix, Mara Majer, Cari Brown, Yasmin Asadi, Nasser Nayed, Cynthia Charette, Yas Almashahi, Anna Roper, Tori Pears, Noah Jonnson, Reuden Bowley, Matt Hopley, Sophia Pourmatin, Alexandra Partridge, Amelia Rodrigues, Elizabeth Squire-Fisher

**Absent:** Ava Khansari, Ben Solmon

**Start Time:**

**Reading of Agenda**

Motion: To approve the agenda for the meeting

Seconded by: Hannah

Vote:

For - 16

Against - 0

Abstentions -

*Motion carried*

**Assembly Updates**

Cari Brown - Internal Affairs Commissioner:

Hi everyone. If your name is Matt, Liza, Ben, Ava, or Soph, then please send me your position timeline.

Fall electrons and hiring are in full swing. The campaigning period begins Wednesday, voting will occur on Thursday and Friday, and interviews will be conducted this weekend. Hopefully by next week we have a full assembly.

During the election period, if someone tells you that they have not received a ballot, then first ask if they have paid their student fees. If they have, then ask them for their student number and email, send it to me, and we will sort it out.

-Executive Intern:

Mara Majer - Finance Commissioner:

No updates.

Matt Hopley - Social Commissioner:

No updates.

Alexandra Partridge - Merchandise Commissioner:

I have a discussion later this meeting.

Elizabeth Squire-Fisher - Formal Commissioners:

No updates.

Payton Rix - Outgoing Head Coach:

ECKO hiring information session is this Thursday at 7:30 pm. We have a slideshow presentation and then have time for people to ask questions. Details about the hiring process are to come.

Sophia Pourmatin - EDI+I Commissioner:

EDI+I committee applications are closing tomorrow.

I have been emailing with Good Times Diner about doing a collaboration with them to help create free dinners for students. When it is PHEKSA’s time to volunteer I will need 5 volunteers to help with the kitchen, more on that to come.

Amelia Rodrigues - Coaches Corner:

This month's edition is well underway, additionally, I have a discussion scheduled.

Reuben Bowley - Sr. Athletics:

The applications for Kin Games are out, we have only got 6 applications so far and we need 16. Although it is okay because we still have a few weeks until applications close.

Tori Pears & Noah Jonsson - Jr. Athletics:

We reached out to Gourd and we are meeting with him this Wednesday.

Anna Roper - Sr. Academics:

The ANAT 315 review session is happening this Thursday.

Additionally, peer tutoring is slowly getting underway. I am a little hesitant to get things moving without a Junior Academics commissioner. As of right now, we have a good number of students signed up to be tutors, and the process of reaching out to first and second years will begin shortly.

-Jr. Academics

Ava Khansari - Sr. Outreach

I met with Josie and Jill this week with regard to the career fair. Jill will send out career fair emails.

Benjamin Solmon - Jr. Outreach

No updates.

Yas Alamashi - Sr. Communication:

I have opened up the yearbook committee applications, they will stay open until the end of the month and can be extended if needed. As well, I will send a blurb to be included in the year emails.

Cynthia Charette - Jr. Communication:

Year photos are planned for this week and next week, PHEKSA headshots will likely be after reading week when we have full assembly.

-1st-year reps:

Yasmin Asadi - 2nd-year rep:

Anna mentioned, but we are having an ANAT 315 study session this Thursday for the second year’s.

Nasser Nayed - 3rd-year rep:

The course selection form is sitting around 42 right now. I had the chance to get some profs to post it on onq as well as have some class talks as I am hoping to get a few more responses before the end of the month.

-4th-year rep:

**Exec Updates**

Payton Rix - VP Operations:

Hi everyone, I wanted to add in a new business for this meeting and it will be the week 4 check ins.

Additionally, I wanted to read over my facebook post about discussions:

*An assembly member can lead a discussion when they would like to get information from assembly on a specific task pertaining to their role. For example, if I wanted to do a giveaway as part of my position and I wanted to talk about my budget for the giveaway, I would go talk directly to Mara (finance). If I was thinking about what I wanted the giveaway prize to be and I needed help coming up with ideas, that could be submitted as a discussion directly to me (Payton).*

Please let me know if you ever have questions about discussions, always happy to help.

