

The Sacred Heart School of Montreal Alumnae Association Newsletter



www.sacredheart.qc.ca

Summer 2017



A Message from the Head of School

Shawn O'Donnell



I would like to take this opportunity to thank our Alumnae Executive for their continued support of the School and dedication to our alumnae community. In particular, I would like to acknowledge the extraordinary efforts of the President, Anna Romano and Alumnae Relations Coordinator, Maureen Brown. This year they

led not ONE but TWO Reunion Dinners, and did a magnificent job. Together with their dedicated board, the fall and spring dinners were a major success with record numbers of alumnae in attendance.

Each school year brings its share of staff departures, and this year is no exception. It is never easy to say good-bye to valued and cherished colleagues. On June

8 our community gathered to honor Fran Lakatos, Nina Di Palma, Roxanne Martel and Pat Potter who, after many years of exceptional service, have decided to take their well-deserved retirement. Our best wishes go out to each of them.

Furthermore, three faculty members have decided to move on and we say a fond farewell to Martin Laperle, Antoinette Raco and Kevin Thiruchelvam. Although we'll miss everyone dearly, in their places we've hired an excellent group of new staff and faculty, including two alumnae, Alexandra Lantosh '06 and Lara Artinian '07. This brings the number of alumnae on our faculty/staff to a total of nine, which is an impressive number for a small school!

I wish everyone a safe and happy summer, and I look forward to another exciting year in 2017/2018.

A Message from the Alumnae Association President

Anna Romano '83

With the end of the school year, the Alumnae Association proudly welcomes 53 graduates into the ranks of Sacred Heart Alumnae. Particularly interesting is that seven graduates are daughters of alumnae. Our school song, City House Calling, sums it up well when we sing – present and past form one great part.

The unity of the Sacred Heart family is evident at our reunion dinners where Jubilarians and recent graduates can be seen celebrating and reminiscing side by side. This spirit of unity is also very present on our alumnae board where friendships have been forged between young and young-at-heart alumnae. We are truly fortunate as Sacred Heart alumnae to have opportunities to strengthen our bonds and create new

connections with one another long after our graduation ceremony. As children of the Sacred Heart, our Sacred Heart family continues to be present in our lives.

In fact, as Canada celebrates its 150th anniversary, note that the Sacred Heart has been present in Montreal for over 156 years. To continue to keep our family united and thriving, the Association needs your support. We need our alumnae to stay connected and involved, to step forward by actively contributing and participating in Sacred Heart events and initiatives. By working together, we will continue to be present in the lives of Sacred Heart alumnae for many more years to come



June 2nd 2017 - Alumnae Reunion

On June 2, over two hundred Sacred Heart alumnae returned to the School for the annual Reunion Dinner & Cocktail. The evening commenced with cocktails in the Parlour followed by excited alumnae touring the school and the new boarding facilities. After a group photo in the Study Hall, diners proceeded to the Reception Room. The celebration of the past and the excitement for the future projects at Sacred Heart was palpable. Thanks to all for your continued support.



Collège Sophie Barat 1967: Seated: Christiane de Sainte Marie, Joanne Cousineau, France Duplessis, Louise-Sylvie Clairmont, Marie Andrée Beaudet, Roselyne Laporte **Middle row:** Sylvie de Grandpré, Marie Chevalier, Suzanne Lavoie **Back row:** Suzanne Courteau, Louise Cherrier, Nicole Janin, Marie Papineau, Sophie Lanctôt.

