Queen’s University has adopted the Okanagan Charter, which calls on post-secondary institutions to embed health and well-being in all aspects of campus culture, and to lead human and environmental well-being promotion action locally and globally. See Page 2.

HEALTHY CONVERSATIONS

Bell Chair in Mental Health and Anti-Stigma Research Heather Stuart facilitated a special event called ‘Let’s Talk Mental Health’ in the Rose Innovation Hub at Mitchell Hall, with the goal of sharing ‘real stories, real conversation, and real experiences.’ It was the first in a number of events on campus leading up to Bell Let’s Talk Day on Jan. 30. More on Page 3.
Queen’s adopts Okanagan Charter

University formally commits to embedding health and wellness in campus culture

BY COMMUNICATIONS STAFF

Queen’s has made a formal commitment to the health and wellness of students, staff, and faculty by joining universities from around the world in adopting the Okanagan Charter: An International Charter for Health Promoting Universities and Colleges. The Okanagan Charter calls on post-secondary institutions to embed health and well-being in all aspects of campus culture, and to lead human and environmental well-being promotion action locally and globally.

The charter, developed in 2015 by researchers, practitioners, administrators, students, and policymakers from 45 countries representing educational institutions and health organizations, calls on post-secondary institutions to embed health and well-being in all aspects of campus culture, and to lead human and environmental well-being promotion action locally and globally.

“The charter provides a solid foundation for the development of our wellness framework,” says Rector Alexandra Da Silva, also a member of the Provost’s Advisory Committee on Wellness. “There are many opportunities for students, staff and faculty members to get involved in the project and talk about what a healthy campus looks like.”

The Campus Wellness Project is establishing a council with a membership that reflects the breadth of campus culture, and to lead human and environmental well-being promotion action locally and globally.

“The Okanagan charter reflects current research and thinking in health promotion,” Dr. Hunter says. “It is thoughtful, inspiring, and also very practical, with a clear framework that can be adapted to our unique campus and culture.”

TheCampus Wellness Project is a system-wide framework designed to support, encourage, and inspire a culture of well-being for all who study and work at Queen’s. This will be implemented through the Campus Wellness Project.

process, the university has made two specific commitments:

• Fostering collaboration among students, staff, and faculty to develop a system-wide framework to support, encourage, and inspire a culture of well-being for all who study and work at Queen’s.

Queen’s will receive $6 in flex dollars for completing the survey and participating. Students who complete the survey will receive $6 in flex dollars which can be used at any hospitality services outlet on campus.

“Five NCHA surveys gives us a snapshot of student health and wellness across a wide range of areas, including physical, mental and sexual health, substance use, nutrition, eating, sleep, stress, body image, and sense of belonging and well-being,” Ms. Tierney says. “We also receive valuable information on health-related issues most commonly affecting academic success, and the responses help inform our health promotion activities, and the services and programs we offer.”

Queen’s has previously participated in the survey in 2013 and 2016. Results prompted the development of several initiatives, including Athletics and Recreation’s ‘Get Your 150’ campaign, which encourages Queen’s community members to complete 150 minutes of activity each week, as well as peer-led health promotion workshops on the importance of sleep, managing back pain and how to ‘practice safe tech’. Results from recent surveys will also help to inform the Campus Wellness Project which is working to develop a framework to encourage and support a culture of well-being for all who learn and work at Queen’s.

“This NCHA survey is an opportunity for students to participate in the ongoing conversation about health and well-being and it will help the university best respond to student needs and preferences,” says Ms. Di Sa. “The goal is to support the academic and personal success of all students.”

More than 30 post-secondary institutions across Canada are participating in the survey which will also provide national and provincial statistics.

Staff and faculty members who have questions about the survey can contact Beth Blackett (beth.blackett@queensu.ca), Health Promotion Coordinator, Student Wellness Services.
Help end the stigma

The following are five tips, developed through Dr. Stuart’s research, to help reduce the stigma surrounding mental illness.

1. Language matters – The words you use can make all the difference. Words can help, but they can also hurt.

2. Educate yourself – Stigma has been around for a long time, and knowing the facts and myths about mental illness can be a great way to help end the stigma.

3. Be kind – Simple kindness can make a world of difference. Whether it be a smile, being a good listener or an invitation for coffee and a chat, these simple acts of kindness can help open up the conversation and let someone know you are there for them. Expressions like “You’ll get over it” and “Just relax” can minimize how a person is feeling. Instead offer your support and say “I’m sorry you aren’t feeling well!” Ask what you can do to help.

4. Listen and ask – Mental illness is a very common form of human pain and suffering. Being a good listener and asking how you can help, sometimes just even being there for people you care about, can be the first step in recovery.

5. Talk about it – Break the silence. Mental illness touches us all in some way directly or through a friend, family member or colleague. Stories of people who have experienced mental health issues and who are doing well can really challenge stereotypes. Most people with mental health issues can and do recover, just by talking about it.

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Inviting Indigenous voices into the classroom

New funding for faculty seeking to incorporate Indigenous perspectives into student learning

BY DAVE RIDEOUT, SENIOR COMMUNICATIONS OFFICER

Queen's faculty can now apply for funding designed to incorporate more Indigenous voices and perspectives into the classroom. Part of a two-year pilot effort, the new Indigenous Initiatives Visitorship Fund (IIVF) will provide financial support to faculty seeking to invite Indigenous knowledge keepers, elders, and community representatives to be guest speakers.

“Students across disciplines most often learn from books, lectures, and theoretical discussions, but less so from direct sources; from those who their future careers may most impact,” says Kanonhsyonne (Janice Hill), Associate Vice-Principal (Indigenous Initiatives and Reconciliation). “Helping Queen's faculty to host Indigenous speakers who can shed light on real, lived experiences from within communities, adds new perspectives and nuances that can enhance student learning and advance reconciliation on campus.”

