

BOLD



WHY WOMEN'S UNIVERSITIES MATTER

A place where women's voices, skills and perspectives are celebrated - priceless!

LEADERSHIP IN ACTION

The Students' Council has been shaping the student experience for decades

BUILDING BOLD AROUND THE WORLD

Alumna Charmaine Gardner '72 gives generously of her time, talent and treasure

BOLD

What's Inside



3

EVERYONE HAS SOMETHING TO CONTRIBUTE

Message from the Principal

4

VIEW FROM THE HILL

News from Brescia

7

CLASS OF 2019

Meet some of Brescia's newest alumnae

8

WHY WOMEN'S UNIVERSITIES MATTER

A place where women's voices, skills and perspectives are celebrated – priceless!

11

LEARNING BY DOING IN WINDSOR

Melissa Alexander-Dionisi shares her knowledge and expertise with Brescia students

14

LEADERSHIP IN ACTION

The Brescia University College Students' Council (BUCSC) has been shaping the student experience for decades

16

BUILDING BOLD AROUND THE WORLD

Alumna Charmaine Gardner '72 gives generously of her time, talent and treasure

18

A PASSION FOR WHAT MATTERS

Julie Young '99 focuses her teaching and research on making the world a better, more just place

19

SEND ME ONE SENTENCE!

A message from Heather Hurst, Executive Director, Advancement & Alumnae Relations

20

MILESTONES

Catch Up with Fellow Alumnae



Brescia University College BOLD Summer 2019

Published by the Department of Advancement & Alumnae Relations
Brescia University College
1285 Western Road
London ON N6G 1H2
Phone: 519.432.8353, ext. 28446
Fax: 519.858.5116

Editor in Chief: Alison Vilaca
Editorial Consultant & Writer:
Pat Morden

Photos: Caitlin Core, Jason Jones, Jocelyn Huynh, Jarrett Spriet, Alison Vilaca

News items and letters to the editor are welcome. Send by post to: Editor, BOLD or email brescia.alumnae@uwo.ca

The alumnae magazine is published once annually. Please submit your milestones for the Summer 2020 edition by May 15, 2020 to brescia.alumnae@uwo.ca.

We reserve the right to edit some submissions for length.

Brescia University College Alumnae Association Board 2018-2019

Michelle Devos '88
Marcia Gibson '81
Laure Eldik '07 (President)
Catherinanne George '91
Theresa Klachan '17
Nicole Lewis-Bateman '14
Melissa Nantais '14
Chris Patrick '97 (Vice President)
Sylvia Ranson '73

Ex Officio:
Heather Hurst
Dr. Susan Mumm
Alison Vilaca

 **Brescia**
UNIVERSITY COLLEGE
Choose to Lead.

EVERYONE HAS SOMETHING TO CONTRIBUTE

To me, that's the unofficial theme of Brescia's centenary, a theme that is interwoven through everything that has happened so far, and everything that will happen over the next few months.



Our celebrations got off to a wonderful start on the Feast Day of St. Angela Merici. While St. Angela was a woman of the 16th century, she was a woman for all time. In 1535 she gathered around her other women committed to providing education for girls – a revolutionary concept at the time, when it was thought that women required none. She called these women her Companions: they were equals in the Company, leading together. At the Centenary Opening Mass in January we included seven objects or images that reflected the Ursuline values. It was a reminder that Brescia is and always will be informed by those values.

In April we held a Day of Service, during which students, staff and faculty joined together to work in the community. In consultation

with our neighbours, we spent time cleaning up invasive garlic mustard in the Thames River Valley behind the campus. June saw our traditional Baccalaureate celebration honouring the accomplished young women of the Class of 2019 as well as a celebration of past graduates at our Centennial Chancellor's Reception. In September we will celebrate the opening of our new building. We will also acknowledge the bold vision of the Ursulines who founded Brescia as a place of high-quality women's education 100 years ago.

Homecoming will be very special this year. We will celebrate the generosity of today's Ursulines, who contributed one million dollars to the University in 2017. In a simple ceremony, nine trees will be dedicated, honouring the nine Ursuline Principals who have

led the University. The trees will represent the deep roots of our Ursuline heritage, and our ongoing dedication to empowering women through education.

In all these events, we will honour the unique gifts of each woman who has passed through our doors. Each one of them has made Brescia stronger and made the world better by leading with wisdom, justice and compassion.

As we celebrate our past, Brescia is also preparing for the future, planning for the largest and most comprehensive fundraising campaign in our history. Once again, I know we will find that everyone has something to contribute.

VIEW FROM THE HILL

Bishop Ronald Fabbro officiating Mass at the Centennial Opening Ceremonies on January 27th.



Dr. Susan Mumm alongside Dr. Izzeldin Abuelaish, the keynote speaker at the second annual Dr. Colleen Hanycz Leadership Lecture: Educate a Woman, Empower a Nation, that took place on March 7th as part of Brescia's International Women's Day celebrations.



