

# BOLD

WINTER 2015



## SISTER MARY FRANCES REMEMBERS

REFLECTING ON HER 30-YEAR  
CAREER AT BRESCIA

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## RESILIENCE OF SINGLE-PARENT FAMILIES

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## INSIDE BRESCIA

# HOME BASE

THE HIVE HELPS  
STUDENTS LIKE CAITIE  
CONNECT WITH THE  
SERVICES THEY NEED





## A Message from Dr. Donna M. Rogers, Interim Principal

Student-centred. It's a concept that is not new to Brescia, though one that we continue to embrace and strive to execute every day.

This fall Brescia welcomed more than 360 enthusiastic first year students. In 2019, these bright young women will join the more than 8,000 outstanding alumnae who came before them - and they will also have the distinct honour of being known as our Centennial class. Since its founding in 1919 by the Ursuline Sisters of Chatham, Brescia's mission of being a student-centred community that educates women to think critically and to participate actively in society, continues to this day.

These are not just words; they are the founding principles that have guided Brescia for almost 100 years. It was the foundation of your Brescia experience and will be the foundation for the experience of future generations of students. As you read this edition of BOLD, you will notice the unifying theme is our focus on a student-centred environment. All of our faculty and staff embody this philosophy. In 2015, we honored the retirement of our last teaching Ursuline Sister, Sister Mary Frances Dorschell. If you had the privilege of attending one of her French classes, you experienced firsthand her passion for learning and her dedication to students. In 2015, we also welcomed Dr. John Mitchell to his new role as Acting Dean. Arriving at Brescia in 2003, Dr. Mitchell has served in a variety of roles, and in each one has shown intense commitment to meeting the needs of each and every student. These are just two examples of leaders helping to shape the Brescia experience.

Think back to your time at Brescia. Whether you graduated one year or 60 years ago, you have all shared and lived the Brescia experience — an experience of student-centred learning, inclusivity, support, and of course leadership. As Interim Principal for the 2015-16 school year I have a significant responsibility to steward and support this amazing community. My hope is that you, as alumnae and an important part of this community, continue to be our best ambassadors and cheerleaders – as only a bold Brescia grad can do!

# BOLD

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**BOLD Winter 2015**

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1285 Western Road  
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Phone: 519.432.8353, ext. 28293  
Fax: 519.858.5116

**Editor in Chief:** Cathy Vitkauskas  
**Editor:** Cathy Fox  
**Editorial Consultant and Writer:**  
Pat Morden  
**Cover Photo:** Richard Bain

News items and letters to the editor are welcome. Send by post to: Editor, BOLD or e-mail [brescia.communications@uwo.ca](mailto:brescia.communications@uwo.ca)

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# VIEW FROM THE HILL



IN MEMORIAM

## Sister Dolores Kuntz

The Brescia community mourned the death of Sister Dolores Kuntz who passed away on September 6, 2015.

Sister Dolores was born in London, Ontario in 1925, the daughter of the late Edward and Margaret Kuntz. She graduated from Brescia in 1946 and completed teacher training in 1947. She entered the Ursuline Sisters of Chatham in 1948, and served as a teacher in Chatham and Edmonton before coming to Brescia in 1959.

She taught economics and psychology at the University from 1959 to 1994, serving as Dean of Students from 1959 to 1964. She completed her Masters from the University of Detroit in 1962, and her PhD in Psychology from Queen's University in 1968. She was appointed Principal and Academic Dean of Brescia in 1977, and oversaw its growth and development until 1999. In her last years as Principal she navigated through the transition that saw the operation of the College pass to a lay board, which built

the foundation for the future of the University. After her retirement as Principal, she continued to live in residence and work as Brescia's System Support Specialist until 2008. Sister Dolores spent her final years at Villa Angela, enjoying the company of fellow retired Ursuline Sisters.

*"In her long tenure as Principal, she maintained with her quiet and steady competence all the leadership and administrative skill of her position – promoting the life of the college, putting in place wide financial and moral support for needy students, and implementing faculty and staff employment practices and participation in inter-college and university affairs." ~ Sister Patricia McLean, in her remarks at the Bible Vigil for Sister Dolores Kuntz on September 7.*



NEWS



More than 150 incoming students from our Centennial class participated in our 2015 Foundress Day ceremony on September 8.



Homecoming celebrations (L-R) Caitie Cheeseman, BUCSC President; Sam Goverde, Alumnae Association President; and Dr. Donna Rogers, Interim Principal.



Class of 1975 pose for a photo.



## Baccalaureate 2015

Brescia's Baccalaureate ceremony is a time-honoured tradition that provides an opportunity for faculty, staff, students and their families a chance to celebrate the success of our graduands before their official convocation the next day. This year, over 150 graduands participated in the program at St. Peter's Basilica, which included a formal procession into the Cathedral, the presentation of an alumnae ring to each graduand, and addresses from the Valedictorian, Meghan Vollebregt, '15 and Erin Rankin Nash, '84 the inaugural Dr. Joan Francolini Distinguished Speaker. Nash, a London lawyer, has been an active community volunteer for many years.

The Alumnae Association also conferred the status of honorary alumna on Maria Knowles. Knowles has served Brescia in various volunteer capacities for the last nine years, most notably as Chair of the Board of Trustees.

## Brescia Offers First Nonprofit Management Degree

This September Brescia became the first university in Canada to offer a four-year comprehensive undergraduate degree program in nonprofit management. The program combines courses in leadership, community development, and nonprofit and general management.

The program was created by Professors Colleen Sharen and Melissa Jean. "The nonprofit sector in Canada is strongly female dominated," explains Jean. "There's a real need for more trained professionals to meet the needs of the sector."

