

# The Sacred Heart School of Montreal Alumnae Association Newsletter



www.sacredheart.qc.ca

Winter 2018



## A Message from the Head of School

Shawn O'Donnell



Spring is finally just around the corner! The School is alive and brimming with so many exciting projects. Our 30 International students, including those in boarding, have settled in and contributed so much to our Sacred Heart family. Recently, our Chinese students and their parents

celebrated the Year of the Dog with us. They introduced us to many of their wonderful traditions, and served dumplings to the entire school community.

I look forward to seeing many of you at one of our upcoming events. The Toronto Alumnae Reunion has

been a success for the past three years, and we look forward to it each spring. If you have not attended before, or have been a regular guest, please join us, meet new friends and reconnect with old ones. This year, the format will be a Pub Night hosted at the Irish Embassy in Toronto.

Another event I hope to see you at this spring is Bingo Night on April 27, organized by the Alumnae Association and the Parents' Guild, as a fundraiser for the Capital Campaign. After over a year of consultation, with input from engineers and other professionals, we are all excited that the new auditorium will be built outside of the current building, and on school grounds. The construction will provide a larger and better configured space, and will meet the needs of our current and future students.

## A Message from the Alumnae Association President

Anna Romano '83

City House Calling...Present and Past form One Great *Heart* is the theme of our 2018 Alumnae Reunion. These words resonate with so many of us. They evoke memories and emotions associated with our days as schoolgirls. Whether we hail from the mid-century or the 21st century, our minds turn to that majestic building on the hill that has been a second home to many. Our City House will be 100 years old in 2028 and it is calling out to us to support major improvements required to bring it into the 21st century. As Sacred Heart alumnae, we look to the past and reminisce

but we must also look to the future as stewards of this institution to ensure it will serve the needs of Sacred Heart students for generations to come. With this in mind, I encourage you to support our City House in the manner most suited to your interests. Join us at the Alumnae Dinner, participate in Bingo Night, come to our Family Tea and Mass or donate to the Capital Campaign. Take an active part in our Sacred Heart community to ensure it continues to thrive.



## Fall Tea & Family Mass

At the Fall Tea & Family Mass, held last September, a special alumna was recognized on the celebration of her 75th high school anniversary. **Margaret McLaughlin '42**, a devoted Sacred Heart alum, was past president of the Montreal Association and of AASH (Associated Alumnae/i of the Sacred Heart). Her years of dedication to all things Sacred Heart are so very appreciated. Thank you to Fr. Giordano for celebrating mass and our wonderful bakers who provided delicious sweets to accompany the tea.



Anna Romano '83, Margaret McLaughlin '42, Maureen Brown '80



Antonia Maioni '79, Marina Boulos '81, Fr. Francesco Giordano



Dominique Levesque '17, Anika Maloni '97, Sandra Churchill, Beata Nawacki '17

## Mentorship Morning



On January 18th the Secondary IV and V students participated in our annual Mentorship Morning. Students had the opportunity to visit 12 career stations meeting invited professionals who spoke passionately about their careers and the various paths they took to get there. Thank you to all the alumnae and "honorary" alums who participated in the event. If you are interested in learning more or participating in upcoming mentoring sessions, please contact the Alumnae Office.

### **Chef/Entrepreneurism**

Emma Cardarelli '95

### **Commerce**

Cathy Gasparrini '91

### **Design/production**

Cindy Torreiro '90

### **Education/Arts**

Merrill Matthews

### **Engineering**

Arohie Chopra '05

### **Interior Design**

Nathalie Raynor '95

### **Law**

Christina Sauro '03

### **Medicine**

Aisling O'Gorman '99

### **Osteopathy**

Myriam Fournier-Tombs '04

### **Pharmacy**

Patricia Vandecruys

### **Psychology**

Christine Saykaly '00

### **Public Relations**

Lauren Cracower

# Upcoming Events in 2018 for Alumnae and Friends

Sacred Heart Alumnae Association & Parents' Guild

Invite You To



## BINGO

APRIL 27 *night* 7 PM

Making new friends and reconnecting  
with old friends while raising funds in  
support of the Capital Campaign

JOIN US IN THE STUDY HALL FOR AN EVENING OF FUN  
FOR MORE INFO: 514-937-2845



Due to permit restrictions, the event is not open to minors

## ANNUAL ALUMNAE REUNION IN TORONTO

Tuesday, May 1, 2018  
5:30 to 7:30 pm  
@ Irish Embassy Pub  
49 Yonge Street

Hope to see you there!



