

BOLD

THE MAGAZINE BRESCIA ALUMNAE CHOOSE TO READ

HOME YOU CAME
HOMECOMING **2010**

plus

**CARMELLE MURPHY
ALUMNAE AWARD
OF DISTINCTION**

JOAN FRANCOLINI ('55)

YOUNG ALUMNAE
AWARD OF MERIT
NOELLE MARTIN ('04)

**SISTER EVALINA
MELOCHE**

PROVIDING INSPIRATION TO
WOMEN EVERYWHERE

FALL/WINTER 2010



 **Brescia**
UNIVERSITY COLLEGE
Choose to Lead.



Photograph by Jason Selinger.

COVER PHOTO: Carmelle Murphy Alumnae
Award of Distinction Winner – Joan Francolini ('55)
Photograph by Jackie Noble.

ABOVE: Dr. Colleen Hanycz and her youngest daughter, Claire,
shared a smile during the Homecoming football game.

From the Principal's Pen

"AT BRESCIA, OUR ABILITY TO EXERCISE COMPASSION IN OUR DEALINGS WITH OTHERS IS A SIGN OF OUR STRENGTH, OUR PASSION, AND OUR CONVICTION THAT WE ARE MAKING THE WORLD A BETTER PLACE."

STRENGTH THROUGH COMPASSION

Of all of the attributes and characteristics of the “Brescia Experience” that we identified through our rebranding process, certainly the attribute that will forevermore connect Brescia to its Ursuline roots is that of being compassionate. This value underlies everything that the Ursuline community touches and its work atop the Brescia hill is no different!

One of the best parts of my job – and there are many great parts – is when I am able to react with compassion to a unique plight being suffered by one of our students or other community members. While of course there are countless rules, guidelines, and policies that direct those actions, there is also a bedrock understanding at Brescia that we are here to make higher education possible and that we will do what needs to be done for that to occur. I am in the position of being able to be flexible and respond to needs in a way that I have never witnessed before at the institutional level.

In our increasingly corporatized culture, the notion of compassion is often equated with weakness. That could not be further from the truth. At Brescia, our ability to exercise compassion in our dealings with others is a sign of our strength, our passion, and our conviction that we are making the world a better place. In this issue of *Bold* and in the enclosed 2009–2010 Annual Report, you may read about our compassion and other strengths in action.

I am sure that you join me in feeling great pride around Brescia’s characterization as compassionate, an Ursuline value that we will never lose.

Greetings from Alumnae Association President



CATHY DAVIDSON ('76)

FALL IS THE TIME TO START THINKING WARM AND COZY THOUGHTS AND A TIME TO REFLECT.

I am truly grateful to have attended Brescia University College. Brescia is not a school like others; we are so much more. One of the attributes that Brescia is recognized for is the compassion that is demonstrated every day, and that has helped to shape each of our lives. It’s a quality that is practised in the classroom, the hallways, the dorm, and after graduation in the lives we lead.

The ability to show concern, be kind, considerate, and understanding is shown so many times. When we hear of an alumna who is facing a crisis or a loss of any kind, we reach out to help. Just as when there is a celebration, a new career, wedding or addition to the family, we are there too. Whether the compassion is demonstrated by a professor, staff member, student, or alumna it is part of what we are all about.

Are we compassionate because we are influenced by the Ursulines? Is it because we are an all women’s college? Is it because we are a smaller college? The “why” doesn’t matter as much as the fact that we are a compassionate group. And I thank everyone who has shown me compassion throughout the years.

Home You Came!



BY COLLEEN AGUILAR

WE ASKED AND YOU CAME! THANK YOU TO ALMOST 200 ALUMNAE WHO HELPED US CELEBRATE HOMECOMING 2010 IN MORE WAYS THAN ONE!

Our 'kick-off' to the weekend began when 65 of us boarded a school bus bound for the TD Waterhouse Stadium to watch Western beat Queens on our home turf! Our annual anniversary tea was also held, where treats and photos were shared. On Saturday evening Crave restaurant hosted our third annual Alumnae Cocktail Classic & Dinner!

The weekend would not have been complete without our third annual 100-Mile Luncheon served by our Food Services team. They created a perfect Thanksgiving atmosphere. Thanks and gratefulness continued throughout the afternoon

with tributes to Sister Mary Lou McKenzie, beloved former librarian Christine Suokaite, and to our Alumnae Award winners Joan Francolini ('55), recipient of the Carmelle Murphy Alumnae Award of Distinction, and to Noelle Martin ('04), recipient of the Young Alumnae Award of Merit.

A special thanks to our Homecoming Committee along with students, faculty, and staff for helping to make the weekend such a great success!



