



KPE Newsletter



Welcome to A New Year

KPESA Happenings:

??Pizza Day!!! October 27th @ 11:00 am \$2.00 for a piece of pizza and a pop...not too healthy, but this will help out future KPE student events!! Look for us in the Trades building and the Great Hall.

??Pub Night October 28th, @ Finnegan's at 8:00 pm...Come in a costume!!! \$5.00 cover charge

??KPE Clothing: KPESA will be ordering in KPE sweat pants and hoodies in either grey (with green and white stitched lettering) or navy (with red and white lettering) Place your order by e-mailing kpeclothing@hotmail.com

??KPE window: Check out the window displays in the main foyer of D building to tap into any upcoming KPESA events. Samples of the grey and navy hoodie are there on display.

??KPE Christmas Party; December 3rd @ University House: Formal attire, appetizers and bar service ... some details yet to be decided

We're back! This academic year promises to be a good one for the KPE department. For starters, we have this - our own KPE newsletter. And we have a new editor, in the form of Peter Hoefgen who hails from communications here at UCFV. Peter has great plans for our newsletter and we welcome his ideas and his expertise. The plan is to make this newsletter a forum for our ideas, for stories on what we're doing, what concerns us, what makes us one of the most popular choices for students at UCFV! We, as always, welcome your thoughts and words.

We plan to issue two newsletters per term and so our search for your contributions will be ongoing!

We also need a name for this newsletter! Call it a hunch, but something about the title, "KPE newsletter" is less than inspiring. Let's make a contest of it. Send your newsletter title suggestions in to alison.pritchardorr@ucfv.ca. The winner of this contest could have the chance at winning one of those coveted KPE hoodies... and will of course have the honour and glory of seeing their title in print!

As you will see in this edition, great things are happening in the KPE department. A number of our students have been the recipients of several awards. KPE students are very involved in research, campus activities, and organizations and naturally, our students are well represented on UCFV's national calibre athletic teams. Our alumni are making their mark in the world as well, with several former students now completing their MSc. in physiotherapy at a number of universities. As well, we have alumni who are now teaching in various locales or are completing the B.Ed. and PDP programs at UBC and SFU. We even have a graduate working in health promotion in Zambia! Our overly-energetic KPESA is the envy of all other student organizations on the campus.

Read further to find out the KPE student events that are being planned. And, oh yes, our department has a contingent of very active researchers and some of the best instructors around. This and more you can read about in this and future editions of the KPE newsletter, stay tuned, stay informed and most of all contribute!

KPE Students to Saskatoon for the Canadian Society for Exercise Physiology Conference

Three KPE students will be traveling to Saskatoon to the Canadian Society for Exercise Physiology conference with Dr. Greg Anderson where they will present the results of their 450 projects. Their research was selected after peer review to be included in the conference, and will likely be the only undergraduates to be presenting at the conference. Derek Geldrich (BKin 04), Brynne Elliott (BKin 05?), and Matt Holtzmann (BKin 05?) will be presenting the following papers:

Geldrich, D., M. Gaetz, and G.S. Anderson (2004). Effects of varying stability and visual input during squat performance. Canadian Society of Exercise Physiology. Saskatoon, Saskatchewan.

Elliott, B., M. Gaetz, and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable and unstable exercise. Canadian Society of Exercise Physiology. Saskatoon, Saskatchewan.

Holtzmann, M., M. Gaetz, and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable and unstable push-ups. Canadian Society of Exercise Physiology. Saskatoon, Saskatchewan.

Gaetz, M., J. Norwood and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable/unstable bench press. Canadian Society of Exercise Physiology. Saskatoon, Saskatchewan.



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Check us out on the web www.ucfv.ca/kpe, look under events and notices

KPE Award Winners

The Kinesiology/Physical Education department would like to congratulate this year's academic award winners. Becky Casson won the Exercise Science Student Award, given yearly to an outstanding student in the Kinesiology Program. Danika Dickson won a KPESA scholarship worth \$500, and Jen LaRoy won both the University Women's Club of Chilliwack and the Chilliwack Foundation scholarships worth \$1000 each. In addition, Kara McFarlane won the KPE Student Achievement Award awarded to a UCFV student who has maintained a high GPA and has been an outstanding athlete and leader in a recognized UCFV sports team. Kara received the award for maintaining a high GPA as well as rowing for the UCFV squad, upon receiving the award she states, "I was pretty shocked, but I worked extremely hard for my grades (not for an award but for myself) and it felt unbelievable to have my efforts recognized! I don't think that it is hard to have a great athletic year and maintain a high GPA among other things. They were my top priorities so that is what I focused on and worked hard at. Plus of course I had tons of fun doing it and they complimented each other very well." As for her advice for other students want to go for this award, "The only advice I dare to give (here comes the cheeze) is don't go for the award, just do it for yourself because then you can't lose. The award is just an incredible bonus!"



