

# Esprit de Coeur

*spirit of the heart*

SAVE THE DATE  
2025 National Conference

“Connections through One Heart”  
APRIL 2025



ASSOCIATED ALUMNAE AND ALUMNI OF THE SACRED HEART



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# LETTER FROM THE PRESIDENT



*Kate Sawyer, 91st Street '86  
President*

Dear Sacred Heart friends and family,

Happy 2024! I say it every year, but I cannot believe that we are already two months into the new year; time seems to pass so quickly now. I feel like I cherish time more after the pandemic and things return to “the new normal”.

Jodie Hannaman-Thorne’s, AASH President 2017-2019, biennium theme was “Engagement” and the current Board is weaving that focus into our **C♥NNECTI♥NS** as we are one Sacred Heart. In this issue, we have included regional events and our Ambassadors to Puerto Rico and Canada have written reports highlighting their regions.

Our first webinar of 2024 took place on Wednesday, March 13th, with 2 young entrepreneurs, Alyssa Space, Bloomfield Hills, founder of ForHerCosmetics and Marcella Marino, Bryn Mawr '18, founder of MarRosa’s Old World Cuisine giving us an inside peek into starting a business. We encourage all to submit topics and alums to showcase by e-mailing [nationaloffice@aash.org](mailto:nationaloffice@aash.org)! The recording will be available soon on our website.

The 2025 National Conference “Connections Through One Heart” will be held in Los Angeles, CA in April of 2025. We are finalizing our agenda so check the AASH website in the next few months for more details.

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.

**C♥NNECTI♥NS** of the Heart,

Kate Sawyer, 91st Street '86  
President

A handwritten signature in blue ink, appearing to be 'KS' or similar initials, written in a cursive style.

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*On the cover: Sign welcoming guests to the 125th celebration at Atherton, (top right) Steps at Academy of the Sacred Heart Grand Coteau, (bottom right) Zoé Belden '07, Alumnae & Community Engagement Director, Alexis Simon Moore '07 (hosted the party), Christi Arendt Lentz '07 and Hally Vu '08*

*On the back cover: Large oak tree covered in resurrection ferns shades the cemetery at Grand Coteau and the headstones of 3 RSCJ that were once at DASH-Houston*

*Editors: Donna Davis and Lindz Hill*

*Designer: Angela Schulte*



*Donna Davis, DASH '80  
Southern Regional Director*

Like many of you, I have taken on new responsibilities in the new year. I am looking forward to the changes and challenges along the way. Working with the new group of leaders at the AASH, has brought to light a new perspective for me. I have had many questions for the seasoned veterans. What is it exactly, that we are supposed to do? What are our goals as an organization? What is my role in achieving the goals? Sure I can say capitalize this and put a comma there, but what exactly is my purpose?

The answer became clear with my succinct conversation with our Vice President, Deborah Dunham. **C♥NNECTI♥NS!** We are Sacred Heart, joined in the heart. Everywhere we go, everything we experience, everything we do has been influenced by our association with The Sacred Heart.

As an AASH officer, I'm responsible for continuing that connection for myself and other alumni. We want to expand our reach to include those alumni that might have fallen off the radar. We want to work on building our current connections, so that they in turn can reach those that we don't know or haven't heard from. So in a sense, a building of our community through outreach.

My **C♥NNECTI♥NS** have expanded over the last few months with trips to visit alums in Grand Coreau and Austin. These visits have given me some insight into the younger alums and what they may need from us to broaden their **C♥NNECTI♥NS**.

I believe that the printed word and direct contact are crucial for understanding in our world of instant access and information via computers. However, we must always be looking for new ways to communicate and share. As such, AASH conducted its first ever webinar that we hope everyone found enlightening. We would love to hear your thoughts on how it went and how we can improve on our communications.

**C♥NNECTI♥NS** of the Heart,

Donna Davis, DASH '80  
Southern Regional Director

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## Get Connected!

Not sure we have your latest email address? Contact us at [NationalOffice@aash.org](mailto:NationalOffice@aash.org) or call 314-569-3948. Visit our website [www.aash.org](http://www.aash.org) and connect with us on Facebook (AASH-Associated Alumnae and Alumni of the Sacred Heart), Instagram (@sacredheartaash) and LinkedIn (Associated Alumnae & Alumni of the Sacred Heart).

