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# EDUCATING THE NEXT CENTURY OF WOMEN LEADERS

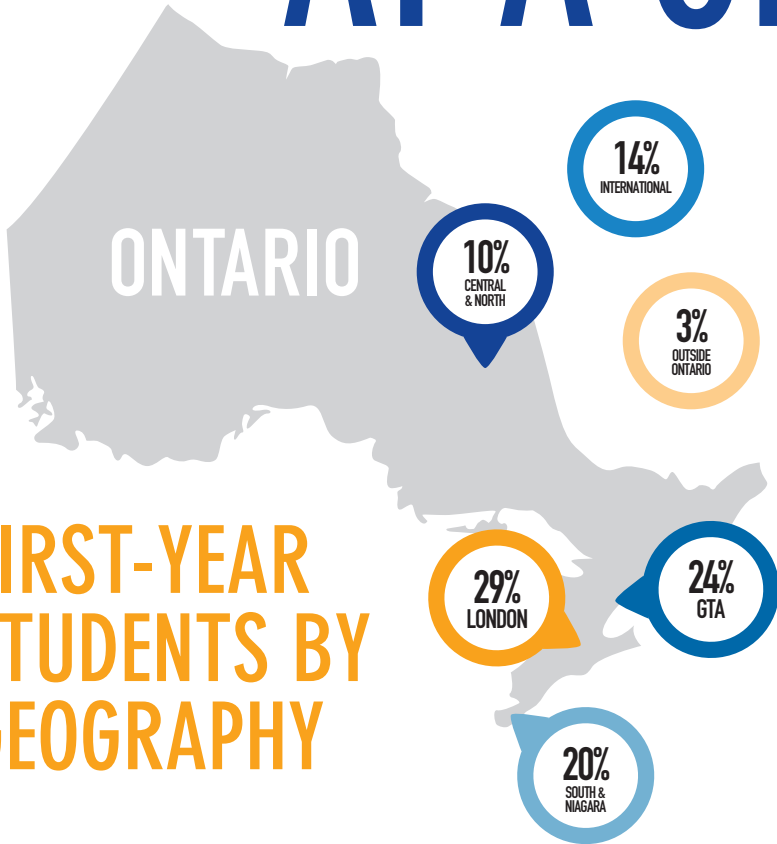
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20 | PRINCIPAL'S  
16 | REPORT

 UNIVERSITY COLLEGE  
**Brescia**  
*Choose to Lead.*

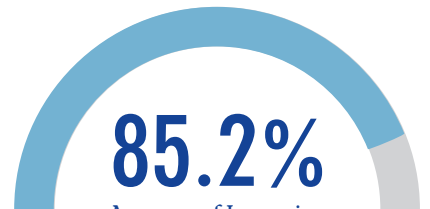
# BRESCIA AT A GLANCE

Founded in  
**1919**



1<sup>st</sup> Year Full-Time Students

## FIRST-YEAR STUDENTS BY GEOGRAPHY



Average of Incoming  
1<sup>st</sup> Year Students

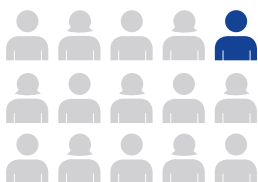
Number of Full- & Part-Time Students

**1,522**



**46%**

Students Who Receive Financial Support



**14:1**

Student to Faculty Ratio

TOTAL AWARDS, SCHOLARSHIPS & BURSARIES

**\$1,548,462**



# What does it mean to be “bold?”

## A MESSAGE FROM THE PRINCIPAL

Welcome to the annual Principal’s Report of Brescia University College.

As you may know, the word “bold” is an important part of the Brescia brand identity.

What does it mean to be bold? As a historian, I’m aware that the word has had some negative connotations, especially when applied to women — a “bold hussy,” for example, is a woman who is impudent and forward.

But there are many more positive meanings — courageous, intrepid, spirited, confident, conspicuous, striking and vigorous. I was interested to learn that “bold” came from Old English to mean “strong or big,” or “to be or show oneself.”

Horace advised, “Begin, be bold, and venture to be wise.” Shakespeare said, “Virtue is bold, and goodness never fearful.” William Frost added, “Freedom

lies in being bold.” Golfer Arnold Palmer once said, “You must play boldly to win.”

Choosing “bold” as part of who we are at Brescia was, well, bold. As a community of women leaders, we reclaimed the word, reminding the world that a bold woman is one well worth hearing, knowing and being. Everything I’ve seen at Brescia during my first nine months has convinced me that “bold” is consistent with our Ursuline legacy and our ‘vision of the future.’

Consider, for example, our upcoming centenary. Brescia came into being in the final days of World War One, when returning servicemen were the focus of all attention, and women were encouraged to get back to their supportive, domestic roles. And yet the Ursuline sisters were bold enough to have a new dream for women — one that involved an education as long and rigorous as that for men.

Nearly one hundred years later, we are inspired by that boldness.

Our new strategic plan envisions a university that helps women develop intellectually and socially, but also embraces the critical dimension of character.

As you will read in this report, Brescia is bold enough to find new ways to serve and support our students, to develop exciting new academic programs, to imbed values, self-awareness and social engagement in everything we do and to support innovative research. We’re bold enough to work together collaboratively, using a true distributed leadership model.

