

The Sacred Heart School of Montreal Alumnae Association Newsletter



www.sacredheart.qc.ca

Winter 2019



A Message from the Head of School

Shawn O'Donnell



The worst of winter is thankfully behind us! The school is, as always, keeping busy with engaging projects. In early January, under the direction of Ms. Sarah Jones and Ms. Melissa Tradel, our students excelled at the World Scholar's Cup; now, our girls are preparing to face CEGEP and university students for Model UN at

Marianopolis College under the leadership of Ms. Maria Cusma-Dovico '06.

Another great venture is our Grade 12 program, beginning September 2019. We have received great feedback and support from the alumnae network and have felt your excitement.

I am very proud to share that this has been the third consecutive year in which enrolment has increased. With a projection of another modest increase for the next school year, we can look forward to even more talented students joining the SHSM family!

I would also like to give my utmost thanks to Anna Romano '83 as she finishes her term as President of the Alumnae Association. Under her direction, the Alumnae Association has organized countless wonderful events. I am honoured to have had Anna's incredible support through these years and am looking forward to the leadership of new Alumnae Association President Tara Durley '85.

Lastly, after many feasibility studies and months of planning, we are thrilled to announce that construction on the new auditorium, followed by the Cathy and Franco Cianci Wellness Centre, is planned for summer 2019. Stay tuned; more information to follow!

A Message from the Alumnae Association President

Tara Durley '85

As I begin my term as President of the Alumnae Association, fond memories of my high school days seem so incredibly vivid. Although my graduating year is more years than I care to admit, I realize that Mother Johnson was right when she used to say, "Once a Sacred Heart girl, always a Sacred Heart girl." No matter how young or young-at-heart a graduate you are, we all share common goals, values, and traditions. As a result, we are a very strong community that is rooted and growing in love.

As Sacred Heart begins 2019, it is exciting to see that the school is looking to the future with its plans for a

new auditorium and wellness centre. If only I could relive my one and only Sacred Heart stage appearance in *The Madwoman of Chaillot*. If it had been held in a new auditorium, surely I would have been discovered as a star!

Joignez-vous à nous pour les événements à venir, en soutien de *l'avenir à coeur*, une campagne de financement: Bingo Night le 5 avril et le Tournoi de Golf le 31 mai. J'ai aussi hâte de rencontrer les anciennes à l'automne à la Réunion de 2019.



Mentorship Morning

Interested in mentoring a student? Each year, senior students attend a mentorship morning as well as seek individual mentors for independent study projects. This year's event, held in November, included many alumnae and friends of the school who shared their expertise and experiences. New next fall, interested alumnae can mentor a grade 12 student.

If you are interested in learning more or participating as a mentor, please contact the Alumnae Office 514-937-2845 ext 108



Architecture

Bruno Verenini/Tina Camillone
(parents '19)

Athletic Therapy

Gabriela Padvaiskas '09

Business/Cosmetics

Sharleen Young

Engineering

Sara Pulice '13

Family Law

Linda Hammerschmid '71

Filmmaker

Courtney Montour '99

Journalism

Valeria Cori-Manocchio '13

Medicine

Dr. Aisling O'Gorman '99

Pastry Chef/Entrepreneurism

Jennifer Maliniak

Pediatric Physiotherapy

Stephanie Vokaty '06

Politics

Emily Horonowitsch '09

Psychology

Josephte McNamara '81

Kinesiology & Children's Health

Dr. Angela Alberga '00

Social Work

Dr. Emmanuelle Khoury '95

First Girls' School in Quebec to Offer Grade 12

As of September 2019, The Sacred Heart School of Montreal will become the first all girls' school in Montreal, and one of a select few high schools in the entire province, to offer a Grade 12 program. In addition, the Sacred Heart program will be the only one offering field placement for students. We count on the support of alumnae, living in Montreal, to mentor these young women.

