

THE MAGAZINE BRESCIA ALUMNAE CHOOSE TO READ

# BOLD

SUMMER 2016



## BOLD LEADER

MEET DR. SUSAN MUMM,  
BRESCIA'S 12<sup>TH</sup> PRINCIPAL

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### CAN DO!

INTRODUCING THE  
BRESCIA COMPETENCIES

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### AN EQUAL VOICE

MARGARET NELLIGAN, '81

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

# Come home to Brescia.

Join in the celebrations October 1 & 2



## Saturday, October 1

- 11:00 a.m. – 12:30 p.m. .... Open House
- 11:00 a.m. – 3:00 p.m. .... Campus Tours
- 12:30 p.m. .... Faculty Lecture
- 1:00 p.m. .... Mustangs Football

## Sunday, October 2

- 10:00 a.m. – 3:00 p.m. .... Campus Tours
- 10:00 a.m. .... Sunday Mass
- 11:00 a.m. .... Meet our new Principal, Dr. Susan Mumm
- 12:00 p.m. .... Reunion Luncheon

### REGISTER ONLINE TODAY!

For more information visit  
<http://brescia.uwo.ca/alumnae/events-chapters/homecoming/>  
or contact Alison Vilaca at 519-432-8353 ext. 28446  
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**NEW!**  
All of the events  
except for the football game  
are **FREE** of charge  
this year

## A Message from Larry MacKinnon, Chair, Brescia Board of Trustees

This month, I have the privilege of welcoming you to the pages of BOLD Magazine as Brescia welcomed its 12<sup>th</sup> Principal, Dr. Susan Mumm. Dr. Mumm comes to Brescia from Queen's University, where she has been serving as Dean of Arts and Science. Prior to Queens, Dr. Mumm was on faculty at York University, The Open University in England, Mount Saint Vincent University, and Massey University, New Zealand. A scholar of Victorian British history, she has a special interest in the social, economic and religious constraints faced by women in the 19<sup>th</sup> century.

Dr. Mumm's research interests and commitment to social justice are well aligned with Brescia's values. Her proven leadership abilities and breadth of academic experience bring new ideas and energy to the University. I know she will honour Brescia's long-standing traditions while challenging us to continue to push forward as leaders in women's education. Under her leadership, we will enter our second century with confidence and clarity of vision. Welcome, Dr. Mumm!

We have been extremely fortunate to have Dr. Donna Rogers as our Interim Principal since the departure of Dr. Hanycz last year. Stepping into such a role isn't easy, but Donna has risen to the challenge with her customary grace and good humour. Thanks to her leadership, we have completed our 2017-2022 Strategic Plan, launched The Hive student services hub, held the first-ever BresciaLEAD event and much more. On behalf of the Board of Trustees, alumnae, faculty and staff, I thank her for her many contributions.

In this edition of BOLD, you'll have an opportunity to meet Dr. Mumm. You'll also learn more about the innovative Brescia Competencies, meet additional powerful leaders in the Brescia community and catch up on all the University news.



PICTURED ABOVE  
Interim Principal Dr. Donna Rogers  
and Brescia Board of Trustees  
Chair Larry MacKinnon.

# BOLD

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### Brescia University College BOLD Summer 2016

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The alumnae magazine is published twice annually. Please submit your Milestones for the Winter 2016 edition by October 7<sup>th</sup>, 2016 to [brescia.alumnae@uwo.ca](mailto:brescia.alumnae@uwo.ca). We reserve the right to edit some submissions for length.

### Brescia University College Alumnae Association Board 2015-2016

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### BRESCIA NEWS

# VIEW FROM THE HILL



## Dr. Hanycz & Liz Hewitt Honoured at 94<sup>th</sup> Baccalaureate

Former Principal Dr. Colleen Hanycz was granted the honour of Principal Emerita at Brescia's 94<sup>th</sup> Baccalaureate ceremony, held at St. Peter's Basilica on Sunday, June 19.

"It is difficult to put into words what this honour means to me," says Dr. Hanycz. "Having made the 'choice to lead' at Brescia for seven years, and seeing so many young women during that time study, graduate and go on to become true leaders in their own communities, Brescia will always hold a very special place in my heart. To be here today with my family, helping to celebrate another class of promising young women, and officially being bestowed with the honour of Principal Emerita is one of the most humbling moments in my career. I am so grateful to have been a part of a community that has dedicated itself to empowering and changing the lives of so many young women and, through them, the world."

Past Chair of the Brescia Board of Trustees Liz Hewitt was also recognized by being given the status of an honorary alumna and says, "During my eight years as a member of the Board of Trustees at Brescia, serving as Chair and as Past Chair, I have had the opportunity to witness hundreds of young women grow into compassionate and caring, yet strong and bold leaders, who have gone on to do magnificent things. I am truly blessed to be recognized today as an honorary alumna and to have the privilege of wearing the Brescia alumnae ring alongside the Class of 2016. I look forward to seeing where Brescia will go in the future as it continues to empower young women through education."



Members of the Class of 2016 prepare to receive their alumnae ring in the Brescia chapel at Convocation



Faculty, staff and family members prepare to watch the Class of 2016 process down the hill to the Convocation ceremony on June 20.



Chancellor Eileen Gillese addresses the Class of 2016 at Baccalaureate.