Hannah Kowalyk - VP University Affairs:

Varun and I went to the first AMS assembly meeting. There were some interesting points made about guides for event planning and event forms. As well as some concerns about the accessibility for the AMS event forms, they are now looking into altering the event forms.

Varun Shah - President:

Welcome to week 4. I am looking forward to our goal sharing.

Additionally, I have been thinking about how PHEKSA does not have a big relationship with HLTH students, so I was hoping to reflect on that a bit, and that will be done during my discussion time.

**Old Business**

None

**New Business**

First going around and doing our goal sharing. One position specific goal and one personal goal for the year.

Varun:

Position goal: To create a better relationship with HLTH students.

Personal goal: To increase my work ethic.

Payton:

Position goal: To be a better liaison to everyone who falls under my constitutional direction. Want to ensure that I am someone you can always talk to and trust.

Personal goal: To manage my time wisely including managing times for breaks.

Cari:

Position goal: Is to stay up to date with all of the behind the scenes of events such as elections.

Personal goal: To have fun this year!

Sophia:

Position goal: To do a joint even with Four Directions Center.

Personal goal: Time management.

Alex:

Position goal: To get some new merch designs for our website.

Personal goal: To spend a lot of time with my friends.

Anna:

Position goal: To create more academic opportunities to connect senior and junior students, especially in terms of course selection and eliminating any confusion with things such as choosing electives.

Personal goal: To have more of a school/life balance.

Cynthia:

Position goal: To make sure I can make it to as many events and take pictures at those events.

Personal goal: To maintain a good school/life balance.

Liza:

Position goal: To repair the relationship between PHEKSA and the Grizz.

Personal goal: To drink more water.

Yas:

Position goal: To be updating the website more frequently, and making it known throughout the community.

Personal goal: To procrastinate less.

Amelia:

Position goal: To increase viewership.

Personal goal: To have fun with my position while remaining diligent and having time management.

Tori:

Position goal: To run the ski trip and also create a good winter initiative.

Personal goal: To cook something other than pasta for dinner.

Yasmin:

Position goal: To get more people from my year to join different kin related teams.

Personal goal: To stay on top of things.

Noah:

Position goal: Is with Tori, but to run a great ski trip and also come up with a good winter semester initiative.

Personal goal: To keep a healthy work/life balance.

Nasser:

Position goal: To establish a strong line of connection with the third years.

Personal goal: To put myself out there, take more risks.

Ruben:

Position goal: To build on our success at kin games.

Personal goal: To make the best of 4th year.

Mara:

Position goal: To be more involved with the events that need specific funding.

Personal goal: To spend more quality time with my friends.

Hannah:

Position goal: To collaborate with many different subcommittees in PHEKSA.

Personal goal: To stay organized and have a good work/life balance.

Second piece of new business: Check in with designated exec members.

Payton:

* Athletics commissioners
* Formal commissioner
* Social commissioner
* 2nd, 3rd, 4th year reps

Hannah:

* Outreach commissioners
* Communications commissioners
* Merchandise commissioner
* Coaches corner editor

Varun:

* Fiance commissioner
* CIA
* EDI+I commissioner

**Discussion**

**Amelia: Coaches Corner**

Opening statement - Amelia: The coaches corner edition is well underway though I did want to open it up to assembly if anyone had any suggestions of things to add, or if anyone wanted to add to it.

Anna: Please add peer tutoring.

Amelia: What day does it close?

Anna: It hasn’t opened for the first and second years, we are still getting third and fourth years. What day are you publishing the coaches corner?

Amelia: On October 6th.

Anna: Alright, I will get in touch with you.

Mara: Please add in motion ball. Kingston is having a marathon of sport on November 16th if people want to volunteer.

Liza: When I did my mini-mic interviews with the profs we got some good comments, maybe you could add a page for the first years professors.

Matt: Varun, Nick, and I host a radio show you could add in.

Amelia: Yes sure, just send me an infographic.

Varun: What ideas do you currently have?

Amelia: I currently have updates for the month, truth and reconciliation, introduction from PHEKSA, and an introduction from exec.

Varun: We can get a group picture next monday to add in if you want.

Payton: One thing you should include is restating that PHEKSA meetings are opened to the general public. Say our meetings are at 7:30pm in the SKHS room 107, everyone is welcome.

