

# BOLD

THE MAGAZINE BRESCIA ALUMNAE CHOOSE TO READ

GETTING READY FOR THE  
**NEW RESIDENCE &  
DINING PAVILLION**  
OPENING IN SEPTEMBER

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A LOOK AHEAD TO  
**HOMECOMING 2013**

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**FROM BRESCIA STUDENT  
TO MISS CANADA**

JACLYN MILES

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**INNOVATION  
AT ITS FINEST**

BRESCIA CHANCELLOR  
IS ANNOUNCED

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**VOLUNTEER  
RAISING THE BAR**

LIZ HEWITT ENCOURAGES  
OTHERS TO GIVE BACK

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WINTER/SPRING 2013

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



## Message from the Director of Alumnae Relations

# Innovation at Home



TRACEY RUTLEDGE

EACH DAY AS I TRAVEL UP THE SNOW-COVERED HILL TO BRESCIA AND WITNESS THE EVER-CHANGING LANDSCAPE, I AM REMINDED OF THE INCREDIBLE GROWTH THIS BEAUTIFUL CAMPUS HAS SEEN SINCE MY ARRIVAL TWO YEARS AGO. FROM OUR NEW BUILDINGS AND PROGRAMS TO THE INSTALLATION OF OUR FIRST CHANCELLOR AND OUR MANY OTHER INITIATIVES, INNOVATION ABOUNDS AT BRESCIA.

So it is not surprising that those who have chosen to call this campus home are so inspiring and innovative in their respective fields. In January we had the opportunity to welcome back 16 alumnae working in four different sectors, to take part in the first annual Career Symposium. This event, one of a number of new initiatives introduced by our Student Life Centre, enables panelists to speak to current students about their Brescia experience and about how they have applied their education to succeed within their chosen professions. As an alumna, you have the power to help inspire this next generation of Brescia leaders to follow in your footsteps of greatness.

Within the pages of this magazine you will find stories about Brescia graduates, as well as students, faculty, staff, and Brescia friends, who are making a difference and impacting their communities and the world. We take great pride in sharing these with you and celebrating the incredible accomplishments of our alumnae and community. We also hope it will inspire even more of you to get in touch with us to let us know about the exciting and innovative endeavours of which you're a part. If you haven't updated your information and let us know what you've been up to, please send us a note, give us a call, or fill out our online form. There is so much to look forward to here at Brescia and we hope you'll take part.

With the new Brescia Alumnae Association Executive in place, we hope to find new ways for all of you to be involved and connected. Let us know what kind of events and programming you want to see. We are always happy to hear from you!

## Message from the President

HEATHER HARDY ('11)

AS WE LOOK FORWARD TO SPRING AND TO ALL THE BEGINNINGS IT BRINGS, I AM AMAZED AT THE ACCOMPLISHMENTS OF OUR ALUMNAE ASSOCIATION SO FAR THIS YEAR.

Since the election of the Executive in September, we have been hard at work, forming committees to focus on key areas: Communications; Student Program Planning; Homecoming; and the Gala celebration in the new residence this September.

Our new members have been warmly welcomed into the fold by our more experienced volunteers. It's been exciting to be part of this group of bold, innovative, and dedicated Brescia alumnae and I am confident you will enjoy the events and initiatives we have in the works.

I hope that you'll consider joining us as a member of the Executive. It's hard to believe, but in just a few months we will hold our second election. I can tell you from experience that joining this team has given me an opportunity not only to give back to Brescia, but to network and meet new people, and to have input into the programming and events that I want to see as an alumna. Watch for more details about the election and think about joining us. We would be happy to have you!

## Message from the Principal

# Innovation through Exploration

DR. COLLEEN HANYCZ

IN A RECENT MEETING THAT I PARTICIPATED IN, THERE WAS SIGNIFICANT DISCUSSION AROUND THE DIFFERENCES BETWEEN "CREATIVITY" AND "INNOVATION." WHILE WE DID NOT HAVE THE BENEFIT OF A DICTIONARY ON HAND, SOME GENERAL CONSENSUS EMERGED AROUND THE NOTION THAT INNOVATION IS REALLY CREATIVITY HARNESSSED INTO "UTILITY" OR "FUNCTIONALITY."

While creativity alone is a wonderful contribution, it is when creative ideas are shaped into something useful and progressive that we achieve innovation. There are countless examples at Brescia over the past year of creativity being harnessed into innovation, each the destination of an amazing journey.

Our extraordinary new residence and dining pavillion continue to take shape and add new character to Brescia's unique campus landscape. Those who will form the Class of 2017 have started to receive offers of admission for September, and many of our

modern amenities imaginable. It will be a pleasure to bring this combination of beauty and utility – creativity and innovation – to our students' lives.

The role of higher education in ensuring a strong and stable future – through innovative ways – continues to be the focus of both our provincial and federal governments in Canada. I was recently invited to participate in a "Skills Summit" led by Federal Cabinet Ministers Tony Clement (Federal Economic Initiative for Northern Ontario) and Lisa Raitt (Labour), where we discussed the perceived mismatch



a strong, skilled labour force into the next generation. When I see the work being accomplished in Brescia's classrooms on a daily basis, I can think of no better place to learn and refine these competencies.

Certainly, a key innovative highlight of the past several months has been the creation of a Chancellor's position at Brescia, and the appointment of Dr. Joan Francolini ('55) as our inaugural Chancellor. Read ahead for more information about this groundbreaking appointment.

It is a very exciting time to be on our campus and I look forward to welcoming all of you to our redefined landscape the next time you are in the neighbourhood!

**"INNOVATION IS FOSTERED FROM INSIGHTS GAINED BY JOURNEYS INTO OTHER DISCIPLINES OR PLACES."** MARGARET J. WHEATLEY

applicants have been on campus for a tour that includes the recently completed 'mock suite' built in Ursuline Hall to showcase the new residence rooms. The response has been overwhelmingly positive as prospective students imagine themselves living in bright, new spaces with views overlooking Brescia's pastoral landscape, enjoying all of the

between skilled workers and available employment. Beyond the acknowledgement of the need for applied skills, there was an important recognition that many of the key competencies that are central to a university liberal arts education – critical thinking, analytical reasoning, problem-solving and collaboration – will prove essential to the formation of

## Miss Canada – exhibiting strength and humility in abundance

JACLYN MILES IS A VERY MODEST WOMAN, DESPITE THE FACT THAT SHE WAS RECENTLY HONOURED WITH A WOMEN OF EXCELLENCE AWARD BY THE YMCA AND HAS BEEN MISS CANADA FOR THE PAST YEAR. IN FACT, SHE WOULD NEVER HAVE CONSIDERED RUNNING FOR MISS CANADA HAD HER CLOSE FRIENDS NOT URGED HER TO DO SO AND SECRETLY NOMINATED HER (SHE THINKS)!