A celebration of bold research at the 2019 Faculty Author's Reception on April 11th.



Brescia staff visited Villa Angela in Chatham on April 8th and were lucky enough to hear many wonderful stories from a great group of Ursuline Sisters.

Heather Reier '96, founder and creator of Cake Beauty, joined by members of the Class of 2019 at the Alumnae Welcome Reception on April 9th where she spoke about women's empowerment and the need for women to support one another.

Brescia's 2019 Faculty Award Winners; Dr. Jamie Seabrook, Professor Bridget DeMarchi and Dr. Colleen O'Connor '00.



Anna Casavecchia '17, Lauren Starr '04, Lin Yuan '08 & '10, Mitra Khademi '95, Lianne Latta-Evans '93, Samantha O'Brien '13 and Chris Patrick '97 on hand to present awards at the 2019 Student Leader Recognition Event on March 27th.

VIEW FROM THE HILL

Maggie Carr '66, Diane Teetzel '64, Ileana Berthoty '53 and Mary Stanford '80 catching up at the Chancellor's Reception on June 15th.



Chancellor Justice Eileen Gillese, the 2019 Dr. Joan Francolini Distinguished Speaker Nazanin Afshin Jam-McKay, the 2019 Grad Class Speaker Qingdi Zhao and Dr. Susan Mumm inside St. Peter's Basilica at the 97th Baccalaureate Ceremony on June 16th.



Honorary LLD recipient, Sherry Shannon-Vanstone alongside Dr. Susan Mumm and Dr. Laretta Frederking prior to Western Convocation on June 17th.



Sr. Theresa Mahoney '77, Board of Trustees Chair Karen McKay and Sr. Marian Krauskopf '84 celebrating the Centennial at the Chancellor's Reception.

Class of 2019

Meet some of Brescia's newest alumnae



ALEXANDRA SMITH

Ali started university studying wildlife biology at Guelph, and then discovered foods and nutrition. She completed her undergraduate degree and Masters at Brescia. She is currently working as a dietitian at South Lake Hospital in Newmarket.

The best thing about your Brescia experience?

"The people I worked with and got to know - my classmates, the Brescia faculty, and the preceptors. Everyone is really encouraging and helpful - they really want you to succeed. I wasn't sure I could become a dietitian, but everyone encouraged me to do it. The women's-only environment makes you feel as if women can make a difference in the world! Brescia does a great job of empowering its students and encouraging us to have voices, work hard and chase our dreams."



BRITTANY JULIETTE CHUNGUI ENNIS

At Brescia, Brittany was involved with Residence Council and Students' Council, served as President of Free the Children, tutored at the Writing Centre and volunteered with several organizations in London. She did an exchange to France in summer 2018, and attended the model Arctic Council in Finland. Her next step is a Masters in Global Governance at the Balsillie School of International Affairs in Waterloo.

The best thing about your Brescia experience?

"I'm someone who likes to be challenged, so I really enjoyed the professors and the learning environment. I also enjoyed the women's-only atmosphere - it's completely different from other campuses. The students are very supportive of one another."



KATHRYN MATTHYSEN

Kathryn thought she was headed for business school but discovered philosophy and community development at Brescia. She completed a double major and is now employed with LUSO Community Services in London. She is working on the Cultural Sensitivity and Awareness Project to help apartment building staff develop their practical cultural competence skills. Next steps may include continuing to work in the non-profit world, community development in a corporate setting, a job in higher education and eventually, a Masters in philosophy.

The best thing about your Brescia experience?

"At Brescia people go out of the way to hold the door open for you - literally and figuratively! I bonded with all my community development classmates. At the end of fourth year, we were in tears because we were graduating and leaving the family we had become."



JUSTINE FERRO-TOWNSEND

Justine started her career in advertising but didn't find it satisfying. She came to Brescia to study foods and nutrition. After her first year, she dealt with a cancer scare. Then, after second year she had a baby and spent several years raising her daughter. She returned to complete an Honours Specialization in Families and Nutrition. Justine is teaching yoga from her home this summer, and in September she will be attending Western's teacher training program.

The best thing about your Brescia experience?

"Having smaller classes and really being able to get to know your professors. Being in a group of women - I always felt confident enough to speak up. Everyone at Brescia was supportive and accepting when I was sick, when I had to take time away and when I wanted to come back. There was never any problem."

Why women's universities matter

A place where women's voices, skills and perspectives are celebrated – priceless!

Angela Merici was an extraordinary woman. She lived in the 16th century, a time when women had two choices: marry and bear children or join a cloistered convent. She created a third way, an opportunity for women to live independently, support one another and provide education to girls. The order she formed went on to establish schools and universities around the world, including Brescia University College.

Fast forward to 2019. Many would say that what was revolutionary in the 16th century, or even in 1919 when Brescia was founded, is now commonplace. Women are CEOs, lawyers, truck drivers, doctors, engineers, astronauts, welders and prime ministers. Gender equality is enshrined in most liberal democracies. So why is it important that Brescia is Canada's only women's university?