Throughout the program, students will experience client projects, case studies, active learning exercises, live problems, and guest lectures from experts in the field. They will also have the opportunity to apply to the Management and Organizational Studies paid internship program, providing eight to 16 months of in-field experience.

## Eileen Gillese Appointed Chancellor

Brescia is delighted to announce that the Honourable Madam Justice Eileen Gillese has been installed as Brescia's second Chancellor. In 1999, Justice Gillese was appointed to the Ontario Superior Court of Justice and three years later, to the Ontario Court of Appeal. She is a former Chair of the Pension Commission of Ontario and the Financial Services Commission of Ontario.

Throughout her long and impressive career, Justice Gillese has blazed a trail for women. Among her accomplishments, she received a prestigious Rhodes Scholarship the first year it was open to women and studied at Oxford University, and she became the first woman Dean of the Faculty of Law at Western University.

"There are few things as important in our global society at the moment than educating girls and women," says Gillese of her appointment. "It's an honour to hold this important role at Canada's women's university – an institution that has been committed for almost 100 years to this critical mission. I look forward to the opportunities that this role will bring, and in particular, to spending time with tomorrow's leaders, Brescia's students and alumnae."

Last June, she was installed in her position at Brescia's 93rd annual Baccalaureate and Magisterial Exercises. As Chancellor, Justice Gillese will preside over this event in the future. She will also serve as an honorary Trustee of the Brescia University College Board of Trustees and attend all major institutional events.





## Geena Davis to Headline BresciaLEAD Awards

Brescia is introducing an exciting new awards program, which will culminate in a special event on April 7, 2016.

The BresciaLEAD Awards recognizes women from across Canada whose values and contributions have advanced the development of female leaders. There are awards for four different categories. The Lifetime Award honours a woman who has demonstrated exceptional leadership throughout her lifetime. The Emerging Award recognizes a woman with a new and innovative voice, currently making an impact on her community. The Activist Award will be presented to a woman with an unwavering commitment to social justice, who has applied creative thinking to solve problems. The Distinction Award honours an organization that values women leaders by supporting them to be successful in leadership positions.

The BresciaLEAD Awards Celebration Event will be held at the London Convention Centre. Geena Davis, Academy award-winning actor and gender equality advocate, will speak at the ceremony. Davis is familiar to movie-goers for her roles in movies such as *Beetlejuice*, *Thelma and Louise*, *A League of Their Own*, and *The Accidental Tourist*. In 2008, Davis founded the Geena Davis Institute on Gender in Media, an organization that seeks to improve gender equality and reduce negative stereotyping in the media.

“BresciaLEAD is sure to be an inspiring night,” says Cathy Vitkauskas, Vice-Principal Advancement. “It’s a wonderful opportunity to celebrate our legacy of female leadership.”

## Summer Camp, Video Series Encourage Entrepreneurship

This past summer, Brescia hosted two “boot camp” summer sessions entitled “Just Own It.” Fifty female high school students from across the southwestern Ontario region were invited to participate free of charge. The boot camps, as part of the High School Entrepreneurship Outreach program and funded by the Ministry of Economic Development, Employment and Infrastructure (MEDEI), provided attendees the opportunity to explore and experience the world of entrepreneurship. They received intensive hands-on training in five major areas of entrepreneurship: The Business Model, Customer Discovery, Product Prototyping, Financial Management, and Pitching an Idea.

“When receiving applications for the camp, we were overwhelmed by the amount of talent and exceptional ideas,” says Professor and co-Camp Director Melissa Jean. “The diverse entry concepts ranged from a hair brush that holds small hair accessories to a coffee cup sleeve that pairs as a charger for electronic devices, such as smart phones.”

In September, Brescia released the Just Own It e-learning video series. Created by Brescia with support from the Government of Ontario’s Youth Jobs Strategy, each video includes a complementary teacher’s guide and is available for free download by school boards, teachers, learners, and facilitators.

*For additional information, or to download the Just Own It free e-learning video series, please visit [bit.ly/1iiEBiV](http://bit.ly/1iiEBiV) or visit the Just Own It YouTube page at [bit.ly/1hUC8LT](http://bit.ly/1hUC8LT).*



## Speaking Out

Congratulations to the 2015 “Take the Lead” winner Nokuzola Ncube. “Take the Lead” is Brescia’s annual public speaking contest for young women in grades 11 and 12 from around the world. Students speak about past or present women who empower others through leadership. The winner receives free tuition and a room in residence at the University. Mark your calendar for this year’s “Take The Lead” competition April 2, 2016. We are always looking for volunteers to help judge the competition – please contact us if you are interested! ■



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I WAS REALLY FORTUNATE TO HAVE SOMEONE WHO LISTENED, ALWAYS KEPT AN OPEN MIND AND REALLY INSPIRED ME AND PUSHED ME TO EXPLORE.





## MENTORSHIP IN ACTION

# Real-World Learning

Cailin Whincop, BA '15, benefited from Brescia's Professional Mentorship Program, and so did her mentor Kathy McLaughlin, BA '83

As students approach the end of their undergraduate degree program, they begin to look forward, wondering what the "real world" will bring and how their careers will develop. It's an exciting time, but it can also be intimidating. Brescia's Professional Mentoring Program helps soon-to-be graduates build skills and confidence. And by all accounts, it's working.

"Having a mentor really built my confidence," says Cailin Whincop, BA '15, a participant in the program. "My mentor empowered me to pursue my passions and create my own path – and she was there with me, every step of the way."

Whincop graduated from the Nutrition and Family Studies program in June 2015 and is currently enrolled in Western's Not-for-Profit Management program. "I really liked the sense of community at Brescia, all the services, the beautiful campus, everything. The experience went beyond my expectations."

