

# Heart Beat

The Sacred Heart School of Montreal



## Patricia Briand

Head of School

As springtime blooms around us, I find myself filled with renewed energy and joy in my role as Head of School. With each passing day, I am grateful for the opportunity to guide and inspire our students, faculty, and community towards new heights of achievement and growth. The first half of this year has been bustling with cherished traditions like Sports Day, Girls for the Cure, and our Alum Reunion, alongside festive events like Christmas Wishes and DASHABUSTADD. I'm inspired by our students' enthusiasm and our community's unwavering commitment to Sacred Heart values and long-standing traditions.

I've also been energized by the dedication demonstrated by our school to ensure that a Sacred Heart education surpasses local experiences and extends beyond the limitations of traditional classrooms. This year, our students ventured to many destinations including France, Ireland, Halifax, New Orleans, Winnipeg, and Costa Rica. At the same time, we welcomed students from diverse corners of the globe, such as Iran, Paraguay, Mexico, South Africa, China, Korea, and beyond. In addition, our Grade 12 program continues to grow, with our students gaining acceptance into universities in Quebec, the rest of Canada, and internationally. Our robust boarding and exchange programs play a vital role in expanding our participation in the Sacred Heart Network of over 150 schools worldwide.

As I reflect on all that has happened so far this year, I want to make special mention of the incredible Class of 2024. Their leadership has been exemplary, and as they journey towards graduation, we look forward to creating more cherished Sacred Heart moments together.

Our community's strength lies in its togetherness. I invite you to help shape Sacred Heart's future through mentorship, volunteering, or philanthropic support. Please reach out with your ideas and suggestions – your involvement is crucial in advancing our mission of educational excellence with **courage and confidence!**



# SCHOOL NEWS

## Ash Rosary!

In early October 2023, we welcomed students and staff from our sister school Academy of the Sacred Heart, New Orleans - also known as Ash Rosary! Our Secondary III students spent the day with their visiting Grade 9s, sharing their cultures and playing games together. We're so looking forward to our return visit in April 2024!



## FALL EVENTS

Girls for the Cure was such an amazing success this year - we raised over \$73,000 for the St. Mary's Hospital Foundation and had a great time along the way!



Sports Day, meanwhile, was a blast from the past, taking us back to the future through the past six years of the best Sports Day games! Congrats to 3rd place winner Trincano, 2nd place winner Sheldon, 1st place winner DuRousier, and Spirit Award winner Duchesne!



# SCHOOL NEWS

## Christmas Celebrations!

Our bustling Christmas market fundraised for St. Gabriel's Parish and the Hadley Foundation! From toy drives to custom ornaments to holiday photos with the faculty, the school was more than happy to get into the giving spirit together!



The Christmas concert was a beautiful way to close out the season, where students from all grades came together to play and sing their hearts out! What a magical evening!



This year's Christmas Wishes focused on the trials and tribulations of an Italian family navigating Christmas over the course of two and half decades, revolving around the matriarchal Sophia - a nonna with the smarts, sass, and heart to help her family through any problem! Often funny and sometimes bittersweet - and with a hearty nod to *The Golden Girls* - this year's Wishes, written by Mr. Beauvais, was not one to miss!

## Career Morning

Sacred Heart was so happy to welcome our alums back as mentors for our Secondary V and Grade 12 students in January 2024's Career Morning. It was an insightful opportunity for our many alums to offer a taste of their various fields, from occupational therapy to marketing to engineering and many more!



Left photo, center: Alexis Boosamra '16. Middle photo, left to right: Jessica Khoury '17, Megan Armitage '00, Lauren Vaupshas '07, Elena Kratsios '12, Sarah Botting Provost '11, Alessia Di Giorgio '09, Alum Coordinator Maureen Brown '80, Director of Grade 12 Brigitte Weil, Kenzia Araujo '11, Grade 12 Academic Advisor Giselle Murphy, Erin Brown-Vandecruys '09, Grade 12 Learning Coach Robert McMullan, Sophie Grigoropoulos '05, and Stephanie London '16



# Extracurriculars Galore!

This year, there's more extracurriculars than ever in full swing at Sacred Heart! There's Anatomy Club, BLCs and CLBs, Faculty Scholars, Green Team, Model UN, our wide variety of sports - not to mention our amazing field trips, retreats, and residence activities...here's a sneak peek of what we've been up to so far this year!