2000/2009/2010: Izabela Bielaska ('09) , Elise Maiolino ('10), Dr. June Matthews ('00)



1950



1955



1960



1965

1950: Anne (Casey) Hennessey, Marilyn (Burt) Foskey, Christine Suokaite ('51) **1955:** **Top:** Frances (Fonfara) Roetling, Joan (Barry) Francolini, Pat (Woodcock) Pettigrew, Adele (Knowlton) O'Connell, Lucille (Plotkins) Panet-Raymond, Nadia (Bala) Martin. **Bottom:** Maryane (Callaghan) Thomson, Joyce (Curran) Gillelan, Rosemary McConkey **1960:** Peggy (Burgess) Labombard, Helen Wagner, Jenny (Tyro) McGinley. **Front:** Frances (Dalton) Marsman **1965:** Judi (Lambert) Cumming, Ruth-Marie Curry, Tomi (Madden) Tarasuk

1970: **Top** (left to right): Judith Powell, Corry (Stockermans) Wink, Cheryl (Clark) Kerr, Jo-Ann (Ollershaw) Carrothers, Margaret (McClure) Glenn, Janice Jarmain, Mary (Jonker) Ward. **Bottom:** Mary (Malloy) Hurley, Gert (Strasser) Cavanagh, Doreen (Eason) White, Judith (Turner) McNeill **1975:** **Top:** Beth Campbell, Margaret (O'Grady) Wickare, Eve (Emery) Harding, Marianne (O'Keefe) Gallant, Judy Guttridge, Sherry (Rossow) Crone. **Bottom:** Linda (West) Graham, Cathy (Schmidt) Vasey, Suzanne (Minaker) Symons, Marion (Klein Gebbinck) Leifso **1980:** Brenda (Gregg) Murray, Diann Zinn, Mary (Townsend) Stanford, Donna (Hoffarth) Stewart, Jane Nigh, Jennifer (Hill) Holterman **1985:** Ann Marie Vaillancourt, Deborah (Bishop) Van Belois ('86)



1970



1975



1980



1985

CARMELLE MURPHY ALUMNAE AWARD OF DISTINCTION – JOAN FRANCOLINI ('55)

Since graduating, Joan Francolini has been an exemplary model within the Brescia, London, and national community. While raising six children, Francolini has chosen to lead by sitting on or chairing numerous boards, including the Heart and Stroke Foundation of Ontario, Ontario Hospital Association, Tillsonburg Public Library Board, United Way of London and Middlesex, London Regional Art Gallery, London Community Foundation, Robarts Research Institute, and Brescia University College Foundation. In 2005, Francolini was awarded the Order of Ontario and in 2009 was honoured as one of YMCA's 2009 Women of Excellence honourees in the Lifetime Achievement category.

Pat Pettigrew, Nadia Martin, and Joyce Gillelan nominated Francolini. Pat wrote these words on behalf of the group about this year's recipient:

"Dedicated to family life, she has always been generous with her time, energy, and involvements with civic, professional, and religious organizations. Her advice is frequently sought by decision-makers. We, her classmates, value her friendship, her wise counsel, and her willingness to lend a hand, particularly where class activities are concerned. We, her classmates, applaud Brescia's action in recognizing her outstanding principles, leadership, and involvement in the community."

In her acceptance speech, Francolini said, "Today we are at Brescia reflecting on some or many of those 'learning, wisdom, memories' years – and following the modeling of our precious Ursuline Sisters – we must not just follow dreams but live them fully."



Young Alumnae Award of Merit – Noelle Martin ('04)

After graduating with an Honours BSc in Foods and Nutrition from Brescia, Noelle Martin completed a comprehensive dietetic internship at London Health Sciences Centre and went on to complete her Master of Science in Foods and Nutrition at Brescia in 2009. During her university career, Martin was recognized nationally as a leader within the dietetic community by receiving the National Nestlé Gold Plate Award and the Canadian Home Economics Association Sally Henry Leadership Award in 2003.

Martin's nominator and Brescia colleague, Dr. Alicia Garcia, wrote this about the award recipient: "While at Brescia in her undergraduate years, she balanced her academic achievements with loads of volunteer work, extracurricular activities, and extending help to other students."

In addition to counselling at RD Services, Martin teaches at Brescia. "During my undergraduate and graduate time at Brescia I was mentored and encouraged to mentor others; I was led and encouraged to lead; I was taught

and encouraged to teach others. Now as a member of faculty, I consider it an honour to give back to students and show them the support that I was shown while challenging them to give their all," Martin told alumnae and other guests at the 2010 Homecoming lunch.

Martin is past president of the Canadian Association of Food Service Professionals (London Branch), and most recently took on the role of Chair with the Hope's Garden Board.

MOTHER DAUGHTER AWARDS

DAUGHTER

Emily Ambrogio

Dana Borrie

Vanessa Cheeseman

Alexandra Farrell

Alexandra Jefferies

Kimberly Leggatt

Veronica Stanford

Natalie Symons

Carolyn Rupar

Carolyn Wickware

MOTHER

Suzanne Ambrogio ('89)

Nancy Borrie ('80)

Mary Cheeseman ('80)

Grandmother:
Helen (Healy) Flanagan ('61)

Rosanna Jefferies ('89)

Pat Leggatt ('81)

Mary Stanford ('80)

Suzanne Symons ('75)

Brenda Rupar ('73)

Margaret (O'Grady) Wickware ('75)
Grandmother: Marion O'Grady ('48)



Photograph by Jason Selinger.

Living Leadership – Brescia charts its course until 2015

On September 15, Brescia launched its new strategic plan *Living Leadership* to a crowd of over 100 students, faculty, staff, Ursuline Sisters, and volunteers. The overarching objective of the ambitious plan is to strengthen Brescia's competitive position and embrace our values while growing our student community to 1,200 full-time students by 2015.

