



BAN RIGH
FOUNDATION

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

Dec 14 - Mar 8 – a selection of pieces from artist Sharon Thompson (talk scheduled for Mar 8)

Tuesday, January 10

Three Ayurvedic Pillars of Health

Mona Warner, *Founder & Owner of Janati Yoga School*

Ayurveda is the ancient Indian health science, one that is time tested and has been continuously practiced for thousands of years. Come and learn about Ayurveda's Three Pillars of Health and how they support our well-being on many levels - including beyond the physical.

Thursday, January 19

Riding the Trump-Trudeau Wave

Kathy Brock, *Professor, School of Policy Studies, Queen's University*

The 2016 American election saw the unexpected rise of Donald Trump as the Republican Party Presidential candidate and the polarization of the electorate behind two highly unpopular leaders. The 2015 Canadian election witnessed the unexpected rise of Justin Trudeau as the Liberal Party leader and the rejection of an unpopular Conservative leader. The US experience is compared to the 1930s and 1940s while the Canadian case is presented as a resurgence of Canadian values.

This is misleading. The two victories may be seen as swept along by similar forces operating in Canada and the US.

Tuesday, February 7

Understanding the wide-ranging potential of Basic Income (BI)

Toni Pickard, *Retired Law Professor, Coordinator of the Kingston Action Group for a Basic Income Guarantee*

Recent political exploration of BI is based on more than its poverty reducing potential. BI can also ease income insecurity, sustain currently unpaid caring work, graduates, seasonal workers, people retraining, and creative artists. It will rebalance bargaining power and revitalize local economies. We have to question our moral/cultural/political attachment to paid labour as the only respect-worthy means to 'earning' a decent life. The role of human labour is shrinking at every income level. BI will help us adjust.

Thursday, February 16

From Geopolitics of Violence to Actors at the Borders: Rethinking the Kurdish Conflict at the Local level

Dilan Okcuoglu, *PhD Candidate, Department*

of Cultural Studies, Queen's University

A local (i.e. micro-level) analysis of ethnic conflict and political violence has recently attracted significant interest from researchers. Prior to that, most scholars working in the fields of conflict analysis and security studies have tended to use only macro-level datasets in order to explain the causes of political violence and war. Yet, these studies are likely to avoid many local factors in explaining the cycles of violence, conflict and peace making. In order to fill this gap in the literature, my talk offers new insights on the Kurdish-Turkish conflict by emphasizing local experiences and meanings of violence at the Turkish-Iranian and Turkish-Iraqi borderlands.

Thursday, February 23

Mindfulness

Terry Haynes, *Founder and MBSR Teacher, Kingston Meditation Centre*

This will be an opportunity to find out what mindfulness is all about and its importance to stress reduction in our lives. Better health and well-being result when we reduce our stress levels through present- awareness. This will be an experiential session with guided meditations, a place to come and just BE for an hour. Terry is an MBSR (Mindfulness Based Stress Reduction Teacher) here in Kingston who has seen first-hand the extraordinary healing effects a daily meditation practice can have on one's self.

Monday, March 6

Understanding our Genomes- how are we doing so far?

Harriet Feilotter, *Associate Professor, Department of Pathology and Molecular Medicine, Queen's University, and Service*

Chief, Clinical Genetics, KGH

Technology has changed so that we can now sequence genomes relatively cheaply and quickly. Understanding more about our genome is generally considered to be a good thing, helping us to diagnose disease, find novel treatments or tailor existing treatments to the appropriate individual. With this kind of advance, however, there is always a flip side. Are we ready to handle this information? Should we put the genie back in the bottle?

Wednesday, March 8

Space and Light: The Making of Abstract Art
Sharon Thompson, *Artist*

Sharon will speak about the primacy of space and light in her abstract painting and how it is both a learning and an inner knowing. She will also talk about the how and why of destruction in 'arriving at finish' and the impact of materials and implements in creating the paintings.



**Drop by the
Ban Righ Centre!**

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 or
(613) 533-6000 ext. 75363*