Ban Righ Centre Speakers Series Fall 2013

Art in the Jean Royce Lounge
September to October 24.
Zillah Loney (talk October 24)

October 25 to Early December.
Jane Derby (talk December 3)

Talks are from noon-1:00 at 32 Bader Lane unless otherwise specified.
(Please note Oct. 8 time and location!)
Everyone is welcome. Homemade soup is available by donation. Space is limited.

Ban Righ Centre
New Women's Wellness Sessions
The Ban Righ Centre is very excited to announce a new series of Women's Wellness Sessions provided through the generous support of the Shoppers Drug Mart Foundation. Women often put a priority on the needs of others, their family and friends who require care. Maintaining each woman's health and wellness requires dedicated time and energy. Shoppers Drug Mart and the Ban Righ Centre are offering these sessions to help you put the focus on you. Wellness encompasses many dimensions and we will try to promote several of them, including social, emotional, physical, environmental, spiritual and intellectual. Join us and be well! Interested women can RSVP one week before each session: webbl@queensu.ca.

Friday, September 27
Breathe Your Inner Colours Through Art
Terry Marrocco, M.Ed., R.C.A.T.

Breathwork, Visualization and Pastel Art-making. During this hour, you will have a holistic taste of getting in touch with your deeper self: to centre, self-soothe, and experience a place of hope, one you can return to whenever you want. No previous art experience or perceived ability necessary. Just an open heart!

Friday, November 1
Music Making for Mind, Monde and Mortal Parts
Abby Zotz, Musician, Actor, Artist/Educator

Rhythm and social synchronization; singing and memory; harmony and healing...there are so many ways that music enriches our health and well-being...and you don't have to be Mozart to enjoy the benefits! Join singer-songwriter and choir director Abby Zotz for an hour of fun and musical exploration that'll leave you feeling great all over!

Friday, November 22
Awaken and Express your Inner Light Through Henna (Hand) Art with Rabia Khattak, Henna Artist

Treat yourself to a (hand) Henna. Beautiful, exotic, and temporary body art has been inspired by the traditions of India, Morocco, North Africa and the Middle East.
Thursday, October 24  Opening the Doors of Creativity  
Zillah Loney, Artist

Zillah will discuss her artwork and its relationship to the ebb and flow of her creative process over the years. She will talk about her background, challenges as an artist, creative influences, and some of the techniques specific to her unique oils, watercolours and assemblages. The role of “play” will be put forward as one of the ways to open an artist’s creative doors.

Thursday, October 31  Late Bloomer  
Laurie Lewis, Author

Laurie is a classic late bloomer. She turned 81 two years ago, just before her first book, Little Comrades was published. It was a window into a historical period: the lives of women, of the poor, of political activists, during the 1930s and 1940s. Now she has another memoir just recently published — beginning in the druggy jazzy days of New York in the 50s and 60s. This new memoir also explores, or perhaps exposes, something of the lives of women in those days. www.laurielewis.ca

Wednesday, November 6  Toward a Good Death - The Role of Hospice  
Barb Thompson, Hospice Kingston

Care of those who are dying can take place in different settings and in different ways. This interactive presentation will explore the past, the present, and the future of hospice care in the continuum of care of people facing the end of life.

Thursday, November 14  Living Large  
Jane Lambert, Career and Life Coach

Jane helps people achieve their potential. Many women fail to live up to their full potential due to body image issues. Living Large is a workshop designed to help women realize what they are capable of and how to achieve it.

Monday, November 18  Stigma: Challenging Attitudes and Beliefs Towards Mental Illness  
Alison Kealey, MPH Candidate, Dept of Community Health and Epidemiology, Queen’s University

This talk will discuss stigma, its burden and current efforts in place to reduce its impact. Alison will draw from her experience from working under the supervision of Dr. Heather Stuart, who holds the Bell Canada Mental Health and Anti-Stigma Research Chair here at Queen’s.

Thursday, November 21  Demystifying Microcredit  
Rabia Khattak, Student  
Global Development Studies/Health Studies

The Grameen Bank has become a global symbol of poor women’s empowerment and is celebrated for its success in poverty alleviation. While the microcredit system employed by Grameen has revolutionized globalization and neoliberal finance, it is important to examine some of the NGO tactics behind the loan recovery programs and social consequences for its lenders.

Tuesday, November 26  Musical Techniques to Facilitate Brain Plasticity  
Shera Lumsden, Director, MusicMates Inc.

Brain plasticity refers to the ability of the brain to adapt in response to experience. Most infants are born with the basic neural networks needed to adapt to their world, including their musical world, and as they grow and learn, neural networks are formed in response to their experiences. The brain, however, does not always develop as expected, in some cases, causing significant delays in various areas of functioning. This discussion will focus on the development of musical techniques that facilitate development in these areas.

Tuesday, December 3  The Art of Failure  
Jane Derby, Artist

Through her show entitled ‘Surface Treatments’, Jane will discuss the role that failure plays in art making. She will illustrate her talk with images of her own work, and her on going experiments with recycled and found materials as subjects for art.

Monday, December 9  Kingston is Awesome  
Shari Reed, Trustee, Awesome Kingston

The Awesome Foundation for Arts and Science, Kingston, ON chapter hosted our first Pitch Party in November 2011. Since that time 15 different ideas have received a $1000 to make Kingston a more “Awesome” city. Our goal is to Spread More Awesome!  http://www.awesomefoundation.org/en/chapters/kingston-on

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, that you call the BRC before a talk to make sure it has not been cancelled.

For more information contact Lisa Webb at (613) 533-6000 ext. 75363 or email: webbl@queensu.ca.

Don’t forget you can find us on Facebook and visit our website: www.banrighcentre.queensu.ca.