The Hamilton Association for the Advancement of Literature, Science and Art
Since 1857

Free Public Lectures
2019 – 2020

Saturday talks are in Rm. 1A1, Ewart Angus Centre, McMaster Medical Centre, 1200 Main St. W., Hamilton. See website: www.haalsa.org; Twitter: @HamLitSciArt or Facebook: Hamilton Association

Saturday, Sept. 14, 2019 at 8pm
Firing Up Metabolism to Fight Obesity and Type 2 Diabetes
by Gregory Steinberg
Dramatic improvements to healthcare and standard of living, including better nutrition and education, have led to a remarkable increase in lifespan as well as additional years of good health. Nevertheless, potentially the greatest threat to overall human health is a chronic energy imbalance and the subsequent development of obesity, which increases the risk of type 2 diabetes, cardiovascular disease and certain cancers. Diet and/or exercise changes, although effective in some, are not long term solutions for most people.

Dr. Steinberg describes how emerging strategies that mimic a low energy state could be potentially beneficial for chronic metabolic diseases such as type 2 diabetes. He is a professor of medicine and Co-Director of The Centre for Metabolism, Obesity and Diabetes Research at McMaster University.

Saturday, Oct. 5, 2019 at 8pm*
Societal Collapse and Evolution
by Jonathan Pruitt
Some animal societies enjoy great success whereas others wither and die. Despite this obvious observation, the notion that such differences are important contributors to evolution remains one of the most controversial ideas in all of biology. Jonathan Pruitt evaluates what traits enable some animal societies, e.g., ants, wasps and social spiders, to flourish while others are railroaded to extinction, and the subsequent evolution that these patterns appear to have caused in wild populations. Can comparisons be drawn with human societies?

Jonathan Pruitt, an associate professor in the Department of Psychology, Neuroscience & Behaviour at McMaster, was recruited as part of the Canada 150 Research Chairs program.

*Annual General Meeting: 7:15-7:45pm

Saturday, Nov. 2, 2019 at 8pm
Tsunamis: Waves of Destruction
by Ahmed Ghobarah
Twenty years ago it was not the practice to design structures to withstand tsunamis. Knowledge and data about these powerful but rarely occurring waves were lacking and they were considered a low risk. That began to change with the December 26, 2004 Indian Ocean tsunami and the staggering loss of about 300,000 people — the first major event that researchers had the opportunity to study.
Dr. Ghobarah addresses the causes and characteristics of tsunami waves, Canada’s vulnerability to their destructive forces, and necessary measures to mitigate hazard, reduce the loss of life and limit their catastrophic economic impact. Dr. Ghobarah, Professor Emeritus in the Department of Civil Engineering at McMaster, is one of the pioneers in the field of tsunami engineering.

Saturday, Dec. 7, 2019 at 8pm
Connecting Art and Healthcare
by Nicole Knibb

What can medical students gain from art as opposed to a strictly ‘scientific’ curriculum? One answer is in The Art of Seeing™, a highly experiential program held in the imaginative space of the art gallery where works of art are the basis for “learning to look and then look again.” Here basic visual literacy techniques are enhanced by observation, discussion, and narrative writing. Evaluations show the development of greater perception, and critical thinking, in addition to empathy, compassion, self-care and wellness in future physicians.

Nicole Knibb describes the initiative with examples of art used to foster the human connection. As the Senior Education Officer, Ms. Knibb developed this program with the McMaster Department of Family Medicine.

Saturday, Jan. 11, 2020 at 8pm
Fighting the War on Facts
by Katie Moisse

Scientists and journalists have a common goal: to uncover facts and report them clearly. Their jobs have never been easy, but the spread of misinformation on social media and polarizing politics pose new challenges. In this talk, Katie Moisse will explore how scientists can — and should — engage with journalists to share knowledge, inspire action and speak truth to power.

Dr. Moisse is a science journalist (e.g., Spectrum, Scientific American and ABC News) and Assistant Professor of Science and Science Communication in McMaster’s School of Interdisciplinary Science, with advanced degrees in pathology, neuroscience and journalism.

