

BOLD

THE MAGAZINE BRESCIA ALUMNAE CHOOSE TO READ

A BIRD'S EYE VIEW

Psychology Professor Dr. Jennifer Sutton looks at spatial sense in navigating new environments

CHOOSING BRESCIA TO HELP HER HOME COUNTRY IN PAKISTAN

Naveera Ghulamhussain uses Brescia's bold education to help others

A LOOK AT WHAT'S AHEAD

HOMECOMING 2015

WINTER/SPRING 2015

 **Brescia**
UNIVERSITY COLLEGE
Choose to Lead.

TAKING HER DEGREE AND SWEET TOOTH SOUTH BRESCIA NURTURED AN ENTREPRENEURIAL SPIRIT IN MELAINE LEVY ('06) ENABLING HER TO OPEN A CANDY SHOP IN JAMAICA





Message from the Principal

A bittersweet farewell

DR. COLLEEN HANYCZ

FOR EVERYTHING, THERE IS A SEASON, AND A TIME FOR EVERY PURPOSE UNDER HEAVEN.
ECCLESIASTES 3:1

Dr. Colleen Hanycz greeting first-year students at Foundress Day

During my seven-year tenure at Brescia, I have witnessed thousands of young women arrive, and then eventually depart, spreading to the corners of the globe to do amazing things. I have welcomed, and then wished farewell to each woman as she walked across the altar of St. Peter's Cathedral in June at Baccalaureate. These are the seasons of our life at Brescia. This time, it is my turn to say farewell.

As you may know, I have accepted an appointment as the 29th President of La Salle University in Philadelphia. While I am excited about embracing the new opportunities that lie ahead, there are many aspects of this unique Brescia community – most notably its people – that make it very difficult to imagine leaving.

Since the day my family arrived in 2008, we have been embraced by so many alumnae with your warm welcome and steadfast support.

I have been fortunate to meet many Brescia alumnae around the world, whether through our Girls LEAD program in Barbados, a university fair in Trinidad, recruitment activities in Hong Kong or speaking to alumnae in Toronto. Each of these memories I will treasure and carry with me.

OUR BRESCIA STUDENTS HAVE INSPIRED ME IN SO MANY WAYS, AND THEY HAVE TAUGHT ME WHAT IT MEANS TO BE 'BOLD' AND WHAT IT MEANS TO BE A 'LEADER.'

I have received so much more from our students and alumnae than I could ever hope to give back. So, my promise is to 'pay it forward' at La Salle. An institution that is similar to Brescia in many ways, La Salle has been a pillar of the Philadelphia university

community for over 150 years, a work of the Christian Brothers of St. John Baptist de La Salle. Catholic in the Lasallian tradition, there is an enduring spirit of service, and a focus on serving those who exist at the margins of society. I am honoured to serve as La Salle's first woman President – convinced of the ongoing need for women to think seriously about how we lead through service in the world around us.

I wish to express my heartfelt thanks to all of you, our alumnae, for continuing to support Brescia in so many ways. Thank you for sharing your Brescia with me. I look forward to learning of your successes in the years to come, knowing that you will continue to have a profound impact on Brescia's rightful place as a leader in the education of women.

Farewell and God bless,

Colleen Hanycz



Message from the Vice-President of Advancement

ON FEBRUARY 2ND, I HAD THE DISTINCT PLEASURE OF JOINING BRESCIA UNIVERSITY COLLEGE AS THE NEW VICE-PRINCIPAL OF ADVANCEMENT. AS A KING'S UNIVERSITY COLLEGE ALUMNA, I UNDERSTAND HOW SPECIAL AN AFFILIATE COLLEGE IS AND THE UNIQUE AND TRANSFORMATIVE EDUCATIONAL EXPERIENCE IT OFFERS.

After 16 years with the Ivey Business School, most recently as the Director of Annual Giving and Donor Relations, I felt compelled to make a change and I am thrilled that change is Brescia! Since arriving, I have been welcomed with open arms, and I continue to be impressed by the shared sense of community, strength of leadership, and commitment demonstrated by every staff and faculty member, student, and volunteer.

You may wonder, what is Advancement?

The Advancement Department is newly established; however, it has brought together three exciting and established portfolios including: Alumnae Relations; Development; and Communications, Marketing and External Relations. I am humbled to have been given the responsibility of representing and caring for the Brescia brand, and I hope that I, along with my amazing team, will be worthy stewards, who make you proud to be a Brescia alumna, friend, and supporter.

The vibrant and supportive community was one of the many things that drew me to Brescia and I would like to thank you for your continued engagement and commitment. Whether you attend events, counsel students as they navigate their lives, act as an ambassador by recommending Brescia to future students, stay connected with your classmates, speak in the classroom, or support the university financially, you are an important member of the Brescia community.

In my first 90 days, I have had the opportunity to meet a few of our many committed alumnae and volunteers from the impressive group of women and men who make up the Board of Trustees, to the committed group of outstanding women who make up the Alumnae Association led by a truly thoughtful and dedicated alumna, Samantha Goverde. I look forward to working with Samantha and the Association to continue to deliver unique and innovative alumnae programming to serve you, our most valued friends and partners.

I also look forward to meeting many of you over the coming months and years and working together to continue to support Brescia's mission of preparing our graduates to lead with wisdom, justice, and compassion in a changing world.

In the meantime, please feel free to call, send me an e-mail, or drop by my office, which is housed in the magnificent Ursuline Hall – if only these walls could talk!

With best wishes,

Cathy Vitkauskas
Vice-Principal,
Advancement


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ext 28298



We want to know about you!

For a chance to win a Brescia Alumnae Ring, update your information or share one of your life milestones with us today. For more information on qualifying for your ring, see page 10.



A black and white portrait of Judy Collins, a woman with short, curly dark hair, looking slightly to the left of the camera with a thoughtful expression. She is wearing a light-colored collared shirt.

Finding a new home with the Ursulines beyond international borders

THERE WILL BE MANY OBSTACLES ALONG THE ROAD TO SUCCESS, AND NO ONE KNOWS THIS BETTER THAN JUDY COLLINS, WHO IS CURRENTLY A TEACHER AT ORCHARD PARK SECONDARY SCHOOL IN STONEY CREEK, ONTARIO. JUDY HAS BEEN A BRESCIA ALUMNA SINCE 1987; HOWEVER, THIS IS NOT WHERE HER JOURNEY BEGAN.

