

# BOLD

THE MAGAZINE BRESCIA ALUMNAE CHOOSE TO READ

## FIRST-EVER JOINT BACCALAUREATE AND MAGISTERIAL CEREMONY 2011

SPEAKER DR. JULAINE EBERHARD  
( '94 ) EMPOWERS GRADS TO ASK:

## ARE YOU OK?

*plus*

## VALEDICTORIAN & MAGISTERIAL ADDRESSES

BRESCIA POISED  
TO BUILD A NEW  
RESIDENCE

READ ABOUT BRESCIA'S  
EMPOWERED  
WOMEN

SUMMER/FALL 2011

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





## Greetings from Alumnae Association President

CATHY DAVIDSON ('76)

**AUTUMN WILL SOON BE UPON US, AND WITH THE CHANGE IN SEASONS COMES THE URGE TO MOVE OUR FOCUS INDOORS, TO REFLECT ON WHAT WE HAVE ACCOMPLISHED, AND WHAT WE ARE GOING TO CONCENTRATE ON, NOW THAT THE SUMMER FUN IS BECOMING A MEMORY.**

As Brescia alumnae we are empowered to do so much, some of which we do unconsciously, like sharing our Brescia memories with a young woman who is trying to decide where to continue her education, or just being the person that attending Brescia helped us to be. There are also things that we are called upon to do, because of who we are.

This past spring a large group of alumnae from the London area got together at Relish restaurant for an inaugural alumnae chapter meeting for Brescia.

We were privileged to hold our introductory meeting at Relish, as it is owned and operated by our own alumna, Kendra Gordon-Green ('95). Kendra created and named a burger the "Brescia Bold Burger" in our honour that evening and everyone gave the entire event a two-thumbs up! Those in attendance at the London Chapter meeting discussed some potential future activities, including attending a theatre production, a spa day, a special themed dinner, and so much more.

Brescia has set an ambitious goal for the formation of new alumnae chapters over the next five years. As outlined in the 2010-2015 Strategic Plan, *Living Leadership*, we hope to create five new chapters to help with the goal of increasing alumnae engagement and participation. Within the new chapter groups the programs can be whatever we make them – networking, socializing, having fun, giving back – but always supporting Brescia's strategic objectives. In support of our overarching strategic goal: "To strengthen Brescia's competitive position and embrace our values while growing our student community to 1,200 full-time students by 2015," we will focus on helping recruit new students to Brescia. We would love to hear from any of you who are interested in establishing chapter groups to help Brescia achieve its goals.

**DON'T FORGET TO CHECK THE BRESCIA WEB SITE FOR DETAILS ON ALL OF THE NEW AND OLD EVENTS SCHEDULED FOR HOMECOMING, AND ALL OF THE OTHER EXCITING ACTIVITIES THAT ARE BEING PLANNED FOR BRESCIA ALUMNAE THIS YEAR.**

I hope that you will be able to join us at Homecoming this October 2nd and 3rd, and that you consider helping us plan a chapter in your area.

**COVER PHOTO:** Valedictorian Natalie Symons and Magisterial speaker Laura Vandervet represent the graduates and graduands at Brescia's first-ever joint Baccalaureate and Magisterial Ceremony. Photograph by Victor Aziz. **ABOVE:** Cathy Davidson ('76) is excited to be a part of various Brescia Alumnae Chapter launches. Photograph by John Tamblin.

# The Empowerment that comes from Building Community!

DR. COLLEEN HANYCZ

**AMONG BRESCIA'S MANY ATTRIBUTES, 'EMPOWERING' SURELY SPEAKS STRONGLY TO WHAT WE HAVE BEEN DOING FOR OVER 90 YEARS, GRANTING ACCESS TO HIGHER EDUCATION FOR WOMEN AND FORMING THOSE WOMEN AS LEADERS OVER THE TIME THEY SPEND WITH US.**

While there are many aspects of the Brescia experience that serve to empower our students, staff and faculty, alumnae, volunteers and friends, the creation of community is certainly the activity that is the most meaningful. Whether community is created through the formation of a student book club or the hosting of an author's reception for faculty, it is that sense of 'belonging' that most empowers those whom we serve at Brescia.

The opportunity to build community and further empower our students is what lies at the heart of Brescia's exciting building project – the completion of a 300-bed Residence and Dining Pavilion. We have been working on this project since the fall of 2008 and now our plans are quickly taking shape. Less than one year from now, we will begin construction with a planned occupancy date of September, 2013. The residence will consist of 300 single rooms with a combination of en suite and semi-en suite washrooms and the most amazing Dining Pavilion you can imagine! We will now have the opportunity to serve food to our community that focuses on local producers, for fresh and nutritious meals made to order in a marché-style dining model. The entire project

has been designed with a view to environmental sustainability and we hope to have a green roof as well as many other ecologically sound features.

This process has been both community-building and empowering. We have heard what was needed by our students and our community and we are now in a position to deliver some solutions. Our spectacular food services model will demonstrate our deep commitment to building community and to empowering all of us through gatherings and sharing.



Photograph by Jason Jones.

**THIS HAS BEEN A VERY EXCITING PROCESS AND I LOOK FORWARD TO SHARING WITH YOU FURTHER AS WE CONTINUE THIS JOURNEY TO SEPTEMBER, 2013!**



*Julaine Eberhard empowers Brescia grads to ask, "Are you OK?"*

Photograph by Victor Aziz.

Brescia graduate, doctor, lawyer, and human rights activist, Julaine Eberhard ('94), imparts words of wisdom and life lessons to the graduating Class of 2011 at the June 12, 2011 Baccalaureate and Magisterial Ceremony.