All faculty can apply for one of five yearly grants of $2,000 to cover speaker fees, room and equipment rentals, travel expenses, meals, and tokens of appreciation. The funding does not cover equipment purchases, charitable donations or wages, or expenses in support of individuals attending a visitor’s lecture. A selection committee will assess applications based on suitability of the speaker or event, and the impact the speaker’s visit would have on advancing reconciliation and promoting Indigenous ways of knowing.

“The IIVF will help promote an understanding of Indigenous histories, perspectives, and contemporary issues within the university community,” says Ms. Hill. “It’s about building relationships with Indigenous communities, organizations, and individuals to foster mutually beneficial collaborations that can boost Indigenous education opportunities and research partnerships.”

Applications for funding will be accepted once per term, with the Winter Term deadline falling on Friday, Feb. 15, 2019, and the Fall Term deadline on Tuesday, Oct. 1, 2019.

“Faculty interested in incorporating Indigenous voices into the classroom may not know where to look for applicable speakers,” Kanonhsyonne says. “Our office is available to assist in finding appropriate guests, as we have a number of Indigenous staff members at Queen’s, and expansive networks across local communities and the country.”

For more details on the funding, and how to apply, visit the Indigenous Initiatives Visitorship Fund information form (queensu.ca/inclusive/resources/indigenous), or contact the Office of Indigenous Initiatives (indigenous.initiatives@queensu.ca). The Office of Indigenous Initiatives and the Deputy Provost (Academic Operations and Inclusion) will review the IIVF program after the two-year pilot period.

For information on Indigenous Support on campus, visit queensu.ca/inclusive/resources/indigenous.

Another chapter in the town-gown relationship

Principal Woolf addresses city council on challenges, opportunities, and progress on Queen's-Kingston initiatives

BY COMMUNICATIONS STAFF

Principal Daniel Woolf returned to Kingston city council on Tuesday, Jan. 22 to deliver an update on the Queen’s, as well as a number of initiatives underway at the university.

The address also provided an opportunity for Principal Woolf to speak about the challenges and successes of the town-gown relationship during his two terms, as well as to highlight to city council the opportunities that lay ahead.

“I have greatly appreciated the collaboration and collegiality we managed to build,” Principal Woolf said. “And indeed the entire senior administration at Queen’s, highly value our partnership with the city, and want to remain steadfast partners over the next four years and beyond.”

Highlights of Principal Woolf’s remarks included an acknowledgement of the many partnerships formed between the university and the City of Kingston in recent years – including the Kingston Immigration Partnership, and the Memorandum of Understanding on innovation and talent retention.

“During my tenure, I have been pleased to see the evolution of the Queen’s and Kingston relationship,” Principal Woolf commented. “One that encompasses a broader vision of our shared responsibility for the economic prosperity of our city and region.”

Principal Woolf also noted that the relationship has not been without its challenges, and


Principal Woolf’s term concludes on June 30, 2019. Patrick Deane has been appointed as the 21st principal and vice-chancellor of Queen’s.
Students enjoy lunch in the new Queen’s University International Centre (QUIC) at Mitchell Hall. After more than 50 years of operation in the John Deutsch University Centre (JDUC), QUIC has a new home.

 Queens is currently home to approximately 3,500 international students, so it’s really exciting to unveil a fresh, new space that they can use and enjoy while settling into their new lives in Canada. – Amanda Gray, International Student Advisor

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“I am very excited to be here at Queen’s and look forward to meeting and assisting students from both here and abroad,” says Mr. Almajil. “As I was once a new international student to Canada myself, I know the flood of emotions that can go along with such a move. I also know how centres like QUIC can play a pivotal role in meeting people, honing your studies, and connecting with the community. I urge anyone from the Queen’s community to get involved with us, and come enjoy our new Mitchell Hall space.”

Mr. Almajil joins Queen’s from the Northern Alberta Institute of Technology (NAIT), where he served as the school’s International Centre Supervisor since 2016. Before earning a Master’s degree with a concentration in organizational change and culture at Royal Roads, he came to Canada as an international student to study at Thompson Rivers University.

Earlier this year, QUIC, in partnership with Student Academic Success Services, introduced new programming and resources, with the establishment of a new Inter-cultural Academic Support Coordinator position. For more information on QUIC and the programs and services they provide, visit quic.queensu.ca.

Located at the corner of Union and Division streets on the former site of the Physical Education Centre, Mitchell Hall was made possible through over $50 million in philanthropic support. The federal and Ontario governments also contributed $22 million to the project.

Learn more about Mitchell Hall and all of its current and future tenants, on the Mitchell hall website (queensu.ca/connect/innovationandwellness/). The building’s formal opening ceremonies will be held on March 30.
A mother’s road to medical school

This article was first published on the Faculty of Health Sciences Dean’s Blog (healthscis.queensu.ca /blog).

BY RICHARD REZNICK, DEAN, FACULTY OF HEALTH SCIENCES

When she was working as a welder in northern Alberta after graduating from high school, Dawn Armstrong had no idea that she would one day go to medical school. She wouldn’t even really start to think about pursuing a career in medicine until several years later, when she was in her late 20s with three children working towards a bachelor’s degree at Acadia, double majoring in neuroscience and biology and completing an honours thesis. Now, at the age of 31, Dawn is a mother of four, a strong Aboriginal woman, and a first-year medical student at the Queen’s School of Medicine.

Dawn’s path is clearly not the one that we typically associate with medical students. But she doesn’t want us to think of her as an exception; she wants us to look at her story and realize that anyone from any background at any stage of life can pursue a medical education.