Even after her name was put forward to the Committee, Jaclyn needed persuading. At a younger age Jaclyn competed in a beauty pageant, feeling at that time that she was validated by the way she looked. Brescia and her feminist-based courses made her realize that, instead, she should be valued for the qualities that she will have her whole life: intelligence; integrity; and compassion. She says, “When the

Miss Canada group assured me that this was not a beauty pageant, I began to do some research. I learned that the event was more about the principles that each competitor stood for than about looks or talent.”

In Montreal, Jaclyn was in “competition” with 1,600 other young women.

Maybe it was because she didn’t see it as a competition so much as a chance to tell her story, that she was chosen as the overall winner. In the final round, 20 women were asked a question. Jaclyn’s was, “What is the most important issue facing Canada today?” Her answer was simple: abuse. She qualifies this, “The solution to abuse is, of course, not at all simple. More than

anything, I want to convey to others that we must all show empathy when we hear about cases of abuse and be careful not to judge. Abuse does happen and, when you are in an abusive situation, getting out of it is not as easy as it seems. People should not be thinking, ‘What’s wrong with her that she let herself be abused?’ Rather we should be asking, ‘What’s wrong with the perpetrator?’” Jaclyn also knows that women’s self-esteem can be greatly diminished if they have been in an abusive relationship.

**WHEN SHE SPEAKS PUBLICLY ABOUT THE ISSUE, WHICH SHE HAS DONE FREQUENTLY THIS YEAR AS MISS CANADA, SHE TRIES TO TELL YOUNG WOMEN, AND MEN, THAT WHAT MATTERS MOST ARE THE CHOICES WE MAKE AND OUR RESOLVE TO BECOME A BETTER, STRONGER PERSON.”**

Jaclyn spent two wonderful years studying at Brescia, working towards a combined honours degree in French and Family Studies but had to interrupt her studies here when her brother was in a serious accident. Since then he has recovered and is able to walk again, despite a grim prognosis. Jaclyn finished her degree in her hometown at the University of Windsor and went on to complete her education degree at Althouse. But it was Brescia, she says, that won her heart.

What is next for Miss Canada? She says, “Following a summer in Guyana working on a national action plan, I realized that I want to help women in Canada or abroad.” In the meantime, it is clear that Jaclyn will continue to help those around her feel better about the situations they are in, and about themselves.

## Student Profile

## Finding a sense of community a world away

BY ANTHEA WILLIAMS



LAUGHTER IS UNIVERSAL AND SO IT SEEMS IS SOCCER. DEEP IN THE DENSE RAINFOREST OF BRAZIL IN THE STATE OF AMAZONAS, ACROSS THE RIO NEGRO, YOU WILL FIND A SMALL VILLAGE POPULATED BY OVER A HUNDRED INDIGENOUS PEOPLE CALLED THE DÂW. AMONG OTHER UNIVERSITY STUDENTS, TASHA NICOLE LECHOWICZ – A NUTRITION AND FAMILY STUDIES STUDENT AT BRESCIA – WAS GIVEN THE OPPORTUNITY BY GLOBAL YOUTH VOLUNTEER NETWORK TO HELP AN ORPHANAGE AND THE DÂW COMMUNITY IN BRAZIL.

“First contact,” as Tasha puts it, was in the Amazonas where her team worked at an orphanage. Here they were encouraged to play with the children. Raquel (the guide) instructed the volunteer

how much the Dâw children loved to play, saying, “They are all so unbelievably full of energy. They never wanted to stop playing volleyball, soccer, and cards.” It was not all play with the Dâw

and bodies in the Rio Negro. They slept in huts with hammocks. As volunteers, it was the first time I had to dig my own “bathroom,” which was a hole in the ground.

**OUR LIVES TODAY ARE SO FAST-PACED. LIVING WITH THE DÂW HELPED ME TO APPRECIATE MY OWN LIFE AND THE VARIOUS OPPORTUNITIES I HAVE ACCESS TO. IT ALSO ILLUSTRATED THE IMPORTANCE OF THE BIGGER PICTURE AND NOT TO SWEAT THE SMALL STUFF.”**

team to organize soccer games and excursions to the beach. Raquel stated how important it was to just have fun and “love the children.”

The volunteers’ other duties involved cleaning and clearing rooms to make space for new children, in addition to help empty food trucks when they arrived.

The second point of contact was on a plot of land called Warua on which the Dâw people live. Community and family are central to the Dâw lifestyle, so it is very important for them to spend time together. Thus, they enjoyed spending time getting to know the volunteer team. Tasha observed

villagers though. Tasha also taught English to the students, who, even though they knew very little, were happy to try.

In celebration of the volunteers, the Dâw asked members from the community to present speeches and perform an Acai ceremony and dance. The leader of the Dâw, Francisco, and his wife, Dora, shared personal stories and, having spent so much time with the volunteers, moved everyone to tears with their speech. Dora explained to Tasha why the Dâw live the way they do. Tasha relates, “Our guide Diego said that living simply was the way of life for the Dâw. They washed their clothes

This experience was wonderful; it gave me the space and time to breathe and relax, to feel at peace.”





# International Innovation Hard at Work

PANIT GILL ('11) REMEMBERS THE EXACT MOMENT INSPIRATION STRUCK HER AND MOTIVATED HER TO DEVELOP, PLAN, AND FUNDRAISE FOR A PROGRAM TO HELP CHANGE THE LIVES OF WOMEN IN INDIA. DURING A KEYNOTE AT BRESCIA'S 2009 FLAIR STUDENT LEADERSHIP CONFERENCE, THE SPEAKER SHARED A STORY ABOUT A CHILD IN ANOTHER COUNTRY HAVING JUST ONE TEA BISCUIT A DAY TO EAT. "NO ONE SHOULD HAVE TO GO TO BED HUNGRY," SAYS PANIT.

"I THOUGHT IF I COULD JUST MAKE THAT CHANGE IN ONE PERSON'S LIFE IT WOULD BE WORTH IT. THE IDEA FOR MY WORKSHOPS CAME RIGHT THEN, DURING THAT SPEECH. I WANTED TO BE BOLD AND TO BE A LEADER PROMOTING CHANGE IN THE WORLD. BRESCIA TAUGHT ME THAT," SHE SAYS.