**"MY YEARS AT BRESCIA WERE FORMATIVE, BOTH INSIDE AND BEYOND THE CLASSROOM. WHEN I WAS AT BRESCIA THE WORLD WAS RADICALLY CHANGING. IT WAS, LIKE NOW, A THRESHOLD MOMENT FULL OF POSSIBILITIES. AFTER SPENDING MY DAYS IN CLASS LEARNING ABOUT HISTORY AND POLITICAL PHILOSOPHY, I WOULD RUSH HOME TO SEE WHAT HAD HAPPENED "IN THE WORLD" THAT DAY.**

I was riveted by the ongoing news of turmoil in South Africa giving way to inconceivable change – a "new" South Africa was born. Previously violent streets became populated, first with jubilant crowds cheering the release of Nelson Mandela, and later with lines of South Africans snaked across the country waiting to vote.

Against this background it may not surprise you that I continued to study history and philosophy – focusing increasingly on international peace and justice. When my work took me to South Africa, I learned for the first time the vital importance of listening carefully to what people tell you they need. This is important no matter what work you choose to do.

From South African women, in particular, I learned three important lessons:

- Providing educational opportunities and or a business loan to girls is the key to opening possibilities for whole families and communities.
- Dancing, laughing, and singing, especially with friends and family, are keys to happiness.
- Follow-up. Take the time to go back to your client or customer or borrower to make sure that their needs were indeed met. Don't simply assume that everything is fine; ask them if it is.



If I hadn't had the encouragement of my professors at Brescia, the solid grounding in critical thinking, or the understanding that most conflicts have deep historical roots, I wouldn't have been ready in my life after Brescia to make the most of these opportunities to learn more deeply about justice and peace-building.

It wasn't until September 11, 2001 that my ability to genuinely address these issues was tested. For many days I tried to understand what was happening around me. I devoted myself to documenting everything I was experiencing – including the incredible generosity and kindness of New York citizens. A common refrain was repeated across the city, "Are you OK?" "Are the people you care about OK?" The lesson that these are the only answers that really matter has stayed with me since that day.

Now we are in a period of incredible global change, uncertainty, and possibility. Yours is the generation at the forefront of this technological revolution and its limitless possibilities. Yours is the generation that can create new networks of solidarity and lead movements to promote human rights, democracy, and justice globally."

ABOVE: Julaine Eberhard ('94), with Dr. Colleen Hanycz, inspires graduates and graduands to look beyond themselves.



## Class of 2011 Valedictory Address

**EACH YEAR THE BRESCIA COMMUNITY SELECTS FROM AMONG ITS RANKS A VALEDICTORIAN – SOMEONE WHO CAN SPEAK TO THE SHARED SENTIMENTS OF THEIR CLASS. NOMINATED BY FACULTY, STAFF, AND PEERS, THE CLASS OF 2011 VALEDICTORIAN – NATALIE SYMONS – APPROACHED THE PODIUM AT THIS YEAR’S BACCALAUREATE AND MAGISTERIAL CEREMONY WITH POISE, CONVICTION, AND HUMOUR.**

Natalie, a graduate from Brescia’s Foods and Nutritional Sciences program, paid homage to her time at Brescia by outlining the challenges that every student faces and the ‘band-aids’ that Brescia provided along the way.

### NATALIE’S EMPOWERING FINAL WORDS FOR THE GRADUATING CLASS

Turning her attention directly to the graduating class, Natalie concluded her speech with a final empowering word, saying, “We are graduating into a world incredible with opportunities but also faced with many challenges. These challenges are complex in nature. Globally, poverty, war, and disease are the roots of many battles our generation will be called on to fight. The good news is, we leave Brescia privileged, with power and potential, to make changes so that one day we too may see our own children walk across a stage such as this one.”

### Excerpts from Natalie’s 2011 Valedictory Address

“As a graduate it would be difficult to forget the sometimes bumpy road we travelled as Brescia students. Our journey required many treacherous early morning treks through rain, sleet, and snow up the huge mountain upon which Brescia is perched. We were forced to chase school buses halfway to main campus. We spent hours packed in the library neck deep in textbooks and course notes, scrutinizing every claim and desperately trying to memorize every word only to write one exam and be faced with another. We endured many late nights putting the final touches on papers and presentations – though those late nights were obviously no fault of our own!

I cannot mention these bumps and bruises without mentioning the band-aids that allowed us to surge onward. You see, after the trek up Brescia lane, we were often greeted by a hot cup of coffee to share with Dr. Hanycz, our Principal. We climbed that mountain to be entertained and fascinated during intimate lectures. We chased that school bus halfway to main campus but when we got there we encountered something wonderful that even Brescia could not provide – boys! As for the library it would be hard to deny that our time was often allocated between studying *and* some much needed socializing! We did endure late nights but we endured them with some of the best friends we have.”



## Brescia’s first-ever Magisterial speaker, Laura Vandervet

**AS WOMEN WITH STRONG VOICES AND STRONG VALUES WE ARE IN A UNIQUE POSITION TO SUPPORT THOSE WHO DO NOT HAVE THE SAME RESOURCES. WHAT WE’VE LEARNED HERE AT BRESCIA IS THAT IN SPITE OF OUR DIFFERENCES WE ARE ALL CONNECTED. WE LEAVE HERE TODAY BOUND BY OUR SHARED EXPERIENCES – ACCEPTING THE FACT THAT IN ORDER TO SEE CHANGE IN THE WORLD WE MUST BE LEADERS.**

As Laura Vandervet approached the lectern, she may not have been aware of the legacy she was leaving behind. Although Brescia’s Baccalaureate Ceremony has been a long-standing tradition for 89 years, on June 12, 2011 Brescia graduates and graduands celebrated together at their first joint Baccalaureate and Magisterial Ceremony. Laura was Brescia’s first-ever Magisterial speaker.

Addressing faculty, staff, friends, family, and her 11 fellow Masters in Foods and Nutritional Sciences classmates she spoke with conviction. She acknowledged the MSc students’ shared challenges – rigorous internships, research, term work, and data analysis. It was the challenges they experienced that made their successes palpable.