Class of 1967: Front row: Jo-Anne Burlton, Rosemary Byrne, Jean Rossy **Middle row:** Maureen Scallion, Lynn Boyer, Margaret Ann Capper, Lynn Allen **Third row:** Sophia Buckiewicz, Johanne Bergeron, Hélène Geoffrion, Patty Brown, Nancy Sullivan **Back Row:** Rosemary Sampson, Susan Murphy, Julie Doran, Susan Rouleau, Lin Friel



Class of 1972: Front row: Lise Ann Rocheleau, Virginia Rosales, Andrea Skelton, Jody Galardo, Véronique Untereiner, Margaret Sheridan ('73) **Middle row:** Anne-Marie Leclipteux, Susan MacKinnon, Denise Arbesu, Barbara Wielhorski, Suzanne Orr, Susan James, Julia Fisher **Back row:** Martha Kerrin, Victoria Nielson, Marie-Josée Normandin, Suzanne Savoy, Susan Jessop, Brenda Smith, Alexandra Slawek, Diane Lussier, Mary Lois Osbaldeston, Patricia Wilson, Nicole Lespérance **Missing from photo:** Christianne Laizner, Aprile Royale and Maureen Burke



Class of 1977: Front row: Michèle Nadeau, Sandra Cooney, Nicole Lapointe, Deborah Cuthbertson, Marilyn Montross, Joanne Beaudoin, Lisa Price, Susan Nucci, Carol Rossy, Sofia Tseretzoulis, Cristiane Tinmouth, Elaine Sequeira **Back Row:** Jill Prescesky, Leslie Turner, Margot Almond, Barbara McNally, Suzanne Hall, Anna Skorzevska, Lynda Sokalski

Class of 1982: Front row: Christine Hyde, Lou-Anne Amabili, Julie-Ann Barna, Janice Nesmith, Alexandra Hornyak **Back row:** Christine Xavier, Anne Marie Marilley, Antoinette von Hahn, Kim Donaldson, Eileen Murphy, Christina Nosotti, Karin Stiefenhofer



Class of 1992: Front row: Andrea Chamandy, Patricia Macdonald, Isabel Brinck, Deborah Neuheimer, Wan-Kei Yeung **Back row:** Sophia Iannantuono, Valerie Di Menna, Elaine Wenger, Niki Karamanos, Seema Panda, Clara Piedalue, Lori Paluzzi, Genevieve Bettinville, Jill Sladen, Sara Ingram

June 2nd 2017 - Alumnae Reunion



Class of 2007: L to R: Lauren Vaupshas, Pina D'Aversa, Alexandra Deutschman, Tanya Lo Basso, Josie Piscuineri, Melanie Al-Ahmad **Missing from photo:** Amanda-Lee Phillips

Class of 2009: Front row: Cassandra D'Amico-Mazza, Christina Paolucci, Katie Kotar **Back row:** Taylor Wright-Connors, Kathleen Paradis, Erin Brown-Vandecruys, Zoe Vlogiannitis, Anita Sarkissian, Elizabeth McDonald, Amanda Arella



Class of 2010: L to R: Natasha Vitale, Laura Predan-Chauvin, Luana Zappitelli, Sarah Benoit, Alison Barwick



Class of 2012: Seated: Bethany Mount, Hannah Hyde de Souza **Standing:** Sarah Murphy, Alexa Eberle

Je Christine

On June 3rd, following a very successful Alumnae Reunion Dinner, the Sacred Heart community was treated to a one-woman live performance of *Je Christine* by alumna **Suzanne Savoy '72**. The show, in the words of Christine De Pizan, a medieval feminist writer, was followed by an informative question and answer period. All proceeds from Suzanne's performance benefited the *future at heart* Capital Campaign for the construction of the School's new auditorium.



Alumnae Pin Ceremony



Alumnae and graduates fill the Chapel for the annual Pin Ceremony



Chantal Damas '86



Teagan Ennis '17 receives alumnae pin from her grandmother **Ann Dohan '46 Reynolds**

Each year the Secondary V students are welcomed into the Sacred Heart Alumnae Association at the annual Alumnae Pin Ceremony. To make the ceremony more personal, the graduates ask a special alumna in their life, be it a relative, friend or alumna faculty member to attend the ceremony and issue the pin. This year 48 alumnae, ranging in years, attended the induction ceremony. **Anna Romano '83**, President of the Montreal Alumnae Association, spoke of the many events organized by the association and the importance of staying connected. **Maureen Brown '80**, Alumnae Coordinator, explained that as Montreal alums we all belong to the national association CASHA (Canadian Association of Sacred Heart Alumnae/i) and to AMASC

(Association Mondiale des anciennes et anciens du Sacré-Coeur). The alumna guest speaker was Chantal Damas '86 who shared memories of her Sacred Heart experience and the significance it has had on her life. This year's ceremony had an extra special significance for seven graduates; their mothers are all alumnae who similarly during their graduation year received the same alum pin in the School Chapel.