Ultimately, our mission is to develop women who are bold in the best sense of the word — confident, competent and committed to leading with wisdom, justice and compassion. After all, the more people we lend into the world who have decided to be good people as well as good leaders, the better our country and our civilization.



Photo: L'Osservatore Romano

## A Visit to the Vatican

When Catherinanne George, Brescia's Director of Campus Ministry, applied to represent Canada at the IV World Congress on Pastoral Care of International Students in Rome in December, she had no idea that Brescia's Maggie McLellan would be Canada's sole student representative. As it was, the two women shared an unforgettable experience.

The Congress brought together students, academics and religious leaders from around the world to collaborate and to formulate Pastoral Guidelines on the care of international students. These will eventually be issued by the Holy See. "I wanted to go for two reasons," says George. "I felt we at Brescia and across Canada had something important to share. I also wanted to learn from others."

George and McLellan went to Rome bearing gifts. They presented the Pope with "You Are Loved — a journey in colour," an adult colouring book created by Campus Ministry. They also brought him a book of messages from the community, and a framed photograph of large artwork showcasing Brescia student artists — coloured by our community. The two also stuffed their luggage with tiny metal doves, which Pope Francis blessed. These were distributed throughout Brescia, Canada and internationally.

# Highlights

HERE ARE A FEW INITIATIVES UNDER WAY AT BRESCIA DURING 2016



## Honorary Degree Recipients Awarded at Convocation Ceremonies

### Dr. Stephanie Atkinson, '68

Dr. Stephanie Atkinson was awarded an honorary degree at Western University's Convocation Ceremony held on June 15, 2016. She's an internationally recognized researcher in the field of maternal, infant and child nutrition with a focus on bone health and a professor at McMaster University. A leader in clinical nutrition research and graduate training, she was appointed to the inaugural Governing Council of the Canadian Institute of Health Research and was the first Canadian elected President of the American Society of Nutrition.

Dr. Atkinson was part of a cohort of six during her time at Brescia. "It was a small group learning environment, and the professors paid a lot of attention to their students," she says. "They also connected us with the community for professional development. It was a great grounding, and it gave me the confidence to go forward."

Looking back on a scientific career marked by achievement, Dr. Atkinson says she is most proud of the success of her graduate students, four of whom have gone on to hold Canada Research Chairs. She is also pleased that she has been able to advance the research agenda in nutrition in Canada and beyond. She was surprised and delighted by the recognition from Brescia and Western. "The hospitality from both Brescia and Western was so warm and special. I felt like a queen for the day!" An interesting footnote: a young graduate who was inspired by Dr. Atkinson's Convocation address in June has become her newest graduate student!

## Sharing our Strategic Plan

After many months of consultation and collaboration, Brescia unveiled its five-year Strategic Plan ([brescia.uwo.ca/about/strategic-plan/](http://brescia.uwo.ca/about/strategic-plan/)) in 2016.

The Plan will help the University “develop women leaders who live the Brescia values, demonstrate the Brescia Competencies and contribute actively and positively to society.” At the core of the Plan is a commitment to enhance Brescia’s engaged student experience.

Among the key strategies outlined in the Plan:

- Becoming a Canadian leader in outcomes-based education by integrating the Brescia Competencies into every aspect of the Brescia experience
- Providing more opportunities for experiential learning
- Providing more opportunities to develop leadership skills
- Enhancing student wellness by implementing a comprehensive mental health and wellness plan
- Strengthening international engagement
- Executing a fundraising campaign
- Implementing a Campus Master Plan that includes new food lab facilities

Ultimately the Plan will set Brescia on the path to its second century. As the conclusion states: “Brescia University College has a unique role to play in educating future women leaders. We will prepare them with knowledge and skills, but also with wisdom, justice and compassion. With this Plan, we re-commit ourselves to our mission and vision and ready ourselves for an exciting future.”



### Dr. Nazanin Afshin-Jam Mackay

Dr. Nazanin Afshin-Jam Mackay was awarded an honorary degree at Brescia’s Convocation Ceremony on June 20, 2016. She’s an Iranian-Canadian activist, author, recording artist, actor, former Miss World Canada and mother of two. In 2006 she led the campaign to save Nazanin Fatehi, a 17-year-old girl sentenced to death in Iran. Later, she co-founded and led Stop Child Executions, a non-profit organization that aims to end the executions of minors in Iran and elsewhere.

“It was a glorious day, having my family by my side and being surrounded by so many brilliant and inspiring people,” says Afshin-Jam MacKay of the Convocation at which she received her degree. One student who had heard her speak at Brescia several years earlier told her that she had felt the confidence to confront her abuser and take him to court.

“The seed of compassion that my parents instilled in me will continue to grow until the day I die,” she says. “Through the Nazanin Foundation I hope to partner with governments, NGOs and institutions to create programs to empower girls in Canada and abroad.”



## Excellence in Teaching

Professor Colleen Sharen was recognized for excellence in full-time teaching. Sharen is known for her use of innovative teaching methods, and was the first faculty member to complete the Faculty Certificate in Teaching Excellence at Western University. “I think teaching is in my blood,” she says. “I tried to teach my sister how to write when I was five, in spite of the fact that I didn’t know how myself!”

