

# The Ban Righ Centre Speaker Series Fall 2015

## Art in the Jean Royce Lounge

Rose Stewart will have her art displayed in the Jean Royce Lounge from early September until her talk on October 14<sup>th</sup>.

### The Ban Righ Centre Noon Hour Talks

*Expand your mind in a welcoming and stimulating environment. Talks are from noon-1:00 p.m. at 32 Bader Lane unless otherwise specified.*

*Everyone welcome. Homemade*

*Soup is available by donation. Space is limited.*

*Women's Wellness Sessions, supported by Shopper's Drug Mart, will also be held from noon-1:00 p.m.*

### Please Note

*On occasion, a talk will be cancelled due to events beyond our control. We suggest that if you are not on our email list, that you call the BRC before a talk to make sure it has not been cancelled.*

*For more information contact Lisa Webb:*

*[webbl@queensu.ca](mailto:webbl@queensu.ca) or  
(613) 533-6000 ext. 75363*

### Thursday, September 17 (Women's Wellness)

#### Grandmother Connection

**Nona Mariotti and Anne Richards,**

*'Grandmothers'*

Nona and Anne will talk about what a local group "Kingston Grandmother Connection" of over 200 women are doing to contribute to the Stephen Lewis *Grandmother to Grandmother Campaign* and *Help Lesotho*; two incredible grass roots organizations who help to support African grandmothers, who are struggling to raise their orphan grandchildren with very few resources.

### Wednesday, September 30 (Women's Wellness)

#### Cultivating Joy

**Miriam Lyon, B.A.H Psychology**

Follow the wellness journey of Miriam Lyon: throughout her life she has explored many modes of healing, therapies and spiritual paths in order to alleviate and navigate her fluctuating symptoms of depression. Come hear about the tools that Miriam uses to experience more joy, peace and a greater sense of wellbeing.

### Monday, October 5

#### Personal Responsibility and the Effects of Technology

**Paul Weinzwieg, PhD., Sociology, University of Toronto. Retired Professor**

Where are the realistic threats from Artificial Intelligence? How are information technology and the internet transforming job markets, human psychology, medicine, and education? How does the digital world, expressed as weapons of mass distraction, affect the state of popular culture and

the generational divide? When does technology become technopoly?

### Wednesday, October 14

#### Still Painting

**Rose Stewart, Artist**

The conversation will include images, thoughts, reflections on a life purposefully engaged in visual expression, specifically in the process of making paintings.

### Thursday, October 22

#### A New Partnership with First Peoples

**Scott Serson, Board Member of Canadians for a New Partnership**

The relationship between indigenous Peoples and mainstream Canada has reached a critical turning point. A group of Canadians has come together to encourage a new dialogue among Canadians about our relationship with indigenous People. The talk will present the goals and work of Canadians for a New Partnership.

### Tuesday, Oct 27 (Women's Wellness)

#### Neurofeedback

**Dr. Linda Beckett, MD**

Neurofeedback is a rapid and efficient process that assists individuals in learning self-regulation skills, gaining control over their mental state and improving mental functioning. Neurofeedback is a specialized type of biofeedback, which is the use of instrumentation to mirror physiological processes of which the individual is not normally aware and which may be brought under voluntary control. Neurofeedback monitors the brain

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activity of the user and displays this information back to the user. Once the user becomes aware of their own mental activity the goal of Neurofeedback is to then adjust and self-regulate that activity to achieve a more calm, focused mental state. Dr. Beckett will discuss the ways various ways that neurofeedback can assist individuals looking to improve their brain functioning.

### Friday, November 13

#### Who on Earth are YOU?

**Alena Schram**, *Writer and Author of The Opinionated Old Cow; Ruminations from the Field.*

Spouses of diplomats are not generally considered objects of pity (“Oh that poor thing! Night after night of glamorous receptions, formal dinners, ribbon-cutting events, not to mention international travel...!”). The speaker, veteran of 36 years as a diplomatic appendage, will tell of the dark but humorous underbelly of life in the foreign service.

### Thursday, November 26

#### A Veterinary Death Café

**Meredith Galbraith**, *Veterinarian*

At a Death Cafe people drink tea, eat cake and discuss death. The aim is to increase awareness of death to help people make the most of their (finite) lives. This talk will be an informal discussion on companion animal death led by veterinarian Dr. Meredith Galbraith ([www.housecallsforpets.ca](http://www.housecallsforpets.ca)). Meredith offers house calls for end-of-life care of pets in the Kingston area. She helps bring clarity to what really matters in dying and death while guiding many pets through this final stage of life, and is

happy to share her perspective and experiences. Come armed with questions or be prepared to have Meredith get carried away and do all the talking.



#### Ban Righ Centre contacts:

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 Drop by the  
Ban Righ Centre!

Open 9:00 am—4:00 pm  
Monday through Friday

For more information, please drop by the Centre at 32 Bader Lane, or visit our website at <http://banrighcentre.queensu.ca>

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