The Pin Ceremony has been a long-standing tradition at Sacred Heart and has welcomed generations of graduates as its newest members into the local and international Sacred Heart alumnae associations.



Alum Moms welcome their daughters into the Alumnae Association:

Left to Right: Julie-Ann Barna '82 and Lauren Drummond, **Sofia Muzzo '90** and Mia Vincenti, **Carmen Di Iorio '82** and Sabrina Fitz, **Jennifer Hopkins '88** and Emily Sakaitis, **Teresa Little '80** and Dominique Levesque, **Elizabeth Shamie '82** and Alexandra Hills, **Patti McDougall '84** and Olivia Di Caprio

Alumnae News

Sheena Macleod '67 I am retired now but was a language teacher for many years: I taught both English and French in Montreal (Concordia, ICAO, TMR City Hall etc...) and in Lyon at the Chamber of Commerce. I married Denis Hoppenot on August 28, 1999 and have been living in Lyon ever since. I have two children and one stepson by my former husband (who is now deceased). Anne-Caroline (40) is married and lives in London with her husband and two children aged 5 1/2 and 3 1/2. Patrick (38) is married and lives in Amman, Jordan and works for the UN. His wife and two children aged 3 1/2 and 2 1/2 are still in New Delhi because Rose is finishing her contract with UNICEF. They will be moving to Jordan shortly. My stepson is married and now lives in Montreal with his wife and their daughter aged 8. Denis has 3 children (38, 35 and 33 years old) Between Denis and myself we have 11 grandchildren which keeps us on our toes.



Congratulations to **Barbara McNally '77** on the birth of her granddaughter Isla Wren Barry and what an amazing Sacred Heart lineage she has: great granddaughter of Margaret Heney '44, great great granddaughter of Kathleen Gough '12 (Sault), Great great great niece to Frances Heney '12 (Sault). Great niece to Margot McNally '69, Great great niece to Mary McNally '44 (Sacred Heart baby bib - courtesy of Cris Tinmouth '77)



Roisin McGlynn '91 My husband, Maroof and I had boy/girl twins who turned 4 on Christmas Day. I couldn't be happier to be a Mum of twins! I had moved to Seattle in 2005 from Toronto but I left my corporate job as a Marketing Director at Microsoft after 10 years with the company. I quickly realized I wanted to lean out to be at home. After I found my feet again, I started consulting with clients in consumer tech and social enterprise/non-profit worlds. And now, I'm happily juggling the busy schedule of family life between pre-school, volunteer work and yoga trainings. Would love to keep in touch with my SHS friends!

Congratulations to **Christina Smith '91**: * As a result of an election by co-optation, Council member Christina M. Smith was elected Mayor of Westmount and sworn into office on April 24, 2017. Ms. Smith's election comes after long-time Mayor Peter F. Trent resigned from office on April 13, 2017. Mayor Smith was first elected as a member of Westmount's municipal Council during the 2013 general municipal election. After a career as a policy advisor on Parliament Hill and in the private sector, Mayor Smith succeeded Mr. Gary Ikeman in Ward 5. As part of her mandate as a member of Council, Mayor Smith had been appointed a member of the Finance and Administration Standing Committee of the City. She was also recently appointed a substitute member of the City's Planning Advisory Committee. Mayor Smith, a mother of three young children, is very much involved in the community including, amongst other things, coaching her daughter's soccer team. "I accept this role as Mayor with great appreciation for the



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confidence my colleagues have placed in me and with gratitude for the opportunity to continue the important work of Peter F. Trent and all of Council of the past three year and half years”, said Mayor Smith as part of her first speech as Mayor of Westmount. Mayor Smith will assume her duties as mayor up until the next general municipal election of November 5, 2017 at which time those who are interested may participate in a mayoral race. *Courtesy of the Mayor's office, City of Westmount



Congratulations to **Maria Valente Fernandes '99** and Sean Cullinan on the birth of their daughter Brooklyn in February 2017.