NEWS

## The Best Kind of Career Advice

This year's Career Symposium, held on January 28, saw 26 Brescia alumnae return to the University to share their career adventures and advice. The keynote speaker was Carmelita Tang, '07, Manager of Business Development for the Ivey Business School. Alumnae panels illustrated the wide range of career options available to Brescia graduates. They included Candice Blake, a Product Development Specialist with Nestle Ice Cream, Elizabeth Leasa, a social worker at St. Mary's General Hospital in Kitchener, Kiran Bains, owner of Edo Vivo, a corporate wellness business, and Morgan Flanagan, a Digital Engagement Specialist with 3M Canada.



**PICTURED ABOVE** Top Row (L-R): Dr. Lara Descartes, Dr. Len Piché, Dr. Ed Bell, Dr. Leslie Janes, Dr. Carmen McCarron Bottom Row (L-R): Dr. Sharareh Hekmat, Dr. Alicia Garcia

## Faculty Authors Celebrated

A reception for faculty members who had published books or articles in the past year was held on April 7. Sixteen faculty members were honoured. Their scholarly works covered topics as diverse as perceptions about sugar-sweetened beverages and using social media for nutrition to the use of humour in social situations and dealing with disability in the workplace. Dr. Herb Gruning of Religious Studies published the book *Who Do We Think We Are?*, an accessible exploration of what it means to be human from biblical, theological, philosophical and scientific angles.

## Strat Plan Finalized

After broad consultation across the Brescia community and months of thoughtful consideration, the Strategic Plan 2017-2022 has been finalized and approved by the Board of Trustees.

The Plan is designed to “develop women leaders who live the Brescia values, demonstrate the Brescia Competencies, and who contribute actively and positively to society.” The strategic focus to achieve this goal has been defined as “creating an actively engaged student experience.”

“Engaged students come to class open to learning from one another and being part of a collective learning process,” explains Dr. Danielle Battram of the School of Food & Nutritional Sciences, and a member of the team that developed the plan. “They are able to think critically about what they’re learning and what it will mean to them. They get out into the community to share their knowledge and contribute to society. Engaged learning isn’t about students memorizing material: it’s about students becoming thinkers.”

Among the initiatives outlined in the plan:

- Implementing the Brescia Competencies (see page 10 for more)
- Implementing a comprehensive mental health and wellness plan
- Doubling the number of internships and placements
- Tripling the number of exchanges and study-abroad opportunities
- Implementing a comprehensive plan to guide recruitment, retention and student success
- Increasing the number of international students and ensuring that they have the supports and services they need



**PICTURED ABOVE** Abigail Reid being presented the Take the Lead trophy by Dr. Donna Rogers

## Taking the Lead

In April more than 35 young women from Canada, the U.S. and the Caribbean gathered at Brescia to compete for a one-year full academic scholarship and room in residence in the eighth annual Take the Lead public speaking contest. Contestants were challenged to speak about “women who empower others through leadership.” Dozens of young women submitted five-minute videos of their speeches and were then invited to deliver their speeches in person at Brescia for the final round. Abigail Reid, a student at East Elgin Secondary School in Aylmer, Ontario, emerged victorious. Her speech was about Nellie McClung, the Canadian feminist, politician, author and social activist who famously said, “Never explain, never retract, never apologize – just get the thing done and let them howl!”

## Student Research Showcased

The first annual Brescia Student Research Showcase, coordinated by Dr. Dominick Grace, was held on March 30. Seven senior students made presentations on research work they had done for courses across several disciplines. The topics ranged from John Donne’s depiction of lovers and the reasons people engage in recreational gymnastics, to nutrition attitudes of adolescents and reasons for smoking. The event was well attended, with faculty, staff, and other students coming out to show their support for and interest in the research. “We eagerly anticipate next year’s event,” says Dr. Grace, “when we hope even more of our exceptional students will present their findings.”

**PICTURED BELOW** Dr. Donna Rogers with Dr. Stephanie Atkinson '68



NEWS



**PICTURED ABOVE** Nazanin Afshin-Jam MacKay

## Brescia Honorary Degree Recipients Celebrated

Brescia alumna Dr. Stephanie Atkinson, '68 received an honorary Doctor of Science at Convocation on June 16. Dr. Atkinson is a distinguished researcher in perinatal and pediatric nutrition and metabolism and educator in the health sciences, and a professor of Pediatrics and Biochemistry & Biomedical Sciences at McMaster University.

Also honoured at Convocation on June 20 was Nazanin Afshin-Jam MacKay. Ms. Afshin-Jam MacKay fled the Islamic Revolution to become an international human rights activist, singer/songwriter and author. She is co-founder of Stop Child Executions, which is a non-profit organization that aims to put an end to executions of minors in Iran. She is an advocate for the empowerment of women and children from all over the world. ■

BRESCHIA'S 12<sup>TH</sup> PRINCIPAL

# A CONVERSATION WITH DR. SUSAN MUMM

July marked a new era for Brescia University College, as Dr. Susan Mumm arrived to take her place as Principal

Dr. Mumm's scholarly work is focused on nineteenth century British social history. A Fellow of the Royal Historical Society, she has published three books and is completing a fourth. Her academic career has taken her to The Open University in England, York University, Mount Saint Vincent University in Canada, and Massey University in New Zealand. Most recently she was Dean of Arts and Science at Queen's University.

## WHAT WERE THE IMPORTANT EARLY INFLUENCES ON YOUR LIFE?

I grew up on a sheep farm in northern Saskatchewan, the fourth of five children. I had a lot of freedom and lots of opportunity to try things and use my imagination. My parents were also an important influence. They both had to leave school at 14 and they taught us that education was the most important thing we could pursue.

