

### 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 is welcome. Homemade soup is available (free for students). Space is limited. Our Women's Wellness Sessions are supported by Shoppers Drug Mart and are also held from noon-1:00 p.m. on the specified dates.

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

**Thursday, January 21**

#### **Journey to a Good Death**

**(women's wellness session)**

**Melissa Touw**, *Clinical Nurse Specialist in Palliative Care at Kingston General Hospital.*

As a palliative care nurse, Melissa has been asked by many people that she encounters to help them die...their suffering is just too much. Earlier this year, the Supreme Court ruled in favour of physician assisted suicide. Does that change our approach to death and dying?

**Monday, January 25**

#### **From a Drum to a Novel –**

#### **How Did that Happen?**

**Laurie Gordon**, *Author.*

Since childhood Laurie Ness Gordon has loved books and harboured a secret ambition to write one herself, but there was never time. Then she retired and bought a djembe. That drum set her on a path that saw her novel, *The Medal*, published in 2014 by Borealis Press. Come and discover her journey.

**Tuesday, February 2**

#### **KAIROS Blanket Exercise**

**Vanessa McCourt and Laura Maracle**,  
*Facilitators.*

The KAIROS Blanket Exercise is an interactive learning experience that teaches the

Indigenous rights history we're rarely taught. Developed in response to the 1996 Report of the Royal Commission on Aboriginal Peoples—which recommended education on Canadian-Indigenous history as one of the key steps to reconciliation, the Blanket Exercise covers over 500 years of history in a one hour participatory workshop. Participants take on the roles of Indigenous peoples in Canada. Standing on blankets that represent the land, they walk through pre-contact, treaty-making, colonization and resistance.

**Tuesday, February 23**

#### **Staying in the Flow: How Energy ("qi") Moves Through our Bodies**

**(women's wellness session)**

**Sarah Knight**, *Reiki Master and Bioenergy practitioner (KIHC).*

A look at how energy (our "qi/chi" or life force) moves through our bodies, the connection between energetic flow and the absence of disease, the impacts of our behaviours on how we exchange energy with our surroundings, and some practical tips on how to keep our life force flowing!

<http://www.bioenergy-therapy.com/>

**Tuesday, March 22**

**Cyborgs, Transhumanism, and Religion**

**Tracy Trothen,**

*Associate Professor, School of Religion,  
Queen's University.*

Technology is fast developing. How far should we go with human enhancement technologies? The quest for transcendence is part of many religions. This quest is part of being human but what it means to be human is far from clear.

**Tuesday, April 5**

**April Slash: the Art of Faux Chenille**

**Elinor Rush, Textile Artist and Teacher.**

Stack...sew...slash...and wash! Voila! Tracing a 20 year love affair with this technique back to a chance encounter. Elinor will bring step by step samples, clothing and framed work to show off the diversity of her process. Creating with textiles is her passion and teaching others is her privilege. Come along and you might fall in love too!



**Ban Righ Centre contacts:**

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**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>



**Drop by the  
Ban Righ Centre!**

 Find us on  
**Facebook**