Whincop's mentor, Kathy McLaughlin, is the Manager of MainStreet Programs at Downtown London. She graduated from Brescia in 1983, and spent 16 years with London Life. During a stint working with an international learning and development firm, she began volunteering her time with MainStreet London. The not-for-profit organization works to attract businesses and residents to the city core and to improve and promote the downtown. The volunteer position turned into a full-time job. "I love our city," she says. "This job has been so interesting – every day is different."

McLaughlin took part in a career forum two years ago, and then happily agreed to be part of the mentorship program. "I care about helping other people achieve success as much as I care about achieving success for myself," she says.

In the program students complete small assignments, such as creating a resume, preparing for an information interview, and developing a portfolio. Whincop and McLaughlin met regularly to discuss the assignments and other issues and concerns. They attended meetings with other mentors and mentees, and McLaughlin took Whincop to several local networking events and helped her make connections in the community.

Whincop says McLaughlin was a wonderful mentor. "I was really fortunate to have someone who listened, always kept an open mind and really inspired me and pushed me to explore," she says. McLaughlin also considers herself fortunate. "I had such a great mentee, a lovely young woman to work with – I really lucked out!" For her, the program was an opportunity to give back to Brescia, while helping a young graduate find her path.

The two developed a personal relationship and continue to stay in touch. McLaughlin is looking forward to mentoring other Brescia students in the future. "I haven't had a lot of mentors in my career," she says, "but I've seen what a difference it can make. I want to be that difference for somebody." ■

# The Hive

COVER STORY



## INSIDE BRESCIA

# REALLY BUZZING

The Hive, a new one-stop shop for student services, reflects the values of collaboration and student-centredness

Remember your life as a student?

Reading. Attending lectures. Having deep discussions. Writing papers. And of course, hunting for treasure.

“Doing a little treasure hunt” is how Interim Principal Donna Rogers jokingly refers to the process of finding the right office and the right person to help you with everything from applying for a loan to choosing courses. It’s always been a constant of student life, but it’s rapidly disappearing at Brescia. That’s because the University has created an innovative one-stop shop for student services, appropriately named “The Hive.”

The Hive arose out of Brescia’s 2014 program prioritization process – simply put, a close look at every program to see what’s working well and what may need to change. “Our task was to figure out how best to position Brescia for its second century,” says Rogers, who led the process as Academic Dean. “We involved everyone in the University.”

One theme quickly emerged. “There was a real thirst for opportunities to collaborate meaningfully,” says Rogers. “Faculty members wanted to collaborate with colleagues in other disciplines, and staff members wanted to break down silos and work together to deliver better service to students, faculty, and staff.”

Ultimately all the information was collected and reviewed by then-Principal Colleen

Hanycz, who synthesized it into “Shaping Lives of Purpose: Brescia’s Bold Plan for the Future.” The document outlined 12 key recommendations. One of them was to create an “office of integrated student experience.”

Marianne Simm, Vice-Principal Students, and her team worked to implement the recommendation. The name was the result of a University-wide contest. “The Hive is perfect,” says Simm. “A hive is a home base and a place where there’s a lot of activity going on.”

To prepare for working in The Hive, administrative staff members from areas as diverse as financial aid, student fees and accounts, academic advising and residence life were cross-trained over the summer. “It was as if each area functioned independently before,” says Deb Van Belois, BA ’86, Student Fees and Accounts Receivable Officer. “I feel as though we have been brought together as a more cohesive group. I have a much greater knowledge of the other departments and how they relate to the students.”

Located just inside the main doors, The Hive is entered through a light-filled student lounge. Students take a number and then wait in comfort in the lounge, which is equipped

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A HIVE IS A HOME BASE AND A PLACE WHERE THERE’S A LOT OF ACTIVITY GOING ON.





with WiFi, until their number is called. Straightforward questions, including requests for annual parking passes and fee payments, can generally be dealt with on the spot. If more complex advice is required, the student will be scheduled to speak to an expert. Students can also access The Hive by phone.

“We’re hoping that students will get their answers faster,” says Rogers. “We also expect that staff will feel less frustrated because they won’t be sending students from pillar to post for relatively straightforward answers.” Simm adds: “Students often come in with one question, but there may be other concerns underlying it. By having this space, we’ll be more likely to be able to address those concerns.”

In future phases of The Hive, admissions services will be added and a fully integrated, purpose-built space will be created. In the meantime, there’s no doubt it is having a positive impact. Van Belois says that although it was busy in early September, she had several positive comments from students and “there were lots of smiling faces.”

Caitie Cheeseman, President of the Brescia Students’ Council, used The Hive for the first time to get information about the Ontario student loan program. “Everyone made sure I got the right information and the forms I needed,” she says. “It was great to go to one location, rather than trying to track down the person who can answer your question. This is definitely on the right track for making sure that our students are well supported.” ■

## Shaping Lives of Purpose

“Never in Brescia’s history has there been a greater need to explicitly articulate our institutional purposes and priorities, and to use that articulation to ensure the strategic allocation of our constrained resources to those programs that align with our priorities.”

– DR. COLLEEN HANYCZ,  
IN “SHAPING LIVES OF PURPOSE: BRESCIA’S  
BOLD PLAN FOR THE FUTURE”

It is an extraordinary document – bold, visionary, yet intensely practical and rooted in data. You could think of it as Dr. Hanycz’s last gift to Brescia: a roadmap to a bright future for the University.