## WHY NINETEENTH CENTURY BRITISH HISTORY?

My mother used to tell us stories of getting strapped at school for surreptitiously reading Charles Dickens during math class! We had lots of 19<sup>th</sup> century classic British literature in the house. I started reading these books very young and I fell in love with a world that was both familiar and very different. As I got older, I was attracted by the optimism and self-confidence of the era. And of course, the element of costume drama was irresistible.

## WHAT MAKES YOU PROUDEST AS A SCHOLAR?

One moment stands out. I wrote a piece on people trafficking in the 19<sup>th</sup> century for the *Independent* in England. A gentleman wrote to me and said the article had persuaded him to donate his estate to anti-slavery work. That simple account in a newspaper may have bought hundreds of children out of slavery. How many historians can say that?

## WHY UNIVERSITY ADMINISTRATION?

I didn't intend to do it. Years ago, I attended a departmental meeting. The Head turned to me and said, 'We've voted and you're the new Head!' But I found that I liked it. I absolutely believe in the value of universities and the transformative, life-changing work we do. And I've seen the difference a good leader can make in academia.

## WHY BRESCHIA?

I found Brescia's emphasis on forming women as leaders very appealing. Many universities have walked away from any interest in the formation of character, but it's important. Smaller universities like Brescia can legitimately and unselfconsciously say: 'We're here to educate the whole person.'

## WHAT IS A GOOD LEADER?

A good leader is someone who can help others to become equally committed to the cause – to see their commonalities and realize the power they have together. It's as much about the ability to unlock potential as it is about the ability to strategize.

## WHAT ARE THE CHALLENGES YOU SEE AHEAD?

The primary challenge is finding new, creative and smart ways to reaffirm our value and place in the higher education landscape. It's a job that's never fully complete and each leader approaches it somewhat differently.

## WHAT ARE YOUR PLANS FOR THE FIRST 100 DAYS?

I plan to listen, analyze and learn. As I learn I will be able to listen better, and analyze more deeply. And eventually I will begin to test ideas, discard the ones that don't work and implement the ones that do. It's a feedback loop that will probably continue throughout my tenure.

## WHERE DO BRESCHIA ALUMNAE FIT IN YOUR PLANS?

A university makes its alumnae while they are studying, and then our alumnae make us in the wider world. We have to put our arms around our alumnae and show them how much we need them. Given the wholehearted commitment we invest in them as students, alumnae should have us on their list of the top 20 things they care about in the world.

## BEYOND YOUR SCHOLARSHIP AND ADMINISTRATIVE WORK, WHAT ARE YOU PASSIONATE ABOUT?

I'm a very keen and semi-successful gardener. There's something so satisfying about varying elements in the environment to see what helps. It's a lot like being an academic administrator. I also have five cats. You can't really herd cats, but you can get them used to the sound of the can opener.

## WHO WOULD YOU INVITE TO YOUR DREAM DINNER PARTY?

I'd like to invite my four grandparents. I never met them, and I'd like to know what motivated them to leave Europe for the new world.

## FAVOURITE BOOK?

*Middlemarch* by George Eliot. The whole book is full of profound insights into the tiny everyday choices that make us more or less human. But I don't like the ending – I think Dorothea marries a jerk!

## FAVOURITE MOVIE?

I have two. My serious movie pick is *Groundhog Day*. Most people don't think of it as serious but it's a film about redemption. The main character learns to stop trying to find love in all the easy ways, to fight his demons and to begin to love others, and that releases him from his time prison. My comic favourite is Kenneth Branagh's *Love's Labours Lost*. He set the play in 1939 and made it a musical. It's joyous and delightful, but the shadow of World War II is there. ■

## OUTCOMES-BASED EDUCATION

## Can Do!

Shaping Lives of Purpose through the Brescia Competencies

“It’s better for our students. It’s better when they’re here, and it’s better when they move on to graduate school, professional program, or employment.”

That’s what Dr. John Mitchell says when asked why Brescia is moving toward an “outcomes-based” model of education. The seven Brescia Competencies are a major first step toward introducing this innovative approach.

What is outcomes-based education? Well, think about what you learned at Brescia. You probably immediately think about the subject matter you were studying with its knowledge, concepts, and theories. Over time you’ve probably come to also appreciate the other things you learned – skills in problem-solving, communication, critical thinking and analysis, the ability to work with others, a commitment to building a better world, the value system that drives your decision-making,

and more. Chances are, these are the skills that have helped you succeed no matter where you ended up.

Outcomes-based education makes that kind of learning more explicit and intentional, says Mitchell. “Instead of assuming that students know what they’re learning when we ask them to, say, make an oral presentation in class, we’re going to tell students that in addition to learning the course content, they’re developing their communication, critical thinking and social skills.”

The Competencies are deeply rooted in the Brescia mission statement, especially the phrase, *We prepare our graduates to lead with wisdom, justice and compassion in a changing world.* Says Mitchell: “We asked ourselves,

‘If we are really doing that, what tools and skills do our students need to become the kind of leaders we envision?’”

The concept of outcomes-based education was spearheaded by former Principal Colleen Hanycz, and was included in the Shaping Lives of Purpose document approved by the Board of Trustees in early 2015. A team of faculty, staff and students led by Heather Campbell, Associate Director of the ALT Centre, worked through the details and the resulting draft was finalized at a daylong faculty workshop in the spring of 2015. The University’s new Strategic Plan, approved in early 2016, embeds the Brescia Competencies as one of its major goals.

The Brescia Competencies are:

- Communication
- Critical thinking
- Inquiry and analysis
- Problem solving
- Self-awareness and development
- Social awareness and engagement
- Valuing

“The Competencies really differentiate us,” says Rhea Johnson, Associate Registrar Recruitment & Admissions. “They are closely aligned with our history, our vision and mission, and our commitment to leadership.” Mitchell agrees, adding, “The Competencies capture the affective and spiritual domains, in addition to the intellectual one, reflecting our focus on developing the whole person.”

