

Esprit de Coeur

spirit of the heart

SPRING 2018

REGIONAL MEETING DETAILS
NOV. 17-18, 2018



ASSOCIATED ALUMNAE AND ALUMNI OF THE SACRED HEART



Regional Meetings Celebrate Bicentennial

Academy of the Sacred Heart welcomes AASH
November 17-18, 2018, to St. Charles, Missouri.

WHAT'S INSIDE:

Letter from the Editor.....	2
First Person: Living the Goals.....	4
Celebrating 50 Years: Class of 1967	6
Top Shelf	8
Sacred Heart Connections.....	10
AASH Alumni Survey	11
Bicentennial Celebrations	12

LETTER FROM THE PRESIDENT



Jodie Hannaman Thorne, President

Dear Alums,

Happy New Year! It is hard to believe that 2018 is here. Isn't it interesting how we spend our days anticipating what is ahead with enthusiasm and excitement only to be surprised when it passes and quickly becomes a distant memory? One of my resolutions for this year is to slow down and really appreciate and experience my Sacred Heart community and all that I am doing with AASH. I am excited to join other members of AASH and represent you at the XVI AMASC World Conference in February. It promises to be an informative and joyous event.

Mark your calendar for November 17-18, 2018. This year all four Regional Meetings will be held together at the Academy of the Sacred Heart in St. Charles, Missouri, during the celebration of St. Rose Philippine Duchesne's Feast Day as we close out the Bicentennial year. We are planning a Saturday program and on Sunday we will attend the commemorative Mass at the St. Louis Cathedral, which is the final event of the Bicentennial year. There will also be a dedication of a statue of St. Philippine on the Cathedral grounds. AASH is the proud underwriter of the benches on either side of St. Philippine. Our presence at this special event will be the living example of her legacy. We are finalizing our agenda so check the AASH website www.aash.org in the next couple of months for more details.

I am lucky to serve with a Board comprised of extraordinary alums who have a wide assortment of skills and talents, ensuring that our discussions are thoughtful, strategic and often entertaining. Did you know we have a Board member who is a licensed pilot, one that is a Registered Nurse, one that completed a marathon in Ireland, one that is a journalist, one that holds a patent for a "Large Angle Magnetic Suspension System," one that is a documentary filmmaker, two that serve as Alumni Directors, and one that is an Internal Auditor for a large national company? I am constantly amazed at all of the varied interests, achievements and experiences of our alumni community. Even with all of our differences, we share a common bond of the Sacred Heart. It's our common bond that leads us to gather for events and conferences, and our differences that propel us to review the changing interests and desires of our alumni when planning AASH activities. As I mentioned in the Fall issue, we need your input and ideas on the structure of National Conferences going forward. You will find information in this issue on how you can access and complete a short survey on our website www.aash.org. You can also send us your thoughts, ideas and suggestions to NationalOffice@aash.org.

I want to thank all of you who have generously responded to our recent annual appeal. Your support allows AASH to expand efforts to engage alumni and strengthen our Sacred Heart network. If you have not, there is still time to make a gift by visiting our website to make an online donation or by mail to our National Office.

May your 2018 be filled with blessings and heart!

A handwritten signature of Jodie, accompanied by a small heart symbol to the left. The signature is written in a cursive, flowing style.

2017-2019 BOARD MEMBERS



Back Row (left to right) Rhonda Meegan, Kathleen Feeney, Rosalie Posselius, Andrea Ferris, Maggie Kaspura, Kate Sawyer
Front Row (left to right) Colleen Curran, Jodie Thorne, Deborah Dunham, Linzee LaGrange

U.S. Provincial, Society of the Sacred Heart
Honorary President
Sheila Hammond, RSCJ
shammond@rscj.org

President
Jodie Hannaman Thorne
Duchesne Houston 1985
President@aash.org

Vice President
Rosalie Bellanca Posselius
Grosse Pointe 1973 /
Bloomfield Hills 1977
VicePresident@aash.org

Treasurer
Kate Devers Sawyer
91st Street New York 1986
Treasurer@aash.org

Recording Secretary
Rhonda Raffi Meegan
Newton Country Day 1971/Newton
College 1975
RecordingSecretary@aash.org

Corresponding Secretary
Linzee LaGrange
Grand Coteau 1979
CorrespondingSecretary@aash.org

Central Regional Director
Andrea Briefs-Ferris
Bloomfield Hills 1975
CentralRegionalDirector@aash.org

Eastern Regional Director
Kathleen Feeney
Greenwich/Maplehurst 1998
EasternRegionalDirector@aash.org

Southern Regional Director
Deborah Newhouse Dunham
Grand Coteau 1962 /
Duchesne Houston 1970
SouthernRegionalDirector@aash.org

Western Regional Director
Colleen Curran
Duchesne Houston 1985
WesternRegionalDirector@aash.org

National Office Director
Maggie Sieger Kaspura
Duchesne Houston 1985
maggiekaspura@aash.org

AASH National Office
801 Spoede Rd, 2nd Floor
St. Louis, MO 63131-2699
NationalOffice@aash.org
314-569-3948

On the covers: Scenes of Sacred Heart alums and families cleaning up after Hurricane Harvey
and examples of Flat Philippine selfies celebrating the Bicentennial.