“Shaping Lives of Purpose” was based on an in-depth analysis of every program and service at Brescia. The final document identified 12 recommendations organized around four conceptual pillars:

- Supporting innovation in learning and teaching
- Confirming Brescia’s core mission and distinct identity
- Optimizing strategic collaborations across Brescia
- Embracing a culture of evidence-based planning

The Hive is one of the most visible expressions of the spirit of the report, but the other recommendations are also being implemented. The report itself is the starting point for ongoing strategic planning at Brescia. Says Interim Principal Donna Rogers: “This is a foundational document pointing us in exciting directions.”

In future issues of BOLD, we will be exploring the other three pillars, and the progress that has been made toward achieving the recommendations.

# Donors Establish a Lecture Named for Former Principal Dr. Colleen Hanycz

She came, she saw, she catalyzed major change. She left Brescia stronger and more vibrant than when she arrived. Principal Colleen Hanycz, who left earlier this year to become President of La Salle University, was truly a force to be reckoned with.

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THE CHANGE WASN'T ALWAYS EASY BUT IT HAS ENSURED THAT BRESCIA WILL BE STRONG AND SUSTAINABLE IN THE FUTURE.

“She came here with tremendous enthusiasm and optimism, and she had a vision,” says Liz Hewitt, past Chair of the Board of Trustees. “We saw that vision grow over the years, and saw Brescia become more sustainable. She could have treated this as just another job, but instead she put her heart and soul into it.”

Hewitt, a London lawyer, joined the Board of Trustees just as Hanycz was becoming Principal. A former Board Chair at King's University College, Hewitt found herself captivated by Hanycz's ideas and energy. “Brescia was already a wonderful institution, thanks to the leadership of the Ursulines, and the hard work of faculty, staff and the previous administration,” she says. “Colleen set us on the path to our future. In the process, she lit a spark in me as to what Brescia was doing and what it could mean to women everywhere.” In addition to providing leadership to the Board, Hewitt has also been a generous supporter of the University.

Hanycz accomplished a lot in her relatively short tenure. She led the re-branding process that resulted in the Bold campaign and the tagline, “Choose to Lead.” The campaign shook up Brescia's image, connecting with young women and helping raise awareness and increase enrolment. She also oversaw the construction of the new residence and the Mercato, led the introduction of outcomes-based learning, and took the University through an operations and program review and the development of a new strategic direction. “The change wasn't always easy,” says Hewitt. “But it has ensured that Brescia will be strong and sustainable in the future.”

When it came time to say goodbye, the Board wanted to do something to honour Hanycz's many contributions. They chose to fund an annual Fall lecture for students. The Dr. Colleen Hanycz Leadership Lecture will become part of the innovative BresciaOne curriculum championed by Hanycz, a mandatory course for all first-year students beginning in 2016. “It was important to Colleen that the leadership lecture be experienced by as many students as possible,” explains Cathy Vitkauskas, Vice-Principal Advancement. “That's why it has been integrated into the curriculum.”

Current and past trustees and friends of Brescia were asked to support the project, and many stepped forward, contributing more than \$104,000 in total. The funds raised will enable Brescia to cover the costs of hosting a high profile woman leader to deliver the lecture, energizing and inspiring new and returning students. ■



PICTURED LEFT

Colleen Hanycz (left) and Liz Hewitt



## FACULTY

## Une Professeure Très Spéciale

Sister Mary Frances Dorschell completes a 30-year career at Brescia

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I THINK ABOUT MY STUDENTS AND WHAT THEY'RE LIKE AS LEARNERS. AND I CARE ABOUT THEM AND WHAT THEY'RE LEARNING.

Sister Mary Frances remembers a day when she was teaching Molière's *The School for Wives* to her students at Brescia. To make it lively, she and some of the students acted out the scene where young Agnès is almost discovered with her young lover Horace in her room. In classic farce style, she hides him in a cupboard. The door at the back of the classroom served as the cupboard door. When the climactic moment arrived, Sister Mary Frances, playing Agnès, flung open the door, and there stood the janitor, pail and mop in hand.

"I couldn't stop laughing," she says, smiling at the memory. "When I finally calmed down, I thought, 'Well, they'll never forget the play now.'"

Those kinds of experiences are all part of Sister Mary Frances's approach to teaching – one that has inspired many Brescia graduates to follow in her footsteps.



FACULTY

## WORDS OF WISDOM FOR TEACHERS

Sister Mary Frances offers the following excellent advice:

- Set up your classroom ahead of time, making it student-centred, attractive and welcoming.
- Be proactive, not reactive, especially when dealing with discipline issues. Establish classroom rules on day one.
- When you have to discipline students, be firm but kind.
- Develop a sense of humour – it's often the best way to defuse a difficult situation.
- Don't ask more of your students than they can give.
- Continually revise your courses and lesson plans, to make your teaching interesting for you and the students.
- Join teachers' groups and organizations and attend conferences to learn from others and share your ideas.
- Don't engage in staff room gossip.
- Above all, care about all your students and create an atmosphere of love in your classrooms.

Her own journey began in northern Ontario, where her father, who was a banker, moved from town to town regularly. It was during a stint in Kirkland Lake that she began to hear French frequently and even learned a few words. When she was 10, the family moved to southern Ontario. Early in high school her French teacher told her she had a gift for languages.

She knew from an early age that she wanted to become a Sister. In her final year of high school she attended a school run by the Ursulines. "I identified immediately with their spirit and I noticed that they were all excellent teachers who really loved and cared personally for each one of us." She entered the Order at the age of 17.

She completed a BA at Western in History and Latin, spent two years teaching at "The Pines" in Chatham, and then completed her teaching qualifications through a summer program at the Ontario College of Education. When she found herself also teaching Spanish, she decided she needed more education. After taking a summer course at the Universidad Iberoamericana in Mexico City, she signed up for a Masters in Spanish and Latin American Literature at this prestigious university.