## Faculty News

### Lauren Quintal

Congratulations to Ms. Lauren Quintal and her husband Wishe Deom on the birth of their daughter Willow Ó:se. She was born January 31st, 2024 at 12:23 pm at Lakeshore General Hospital. Willow Ó:se is healthy and loved and her parents couldn't be happier.



### Jennyfer Nadeau

Du 8 au 10 décembre 2023, enseignante de français Mme Jennyfer Nadeau a participé avec son équipe à la course 24h Tremblant ! L'événement a permis de récolter 6 672 234\$ cette année au profit de plusieurs fondations aidant à guérir les enfants malades. Mme Nadeau a couru plus de 25 km pendant la fin de semaine pour soutenir les enfants et son équipe a recueilli plus de 10 000 \$ ! Félicitations !



# Hoops for Hope for



Hoops for Hope '23 took place on November 18, marking 5 years of this incredible event celebrating the memory of Julia Cianci '18 and her love and passion for basketball. Together, over a day of round-robin basketball and great company, we raised over \$21,000 to benefit our Bursary Fund and the Liana's Dream Foundation! To many more years of Hoops for Hope to come!



# Party at the Plaza!

February 9th was an evening of celebration and fun at Plaza Volare! Thank you to the 123 members of the Sacred Heart community – including current and past parents, alums, sponsors, suppliers, faculty and staff – who joined us to dance the night away. Together, thanks to sponsorships, registration fees, raffle tickets, silent auction items, and donations, you raised over \$45,000 for our Bursary Fund, ensuring that countless students will have access to a unique Sacred Heart education!



*And coming up soon...*

**COME ONE, COME ALL!**

**23RD ANNUAL SACRED HEART GOLF TOURNAMENT**

*Golf Saint-Raphaël*  
1111 Montée de l'Église, L'Île-Bizard, QC

**MONDAY, JUNE 3RD, 2024**

**Save The Date!**



# Hidden Treasures of the Sacristy

In the heart of our beautiful school, behind wooden cabinet doors sealed with old iron locks, is a treasure trove that has been quietly nestled within the walls for more than a century. While the Chapel itself stands as a testament to our community's rich history and devout faith, it is the sacristy that holds our beautiful relics – ornate chalices; golden reliquaries adorned with precious gems; intricately embroidered banners made of watered silk and velvet and stitched with real gold and silver thread. All of them shine as a testament to the dedication of generations of students, teachers, priests, and nuns of the Sacred Heart.

Each item in our sacristy was given as a donation to the Montreal RSCJ community, often in memory of a loved one closely tied to both the Sault and the downtown campuses. One such example is a gold-plated chalice in the Neo-Gothic style donated in 1902, inscribed with the dedication: "In Memoriam L. Chs. Gravel 10 août 1900."

Collaborating with our archives in St. Louis, MO, we discovered that the chalice was given in memory of an RSCJ's parents, Mrs. Henriette Barsalou and Mr. Louis Charles Gravel, married in 1844 in Montreal, Quebec. Their daughter Marie-Louise (d. 1926) had a fascinating story; she was a débutante engaged to "an excellent match", but left her diamond ring on the altar of the Chapel (at our previous location) after a chat with the headmistress, and entered the convent as a novice the same day. Her fiancé eventually became a Jesuit.



The City House sacristy has recently enjoyed a renewed sense of pride and appreciation. Plans are already underway to professionally conserve several of the historic textiles – some as old as the school itself! – and frame them safely for display within the school, with the help of alum and professional conservationist Elizabeth Keenan '93. A digital museum – viewable at <https://bit.ly/48rbZwY> – is also being created to allow more people to experience the beautiful art so often kept behind closed doors.



The sacristy of any church is more than just a repository of religious artifacts. It is a sacred space where the tools of our faith are preserved for future generations, and where the memory of these specific people will always endure. At Sacred Heart, more than 160 years of those stories continue to inspire us today.



NB. Should readers know anything about Marie Grisar, circa 1886 (whose name is inscribed on one of our chalices), please contact [awaldbrook@sacredheart.qc.ca](mailto:awaldbrook@sacredheart.qc.ca).



## *A message from* Tara Durley '85

Alum Association President

Spring is just around the corner, and the Alum Association is pleased to celebrate it by bringing back our Trivia Pub Night at Hurley's Irish Pub on Wednesday, May 15. Everyone is welcome, including family and friends! We also continue to support the Native Women's Shelter of Montreal in our annual spring collection taking place from April 2 – May 17, and encourage your participation in this worthy cause. When all of us alums engage ourselves and stay connected, it truly puts the "heart" in Sacred Heart!



