



The Ban Righ Centre Noon Hour Talks

Expand your mind in a welcoming and stimulating environment. Talks are from 12:00-1:00 p.m. at 32 Bader Lane unless otherwise specified.

Everyone is welcome. Homemade soup is available by donation. Space is limited.

Art in the Jean Royce Lounge - Oct 16 - Dec 01, 2016 – a selection of pieces from the Gender, Fashion and Dress Teaching and Learning Exhibition. Dr Nancy Butler will speak about the installation on Nov. 24.

Tuesday, September 20

Finding Harmony through Voice

Desiree Beausoleil, *Vocalist/Actor/Ontario Certified Teacher*

Use your voice to heal your body and mind while renewing energy and finding balance. As a professional vocalist and singing teacher for 20 years, Desiree can show you how to relieve stress, combat depression and regain mental clarity, openness, and relaxation!

Wednesday, October 5

Heritage Livestock: Conserving the Past for Our Future

Laurie Maus, *Biologist & Farmer*

After 45 plus years of raising livestock, Laurie has specialized in the breeding and conservation of heritage breeds of livestock. She will talk about the merits of heritage breeds and the reasons why their conservation is so important for future food security.

<http://www.hawkhillfarm.ca/>

Wednesday, October 12

Sex, Religion and Canadian Youth: Identities under Construction

Pamela Dickey Young, *Professor and Graduate Co-ordinator. School of Religion*

This talk will focus on some themes that emerge from a mixed-methods study of young adults in Canada and how their religious/spiritual/nonreligious identities intersect with their sexual

attitudes and practices. The talk will explore how youth see themselves as continuously constructing their own complex religious and sexual identities.

Thursday, October 27

Species' Geographic Ranges: Short versus Long-term Limits to Geographic Distributions

Adriana Lopez, *PhD candidate. Biology Department, Queen's University.*

Although every species has a limited geographical distribution, there is tremendous variation in the size and the position of geographic ranges, even among closely related species. What are the main factors influencing the short- and long-term limits to species' distributions? This question has been a long-standing goal in, biogeography and evolutionary ecology and has recently returned with renewed interest due to an accelerated loss of biodiversity, climate change and the spread of invasive species. Understanding this fundamental question will help us predict whether species will be able to adapt to environmental changes, shift their ranges, spread elsewhere or go extinct.

Wednesday, November 2

Rodando en La Habana: bicycle stories

Jennifer Hosek, *Assoc. Professor of German Studies.*

Rodando en La Habana: bicycle stories (30 min, Spanish with English subs, Santos and Hosek) is a tale of bicycling and community in Havana today,

20 years after the hardest time of the Special Period, when over 1 million Chinese bicycles were imported to aid survival on an island suddenly without Soviet petroleum. This indie documentary premiered to sold-out audiences and intensive media interest at the 37th Havana Film Festival, Dec 2015 and is participating in several more international festivals since then.

Thursday, November 10

Biological Dental Hygiene & Whole Body Dentistry

Deborah Steacy, RDH, Kingston Dental Hygiene

If you wish to learn more about Biological Dental Hygiene & Whole Body Dentistry this will be the talk to attend. Deborah has been practicing as an independent dental hygienist at her clinic for over 8 years and has 35 years of Dental Hygiene experience. Tips will be given on how to heal your mouth and not just clean your teeth.

<http://kdhyg.com/>

Monday, November 14

Caring for the Caregiver

Susan Ward-Moser and Barbara Thompson, Hospice Kingston

People who are seriously ill require an extensive circle of support. Friends & family provide hours of care, often complex and exhausting. This talk will examine some of the areas that caregivers can implement to sustain their physical and emotional health. We will discuss strategies to enhance coping such as seeking community supports using volunteers from Hospice Kingston and the benefits of caregiver support groups.

Thursday, November 24

Nancy Butler, Adjunct Professor Department of Gender Studies, Queen's University

Most of us don't think a lot about the how and why of dressing the way we do, or the significance of our clothes. Actually making something wearable can be an opportunity to reflect on what goes *on* in dress and fashion:

material, time, skill, values, norms, ideas.

Students in *Gender, Dress, and Fashion*, explore our relationships to dress and fashion, and some of the many ways clothes and fashion matter – a lot – to our culture, society, and economy. Central to this is the challenge of actually making a piece of clothing. Doing so illuminates some of the gendered and gendering complexities of “just” getting dressed.

Tuesday, November 29

Powers of Attorney: Looking after Mom & Dad – How prepared will you be?

Jane Lapointe, Senior Financial Advisor, Assante Financial

Traditional financial planning moves from retirement planning to estate planning while almost exclusively neglecting the period in between – the period of Elder Planning. For this period, there is a special set of skills and knowledge required in understanding how our financial needs change as we age. As a Certified Professional Consultant on Aging, Jane's primary business focus is in working with seniors and their caregivers. Learn how to begin the conversation with your parents and strategies to be more prepared as a Power of Attorney. The question isn't if you will be a caregiver, but when. Don't wait for a crisis.

Please Note

On occasion, a talk will be cancelled due to events beyond our control. We suggest, 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:
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