

Esprit de Coeur

spirit of the heart

2022 - 2023
ANNUAL REPORT

HONOR ROLL OF DONORS
AND FINANCIALS



ASSOCIATED ALUMNAE AND ALUMNI OF THE SACRED HEART



What's Inside

President's Letter.....	Inside front cover
2023-2025 Board Members.....	2
School CONNECTI ONS.....	3-4
AASH National Conference Recap	5
Essay Contest Winners.....	8
Class of 2023 Graduation Photos	10
Annual Report	13
Boarding School and You	16

LETTER FROM THE PRESIDENT



*Kate Sawyer, 91st Street '86
President*

Fall is my favorite season! Not only is my birthday in November, but I was married at the end of October and the cooler weather marks the break from the summer heat. Leaving the fun of summer vacations and trips possibly taken, we settle back into our routines. Students and faculty reconnect with their buddies and start to buckle down with studies and assignments; those of us not so recently graduated get back into the work hustle and bustle.

The 2023 National Conference in Portsmouth, Rhode Island was a wonderful event. We were able to reconnect with one another in person and celebrate the Sacred Heart “magic” of **C♥NNECTI♥NS**, making us all feel like long-time classmates, even though we attended different schools, in different states, at different times. The Elmhurst Alums gathered at their school for the Sheilagh O’Dwyer Soiree, held at Glen Manor, and we all marveled at the beauty of the grounds. Our hosts at St. Philomena pulled out all the stops! We celebrated Alice Burns during the Vin d’Honneur and the Cor Unum mass, at the Portsmouth Abbey chapel, which reset our spirits and love of the Sacred Heart.

The 2023-2025 Board had an unprecedented change in leadership with the Vice President position. The vetted and voted in candidate was sadly unable to fulfill her duties in the role. Shirley Andreu, Ambassador to Puerto Rico, acted as the interim Vice President during our annual meeting in June. Following the Bylaws, the Board requested and received additional applications and voted to install Deborah Newhouse Dunham. This new biennium will continue the efforts of past Presidents Jodie Hannaman Thorne and Roselie Bellanca Posselius to encourage engagement and foster new connections, as we resume our travel tours that were postponed due to the pandemic.

We appreciate our members’ continued support, demonstrated by nominating the Board, the Cor Unum candidates, as well as participating in our virtual and in-person events.

Stay safe and healthy!

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.

On the cover: Elmhurst table, Berchmans graduates ringing the bell and Academy of the Sacred Heart St. Charles graduates

On the back cover: Academy of the Sacred Heart St. Charles graduates, Bellissa Aquino and Maritza Berrios at Porter’s Lodge Sacred Heart University Santruce and Duchesne Houston graduates

Editors: Donna Davis and Lindz Hill

Designer: Angela Schulte



*Donna Davis, DASH '80
Southern Regional Director*

New Beginnings

While some see the Fall as a time when leaves turn and drop to the ground in preparation for the cold winter, I see it a bit differently! The sizzling Summer has come to an end and it is a time of “firsts” and new beginnings.

Some children start school for the first time, others are off to college as freshman and there are teachers in classrooms who have never stood before a group of students. It is an exciting time for fresh starts.

I have embarked on a new journey that will bring me full circle back to where I started. After graduating from college, I began working at Duchesne Academy of the Sacred Heart in Houston in the Development Office. One of my responsibilities was to write and edit the newsletter. Well here I am again, editing a Sacred Heart publication as the new Southern Regional Director of AASH.

I am so happy to join this wonderful team of Sacred Heart Alums. This amazing group of women reflect the diversity of our education in the Sacred Heart tradition. We start our biennium with many new members in different capacities and hope to bring to the table a fresh outlook on the upcoming years.

We hope you enjoy the Esprit De Coeur and the ever growing information about our Sacred Heart Alums. We encourage you to read and reflect upon the articles. Let us know how you think we can improve on the content and delivery of information on your fellow graduates. We want to hear from you.

C♥NNECTI♥NS of the Heart,

Donna Davis, DASH '80
Southern Regional Director

Get Connected!