17th Annual SACRED HEART  
**Golf**  
TOURNAMENT

Thursday, June 14th, 2018  
Windmill Heights  
Golf & Country Club  
For more details:  
(514) 937-2845



SAVE the DATE - September 15, 2018

### Alumnae Community Service Day



In celebration of the bicentennial of Saint Rose  
Philippine Duchesne's arrival in the New  
World, join Sacred Heart alumnae from around  
the world in a day of international service.

Be a part of Sacred Heart's **Global Service Day**.  
Stay tuned for more details!

# Alumnae News

## Félicitations à...

**Christine Lengvari '68.** La Chambre de la sécurité



financière vient de dévoiler le nom des lauréats des *Prix Excellence CSF 2017*, dans le cadre du Congrès de l'assurance et de l'investissement. Ces prix visent à reconnaître l'excellence et le professionnalisme des conseillers en sécurité financière.

Photo courtesy of Benedicte Brocard

Le prix Distinction a été remis à **Christine**, présidente de l'entreprise familiale **Lengvari Financière Inc.** Ce prix témoigne de l'exemplarité de la pratique professionnelle d'un membre de la CSF, qui s'est illustré de manière remarquable par ses actions et réalisations qui contribuent au rayonnement de la profession. Le lauréat est reconnu pour son engagement envers la profession et sa communauté. Il est un exemple à suivre.

**Claire Sutton '68** I am living in Vancouver BC and in private practice as a solution-focused therapist with an expertise in human behaviour in the workplace. I am also in the process of completing the FEA program at UBC's Sauder School of Business. In my free time, I am an avid golfer.

**Peggy Oakes-Boivin '76** I went back to school in 2009 and did my Master degree in Public Administration: Gestion management. I had a ball doing it, because this time around, I was already a senior analyst in the Federal government. What a difference!

I retired from the Federal Service in May 2013. I have two stepdaughters and five grandchildren from my previous relationship. I married my current husband on August 27, 2016, after which we spent almost a month travelling. Fifteen days on a trans-Pacific cruise which took us to the Aleutian Islands over to Japan. We spent three days visiting Tokyo flew over to Oahu. Spent three days visiting

the Island before flying back to Canada. This year we spent two weeks in Berlin and came home to find out that our youngest daughter had given birth to her second baby, her first son. So we know have three girls and two boys.

Congratulations to **Cassie Farrell '06** on her marriage to Nate Rolf in August 2016 and the birth of their first child, Isabelle Mary Claire, born on October 9th, 2017. Cassie graduated with a Master of Divinity from Notre Dame and the couple currently resides in South Bend, Indiana.

**Claire Farrell '07** has been teaching at Blessed Sacrament School in Hollywood, California for the last couple of years while working on her Master's degree in Education in the P.L.A.C.E. Program at Loyola Marymount University in Los Angeles. She graduated in spring 2017.

**Meaghan Rath '07** Montreal-born actress and Canadian Screen Award nominee Meaghan Rath joined the cast of CBS's police procedural reboot, Hawaii Five-0.



The network announced that Rath, along with Ian Anthony Dale and Beulah Koale, will become regulars for Season 8. Prior to CBS's announcement, former Dawson College student Rath was best known for starring in the series Being Human.

Congratulations to **Alique Akkelian '05**, Creative Director of Nishi Pearls, a division of Canadian Gem, a leader in the Pearl and fine jewelry sectors. Nishi Pearls recently launched a program called Second Chances to help newly arrived immigrants build skills and confidence necessary to become employable in Canada. Net profits from the sale of its first fundraising item, the 'Second Chance bracelet', will contribute directly to funding valuable vocational training for newly emigrated woman. Alique is excited to have recently partnered with la Fondation Y de la Femme (affiliated with the YWCA) to ensure this program is managed professionally and optimally. Visit their website for more info: [NishiCares.com](http://NishiCares.com)

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Congratulations to **Kathleen Brown-Vandecruys '11** who won the annual public speaking contest organized by the United Irish Societies of Montreal to select a queen and princesses to reign over the St Patrick's Day parade. Not only is Kathleen a Sacred Heart alumna, but she is also the daughter of Alumnae Relations Coordinator, **Maureen Brown '80**. Kathleen joins the ranks of many alumnae who have donned the crown, most recently **Mary-Lynne Loftus '15**, **Sarah Murphy '12** and **Keira Kilmartin '08**.



