

BOLD

THE MAGAZINE BRESCIA ALUMNAE CHOOSE TO READ

HOMECOMING 2014

CARMELLE MURPHY ALUMNAE
AWARD OF DISTINCTION

*Mary Kay Kelly ('57)
and Nora Newton ('57)*

SISTER MARY LOU MCKENZIE
YOUNG ALUMNAE
AWARD OF MERIT

Ashley Conyngham ('04)

BRESCIA REMEMBERS

*Chancellor and
alumna Dr. Joan
Francolini ('55)*

SUMMER/FALL 2014

 **Brescia**
UNIVERSITY COLLEGE
Choose to Lead.

**A 'TASTE OF BRESCIA'
CHEF TIM D'SOUZA &
DR. COLLEEN HANYCZ
PREPARE A 'TASTEFUL'
EVENING WITH ALUMNAE**



Message from the Principal

Engaging in old and new traditions

DR. COLLEEN HANYCZ

AT BRESCIA OUR COMMITMENT TO ACTIVELY ENGAGING WITH OUR COMMUNITY, INCLUDING YOU, OUR ALUMNAE, CONTINUES TO GROW STRONGER AS WE ENTER INTO THIS, OUR 95TH YEAR.

PRINCIPAL EMERITAE OF BRESCIA UNIVERSITY COLLEGE

M. St. Anne Lachance
1920-1930, 1933-38

M. Immaculate Dwyer
1930-1933

M. Francis Clare Connor
1938-1939

M. St. James Hickey
1939-1945, 1947-1956

M. Marie Rosier
1945-1947, 1956-1963

Sr. Dominica Dietrich
1963-1969

Sr. Arlene Walker
1969-1974

Sr. Frances Ryan
1974-1977

Sr. Dolores Kuntz
1977-1999

Dr. Theresa Topic
1999-2008

I can think of no better example of authentic engagement than that set by Brescia's late inaugural Chancellor, Dr. Joan Francolini ('55), who we lost on June 22nd following an extended illness. Dr. Francolini was a proud Brescia and Western University alumna, remaining a most active member of the Class of 1955. Joan dedicated much of her time to giving back to Brescia, serving in a variety of capacities, including Chair of the Board of Directors of the Brescia Foundation. Joan was recognized in 2010 with Brescia's *Carmelle Murphy Alumnae Award of Distinction*, and in 2012 earned an Honorary Doctorate from her *alma mater*, Western University. We had the distinct privilege of installing Joan as our inaugural Chancellor as part of Brescia's *Baccalaureate & Magisterial Exercises* in June 2013. You will hear more about Joan later in this publication and how she touched the lives of so many in the

Brescia community and beyond. We will continue to honour Joan at Brescia by following in her footsteps of leadership through service. On June 16th, 2014 Brescia carried on its tradition with the 92nd Baccalaureate & Magisterial Exercises held at St. Peter's Basilica. As we witnessed the Class of 2014 receive their Brescia alumnae rings, we also welcomed a new tradition to the celebration, honouring Brescia's ten former Principals and bestowing upon them the distinction of Principal Emeritae. Three of these bold women are still living and include: Sister Frances Ryan; Sister Dolores Kuntz; and Dr. Theresa Topic. In addition, Brescia granted the status of honorary alumna to our long-time volunteer, Sara Steers. Sara served at Brescia for over eight years in various roles, including Chair of our Board of Trustees. Sara's mother, Martha

Molina Steers ('51), was among the very first women from Columbia to graduate from a Canadian university.

Tradition prevailed again in September when we welcomed the Class of 2018 at Foundress Day, sharing with our newest Brescia students a taste of our Ursuline heritage. September culminated with a celebration of Homecoming weekend where we introduced a most delicious event, "A Taste of Brescia." Those assembled were delighted with lovely appetizers prepared by Brescia's Red Seal Chef, Tim D'Souza, and we learned the art of utilizing everyday pantry ingredients to create unique dishes! We topped off the weekend with our annual Brescia Alumnae Luncheon at The Mercato, where many of our alumnae were able to see our glorious dining pavilion for the first time.

WHETHER WE ARE HONOURING OLD TRADITIONS OR CREATING NEW ONES, IT IS CERTAIN THAT ONE THING WILL REMAIN FOREVER UNCHANGED – BRESCIA'S COMMITMENT TO ENGAGING WITH YOU, OUR ALUMNAE.

Thank you all for everything that you do to engage with Brescia and beyond.

Message from the Alumnae Relations Office

ALLISON VILACA



Incoming Alumnae Association President Samantha Goverde ('13) with Alumnae Relations Officer, Alison Vilaca, right.

THE FALL IS ALWAYS AN EXCITING TIME ON A UNIVERSITY CAMPUS, AND BRESCIA UNIVERSITY COLLEGE IS NO DIFFERENT.

New students arrive on campus to begin their academic journey, returning students are re-engaged as classes resume, and alumnae are welcomed back to campus for our annual Homecoming celebrations. As the Alumnae Relations Officer at Brescia, I am inspired by these various groups in our Brescia community and look forward to engaging with all of you throughout the coming year. The energy that our students bring with them into the halls of our buildings is infectious and their presence on campus inspires me every day.

For the past two years, Brescia has been very fortunate to have Heather Hardy at the helm serving as President of the Alumnae Association. Her term has recently come to an end and we cannot thank her enough for her service leadership and commitment to Brescia during her time in this role.

Following our Homecoming Luncheon, the Alumnae Association Executive met to choose their new President and Vice President. We are pleased to welcome Samantha Goverde ('13) into the role of President and Lisa Haagsma ('92) as Vice President. Both women bring with them a passion for Brescia and a desire to lead. I have no doubt that we will continue to see alumnae engagement grow both on campus and within your own communities. With 23 members, the Alumnae Association Executive is in a strong position to be able to offer programming to our alumnae and student populations.

If you are interested in becoming involved at Brescia, or simply just want to reconnect, please let us know. Being involved allows you to give back to your *alma mater*, to network and meet new people, and to have input into the programming and events that interest you as an alumna.

To see a full list of your new Alumnae Association Executive please go to page 23.