The all girls program, offered in English, will be delivered online through our partnership with the Ontario Virtual School (OVS), in conjunction with physical classes taught by teaching specialists at The Sacred Heart School of Montreal. At the end of each week, students will be placed in the field to gain real-life experience. Mentors from the alumnae community are an important part of the equation, and any alumna interested in mentoring a Sacred Heart grade 12 student should contact Anika Maloni '97, Director

of Academics, at amaloni@sacredheart.qc.ca or at 514-937-2845 ext 135, as soon as possible.

Just like in the school's grade 7 to 11, class sizes will remain small, and students will be well supported, with weekly academic counseling appointments, for example. Students will be able to choose between a Commerce and a Science stream. Given Sacred Heart's mission, it is no surprise that community service and health and wellness activities will be mandatory. Girls must have completed Grade 11 but do not require a Certificate of English Eligibility to attend.

At the end of the one-year, full-time program, students will receive a Grade 12 diploma (OSSD) from the Ontario Ministry of Education, enabling them to apply to universities in Quebec, other Canadian provinces, the United States and abroad.

Making a Difference

A Montreal alumna who is truly making a difference!

When we hear the name Margie Conroy, some alumnae remember a fellow classmate from not one, but both convents in Montreal. Others may recall her as their teacher. However, for many, we think of our Canadian missionary who, on annual school visits, shared her stories of the schools and missions run by the RSCJ in East Africa.

For the past 48 years, Sr. Margie Conroy, RSCJ has been working in the Sacred Heart Uganda-Kenya Province. Her focus has been and always will be making education accessible to as many as possible. Following her retirement from school administration, Sr. Conroy did not slow down, but embarked on a mission to seek much-needed funds to support young girls in

East Africa, many of whom were AIDS orphans and for whom, a Sacred Heart education was out of reach.

Today, numerous Sacred Heart schools and alumnae throughout the Network annually sponsor students enrolled in schools and missions run by the RSCJs in the Kalunga district near Masaka or in Kampala.

Each year, The Sacred Heart School of Montreal, including its students, faculty & staff, Parents' Guild and Alumnae Association, supports the invaluable work done by the RSCJs in Uganda and Kenya by sponsoring four students.

For the past several years, Sr. Conroy has been living in the northern region of Uganda where she spends much of her time working with prison inmates and families affected by AIDS.



Former Headmistress Sr. Conroy with Kangole Secondary School alumnae



Sr. Jo Wright, RSCJ & Sr. Margie Conroy, RSCJ

* photos courtesy of Sr. Jo Wright.

Recently the Alumnae office asked this very special alumna to share a small glimpse into her life.

A letter from Sr. Margie Conroy '47, RSCJ

I am from Newfoundland but we moved to Montreal when I was 13 years old. I went to the Sault for two years and then the City House for 3rd and 4th Academic, graduating in 1947. From there I went to McGill University. I entered the novitiate at Kenwood in Albany NY that year for the Feast of Philippine Duchesne and made my first vows in 1954, wanting to be a missionary. However, I was sent to Halifax after a year of specialization in teaching Literature. My time in Canada was spent between Halifax and Montreal and I loved both. I never got west to Winnipeg or Vancouver. Whenever we had a visit from Reverend Mother General, I asked for the missions but to no avail. Then, in 1969, Rev. Mother Bulto let me in on a secret. The one I had to convince was the Provincial of our Canadian houses. I immediately began to work on Mother Amyot, our Provincial, and after the General Chapter of 1970, when the Society made an option for the third world and

the poor; I was told I would be going to Uganda.

In August 1971, I arrived in Kampala and went to Kalisizo. There were only 12 Sisters in Uganda then, most of them from Ireland and Scotland and none yet from Uganda. Today there are 60, all from either Uganda or Kenya except for five of us from Europe and North America.

I am now 88 years old and deaf and arthritic, but very happy to be serving in Karamoja, in the Northern part of Uganda. My work is with the prisoners and also keeping in touch with people in Canada who are sponsoring or helping to sponsor poor students in Uganda and Kenya. You students, alumnae, faculty, and parents of The Sacred Heart School of Montreal are sponsoring four girls from Uganda and I am very, very grateful to you. I have been in Africa now for 47 years, more than half my life and hope to end my days here. There is a lot of poverty, but a lot of life and love and faith as well.