While growing up in Guyana, Judy was surrounded by political unrest, so much so that her school's headmistress fled the country to ensure her safety. Shortly after this, the Ursulines of Chatham arranged to bring Judy to Brescia, where she did her preliminary year, and earned a four-year BA Honors with a double major in English and Visual Art.

During her time at Brescia, Judy was welcomed with open arms, and was even invited to spend the Christmas holidays at her schoolmates' houses. Brescia not only welcomed Judy, but also showed her unconditional love and acceptance, which she had never truly experienced before arriving. While reminiscing about her times at Brescia, Judy says,

**“PEOPLE TOOK CARE OF ME
WITHOUT EXPECTING ANYTHING,
BUT YOU UNDERSTOOD YOU WERE
TO HELP OTHERS WHEN YOU
COULD IN RETURN.”**

Brescia refined Judy, allowing her to appreciate the value of hard work and ultimately go out into the world and lead by example. Unfortunately, Judy

was diagnosed with cancer in 2002. To overcome this, she focused on helping others, and was back in the classroom before her wounds had even healed. Although she is now cancer-free, Judy continues to support the cause, and is even participating for a second time in The Enbridge Ride to Conquer Cancer, where she will bike over 220 km from Toronto to Niagara Falls over two days with Team Gridpath. Just as Judy has given back to her students and those still suffering with cancer, we too can give back by visiting her page at brescia.uwo.ca/bold1.

Judy's journey has been full of challenges and roadblocks; however, the acceptance and unconditional love she received at Brescia have helped her to overcome these adversities. Everyone will face setbacks in life, but Judy reminds us all to “Look outward instead of inward, because it's not about your salary or where you live, it's about the people you genuinely interact with, that's where the abundance comes from – it comes from being part of a community.” Had it not been for Brescia and the Ursulines of Chatham, Judy would not have had the strong sense of community that has been so integral to her journey in life.

Congress of Black Women helping to Lead at Brescia Internationally

SINCE ITS INCEPTION IN 1919, BRESCIA HAS HAD MANY ORGANIZATIONS, INCLUDING THE CONGRESS OF BLACK WOMEN (CBW) HELP HER ALONG THE WAY TO ARRIVE AT WHERE THE INSTITUTION IS TODAY.

The CBW supports Brescia through the annual Dr. Marlene MacLeish scholarship and an endowment with the objective to address the social, economic, cultural issues, and needs of all women of colour.

The woman at the helm of the local chapter of the CBW and its current president is Janet Collins, who is a graduate of the Faculty of Law at Western University. Janet, originally from Jamaica, went on to earn a PhD in cell biology and become a successful lawyer in Canada. She came from a family that she says had, “middle class values and that supported and encouraged me throughout my childhood years.”

Janet first became involved with CBW through a woman named Gwen Jenkins and immediately was inspired. “I realized very quickly that this was a wonderful group of women. What stood out right away was their commitment to CBW and to one another even though they were spread so widely geographically.” Janet is now the President of the local chapter of CBW.

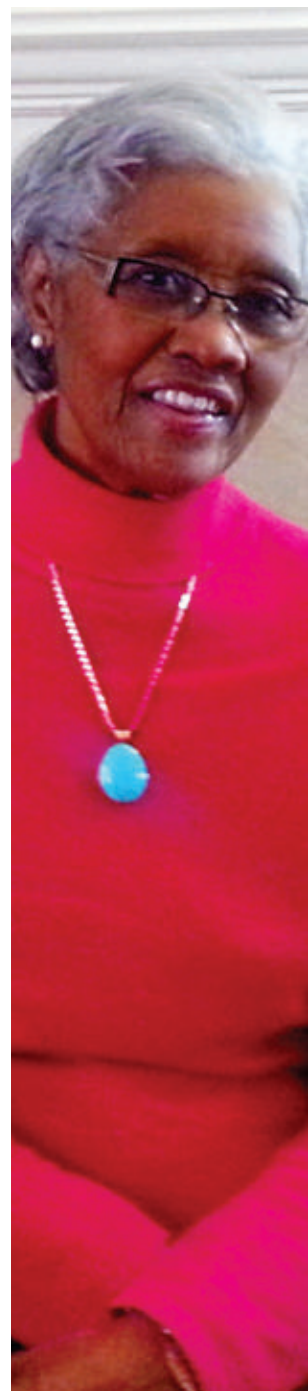
“It was my turn to give what I could at the leadership level,” she explains. Janet says that while the group would always welcome more members,

“IT IS CLEAR THAT THERE IS AN OBLIGATION THAT THIS GROUP HAS TO HELP WOMEN OF COLOUR WHEN THE NEED ARISES AND THAT NEED REMAINS VERY MUCH ALIVE.”

Janet hopes to see more members of the CBW act as role models to younger women of colour, including Brescia students. “We support many female students but with Brescia, there is a natural fit and reason to stay connected.” She goes on to explain, “Brescia and the CBW both work to empower women. We both work to make the world a better place for women and both organizations have a heightened respect for other cultures. I feel a sense of achievement that our endowment with Brescia is a contribution for the wider community; we are leaving our footprint.” The CBW is also proud to have Dr. Marlene MacLeish ('68) as a friend of the organization. Since graduating from Brescia, Dr. MacLeish has gone on to be the team leader at the National Aeronautics and Space Administration's (NASA) National Space Biomedical Research Institute Education and Public Outreach Program. She is also a Professor of Medical Education at Morehouse School of Medicine, Atlanta Georgia.

Janet says that the strength of the leadership in an organization is key to its success. “A good leader is someone who can effectively motivate and guide others, while recognizing mutually desirable goals, and inspire people to work towards them.”

Janet hopes to see many new faces in attendance at the annual Ebony Ball in December, and the Scholarship Awards Dinner June 13th, hosted by the local CBW chapter. For more information about the event and the CBW, visit cbwlondon.org.