The next step in the process was the development of detailed descriptions of each Competency, with four developmental levels for each. The Competencies will be mapped to courses and programs so that students can identify how what they are doing in their classes helps them acquire the different levels of each Competency. Activities outside Brescia classrooms –extra-curricular activities,

volunteer work, exchange programs and library programs – will also be included in mapping the Competencies.

Mitchell doesn’t expect dramatic change in curricula. “To a large extent these are things we’re already doing,” he says. “In terms of what we’re asking individual faculty members to do in their classes, it’s not going to be a big shift.” He doesn’t anticipate additional tests or assignments, and extra-curricular activities will continue to be entirely voluntary. Johnson notes the Competencies apply to all Brescia students, regardless of differences in their extra-curricular activities or academic programs. “The Competencies connect to everything a student does, both inside and outside of the classroom; the Competencies are woven into every aspect of her Brescia experience.”

The Competencies will be introduced to students in a common first-year seminar. Regardless of their backgrounds, students will complete the first level of each Competency, ensuring they move forward from the same starting point.

So what are the benefits for students and graduates? “The Competencies are a way of describing the concrete benefits of a liberal arts education,” says Lynne Livingstone, a member of the Brescia Board of Trustees.

“They help students understand the skills they’re developing while they’re at Brescia, and enable graduates to articulate the skills they have in a way that employers and graduate schools will understand. They differentiate the Brescia experience and Brescia graduates.”

Johnson has been talking to prospective students and their parents about the Competencies since last fall. “Parents want to know how a Brescia education and development of these Competencies sets their child up for success,” she says. “We remind them that it’s not just communication and critical thinking skills that make people successful in their career, but also how they fit as a member of a team and how they make decisions based on an ethical framework.”

Ultimately, the Competencies support Brescia’s unique take on leadership, Livingstone says. “Brescia is about women who are going to contribute positively and actively,” she says. “The Competencies explain what they will be able to contribute.” ■



**VALUING**  
SOCIAL AWARENESS  
AND ENGAGEMENT

**SELF AWARENESS  
AND DEVELOPMENT**

**PROBLEM SOLVING**

**INQUIRY AND ANALYSIS**

**CRITICAL THINKING**

**COMMUNICATION**



## PICTURED ABOVE

The Brescia Competencies are the foundation of the Brescia experience and the building blocks of our students’ successful future.



THE COMPETENCIES CAPTURE THE AFFECTIVE AND SPIRITUAL DOMAINS, IN ADDITION TO THE INTELLECTUAL ONE, REFLECTING OUR FOCUS ON DEVELOPING THE WHOLE PERSON.

## BECOMING A LEADER

## Keep Going

Deanna Vezina brings energy and commitment to her role as President of the Brescia University College Students' Council

Deanna Vezina is the proverbial Energizer bunny. She is going into her final year in French Studies at Brescia. She was Vice President of Communications on the 2015-2016 Students Council, and will serve as President in 2016-2017. She also holds down a regular job at a local LCBO store. In her spare time, she loves to bake, cook, decorate cakes, paint with water colors, dabble in hand lettering, and read fiction and non-fiction. "I've been told I do too much," she says with a smile.

Although she grew up in London, Ontario, Vezina didn't know much about Brescia until a high school guidance counsellor suggested she check it out. "I came for a tour and got a really good feeling," she says. In the end, though, it was the excellent French program, with its focus on preparation for teaching that tipped the balance. "I've had some really amazing professors here," she says. "They know us, they're always willing to help us, they're really concerned that we succeed at our academics, and they give us opportunities to do great things outside of the classroom." For example, one of her professors arranged for her to spend a month in France in June, polishing her language skills and helping a French professor improve her conversational English.

It was a friend at Brescia, Caitie Cheeseman, who suggested that she join the orientation program as a Soph in her second year. Cheeseman also "shoulder-tapped" her to join the Students' Council executive in her third year, and then run for President. "I trust her judgement!" says Vezina. Among her goals as President: getting the Council incorporated as a not-for-profit corporation, celebrating the completion of three refurbished student spaces funded by the Council and starting an informal breakfast program for students.

Vezina plans to attend a Faculty of Education when she graduates, and then find a job as a French teacher. Eventually she'd like to complete a Masters, qualify as a Principal and play a role in changing the school system.

Despite her own busy lifestyle, her advice for incoming Brescia students is to take things slow. "Get involved, but not too involved. Instead of jumping in with both feet right at the start, get to know your limits and ease yourself in. If you get overwhelmed, you won't want to do anything."

Vezina says Brescia has provided a rich environment for her to develop her leadership skills. She hopes to do the same for her students. "It's really something that the next generation needs to know—that everyone can become a leader." ■

## AWARD-WINNING FACULTY

## Yogurt that Heals & Teaching that Changes Lives

Brescia's Faculty Award Winners

When Sharareh Hekmat visited Brescia to interview for a faculty position 20 years ago, she immediately felt the sense of community and warmth. "It attracted me to come to Brescia, and to never want to leave," she says. In April 2016 Dr. Hekmat received the Brescia University College Award for Excellence in Research.

Dr. Hekmat started studying probiotics — live bacteria that are good for your health — 26 years ago as a Masters student. She is now collaborating with the Canadian Centre for Human Microbiome and Probiotic Research and faculty at Western University on a variety of probiotic research projects.