Her dream – to bring a five-week sewing workshop to women and girls in India – was realized when she and her mother, Karamjit, travelled to Chandigarh in November 2011, after planning and raising funds from friends, family, and members of their Brampton, Ontario community.

"We asked people to sponsor a girl to attend the workshop. For just \$100 a girl was able to get the workshop experience, and the sewing kit went home with her at the end," explains Panit. The funds raised also allowed them to hire local professionals and to provide all of the sewing materials to the participants free of charge.

The aim of the workshop is to provide new skills, educate women, and give them a means to support their families financially. Thanks to word-of-mouth promotion, more than 60 women from area villages applied for the inaugural workshop. Of those, 30 women between the ages of 14 and 65 were chosen based on their incomes and an interview and selection process.

"It's so amazing to see women so keen and eager to learn. Although our rule is to not take anyone younger than 16 because they should be at school, we did discover a few weeks in that one of the girls was only in Grade 7. She had lied and said she was 16 because her parents couldn't afford for her to go to school and she wanted to learn. It was heartbreaking to see a girl who wanted to learn so badly be unable to go to school because of a lack of money."

Now, Panit and Karamjit are hoping to bring the workshops to a different area of India every two years, beginning in November 2013. "I'm so grateful to my mom for supporting me every step of the way in this," says Panit. "It was my plan but I could not have done it without her. She's someone I look up to as a leader and she inspires me to work toward my goals."

## Proudly representing Brescia overseas

BY COMMUNICATIONS AND MARKETING INTERN CLAUDIA JAIMES  
**MENG YANG ('11) JOINED THE BRESCIA FAMILY IN 2006. SHE CAME TO CANADA LOOKING FOR HIGHER EDUCATION, AND WITH THE DESIRE TO LEARN ENGLISH AS A SECOND LANGUAGE.**



After completing her preliminary year through CultureWorks, an English for Academic Purposes School, Meng decided to stay at Brescia not only to explore the university lifestyle in Canada, but also to be a BOLD student in the Division of Food and Nutritional Sciences. "Studying at Brescia is one of the most exciting and rewarding experiences in my life," Meng says. She also has fond memories of faculty and staff who guided her throughout her university studies at Brescia.

Coming from overseas can be a challenging experience for many students in the world, but at Brescia Meng found the support needed to facilitate the transition to her new life as a student in Canada.

As an international student, Meng was always encouraged to express her thoughts and opinions, and build strong relationships with other students and the community. "Brescia's leadership has helped me not only in my personal life, but also professionally," she adds.

After graduating in 2011 from the Division of Food and Nutritional Sciences program, this brave young alumna continued her studies at the University of Hong Kong, where she received a Master's degree in Application of Good Manufacturing Practice (GMP) in Hong Kong-style restaurants. Today, Meng is working at Lee Kum Kee International Holdings as a food technologist, in the Research and Development Department.

The most challenging part of Meng's job is that it requires professional experience to develop a new product. But, with the knowledge in Food Science that she acquired at Brescia, Meng has been able to succeed, and add value to everything she does at Lee Kum Kee. "Brescia's leadership helped me to obtain my current job. During the group interview, I led the discussion, and I was not afraid to speak in front of people even in Cantonese, which I am not completely familiar with. I will always be proud of being a Brescia alumna," she adds.



Jim Mei and his team are  
*Living Leadership!*

BY COMMUNICATIONS AND MARKETING INTERN CLAUDIA JAIMES

**JIM MEI JOINED THE BRESCIA FAMILY IN 2000 AS THE DIRECTOR OF LIBRARY SERVICES. SINCE THEN, HE HAS BEEN WORKING ALONG WITH HIS TEAM TO STRENGTHEN LEADERSHIP IN HIS DEPARTMENT. COLLABORATION, COMMUNICATION, AND JOY ARE THE THREE KEY WORDS THAT JIM USES TO DESCRIBE THEIR BRAND OF LEADERSHIP.**

Last year the Beryl Ivey Library staff received the Living Leadership Award, much to their surprise and delight. "I must admit that when we were presented with this wonderful award at the Christmas lunch, we were overwhelmed. But I was so proud of my team and that they were recognized in this way," Jim says. The Living Leadership Award recognizes the efforts of those who foster the spirit and mission of Brescia by demonstrating creativity, innovation, and initiative – personally and professionally. For Jim and his colleagues, the

Living Leadership Award represents an appreciation of the team, for continuously putting their best foot forward to serve the needs of students, faculty, and staff. To continue improving leadership, the Beryl Ivey Library team is currently working on a small research project about the ways in which students are using the library web site, what changes it needs, and how it can be used in a more effective way. The project is co-ordinated by Caroline Whippey, a part-time Library Officer who is also a PhD candidate in the faculty of Media Information Technology Studies.

**"IT IS ALWAYS NICE TO BE VALUED, BUT TO BE VALUED IN A FORMAL WAY BY COLLEAGUES AND PEERS IS ESPECIALLY MEANINGFUL," JIM ADDS.**

As he says, the legacy of the library is students – empowered bold women who always strive to be leaders. Nothing will replace the tangible gifts that are preserved at the library because, despite technology, a good book will always have a secret treasure inside – the inspirational leadership to be BOLD.

### Library Campaign

More than five years have passed since the successful completion of the Beryl Ivey Library Capital Campaign, which resulted in a total of \$1,082,129 being raised for the Library. A day does not pass without Brescia faculty, staff, and students taking time to appreciate the generosity of our committed Library donors. In addition to offering our students a quiet place to study, this beautiful space that our donors provided is the home of our library team, the most recent recipients of Brescia's Living Leadership award. On behalf of our librarians and the Brescia community at large, thank you once again to those who made our Library a possibility.



## A Dream Come True

BY LEADERSHIP INTERN ASHLAN POTTS ('13)

**FOR NEARLY FOUR DECADES, MARTHA DUTRILLAC HAS BEEN HONOURING BOTH THE LONDON AND HURON-PERTH CATHOLIC DISTRICT SCHOOL BOARDS WITH HER POSITIVE ENERGY, PASSION FOR LEARNING, AND COMMITMENT TO PRACTISING AND TEACHING EFFECTIVE LEADERSHIP. SHE ALWAYS DREAMED OF BEING A TEACHER, AND IN RETROSPECT FEELS GRATEFUL FOR HAVING SUCH A "BLESSED AND RICH CAREER."**

Martha graduated from Brescia in 1969 before moving on to Teachers' College. She has fond memories of her time at Brescia, recalling the positive influence and guidance that her fellowship with the Ursuline Sisters provided. In particular, she admired Sister Corona for her confident individualism, energy, and strong female leadership. Martha also developed tremendous friendships at Brescia, some of which are still strong to this day. Ironically Martha's office at the Huron-Perth Catholic District School Board in Dublin, Ontario was once an Ursuline School. Martha says, "My colleagues and I often talk about the history in the building and I always thought that I had come full-circle to end up working somewhere supported by the same group of women who taught me at university."