While Dawn was growing up in a rural Nova Scotia, her family did not make her feel as if education was something especially important. Her father was a golf pro and her mother was an artist; neither had gone to university and neither ever made Dawn think that she should make a point to earn a degree.

After high school, then, she did not bother applying to any universities, and instead moved to Edmonton. She did not know anyone there, but she thought of Alberta as a place that had a lot of opportunities.

At first, Dawn worked as a bartender at a golf course, but her career took a sharp turn after getting to know a regular customer. This man worked as a welder and, while talking about his job one day, he bet Dawn that she couldn’t hack it in welding. Always up for a challenge, she took his bet and accepted a job at Strike Energy. Dawn did not take up welding just to win a bet. She considers herself a very hands-on person, who likes work that blends problem-solving with manual labour. In many ways, then, welding seemed like it might make for a perfect profession for her.

She started this job when she was 18 and enjoyed working with her hands and traveling around Alberta and British Columbia on various assignments. The man who had bet her was impressed by her and became a mentor.

But he was also the person who eventually encouraged Dawn to leave welding. He had been warning Dawn for some time that the work is very hard on the body over the long run. When she became a single mother at 21, Dawn ultimately left welding and switched her career track by earning a certificate from a community college. From there, she worked as an educational assistant, helping learners with special needs.

Outside of work, Dawn’s life also continued to change, as she got married and started to move around the country with her husband, who is in the Air Force. Eventually, Dawn needed to go back to Nova Scotia to care for her mother after she suffered a severe stroke.

When Dawn thinks back to this period in her life, she sees the seeds of her interest in medicine being planted. Caring for her mother made her realize how fulfilling the work can be, but she also had two other meaningful experiences that made her consider pursuing medicine.

First, Dawn had agreed to become a surrogate mother for a couple wanting to have a child. One of the men was a family physician, and she found it reassuring to be able to talk to him throughout the experience. This experience taught Dawn just how meaningful doctors can be in people’s lives. She learned that healthcare providers do so much more than make diagnoses and prescriptions: they give peace of mind to those in their care. Dawn wanted to be a source of support for others in the way that this physician was for her.

Secondly, she had started an undergraduate degree program at Acadia University and found herself particularly invested in her biology coursework. For the first time, this made her think that she had a strong interest in science. While pursuing her three-year degree, she had two children, one being the surrogate baby. By the time she graduated, her and her husband had three children.

All of these different experiences – caring for her mother, raising children, surrogacy, and her coursework – made her decide to apply for medical school.

By the time she reached the interview stage of the admissions process, Dawn was close to the due date for her fourth child (not counting the surrogate pregnancy). When Queen’s offered her the opportunity to interview, she had to ask if they could accommodate her schedule, since the original date they proposed was very close to her due date.

Asking for this kind of accommodation, though, was scary. What if it hurt her chances at being accepted? What if they just said no and she couldn’t even interview at all? Even if they agreed to help her, would they be annoyed? Dawn had no idea how the school would treat her as an expecting mother.

To her pleasant surprise, Queen’s was more than accommodating. She was able to schedule her interview to after she gave birth, and was assured that every possible arrangement would be made to guarantee her comfort.

Two weeks after giving birth Dawn traveled to Kingston to interview at Queen’s. When she was offered a seat in the class of 2022 a few weeks later, she had no trouble choosing to accept.

Dawn is well on her way to meeting many of her goals. She has now completed her first semester of medical school, and is completing a few research projects. She aims to be a dermatologist and knows Queen’s will prepare her well for this specialty.

Dawn’s ability to be a mother and a medical student at the same time is impressive. When asked how she finds the energy for school, she says that she has the energy because she loves it. In some ways, she sees her classes as a nice reprieve from parenting. “School is my break,” she says with a smile.

What I love about Dawn’s story is the way that it overturns so many stereotypes about who can and cannot go to medical school. We usually don’t think of people who didn’t go straight to university after high school as going on to medical school. Or people who were young mothers, or people in their 30s, or people who have four children. But all of these things apply to Dawn, and she is thriving at the Queen’s School of Medicine.

As Dawn’s story shows, all are welcome at the Queen’s School of Medicine.

Dean Reznick thanks Andrew Wilson for his assistance in preparing this blog.

Leaving a lasting legacy at the university

Mark Heeler, Director of Strategic Planning and Partnerships for the Canadian Cancer Trials Group, died on Dec. 1

During his time at Queen’s, Mark Heeler had a significant impact through a number of positions he held at the university.

The Queen’s community unfortunately lost Dr. Heeler, who died Saturday, Dec. 1 following a seven-week battle with cancer.

Dr. Heeler held a series of positions at Queen’s including assistant dean at the Faculty of Law, executive director of the Office of the Principal, and, most recently, director of strategic planning and partnerships for the Canadian Cancer Trials Group (CCTG), a position he held since 2014.

“The impact of initiatives Mark led and the relationships he created will extend well beyond the all too short time he spent with us,” says Janet Dancey, CCTG Director. “We are grateful to have had the opportunity to work with him and to benefit from his skills and experience.”

From 2008 to 2014, Dr. Heeler played an important role in the Office of the Principal, working directly with former principal Tom Venables and current Principal Daniel Woolf. He was chosen as the director of the Special Projects, Strategic Policy and Programs Division of the Ontario Ministry of Training, Colleges and Universities (MTCU), at the time making him the first university executive chosen for an MTCU executive exchange, lasting six months, in more than 15 years.

“Mark was a key figure in the Principal’s Office throughout my first term,” says Principal Woolf. “I relied on his fearless advice, his political acumen, and his ability to get things done efficiently. He remained a close friend well after his departure from our office for CCTG. Mark had the better part of a career still in front of him, and it is terrible that this, and his life, have been cut so short.”