Sharen defines her education mission as, “preparing the next generation of leaders to achieve and thrive.” Brescia is an ideal environment for this endeavor, she says, with small classes and opportunities to teach many students more than once. “We get a chance to know our students as real people with hopes and dreams. That makes a huge difference.” She often uses a “flipped” model, in which students master content before class, and then apply it by working during class.

Sharen says it was gratifying to be selected for the award by the Brescia community. “My colleagues and I work long, hard hours and we really care about our students,” she says. “To get recognition shows that people have seen what we do and appreciate it. That’s a very special thing.”



## Promoting Probiotics: Dr. Sharareh Hekmat Receives 2016 Research Award

Yogurt has a reputation as a nutritional powerhouse, providing lots of calcium and other nutrients. But some yogurts also contain probiotics, bacteria involved in the fermentation process which may enhance the immune system and help break down some of the nutrients to increase digestibility and absorption. For the past 20 years, Dr. Sharareh Hekmat has been working with colleagues at the Canadian Centre for Human Microbiome and Probiotic Research and Western University to learn more about probiotics and applying the knowledge to human health.

The probiotic Hekmat studies has been shown to strengthen the immune system of HIV and AIDS patients, reduce the risk of HIV, lower HIV mortality from diarrhea and prevent urogenital infections in women. It also helps in the treatment of seasonal allergies and inflammatory bowel disease. It may even have applications in the prevention of obesity.

Hekmat played a key role in the innovative Western Heads East project, which teaches women in African communities how to operate a probiotic yogurt kitchen. The goal is to improve the health of their communities and make an income for their families. The project is now under the auspices of Western’s Africa Institute, and Hekmat continues to train students who participate in internships in Africa.

Hekmat is now expanding her research to look at the fermentation of grain products, which may be more accessible in Africa. “Research shows that people in Africa are losing the good bacteria from their traditional diet. We’re hoping that this may be a way to re-introduce good bacteria.”



## Contract Faculty Award

“I push my students to grow, to learn, to do more than they think they can, and this requires they stretch their comfort zones, so I make them uncomfortable!”

That’s Professor Carlie Bell, recipient of the inaugural Brescia University College Award for Excellence in Teaching — Contract Faculty. Bell teaches an introductory business course that is required for first-year students in Foods & Nutrition, and an elective in leadership. “I love being able to help first-year students with the adjustment from high school,” she says.

Bell is also President of the Contract Faculty Association and works with the student group Pink Ties.



## Creating New Student Spaces

A generous donation of \$100,000 from the Students’ Council enabled Brescia to refurbish three spaces on campus — the Merici Lounge, the Ursuline Hall Formal Living Room, now known as the Ursuline Hall Lounge and the Rose Room — to make them more student-friendly and highly sought-after multi-purpose spaces.

The Merici Lounge got a makeover, which included new furniture and paint. A wall was added to the Ursuline Hall Lounge to make it into a separate student space, and it was equipped with new seating and work spaces.

The Rose Room was updated with new chairs, seating and window coverings, while maintaining its historical character. “The Rose Room has always been an important and special place at Brescia as it honours our Ursuline heritage,” says Cathy Vitkauskas, Vice-Principal Advancement. “We are delighted that we have been able to restore this beautiful room to make it more functional while paying tribute through an Ursuline history wall.”

# Addressing Mental Health and Sexual Violence

Brescia students, like their counterparts on campuses across Canada, experience many challenges to their mental health. In Spring 2016, Brescia’s students participated alongside 44,000 other Canadian students in a national survey on student health and wellness perceptions and behaviors. The survey found that 60% of Brescia students felt overwhelmed by all they had to do in the two weeks before completing the survey, and more than 75% felt overwhelming anxiety in the previous 12 months. This year Brescia took several concrete steps to ensure that students feel safe and supported during their studies.

A draft plan for an integrated and comprehensive “whole-campus” approach to mental health and wellness was developed, a new staff position was created and Leanne Bonello joined as the Student Wellness Educator in August. Throughout the fall, Bonello began providing case management to students with complex mental health issues, developing new resources and promoting wellness education and awareness. Among Bonello’s many initiatives: development of a mental health and wellness website focusing on the seven dimensions of wellness; a wellness education peer program due to start in September 2017; a mindfulness meditation drop-in program and developing a mental health training program for all staff, faculty and student leaders. Says Bonello, “My goal is to ensure that the whole Brescia community is engaged in mental health and wellness, and that everyone feels empowered to respond compassionately to students in difficulty.”

The University adopted a policy on sexual violence in July and launched an interactive website in November.



Janneth Mayorga, back row 5th from the right.

## Student with a Mission

When she was in her last year of high school, Janneth Mayorga was in a serious car crash. “After that event I felt I had to re-calibrate my life,” she says. She had to stop playing sports, and threw herself into volunteerism and community service. To this day, she continues intense physiotherapy — three years after the accident.