*Join us on March 18 and walk with the School in the 195<sup>th</sup> St. Patrick's Day Parade. For more info call (514) 937-2845 or email [alumnae@sacredheart.qc.ca](mailto:alumnae@sacredheart.qc.ca).*

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## In Memory of

### Alumnae

- **Marguerite Robert '34**
- **Kathleen (Kitty) O'Reilly '48**, sister of Rosemary '47, Honour '53, Brigid '54, and Susan '60, aunt of Cynthia '79 and Martha Joy '71
- **Louise Chatel '55** Long
- **Siobhan McLoughlin '87**

### Family & friends

- **Mme Yvette Lamouche Berger**, former School Secretary and mother-in-law of Solange Masson '76
- **Mrs. Giovanna Cefis**, mother of Alberta Cefis '70
- **Mr. Pasquale Del Balso**, grandfather of Christina Paolucci '09, member of the Alumnae Board
- **Mr. Ross Daigle**, grandfather of Lauren MacDonald '16 and Cassandra Baldry '20
- **Ms. Monica Demers**, mother of Bianca Cuffaro '08
- **Mrs. Lise Fetterly**, mother of Bridget '84
- **Mr. Graham Gould**, brother of Jeanne '65
- **Dr. Bruce Harrison**, father of Joan Harrison, Librarian
- **Mrs. Amrit Kaur**, grandmother of Priya '01, Ritou '98 and Anika Maloni '97, Director of Academics
- **Mr. Alexander McIvor**, father of Gisela McIvor, English Department Head
- **Mr. Joseph McLaughlin**, father of Susan '66, Joanne '65 and Jean '68 and brother of Margaret '42 and the late Rita Byrne '31
- **Mrs. Mabel Oliveira**, former Faculty
- **Mrs. Betty Roman**, mother of Helen Roman '63
- **Mr. Paul Michael Adrian Roman**, brother of Helen Roman '63
- **Mrs. Teresa Trifiletti**, grandmother of Sabrina Ste-Marie '16 and mother of Anna Maria Trifiletti, former President of the Parents' Guild

# Sacred Heart Alumnae Profiles

Congratulations to five of our alumnae who recently had literary works published. From first time authors to accomplished novelists, there is something for everyone: fiction (both realistic and urban fantasy), a cookbook, inspirational stories for success as well as a children's story. Pick up a copy and support these Sacred Heart authors.

**Mary Lynne Loftus '15** is a first year Political Science and Communications student at McGill University. She is deeply interested in community activism and social movements - especially that of anti-bullying. After being bullied at a young age, Mary Lynne became determined to be a positive light for others and helped her mother, Avy, during workshops for her project:



Peace, Love and Hope. With a strong interest in international relations, Mary Lynne wishes to pursue the fields of diplomacy and Foreign Service in the future.

Her bilingual publication with the themes of anti-bullying and everyday acts of kindness is translated by Jules Chicoine-Wilson. Written when Mary Lynne was in her last year at Sacred Heart, her mother, Avy Loftus is illustrator. It is on sale at the Musée des maîtres et artisans du Québec shop or online via their Facebook page.

Jamaican born, **Nikki Clarke '85**, studied Film and Communications at McGill University and was an instructor at Sheridan College, in the Faculty of Early Childhood Education, the School of Business, and Community Development from 1999 to 2009. She was elected President of the Ontario Black History Society in 2015 and is founder, producer and host of the Nikki Clarke Show on HD Win Caribbean Rogers 672/673, Bell Fibe 559 /560 and Afroglobal Bell 2472. Nikki is currently studying Ministry in the Theology Program at Canada Christian College and is an ordained Lay Pastor. Nikki is the NDP MPP Candidate for Mississauga Malton.

Her third book, *Transforming Lives, One Story at a Time*, Powerful Stories of Success and Inspiration can be purchased on amazon.com. The book explores pivotal moments in the lives of individuals that created personal metamorphosis. Through hardships such as failed relationships, trauma, or health issues experienced by the individuals, these challenges pushed them to recognize their potential for success.



**Nicole Blades '89** is a novelist, journalist and mother. Her third book, *HAVE YOU MET NORA?*, was published by Kensington in November 2017. Nicole made sure to include Montreal and SHSM on her North American book tour that kicked off last fall in Washington, D.C. Her work has appeared in *The New York Times*, *Cosmopolitan*, *Women's Health*, *Good Housekeeping*, *WashingtonPost.com*, *MarieClaire.com*, and *BuzzFeed*. Born and raised in Montreal, Nicole now lives in Connecticut with her husband Scott and their son. Listen to her weekly podcast, *Hey, Sis!*, about women finding their focus and place in business, art, culture, and life. And find out more at: [NicoleBlades.com](http://NicoleBlades.com).