Valedictorian Melissa Nantais addresses the Class of 2014

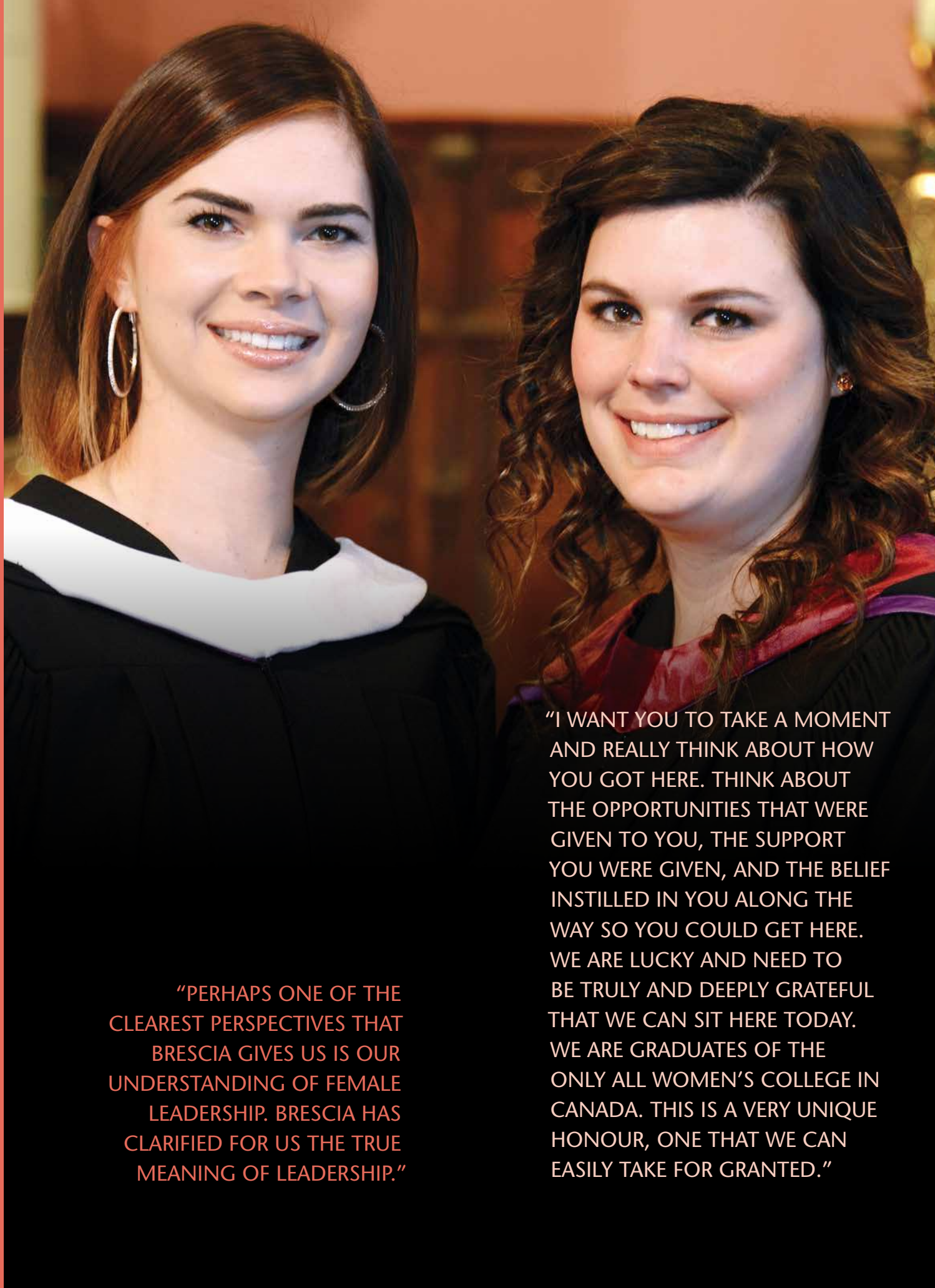
MELISSA NANTAIS ADDRESSED THE CLASS OF 2014 AS SHE STOOD PROUDLY REPRESENTING BRESCIA'S LARGEST GRADUATING CLASS. MELISSA'S MESSAGE FOR HER CLASSMATES INCLUDED REMINDING THEM OF THE FEMALE LEADERS THAT THEY HAVE BECOME DURING THEIR TIME AT BRESCIA AND ALSO ABOUT THE LESSONS THEY LEARNED IN THE CLASSROOM AND IN THEIR COMMUNITIES.

She encouraged the newest graduating class to "teach others" while continuing to learn as they each find their own way to lead in the world.

"We've learned that choosing to lead does not mean taking control, but collaborating with your peers. We've learned that being a true leader does not mean leading by dictating but rather leading by example. We've learned that taking a bold stance does not mean criticizing others, but standing up for what we believe in.

I've talked a lot about leadership today and what it means to be a leader. Leaders are often perceived as having certain qualities. Perhaps they are viewed as the loudest, the oldest, or the most educated. I hope that your time at Brescia has taught you to recognize that each and every one of you is a leader in your own way.

As you leave here today and continue to celebrate your incredible achievements, remember to thank the people who supported you throughout your Brescia journey. Remember the leaders that surround you: the girl sitting next to you; the leaders in your personal life; and all the leaders at Brescia, who have exemplified true leadership every day. And really thank them. We are about to enter into a reality filled with far too many individuals and not enough communities."



"PERHAPS ONE OF THE
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LEADERSHIP. BRESCIA HAS
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MEANING OF LEADERSHIP."

"I WANT YOU TO TAKE A MOMENT
AND REALLY THINK ABOUT HOW
YOU GOT HERE. THINK ABOUT
THE OPPORTUNITIES THAT WERE
GIVEN TO YOU, THE SUPPORT
YOU WERE GIVEN, AND THE BELIEF
INSTILLED IN YOU ALONG THE
WAY SO YOU COULD GET HERE.
WE ARE LUCKY AND NEED TO
BE TRULY AND DEEPLY GRATEFUL
THAT WE CAN SIT HERE TODAY.
WE ARE GRADUATES OF THE
ONLY ALL WOMEN'S COLLEGE IN
CANADA. THIS IS A VERY UNIQUE
HONOUR, ONE THAT WE CAN
EASILY TAKE FOR GRANTED."

Magisterial Speaker, Karen Bellemore

KAREN BELLEMORE SPOKE ABOUT THE JOURNEY OF EDUCATION AND HOW EACH OF HER FELLOW GRADUATES HAD TAKEN A DIFFERENT PATH TO ARRIVE AT GRADUATION DAY. AS BRESCIA'S FOURTH MAGISTERIAL SPEAKER TO TAKE THE STAGE AT ST. PETER'S BASILICA, KAREN FOCUSED HER MESSAGE ON THE IMPORTANCE OF FEMALE EDUCATION AND TAKING TIME TO REFLECT ON HOW FORTUNATE SHE AND HER CLASSMATES WERE TO HAVE HAD THE OPPORTUNITIES THAT THEY DID AT BRESCIA. SHE ENCOURAGED HER CLASS TO USE THEIR SKILLS AND KNOWLEDGE AND TO LEAD 'BOLDLY' AND WITH PASSION.

