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PANIC

frustration

overwhelmed

FEAR

TIRED

anxiety

TALK

support

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help

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Organize



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*See story
on Page 3*

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QUEEN'S UNIVERSITY VICEPRINCIPAL

UNIVERSITY RELATIONS X

Michael Fraser

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Queen's
UNIVERSITY



Peter Wolf is the inaugural Associate Vice-Provost (Teaching and Learning) at Queen's University.

UNIVERSITY COMMUNICATIONS

Taking a closer look at higher education

After nearly two months on the job, inaugural Associate Vice-Provost (Teaching and Learning) **Peter Wolf** spoke with Senior Communications Officer **Craig Leroux** about trends in higher education and the direction of the Centre for Teaching and Learning.

Craig Leroux: What does your new role at Queen's entail?

Peter Wolf: This is a new position that came out of the Teaching and Learning Action Plan. My job is to work to enhance teaching and learning across the university and to lead the Centre for Teaching and Learning.

CL: You came to Queen's from the University of Guelph. Tell me about your work there.

PW: I started at Guelph in 1998 as a distance education instructional designer, after beginning my career as a social worker and then an adult educator. At Guelph, I was eventually responsible for the university's teaching support services unit. In my last position I had the opportunity to focus on educational innovations, trying to figure out what higher education will look like five years from now and how to ensure we stayed at the leading edge of educational practices and innovations.

CL: So what will higher education look like five years from now?

PW: Experiential learning will continue to be a focus, as will other practices that help students develop transferable skills while learning the critical content of their disciplines. Many Queen's graduates will work in a variety of careers throughout their lives, and the ability to apply key skills across situations will be a solid foundation for success.

I think there will also be a deeper intersection between physical spaces and our teaching and learning practices. We are already seeing this with our Ellis Hall active learning classrooms. I also see a greater use of online tools to extend learning out from the classroom.

Doing these things well will require us to better understand the ways people learn. This means furthering evidence-based approaches to teaching and learning and embedding a process of continuous improvement into our practices.

CL: What's in store for the Centre for Teaching and Learning (CTL)?

PW: Well, first of all, we're moving! We are renovating the former Arts and Science faculty office in Mac-Corry and should be in there in the spring. The new space will reflect our approach in that we are putting a high focus on collaborative and flexible spaces. We want it to be a welcoming space for educational enhancement.

As far as the work of the CTL, we are currently looking at our services and where Queen's is now educationally. We want to determine the best way to build on what the CTL is already doing to promote a university-wide culture of learning-centeredness. That will involve building further capacity around teaching and learning and supporting the wide range of people involved in teaching and learning across campus.

Baders' gift enhances art collection, Jewish Studies and teaching

BY COMMUNICATIONS STAFF

Long-time Queen's University benefactors Alfred and Isabel Bader have given \$5.5 million to support an important international collection and expanding research and student interests.

The gift includes \$3 million for the Agnes Etherington Art Centre, \$1.5 million for the Jewish Studies program and \$1 million for post-doctoral fellows in humanities departments.

"Students and faculty will see the immediate impact of these gifts through greater access to the knowledge afforded by the Jewish Studies program and the stunning Bader Collection in the art centre," said Principal and Vice-Chancellor Daniel Woolf.

The \$1.5 million gift to the Jewish Studies program will add teaching

capacity to address growing interest among students. Courses in the program are full, with each large lecture, in all periods of Jewish history, attracting 130 students each term. Seminars are also in high demand.

The gift will fund a post-doctoral fellow in Jewish Studies who will teach a combination of lectures and seminars, offer public lectures and consult with students and faculty, and guest speak for other courses.

"Alfred Bader's gift to Jewish Studies addresses the growing demand from our students of all backgrounds and ideologies to study together and learn from the diverse subjects in the program," said Susan Mumm, Dean, Faculty of Arts and Science.

The \$3 million gift supports a new Bader Legacy Fund endowment for the Bader Curator of

European Art and the gallery's care and interpretation of The Bader Collection.

The Bader Collection comprises of over 200 paintings spanning the 16th, 17th and 18th centuries, with a focus on Dutch and Flemish paintings of the Baroque era, including two paintings by Rembrandt, which together reflect this master's sphere of artistic influence.

"This endowment will have a transformative impact on the use and presence of The Bader Collection," said Jan Allen, Director of the Agnes Etherington Art Centre. "With these resources, we will be able to create new access to the Collection for all students and undertake ambitious programs."

Alfred Bader, Sc'45, Arts'46, MSc'47, LLD'86, and Isabel Bader, LLD'07, are Queen's most generous benefactors. They have given

back to Queen's in countless ways: transforming the campus, enriching the student experience, supporting scholarship, and helping to enhance the university's reputation as a top-tier educational institution.

In an extraordinary philanthropic gesture, the couple funded Queen's purchase of a 15th century English castle – Herstonceux – that has been meticulously restored and is now home to the Bader International Study Centre. This fall, thanks to a transformational gift from the Baders, the Isabel Bader Centre for the Performing Arts was opened. Earlier this year, they received Queen's highest honour given by the Queen's University Alumni Association, the Alumni Achievement Award.

Feeling stressed out? Help is available

BY ANDREW CARROLL,
GAZETTE EDITOR

While stress may be part of university life, for most members of the Queen's community it is more prevalent at exam time.

Whether you are a freshman facing your first major test or a battle-hardened senior, the stress of facing a battery of final exams can be daunting.

Fortunately, you are not alone and Queen's University offers a number of resources to help manage stress levels. Kate Humphrys, Health Promotion Coordinator at Health Counselling and Disability Services (HCDS), and Liz Parsons, Learning Strategist at Student Academic Success Services (SASS), are on the frontlines of helping the Queen's community deal with stress.

While stress is a complex issue, there are steps that can help manage it at exam time.

The first thing to do is to get organized.

Ms. Parsons says that she sees 25 students a week on average and the number goes up as exam time draws closer. Hundreds of students also attend special pre-exam workshops in Stauffer Library set up by SASS.

Her job is to help students develop a plan that works for them.

"One of the big things I notice around exams is there are a lot of questions around feeling overwhelmed: How do I study for exams? There's too much to study. Where do I start?" she says.

She goes through a checklist with the students and they work together to create a study plan. This often involves the Exam Study Schedule, which is available online at sass.queensu.ca/learningstrategies/decemberapril-exam-study-schedule.

The strength of the schedule is in the simplicity. In a high-tech world, sometimes the best way to get organized is by writing it all down on paper.

It's not all about studying and exams. As Ms. Parsons points out, breaks are an important part of the daily schedule with two breaks



Liz Parsons, Learning Strategist at Student Academic Success Services (SASS), left, and Kate Humphrys, Health Promotion Coordinator at Health Counselling and Disability Services (HCDS), are just two of the people at Queen's University providing support for students feeling stress.

of two hours each placed between three study periods of three hours each. It's also vital to get some quality sleep.

"One of the things we really encourage students to do is to schedule in and prioritize that break time and sleep time because often students are feeling stressed, they are pressed for time and they do sacrifice sleep and breaks," she says. "That ends up being quite detrimental in a lot of different ways."

Lack of sleep reduces your ability to retain information, your mental capacity and your ability to withstand stress, she points out. Studies show that after 18 hours without sleep your mental ability is the same as someone who is legally drunk. That's just not a good way to approach an exam.

At the heart of Health Promotion's efforts to promote well-being during exams, Ms. Humphrys explains, is an initiative called the "15 Days of Exams Health Challenge."

Now in its fourth year, the challenge is an opportunity for students to take notice of their health when it typically isn't a priority. Proper eating, being active, and using strategies to help mental health are also keys to manag-

ing stress during exams.

Each day throughout the exam period there is a different challenge posted through social media to encourage students to try simple healthy activities.

There's also a question for students to respond to online each day, such as what you had for breakfast or what you did on a study break. Ms. Humphrys says that last year they received up to 150 answers to a single question. Students who choose to share ideas and successes are entered into a daily prize draw, with prizes donated from campus and community partners, such as Athletics and Recreation, The Tea Room and Tara Natural Foods.

It's about engagement and social learning as much as it is education.

"Even if students don't post themselves, they can still see what their peers are doing to stay healthy during exams, and might get some new ideas to try themselves," she says.

The diversity of the challenges speak to Health Promotion's commitment to promoting a broad view of what it means to be healthy.

"One of the things we really try to emphasize, both with this con-

test and with all our work in Health Promotion is the idea that health is more than just your physical body – your mental health and your social health are also very important to your overall well-being," she says. "During exams, taking the time to take care of your health by considering all these interconnected areas is important. It's very important to eat well, get enough sleep and stay active, and we also encourage people to take care of their mental health and social health too. Maintaining connections with others who are important in your life – that could be a walk with a friend, or a phone call with someone outside Kingston – can be a very effective way to manage stress."

Finding what works best for you to manage stress is also important.

"If a student feels very overwhelmed or the level of stress they are experiencing means that they are not able to function well, then it's time to make some changes and reach out for some support. Counselling Services, SASS or the AMS Peer Support Centre are all good resources available to students," Ms. Humphrys says.

Another resource available for

students is Good 2 Talk, a 24/7/365 post-secondary student helpline which offers free, professional and anonymous support. They can be reached at 1-866-925-5454 to talk about any stressful issues students might be experiencing.

The end of term can also be a stressful time for faculty and staff as workloads increase.