### Excerpt from Laura’s Magisterial Speech

“Throughout the program we’ve had many successes and completed research in the areas of diabetes, dysphagia, child obesity, hospital meal service, interdisciplinary health care, physical activity guidelines, sports supplements, and web-based mapping of restaurant nutrition information. The 12 of us who were in the dietetic internship stream of the Masters program completed multiple placements across the province during our last two semesters in public health, government, industry, foodservice, community, and clinical nutrition.

However, our successes have not been without their challenges. We’ve had to be flexible and adapt to living in new cities – in some cases leaving for a different placement only four weeks later. As interns we experienced the thrill of actually working in practice, sharing our skills with clients and patients for the first time. Some of us also experienced the sad emotions involved in having patients pass away while we were doing rotations in the oncology or intensive care units. However, it has been the challenges we faced that have caused us to learn and grow the most. They have taught us what we are capable of, where our strengths lie, and what we value and believe in.”

# Returning to her roots

BY JOCELYN LAGERQUIST

Photograph by Victor Aziz.

**WHEN TRACEY RUTLEDGE WAS APPOINTED TO THE POSITION OF EXECUTIVE DIRECTOR OF THE BRESCIA FOUNDATION AND DIRECTOR OF ALUMNAE RELATIONS ON MARCH 1, 2011, IT WAS A SORT OF "HOMECOMING" FOR HER. TRACEY BEGAN HER FUNDRAISING AND ALUMNI RELATIONS CAREER OVER TWO DECADES AGO AT WHAT WAS THEN THE WESTERN SCHOOL OF BUSINESS AT THE UNIVERSITY OF WESTERN ONTARIO.**

Returning to London from Toronto also meant Tracey could be closer to her family. "We all need

anchors throughout our lives. Families are one of the strongest, as are the friends we acquire when we are in school. One of the reasons that alumni programming is so essential is because it facilitates the maintenance of those important friendships and provides a lifelong support network of graduates."

When she began her career at the Richard Ivey School of Business, the school was just building its alumni and fundraising programs. As a result, Tracey had the opportunity to learn from the ground up. "It was a fantastic experience and a privilege to have

participated in a pivotal time in the School's history. I had the opportunity to learn from some outstanding professionals and to experience first-hand the difference that fundraising and relationship development can make. This provided the motivation and excellent foundation upon which to build my career."

Tracey has since served as Vice President, Development at Women's College Hospital Foundation, as Executive Director of Advancement at Trinity College School, and as Campaign Director for North York General Hospital. She has assisted a variety of charities and educational institutions as a fundraising and management consultant.

**"BRESCIA'S FOCUS ON EMPOWERING YOUNG WOMEN AND ENCOURAGING COMPASSION, SERVICE, AND LEADERSHIP HOLDS PARTICULAR APPEAL BECAUSE I BELIEVE WOMEN WILL LEAD HUMANKIND TO IMPROVED TOLERANCE AND SOCIAL JUSTICE."**

Having the benefit of this breadth of experience, Tracey has learned that her personal passion lies in the educational sector. "I especially enjoy interacting with young people and find their energy, enthusiasm, and idealism invigorating and inspiring," Tracey explains. "Brescia's focus on empowering young women and encouraging compassion, service, and leadership holds particular appeal because I believe women will lead humankind to improved tolerance and social justice. As Canada's only women's university we have so much to offer and I really look forward to leveraging the advantages that this niche environment provides for our students."

## 'Going green' through careful food choices

BY JOCELYN LAGERQUIST



With environmentally conscience consumerism at an all time high, Elisa Wilson ('10) found it perplexing that people didn't think their food choices affected the environment in a significant way. "My research findings really showed me that people don't seem as knowledgeable about 'green food' initiatives as you might expect," Elisa explains. "The general population was conscious of turning off lights, recycling, saving water, composting, and using reusable materials, but they didn't display the same attitudes when it came to using fewer animal products in their cooking, using sustainable seafood, or buying local and organic foods."

Elisa saw the need for more research and further education about her thesis topic, "Going Green in Health Care Foodservices." When Elisa made the decision to complete her Masters Degree in Foods and Nutrition, 19 years after her undergraduate degree, she knew what her research focus would be. She wanted to empower health care foodservice industry professionals to make environmentally healthy changes – both for the sake of the environment and for the well-being of the patients.

Elisa has had two manuscripts accepted for publication in the *Canadian Journal of Dietetic Practice and Research*, has presented at the Dietitians of Canada Conference in 2010, and at EcoCare 2010. She is the National Director for the London branch of the Canadian Association of Foodservice Professionals and works for the Ministry of Health and Long-Term Care. She says, "I am proud to be associated with a women's university college that strives to empower young women to be leaders. I attribute much of my success to this environment."



# Get to know Catherinanne George

DIRECTOR OF CAMPUS MINISTRY

Photograph by John Tamblyn.

**What did you study at university?** While a Brescia student, I completed my BA, majoring in Psychology. I also hold my Master of Divinity (MDiv) from St. Peter's Seminary, here at Western.

**What ministry positions did you hold before returning to Brescia?** I first served as a military chaplain with the Regular Force, posted to CFB Borden, providing chaplaincy to Canadian Forces (CF) Medical Services School, CF School of Intelligence & Security, Base Hospital, and the Military Police. During that time, I had the privilege of travelling to CFS Alert, near the North Pole, to provide Christmas Services and pastoral care for members stationed there. After leaving the Regular Force and spending a year in Wabush/Labrador City with my husband Kevin, I was Pastoral Minister and

Co-ordinator of Youth Ministry at Our Lady of the Atonement in Windsor, and also returned to Naval Reserve Chaplaincy as Chaplain to Her Majesty's Canadian Ship HUNTER. That included contracts serving coast to coast – Dockyard CFB Halifax to CFB Esquimalt – and Canadian Forces Fleet School Quebec, and a recent role as Central Region Chaplain responsible for Naval Reserve Chaplaincy in Ontario. My predominant ministry, and one which holds a special place in my heart, took me back to Campus Ministry at Assumption University/University of Windsor, where I was Director of Campus Ministry for five years.