"We have had the opportunity to learn from amazing female faculty members that have role modeled the power of women in higher education. For us, this is normal – we are just one of many women at Brescia who have had this experience. Because of this, it can be very easy for us to take our accomplishments lightly; however, women have not always been as fortunate as we have been to have had this opportunity in higher education.

I urge you to not take this degree lightly. Don't let it be just a piece of paper that hangs on your wall. Use this experience to remind yourself to always take charge, to think deeply and critically, to speak intently, to be a leader, and, most importantly, to be bold. We have been speaking these words for four years or more and now we need to live them each day as we move into our careers. We are strong, dynamic, and intelligent women. We have the power to change the world; so use the next years of your life to carve your path, charge forward, but never forget where your leadership journey began – right here at Brescia on top of the hill."



Balancing career aspirations with an 'open mind' to possibilities

RECENTLY RETIRED DIRECTOR OF EDUCATION FOR THE HURON PERTH CATHOLIC DISTRICT SCHOOL BOARD, MARTHA DUTRIZAC ('64), AND GUEST SPEAKER AT THIS YEAR'S BACCALAUREATE AND MAGISTERIAL EXERCISES, BELIEVES THAT SUCCESS COMES FROM "BUILDING RELATIONSHIPS" AND HAVING A "STRONG GROUP OF LEADERS AROUND YOU." MARTHA SPOKE TO THE CLASS OF 2014 AND DELIVERED A POWERFUL MESSAGE THAT INCLUDED THE IMPORTANCE OF CONTINUED LEARNING AND ENJOYMENT WHEN BUILDING A CAREER.

"OVER THE YEARS, I HAVE HAD THE PRIVILEGE OF WORKING WITH HUNDREDS OF MEN AND WOMEN BEGINNING THEIR CAREERS, SEEKING ADVANCEMENT, REACHING THEIR ULTIMATE GOAL AND, IN SOME CASES, NOT REACHING THE DESIRED OUTCOME. I OFFER TO YOU A FEW CLOSING THOUGHTS ON WHAT I HAVE LEARNED: IT IS ALL ABOUT PEOPLE AND RELATIONSHIPS."

"Amidst the wonders of technology don't forget to put down your I-phones and your tablets in order to connect with people on a personal level and in a deep way. You know that you can learn so much by looking into someone's face and having a sincere and heartfelt conversation. Share your heart with people in a personal way and demonstrate the character attributes that make you the exceptional person that you are.

It takes courage to reflect on who you are, what is important to you – what you love, what you feel

passionate about, and what really matters to you. You can learn so much both about yourself and the organization and your working environment by going sideways – consider the relationships you can develop, the networking you can establish and enhance as you learn the full breadth of this career path – because, graduates, all great achievements require time. And if you are too big for a small job, then you may be too small for a big job – put in the time, no matter what!"



Remembering Dr. Joan (Barry) Francolini ('55)

TO SAY DR. JOAN (BARRY) FRANCOLINI ('55) WAS SPECIAL IS LIKE SAYING HONEY IS SWEET. IT MAY BE ACCURATE, BUT IT'S INCOMPLETE. JOAN HAD A REMARKABLE WAY OF FOCUSING ON EACH INDIVIDUAL THAT MADE YOU FEEL IMPORTANT AND VALUED. SHE HAD WARMTH, CHARM, AND A QUICK, SOMEWHAT QUIRKY WIT. SHE WAS INSIGHTFUL, COURAGEOUS, AND INCREDIBLY ASTUTE. JOAN WAS A TRUE ROLE MODEL – AN ACTIVE AND ENGAGED COMMUNITY MEMBER, A RELIABLE FRIEND, AND A DEVOTED WIFE AND MOTHER.

In June, Brescia lost a Chancellor and an alumna. Moreover, we lost a dear friend whom we miss daily – a friend who lived well and who made a difference. Joan was a shining example of service leadership. She assumed countless community roles and has been the recipient of numerous awards, including the Order of Ontario, the YMCA's Women of Excellence Award and, in 2012, an Honorary Doctorate from Western University.

Principal Dr. Colleen Hanycz says of Joan, "Brescia was blessed by Joan in her willingness to not only serve the Brescia community, but through her passion and dedication to service leadership within the broader community. Her legacy will live on at Brescia as we continue to speak to our students and our alumnae about the lessons that she taught over the last many decades."

Brescia was close to Joan's heart and she worked tirelessly to benefit her *alma mater*. This devotion lasted right through

to the very end of her life when the Francolini Leadership Fund was established. Upon her death, Joan's family requested that donations be made to this fund in her memory and the community responded with many people contributing to the Francolini Leadership Fund. This fund will support Brescia's Leadership Program – a course of study that Joan saw as vitally important. She wanted to partner with Brescia, through this fund, in helping to create an innovative set of conditions that would prepare women for leadership – not merely business management, but the leadership of good citizens building strong communities. Our Chancellor believed strongly in this and was herself an exemplary model of what it means to serve through leadership.

To honour her friendship and her commitment to community, Brescia worked with several of Joan's close friends to establish the Dr. Joan Francolini

Scholarship. Led by the Lawson Foundation and several of Joan's closest friends and community partners, an endowed fund with gifts in excess of \$150,000 has been created to support this scholarship. Thanks to these generous donors, each year a Brescia student entering her third or fourth year of study, who has demonstrated leadership, will receive a generous award towards funding her tuition and books.

THESE ARE FITTING TRIBUTES TO A WOMAN WHO, OVER THE COURSE OF A LIFETIME, DID SO MUCH TO HELP OTHERS AND TO HONOUR HER BRESCIA ROOTS. HER PRESENCE WILL FOREVER LIVE IN OUR HEARTS AND BE FELT ON OUR CAMPUS.



Volunteering through passion and for family

WHEN SARA STEERS WAS HONOURED THIS YEAR AT BRESCIA'S 92ND BACCALAUREATE AND MAGISTERIAL EXERCISES ON JUNE 16TH, WITH BRESCIA'S FIRST HONORARY ALUMNA DISTINCTION, IT WAS AN EMOTIONAL MOMENT FOR SARA THAT WAS THE RESULT OF MANY YEARS OF SERVICE AND DEDICATION TO BRESCIA.

Sara graduated from Western in 1981 with a degree in psychology. On graduation day, because her parents were in Japan at the time due to the nature of her father's work, her mother Martha Molina-Steers ('51) had never seen Sara in a graduation gown until Baccalaureate this year. "To be in the same location as my mother was when she graduated in 1951 from Brescia, in St. Peter's Basilica, was wonderful. This very special honour will tie me to Brescia forever."

During the eight years that Sara volunteered at Brescia, she sat on many governance, hiring, and foundation committees, including sitting as co-ordinator of Brescia's governing body, the Council of Trustees. Sara brought more than her skills in strategic planning and fundraising to the university; she also brought with her a passion for women's education. "I believed that

it was so important to let the students know that the Board of Trustees was there to support the student body. That is what great governance is about at Brescia," Sara explains.