The **C♥NNECTI♥NS** we all made at our Sacred Heart school are priceless. We are also able to connect with alums from other Sacred Heart schools because of our common bond – we are all Children of the Sacred Heart. Please invite your former classmates and any Sacred Heart alums to contact the National Office at NationalOffice@aash.org so we can update our database with current email addresses. You can also connect with fellow alums through AASH **C♥NNECTI♥NS** where you can advertise alum businesses, vacation homes, job and internship opportunities and prayer requests. Visit the website at www.AASH.org to get connected!



2023-2025 BOARD MEMBERS

Board Retreat Begins in Florissant and Finishes at the Academy of the Sacred Heart in St. Charles, MO

It seems fitting that the new board members met where Sacred Heart education began in the New World. We learned about the trials and tribulations of a nun named, Rose Philippine Duchesne, who in 1818, at the age of 48, travelled across the Atlantic Ocean and upriver from New Orleans to settle in what is now call St. Charles, Missouri. After a short time in St. Charles, she and several nuns relocated to Florissant, Missouri.

Between 1819 and 1828, St. Philippine Duchesne lived and taught in the small school house in Florissant. Among the many pictures showing the living and school areas of the building, you will see a section beneath stairs. This is the area where St. Philippine Duchesne slept. There are yellow notes, “prayer requests”, to her slid in between the wood slats. It is said that she will answer your prayers!

St. Ferdinand Church is next to the school house and was dedicated in 1821 to the Sacred Heart of Jesus with St. Ferdinand and St. John Francis Regis. There is now a Sacred Heart school in Houston, Texas named St. Regis School for Boys.

In the gardens on the grounds of the church and school house, there is a beautiful statue depicting St. Philippine Duchesne and the children whom she taught. The whole area has a serene feeling, one that welcomes all that pass by to reflect. It is very befitting to “the woman who prays always,” as the Potawatomi Indians called her.

In 1828, the Jesuits called for the return of the Sacred Heart to St. Charles where it remains today. The Academy of the Sacred Heart in St. Charles is open to 3-year-old through 8th grade children of all faiths.

St. Philippine Duchesne lived the last ten years of her life in St. Charles. She died in 1852 at the age of 83.

In 1988, Rose Philippine Duchesne was canonized by Pope John Paul II. It is her journey and triumphs that have inspired us as students and as board members to further her cause.

In her own words, “Strengthen in us, O God, the work You have begun in us.”



*2023-2025 Board Members
Front row L to R — Laurie Strickland, Lindz Hill, Kristen Andree and Shirley Andreu;
Middle row L to R — Donna Davis, Suzanne Robinson, Marcy Tufarolo, Sarah Cassidy,
Kate Sawyer and Julia Sosnivka; Back row L to R — Andrea Briefs Ferris and
Deborah Newhouse Dunham*



*School house next to
St. Ferdinand Church in
Florissant, MO*



Sleeping area in the school

*Left - stairs where St. Rose
Philippine Duchesne slept in the
school house in Florissant*



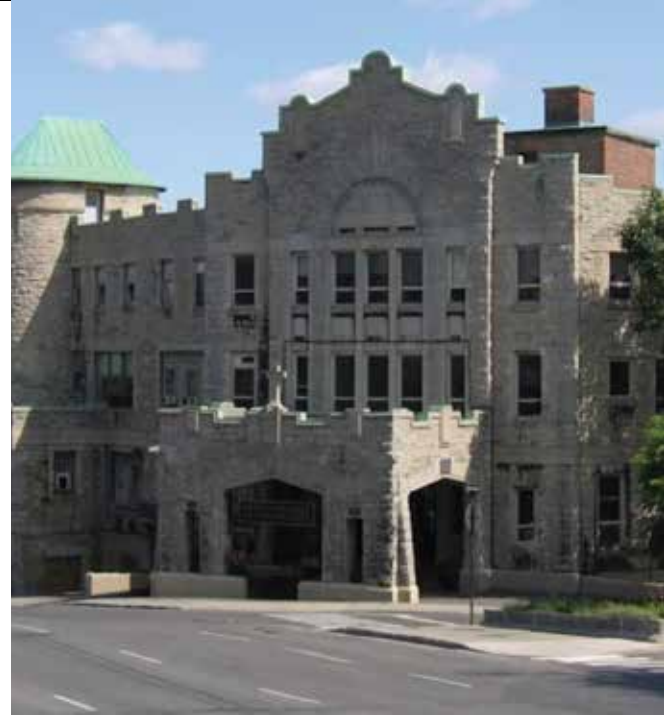
*Statue of St. Rose Philippine
Duchesne and the children in the
garden at Florissant, MO*

A Remarkable Boarding Experience in the Heart of the City

Since 1861, L'École de Sacré Coeur de Montréal/The Sacred Heart School of Montreal's commitment to developing young women of intellect, compassion and justice has remained steadfast throughout its storied history. In addition to its day students, the school offers a picturesque boarding experience nestled right in the heart of the city. Both 7-day and 5-day boarding options are available and provide a unique opportunity for students from various cultures and communities to experience boarding life in the dynamic and multicultural city of Montreal.