Closing remarks - Amelia: Thank you for those ideas, if anyone has infographics to send that would be great.

**Alex: Merch Ideas/Options**

Opening statement - Alex: I met with the guy from prime time who does our merch, he is also the person who works with tricolour, etc, and we are working together on this year's merch. I was looking through what people bought last year and I realized that everything had a very similar look. Therefore, I came up with some new ideas for the store and wanted to get assembly opinions on them. We are able to have 5-6 items on our merch store, most can only have 3 colors but the sweaters can have 4. My ideas include the classic kinesiology hoodie, as well as creating the vintage Queen’s crewneck and adding in “kinesiology” below the “Queen’s university”. I was also thinking of creating the sweatshorts (same ones they sell at the bookstore) and adding in the kin logo, or I was thinking it could say “kinesiology” with a crown on top. I was potentially thinking about creating jerseys, as well as t shirts again just not sure about the logo on the t shirt. We only sold 15 sweatpants last year, if anyone has any ideas on how to make them look more appealing that would be great. Lastly, we sold 28 quarter zips last year, and I am wondering if we should cut those. Everything that is being removed includes the long shorts, pj pants, hats, rugby shirts, and long sleeves.

Amelia: For the jersey idea, if anyone wears them to homecoming then they are representing kinesiology, not sure if we are aiming to do that.

Mara: Love the sweater ideas, one colour that could be made is navy blue.

Yasmin: I like the jersey idea, especially if you made it a different design from the tricolor one, maybe you could add in “kin” somewhere small or not even at all.

Hannah: On the topic of vintage sweaters, I definitely think the muted colors will be nice, such as a cream, light green colour, muted blue, even mauve.

Varun: I love the idea of the crewnecks. For the hoodies, I would say keep the same colors as they have been our colors for 15 years. For the pants, I don’t know what the sweatpants looked like last year, maybe you can see if you can make them have opened bottoms. As for jerseys, you shouldn’t have anything without the kinesiology on it, maybe come up with some designs and go from there.

Nasser: I have a couple of questions. If we are selling the bright blue hoodie, do all of the other options also have to be bright blue?

Alex: We can have 4 colors for the hoodies, right now we have royal blue, red, and then two other colors to be determined.

Nasser: Alright. My next question is that if we have 5-6 items, do they all have to be unisex?

Alex: Everything will be unisex except the shorts.

Nasser: Also, what did the sweatpants look like last year?

Alex: They were gray cuffed at the bottom, with the classic kin logo on one of the legs.

Closing remarks - Alex: Thank you for the ideas. By next week I will likely have actual designs to present.

**Varun: HLTH DSC**

Opening statement - Varun: Basically, we are looking to do a few things in collaboration with HLTH DSC and I was hoping to get some suggestions for events and things to do. One thing I had thought of doing is an apple picking event with the whole SKHS.

Mara: I would say the sticker sale could be collaborative.

Ruben: We could do some sort of sporting event.

Nasser: Maybe they would be open to answering the third year form?

Varun: You are good to go ahead with that already.

Yasmin: In terms of fundraising, the laser tag for o-week last year was good. A lot of people showed up and even some of the profs. Another option could be a mix and mingle outdoor pilates or yoga session.

Liza: A trivia night against each other at Clarke hall could be nice.

Hannah: Could we do some sort of catered event and with that encourage people to mingle.

Varun: The only thing about food is the finance, we could do some events but we wouldn't want the first few to be having a charge.

Noah: I agree with the idea about a sporting event, kin vs hlth students.

Payton: We could do something similar to last year with McMaster kin vs Queen’s kin spirit week. We could make it a spirit week of kin vs hlth.

Liza: If you wanted to do a sporting event, the Vic park ice rink could be used for a skating event.

Yasmin: I was also going to suggest a sporting event. Last year there was an RMC hockey anniversary game; we could do a kin vs hlth hockey game.

Closing statement - Varun: These are great ideas. We will need the whole assembly to help with planning these events, so if you really liked one of the ideas then please take initiative to run it!

**Other questions/remarks from Assembly**

Motion: To adjourn

Seconded by: Yasmin

Vote:

For - 16

Against - 0

Abstentions - 0

*Motion carried*

Resolved: Meeting Adjourned

**Meeting adjourned at 8:50 pm**