Sara learned the value of education at a young age from her Colombian grandfather. Her professional path led her to a successful career at Western University, in Alumni Relations and Development. During this time she travelled all over the world, interacting with Western alumni. During a visit to Hong Kong, she met a young woman who had graduated from Brescia and hadn't connected back as an alumna. It was at that point that Sara felt, having known the strength of Brescia through her mother's experience, she needed to become involved.

"MY TIME AT BRESCIA WAS A FULL '360 DEGREE' ROLE THAT REQUIRED ME TO UNDERSTAND THE VALUES AND PRINCIPLES OF BRESCIA AND BE AWARE OF THE GOALS AND OF THE CULTURE OF THE INSTITUTION. IT WASN'T EASY WORK BUT IT WAS A VERY RICH EXPERIENCE."

While her eight-year term of official volunteering may have ended at Brescia, Sara's commitment to improving education for young people is still very strong. Sara is a donor at Brescia and is the Director of External Relations for Let's Talk Science, an award-winning, national, charitable organization that provides unique learning programs and services that engage children, youth and educators in science, technology, engineering and math. Through contacts and networking within the Western community, which Sara says "only happens when you are participating in your community," she heard about Let's Talk Science. She explains her reasoning for the career move and says, "I wanted to lead boldly. I saw an opportunity to offer my leadership to something that I truly believed in." With over 3,500 volunteers, some of them Brescia students, and a reach of over 300,000 students and educators who are receiving programs and services, Let's Talk Science provides young people opportunities to become involved and stay engaged in science in and out of schools. "It's a fantastic mission," says Sara.

While Sara enjoys making a difference in the world of youth education, she also believes that balance is important and that "family is a part of that. I am also a real 'foody,'" she says with a smile. "It's so much fun to see the way in which we express ourselves through food. Whether it's through Colombian flavour principles or learning how to grow great herbs; I really enjoy it."

Sara hopes to continue to visit Brescia for events at the top of the hill – the same place that she visited when her mother would bring her to visit the Ursuline sisters as a child. "Mom always came up to visit and I hope to be able to do the same as an honorary alumna."

Take the Lead Contest receives Brescia CONNECT funding

On April 23, 2014, 19 Brescia CONNECT members, through their philanthropic efforts, helped make Brescia's signature public speaking contest – Take the Lead – a national event. Brescia CONNECT is a network of inspiring women who each make an annual donation that collectively funds a special project at Brescia. Other project finalists included: Brescia Archives project, a proposal to begin a proper archives for Brescia defended by Director of Library Services Jim Mei and Public Services Librarian Emma Swiatek; and Women's Entrepreneurship Initiative, a proposal to provide encouragement and assistance to young women interested in starting their own businesses, defended by Business Management and Organizational Studies professors Ms. Colleen Sharen and Ms. Melissa Jean. As the chosen recipient of the grant, the Take the Lead project received funding of \$19,000.

The new grant will allow organizers to expand the reach of *Take the Lead* beyond Ontario through initial video submissions of speeches, which are expected to come from many out-of-province students, and students from international markets. Students will be invited to attend an in-person preliminary round of speeches, followed by a final round from a smaller group of short-listed speakers.

In 2009 *Take the Lead* began as Brescia's first public speaking contest and remains one of the only public speaking contests of its kind in Canada, attracting female contestants each year from Grades 11 and 12. Contestants are challenged to speak about leadership within the context of women in leadership and inspiring female leaders.

Engaging with the science in high school home economics

JANIS CONRON KINLIN, '01, BSC, FOODS & NUTRITION (HUMAN ECOLOGY)

JANIS CONRON KINLIN ('01) IS MORE THAN YOUR TYPICAL HIGH SCHOOL HOME ECONOMICS TEACHER. AS PASSIONATE AS SHE IS ABOUT FOODS AND NUTRITION, SHE OFTEN ASKS HERSELF: "HOW CAN I GET THE MESSAGE OUT ABOUT THE IMPORTANCE OF NUTRITION AWARENESS TO MORE STUDENTS?"

Since graduating from Brescia in 2001 with a BSc in Human Ecology, in the Division of Food and Nutritional Sciences, Janis has been teaching home economics and nutrition at London's H.B. Beal Secondary School for 13 years. While some high schools in the area may have only one course in home economics or nutrition, the program at Beal has grown over the last decade and varies from 10 to 12 courses per year thanks to Mrs. Conron's efforts. This is quite a feat given that her courses are elective-based. She says that she "would like to see foods and nutrition become a mandatory credit for all secondary school students."

Her passion for all things nutrition began in Dr. Leyshon's fourth-year sports nutrition class, while Janis was completing her degree in Kinesiology at Western University. During this time, she was inspired to take a few elective classes in nutrition at Brescia. It was Dr. Bright-See who would later interview her for the nutrition program. Janis explains, "She treated me like family. She would call to check up on you, and you never felt like a number." Janis returned to Brescia years later where she would graduate with a degree in Human Ecology in 2001.

Janis says her experiences at Brescia continue to influence her style of leadership and teaching. She cares deeply about her students and never discourages new ideas, often encouraging them by saying, "Hey, let's try it!" She says that a good leader is someone who truly listens and cares. She goes on to say,

"A LEADER IS A PERSON WHO CAN SEE THE STRENGTHS OF THE TEAM AND ALLOWS THE TEAM MEMBERS THE FREEDOM TO EXECUTE THE IDEAS WITHIN THE ORGANIZATIONAL GOALS. THE LEADER REMOVES THE FEAR FROM TAKING RISKS."

Janis has demonstrated her leadership not only in the classroom, but also through giving back to her *alma mater*. The *Build Felicity's Room* campaign was something that she wanted to be a part of and because of that she decided to name her own room (275 on the second floor) this past year. Janis believes strongly that education is, "the most important thing on your resume. Giving back to Brescia ensures that more women can proudly say that Brescia helped them to succeed."



Get Involved

Are you interested in getting involved as a Brescia alumna? There are so many ways to make it happen!

*** Dress for Success**
Have a closet full of clothes that you have no idea what to do with? Well here is your chance to give back. They say that you should not dress for the job you have but dress for the job you want. Brescia's Alumnae Relations office is currently accepting donations of business or dress clothes that can be used to help a current Brescia student dress for the jobs they really want.

*** Career Symposium**
Want to help students discover what their degrees can do for them? Take part in the Brescia Career Symposium at which you as a Brescia Alumna can share your career stories and describe how your time at Brescia helped you after graduation.

*** Homecoming**
Homecoming 2014 just wrapped up and before we know it, it will be time to start making plans to come back to campus and reconnect with friends and fellow classmates. Whether it be joining your Brescia friends at the football game on the Saturday, the Taste of Brescia event that night or the Luncheon on Sunday, there are always plenty of exciting events to take part in. Come home to Brescia.