Congratulations to **Mieke Cullen '99** and Gary Krupka on the birth of Amelia Chloe Krupka Big sister Annika welcomed her into the family on June 21



Congratulations to **Mr. Josh Friedmann** (Faculty) and Ava Schlisser on the birth of their second child, James Aaron. Since his arrival on March 30th, he has brought so much joy to the entire family, especially to his big sister Honey.

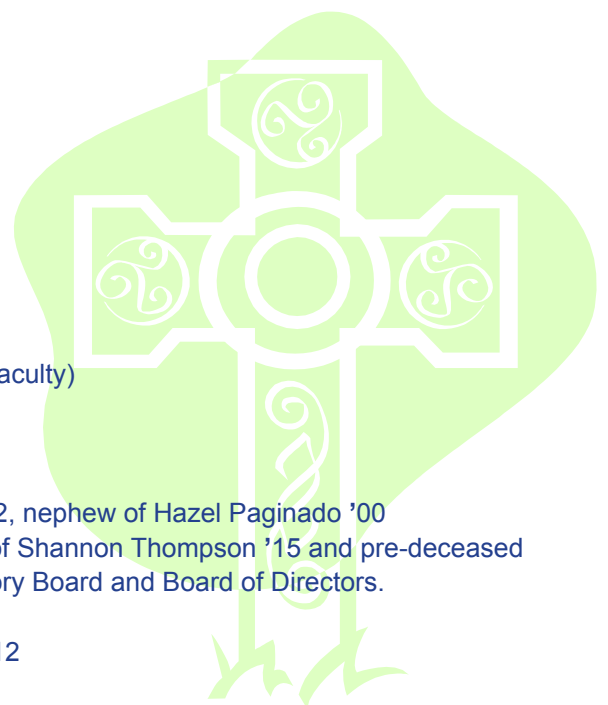
In Memory of

Alumnae:

- **Joan Thompson '39 Thomson**
- **Mairi Macdonald '42** sister of Elizabeth Macdonald '47 Podnieks
- **Andrée Galipeau '59**
- **Claudine Lefort '67** (2014)
- **Cyndy Calder '72**

Family & Friends:

- **Mr. Robert Brodrick**, brother of Lynne Brodrick Cochrane (former Faculty)
- **Mr. Anthony Chesterman**, father of Lorraine '81 and Lesley '84
- **Mr. Jessi Kular**, husband of Sukhi Kular (former Faculty)
- **Mr. Robert Manchip**, spouse of Ruta Danaitis '71
- **Mr. Malcolm Orell** (Loyola alum, 2015), son of Cynthia Paginado '92, nephew of Hazel Paginado '00
- **Mr. Patrick Rourke**, father of Andrea '84, Jacquie '82, grandfather of Shannon Thompson '15 and pre-deceased by his daughter Maureen '78, former member of the School's Advisory Board and Board of Directors.
- **Mr. Mike Sinel**, father of Valerie '16
- **Mr. Stephen Sura**, father of Elisabeth '86 and grandfather of Kylie '12



The future at heart is Bright Thanks to You!

We wish to thank our generous Capital Campaign donors for their support in helping to build a new 325-seat auditorium including a 1,500 sq. ft. music classroom, a 4,500 sq. ft. Wellness Centre and various other capital improvements.