Dr. Hekmat has been involved in the innovative Western Heads East project. The grassroots program teaches women in African communities how to operate a probiotic yogurt kitchen. The goal is to improve the health of their communities and make an income for their families. She developed the yogurt used in the project using a bacteria developed by one of her collaborators. It has been shown to reduce the risk of HIV and urogenital infections in women, and to lower HIV mortality from diarrhea. The bacteria may also help people with Inflammatory Bowel Disease and seasonal allergies and could even help with managing obesity.

As part of the program Brescia and Western students have the opportunity to participate in internships at sites in Africa. Dr. Hekmat trains all interns in the Brescia food labs before they leave for their placements.

In her current work, Dr. Hekmat is exploring the role of prebiotics — additives or food ingredients that enhance the growth of beneficial bacteria. She is also developing a porridge product containing probiotic bacteria. In the long term she is committed to exploring more "Functional Foods" — those with nutritional value and health benefits.



PICTURED ABOVE  
Dr. Sharareh Hekmat

PICTURED BELOW  
Professor Carlie Bell (A) and  
Professor Colleen Sharen (B)

"I feel honoured and privileged to receive this award," she says. "But I couldn't have achieved it all by myself. I want to thank all the people who helped me get to this point — faculty, students, staff and collaborators."

Two teaching awards were also presented in April. Professor Colleen Sharen was honoured for excellence in full-time teaching. Professor Sharen is known for her use of innovative teaching methods and her commitment to deep learning by her students. She is the first faculty member to complete the requirements for the Faculty Certificate in Teaching Excellence at Western University, and is actively involved in scholarship on teaching and learning in higher education. Among many other contributions, she developed the Just Own It! entrepreneurship conference, and the Women's Entrepreneurship Initiative.

Professor Carlie Bell is the inaugural recipient of the Brescia University College Award for Excellence in Teaching — Contract Faculty. Professor Bell makes extensive use of innovative teaching methods, including in-class experiential exercises, public speaking exercises, peer-led activities and collaborative learning, community involvement, guest speakers and case studies. A strong mentor to both current and past students, she is the faculty advisor to Pink Ties, the student club in Management and Organizational studies. ■



A



B



CATCHING UP WITH ALUMNAE

## Going the Distance

Margaret Nelligan, '81 enjoys a stimulating career as a corporate lawyer and governance expert

When Margaret Nelligan was in her mid-40s, a busy Bay Street lawyer and mother of three, a colleague suggested that she join a group of women training to run a marathon. Nelligan jumped in with both feet (pun intended). She talked some other friends into getting involved and together they completed the Washington, Chicago and New York Marathons over the next four years.

"It wasn't about speed, it wasn't about making my body beautiful, it was about having the endurance to complete the journey," says Nelligan. "It was very empowering at that stage in my life to know that I could do something completely new and very hard."

It's easy to see marathon running as a metaphor for Nelligan's career. She is a woman who embraces challenge, enjoys working with others to achieve a goal and never does things by half. She is a woman who knows that women can do anything they put their minds to. And as someone once said, 'life is a marathon, not a sprint.'

Nelligan was born in Peterborough, the third of nine children. She grew up in Toronto "in a crazy large household." Her father was Director of Education for the Toronto Separate School Board and her mother was a nurse who gave up paid work to raise her family. "There were always high expectations in our family," she says. "When there are high expectations you expect more of yourself and for yourself."

Ready to spread her wings after high school, she visited Western's campus and took a tour of Brescia. The traditional surroundings and the warm welcome convinced her to enrol. As a student she made lifelong friends and liked and respected the Sisters. "They were very strong women who also had high expectations but understood that student life was also about having fun." Active in student government, she was encouraged to develop her own voice and speak out.

Influenced by two uncles, one a senior litigator and the other a crown attorney, Nelligan found law school a natural next step. In the summer after her second year, she worked at her current firm, Aird & Berlis, in the securities financing area. "I didn't know what a stock or bond was and hadn't taken business law yet," she remembers. "But that summer I was involved in a very intense transaction that had a lot of excitement. I liked the fact that we were working as a team to get the deal done, rather than being adversarial."

Her professional course was set. She is now in her 30<sup>th</sup> year of practice and is currently a senior partner in the firm's corporate finance practice, has served as adjunct faculty at Osgoode Hall Law School and was a member of the Securities Advisory Committee at the Ontario Securities Commission. Among her proudest achievements: successful restructurings that snatched companies

“

I LIKE WORKING WITH PEOPLE TOWARDS A COMMON GOAL, TRYING TO MAKE THE BEST DECISIONS WITH THE RIGHT INFORMATION. IT'S GOOD WORK AND VERY REWARDING.

from the brink of bankruptcy and saved jobs, and the training and mentoring of a team of exceptional young women lawyers.

Along the way, she developed an expertise in governance, advising boards on how to operate ethically and make difficult decisions. Today she sits on two corporate boards, and the volunteer boards of Lakefield College School and Crow's Theatre in Toronto.

"I like working with people towards a common goal, trying to make the best decisions with the right information. It's good work and very rewarding."

Although Nelligan still runs, she has also taken up new challenges. For five years she was part of newchoir, a Toronto choir that sings arrangements of rock songs. More recently she and her husband have been doing cooking classes at George Brown College. "We compete of course to see whose dish is better at the end of the night!"

Nelligan says private practice law is a good profession for women, giving them the flexibility to balance work and family. "It's incredibly rewarding intellectual work," she says. "You work with great people and it's also financially rewarding. My advice to any Brescia student who's interested? Go out and grab it!" Her two daughters, Emily and Liza, are studying law. Her son, Jack, is a drama student.