*** Alumnae Association Executive**
Be a part of the leadership group that continues to provide events and the true alumnae experience both on campus and around the world. The Brescia University College Alumnae Association encourages and fosters the lifelong involvement of alumnae with each other and with Brescia University College through advocacy, communications, service, and support.

*** Professional Mentoring Program**
The Professional Mentoring Program is an opportunity for a 3rd or 4th year student in any discipline to be matched with a mentor, who may be a Brescia alumna or community member. You can expect to spend four to six hours a month to build and maintain your mentoring relationship.

*** Ask a Grad**
At this annual spring event, prospective students, families, and friends have the opportunity to speak with current students and graduates, and hear their personal stories about why they chose Brescia. Learn more about what makes your Brescia education unique, and why studying at Brescia sets you apart upon graduation.

*** Chapter Events**
Brescia organizes various special events throughout the year, especially for Brescia students, alumnae, and friends. These events are an excellent way to stay in touch with your Brescia friends, and remain updated on exciting initiatives taking place at Brescia.

FOR MORE INFORMATION ON HOW TO BECOME INVOLVED, CONTACT: Alison Vilaca, Alumnae Relations Officer, Brescia University College at 519-432-8353 ext. 28446 or email alison.vilaca@uwo.ca



Hurdling her way to success and leadership at Brescia

ONLY IN HER SECOND YEAR AT BRESCIA, ALLY GONZALEZ HAS ALREADY LEARNED, BETWEEN JUGGLING HER STUDIES AND BEING A MEMBER OF WESTERN'S VARSITY TRACK AND FIELD TEAM, THAT YOU REALLY CAN HAVE IT ALL AT BRESCIA, IF YOU'RE WILLING TO WORK FOR IT. ALLY, WHO HOPES TO GRADUATE WITH A DEGREE IN KINESIOLOGY, SPENDS HER PRACTICE AND COMPETITION TIME ON WESTERN'S MAIN CAMPUS FOR THE 400M HURDLES, THE 4X400M RELAY, THE 400M RUN, AND EVEN HAS HER SIGHTS SET ON THE 800M HURDLES.

Ally was surprised and excited to learn as a Brescia student that she was still able to participate in main campus sports. Organization is a skill Ally learned in her first year of university, explaining, "Brescia really is the best of both worlds. Finding a balance between school and track has been very tough. While I am passionate about both, it can be difficult giving the proper amount of time to each, but finding the right balance enabled me to enjoy my first year of studies and athletics while succeeding at both."

While Ally's passion for track and field pulled her towards Western, it was Brescia's small, caring community that ultimately confirmed her decision. "I feel that in smaller environments you get a chance to better connect with people more easily." Ally was a participant in the 2012 *Take the Lead* public speaking contest, which also helped her to choose Brescia. "I am an extroverted person, except when it comes to public speaking. The contest helped me speak to others about one of my role models without feeling judged." Ally's speech was an ode to her mother, whom she admires and looks up to. "I chose to talk about my mom because she has guided me all through my life. She is a very altruistic person, always encouraging

social and political rights, and stays true to herself."

To the students who are trying to decide on a post-secondary institution and life path, she offers, "You need to take the time to figure out exactly what it is you want. Set smaller goals and slowly try to reach them. Not only will this help guide you towards your long-term goals, but it will also be your first step in learning organization and making tough decisions."

Eventually, Ally hopes to take her education overseas on an exchange before she graduates. She has also set the exciting and challenging goal of participating in the Olympics for track and field 2016.

"My first-year experience has taught me how to refine my goals and organizational skills for next year and to manage my school work while being on the track team. *Take the Lead* introduced me to some of my future classmates and friends and I can only hope to experience more challenges, friendships, and adventures in my remaining years."

This rising star is one to watch out for, both on the track and off.

Discovering an Industry Full of Possibilities

BY 2013 LEADERSHIP PRACTICUM STUDENT ASHLAN POTTS

WHEN JENNA KOURI ('10) AND I MET IN MY FIRST YEAR AT BRESCIA, WORKING AT THE SPOKE ON MAIN CAMPUS, IT WAS OBVIOUS THAT WE SHARED A PASSION FOR FOOD. WE BOTH JOURNEYED THROUGH CHILDHOOD, LEARNING FROM OUR GRANDMOTHERS ABOUT HOW TO RESPECT AND APPRECIATE FOOD.

While working at the Spoke, we found pleasure in trying to create different combinations and developing new ideas. Four years later, Jenna is putting that talent to work every day in an exciting, fulfilling career at Sofina Foods, a family-owned Canadian company, at their Mississauga facility.

Jenna started her first year at Western in the General Science program but began to crave more experience in food-related subjects. By third year Jenna made the move to Brescia, where she relished the smaller classes, a strong sense of community, and, as she put it, "an engaging and interactive learning environment." Jenna recalls her first experience with Brescia lab instructor Lucy Mahood as a defining moment

in her undergraduate program, and the level of support and encouragement she received during their first lab. "I remember Ms. Mahood telling me that I was very good and that I should consider doing creative recipe and product development for a living."

Knowing that she wanted a more "hands-on" career, Jenna wondered how she could apply her love for food and her knowledge in nutrition to a job outside of clinical applications. When she first moved to Toronto in 2010, Jenna began working for a bakery, doing some product and recipe development. She knew, however, that she wanted to do something on a larger scale. Once she began to

research food companies, she discovered Janes Family Foods – purchased and owned by Sofina Foods in 2012 – a company with strong values and an abundance of opportunity. She submitted a general application to the company shortly after and, in May 2012, was hired on full time. In March 2013, Jenna was promoted to a position in Sofina's Research and Development department, based in Mississauga. "I always wanted to work in product development," explains Jenna.

"THIS IS A POSITION WHERE WE CAN REALLY MAKE THINGS HAPPEN. OUR CUSTOMERS BRING US NEW PRODUCT IDEAS AND IN MANY CASES WE ARE ABLE TO BRING THESE IDEAS TO FRUITION AND ACTUALLY END UP WITH NEW PRODUCTS AS A RESULT. IT'S ALL VERY EXCITING."

What Jenna loves most about her job is that every day is different. In her new position, she finds herself travelling across North America and engaging with customers at their work places to discuss product ideas with them.

Jenna credits Brescia with having helped her get to where she is today and has this advice for future Foods and Nutrition graduates: "It is important to take initiative in your research to discover the possibilities outside of becoming a dietitian. The food industry is constantly changing, and new job opportunities develop every day. It just takes time and determination to find them."