"Perhaps, it would be a positive thing if it wasn't necessary to have a women's university today," says Sr. Theresa Campeau, Community Leader of the Ursuline Sisters, Chatham. "But the reality is that women have unique ways of learning and contributing, and the world is desperately in need of women's skills, perspectives and approaches to life."

Principal Dr. Susan Mumm agrees. "Social change is incredibly slow," she says. "We know that there are more women than men attending most universities in Canada, but when you look at who's teaching at and running those universities, little has changed." Things may be different in two or

three generations, she says, but in the meantime, women benefit from a place where they feel accepted for who they are and what they contribute.

Co-educational settings may not always do that. A recent research study in the U.K. showed that when girls leave co-educational high schools, 68 per cent of them report that they have been sexually harassed. A 2008 U.S. study found that 70 per cent of girls don't believe they're "good enough." There's an ongoing debate about gender differences in learning styles, but the research is clear that boys receive more attention in the classroom than girls, are more talkative, call out answers more frequently and raise their hands more quickly than girls.

"The lesson girls learn in high school is that the most important thing is to be liked or accepted," says Susan. "It's the job of women's universities to unlearn all that, and to help students discover that the most important thing is to be a wonderful, creative, adventurous person, someone who won't be judged by how they look, and won't be silenced."

Dr. Marlene Janzen Le Ber, Chair of the School of Leadership and Social Change, has compared data on women students in a co-educational university environment with those in a women-centric environment like Brescia's. She found that women in the co-ed environment were more likely to conform to stereotypes about feminine styles of leadership than women in single-gender environments. "At a women's university, women do not encounter what's called the 'stereotype threat'," she says. "They don't need to conform to notions of acceptable femininity, so



they can fully express themselves and develop all dimensions of leader character, both those that are more stereotypically masculine, such as courage and drive, as well as those more stereotypically feminine, such as compassion and justice.” She adds that this is especially important at the undergraduate level, because developmentally, it’s a critical time in leader identity development.

Marianne Simm, Vice-Principal Students, believes a place like Brescia can help young women develop the confidence to lead. “We know that in the early years of university there is a lot of questioning about ‘am I smart enough?’ and ‘is my voice of any value?’ Our goal is to provide a supportive environment where students feel comfortable experiencing new things and know that it’s okay to

fail.” Brescia faculty deliver on the promise of a women-centric education by creating an open and supportive environment, with small group discussions, strong mentorship and diverse opportunities to learn. “Our professors see their students as individuals, not as student numbers on a class list,” she says.

Continued on next page

At Brescia the culture inspires leadership in women and helps individuals shine for who they are.

Dr. Marlene Janzen Le Ber interacting with a small group of students



Student services are also shaped around the needs of women. Simply being in the majority and interacting with women in formal leadership positions are empowering experiences for women students. Sr. Theresa also points to the University's holistic approach to learning and embrace of diversity. "Brescia calls forth in students their gifts of wisdom, justice and compassion," she says. "Everyone is inspired to use their unique skills to bring about positive change."

Ultimately, it's an environment, says Dr. Mumm, where "women are first, last and always the reason we exist." And there's evidence that makes a difference. For example, more graduates from women's universities go to graduate school, and more report feeling confident and able to contribute in their first job.

Second-year student, Stephanie Tom recalls that she didn't choose Brescia because it was a women's university – she was attracted by the Foods and Nutrition program. But she soon realized how empowering the environment was. In her first year Stephanie was part of Residence Council, and in her second, served as President of the Council. She's not sure she would have run for the position in a co-ed environment. "I would have been a little more hesitant," she admits. "At Brescia the culture inspires leadership in women and helps individuals shine for who they are."

Will the world need women's universities in the future? Sr. Theresa hopes so. "As Ursulines, we hope Brescia will continue to empower women as agents of change, help women to know their worth and make positive contributions wherever they are."

Our professors see their students as individuals, not as student numbers on a class list.



CURRICULUM UPDATES

The world keeps changing, and while new students enter each year, it is our responsibility to reflect and refresh our curriculum. A few highlights of Brescia's Bold Academic Curriculum include:

Brescia Bold

As we welcome the class of 2023, Brescia's first signature cohort course is an interdisciplinary study on living well, learning deeply, and leading to serve local and global communities.

MEng in Food Processing

Ready to launch in Fall, 2019 is a collaboration between Western's Faculty of Engineering and Brescia's School of Food and Nutritional Sciences and responds to demand within industry for graduates with this combination of skills.

Family Studies Modules Rebranded

Family Studies and Human Development captures the direction of the program and building for the future needs of our students. Diploma in Diversity and Families provides a background in how aspects of diversity impact the lives of contemporary Canadian families and the individuals within them.

Honours Specialization in Foods and Nutrition

This new module prepares students for employment in foods and nutrition careers, like food service management and distribution, population and community health, and food industry.