The in-residence team ensures that our Sacred Heart residents are supported throughout the week including the weekend. The newly renovated boarding wing and staff provide after-school activities, social events on weekends, including art and cultural outings that take advantage of Montreal's vibrant city scene, trips to local events, sports and much more!

This home away from home embraces students into a community that's not just about academic excellence but also about building lifelong connections and unforgettable memories.



The Sacred Heart School of Montreal

SHSM Alums recognized by the Canadian Government

For over 160 years, SHSM has been shaping the paths of young women, infusing them with unwavering confidence and igniting the flames of leadership within their hearts. Young girls become trailblazers who shape their destinies and contribute significantly to the world around them. In a world where equal opportunities can sometimes seem elusive, Sacred Heart shines as a guiding light, illuminating the way for countless generations of resilient and accomplished graduates. Its alumnae association has been operating since 1921. As it has adapted and evolved over the past century, the association and its members are still committed to its original mission to support and further the interests of their alma mater.

In a bi-annual publication, alums and their accomplishments are regularly highlighted. Most recently, the Government of Canada recognized two SHSM alums. The Honourable Anne Turley '83, Justice of the Federal Court was appointed in May 2023. Prior to her appointment, Anne was Senior General Counsel with the Department of Justice in Ottawa, Canada. During her 30-year career as a civil litigator, she appeared before all levels of courts, administrative tribunals and commissions of inquiry. One of the highlights of Anne's career was as lead counsel for the Government of Canada before the National Inquiry into Missing and Murdered Indigenous Women and Girls. She was an active contributor to legal education & mentoring in the Department of Justice and the wider legal community. In 2009, she founded an ongoing initiative within the Department to support, develop and mentor women litigators.

In addition, the accomplishments of Harriet Dolan Stairs '62, C.M., were also recently recognized as she was named to the Order of Canada by the Governor General, Mary Simon. The Order of Canada recognizes outstanding achievement, dedication to the community and service to the nation. It is one of Canada's highest civilian honours. Harriet was recognized, "For advancing women's opportunities within the financial sector and for creating equitable and inclusive policies within corporate and community-based initiatives.

PUERTO RICO CONNECTIONS

by Shirley Andreu, Sacred Heart University 1985

As the newly appointed AASH Ambassador to Puerto Rico, I visited three schools — Colegio Sagrado Corazon (Sacred Heart High School) San Juan, Universidad Sagrado Corazon (Sacred Heart University) Santruce and Colegio Sagrado Corazon (Sacred Heart High School) Ponce this summer. I set out with an open heart to introduce AASH to them, eager to embrace the experiences that awaited me on this thrilling island escapade.

At Colegio Sagrado Corazon, I met with the principal, Maritza Berrios, and discussed unifying the student bodies and the importance of alumni engagement. Their school theme of Love, Mercy and Service incorporates all the goals of the Sacred Heart; 3 teachers on the staff have received Presidential Decorations! Like most of the schools, Principal Berrios expressed her concerns about the decline in student enrollment due to COVID and economic strains. We discussed the possibility of creating alumni support by providing a scholarship in the amount of \$3,000 to a deserving student based on academic excellence, potential, and financial needs to attend the high school.

Later that day, I traveled to Universidad Sagrado Corazon in Santruce where I met with Bellissa Aquino in Human Resources and staff to discuss membership, alumni engagement, and future events. The team expressed their need for support in the CO/MESA lunch program, which provides meals to students under financial strain. They also wished to increase student participation in exchange programs and enhance the college's community involvement. The university campus houses 11 retired nuns with various needs, including electrical system upgrades and solar panels. It was very special to spend time with Sr. Lolin Menendez and Sr. Maria Clementina who had done so much for the community.