# ALUM NEWS

## Mary Antoinette Stanton '49

Recently, Miriam Kelly '49 Q.C., who lives in Toronto and is enjoying her retirement from a busy and successful career as a lawyer, sent in her best wishes to former classmate, Mary Stanton '49. Mary was born on August 8, 1928 in Montreal, Canada. Moving to England as a young child, her early schooling was at the Sacred Heart School in Hammersmith, England, until after the Second World War when her family moved to Canada and Mary was enrolled at the Convent of the Sacred Heart, Sault au Recollet. Mary is from the English graduating class of 1949. After a lengthy employment in the business world, Mary is enjoying her retirement at 95 years of age. Congratulations, Mary, from all your Sacred Heart sisters.

Following the congratulatory note from Ms. Kelly, the Alum Office received the sad news that Mary passed away on February 3, 2024.



## Barbara Bennett '64 Heffernan



Barbara Bennett '64 Heffernan and her husband, Danny have been living in San Francisco since 1985. She is actively involved in her neighborhood association as a Board member and also working as a volunteer for organizations that are dealing with housing and zoning issues across the state.

"I love working in my art studio and during Covid started a new project: pet portraits in oil. I canvassed friends and family and have over 40 completed pieces. I'm planning to build a website to show my work. We travel to France every spring to our lovely flat in Pezenas, France. It is a medieval town in the Languedoc. Our daughter Annie is

a professor at the University of Michigan in Ann Arbor. We are thrilled for her success. She has a PHD in political theory from the University of Chicago."

## Rosemary Vaupshas '78

On December 4, 2023, Rosemary Vaupshas '78 (former faculty) completed the 5 km Santa Shuffle race for the fifth time, raising \$250 for the Salvation Army. Congratulations!



## Antonia Maioni '79

For the 2023-24 academic year, Antonia Maioni '79 started a new position as the William Lyon Mackenzie King Visiting Professor of Canadian Studies at Harvard University. Antonia is thoroughly enjoying her time in Cambridge, Massachusetts.





# ALUM NEWS



## Laura Delucilla '11

Congratulations to Laura Delucilla '11 on her marriage to Devin O'Donnell, son of former head of school Mr. Shawn O'Donnell, at Golf St. Raphael on August 5, 2023! They and their dog Cash have been truly enjoying life as a new family.

## Amanda Marino '13

Congratulations to Amanda Marino '13 on her marriage to Dr. Davide De Marco (Loyola '13) at Mary, Queen of the World Cathedral on September 30, 2023! She is pictured on the right with her bridesmaids, including, from left to right, alums Aphrodite Vassiliou '13, sister Samantha Marino '19, and Claudia Belliveau '13.



## Corinne Darche '15

Summer was busy but fulfilling for Corinne Darche '15, who attended the Timbre & Orchestration Summer School and the International Conference on Timbre from July 8-12, 2023 in Thessaloniki, Greece, which gathered music researchers from all over the world to share their findings on musical timbre! Corinne was invited to present *Network Analysis of Instrumentation in Timbral Augmentation Blends* - a paper detailing research on patterns in the instrumentation used for orchestral blends that she completed as part of her Masters' thesis.

Corinne calls the experience enriching and fun - a "last hurrah" for her Master's degree (finished in fall 2023)! - and truly relished meeting fellow researchers and learning so much about the study of music!



## Beata Nawacki '17

After a lovely year in London, Beata Nawacki '17 is excited to have returned to Canada to celebrate her recent accomplishments. With her graduation in December 2023, Beata has officially completed her Masters in International Political Economy at the London School of Economics! She has recently also moved to Ottawa to begin working in her new role as a Junior Policy Advisor in the Canadian Ministry of Export Promotion, International Trade and Economic Development. Congratulations, Beata!



# ALUM NEWS

## Chloe Miller '21

Many Irish blessings for Chloe Miller '21, who was crowned the 2024 Queen of the St. Patrick's Parade! Following in the footsteps of many other Sacred Heart alums who have donned the crown, Chloe and her court of princesses represented the Irish community during the lead-up to the Irish season. Congratulations, Chloe!



