

The Ban Righ Centre Speaker Series Winter 2014

Women's Wellness Sessions ☺

The Ban Righ Centre continues this term with its **Women's Wellness Sessions (☺)**, provided through the generous support of the **Shoppers Drug Mart Foundation**. All but one wellness session will be held as noon hour events in the lounge to accommodate more attendees. Those who are interested in the March 10 workshop should rsvp on March 3. Join us and be well! All are welcome.

Monday, January 13

The Financial and Economic Crisis: Future Risks
Frank Milne, *BMO Professor of Economics and Finance, Dep't. of Economics*

Is the Financial and Economic Crisis Over or are there more serious problems that remain unresolved? This talk explores problems in the financial and real economic sectors of the international economy that impact adversely on the standards of living of ordinary people and government programs. Some economists saw this coming.

Tuesday, January 21

Wawahte - Indian Residential Schools - As told to Robert P. Wells by Indian Residential School Survivors.

There is a premise that the Indian Residential School program was well intended. No such argument can be made for how the program was executed. The time is now to move beyond sorry and to move beyond misunderstandings. Let us find a way to belong to this time and place together.

☺ Friday, January 31

Eating Well for Vibrant Health at Any Age
Devon Cosgrove, *BA, RHN, CH*

Devon is a Registered Holistic Nutritionist and Chartered Herbalist practising in the 1000 Islands. She adores whole foods and loves sharing her knowledge of how they can heal. Devon is passionate about helping everyone bring their bodies back to balance by making simple healthy choices every day. Let's make 2014 your most vibrant and healthy year!

Thursday, February 6

Islamist Terrorism: Objectives and Motivations
Louis Delvoie, *Fellow, Policy Studies, Queen's University*.
The principal objective of Islamist terrorists is to convert Muslim countries into Islamic states. They target the

West largely because Western governments support regimes which are deemed insufficiently Islamic. Their motivations are religious, political and economic. What is more, they are going to be with us for a long time to come.

☺ Monday, February 10

The BIG Challenge: Ensuring basic income security for all of us

Toni Pickard, *Retired Queen's Law professor (turned musician)*

Toni will introduce The BIG Push, a campaign to bring basic income guarantees to everyone in Canada. BIG can free people from the exhaustion, anxiety and stigma of extreme poverty without government micromanagement of their lives. That and many other benefits are obvious, but can we make it happen? There will be plenty of time for questions and reactions.

☺ Thursday, February 20

Health Care Made for You

Dr. Sonya Nobbe, *BSch, ND, Doctor of Naturopathic Medicine, Clinic Director, Kingston integrated Healthcare*.

Our current medical paradigm offers incredible life-saving knowledge, but is it enough? Integrative medicine recognizes the weaknesses inherent in many medical systems and brings together their strengths. We will discuss symptom-based approaches vs. addressing the underlying cause of illness, and treating disease vs. supporting the health of the whole person and prevention.

☺ Friday, February 21

The Sweetness of a Simple Life

Diana Beresford-Kroeger, *Scientist and Author*
Diana discusses the many roles that trees play in promoting better health and counteracting the effects of pollution and global warming.

☺ Thursday, February 27

God's Aunt and Other Metaphors

Kate Johnson, *Queen's University Chaplain*
Kate will explore the significance of having a variety of names and metaphors to relate to the Great Mystery most commonly referred to as God. She will speak about the importance of personal constructive theology in healing and resilience, inviting participants to

The Ban Righ Centre Speaker Series Winter 2014

consider what (if anything) they need to explore in order to feed their spirits.

Tuesday, March 4

Salmon Confidential Movie Screening

When biologist Andrea Morton discovers BC's wild salmon are testing positive for dangerous European salmon viruses that are associated with salmon farming worldwide, a chain of events is set off by government to suppress the findings. The film documents Morton's journey as she attempts to overcome government and industry roadblocks thrown in her path as she works to bring critical information to the public in time to save BC's salmon. Tracking viruses, Morton moves from courtrooms, into British Columbia's most remote rivers, Vancouver grocery stores and sushi restaurants. **(Film length 70 minutes).**

☺ **Friday, March 21**

Getting Unhooked

Kaye-Lee Pantony, *Hon. B.A., M.Ed., Ph.D. (ABD). Artist & Psychotherapist. Kingston Integrated Healthcare*

Have you ever over-reacted to something simple like spilling coffee on your favorite shirt or someone's offhand comment? These are "hooks" that can set off a chain reaction of negativity. This talk will address the relationship between wellness and Getting Unhooked. A simple creative activity will provide attendees with the opportunity to reflect on this concept.

Friday, March 28

How Sweet It Is? The Dark Side of Chocolate

Heather Evans, *Assistant Adjunct Professor. Department of English, Queen's University.*

Chocolate is popularly celebrated as a sweet treat, a balm to the broken hearted, and a boon to lovers and romantics. Yet its history betrays it to have been at least as much associated with less savoury socio-cultural phenomena as with the sweeter side of gift-giving and gastronomy. This presentation will explore the dark side of this beloved confectionary, from its place in the turbulence of Jacobite England to recent battles for market dominance by chocolate producers, from its role in the building of an Empire to the exploitation of third world labour, and from its contribution to the theatre of war to the minefield of Valentine's Day hopes and dreams. Ultimately, chocolate's rich history adds spice to this delectable treat for the mind as well as for the palate.

☺ **Monday, April 14**

Laughter Yoga (Please rsvp to webbl@queensu.ca on Monday March 3)

Jennifer Cook, Artist, Teacher and Creative Consultant

In Laughter Yoga we laugh for the health of it! By initiating laughter as a body exercise we stimulate real, contagious and joyful laughter. We will play, get silly, and use our imaginations to conjure the joys, health benefits, and connections that come from laughter! For more information: laughteryoga.org

Tuesday, April 22

Energy Policy is Environmental Policy: Canada, Carbon and the Elephant in the room

Warren Mabee, *Assistant Professor. Department of Geography, Queen's University.*

Canada's economy is increasingly dependent upon energy production. Our lack of progress in meeting climate goals, however, has begun to impact our ability to keep existing customers for our energy products. This lecture looks at the link between energy and environmental policy and suggests ways forward.