For 20 years Martha worked in eight different schools throughout the London area before moving to the Huron-Perth Board. Her career progressed from teaching, to becoming a principal, followed by superintendent, and then director, where she has spent the last four years as Director of Education. Regarding her successful career, Martha humbly says, "It's important to recognize that many people have been integral to my journey. I wouldn't be where I am today in the context of the Catholic District School Boards without the support of my family and network of colleagues."

Martha surrounded herself with strong leaders throughout her career, which she believes has

helped her to understand leadership in her own life. She considers an effective leader to be a visionary, who is nurturing, compassionate, and confident in his/her approach to working with people. They need to understand leadership as a process and be willing to work to build the team that is required to achieve outcomes. She adds, "Leadership is no longer about one person at the top with all the knowledge. We all come together and learn from each other."

**"THE ELEMENTARY AND HIGH SCHOOL PRINCIPALS THAT I WORKED WITH OVER THE YEARS BECAME PART OF THE FABRIC OF MY OWN LEADERSHIP JOURNEY."**

If I didn't have my network of peers to support and grow my leadership, I wouldn't have achieved nearly as much success." She also mentions self awareness as a critical skill, which is developed by reflecting on and learning more about oneself. "Consider where you are now, where you want to be, and decide what you need to do to get there."

Martha recently retired on February 28th, 2013 and will enjoy travelling with her husband, Des, to Chile, Argentina, and Hawaii in the coming months.

# Get to know Virginia Bright

AS A PROUD MEMBER OF THE CLASS OF 1994 IN THE DIVISION OF FOOD AND NUTRITIONAL SCIENCES, VIRGINNIA BRIGHT, RD MBA, SHARES HER INNOVATIVE CAREER CHOICE, WHY SHE CHOSE TO GIVE BACK TO BRESCIA, AND PROVIDES SOME USEFUL ADVICE FOR FUTURE ALUMNAE.



Although I have limited clinical practice responsibility in the home now, I feel better knowing that, in my administrative role, I can ensure that residents receive high-quality food and service now and into the future. After having worked in other homes, I know that Vision will be where I retire. I feel at home there.

## What motivates you in your work?

I think what I enjoy the most is the ability to implement change and monitor the positive effects these changes can have on the residents of the nursing home. I have an opportunity to build relationships, which does not always exist in other jobs. My team has a clear focus to stay in front of industry changes and we work to continually move forward and embrace new technologies and ideas. All of these things keep my work engaging.

## Why did you decide to get involved with Brescia as an alumna?

Teachers and role models like Dr. Alicia Garcia, Chair of the Division of Food and Nutritional Sciences, always knew my name and I felt that faculty were always there for me. As a preceptor for students who are completing their

internships, I'm more of a guide because the students who come out of Brescia are very independent and the quality of their work is second to none. By the time they get to me, they have the necessary knowledge and skills; I just help apply these into their practice. If you have an opportunity to give back to Brescia, whether it be supervising an internship or simply attending an event, I would encourage you as an alumna to do so.

## What advice can you give to future alumnae hoping to enter the industry?

You have to treat everyone with respect, no matter what their position is. Every job is important, and each person on my team plays a role in the quality of care we provide. I will do laundry, or make beds with the housekeepers if we're busy. In terms of leadership, it is important to be fair and open, and not to ask anyone to do something that you wouldn't be willing to do yourself. Networking is also crucial. Find a group, whether local or part of a national network, and participate. Continue to challenge yourself. When you've accomplished something, acknowledge it and ask, "How can it be done better?"

# Impacting healthy eating for students of all ages

BY COMMUNICATIONS AND MARKETING INTERN KRISTY SMITH

**DR. PAULA (NESBITT) DWORATZEK ('89), ASSOCIATE PROFESSOR IN THE DIVISION OF FOOD AND NUTRITIONAL SCIENCES, HAS BEEN TEACHING AT BRESCIA SINCE 2007. DR. DWORATZEK IS AN ALUMNA WHO HAS MADE THE CHOICE TO LEAD NOT ONLY THROUGH HER INNOVATIVE RESEARCH, BUT ALSO THROUGH THE IMPACT THAT SHE HAS HAD ON HER STUDENTS AND THE COMMUNITY AS A WHOLE.**



Surely we can all recall a time when we grabbed a bite to eat from a restaurant or cafeteria without thinking twice about the nutritional value. Dr. Dworatzek, Dr. June Matthews ('00), and their students have worked closely with Hospitality Services at Western and Brescia to launch the Food Resources and Education for Student Health (FRESH) Program to help

students make healthy food choices. FRESH not only bolsters knowledge about what we eat, but was also designed to improve the food environment. Dr. Dworatzek explains, "Undergraduate nutrition students benefit from gaining practical experience in peer nutrition education, and graduate students help design and implement the program. On menus throughout campus, a FRESH symbol is placed beside healthy food options, changing the food environment for those eating on campus."

The food environment also plays a critical role at the elementary school level. Dr. Dworatzek's latest project, Let's Understand Nutrition and Children's Health in Elementary School (LUNCHES), received a research grant of \$120,000 over two years from the Canadian Institute of Health Research. The study was created after Dr. Dworatzek received a newsletter, from her children's elementary school, describing a change to balanced-day schooling. The grass roots policy was implemented on a school-by-school basis and includes a new schedule

re-worked from a traditional school day to include three blocks of teaching and two 40-to-50 minute blocks of nutrition and physical activity. The balanced-day also has two 20-minute eating periods versus one in the traditional school schedule.