The Employee and Family Assistance Program (EFAP) provided for all Queen's staff and faculty by Homewood Human Solutions is a good place to turn for help. They offer a number of services, including online resources, confidential counselling and support for life balance and health issues. Human Resources also offers a number of wellness programs for staff and faculty in partnership with Athletics and Recreation, such as 'Lunch and Learn' sessions, low-cost physical activity options and a walking club.

If you are a student and feeling stressed about academics, you can book a Learning Strategies advising appointment by calling 613-533-6315.

Students who wish to make an appointment with Counselling Services can do so by calling 613-533-6000, ext. 78264. Embedded counsellors are located in various faculty and university buildings across campus: Faculty of Engineering & Applied Science (613-533-3447), Faculty of Education (613-533-2334), School of Graduate Studies (613-533-2136), School of Business (via Commerce Portal), Residence Counsellors (613-533-6000, ext. 78330 or 78034), the School of Medicine (613-533-6000, ext. 78264), and the Outreach Counsellor/Student Advisor in the JDUC (613-533-6000, ext. 78441).

Staff and Faculty can contact the Queen's EFAP at 1-800-663-1142 or online at homewoodhumansolutions.com.

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BY ANDREW CARROLL,
GAZETTE EDITOR

After years of study, another group of students formally received their degrees at fall convocation.

This year's ceremonies were particularly special in that they were the first presided over by Chancellor Jim Leech, who was installed as the university's 14th Chancellor at the first convocation ceremony.

Three special guests received honorary degrees during the ceremonies: Shaf Keshavjee (bottom left), a thoracic surgeon and director of the Toronto Lung Transplant Program; Ronald Lee (bottom centre), a journalist, author, teacher and rights activist for Romani in Canada; and Yash Pal Ghai (bottom right), a professor and advisor on human rights and constitutional matters.



Giving Tuesday turns tables on Black Friday, Cyber Monday fever

With the holiday shopping season upon us, a movement now adopted by Queen's University is aiming to prove that it is better to give than to receive.

Giving Tuesday is a self-declared movement of charitable giving and volunteering that opens the season of giving the day after the consumer-frenzy of Black Friday and Cyber Monday.

This year, for the first time, several Queen's faculties and schools are taking part in Giving Tuesday. Each faculty or school has its own specific initiatives, but

the central purpose is to request philanthropic gifts to support students.

The Faculty of Arts and Science is focusing on Dean Susan Mumm's highest priority: increasing the number of admission scholarships.

This year's goal is to offer admission scholarships of \$2,000 to all qualified students.

"We ask that you join us to support our goal in any amount possible," says Dean Mumm.

From small gifts to funding a scholarship yourself, the campaign is determined to make scholarships

happen.

The new Admission Scholarships for the Arts will attract exceptional students to Queen's, grow the caliber of the Arts and Science student body, and offer students new opportunities that would otherwise not be possible.

Queen's School of Business is asking for gifts to support four separate funds for students. Donations to the Commerce Legacy Fund for Student Health and Wellness support student health and wellness initiatives like seminars, workshops and increasing the availability of individual counselling.

Donations are also encouraged to the QSB Commerce Bursary Fund, MBA Scholarships Endowment Fund, and the Dean's Innovation Fund. Each of these funds provides assistance to students in financial need and helps recruit the brightest students.

QSB has a few twists to Giving Tuesday. First, all individual donations between \$1,000 and \$25,000 will be matched by the Dean's Matching Fund. Also, any gifts in this same range from QSB alumni who graduated since 1994

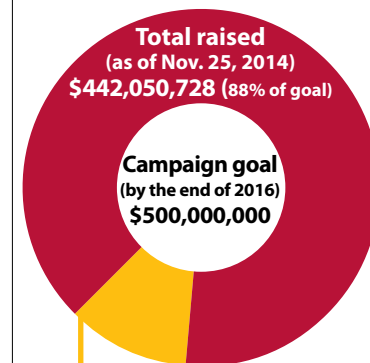
– typically identified as "young alumni" – will be doubled.

The Faculty of Engineering and Applied Science is using Giving Tuesday as a way of highlighting the 10th anniversary of the Integrated Learning centre and raising funds for the Dean's Excellence Fund. Students are calling attention to the Centre, as home to the Engineering Society, Engineering Student Lounge and Tea Room, as a hub for student experience and learning.

The Faculty of Health Sciences is asking benefactors to support Giving Tuesday through gifts to its three schools.

The Rehabilitation Therapy Student Experience Fund helps students cover their expenses while they learn away from Queen's on placements. The Nursing 75th Anniversary Fund supports a variety of causes including bursaries, scholarships, equipment, and professorships. Finally, the Medical School Excellence Fund supports new educational initiatives, simulation and clinical learning, research and provides student support.

INITIATIVE CAMPAIGN UPDATE



School of Business
raised **\$54,360,163**
(as of Nov. 25, 2014)
Goal is **\$65,000,000**

Each edition of the Gazette will update progress on the overall Initiative Campaign goal and focus on one priority area of support. The goal of the campaign is to raise \$500 million by 2016 in support of projects that make Queen's the destination for exceptional people, enhance students' learning experiences, secure the university's global reputation in discovery and inquiry and nurture a supportive community. For this edition, we focus on fundraising progress for the School of Business. Its highlighted priorities include developing leaders by providing leadership opportunities through initiatives like the Queen's University Investment Council and the Queen's University Alternative Assets Fund. The School of Business is also focused on transforming student learning by updating and advancing their curriculum to keep up with the rapidly changing business world and remain at the forefront of business education.

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Cooking up a sense of community

BY ANDREW CARROLL,
GAZETTE EDITOR

Each day at Leonard Dining Hall, produce arrives, is washed and prepared, soups are made and delicious selections of meat are cooked and sliced.

On a typical day up to 3,000 meals are served at this location.

It's one of three dining halls at Queen's University that, along with 19 retail outlets such as Tim Hortons, Market Street Cafe and KHAO, helps feed the Queen's community.

It's a never-ending cycle and the effort is massive. Food comes in and food goes out. Add to that the clean-up as well.

And it's all under the umbrella of Hospitality Services.

It's more than just cooking. Students these days are more aware when it comes to food and there is a broad range of dietary needs and preferences such as vegan, vegetarian and gluten-free, as well as for religious or cultural reasons.

It all adds up to a tall order.

"It's not only the volume, it's the audience. So with that diversity, even between students, staff and faculty, the requirements are vast to say the least," says Jennifer Pete, Associate Director Housing and Ancillary Services. "Then the volume – managing that is something that I am astounded by every day. But I think one of the advantages is that scratch cooking allows for amendments to be made on a regular basis."

That's something a lot of people don't realize – the food being served is prepared by Red Seal Chefs.

"It's difficult to dispel the myth about pre-fab food because it is a common belief across university dining halls and institutional food service operations as a whole,"

says Alison Beach, Manager of Hospitality Services. "Ingredients are purchased in bulk, certainly, but the meals are still homemade, and prepared from scratch each day. At the Canadian Grilling Company, even the ketchup is made in-house."

There's also a lot of preparation work before the food enters the kitchens and the university's chefs and staff get to work.

The first step is to carefully plan out menus for dining halls and custom retail outlets like Gord's Café and the Lazy Scholar.

"The decision-making process through Hospitality Services is a team effort," Ms. Beach says. "We work in consultation with our contractors, and a food committee that meets once a month. There is representation from the AMS, SGPS, ResSoc, staff and faculty, and a hospitality ombudsperson who is the voice of the student body."

The food service contractors are an important part of the process. They are the ones managing the dining halls and retail outlets. However, the revenues generated stay with the university.

"All the revenues that are generated through Hospitality Services are realized by Queen's, not our food service contractors," Ms. Beach explains. "Our main contractor operates on a management fee basis, which means that Queen's pays them a management fee to operate the food service facilities. The university makes the final decisions, and a portion of the revenue earned supports campus programs that positively impact student life."

Another big part of the Hospitality Services picture is fostering the feeling of community amongst the Queen's population. After all, dining halls are the primary gathering places at Queen's. There are



UNIVERSITY COMMUNICATIONS

themes such as Carnival where typical food found at the fair is served along with taste changers and a chef's table every two weeks where new ideas are introduced and students can interact with the chefs.

"I think that sense of building community is important to us for students as well as staff and faculty," Ms. Pete says. "So the programming we do in the dining halls is also available to staff and faculty through our \$5 Fridays and the summer barbecues. It gives people the opportunity to get out of the office and have a bit of social time together. Hospitality Services also partners with the campus community on initiatives such as the weekly Farmers' Market, and annual events including the Principal's Holiday Reception and Athletics and Recreation's Health and Wellness Fair."

It doesn't stop at the end of the meal or at the campus borders either. Hospitality Services supports the Soul Food program which is a

student initiative that delivers excess food from the dining halls to those in need at five local shelters.

Along with the dining halls there is a wide array of menu choices available that some people may not be aware of. As Ms. Beach points out, students generally establish a dining pattern at the beginning of the school year, while staff and faculty typically dine based on convenience.

To broaden awareness, they have taken to social media to highlight dining options as well as the special programs.

"We're always looking to encourage our campus community members to try out the dining halls or new retail outlets, such as the gluten-free products at the Fast Lane in the Medical Building or the excellent Pad Thai at KHAO," Ms. Pete says. "Try something different this week – and let us know what you think."

See queensu.ca/gazette for great recipes used by Hospitality Services.

Feeding the Queen's community is a team effort, with many individuals working together, including, from left: Carlos Benevides (Cook); Rebecca Welfare (Dining Hall Manager); Alison Beach, Manager of Hospitality Services; Carl Hanna (Director of Residence Dining); Drew Carroll (Executive Chef); and Allison McLachlan (Cook).