Editor: Maggie Sieger, Duchesne Houston 1985, editor@aash.org
Designer: Angela Schulte

LETTER FROM THE EDITOR

Raising my daughter, Molly, away from family and friends in Houston sometimes presents a challenge. The Midwest has a wonderful rhythm, but it's a beat or two different from the Texas swing I grew up with. It's always a pleasure when I find a tradition here in St. Louis that mirrors how they do things back home. That's why I happily enrolled Molly in ballroom dancing this year, just like generations of Houston's eighth graders.

Last night was our turn to chaperone. I was assigned the task of distributing dancers' nametags outside the ballroom. Naturally, arriving parents also looked to me for instructions. Generally, I said parents could sit at any table to the right of the dance floor, but there was one woman I invited to join our table. I couldn't say why I picked her out of the two dozen parents I'd met – until, as we chatted over dinner, I learned she was an alumna of the Sacred Heart school in Bogotá, Colombia. Of course!

As the night was winding down, after we'd watched our children waltz and foxtrot and do the Macarena, and after we'd traded email and mobile details, she thanked me for welcoming her. "Goal 4!" I said, and we both laughed and hugged goodbye.

Our Sacred Heart education is such a gift. No matter where we are in the world, there are people who speak our same Sacred Heart language, know our customs and live their lives by the same roadmap of the Goals and Criteria. The experience illustrated so clearly to me that, although far from my hometown, we're lucky to be raising Molly in the Sacred Heart family.

As you turn the pages, you'll find examples of other Goals, such as Goal 1, a personal and active faith in God. We've listed all the details for joining us at the AASH Regional Meetings in St. Charles, where we'll end the Bicentennial Year with a new Mass written in honor of St. Philippine Duchesne. There's Goal 2, a lifelong love of learning. Our four Top Shelf authors explore everything from ghosts to the eternal question of Who am I? There's also Goal 3, a social awareness which impels to action. Flooding of Biblical proportions last year prompted a group of alums, students, faculty and parents to create their own Sacred Heart "network" of helpers. We're asking you to participate in Goal 4, building community as a Christian value, by sending us your selfies with



*Flat Philippine with St. Madeleine Sophie Barat's preserved body at her Shrine in Saint Francois Xavier Church in Paris.
Photo by Rhonda Meegan.*

Flat Philippine. There's a cutout on the back cover to make it easy. And finally, as always, we'd love to hear your stories of Goal 5, personal growth in an atmosphere of wise freedom. If you have a Sacred Heart Connection, or want to share how you are Living the Goals, send us an email at NationalOffice@aash.org. I look forward to hearing from you!

In the Heart,

Maggie

Connect with Us

We hear dozens of stories of how alums recognize each other by their class rings, or randomly meet at work or on college campuses. The Sacred Heart Alum Network is more than 40,000 members strong and can help you find others. We'd love to hear how you met other Sacred Heart alums (see stories on pages 4 and 10 in this issue). To share your story, email editor@aashnet.org.

Not sure we have your latest email address? Contact us at NationalOffice@aashnet.org or call 314-569-3948.

Visit our website www.aashnet.org and connect with us on Facebook (AASH-Associated Alumnae and Alumni of the Sacred Heart), Twitter (@AASH) and LinkedIn (AASH-Associated Alumnae and Alumni of the Sacred Heart).





REGIONAL MEETINGS HELD IN ST. CHARLES THIS YEAR TO CELEBRATE BICENTENNIAL

This year all four Regional Meetings will be held together at the Academy of the Sacred Heart in St. Charles, Missouri, as we close out the Bicentennial year. Regionals are scheduled to coincide with the celebration of St. Rose Philippine Duchesne's Feast Day, the weekend of November 17-18, 2018.

Basic Outline of the Weekend:

Saturday, November 17, 2018

Morning:

Alum Directors Meeting
St. Philippine Shrine & Museum tours
Box Lunch

Afternoon:

Speaker: Constance Solari, author
of "Sophie's Fire"
Meditation on St. Philippine
Regional Meetings
Cocktails at Hotel
Dinner on your own

Sunday, November 18, 2018

12:30 pm — Bus from hotel to
St. Philippine
Bicentennial Mass at
St. Louis Cathedral

2:30 pm — St. Philippine's
Feast Day Mass

4 pm — Reception on
Cathedral grounds

6 pm — Bus back to hotel



The St. Philippine Mass is the final event of the Bicentennial Year, which began November 18, 2017. The music is specially written in honor of St. Philippine by renowned composer Michael Joncas. A recording of the music was made by the College Church Choir and will be available to groups who want to learn the music before November.