Dr. Laretta Frederking
Vice-Principal and Academic Dean
bucdean@uwo.ca

Learning by doing in Windsor

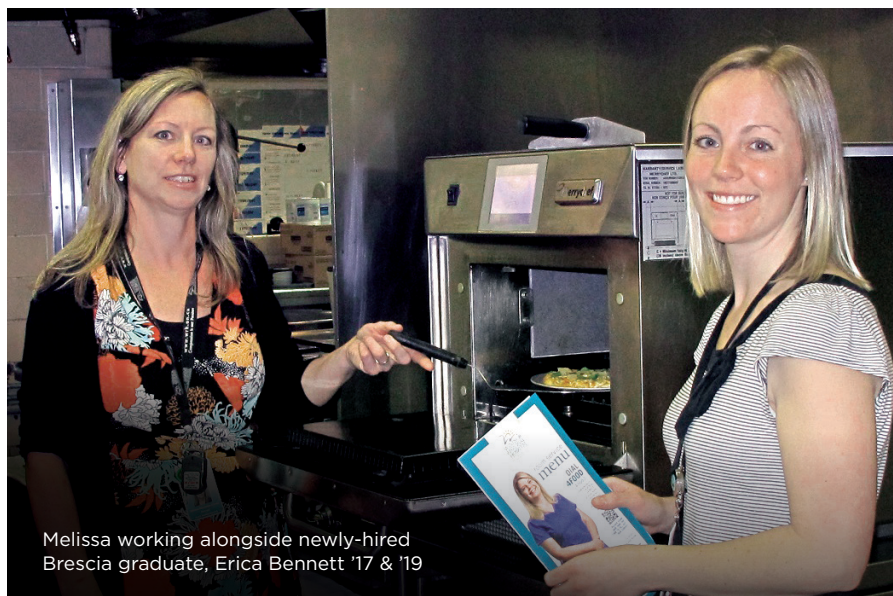
Melissa Alexander-Dionisi shares her knowledge and expertise with Brescia students

No-one's crazy about hospital food, right? But imagine a hospital where you can order food from a restaurant-style menu, calling in your order from 7:00 a.m. to 6:00 p.m. You could choose a grill-fried cheeseburger, chicken quesadilla, personal sized pizza, or dozens of other items, and finish up with ice cream, lemon meringue pie or a serving of fruit. The patient meals are made to order with fresh ingredients.

That's how the Patient Room Service Program works at Windsor Regional Hospital (WRH), where Melissa Alexander-Dionisi '99, is Manager of Patient Food Services and Clinical Nutrition. In addition to being an innovator, Melissa is a preceptor to many Brescia Food and Nutrition students. Her goal is simple: "To provide them with the best experience they can have."

Melissa started university in biology but switched to Foods and Nutrition at Brescia after a year. "Brescia is like a home for the students," she says. "It really encourages you to explore who you want to be. The professors are there to teach, and also to help you grow in the profession."

Melissa manages both hospital food services and clinical nutrition at the hospital's Metropolitan and Ouellette sites. "Food service has always been my passion," she says. "I'm a jack of all trades, doing management, IT, menu planning, and dietetics." She sees a real value in bringing dietetics and food service closer together. "It all starts with food. Our food service at Windsor Regional Hospitals provides the patients with fresh, nutrient-rich



Melissa working alongside newly-hired Brescia graduate, Erica Bennett '17 & '19

foods to enhance healing which helps the clinical dietitians focus on the nutrition care plan for the patient instead of food complaints.

Melissa is also in charge of coordinating all internship placements from Brescia. More than 70 Brescia graduates have trained at WRH, which received the Organizational Leadership Award in 2017. The Award recognizes an organization that has demonstrated exceptional dedication in supporting Brescia students during their practical training.

Windsor Regional Hospital is a large community-based hospital that services patients in general medicine, surgery, renal outpatients, pediatric, NICU and mental health. These students have the opportunity to learn about clinical nutrition,

the room service food service model and Infant Nutrition Centre, Community Garden and much more. They also get involved in special projects, such as producing staff training videos and standardizing educational tools used by dietitians. Many of the Brescia interns are from the Windsor area and some are hired after they graduate.

The hands-on experience of an internship is critical, Melissa says. "It's important for students to practice what they learn. They also need to understand that every day is different, and that you sometimes have to change gears or make judgement calls. The real world isn't as black-and-white as they sometimes think."