The year 1982 marked the beginning of what Sister Mary Frances calls "the second half of my life." Asked by her Superior General to become Dean of Students at Brescia, she took up the challenge. Part of the attraction was the opportunity to

move into university teaching in modern languages. To prepare for it, she began working toward her doctorate in French. The first step was an Honours BA. A Masters followed in 1987, by which time she was teaching French part-time at Brescia. Five years later, her PhD was complete. "When I first heard it would take me ten years to do the PhD, I didn't know if I could face it," she says. "But I took it one chunk at a time, and focused on each stage before thinking about the next."

Sister Mary Frances published her dissertation, which focused on the influence of St. Thérèse of Lisieux on the French novelist Georges Bernanos. She has published articles on both writers, and several French and Spanish translations. But the main focus of her academic career has been on the scholarship of teaching. She worked to expand Brescia's French programs and introduce the innovative French for Teaching major. She also developed a volunteer placement program for students studying French who want practical experience in a classroom.

Sister Mary Frances sums up her approach to teaching simply. "I have a student-centred approach. I think about my students and what they're like as learners. And I care about them and what they're learning." Recognizing that there are different types of learners, she uses a variety of methods. Classes may include anything from PowerPoint presentations to small group discussions and creative writing and art



assignments. One of her classes created a “Dr. Phil” mock TV show to explore the relationship between two tortured characters in Colette’s *La Chatte*. A strong proponent of the Socratic method, Sister Mary Frances helps students develop critical thinking skills by encouraging them to think deeply about what they’re reading.

It’s clear that Sister Mary Frances is passionate about her role as an educator. “What I enjoy most,” she says, “is that I’m training so many of my students to go out and become enthusiastic teachers themselves. God has allowed me to see so many of them who have become good teachers and are happy that they chose teaching as a career.”

Sister Mary Frances retired from active teaching at the end of the 2015 academic year and received the title of Professor Emerita at Convocation in June. She is currently serving as Special Advisor to the Principal. In this role she will continue to strengthen and promote the French for Teaching program and be part of the day-to-day life of the College. “I like talking with students,” she says, “I enjoy spending time informally with them—I want to keep doing that.”

Always a learner, she is keeping up her Spanish by watching videos of the Pope’s visit to Latin America on YouTube, and her French by working through a cycle of four classic novels, each more than 500 pages in length. She is also thinking about her next learning goal. “I studied German, which is my heritage language, but haven’t had time to keep it up,” she says. “I’d love to get it in shape.” ■

## Nous Enseignons le Français

Three French teachers talk about how their experience at Brescia helped shape their careers

*Stephanie Dunlop, BA '02*

teaches Grades 1 to 8 core French at Bridgeview School, Point Edward, Ontario

“The biggest thing I learned at Brescia is that everyone is important and everyone has skills. As a teacher, you have to find a way to pull that out of children. Brescia did that for me – found my strengths and uniqueness and drew on them.

I try to show my students that French isn’t all about grammar rules: it’s about understanding a different language and a different culture. And I tell them that if they can succeed in French, it will help them succeed in other areas too.

It’s great when I hear children speaking French outside the classroom, or when they see me and say, ‘*Comment ça va?*’ That’s when I know they have a love of the language too.”

*Carley Nelson, BA '13*

teaches Grade 3 at Roch Carrier French Immersion Public School, Woodstock, Ontario

“Sister Mary Frances taught me the importance of creating positive relationships with students. Through her caring approach, I saw the difference that an engaged, inspiring and motivating teacher can make in the success of her students. As an educator I hope to inspire my students the way I was inspired by my professors at Brescia.

As a teacher it’s important to give students all the tools they need to feel confident, as well as strategies they can use when they are unsure of a word or phrase they need. And it’s important to make learning French fun.

The most important part of my practice is building community. With second language learners, it’s important to provide a safe and positive learning environment in which students are comfortable expressing themselves in French.”

*Kathryn Rollins, BA '06*

teaches kindergarten at Louise Arbour French Immersion School, London, Ontario

“At Brescia I always felt that my professors were willing to listen and take the time to help me with any questions I had. The opportunity to volunteer in a school while at Brescia helped me become confident as a teacher and gain experience. Many of my fellow students at Althouse hadn’t spent as much time in a classroom.

With very young children, you have to really work to keep them engaged. I do that by using inquiry-based learning. We are partners in learning — collaborating and problem-solving together.

At this age, they don’t have the peer pressure and they’re not as self-conscious about saying something wrong in French – they’re just very excited to learn and happy when you praise them.” ■



RESEARCH

# Family Matters

Sociologist Dr. Jamie Seabrook explores the dynamics of single-parent families

“I love research, but if I get a paper published and five scholars read it, there’s not a lot of impact. I’d rather do work that can have important policy implications.”

That’s Dr. Jamie Seabrook, Professor of Food and Nutritional Sciences at Brescia. There’s no question that his research is having an impact. When he published a paper based on his PhD dissertation earlier this year, the story was picked up by media outlets across the country. Why? Because his findings challenged popular misconceptions about the children of single parents.

Seabrook was born and grew up in London Ontario. After completing a BA and MA in Sociology at Western, he spent 12 years working as a biostatistician with the Paediatrics Department at London Health Sciences Centre. Along the way, he completed his PhD on a part-time basis. “It was a bit of a task,” he admits, “but it worked out very well.” He joined Brescia in July 2014, and also holds a faculty position in Paediatrics.

Seabrook’s dissertation was part of a 14-year longitudinal study of more than 1,000 single-parent and two-parent families in London. He focused on the outcomes for children, many of whom grew up, got married and started families during the study.