Dr. Jennifer Sutton

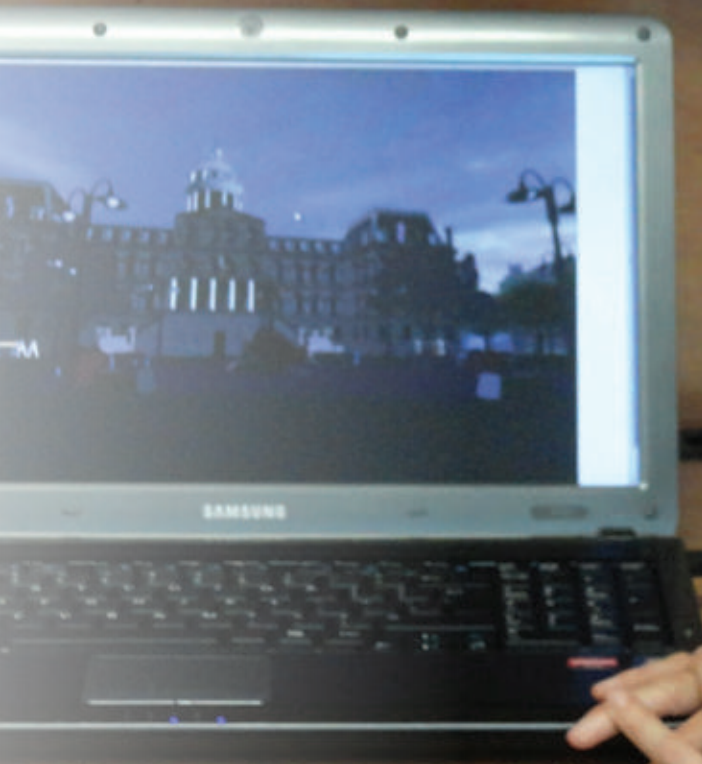
A Bird's Eye View: Psychology Researcher Examines How Pilots Navigate Unfamiliar Environments

SUCCESSFUL NAVIGATION IN A NEW ENVIRONMENT IS A SKILL THAT NOT EVERYONE DOES WELL NATURALLY. SOME PEOPLE EASILY FIND THEIR WAY AROUND, SOME ARE OK AT IT, AND OTHERS ARE NOT SO GOOD AT IT. BRESCIA PSYCHOLOGY PROFESSOR DR. JENNIFER SUTTON KNOWS THAT THE AMOUNT OF EXPERIENCE PEOPLE HAVE WITH NAVIGATION CAN ALSO AFFECT HOW WELL THEY ARE ABLE TO PERFORM THIS TASK.

Dr. Sutton is currently examining how people use spatial skills when navigating an unfamiliar environment and how they use their “cognitive map” to effectively get from one destination to another. “A cognitive map is like having a bird’s eye view of your environment in your head that you can use to decide which direction one thing is from another,” describes Sutton. Her research has always centred on understanding how people and animals get around in the world, and in her most recent study, she investigated how airplane pilots use their spatial abilities in a new landscape. People in spatially-demanding careers, like pilots and taxi drivers, often develop strong cognitive mapping skills through practice. Sutton explains, “we know from previous research that there are changes in the brain, specifically with the hippocampus, that occur while taxi drivers are learning the layout of a major city; as they practice they become better at some things, and not so good at other things.” In collaboration with Dr. Suzanne Kearns from Western University’s DAN Commercial Aviation Management program,

Dr. Sutton and her students, Melanie Buset and Mikayla Keller, tested the ability of undergraduate student pilots to build a cognitive map of a virtual town environment. The student pilots were compared to non-pilots on several spatial navigation tasks in a highly realistic virtual town setting based on a popular gaming engine (Half-Life 2). Sutton and her team found that the trained pilots performed better and had stronger cognitive mapping abilities than the non-pilots when navigating in an unfamiliar environment. The study findings were published in an article entitled, *Navigation Experience and Mental Representations of the Environment: Do Pilots Build Better Cognitive Maps?* in March 2014 (PLOS One, brescia.uwo.ca/bold2). The time-intensive study also gave her students valuable experience that has prepared them for future careers in research and other professions. Dr. Sutton plans to continue her work on cognitive mapping abilities and is currently conducting research with adolescents and investigating how they navigate their environment using similar virtual technologies.

“WE KNOW FROM PREVIOUS RESEARCH THAT THERE ARE CHANGES IN THE BRAIN, SPECIFICALLY WITH THE HIPPOCAMPUS, THAT OCCUR WHILE TAXI DRIVERS ARE LEARNING THE LAYOUT OF A MAJOR CITY; AS THEY PRACTICE THEY BECOME BETTER AT SOME THINGS, AND NOT SO GOOD AT OTHER THINGS.”



Erin Roy ('13)

Building bridges to rural Ontario

ERIN ROY LIVES AND WORKS AS A FINANCIAL ADVISOR WITH EDWARD JONES IN BAYFIELD, ONTARIO. ON WEEKENDS AND OFF-HOURS SHE WORKS ON *RURALIST*, A BLOG THAT SHE CO-FOUNDED.

Ruralist, a website devoted to sharing the best things to see, do, and buy in rural Ontario, was conceived during Erin's days as a student at Brescia and inspired by a community leadership course. "Working with Professor Lisa Jakubowski, I learned so much about the different aspects of community leadership and *Ruralist* was the outcome. I was fortunate to have a friend, Sarah Koopmans, who was a student in the Media Information Technology (MIT) program on main campus. She carried the same values and vision and was also eager to put her new-found skills to work through a real-life application of what we had learned in the course."

After working as a financial advisor for 18 years, Erin knew she had a great opportunity to complete a degree with Edward Jones's generous tuition programs. When she discovered Brescia's leadership program, Erin knew it was exactly what she wanted to do. "My passion is for leadership and development, and I see my blog as a leadership pursuit. Leadership is defined as mobilizing others towards a shared goal; my goal is to mobilize more individuals to spend more time and money in rural Ontario. I see myself as a leader in that way."

Now in its fourth year, *Ruralist* is growing in content and community, with an average of 100,000 readers per year. "The majority of our readers are urbanites, who want to find interesting

ways to connect with rural communities. They want to get out of the city. They actively share our content, and respond to it," Erin explains. And at the same time, rural business owners and residents are getting a chance to showcase and share their pride in their businesses and community. Erin says they get most of their ideas from personal experience, and more recently, readers have been sending in their own ideas.