Increased student retention and satisfaction are among the nine objectives in the plan. In a special presentation, Brescia University College Students' Council President Cait Bionda presented a cheque for \$40,000 to Dr. Colleen Hanycz, Principal, and Suzanne McDonald-Aziz, then executive director of the Brescia Foundation. The gift is designated for the construction of a new residence. "When we were trying to decide what we could support, we chose a new residence as we think that residence life is a very important part of the university experience and influences where students choose to study," Bionda said. A new residence is one of the 27 objectives articulated in the *Living Leadership* plan.

The plan centres around these four vision elements: to increase Brescia's student-centred focus; to become Canada's pre-eminent leadership destination for women; to build its strong community relationships; and to enhance Brescia's innovation in research, teaching, and learning.

To view the *Living Leadership* strategic plan online, please visit http://brescia.uwo.ca/about/strategic_plan/index.html



Photograph by John Tamblyn

Get to know Dr. John Mitchell

} ACADEMIC DEAN

What degrees do you hold? I completed my B.A. (Honors) and my M.A. in Psychology at Queen's University in Kingston. My Ph.D. is from the Centre for Studies in Behavioural Neurobiology, Psychology Department, at Concordia University in Montreal.

Briefly summarize your research and how it's relevant to your academic work at Brescia.

My main area of research is on the impact of stress on our psychological and physical well-being and on how we cope with stress. Whether the individual is facing the challenges of heavy workload, exams, poor social skills, or chronic illness, the question that is central to my work is: how do we choose our coping strategies and how effective are they? In many of the courses that I teach (e.g., Personality, Educational Psychology), stress is an important topic and it is one that is of great interest to our students.

Share a significant memory or experience that demonstrates compassion at Brescia. In thinking about the article I collaborated on with Alyssa Van Belois ('09), [Summer residential camps: Promoting social interaction and self-efficacy among young adults with special needs. *Camping Magazine*, the official publication of the American Camp Association. Nov./Dec. 2009], I saw in Alyssa a deep caring for others – in her volunteer work, in her Honours Thesis research, and even in casual conversation. When talking about how her work with residential summer camps could help individuals facing challenges, she became truly passionate. Students like Alyssa are a living demonstration of the compassion that typifies Brescia.

What is your greatest personal achievement?

Having happy, talented, intelligent children – a son and a daughter – who like to hang out with their dad – despite his bad puns and somewhat odd sense of humour.

Would you like to comment on a topic that has garnered recent media attention and is relevant to your teaching or research expertise?

Stress and stress-related health problems were always concerns among adults. Recently, the media has not only emphasized information about stress and health, it has featured more and more information about stress-related problems among youth and even children.

What is something about you our readers may be surprised to learn? I am a very big fan of live theatre and for a number of years have been a volunteer with youth theatre groups. Most people know me as "Dr. John." There is another group who know me as "John the Prop Guy." A few years ago I even took an evening course on theatre tech (set design, stage layout, lighting, etc.). My work as John the Prop Guy has been as a volunteer with local youth theatre.



Photograph by Jason Jones



Photograph by Alison Vilaca.

When did you graduate, from where, and with what degree(s)? I received my B.A. in Political Science from Wilfrid Laurier University ('80), and both my M.A. (1995) and Ph.D. (2003) in Psychology from The University of Western Ontario.

Briefly summarize your research and how it's relevant to your academic work at Brescia.

I am doing research on humour with a colleague (Dr. Jim Olson) on main campus. He was my advisor through graduate school. We have found that people respond differently to different types of humour. Specifically, people who are exposed to humour that ridicules others exhibit fear of failure and conformity (which we have labeled "jeer pressure") compared to people who are exposed to self-deprecating humour. Thus, people who observe ridicule of others seem to become inhibited – possibly to avoid potential ridicule themselves. People who observe self-mocking humour do not experience this inhibition. Possibly, observing somebody poking fun at themselves, makes us "lighten up" about our own weaknesses and shortcomings. In one study, Olson and I found that people who had observed self-deprecating humour had higher scores on a creativity task than those who had observed other-ridicule or no humour.

The take-home message from this research is that if we want to lighten up about ourselves, we might want to choose to watch a comedian who pokes fun at him or herself, as opposed to one who slags other people.

Share a significant memory or experience that demonstrates compassion at Brescia. One of my daughter's best friends was pursuing a degree at main campus. She was having many difficulties and my daughter encouraged her to transfer to Brescia. She did, and she thrived here.

Get to know
Dr. Leslie Janes

ASSOCIATE ACADEMIC DEAN
(STUDENT AFFAIRS)

What is your greatest personal achievement?

My family is my greatest personal achievement. I have a wonderful husband and two great children who are the light of my life.

Would you like to comment on a topic that has garnered recent media attention and is relevant to your teaching or research expertise?

I found the Chilean mining rescue operation to be so very inspiring. It was wonderful to have a good news story that mesmerized people around the world. As a psychologist, I was intrigued and fascinated by the mental stamina required by those men to remain underground as long as they did.

What is something about you our readers may be surprised to learn?

