



## Time Well Spent

Believe it or not, at one point in my life I frequented the Ban Righ Centre! In 1979 I was a graduate student in the Department of Psychology; in August of that year I was delighted to get a call from the director of the Counselling Service and to be asked if I would like to come and work as a counsellor in the Service, then co-located with Ban Righ at 32 Queen's Crescent (now called Bader Lane). If truth be told, I knew very little about counselling (I hope I've learned something since then!); however, I knew even less about the "other service" that worked in that lovely house! In the 14 years that followed, until Counselling moved to a new location, I came to know a great deal about Ban Righ, and the vital role that it plays in the life – and the heart and soul – of the university. Those years in the shared space were eventful and memorable. In so many ways, my contacts with the staff and students at Ban Righ influenced many aspects of my life, including my work; all of these influences have been enriching and positive.

I've had lots of time to think about the roles that Ban Righ plays in the lives of students, and plenty of opportunities to observe these roles in action. What follows is some of what I've seen. Ban Righ nurtures body, mind and soul. The lunch hour guest speaker sessions are interesting and challenging. The daily soup is wonderful, and the staff are the best at sharing! The financial, personal and moral support that is provided to students is tremendous; often this makes the difference between academic success and dropping out of university. Life wisdom, advocacy, personal support and guidance are all available in abundance there.

All well and good, but beneath all of that good stuff there are some other remarkable things happening. Probably the most important is the power of caring human contact and of personal relationships in operation. The welcome students receive at 32 Bader Lane is personal, practical, undivided and supportive. Time spent with staff and students in the Centre will always result in positive feelings and a lift in morale. All of this happens in a quiet, unobtrusive and gentle way. As well, there is a sense of connection with other services and resources on the campus; students who need other types of assistance are directed to the places on campus where they can get help.

Since our department moved out of the brown brick house, I've kept up my connections with Ban Righ, and my life is richer for it. I always get a warm welcome when I visit, more than one friendly smile, lots of laughter and even tolerance for my sense of humour. But above all it cheers my heart and lifts my spirit to see the many ways in which Ban Righ supports students – in body, mind and soul. Thank you, thank you. We are fortunate that you are here.

Dr. Michael Condra  
Director, Health Counselling and Disability  
Services, Queen's University

**the 3<sup>rd</sup> annual  
Chocolate  
CONNECTION**

**Saturday, March 23, 2013  
7:00 pm - 11:00 pm  
Discovery Centre, Fort Henry**

**CHOCOLATE! CHOCOLATE!  
CHOCOLATE! CHOCOLATE!**

Indulge your inner chocoholic at this Ban Righ Centre fundraiser from 7:00 to 11:00 pm at the Discovery Centre (Fort Henry).  
Enjoy live music by guitarist Johnny San, auctions, chocolate bags and sumptuous creations by local chefs and chocolatiers.



### Accessibility

First floor at the Ban Righ Centre is wheelchair accessible. Computers with

visual enhancement software (JAWS & ZOOM Text) available in second floor computer lab.



### May We Send You an E-Copy?

For those who prefer to receive their copy of our program and newsletter

electronically please e-mail Karen Knight at [kk9@queensu.ca](mailto:kk9@queensu.ca) or 613.533.2976. The most recent Centre news can be found always at <http://banrighcentre.queensu.ca>. We hope that you will support us in our need to conserve our resources.

### MEDIA SPONSORS

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### ADVANCE TICKETS: \$50

at Brian's Record Option,  
Lise at Merit Travel 2<sup>nd</sup> Floor  
and the Ban Righ Centre,  
613-533-2976 or  
[kk9@queensu.ca](mailto:kk9@queensu.ca) or  
\$60 at Door



## MEET STUDENT **RIANA COLBERT**

I entered Queen's in the year 2009 under the mature student regulation. I made the decision to study at Queen's in the philosophy department after discovering a passion for the study of ethics and political philosophy. As a result of my exposure to the university environment, I was motivated to actively live by my set of ethical principles, and thus became involved in various forms of community activism.

My experience with equity issues over the course of my life was channeled into a critical approach to politics and policy, and in particular the politics surrounding Post-Secondary Education. While I study philosophy as an undergraduate student, I also devote a large amount of my time to activism. Learning about and engaging in the dialogue surrounding education and social equity issues plays a large part in my daily life. Having come from a very poor family in rural Ontario, I have had to fight against a variety of different societal 'isms'. As a young girl it was racism, as a working professional in Toronto it was sexism. Now I feel that the 'ism' of the day is classism, against which I struggle on a daily basis, and I am not alone to be sure.



Part-time and mature students, many of whom are mature women students, face unique struggles as undergraduates. That the Ban Rich Centre exists and offers support for these students in their pursuit of an education is a wonderful aspect of university life at Queen's. However, for me- upon entering the university system I feel as if my situation, which is not really all that unique, is not well understood or represented by any administrative body at Queen's or within the bodies that regulate and seek to uphold educational equity within the government.

The encouragement that I have received from the Ban Rich Centre, by having a place where it is possible to interact with other people who can identify with the struggles of being a member of any of these under, or even unrepresented groups gives me continuous inspiration as I seek to develop my own path to success. I am, and will always be grateful that the Ban Rich Centre has been able to support students in many ways while we pursue an education, which I personally consider to be central to my development as an individual and a citizen of the world in which I live.