Erin says her experience at Brescia was life changing. "I found myself in a way that I had never experienced before coming to Brescia. As a mature student, I found the calibre of women I was working with was extraordinarily high. I absolutely and wholeheartedly recommend this program for mature students and younger students as well."

Ruralist may be found at ruralist.ca



Naveera Ghulamhussain

Paying it Forward: from Brescia to Pakistan

WHEN FACED WITH OPPOSITION, IT CAN BE DIFFICULT TO STAND YOUR GROUND AND FIGHT FOR WHAT YOU BELIEVE IS RIGHT. BEING A WOMAN, CONFRONTED WITH HOSTILITY, IN A MALE-DOMINATED WORK ENVIRONMENT, MAKES THIS EVEN MORE OF A CHALLENGE. THAT IS EXACTLY WHAT NAVEERA GHULAMHUSSAIN, AN HONORS IN NUTRITION AND DIETETICS CANDIDATE, WAS FACED WITH WHEN SHE MOVED BACK HOME TO PAKISTAN.

"I was 17 when I came to Canada for higher education," Naveera explains. "At that point I just wanted to be far away from home, and Canada was oceans away from Pakistan." Her decision to attend Brescia was based on her educational needs, and she was attracted to the uniquely small class sizes that Brescia offers. "I wanted to be in an environment where I could thrive, and Brescia seemed to be the perfect fit," states Naveera.

The experience and knowledge Naveera gained through her education at Brescia helped her to be bold and challenge not only herself, but also those around her.

"WHEN I RETURNED HOME AND I FIRST STARTED WORKING WITH THE HEALTH CHANNEL IN PAKISTAN, MY MANAGER TOLD ME THAT I SHOULD BE READY TO FACE A LOT OF RESISTANCE FROM MY COWORKERS," EXPLAINS NAVEERA.

"Firstly I was working in a male-dominated environment and secondly, I was a university graduate. I was entering their domain and their culture, and I had to work in a way that would make them receptive towards my ideas." It was by having a clear vision – to raise health and nutrition awareness – that Naveera was able to achieve her goals and lessen hostility. "I wanted to let my work speak for itself, and that's what I did."

Naveera is working towards bridging the socioeconomic classes in Pakistan by making nutrition information available to everyone. Operating in the media industry affords her the opportunity to send her message nationwide. Naveera advocates for accessible nutrition information and works towards making it simple, as well as culturally, appropriate. "We suggested traditional recipes that the common person could prepare with basic affordable ingredients, and yet meet their nutritional requirement," she adds.

A next step for Naveera is to complete her Master's in public health with a focus on community nutrition. She also plans to return to Pakistan to teach

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community nutrition at public universities, in order to continue her campaign to promote awareness about health and nutrition. "I still have a lot to do; I have just managed to get my foot in the door," Naveera explains. "Pakistan is close to my heart and, like any other underdeveloped country, it needs devoted professionals to contribute and collaborate in their disciplines."

Naveera's goals are inspired by her time in Canada: "The Canadian health and education system inspired me to do something greater for my own country. I cannot change the political stability of Pakistan, or the financial resources of its citizens, but what I can do is work with the resources at hand to create a community where people can advocate for a better health and education system." This is a bold but attainable ambition for an inspirational and accomplished young woman.

Save the Date! HOMECOMING 2015 SEPTEMBER 26TH AND 27TH

Homecoming is about remembering good times with good people.
It's about celebrating the past and present.
It's about coming home.

You can help us make Homecoming 2015 our most successful to date. Learn more by visiting:
brescia.uwo.ca/alumnae/events-chapters/homecoming/

We want to know where you are and what you've been up to since you graduated. Share with us your information by filling out our online update form and be entered for a chance to win a sterling silver Brescia Alumnae Ring. Please update your information with us by June 30, 2015 to qualify for the contest.

brescia.uwo.ca/alumnae/update-your-info/

For more information, please contact Alison Vilaca, Alumnae Relations Officer, at alison.vilaca@uwo.ca or 519-432-8353 ext. 28446.





(L-R): Elishama Shaw, Tina Insanally (who passed away in 2010), Shannon Smith, and Maggie Seng serving a meal at Ronald McDonald House as part of the Leadership course in 2010.

Giving back to the community that has given her so much

ELISHAMA SHAW HAS BEEN ON BOTH THE RECEIVING AND GIVING END OF DONATIONS, AND KNOWS THAT EVERY DOLLAR DONATED MAKES A HUGE DIFFERENCE IN THE LIVES OF THE STUDENTS AT BRESCIA.

Elishama completed an Honors BA in Food and Nutrition in 2010. Upon graduation she began working at Sports & Fitness Insurance Canada, where she quickly worked her way up to the position of underwriter. Although she left the realm of food and nutrition temporarily, Elishama knew she wanted to return to her field of interest eventually. She is currently taking a couple of courses at Brescia with the goal of securing an internship in community dietetics.

Food and nutrition is a vital part of everyone's life; many of us, however, take the pleasure of a balanced meal for granted. Back home in India, Elishama witnessed many people being denied a nutritious meal due to their financial circumstances. She now hopes to become a community dietitian and inform people from all walks of life about how to optimize their diets.

Elishama came to Canada in 2004 with her family, so they could have a better life. She chose Brescia because of its values, and because it recognized her credits from India, where she had already obtained a BA in Food and Nutrition. While at Brescia, Elishama was pleasantly surprised at how interactive her classes

were, how approachable her professors proved to be, and how welcoming she found her peers.

"BEING HERE ALLOWS ME, AS A WOMAN, TO PURSUE MY DREAMS WITHOUT ANY FEARS, AND BRESCIA HAS GIVEN ME THE OPPORTUNITY TO MAKE THEM COME TRUE," EXPLAINS ELISHAMA.

Not only does Elishama hope to give back to others by becoming a community dietitian, but she has also done so by making a donation to Brescia. Elishama participated in the work-study program, which allowed her to gain valuable experience and also help pay for schooling. Elishama is thankful for having been given the opportunity to participate in the work-study program, and says "Having been on the receiving end of that support, I feel obliged and grateful. I also have a sense of duty to do the same for another student through my donation."