The next day I visited Colegio Sagrado Corazon in Ponce where I chatted with former alumni president, Mrs. Frances Torruella. Similar concerns were raised regarding the decline in student enrollment and the increasing cost of education. Many parents in the area have migrated to the US for better opportunities, which makes sending their children to this high school financially challenging. As with all Sacred Heart schools, the emotional attachment to the school and the value of Catholic education are significant factors for alumni and parents.

Overall, the AASH visit was fruitful, and the feedback received from the representatives will serve as valuable input for AASH's future initiatives. We identified several areas AASH can positively impact, including providing scholarships, supporting CO/MESA lunch programs, promoting exchange programs, and assisting retired nuns with their needs.

Inigorated by this return to my alma mater and finding the same value systems at the other 2 schools, I have started the process of creating fundraising opportunities back at home in Florida. Identifying a need is the first step to fundraising and I look forward to speaking to the alums who may have left Puerto Rico for the mainland US. Giving back to the schools and the nuns who taught them will not be an easy task, but I look forward to the challenge!

I will be hosting an event in Jacksonville, FL in December. Please follow us on Instagram @SacredHeartAASH for updates.



Bellissa Aquino and Shirley Andreu at Sacred Heart University Santruce



Shirley Andreu and Mrs. Francis Torruella



Shirley Andreu and Father Anulfo del Rosario



From L to R Sr. Lolin Menendez, Shirley Andreu and Sr. Maria Clementina

AASH NATIONAL CONFERENCE RECAP



Cor Unum Mass



Courage and Confidence Award L-R Rhonda Meegan, Barbara Henry and winner, Maureen Dwyer on behalf of her mother Rosemary Dwyer



Presentation of the gifts

Sydney Pomykata, Duchesne Academy of the Sacred Heart (DASH) 2007

As a 2007 graduate of Duchesne Academy of the Sacred Heart (DASH) in Omaha, NE, and member of DASH's Alumnae Board, I've wanted to attend the AASH National Conference for 20 years. My dream was finally fulfilled this year when I had the great privilege of serving as delegate for the Los Angeles AASH Chapter at the National Conference. The wonderful community at Saint Philomena School of the Sacred Heart hosted the Conference on their picturesque, North Atlantic seaside campus in Portsmouth, RI. The experience exceeded my expectations in every way.

We kicked off the weekend in true Sacred Heart style with grown-up "goûter" and live music at the beautiful Glen Manor House, where the RSCJs ran the Elmhurst school from 1961 until 1972. I enjoyed meeting v alumnae, who shared happy memories of roaming the Manor's halls in their uniforms which are on display at the soirée. Move over Met Gala—there is nothing like the Sacred Heart uniform archive! It was great connecting with Michael Baber (President at Sacred Heart Greenwich in CT) and Damiann Hermann (Head of School at Academy of the Sacred Heart in Bloomfield Hills, MI), who both knew my beloved freshman year theology teacher turned DASH Assistant Principal, Eric Krakowski.

The next day, we exercised our deep respect for intellectual values as we leaned into the Conference's theme: Courage and Confidence. Sr. M. Margaret McDonnell, RSCJ presented on moral decision making. As alumni of courage and confidence, Sr. McDonnell's talk was especially relevant. We all must grapple with our consciences and engage in discernment to act ethically every day in our professional, personal, and spiritual lives. Stuart Country Day alumna Molly Dare offered some inspiring words on living a life of courage and confidence. Sr. Nancy Kehoe, RSCJ, PhD led a lively discussion with Dr. Ellen Snee (a former RSCJ, no less!) on the exceptionality of female leadership and the challenges that we face as leaders who happen to be women. As a professional in a male-dominated industry, I was grateful to meet and speak with Dr. Snee. She reminded me of the importance of amplifying women's voices by highlighting my fellow females' great work to those in authority. I walked away with a signed copy of her book, *Lead: How Women in Charge Claim Their Authority*.