*Becky Casson
Exercise Science Student Award*



*Danika Dickson
KPESA Scholarship worth \$500*



*Jen LaRoy
Chilliwack Foundation, and the
University Women's Club of Chilliwack*



*Kara McFarlane
KPE Student Achievement Award*



*Who is this baby? Find
out soon in the KPE
Faculty Baby Photo
Contest*

*"The ancient Greek definition of happiness was the full use of your powers
along lines of excellence."
- John F. Kennedy*

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Outdoor Adventures



Nicki Iwasiuk and Kyle Libby and friends

Anyone who has taken one of Roger Friesen's classes has heard the stories from his outdoor trips. These amazing stories leave people saying that they want to go on one, but few go through with it. Well we did, and it was a life changing experience. The Alpine Skiing and Mountaineering trip (KPE 132B) took us up Garibaldi Provincial Park. For five days, we tented in the Snow, carried everything on our backs, cooked our meals on one-burner stoves, and hiked on alpine skis. Each day consisted of learning about avalanche safety, mountain terrain,

By no means was this trip an easy getaway. It was very physical as well as mentally demanding. Despite the challenge, what you learn about yourself and your abilities from reaching those peaks is so much more than you would expect. One of the most valuable things that we have gained from the trip were the friendships that were built. The experience is truly unexplainable, and we highly suggest that you take this once in a lifetime opportunity. For more information, see Roger Friesen

KPE Clothing

Get KPE clothing, Hoodies for \$50, Sweatpants for \$35, and T-Shirts for \$15. Colours come in navy with red/white or grey with green/white; t-shirts are navy with white lettering. For more information email, kpeclothing@hotmail.com

Alumni Corner

Bachelor of Kinesiology 2004 Graduates

Nicole Beaugard is working in health promotion in Zambia

Corrina Hiller is taking her B.Ed. @ UBC

Kevin Gibson has been accepted into Physiotherapy at the U.of A.

Eric Perkio has been accepted into physio. school in Australia

Kaitana Hoffert and Jeff Norwood are teaching English in Korea

April Pemble, Physio (UBC)

Kelly Moon, Physio (UofA)

"Don't hold in your farts, they crawl up your spine and into your brain...that's where crappy ideas come from..."

- KPE Student Quote of the Day: by Warren Belzer

Around UCFV



UCFV Basketball:

Nov 5 – UCFV @ Malaspina
 Nov 6 – UCFV @ Camosun
 Nov 12 – Whatcom County @ UCFV
 Nov 13 – Okanagan UC @ UCFV
 Nov 19 – Langara @ UCFV
 Nov 20 – Capilano @ UCFV
 Nov 26 – Kwantlen @ UCFV
 Nov 27 – Douglas @ UCFV

Home games are played in the Gym across from Casey's with the Women playing at 6pm and Men at 8pm.

UCFV Volleyball:

Oct 29 – CBC @ UCFV
 Oct 30 – Douglas @ UCFV
 Nov 5 – Capilano @ UCFV
 Nov 6 – Langara @ UCFV
 Nov 12 – UCFV @ COTR
 Nov 13 – UCFV @ Okanagan UC
 Nov 19 – UCFV @ UC Caribou
 Nov 20 – UCFV @ College of New Caledonia
 Nov 26 – UCFV @ Malaspina
 Nov 27 – UCFV @ Camosun



Home Games are played in the Activity Centre's Gymnasium, with the women playing at 6pm and men playing at 8pm.

UCFV Rowing Team

Some Members of the UCFV Rowing Team are travelling to Montreal November 6-7, 2004 to race in a Canadian Interuniversity Sport regatta. Good Luck to the Boat Crew.



Kara and Kyla's



Guacamole A' La Kara

- | | |
|---|--|
| ?? AVOCADOS (no need to fully mash, they will mash during mixing) | ??TOBASCO OR OTHER HOT SAUCE |
| ?? LIME JUICE (to prevent browning (most) of the avocados) | ??GREEN PEPPER (CHOPPED SMALL) |
| ?? TOMATO | ??TOBASCO OR OTHER HOT SAUCE |
| ?? FRESH GARLIC (MINCED) | ??SALSA |
| ?? RED PEPPER (CHOPPED SMALL) | ??MANGO (CHOPPED UP REALLY SMALL) – OPTIONAL |
| ?? GREEN PEPPER (CHOPPED SMALL) | ??SALT AND PEPPER (DON'T SKIMP OUT) |



COMBI NE I N A BOWL, ENJOY!

(There are no set amounts, it depends on how much you want and how much of each you like- just experiment! - isn't that what university is all about?!)