A few years back my husband and I took our children out of school for a few months and took them traveling – through Europe, India, and Nepal. I am a firm believer in the educational benefits of travel!

“CHRISTINE WAS ALWAYS AVAILABLE; SHE ALWAYS HAD IDEAS; SHE KNEW WHERE EVERYTHING WAS; SHE ENCOURAGED, SUPPORTED, AND SHARED. SIMPLY PUT, GRADUATING WITHOUT HER WOULD HAVE BEEN THAT MUCH MORE DIFFICULT.”

MARIE TRAYNOR ('92)



Photograph by Jason Selinger.

Brescia's quiet former librarian has bold influence

BY TRISH GERGICH

Christine Suokaite received loud and heartfelt applause at this year's Homecoming 100-Mile Luncheon on Sunday, October 3, 2010. Everyone in the room could feel the love and admiration from alumnae who felt so honoured to have had Christine as part of their lives.

As the head librarian for most of the 55 years she spent at Brescia, Suokaite influenced the academic and personal lives of many students. Although she rarely spoke of her own courageous story of escaping Lithuania during World War II, her strength and determination shone through her caring attitude towards students and staff.

“Christine was one of the first people I met at Brescia and she had a very positive, reassuring, and comforting influence on me during the transition to a large, unfamiliar, and somewhat frightening university campus,” recalled Irene Healy Vihant ('78).

Suokaite was honoured at the luncheon with the announcement of the new Christine Suokaite Group Study Room. Guests were pleasantly surprised to see the usually quiet retired librarian come to the microphone to say a few words.

“I thank you all for everything that you have given to me in life. I do not deserve this today; I just did my work like everyone else. I want to thank God for watching over. Thank you, thank you, thank you.”

The Christine Suokaite Group Study Room is located in the Beryl Ivey Library in the St. James Memorial Building. Alumnae and friends are encouraged to visit the room and read the special plaque that tells Christine's story.

Mother-Daughter Award

Do you have a relative who went to Brescia? We want to know! In the spring of 2011 we will hold our first Brescia Legacy Dinner to honour those generations of women from the same family who walked the halls as students. Let us know if you have a relative who is a Brescia alumna, a current student, or even a potential student!



Alumna Suzanne (Minaker) Symons ('75) and her daughter Natalie, who is in her fourth year, are photographed here with second-year student Carolyn Wickware ('75) and her mother Margaret (O'Grady) Wickware ('75).



Your Contact Information:

FIRST NAME

MAIDEN NAME

MARRIED NAME

GRADUATION YEAR

ADDRESS

E-MAIL

PHONE

NAMES OF RELATIVE(S) AND THEIR RELATIONSHIP TO YOU

Your Relative's Information:

FIRST NAME

MAIDEN NAME

MARRIED NAME

GRADUATION YEAR

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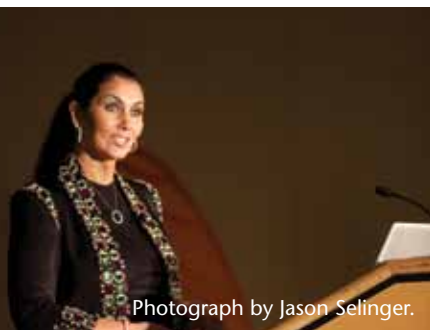
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Or visit our web site and fill out the form online at

www.brescia.uwo.ca/alumnae

Unconventional entrepreneur speaks at Brescia's 9th annual Breakfast for Bursaries

BY JULIE MALTBY



Photograph by Jason Selinger.

Award-winning entrepreneur Cathrine Ann is about to option her gripping life story for a Hollywood movie, but 370 guests at Brescia University College's ninth annual Breakfast for Bursaries heard it first-hand when Ann presented on October 21, 2010 at the London Convention Centre.

In a candid interview before her presentation Ann revealed that she grew up neglected and abused until she met the man she would one day marry and who would support her desire to start Customer Connection, a business that provides customer service evaluations and analysis to many corporate clients and has become a multi-million dollar success story.

Ann employs thousands of people – many on a contract basis – who have limited opportunities to earn an income. “From being neglected most of my life... I learned to depend on myself. And, I learned to open my heart and behave with compassion. I took a lot of the negative and turned it into the positive. I've hired homeless

people, people with disabilities, stay-at-home moms, and retired people – we hire thousands of people who wouldn't otherwise have additional income.”

Ann has given back in many ways as a philanthropist, often supporting the charities that matter to her clients. A project she is particularly enthusiastic about is the Cathrine Ann Project (CAP) in Mexico, which supports veterinary services for animal rescues in Los Cabos.

Most of the proceeds from her book *Beautiful Buttons* will support CAP. The book is also the inspiration for the anticipated movie. “I think it's a great story for the times. I have no doubt that this will be a movie.” Some signed copies of Ann's book are available from the Foundation Office for \$25.

About \$19,000 was raised for the Eleanore Donnelly Bursary, which makes an education at Canada's women's university accessible for mature students with financial need. This year's recipient is Sarah Hindmarsh, a first-year Foods & Nutrition student.

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BELOW: This year's recipient of the Eleanore Donnelly Bursary is Sarah Hindmarsh, a first-year Foods & Nutrition student.