More details to come on the AASH website: www.aash.org!

REGIONAL HOTEL INFORMATION

Embassy Suites Hotel St. Charles
Two Convention Center Plaza
St Charles, MO 63303
636-866-0173

Special Bicentennial Event rate:
\$136 per night

Available Nov. 16-18, 2018

Included in the room price are free cooked-to-order breakfast, complimentary appetizers and cocktails at the nightly Evening Reception, and a free shuttle to the Academy of the Sacred Heart for Regional meetings. Every room is a 2-room suite.

To book online:

<http://embassysuites.hilton.com/en/es/groups/personalized/S/STLEMES-ASH-20181114/index.jhtml>



FIRST PERSON: LIVING THE GOALS

A Guy Named Harvey

By Donna Davis

Duchesne Houston 1980

In September 1961, just a few weeks old, I was swaddled in a blanket and lying in a dresser drawer to protect me from hurricane Carla. In 1983, while celebrating my birthday with friends, Hurricane Alicia passed, leaving our house uninhabitable for two months. In 2008, as the owner of a vacation home in Galveston, I lingered for weeks, like other residents, awaiting authorization to return to the island following Hurricane Ike. Driving across the causeway, I felt I was entering a war-torn city like those seen on the evening news. The uniquely human impact of the disaster struck me when I reached my property and found my neighbor, a full-time resident of Galveston, walking in a daze through the rubble that was once his home. Nothing left by these other hurricanes, however, compared even remotely to the devastation I witnessed as the catastrophe named Hurricane Harvey spun through Houston last summer, drowning its landscape and altering tens of thousands of lives.

Hurricane Harvey — which slammed into Houston on August 26, 2017 — was one of the most destructive and costly natural disasters ever in the U.S. It changed the course of history. It crippled Houston. We were deluged with 51 inches of rain in 96 hours, an amount of rainfall equaling the 27 trillion gallons New Yorkers might consume over five decades.

Watching the news and seeing people struggle to find anything left of their homes, I wondered, “How can I help?” I spoke with my friend and fellow Sacred Heart graduate, Bonnie Hession (Grand Coteau 1977) about her Sacred Heart Strong efforts. A few years ago, she started a network online to help people flooded in Louisiana and was instrumental in providing much needed assistance to her local community. With her guidance, I set up Hearts for Houston Assistance on Facebook. Five months later, it remains a source for questions and answers.

Hearts for Houston, as we call it now, grew to a group of 1,200 people in a few days. Primarily a network of Sacred Heart teachers, staff members, alums and parents, it also includes concerned citizens of Houston. The group became the source of volunteers that I would dispatch to locations over the coming months. My home became the base of operations. I started by making daily morning requests to the group online. We determined that there were several categories of need: supplies, immediate/urgent, close future and future.

“Supplies” were the first area of concern. We collected things such as bottled water, bleach, respirators, plastic containers, packing supplies, gloves, sponges, paper towels, utility knives, hammers, rubber boots and buckets. Sacred Heart alums from all over the U.S. sent supplies, because many of the items were not available in Houston. Those supplies remained on my front porch and three other locations throughout the city for pick up by anyone in need.

“Immediate/urgent” meant someone was in distress and needed help within minutes or hours; “close future” meant someone needed help during the next few days and “future” meant we could plan for help over the next few weeks.



In just 2 months contributions to Harvey Relief included more than:



Every day presented a new challenge for those suffering and those wanting to volunteer. These two groups were referred to as “Survivors” and “Angels.” After a few days, I was very in tune with about 10 individuals who always made themselves available for any project. These Angels became my go-to group, always answering my call.

These women were remarkable! They were all part of the Sacred Heart family. While we never spoke about them directly, we all knew the Sacred Heart Goals and Criteria were in full force. Goal Three, “A social awareness that impels to action” and Goal Four, “The building of Community as Christian value” were the two that stood out the most.

Rolling up their sleeves and putting on rubber boots and gloves, these Sacred Heart women got down and dirty. Wading through sewage, sifting through soggy, smelly belongings, tearing out moldy sheetrock, bagging rotting garbage and loading Survivor belongings into cars, they also loaned a shoulder or an ear to Survivors on their last legs. These Angels were the heroes of this horrible ordeal, projecting the strength of their commitment from the moment they showed up. We chatted, laughed, and cried; we saw each other in rare moments of raw honesty. We have created a bond that we will cherish the rest of our lives. Together we created a path through our community that was both enlightening and contagious.