**"AS AN ALUMNA, I WAS ALWAYS FAMILIAR WITH BRESCIA AND LONDON ITSELF, SO I WAS REALLY HAPPY TO COME BACK HERE TO TEACH."**

There are over 1,000 schools in Ontario that have implemented the balanced-school schedule, with very little scientific literature on the topic. Dr. Dworatzek and her research colleagues who include Lesley Macaskill ('93), a lecturer and former public health nutritionist; Dr. Marina Salvadori, a pediatrician and Schulich School of Medicine & Dentistry professor; and statistician Dr. Jamie Seabrooke, wanted to assess whether or not the packed lunch contents and nutritional intake is different in the balanced school day versus the traditional school day. "There is an opportunity for increased healthy eating, depending on what's in those packed lunches. Children have more time to eat, but if they are eating packaged foods instead of fruits and vegetables, it probably won't be healthier," she says. "We are not trying to say that one is better than the other, but rather assess the differences in the two schedules. Perhaps this will help parents when they are packing their children's lunches."

# A Perfect Fit

BY LARISSA STODDART

**VOLUNTEERS OFTEN ATTEMPT TO MATCH THEIR PERSONAL VALUES WITH THAT OF AN ORGANIZATION, IN HOPES OF FINDING A PERFECT FIT. LUCKILY, THE VALUES OF BRESCIA AND LIZ HEWITT COULDN'T BE BETTER ALIGNED.**

The qualities of compassion and leadership that Brescia instills in its female students are embodied by Liz Hewitt. Like students everywhere, Liz was part of the first generation in her family to attend university. While her parents did not complete high school, they made sure that Liz pursued any type of education or career she wanted, regardless of gender expectations at that time. With her parents' encouragement, Liz successfully completed her undergraduate and law degrees, worked and became a partner at several law firms, and eventually opened her own practice. Before following her heart by opening her own firm, Liz valued the opportunity to work for firms that had a significant number of female partners who "always had an equal voice at the partnership table."

While building her professional presence in London, Liz was approached by a Brescia Council of Trustee member regarding an opportunity to join the Council. Since starting her volunteer history with Brescia, Liz has found many aspects of her role to be rewarding. In particular, she has enjoyed "watching the evolution of Brescia Bold." The momentum that the campaign has built is exciting, and Liz "cannot wait to see where it will lead."

Similar to strong campaigns such as Bold, strong leaders often have people to guide them in the right direction. Liz has had her fair share of leaders to follow throughout her career, offering advice, support, and friendship both personally and professionally. When asked what advice she has to pass along to Brescia students and alumnae who want to lead boldly, Liz replies,

**"BE FEARLESS AND TAKE CHANCES. LEADERS ARE VISIONARIES, AND YOU CANNOT BE A VISIONARY IF YOU DO NOT BELIEVE IN YOURSELF AND THE THINGS YOU SET OUT TO ACHIEVE."**

Liz showed true leadership last December when she graciously announced her gift of \$75,000 to Brescia in honour of her parents, who have instilled in her the value of hard work, community service, and social justice. The Howard and Lois Hewitt Scholarship will span a 10-year period, providing one upper-year student each year with \$6,000 in recognition of the recipient's demonstrated leadership and initiative as evidenced by her involvement in co-curricular activities, volunteerism, social justice, family responsibility, or community service. The additional \$15,000 will go to The Circle Women's Centre at Brescia.

Liz's advice certainly seems to be working for her so far. Among her colleagues, the London community, fellow Brescia volunteers, and donors, Liz continues leading others to create positive change at Brescia and the community. Like Brescia's Bold students and the Bold campaign, Liz's leadership qualities have the potential to take her anywhere. Fortunately for now, her volunteer position at Brescia seems to be a perfect fit.



## New residence taking shape before our eyes

**BECAUSE A PICTURE IS BETTER THAN A THOUSAND WORDS, WE WANTED TO GIVE YOU A SNAPSHOT OF WHAT OUR NEW BRESCIA RESIDENCE IS GOING TO BE LIKE. BEGINNING IN SEPTEMBER, NEW AND RETURNING STUDENTS WILL ENJOY LIVING IN A FAMILY-LIKE ATMOSPHERE IN A SERIES OF HOUSES THAT EACH ACCOMMODATES BETWEEN 32 AND 44 STUDENTS.**

Rooms will have queen-sized beds, spacious closets, window seats, sinks in every room, and state-of-the-art bathrooms generally shared with one other student. They will also have fridges, wireless Internet, and so much more. Each house will share a kitchenette, an LCD television, private study rooms, and floor-to-ceiling windows.

To add to the excitement, we are sending a special key to all incoming students who have been offered admission to Brescia. Three of these keys will be winning keys. When prospective students come to campus, they will be invited to try their key in the door of our showroom suite. If their key opens the door, their names will be entered to win one of three prizes. Two lucky students will win \$500 off

their residence room costs for next year. And the first-place winner will have her residence room for 2013-2014 paid for! There are also great prizes for returning students.



Take a peek at our showroom suite online:

[brescia.uwo.ca/campus\\_life/residence/overview.html](http://brescia.uwo.ca/campus_life/residence/overview.html)

We also invite you to come anytime for your own tour to see with your own eyes, what is in store for new and returning Brescia students in September.



# Brescia: A Family Legacy

BY LEADERSHIP INTERN ASHLAN POTTS ('13)

FOR MOST STUDENTS, CHOOSING A UNIVERSITY CAN BE A TUMULTUOUS PROCESS. FOR THE WOMEN OF THE ABDO FAMILY, HOWEVER, BRESCIA HAS ALWAYS BEEN THE NUMBER ONE CHOICE. ALL FOUR SISTERS, MARIAM, LILA, NOHA, AND AHLAM HAVE ATTENDED BRESCIA, WITH THEIR YOUNGEST SISTER, AHLAM, GRADUATING NEXT SPRING.

PICTURED THIS PAGE: Ahlam and Noha Abdo at Homecoming 2012. PICTURED RIGHT: Abdo Family in Niagara Falls.

Noha graduated from Brescia in 2011 with a double major in Family Studies and Community Development and completed her community development placement with Brescia at Chelsey Park Retirement Community, where she is now the volunteer and marketing co-ordinator. When asked why she chose Brescia, she said, "I always knew I wanted to come to Brescia." Both her older sisters, Mariam and Lila, credited Brescia with giving them a great foundation for their future. They both graduated from Brescia with double majors in English and history. Mariam went on to complete a Masters of Humanities and Intellectual History, and become a successful entrepreneur. She explains,

**"THE FOCUS ON FEMALE LEADERSHIP THAT IS EMPHASIZED AT BRESCIA GAVE ME THE CONFIDENCE TO BUILD A SUCCESSFUL I.T. BUSINESS AND RAISE THREE HAPPY CHILDREN. BRESCIA EMPOWERED ME TO PURSUE MY GOALS INDEPENDENT OF SOCIETAL EXPECTATION, AND THIS FOUNDATION IS THE ROOT OF MY PERSONAL AND PROFESSIONAL JOY."**

Lila, the second oldest Abdo girl, has gone on to start a family and also owns a successful business. She too praises Brescia's emphasis on female leadership, saying, "I feel very fortunate to be part of the Brescia community. I have many fond memories that will last a lifetime. Brescia taught me the meaning of female empowerment and I have cherished that. I have two beautiful children who are benefitting from what I learned there."

