**Art in the Jean Royce Lounge**

- September to mid-November: the work of artist Mary Peppard. Mary will give a talk on November 11.
- Mid-November until the New Year: Ban Righ Centre Retrospective. Thousands of women have been associated with the Centre over the past 40 years. Photographs of many of these women will grace the walls of the Centre’s Jean Royce Lounge between mid-November and the New Year. Come take a look. You might recognize someone! One image will be highlighted weekly on the BRC’s Facebook page.

**Speaker Series**

Please note: on occasion a talk will be cancelled due to events beyond our control. We suggest that if you are not on our e-mail list, you telephone the BRC before setting off to make certain it has not been cancelled. Talks are held at noon (12:00-1:00) at 32 Bader Lane unless otherwise specified. Everyone is welcome. Homemade soup is available by donation. Space is limited.

**Monday, September 22**

**Enhance Your Wine Experience**

*Chris Marcucci, Sommelier Farmer*

Though an interactive talk, Chris will discuss some simple ways to enhance your wine experience, including how to taste, what you’re really tasting and understanding the basics of food and wine pairing, all with the goal of giving you the confidence to explore a world of wine you may not have ever known existed.

**Tuesday, September 23**

**Seeds of Dissent**

*Patty Rivera-Spencer, Board Member, Kingston Area Seed System Initiative*

Is what’s good for seed companies good for eaters? Learn six ways transnational corporations control seed, and ten easy things eaters can do to regain food sovereignty. Talk sponsored by the Seeds Grow Food project (www.SeedsGrowFood.org), a Kingston non-profit promoting responsible stewardship of our seed heritage.

**Wednesday, October 1**

*(Be)Witched, Wicked and Infanticidal Women: Stories from KwaZulu Natal***

*Julie Parle, (Hon) Associate Professor in History at the University of KwaZulu-Natal and Prinisha Badassy, PhD. Lecturer in History at the University of the Witwatersrand*

Historians of women in KwaZulu Natal, South Africa, Julie and Prinisha will discuss the bands of women known as the amandiki of Zululand in the late 1800s; school girls bewitched by umhayizo love medicines in the 1900s; and several infanticidal women known as the amandiki of Zululand in the late 1800s; school girls bewitched by umhayizo love medicines in the 1900s; and several infanticidal women of children in both centuries, asking whether their states of mind and actions can be regarded as comprising forms of protest and resistance.

**Friday, October 3**

*“A Dream Pursued”*

In celebration of its 40 year anniversary, Kris Abbott (Making Waves Personal and Professional Audio Histories) gifted the BRC with her time and expertise to create ‘A Dream Pursued’ an audio-visual history of the ‘one of a kind’ Ban Righ Centre. Film length 20 minutes. Discussion to follow. We invite all Ban Righ women (past and present) to come and share their stories!

**Women’s Wellness Sessions**

The Ban Righ Centre continues this term with its Women’s Wellness Sessions, provided through the generous support of the Shoppers Drug Mart Foundation. Most wellness sessions will be held as noon hour events in the lounge unless otherwise noted. Join us and be well! All are welcome.

**Monday, September 22**

**Cold and Flu Prevention**

*Dr. Sonya Nobbe, BScH, ND. Doctor of Naturopathic Medicine, Clinic Director*

Who has time to get sick?! Supporting optimal digestion and stress hormone balance are crucial strategies to keeping your immune system up and running this winter season. She’ll also discuss some simple strategies to treat the early stages of a cold or flu. www.KIHC.ca

**Wednesday, October 8**

**National Women’s History Month**

*Are we ‘There’ yet? Celebrating Women’s Histories***

*Jane Errington, Professor, Department of History, Queen’s University.*

October is National Women’s History Month -- an opportunity to reflect on our pasts, to consider our present and to think about our futures. Exploring the worlds of wives and mothers and school mistresses and scullery maids in 19th century Upper Canada (present-day Ontario) can offer surprising insights into the experiences of women today.