# 2023-2025 BOARD MEMBERS



**AASH Connections** ([www.aash.org/connections](http://www.aash.org/connections)) is the place for Sacred Heart alums to find the things they need, including products, services, employment opportunity internships, mentors, contacts in a new city, vacation rentals, assistance in a foreign country – or anything else you can think of!

These resources are offered to Sacred Heart alums by Sacred Heart alums. To access the list, you must be logged into your AASH account.

Log in here: <https://aash.org/directory>. If you are logging in for the first time, use your first and last names without a space as your username (FirstLast) and set a new password. If you do not have an account, contact the National Office ([nationaloffice@aash.org](mailto:nationaloffice@aash.org)) for a temporary password.

Our current range of listings include investment advisors, vineyards, realtors, vacation rentals and alums willing to be points of contact in various cities. The website is set up in a style similar to craigslist; please add your listed [www.aash.org/connections](http://www.aash.org/connections). Please don't forget to add a contact method, along with any photos, prices or other income that you would like to include. Offering discounts is not required and there is no cost to post your listing. Remember, users must log in via the [aash.org](http://aash.org) website so only Sacred Heart alums will be able to access AASH Connections.



*Alyssa Space, Bloomfield Hills '11*

## **Alyssa Space, Bloomfield Hills 2011**

*By Andrea Briefs Ferris, Bloomfield Hills*

Alyssa Space believes in the beauty of every woman! Taking advantage of her talent in chemistry which was cultivated during her time at Academy of the Sacred Heart, Bloomfield Hills, Michigan (Class of 2011), she earned a degree in Chemistry from Michigan State University. Subsequently, Alyssa created a cosmetics company highlighting the beauty contained within each woman. Not stopping there, she also established a nonprofit organization engaging young people in the disciplines of science, technology, engineering, and math (STEM). Alyssa's company, known as ForHerCosmetics, and her nonprofit, MySpaceLaboratories, have dual missions. ForHerCosmetics aims to diversify the beauty industry while MySpaceLaboratories exists to inspire the next generation of chemists, any science specialty, and scientifically based entrepreneurs.

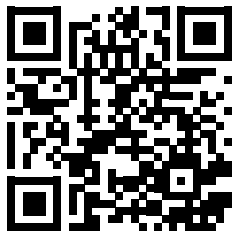
While in attendance at Bloomfield Hills Academy, Alyssa began generating ideas for her all-natural, vegan, and cruelty free products which became the foundation of her business today. From this humble inception, the enterprise grew steadily into a dedicated 350 square foot space, based in Detroit. Her team develops products emphasizing lips, eyes and the body. This high-quality line of cosmetics is available to women of all skin types.

Alyssa's enthusiasm for STEM is expressed through her award-winning nonprofit organization, MySpaceLaboratories, providing fun and engaging programs for young women. MySpaceLaboratories regularly holds both school programs and numerous events. Alyssa has developed 12 natural product experiments and experiences for students which allow them to be scientists for the day. To date, she has had 3,500 students participate in her programs. Alyssa's efforts go beyond STEM as she also addresses the elements of building character, self-esteem, and anti-bullying strategies. Her programs are aimed at students dealing with delicate developmental stages, in which self-image becomes a central issue.



*Alyssa's STEM lab in Detroit, MI*

*Scan the QR code with your phone  
to learn more about ForHerCosmetics  
and MySpaceLaboratories >*



*Or visit the website at  
[forhercosmetics.com](http://forhercosmetics.com)*

## Marcella Marino, Bryn Mawr '18

By Suzanne Santora Robinson, Overbrook

Thanks to the pandemic of 2020, Marcella Marino, Bryn Mawr 2018, fulfilled her childhood dream of starting her own pasta sauce company way ahead of schedule. During her second year at Penn State, Smeal College of Business, while studying Corporate Innovation and Entrepreneurship with a minor in International Business, Marcella and her classmates were sent home to finish the spring semester remotely. She elected to stay home for the 2020-21 school year as well.

“*My Sacred Heart education empowered me to start my own business...*”

In December of that year, with plenty of time on her hands, Marcella returned to her parent's kitchen using fine Italian ingredients with her own modern twist to perfect her pasta sauces. Next, she connected with the undergraduate entrepreneurial program "Invent Penn State" and soon after MarRosa's Old World Cuisine was established. "Invent Penn State" provides services for entrepreneurs to obtain an LLC and trademark their brand. Once Marcella created the brand, she researched, interviewed, and finally hired a local manufacturer to produce her sauces and deliver them to stores and farmers markets.