## Madeline (Lily) Christopoulos '22 & Chiara Paolitto '22



Congratulations to Chiara Paolitto '22 and Madeline (Lily) Christopoulos '22, who were awarded the Director General's Merit Scholarship at Marianopolis College last year. To commemorate this achievement, Chiara and Madeline attended Marianopolis' Celebration of Excellence last fall! Chiara is studying Health Sciences and Lily is currently in the Liberal Arts program and hopes to pursue History and Political Science in university.

## In Memoriam

### Alums

Marie Chalifour '49  
Falardeau (Sault), sister of  
Marthe Chalifour '50 Racine  
(predeceased)

Mary Antoinette Stanton  
'49 (Sault)

Penny Lafave '56 Casey,  
sister of Diane Lafave '60  
Bissegger

Audrey Starrs '56 (Sault)

Louise Bourassa '58  
Batchelor (Sault), sister of  
Denyse Bourassa '60  
Tyndall

Phyllis MacNeil '58  
Nicholson

Geneviève Lanctot-  
Tétrault '63 (Sault)

Jean Rossy '67 Habib

### Family & Friends

Mr. Joseph (Giuseppe) Di Ioia, father of Carmen Di Ioia '82 (former member of Alumnae Board & Board of Directors), father-in-law of Tina Serrao (City House Foundation Board member & current parent), grandfather of Sabrina Fitz '17 & Lucca Di Ioia '25.

Mr. Ian Ferrier, son of Elizabeth Jean O'Brien '48 Ferrier, brother of Dr. Catherine Ferrier '74, Janet Ferrier '79 & Alexandra Ferrier '83 Ryan.

Ms. Maddalena Delli Colli, grandmother of Elana '16 & Nadia Floriani '11 (Staff) and mother of Bruno Floriani (former member of Board of Directors).

Dr. Robert Gardiner, father-in-law of Margarita Xistris '83.

Mr. Bernard Lennon, father of Christine '81, Nancy '86 & Sharon Lennon '87.

Mr. Brian O'Neill, father of Sandy O'Neill '86 and former board member & Chair of the Board of Directors.

Ms. June O'Donnell, mother of Shawn O'Donnell (former Head of School) and Colleen O'Donnell (former Executive Ass't to the Head of School).

Fr. Joseph Patrick Sullivan, Sacred Heart Celebrant from 2011-2017, great-uncle of Kayleigh Metcalfe '13.

Mr. Tyrone Xavier Williams, partner of Natalie Chen '87 and father of Morgan Williams '24.



# Alum Reunion Dinner!

October 20, 2023 - what a night! Last fall, our alums reunited at their alma mater to celebrate together with laughter, prizes, and great food. Grad years ending in -3 and -8 were welcomed in spades, but the place of honour went to our Jubilarians from the class of 1973! Thank you for coming back to celebrate with us!



Class of 1958



Class of 1963



Class of 1978



Class of 1983



Class of 1993



Class of 1998



Class of 2003



Class of 2013



Class of 2018



Maureen Brown '80 with members of the class of '93



Our Jubilarians, class of 1973!



3 generations of alums - Darcy Sabourin '18, Maureen Slattery '58, & Tara Durley '85!





# FALL REUNION 2024 October 18

A special invitation to  
all anniversary years  
ending "4" & "9"  
and to our Jubilarians,  
Class of 1974!



**SAVE THE DATE**

Tours of  
the School  
4:00 to 6:00 PM

Doors open  
at 5:30 PM

Cocktail Bar  
at 6:00 PM

Welcome in  
the Auditorium  
at 7:00 PM

Dinner in  
the Dining Hall  
at 7:30 PM



*Sacred Heart  
Alum Association*

## *Spring Social*

An evening of  
trivia and fun!

Friends, family, and  
teams are welcome to  
join this free event.

May 15, 2024  
6-9pm

Hurley's Irish Pub  
3rd Floor  
1225 Crescent St,  
Montreal, Quebec  
H3G 2B1



**Sacred Heart Alum Association  
Collection for the  
Native Women's Shelter of Montreal**



What to donate to women in need:

- Non-perishable food items, including any individualized snacks
- Personal hygiene products

Interested in participating?

Drop off at the School: April 2 to May 17, 2024 Mon. to Fri. 8 am to 4 pm

Want to donate, but cannot drop off at the School?

Arrangements can be made for pick up, contact the Alum Office at [alumnae@sacredheart.qc.ca](mailto:alumnae@sacredheart.qc.ca)