According to Noha, one of Brescia's strengths is helping students balance academic excellence and social involvement. With smaller classes, she felt more comfortable and engaged in her learning. She had the opportunity to develop a strong rapport with her professors and felt invested in her learning experience. When it came to the social aspect of university life, Noha was active in

the Brescia University College Students' Council (BUCSC) and being a Soph, dedicating herself to welcoming first-year students, and offering them guidance and support. Noha's involvement with Brescia didn't stop after graduation. Because Brescia gave her so much, she wanted to devote her skills and time to the community, which she does through the Alumnae Association Executive with Brescia, and numerous volunteer organizations in London.



The youngest Abdo sister – Ahlam – has not fallen far from the family tradition of showing Brescia pride. She is currently in third year of a double honours major in community development and family studies. She is actively involved in the Brescia community as a two-time Soph, holds various positions with the BUCSC, and acts as a volunteer for various campus clubs and charities. As she explains, "Brescia has influenced me to become a stronger leader and woman, in both the university and London community."

The Abdo sisters are not the only strong female role models in the family. Their mother and grandmother are committed, passionate women who always motivate, inspire, and encourage others. As Noha describes, "The women in my family really set high standards for our generation."

As the sisters reflected on their time at Brescia, they offered graduating students and their younger sister, Ahlam, these words of advice: "Remember to be confident in yourself. Know your potential, and believe in yourself. You are your own biggest critic, and no one will see your potential if you don't see it in yourself. Know that Brescia has given you your education and that you have the skills you need to move forward."

## *An interest in all things "Brescia"*

SISTER JANE FRANCES HAS BEEN A VERY FAMILIAR PRESENCE AROUND BRESCIA UNIVERSITY COLLEGE. DURING HER 70 YEARS AS A MEMBER OF THE URSULINE COMMUNITY, SISTER JANE RESPONDED GENEROUSLY TO THE MANY CALLS FOR SERVICE. SHE LIVED AT "THE PINES" IN CHATHAM, GLENGARDA IN WINDSOR, ST. IGNACE AND STEPHENSON, MICHIGAN, WALLACEBURG, ONTARIO, AND ROCKYFORD, ALBERTA. IN SEPTEMBER 1990, SISTER JANE MADE BRESCIA HER HOME.

During the years prior to her arrival at Brescia, Sister Jane was the assistant to the Superior of "The Pines" and was involved in the many demands of running a large community of Sisters and girls in the boarding school. She was a great visitor to the local hospitals, taught religious education classes, did pastoral visiting for those who needed companionship, took care of children with special needs and was known for her kindness to everyone.

When Sister Jane arrived at Brescia she recalled that there were 23 Sisters there at that time and it was a busy community. Before long, Sister Jane found herself visiting and bringing communion to the sick at St. Joseph's Hospital. There were many meetings involved in this work and that was not her favourite part, she says with a smile!

Sister Jane was the community infirmarian for several years and is remembered for her compassion and thoughtfulness. She was also responsible for booking the Chapel and Rose Room for meetings, gatherings, and celebrations.

Sister Jane took an interest in all things "Brescia." She was a great support to the staff, students, and faculty. In her own quiet way she made friends, showed compassion, and offered prayers for the many people who crossed her path. She found great joy in preparing the chapel for all the special feasts and events that took place at Brescia. The Brescia chaplains could always depend on Sister Jane's generous and constant attention to their needs.

Sister Jane provided a great service to Brescia in her own right. She also worked with two other Ursuline Sisters: Sister Marina Stock, who served as Brescia's registrar and Sister Audrey Stock, who was the community nurse. Sister Jane moved to Villa Angela on December 28, 2010 and is always happy to see her Brescia friends.



## *The Gift of Time: The past and present collide in a happy reunion*

BY LAURA M. BART ('80)

Time is a funny thing. It seems unlimited when we are young; it moves too quickly as we age; and every so often it simply stands still.

Convocation Day for Brescia in 1980 was an unusually warm spring day. After the ceremony, it was so important to me that I posed for a picture with my favourite professor, Mrs. Janice (Shivers) Burgess. My experiences at Brescia with this calm, confident, and encouraging professor made me the person I am today. She taught me that hard work at a challenging task could bring success, and this lesson became a way of life for me.

On January 31, 2012 I retired from teaching Family Studies after 31 wonderful years. Just as in 1980, the spring of 2012 was a warm one. One quiet weekday I travelled to Toronto to enjoy the Spring Needle Workers Festival with a friend. As we roamed through the aisles, I stopped in my tracks – time stood still. There, as if it was the spring of 1980, was my Mrs. Shivers, looking as elegant and poised as always. I cautiously asked, "Mrs. Shivers? It's me – Laura Bart." Then I started to cry. My favourite professor from Brescia was standing in front of me after all these years.

**I TOLD MRS. SHIVERS WHAT A LIFELONG INFLUENCE SHE HELD FOR ME AS WELL AS FOR MY STUDENTS, AS I HAD TRIED TO EMPLOY HER TEACHING STYLE IN MY CLASSROOM.**

I shared with her the features of an interesting piece of ultra suede and faux fur and the dilemma I faced in designing a coat pattern to use with this amazing fabric. Always the consummate teacher, she showed me the features of her own cape and how she had employed the very technique I was anguishing about! After exchanging e-mail addresses and taking pictures, Mrs. Shivers went on her way.

I was in awe of Mrs. Shivers that day in Toronto just as I was in 1980 and as I remain today. The influence of Mrs. Shivers is the reason that I am happy and honoured to be a member of the Josephine Gaulker Society.

