



Society of Graduate and Professional Students  
Report of the President  
Winter General Meeting 2017

No report submitted.



Society of Graduate and Professional Students  
Report of the Vice President Graduate  
Winter General Meeting 2017

No report submitted.



Society of Graduate and Professional Students  
Report of the Vice President Professional  
Winter General Meeting 2017

No report submitted.



Society of Graduate and Professional Students  
Report of the Vice President Finance & Services  
Winter General Meeting 2017

SGPS Council,

Updates below:

**Structural/Governance Reform**

Nothing to report. Timelines are still on track to have transition materials done for the next executive.

**Bursary/Grants/Strategic Funds**

Mid-year report at committee stage. Expect tweaks to the system regarding scope of Dental Bursaries.

**JDUC Revitalization**

Initial meetings with AMS working group. Project not likely to be drafted until late 2017, early 2018.

**Student Activity Fees**

Project complete.

**Event Sanctioning/Departmental Registration Review Committee** At committee review stage. Expect final report soon.

As always, I am free to take your questions.

Respectively Submitted,

**Stuart Clark**

Vice President (Finance & Services)  
Society of Graduate and Professional Students (SGPS)  
[vp.finance@sgps.ca](mailto:vp.finance@sgps.ca)



Dear SGPS members,

I hope everyone is having a pleasant winter semester so far. Below is a rundown of my projects and their current state of completion. If you have any questions, please feel free to contact me at [vp.community@sgps.ca](mailto:vp.community@sgps.ca).

### **Commissioner Program**

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In the Fall semester, I participated actively in the hiring and transitioning of the Commissioners into their roles. Now with their terms more than half way completed, we are looking to create more permanent transition materials for the new team, and gearing up for hiring in March. The collaborative projects that I have worked on with the Commissioners, such as the Orientation Round Table and the Workshop Series, are ongoing.

### **Orientation Week**

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The first official meeting of the ORT Committee took place on January 24. Two members at large, as well as the Commissioners and myself were all in attendance, and many of the items that were discussed will be used in order to make SGPS Orientation Week more accessible and helpful to all students coming into graduate and professional programs at Queen's. If anyone is interested in joining this Committee, please email me directly.

### **Expanding Horizons Workshops**

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As stated in my previous GM Report, one of the Expanding Horizons Workshops, intended for international graduate students, has been taken on by the QUIC. I am in ongoing negotiations in order to ensure that the supervisor equivalent of the workshop is taken on by a qualified group, which is something I will hopefully have more to report on next month.

### **Research Assistants**

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My two research assistants are currently working on reports which will be presented to Council in April.

### **Clubs Office**

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I am continuing to meet with the Clubs Office Manager and participate in the ratification of clubs, grants distribution, and the transition of the Clubs Office from an AMS to a joint AMS/SGPS service. We are currently working on ensuring that graduate and professional students are able to apply for positions within the Clubs office, as well as continually working on ways to ensure that SGPS members are able to fully access clubs and/or create their own.

### **Copy Editing Program**

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This project has been one of the most demanding throughout my term and continues to be in its nascent stages. I am currently in the process of applying for an SGS Student Initiative Fund in order to run a pilot project in March. If this funding is made available, I will spend the next month collaborating with a number of groups to create training modules and an online platform, followed by the recruitment of volunteers to participate in the program for its first iteration.

Sincerely,  
Anastasiya Boika  
Vice President Campaigns & Community Affairs



Society of Graduate and Professional Students  
Report of the Council Speaker  
Winter General Meeting 2017

Oral Report to be given at Winter General Meeting.



Society of Graduate and Professional Students  
Report of the Graduate Student Senator  
Winter General Meeting 2017

No report submitted.



Society of Graduate and Professional Students  
Report of the Trustee  
Winter General Meeting 2017

No report submitted.



Dear Council,

In this report I will outline the Athletics events that occurred in January, as well as upcoming events.

### **Sports Hours**

On January 21<sup>st</sup> we hosted an Indoor Soccer sports hour in MacBrown. Three students participated, which is lower than was hoped. The students enjoyed the event, however I am currently looking into ideas of how to boost numbers. The next sports hours are as follows:

Feb 25<sup>th</sup> 5-6pm Indoor Soccer in MacBrown Gym

Mar 11<sup>th</sup> Wheelchair Basketball in the ARC upper east gym

Mar 25<sup>th</sup> 6-7pm Basketball in the ARC upper east gym

All sports hours are free, drop-in events for all levels to participate in. To increase numbers I will be advertising directly through email list-serves for the upcoming events. I will also suggest that in future years only two sports are chosen to alternate between in the hopes of having a regular group of people come out to the events.