"With my Bresica Babes. Pictured (L-R): Alex Leacock, Miriam Ncube, myself, Heather Burchall, Danielle Hunt, Maria Darby"

From sand to snow and back again

MANY OF US WOULD LOVE TO LIVE ON A TROPICAL ISLAND, BUT LAURA BANKS CHOSE TO VENTURE OUTSIDE OF JAMAICA AND MOVE TO CANADA, TO FOLLOW FAMILY TRADITION AND ATTEND BRESCIA. IN HER NEW ROLE, WHERE SHE DOES AN ARRAY OF EXCITING TASKS FROM OVERSEEING GUEST SERVICES, TO CO-ORDINATING MAJOR RENOVATIONS, LAURA KNOWS SHE WOULD NOT BE WHERE SHE IS TODAY HAD IT NOT BEEN FOR HER “BRESCIA EXPERIENCE.”

Laura graduated from Brescia in 2009, earning a BA Honors Double Major in Business Management and Organizational Studies and Human Resources. Upon graduation she hit the ground running, and was able to quickly secure a job at Sandals Resorts in her home country of Jamaica. Laura started off as a trainee manager and has worked her way up in the company to become a project manager in the construction department, responsible for new building strategy and execution.

Laura first came to Canada in 2003 to enrol in the Preliminary Year Program at Brescia. She enjoyed it so much that she decided to stay for the next four years to complete her degree. Laura considered attending Western along with her brother; however, her mother was a Brescia alumna and “following the tradition seemed right,” explains Laura. Along with the desire to follow tradition, Laura gravitated towards Brescia due to the freedom it allowed her, as she got to be part of the Brescia community, while still having the option to take classes on main campus.

Laura was raised in a rural part of Jamaica and recalls being slightly overwhelmed by the size and complexity of London upon her arrival here. Luckily, Laura participated in Brescia’s Bridging Week Program, an international student orientation program designed to support all international students with their adjustment to campus and to their new city. She was shown where to go for groceries, clothing, supplies, and how to navigate through the city using public transportation. Laura is thankful for having had the opportunity to participate in the Bridging

Program, and urges all international students to take full advantage of this and of everything else that Brescia offers.

When speaking of her time at Brescia, Laura says, “I have recommended and will continue to recommend Brescia to others.”

“IF I HADN’T ATTENDED BRESCIA, I WOULD NOT HAVE DONE AS WELL AS I DID, I WOULD NOT HAVE LEARNED WHAT I LEARNED, AND I WOULD NOT BE WHO I AM OR WHERE I AM TODAY.”

She fondly recalls the small class sizes, engaged professors, and kind-hearted peers. Laura made sure to immerse herself in the Brescia community, doing so by joining the squash club, Brescia’s student business club known as the Pink Ties, and a children’s charity for cleft lips called, Operation Smile. The experiences Laura had at Brescia, as a club member or as a student who could have open dialogue with her professors, have allowed her to thrive in both her career and personal life.

Laura hopes to venture into entrepreneurship in the construction or interior design industry. Her entrepreneurial spirit was ignited at Brescia, and continues to burn brighter each day. To those students and other young alumnae who are looking to lead, Laura reminds everyone to, “Spread your wings and explore, while never forgetting that you can always come home to Brescia.”

Get to know

Christina Lord

International Program Co-ordinator



CHRISTINA LORD, INTERNATIONAL PROGRAM CO-ORDINATOR AT BRESCIA, WAS BORN IN GUYANA, GREW UP IN JAMAICA AND THE CAYMAN ISLANDS, AND LATER IMMIGRATED TO CANADA. AS A RESULT, A SENSE OF COMMUNITY HAS ALWAYS BEEN IMPORTANT TO HER. SPENDING HER CHILDHOOD IN THE CARIBBEAN, CHRISTINA SAYS DIVERSITY WAS A WAY OF LIFE.

After she worked for 25 years as an Early Childhood Educator, a friend called her about the position at Brescia, a job that was “made for her.” Christina was immediately drawn to the community involvement the position offered and applied for her dream job.

Christina left her interview feeling that it had gone well, but she wasn’t sure the job was hers, “Why would they hire me? The people doing the interview were so young, but they saw something in me. And it was the fact that I was an international student.” Christina says much has changed since her time as an international student living in Canada. “The deep feelings and fears that international students experience haven’t changed. It’s how we respond to them that has changed.”

Students and staff would agree with Christina when she says the smaller size of Brescia’s campus is what makes the International Program special. “Here at Brescia everyone is involved with our students: the librarians; people in the Registrar’s Office; and our custodial staff all do their best to get to know students. They ask where students are from and they get involved.” Apart from the day-to-day assistance she offers to international students, Christina plans and hosts large events throughout the year. These include: the Bridging program, an orientation specifically designed to introduce international and out-of-province students to campus life and the London area; Brescia’s Cultural Festival; and trips across Canada.

One of Christina’s favourite parts of the program is “seeing the domestic students interact with international students. It warms my heart.” Internationalization is about us learning more about each other, interacting and developing in a way that creates a better global society.”



Christina Lord on a recruitment and alumnae trip to Jamaica. Alumnae Pictured L-R: Bianca Nam, Melanie Forrester Levy, Christina Lord, David Henriques, Krystol Jackson, and Monique (Petrina) Rennie Jackson

Recruiting new students and keeping in touch with former Brescia students is another key part of Christina’s job, and she says social media has changed these relationships, “It allows us to stay in touch. When I travel to places like Jamaica, I’ll make a point to meet alumnae. And I continue to stay in touch with our students after they graduate.” Christina enjoys using LinkedIn and Facebook, which she says help her feel connected to students.

Now in her ninth year as co-ordinator, Christina hopes the International program will continue to grow, just as Brescia’s community continues to expand. “It’s important to recognize the connections we make,” she says. “Having greater diversity, with students from more countries, increases our knowledge of each other. That is one of the most exciting ways we can grow.”

Sister Bernadette LaPorte: Teaching is the Greatest Social Work

SR. BERNADETTE WAS A HOMEMAKER AND A FOOD SERVICES SUPERVISOR BEFORE SHE BEGAN HER JOURNEY AT BRESCIA. THOUGH SHE SAYS HER LIFE “JUST SEEMED TO UNFOLD BEFORE HER” SR. BERNADETTE REMEMBERS VERY CLEARLY THE DAY EVERYTHING CHANGED.