Mayorga, a London native, chose Brescia after a long conversation with one of the University’s liaison officers. “When we talked about the community, student life and the focus on developing leadership, I was hooked!” Initially intending to pursue Kinesiology, Mayorga found her path diverging when she became an intern with the Board of London Urban Services Organization (LUSO). After a year, she was asked to join the board as a full member. At a Brescia conference she met Professors Colleen Sharen and Melissa Jean, who suggested that Brescia’s new program in Non-Profit Management was a perfect fit. She was the first student in the program and will be a member of the first graduating class.

LUSO no longer stands for London Urban Services Organization and the organization’s name is now just LUSO Community Services.

Mayorga recently completed a fellowship with the Association of Fundraising Professionals that focused on issues of diversity and inclusion. The experience included a mentorship, webinars, conferences and courses. As part of the fellowship, she conducted a series of video interviews with community leaders, and is developing a university curriculum on diversity, inclusion and strategic planning for organizational leadership.



## Buzzing with Good Vibes: The Hive One Year In

In September 2015, Brescia launched an innovative new project. The Hive was designed as a one-stop shop for student services. “We saw that our students were being served in a multitude of different areas, and as a result we were providing them a very disjointed service,” says Jennifer Coghlin, Associate Registrar, Student Success. “So we created a place where they could have all their questions answered in one sitting.”

Over the past year, staff members in the Hive had close to 17,000 interactions with Brescia students — averaging more than 10 interactions per student.

Initially, the Hive was staffed by existing staff members, who each gave some time to the project. Now there are three full-time people staffing the Hive and the University’s Welcome Desk. The Hive website provides access to all student services, and is constantly refreshed with content, such as the week’s ten most frequently asked questions.

Cross-training for the Hive has meant that staff members have a better appreciation of the complete student experience, Coghlin says. Answering rudimentary questions in the Hive has also freed up expert staff to work on other projects and provide better service to the students who need it most.

Moving forward, the Hive team is exploring ways to bring all student services staff closer together geographically, and expanding the Hive to serve prospective students and other visitors. The team is also looking at technological enhancements to ensure that information currently held in paper files is available to Hive staff.

“We haven’t done any formal surveys yet, but interactions between Hive staff and students have been very positive,” says Coghlin. “We’re confident the Hive has been a great success.”



# Principal's Installation Fund

## THANK YOU

*Forgoing an elaborate installation ceremony to focus on creating new student awards speaks volumes to our new Principal's leadership and commitment to the Brescia community. Our sincere thank you to the following donors for generously supporting Dr. Susan Mumm's important initiative.*

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Colleen Aguilar  
Joyce Albinson  
Stephanie J Allen  
Stephanie Atkinson  
Bonnie M Austen  
Beverley Ballantyne  
Maureen I Bedek  
Ileana Berthoty  
Judy (Karpecki) Bornais  
Susan G Boyd-Hall  
Becky Brady  
Brescia English Department  
Theresa (Walsh) Burns  
Jane (Doyle) Butterman  
Deb Campbell  
Diana I Chamberlain  
Erin Chapman  
Magda Chase  
Peter D Chimbos  
Marguerite A Chin  
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Joan Wyatt  
Sheila M T Zavits



*Principal Dr. Susan Mumm & Chancellor Honourable Madam Justice Eileen Gillese*

## Welcoming our New Principal

Dr. Susan Mumm, Brescia's 12<sup>th</sup> Principal, arrived at the University on July 1, 2016. Dr. Mumm came to Brescia from Queen's University, where she served as Dean of Arts and Science. Previously she worked at York University, the Open University in England, Massey University in New Zealand and Mount Saint Vincent University. She was attracted to Brescia, she says, by its focus on creating women leaders. "Many universities have walked away from any interest in the formation of character, but it's important," she says. "Small universities like Brescia can legitimately and unselfconsciously say, 'We're here to educate the whole person.'"

When it came time for her formal installation as Principal, Dr. Mumm decided to forgo the traditional formal ceremony and direct the cost savings toward creating new students awards. "Our vision centres on our students graduating as women leaders who contribute actively and positively to society," she said in explaining her decision. "We know that nearly half our students receive some form of financial support funded by Brescia, and I want to ensure the focus continues to be about our students and their success. The more opportunities we can find to make this happen, the more successful we will be at realizing this vision."

Dr. Mumm challenged alumnae and friends to match the cost savings of \$25,000 and as a result of their generosity a new \$50,000 student award fund was created.



Award winners: EMERGING Maya Burhanpurkar; ACTIVIST Tzevorah Berman; Actress and Keynote speaker Geena Davis; LIFETIME Carol Stephenson O.C.; DISTINCTION: Francine Dyksterhuis representing The Royal Bank of Canada. For more information on the award winners, visit [www.brescia.uwo.ca/brescialead](http://www.brescia.uwo.ca/brescialead)

## Celebrating Leadership and Fighting Unconscious Bias

“The time for change is now, and all of you are very powerful agents of change. You will take up the space that is rightfully yours in the world and you will stand up not just for yourself but for other women. You will look at the world with new eyes. You will be the leaders who bring the change we need.”

That’s actor and activist Geena Davis, speaking at the first-ever BresciaLEAD Awards dinner in downtown London on April 7, 2016. The dinner attracted more than 740 to witness the presentation of four awards to exceptional Canadian women leaders.