Alumnae News

Cathy DeCatrel '71 is retired and living in the US Virgin Islands (St. Thomas) where almost every home has a spectacular view. She is happily married to the sweetheart she met from McGill when she was, yes, a junior at Sacré Coeur. She loved working, from 1981-2009, as a Special Education teacher and feels Sacred Heart laid the foundation for her interest in good education.

Now retired, Cathy spends most of her time at home reading, watching foreign films, beach combing/ swimming, and studying languages (latest is Romanian). As well, she writes articles for Virgin Islands Daily News (often criticisms in parody form) of anything relating to "government".

Still in the aftermath of the Hurricanes Irma and Maria, the communities in the US Virgin Islands and Puerto Rico still need your prayers. Cathy writes that she lost many bookshelves filled with all-time favourite books and a collection of Bibles in six languages. However, she considers herself blessed as others lost all: houses, cars and jobs.

Recently Cathy was thrilled to have gotten in contact with Lia Hone and Suzy Savoy, and would LOVE to hear from other friends as she fondly remembers so many. She sends her best wishes to all the staff, faculty and students at Sacred Heart.



Congratulations to **Sandra Macleod '76** who recently received the Distinguished Service Award by PAGE (a membership organization for chief communications officers of Fortune 500 and Global 500 companies). Sandra was honoured and recognized for her tremendous contributions giving her time and talents selflessly to advance the role of corporate

communications and public relations in business and society.

As the founder of the International Association of Measurement and Evaluation of Communication (AMEC), Sandra established the world's largest media intelligence and insights professional organization. She has also served on the boards of numerous organizations. Sandra is Group CEO at Echo Research. She is married, with two children, living in the UK and France.

Congratulations to **Elizabeth Bray '80** who was appointed Head of the Dover Campus at United World College of South East Asia (UWCSEA) in Singapore. Elizabeth joined the Dover Campus as a Science and Mathematics teacher

in 1996 and has held various leadership roles in the subsequent years, most recently as Middle School Principal from 2015-2018. Elizabeth's undergraduate degree is from the Department of Earth and Planetary Sciences at McGill University where she studied physics, biology and chemistry of our planet. With further education from Simon Fraser University in Vancouver and a Masters from Oregon State University, Elizabeth embarked on a career in education, taking her from Yellowknife in northern Canada to Arnprior, Ontario, the Dominican Republic, Bahrain and finally the 'little red dot' of Singapore.

Elizabeth and her husband Peter Bridgewater met in Bahrain where Peter was working as a landscape architect. They have two boys - Max, age 17 and Leo, age 15. The boys are TCKs - (third-culture kids) since Peter is from London, England and Elizabeth's roots are in Canada. They were born in Singapore and who knows where they will land, although Elizabeth and Peter are hopeful that it will be within easy flying distance of the home they are building in Nova Scotia.



Cassandra Kouremenos '10

better known as KALLITECHNIS is a singer, songwriter, dancer and visual artist from Park Ex, Montreal. She has released a string of singles and an EP that have spoken to her beliefs. Her work has garnered acclaim from Complex, The Fader, Pitchfork, XXL, HNNH, OkayPlayer, Clash, Hypebae, Highsnobiety, and more. However,

the first song KALLITECHNIS ever released was 'Talk talk talk' in November of 2016 via Soundcloud: a soulful boom bap R&B joint reminiscent of the 90's. She resurfaced onto the scene in January of 2017 with an 8-bar feature on Lou Phelps' KAYTRANADA produced track, 'Average'.