Sister Evalina Meloche



“I was brave.”

BY COURTNEY NIVEN AND SHEILA BLAGRAVE

These powerful words, spoken by Sister Evalina (Eva) Meloche, characterize the strength and resilience she mustered to conquer limitations and disappointment. Born south of Windsor during the struggle of the Great Depression, Meloche entered a world full of anguish and frustration. Losing her mother at the age of 12, she recognized her calling to God and dedicated herself to becoming a Nun.

Meloche completed her teaching credentials in 1947; she taught French and Geometry to students in Grades 9 through 12 at various high schools from 1947–1970. Upon completion of her BA from the University of Ottawa in 1956, she continued her pursuit of education and completed her M.A. from the University of Laval in 1961. Meloche recalls a pivotal moment when Mother St. Michael asked, “Have you ever thought about Brescia?” Sparking a moment of clarity, Meloche enrolled at Grenoble University in France and completed her post-graduate studies from 1970–1972. Here she took various classes with the goal of Brescia in mind.

Upon arrival at Brescia in 1972, Meloche was appointed as Professor of French and Chair of the French Department. Her extensive work at Brescia included 16 years of teaching until her retirement in 1988. Meloche applied her love and passion for books and ultimately became the archivist at “The Pines.” She finished her career in 2000 and currently resides in Villa Angela in Chatham, Ontario.

Meloche’s strength and perseverance are admirable and she provides inspiration to women everywhere.

You told us in the alumnae readership survey conducted in February that you want current news and stories about the Ursuline Sisters who influenced you and other alumnae when you were a Brescia student. This profile of Sister Evalina Meloche is the first of a series in *Bold*.

Knowing that a teacher cares helps female students learn

BY JULIE MALTBY

Members of the Brescia community frequently describe your *alma mater* as a compassionate environment. In fact, Brescia was rated among the top 10 universities for being academically nurturing and supportive in the “personality test” of this year’s Canadian University Report 2011, published in *The Globe & Mail*. As Dr. Hanycz indicated in her message on page 2, “...certainly the attribute that will forevermore connect Brescia to its Ursuline roots is that of being compassionate.”

Hanycz has also said Brescia’s high ranking in *The Globe & Mail* report, based on students’ survey responses, underscores the outstanding support that is provided by Brescia’s faculty and staff members. “One of our core values – being student-centred – inspires all of us at Brescia to provide a nurturing, supportive environment in everything we do, from recruiting students to encouraging them to do the best that they can.”

In support of the goal to provide the best possible environment for student success, in September Brescia hosted Dr. JoAnn Deak, an expert in education and psychology, and a sought-after speaker, to share her experience and knowledge about the differences in how males and females learn – and demonstrate their knowledge – with Brescia faculty and staff members.

Deak recommends that everyone participating in the educational system should learn more about the differences between the male and female brain functions. This will help in the development and delivery of learning and assessment methods that maximize opportunities for both sexes.

“There are so many differences. I suppose that the overarching one for me, in looking at the research and working in the field for so long, is that for most females whether they believe a teacher cares about them has a huge impact on the thinking part of the brain.”



Dr. JoAnn Deak came to Brescia to share her knowledge and experience about how women learn. Photograph by Julie Maltby.

“This is hard for some teachers to accept right away. The neurons that connect the emotional part of the brain to the thinking part are fairly large. The connection or sense that the teacher cares about them as a student or a person activates those neurons. It’s not that girls can’t learn with a teacher they feel doesn’t care about them, but their learning is inhibited in some way or is not as significant. If teachers don’t understand this, they should be FedEx drivers. A good part of their job is to let their students know that they care about them – not that they like them, but that students believe that teachers care about them,” Deak said.

In her presentations at Brescia, Deak also spoke to the value of women’s-only education. “People say this is a co-ed world and that you should be in a co-ed setting to prepare for it. We have much evidence to the contrary. If you put a girl in a single-sex education setting, she will feel free to take risks in order to try hard things and to not try to hide her intelligence. The research says, in general, girls or females who spend enough time in a single-sex setting tend to have better self-esteem, better leadership skills, and better achievement throughout life.”

Deak has authored two books on the subject of female learning and co-authored the recently released book *How Girls Thrive*. For more information about Dr. JoAnn Deak, visit her web site at www.deakgroup.com.

Brescia brings iWIL to new audiences

BY KATE NORTON,
iWIL DIRECTOR

The Institute for Women and Leadership (iWIL) raised its profile in the London community with two unique events this fall. On September 23, 2010 Principal Colleen Hanycz delivered a keynote speech entitled “Women Learners and Women Leaders: The Classroom and Beyond” to a room of more than 200 women at the London Convention Centre at the second annual Power of the Purse Conference.

Hanycz spoke to the importance of single-gender education for women and discussed the findings of leading American expert Dr. JoAnn Deak in the field of neuroscientific research. To empower women learners, educators must pay attention to the importance of connectedness, moving outside the comfort zone, risk taking, multi-tasking and information processing.