Ashley Conyngham ('04) was recognized for her numerous accomplishments when she received the
Sister Mary Lou McKenzie Young Alumnae Award of Merit

WITH BARELY A DECADE BEHIND HER SINCE GRADUATING FROM BRESCIA IN 2004, ASHLEY HAS ALREADY ACHIEVED SO MUCH PROFESSIONALLY AND PERSONALLY AND HAS PROVEN TO BE A ROLE MODEL FOR OTHER YOUNG WOMEN IN THE COMMUNITY.

Shortly after graduation, Ashley began working for former MPP, Chris Bentley, on a part-time basis. Chris notes, "It was inspiring to see Ashley improve those around her through this unique combination of almost simultaneous teaching and learning." For that reason, she quickly rose to serve as his Chief of Staff, a position which she held for close to seven years.

For the last two years, Ashley has held the role of Director of Communications and Marketing at the London Economic Development Corporation, where she uses key relationships and skills acquired throughout her time in local politics, proving that lessons learned help to build successful careers.

"BRESCIA HAS PLAYED AN INCREDIBLY IMPORTANT ROLE IN MY LIFE AND IN SO MANY OTHERS. SMALL CLASS SIZES MADE ME FEEL COMFORTABLE ACTIVELY PARTICIPATING. I WAS HELD ACCOUNTABLE TO SHOW UP EVERY DAY. I NEVER FELT LIKE I WAS JUST A FACE IN A CLASS ROOM."

Ashley is an accomplished and passionate leader in the Brescia and London community. Her service leadership roles include being a Trustee on

the Board of Trustees at Brescia, and sitting as a Director on the Board of the Children's Aid Society of London and Middlesex.

Ashley has a strong sense of values and priorities, which are demonstrated through her love of family. Chris Bentley introduced Ashley at Brescia's recent Homecoming Luncheon and said, "First among those values is her love and commitment to her daughter Taylor, and her family. Throughout the time I have known her, Ashley has been able to achieve so much, and has inspired so many, without ever losing sight of her first priority – Taylor and her family." Ashley's daughter Taylor (now also a Brescia student) and her parents Ruth Anne and John were all in attendance to see her accept the award and be recognized by her fellow Brescia alumnae.



Mary Kay Kelly ('57) and Nora Newton ('57) receive the
Carmelle Murphy Alumnae Award of Distinction

FOR ALMOST SIX DECADES SINCE GRADUATING WITH BACHELORS OF ARTS DEGREES FROM BRESCIA, MARY KAY KELLY AND NORA NEWTON HAVE REMAINED DEVOTED TO ENSURING THAT NO MATTER WHERE THEIR CLASSMATES MIGHT BE IN THE WORLD, THEY ALL REMAIN CONNECTED. THIS HAS RESULTED IN STRONG FRIENDSHIPS THAT TODAY ARE CLOSE TO 60 YEARS YOUNG.

This is the first time that this award been shared by a pair of alumnae. Fellow member of the Class of 1957, Margaret Murray Nicholson, describes the two women as, "wonderful examples of alumnae in action and part of the process that enables institutions to evolve and maintain their relevance."

Mary Kay Kelly accepted the award at the Homecoming Luncheon on behalf of both recipients and said,

"MY LOVE FOR BRESCIA RUNS VERY DEEP. IN TRYING TO EXAMINE MY INTENSE ATTACHMENT TO THIS PLACE, I CAME TO UNDERSTAND THAT THIS WAS THE FIRST PLACE THAT I COULD TRULY BE THE PERSON I WAS MEANT TO BE. BRESCIA TOUCHED MY SOUL. I WILL FOREVER BE GRATEFUL FOR WHAT BRESCIA GAVE TO ME AND I AM TRULY HONOURED THAT SHE HAS FOUND NORA AND ME WORTHY OF THIS HONOUR."

Although both women had fulfilling careers and families of their own, they never let their personal commitments waiver in their desire to maintain the friendships that began at Brescia. Now both retired, Mary Kay and Nora remain just as active with their classmates through phone calls, organizing luncheons, and even the odd road trip together to visit Brescia.

While some things at Brescia have changed since the Class of 1957 graduated, the example that both women have set by staying engaged and committed to their *alma mater* is something for which Brescia will forever be grateful.

Create a leader with a gift

Make a gift to Brescia University College's annual fall fundraising campaign!

MEET CLAUDIA

WHAT ARE CLAUDIA GICALA'S DREAMS FOR THE FUTURE? TO PAY OFF HER SCHOOL DEBT, BECOME A FRENCH TEACHER, AND BUY A HOUSE.

Claudia says it's the small, all-women's environment, and her sister by her side that have made her a more confident student. The number one stress in Claudia's life right now is paying her tuition and buying books. She relies on the Ontario Student Assistance Program (OSAP) to get by. That means going into debt. Did you know it costs Claudia about \$90 a day to pay for school?

Brescia is building generations of strong female leaders like Claudia. How can you help Claudia? Make a gift today to the Brescia Bursary Fund. Together, we can help Claudia worry a little less, and become the leader she is meant to be.

MEET LARISSA

WHAT ARE LARISSA VALENTINE'S DREAMS FOR THE FUTURE? TO BECOME A REGISTERED DIETITIAN, EXCEL IN AUTOMOTIVE REPAIR, AND ONE DAY OWN HER OWN PRIVATE PRACTICE.

She believes that Brescia's small and welcoming environment has encouraged her to build her leadership skills. "You get a say in everything that happens and it's so normal to get involved. I never thought I would be the President of the Brescia Branch of the Canadian Association of Foodservice Professionals," says Larissa.

The hands-on experience in Brescia's two food laboratories is a huge part of her learning. "The science behind food and developing cooking skills is crucial to understanding food, teaching nutrition, and improving our healthcare system."

How can you be a part of Larissa's learning? Make a gift today to the Food and Nutritional Sciences Division Fund. Together, we can ensure that our nutrition program has the resources and supplies that Larissa needs in order to learn.

Sister Frances Ryan: From Student to Superior General

SISTER FRANCES RYAN REMEMBERS HER TIME AT BRESCIA FONDLY. THIS IS NO SURPRISE CONSIDERING EVERYTHING SHE ACCOMPLISHED WHILE SHE WAS HERE. IN 1966 SHE FINISHED HER DEGREE COMPLETELY THROUGH SUMMER SCHOOL COURSES WHILE TEACHING FULL-TIME.

She was a Brescia Superior for four years during her studies for a Masters in Sociology, which was followed by a PhD from York University. Returning to Brescia, she taught and was appointed Vice Principal for three years before filling the position of Superior General for eight years and serving on Brescia's very first Council of Trustees.