### **Restorative Yoga Class**

On January 25<sup>th</sup> at 7:15-8:15pm we hosted a \$5 restorative yoga class at Metabodyworks, a studio located on Barrie between Princess and Queen. Thirteen tickets were bought via Tilt, which is a number I am please with. The SGPS member who facilitated as well as the instructor for the class said that the class went very well and that the students enjoyed it.

### **Mindful Meditation Workshop**

I am currently planning a mindfulness and meditation workshop. The event will either be held at the ARC or possibly Samatva. The workshop will consist of a discussion of mindfulness, a short guided meditation, mindful walking, a silent meditation, as was as the sharing of everyday mindful tools. This workshop will help students as they head into a busy time of year. The workshop style will be a great introduction to students who are brand new to meditation, but will also cater to those who are looking to expand their meditation/mindfulness practices.

### **Upcoming March and April Events**

A second event that I am planning for March is a “intro to rock climbing” evening or afternoon at the Boiler Room. This event will likely take place during the last week of March and is a combined event with the Social Commission.

In April I am hoping to host an outdoor soccer sports hour and an intramural Frisbee sports hour, weather permitting. I am also hoping to host a nature walk at Lemoine Pointe.

### **Various Items**

Due to my being out of province on an academic placement, I have had to rely on other commissioners and SGPS members to help facilitate Athletics events. This has worked well at times and been difficult at other times. I have stayed as active as possible in my committees, participating via email. I have also written up some informational posters for students relating to exercise and fitness, which are to be sent out with the newsletters and via SGPS social media.

I am happy to take any suggestions or comments about future and past SGPS athletics events as well as general questions or comments about athletics and physical activity for graduate students. I can be reached at [athletics@sgps.ca](mailto:athletics@sgps.ca).

Sincerely,

Lindsay Ruiter

Athletics Commissioner, SGPS

# 10 WAYS UNDER \$10 TO STAY ACTIVE IN KINGSTON

Keeping active is vital to your physical and mental wellbeing; however exercising on your own at the gym can get boring. Add something new into your routine with these cheap options, all located near Queen's campus.

- 1.** Go for a run or walk along the water. Regular walks can help you improve your mood and focus. Check out some of these routes: <https://www.runningroom.com/hm/inside.php?id=2468>
  - 2.** Try one of the many free classes at the ARC - [http://rec.gogaelsgo.com/sports/2013/7/31/Fit-Wel\\_0731130504.aspx](http://rec.gogaelsgo.com/sports/2013/7/31/Fit-Wel_0731130504.aspx)
  - 3.** Try Moksha Yoga's \$5 Friday evening Karma class - <http://kingston.mokshayoga.ca/classes/#schedule2>
  - 4.** This spring or summer, rent a bike for only \$5 per hour from Ahoy Rentals - <http://www.ahoyrentals.com/index.cfm/rentals/bikes/>
  - 5.** Go for a winter walk, skate, cross country ski at Little Cataraqui Creek Conservation Area, starting at \$5.50 per person (find a friend with a car to take you here) <http://crca.ca/conservation-lands/conservation-areas/little-catarauqui-creek-conservation-area/>
  - 6.** Try a free trial at Goodlife - <https://www.goodlifefitness.com/locations/ontario/kingston/barrack-street>
  - 7.** Go to a free run club with Running Room - every Wednesday at 6pm and Sunday at 8:30am - <https://www.runningroom.com/hm/inside.php?id=2324>
  - 8.** You can also check out Runner's Choice for various free group runs, including a women's only group - <http://www.runnerschoicekingston.com/runners-choice-run-groups/>
  - 9.** Join an energy exchange program - by donating your time weekly you can have free classes at several downtown studios including Yoga 330 and Apex Indoor Cycling - <http://studio330.ca/> <http://www.apexindoorcycling.com/>
  - 10.** Try a drop-in sport at the ARC. Check out the schedule here: [http://rec.gogaelsgo.com/sports/2013/8/23/ARC-Mem\\_0823135931.aspx?id=259](http://rec.gogaelsgo.com/sports/2013/8/23/ARC-Mem_0823135931.aspx?id=259)
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Dear Members of the SGPS,

Please find general and current initiative updates below:

**Equity Commissioner Office Hours Change (again!)**

My office hours will now take place every Wednesday from 10:00 am– 12:00 pm in JDUC 205 (The SGPS Commissioner Office), please come in to discuss any equity issues, workshop ideas and/or feedback, or to simply sit down and chat with me in this confidential space.