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Stephanie Broadhurst

Louise Burke '58 Brzustowski

Maureen Burke '72

Robert (Robin) Burns

Tracey Lee Burns

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Andrea Chamandy '92

Lucie Champagne '62 Collins

Renée Chipman '73

Tamara Colbeck

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Lana Conway '71

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Christiane de Sainte-Marie '67
Frederica de Takacsy '91
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Louise Dessaulles '60 Mason
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Suzanne Laporte '60 Schiller

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Thomas Lee
Christine Lengvari '68
Nicole L'Esperance '48
Mary Jane Lukacs '51 Edwards
Susan MacKinnon '72
Lynn MacNeil '91
Phyllis MacNeil '58 Nicholson
Anika Maloni '97
Jeanne Marler
Susan Maruya '82
Anna Massarelli
Remo Mastrocola
Anne McCracken '59 Fitzpatrick
Roisin McGlynn '91
Margaret McLaughlin '42
Gabriella Michetti '10
Jana Motivans
Roula Mpekios '86
Nicoletta Mulé Cascio
Elizabeth Murphy '60
Marie-Josée Normandin '72
Brian O'Neill
Sandy O'Neill '86
Susan O'Reilly
Irene Paley
Marie-Claire Paré '59 Holland
Carmela Parente
Veronica Piacsek
Giuseppe (Joey) Piazza
Antonietta Pizzi
Roger Plamondon
Concetta Procopio
Letizia Randaccio '63
Erika Rath
Paul Risacher
Patrizia Rivera
Giuseppina Rizzuto '82
Martha Robinson '78
Patrick Rourke
Aprile Royal '72
Linda Ryan '76
Rosa M. Scalia '95
Ms. Maureen Scallion '67
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Priscilla Shibata '75 Graham
Madeleine Sinclair '97
Alexandra Slawek '72
Brenda Smith '72 Spiering
Susan Stafford '61 Cotton

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Diana Wilkins '56 Bell
Patricia Wilson '72
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Note: Donations from class of 1991 in memory of Jennifer Mizgala '91

Donations from class of 1972 in honour of Suzanne Savoy '72 "Je Christine" performance.

The Sacred Heart School of Montreal makes every attempt to report accurately all of our donors. We apologize in advance for any omissions - please inform us of any adjustments by email: communications@sacredheart.qc.ca Donations to The *future at heart* Capital Campaign should be made out to The City House Foundation, 3635 Atwater Ave., Montreal, QC H3G 1C7 -

On behalf of the students, thank you! For more information how to give to The *future at heart*, please contact Lili Le Fèvre, Major Gifts Coordinator, 514-937-2845 ext 148 or llefevre@sacredheart.qc.ca

Sacred Heart Alumnae Profiles

This spring, four alumnae stories were highlighted on the School's Facebook site as *Sacred Heart Success Stories*. They span five decades and their success can be defined in different ways, but each one shared how Sacred Heart values played a role in her life after graduation.



Structural engineer **Michèle Thibodeau-DeGuire OC QC, class of 1957**, was the first woman to be named Delegate of Quebec to New England, and is the recipient of 5 honorary doctorate degrees, including from each of Montreal's universities. She recalls how Sacred Heart provided the foundation for her success today. "I was CEO

of Centraide for 22 years, and I think Sacred Heart had a lot to do with that. The first place I went with Centraide, I found my former headmistress, Mother Power, wearing a skirt like one would for cleaning. When I saw her there, like that, it was a very personal link to Sacred Heart for me. It gave me faith that we would be doing good work



Before **Alberta Cefis '70** became a multilingual global business leader, she was taking advantage of the opportunities to lead at Sacred Heart, such as becoming president of the Debating Club. "I met strong, forward-thinking teachers who inspired me to apply myself, and to be the best I could be", says Cefis, who has managed complex businesses across

continents; chaired numerous boards; mentored women; received numerous awards and distinctions, such as Canadian Woman Leader of the Year; and co-authored a book. Sacred Heart values, such as social awareness were also planted in her at that young age: "going out and doing hands-on work, participating in worthwhile causes."