*Would you like to learn more about planned giving? Contact Trish Gergich, Advancement Officer, at 519-432-8353 ext. 28009 or [trish.gergich@uwo.ca](mailto:trish.gergich@uwo.ca)*

## Nominate an alumna

Do you know a Brescia alumna who deserves to be recognized for her achievements? Nominate her for the Carmelle Murphy Alumnae Award of Distinction or the Sister Mary Lou McKenzie Young Alumnae Award of Merit. All nominations must be received by August 1, 2013. Contact [clamb43@uwo.ca](mailto:clamb43@uwo.ca) or 519-432-8353 ext. 28446 for more information or visit [brescia.uwo.ca/alumnae/our\\_alumnae/nominate\\_an\\_alumna/index.html](http://brescia.uwo.ca/alumnae/our_alumnae/nominate_an_alumna/index.html)

## Blessing & Opening Ceremony

Join us on Friday, September 6th, at 12:00 p.m. when we officially bless and open the new Residence Building and Dining Pavillion.

Look for your invitation coming soon!

## First Chancellor Appointed at Brescia

**DR. COLLEEN HANYCZ**

**IT IS WITH GREAT HONOUR THAT WE ANNOUNCE THE APPOINTMENT OF DR. JOAN FRANCOLINI ('55) AS OUR INAUGURAL CHANCELLOR AT BRESCIA.**

By creating this honorary position, we have been able to provide yet another example of strong female leadership for our students and the broader community. Following her installation at our June 16th Baccalaureate and Magisterial Ceremony, Joan will preside over future Baccalaureate and Magisterial exercises and will sit as an honorary member on the Brescia Council of Trustees.

I have seen Brescia's work supported in countless ways by Joan over the years, most recently as Chair of the Brescia Foundation Board of Directors. She is a recipient of the Carmelle Murphy Alumnae Award of Distinction in recognition of her dedicated service to Brescia and an honorary degree from Western University, noting her sustained service to both the university and to the broader community.



## Take the Lead

### Looking Back and Ahead!

ON NOVEMBER 10<sup>TH</sup>, 2012 BRESCIA HOSTED ITS 5TH ANNUAL TAKE THE LEAD PUBLIC SPEAKING CONTEST, AN EXCITING OCCASION WHERE 38 BRAVE HIGH SCHOOL STUDENTS SPOKE ABOUT WOMEN WHO INSPIRE LEADERSHIP.

Last year's winner – Janice Lam, a Grade 12 student at Waterloo Collegiate Institute, said, "What motivated me to participate in Take the Lead was the opportunity to learn more about Brescia. Take the Lead is more than just a competition; it's a once-in-a-lifetime experience." The young women who participated not only had the opportunity to meet other students, but also met many Brescia alumnae who were on hand to judge. We look forward to meeting another group of brave and innovative young women again next year. *Stay tuned for more details!*



## Nutrition Workshop Top 10 Nutrition Habits for Life

*Presented in partnership with Jill's Table*

**SPEAKERS:** Jennifer Broxterman, RD ('09, '12) and Jill Wilcox

**DATE:** Wednesday, May 15 from 6:30 to 9:30 p.m.

**COST:** Class fee: \$80

**ONLINE REGISTRATION NOW AVAILABLE at [www.jillstable.ca](http://www.jillstable.ca)**



## Homecoming 2013

Plan to come home to Brescia to celebrate your reunion this September 28<sup>th</sup> & 29<sup>th</sup>. No matter what year you graduated, come back to campus this fall. Everyone is invited! The weekend's festivities will include:

**SATURDAY**  
Brescia VIP Tent access at the Homecoming Football Game beginning at 1:00 p.m. at TD Waterhouse Stadium

**Inspiring Past. Bold Future.**  
**Homecoming 2013 Gala: Brescia University College Dining Pavillion**  
6:00 - 7:00 p.m. – Cocktail reception  
7:00 p.m. – 1:00 a.m. – Dinner, followed by dancing & entertainment

**SUNDAY**  
Annual Homecoming Luncheon & AGM

**FOR MORE DETAILS AND TO REGISTER,** please visit [brescia.uwo.ca/alumnae/homecoming/index.html](http://brescia.uwo.ca/alumnae/homecoming/index.html)



# Felicity's home

FELICITY CAME TO BRESCIA FROM HAMILTON, ONTARIO IN 2010, UNAWARE THAT SHE WOULD BE PARTICIPATING IN A HISTORIC CAMPUS EVENT IN HER FOURTH AND FINAL YEAR AT UNIVERSITY. BRESCIA HASN'T BUILT A STAND-ALONE BUILDING ON CAMPUS SINCE THE MOTHER ST. JAMES MEMORIAL ARTS BUILDING WAS CONSTRUCTED IN 1963.

There have been many additions and renovations since then. Some will remember the Marie Rosier Wing addition in 1970, the Merici Wing addition in 1976, and of course the most recent renovation to create the Beryl Ivey Library in 2007. But current construction on the new residence and dining pavillion is indeed momentous.

**WHAT DOES THIS NEW BUILDING MEAN FOR BRESCIA AND FELICITY? A NEW BUILDING MEANS NEW MEMORIES AND NEW EXPERIENCES.**

Felicity describes her favourite residence memory so far as "Spending time with my floor-mates in the

evenings in our lounge, which we call 'the vortex'. Nearly all the girls on my floor spend a couple of hours in the lounge talking about our days, helping each other with homework, and sharing snacks, always with one of The Learning Channel shows playing in the background. It feels like coming home to family."

Felicity will graduate with a degree from the Division of Food and Nutritional Sciences, as a member of the Class of 2014 next June. She is hoping to pursue a career in community nutrition and says, "I would like to complete a Master's in a public health program focusing on nutrition and disease prevention, and perhaps become certified as a Public Health Nutritionist."



## If these walls could talk...

Did you live in residence when you attended Brescia? In the past 88 years, thousands of students have lived in Ursuline Hall. If only the walls could talk. Or, maybe it's better that they can't! As we prepare for the transition of our residence to a new building this fall, we are asking our graduates to bring those walls to life. What was your favourite residence memory? Share your memory or a photo or both in one of two ways: Upload a photo or post a message on our official Facebook page or fill out the attached reply card and mail it back to us. We will share it for you on Facebook and on our web site!

*If you have questions, please contact the Brescia University College Foundation Team at [brescia.foundation@uwo.ca](mailto:brescia.foundation@uwo.ca), 519.858.5005, or 1.877.635.8534.*



*As Felicity looks forward to moving and to making new memories in her new home in residence, she hopes you will be a part of it by making a donation to help furnish her room.*



Closet  
\$250

Desk  
\$100

Lamp  
\$25

Fridge  
\$75

Chair  
\$50

Bed  
\$500

Furnish an entire suite for \$1,500 and we will name it after you!