AASH NATIONAL CONFERENCE RECAP

That night, we attended the Très Bien Dinner, an event to fund the RSCJ sisters' attendance at the Conference. The RSCJ are the heart of Sacred Heart, and the conference would not be the same without them! It was an honor to partake in this delicious event, overlooking the idyllic Newport harbor at the restaurant 22 Bowen's. The Los Angeles contingency shared a fresh seafood platter with neighboring SoCal alumnae Martha Crawford and Diane Gonzalez, hailing from San Diego, CA. Months later I am still thinking about those oysters! After dinner, we were bestowed with third-class relic prayer cards that carried pieces of wood from St. Rose Philippine Duchesne's threshold of her room in St. Charles, MO. Newport was hosting The Ocean Race and the Newport Oyster and Chowder Festival that weekend, so the harbor was lively and the atmosphere especially festive!

The next day, we shared our personal and active faith in God through a beautiful mass in St. Gregory the Great at Portsmouth Abbey, home to Benedictine monks. St. Gregory the Great is quite possibly the most beautiful American church I have ever visited. Renowned artist Richard Lippold's wire sculpture "The Trinity" hangs directly above the altar and is awe-inspiring. You can find Lippold's work on permanent display at the Metropolitan Museum of Art in New York City.

After mass, we developed our social awareness, impelling us to action. I was moved to tears by a video about Newton College alumna Barbara Gould Henry, who served as Ruby Bridge's teacher during the desegregation crisis in the American South in 1960. Barbara faced intense ridicule from her white community and colleagues for teaching Ruby, the first black student at the school. I was thrilled to meet and have my photo taken with Barbara. The various regions of AASH met to decide upon a Call to Action that members could act upon to improve our communities. The Western Region chose to advocate for an end to gun violence in schools. Finally, we voted on AASH's new leadership.



2021-2023 AASH Board



Rhonda Meegan, Sr. Kathy McGrath and Roselie Posselius

AASH NATIONAL CONFERENCE RECAP

The 44th Annual National Conference was a resounding success! I loved having a mini-reunion with my DASH Dollies—DASH Alumnae Director Trisha Clark Meehan, DASH delegate Erin O’Keefe, and former DASH Head of School Sheila Haggas, who now serves as Executive Director of the Network of Sacred Heart Schools. It was exciting ushering in AASH’s new leadership, including the Los Angeles Chapter’s very own Kate Sawyer as President and Lindsay Hill as Western Regional Director. Every Sacred Heart community member is a kindred spirit just waiting to become a friend, and I had a blast making new friends. From stocking up on Sacred Heart swag at the Sacred Heart Boutique with the women from the Academy of the Sacred Heart in Grand Coteau, LA, to planning Canadian vacations with the Montreal contingency—Sarah Cassidy and Catherine MacDonald—each shared moment further built community based on Christian values. I returned home with a full heart and a renewed challenge to continue to personally grow in an atmosphere of wise freedom. I’m already planning my 2025 attendance and can’t wait to see you there!



L-R Maureen Dwyer, Rosemary Dwyer and Barbara Henry



Ambassador group L-R Deborah Newhouse Dunham, Sarah Cassidy, Ambassador to Canada and Shirley Andreu, Ambassador to Puerto Rico



Woman of Conscience award winner L-R Rhonda Meegan president M. Margaret McDonnell RSCJ and Anne Brescia — nominator



Cor Unum award winners L-R Rhonda Meegan, Mary Forsyth, Deborah Newhouse Dunham and Diane Tymick

Conference Donations

ST. PHILIPPINES PIONEERS

*The Estate of Alice Burns
Kathleen D. Sawyer*

MOTHER JANET ERSKINE STUART SCHOLARS

Patricia Colbert
Beth Speck
Rhonda Raffi Meegan
Maria Asteinza
Dianne Gonzales

BLUE RIBBON

Linzee LaGrange
Charla Dziejczic
Maureen Van Niel
Andrea Ferris
Ann Randolph
Marcy Tufarolo

GREEN RIBBON

Julie Burns Doll
Stuart Forsyth
Pamela Snyder

PINK RIBBON

Evelyn Staudinger
Frances Murphy
Patricia Kolojeski

RED RIBBON

Barbara Harkins



JEANNE BURKE O'FALLON ESSAY CONTEST WINNER — MIDDLE SCHOOL



Maria Garza Villarreal

What does Courage and Confidence mean to me?

*Maria Garza Villarreal, 8th grade,
Forest Ridge School of the Sacred Heart
Bellevue, WA*

As I first saw the words “What does Courage and Confidence mean to me?” I froze. I did not know what to do. Google it? Ask others? Meditate and let the definition come to me? I was freaking out. But the more I thought about it, I realized that any working definition of courage and confidence would work if they had an impactful meaning in my life. Courage and Confidence balance each other out.