Nelligan credits Brescia with helping her develop as a woman leader, and hopes it will continue to do so for future generations. "We live in a society that values men and finds them more interesting," she says. "Brescia has the ability to change that, to communicate that women are strong and capable and interesting. Brescia can help ensure that women have an equal place and an equal voice." ■



**PICTURED ABOVE**  
Top Left: Geena Davis with students Zola Ncube and Julia McArthur

Top Right: Caroline Spivak, Doug Bundock and Sara Francolini

Bottom Left: Patron Sponsor Harbour Grace CEO, Kyle MacDonald (far right), and guests.

Bottom Right: Geena Davis and Madam Justice Eileen Gillese, Brescia Chancellor

ADDRESSING THE UNCONSCIOUS GENDER BIAS

## Brescia Stakes its Claim with Inaugural BresciaLEAD Awards Gala

"I want the day to come when I can tell my daughter this story – 'Once upon a time women were considered a little less important than men and boys.' And she will look at me incredulously and say, 'Mom, are you making this up?'"

With those words, actor and activist Geena Davis ended her address at the first-ever BresciaLEAD Awards Gala held in London on April 7. The dinner attracted more than 740 women and men to witness the presentation of four awards to exceptional Canadian women.

The event was the brainchild of former Principal Colleen Hanycz, who saw it as a way for Brescia to claim its place as an educator of women leaders. "We wanted to help people understand the kind of leaders Brescia is graduating," says Cathy Vitkauskas, Vice-Principal Advancement and co-Chair of the event.

## 2016 BresciaLEAD RECIPIENTS

### LIFETIME CAROL STEPHENSON

Carol Stephenson O.C. was recognized for her leadership in the Canadian telecom and technology industries, and as Dean of the Ivey Business School.

### EMERGING MAYA BURHANPURKAR

Maya Burhanpurkar, a 16-year-old high school student, has twice won the Grand Platinum award at Canada's national science fair, and is a strong advocate for women in science, technology and math.

### ACTIVIST TZEPORAH BERMAN

Tzeporah Berman was honoured for her work as an environmental advocate over more than 20 years.

### DISTINCTION THE ROYAL BANK OF CANADA

The Royal Bank of Canada was honoured for its commitment to retaining and advancing women to leadership roles within the company.



**PICTURED ABOVE**  
(L-R) Maya Burhanpurkar, Tzeporah Berman, Geena Davis, Carol Stephenson, and Francine Dyksterhuis representing the Royal Bank of Canada

"The response has been very positive, with attendees saying they found the event inspiring and empowering. Best of all, people really got talking about the theme of unconscious gender bias, which was a common thread through all five speakers."

Proceeds from the event — approximately \$50,000 — will be used to establish a new student award at Brescia. Planning is already under way for the next BresciaLEAD, to be held in Spring 2018.

In her address, Davis spoke about her realization that women and girls are significantly under-represented in media for young children, both reflecting and contributing to unconscious gender bias. Through the Geena Davis Institute on Gender in Media she has supported ground-breaking research to draw attention to the issue. She shared her belief that achieving gender equity in children's movies and television will go a long way to achieving equity in the real world. "Our motto is, 'If they can see it, they can be it.' Let's change what children can see!"

In closing Davis spoke directly to Brescia students. "The time for change is now, and all of you are very powerful agents of change," she said. "You will take up the space that is rightfully yours in the world and you will stand up not just for yourself but for other women. You will look at the world with new eyes. You will be the leaders who bring the change we need." ■



**PICTURED ABOVE**  
Sr. Sheila McKinley, Larry McKinnon, Sr. Theresa Campeau and Sr. Karen Gleeson



**PICTURED RIGHT**  
Geena Davis speaking at the BresciaLEAD Event



## VOLUNTEER PROFILE

## A Passion for Making a Difference

Consultant Karen Fryday-Field becomes Vice-Chair of the Brescia Board of Trustees

Karen Fryday-Field had always thought of Brescia as “that beautiful building on the hill” – intriguing but mysterious. Then one day she noticed a new sign. It read, “Brescia Bold.”

“It sounded to me like something interesting was going on at that University,” she remembers. “I started paying attention and reading and talking to people. I became convinced that this was an organization with incredible offerings and opportunities, and a place where I would like to contribute.” Three years later, she is stepping into the role of Vice-Chair of the Board of Trustees.

Fryday-Field grew up in London and trained as a physiotherapist. After a few years of clinical practice, she began to move into hospital leadership positions, eventually becoming Senior Director of Corporate and Board Affairs at Victoria Hospital. She played a key role in the restructuring process that led to the merger of Victoria and University Hospitals and the creation of London Health Sciences Centre.

Along the way she developed an interest in the role and impact of governance, and began to research governance practices around the world. When other hospitals started to call her for advice, she opened a business, Meridian Edge Leadership and Governance Consulting. Just as the company was launched, she completed an MBA at the Ivey Business School.

Fryday-Field says the consulting company has been successful because it is small and flexible, with an exceptional team of people focused on meeting clients’ needs and supporting real change. “We’re very passionate about governance, and truly believe that it can add value to society,” she says. Fryday-Field also remains committed to leading Meridian Spine & Joint Physiotherapy and their progressive rehab team.

When she is not working, she is passionate about long-distance cycling, travelling, her family and two granddaughters. With her husband Brian Field, Doctor of Audiology, she helps operate Meridian Health Group. Meridian Hearing holds free hearing clinics in locations around the world, caring for people who might otherwise be unable to afford hearing care. In all, they have dispensed more than 1,500 hearing aids in their mission work.