**What was your most rewarding/challenging ministry experience?** I have had many critical pastoral moments in the Forces, and accompanied

people through difficult questions in their life journey, but empowering a leadership group of 18 students to plan and host a conference for the Canadian Catholic Students' Association remains most fixed in my memory. This was both challenging yet immensely rewarding to listen to their views, to assist them with resources, and to draw out their vision as they chose to lead! What growth I saw in them as they ministered to their contemporaries. They welcomed students and chaplains from other universities, with the theme "The Next Supper: Come as you are to the Feast" moving forward from The Last Supper. They examined what it meant to be a leader in our world today, and our responsibility to be disciples nourished by faith to feed others. Empowering the students on this journey really allowed me to witness their remarkable form of leadership!

**What drew you to Brescia University College?** I loved Brescia while a student here, enjoying the Ursulines, and the value given to women in their education and leadership development, as they are empowered to choose to lead. But life moves in unexpected directions, and mine was always away from London. I recently audited a doctoral course in Iona, Scotland, spending time with the ecumenical community of Iona. I looked at it as a pilgrimage of sorts to see what God was asking of me next. I could never have imagined that meant returning

full circle to Brescia! While on the other side of the world, I was astonished to see an old friend with whom I had taken Children's Literature at Brescia, and studied at the Seminary, and to reconnect. Brescia, through God, drew me back. That old friend later learned that Brescia was seeking a Director of Campus Ministry, and called, or I would never have known the position was open.

**Please share a significant experience about your time at Brescia.** Brescia provided the opportunity for faculty and staff to get to know students, and to have an impact in their lives. A profound moment for me was when I was struggling to know who I was, and where I was meant to be. When my dreams were shot down by someone unable to understand what I was going through, Sr. Mary Lou, noticing that I was not "quite myself," took the time to speak with me, and assured me of my gifts and my ability to persevere. I remember women like her, and Brescia professors like Dr. Hudecki, Dr. Burman, and Professor Stanko, who took the time to listen, to see leadership potential, and to help students develop it.

**What do you hope to bring to Brescia students, faculty, and staff?** I hope to bring the skills and gifts necessary to assist the Brescia community in further identifying the Spirit of God present in it as it continues to develop and grow, and to listen

to what God is saying to us as students, faculty, staff, and also alumnae. The Ursuline Sisters heard a call and responded to it, and that is what has given us this beautiful gift of Brescia! What is each of us being called to, and what is being asked of us as a community, as the Brescia family? There are needs in the world that we are certainly being asked to respond to with this gift that has been built through the prayer, vision, and perseverance of dedicated women (and men). In that, I also hope to bring leadership development, just as it was given me, to empower our students as they face those needs.

**What are the major spiritual concerns students are facing today?** Today's students, like those of the past, face questions of identity, and the need to discern their gifts and their place in our world. They too face the varied questions and issues of life, of transition, of growth, and of struggle. As they face these things, they tend to look at them with a postmodern view, one which is uncertain and ever-changing, yet open in the midst of extreme diversity. The question of how to address their personal faith and spiritual development in the context of a worldview, which is ecumenical and multifaith, is a challenge which will find them seeking the language and tools to address unity in diversity.

**What adjective would you use to describe your style of ministry?** Collaborative.



## Dr. Isabelle Giroux empowers London adults to take their health into their hands

BY JOCELYN LAGERQUIST

**WITH THE PREVALENCE OF TYPE 2 DIABETES INCREASING, DR. ISABELLE GIROUX RECOGNIZED THE NEED TO EMPOWER ADULTS AT RISK IN THE LONDON COMMUNITY TO TAKE THEIR HEALTH INTO THEIR OWN HANDS. IN MAY 2011 SHE IMPLEMENTED AN INNOVATIVE STRATEGY TO GIVE DIABETES PREVENTION EDUCATION TO INDIVIDUALS WITH PREDIABETES.**

In partnership with The Diabetes Education Centre of St. Joseph's Health Care London, The Canadian Diabetes Association, and The Canadian Centre for Activity and Aging at The University of Western Ontario, Isabelle launched a six-month prediabetes education and research program known as, "Prediabetes Research and Education Promoting Activity and Responsible Eating," or **prepare**.

The **prepare** program was built upon two successful programs. The first program began in 2007. Isabelle launched her first prediabetes program in which community members, referred to the Diabetes Education Centre by a physician, would be introduced to a standard of care presentation at Brescia. "The goal was to help registrants increase their awareness of risk factors for Type 2 diabetes," Isabelle explains. "We learned from participants that support over a longer period would assist them in implementing healthy lifestyle changes." The second prediabetes program emphasized the importance of vegetables

and fruit intake, since healthy eating has been associated with a reduced risk of developing Type 2 diabetes. Isabelle looked at barriers, facilitators, and intake patterns of vegetables and fruit consumption in patients with prediabetes.

Clients appreciated the program but still wanted more. "They wanted to become healthier and set lifestyle management goals – but they didn't know where to begin." In May 2011, Isabelle and colleagues Dr. Danielle Battram and Dr. Paula Dworatzek, along with community partners, launched the **prepare** program with the generous support of The Lawson Foundation. An interdisciplinary team of 65 foods and nutrition, psychology, and health science students help to facilitate the program.

Registrants now have the option of participating in **prepare's** free, six-month interactive group education program. Each month registrants engage in physical activities led by specialists. They learn about healthy eating strategies through hands-on activities, food demonstrations, and optional cooking workshops. Registrants reflect on their health, with support from community health care professionals, to develop sustainable healthy lifestyle goals.

If the **prepare** program's registration numbers are any indication, the London community finds great value in what Isabelle and her team are attempting to accomplish – helping to delay or prevent the development of Type 2 diabetes in adults with prediabetes.