Without courage one cannot have confidence and vice versa. Courage is the strength to do something,

and confidence is the mentality that accompanies the thing we are doing. For me, the question “What does Courage and Confidence mean to you?” makes every single person the individual who they are.

As I write this, 217 days have passed since I first came to the U.S. from Mexico City to go on my exchange year. It is different: A different culture, different language, different environment, and different life. I came to Seattle at 13; I did not like it at first; everyone knew each other already. I was the youngest one at my dorm, still am, and I felt like everyone was judging me. These were personal problems, it was my place to solve them, so I did. I put myself out there. Instead of criticizing the food, culture, weather, I learned to appreciate them by taking the time to get to know each one of the things I didn't like. By doing that I have not only made friends that I am sure will last for a lifetime. But this opportunity has allowed me to learn from my mistakes, practice independence, have a growth mindset, and become a better version of myself. Every day I feel like I accomplish something new, something better. I love the feeling so much I'm staying for approximately 400 days more.

And while I'm still building my courage and confidence, I take a bit from my childhood. I grew up with courage and confidence in my daily life and when I think of courage and confidence, I don't only see words or letters, I see faces. As a kid, I was lucky enough to always be surrounded by love. And now as I am 2,830 miles away from my family, I somehow manage to feel the same way. My family taught me that by acknowledging my fears, I could face them in a more positive way. I remember my first day of elementary school. I had just moved from Monterrey to Mexico City, I was 6 years old, and naturally, I was crying. My parents hugged me and said, “You'll never know how awesome it is unless you try”. Those words have stuck with me since. Growing up watching my mom talk in media interviews about her desire to expand learning in Mexico and all over the world. Going to my brother's basketball tournaments. My dad helping me with math and essays. These examples led me to compete in poetry contests, enter national dance competitions, excel in my grades throughout my school years, and coming to the United States.

All over, I have been able to reflect these values in my life. Courage and Confidence give me a goal, to go right ahead and not look back, to wanting to be more courageous and more confident every day. Just as family and love are important to me to survive, courage and confidence are too. Courage and confidence lead to one having direction to where someone wants to go, it establishes self-assurance, trust in self, accomplishments, and the ability to allow oneself to be loved. All of my life I have worked towards being successful, for Catholic Social Teaching, I have learned that success and the Kingdom of God are the way things are when love is the most important part of one's life. I have love for many people, and courage and confidence lead for those interactions to be positive in my life, that's why these values are so important to me. Respecting other cultures, other religious beliefs, other identities, while remaining true to my values and principles. I learn every day and will continue to do so because of what these values have taught me. Courage and Confidence make me believe in myself, they make me focus on the positive, they make me who I am.

As St. Madeleine Sophie said: “Courage and confidence must be our battle-cry. We cannot repeat these words too often.” One can always count on courage and confidence to be the force which enables one to do almost anything. With every new experience taken, every new step, new knowledge is gained, and new abilities are developed. Courage and confidence are love; they mean love. Love for oneself, love for others. Love for God, love for your enemies. The ability to trust someone blindly. God has been a part of my life ever since I can remember, and it's hard to imagine a word without Him. His values, his teachings, those are the ones that guide me to write this essay. Courage and Confidence allow us to do all these things, and they are demonstrated by being a leader, taking any opportunity, and being oneself. These virtues allow me to go past my limits, to push them to the best of my ability. At the end, courage is the ability to charge on life, and confidence is knowing that everything will eventually fall into the right place, that will help in my growth as a person, family member, part of a community, and more, even when it's not the outcome expected. Although it failed, I will be okay, I will come back again.

JEANNE BURKE O'FALLON ESSAY CONTEST WINNER — HIGH SCHOOL



Emily Hart

Courage and Confidence: Distinct Yet Intertwined

*Emily Hart, Grade 12,
Sacred Heart Academy Bryn Mawr
Bryn Mawr, PA*

The first move into the realm of uncertainty is always the most difficult. As a child, I loved going to Sacred Heart Academy's playground. I happily threw myself down the slide, pushed myself higher and higher on the swings, and sprinted across the black platforms. Despite the thrill I found throughout the playground, there was one part of the set that always made me cautious: the yellow fireman's pole. Standing on the edge of the platform, the ground always seemed impossibly high, until the

day that I finally took the plunge. As I reached my hand to the pole and slowly brought my body off of solid ground and let gravity take hold, a familiar pang of doubt crept into my body. I awkwardly moved my limbs down the pole until my feet were back on the mulch. Looking back at my time on the playground, I realize that courage was what pushed me onto the pole, but confidence was what assured me the risk was worth the fear.