And of course, Fryday-Field is also passionate about what’s happening at Brescia. “I sense a fierce commitment to building culture and the empowerment of women,” she says.

**“BRESCIA HAS A UNIQUE LEADERSHIP MODEL THAT INCLUDES BUSINESS LEADERSHIP, AS WELL AS SOCIAL LEADERSHIP. THAT’S MUCH NEEDED IN THE WORLD.”**

Her fellow Trustees are dedicated, talented and hardworking, she adds, and past Chairs and Boards have built a strong foundation. “There are challenges,” she says, “but now continues to be the time to take our unique academic offerings and drive them forward. Now is the time to make an impact, not only in London but also across Canada, and around the world.” ■



## LOOKING BACK

## The Way We Were, Part One

In 2019, Brescia University College will celebrate its Centenary. In the lead-up to the celebration of this important milestone, *BOLD* Magazine will present a series of articles about our history and the Ursuline tradition. In the first installment, we draw from the official history written by Patricia Skidmore, former professor of history at Brescia, to tell the story of Brescia's founding.

In 1912, Father Francis Forster, Superior at Assumption College in Windsor, suggested to Bishop Michael Francis Fallon of the Diocese of London that Assumption join the young Western University in some form of affiliation. Bishop Fallon was supportive but the idea languished during World War One. It was revived again in 1919, by which time the Bishop also wanted a women’s Catholic college. He turned to the Ursuline Sisters of Chatham, who had established a successful private high school in London in 1913.

Western was very receptive to the idea of affiliation, as it wanted to attract more students. Once the agreement was approved by the Department of Education, the order purchased 40 acres near the future site of the University but wasn’t ready to build yet. In 1919-1920 classes were held at The Pines in Chatham for seven students. Then in 1920 the order bought a large three-storey house on the edge of Victoria Park. In August, six sisters were sent to London

to make it ready for the beginning of classes. Anyone who has been involved in a major renovation project will identify with the account given by Sister St. Michael Major:

“The nuns found a month of work and laughter, hope and despair, before them. There was much to be done. In the main house, the top floor had to be finished off, the toilets had to be provided, radiators and electric light to be installed. The unfinished attic had to be transformed into comfortable bedrooms. The floors throughout the house had to be stained and varnished. The former owners had been ‘brave in colours’ and the reds, blues and greens of the mural decoration required toning down. Every inch of floor and woodwork needed cleaning.”

Nineteen students registered at “Brescia Hall” in 1920-1921. They studied philosophy, apologetics, French, English, public speaking and history at the Hall, and went to Western University, then just a 15-minute walk away, for other subjects. Brescia was truly under way! ■

PICTURED ABOVE  
Brescia Hall, August 15, 1925

BIDDING FAREWELL

## A Message from Samantha Goverde

President, Brescia Alumnae Association

The warm sense of community attracted me to Brescia in the first place and made my student experience very special. After three years on the executive of the Brescia Alumnae Association, I have learned that the Brescia community extends far beyond the campus and long past the years we spend there. As an alumna, you are a member of this wonderful community forever. No matter how long you've been away, or how often you return, Brescia opens its arms and wraps you in a big hug!

During my time on the executive we have worked to make it more representative of the alumnae body as a whole, and to strengthen the governance structure. We have also strived to engage more alumnae. This year the Association helped plan the Career Symposium, attracting more than 25 alumnae to return and share their experiences with students. The Association hosted a reception for fourth year students which included an opportunity for students to network with alumnae. Homecoming Weekend was enhanced to include a faculty lecture and campus tours. I'm confident we're on the right track to continue to grow alumnae engagement in the years ahead.

The learning experience at Brescia helped make us the individuals and the leaders we are today. I believe we have a responsibility to give back to current and future students, just as we benefited from earlier alumnae. Think about how you can get involved. Your gifts of time, creativity, experience and expertise are very meaningful and have great impact as is your financial support, which is used to directly enhance the Brescia experience. ■

A HEARTFELT THANK YOU AND A LOOK AHEAD

## A Message from Cathy Vitkauskas

Vice-Principal Advancement

It is my great pleasure to thank Sam Goverde for her leadership, dedication and commitment as President of the Brescia Alumnae Association over the past two years. Sam has brought great energy and infectious enthusiasm to the role. She has laid a strong foundation for the Association to continue engaging alumnae in meaningful ways. Thanks, Sam!

As you have read elsewhere, the first BresciaLEAD event was a great success. It was a thrill to be part of it, and to see Brescia take its place as an institution with important things to say about gender and leadership. I know BresciaLEAD will become a much-anticipated event.

It's important for us to keep you informed about Brescia news and upcoming activities and events, but we want to do so in a respectful way. I hope you are enjoying the re-designed BOLD magazine, which we supplement with a quarterly online newsletter, BOLD On the Go. Let us know what you think.

As you've read, Brescia is about to introduce a new Strategic Plan. The Advancement team looks forward to supporting the University's goals by helping to marshal the much needed financial resources and find opportunities to bring alumnae and students together, which contribute to an actively engaged student experience.