## How can you be part of this historic Brescia event?

Make a donation using the reply card in the magazine or online at [www.buildfelicitysroom.ca](http://www.buildfelicitysroom.ca)

Join us on September 6, 2013 for our residence grand opening

Buy a ticket for the Homecoming Gala event to take place on September 28, 2013

## What was the rage in 1963?

The Beatles released "I Want to Hold Your Hand", AT&T introduced touch-tone phones, and popular television shows included "The Flintstones" and "The Andy Griffith Show."

## What is the rage in 2013?

For Felicity, it is the "Harlem Shake" videos on Youtube, taking photos on Instagram, and the "Keep Calm and Carry On" posters with different sayings like "Keep Calm and Eat a Cupcake."



**KEEP CALM AND EAT A CUPCAKE**

# { MILESTONES | MARRIAGES | BIRTHS & DEATHS

## MILESTONES

Sincere thanks go out from those who attended the Class of '57 Homecoming dinner to **NORA (HANLEY) NEWTON ('57)** for graciously providing the wine.

**FRANCES (DALTON) MARSMAN ('60)** recently retired from a fulfilling career in teaching.

**MARY GOODWIN ('63)** remembers fondly her first encounter with women from China, Africa, and South America during her years at Brescia.



Congratulations to **MARTHA (GLYNN) DUTRIZAC ('69)** who recently retired as Director of the Huron-Perth District Catholic School Board on February 28, 2013.

**HELEN (FUNG-KEE FUNG) CHARLES ('71)** has been widowed for 16 years and has three children, all of whom have graduated from university. Helen currently teaches in the Toronto District Catholic School Board.

Congratulations to **LARA BART ('80)** who retired on January 31, 2012 after teaching family studies for 31 years.

Congratulations to **DR. LAURIE CLUNE ('82)** who recently accepted the position of Associate Dean of Graduate Programs and Research at the University of Regina Faculty of Nursing.

**JUDITH (HUNTINGFORD) MORRIS ('85)** recently went back to school and is attending the University of Windsor in the Bachelor of Education program.

**MICHELLE (DAVISON) GATT ('93)** writes to say she has been happily married to her husband Anthony for 12 years. They have two beautiful children, Nathan and Emma.

## '12

**ALESSANDRA DIMATTIA** recently enjoyed a wonderful trip to various countries in Europe. Alessandra was a tour guide while studying at Brescia.

Congratulations to **MEGAN OMSTEAD ('07)** who was the 2012 recipient of The Association of Family Health Teams of Ontario, Bright Lights Awards 2012 for best practices in health promotion and chronic care.

Congratulations to **ELIZABETH SARMA ('10)**, whose manuscript has been selected for publication in *Health Psychology Review*.

**ROCHELLE ETHIER ('11)** acquired a supervisory position in February 2013 at a local hospital.

Congratulations to **LISA KOVAC ('12)**, who won a major scholarship from The Alliance for the Equity of Blind Canadians and T-Base Communications. Only one student in Canada is given this award each year. Lisa is currently completing her diploma in writing at Western and continues to live in residence at Brescia.

## STAFF

Congratulations to **CHRISTINA LORD**, International Student Co-ordinator at Brescia, who was recently awarded the Queen Elizabeth II Diamond Jubilee medal.

Brescia welcomed **STEPHANIE TURNBULL**, as Admissions and Records Information Officer to the Registrar's Office on March 4, 2013.

## MARRIAGES



## '92

Congratulations to **LISA (KUIPER) HAAGSMA** and her husband on the celebration of their marriage in June, 2012.

**STEPHANIE (ZONNEVILLE) DUNLOP ('02)** married her husband, Derek, in July 2010. A year later, they welcomed their son, Cole, on July 21, 2011.

## IN MEMORIAM

Brescia is sorry to hear of the passing of **CATHERINE (SLIVINSKI) WILLIS ('41)**, who died peacefully on October 2, 2010.

Condolences to the family of **JENNIE (DENYS) QUENNEVILLE ('53)**, who passed away on November 28, 2012.

We were sorry to hear of the passing of **VIRGINIA (CHAMBERS) MRACEK ('55)** in January 2013. Virginia was a master pianist and a humanities professor in San Diego, California.

Condolences to the family of **BETTY (GRUNDY) ROTHWELL ('57)**, who passed away on July 27, 2012.

Brescia was sorry to hear of the passing of **DENISE (BEAUDOIN) PEARCE ('61)** in November 2011.

Our condolences to the family of **BONNIE LOUISE BYTHELL ('64)**, who passed away on September 25, 2012.

Sincere condolences to the family of **JANINE (MCCULLOUGH) MURRAY ('88)**, who passed away suddenly on November 18, 2012.

Condolences to **LATIFEH AHMADI**, Brescia faculty member, on the recent passing of her father.

## BIRTHS

**BARBARA (MONALDI) D'ORAZIO ('71)** welcomed a new granddaughter, Nylah, in June 2011.

Congratulations to **MARGARET (KNIGHT) MUNOZ ('74)** and family who recently welcomed their second grandchild.

**ALISON VILACA**, Alumnae Relations Officer at Brescia, and her husband Kevin welcomed another addition to their family. Kallen John Vilaca was born on February 23, 2013 at 10:43 a.m. Kallen weighed 9lbs6oz and was 20 inches long. Alison and Kevin also have a two-year-old son, Graydon.



## '11

Alumnae Executive Association President, **HEATHER (SMITH) HARDY**, and her husband welcomed Jackson Phillip Hardy on February 15, 2013 at 7:43 p.m. Jackson weighed 7lbs13oz and was 19 inches long.

## CURRENT STUDENTS

Congratulations to **LAURA BRIDEN, MScFN CANDIDATE ('13)** who successfully defended her thesis in November 2012, supervised by Dr. Alicia Garcia, Chair of the Division of Food and Nutritional Sciences.

Congratulations to **VALERIE OUELLETTE**, who was named Western Mustangs and Goodlife Fitness Athlete of the Week in February. Valerie is in her second year of studies at Brescia and helped the women's wrestling team to a third-place finish at the Western Open on February 2nd, winning Gold in her category.



## We need your news!

Help us fill the Milestones section and let your fellow alumnae know what you've been doing! Send your updates and announcements to [brescia.alumnae@uwo.ca](mailto:brescia.alumnae@uwo.ca) or fill out the online form at [brescia.uwo.ca/alumnae/update\\_your\\_info/index.html](http://brescia.uwo.ca/alumnae/update_your_info/index.html)

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