What I have learned from my experiences at Queen's has not all come in the form of lectures and exams. I would not hesitate to say that the most valuable lessons have been learned from some very exceptional people who inspired me and encouraged me to be fearless in my search for knowledge and understanding, and to be careful and compassionate in my criticisms. Ultimately my greatest lessons are yet to come, and I reflect on that as I prepare to leave the estuary of university life and enter the violent ocean of the rest of my life.



**Men Singing in Support of Women's Education:** On Saturday, October 11, 2012 the Sydenham Street United Church was alive with a chorus of voices, well in fact, it was alive with several choruses, all singing "With One Voice". Thank you to Cantabile Men's Chorus, Cantabile Young Men's Chorus, Kingston Capital Men's Chorus, Men of Open Voices Community Choir, Kingston Townsmen, and Jones and Aylesworth for a fantastic evening of choral music. Special thanks go to John Rosseel, Diana Hopkins-Rosseel and Thom Rosseel for countless hours organizing the concert to ensure that it all ran smoothly. It certainly did! Special thanks to Kathy Leverette as well for being an exceptional emcee.



BAN RIGH  
FOUNDATION

Supporting the  
Continuing  
Education of  
Women

Keeping in touch  
and celebrating  
the achievements  
of mature women  
students



## She completed her studies - where is she now?

MEET MARNEY SIMMONS,  
MAYOR OF MULGRAVE NOVA SCOTIA



“Queen’s began as an experiment to see if I could actually pass a course, take lecture notes, write an exam and turn up for class despite the fact I had just embarked on a path of single motherhood. That initial course led to an Honours BA in English Literature and then a Masters of Urban & Regional Planning! None of this would have been possible without the Ban Righ Centre. I discovered the welcoming acceptance of Ban Righ women early on and will be forever indebted to their acceptance, warmth, encouragement and love. For mature women students, the Ban Righ Centre is the greatest asset on the Queen’s Campus”

- Marney



BAN RIGH  
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2012-2013

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The Ban Righ Centre staff has had the pleasure of working with volunteers from Canada World Youth. Danielle Gagnon and Vera Gomez have helped to develop a new website, electronic scrapbooks and all kinds of posters. The entire Canada World Youth exchange group also helped as front of house staff for the With One Voice concert and they did a magnificent job.



### The Ban Righ Centre Speaker Series on the small screen!

Watch for upcoming Ban Righ Centre talks that are being broadcast on Cogeco Cable. The channel is TVCOGECO 13 and in High Definition on channel 700.

The series is also available on VOD (video on demand) across the province for Cogeco cable subscribers. For a special introduction to the Ban Righ Centre Speaker Series visit:

[www.tvcogeco.com/kingston/gallery/k-town-source/2479-feature-stories/64495-the-ban-righ-series](http://www.tvcogeco.com/kingston/gallery/k-town-source/2479-feature-stories/64495-the-ban-righ-series)

Drop by the Ban Righ Centre, 32 Bader Lane (between Ban Righ Hall and Stirling Hall)  
Call to speak to a student advisor: 613-533-6000 Ext. 75363 or 78119  
Or via Skype: Jameela.abdalla or lisa.webb1964  
Visit our website: <http://banrighcentre.queensu.ca>  
Open Monday–Friday 9:00–4:00 pm



The Ban Righ Foundation  
invites you to attend the



BAN RIGH  
FOUNDATION

## ANNUAL SPRING CELEBRATION

May 2, 2013. 7-9 p.m.  
Wallace Hall, University Avenue at Union Street

*"Education is a continuous process that goes on through life without  
barriers of age and time..."*  
Jean Royce, Queen's Registrar 1974

Smoldering beneath the surface of the many life situations that cause girls and women to leave school prematurely is a burning desire to return to study. The aim of the Ban Righ Centre is to stoke those fires and to fan the flames when spirits get dampened.

Enjoy the warmth of a ceremony that brings together mature women students and those who support their educational and life goals – benefactors, families, friends, staff and faculty and fellow students. Hear from a selection of students, their appreciation of the fellowship they experience at Queen's, and from their patrons, hear what motivates their generosity.

Guaranteed to be an evening alight with good feeling.  
All welcome. Bring friends & family.

~Refreshments and music~

Please RSVP to [kk9@queensu.ca](mailto:kk9@queensu.ca) by April 20.  
[banrighcentre.queensu.ca](http://banrighcentre.queensu.ca)/visit us on Facebook

### Thank you Wind Mobile

The Ban Righ Centre is very grateful to Wind Mobile for the \$5000 cheque that we received as a result of a WINDThanks Community Grant application.

[www.windmobile.ca](http://www.windmobile.ca)



### WOMEN'S WORD Radio sponsored by the Ban Righ Centre

Every Friday: 11:30-12:00 noon  
[www.cfrc.ca](http://www.cfrc.ca) or 101.9 FM CFRC  
Queen's Campus Radio

With thanks to all of the dedicated  
radio presenters and interviewees.



In a desire to bring life and spirit to the new Queen's Centre, the AMS has invited various groups to paint murals depicting some aspect of their group activity. Artist and student, Ann Barlow, painted a fantastic mural of the Ban Righ Centre. Ann Barlow says, "There is a conceptual aspect to this painting that only became evident once the work was finished. The logos, to the left and right of the house, were originally simply a design element, but I realized that they also represent the typical experience of the woman who comes to the Ban Righ Centre. She enters the building (on the left) as an incomplete partly formed piece of clay, and emerges (on the right) a complete vessel. I think that many women who have had the Ban Righ experience would agree with this metaphor."