Dr. Heeler started his career as a constable with the Ontario Provincial Police before obtaining a doctoral degree from Osgoode Hall Law School. He would then work with the National Judicial Institute in Ottawa before moving to Queen’s in 2008.

Dr. Heeler was the beloved husband of Lynnette and loving father of Evan and Ella.

Flags on campus were lowered on Friday, Dec. 7 in his memory.

For those who wish to honour Dr. Heeler’s memory, donations may be made to the War Amps of Canada, Child Amputee (CHAMP) program.
Hiwot Mekuanent will be applying her doctoral work at Queen’s Faculty of Law to help improve the lives of people with disabilities in her homeland Ethiopia. Admitted into the school’s PhD program as an “exceptional faculty leader” from the University of Gondar, she has received a Mastercard Foundation at Queen’s University Scholarship to complete her studies. With an LLM in human rights law from Addis Ababa University, she has also over six years of experience in the area. She is a lecturer and the director for the Disability Studies and Service Directorate at the University of Gondar, where she focuses on creating conducive learning and working environments for students and employees with disabilities. Hiwot Mekuanent recently spoke about the focus of her dissertation, how she became an expert in the area, and her plans for the future.

Tell us about your research. My research focuses on the issues that people with disabilities and their families face in Ethiopia. My dissertation critically examines Ethiopia’s institutional and legal framework that governs the rights of persons with disabilities. Specifically, I explore why Ethiopia still has discriminatory laws despite the international frameworks that committed to both domestic and international human rights instruments that guarantee equality for persons with disabilities. For example, the Ethiopian Custom Authority enacted a directive that allows persons with disabilities to import a personal-use car duty free. While this provision may seem progressive, it only benefits persons with disabilities who appear at the Social Affairs Office in person and claim their rights. So in practice, it discriminates between persons with different types of disability.

What led you to the area of human rights law, and more specifically to disability rights law? My brother has an intellectual disability and I’ve seen him face a number of challenges throughout his life. This has made me passionate about dedicating my education and career to breaking down barriers for persons with disabilities. I started with my undergraduate thesis that explored the “Rights of Persons with Disabilities under Ethiopian Legal System.” I built on this knowledge in my master’s degree in human rights law obtained from Addis Ababa University, where I wrote my thesis on the “Right to Education of Children With Intellectual Disability and its Implementation in Addis Ababa, Ethiopia.” Particularly, my master’s degree allowed me to see the different concepts and issues of disability from a human rights perspective. I started to think about the international instruments and guarantees that protect the rights of persons with disabilities. Moreover, my experience serving as the director of the Disability Studies and Service Directorate at the University of Gondar exposed me to different laws and procedures that are discriminatory to persons with disabilities and challenged me to explore them in greater depth. My academic foundation and firsthand experience in the directorship role at the university are my main inspirations to continue my studies of discriminatory laws and practices in Ethiopia. I truly believe that evidence-based study and scholarship is the best way to find the right solution.

What are your future plans after graduation? My plan after graduation is to continue to actively engage in disability advocacy work. I believe that it is important to turn my knowledge and expertise in the area of human rights law into practice. I would like to establish an organization that is dedicated to creating disability-friendly environments in public institutions. I am sure that my four years of PhD studies under guidance from Queen’s Law faculty will help me reach my goals and that I will gain important new perspectives from Canada that will shape my future.

What do you like best about your Queen’s Law studies in Kingston thus far? I receive excellent supervision from my advisor, Professor Ashwini Vasanthakumar (Faculty of Law) and Professor Heather Aldersey (School of Rehabilitation Therapy). I appreciate their guidance and support of my research. What I like best about Queen’s Law is the Lederman Library and full support of accessing in the plentiful resources in the library.
The 2019 Matariki Indigenous Student Mobility Program is now accepting applications

BY DAVE RIDEOUT, SENIOR COMMUNICATIONS OFFICER

Students from five international universities will have the opportunity to gather at Queen’s for an immersive, two-week program designed to encourage learning, sharing, and discussion of issues faced by Indigenous communities worldwide. Marking its fourth annual event, the Matariki Indigenous Student Mobility Programme (MISMP) will centre this year’s discussions on how colonialism has and continues to affect Indigenous learning, language, and land, as well as how communities have remained resilient in the face of these challenges.

“In spite of centuries of colonial oppression, Indigenous communities around the world continue to live their cultures, honour their lands, speak their languages, and educate their young people,” says Lindsay Morcom, Assistant Professor of Aboriginal Education and MISMP faculty lead at Queen’s. “This program provides students opportunities to share their knowledge, engage global peers in deeply meaningful ways, and participate in activities that are about authentically engaging Indigenous ways of knowing, understanding, doing, and honouring. MISMP is not a learning experience about decolonization, but one that is, in itself, an exercise in decolonization.”

Queen’s students, as well as student visitors from Dartmouth College (U.S.), the University of Western Australia, the University of Otago (New Zealand), and Durham University (UK), will participate in a variety of experiential learning opportunities with Anishinaabe and Haudenosaunee communities local to Eastern Ontario, connecting with the history and current lived experiences of the people. A number of land-based activities will see students visit nearby Indigenous historic sites, and during classroom sessions they will hear from faculty experts who are conducting Indigenous research both here at Queen’s and abroad.

“Queen’s is very fortunate to have a number of professors and graduate students with expertise in a wide array of Indigenous studies,” says Dr. Morcom. “Our deep community connections also allow us to engage knowledge keepers and elders with sophisticated understanding of learning, language, and land from Haudenosaunee and Anishinaabe perspectives, and our relationships through the Matariki Network of Universities (MNU) will continue to nurture international collaborations, partnerships, and friendships for our students and faculty.”