A week into the floods, the Angels worked tearing out sheetrock at a condominium complex called The Pines. It was one of the hardest hit areas in Houston. Most of the residents had been evacuated by boat after waiting for rescue in waist-high water. When I returned the next day to help, there was an elderly woman on a walker, standing in her unit wearing rubber boots and gloves. She was in a daze I recognized from years ago, during the Hurricane Ike recovery. That look has a name now, we call it, “the flood fog” and the woman on a walker is now affectionately known as #107.

Her devastation was beyond anything a person should experience at any age. After an hour working with her, I realized that to make any progress, she and I needed help. So I texted the Angels and prayed. Miraculously, they all answered.

Within 15 minutes, they had delivered boxes, packing tape and bubble wrap. One secured a storage unit — and God sent more Angels just when I thought I couldn’t handle anything more. Eight Keller Williams Real Estate employees showed up saying they heard #107 could use some help. Wearing red t-shirts that said “Keller Williams Harvey Relief,” they arrived just in time.

Our small band of volunteers wrapped, boxed and cleaned whatever we could find, then took the items we’d saved to the storage unit. It was dark by the time we’d finished, and we weren’t sure what to do with the elderly woman. Just then, a church bus came by, and they offered to get her to a safe shelter. We asked and God provided! Our dear #107 is now living in Brenham, Texas.

Many of my experiences in life have been influenced by my Sacred Heart background. My ordeal with a guy named Harvey catapulted me into a much deeper understanding of the Goals and Criteria learned at Duchesne Academy during my school years. The greatest take-away for me from Hurricane Harvey has been my renewed faith in people and community that come together in time of need. Anything is possible, when it is anchored in the Heart.



CELEBRATING 50 YEARS

Class of 1967



Atherton

Bottom row: Merridee Taylor, Wiley Harrison, Catherine Bellerone Arias, Barbara Deming Clever, Ann Kennedy Draper, Mireille Padilla De Letayf, Kac Young
Second row: Alice V. Parcel, Diane Gentry Linden, Mitzi Malovos Konevich, Mary Keith Roberts
Top row: Cecilia Elizabeth O'Leary, Naomi Nelson, Christine Lussier Dyer, Carol Olerich Simpson



City House

Top row: Kathy Glynn Anderson, Mary Morris Norton, Mary Lou Pfeffer Tyrrell, Hartnett Belanger, Grace Murphy Purcell, Barbara Freschi Matteson
Bottom row: Melissa Griesedieck Kotson, Christine Collins Fagan, Carla D'Antoni Ratican, Mary Ann Simmons Hof, Fran Conway Vitale



Duchesne Houston

Top left to right: Michele Malloy, Blanche Earthman Morello, Elaine Kehoe, Jenny Dunn Blanc, Mary Ann Isensee Loweth, Cathy Lowry Knapik, Cheri Nicosia McConnell



Josephinum

First row seated: Margie D'Andrea Siriano, Susan Matrejek Green, Andrea Kalish Reynnders, Edie Baran, Donna Winiarski Marchand
Middle row: Katie Baruch Kieszowski, Maria Napolez Catron, Carole Bryda Szpunar
Back row: Mary Cejmar Caraballo, Suzette Wanat Littwin, Lorrie Majkowicz Janes, Carolyn Cizek Lane, Karen Meyers Socke, Donna Barnes Prepejchal, Kathy Wolowicki Mendyk



Greenwich

Top row: Maryellen Brennan, Louise Correa Newland, Melissa Ricci Stewart, Michelle Jones Delmhorst, Mary Francina Golden, Marian Howley, Dorothy Houlihan Soklaski, Susie Schruth, Evelyn Cole, Celeste Pinto McLain
Bottom row: Anne Sundermann Diedrick, Martha Murphy Holmes, Libby White, Bettina McKee, Jacqueline Ann Machan Callery, Christina Hohl Hubbard, Cathy Moran Vermeylen



Bryn Mawr/Overbrook

Back row: Joanne Hart Boylan, Helen Heuisler, Sue Bernard Chittick, Susan Wickersham **Middle row:** Laura White McMahon, Louisa Slack Horsey, Constance Alburger, Ellen Supplee Hyland, Beth Allen Kellam, Beth Hess Stewart **Front row:** Peggy Carroll Eldridge, Eva Knebel Hampton



Woodlands

From left: Mary Joyce Robbins, Janet Hermann Waddell, Eileen Kelly Pope, Carol O'Laughlin Church, Mary Weiss Fauls, Mary Jo Lynch O'Gara, Joanne May



St. Charles

Front row: Theresa Grass, Cathy Frasca Erkmann, Mary Joan (Bonni) Schiezer Branstether, Sharon Ohlms **Second row:** Rikki Renna Steele, Mary Ann Galt Patton, Linda Watkins Sanfilippo, Karen Ohlms Emge, Bonnie Mullen McCarty **Third row:** Jo Ann Waiches Johnston, Mary O'Brien, Anne Young Lewis, Maggie Vatterott Jones, Terry Brockgreits Rau