COME HOME TO BRESCIA

OCTOBER 19-20

Join us for our
Centennial Homecoming
as we celebrate
100 years of
women leading

For more information or to register,
visit: brescia.uwo.ca/100

#BRESCIA100





The Brescia University College Students' Council has been shaping the students experience for decades

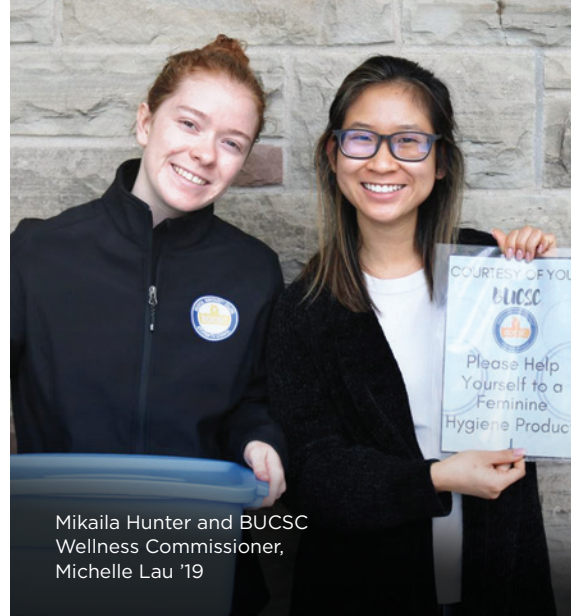
Leadership in action

It was Carol Devine's '70 first and last act of civil disobedience. She and a group of students from across the Western campus staged a sit-in on a bridge over the St. Clair River. They were, she thinks, protesting nuclear testing in Alaska. "That's about as radical as it got," she adds with a smile.

Carol is part of a small but mighty band of former Student Council presidents at Brescia. Brescia had a student organization almost from the beginning. A formal student government was recognized in the 1930s, and in 1947 a constitution was developed, and the council began sending a representative to Western's student council.

Carol first joined Council as editor of the Brescia Beacon, a monthly publication about activities on campus, and served as president in 1969-1970. She says being president was an 'education in democracy and leadership.' "One of the most important things I learned was the role of diplomacy and political thinking," she says. "You don't go in with guns blazing — there are skills and ways of speaking that work better."

The experience stood her in good stead during her six years on the Toronto Catholic District School Board, and later as Director of Legislative and Political Affairs with the Ontario Catholic School Trustees Association. "My time in student government at Brescia certainly helped me to develop the skills I needed in my career."



Mikaila Hunter and BUCSC Wellness Commissioner, Michelle Lau '19



Brescia students taking part in annual Orientation Week celebrations on main campus

Stephanie Soccio '90, another former Council president, was so nervous when she was running for First-year Rep on Council that she couldn't remember giving her speech. A friend had to reassure her that she had spoken.

She too says that serving on Council and as president was an important learning experience. "It made all the difference in the world to me. I was sitting with a group of strong women with varied talents, coming to agreement on items that affect the whole community. To do that you need to be organized, be able to present ideas in an engaging way, and be on the side of solving problems, not coming up with them."



1968-1969 Students' Council, including Carol Devine '70 third from the right, top row



Stephanie Soccio '90 alongside other Students' Council members in Ursuline Hall



2018-2019 BUCSC Executive during a summer training session

One of the most significant issues during her tenure was the introduction of the Western Foot Patrol at Brescia. "The administration had some concerns, so we had to do our research and counter those concerns. In the end everyone was able to come together to make it happen."

Stephanie too has used the skills she developed throughout her career. After Brescia and a teaching career (in ESL), she became involved in college and university administration. Most recently, she held the role of Associate Director, Student Affairs, ESL Services at Brock University.

A group of friends pushed Mikaila Hunter '20 to run for President of Council after she had served as

President of Residence Council. "I was happy I did, because it was one of the best opportunities I've ever had," she says. She was President during the 2018-2019 school year and is currently serving her second term. Last year Council began providing feminine hygiene products in all Brescia washrooms. This year, one of her ideas is to provide other items, such as detergent and deodorant that students sometimes run out of.

"Council is a big part of what gives Brescia its sense of community," she says. "It's a place where students come together and choose what they want to do for other students." For her, it is an opportunity to challenge herself, move outside her comfort zone, advocate for what she is passionate about and grow as a leader.

Council recently incorporated, bringing a new sense of legitimacy and independence. Mikaila, who is studying to be a dietitian, says her council experience has already been helpful in her summer internship. "You learn a lot about what it's like to work in the real world!"

Just as important, she says, are the opportunities to meet new people and build bonds that will last into the future. That connection will be celebrated at a Students' Council reunion at Homecoming 2019. Says Mikaila, "I've met alumnae who say they met each other on Council and are still friends. Those relationships are so precious."

Dr. Charmaine Gardner

— BOARD ROOM —



I learned that women can succeed and that women have to be bold. Whatever challenges you face, you have to keep going.

Building Bold around the world

Charmaine Gardner gives generously of her time, talent and treasure

Ask Charmaine (Carasco) Gardner '72 what she enjoyed most about her time at Brescia, and the answer is instantaneous. "Everything! It was an amazing time for me. I was determined to live life to the fullest, and I did." After a moment she adds, "The only thing I didn't like was the cold."

That's understandable. Charmaine grew on the tropical island of St. Lucia. She attended St. Joseph's Convent, where she met teacher Patricia Charles '58, a Brescia alumna who encouraged many of her students to follow in her footsteps. Charmaine's father, who operated the family business, Carasco and Son Ltd., believed in

the value of education and exposure to a wider world, and encouraged each of his six children go abroad for university.