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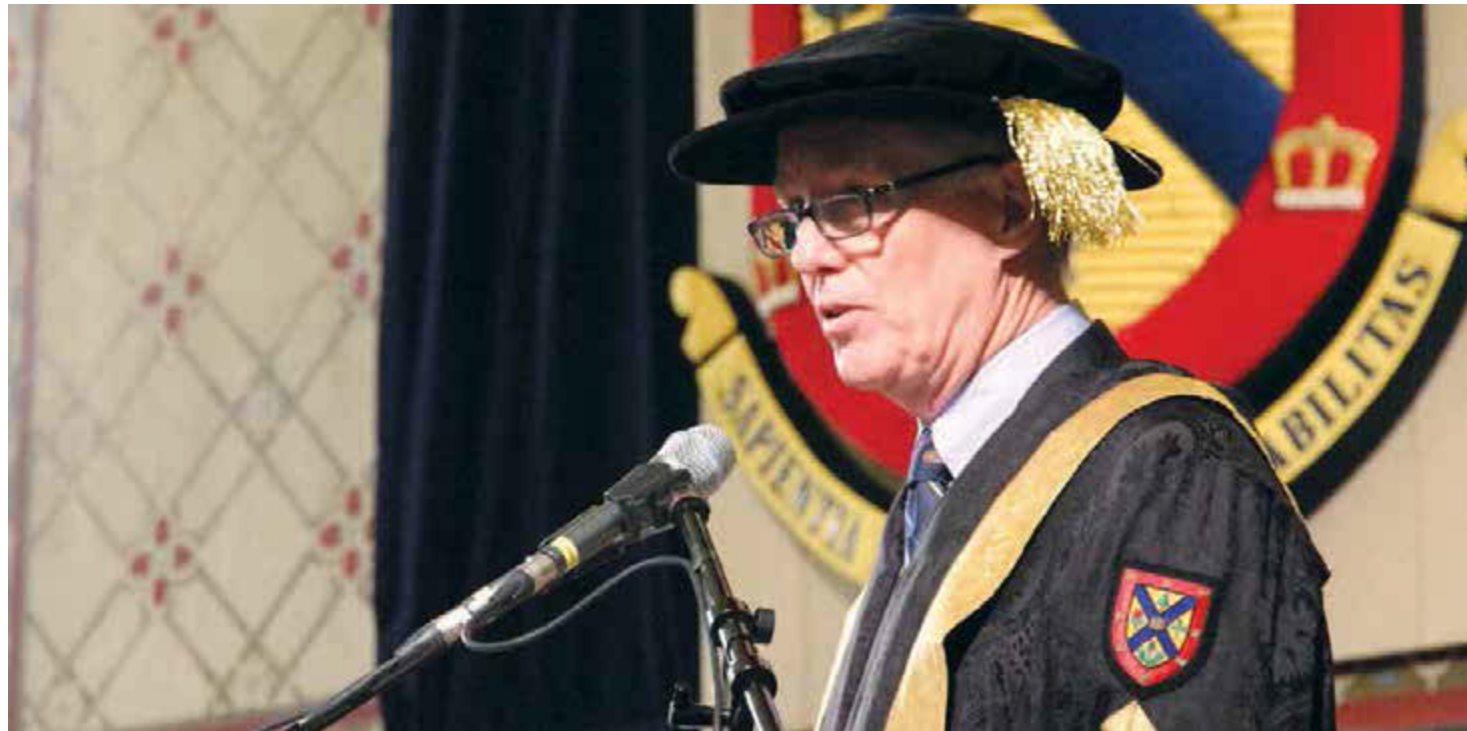


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viewpoint

Viewpoint offers faculty, staff and students the opportunity to reflect on a wide range of topics related to Queen's and post-secondary education. Email submissions or ideas to andrew.carroll@queensu.ca

In his own words: Chancellor Jim Leech



Jim Leech speaks after being installed as the 14th Chancellor of Queen's University during the first fall convocation ceremony on Tuesday, Nov. 18.

UNIVERSITY COMMUNICATIONS

The following is an edited version of a speech by Chancellor Jim Leech during the special dinner held ahead of his installation.

Tomorrow, I have the honour of being installed as Queen's 14th Chancellor – I have three observations on that:

- When I looked at the list of my 13 predecessors – two knights, a Governor General, a prime minister, a premier, a cabinet minister, a Governor of the Bank of Canada, bank presidents and other nation builders – it is pretty intimidating, a real challenge and an incredible honour to be considered amongst that group in the service of this university
- I note that since 1841, there have been 13 chancellors, whereas there have been 20 principals – not sure if that is a statement about relative job security Daniel?
- As Deb has pointed out to me on numerous occasions, "installation" sounds like what you do with a household appliance – back it into position, plug it in and hopefully it works for the duration of its warranty.

Over the past several months I have frequently been asked two questions:

What made you decide to accept the position as chancellor? and

What do you want to accomplish during your term?

There are many factors that contributed to my decision to accept the role:

First – why wouldn't I? – As I said, it is a great honour to be considered amongst the 14 leaders who have ever held this position. To be chosen to serve in the highest office of this great university – Wow, it does not get any better!

Second – when Barb Palk and Daniel Woolf called to see me, I was sure that they were coming to ask for a contribution to the Queen's Initiative Campaign. And given it was the board chair together with the principal coming to make the "ask" – you can imagine that I was terrified. So when I

learned they were not requesting funds, I was prepared to agree to anything!

Interestingly they both emphasized that the position, although the highest office at the university, is largely ceremonial, with only a minor role in official governance; I think that was code for "I know you are used to being a CEO, but hold your horses, boy, you won't be running the show".

But seriously, my primary motivation has to do with my father. When he retired after a distinguished military and diplomatic career, he had three very enticing job offers: a Provincial Ombudsman, an Ambassadorship and an undetermined job at Queen's. Upon retirement he planned to spend the summer at our cottage outside Ottawa to contemplate his future. But when he arrived at the cottage, he found Dr. James Corry sitting on the dock, refusing to leave until he had secured dad's agreement to join Queen's to succeed Jean Royce as registrar.

With all the accumulated wisdom of a 19-year-old, third-year student I said: "Registrar – there is no cache to that compared to ombudsman or ambassador!" His comeback was: "I will be surrounded by young people and that will keep me young." I thought at the time "what a dumb idea" – 48 years later, it does not seem so dumb! I know now what he knew then – the university environment, especially one that is brimming with leading-edge intellectual stimulation and the excitement and optimism of youth, would be fertile ground to appreciate his real world experiences and permit him to "age both gracefully and productively."

He was right – I watched as Queen's welcomed him into the family and embraced his transformation of the Registrar's Office. He worked on many interesting projects and in the end had a real sense of accomplishment – of making a difference – as well as many new friends. He and my mother could not have had a happier retirement

and, although he died far too young, I am sure that his years at Queen's really did extend his life; or at the very least made those years way more invigorating than ombudsman or ambassador.

So that is what was going through my mind when Barb and Daniel popped the question. It was as though I could hear him say "Go for it, you will have fun, you can bring interesting experiences to the table and you will stay young." I had no choice.

So what would I like to accomplish during my term? Following on my answer to the first question, when asked, my standard response has been "to connect with students." What does that mean? It means interacting and exchanging ideas, or my latest favourite expression "transferring experiences," in both formal and informal settings. I remember Roland Michener jogging with students and always felt how fortunate those kids were to have the opportunity to connect on that level with someone like a former Governor General.

As we know, today's students are very "goal oriented." So whenever I said "I would like to connect with students," their comeback was "how will you know if you are successful?" Together Rector Mike Young, SGPS President Kevin Wiener and AMS President Allison Williams forced me to come up with a metric – here it is: "At the end of three years, 25 per cent of the student body will know the name of the chancellor." How is that? – very measureable – perhaps through exit polls at convocation!

So, at the suggestion of our daughter-in-law, Jessica, I have taken enthusiastically to social media, as the 21st century version of jogging – incidentally I do jog most mornings while in Kingston and welcome companionship but I am not sure I could carry on an intelligible conversation while huffing and puffing. The principal is a great Twitter role model and has far more followers than me – not that it is a competition but I point out that he did have a three-year

head start on me. So your job is to help me reach my objective by encouraging everyone you know – especially students – to start following @QUChancellor on Twitter.

Incidentally, my other goal was to have my wife Deb, who is a staunch Western grad, learn the words to Oil Thigh – but Mike and Allison already got her singing and kicking her heels up in front of the successful Homecoming Street Festival last month, so we can tick that one off!

It has been 25 years since I last served on the Queen's Board of Trustees. My first impression upon returning was "they are discussing the same issues" – plus ca change, plus c'est la meme chose. But the quality of the debate and hence the decisions is far better informed and more inclusive. Operating within a strategic framework that balances the Student Learning Experience, Research Prominence, Financial Sustainability, and Internationalization, puts every decision the university must make into proper context – it allows the university to evaluate every idea against those four criteria which will help ensure that Queen's remains a dynamic, national institution – not just the oldest degree granting institution in Canada, but the best, known for research excellence and student experience.

In 2016/17 Queen's will celebrate its 175th birthday – quite an accomplishment – it will be a celebration that honours the past, but focuses on looking forward. It is with huge pride that I will carry the handle @QUChancellor leading up to and through that great celebration and beyond. So I look forward to being installed tomorrow – that is backed into position and plugged in – and hope that I will work as required.

Thank you to the staff who organized this event, thank you for joining us this evening and thanks dad for suggesting I "go for it".