The event was the brainchild of former Principal Dr. Colleen Hanycz, who saw it as a way for Brescia to claim its place as an educator of women leaders. “We wanted to help people understand the kind of leaders Brescia is graduating,” says Cathy Vitkauskas, Vice-Principal Advancement and Co-Chair of the event. “The response has been very positive, with attendees saying they found the event inspiring and empowering. Best of all, people really got talking about the theme of unconscious gender bias, which was a common thread through all five speakers.”

The event raised some \$50,000, which was used to establish an endowment to support the new BresciaLEAD Excellence awards. These awards are given to extraordinary students who have achieved academic excellence as well demonstrated their leadership through their involvement in and contributions to their school and their community. Proceeds from future events will ensure the endowment continues to grow and planning is already underway for the next BresciaLEAD, to be held in Spring 2018.

## BresciaLEAD

### THANK YOU

As Canada’s only women’s university, Brescia is uniquely positioned to not only educate tomorrow’s women leaders but to recognize Canada’s outstanding women leaders of today. Thank you to the following supporters and sponsors for generously contributing to BresciaLEAD 2016 honouring exceptional women leaders who embody Brescia’s values of leading with wisdom, justice and compassion in a changing world.

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Terra Pasco  
Erin Rankin Nash  
Cathy Vitkauskas

# Moments

## Looking Back, Looking Forward

2016 IN REVIEW

### January to March

The University's annual Cultural Festival was held on January 22. The Festival featured a display by the Brescia Multicultural Club, offerings by local vendors and restaurants and newly appointed Diversity Officer Theresa Allott. **A**

The 2016 Career Symposium, held on January 28, saw 26 Brescia alumnae return to the University to share their career adventures and advice. The keynote speaker was Carmelita Tang, '07 Manager of Business Development at the Ivey Business School. **B**

Nicole Verkindt, the newest dragon on CBC's Next Gen Den and founder and President of OMX (Offset Market Exchange), presented the keynote address at Brescia's second annual *Just Own It!* Conference on February 19. The free one-day conference welcomed more than 200 high school girls from across southwestern Ontario, providing them with an opportunity to explore and experience entrepreneurship at first hand. **C**

Prospective Brescia students participated in the March Break Open House on March 12, which included a unique session titled, "Your Brescia Experience", a tour of campus and Clare Hall Residence building and an opportunity to learn more about Brescia's program offerings.

The Jack.org Brescia Chapter hosted a Jack.org Satellite Summit on March 18. The free one-day conference aimed to empower student leaders to change the way all Canadians think about mental health.

The first annual Brescia Student Research Showcase, coordinated by Dr. Dominick Grace, was held on March 30. Seven senior students made presentations on research work they had done for courses across several disciplines.

### April to June

The public speaking contest, Take the Lead was held on April 2, with more than 30 young women from Canada, the US and the Caribbean gathering to compete for a one-year full academic scholarship and room in residence. Contestants spoke about women who empower others through leadership. The winning contestant, Abigail Reid, from Aylmer Ontario, spoke about Nellie McClung, the Canadian feminist, politician, author and social activist. **D**

On April 7, 16 faculty members who had books or articles published in the last year were celebrated at a reception. Their scholarly topics included: perceptions about sugar-sweetened beverages, using social media for nutrition, the use of humour in social situations and dealing with disability in the workplace.





Brescia's graduation celebrations began June 19 with the time-honored Baccalaureate and Magisterial Exercises, followed by the Convocation ceremony on June 20. Former Principal Dr. Colleen Hanycz was named Principal Emerita and former Board Chair Liz Hewitt became an Honorary Alumna at the annual celebration. **E**

## July to September

Dr. Susan Mumm officially became Brescia's 12th Principal on July 1. **F**

From July 4 to August 26, Brescia hosted the Girls LEAD camp, six two-week day camps for girls in Grades three to seven. The camps focused on promoting healthy self-awareness and self-esteem, development of positive social skills, self-discovery, positive thinking and food literacy. **G**

Brescia held its annual Foundress Day celebration on September 6 to welcome the class of 2020 to campus. **H**



## October to December

More than 100 alumnae returned to campus to celebrate Homecoming on October 1 & 2. Events ranged from campus tours, a faculty lecture, a football game, Homecoming Mass and the Principal's Reception & Reunion Luncheon where two alumnae were recognized for their achievements. Wilma de Rond '81, received the Carmelle Murphy Alumnae Award of Distinction and Dr. Sara Dungavell '06, received the Sister Mary Lou McKenzie Young Alumnae Award of Merit. **I**



International Day of the Girl was celebrated on October 17, bringing together more than 200 high school students to raise awareness about the challenges and opportunities faced by girls and young women worldwide. **J**



Brescia welcomed close to 250 guests for Fall Preview Day on November 6. Prospective students and their families enjoyed tours of campus, learning more about Brescia's unique program offerings and attending a session on the Brescia Experience. **K**

# Living Research



DR. CARMEN MCCARRON

## Indigenizing French Literature and More

Dr. Carmen McCarron is a French Literature scholar with a special interest in bringing French-language Indigenous writings into the study of literature at Brescia, in collaboration with Indigenous elders and scholars.