Dartmouth College hosted last year’s MISMP and during the event’s closing ceremony members of the Abenaki First Nation presented a rare stone said to embody the spirit of the gathering and the MNU to Kanonhsyonne (Janice Hill), Queen’s Associate Vice-Principal (Indigenous Initiatives and Reconciliation). “Gifting is a very important element of many, if not most Indigenous cultures,” Kanonhsyonne says. “These sorts of similarities in experience demonstrate exactly why programs like MISMP are important. So much can be learned when we seek out those things that link us together as individuals and communities. This exchange of knowledge has the potential to empower, equip, and embolden Indigenous communities in our pursuit for positive change.”

In November 2018, Kanonhsyonne was appointed to the inaugural position of Associate Vice-Principal (Indigenous Initiatives and Reconciliation), following recommendations put forth by the university’s Truth and Reconciliation Commission Task Force in 2017.

“The creation of the office I now occupy is just one example of the increasing importance Queen’s is placing on Indigenous perspectives in the post-secondary sector,” she says. “I think our students and faculty will serve as a shining example of how Indigenous, decolonization, and reconciliation can be approached in the university sector, and I look forward to sharing and learning from our MISMP guests. “Research, academics, Indigenization, decolonization, reconciliation; these are all preceded by and tied to our relationships. Opportunities like MISMP help us build new connections and partnerships, and ultimately allow us to accomplish so much more.”

The fourth-annual MISMP will run from June 23 to July 6, 2019. Indigenous and non-Indigenous students interested in participating can visit the website to apply (queensu.ca/igo/matariki-indigenous-student-mobility-program-2019).

Queen’s and Beijing Normal University (BNU) signed an agreement for a new joint field course, formalizing ongoing ties between the BNU Faculty of Geographical Sciences and Queen’s Department of Geography and Planning. Queen’s representatives add the final signatures to the agreement on Jan. 10 at Richardson Hall. From left: Warren Mabee, Head, Department of Geography and Planning; Jill Scott, Vice-Provost (Teaching and Learning) and Interim Associate Vice-Principal (International); and Barbara Crow, Dean, Faculty of Arts and Science.
Capturing the Art of Research

BY COMMUNICATIONS STAFF

Researchers...ready your cameras. Returning for its fourth year, the Art of Research photo contest launched Jan. 14 to celebrate and creatively capture the research conducted by the Queen’s community.

Hosted by the Office of the Vice-Principal (University Relations) and open to Queen’s faculty, staff, students, and alumni, the Art of Research is a competition that provides a unique and accessible method of sharing and celebrating groundbreaking research. Past contest winners have captured stunning images of their research in all settings, from the summit of a mountaintop to a microscope slide.

“The contest embraces the creativity of research across disciplines, and demonstrates the breadth of Queen’s research happening at local, national, and international levels,” says Kimberly Woodhouse, Interim Vice-Principal (Research).

PRIZES

Prizes will be awarded in the categories of “Community Collaborations,” “Invisible Discoveries,” “Out in the Field,” and “Art in Action,” with additional prizes for “Best Description,” and “People’s Choice.” The top submissions in each of these categories will receive $500.

This year’s contest will also celebrate the significant anniversaries of two of our faculties. The Faculty of Engineering and Applied Science and the Faculty of Education have collaborated with University Relations to sponsor two additional special prizes of $500 each.

To celebrate its 125th anniversary of engineering education at Queen’s, the Faculty of Engineerin-

The symposium also marked the anniversary of engineering education at Queen’s, the Faculty of Engineerin-

BY COMMUNICATIONS STAFF

Last fall, experts and audience members gathered at Queen’s University to discuss the future of research, knowledge sharing, and the student learning experience in the digital age at the first-ever Principal’s Symposium. Hosted by Principal and Vice-Chancellor Daniel Woolf, and emceed by CBC Radio’s Nora Young, the symposium examined advances in artificial intelligence, data analytics, and data governance, as well as how ongoing digital transformation is influencing post-secondary students, Indigenous communities, and people in developed and developing countries.

“The speakers and panelists at our symposium shared a broad and detailed picture of how digital innovation is reshaping learning and discovery both here in Canada and abroad,” says Principal Woolf. “With their insights in mind, as well as those being revealed by researchers and students at Queen’s, we can build upon our institution’s digital framework and take advantage of the opportunities future technologies will surely present.”

The symposium also marked the launch of a supporting virtual exhibit - Imagining Our Digital Future (digital-future.queensu.ca) – to highlight digital planning initiatives currently underway at Queen’s and in the Kingston community.

“For decades, Queen’s faculty and students have been leveraging technologies to advance learning and research,” says Principal Woolf. “Technological innovation will continue to change how we live, so our ongoing exploration of this new frontier is not only important, but essential to the future of knowledge, truth, and healthy societal progress. Sharing our ideas and efforts across disciplines will help us stay connected in our efforts to create an open, inclusive, collaborative, and innovative digital future.”

The virtual exhibit features over 40 digital technology projects happening at Queen’s and in Kingston that have the potential to impact our daily lives, and create previously unimaginable learning and research opportunities across the disciplines – with plans to showcase new projects on an ongoing basis.

Currently, featured projects include everything from “smart” surgical instruments that will help doctors remove cancerous tumours more efficiently and state-of-the-art camera technology used for analyzing human movement, to online database technology used to help preserve Indigenous heritage and art or reunite communities with their history. There are also projects focused on augmented reality and VR simulators, ambient and artificial intelligence, astroparticle physics research, archeology, surveillance, and more.

Queen’s and Kingston community members engaged in digital initiatives are welcomed to submit their project for possible inclusion in the virtual exhibit. Contact the virtual exhibit curators using the online form (digital-future.queensu.ca/contact).
Stepping up to help others

Queen’s student Ampai Thammachack named one of the Top 22 Under 22 Most Inspirational College Women in the World by Her Campus

BY ANDREW CARROLL, GAZETTE EDITOR

Ampai Thammachack went through some large challenges in her life. However, she says she is proud of them because she has been able to turn negative experiences into tenacity and determination.