Hanycz told the audience about Deak’s identification of the three C’s of self-esteem – confidence, competence, and connectedness. At Brescia, there are many ways in which we are helping to build competence, confidence, and especially connectedness, within our students. The *Take the Lead* high school public speaking contest and the Girls LEAD summer camp programs are concrete examples.

iWIL is also ensuring that Brescia connects with members of our extended community. On October 12, the iWIL lecture of the Sophia Series was proud to present Olympic gold medalist Sami Jo Small to the podium at Brescia. Small spoke to the importance of “Embracing Your Role on the Team.” Small was received by a packed auditorium and enjoyed the opportunity to meet one-on-one with young athletes, share in the pre-lecture meet-and-greet pizza dinner, hand out her signed hockey cards, and pass around

her gold medal for photographs that will be cherished by three teams of the London Devilettes Girls Hockey Association.

Stay tuned for more exciting opportunities to participate in iWIL events in the coming year.



Gold medal winning Canadian hockey goalie Sami Jo Small shared her inspiring story of leadership on and off the ice with a packed auditorium, which included three London Devilettes hockey teams.

Brescia alumna develops program to help people with developmental disabilities live healthy lives

CHWEN JOHNSON WAS THE FIRST STUDENT TO GRADUATE FROM BRESCIA WITH A MASTERS OF SCIENCE IN FOODS & NUTRITION (MSCFN) IN '09 AND SHE HAS BLAZED ANOTHER TRAIL BY IMPLEMENTING THE ORIGINAL STRIVE FOR HEALTH (SFH) PROGRAM IN HAMILTON, ONTARIO.

The SFH program teaches nutrition concepts, fitness, and healthy cooking to adults with developmental disabilities. The program grew out of the Master's thesis

completed by Johnson, a registered dietitian who earned her MSc full-time while working part-time at Hamilton Public Health Services. "I was running a cooking program for elementary school children through Public Health. A manager from the local Development Services Agency approached me to see if I could provide a similar program for adults with developmental disabilities. At the time I was looking for a topic for my research project and this was the perfect fit."

SFH includes a 10-week healthy eating and cooking session. The participants learn about the four food groups, menu

planning, grocery shopping, and the use of various kitchen utensils. Johnson hopes that the success of the pilot project, funded by the Ministry of Health Promotion, will lead to its implementation across the province. "I have so many plans. First of all, I want to promote the program to all 13 developmental service agencies in Hamilton. I also want to promote the program to all the cities in Ontario; this program is a pilot for a provincial roll-out." Johnson is currently working with Community Living Burlington to develop the second phase of the program. In addition, she would like to develop a similar program for children with developmental disabilities.



"I WOULD SAY THE MOST REWARDING PART OF THE PROGRAM IS SEEING THE CURRICULUM THAT I DEVELOPED BEING IMPLEMENTED, WORKING WELL, AND ENJOYED BY THE PARTICIPANTS. IT'S ALSO VERY REWARDING FOR ME TO SEE PARTICIPANTS LEARNING IMPORTANT SKILLS THAT ARE GOING TO HAVE A POSITIVE IMPACT ON THEIR LIVES." CHWEN JOHNSON ('09)



Brescia's first Girls LEAD camp in Barbados is a success

Brescia took its successful Girls LEAD camp to Bridgetown, Barbados in July for the inaugural Girls LEAD International day camp, which ran for two weeks at Ursuline Convent School.

The 22 female students, who will be entering secondary school in September, enjoyed a series of confidence-building activities during the camp led by Brescia's International Student Program Co-ordinator Christina Lord, two Brescia students, an alumna, and four junior counsellors from Barbados. In addition, two Brescia students from Barbados, home for the summer, volunteered their time daily. Together the group members explored their own leadership potential in a positive, welcoming, and inclusive environment.

The participants, aged 10-12, were selected by scores on their 11-plus/Common Entrance Exam, facilitated by the Ministry of Education in Barbados. Campers enjoyed cooking healthy meals together, interactive activities, and sharing their culture with the Canadian counsellors. Camp co-ordinator and Brescia alumna Jennifer Collis ('10) said the campers will now be better prepared for high school. "These skills will enable the girls to be confident in themselves and the lessons learned will allow them to enter secondary school with self-confidence and the belief that they can conquer the world."

Dr. Colleen Hanycz, Principal, predicted a bright future for the participants. "Watch out for these girls. You haven't heard

the last of them. They are bright, focused, and determined to make something of themselves." Hanycz could also have been speaking about the participants in the local Girls LEAD camps, which have been offered to girls in Grades 3-8 throughout the summer at Brescia for four years.

Brescia is grateful to these sponsors for their support of Girls LEAD International in Barbados: Summit International Bank Limited; Barbados National Bank Inc.; and Trident Insurance Company Limited.



Alumnae in Business – Join Abby Greer ('02) (left), co-owner of GreerGirls, in promoting your business to alumnae and other visitors to Brescia's "Alumnae in Business" web page. Contact the Alumnae Relations office at brescia.alumnae@uwo.ca to learn more.

Special Announcement for Social Science Grads:

The Division of Social Sciences at Brescia is undergoing a formal review of its programs in 2010-11. We are looking for feedback from Social Science graduates (including Majors in ACS or MOS, Political Science, History, or Psychology) regarding your Brescia experience.