**Wednesday, October 22**

**Cold and Flu Prevention**

*Dr. Sonya Nobbe, BScH, ND. Doctor of Naturopathic Medicine, Clinic Director*

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**Women’s Wellness Session**

**Thursday, October 16**

**Cold and Flu Prevention**

*Dr. Sonya Nobbe, BScH, ND. Doctor of Naturopathic Medicine, Clinic Director*

Who has time to get sick?! Supporting optimal digestion and stress hormone balance are crucial strategies to keeping your immune system up and running this winter season. She’ll also discuss some simple strategies to treat the early stages of a cold or flu. www.KIHC.ca

**Wednesday, October 22**

**Building the Foundation of Happiness and Success**

*Despite living with Chronic Illnesses***

*Karen Nicole Smith, Chronic Illness Patient Advocate*

Despite living with kidney and heart failure, Karen Nicole Smith is physically fit, happy and daring to pursue lofty professional goals. As a patient advocate, Karen Nicole uses speaking, writing and advising to share messages learned along her health journey. Her story chronicles turning her health experience from tragedy to triumph.

**Women’s Wellness Session**
Monday, October 27
Gendered News: Campaign Coverage and Inequality in Representation.
Elizabeth Goodyear-Grant, Associate Professor in the Department of Political Studies at Queen’s University
Why do women constitute only a quarter of Canada’s representatives in the House of Commons? Presenting an overview of her book Gendered News: Media Coverage and Electoral Politics in Canada (Vancouver: UBC Press, 2013), Goodyear-Grant presents evidence that gendered patterns of news coverage contribute to an unsettling climate that affects the success and career longevity of women in office and could deter them from running at all.

Monday, November 3
Burundian Returnees’ Experiences in State-Created Villages
Yolanda Weima, M.A. Student, Geography
Recently the Government of Burundi and humanitarian partners created special villages to resettle returning refugees no longer able to access their former land. How do the perceptions of the inhabitants of these villages compare with official expectations? What are the gendered assumptions and outcomes of this new spatial arrangement?

Tuesday, November 11
Why Chickens?
Mary Peppard, Artist
Chickens have been a major theme in Mary’s art practice for many years. Her principal aim is to present art that portrays the beauty and dignity of chickens: many of her models are her own birds. She will use some of her recent work to show how lovely chickens can be. Chickens deserve respect and admiration. She hosted a very large project and Exhibition called the “Chicken History of Art” in which she “borrowed” some well-known images from art history and added chicken references. She also does chicken cartoons and 3 dimensional pieces in various media, frequently using humour to present her ideas.

Tuesday, November 18
CO2 Recycling and Bioenergy Production by Enhanced Algal Growth and Extraction
Pascale Champagne, Professor and Canada Research Chair in Bioresources Engineering Department of Civil Engineering & Department of Chemical Engineering
Microalgae could potentially produce 100 times more oil/ha than terrestrial plants and have capacity for CO2 sequestration. The feasibility of using microalgae for bioenergy recovery hinges on designing enhanced cultivation strategies, while minimizing environmental impacts, greening biofuel extraction, and integrating technologies to recover higher value chemicals. This research focuses on the development of novel approaches to algae-derived biofuel production, potentially addressing some technical inefficiencies that represent significant challenges to the development of economically viable large-scale applications.

Tuesday, November 18 from 4:00-5:00 p.m.
Book Launch!
Loss, Memory and Writing Beyond the Ending
Elizabeth Greene's poetry collection Understories
Elizabeth Greene, Poet
A short reading with a discussion to follow. Please see newsletter for a description of Elizabeth’s book.

Women’s Wellness Session 😊
Tuesday, November 25
Older Faster Stronger: How to Live Younger, Longer
Margaret Webb, Author
Margaret Webb shares her mission impossible story: achieving the wisdom of 50 inside the body of a 20 year-old athlete. Working with a team of experts, leading researchers and elite pioneers of the women’s running boom, she uncovered the secrets of running strong into our 70s, 80s and 90s. Older, Faster, Stronger: What Women Runners Can Teach Us All About Living Younger, Longer (Rodale Books, 2014) http://margaretwebb.com/

Wednesday, November 26
Til the Cows Come Home: Prime Cuts
Lenny Epstein, Filmmaker
Join filmmaker Lenny Epstein, director of the Kingston-produced prison farm film Til the Cows Come Home as he shares selections of material, including clips that didn't make it into the final film. He will describe the process of making the film and discuss how the prison farm protests impacted and inspired the filmmakers.

Women’s Wellness Session 😊
Wednesday, December 3
Massages (for mature women students only)
Norma Murray from the Whole Body Awareness Centre http://www.wholebodyawareness.ca/en/ will be giving 15 minute neck and shoulder massages to mature female students from 1:00-3:00 p.m. in the serenity room (BRC basement- rsvp to webbl@queensu.ca to reserve your spot).