An act of courage is an individual choice to do something despite fear and trepidation, while confidence places trust in forces much larger than an individual. As a young adult about to leave high school and enter college, there has never been a greater need for me to find courage and confidence in myself and in others. I now realize that I didn't need to look far for places of guidance and for those I can trust. They are in my own backyard within the school community that has been my home for the past fourteen years. In fact, I have come to realize that unbeknownst to me, courage and confidence have been emerging in me all along as a child of the Sacred Heart. This community has been the foundation of my worldviews and has given me hope for the future. While I cannot pinpoint a specific individual or moment that imbued me with courage or confidence, I can say that all that I am today, as a student of Sacred Heart Academy, is the direct result of a culmination of my Network travel, leadership, service, and dialogue experiences.

The Society of the Sacred Heart itself is founded on courage and confidence. St. Madeleine Sophie Barat grew up during a time of uncertainty and turmoil in France, but instead of receding into herself, she used the time to figure out what was needed in society. It took courage for Barat to push for girls' education in France the same way it took courage for St. Rose Philippine Duchesne to travel across the ocean to bring Sacred Heart to America. Each of these women worked to elevate the status of women in society with the confidence that others would continue their work after they were gone. I see the courage of the Society's Founding Mothers within the members of the Sacred Heart community, and their example gives me confidence in the power of the Sacred Heart mission.

I did not fully understand the scope of what it meant to be a part of Sacred Heart until I traveled to St. Louis last year for a program titled, "Living Our Mission" that focused on St. Madeleine Sophie's founding vision for education. I met many selfless individuals who are still working daily to continue the Sacred Heart mission. These individuals, including the provincial of North American Sacred Heart Schools Sr. Suzanne Cooke, illustrated the true value of my education. A Sacred Heart education is a means to inspire young people to rebuild, renew, and transform society. Racism, poverty, the climate crisis, and other problems of the modern world cannot be alleviated by a few individuals alone. Enough people must have the courage to see what needs to change and make the necessary sacrifices to shift the public mindset. The ability to examine the world critically must start from a young age. A school is not simply a place to receive instruction on English or math, but a place to explore one's interior, become a self-directed learner, and prepare for a life of integrity. In my own school community, I have been surrounded by a warm, accepting atmosphere, and become someone who is intellectually curious and unafraid to question the way things are.

It is nearly impossible to completely separate courage and confidence from each other because the two are deeply relational. Confidence can only come as a result of courage. Today, as a senior in high school preparing to enter the world, at times I feel as though I am back on the playground of my youth, debating whether or not to reach for the yellow pole. There are a myriad of paths and possibilities in front of me, and I am the one who decides my journey. Instead of a pang of doubt, I feel rooted with certainty because I have been gifted with an education that has given me the tools to enact change in the world. My connection to Sacred Heart does not end when I receive my diploma. The knowledge that there is a community of courageous Sacred Heart students, alumni, and RSCJ in the world gives me the confidence to fulfill my duty to create a future that is better for everyone.

CLASS OF 2023 GRADUATION PHOTOS



Berchmans with Msgr. DeRouen



St. Charles



Carrollton



Villa Duchesne

CLASS OF 2023 GRADUATION PHOTOS



Grand Coteau



Halifax



Regis 8th Grade



The Forest Ridge class of 1973 met in July to celebrate the 50th anniversary of their graduation. Many remembrances, stories and laughs were shared. It was great to be together again!