Charmaine arrived in Canada as a landed immigrant in 1967. After a year working and studying in Toronto, she joined several St. Lucian friends

at Brescia, and plunged herself into university life. She served on Residence Council, Brescia Students' Council, and as Brescia's representative on the UWO Student Council. She also worked with Professor Don Simpson, founder of the London Cross-Cultural Learner Centre, helping to train volunteers headed to the Caribbean.

When she graduated, she returned to St. Lucia, carrying with her the lessons of Brescia. "I learned that women can succeed and that women have to be bold," she says. "Whatever challenges you face, you have to keep going." After teaching at a boys' school for four years, she joined the family business in 1976, and soon after became its Managing Director. Under her leadership, the company grew and diversified. Today, her son Ross operates the business, which is 96 years old and under its fourth generation of family leadership.

Charmaine became a sought-after advisor, appointed to several government boards including the National Development Corporation and the Housing and Urban Development Corporation. As a volunteer she served on dozens of organizations from the National Advisory Council on HIV/AIDS and the St. Lucia Crisis Centre, to the University of West Indies, where she is currently on the board of the SAGICOR Cave Hill School of Business and Management, having served as the Chair for 13 years. She served as an independent Senator in the St. Lucia Parliament from 1987 to 1996. She was awarded the Saint Lucia Medal of Honour in 2003, and an Honorary Doctor of Laws LLD Degree from the University of West Indies in 2006, among her many other awards and honours. For 26 years, Charmaine has served on the Board of the 1st National Bank St. Lucia, the oldest indigenous bank on the island,

12 of which she served as Chair. Along the way, she and husband Ronald Gardner raised three children; Charon, Kim and Ross and are proud grandparents to five grandchildren.

Through it all, she has continued to connect with and support the small University she attended 4,000 miles away. "I have always had a tremendous sense of loyalty to people and places that have impacted my life significantly," she says. "Brescia did that." Her daughter Charon is also an alumna and graduated in 1996. Charmaine supports recruitment efforts in the Caribbean, is helping to organize a gala in celebration of Brescia's centenary and is a regular and generous donor. A firm believer in the benefits of a women's university, Charmaine hopes that Brescia will continue to do its important work. "And I hope that at least one of my three granddaughters will go there!"

***"I am proud
to be a
Brescia Alumna"***

Please make a donation today
and make a difference in the
lives of our students.

GIVE NOW
brescia.uwo.ca/giving



Erin Rankin-Nash '84

A passion for what matters

Julie Young '99 focuses her teaching and research on making the world a better, more just place

I remember driving up the hill and seeing Ursuline Hall. I was away from my family for the first time, but I had the strongest feeling that I had come home.



That's Julie Young '99, talking about the start of her undergraduate education. Brescia did indeed become a second home for her, and she is now an instructor in the School of Leadership and Social Change.

Julie grew up in Hamilton, the child of an Irish-Canadian mother and a Trinidadian father. "My father left his home country with a quarter in his pocket in search of a better life," she says. "He was active in the civil rights movement in the U.S. in the 1960s. I learned early on that 'being my brother's keeper' mattered."

After graduating from Brescia in sociology, she went into the Royal Bank's management training program and spent several years in banking. It was a church trip to Honduras that re-ignited her passion for social justice. "We visited many vulnerable, marginalized people," she remembers. "It was a very heart-breaking experience, and it changed me in ways I didn't anticipate." Convinced there must be a better way to help such people, the next year she traveled to Rwanda and met with hundreds of small-scale entrepreneurs who had been helped through micro-financing.

Back in Canada, she was hired by the City of London to develop a local micro-finance model. Along the way she completed the Community Development Certificate at Brescia. Wanting to understand more about how to help, she decided to pursue graduate work. Her recently-completed PhD thesis focuses on the effectiveness of micro-enterprise programs in Toronto and Los Angeles. Her conclusions are cautious. "If done right, it's a tool that can really help people," she says. "But it can't solve everything; governments still have a role."

Recently, Julie joined the Advisory Council on the Federal Strategy Against Gender-based Violence, a group of experts that exchange ideas, practices and research with a view to improving policy. In addition to her academic knowledge and expertise, Julie brings lived experience to the table.

When invited to be the keynote speaker at the 19th annual International Women's Day breakfast in support of The London Abused Women's Centre, Julie was thrilled to accept. Having the opportunity to address the need for gender balance across the world, to an audience of close to 800, Julie saw it as an opportunity she could not pass up. Julie is a strong believer that empathy, education and systemic advocacy are critical to empowering the next generation of women leaders.

Send me one sentence!

A message from Heather Hurst, Executive Director, Advancement

Everyone who graduates from Brescia University College has a story. What's yours?

Is it about the faculty member who saw something in you that you didn't see in yourself? The advisor who helped you get past fear and anxiety to a brighter future? The Sister who let you know that you were loved and cared for every day? The classmate who helped you prepare for a dreaded exam? The Foods Services staff member who made you tea when the tears wouldn't stop.