In 1968, she was attending Brescia to study social work. At least, that was the plan until she had the opportunity to hear Sr. Corona, whom she described as a great educator, speak to students about ministry and teaching. Sr. Corona told them, “Teaching is the greatest social work you could think of. Not only do you help people with their physical needs but you also help them develop their mental skills so they can help themselves.” Sr. Bernadette says, “I knew for sure that was the route I was going to take. I was going to become a teacher.”

She pursued a BA in French at Brescia, which she completed in just two years. She went on to teacher’s college, receiving a French Specialist designation and began a career teaching high school in Windsor. This career spanned a 26-year period, during which she touched the lives of thousands of young students. Upon her retirement from teaching, Sr. Bernadette returned to live at Brescia and volunteered at University Hospital for two years before she was hired on, and served another eight years, as Chaplain.

Sr. Bernadette says she is also very grateful for her many travel opportunities. Her experience includes two visits to the Holy Land, a trip to Brescia, Italy to visit the Villa Angela Institute as well as time in Switzerland, Austria, and France – an experience she says enriched her French teaching. She also visited Santo Domingo for two weeks, where she was able to experience first-hand, life in a third-world country.

Currently, Sr. Bernadette is living in Chatham, where she finds it meaningful ministering to her sisters. Sr. Bernadette enters enthusiastically and compassionately into all the activities of daily life at Villa Angela.

Taking her degree and sweet tooth south



TAKE ONE STEP INSIDE CANDY CRAZE IN KINGSTON, JAMAICA AND YOU'LL FEEL LIKE A KID IN A CANDY STORE. THAT'S PRECISELY THE VISION MELANIE LEVY HAD WHEN SHE DECIDED TO OPEN HER OWN CANDY BAR AND CREAMERY, INSPIRED BY HER TIME AS AN INTERNATIONAL STUDENT AT BRESCIA.

Graduating with a BA in Political Science in 2006, Melanie worked for TD Canada Trust before returning to Jamaica to work at a start-up company, and later a small family-run business. But she always had a dream of opening up her own candy and ice cream shop. "The only place to get candy in Jamaica was the grocery store or pharmacy, and those stores only sold the generic stuff," she explains. "Living in Canada and travelling, I have always had a sweet tooth. I love candy and chocolates and having the ability to mix those into my ice cream is the ultimate indulgence." Melanie came up with the idea of opening a candy and ice cream store with her husband, a Huron grad, and together they now own and run Candy Craze Candy Bar and Creamery, which just celebrated its first year of business in December.

Melanie attributes her success as an entrepreneur to her time at Brescia, a place she says saved her life. Many of the faculty had an impact on Melanie. "They taught me a great deal, to work and strive for what you want to do. I remember speaking to one of my professors during office hours, and that talk changed my life. I went from being a C student, to getting a 98% on my next paper."

Brescia, Melanie says, has all the tools a woman needs to succeed. "Someone was always there to support, to motivate, and empower. When I was doing my Master's, I couldn't believe how much I took from Brescia. I am who I am today because of my education at Brescia."

Being an entrepreneur can be lonely Melanie admits, so she offers some key advice to aspiring entrepreneurs to surround themselves with like-minded people and to stay motivated. "Never give up. Persistence is key; you have to be motivated and be inspired. People will tell you it's not a good idea, that you shouldn't do this, but be true to yourself," she says.

"IT'S A ROLLERCOASTER RIDE, BUT RUN WITH IT, BE BOLD AND BELIEVE IN YOURSELF."

To learn more about Candy Craze Candy Bar and Creamery, follow the company on: facebook.com/mycandycraze, twitter.com/mycandycraze, and instagram.com/mycandycraze, or visit the web site at mycandycraze.com.





'CONNECT'ing international students at Brescia's Take the Lead

THANKS TO A GROUP OF 19 GENEROUS WOMEN – ALL MEMBERS OF BRESCIA CONNECT – TAKE THE LEAD, BRESCIA'S ANNUAL PUBLIC SPEAKING CONTEST, WAS ABLE TO EXPAND ITS REACH THIS YEAR BEYOND THE BORDERS OF CANADA.

Six fortunate students and their guardians were brought to campus to participate in this signature competition on Saturday, March 28. The participants' home countries included Guyana, China, Hong Kong, Barbados, and Bahamas.

Students arrived four to five days before the competition and had a chance to take part in various activities on campus, including staying in residence and getting involved in student-based events. From the more than 60 speeches submitted by video, approximately 50 students were selected to compete in the March event.

In addition to the Grades 11 and 12 female participants who are involved with the contest each year, there are also over 40 judges who take part in the day. This includes female community leaders, Brescia alumnae, and volunteers, all of whom help to decide who will take home first-prize, which includes academic tuition for the first year of studies and a room in residence.

A \$19,000 Brescia CONNECT grant awarded to the Take the Lead project in April 2014 allowed it to expand the program internationally. Now in its seventh year, the competition has brought hundreds of young women to Brescia to compete for the grand prize, many of whom become Brescia students and eventually Brescia alumnae. This group of Take the Lead alumnae celebrate together each year and welcome the newest cohort of Take the Lead contestants to campus each year. This unique group is composed of intelligent and charismatic young women.

Brescia CONNECT members will meet this spring to select the next project to fund through their annual contributions.

FOR MORE INFORMATION AND TO LEARN ABOUT HOW YOU CAN GET INVOLVED WITH BRESCIA CONNECT, PLEASE VISIT:

brescia.uwo.ca/connect





A

Reaching beyond campus boundaries to lead

Each year Brescia hosts thousands of alumnae, students, and prospective students at various events on campus and this year was no different. From our annual Open House recruitment event in November, to the traditional Brescia Ball Wine & Cheese event in January, to visiting our alumnae and prospective students in their own home countries, we continue to grow and expand as we build relationships on campus and beyond.