McCarron surveyed Canadian universities and colleges, and found that in Quebec Literature and Culture courses, Indigenous literature was severely under-represented. She found only one course in Francophone Indigenous literature. "I would love Brescia to be a leader in this area," she says. The University's focus on developing the whole person and on issues of social justice makes it fertile ground for studying this emerging art form, she says.

In another stream of research, McCarron outlined the past, present and future of Brescia's unique, expanding French for Teaching program at a conference in Lethbridge. "The response was overwhelming" she says. "Many people were interested in learning more about how to implement the Brescia model."

DR. LARA DESCARTES

## Exploring How Children's Picture Books Depict Food

Dr. Lara Descartes and a colleague interested in child development, Dr. Jane Goldman (University of Connecticut) became interested in food depictions in children's books. Many studies have investigated how foods are presented on children's television. Results indicate that a high percentage of the depictions are for "unhealthy" foods. Given that books are young children's most consumed medium following television, "we thought the topic definitely deserved attention, especially as parents can moderate the message in a book more than they can a television program."

Descartes and her co-author studied a sample of 100 picture books distributed by Scholastic Books, finding 69 that depicted food. They coded food depictions for how centrally a food was presented, and whether it was presented with positive, neutral or negative emotional affect. Among the key findings:

- Sweet baked goods were high in both centrality and positive affect
- Vegetables and fruits were high in centrality but most often neutral in affect
- Ice cream was associated with positive outcomes

When presented at both national and international meetings, the research has generated considerable interest. As well as discussing the findings with parents and teachers, Descartes reports, "We would like to reach a wider audience, especially children's book authors and editors, to help them to consider the food messages they promote."





DR. MARLENE JANZEN LE BER

## Exploring Women's Leadership and the Power of the Narrative

Recently, Dr. Marlene Janzen Le Ber co-authored a book chapter looking at the factors that determine whether women aspire to leadership roles. Le Ber and her collaborators developed a framework to explore how three factors — women's implicit understanding of leadership behavior, their self-efficacy (one's belief in one's ability to succeed) as leaders and their evaluation of the costs and benefits of leadership behavior — influence women's aspirations for leadership. Le Ber argued that "only when these three factors are positive for women will we see women's aspirations for leadership increase."

In another project, Le Ber is investigating the difference in leader character between men and women, and whether studying at a women's university makes a difference. She will be comparing data gathered at business schools with data gathered at Brescia from students and alumnae. She says, "It's right in our mission that we 'prepare our graduates to lead with wisdom, justice and compassion,' which are three of the leader character dimensions."

In another stream of research, Le Ber and community and academic partners will be looking at how narrative, that is storytelling, can be used to affect social and policy change. "Everyone uses stories of disadvantaged and stigmatized individuals to try to change attitudes, behaviors and policy," she says. "But stories don't necessarily produce the desired societal change. We want to identify the most effective strategies for using narrative and create new ways to evaluate their impact."



DR. PAULA DWORATZEK

## Balancing Nutrition in the Balanced School Day

The Balanced School Day (BSD) is a new approach to elementary school scheduling. The traditional approach involved two short breaks for outdoor play, and one longer break in the middle of the day for lunch and outdoor play. A BSD schedule calls for two longer nutritional breaks. Dr. Paula Dworatzek, Chair of Brescia's School of Food & Nutritional Sciences, obtained a CIHR grant to find out how BSD affects nutrition. "My premise," she explains, "was that if the food in packed lunches is unhealthy, then eating twice during the school day might have unintended negative consequences."

In an article published in the Canadian Journal of Dietetic Practice and Research in October, Dworatzek and her co-authors reported on their study involving more than 300 Grades three and four children in 19 schools across southwestern Ontario. Says Dworatzek, "We found that kids on a BSD schedule had more sweetened beverages and snacks than kids on the traditional schedule."

Overall, more than 70% of children in both BSD and traditional schedules did not meet Canada's Food Guide recommendations for consumption of fruits and vegetables, even when fruit juice was included.

The study concludes that, "the BSD may have unintended negative consequences on the quality and quantity of foods packed for school lunches." Dworatzek believes the solution lies in education and policy. "The BSD per se isn't bad, but we need to help parents and children understand that they don't need two sugar-sweetened beverages and two dessert-type snacks, just because they have two long breaks in the day."



# Our Volunteers

CARING, ENGAGED ALUMNAE AND COMMUNITY VOLUNTEERS ARE VITAL TO THE STRENGTH AND PROMINENCE OF BRESCIA. WE ARE PROUD TO RECOGNIZE OUR EXCEPTIONAL VOLUNTEERS AND OUR DEDICATED FACULTY AND STAFF WHO SERVED ON OUR BOARDS AND COMMITTEES IN 2016. THANK YOU FOR YOUR COUNSEL AND COMMITMENT.

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\* Indicates members who stepped down in 2016

## A Message from Larry MacKinnon

### CHAIR, BOARD OF TRUSTEES

On behalf of the Board of Trustees of Brescia University College, I'm proud to present the financial report for the year 2016.

As this report reflects, the University is financially stable, a significant achievement.