During her senior year Marcella applied to participate in Penn State's version of "Shark Tank", The Investment. She was selected as one of six student finalists who pitched their business plan to a panel of 4 judges. Marcella was one of the two finalists to be awarded \$15,000. This allowed her to expand her brand with additional marketing materials, merchandising and new products. She also used some of the funds to participate in the Fancy Food Show in NYC where her brand gained a lot of exposure to new customers.

Currently, MarRosa's has four varieties of sauces and two types of pasta in their collection. They are available online at [www.marrosasoldworldcuisine.com](http://www.marrosasoldworldcuisine.com) as well as in stores in California, Pennsylvania, New Jersey, Maryland, New York, Tennessee, and Texas!

Marcella credits her Sacred Heart education for empowering her with the confidence to pursue her dream. Student-led activities and programs encouraged public speaking, strong research and time management skills and the confidence needed to successfully launch a new product into a crowded market. Marcella returned to Bryn Mawr in June of 2022 as a participant in SHAcupation, a program that invites alumnae to share their career paths and successes with the senior class. Needless to say, they were quite impressed with all Marcella accomplished before graduating from college.



*Marcella Marino, Bryn Mawr '18, perfected her sauce recipes in her parent's kitchen.*



Scan the QR code with your phone to shop MarRosa's pastas and sauces >

Or visit the website at [marrosasoldworldcuisine.com](http://marrosasoldworldcuisine.com)



# MADISON ROMO BIOGRAPHY



*Madison Romo,  
Duchesne Houston*

My name is Madison Romo. I was born and raised in Houston, Texas, and I am currently living in Washington D.C. In the Fall of 2022, I was selected as a State Department Rangel International Affairs Fellow, and I am now studying Global Politics and Security in the Master of Science in Foreign Service program at Georgetown University. In May 2022, I graduated from Boston University with a Bachelor's degree in International Relations and a minor in Russian. After graduating, I moved to Washington D.C., where I became a trainee, focusing on EU External Policy at the European Parliament Liaison Office.

While my time in Washington D.C. has helped me to reach my career goals, my passion for public service and international relations began in Houston. In 2011, I became a student in the sixth-grade class at Duchesne Academy of the Sacred Heart and eventually graduated from high school there in 2018. Looking back, I know that my Sacred Heart education impacted me in many ways and put me on the path that I am on today. Duchesne's rigorous academics, sense of community and empowerment, as well as the Sacred Heart Goals and Criteria such as a "social awareness that impels action" have helped me to better understand the world and inspired me to work to make it a better place. Moreover, my time on the school's debate team served as my first encounter with global affairs and political debate and challenged me to understand and analyze pressing global issues. My exposure to topics like U.S. sanctions on Russia in 2014 or strategies to prevent nuclear proliferation through the debate team introduced me to the study of international relations and catalyzed my interest in global politics and Russia. Based on this interest,

I applied and was accepted into the U.S. Department of State exchange program National Security Language Initiative Youth (NSLI-Y), which provided a scholarship for me to study abroad in Moscow, Russia in the summer of 2017. There, I took intensive Russian language classes and stayed with a host family. During my time in Moscow, my cohort toured the U.S. Embassy in Moscow to learn about U.S.-Russia relations. It was also the first time I met a U.S. Foreign Service Officer (FSO), also known as a diplomat. The FSO told us about themselves, their work, and the mission of the embassy. I was fascinated by their stories, daily work, and the mission of the State Department and diplomatic community: to represent their country, build friendships between nations, and strive to find common ground for cooperation and dialogue even during tumultuous times. From that moment, I knew that I wanted to be a diplomat and was determined to get there.

In the fall of 2017, I returned to Duchesne for my senior year with new goals and a vision for my future. I am confident that my Duchesne education, lifelong friends, and the sense of purpose I gained from my Sacred Heart education will continue to help me at every turn as I begin my career as a diplomat.

## UPCOMING NOMINATIONS

### National Board Nominations

Know someone that you know would be perfect for our National Board? Please consider them for the 2025-2027 AASH Board of Directors. Each board member:

1. Must attend the national conference before election and at the close of the biennium and must be able to attend the annual summer (June) meeting of the Board in the year of election and the following year.
2. Have ability to communicate regularly by email.
3. Check and contribute regularly to [www.aash.org](http://www.aash.org)
4. Support the activities of the region.