The Brescia community is excited to welcome Dr. Susan Mumm, our new Principal. Here in Advancement we are in the midst of planning a year of events that will take Dr. Mumm across Canada to meet with alumnae. Watch for your opportunity to meet this dynamic leader. Exciting times ahead! ■

# MILESTONES



**IN MEMORIAM**

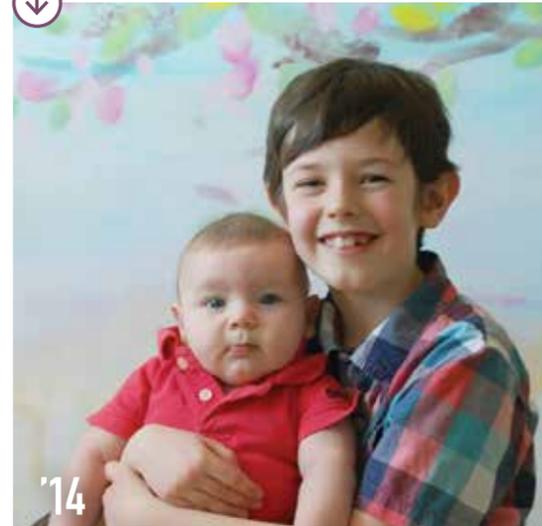
MARTHA (MOLINA VÉLEZ) STEERS, BA '51 died peacefully at LHSC-University Hospital in London, Ontario on May 6, 2016 in her 89th year, surrounded by her immediate family. Martha was born in Medellin, Colombia, the tenth of 14 children. In 1947, her father, Don Arturo Molina, sent her and her sister to Brescia University College (Brescia Hall). Martha flourished at Brescia in spite of the distance and a new language, an example of her strength, resilience, adaptability and fearless approach to life. Upon graduation, she returned to Medellin and brought the new field of dietetics to its main hospital.

Martha met Barry Connell Steers on a blind date at the Brescia Ball and their attraction to each other was immediate. They were married in 1952. Martha was a full partner of Barry's career as diplomat and ambassador, which spanned four decades and 29 moves.

Martha was engaged in supporting an array of humanitarian causes ranging from orphanages to homes for the elderly. As a leader in the diplomatic community, she organized and hosted hundreds of functions in support of Canada's interests abroad. Martha pursued a lifelong, passionate study of food and collected well over a thousand cookbooks. She was an accomplished cook who left a legacy her whole family carries on.

The Martha Molina Scholarship Fund has been set up by Martha's family. The scholarship will support a Brescia student, who is entering her fourth year of the Foods and Nutrition program and who demonstrates leadership and volunteer work within the community. ■

Congratulations to ASHLEY GILLIAN '14 who recently gave birth to her second son Connor Schaefer (pictured below with big brother Benjamin) on November 20, 2015.



Congratulations to VICKI BAINS '05 and her husband who welcomed their daughter Ajooni Kaur Dhuga on August 14, 2015.

Our condolences to the family and friends of EVELYN WHITTLE '47, who passed away on October 28, 2015.

Our condolences to the family and friends of MARY KAY KELLY '57, who passed away on December 14, 2015.

HELEN L. COOPER '58 passed away on December 26, 2015. Our condolences to her family and friends.

Our condolences to the family and friends of ANN M. RAWLING '54 who passed away on April 26, 2016.

KRISTEN L. CROUSE '91 and her husband Mike Crouse have three children. Kristen is currently the Principal at the Montessori Academy of London and worked for 16 years as a teacher before becoming an administrator.

SUSAN F. KALMAN '94 has spent the past 15 years raising her two children, daughter Jamie and son Jesse. During this time she has also volunteered with many organizations and has developed a passion for cooking.

Congratulations to HOLLY LITTLE '05 and her husband Adam, who welcomed their first child Coltrane Hyatt Little on May 5, 2015.

Congratulations to LAURA LAFRENIER '08 who welcomed her daughter Evelyn on June 24, 2014 in Jackson, Michigan.

ELIZABETH SARMA '10 went on to pursue a doctorate in psychology at Stony Brook University in New York and graduated this spring with a PhD in Social & Health Psychology. In June she began as a fellow in the Cancer Prevention Fellowship Program, offered by the National Cancer Institute (NCI) in the United States. Elizabeth will attend Harvard's T. H. Chan School of Public Health this fall with plans to move to the Washington, D.C. area for a two to three year research position at NCI.

ERIN ROUFFER '14 was recently promoted to Manager of Nutrition and Support Services at a long-term care facility in Brantford and just recently purchased her first home in Cambridge.

LOUISE FRENCH '15 is a Jesuit volunteer working with the organization Becoming Neighbours, welcoming newcomers to Canada and helping to secure housing while supporting their integration into communities in Canada.

**IN MEMORIAM**

SISTER ELIZABETH ANNE MILLER passed away on Monday, May 9, 2016 at Villa Angela in Chatham. She entered the Ursuline Sisters of Chatham in 1956. During her religious life she served as a teacher in Chatham, Rockyford, Alberta, Regina, Saskatchewan and Chiclayo, Peru. She served on the Brescia Leadership team from 2000 until 2003 and on the Finance Committee and as General Treasurer of the Community from 1982 until 1988 and from 1996 until 1997. Wherever Sr. Elizabeth Anne lived, she opened her heart to those who were most vulnerable. She was born in Viscount, Saskatchewan on January 12, 1938, the daughter of the late Andrew & Elizabeth Miller. She is survived by two sisters, Bridget Wolfe and Sr. Rita Miller, OSU of Chatham and sisters-in-law, Betty, Denise, Marjorie, Elsie and Tina Miller and many nieces and nephews who she was very close to. She is predeceased by siblings, Magdalen, Peter, Benedict, Joseph, Anthony, John, Elizabeth German, Leo, Bernard, Edward, Martin and Albert.

Congratulations to FIONA SMITH '07, who married Matthew Smith at Windermere Manor on October 25 2014.

Congratulations to NICOLE BOULANGER '10 who married her husband Frédéric on July 17, 2015 at a winery on Lake Erie.



**KEEP US UPDATED!**

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

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