For more information, visit [www.brescia.uwo.ca/prediabetes\\_initiative](http://www.brescia.uwo.ca/prediabetes_initiative)

## Sr. Mary Doris Pook dances to a joyous tune

BY JULIE MALTBY



What began as a scheme to avoid household chores grew into a love of music that has brought much joy to Sr. Mary Doris Pook and to those with whom she shares her passion.

"I practised piano to get out of housework," she admitted. The practice paid off. She later earned the ARCT (Associate of the Royal Conservatory of Toronto), and an Associate in Music (previously

AWCM) in piano and "a degree in singing" from The University of Western Ontario. Her passion for the arts continues to play prominently in her life.

Her love of music was fostered when she came to teach at Brescia with her sister, Juliana. They taught line dancing and other fitness routines to students, Sisters, and staff members. Sr. Mary Doris still plays the organ, albeit less frequently now. When she was at Brescia, she played for masses and other ceremonies in the Chapel, including at the wedding of Cathy Davidson ('76), president of the Alumnae Association.

She also credits Brescia with opening her mind and heart to poetry. "When I was at Brescia, I got interested in poetry and I wrote a book on poetry." Her most recent artistic achievement, a poem titled "Presence," was published in a book produced by McMaster University in 2010. The poem was accepted from among 300 submitted for publication.

She wanted to share this lesson with Brescia alumnae: "I've heard so much beautiful music. I've just had the best of everything. And now I'm getting the best of the Lord. Life is beautiful. It's what you make it. But remember to keep your mind so, so alert."

She lives her lessons by continuing to write poetry.



# Residence for the future also respects the past

BY SHEILA BLAGRAVE

**BRESCIA WILL SOON BE EMBARKING ON A VERY EXCITING NEW DEVELOPMENT – ONE THAT WILL ENHANCE THE EXPERIENCE OF STUDENTS NOW AND WELL INTO THE FUTURE. A NEW RESIDENCE AND DINING PAVILION WILL ANSWER THE NEEDS OF TODAY’S STUDENTS WHO INCREASINGLY CALL FOR MODERNITY, PRIVACY, BARRIER-FREE ACCESSIBILITY, AND NUTRITIOUS FOOD. THE NEW RESIDENCE, TO OPEN ITS DOORS IN SEPTEMBER 2013, WILL ADD TO THE BEAUTY AND FUNCTIONALITY OF OUR CAMPUS.**

When we are recruiting students and when we bring them here for tours, we are reminded that students in the 21st century have exacting standards. We also know that our current residence is at the stage where it would soon need major repairs if we don’t replace it. After a very careful two-year process of

deliberation, research, and planning, we made the decision to move forward with a residence build, with the full support of the Council of Trustees. Construction will begin in the spring of 2012.

**WHERE HAVE WE BEEN?** In 1919 Bishop Michael Francis Fallon negotiated an affiliation agreement for a Catholic women’s college of the Western University, now The University of Western Ontario. He turned to the Ursuline Order, based in Chatham, under Superior General Mother Clare Gaukler, to create Ursuline College. Housed at The Pines – the Ursuline motherhouse in Chatham – Ursuline College in the fall of 1919 had seven students who began the amazing journey that was to become Brescia Hall in the fall of 1920. Brescia Hall, named after the Italian city where the Order was founded, was located in the former Whiskard House on 556 Wellington Street and

Wolfe Street. Nineteen students were registered. In September 1924 work began on a building that was designed to hold 70 students. The \$228,000 building was funded by a generous bequest from Mrs. Josephine Gaukler, mother of the Superior General, Mother Clare. By the ‘30s, 42 students were registered and by the ‘40s and ‘50s that number had grown to 128. In 1963, now with 169 students, Brescia Hall became Brescia College. In the early 1970s student numbers swelled to 287 and almost tripled by the fall of 1990. This September we expect to welcome more than 1,000 young women to Brescia.

**MEMORIES** Life in residence in the ‘40s and even into the ‘80s was a vastly different experience from today’s. Lucy Wintermeyer (‘42), her sister Betty Wintermeyer (‘48),

and friend Mary Stanford (‘80), recall their time in residence at Brescia with affection. Said Betty on a recent visit to Brescia with her sister and Mary, “When I was at Brescia, we shared rooms.” Mary chimed in, “We even shared telephones. There was one pay phone at the end of the hall and we’d all have to schedule our ‘phone time’ so we could call our families.” The Wintermeyer sisters added that curfews began at 9 p.m. and men were only allowed to visit one Sunday a month from 2-4 p.m. They said enthusiastically, “But the boys would sneak up to our windows at night and stand by our windows serenading us!”

**HOW WILL THE NEW RESIDENCE ACCOMMODATE STUDENT NEEDS?** With 1,200 students projected for 2015, we will require an expanded and

updated residence for our students. While there might not be any serenading outside the windows, the residence will be beautiful. A series of “houses” comprising small groupings of single rooms with bathrooms shared by a second room will provide a family-like atmosphere for 32 to 40 students. In total there will be space for 300 students, up from our current 190 beds. The single-story marché style dining pavilion will seat 300 and will be open to the public. Several stations, each serving fresh, made-to-order dishes with a planned emphasis on local foods, will appeal to students and visitors alike. But a picture paints a thousand words so enjoy looking at early plans for our bold new residence. Updated designs will be added to the web site as plans unfold. ([www.brescia.uwo.ca/about/new\\_residence/index.html](http://www.brescia.uwo.ca/about/new_residence/index.html))





Photograph by Victor Aziz.

# A truly empowering contribution

BY JOCELYN LAGERQUIST

Dr. Leslie Janes, professor of psychology, had a spectacular year professionally. In 2010 she was appointed as Brescia's Associate Academic Dean of Student Affairs, and on June 12, 2011 she received Brescia University College's Award for Excellence in Teaching. But with all this success Leslie is still very modest. She says, "I have to give most of the credit to Brescia students, whose enthusiasm and spirit have made them a pleasure to teach."