### Nominations for Major Awards

Please start thinking about nominations for the 2025 Cor Unum and Maryliz de Vito Lincoln Generosity and Service Award. The Cor Unum Award recognizes excellence in one's work, loyalty to Sacred Heart values and the gift of self in service to others. Nominations are welcome from the AASH membership at large. One outstanding person residing in each of the four regions (Central, East, South, West) is honored. The Maryliz de Vito Lincoln Generosity and Service Award recognizes a young alumna or alumnus who has demonstrated outstanding support of and loyalty to their alum association.



# 125<sup>TH</sup> ANNIVERSARY CELEBRATION AT ATHERTON

Our annual Alumni Day was celebrated in conjunction with our 125th Anniversary of education on our 63-acres with over 200 alumni from graduating classes of 1954 to 2018, family, and friends. Our Sacred Heart community returned home to campus to reunite with classmates, teachers and a few principals too. Milestone class reunions were celebrated for class years ending in 3 and 8.



*Kate Sawyer, AASH President and Lindsay Galloway Hill, AASH WRD*



*Flat Philippine at the 125th Anniversary celebration at Atherton*



*FOR THE SAKE OF ONE CHILD sign at Atherton*

The weekend kicked off with a Friday evening Gator Nation Tailgate to cheer on the football team for their “Under the Lights” game.

- ♦ Saturday’s festivities were full of Sacred Heart spirit from noon until after dark.
- ♦ Retired Art Department Chair and teacher Janet (Johnson) Whitchurch held an art exhibit attended by many of her former students featuring her work that centered around the Main Building, which was on display outside the Otto Library.
- ♦ The Très Bien Tea luncheon on Conway (Palm) Court was filled with laughter, reminiscing, and an informative and relevant presentation by Sacred Heart Prep students and faculty on Lobbying for a nationwide AP (advanced placement) Women’s History Course.
- ♦ The 50th and 60th reunion classes were presented with a Golden and Diamond diploma (respectively) and red rose by their principal Sr. Sally Rude and Sr. Nancy Morris (respectively) in the very same place they received their high school diplomas.
- ♦ Mass in the Main Building Chapel was presided by Fr. John Whitney and the Spirit of Mater Alumni Award was presented to Christine O’Neal (SJS’94, SHP’98).
- ♦ Alumni Oktoberfest with Gordon Biersch Brewing Company was held in the center of the Prep campus surrounded by our oldest (1898) and newest (2019) buildings, the stars and our amazing alumni, family, friends, RSCJ, and Sacred Heart educators - past and present.



## **Don’t miss news and event information!**

Please be sure we have your current email and mailing address by contacting [alumni@shschools.org](mailto:alumni@shschools.org).



# WELCOME TO ARIZONA!!

By *Lindsay Galloway Hill, WRD*  
with *Deborah Dunham, VP*

Welcome to Phoenix! On January 18, 2024, a cool but sun-drenched day, we entered the historic elegance of the Phoenix Country Club to attend the AASH/AZ Annual January Meeting and Luncheon. **Phoenix Country Club** is a golf and tennis club located in Phoenix, Arizona. The club was founded 124 years ago in 1899 and has occupied its current location since 1921. It is surrounded by sweeping views of a rugged mountain range, contrasted by the skyline of downtown Phoenix. The clubhouse interior was handsomely furnished with southwestern furniture, numerous plants, multiple levels, and views of the massive, impeccably presented golf-course outside every window. The expanse of the surrounding desert and its natural beauty left us awestruck!

We were welcomed at the door by our gracious hostess Mary Maloney and shown into a large meeting room where our seats awaited. The meeting was opened with a prayer given by Betty Troilo, the AASH/AZ chaplain. Next, Pam Snyder officiated on behalf of Lee Bowman, President of the AZ Association, who was unable to attend that day. She enthusiastically introduced both of us, thanking us for attending. Deborah was invited to share greetings from the AASH/ National Board, and she urged AASH/AZ participation in the National Conference being hosted in Los Angeles, April 2025. Minutes were read by Kathy McCracken and the Treasurer's Report was shared by Christina Clark. Two philanthropic priorities for AASH/AZ are the population of retired RSCJ at Oakwood and **Maggie's House** (a homeless women's shelter) in Phoenix. The membership designated a very generous donation be sent to the Sisters at Oakwood. Additionally, this Association has a longstanding tradition of collecting and donating infant and toddler clothing, through member Annie Fitch, in support of **Maggie's House**. Children's clothing donations were piled high on a designated table and it was explained to us that these donations were only the start, with much more to come! The Events report was given by Judy Ross and Mary Maloney with plans for Ash Wednesday which included a Lenten-themed luncheon, Sister Lyn Osiek, as a guest speaker and the distribution of ashes. Among other reports, a highlight was that of thanks,



*Deborah Dunham, AASH VP and  
Lindsay Galloway Hill, AASH WRD*

given to Marie Sebrechts and Terri Logsdon, for the collection of postage stamps sent to AMASC in Spain, in support of AASH members living in countries presently involved in political hostilities.