Chloe-Lynn Russo '08 is a freelance writer and editor who uses the pen name, Faith Rivens. She took charge of her passion for writing while a student at Sacred Heart and has since published two books in a planned five book urban fantasy series. As long as there is a story in her heart, she will see it written. Her books can be purchased at [amazon.ca](http://amazon.ca)

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*Eléonore Dormant's life is a precarious balancing act: librarian by day, demon hunter by night, and single mother around the clock. She's found a rhythm she can work with, until the day she becomes the hunted. With formidable foes and perilous plans in motion, one thing is certain, Eléonore's about to get into a whole hellhole of trouble.*



**Florence Sydney '97** has been a dietitian for nearly 16 years and her cookbook entitled "3 ingrédients = 1 repas" was published by Les Editions La Semaine in September 2017. The book has been well received and featured in the *Journal de Montréal*. It was also highly recommended on two French radio shows and was sold at the Salon du Livre de Montréal. Florence was recently invited to share her recipes on a French cooking show (*La Table de Maria*). For more information about her cookbook: [florencesydney.com](http://florencesydney.com)





# This Seat Could be Yours!

Fundraising made easy and fun! Help contribute to the building of the new auditorium through the purchase of a seat! Whether as an individual or as part of a group, a \$1,000 contribution will entitle you to a seat in the new auditorium, with a plaque inscribed with your chosen name (ex. Antonia Maioni '79) or your group's name (ex. Class of 1971). What a great way to be a part of *The future at heart!*

To make group gifts easier to manage, the City House Foundation has created a crowdfunding web page. The page works similarly to team fundraisers you may have seen for charity races, for example. One person can create and name a group, after her graduation class year, or in memory of a departed loved one, for example. Other individuals can then make contributions to the group's overall gift until it reaches the \$1,000 necessary for the purchase of a seat in the new auditorium. Each gift is acknowledged and receipted individually.

<https://www.canadahelps.org/en/charities/city-house-foundation/capitalcampaign/>

For more information on this fundraising option or how to make a group gift, please do not hesitate to contact Lili Le Fèvre, Director of Advancement, at 514-937-2845 ext. 113 or by email at [advancement@sacredheart.qc.ca](mailto:advancement@sacredheart.qc.ca).

## News about the Auditorium's Location

The Sacred Heart School of Montreal is proud to announce the location of its new auditorium. The school has undertaken a three-year \$5-million-dollar capital campaign, *The future at heart*, in order to raise funds for the building of this new auditorium, a wellness center and various other capital improvements. It is the largest fundraising initiative in the institution's history.

"The school's Board of Directors has decided to build the auditorium outside of the current building, and on school grounds," said Roberto Di Giorgio, Chairman of the Board of Directors.

This new auditorium design is anticipated to meet, first and foremost, the needs of 21st-century students. "Furthermore, the location for construction will have minimal impact on normal school operations and provide a larger and better configured space," said Shawn O'Donnell, Head of School.

## The Sacred Heart School of Montreal

## Capital Campaign 2016-2019

Thank you for your support

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Credit card number: \_\_\_\_\_ Exp date: \_\_\_\_\_ Security Code: \_\_\_\_\_  
 Cardholder signature: \_\_\_\_\_  
 Tax receipt preference:  Email  Letter  
 Please contact me about making Sacred Heart part of my legacy  
 I wish to remain anonymous

### I would like to donate:

	Monthly	One time
\$100	<input type="checkbox"/>	<input type="checkbox"/>
\$250	<input type="checkbox"/>	<input type="checkbox"/>
\$500	<input type="checkbox"/>	<input type="checkbox"/>
\$1000	<input type="checkbox"/>	<input type="checkbox"/>
Other:	\$ _____	\$ _____

Donate online at: [sacredheart.qc.ca](http://sacredheart.qc.ca)  
 Cheques made payable to:  
 The City House Foundation  
 3635 Atwater  
 Montreal, QC H3H 1Y4



# CITY HOUSE CALLING...

...PRESENT AND PAST FORM ONE GREAT

*Heart*

ALUMNAE  
REUNION  
DINNER 2018

*Friday, June 1st*



FOR MORE INFORMATION

[alumnae@sacredheart.qc.ca](mailto:alumnae@sacredheart.qc.ca) or (514) 937-2845  
ext. 108.

## A SPECIAL INVITATION

to all anniversary years  
ending in **03 & 08**.

Come celebrate with our  
Guests of Honour, the  
Jubilarians (class of 1968).



Need to update your contact information? Would you prefer to receive this newsletter by email? Please contact the Alumnae Office at (514) 937-2845 ext. 108 or at [alumnae@sacredheart.qc.ca](mailto:alumnae@sacredheart.qc.ca)