SR. FRANCES IDENTIFIES HERSELF AS BOTH A DEVOUT CATHOLIC AND A GREAT BELIEVER IN FEMINIST PHILOSOPHY, VIEWING WOMEN AS "A UNIQUE CREATION OF GOD AND EQUAL TO MEN" DESPITE THE CHURCH'S OCCASIONAL DIFFICULTY WITH THAT. "I JUST HAPPEN TO BELIEVE THAT GOD IS JUST AS INTERESTED IN WOMEN AS HE IS IN MEN," SHE STATES SIMPLY.

After completing her term as Superior General, she worked to open the office for Social Justice for the Diocese of London. In the Justice Office, she helped to develop the first sexual harassment policy for the diocese – an interest arising from her thesis studies.

In 2002, Sr. Frances Ryan was a member of the leadership team for the creation of Villa Angela in Chatham, where she is currently the events co-ordinator. In this capacity she organizes the use of the public space and provides tours to visitors. She also works on a project called "Angie's Pocket" with the United Way, helping women in transition who are caught in difficult times.

Support Claudia and Larissa today with a gift!

TO MAKE A GIFT, YOU CAN DO ONE OF THE FOLLOWING:

1. Give online at: www.brescia.uwo.ca/giving
2. Mail a cheque payable to Brescia University College to: Brescia University College Advancement Office, 1285 Western Road, London, Ontario N6G 1H2
3. Give over the phone using your credit card by calling 519.858.5005 or toll-free at 1.877.635.8534

For more information, please contact the Advancement Team at 519.858.5005 or 1.877.635.8534 or supportbrescia@uwo.ca

Make your gift before 12:00 a.m. on December 31st, 2014 and you will receive your charitable income tax receipt for the 2014 year!



Homecoming 2014 Alumnae experience a 'Taste' of Brescia and more at Homecoming

Homecoming 2014 welcomed alumnae from the Class of 1949 to the Class of 2014. Hundreds of alumnae, students, faculty, and staff took part in events throughout the weekend. These included: the Western and University of Toronto football game as a VIP ticket holder in the Brescia tent; a beautiful turkey dinner at the annual Sunday Luncheon; and a new event called a 'Taste of Brescia,' where Red Seal Chef Tim D'Souza, joined by Dr. Colleen Hanycz, demonstrated how to use key pantry ingredients to help to make 16 delicious appetizers. The Homecoming Planning Committee is already hard at work on the 2015 events!

PICTURED ABOVE: Brescia students enjoy being a part of the Western Mustangs victory. From left to right: Rachael Sebesta, Taryn Scripnick, Amanda Dufault, Leahanne Verkley, Emily Kirk, Natalie Houle

1 Alison Vilaca, Sheila Blagrove, Larissa Stoddart. **2** Students Rachael Sebesta, Taryn Scripnick, Amanda Dufault, and Lindsay VanderSpank gearing up for the football game. **3** Krystal Taylor ('04) and Julia Dolphin ('04). **4** Colleen Aguilar and first-year student Rachelle Provost. **5** Lisa and Mark Haagsma ('92). **6** Members of the Class of '89 enjoy catching up over a waffle breakfast before heading down the hill to the football game. From left to right: Patty Dobbs Luxton, Trish (Moore) Duke, Sarah Dodge, Joanne (Rivard) Giovanatti and Karen Huiberts. **7** Tasty slow roasted pork shoulder with salsa verde and creamy polenta, prepared by chef and co-host Tim D'Souza. **8** Red Seal Chef Tim D'Souza demonstrates to alumnae, faculty, and staff one of many dishes prepared at the 'A Taste of Brescia' held in The Mercato at Brescia. **9** Mike Lettau, Brittany McMullan ('14), Darlene McMullan and Brian McMullan. **10** Shrimp with chili lime marinade and Thai vegetable and peanut salad. **11** Students at the Homecoming Waffle Breakfast, sponsored by the Brescia University College Students' Council. From left to right: Nicki Runstedler, Beniz D'Souza, Miranda Miller, Ramolda Saied, Taylor Paige, Haben Magenstib and Kate Hanna. **12** Academic Dean Dr. Donna Rogers, Heather Hardy ('11) and Samantha Goverde ('13).





MILESTONES

Our condolences go out to the family of **LUCY (WINTERMEYER) QUIGLEY ('42)**, who passed away on September 24, 2014, at the age of 92.

Our condolences go out to the family of **GERALDINE (ZINK) PAYNE ('48)**, who passed away on September 16, 2014, at the age of 87.

MARTIE GROF-IANNELLI ('77) retired from her position at Fanshawe College on August 27th, 2014.

Brescia recently welcomed **DEB VAN BELOIS ('86)** back to campus as the Accounts Receivable Officer, working in the Business Office.

LISA MARTIN ('03) was chosen as a finalist for the poster competition at the Canadian Nutrition Society in April. Lisa's poster focused on the research she was doing with Brescia Foods and Nutrition Associate Professor Dr. Paula Dworatzek ('89). Lisa was also the recipient of the George Beaton Award for Public Health Nutrition at the Canadian Nutrition Society Conference held this past June.

ROCHELLE ETHIER ('07) & ('11) recently completed her dietetic internship at Aramark and also completed a community placement with the Credit River Council of the Métis Nations of Ontario, where she was part of developing a community.

'87

SARAH JARVIS is a continuing education instructor at St. Clair College of Applied Arts and Technology. She is also a freelance communications consultant. Sarah enjoys volunteering as a Warden at All Saints' Anglican Church in Windsor and is also the Co-Chair of Bookfest Windsor.

From left to right: Sarah Jarvis ('87); Margaret Atwood; Irene Moore-Davis; and Lenore Langs.



Congratulations to **TIFFANY WATSON ('12)**, who won the Regional Canadian Foundation for Dietetic Research (CDFR) Morgan Award. Tiffany was recognized at the Dietitians of Canada National Conference held in Ottawa in June.

CARLEY NELSON ('13) recently received the Helen G. Mitchell Award at the Ontario Modern Language Teachers' Association Conference for achieving excellence in both the Academic and Practicum programs in her pre-service year and for demonstrating the attributes of an outstanding French-as-a-Second-Language-Teacher at the Elementary or Secondary School level.

LAUREN MURCH ('13) was recently honoured with the Judy Van Tilburg Memorial Bursary award, which was presented at the Dietitians of Canada National Conference held in Ottawa in June.

ASHLAN POTTS ('13) accepted a position at London Health Sciences Centre as Employee Experience Specialist on May 2, 2014.



Judy Collins ('87) with team Gridpath (back row, 7th from left)

'87

JUDY COLLINS-HARRIS, a cancer survivor herself, recently completed the Ride to Conquer Cancer. As a member of team Gridpath she biked a total of 220km over two days. She is a high school teacher in Stoney Creek and recently watched her son set off for his first year at Western University.