Villa Duchesne

Top row: Margaret White Cunningham, Linda Lamberton Kraus, Peggy Rowan Gale, Christy Forshaw O'Shaughnessy, Kathryn Harrelson Long, Madonna Mudd Rossell, Laughren Miller Kuebel **Second row:** Lucie Flynn Convey, Susan Fetick Hoffman, Patrice Musick Whitman, Vicki Nuetzel Holton, Tonie FitzGibbon, Juanita Gorman Gittins **Third row:** Carmen Nassar Carson, Bertha Quinjano de Cantu, Barbara O'Brien Burke, Claudia de Gutierrez Muguerza, Mary Jantzen Myers, Marilyn O'Brien, Maria Navarro de Duque **Bottom row:** Patsy Bussman Cecil, Mary Martha Bardenheier Walker, Anne Bigelow Gallagher, Gail Hennessey Hartford, Mimi Corley Linhares



Newton Country Day



Broadway Class of 1987 (Note: 30th reunion class)

Pictured are: Rachel Allen, Rowena Arguelles, Kate Devine Brady, Claudia Gorla Bressie, Maria Janeff Burlingham, Jennifer Christen Emigh, Cara Giannini Evashchen, Denise Serres Gotthardt, Rachel Farley Hollister, Teddy Gray King, Roxanne Malek, Susan Mohun, Julie Murphy, Natalie Hom Oyung, Kathryn Petrocelli, Katharine Petrucione, Kimberly Strome Putzer, Marisa Rodriguez Paine, Selene Caruso Rose, Wendy Levy Rush, Pauline Sanchez, Julia Wall Thornton, and Amelia Stephan Weir

TOP SHELF

Books by Sacred Heart Authors

The Presence Within

Jane Simmons Sandoz, Grand Coteau College 1949

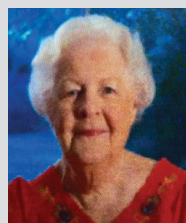
"There is a Presence in the old house wandering, watching, and waiting. The Presence is strong, sometimes playful, sometimes destructive, but always disruptive."

Jane Sandoz and her son Jeff thusly commence their tale of the Sandoz family's ancestral home in Opelousas, Louisiana — a Victorian building occupied by four Sandoz generations between 1894 and the mid-seventies. That tale of the "Presence" interweaves the hopeful construction and early occupancy of the marvelous structure with a family story of unquenchable sorrow.

Neighborhood folklore, which passed to current Sandoz generations, piqued the authors' interest in researching and writing about the house many family members still remember living in. Jane's interviews of people involved with four businesses that occupied the restored premises in years following the family's departure then exposed the

pattern of experiences which is the basis of the book.

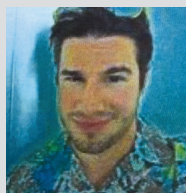
Participants in a retail boutique, gift shop, home health business and law firm — along with various craftsmen who renovated the house to accommodate these businesses — all experienced visual sightings, kinetic events, audible manifestations, temperature deviations and even physical touching for which they could provide no normal explanation. The authors suggest one for their readers' consideration, which we won't spoil by revealing here.



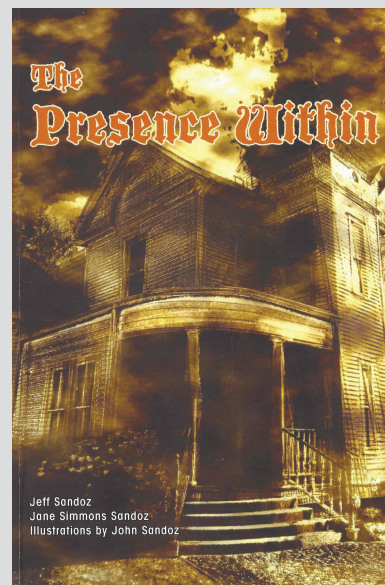
Jane Simmons Sandoz



Jeff Sandoz



John Sandoz, Illustrator



The book is available at bookstores and on Amazon.com.

Slipsiding by the Bay: A Novel

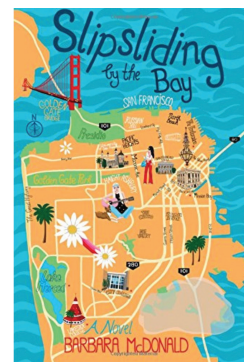
Barbara Byrnes McDonald,
SFC-Lone Mountain Class of 1960

Slipsiding by the Bay is a spoof set in San Francisco in the 1970s and loosely based on the demise of Lone Mountain College. Following years struggling to survive and stay relevant, "Lakeside College" remains in flux as educator John Gudewill makes the dubious choice to assume its presidency. Immediately besieged on all sides by Lakeside stakeholders, he is leader in name only of a campus polity reminiscent of the larger cultural turmoil bequeathed on the '70s by the 1960s. Alumni, faculty, students and sundry resident characters are variously adamant

about preserving the past, fiery about reforming the future or consumed by self-interest, irrespective of potential collateral damage.