“There’s a common stereotype that children from single parent families don’t do as well,” he says. “We found, however, that if children are raised in temporally stable single-mother families, they have comparable educational and income attainment as children from two-parent families, and actually have higher occupational attainment.” The findings are particularly surprising, given that 37% of the temporally stable single-parent families were



FACULTY

living below the poverty line when the study started. Of the children in the study who married, 12% of those from stable two-parent families subsequently separated or divorced, compared to only 3% from stable single-parent families. Says Seabrook, “There’s something about the stability of a single-mother family that really drove the outcomes for these kids.”

There are clear implications for social policy, he says. “Rather than focusing on the type of families that kids grow up in, more attention should be paid to ensuring higher levels of educational attainment for mothers.”

In another project currently under way, Seabrook and a graduate student are examining the relationship between socio-economic status and birth outcomes in southwestern Ontario. A third ongoing project involves a systematic review of research on breast feeding and marijuana use.

Seabrook has been teaching most of his life. The father of two has been a martial arts instructor for the past 25 years and runs a martial arts school on a part-time basis.

“People ask me how I find the time, but it’s just something I love to do.”

He has developed a fresh approach to teaching statistics, a topic that intimidates many students. He lectures for part of the class, and then his students practice what he’s been talking about, developing their own databases and running analyses. “Statistics can be ridiculously boring, and it’s hard to really understand if you’re not doing it,” he says. “But if you can show students step by step how to do things, they’ll be stronger researchers in the end.” ■

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# Larry MacKinnon

Larry MacKinnon felt like a “fish out of water” but now he’s getting along swimmingly as Chair of the Board of Trustees

When Larry MacKinnon was a Western student, he was vaguely aware of a “girls’ school on the hill in the distance.” But like many Western students, he had little to do with Brescia. Today, MacKinnon is the new Chair of Brescia’s Board of Trustees.

MacKinnon grew up in Brantford, Ontario, where he attended St. John’s College, a small Catholic high school. After a degree in Economics at Western, he worked in a variety of middle management roles in retail finance, insurance and property management. It was at a time when many companies were eliminating middle management positions, so he returned to Western to complete a Masters in Library and Information Science – a canny move on the cusp of the Internet revolution.

For the past 13 years, he’s been working with the London Economic Development Corporation. He works with London companies in a variety of sectors to help them be successful and supports new companies that may be considering London as a place to locate. He explains: “We want companies to grow and be successful in the city, to hire people and grow the business sector.”

Five years ago, Marianne Simm, Vice-Principal Students at Brescia and a friend of MacKinnon’s, suggested he apply for a place on the Board of Trustees.

He liked the idea of doing something completely different from his day-to-day work, and submitted an application.

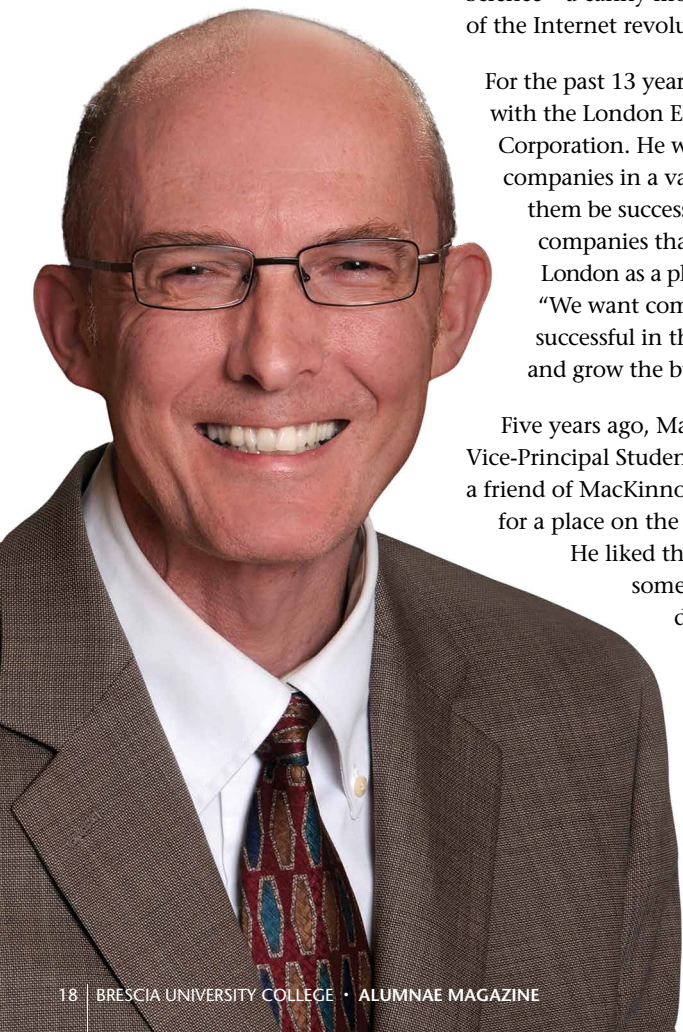
He admits that the job of Trustee on a large and diverse board was a bit overwhelming at first. “I felt like a fish out of water,” he says. “The board at Brescia approaches things differently and there’s a real focus on reaching consensus.” But he soon found his feet and says that serving with Brescia is a wonderful experience.

MacKinnon is bullish about the future at Brescia. As a women’s university, the school offers a friendly and supportive learning environment.

