Winter Bounty - Eating Locally and Seasonally in a Northern Climate.

Thursday January 23
Janette Haase. Author, Educator and Gardener.

Eating locally and seasonally in a Canadian climate can be a challenge, but with some practice it can be a very rewarding experience. While summer and fall are filled with nature’s bounty, winter and spring can be more challenging. Farmers Markets, winter CSA’s and local food stores all offer a variety of winter produce, as well as meat, dairy, eggs and sweeteners. Join Janette Haase (author of From Seed to Table) for a hearty winter soup and a look at what’s available in the Kingston area.

Eastern Ontario’s Natural Wonders
Tuesday February 11
Megan Quinn, Acting Coordinator, Conservation Biology - Eastern Ontario, Nature Conservancy of Canada

Love being in nature? Want to know more about it and what you can do to help protect it? Join us to learn about the Nature Conservancy of Canada’s (NCC’s) conservation of natural landscapes in your backyard, and how you can enjoy and help conserve eastern Ontario’s beautiful landscapes.

Doesn’t matter where you come from: Immigration is hard.
Thursday February 20
Setareh Ghahari. Assistant Professor, Faculty of Health Sciences | School of Rehabilitation Therapy

Immigrants come to Canada to have a better and happier life. However, immigration is a stressful process that lasts for many years and causes significant turbulence to the person’s mental health. During this talk, we will discuss several practical strategies to manage a healthy life during the first years of migration.

Mastering Menopause
Monday February 24
Angela Hunt, Naturopathic Doctor, Kingston Integrated Health Centre

When the ovaries go into retirement the body’s other hormonal systems must rise to the challenge. Come learn all about balancing hormones, natural menopausal supports and bio identical hormonal options. Find out why stress may be giving you hot flashes and what to do about it.

The Revolution is Female
Friday March 6; International Women’s Day
Kaziwa Salih, PhD.

This presentation hypothesizes that the dispositions of female warriors in Rojava have engendered new epistemic social spaces that embody self-ownership as a form of freedom that shapes a wider struggle for freedom, social and symbolic capital. Consequently, these warriors cast off both the Middle Eastern portrayal of women as subordinate to men and the Western gaze, which sees women as a commodity.

Art in the Jean Royce Lounge
The art of Rebecca Anweiler will be on display in the Jean Royce Lounge from Dec 6 — April 3
Unmaking as Activism: A Movement towards Slow Art

Monday, March 16

Jill Price, PhD, Department of Cultural Studies

Hyper-sensitive to her Canadian settler history, present and future in a culture that remains complicit in the ecological erasure of arable Indigenous land at home and abroad, Price sees the "goods" of today as the trash of tomorrow and therefore physical and lively extensions of colonization. Presenting on artists, industrial leaders and eco-citizens who embrace undoing and unmaking as creative acts, come add to the discussion on what does it mean to undo, what needs unmaking and how we might collectively deaccelerate rates at which we design, extract and make.

The Colour of Light: An Artist Talk in Conjunction with the Exhibition of Passing Through

Friday March 27

Rebecca Anweiler, Assistant Professor Fine Art (Visual Art) Program, Queen’s University

The source images for Passing Through was a series of photos taken through the transition light of dusk captured from the passenger seat while driving from Cape Spears down to St. John’s harbour through the rain and fog. While the work references both still photography and landscape painting in a day and age when often our only relationship to much of what we see of the world is the view from a moving vehicle or screen, it’s also about coming on the drive with me and learning to make the time to pay careful attention to the experiences that shape you.

IMPORTANT INFORMATION

Talks are from 12:00-1:00 p.m. at 32 Bader Lane unless otherwise specified.

Everyone is welcome.

Soup is free for students.

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