A Alumna and Foods and Nutrition faculty member June Matthews ('00) celebrates at the Academic Awards Reception with Divisional Chair Dr. Alicia Garcia, student Michelle Wong ('17), and her mother. **B** Brescia donor Maggie Carr ('66) and student Lauren Kennedy share some time together at the Academic Awards reception. **C** English Professor Dr. Brian Diemert congratulates student Deanna Vezina and shares a laugh at the Academic Awards Ceremony. **D** Alumna Pat Pettigrew ('55) and student Lisa Maselli pose for a photo at the Academic Awards Ceremony. **E** Brescia students and alumnae enjoy an evening of dancing and the Brescia Ball held at the Hilton Hotel in London in January. **F** L-R 2015 Brescia Ball Royalty Students Ellen Haber, Mohaddisa Janmohamed, and Leahanne Verkley pose for a photo with Alumnae Association President Samantha Goverde ('14). **G** Brescia upper-year students, alumnae, and staff at the Alumnae Relations event "Business of You" event, hosted by the Alumnae Relations Department, where our students had the opportunity to listen to a personal style consultant and discuss interview preparation and how to achieve success both personally and professionally. **H** Brescia alumnae pose for a photo at the 2015 Career Symposium hosted by the Student Life Centre in February. **I** Principal Dr. Colleen Hanycz pictured with alumna Martha Dutrizac ('63) at the October 2014 Brescia CONNECT event. **J** Honorary alumna Sara Steers and husband Bob Bozak enjoy an evening at 'A Taste of Brescia' **K** Students enjoy entertainment and delicious international cuisine at Brescia's annual Cultural Festival.



B



C



D



E



F



G



H



J



I



K

Get to know Jennifer MacKenzie ('93)



A GRADUATE OF THE BSc FOODS AND NUTRITION PROGRAM, JENNIFER MACKENZIE HAS ACCOMPLISHED A GREAT DEAL SINCE GRADUATION. SHE FOLLOWED A UNIQUE PATH AFTER HER TIME AT BRESCIA, AND HAS DISCOVERED HER PASSION FOR CREATIVITY. SHE IS NOW AN ENTREPRENEUR, A BEST-SELLING COOKBOOK AUTHOR, AND, OF COURSE, A 'FOODIE' AT HEART. SHE ALSO GIVES BACK TO BRESCIA AS A ROLE MODEL TO OTHER STUDENTS THROUGH HER WORK WITH THE ONTARIO HOME ECONOMICS ASSOCIATION.

Why Brescia? What was it that made you choose Brescia as your place for post-secondary study?

I knew that I always loved cooking, but up until university it had just been a hobby of mine. I always had my own dietary restrictions and I often thought to myself when I would be putting meals together, "I should do this for a living." I chose Brescia because the Foods and Nutrition program was based in an actual food lab; it was really hands-on. I also loved the campus with the small-class setting and being able to head to Western just across the road when I needed to.

Who do you recall helping you along the way at Brescia?

Sister Loretta Mitchell, who was one of the floor leaders in residence, was amazing. I remember getting sick once and she helped take care of me every day until I was better. I also had wonderful faculty members who supported me in forging my own 'creative' path at Brescia. I really wanted to get into recipe development as soon as I could and Brescia was a very motivating environment to study in.

What is it that makes your 'after Brescia' path so unique?

I landed my first job at Chateau Lake Louise hotel in Alberta and, while it was a wonderful experience, I realized that I didn't want to work in the restaurant industry forever. I was missing the creativity component that I loved so much. I used my networking skills and got a job with *Canadian Living* magazine in their test kitchen, which eventually morphed into doing recipe development and cooking demos in all facets of media; I loved it. Because of the contacts I created while working there, I was able to move into freelance writing and recipe development for companies such as the Dairy Farmers of Canada and *Food and Drink* magazine. I have been doing freelance work since 1999.

What advice would you give to a Brescia student graduating in 2015?

Most of my projects have been a result of industry connections; networking is so important. Work really hard at every job that you do. It will help you to land your next job.



Tip

Spreading the rice in a shallow layer on the baking sheet or dish speeds up the cooling time and preserves the firm texture, making for a nicer salad.

What else in life motivates you?

My husband, Jay Nutt, and I own a café in Lakefield Ontario called “Nuttshell Next Door.” We have also enjoyed being in the business of owning a gourmet food store and catering service, which ultimately led to the restaurant. Outside of cooking, I love to knit and I make hats for Sick Kids Hospital in Toronto. I really enjoy giving back and I think it’s important to do that whenever you can. I also love photography and am the author or co-author of six cookbooks, including *The Complete Book of Pickling*, *The Dehydrator Bible* and *The Complete Trail Food Cookbook* co-authored with Jay Nutt and Don Mercer; *The Complete Root Cellar Book* co-authored with Steve Maxwell; the *Complete Curry Cookbook* co-authored with Byron Ayanoglu; and I am a contributor to *Best of Bridge Home Preserving* (all published by Robert Rose Inc.). It has been a wonderful journey so far.

MOROCCAN-SPICED APRICOT RICE SALAD

Copyright Jennifer MacKenzie, P.H.Ec., FOODWORX, 2015

Choose a whole grain rice blend containing brown rice, wild rice and other varieties of rice, or a rice and grain medley for this hearty salad. It makes a nice change from the ubiquitous potato or pasta salad for spring and summer dining. When fresh apricots or peaches are in season, use 2 cups chopped in place of the dried apricots. Garnish the salad with chopped pistachios or almonds for an added crunch.

1 ½ cups mixed whole grain rice blend	Salt
¼ cup (60 mL) olive oil, divided	1 tsp (5 mL) liquid honey
1 tbsp minced ginger root	1 tsp (5 mL) Dijon mustard
1 ½ tsp ground cumin	½ English cucumber, quartered and sliced
¾ tsp ground cinnamon	½ cup thinly sliced red onion
¼ tsp ground turmeric	½ cup diced dried apricots
Pinch cayenne pepper	2 tbsp chopped fresh mint
½ cup (125 mL) unsweetened orange juice	

- 1 Cook rice according to package directions, using instructions for firmer rice if included. Gently spread into a large baking dish; let cool slightly.
- 2 Meanwhile, in a small skillet, heat 2 tbsp (30 mL) of the oil over medium-low heat. Add ginger, cumin, cinnamon, turmeric and cayenne; cook, stirring, for about 2 minutes or until softened and fragrant. Remove from heat; add orange juice, scraping up bits stuck to pan. Transfer to a large bowl; whisk in 1/2 tsp (2 mL) salt, honey, mustard and remaining oil.
- 3 Add rice, cucumber, onion and apricots to dressing and toss to coat. Serve at room temperature, or cover and refrigerate until chilled, about 1 hour, or for up to 1 day. Season to taste with salt. Stir in mint.