Although you won't see Leslie revelling in these accomplishments, faculty, staff, and students certainly have a lot to say.

It came as no surprise to Dr. John Mitchell, Brescia's Academic Dean, when Leslie won the Award for Excellence in Teaching. "Dr. Janes is well known among faculty and students for her skill as a teacher and for her commitment to her students inside and outside of the classroom. Two of the most common terms used to describe Dr. Janes are 'mentor' and 'role model.' Dr. Janes continues to make a truly empowering

contribution to the lives of our students and to the vibrancy of our Psychology Program."

Leslie is known for creating an empowering and student-centred classroom atmosphere while she's conducting her psychology lectures. She is skilled at making her students feel comfortable. One student noted, "I am in my third year of studies and have yet to meet a teacher who is as skilled, caring, and compassionate about her occupation and students as Professor Janes."

Leslie has had an "open-door policy" for the past decade that she's taught at Brescia. She explains, "I really care about my students. Whether in the classroom or in my office providing academic counselling, I really enjoy connecting with students on an intellectual and personal level."

Leslie was formally presented with Brescia University College's Award for Excellence in Teaching at an Awards Ceremony on June 13, 2011 at Brescia and at the Convocation Ceremony that followed.



## Student Takes the Lead and takes home a full-year scholarship

BY JOCELYN LAGERQUIST

HOW MANY TIMES DO WE TURN DOWN OPPORTUNITIES... BECAUSE WE DON'T THINK THAT WE ARE QUALIFIED, OR THAT WE AREN'T GOOD ENOUGH? MAYBE THINGS LIKE LEADERSHIP HAVE LESS TO DO WITH EXPERIENCE AND MORE TO DO WITH ENTHUSIASM. – Sarah Van Dusen

On April 9, 2011 Brescia University College and the Institute for Women in Leadership (IWIL) hosted their third *Take the Lead* high school public speaking contest. The contest – designed to empower students to express their opinions in a public forum – invited Grade 11 and 12 female students from across Ontario to answer the question, “What does the topic of women in leadership mean to you?”

Third-place winner Elyse Airth, from Westmount Secondary School in Hamilton, spoke passionately about female volunteerism. Second-place winner Nicola Holland, from St. Christopher Catholic Secondary School in Sarnia, inspired the audience with a more personal approach – speaking of her mother.

Sarah Van Dusen with her poignant speech that paid homage to two female leaders – a developmentally delayed classmate who pushes boundaries and encourages others to do the same, and a Nobel Peace Prize recipient – was awarded first place. Sarah, who had already accepted her Brescia admissions offer earlier this year, walked away from *Take the Lead* with a full academic scholarship for her first year of study at Brescia.

*Take the Lead* final-round head judge and former host of CBC's *As It Happens*, Mary Lou Finlay, said of the winner, “Sarah seemed so natural behind the podium and her speech was truly memorable.”

She incorporated personal anecdotes and stories that kept the audience engaged.”

When asked what Sarah most looks forward to in her future, she responded, “I can't wait to start my Arts and Social Sciences degree at Brescia. I've wanted to be a librarian since I was eight years old, so I'm looking forward to studying English Literature. Most of all I'm looking forward to being part of such an empowering and caring community. Whenever I'm at Brescia, I'm completely overwhelmed by the atmosphere. The thought that I'll be able to contribute to, and appreciate, Brescia every day is really exciting to me!”

**PHOTO:** Sarah Van Dusen from Northern Collegiate Institute and Vocational School in Sarnia was the winner of Brescia's 2011 *Take the Lead* high school public speaking contest. Sarah accepts her trophy, and full one-year academic scholarship to Brescia, from Dr. Colleen Hanycz and final-round head judge Mary Lou Finlay. Photograph by Jason Selinger.



## Class of '55 leads with reunion giving

The Class of '55 is boldly leading the way in reunion giving – exceeding its goal to raise \$10,000 toward its newly established Ursuline Leadership Award. The award, announced at last year's Homecoming luncheon in celebration of their 55th class reunion, honours the Ursuline Sisters for their outstanding role in empowering and educating women.

Originally the vision of class representative Joyce Gillelan, the award was developed with the help of classmates Joan Francolini, Nadia Martin, and Pat Pettigrew. To date, 13 members of the class have contributed nearly \$11,000, qualifying it for the Ontario Trust for Student Support (OTSS), a government matching program.

Beginning this fall, the award will be presented annually to a graduating fourth-year student at Brescia who has financial need and plans to enter the Masters of Science program in Foods and Nutrition. The Foods and Nutrition program has a long history, beginning as the Ursuline's Home Economics program in 1938 and growing to such an extent that Brescia students may now choose to work towards a Bachelor of Science in Foods and Nutrition or a Masters of Science.

With the establishment of this Ursuline Leadership Award and the generosity of the Class of '55, more students will have the opportunity to continue their studies in Foods and Nutrition and to carry on in the Ursuline tradition, despite financial challenges.

## London Alumnae Chapter Launch at Kendra Gordon-Green's Relish Restaurant



Over 33 Brescia alumnae from the London area “relish-ed” in the fun of connecting with fellow alums, at the *London Alumnae Chapter Launch* on Thursday April 7, 2011. Held at Relish restaurant, owned by Kendra Gordon-Green ('95), the event attracted Brescia alumnae from 1976 to 2010! Kendra even made a special burger for the occasion – The Brescia BOLD Burger! To try a specialty burger, stop by Relish at 135 Wortley Road, London, ON.

### Is your class celebrating a reunion?

Reunion giving is becoming a tradition at Brescia and is a meaningful way for you to celebrate your experiences here as a student while also giving back to your *alma mater*. Commemorate your class anniversary by making a gift to Brescia and inspire your classmates to become leaders in giving as well. For more information on reunion giving, contact Angela Lawrence at [alawre24@uwo.ca](mailto:alawre24@uwo.ca) or 519-432-8353 ext. 28213.