The author, a graduate of San Francisco College for Women in 1960, was later employed there in various capacities after it had been renamed Lone Mountain College. Present in the lead-up to Lone Mountain's closure as a Sacred Heart school, and for several years afterward as Lone Mountain alumni director, she actually lived the broad outlines of the story she fictionalizes in Slipsiding by

the Bay. North American Review commissioned her in the 1980's to write an article about Lone Mountain. The book eventually grew out of that article over the ensuing decades. "Humor," Barbara says, "seemed the best vehicle in which to unfold the story" for a new audience. SFC alums and others may recognize Jeannette Kimball, RSCJ, (Sheridan Road, Barat) who Barbara calls "a force," in the book. She was the prototype for Sister Magdalena, Barbara says. Sr. Kimball actually waved a can of tuna at the Del Monte Board meeting one day, ending up on the front page of the New York Times. She also carried tuna fish sandwiches in her bag to distribute to the homeless.



Barbara's book can be found at bookstores or Amazon.com.



Barbara Byrnes McDonald

If you have a book you'd like to share with our Sacred Heart alums in Top Shelf, please contact the National Office at NationalOffice@aash.org or 314-569-3948.

Celebrity Secrets of a National Enquirer Reporter



Barbara Sternig

**Barbara Sternig,
Woodlands
Class of 1960**

Celebrity Secrets of a National Enquirer Reporter is the second of Barbara Sternig's two books derived from her inside view of celebrity and those it touches. She used her 20 years

at the iconic tabloid The National Enquirer as fodder for her first book, *Secrets of a Tabloid Reporter, My Twenty Years on the National Enquirer's Hollywood Beat*. Long before tabloid TV, Barbara's generation established the genre's framework and built the market for it.

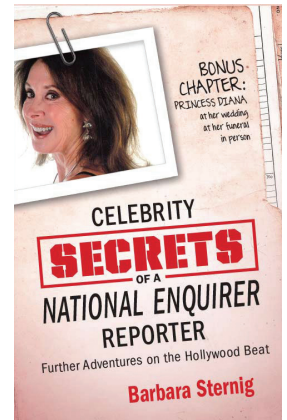
Generoso Pope, Jr. acquired the failing New York Evening Enquirer in 1952, revamped its format, changed its name and sharpened its focus on sensationalist national stories of sex and scandal. His famously gory and unsettling headlines drove sales in drug stores, newsstands and supermarkets. Barbara joined the organization in 1975, following four years hobnobbing with celebrities for television's gossip pioneer Rona Barrett. With that experience and a virtually unlimited expense account, she lit up Enquirer pages for two decades with bundles of celebrity stories.

Barbara accumulated a source network of hundreds within the entertainment business — secretaries, typists, studio personnel and others in and around the industry — feeding her the tips on which she built her writing. The Enquirer's support for compensating tipsters opened the window to myriad otherwise undisclosed stories. These two books comprise episodes from that Hollywood beat, spotlighting the celebrity stories that best illustrate the life Barbara lived and the work she did pursuing the famous.

Her third book, *On Chestnut Street, A 1940s Childhood in Words and Pictures*, is a posthumous collaboration with amateur photographer John Sternig, her father. "I consider my text to be the frames around his pictures," Barbara says of this words and images reflection — from "the war years" to mid-century — on

Midwestern life. "The book," says the Deerfield, Illinois, native, "is filled with my clear and vivid memories of growing up in our large, extended, midwestern family, sprung from European grandparents, in that long-ago time in Chicago." Hundreds of photos depict steam locomotives, coal chutes, cars and clothes of the era, beloved toys and much more, all affectionately annotated with the author's stories of grandparents migrating to a New World and the building of a future that became the Sternig Family.

Barbara's books are available at bookstores and Amazon.com. To find more info on Barbara and her books, please go to www.barbarasternig.com.

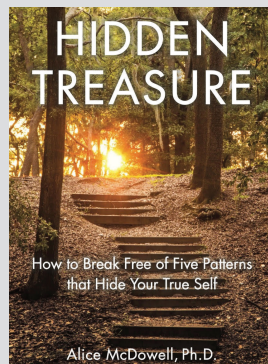


Hidden Treasure

Alice McDowell, Newton College Class of 1964



Alice McDowell



You can find more about Alice on her website, www.alicemcdowellauthor.com. Her book may be purchased at the bookstore or on Amazon.com.

Alice McDowell, PhD, spent her academic and professional life asking the question "Who am I?" and encouraging others to do the same. The unvarnished, authentic answer to this question, she believes — along with the full and radiant life it can open — is a treasure hidden within each of us.