**Graduate Student Food Security Survey**

Earlier last semester I drafted a survey for Graduate and Professional Students to gain a better understanding of whether Queen’s students are food insecure during their time here. This was in response to the issue getting flagged down at the Canadian Association of Graduate Studies Conference. I am currently in the process of getting ethics approval, and have been working with the AMS Food Bank Manager to see if we can expand the initiative to the greater student body.

**Upcoming event in March:**

On March 24th, the SGPS Equity Commission is hosting a photo exhibition on implicit biases and an antioppression artistic expression night. This will be an educational initiative to force students to confront their internalised biases and prejudices, and give marginalised student voices the opportunity to share their experiences in a safe and accountable space. There will be student photo portraits set up around the room and a table set up around each corner of the room in a world cafe style -a structured conversational process intended to facilitate open and intimate discussion. I have invited 2 spoken word and 1 mixed genre artist to perform their pieces that evening, and am currently in the phase of finalizing some logistical and budgetary details. I have spent the last few months meeting volunteers and discussing their Queen’s experience to come up with the narrative of the portraits, and have secured the gracious help of a Queen’s Film Studies student who will be helping with the photography and editing. Please keep your eyes peeled for updates as this is an initiative I am extremely excited about!

In solidarity,

**Tahseen Chowdhury**  
**Equity & Diversity Commissioner**



Dear SGPS Members and Council,

### **International Student Affairs Committee**

I have been working on preparing for the next meeting of the International Student Affairs Committee which will be this month. I have been gathering information available to international students from the School of Graduate Studies and the Queen's University International Centre during orientation to supplement this information. This will be used to feed into the work for the Orientation Roundtable to improve the orientation package the SGPS provides. The Committee has been growing with more students expressing interest in joining. Lastly, the ISAC Mission Document is to be presented to Council for approval this month for it to become policy. This would make the document the guiding policy document for the Committee.

### **Web Content**

I am working on content for the SGPS website that is geared towards international students. I will be sure to update the Council with information as I do more work. That will be the main project I will work on towards the end of my term.

### **February 1<sup>st</sup> Event**

On February 1<sup>st</sup> the Equity Commissioner, Tahseen Chowdhury, an International Student Advisor representing QUIC, and I hosted a workshop as part of the SGPS Workshop Series titled- **It's 2017: Are Things Really Better?** We did face some issues with advertising, but overall the event went well. The turn out was quite low, but the conversation was good among the people that attended. It had an interactive portion and a discussion portion too. It was one of the events scheduled for Black History Month by the SGPS commissioners. The next event by this Commission will be on **March 8<sup>th</sup> in JDUC 352**. It will be a movie night. More information to follow.

### **Office Hours**

My office hours are Wednesdays from 1pm- 2pm in JDUC 205. If any international students in your department face any issues they need to talk about or need advocacy for, please direct them my way. As always, I welcome any suggestions or comments, my email address is [international@sgps.ca](mailto:international@sgps.ca)

Best wishes,

Chiedza Pasipanodya

**International Student Affairs Commissioner**



### **Winter GM Report**

This semester has been a successful one so far for Social. We organized our biggest event yet at Barcadia last week. The social was attended by 35 to 40 people and ample pizza. Despite this success, I noticed by talking to some that many people were still not aware of our events as they were not being reached through social media. It would be helpful if I could receive feedback on our outreach efforts, either by coming up to me during one of these meetings or through email at [social@sgps.ca](mailto:social@sgps.ca).

Furthermore, planning for next month's formal is still underway so make sure to keep an eye out for it sometime later this month.

Have a great reading week!

Yann Grand-Clément  
Social Commissioner



OFFICE OF THE RECTOR  
QUEEN'S UNIVERSITY AT KINGSTON

Society of Graduate and Professional Students  
Report of the University Rector  
Winter General Meeting 2017

Oral Report to be given at Winter General Meeting.



Society of Graduate and Professional Students  
Report of the Chief Returning Officer  
Winter General Meeting 2017

Oral Report to be given at Winter General Meeting.