Our meeting concluded with the culinary offerings of a lavishly presented buffet, featuring salads and hot dishes of the Southwest. We were so grateful for the warm reception and kind attention given by the membership of the AASH/AZ Association. We're look forward to seeing them in April 2025 at the National Conference in Los Angeles, as they are LA's next-door neighbors on the west coast!

## ATHERTON CLASS OF 2023 GRADUATION

*Sorry we missed this graduation photo in the last edition.*



*Atherton class of 2023*

# AASH LA CHAPTER ANNUAL MEETING

On Saturday, January 27th, the AASH Los Angeles Chapter met at the Loyola Marymount University Campus in Los Angeles. With sweeping views of the Pacific Ocean and the city, the warm weather was a welcome break to the recent Pacific storms.

Our religious moderator, Fr. Eddie Siebert, celebrated mass in the Jesuit Center and then provided us with a terrific history of the LMU Campus.

The meeting was held and then Mater statues were presented to past Presidents Lindsay Galloway Hill of Menlo Park, Suzanne Branchflower of San Diego College for Women, Laura Alcalde Braunstein of Broadway, and Sandy Cassell Farrell of El Cajon and San Diego College for Women.

Liz Korander Bradley, LA Chapter past president (2008-2010) and graduate of San Diego College for Women, entered eternal rest January 23, 2023. Her love of her Sacred Heart education, and the friends she gained from it, knew no bounds and requested that Mater statues be given to all LA Chapter Presidents as appreciation of service.



*Liz Korander Bradley*



*Left to right: All past presidents (LA Chapter) Lindsay Galloway Hill, Suzanne Branchflower, Laura Alcalde Braunstein, Sandy Cassell Farrell*

# NORTH CAROLINA TRIANGLE AREA ALUMNAE GROUP



*The North Carolina Triangle Area Alumnae group kicks off the Mardi Gras season*

For over 10 years, the North Carolina Triangle Area Alumnae group enjoys kicking off the Mardi Gras season with a luncheon hosted by Rosary alumnae Karen Killeen Daly ('78) and Mary Grace Magee Sellars ('77). Sacred Heart alumnae from all over the world who have settled in Eastern North Carolina look forward to this annual New Orleans inspired Mardi Gras celebration featuring jambalaya and king cake, with Mardi Gras beads and decorations to complete the ambiance! The group meets about every other month and is open to all Sacred Heart alumnae or those who have attended or worked at a Sacred Heart school. We are always looking for new members!

The next luncheon is a St. Patrick's Day theme hosted by Carla Finnegan (Bryn Mar '85) on Saturday, March 16 at Noon.

Email [kdaly@nc.rr.com](mailto:kdaly@nc.rr.com) for more information or if you would like to be on the email list for future gatherings!

We look forward to welcoming new members!

# SPOTLIGHT ON SACRED HEART SCHOOL OF MONTREAL

*By Patricia Briand – 25th Head of The Sacred Heart School of Montreal*

Our foundress, Saint Madeleine Sophie Barat, once said “The education of young people is my favorite occupation and my dearest delight.” I couldn’t agree more. It is a privilege to work in a school and help guide and accompany students as they navigate daily joys and challenges. From the first day I stepped foot into The Sacred Heart School of Montreal, I’ve been greeted with smiles, high-fives, and encouragement.

I am often asked how Sacred Heart differs from the other schools where I have been. Well, as of January 31st, I am able to officially say that there is one clear difference, which is that we are the #1 Private School in Montreal! This accolade, by public vote through “The Best of Montreal”, is not a surprise to anyone - as Tara Durley ‘85, President of our Alum Association said to me, “We always knew that Sacred Heart was the best school so it’s about time the rest of Montreal heard the news!”