Her debut EP [wet paint] was released in October of 2017. Since then, her fan base has consistently grown with releases like: Muse, Come Up, body & soul, EGO TALK, get together, and I don't. This past year, KALLITECHNIS has been mentored by the legendary Babyface, opened shows for Tei Shi, Kelela, Sabrina Claudio, Hablot Brown and more; performed at OSHEAGA; and has collaborated with Innanet James and Pusha T on "Better Without You". With CHROMATIC, KALLI reveals her brightest colours through playful productions, sophisticated song writing and versatile vocals. For all things KALLITECHNIS visit kallitechnis.ca

Alumnae News

Katherine Chamandy '12 is living, working and studying in Halifax. She is currently the Residence Don at the University of King's College, providing residential mentorship, programming and support to first and upper year students. She is also in the midst of a two-year Bachelor degree in Social Work, and during her spare time, she is working with seniors and food security groups.

Catherine Jarvis '16 is off to the Czech Republic and sent in an update on her future endeavours: *"In early February of 2019, I will be embarking on a 19-month long volunteer mission trip for the Church of Jesus Christ of Latter Day Saints. I am assigned to the Czech Republic*

area and am in the process of learning the Czech language so that I can better serve the people while I am there. As a missionary, I will be helping with church related service, humanitarian aid, as well as serving in the community. I have always loved to help others and be there for those in need and therefore very much look forward to serving the people of the Czech Republic."



In Memory of

Alumnae:

Susan Briscoe '84, sister of Lorraine '79 and Tracey '80

Angela Burlton '69, sister of Barbara '65 and Jo-Anne '67

Patricia Kerr '69, Dunlevie (2015)

Anne-Marie Mattyasovszky '68, sister of Edith Mattyasovszky '61 Leuverink

Cynthia Skoda '83, sister of Theresa '85

Cristina Zampieri '92, sister of Tania '93

Family & Friends:

Mrs. Ronnie Almond, mother of Margot Almond '77

Mr. Bruce Charron, father of Lindsay '01, Stephanie '04 and Kirsten '07

Mr. Jacques Di Blasio, father of Mirella '81 and Lina '83

Mrs. Heather Hamilton, mother of Katricia Durham '12

Mrs. Claudette Holder, mother of Simone '84 and Candace '87

Mr. Allan Mackinnon, husband of Jean Kennedy '52 Mackinnon and father of Margaret '81

Mrs. Claire Mondor, mother of Fran '79

Ms. Brigitte Mouralian, sister of Cindy '93

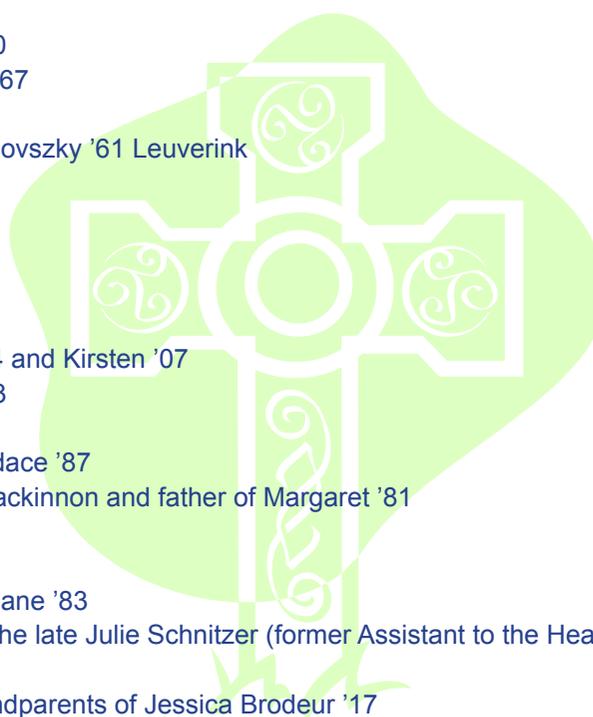
Dr. J-Robert Ouimet, father of Joanne '81 and Marie-Diane '83

Mr. Nick Schnitzer, father of Anne '84 and husband of the late Julie Schnitzer (former Assistant to the Headmistress)

Mr. Gordon Shore, father of Dominique Jarry-Shore '93

Mr. Gerald Thomas & Marjorie (Mason) Thomas, grandparents of Jessica Brodeur '17

Mr. Ullly van der Walde, father of Patricia '81



Sr. Catherine Roche, RSCJ (1922-2019)

Catherine Roche grew up in Flin Flon, Manitoba with a love and great gift for music. During her college years, she felt a call to religious life and learned of the Society of the Sacred Heart upon their arrival in Winnipeg. In 1944, after graduation from University of Manitoba, Catherine moved to

Toronto. A year later, she visited Montreal, where she

met Reverend Mother Bertha Padberg, who accepted her into the Society of the Sacred Heart.