In Queen's traditional Gaelic sign off – Cha Gheill – No Surrender

Major funding boosts military health research

BY COMMUNICATIONS STAFF

The Queen's-based Canadian Institute for Military and Veteran Health Research (CIMVHR) has received a \$10 million funding boost from Health Canada and the True Patriot Love Foundation.

The announcement, made by Minister of Health Rona Ambrose and Vice-Chair of the True Patriot Love Foundation, Michael Burns, at CIMVHR's annual Forum, detailed a \$5 million donation from Health Canada and an additional \$5 million from the True Patriot Love Foundation.

"This funding means CIMVHR will be able to continue to change the lives of Canadian military personnel, veterans and their families," says Alice Aiken, Director of CIMVHR. "We'll be able to build new partnerships and expand the reach of our information, educate clinicians and policy makers and develop important connections with those who care for those who serve our country."

The Government of Canada is providing the \$5 million for CIMVHR to mobilize and promote the uptake of research to better address the health and wellness of Canadian Forces personnel. The matching \$5 million from the True Patriot Love Foundation will support direct research to help improve the mental health and well-being of this important and significant population.

"Health Canada is investing in the Canadian Institute for Military and Veteran Health Research so that we can expand our work to enhance the lives of Canadian military personnel, veterans and their families," says Dr. Aiken, a professor in the School of Rehabilitation Therapy at Queen's. "We are honoured to be entrusted as the organization to maximize health research that will serve those who serve us."

CIMVHR is currently partnered with 35 universities across Canada. The institute acts as a channel between the academic community, government organizations, industry



SUPPLIED PHOTO

and similar international organizations to address the health and well-being of military personnel, Veterans and their families. CIMVHR's annual forum was held Nov. 24-26 in downtown Toronto.

On hand for the presentation were, from left, Lt.-Col. Dan Harris, CD, Michael Burns (Vice-chair and Cofounder, True Patriot Love Foundation), Hon. Rona Ambrose (Minister of Health), Alice Aiken (Director, CIMVHR), Richard Reznick (Board Chair, CIMVHR and Dean, Health Sciences at Queen's) and Dr. Jitender Sareen (Director of Research and Assistant Head for the Department of Psychiatry, University of Manitoba).

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Queen's in the news

Highlights of Queen's experts in the media from Nov. 7-Nov. 21

Newspapers

Sharry Aiken (Law) was interviewed about a Supreme Court immigration case, in the *Globe and Mail*.



Alice Aiken (School of Rehabilitation Therapy) was quoted in the *Ottawa Citizen* on what needs to be done to help injured veterans.

Warren Mabee (Policy Studies) commented in the *Toronto Star* on the US-China climate deal and the pipeline.

David McDonald (Geography) was quoted in *The Guardian* in a story on Hamburg working to reverse privatization of city services.

Peter Anderson (PhD candidate Geography) had his op-ed on the Experimental Farm published in the *Ottawa Citizen*.

Udo Schuklenk (Philosophy) had his op-ed on a judge's decision on a child's chemotherapy published in the *Globe and Mail*.

John Smol (Biology) had his research on jellification of lakes published in the *Toronto Star*, *Vancouver Sun*, *Edmonton Journal* and the *Montreal Gazette*.

Allan Manson (Law) discussed a judge's decision to order a forced psychiatric evaluation in the *Baby M*

case with the *Calgary Herald* and the *Edmonton Journal*.

Chris Simpson (School of Medicine, Cardiology) talked about hospitals being toxic for people with chronic disease in the *Whitehorse Daily Star*.

Allan Gregory (School of Business) discussed with the *Globe and Mail* about how the easing of foreign investment restrictions leading to an explosion in US issued exchange-traded funds.

Janet Dancey (Clinical Translational Research NCIC Clinical Trials) talked with the *Kingston Whig-Standard* about how Queen's is at the forefront of a new cancer drug trial.

Nikolaus Troje (Psychology) discussed how the way you walk affects your mood with the *Vancouver Sun* and the *San Francisco Examiner*.

Nick Bala (Law) commented in the *Toronto Star* on a recent Aboriginal medicine ruling.

James E. Miller (School of Policy Studies) had his opinion piece "Will Canada ever end its demonization of China?" published in the *Toronto Star*.

Charles E. S. Franks (Political Studies) spoke with the *Ottawa Citizen* about how recent personal misconduct cases take Parliament into uncharted territory.

Online



Robert Montgomerie (Biology) commented on the mating behaviour of peacocks on *BBC.com*.

Anne Godlewska (Geography) was quoted on *cbc.ca* in a story on students' knowledge of indigenous issues.

Brendon Gurd (School of Kinesiology and Health Studies) was quoted in *Science 2.0* on how four minutes of fun can help kids learn.

Jonathan Rose (Political Studies) commented in the *Huffington Post* about changing advertising policies during by-elections.

Adrian Baranchuk (Cardiology) was interviewed on snow shovelling on *global.ca*.

Television



Meredith Chivers (Psychology) was featured on *CBC TV* regarding the science behind female arousal.

Ken Wong (School of Business) appeared on *CBC's The National* commenting on discounts for veterans.

Nick Bala (Law) commented on a judge's ruling on an aboriginal girl receiving chemotherapy on *CTV News Channel*.

Warren Mabee (School of Policy Studies) spoke with *Business News Network* and *CTV National News Network* on what the future holds for *Keystone Pipeline*.

Principal **Daniel Woolf** spoke with *CKWS TV* about how the annual community breakfast provides an opportunity to acknowledge and strengthen the bonds of the university and the community.



David Hanes (Physics) commented on the *Philae* lander and space exploration on *CTV News Channel*.

Ian Janssen (School of Kinesiology and Health Studies) commented on *CBC's The National* and *cbc.ca* on the cost of obesity.

Magazines

Brian Osborne and **David Gordon** (School of Urban and Regional Planning) commented in *Macleans Magazine* on war memorials.

Ken Wong (School of Business) was quoted in an article in *Macleans Magazine* on purchasing food.

Honorary degree for a renowned musician

BY COMMUNICATIONS STAFF

Pinchas Zukerman, one of the world's most celebrated musicians, recently added a new accolade to an already impressive list of accomplishments: *Queen's* University graduate.

The renowned violinist, violist and conductor who also serves as music director for Canada's National Arts Centre (NAC), received his honorary degree in conjunction with a performance at the Isabel on Nov. 29, rather than at a convocation ceremony where such degrees are normally conferred. Mr. Zukerman's busy performance schedule prohibited him from attending one of the five fall convocation ceremonies. His 2014-15 schedule includes more than 100 performances worldwide.

Born in Israel in 1948, Mr. Zukerman arrived in the United States in 1962 where he studied at The Julliard School. After establishing a career as a concert violinist, he turned his attention to conducting, where he has developed an equally outstanding reputation. Mr. Zukerman has led many of the world's top ensembles, and is currently serving his sixth season as principal guest conductor of the Royal Philharmonic Orchestra in London, U.K.

Among his many awards, Mr. Zukerman has won the National Medal of Arts, was the first recipient of the Isaac Stern Award for Artistic Excellence, and was the co-winner of the International Levintritt Competition, a highly prestigious international competition for classical pianists and violinists, which he won when he was just 19 years old.

Mr. Zukerman's extensive discography contains more than 100 titles, and includes two Grammy awards and 21 Grammy award nominations.

He has also been celebrated for his commitment to music education. Mr. Zukerman chairs the Pinchas Zukerman Performance Program at the Manhattan School of Music, where he has pioneered the use of distance-learning technology in the arts. In Canada, he has established the NAC Institute for Orchestra Studies and the Summer Music Institute, which encompasses the Young Arts, Conductors and Composers programs.

Mental health fund looking for applications

BY ANDREW STOKES,
COMMUNICATIONS OFFICER

Mental health is a topic gaining traction on campuses across Canada, and a big reason for that change is Jack.org. Student-led, student-organized and student-driven, Jack.org is a group that's dedicated to opening up the conversation about mental health and is encouraging young people to practice good self-care and to look out for their peers.

Present on Queen's campus for four years as the Jack Project, the organization rebranded this August as Jack.org to better reflect its current work. Now a national organization with chapters on campuses across Canada, Jack.org continues to promote student mental health initiatives.

To help new ideas and programs about mental health take off, Jack.org has partnered with the Queen's Student Initiative Fund (QSIF). The fund offers financial support to students who want to create programming to improve mental health on campus and in the Kingston community.

"Queen's is leading the way right now in making sure our students have the resources they



Students gather for a photo during Unleash the Noise, Jack.org's flagship event each year.

need to be healthy and happy," says Alex Burk, ArtSci '15 and chair of the Jack.org/QSIF adjudication panel. "We're looking for applicants that have innovative and exciting ideas about how to help students."

Funding has been awarded to a wide range of programs and events in recent years, helping cover the costs of mental health first aid training, the Alma Mater Society's Peer Support Centre, the Concussion Awareness Committee and a number of others. Bounce Back, a program aimed at helping first-year students struggling with

their academics, has also received funding from Jack.org/QSIF.

Queen's students have been participating in events and campaigns connected to Jack.org in the past, and established an official Queen's Chapter this past September. Students from Queen's will continue to take part in the annual Jack Summit (formerly known as Unleash the Noise), and will hold a satellite summit on campus for students unable to attend the official event in Toronto.

Since its creation this fall, Queen's chapter of Jack.org has been busy. With funding from

Jack.org/QSIF, the chapter has an array of programming in the works and are currently "Built-to-Bear" bags to students in residence. Each bag is a mental health kit filled with encouraging messages, study tips, resource maps and other helpful items. They have more initiatives planned for the winter semester.

