

Art in the Jean Royce Lounge

- Early January to February 12; the work of student/artist Iris Fryer. Her talk will take place on Thursday February 12.
- February 13 to March 30; the work of Aida Sulcs. Her talk will take place on Monday March 23.

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 be held from noon-1:00 p.m. as well.

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 (613) 533-6000 ext. 75363

Tuesday January 13

Dr. Brown's Irie Honeybees

Curtis Brunet, Filmmaker, producer and beekeeper

Filmed in Jamaica, this short documentary depicts a Jamaican approach to producing honey. Whether discussing the health benefits of honey products, or natural alternatives to pesticides, Dr. Brown's crew are chill. "We have sunshine all year round, so we are just cool" says the doctor. "And our bees are also just cool. No-o-o problem." Discussion to follow.

Monday January 26 Women's Wellness Session

(www.lilacentre.ca)

Introduction to Mindfulness Meditation

Jane Forrington, Meditation Teacher

Mindfulness Meditation can be practiced by followers of any (or no) religion as a useful mental skill set. However, over time, it also has the capacity to radically transform one's understanding of who they are at the deepest levels. This brief introduction is aimed at addressing and exploring some of the fundamental concepts as well as launching your personal practice.

Thursday January 22

Financial Values

Kate Johnson, Queen's Chaplain.

Chaplain Kate Johnson's financial literacy workshop has 2 goals. First, it provides students with basic information about budgeting and managing their money. Second (but no less important), it encourages students to be very intentional about managing money in a way that speaks to their personal values and allows them to develop financial stability for the long-term. Join Kate for a conversation that she hopes will put you on a financial path with heart. Participants are asked to track the money spent for the week before the workshop and bring their records with them.

Wednesday February 4 Women's Wellness Session

The History of Midwifery in Ontario

Susan Hubbard, Midwife.

This talk will focus on the role midwifery plays today, where it stands in this community and how it is practiced.

Thursday February 5

Mixing Health and Geography: A study of risks associated with cardiovascular disease for the Punjabi Sikh population in the Regional Municipality of Peel
Gurveer Bains, M.A. Candidate, Department of

Geography. Queen's University

This research focuses on Punjabi Sikhs in the Region of Peel who are 55 years of age and/or older and have been diagnosed with cardiovascular disease. Taking a population health approach, the findings of this research project connect known determinants of cardiovascular disease, factors associated with the immigration experience and the built-environment to understand the elevated risk of this disease in this population.

Monday February 9

Grizzly Bears and Salmon Research: Results of thirty-five years of study on the Pacific Coast

Barrie Gilbert, PhD. Wildlife Ecologist

An illustrated slide presentation will outline the speaker's studies with graduate students on the behaviour of grizzlies and their role in dispersing salmon nutrients to the coastal rainforests in BC and Alaska.

Thursday February 12

Iris Fryer, Student/ Artist

This series of paintings explores the dichotomy between familiar and unfamiliar places and people, and the travels that connect them. Iris will discuss her paintings chronologically, giving insight into her mindset and the experiences that inspired each painting. She will discuss her training as an artist, her experience in the Queen's BFA program and where she is planning to go next with her art. Such phenomena as the beauty of the mundane, the narrative of Canadian history, personal identity, and relationships inspire her art and she will delve into each of these inspirations. Questions and comments from attendees can direct the session.

Tuesday February 24 Women's Wellness Session

Take a Healthy Approach to Menopause

Mary Woodman, NP-PHC, MPA. Nurse Practitioner, Queen's University School of Nursing

What should you expect as you approach menopause? Is it really a big adjustment? Is it safe to take hormone replacements? What are the benefits and risks with HRT? Should you take something natural? There are so many options it seems confusing. Let's talk about menopause.

Friday March 6

Strangely, Incredibly Good

Heather Grace Stewart, *Poet and Novelist*

Follow the journey of first-time novelist Heather Grace Stewart, Arts 1995 (Canadian Studies), from her initial goal-setting in her journal in January 2012 to the publication of her novel *Strangely, Incredibly Good* (Morning Rain Publishing) in June 2014. What does it take to write, publish, and market a novel in today's fast-changing publishing industry? Heather will speak about her journey, read an excerpt from her novel, and answer questions from the audience.

Monday March 9 **Women's Wellness Session**

Toward a New Understanding of Women's Sexuality

Meredith Chivers, *PhD, CPsych. Associate Professor and CIHR New Investigator in Psychology*

The study of women's sexual response has come a long way since the days of Masters & Johnson in the 50s. Join Meredith for a discussion of contemporary research and its implications for understanding the mind-body relationship in women's sexuality and enhancing sexual wellness.

Monday March 23

Aida Sulcs, *Artist*.

INSIDE OUT is a collection of photographs that shares a working method based on intuition, where Aida has staged a single figure within a landscape in order to look back at the photograph and find clues to its underlying meaning. Come for lunch and help in the search.

Wednesday April 1

rrruffstart

Grace Bryson, *Dog Behaviourist and Trainer*

Grace Bryson rehabilitates dogs who have had a 'rrruffstart' in life, working with rescue dogs who have been discarded for many reasons, usually bad behaviours. She regularly sees people who want cute new puppies until they become work. Many are then disposed of to shelters and rescue centres in a cycle that continues to repeat itself. Shelters are severely over-crowded with what were once cute puppies but are now deemed 'unadoptable'. They usually get put down to make room for new admissions. Grace started the rrruffstart program to help bring awareness to adoption and rescue and the importance of a lifetime commitment.