To complete the survey, please go to www.surveymonkey.com/s/XZM8SMS. It will take about five minutes to complete, is anonymous, and your responses will be confidential.

If you have any questions about the survey, please e-mail the Chair of the Division, Dr. George Warecki, at gwarecki@uwo.ca

{ MILESTONES | MARRIAGES | BIRTHS & DEATHS }

MILESTONES

'68



On October 29, Dr. Marlene MacLeish added an honorary degree from The University of Western Ontario to her lengthy list of achievements and recognitions.

After earning a B.A. in Psychology from Brescia, Marlene completed her M.Ed. and Ed. D. degrees from Harvard University in Boston, Massachusetts. Today, she is: Professor of Medical Education at Morehouse School of Medicine in Atlanta, Georgia; Director of the MSM-National Space Biomedical Research Institute's Educational Outreach Program at Morehouse; Senior Education Fellow of the National Space Biomedical Research Institute; and is a Member of the International Academy of Astronautics in Paris, France.

Marlene came back to Brescia to accept the Carmelle Murphy Alumnae of Distinction Award in 2004 and returned again in 2009 to deliver the following words in her address to graduating students at the Baccalaureate ceremony: "I learned from Mother Rosana that winning is just plain hard work... Believe me, after my Brescia education, Harvard was easy and space exploration education quite manageable!"

'80

VICTORIA (POFF) SIMONS and her husband, Rod, celebrated their 19th wedding anniversary on September 6. They have two beautiful daughters, Alexandra (15) and Caroline (13). They live in Prince Edward County on the Bay of Quinte, having moved there from Toronto nine years ago. Victoria worked in the nutrition field for some time in various positions before becoming a full-time mom when Alexandra was born. She returned to the workforce, in the couple's own company, 44 North, seven years ago. They do video surveillance, access control, audio visual automation, and vehicle tracking – certainly not nutrition-related but nonetheless interesting.

'87

SARAH JARVIS is delighted to have started a position teaching English Language and Literature in September 2010 at Academie Sainte Cecile International School, a private elementary and secondary school in Windsor, Ontario.

'08

As the Program Co-ordinator of Southwest Ontario Aboriginal Health Access Centre's Healthy Active Physical Program for Youth (H.A.P.P.Y) **Teri Morrow** is able to provide first-hand nutrition knowledge to youth through physical activity and culture and wellness building programs. After graduating with honours, Teri had her

beautiful baby girl, and stayed home for one year to focus on her family. Eager to put her learning into practice, she jumped back into the field of nutrition education for London's Urban First Nations population. Being from a First Nation population herself (Six Nations-Cayuga), she saw this as a great start to apply what she learned from Brescia in her community. This year has also been a rewarding year for her volunteer position with the Aboriginal Nutrition Network, which she promotes to First Nations youth interested in a career in the Health Field. She presented the possibility of a career in nutrition to the Verna Kirkness "Be a Food Researcher For A Week" at the University of Guelph (March 2010) and Western's Medquest Health Careers Fair (July 2010).

'10



The Circle Women's Centre celebrated its 20th anniversary on September 25. Dr. Colleen Hanycz, Principal, said this about the magical event held to celebrate the special anniversary: "The auditorium was transformed into a welcoming place of gathering, made warm and cheery with *Circle* artwork and candlelight. About 85 *Circle* members and friends, including founding Director Sr. Patty McLean and current Director Kim Young Milani, came together for

ritual and celebratory toasts. It was my pleasure to say a few words on behalf of Brescia and to listen to so many inspiring (and inspired!) comments from women whose lives have been dramatically impacted by the creation of *The Circle*. I look forward to watching the next 20 years unfold!"

MARRIAGES

'06

MARY KATE FRAUMENI was married to Saroeun Sam on August 21, 2010 in London, Ontario.

BIRTHS

'95

SILVANA ORSINI adopted new son Aleksander in June 2009.

'00

DR. COLLEEN GOBERT, Food and Nutritional Sciences faculty member and alumna, and husband Charlie, welcomed a baby girl, Audrey Marlene, on August 10, 2010 who weighed 7 pounds and 14 ounces.

'00

TRACY (ERNEST) REID, husband Jeff, and big sister, Elizabeth, are pleased to announce the newest additions to the Reid roster. Victoria Lynn and Callum Robert James were born on July 2, 2010. Victoria weighed 4 pounds, 15 ounces and looks like her big sis Elizabeth. Callum, Daddy's little slugger, tipped the scales at 6 pounds.

'00

KATIE GEORGE and her husband, Richard, are pleased to announce the arrival of their daughter, Maya Alicia, born March 18, 2010. Her parents report that she is a delight!

'05



LOE GARAVITO-BRUHN and her husband welcomed their first daughter, Amélie, on October 3, 2009. They had the pleasure of celebrating her first birthday this fall amongst family members, where she was showered with love and gifts. She keeps them very busy. However, both sets of Amélie's grandparents, among many other family members and friends, are supporting Loe and Sami on their second journey through parenthood. Since the loss of their son, Angel, in 2006, Amélie has renewed their sense of purpose and has brought so much joy, love, and laughter back into their lives. They are forever grateful to have her.