Now, in a better place thanks to some key mental health support and her own resilience, the third-year kinesiology student is using her experiences to help others.

As a result, Thammachack was recently named one of the Top 22 Under 22 Most Inspirational College Women in the World by Her Campus, a U.S.-based website.

She is the first Queen’s student to be named to the list.

As a teen in Bedford, N.S., Thammachack struggled with her self-worth and suicidal thoughts. Eventually she received the help that she needed and regained balance in her life.

Looking to help others in similar situations, she founded two charities that have grown and made a difference in numerous lives. A key message that she wants everyone to realize is that when it comes to mental health, help is necessary — and that’s all right.

Being recognized has been a wonderful experience, she says.

“I am still so shocked. It still feels so surreal and I am so over the moon happy about knowing that what I’ve started is starting to make the difference I hoped it would,” she says. “It makes me so happy because it makes all the bad things that happened feel so much more worth it. I went through a lot and it was so painful. It’s the type of thing that you feel that you will never come out of it. You feel like your life will never be normal again.”

Yet, her life did become normal again, once she got the help she needed.

Thammachack started her first charity as she entered Grade 12. Called the Glass Slipper Organization, the group collects donated prom dresses and then gives them away to high school students who cannot afford the $200-$700 price tag for a new dress.

“The whole point of starting this organization was to try to make a girl feel special, to make a girl feel like her community has her back,” she says.

In the past three years, the Glass Slipper Organization has given away more than 500 dresses across Nova Scotia and is looking to expand across Canada.

After finishing high school, Thammachack then started up Step Above Stigma, which is aimed at eliminating the stigma surrounding mental health issues.

The key problems, she says, are that people are too afraid to get help and that many mental health organizations are severely under-funded.

“I thought that the best way to help out was through a project that could simultaneously solve both problems,” she explains. “So I designed socks — because who doesn’t need socks — that say Step Above Stigma on the bottom, and then they have the mental health symbol, which is the semi-colon with a heart, on the leg. The socks are sold across Canada and they make mental health more normal by having people wear this symbol on the socks and hopefully start conversations about what they mean.”

All the funds raised go to mental health organizations working directly with patients, to help fund projects. Step Above Stigma also does countless advocacy events and campaigns throughout the year to help end the stigma on Queen’s Campus.

The Step Above Stigma team has now grown to 18 executives and 50 volunteers and there are now branches at universities, colleges, and high schools across Canada.

Read Ampai Thammachack’s profile at HerCampus.com.

Creating successful university students

Annual CUBA conference helping universities to better prepare for the changing world of work

BY ANNE CRAIG, COMMUNICATIONS OFFICER

Queen’s University is preparing to host the Canadian Universities Boards Association (CUBA) conference in May with a theme this year of “A World of Opportunities.” Each year the conference focuses on pivotal issues affecting Canadian universities.

The purpose of the annual conference is to educate participants, who are members of university secretariats offices or university boards across the country, on best practices in university governance, and on national, international and provincial trends affecting post-secondary institutions. The conference also provides opportunities for networking among individuals responsible for the leadership and operations of university governance boards and senates.

This year the Kingston event looks at how universities can adapt to a new world of work and changing workforce trends which put pressure on universities to prepare their students.

“The opportunity to share experiences with and learn from others is critical to ensure that a university remains equipped to handle the leadership and changing workforce trends that people are too afraid to get help with,” says Lon Knox, University Secretary at Queen’s University.

The conference is expected to attract over 100 attendees over three days in Kingston and includes a number of keynote addresses and discussion sessions. One of the keynote this year is being presented by John Stackhouse, member of Queen’s University Board of Trustees and vice-president, Office of the CEO at Royal Bank of Canada.

For the keynote, Stackhouse is focusing on how we can prepare Canadian youth for the workplace of the future.

“In the coming decade, half of all jobs will face the serious risk of disruption by technology and automation,” Stackhouse says.

“Some will change dramatically. Others will disappear completely, replaced by jobs that are yet to be invented. We are living through an era of radical change, with the latest advancements in artificial intelligence and automation transforming the way we work. This is a very timely conversation in universities right now.”

Another highlight of the conference is a presentation by Queen’s alumnus Ali Velshi. Velshi has worked as chief business correspondent for CNN and anchor with Stephanie Ruhle of Velshi & Ruhle on MSNBC.

At the conference, he will be sitting down in a fireside chat format to discuss the future of internationalization at Canadian universities with Phil Glennie, Communications & Partnerships Manager at Academica Group.

See the video at forum.academica.ca.

For more information on the conference and the full schedule, visit cuba-accau.ca/2019-Conference/Overview.
Democrats need to embrace progressive policies

The Democratic Party needs a revised image, grounded in a new reality, that will address basic issues of inequality, access, and fairness.

The Democratic Party gained a majority in the House of Representatives. The time has come for Democrats to start vigorously pushing the urgent priorities of inequality, access and fairness.

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This article was originally published on The Conversation. Read the original article at theconversation.ca.


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Examine the Indigenous rights and the RCMP

BY ANNE CRAIG, COMMUNICATIONS OFFICER

Queen’s University researcher Miles Howe and co-researcher Jeffrey Monaghan (Carleton University) have revealed in a new report how the Royal Canadian Mounted Police (RCMP) assess individual activists according to political beliefs, personality traits, and even their ability to use social media.

In line with other criminal justice agencies in Canada, the RCMP are now relying on new models of preemptive governance and risk-mitigating strategies.