2016 was marked by the arrival of our new Principal, Dr. Susan Mumm. Brescia is in very capable hands with this exceptional academic leader and will move ahead with confidence.

Brescia will celebrate its centenary in 2019, a milestone that will reinforce the enduring value of the Ursuline legacy.

I want to thank my fellow Trustees, who have done so much to advance Brescia in the past year. On their behalf, I express my gratitude to the University's faculty and staff, who are deeply committed to sharing learning, wisdom and values with our students. We are preparing our graduates to lead with wisdom, justice and compassion in a changing world. Surely there is no more important and valuable task.



# 2016 Financial Report

## Statement of Revenue, Expenditures and Changes in Net Assets Years Ended April 30, 2016 and April 30, 2015 (000's; rounded)

	2016	2015
<b>OPERATING REVENUE</b>		
Tuition and other student fees	\$11,559	\$10,189
Provincial government grants	8,233	8,271
Revenues for research grants	194	180
Investment income	330	211
Tuition and grant revenue for distribution as bursaries	427	433
Amortization of deferred contributions	1,043	1,041
Miscellaneous	507	266
Ancillary revenues	4,592	4,470
	<b>26,885</b>	<b>25,061</b>
<b>OPERATING EXPENDITURES</b>		
Salaries, wages and benefits	13,104	12,917
Service fee to Western University	2,170	1,750
Academic and student services	995	942
Marketing and external relations	1,000	720
Facilities	926	919
General administration	829	507
Scholarships and bursaries	1,420	1,294
Amortization of capital assets	2,652	2,633
Donations-in-kind	—	80
Ancillary expenses	1,505	1,340
Interest on long-term bank debt	1,643	1,664
	<b>26,244</b>	<b>24,766</b>
Realized and unrealized (loss) gain on investments	(304)	86
Change in net assets	337	381
<b>NET ASSETS, BEGINNING OF YEAR</b>	<b>23,070</b>	<b>22,689</b>
<b>NET ASSETS, END OF YEAR</b>	<b>\$23,407</b>	<b>\$23,070</b>

## Statement of Financial Position As at April 30, 2016 and April 30, 2015 (000's; rounded)

	2016	2015
<b>ASSETS</b>		
Cash	\$6,343	\$3,599
Accounts receivable	586	2,916
Inventory	32	21
Prepaid expenses	234	245
	<b>7,195</b>	<b>6,781</b>
Investments	3,836	3,872
Capital assets	58,786	60,805
	<b>\$62,622</b>	<b>\$64,677</b>
	<b>\$69,817</b>	<b>\$71,458</b>
<b>LIABILITIES</b>		
Accounts payable and accrued liabilities	\$1,558	\$1,870
Deferred revenue	455	436
Current portion of capital lease obligations	—	4
Current portion of mortgage payable	200	200
Current portion of bank debt	492	428
	<b>2,705</b>	<b>2,938</b>
Deferred grant funding	279	205
Deferred capital contributions	10,814	11,730
Pension benefit obligation	976	1,188
Mortgage payable	2,000	2,200
Bank debt	29,636	30,127
	<b>43,705</b>	<b>45,450</b>
	<b>46,410</b>	<b>48,388</b>
<b>FUND BALANCES</b>		
Net assets	23,407	23,070
	<b>\$69,817</b>	<b>\$71,458</b>

The accompanying summary financial statements, which comprise the financial position summary as at April 30, 2016 and the summary of revenue, expenditures and changes in net assets for the year then ended, are derived from the audited financial statements of Brescia University College for the year ended April 30, 2016. We expressed an unmodified audit opinion on those financial statements in our report dated June 29, 2016.

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements, therefore, is not a substitute for reading the audited financial statements of Brescia University College.

### MANAGEMENT'S RESPONSIBILITY FOR THE SUMMARY FINANCIAL STATEMENTS

Management is responsible for the preparation of a summary of the audited financial statements on the basis described below.

### AUDITOR'S RESPONSIBILITY

Our responsibility is to express an opinion on the summary financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, "Engagements to Report on Summary Financial Statements".

### OPINION

In our opinion, the summary financial statements derived from the audited financial statements of Brescia University College for the year ended April 30, 2016 are a fair summary of those financial statements, on the basis described below.

The accompanying financial statements summary has been prepared in accordance with Canadian accounting standards for not-for-profit organizations, with the exception of the exclusion of the statement of cash flows and related notes to the financial statements. The complete set of financial statements with audit report dated June 29, 2016 can be obtained from the Brescia University College website.

**PricewaterhouseCoopers LLP [signed]**  
Chartered Professional Accountants  
Licensed Public Accountants  
London, Ontario  
June 29, 2016



## A Message from Mitra Khademi

CHAIR, ADVANCEMENT COMMITTEE

Earlier this year we put Brescia on the map in a very special way.

The BresciaLEAD Awards event in April (see page 10) told the world what the University stands for. It wasn't just the rousing speech by Geena Davis about gender bias in entertainment, or the inspiring stories behind each honouree. It was the fact that more than 700 women and men gathered to hear and talk about the challenges that still face women and Brescia's role in developing strong women leaders of the future.

After all, people support organizations because they believe in what they are doing. For nearly 100 years, Brescia has been creating opportunities for women and encouraging them to be bold.