At Sacred Heart, one of our core goals is the development of respect for oneself and for others. Rarely, but sometimes, in the past, the road to achieving that goal passed by a Sunday detention. That is what happened to this month's Sacred Heart success story: **Nathalie Garcin '89**, the parent of a current student and a clinical psychologist specialising

in neurodevelopmental disabilities (autism and developmental disabilities). "I was 'invited' to attend mass with the Sisters. Following mass, Mother Johnson told me that I would likely succeed in life, but that I would have to decide whether I would step all over people to climb the ladder of success, or use my talents to lend a helping hand to others along the way. I remember being both insulted and confused. It was only later that I understood her message." Inspired by our goal of social awareness, which impels to action, Nathalie has been a passionate advocate for young people with disabilities and their families. In May, Natalie will be opening a new interdisciplinary clinic called Clinique Spectrum

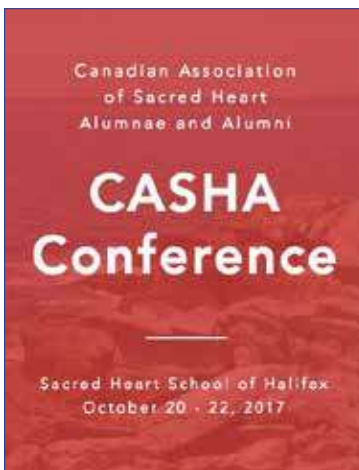


"The support you get during school doesn't end when you leave," says **Gweneth Thirlwell '93**, this month's #sacredheartsuccess story, and special assistant to Francis Scarpaleggia, the MP for Lac-Saint-Louis. Although she now

holds a Master of Public Administration from Columbia University, Gweneth's post-secondary path took an unusual turn when, rather than go straight to Marianopolis, she opted to do her first year CEGEP sailing the Pacific Ocean with Class Afloat instead. That is where she became interested in the environmental and sustainability issues that have shaped her career thus far, taking her around the world on projects in South Africa, Costa Rica, and Barbados among others. Gweneth says her time at Sacred Heart taught her the value of compassion and community action; how it was "not about the individual, but about working together to help others." Today, she sees a reflection of those same values in the work she chooses. "Having an affinity with an organisation's values is my key to success at work!"

Upcoming Conferences not to be missed!

CASHA Conference 2017 - October 20 to 22, 2017



The Canadian Association of Sacred Heart Alumnae and Alumni (CASHA) and the conference planning committee are excited to host the 3rd CASHA Conference in October 2017 at Sacred Heart School of Halifax. We invite alumnae and alumni, RSCJ, and friends of the Sacred Heart from across Canada and around the world to join us.

The CASHA Conference of 2017 has been organized not only with the simple objective of bringing Sacred Heart alums together in the spirit of the Heart, but also with the larger goal of exploring the past, present and future frontiers of the Sacred Heart mission and what it means to be Sacred Heart alumnae or alumni.

The one-day conference will include pre and post activities including a mass for the Feast of Mater Admirabilis at Barat Residence, alumnae tours of Pier 21 and a special exhibit at the Art Gallery of Nova Scotia and more.

For more information on Conference details and registration, please contact Maureen Brown '80 at the Alumnae Office at 514-937-2845 (108) or by email: alumnae@sacredheart.qc.ca and/or CASHAconference2017@gmail.com

AMASC World Congress 2018 - February 22 to 26, 2018



XVI AMASC World Congress

SOPHIE'S LEGACY, A GIFT FOR THE WORLD

Mérida, Yucatán
22-26.02.2018

SAVE THE DATE !!!

MÉXICO
www.amasc-sacrecoeur.org

Theme of Study for the 2018 Mérida Congress: The Calls of the 2016 General Chapter.

The Society of the Sacred Heart, assembled in General Chapter, asked itself this question: Who does God call us to be? What does God call us to do?