Tuesday, Jan. 14, 2020, 7:30pm
St. Paul’s United Church
29 Park St. W, Dundas

Against All Odds: Tchaikovsky and the Russian Composers Who Followed in his Footsteps

The Hamilton Philharmonic Orchestra and HAALSA partner to celebrate Pyotr Ilyitch Tchaikovsky. Join HPO Composer-in-Residence, Abigail Richardson-Schulte, in a fascinating exploration of Tchaikovsky's music and his struggle for acceptance in a newly created and conservative Russian musical scene. Tchaikovsky's pushing of boundaries was a crucial step towards his country producing three of the most innovative and renowned composers of the 20th century. Please register, for this event only, online at www.hpo.org/haalsa2020/

THE 20th DR. JOHN RAE LECTURE
Saturday, Feb. 8, 2020 at 8pm
Antarctica through an Artist’s Lens
by Arnold Zageris

Breathtaking in its superlatives, Antarctica mesmerizes visitors with its compelling beauty, awe-inspiring landscapes and imposing grandeur. Moreover, its ever-changing and elusive light can paint and transform the spectacle with often fantastical shapes and colours. From the delicate tingling sounds of tiny ice crystals, to the majesty of its towering peaks, and the ferocity of its relentless storms Antarctica animates, inspires, and humbles.

Canadian artist and author, Arnold Zageris, who has travelled to Antarctica five times, describes its limitless but challenging opportunities for photography and shows his compelling natural images composed on site.

Saturday, March 7, 2020 at 8pm
William A. Stephens and the Prospect of “Hamilton”
by Jeffery Donaldson

Imagine yourself on Hamilton’s mountain brow one day in June, 1839. Picture the small wagon path that meanders up
from John Street to the farm fields above and the small
burgeoning town below that stretches all the way from
Bay Street in the west to Catharine Street in the east.
Imagine an immigrant farmer of modest education
arriving, climbing the escarpment and writing one of the
earliest settler poems published in Upper Canada—a fine
example of 18th century English ‘prospect’ poetry and a
well-kept secret in Canadian letters.

Jeffery Donaldson, an author, poet and teacher in
McMaster’s English department discusses the chanced-
upon find and his subsequent research, which has led him
to new friendships and a unique understanding of the place
he has called home for 30 years.

Saturday, April 4, 2020 at 8pm
‘Photovoice’: Achieving a Stronger
Reconciliation with Indigenous
Peoples
by Chelsea Gabel

It is no surprise words can fall short when the subject
is Indigenous health and well-being encompassing
Indigenous lived experience. The ‘Photovoice’
program empowers its participants by using
photography to explore possibilities for change that art
and images can evoke. Dr. Gabel explores its potential
to gain a better understanding and representation of
Indigenous voices and community needs—and seek
innovative ways of redressing the historic treatment of
Indigenous peoples, e.g., a recent project focuses on
erlder-youth relationships to highlight community
strengths as well as challenges, and promote new types
of social advocacy. Dr. Gabel is an Associate Professor
in the Department of Health, Aging and Society and in
the McMaster Indigenous Studies Program.

About the Association
The Hamilton Association, one of Canada’s oldest non-
profit cultural organizations, has encouraged the advance-
ment of community knowledge through free public lectures
and support for local arts and science for more than 150
years, and also sponsors the following awards for teens in
the Hamilton area.

The Maitland Banting
Silver Quill Award
• an award of up to $250 for short fiction by teenage
entrants in the Power of the Pen competition showing
an excellent use of language. Details and entry forms at
https://teens.hpl.ca/power-pen/

Hamilton Association
Young Poet Award
• an award of up to $250 for poetry entered in the Power
of the Pen competition.

Hamilton Association
Young Musician Award
• a $250 award for excellent performance, administered
by the Dundas Valley Orchestra, stressing musicianship
and interpretation; it includes the opportunity to
perform at a DVO concert. Details at
www.dundasvalleyorchestra.ca/

da Vinci Science Fair Award
• one or more awards of up to $250 for students in the
Bay Area Science and Engineering Fair. See
www.basef.ca/

Tax receipts are provided for memberships and other
donations. Forms are available at www.haalsa.org/

Please check the website for a location map, directions
and parking advice, as well as for any notice of a cancel-
ation due to weather or other unforeseen circumstances.

Inquiries
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