After teaching at the elementary and secondary school levels, Sr. Roche went on to receive a B.F.A. in Music and Sacred Music at Manhattanville College, New York, and a M.A. in Education at the University of San Francisco in 1978. While in Montreal, Sr. Roche was engaged by the NFB to co-star in a film entitled *Company of Strangers* and in 1990 won an award for Excellence in Acting at the Canada Film Festival. Sr. Roche taught at the Convent of the Sacred Heart in Montreal, and is fondly remembered by many of her former students. She died on January 14 in California, at Oakwood, the U.S. west coast retirement centre for the RSCJ.

Capital Campaign Update

Keeping Sacred Heart in Your Heart



Ensuring that future generations of young women have access to a Sacred Heart education is something that many alumnae hold dear. During our Capital Campaign, *The future at heart*, many of you have shown how important the ongoing vitality of the school is to you. You have done so by:

- Increasing your annual gift
- Making a multi-year pledge
- Purchasing a seat in the new auditorium, in honour of an individual or of a class or group (see below)
- Attending one of our fundraising events, such as the upcoming Bingo Night on April 5 or the Golf Tournament on May 31.

Your participation in the Capital Campaign is so important, because it lets others know that Sacred Heart alumnae still believe in the mission of their alma mater, and its ongoing relevance! You can find more information about the campaign on our website (www.sacredheart.qc.ca).

If you have not done so already, please consider showing your support with a gift to the Capital Campaign by donating via our website; mailing a cheque made out to **City House Foundation** to 3635 Atwater, Montreal, Quebec H3H 1Y4; or calling Lili Le Fèvre (parent '13), Director of Advancement & Communications, at 514-937-2845 ext 213.

This Seat Could be Yours!

Leave a lasting legacy, by inscribing your name, the name of a loved one, or your class, on a seat in the new auditorium that will be built as part of *The future at heart*.

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 or your group's name (ex. Class of 1971). Donations can be set up in monthly or annual instalments, or as one-time gifts; and they can be paid online or by cheque.

To purchase your seat online, or to donate to a group, such as your graduation year, visit our page on Canada Helps: <https://www.canadahelps.org/en/charities/city-house-foundation/capitalcampaign/>

For more information on this fundraising option, please do not hesitate to contact Lili Le Fèvre, Director of Advancement & Communications, at 514-937-2845, ext. 213 or at advancement@sacredheart.qc.ca



Upcoming Events

Walk with Sacred Heart in the St. Patrick's Day Parade! Sunday, March 17, 2019

Alumnae Welcome!



For more info call
Isabel Brinck '92: 514-937-2845, ext .137
or email: ibrinck@sacredheart.qc.ca

Sacred Heart Alumnae Association & Parents' Guild
Invite You To



BINGO

APRIL 5, 2019 *night* 7pm

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

June 2019

ANNUAL ALUMNAE REUNION IN TORONTO

More info to come!



18th Annual Sacred Heart Golf Tournament Friday, May 31, 2019

Golf Saint-Raphaël 1111 Montée de l'Église Ile Bizard, QC



Alumnae Reunion 2019



Celebrate Friendship

ALUMNAE REUNION 2019

October 4, 2019

A special invitation to all anniversary years ending in 4 and 9
Celebrate with our Jubilarians, class of 1969



Prefer to receive this newsletter by email? Have news to share?
Please contact the Alumnae Office at 514-937-2845, ext. 108
or email alumnae@sacredheart.qc.ca