In my role, I meet Brescia alumnae all the time. I love their stories. They reflect what makes Brescia such a unique community. One that empowers women and builds strong leaders. One that pushes women to be their best and supports them when the going gets tough. Brescia is an engaged community of leadership and support. You move in and out, but you never really leave. Wherever you go, you carry with you the values of our Ursuline founders, the confidence to make your voice heard, and the conviction that women count.

There are those who would say that we no longer need a women's university, that we have arrived at a place of equity and equal opportunity. But you know that simply isn't true. We need more Brescia, more women in leadership, more commitment to wisdom, justice and compassion. Brescia is for women who want to change the world.



My job is to encourage people to invest in Brescia's next 100 years. I need your help. Think about your story and how Brescia helped shape your life. Then send me one sentence that captures why Brescia is deserving of support.

With your help, we'll reach out, building partnerships, telling and hearing stories, and inspiring generosity with our vision for the future. Together we'll do this!

*Heather Hurst
Executive Director
Advancement & Alumnae Relations
Tel: 519.432.8353 ext. 28298
Email: hhurst4@uwo.ca*

MILESTONES *Catching up with Alumnae*

MARY McGRATH '57

along with fellow Brescia classmates joined the Kelly family, December 13th, 2018, for a Memorial Mass at Our Lady of Perpetual Help Church, Toronto, in memory of **MARY KAY KELLY '57** who died in December 2015. Lunch at a nearby eatery and a mini reunion followed.

NANCY COLTON '61

had two boys. Each is married and she has six grandchildren, all of whom are hockey players (especially the girl!). She enjoys being back in Ottawa after 25 years in England.

MONDA ROSENBERG '63

organized the annual gathering of The Toronto Nutrition Connection on May 22nd at Chefs House, George Brown College. The group no longer meets monthly, but still offers support to community groups including Meals on Wheels, Out of The Cold and School Breakfast Programs.

LORNA HARDING '71

recently moved to a 55-plus community on Lake Huron in Kincardine, Ontario. There she can celebrate here Scottish heritage! She was previously employed full-time as an Instructor in Apparel Merchandising

and Product Development at the University of Arkansas, Fayetteville Campus and continues her association with the university by teaching three online courses from Canada.

EVE HARDING '75

retired as a teacher and founded her own company teaching online courses! YourPolishedPresence.com specializes in the finishing touches to self-confidence and success. Eve and her husband Joel have welcomed four grandsons and a granddaughter to their tribe in the last six years. Last year they also added a warmblood hunter-jumper

gelding to their equine family. Life is expanding and her adventures continue!



MARION LEIFSO '75 has been retired from teaching for 10 years, been happily married for 40 years, and is the proud Oma of a one-year-old grandson. She spends three months in Phoenix during the winter.



CLASS OF 2019

Welcome to your Alumnae Association.



brescia.uwo.ca/alumnae



brescia.alumnae@uwo.ca

keep us updated!

Send your photographs and milestones to brescia.alumnae@uwo.ca and keep your fellow alumnae up to date

REBECCA ALLISON '77 is the proud step-grandma to three adorable little girls. She is still working fulltime and enjoying it immensely. She has only been in her current role for 15 months, but has already learned so much.

CATHY WILLIAMS '78 finds it hard to believe that 40 years has passed since her graduation in 1978. Attending Brescia and her decision to become a dietitian have factored heavily into her life experiences and friendships along the way. Returning to campus for her 40th reunion last year reminded her of why she originally chose to attend Brescia; not only for the quality education, but also for the values in which Brescia stands for. She gives special thanks to the women who have continued to guide Brescia's vision throughout the decades.

CASSIE MARTIN-KASTELIC '83 and her husband Tim had a wonderful time at the dream wedding of their son James at One King West in Toronto on May 25th, 2019 alongside Don & **VALERIE (FEDORCHUK) SARAZIN '83** and Harvey & **BRENDA (POPE-BRIDGE) DE LEEUW '86**.



SHIRLEY GELINAS '84 retired on December 31st, 2018 after 30 years working in Catholic Education. As she wrote this Milestone, she was enjoying all her "lasts" during that final month as principal of St. Vincent de Paul Catholic School in Strathroy. She looks forward to many new adventures in her retirement!

COLLEEN MAIDMENT '85 retired in 2017 after 31 years as a high school Social Science teacher in Collingwood, ON. She and her husband are enjoying time together improving their golf game as well as the numerous other activities that living in that part of Ontario has to offer.

SUZANNE E. MAJZIK '89 celebrated 25 years of marriage on August 14th, 2018. She has two children, Cameron 21 (at Lakehead studying biology), and Alanna 19 (at Confederation studying aircraft maintenance). Life is good.



JOANNE DESANTIS '90 recently turned 50! After thirty years since her time at Brescia she can still remember the vocational dedication of the Sisters and professors she encountered whose life mission was to help form her to go make the world a better place.