"We're raising awareness about our presence here on campus," says Shannon Dillon, ConEd '16 and co-Chapter Head at Queen's. "We're excited to make some noise and let other students know that it's okay to talk about mental health."

SUPPLIED PHOTO

Queen's wins pair of awards for buildings

BY ANDREW CARROLL,
GAZETTE EDITOR

Queen's University has one of the most beautiful campuses around, but it's not only because of the classic limestone buildings.

Queen's recently received awards for two of its new buildings – the School of Medicine Building picked up an Award of Merit in the City of Kingston's Livable City Design Awards while the Isabel Bader Centre for the Performing Arts was recognized by the Frontenac Heritage Foundation at the 2014 Heritage Conservation Awards.

The Livable City Design Award highlighted the way the School of Medicine Building creates an "effective transition between the Sydenham Heritage Conservation District and the university campus." The jury also pointed to the preservation of two heritage buildings on Barrie Street that were incorporated into the new structure.

Designed by Diamond Schmitt



UNIVERSITY COMMUNICATIONS



SUZY LAMONT

Queen's University has recently won a pair of awards for two of its buildings – the School of Medicine Building, left, and the newly-opened Isabel Bader Centre for the Performing Arts.

Architects in Toronto and in concert with a local architects Shoalts and Zaback Architects, it was built by local construction firm M. Sullivan and Son Limited and opened in fall 2011.

The beauty of the building is in the details, points out Yvonne Holland, Director of Campus

Planning for Queen's.

"The architects designed an accessibility elevator that they installed in between the old and the new," she says. "You can't even see it from the street but it's wonderfully designed. A lot of the historic features were restored and reconstructed to match the original appearance. It really is a fabulous state-of-the-art, 21st century facility that also respects the fact that it is in a deeply historic area of our city."

Ms. Holland says that while the design of the building respects the historic nature of the area it also provides a high-tech and con-

temporary facility for students, faculty and researchers. She also points out that the use of natural lighting creates an open feel and at night, with plenty of activity going on, the building lights up the whole corner, particularly in winter. The end product is something to be proud of, she says.

"I think from a project management perspective, nothing short of a Herculean effort was exercised here to make this happen," she says. "This is not a conventional facility. This is a medical facility with labs and new teaching spaces, respecting the pedagogy that has changed of late."

To the southwest, along Front Street, is the university's newest addition – the Isabel Bader Centre for the Performing Arts.

A visual splendour designed by internationally-renowned architecture firm Snohetta, the Isabel also combines cutting-edge design with the preservation of heritage.

The award citation points to the conserving of limestone walls and multi-pane windows at the former Morton's Brewery site.

"(Heritage) is a key element for us and for the city in which we are situated," Ms. Holland says. "We have 88 historic facilities here, which is more per capita than anywhere else, so we absolutely respect that as part of the fabric of our city."

Ms. Holland explains that the recently-completed Campus Master Plan took close to two years to complete and that these two buildings, and the awards they have now garnered, are a validation of the process.

"Hundreds of people were involved including the city and other key community stakeholders, so it wasn't just an inward-looking process, it was very much an outward-looking process she says. "Both of these facilities support the plan. I just think they're magnificent."

graduatestudents

Awards

Queen's graduate students, post-docs receive a total of IH SSHRC awards

The Social Sciences and Humanities Research Council announced the recipients for their Canada Graduate Scholarships for both Masters and PhD students, as well as the Doctoral and Post-Doctoral Fellowships. Our congratulations go to all our students and post-docs who received them.

Joseph Armand Bombardier Canada Graduate Scholarship:

MASTERS – Queen's students received 44 (\$17,500 each) of 1285 handed out.

DOCTORAL – Queen's students received 21 (\$105,000 each) of 430 handed out.

SSHRC Fellowships

DOCTORAL – Queen's students received a total of 27 of the 580 handed out.

7 – \$80,000

8 – \$60,000

11 – \$40,000

1 – \$20,000

POSTDOCTORAL – Queen's Post-docs received a total of four (\$81,000 each) of the 183 handed out. Drs.

Callie Callon, Alexander D. Campbell, Farah D. Chowdhury and Karla K. McManus have each been awarded the \$81,000, two-year fellowship to pursue research projects in religious studies, history, gender studies, and art history.

In all Queen's students and post-docs brought in \$4,799,000 to research at Queen's.

Thesis Defences

Tuesday, Dec. 9, 12:30 pm

Gabriel Garwood Walton, Geological Sciences & Geological Engineering, 'Improving Continuum Models for Excavations in Rockmasses Under High Stress Through an Enhanced Understanding of Post-Yield Dilatancy'. Supervisor: M.S. Diederichs, 527 Bruce Wing

Wednesday, Dec. ED, F pm

Hossein Seyedrezai, Mechanical and Materials Engineering, 'Thermo-Mechanical Processing of Dual-Phase Steels and Its Effects on the Mechanical Behaviour'. Supervisors: J.D. Boyd, A.K. Pilkey, 227 Nicol Hall

Thursday, Dec. EE, F pm

Mohsen Omrani, Neuroscience Studies, 'Sophisticated Feedback Processing in Motor Control'. Supervisor: S.H. Scott, B129 Botterell Hall

Friday, Dec. EF, I:GD am

Kathryn Hargan, Biology, 'Diatoms as Indicators of Environmental and Climatic Change in Peatlands and Lakes Located Across the Boreal Shield and Hudson Bay Lowlands of Canada'. Supervisors: J.P. Smol, A.M. Paterson, 3110 BioSciences Complex



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Five researchers honoured for outstanding work

BY ROSIE HALES,
COMMUNICATIONS OFFICER

The latest Queen's Prize for Excellence in Research recipients were recognized during this year's fall convocation ceremonies.

Recipients this year include Stephen Hughes, Glenville Jones, John Kirby, Ian Moore and Christine Overall.

"Queen's is proud to celebrate the achievements of five outstanding members of our research community," says Steven Liss, Vice-Principal (Research). "It's important to recognize the broad range of academic subjects our winners represent, which demonstrates the span of research excellence at Queen's."

An internationally-renowned researcher, Dr. Hughes (Physics) has made a number of outstanding contributions to the field of nanophotonics and quantum optics. In a series of landmark papers which continue to receive international attention, Dr. Hughes and his group developed an accurate way to understand the influence of fabrication imperfections on the propagation of light in photonic crystals, and designed a "single photon gun" for use in quantum information processing. Dr. Hughes is a co-founder of a successful Canadian optical software company, Lumerical Solutions Inc.

Dr. Jones (Biomedical and Molecular Sciences) is a widely respected biochemist and authority in the metabolism of vitamin D, a compound whose dysregulation or deficiency is correlated with a broad



The Queen's Prize for Excellence in Research was recently awarded to, clockwise from top left: Christine Overall; Glenville Jones; Ian Moore; and John Kirby; Stephen Hughes.

spectrum of diseases including osteoporosis, rickets, psoriasis, renal failure, cancer and various hypercalcemic conditions. Dr. Jones' work on how vitamin D is metabolized has become textbook biochemistry and is now included in the curriculum of every medical and life sciences student.

Dr. Kirby (Education) has an outstanding national and international reputation and is one of Canada's preeminent educational scholars. Dr. Kirby is best known for his contributions related to theories of reading, intelligence and students' conceptions of learning. Dr. Kirby is also cross-

appointed to the Department of Psychology and is a member of the Centre for Neuroscience Studies.

Dr. Moore (Civil Engineering) received the award for his achievements in fundamental and applied engineering research and for his unequalled advances in the understanding and design of buried

pipes. Dr. Moore is a Fellow of the Canadian Academy of Engineering and in 2002 he became the second civil engineer to be awarded a Killam Research Fellowship.

With a career spanning more than 30 years, Dr. Overall (Philosophy) has made important and diverse contributions to both applied ethics and social philosophy. She has investigated fundamental aspects of human life and experience including: procreation; sexuality and gender; and aging, disability and death. Her pioneering insights into reproductive ethics, where she has contributed to debates about conception, pregnancy, birthing, and reproductive technologies, continue to be influential. In 1998, Dr. Overall became the first feminist philosopher to be elected a Fellow of the Royal Society of Canada.

'Aquatic osteoporosis' jellifying lakes

BY ROSIE HALES,
COMMUNICATIONS OFFICER

A plague of "aquatic osteoporosis" is spreading throughout many North American soft-water lakes due to declining calcium levels in the water and hindering the survival of some organisms, says new research from Queen's University.

Researchers from Queen's, working with colleagues from York University and the University of Cambridge, as well as other collaborators, have identified a biological shift in many temperate,

soft-water lakes in response to declining calcium levels after prolonged periods of acid rain and timber harvesting. The reduced calcium availability is hindering the survival of aquatic organisms with high calcium requirements and promoting the growth of nutrient-poor, jelly-clad animals.

In the study, researchers looked at the microscopic organisms *Daphnia* and *Holopedium* – the latter whose size is greatly increased by its jelly capsule.

"Calcium is an essential nutrient for many lake-dwelling organisms,

but concentrations have fallen so low in many lakes that keystone species can no longer survive," says Adam Jeziorski, one of the lead authors of the study and a postdoctoral fellow in the Department of Biology at Queen's.

The research team found that when calcium levels are low, the water flea *Daphnia*, which has high calcium requirements, becomes less abundant. Importantly, this keystone species is being replaced by its jelly-clad competitor, *Holopedium*.