Makes 6 to 8 servings

{ MILESTONES | MARRIAGES | BIRTHS & DEATHS

MILESTONES

The Class of '57 and '58 members of the Brescia Bridge Club gathered at St. Margaret's Church in Toronto on Wednesday, November 26 for Mass in remembrance of **PAULA HEPBURN**, the recently deceased sister of Nora (Hanley) Newton ('57) and Jane Seraphim ('54). Diane Warden ('58), the organizer, hosted a reception following mass.

The Ursuline Community in Toronto hosted a gathering to reflect on the life of their patron saint, Angela Merici, in Toronto on Saturday, January 24 at L'Arche, founded by Jean Vanier. **NORA NEWTON ('57)** and **MARY MCGRATH ('57)** attended again this year on behalf of Brescia and received a very warm welcome.

MICHIKO WARKENTYNE, ('57) recently published two books, one on Japanese 'kimono' and another book on Haiku, Japanese Art & Poetry. Both books were published by Pomegranate and copyright is owned by the Art Gallery of Greater Victoria. All the proceeds from the sales of the books are being donated to the Art Gallery of Greater Victoria.

Congratulations to **SUSAN HORVATH ('77)**, who was appointed to the position of President and CEO of the Royal Ontario Museum (ROM) in October.

RHODA VAN HORIK ('75) recently closed Van Horik's Greenhouses and said goodbye to her customers after 45 years in business in London.

AMY WHITSON ('99) published her first cookbook, titled *Fibre Boost*, in 2004. Amy went on to become owner of "The Test Kitchen Inc." in 2010. Amy was married in 2009 and now has two children.

MALLIKA AUPLISH ('13) worked with Teach for India, a non-profit organization that aims to eliminate educational inequity by placing young graduates in under-represented schools. She has returned to North America since and is working as a consultant with the United Nations Headquarters in New York.

Congratulations to **ASHLEY GILLIAN ('14)**, who was hired on as the Administration and Programs Co-ordinator for Emerging Leaders London Community Network only two weeks after graduation.

STAFF & FACULTY

Congratulations to Executive Sous Chef **MARTIN PLATT** and his wife Ondrea on the birth of their son, Jack Platt. Jack weighed in at 7lbs10oz and both mother and son are now comfortably at home.



Lydia Joy

Librarian **EMMA SWIATEK** and her husband Chris welcomed Lydia Joy Swiatek, who was born on October 21, at 11:59 p.m. Lydia weighed 8lbs5oz.

'06

Congratulations to Financial Aid Officer **RACHEL BRUIJNS** and her husband Bill, who welcomed Casey William Bruijns to the world on November 12. Casey weighed 7lbs 13oz.

Casey William Bruijns



PROFESSOR GEORGIOS FTHENOS, a faculty

member in the department of Sociology, and his wife Danielle welcomed daughter Alexa on November 14, weighing 9lbs4oz.

A warm welcome to **NICOLE JORON**, who joined the Student Life Centre as the newest Co-ordinator, Student Life & Learning on December 15, 2014.



Ty Veldman

SHANNON VELDMAN, Co-ordinator in the Student Life Centre and her husband, Henk, welcomed Ty Hendrik Kevin Veldman on Friday, December 12 at 6:01 a.m.

We are sorry to hear about the loss of **WALTER FRANCIS DAHL**, father-in-law of librarian Kathleen Dahl, who passed away in September 2014.

BIRTHS



Elena Alice Bonin

'08

On August 4, 2014 **KAITLYNN BONIN** gave birth to Elena Alice Bonin, weighing 8lbs11oz.

'09

On December 10, **ASHLEY (LISBETH) WOOTTON** and her husband Richard Wootton welcomed their daughter Abigail, weighing 6lbs12oz.

Facilities management staff member Gary Lisbeth with granddaughter Abigail



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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Brescia University College Alumnae Association Executive 2014-2015

Anne Brooks '07
Alysha Canton '11
Jacqueline De Leebeeck '99
Catherinanne George '91
Samantha Goverde '13
Lisa Haagsma '92 & '07
Heather Hardy '11
Laure Eldik '07
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Ex Officio:
Melanie Chislett '09
Dr. Colleen Hanycz
Lauren N. Starr '04
Alison Vilaca



Ryann Olive Mennill

'03

Congratulations to Katie Mennill and her husband John who welcomed Ryann Olive Mennill to the world in June 2014.



Noha Abdo ('14) and her husband Mohammad Shawish

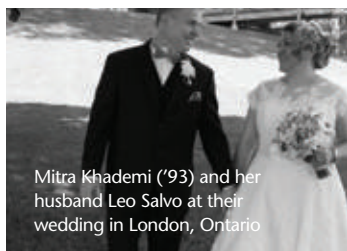
'14

Congratulations to Noha Abdo who was married on August 23, 2014 at the Hilton Hotel in London, to her husband Mohammad Shawish.

CURRENT STUDENTS

Congratulations to the 2015 Brescia Ball Royalty students, who include: Junior Princess, ELLEN HABER; Princess, LEAHANNE VERKLEY; and Queen, MOHADDISA JANMOHAMED.

MARRIAGES



Mitra Khademi ('93) and her husband Leo Salvo at their wedding in London, Ontario

'93

Congratulations to MITRA KHADEMI, who was married in June 2014 in London to her husband Leo Salvo.

'13

Congratulations to CAROLYN (LABADIE) SCHINKEL and husband Kevin Schinkel, who were married on May 10, 2014.

Carolyn (Labadie) Schinkel and her husband Kevin Schinkel.



IN MEMORIAM

Brescia was sorry to hear of the passing of the following alumnae and family members. These are names that were provided to the editor between the dates of November 2014 and February 2015. Longer memorials for some alumnae, as submitted, may be found at brescia.uwo.ca/in-memoriam

Name	Class Year
Lucy Quigley	1942
Sr. Monica Hogan	1945
Mary Geraldine (Gerry) Payne (Zink)	1948
Geraldine Gerri Dunn (nee Giacinti)	1959
Kathryn Rae	1960
Martha (Mar) De Gonge	1965

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Due to provincial legislation, our auto and recreational vehicle insurance program is not offered in British Columbia, Manitoba or Saskatchewan.

*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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