## THE CLASS OF '71 AS THEY WERE THEN...



## THE CLASS OF '71 RETURNED HOME WITH THE LARGEST NUMBER OF ALUMNAE ATTENDING THE 2006 HOMECOMING.

It's hard to believe that it has been 40 years since my class first stood together as Brescia students! This year, I look forward to reuniting with my classmates and seeing all Brescia alumnae at Homecoming 2011 to celebrate our time at Brescia and all that has happened since graduation. For the first time ever last year, Brescia hosted a VIP tent for our alumnae at the football game on Saturday and so much fun was had by all that we're doing it again this year. The Cocktail Classic and Dinner will also be returning by popular demand, and it wouldn't be Homecoming without our annual 100-mile Luncheon! So, make your plans to join us for Homecoming 2011. Reserve your event tickets by contacting Crystal Lamb at 519.432.8353 ext. 28446.

I look forward to seeing you all in October!

*Marlene Wyatt*  
Marlene Wyatt ('71)  
Class Representative

## Homecoming 2011 Schedule of Events

### SATURDAY, OCTOBER 1

- 10:00 a.m. **Homecoming Parade** – Open Invitation for alumnae to ride the Brescia Float! Parade participants will meet at Brescia at 9:00 a.m. Contact Meghan Doll at [specialevents@bucsc.ca](mailto:specialevents@bucsc.ca) for more information.
- 11:30 a.m. **Registration and Alumnae Gathering for football game attendees** – Meet us at Brescia, park for free during the game, and take the bus with us to the stadium.
- 1:00 p.m. **Homecoming Football Game at TD Waterhouse Stadium** Western vs. York. Tickets \$30 per person. A tent and 75 tickets have been reserved in our Brescia VIP area. Cost includes VIP seating, tent access prior to kick-off, special prizes and give-aways. Families are welcome and lunch will be available for purchase. Contact Crystal Lamb at 519.432.8353, ext. 28446 to reserve your tickets. Space is limited, so register early!

### COCKTAIL CLASSIC & DINNER NEXT DOOR BAR AND GRILL 1737 Richmond Street N., London

- 6:00 p.m. Cocktails
- 6:30 p.m. Welcome Message from Homecoming Chair and Committee
- 6:45 p.m. Dinner  
Tickets \$45 in advance. Includes wine and a three-course meal. Register by September 1st to be eligible for the Early Bird Draw! Contact Crystal Lamb at 519.432.8353, ext. 28446 to reserve your tickets.

### ON MAIN CAMPUS:

**Golden Anniversary Dinner for alumni celebrating 50+ year anniversaries, The Great Hall, Somerville House**

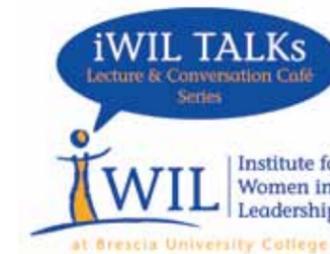
- 6:00 p.m. Reception
- 7:00 p.m. Dinner  
Price: \$50 per person.  
Contact [alumni@uwo.ca](mailto:alumni@uwo.ca) for information.

### SUNDAY, OCTOBER 2

- 10:00 a.m. Mass in the Brescia Chapel
- 11:00 a.m. Reception in the Living Room  
Class photos outside of St. James Building
- 12:00 p.m. 100 Mile Luncheon in the Auditorium, St. James Building  
Price: \$30 in advance, \$40 at the door per person.  
Contact Crystal Lamb at 519.432.8353, ext. 28446 to reserve your tickets.
- 2:00 p.m. Brescia Tour departing from Auditorium foyer

[www.brescia.uwo.ca/alumnae/homecoming](http://www.brescia.uwo.ca/alumnae/homecoming)

# Upcoming iWIL TALKS



Are you interested in exploring leadership from many perspectives? If so, join us for iWIL TALKS, a series of short lectures (15-18 minutes) followed by a conversation café. Each TALK takes place on the 3rd Wednesday of the month from 7:00 p.m. – 9:00 p.m. Admission is PWYC (pay what you can); coffee & refreshments will be served. For further information about this event: [www.iwil.ca](http://www.iwil.ca)

#### LEADERSHIP & WOMEN IN POLITICS

Wednesday, September 21, 2011

Featuring Dr. Rebecca Coulter, Professor and Director of Aboriginal Education at the University of Western Ontario's Faculty of Education

#### LEADERSHIP & AUTHENTICITY

Wednesday, October 19, 2011

Featuring Rita Gardiner, MPhil, PhD Candidate – Department of Women's Studies and Feminist Research, UWO

#### LEADERSHIP & SPIRITUALITY

Wednesday, November 16, 2011

Featuring Kim Young Milani, Director – iWIL; Director – The Circle Women's Centre for Spirituality, Activism and the Earth at Brescia University College

#### LEADERSHIP & WORK-LIFE BALANCE

Wednesday, January 18, 2012

Featuring Gail Barker, Principal & CFO (Chief Fulfillment Officer) at Stellar Coaching & Consulting, co-author and publisher of *The Control Freak's Guide to Living Lightly: Manifesting a Life of Total Trust*

#### THE LEADERSHIP PARADOX: HUMILITY VS. CONFIDENCE

Wednesday, February 15, 2012

Featuring Colleen Sharen, Assistant Professor of Management and Organizational Studies, Brescia University College

#### LEADERSHIP & COMMUNITY/ NON-PROFIT ACTIVISM

Wednesday, March 21, 2012

Featuring Anne Marie Madziak, Strategic Development Consultant and Leadership Coach for Southern Ontario Library Service; and Chair of the Board of Directors for TEMBO Trust (Tanzanian Education and Micro-Business Opportunities)

## MILESTONES

### '79

**KAREN J. Taelman** boarded the Queen Mary II on January 3 to sail out of New York on a three-and-a-half month voyage to see the world. When she returned on April 26th, she had visited 22 countries and stopped in 33 ports of call. Sailing out of Southampton on the final leg of her journey, Karen followed the path her parents took to emigrate to Canada in the 1930s.