"Conditions now favour animals better adapted to lower calcium levels, and these changes can have significant ecological and environmental repercussions," says Dr. Jeziorski.

Tiny fossils from lake sediments were studied to determine the pre-impact conditions of the lakes as the calcium decline began before monitoring programs were in place. Using this technique, the team was able to examine the environmental trends from the past approximately 150 years.

"Lake sediments act like a history book of past changes in a lake,

recording what happened before the problem was identified," says John Smol (Biology), Canada Research Chair in Environmental Change. "Jelly-clad invertebrates have been increasing in an alarming number of lakes. This is likely a long-term effect of acid rain on forest soils, logging and forest re-growth."

The increase in jelly-clad invertebrates can have important implications for lake biology, altering food webs, but can also clog water intakes.

"Many lakes we investigated have passed critical thresholds," says Dr. Smol. "We have been reduced to the role of spectator as these changes continue to unfold. Once again we see there are many unexpected consequences of our actions, most of which are negative."

This research was funded by the Natural Sciences and Engineering Research Council of Canada and the Ontario Ministry of the Environment and Climate Change.

The study is published in *Proceedings of the Royal Society B*.

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A close-up image of a *Holopedium*, whose size is greatly increased by its jelly capsule.

SUPPLIED PHOTO

Providing new hope for prostate cancer patients

The following story is the third in a series on the Kingston General Hospital Research Institute and the clinician-scientists recruited to work in the centre.

Queen's University pathologist David Berman plays a critical, if little-seen, role in a patient's journey from medical consultation to disease diagnosis.

"I'm the one who looks at the patient's tissues under a microscope and determines, this is benign, this is malignant," he says. "And if it's malignant, I help answer important questions such as: does it need treatment and, if so, what kind? Or can this be left alone?"

As a clinician-scientist at the Kingston General Hospital Research Institute, Dr. Berman knows how difficult those decisions can be, especially in his research area of prostate cancer, where at least half of all diagnosed cases are harmless and don't require treatment. And biopsies – surgical procedures that remove small samples of tumor tissue for analysis – aren't always effective in distinguishing the harmful cancers from other, relatively

harmless types.

"If we could find the biomarkers, or molecular clues, that would tell us which cancers are harmful, we could look for those features in blood or urine tests, and skip biopsies altogether," he explains. "Blood or urine tests would be faster, less expensive, and less invasive, and ensure that those with the more harmful cancers get their diagnosis and treatment sooner."

His research is focused on doing just that. A recent recruit to the Queen's Department of Pathology and Molecular Medicine and KGH from Johns Hopkins University in Baltimore, Dr. Berman is leading a team of scientists across Canada that is studying a large number of genes that will form the foundation of new tests for prostate cancer. The group will study prostate cancer samples from two patient groups in Kingston and Montreal, looking for specific molecular fea-

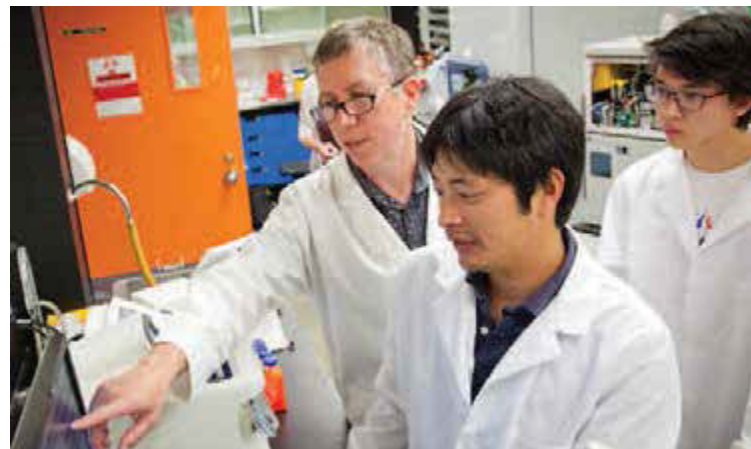
tures, such as the modification, gain or loss of particular genes.

The goal of this work, funded by Movember and Prostate Cancer Canada, is to develop new and better tests that help clarify decision-making for men newly diagnosed with prostate cancer, and improve their quality of life.

"There are some features for these tests that look really promising," he says. "We're hoping to identify tests that will tell us at the time of biopsy whether the patient's cancer is harmful."

He's happy with his progress so far, in part because of some distinct advantages in his research environment in Canada, he says. The first is Cancer Care Ontario's patient registry, a computerized database that provides researchers with a wealth of scientific data about cancer diagnosis, treatment and outcomes for all Ontario cancer patients.

"It's an advantage of Canada's



David Berman works in his lab with Atsunari Kawashima and undergraduate student Nathan How.

SUPPLIED PHOTO

single-payer health care system," he says. "Johns Hopkins didn't have anything like this."

He also credits the NCIC Clinical Trials Group, literally next door, in the Queen's Cancer Research Institute.

"Having the clinical trials group on site means we can take research to the next level by doing a patient

trial," he says.

Dr. Berman was one of 14 researchers across Canada jointly awarded a five-year, \$5 million Movember Team Grant from Prostate Cancer Canada. The team, called PRONTO, is focusing on rapid development of novel diagnostic markers for early prostate cancer.

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Joint program with Tongji University announced

BY CRAIG LEROUX, SENIOR COMMUNICATIONS OFFICER

Queen's University has announced the creation of a "two-plus-two" degree program in partnership with China's Tongji University.

The program will see Tongji students study for two years at its College of Environmental Science and Engineering in Shanghai, before coming to Kingston for two years of study in Queen's School of Environmental Studies. Graduates will earn a Bachelor of Science degree in environmental science from Queen's.

"This two-plus-two program will provide an exceptional international experience that will enrich the education of participating students as well as their classmates at Queen's," says Alan Harrison, Provost and Vice-Principal (Academic). "It is a partnership that builds upon existing collaborations in environmental science between our two universities, as well as Queen's longstanding ties in China."

Queen's officials, including Provost Harrison, Susan Mumm, Dean of Arts and Science, and Kathy O'Brien, Associate Vice-Principal (International), were in Shanghai Thursday, Nov. 20 when the agreement was officially signed at Tongji.

"Queen's comprehensive international plan identifies China as one of our priority regions for developing academic and research partnerships, as well as student recruitment," says Ms. O'Brien. "This program will further co-operation between our two institutions

and will strengthen the understanding of environmental expertise in both countries."

The two-plus-two program is the next step in a series of collaborations between Queen's and Tongji, which also includes a joint field course in Aquatic Biodiversity and Environmental Assessment, as well as the Sino-Canada Network for the Environment and Sustainable Development, a joint research initiative focusing on topics such as low-impact urban development, aquatic ecosystem remediation, and the monitoring of environmental change using remote sensing and geographic information systems technology.

Brian Cumming, the director of Queen's School of Environmental Studies and the Queen's co-ordinator of the new program, says that participating students will be able to apply their international experience to environmental problems.

"Environmental issues can have both local and global dimensions, and are often impacted by cultural and social circumstances," says Dr. Cumming. "This program will be an excellent way for Chinese and Canadian students to learn from each other and we look forward to welcoming the first group of students from Tongji."

The program is expected to draw approximately 15 students to Queen's annually. The first contingent of Tongji students will arrive in the fall of 2015.

Expanding the university's international reach is a strategic priority for Queen's and a key driver in its strategic framework. China is



Wu Jiang, Vice-President (Academic) at Tongji University, and Alan Harrison, Provost and Vice-Principal (Academic) at Queen's University, greet each other during the signing ceremony in Shanghai for the new two-plus-two degree program in Environmental Science.

central to Queen's international plan, and a senior delegation from the university is currently touring China to meet with partner institu-

tions, alumni and prospective students. Queen's also recently launched a Chinese webpage to strengthen the university's connec-

tions with prospective Chinese students and their parents.

International connections flow from research

BY MARK KERR, SENIOR COMMUNICATIONS OFFICER

Throughout his three-decade academic career, Andrew Pollard (Mechanical and Materials Engineering) has worked to establish networks that support international collaborations. Those efforts and his research contributions in the field of fluid dynamics have earned him a fellowship in the American Physical Society.

"The fluid dynamics research community in Canada is small. I have long held the view that reaching out to others around the world is the best way to keep the community and my research vibrant," says Dr. Pollard, Queen's Research Chair in Fluid Dynamics and Multi-scale Phenomena.

To foster those international collaborations, Dr. Pollard has hosted international conferences at Queen's and elsewhere and visited laboratories around the world during his sabbaticals. He has also reached out to colleagues at other universities, which resulted in annual meetings of fluid dynamics researchers.

Making international connections offers additional benefits beyond advancing his research, according



Andrew Pollard

to Dr. Pollard.

"Our students get to see their work is just as good if not better than their peers around the world," he explains. "And I have found

that our graduate students go on to work at other universities often based on the contacts they have made while conducting research here at Queen's."

Dr. Pollard's international work dates back to his graduate school days when he embarked on a PhD in England. During his doctoral work, he used both computers and experiments to understand turbulence and fluid mechanics problems. This synergistic approach has been a hallmark of Dr. Pollard's research career ever since, which the American Physical Society fellowship celebrates.

"I take two approaches to the subject matter. As an engineer, I am focused on the application side, and I have been recognized as a fellow of the American Society of Mechanical Engineers for that work," he says. "It's really icing on the cake to receive the fellowship from the American Physical Society honoring my theoretical research into the intricacies of the flow physics of fluid dynamics and especially turbulence."