FACULTY & STAFF

'10



CARLIE (BELL) FORBES, professor of Dimensions of Leadership, gave birth to Madison Mary on September 24, weighing in at 7 pounds, 7 ounces. Congratulations to Mom and Madison, who share the same birthday!

'10



LESLEE LEFTERUK, BUC Foundation Development Officer, husband Randy Harris, and big sister Meghan are thrilled to announce the safe arrival of Blake Robert Edward Harris, born on August 21, 2010 at 4:37 p.m., weighing 6 pounds and 13 ounces.

'10

DR. JENNIFER SUTTON, Department of Psychology, and Marc Joannis, welcomed Louise Simone Sutton Joannis to their family. She weighed 7 pounds, 3 ounces and is, according to Jen, "beautiful and spirited."

CALLING STORY TELLERS AND SHUTTER BUGS!

The theme of the Spring/Summer 2011 issue is "empowering." You are invited to submit stories and photos from your days as a student that remind you of a time, event, or activity that made you feel empowered at Brescia. And please tell us about alumnae you identify as empowering. Please send submissions to the Editor by May 6, 2011.

DEATHS

'48

Prime Minister David Thompson of Barbados, husband of MARA (GIRAUDY) THOMPSON, passed away of pancreatic cancer on October 23, 2010 in Barbados. Brescia joins the Thompson family and residents of Barbados in mourning this significant loss to their country.

'48

MARION PATRICIA (KUNTZ) O'GRADY'S husband of 57 years, William Joseph O'Grady, passed away on June 11, 2010 in his 93rd year. He is also survived by his daughter, Margaret (Peggie) Wickware ('75), of London, England. Marion is a sibling of Sister Dolores Kuntz, an Ursuline and former Brescia Principal.



'10

A Memorial Mass was held in the Brescia chapel on September 16 to celebrate the life of third-year student TINA MARIA INSANALLY, who died suddenly from an illness on August 11 at home in Guyana. Tina lived in residence from 2007 to 2010. Members of Tina's family joined the Brescia community in sharing stories and fellowship in celebration of Tina during Mass and at a reception afterwards.

The BUC Students' Council wrote the following memorial for Tina: *As we return to school this year, we are without a very treasured member of the Brescia community. Tina Insanally, who would have been in her third year this year, sadly passed away over the summer in her home country of Guyana. Tina was a lovely young woman and her kind and bubbly spirit will be missed and remembered by those at Brescia who knew her. Her professors will also remember her for her strong academic achievements. Tina began her time at Brescia by participating in the International Bridging Program and went on to complete her Leadership Certificate. She had many friends on campus. Brescia will not be the same without her.*



DO YOU KNOW A YOUNG WOMAN WHO WOULD BENEFIT FROM A FULL FALL/WINTER ACADEMIC SCHOLARSHIP TO BRESCIA?

The third annual *Take the Lead* high school public speaking contest hosted by Brescia and iWIL empowers women in Grades 11 and 12 to speak boldly about women in leadership, so please encourage young women you know to participate.

When:
Saturday, April 9, 2011

Where:
Brescia University College's Auditorium in the St. James Building

Web site:
www.brescia.uwo.ca/takethelead

UPCOMING EVENTS

**RITUAL OF RE-MEMBERING
COMMEMORATING THE
MONTREAL MASSACRE**

Monday, December 6, 2010, noon
Brescia Auditorium

BRESCIA BALL

Saturday, January 22, 2011
Best Western Lamplighter Hotel
E-mail bresciaball@bucsc.ca
for details

WINDOWS TO OUR SOUL

Brescia's Herstory in Stained Glass
Presented by Sr. Theresa Mahoney
Wednesday, January 26, 2011, noon
Chapel, with tea and refreshments to follow in the Rose Room

**MOTHER MARY XAVIER LEBIHAN:
WOMAN OF VISION**

Renee Bondy
Professor of Women's Studies and
History, University of Windsor
Thursday, January 27, 2011, 7:00 p.m.
Room 135
A Sophia Series Event

**BRIGID FESTIVAL – CELTIC
SPIRITUALITY WEEKEND**

Sunday, February 13, 2011
Brescia Auditorium

**INTERNATIONAL WOMEN'S DAY
LECTURE OF THE SOPHIA SERIES**

Speaker: Adria Vasil
Thursday, March 3, 2010, 7:30 p.m.
Brescia Auditorium

**TAKE THE LEAD
PUBLIC SPEAKING CONTEST**

Saturday, April 9, 2011
Brescia Auditorium

BACCALAUREATE

Sunday, June 12, 2011, 3:00 p.m.
St. Peter's Basilica
Reception follows in
Brescia Auditorium

ALUMNAE ASSOCIATION AGGM

June 14, 2011, evening
Oak Room



Brescia University College
Bold Fall/Winter 2010

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Send by post to: Editor, *Bold*, e-mail
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www.brescia.uwo.ca.

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Brescia University College
Alumnae Council

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- Lisa Brandt ('88)
- Melanie L. Caldwell-Clark ('00)
- Marilyn J. Campbell ('68)
- Tiffany Chin ('03)
- Sinead Drum ('11)
- Tanya Pulley ('00)
- Lisa Brandt ('88)
- Dr. June Matthews ('00)
- Catherine Davidson ('76)
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