As a secondary school Vice Principal and mother of two young adults she would account to all who helped form her with a resounding "I am still working on it but feel I am making progress."



AMY ROMEO '04 welcomed her daughter, Franklin Grace Romeo, on November 22nd, 2018, weighing 6 lbs 0.5 oz and measuring 47.5 cm. She arrived by emergency c-section and came into the world fully alert and interested in everything around her. Frankie is smart, incredibly strong, and absolutely adorable. She's everything she had hoped for and more.



BRANDI WILSON '07 is happy to announce the birth of her second child, Abigail Chloe Wilson, who was born on March 26th, 2019 weighing 7 lbs 11 oz.

AMY MACDONALD '07 & '09 was recently honoured as the recipient of the Peer Recognition Award from Ontario Dietitians in Public Health. This award recognizes outstanding contributions to public health nutrition

and leadership. Amy, along with her colleagues, were recognized for their work towards weight inclusive public health messaging and practices, to address weight bias, stigma, and discrimination and efforts towards reducing health inequities.



CASSANDRA STIVER '12 and her husband Darryl welcomed a healthy baby girl, Riley Paige Stiver, on April 29th, 2019. They are overjoyed and embracing every challenging but heartwarming moment of parenthood.



SARAH (VAN DUSEN) LEEDALE '15 and her husband John were delighted to welcome Rory John Leedale into the world on February 7th, 2019. Rory has another connection to Brescia - he is related on his dad's side to Mothers St. James and Margaretta Hickey!



MILESTONES *Catching up with Alumnae*

RACHELLE PROVOST '18 was awarded the Ontario Home Economics Association's President's Distinguished Service Award by Dr. June Matthews '00 at the OHEA Annual Conference on March 23rd.



SARA MICHELLE WEINMAN '16 & '18 married Sid Wilson on December 8th, 2018 in Rigaud, Quebec. She met five of her bridesmaids (**BETH JACKSON '16, KAREN SEVONG '16, ANAHITA DJALILVAND '16, MAYS IBRAHIM '16 & '17 AND KRISTEN ECKERT '16**) while at Brescia. Sara Michelle is excited to start Medical School at McGill in August and is looking forward to applying the knowledge and skills she earned while at Brescia!



SAMANTHA YANG '18 was engaged to her high school sweetheart, Riley Tsang on December 1st, 2018. Friends and family gathered at Brescia to witness the proposal.



Associate Alumnae

SUNALI SWAMINATHAN welcomed her baby boy, Nathaniel, in May 2018.

TISHA PETERS started her own business in 2014 as a Career Coach.

Lives Remembered

Brescia was sad to learn of the passing of the following alumnae:
GLORIA FLAMAN '69 **CATHERINE (CATHY) MACDOUGALL '76**



Join the Tradition

Celebrate 100 years of tradition with a centennial alumnae ring.

Order your special edition ring and boldly wear this symbol of achievement, friendship and history now and forever.



J. B. SIMPSON
 JEWELLERS

519-433-0021
jbsimpsonjewellers.com

An exciting benefit for you as an alumna of Brescia University College.

Get preferred rates and coverage
that fits your needs.



You **save** with
**preferred
insurance rates.**

Take advantage of your
alumnae/alumna benefits.

You have access to the TD Insurance
Meloche Monnex program. This means you can
get preferred insurance rates on a wide range of
home, condo, renter's and car coverage that can
be customized for your needs.

For over 65 years, TD Insurance has been helping
Canadians find quality insurance solutions.

Feel confident your coverage fits your needs.
Get a quote now.

Recommended by



HOME | CONDO | CAR | TRAVEL

► Get a quote and see how much you could save!
Call **1-888-589-5656**
or go to **tdinsurance.com/brescia**



The TD Insurance Meloche Monnex program is underwritten by SECURITY NATIONAL INSURANCE COMPANY. It is distributed by Meloche Monnex Insurance and Financial Services, Inc. in Québec, by Meloche Monnex Financial Services Inc. in Ontario, and by TD Insurance Direct Agency Inc. in the rest of Canada. Our address: 50 Place Crémazie, 12th Floor, Montréal, Québec H2P 1B6. Due to provincial legislation, our car and recreational insurance program is not offered in British Columbia, Manitoba or Saskatchewan. Wide Horizons Solution® travel insurance is administered by RSA Travel Insurance Inc. and is underwritten by Royal & Sun Alliance Insurance Company of Canada. Medical and claims assistance, claims payment and administrative services are provided by the administrator described in the insurance policies. All trade-marks are the property of their respective owners.
© The TD logo and other TD trade-marks are the property of The Toronto-Dominion Bank.



As our Centennial year comes to a close, we invite you to join us in St. Lucia to mark this historic milestone as we continue to celebrate a century of women leading.

Centennial Gala

Saturday, December 7, 2019
Sandals Grande St. Lucian
Gros-Islet, Saint Lucia

For more information, visit brescia.uwo.ca/100