I also tell friends, colleagues, and potential new families that since arriving at Sacred Heart, I have been continually inspired by the sense of belonging and community that permeates every aspect of our school. Our school community thrives in a spirit of collaboration, unity, and mutual respect. We understand that when we come together with a shared sense of purpose and passion, we can accomplish extraordinary things.

Perhaps what is most striking about Sacred Heart, that truly sets our school apart is the profound sense of love and care that infuses every interaction and every lesson. From the gentle guidance of a teacher to the unwavering support of parents, alum, and our beloved sisters of the RSCJ, to the infectious laughter of a child, it is this love that transforms our school from a mere building into a warm and welcoming home—a place where hearts are nurtured, minds are expanded, and dreams are realized.

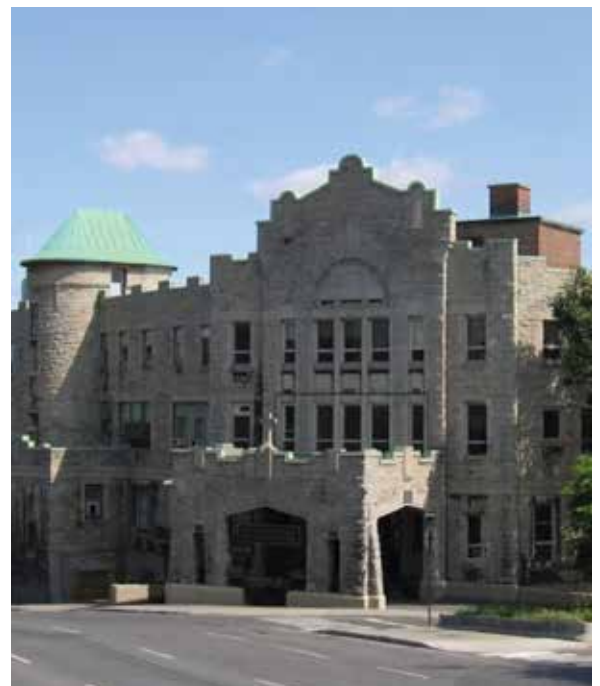


*Patricia Briand with her daughters*



*Patricia Briand, Head of The Sacred Heart School of Montreal*

“I have been continually inspired by the sense of belonging and community that permeates every aspect of our school.”



*Sacred Heart School of Montreal, Quebec*

# COMING HOME TO PUERTO RICO



*Left to right: Shirley Andreu, Mr Gilberto Marxuach, and Sara Tolosa*



*Frances Torruella, Ileana Zambeana, Shirley Andreu, Gladys Mendez, Gisela Perez*

## *by Shirley Andreu, Ambassador to Puerto Rico*

In December, I had the pleasure of making a week-long visit to the University of the Sacred Heart, Santurce in San Juan, the College of the Sacred Heart of Ponce, as well as with the RSCJ serving in Puerto Rico.

During my visit to the University, I attended an alumni event that welcomed alumni back to campus, beautifully decorated for Christmas with a special Mass, food, and celebration that brought back beautiful memories for all who attended the school. The Sacred Heart School of Ponce PR celebrated its centennial and many from the campus in Ponce attended the event. I met with the President of the University, Mr. Gilberto Marsuach, and Mrs. María Josefina Cerra, President of the San Juan Association. We're talking about the COMESA program that provides financial aid to students for meals. To date, I have been able to secure donations of \$5,000 to help fund this much-needed program.

Representatives from both schools met and discussed the condition of the schools as well as future plans for Ponce and San Juan. Both schools are very active and want to help the RSCJ. One of the current challenges is to unite the two alumni associations of the two schools. Although they are physically close, less than 30 miles apart, they act separately. Bringing them together will bring benefits to both the two schools and the RSCJ.

The RSCJ lead a very modest and simple life. They reside in an old building, but it is kept clean and is well maintained. However, the poor condition of the kitchen and the dining room floor pose safety concerns in addition to a tripping hazard. A structural engineering assessment is needed to determine soil stability and estimate costs that would be involved in this type of remediation. We will need a fundraising campaign to achieve this. I brought them \$1,000 donated by our former AASH president, Rhonda Meegan. The RSCJ were incredibly grateful for their donation.

It is always a pleasure to visit my home and my country full of warm and generous people, as AASH Ambassador from Puerto Rico.