In her book, *Hidden Treasure*, she addresses five subsidiary questions that block our paths to this elemental truth: Why don't I feel I belong? Why do I feel overwhelmed? Why is life so hard? Why don't others believe that I am right? and Why do I need to "have it all together?" Alice teaches how these questions should, and can, be asked in a context of community and love. Through a series of exercises, true stories, cartoons, and spiritual insights, *Hidden Treasure* offers the opportunity to break free of the limiting patterns the latter questions represent.

Against her own instincts, she says, Alice majored in math and found work as an analyst in New York's Financial District. Unsatisfied after two years, she sought refuge in The Bronx, earning a PhD in Religious Studies from Fordham's Jesuits. She found home, finally, at Ithaca College, an institution with a history of profound involvement

with imagination, holistic thinking, intuition and other Right-Brained attributes. Guiding students through experiential learning as a Professor of Religious Studies at Ithaca for 18 years, Alice developed the theory and method that inform her book. Likewise, she laid the groundwork for her post-academic career as counselor, retreat guide, cofounder of Light on the Hill Retreat Center and founder of the Hidden Treasure Program—a three-year, five weekend per year training experience in personal and spiritual growth.

SACRED HEART CONNECTIONS

By Perdita Quinlan, Mount Anville (Ireland)



Perdita (Mt Anville, Ireland, 1967) with daughters Barbara (Mt Anville 1991) and Alison (Mt Anville 1996), and granddaughters Laura (3rd year Mt Anville) and Rose (Mt Anville Primary school), and grandson Max (Mt Anville Montessori)



Schöne Grüße! (Best Regards!)

In 1961, my parents thought it a good idea that my sister and I, about to enter Secondary School in Germany, instead spend a year in an English speaking country. Visiting Dublin, my mother met Hilda Aufochs, who recommended the Sacred Heart school Mount Anville as the best school for the two of us to attend. Mount Anville is a girls' secondary school situated in Stillorgan, a suburb of Dublin. Founded in 1853, it was originally based in a small building on the grounds of Mount Anville Convent.

At the time, my closest association with the Catholic Church was my father, a non-practicing Catholic. My mother was Lutheran and Mrs Aufochs, being Jewish, was not even among the Christian Faithful. Nonetheless, I matriculated at Mount Anville as a boarder and grew to love the place. A generation later, our four daughters enrolled. Even later, four grandchildren are now in the school, learning the Five Goals of Sacred Heart Education in an environment where, the school says, "each student needs to know that she is loved personally by Christ and that she can make a difference in the world."

And I have returned, too, to my Sacred Heart roots. I recently moved into one of the 28 Sophie Barat houses on the grounds of Mount Anville. They were built as independent living cottages for past pupils. Men and women aged 50 and above live here. All I can say is Cheers for Mount Anville! — and thank you to the Sacred Heart Religious for a wonderful education and for donating the site for these beautiful bungalows.

Perdita may be reached at:

Perdita Quinlan
18 Sophie Barat
Lr Kilmacud Rd
Dublin D14 Ireland

Send your Sacred Heart Connection to the
National Office at NationalOffice@aash.org.

AASH ALUMNI SURVEY

AASH needs your help. Please let us know what sort of National Conference or other event(s) you'd like us to organize!

Complete the survey below and mail this page in the enclosed envelope to:

AASH National Office
PO Box 411821
St. Louis, MO 63141-1821



Your name: _____

Email address: _____

1) How many National Conferences have you attended?

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 +

2) What is a good length for a National Conference?

☐ 1-2 days ☐ 2-3 days ☐ 3-4 days ☐ 4 + days

3) Please rank reasons for not attending

____ Expense

____ Distance

____ Topics

____ Time

____ Commitment

____ No Interest

____ Other: _____

4) Favorite Part of National Conference

- ☐ Seeing friends
- ☐ Cor Unum Mass & Luncheon Speakers
- ☐ Activities
- ☐ Mini Vacation
- ☐ Sight seeing
- ☐ Gala Dinner
- ☐ Networking

5) Would you be interested in attending smaller regional events?

☐ Yes ☐ No ☐ Maybe, contact me with details

6) Local activities you'd enjoy if organized by AASH in your city (check all that apply):

- ☐ Service Opportunity
- ☐ Spiritual/Faith focused
- ☐ Cocktails/Happy Hour
- ☐ Networking Event
- ☐ New Mother's Club
- ☐ Book Club
- ☐ Lunch Club
- ☐ Game Night
- ☐ Movie Night
- ☐ Regular Alum Dinner
- ☐ Motivational
- ☐ Professional Development
- ☐ Other:

7) Is your Sacred Heart school still open?

☐ Yes ☐ No

8) When did you graduate?

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Before 1950 | <input type="checkbox"/> 1980-1989 |
| <input type="checkbox"/> 1950-1959 | <input type="checkbox"/> 1990-1999 |
| <input type="checkbox"/> 1960-1969 | <input type="checkbox"/> 2000-2009 |
| <input type="checkbox"/> 1970-1979 | <input type="checkbox"/> After 2009 |

9) Would you be interested in serving on a Committee that develops programs for AASH?