**“IN A WORLD WHERE STUDENTS HAVE AN AMAZING ARRAY OF CHOICES FOR POST-SECONDARY EDUCATION, BRESCIA HAS A BRAND THAT IS TRULY DIFFERENTIATED.”**

MacKinnon also serves on the 2015 United Way campaign in London, is a member of the board of LARG\*net, a network of high-speed Internet providers and users, and works with other task forces and committees from time to time.

While he recognizes that the Chair role brings new responsibilities and challenges, he is confident that he has the right team behind him. “There are a lot of really bright and dedicated people around the table contributing huge amounts of time, energy and effort. If you’re going to lead a group, this is a really good one to be leading!” ■





#### HONOURING ALUMNAE ACHIEVEMENT

PICTURED ABOVE  
Alumnae award winners  
Pat Pettigrew, left, and Ruth Tisdale

## Pettigrew & Tisdale Celebrated at Homecoming

The annual Alumnae Luncheon held on Homecoming Weekend was an opportunity to recognize two exceptional Brescia graduates. Both women embody the values of the University through their professional and volunteer achievements.

**Pat Pettigrew, BA '55**, recipient of the Carmelle Murphy Alumnae Award of Distinction, has worked tirelessly for Brescia for many years. From 2000 to 2012 she was actively involved with Breakfast for Bursaries, a fundraiser to help Brescia students in financial need. Pettigrew has been on every class reunion planning committee, and personally helped to establish the Class of '55 Scholarship and the Ursuline Leadership Award. Beyond her work at Brescia, she continued to support women achieving their full potential through her involvement with the YMCA Women of Distinction Awards and Enterprising Women, a networking association for women in business ownership.

**Ruth Tisdale, BA '10**, recipient of the Sister Mary Lou McKenzie Young Alumnae Award of Merit, is a Certified Professional Accountant, working as a senior accountant with BDO Canada. In true Brescia fashion, she is also a passionate community volunteer. Tisdale has worked with organizations such as Scouts Canada and the Thames Valley Education Foundation, and currently serves on the board of the Brescia University College Foundation. Last but certainly not least, she is currently in her third term as a trustee for the Thames Valley District School Board, a seat she won while a full-time student at Brescia. ■

## You Are Invited!

A message from Cathy Vitkauskas, Vice-Principal Advancement, and Samantha Goverde '13, President, Brescia Alumnae Association

June 14, 2015. London's magnificent St. Peter's Basilica. More than 150 excited new Brescia graduates. Dozens of proud family members. Words that will be remembered forever. Friends who will be treasured forever. Smiles. Tears. Laughter. Hugs.

achievements of Brescia's students, faculty and alumnae in a lively and engaging way. Let us know if you think we're succeeding, and how we could improve.

Recently, we took another step to engage our alumnae—the bylaws of the Brescia Alumnae Association were changed to ensure that the Board more accurately reflects the demographic diversity of our alumnae body. This important step will position us well for the future.

Ultimately, though, the choice is yours. There are many ways you can build on your connection. You can participate in Brescia events (see pages 5-7), mentor students (see page 9), and stay in touch with fellow alumnae. You can learn more about Brescia's extraordinary faculty members (pages 14–17) and its strong commitment to creating a student-centered experience (page 10). You can contribute your time, talent, creativity and resources. You can choose to lead.

Consider this an invitation – join us as we build an engaged and energized alumnae community, to support an even stronger and more vibrant Brescia University College. ■

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THERE ARE MANY WAYS  
YOU CAN BUILD ON  
YOUR CONNECTION.

Brescia's Baccalaureate ceremony is a solemn occasion, but also one filled with joy and energy. For each graduate, it is a major milestone on the journey that is a life of purpose.

When we look at those shining faces, we hope that the occasion

marks not just the end of a degree program, but the beginning of a lifelong connection to Brescia. Whether you graduated six months ago, or 60 years ago, it is our hope that each of you will be enthusiastic and involved alumnae. We hope that you will always take great pride in your association with Brescia.

The Advancement team and the Brescia Alumnae Association will do everything we can to support that special connection. BOLD magazine represents one way. We will work hard to keep you informed about the

# MILESTONES

Classmates ANNE MARIE VAILLANCOURT '85, JEANNIE (HUTCHISON) WEBER '87, MARTHA (HAWKES) CRETON '86, DEB (BISHOP) VAN BELOIS '86, AND VICTORIA EID '86 reconnected this summer. Pictured from the front of the stairs to the back.



'85 - '87

Congratulations to LEENAT I. JILANI '13 who married Aamir Gillani (ironically he almost has the same last name as Leenat!) The wedding took place on December 14, 2014 in London, Ontario at the Best Western Lamplighter Inn.



'13



'09



CHRISTINE VAN LEEUWEN '09 and husband Ryan are thrilled to announce the safe arrival of Zachary William VanLeeuwen, born September 24th at 4:32am, Zachary weighed 6lbs, 13oz.



'09



VANESSA JUBENOT '09 has been living in London, England for the past 15 years. Vanessa was accepted into the CLIPPER ROUND THE WORLD RACE 2015-2016, which is the world's only amateur global yacht race. She has never sailed before but will be circumnavigating the planet for 11 months on a boat!



'14



Congratulations to TERRI TUCKERMAN '14 who welcomed Devyn Anne Tuckerman who was born at home on January 9, 2015, weighing 7lbs 10oz.



'87



PENNY-LYNN M. RINTOUL '87, photo taken on her family vacation to England and Scotland last year, won the People's Choice award in the Western alumni photo contest.

# MILESTONES

Over her 30-year career **BRENDA WINES-MOHER '76** has been a skilled community health program manager, focussing on public health nutrition. She developed and managed innovative volunteer driven food security initiatives and demonstrated expertise in working with families and individuals who are living on limited incomes.