“My initial interest in the RCMP’s profiling methodologies stemmed from my involvement, as a journalist, with anti-shale gas protests in New Brunswick, which lasted for much of 2013,” says Howe (Cultural Studies, Global Development Studies). “In a declassified report, known as Project SITKA, the RCMP had determined that 45 Indigenous rights activists in New Brunswick and Nova Scotia were meritorious of filing matrices, for both individuals and events, he says the vast majority of risk ranking factors had to do with an individual or group’s ability to use social media, to network, to easily convey their message – even their beliefs surrounding the issue. In short, the potential or reality of criminality was not what determined risk ranking; rather it appeared to mostly surround narrative creation and ability to disseminate.

“Though the RCMP regularly claim to protect and facilitate the right to lawful advocacy, protest, and dissent, my new research shows how the practices of strategic incapacitation exhibit highly antagonistic forms of policing,” Howe says.

The research was recently published in the Canadian Journal of Sociology.

Miles Howe arrived at Queen’s as a 2018 Vanier Scholar.
### Thursday, Jan. 31

**9 am-Noon**

**Grad Writing Lab**

All disciplines welcome. Drop in, free, no registration. Academic writing specialist on site. Just bring your work, and your questions on writing. Graduate Student Reading Room, Third floor, Stauffer Library.

**11:30 am-1 pm**

**History Seminar Series**

Dr. Tina Loo of University of British Columbia will speak on “Moved by the State: Forced Relocation and a Good Life in Postwar Canada.” Watson Hall Rm. S17.

**3:30-6:30 pm**

**History Department: History Seminar Series**

Dr. Tina Loo of University of British Columbia will speak on “Moved by the State: Forced Relocation and a Good Life in Postwar Canada.” Watson Hall Rm. 517.

**6:30-9 pm**

**Graduate Student Reading Room,** Third floor, Stauffer Library

**Thursday, Jan. 31, Noon-1 pm**

**Monthly Brown Bag Conversations: Discussing Decolonization Series**

Settler moves to innocence. We invite participants to prepare for this session by reading Eve Tuck and K. Wayne Yang’s article “Decolonization is not a metaphor” (Decolonization: Indigeneity, Education & Society 1/1). Participants are still welcome to the discussion if they don’t complete the reading. Mackintosh-Corry Hall, Rm. F200, Large Collaboration Space.

**Thursday, Jan. 31 and Thursday Feb. 7, 4-6 pm**

**Weathering the Storm: Managing the Early Aftermath of Sexual Violence/Disclosure**

This free two-part series has been created to assist survivors and those who are interested in increasing their understanding of sexual violence impact and strategies that can help. A handful of keen students who have yet to be announced will also give short and sweet snippets of their developing interests. Mackintosh-Corry Hall, Rm. B503. Registration is required. Space is limited.

**Friday, Feb. 1, 12:30-1:30 pm**

**Dr. Evren Altinkas - Scholars At Risk: A Visiting Historian**

Queen’s University in partnership with the Office of the Associate Vice-Principal (International), Faculty of Medicine, and the Department of History is hosting our first guest lecturer from the Scholars at Risk Consortium. Dr. Evren Altinkas is a professor visiting from Turkey whose research focuses on the history of academic freedom as experienced by minority groups in Europe and the Middle East. Dr. Altinkas will be discussing his experiences as a Scholar at Risk and the circumstances of his exit from Turkey and ongoing year as a visiting scholar at the University of Guelph. New Medical Building, 15 Arch St., Rm. 132A.

**Friday, Feb. 1, 6:30-11:30 pm**

**DJ Classic Roots pre-opening night dance party for the Ka’atohkwi Festival of Indigenous Arts**

DJ Classic Roots opens the Ka’atohkwi Festival of Indigenous Arts, bringing the heartbeat of the boreal north to life with his unique brand of electronica and powwow techno. Dance the night away in the stunning Grand Lobby of the Isabel Bader Centre for the Performing Arts. In collaboration with Electric Circuits 2019 and featuring a live set from Clint House and spins from DJ Lis Dalton.

**Tuesday, Feb. 5, 11 am-Noon**

**CHR Project Grants: A Panel Discussion**

To support Queen’s researchers interested in this funding opportunity, URS is hosting a panel discussion focused on the program. The goal of the session is to provide faculty with an opportunity to learn from former peer reviewers and successful CHR applicants about strategies for developing strong project applications. Panelists will offer their perspectives on successfully ‘pitching’ Project grants to committee members and discuss some ‘lessons learned’ about the competition. Botterell Hall, Rm. B143.
Abraham receives Murray Douglas Scholarship

BY COMMUNICATIONS STAFF

Queen's Gaels men's hockey defenceman Spencer Abraham was honoured as this year's recipient of the Murray Douglas scholarship ahead of the Gaels game against the visiting UOIT Ridgebacks earlier this month.

This marks the first year that Abraham has been honoured as the recipient after forward Darcy Greenaway and goaltender Kevin Bailie had been recognized for the previous two years.

Murray Douglas (Com'72) and Donna Douglas (Arts'73) established the award to recognize the academic and athletic excellence of a varsity hockey player at Queen's University. Murray played varsity hockey for the Gaels from 1968 to 1972 and continues to be one of the Gaels most active alumni, making significant contributions to the program year after year.

His continued interest in Queen's hockey stems not only from his playing days, but largely due to the work of Dave Descent, the former Gael Force president, who acted as the varsity hockey manager during Murray's days at Queen's.

The award is designed to recognize excellence in both athletics and academics, as well to recognize an individual who leads by example and is looked up to by his teammates.

A student in the Faculty of Law, Abraham is in his fifth year with the Gaels after finishing his OHL career with the Erie Otters. "Queen's assistant cross country coach Brant Stachel has been named to the 2019 Athletics Canada national coaching staff as Team Coach for the upcoming North American, Central American and Caribbean (NACAC) Cross Country team.