☐ Yes ☐ No ☐ Maybe, contact me with details

10) If AASH held meetings via video or teleconference would you participate?

☐ Yes ☐ No

BICENTENNIAL CELEBRATIONS



Sacred Heart to Travel "Trail of Death" to Site of Philippine's Mission

The Potawatomi "Trail of Death" was the forced removal of over 800 Potawatomi from Indiana to reservation lands 660 miles distant in what became Kansas. Over the 61 day march, more than 40 persons died, mostly children. Now designated a Regional Historic Trail with dozens of historical markers and many highway signposts, the path of this 1838 event ends at Sugar Creek, the site of Mother Duchesne's 1841-42 mission to the Potawatomi. See www.potawatomi-tda.org. Every five years, the Potawatomi commemorate their ancestors' march by traveling the Trail in caravan; and the Sacred Heart Family have been invited to participate in the 2018 commemoration.

Ten to fifteen members of the Sacred Heart Family, sharing vehicles, will join the caravan on Monday, September 17, 2018, at Plymouth, Indiana. Traveling back roads and main highways, they will stop frequently to visit commemorative markers along the route. Participants sustain themselves along the way in motels or camping. The specific route and cost of participation is being finalized. Those interested in joining the caravan should, as soon as possible, contact Sr. Diane Roche, RSCJ, 821(504) 388-8026.



Bicentennial Celebrations Continue

On June 29, artist Gianfranco Tassara will unveil his life-sized sculpture of St. Philippine Duchesne in a new prayer garden on the grounds of the St. Louis Cathedral. The Society of the Sacred Heart commissioned Tassara and his firm, Inspired Artisans of Milwaukee, to create the new sculpture of St. Philippine in honor of the bicentennial.

The bronze depicts Philippine seated between two benches, allowing visitors to sit with her in a contemplative setting. "Her eyes will be focused toward a person seated next to her," says the artist, "creating a personal connection with all who sit with her. Ever the teacher, one hand will be pointing towards the map on her lap." The map is of the Louisiana Purchase, which included Missouri, and led to her journey to the New World.

AASH is soliciting contributions to fund the two benches on either side of St. Philippine, and the installation of a plaque reflecting its donation. The period appropriate benches, which will be crafted by Tassara, are \$7,500. Contributions toward the benches may be made at www.aash.org, or by sending a check to the National Office. Please indicate the donation is for the statue. All donors will receive special recognition in the fall Annual Report.

St. Philippine also was honored with her own star on the "St. Louis Walk of Fame." A star bearing her name, a plaque reflecting her place in St. Louis educational history and a "Flat Philippine" each were embedded in the sidewalk at 6241 Delmar, not far from Washington University. "I'm not sure she would have been nearly as glad to have this happen as I am," said Sheila Hammond, RSCJ, Provincial of the U.S.-Canada Province of the Society of the Sacred Heart told St. Louis Review, the Archdiocesan newspaper. "She was a very humble woman."

Your Own Flat Philippine!

Taking off from the Flat Stanley children's books, "Flat Philippine" is a fun way for alums to share their love of Philippine during this Bicentennial as they travel – through their daily lives and around the world.

Please cut out Flat Philippine and take selfies with her at whatever locale you visit – be it grocery store or far off island. Then post them to the AASH Facebook page (<https://www.facebook.com/AASHSacredHeart>) using the hashtag #FlatPhilippine. You can Google the hashtag to see all the places Flat Philippine has traveled so far.

In an effort to decrease our publication and mailing costs and to reduce the amount of paper we use for each issue, Esprit de Coeur is mailed to alums who graduated prior to 1978. Those who have graduated since 1978 receive electronically. Esprit de Coeur is also available on our website www.aash.org. If you wish to receive a hard copy by mail or if you are receiving a hard copy and prefer to receive electronically, please contact the National Office.

AASH National Office
801 South Spoeede Road, 2nd Floor
St. Louis, MO. 63131-2699
314-569-3948
www.aash.org





AASH NATIONAL OFFICE
SECOND FLOOR
801 SOUTH SPOEDE ROAD
ST. LOUIS, MO 63131

Nonprofit U.S.
Postage
PAID
MLP

Esprit de Coeur is published biannually by the Associated Alumnae and Alumni of the Sacred Heart for all alumnae/i of Sacred Heart Schools in the U.S. and British Columbia.

To report a change of address or if you prefer to receive *Esprit de Coeur* electronically, please contact the National Office at nationaloffice@aash.org or 314-569-3948.

www.aash.org



The Associated Alumnae and Alumni of the Sacred Heart (AASH) was created in 1933, as a way to unite all children of the Sacred Heart and to further the work of the Religious of the Society of the Sacred Heart.