### '95

**JENNIFER L. Paquet** has been accepted into The University of Western Ontario's Faculty of Education and will be attending Althouse in September 2011.

## FACULTY & STAFF

**LUCY MAHOOD**, Brescia foods lab instructor, received the Founder's Award from Ontario Home Economics Association (OHEA) on Saturday, March 26, 2011 at the OHEA annual conference held at the University of Guelph. Lucy has been actively involved with the association as well as with the London HEA – participating in many of the associations' activities and mentoring our students. She is currently the faculty advisor for our student group SHEA and is also the faculty representative on the Health and Wellness Committee at Brescia.

**ERIN MOODY**, Graduate Program Co-ordinator in the Food and Nutritional Sciences Division, and her husband are the proud parents of a baby boy. Liam Kenneth David Jones was born on May 1, 2011 weighing 7lbs 9oz.

## MARRIAGES

### '08

**LINDSAY SHOPMAN** was married to Clive Shopman on January 22, 2011.

## BIRTHS

### '99

**MICHELLE (NUNES) PRESTWICH** and her husband John welcomed Ryan Joseph Prestwich weighing in at 7lbs 15oz on December 21. Michelle is currently on maternity leave from Brescia where she works as Senior Academic Advisor.

### '05

**LOE GARAVITO-BRUHN** welcomed a child on October 3, 2009.

## FACULTY & STAFF

**COLLEEN AGUILAR**, Communications Officer, and her husband Karl welcomed their first child – a baby boy – into this world on May 16. Julian Omar Aguilar weighed 7 lbs 15oz.



**ALISON VILACA**, Development Officer in the Brescia Foundation, and her husband Kevin are happy to announce the arrival of Graydon Fisher Vilaca. Born on January 21, 2011, Graydon weighed 6lbs 12oz.

## ASSOCIATE ALUMNA

**MARGARET (STOBIE) O'CONNOR** died in Toronto on Thursday, January 13, 2011 at the age of 71. She attended Brescia for a year in 1956 and met her husband, Fred Beavers-O'Connor, who was a student at Western. Several Brescia friends attended the funeral held at the Granite Club on Jan. 18 and some arranged a second mass in her memory.

## FACULTY & STAFF

The husband of Brescia instructor **CECILY ALEXANDER** – Wayne – died at the age of 63 on Friday, March 25, 2011 after a long battle with prostate cancer. Wayne was best known as a ski instructor and snow school director at Boler Mountain in London. For more than 30 years he helped people of all ages develop a love for the sport. Wayne's dedication was recognized in 2005, when he was inducted into the Canadian Ski Instructors Alliance Hall of Fame.

**Got News?**

Send to: [clamb43@uwo.ca](mailto:clamb43@uwo.ca)



### '50

**CHRISTINE SUOKAITE**, much loved by generations of Brescia students, alumnae, faculty, and staff members, died on July 17th in Chatham. Many remember her as Brescia's long-time and utterly devoted librarian. Others remember her as a lay faculty member in the instruction of German. But all remember her kindness, her helpfulness, and her unwavering love of Brescia. Born in Tryskiai, Lithuania in 1924, Christine fled to Canada as a teenager, working as a domestic until she could become a Canadian citizen and finish her education. She studied at Brescia and received her Masters of Library Science from Rosary Hall in Chicago before beginning a 50-year career in the library at Brescia. Christine was honoured by the Brescia alumnae at the 2010 Homecoming, when a plaque was unveiled, naming a room in her honour: The Christine Suokaite Group Study Room. Donations in memory of Christina may be made to Chatham Ursuline Charities, to the Brescia University College Foundation, or to the charity of your choice. Sister Leona, who had also been living in Chatham, died the day after Christine's passing. Given the close proximity of these two deaths, the Ursulines celebrated the lives of both Christine and Sr. Leona in a Bible Vigil on July 19th followed by a Mass of the Resurrection on July 20th.

## UPCOMING EVENTS

**HOMECOMING**  
Saturday, Sunday  
October 1 & 2, 2011

**BREAKFAST FOR BURSARIES**  
Speaker: Nazanin Afshin-Jam  
Thursday, October 20, 2011  
7:00 – 9:00 a.m.  
London Convention Centre

**MORE THAN JUST A BOOKSALE**  
Saturday, November 26, 2011  
10:00 a.m. – 3:00 p.m.  
Brescia Auditorium

**RITUAL OF RE-MEMBERING –  
COMMEMORATING THE  
MONTREAL MASSACRE**  
Tuesday, December 6, 2011  
12:00 p.m.  
Brescia Auditorium

## BRESCIA UNIVERSITY COLLEGE GRADUATES AND GRADUANDS PROCESSION

Brescia revived a lost tradition as the 2011 graduates and graduands processed as a group to Convocation on Monday, June 13, 2011. The procession was led by bagpiper, Eileen Robertson, followed by Brescia's Registrar, Marianne Simm, and Director of Campus Ministry, Catherinanne George, and the 105 graduating students. All walked down Brescia Lane, cheered on by proud parents, faculty, staff members, and friends.



Photograph by Victor Aziz.

Brescia University College  
Bold Summer/Fall Edition

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**Brescia University College Alumnae Council**  
Izabela Bielaska ('09)  
Melanie L. Caldwell-Clark ('00)  
Marilyn J. Campbell ('68)  
Tiffany Chin ('03)  
Katherine McNamara  
Catherine Davidson ('76)  
Dr. Colleen Hanycz  
Kristal D. Hartwell ('03)  
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