But that doesn't mean our work is done. Far from it. As recent events have shown, women still have a long way to go to have an equal voice and equal opportunities. Canada was 19<sup>th</sup> overall in the World Economic Forum's Global Gender Gap Index, behind Nicaragua and the Philippines. We were 27<sup>th</sup> in wage equality and 52<sup>nd</sup> in percentage of women in parliament.

By supporting Brescia, you are supporting young women to grow as leaders, bold, determined and committed to values of compassion and justice. Thank you for your generous contributions during the past year, and for your ongoing commitment to our mission. As Brescia prepares for another century of leadership, I encourage you to share Brescia's story with others.

# Thank you for your support!

## Donor Report

*For almost 100 years Brescia has empowered bold, creative young women to fulfill their educational aspirations. Brescia is honoured to recognize the following loyal and generous donors who have given cumulatively \$5,000 or more as of December 31, 2016 in support of Brescia's next century of women leaders. Thank you.*

### \$500,000 OR MORE

Richard M Ivey & The Late Beryl M Ivey

### \$250,000 – \$499,999

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Dr. Geno & The Late Dr. Joan Francolini, '55

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& Canada Life  
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## THANK YOU

*Through philanthropy to Brescia's Annual Giving program, alumnae, parents, friends, students, faculty and staff ensure all Brescia students have access to an exemplary education. We would like to recognize the following individuals and organizations who generously donated between January 1, 2016 and December 31, 2016 to support Brescia's talented students and faculty. We also thank those donors who have chosen to remain anonymous.*

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*The Josephine Gaukler Society is named in honour of Josephine Gaukler, Brescia's first planned giving donor who bequeathed \$228,000 to build Ursuline Hall. Thank you to the following individuals who have generously included Brescia in their estate plans, ensuring Brescia has the resources to provide quality programs and opportunities for future generations.*

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*It is a place of peace, spirituality and sanctuary. Brescia's Chapel in Ursuline Hall is visited daily by students, friends and our community. Thank you to our Chapel contributors for supporting this special place.*

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Every effort has been made to ensure complete accuracy of this publication. If any errors are noticed please contact the Brescia Advancement Office at 519.858.5005 or toll free at 1.877.635.8534.

Please accept our sincere apologies in advance. Each and every gift makes a difference and is deeply appreciated.

\* Given for 5 years or more \*\* Given for 10 years or more

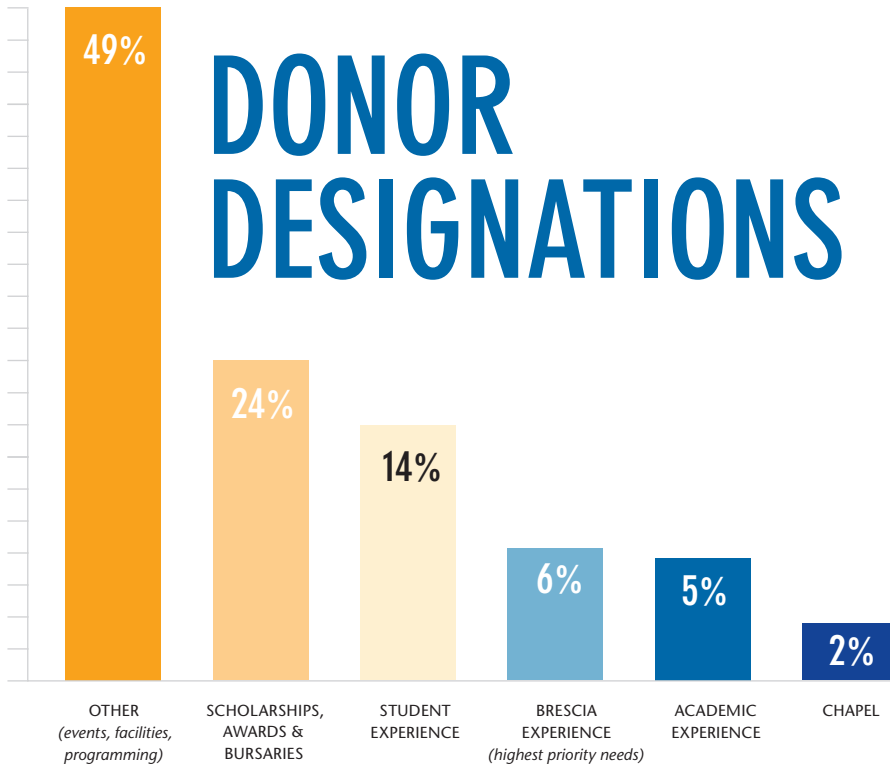
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*Brescia gratefully acknowledges the support of individuals and organizations who thoughtfully made a donation in memory, or in honour, of the following people in 2016.*

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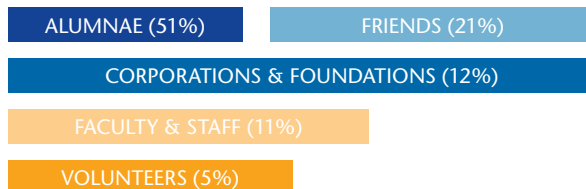
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