Dr. Pollard accepted the fellowship at the annual meeting of the American Physical Society's Division of Fluid Dynamics on Nov. 23 in San Francisco.

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eventscalendar

Tuesday, Dec. 2, 4-5:30 pm

Expanding Horizons: Speed Reading: Reading Fast & Effectively

Part of the Expanding Horizons workshop series for graduate students and post-docs. Attend this workshop to learn a variety of techniques and strategies that you can try to help make your mountain of readings more manageable. We will cover ways to prioritize your reading assignments and improve your comprehension, retention and/or speed including some hands-on practice! Gordon Hall, Career Services Workshop Room 325A.

Wednesdays 12-12:30 pm

Lunchtime Breathing Meditations

Protect your mind against stress with a 30-minute breathing meditation. All are welcome — students, staff, faculty, women and men. Anyone who needs relaxation and a calm mind. No meditation experience necessary. Each session is self-contained. Suitable for beginners experienced meditators. We meet in the Flower Pot Room, lower level of the Ban Righ Centre. Once you enter the Ban Righ Centre, turn left. Just before the kitchen is a small stairway to the lower level.

Wednesday, Dec. 3, 9 am-Thursday, Dec. 4, 4 pm

Course Design at Queen's

In this intensive two-day workshop participants learn to apply the principles of backward design, constructive alignment and universal design for learning to the development or re-design of one of their courses. Sound pedagogical principles will be introduced to help inform all instructional and assessment decision-making. Robert Sutherland Building, Rm. 202, 138 Union St.

Thursday, Dec. 4, 12-1 pm
Identifying and Responding to Students in Distress (IRSD)

Lunch and Learn: This 45 minute session focuses on basic information about mental health, incidence of

mental health problems among students, behaviours of concern and how to respond with particular emphasis on students in crisis. Participants will develop an awareness of resources, both on-campus and in the Kingston community and how to access these resources quickly. Register at queensu.ca/hcds/workshops. Gordon Hall, Career Services Workshop Room 325A, 3rd Floor Gordon Hall.

Thursday, Dec. 4, 4:30-7 pm
Widget Workshop

Come out and join a team from the Faculty of Education's Community Outreach Centre for an evening of exciting hands-on learning at our first ever Widget Workshop. Discover K-8 science and technology secrets by making several widgets of your own and discussing the concepts that make them work. We will share over 50 unique widget resources, from how to make a hoop glider to our famous Up & Down Dino. You will have an opportunity to make several different widgets appropriate to your grade and division and take home a 200+ page resource book. Please RSVP to community.outreach@queensu.ca. Duncan McArthur Hall, Room A339, 511 Union St.

Thursday, Dec. 4, 5-6:30 pm
QUIC English Conversation Group

Join the group, meet others, gain confidence in conversational English and have fun! Free weekly drop-in sessions run Thursdays from mid-September until late April at QUIC in the JDUC.

Friday, Dec. 5, 1 pm
The Dec. 6 Memorial Service

The Engineering Society hosts The December 6th Memorial Service, taking place on December 5th (yes, a day early) in the ILC Atrium at 1 pm. On Dec. 6, 1989 12 engineering students, one nursing student, and one staff member were murdered at l'Ecole Polytechnique de

Montreal. They were killed because they were women. The Engineering Society will be hosting a service to commemorate the women who lost their lives, and inspire students to work for change.

Sunday, Dec. 7, 1:30-4:30 pm
Family Eco-Art Program

Create eco-mobiles with artist Phoebe Cohoe at the Agnes Etherington Art Centre. All programs begin with a short tour of 'I hope humanity...!', followed by a fulfilled art project in the studio. Suitable for children 6+ with adult accompaniment. Programs are free but require registration. Please call (613) 533-2190 to sign up at either 1:30 pm or 4:30 pm.

Monday, Dec. 8, 4-5:30 pm
Expanding Horizons: Resumes and cover letters for the professional job market

An application that features clear and memorable descriptions of your abilities will distinguish you from other applicants... and it can win you an interview. Find out how to customize sections of the resume or CV to demonstrate a match between you and the work you want. Discover ways to communicate with specific audiences in business and government. Integrate your transferable skills and experience in your Resume and Cover letter with a little help from your fellow graduate students. Gordon Hall, Career Services Workshop Room 325A, 3rd Floor Gordon Hall

Monday, Dec. 8, 7-9 pm
Women's Full Moon Ceremony

Open to all women, a ceremony honouring each other as women and grandmother moon. Bring dish for potluck, bottle of water, tobacco, long skirt. Four Directions Aboriginal Centre, 146 Barrie St.

Tuesday, Dec. 9, 1:30-3 pm
Facilitating Discussion Through Effective Questioning

A well-facilitated discussion promotes active learning and engagement. In this session, you will have the opportunity to explore strategies for initiating and sustaining effective discussions through the art of questioning. Contact the Centre for Teaching and Learning, ctl@queensu.ca.

Tuesday, Dec. 9, 6-9 pm
Potluck for Post-Docs, Visiting Researchers and Families

All Queen's post-docs and visiting researchers are invited to join for a potluck in the QUIC (Queen's University International Centre) in the JDUC (Union Street and University Avenue). Bring a dish to share and bring along your spouse/partner and children! Everybody is welcome to join! Please RSVP to sgspostdoc@queensu.ca.

Thursday, Dec. 11, 1-4 pm
Mental Health: Awareness. Anti-Stigma. Response.

This new program aims to increase our understanding of mental health, mental illness and the experience of stigma, to recognize signs of a mental health problem, to increase comfort in interacting with someone who may have a mental health problem, and provide the skills and knowledge to support a person who may have a mental health problem. The program combines a range of teaching approaches, including video, interactive case studies and lecturing. Register at queensu.ca/hcds/workshops. Gordon Hall, Career Services Workshop Room 325A, 3rd Floor Gordon Hall

Thursday, Dec. 11, 7:30-9 pm
Inaugural Chancellor David Dodge Lecture: Preparing Canada for our Collective Old Age

The Chancellor David Dodge Lecture in Public Finance was established in 2014 by Queen's School of Policy Studies, Queen's School of Business and Queen's Department of Economics. It honours David

Dodge who served as the 13th Chancellor of Queen's University from 2008 to 2014. The Lecture's focus celebrates his lifelong passion for excellence in public finance. University Club, 168 Stuart St.

Tuesday, Dec. 16, 4-5:30 pm
Expanding Horizons: Creating a teaching dossier

This session will introduce the nature and structure of teaching dossiers, which summarize teaching accomplishments, initiatives, and other strengths. They have a logical structure and are clearly formatted. As living documents, they are intended to grow and change as the teacher evolves. Teaching dossiers are increasingly a part of applying for academic positions and may be used in applications for academic promotion. Ellis Hall, Room 333.

Wednesday, Dec. 17-18
Mental Health First Aid

Mental Health First Aid Training (MHFA) is a two-day certificate course to improve mental health literacy through greater depth and breadth of understanding of mental health issues. This session is offered over two days (October 18 and 19, 2014) and attendance at both sessions is required to receive a certificate. The purpose of MHFA is to teach participants how best to assist someone showing signs of a mental health problem or experiencing a mental health crisis. Register at queensu.ca/hcds/workshops. Gordon Hall, Career Services Workshop Room 325A, 3rd Floor Gordon Hall.

Friday, Dec. 19, 2-4:30 pm
QUIC Holiday Networking Tea

Informal social get-together for international and domestic students who will be staying in Kingston over the winter holidays. Stop by for tea and cookies and plan holiday activities with friends. At QUIC in JDUC.

5 things you can do to manage stress

It's exam time once again at Queen's University and it can be very stressful for many people. Here are some easy steps you can take to help manage your stress levels.

1 Manage your time – Making a plan can help you feel less overwhelmed. Decide which tasks are most important to do right now and make realistic time estimations for how long things will take. Try a December study schedule template from Learning Strategies to get started.

2 Connect – Spend time connecting with positive people who enhance your life, such as new friends you have met in Kingston and family and friends from home. Take a break for a walk outside, a cup of tea/coffee, or a catch up phone call with someone you care about.

3 Get enough sleep – 7-9 hours of sleep each night helps you to handle stress easier. When you are well rested, you are more patient, less agitated and better able to absorb the information you are studying.

4 Eat well – Regular meals including fruits and vegetables are a good defense against stress. Eat for energy by including complex carbs, protein, and fruit/veggies in your meals. Keep healthy snacks like nuts, raw veggies, whole fruits and yogurt on hand for study sessions.

5 Be Active, Get Your 150 – 150 minutes/week of moderate to vigorous activity can help relieve stress. Flexible, loose muscles are less likely to become tight and painful in response to stress, and regular physical activity has been linked to academic success.

athleticsandrecreation

Athletics and Recreation Centre marks anniversary

BY COMMUNICATIONS STAFF

It was time to celebrate as the Athletics and Recreation Centre marked its fifth anniversary since first opening its doors on Dec. 1, 2009.

Featuring 24,500 square foot cardio and strength zones, Kingston's largest pool, eight international-size squash courts, four dance studios and more, the ARC averages over 2 million visitors each year.

It also is home court for a number of Gaels teams, hosting games against OUA rivals in sports like basketball and volleyball. The ARC also has been the venue or non-university sporting events at the regional and provincial level.

Membership at the ARC offers a premium fitness experience for students, staff, faculty and the

Kingston community. All memberships include full access to the state-of-the-art facilities, all casual recreation activities and a select number of fitness and wellness programs.

Additional features include; locker, laundry and towel service, free equipment rentals, underground parking and wireless internet.