As alumnae and alumni, these questions also touch us deeply: in a world rife with change, with a future that is difficult to discern but of which we already detect emerging signs, what is God calling us to? Which attitudes and actions in our lives allow us to "walk" towards the future, faithful to the legacy of Madeleine Sophie?

The 2016 General Chapter recognized that we, as people called by God, need to:

- Live more humanely
- Reach new frontiers
- Create spaces for silence
- Be and act as one body

Throughout the course of this year, we would like to explore in depth these four objectives through simple instruction cards, which could be discussed in small groups. This work will help us recognize how to live Sophie's legacy today and will serve as preparation for the 2018 AMASC Congress in Mérida.

Our plea to you is to share and disseminate these cards widely so that alumnae and alumni of different generations can discuss them. We would appreciate that, at the end of the process, the groups that have done so send a brief summary of their conclusions by October 31, 2017, at the latest, to fichacongreso18@gmail.com. The instruction cards can be sent by mail or email and are published online at: www.amasc-sacrecoeur.org

The Montreal Alumnae Association will host an evening of reflection on these four themes. If interested in participating, please contact the Alumnae office at 514 937-2845 (108) or by email at alumnae@sacredheart.qc.ca

Upcoming Events

Annual Open Houses



On Saturday, September 16th & Tuesday, October 3rd

The Sacred Heart School of Montreal will hold its annual Open House on Saturday, September 16th starting at 12:30-4:00 pm. And again this year, they have added a second Open House on Tuesday, October 3rd from 4:00 – 7:00 pm. Students and their parents are invited to roam the hallways, take a tour with a student, talk with faculty and staff and join in the interactive play zones – gym, art, music and science labs.

Journées Portes Ouvertes - samedi le 16 septembre, et mardi le 3 octobre 2017

L'École Sacré-Coeur de Montréal tiendra ses portes ouvertes samedi le 16 septembre entre 12h30 et 16h00. De nouveau cette année, nous avons ajouté une deuxième journée de portes ouvertes – mardi le 3 octobre de 16h00 à 19h00. Les élèves et leurs parents sont invités à parcourir les corridors, suivre une visite guidée avec une étudiante, s'entretenir avec nos enseignants et participer à nos zones interactives – gymnase, art, musique et laboratoires de sciences.

Alumnae Fall Tea and Mass

On Saturday, September 23rd, 2017



The Alumnae Association invites all alumnae and their family and friends to a family mass in the Chapel, followed by tea and homemade treats in the Parlour. Tour our beautiful school and enjoy a walk down memory lane. An Arts & Crafts activity is organized for young children.

Thé d'automne et messe – samedi le 23 septembre 2017

L'Association des Anciennes vous convie, ainsi que votre famille et vos amis, à une messe dans la chapelle, suivi d'un thé et goûter au Parloir. Visitez notre belle école et revivez vos souvenirs. Une activité bricolage est prévue pour les enfants.

Alumnae Community Service Day

On Saturday, October 14th 2017



As students of the Sacred Heart, we were educated to foster a social awareness which impels to action. That spirit and commitment to social action stays with alums long after graduation. The Alumnae Association of Montreal invites all alumnae to participate in its first Alumnae Community Service Day on Saturday, October 14. Alumnae will gather and spend the afternoon giving back to the community at various local charitable organizations. To participate in this event, please contact the Alumnae Office at 514-937-2845 (108) or by email at alumnae@sacredheart.qc.ca

La Journée Coup de pouce – samedi le 14 octobre 2017

L'association des anciennes vous invite à participer à notre journée Coup de pouce qui aura lieu le samedi 14 octobre. Les anciennes se réuniront et passeront l'après-midi au service de la communauté dans divers organismes de bienfaisance locaux. Si vous voulez vous joindre à nous, veuillez contacter le bureau des anciennes au 514-937-2845 poste 108 ou par courriel à alumnae@sacredheart.qc.ca



**Would you prefer to receive this newsletter by email?
Please contact the Alumnae Office at 514-937-2845, ext. 108
or email alumnae@sacredheart.qc.ca**