Brenda is an excellent listener and communicator bringing a diverse cross-section of people together to create and support positive community food based programs. Something Brenda is most proud of is being a strong social justice advocate specializing in community engagement and empowerment. Over the last 11 years Brenda has been Program Manager for Halton Fresh Food Box, a not-for-profit healthy eating program. This program provides access to fresh fruits and vegetables for all residents of the Halton region.

As an advocate for registered dietitians throughout her career, Brenda served on the Ontario College of Dietitians for six years and was President for one term. She believed there needed to be a strong voice for public health and community based dietitians/nutritionists at the table which is where it has evolved to today. Brenda has been married for 35 years and is the proud parent of two wonderful grown men and the grandmother of three beautiful grandchildren, the most recent addition was born on February 19, 2015.



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Our condolences to **FRANCES E. WARDEN '58** whose husband of 56 years, Allan Gordon Warden passed away on Sunday, June 28, 2015 at Markham Stouffville Hospital.

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**MARY TERESA GOODWIN '63** reconnected after many years with classmate **BRENDA BURCHILL TOUZOT** in October at her home in Veyrignac, in southern France. Brenda is returning to live in Toronto later this year.

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**ALISON J. CRAIG '80** is working in primary care now after many years raising four children while working part time/self-employed, (hospital based as well as private practice work). She is involved in a research study (CHANGE program) at her primary care network.

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**STEPHANIE R. BEAUMONT '89** has travelled the world for work and pleasure. She has settled back home in Nova Scotia and has created an entertainment based website and TV program that celebrate the people, places and things that make the four Atlantic Provinces so very special. Her website ([seaandbescene.com](http://seaandbescene.com)) just celebrated five years online and her TV show *Sea and Be Scene TV* began its fourth season this September. Stephanie is also a contributor to *Atlantic Business Magazine*. "It's a different job every day and I love it!" she says.

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**CHRISTINA SEELY '04** and her husband Troy were happy to welcome a second son, Drew Brian Seely, to their family on June 4, 2014.

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After working for 9 years at Brescia in the Registrar's office, **BRENDA M. BERTRAND '06** retired on April 2, 2015.

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Congratulations to **ZABRINA M. BAILEY-LOZON '10** who married John in 2011. She is well travelled, recently bought a home, and enjoys working at LHSC!

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**MARIA K. RODRIGUEZ '10** completed two 10K races this year. After receiving radiation in her thyroid her whole family, including her son decided to start running. She hopes to finish a half marathon soon. "Never too late to change your life. Just believe in yourself!" she says.

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**KIMBERLY VALLIERE '10** recently moved to Grand Cayman and is working in her field of HR for a 5 Diamond internationally recognized hotel – The Ritz Carlton.

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**SARAH J. NIEUWETS '12** graduated this year from Western's Compressed Timeframe Bachelor of Science in Nursing, with distinction. She is currently working as a Registered Nurse at Strathroy Middlesex General Hospital.

Congratulations to **CINDY M. FAJARDO GAVIRIA '13** winner of the 2015 Dietitians of Canada National Morgan Medal. Cindy is currently enrolled in the MSc in Foods and Nutrition, Internship stream program at Brescia. It was during her undergraduate years that Cindy first became involved with nutrition research in the area of liver disease and transplantation, and she has continued this work into her Master's research project. Cindy will be presenting the results of her project at ASPEN's Clinical Nutrition Week 2015. The primary objective of her research project was to investigate the possible relationship between illness severity and energy expenditure in patients with chronic cirrhosis awaiting liver transplantation.

Throughout her research work, Cindy became increasingly impressed with the value of practice-based research in promoting best practice for client/patient care and in advocating for the dietetics profession. She looks forward to continuing her involvement in research and education as she begins her career in nutrition and dietetics. Read more about Cindy's work here: <http://bit.ly/1W3VPTa>

Congratulations to **HUMA RANA '15** winner of the Nestle Nutrition Award. Huma graduated from Brescia's Foods and Nutrition Program and is pursuing a master's program to follow her dream of becoming a Registered Dietitian.

Brescia student **CAITLIN BILLINGSLEY** along with Associate Alumna **ALEXANDRA M. JEFFERIES** were accepted to the Communitech Women In Technology Entrepreneurship Boot Camp in Waterloo. Admission to this program was very competitive, with 25 places and 125 applications. ■

## KEEP US UPDATED!

Send your photographs and milestones to [brescia.alumnae@uwo.ca](mailto:brescia.alumnae@uwo.ca) and keep your fellow alumnae up to date!



## Reserve your table now!

*Join us April 7, 2016 for a special evening to celebrate and recognize extraordinary women and organizations. We're proud to present Academy Award winning actor and gender equality advocate Geena Davis as our keynote speaker. Ms. Davis will speak about the importance of the empowerment of girls and women worldwide.*



**Thursday, April 7, 2016**

London Convention Centre

Reception 6pm | Opening Remarks & Dinner 6:30pm

\$1,600 table of 8 • \$200 per person

Early Bird \$1,400 table of 8 • \$175 per person

**RESERVE YOUR TABLE NOW!**



For more information, please contact Cathy Vitkauskas, Vice-Principal Advancement at Brescia University College at 519.432.8353 ext 28298 or [cvitkaus@uwo.ca](mailto:cvitkaus@uwo.ca)  
[brescia.uwo.ca/brescialead](http://brescia.uwo.ca/brescialead)

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\*Average based on the home and auto premiums for active policies on July 31, 2014 of all of our clients who belong to a professional or alumni group that has an agreement with us when compared to the premiums they would have paid with the same insurer without the preferred insurance rate for groups and the multi-product discount. Savings are not guaranteed and may vary based on the client's profile.

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