*Mr. Gilberto Marxuach*

# BOARDING SCHOOL AND YOU, PART 2 ATHERTON, CA 1972

By *Lindsay Galloway Hill, AASH WRD*

The boarding school at Convent of the Sacred Heart in Menlo Park was a masterpiece of design. What was their secret? A day school is one thing, but a boarding school is an entirely different undertaking! The RSCJ had devised a plan for the boarding school using patient discipline, high academic and personal standards, traditions, and routine. Each element dovetailed into the next to create a solid foundation for life long habits. It was these three elements that I needed to begin rebuilding myself after losing my beloved mother to cancer along with our home in San Francisco. The RSCJ understood trauma and how to begin the healing process. Working in concert with school routines, they designed weekdays and weekends for boarders which could be easily anticipated, creating a sense of security and safety.

Weekday morning routines began with the head mistress of the boarding school, Sister Gladys Enos. Standing outside her office, she would ring a loud, vintage brass and wood hand bell directly outside her office door at the south end of the main hall. Then she would walk into each group dormitory, to ring it up close, ensuring everyone heard it. I had not been told about the up close part, so when the bell began ringing for the first time, right outside my cubicle curtain, I woke up in a standing position on the cold parquet floor with my heart pounding along in concert with the bell! Sister Enos would then announce, "Good morning girls. Breakfast will be served in thirty minutes and you're expected downstairs in the dining room for the opening blessing, dressed, ready for class, and on time!" After breakfast, we (boarders) ran back upstairs to gather notebooks, texts, and anything else necessary for the day. Once classes commenced, boarders were not allowed access to the second floor until lunch. This allowed custodial staff to clean restrooms and other common areas.

"Goûter" (gootay, French for snack), served from 3:00-3:30 pm out of the tiny kitchen near the nurses office, signaled that "after school" had arrived. After laying hold of whatever was offered, we changed out of our school uniforms into regular clothes. We were allowed to leave campus to walk or drive for the purpose of shopping, going to day-student homes, or remaining on campus to begin studying. We also had a main lounge which contained a large entertainment console housing a television and a record player. There were always programs to watch from couches and bean-bag chairs with friends.



*Library, boarding school at Convent of the Sacred Heart, Menlo Park*

“ *Each boarder has their own unique set of circumstances and reasons for attending boarding school. Among many stories, this one is mine.* ”



*Lindsay Galloway Hill's Senior Room*

# BOARDING SCHOOL AND YOU, PART 2, continued ATHERTON, CA 1972

Evening dinner was served promptly at 6:00 pm. There was then a half-hour in which to relax before Study Hall began. Study Hall was a serious affair. It lasted one hour with mandatory silence and not a soul outside their room or the library without an excellent explanation as to why. Nuns and seniors were designated as proctors, walking dorm to dorm, and supervising the downstairs old library where students were sent who needed closer supervision. As a regular, unhappy attendee of the library, I would do anything but study. Eventually, I did learn the art of silent concentration and mastery of academic material. These skills developed after a couple of years and several discussions with various nuns repeatedly shared the same observation, "Lindsay, let's step into the hall. It would appear that you are unable to concentrate again on your work this evening. How can we overcome this situation? What can we do? Let me give you a moment to think it through while I reflect on my own ideas to help you and we'll talk." After Study Hall concluded, there was additional free time until Sr. Enos dimmed the hall lights, signaling it was time to shower and ready for bed. Although lights out was 10:00 pm, flashlights emerged for whispered gossip, reading under covers and further study. Once everyone finally settled down, the only sound left was the distant whistle echoing from freight trains passing in the night.

Traditions played a key role for boarders. One such tradition occurred annually during the last week before vacation at Christmas time. It was titled Stars and Switches. Seniors who were boarding were placed in charge of the event and tasked with assigning "stars" for good habits or "switches" for poor habits for all freshman, sophomore, and junior boarders. They secretly hand decorated strips of paper with a star or a stick and wrote the name and a sentence identifying the recipient and their habit. Two seniors then volunteered to dress up as Santa & Mrs. Claus, carrying the wicker basket containing all the Stars and Switches. The rest of us went to bed each night that week in great anticipation because it was supposed to be a surprise! At last, one night at 11 p.m., the main hall lights suddenly flew on and a hand bell summoned everyone in robes and slippers to follow Santa & Mrs. Claus in grand procession downstairs! During the Christmas season, one corner was graced with a 15 ft. tall, fully decorated Christmas tree, bursting with ornaments and loaded light strings! As the procession entered the cafeteria, the tree stood in darkness, illuminating its corner. We huddled together on the floor as the Clauses took their seats in front of it. After the Stars and Switches were read aloud eliciting both applause and laughter, the cafeteria lights unexpectedly lit up! Festively decorated tables were covered with serving trays brimming with cups of hot chocolate and as many cookies as one could stuff inside a napkin! Before ascending upstairs to bed, we gathered together holding hands and sang a few Christmas carols around the tree as a closing blessing. Truly magical!