Every summer over 3,000 kids take part in camps at the ARC. Q-Camps is the leading sports camp provider in the Kingston area, offering a variety of camps for all age groups and skill levels. With PA day, holiday, March Break and summer camps; the ARC has children's needs covered throughout the calendar year.



Over its five years, the Athletics and Recreation Centre has hosted many events including the Get Your 150 Campaign mega fitness class.

fittip

With the aim of helping faculty and staff 'Get your 150' (minutes of recommended exercise a week) to improve health and wellness, the Gazette and Athletics & Recreation will be offering a Fit Tip in each edition.

Just because you have a desk job does not mean that you have to live in front of a screen. If you sit all day at work, and then sit all night at home to "relax," you're not doing your body any favours.

Try the 3 Ps:

- Practice turning off the screens
- Plan your screen time
- Play – just get outside and play

When thinking of the 3 Ps, if you feel it is a "necessity" to watch TV, try doing jumping jacks/squats/weight lifting/yoga moves or just standing during the show; at a minimum during the commercials this will add activity to your day. It's just that easy!

Practice the 3 Ps. Try turning off all screens; TV, computer, ipad, etc, for a set amount of time each day and see how easy it is to turn off the screen and turn up the activity in your life.

UNIVERSITY COMMUNICATIONS



REGISTRATION OPENS DEC. 8 FOR WINTER FITNESS PROGRAMS AT THE ARC



Let our certified, experienced instructors motivate and guide you towards your fitness goals this winter!

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Committees

Principal's Advisory Committee – Vice-Principal (Research)

Steven Liss' term as Vice-Principal (Research) will end on Aug. 31, 2015. Dr. Liss has indicated that he would consider a further term as vice-principal should it be the wish of the university community. Principal Daniel Woolf is pleased to announce the membership of the committee that he has asked to advise him on the reappointment of Dr. Liss as vice-principal (research).

Members are:

Irène Bujara, University Advisor on Equity

Diane Davies, University Research Services

Roger Deeley, Queen's Cancer Research Institute

Stephen Elliott, Dean, Faculty of Education

Michael Greenspan, Head, Electrical and Computer Engineering

Dinah Jansen, Vice-President (Graduate), SGPS

Warren Mabee, Geography/School of Policy Studies

Patrick Martin, School of Computing

David Pattenden, Board of Trustees

Allison Williams, President, AMS

Rosie LaLande, Executive Assistant to the Principal (recording secretary)

Daniel Woolf, Principal (chair)

Members of the university community are invited to submit their views on this reappointment and on the present state and future prospects of the Office of the Vice-Principal (Research) to the principal via Rosie LaLande at mary-rose.lalande@queensu.ca. Respondents are asked to state whether or not they wish to have their letters shown, in confidence, to members of the advisory committee. Letters should be submitted by Dec. 12, 2014.

Notices

Pension plan AGM set for Dec. 5

The annual meeting of the Queen's Pension Plan will be held on Friday, Dec. 5 at 1 pm in Ellis Hall Auditorium. All plan members, including retirees, are invited to attend.

One of the plan's investment counsellors, its actuarial consultant and members of pension committee are scheduled to attend and answer any questions. Members will also be given the opportunity to raise other matters relating to the Queen's Pension Plan that may be of concern.

For more information, please contact the Pensions and Insurance Unit of Human Resources at ext. 32070.

Call for Applications – USSRF

The Undergraduate Student Summer Research Fellowships (USSRF) provide an opportunity for continuing undergraduate students at Queen's to develop their research skills under the guidance of a faculty researcher.

Over the course of the summer, students will develop a research project in an area of interest and/or participate in the research program of a selected researcher.

The program is targeted to students enrolled in social sciences, humanities, fine arts, or concurrent education, where summer student research funding is typically less available. Students may consider projects in disciplines outside of their own field of study or outside of the three focus study areas, as well as those directly connected to their prime area of study. Up to three of the 2015 fellowships will be offered to students whose projects take place at the Bader International Study Centre (BISC) at Herstmonceux Castle, East Sussex, England. The deadline for applications is **Wednesday Jan. 28, 2015**.

For complete program guidelines and the application form, see the Queen's University – University Research Services website at

queensu.ca/ors/USSRF.html. Enquiries may be directed to: Lynn Roberts, Research Facilitator, University Research Services at roberts@queensu.ca.

Comment now on university policies

The Queen's community is invited to comment on five university policies and procedures.

The list includes new policies governing return to work, accommodating disabilities, and tracking moveable assets, as well as a new procedure for paying research study participants. The policy on travel and expense reimbursement has been updated.

All five policies are posted online at queensu.ca/secretariat/postpolicy.html. Faculty, staff and students are asked to email their comments to policies@queensu.ca and include the name of the specific policy they are addressing in the subject line of the email.

books

Aspects innovants en insertion scolaire francophone by Marie J. Myers, professor, Faculty of Education.



In this book, based on data from field studies, the author questions how to improve upon ways to welcome and integrate newcomers in schools, coming at it from different perspectives in order to better address their learning and adaptation needs to the French context in multicultural Ontario. Starting with statistics and data obtained through a large scale questionnaire, facts are presented in detail and findings described and contextualized. The analysis of details uncovers the cultural diversity in learners, the great effort deployed all around to be accommodating, various attitudes towards otherness in school and community contexts also identifying areas for

improvement. In line with the interpretation of results, pathways are delineated to fill the gaps identified through data analysis with the objective to promote newcomers' wellbeing and facilitate their way into and their remaining in French programs. A number of measures were recommended including innovative actions and strategies, and extending the use of computer technology. In French only.

Ce livre, basé sur les données d'un travail sur le terrain, part de différentes perspectives dans le questionnement sur les manières d'améliorer l'accueil et l'intégration des nouveaux, afin de mieux répondre à leurs besoins d'apprentissage et d'insertion en milieu francophone dans un contexte pluri-culturel. En partant de faits et de chiffres et sur la base d'une enquête à grande échelle, on établit les faits jusque dans leurs détails et on procède à la description des résultats en contexte. L'analyse détaillée montre la diversité culturelle des apprenants, les efforts fournis de toutes parts, les attitudes face à la différence dans le milieu scolaire et communautaire et les manques, ce qui amène à suggérer le besoin d'améliorations à plusieurs niveaux. Suite à l'interprétation des résultats, on esquisse des cheminements désirables, alignés sur les éléments manquants mis en relief par les données, afin de prévoir le mieux-être et l'insertion plus souple visant la rétention dans les écoles francophones. Dans ce but, on recommande d'implanter un nombre de mesures. De plus, des démarches et stratégies innovantes sont préconisées, incluant le recours poussé à la technologie de pointe."

humanresources

Job postings

Details regarding job postings – internal and external – can be found at queensu.ca/humanresources/jobs. Applications for posted positions are accepted **by email only** to working@queensu.ca before midnight on the closing date of the competition.

■ **COMPETITION:** 2014-312

JOB TITLE: Director, Business Development

DEPARTMENT: Queen's School of Business, Executive Education

HOURS PER WEEK: 35

APPOINTMENT TERMS: Term (3 years)

CLOSING DATE: 04-Dec-2014

NOTE: This competition may close on an earlier date if a suitable candidate is identified.

■ **COMPETITION:** 2014-332

JOB TITLE: Payroll Manager

DEPARTMENT: Human Resources

HOURS PER WEEK: 35

APPOINTMENT TERMS: Continuing Appointment.

CLOSING DATE: 05-Dec-2014

■ **COMPETITION:** 2014-323

JOB TITLE: Director, Early Career Programs

DEPARTMENT: Queen's School of Business

HOURS PER WEEK: 35

APPOINTMENT TERMS: Term Appointment (3 years)

CLOSING DATE: 04-Dec-2014

■ **COMPETITION:** 2014-263

JOB TITLE: Psychologist

DEPARTMENT: Regional Assessment and Resource Centre

HOURS PER WEEK: 35

APPOINTMENT TERMS: Continuing Appointment, Salary is negotiable
CLOSING DATE: 15-Dec-2014

■ **COMPETITION:** 2014-319

JOB TITLE: Senior Research Engineer

DEPARTMENT: School of Computing

HOURS PER WEEK: 35

APPOINTMENT TERMS: Research Position-Term appointment (1 year)

CLOSING DATE: 31-Mar-2015

■ **COMPETITION:** 2014-278

JOB TITLE: Programmer Analyst (USW Local 2010)

DEPARTMENT: Housing and Ancillary Services

HIRING SALARY: \$50,405 (Salary Grade 7)

HOURS PER WEEK: 35

APPOINTMENT TERMS: Continuing Appointment (Monday to Friday, 7 hours)

CLOSING DATE: 05-Dec-2014

APPLY TO: Applications will be considered beginning November

21, 2014. This competition may close on an earlier date if a suitable candidate is identified.

Successful Candidates

JOB TITLE: Associate Director, Financial Analysis and Reporting
DEPARTMENT: Financial Services
COMPETITION: 2014-245

SUCCESSFUL CANDIDATE: Peter Viveiros

■ **JOB TITLE:** Business Support Representative

DEPARTMENT: Human Resources
COMPETITION: 2014-176

SUCCESSFUL CANDIDATE: Ruby McClenaghan


■ **JOB TITLE:** Admissions and Career Development Co-ordinator

DEPARTMENT: Faculty of Law
COMPETITION: 2014-261

SUCCESSFUL CANDIDATE: Jennifer DeBruyn

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 to speak with our Director of Operations, Mike Macaulay