The NACAC for cross country runs Feb. 16 in Port of Spain, Trinidad and Tobago. The team will also feature a heavy Gaels contingent as U Sports Cross Country MVP Brogan MacDougall will join fellow U Sports All-Canadian Makenna Fitzgerald on the U20 women's team while Queen's alumna and former U Sports champion Claire Sumner will compete on the senior women's team.

"When I found out in December I would be representing Canada and Queen's/Physi-Kult as a coach I was extremely excited," Stachel says. "To have the opportunity to be on a national team with two current Queen's Gaels – Makenna and Brogan – as well as decorated alumna Claire Sumner, I was even more ecstatic. I think this opportunity to go to an international cross country championship and be on the international stage will continue my growth as a coach, but also bring more knowledge back to our program to help us to reach our goals and get better each year."

Stachel has previously coached internationally with the FISU programs and will be making his first appearance on staff with Athletics Canada. He along with head coach Steve Boyd, have turned the Gaels cross country program into one of Canada's best with the women finishing as OUA champions and U SPORTS silver medalists in back-to-back years while the men continue to be a top-five national program.

Queen's Gaels men's hockey defenceman Spencer Abraham receives the Murray Douglas scholarship from Murray Douglas while men's hockey head coach Brett Gibson looks on at the Memorial Centre.

Queen's Gaels defenceman Spencer Abraham receives Murray Douglas Scholarship from Murray Douglas while men's hockey head coach Brett Gibson looks on at the Memorial Centre.
A Concise History of History: Global Historiography from Antiquity to the Present
By Daniel Woolf (History), Principal and Vice-Chancellor

This short history of history is an ideal introduction for those studying or teaching the subject as part of courses on the historian’s craft, historical theory and method, and historiography. Spanning the earliest known forms of historical writing in the ancient Near East right through to the present and covering developments in Europe, Asia, Africa and the Americas, it also touches on the latest topics and debates in the field, such as ‘Big History’, ‘Deep History’ and the impact of the electronic age. A Concise History of History features timelines listing major dynasties or regimes throughout the world alongside historiographical developments: guides to key thinkers and seminal historical works; further reading; a glossary of terms; and sample questions to promote further debate at the end of each chapter. This is a truly global account of the process of progressive intercultural contact that led to the hegemony of Western historiographical methods.

For the record

SENATE COMMITTEES
Application period for Senate committees open
The University Secretariat is inviting all faculty, staff, and students to put their names forward for membership on a number of Senate committees.

Details about all existing vacancies can be found on the vacancies page of the University Secretariat and Legal Counsel website (queensu.ca/secretariat/senate/committees/committee-vacancies-apply-now). The application deadline is Feb. 11, 2019.

Committee terms are usually for two years, with the number of meetings per year depending on the particular committee’s area of responsibility. Most terms will start Sept. 1, 2019, but any exceptions are listed next to the committee name.

Senate committees discuss issues of broad interest to the academic community and make recommendations on policy and practice that are essential to the university’s operations and evolution. Committee work allows you to directly affect the way Queen’s functions as a teaching and research institution, and as a community of scholars, students, and staff. Contact senate@queensu.ca for any questions.

RECOGNITION
Three professors recognized
Three professors from the Queen’s Department of Mathematics and Statistics have been named to the inaugural class of Fellows of the Canadian Mathematical Society (CMS). Professors Ram Murty, Greg Smith and Peter Taylor are honoured to have been chosen among the class of 49 inaugural fellows.

The fellowship recognizes CMS members who have made excellent contributions to mathematical research, teaching, or exposition, as well as having distinguished themselves in serve to Canada’s mathematical community. Founded in 1945, the CMS is the main national organization whose goal is to promote and advance the discovery, learning and application of mathematics.

NOMINATIONS
Bailie Award for Excellence in Secondary School Teaching
The nomination period for the Bailie Award for Excellence in Secondary School Teaching is currently open. Established by Queen’s Chancellor Emeritus A. Charles Bailie, the Bailie Award allows undergraduate Queen’s students in their graduating year to honour a high school teacher who had a formative role in their academic careers. Teacher-recipients are invited to campus to receive their award at their student-nominee’s convocation ceremony.

The deadline for submission is March 11 at 8:30 am. Students can learn more and submit their nominations through the Student Affairs Website (queensu.ca/studentaffairs/funding-and-awards/).
Students who receive a scholarship from the Loran Scholars Foundation are among the top undergraduates in the country and Queen’s University hosted a special event on Thursday Jan. 17 to celebrate the dedication and accomplishments of the Loran Scholars who chose to attend Queen’s.

The event was attended by the scholars and their mentors as well as Principal and Vice Chancellor Daniel Woolf, Vice-Provost and Dean of Student Affairs Ann Tierney, as well as representatives from the Loran Scholars Foundation, including Chief Executive Officer Meghan Moore.

Fourth-year Political Studies student Frannie Sobcov spoke about her experiences and how the network of Loran Scholars has helped her during her time at university.

Each year, 34 students are selected nationwide to receive the multi-year scholarship. Currently, Queen’s has 10 Loran Scholars who have arrived from across the country to pursue their studies in a wide range of disciplines.

Scholars are selected, through a rigorous adjudication process, on the basis of character, commitment to service, and leadership potential. The program provides students with a tuition scholarship and a living stipend. They also receive personal and professional development opportunities, participating in enterprise, community development and public policy related summer internships, often including at least one international experience. The program connects students with a mentor – individuals who are influential in communities, government or various disciplines – for the duration of their undergraduate studies.

For more go to loranscholar.ca.

Fourth-year Political Studies student Frannie Sobcov speaks about her experiences at Queen’s University as a Loran Scholar during a celebration event held Jan. 17 at the University Club.