On weekends, boarders relaxed into an open routine. Many girls went home while others were served three meals, as always, before leaving campus on errands and other activities. Dating for seniors was allowed by special permission and a curfew was instituted for no later than 10:00 p.m., after which time the entrance gates were locked. Numerous times, I stayed on campus and was sent next door to Oakwood Retirement Center to answer phones and to receive counseling. Upon entering, I was greeted by the nuns at the front desk who chatted about the progress of my week and what was being studied. A small desk waited at the end of a corridor with an AT&T business phone having multiple lines. I had a job!

Being put to work helped with some of the depression over losing my mother which lingered for some time after entering Menlo. Additionally, I was assigned regular "conversations" with Mother Maria Leonor Mejia, (1892-1992). Leonor in English is translated as Eleanor, which was my mother's name! Mother Mejia rigorously taught the manners of a properly educated Sacred Heart student, which included how to sit like a lady and listen in and out of class, the seriousness of academic work habits, and the respectable way in which to present oneself. All of these discussions were held within the framework of community service. Mother Mejia left a permanent impression and her lessons helped me discern both personal and career choices wisely.



*Boarding school at Convent of the Sacred Heart in Menlo Park*



*Lindsay Galloway Hill at the Main Building front door*

My senior year I earned the privilege of choosing a private room. It had the same towering ceilings, two five-foot single-hung windows, and a magnificent valley oak stood sentry outside. Entering my last year in the boarding school came with mixed feelings of accomplishment and the fear of leaving. The nuns had gently reshaped me into a person who valued scholarship, excellence, and self-discipline (well, sometimes)!

I had grown to appreciate their methods of discipline by calmly walking alongside you and using

reason, wisdom, and logic to redirect poor choices. Study Hall taught me how to manage and focus on academic tasks. Routines and traditions were the fabric of everyday living for four years, and have framed my adulthood going forward.

The final weeks of the school year were filled with the nervous excitement of traveling home for summer. There were hidden late night talks, packing, hugs, exchanges of addresses and phone numbers, promises to be in touch, and farewell tears. The boarding school was closed for summer and cleaned in anticipation of a new group the following September. Sr. Enos would personally review the room of each student, verifying it was left empty of personal items, while coordinating travel arrangements and pick up times for national and international flights. Removing things to go home for the last time, I was suddenly overwhelmed with emotion and memories engulfed me like a tidal wave! Uncontrollably crying, I carted my suitcase, footlocker, and many boxes down the stairs and out the front door, to my Grandmother's car. Sadly, there were several soggy trips until the room was empty. I had recovered from my mother's death, healed my heart, and emerged a well educated, graceful young lady. Whenever I visit, I pause at the entrance in gratitude because the Main Building will always be "home".

*The End*



## Sacred Heart Legacy Society

AASH recognizes members of the AASH Legacy Society in the annual report published every Fall in the *Esprit de Coeur* magazine. With the member's permission, we will run a photo and brief bio in the *Esprit* and publicly thank them when the gift is first planned. In the following years, they will be noted in a special list of AASH Legacy Society members in the annual report. A complete profile/obituary along with photos will be run in the *Esprit* and posted on AASH's social media when we receive the gift. Legacy Society members should feel free to send high resolution photos they would like to be included in the magazine.



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Did you know you can give money to AASH and lower your adjusted gross income (AGI) at the same time? Anyone aged 70½ or older who must take required minimum distributions (RMDs) from their traditional IRAs can contribute up to \$100,000 directly to AASH without it being considered a taxable distribution. Contact your IRA administrator or the National Office ([nationaloffice@aash.org](mailto:nationaloffice@aash.org)) for more information.



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*The Associated Alumnae and Alumni of the Sacred Heart (AASH) was created in 1930, 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.*

**Save the date for our 3rd Virtual Regional Conference**

The conference will be held Wednesday, October 16, 2024 at 11 a.m. PST, 1 p.m. CST and 2 p.m. EST.

Check [aash.org](http://aash.org) for registration details and any other information.