Congratulations to **COLLEEN O'CONNOR ('00)**, who was recently promoted to the level of Associate Professor with tenure in the Division of Foods and Nutritional Sciences at Brescia.

LARISSA STODDART ('12) is a Development Officer at Western University and a mentor with Big Brothers Big Sisters.



'07

Two weeks prior to giving birth to her daughter, **BRANDI WILSON** completed her Payroll Compliance Practitioner designation from the Canadian Payroll Association on June 30, 2014.

Brandi ('07) and Matt Wilson with daughter Samantha.

Engaging with our community

Foundress Day is an annual celebration of Brescia's history and also officially welcomes the incoming class. The day is one that engages alumnae, students, volunteers, faculty, and staff. The Baccalaureate and Magisterial Exercises and Convocation, held on June 15th and 16th, celebrate the graduating class. Both signature ceremonies at Brescia represent a community that supports and celebrates the education of women.

A Members of the Class of 2014 proudly show off their Brescia graduation rings after the Baccalaureate ceremony held at St. Peter's Basilica in London, on June 15th. **B** The Class of 2018 on Foundress Day. **C** Sister Theresa Mahoney ('77) speaking at Foundress Day, providing historical context about Brescia. **D** The Class of 2014 processes down the hill to Convocation, led by faculty and staff at Brescia. **E** Students in Brescia's preliminary year program pose for a photo on Foundress Day. **F** Recipient of the 2014 Excellence in Teaching Award, Associate Professor Dr. Christine Tenk. The award was presented to Dr. Tenk at Convocation on June 16th, 2014. **G** Sister Patricia Mclean ('66) addresses the incoming class at Foundress Day. **H** Principal Dr. Colleen Hanycz speaking to the Class of 2018 and other guests at Brescia's annual Foundress Day ceremony, held on September 2nd, 2014. **I** A student signs the Foundress Day Book, marking the beginning of her journey at Brescia. This is a tradition that began in 2013 where each first-year student signs the book to mark her arrival at Brescia. **J** Students enjoying a moment at Foundress Day.

STUDENTS

LESLEY BIKOS recently published an article in *Western Academic Journal* titled, "From Hero to Zero" focusing on the Canadian Criminal Justice System.

NAVEERA GHULAMHUSSAIN is currently working in Pakistan, authoring nutritional content for a show called "Healthy Cooking."

'55

IN MEMORIAM

Brescia lost a true leader and trailblazer on June 22 when our Chancellor and alumna Joan (Barry) Francolini passed away on June 22, 2014 after an extended illness.



Congratulations to DR. SARA MORRISON for her promotion to the level of Associate Professor with tenure, effective July 1, 2014. Dr. Morrison is a faculty member in the Division of Social Sciences.

A warm welcome to DR. JAMIE SEABROOK, who was appointed to the position of Assistant Professor in the Division of Foods and Nutritional Sciences on July 1, 2014.

Condolences go out to Foods and Nutrition lab and course instructor LUCYNA MAHOOD, whose mother, Adela Bartnicki, passed away on April 22, 2014.

Congratulations to DR. JUNE MATTHEWS ('00) and DR. PAULA DWORATZEK ('89) on being awarded a \$50,000 Healthy Eating in Secondary Schools grant from the Ontario Ministry of Education.

Brescia welcomes DR. MARLENE J. LE BER as Assistant Professor in the Dimensions of Leadership program. Dr. Le Ber will begin her appointment on January 15, 2015.

Sciences Program, who was awarded the 2014 Food Executive of the Year at the National Canadian Association of Food Professionals Conference held in Ottawa last April.

Former Alumnae Relations Officer CRYSTAL LAMB was the recipient of the Campus Partner of the Year Award at Brescia's Student Leader Recognition Event in March. Crystal works in the Communications and Marketing Department at the Schulich School of Medicine and Dentistry at Western University.

DR. CHRISTINE TENK, Associate Professor in the Division of Social Sciences, was the recipient of the 2014 Brescia Excellence in Teaching Award. Dr. Tenk received the award at the Convocation ceremony held in June.

Congratulations to CAROLYN TEMPLE, Residence Manager at Brescia, who welcomed her son Max Richard Paul Temple to the world on Saturday, April 5, 2014 at 2:13 a.m. Max weighed 8lbs9oz.



'10

Congratulations to STACEY HALL and her husband Tyler Erdie, who were married on June 14, 2014 at the Elm Hurst Inn in Ingersoll.



Congratulations to NIKITA MILLER ('13), who gave birth to her son Alexander Justin Sparling-Miller on September 5, 2014 at 9:00 p.m. Alexander weighed 7lbs5oz and older brother Hayden is also thrilled.

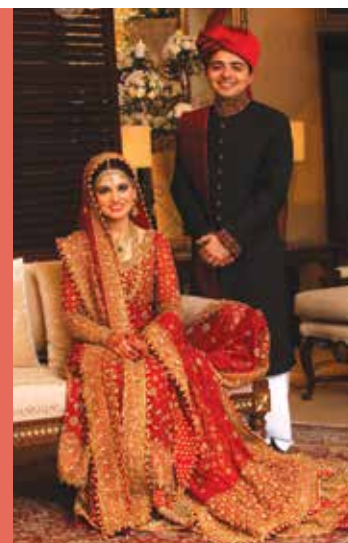
'04

NOELLE MARTIN, a faculty member in the Division of Food and Nutritional Sciences at Brescia, and her husband welcomed Rhett Gabriel Martin (weighing 8lbs10oz) to the world on July 14, 2014 at 5:46 a.m. Rhett is adored by his two-year-old twin brothers Clay and Wesley.



'13

Congratulations to MANAL AKHTAR JUMA, who married her husband Raheel Dhaduk on December 27, 2013. The wedding was in Pakistan and Manal is now enjoying living in Mississauga.



Brescia extends congratulations to BRANDI WILSON ('07) and her husband Matt on the birth of their daughter Samantha Marie Wilson, born on June 22, 2014. Samantha weighed 6lbs12oz.

STAFF & FACULTY

Congratulations to DR. ALICIA GARCIA, Chair of the Division of Foods and Nutritional

MARRIAGES & BIRTHS

VERONICA STANFORD ('14) is taking a Master's of History at the University of Toronto.

PAIGE WALKER ('14) is studying at The University of Guelph to obtain a Master's in History.

MICHELLE WOOD ('14) recently began her Master's at Western University in Management Library Information Systems.

'06

Congratulations to MARY KATE FRAUMENI and her husband Saroeun Sam on the birth of their son Keegan John Sam. Keegan was born on May 15, 2014 and weighed 7lbs13oz.



We need your news!

Help us fill the Milestones section and let your fellow alumnae know what you've been doing! Send your updates and announcements to brescia.alumnae@uwo.ca or fill out the online form at brescia.uwo.ca/alumnae/update-your-info

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