CLASS OF 2023 GRADUATION PHOTOS



Bryn Mawr



Montreal



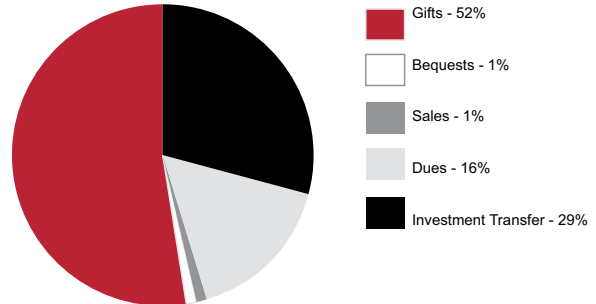
Duchesne Houston

ANNUAL REPORT

Reflects gifts received June 1, 2022 — May 31, 2023

AASH SOURCES OF FUNDS

Gifts	\$71,360.18
Bequests.....	\$1,700.00
Sales	\$1,437.95
Dues	\$22,137.00
Investment Transfer	\$40,000.00
Investments Total	\$136,635.13



AASH USES OF FUNDS

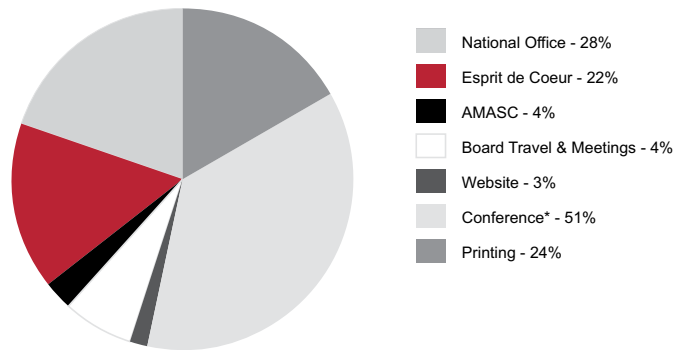
Income (Donations, Gifts & Dues) \$136,635.13

Expenses

National Office	\$37,827.23
Esprit	\$30,387.07
AMASC.....	\$5,000.00
Board Travel & Meetings.....	\$12,793.07
Website	\$3,488.66
Conference*	\$70,270.16
Printing	\$32,244.21

Total Expenses **\$192,010.40**

Net Loss..... (-\$55,375.27)



*The total cost of the 2023 National Conference was \$69,420.16. That includes \$4,088 that was paid in the 2021-2022 fiscal year. The 2022-2023 figure also includes \$850 paid for outstanding costs related to the 2022 Regional Conference.

HONOR ROLL OF DONORS

ANGELS

\$1,000 - \$4,999

Ms. Margaret
Badenhausen
Mrs. Nancy Calcagnini
Mrs. Elizabeth Clay
Dr. Gail Ellis
Mrs. Kathleen Favrot
Mrs. Bonnie Graham
Mrs. Denise Hattler
Mrs. Sheila Labrecque
Mrs. Jane McAniff
Ms. Veronica
McCaffreyEd.D.
Woods Martin
Marcy Petrini
Kate Sawyer

MADELEINES

\$500 - \$999

Mrs. Nancy Agnew
Dr. Nancy Bowdring
Ed.D.
Mrs. Kathryn Butzlaff
Charlie Calderwood
Mrs. Molly D'Esposito
Mrs. Charla Dziedzic
Dr. Elizabeth Guillaumin
Ms. Beth Speck

PHILIPPINES

\$250 - \$499

Ms. Maria Asteinza
Catherine Cary
Mr. and Mrs. Robert J
Ciapciak

Mrs. Alexandra Ehlen
Andrea Ferris
Mrs. Carol Fraser
Ms. Maureen McMahon
Frances Murphy
Ms. Jessica Reuben
Ms. Kate Sawyer
Ms. Marcia Tufarolo
Mrs. Diane Remien
Tymick
Mrs. Louise Weschler

CHERUBS

\$100 - \$249

Mrs. Margaret Ackerman
Patricia Annino
Jeanne Vecchiola
Asdourian

SJ Avery
Karen Battaglia
Ms. Betsey Beckman
Alice Berdan
Pamela Biszko
Catherine Bobzien
Mrs. Pamela Rice
Boggeman
Mrs. Mary Bork
Catherine Brady
Dorothy Brunetti
Florence Bryan
Elizabeth Buckland
Nancy Buckman
Patricia Burt
Ms. Barbara Anne Cagney
Carol Campbell
Stephanie Chaczyk

Mrs. Carolyn Cline
Jane Clune
Mrs. Jean Cole
Mrs. Rosemary Coleman
Mrs. Judith Reach Condit
Ms. Cathy Crofton
Georgia Crowell
Mrs. Laura Cuesta
Mary Ellen Curran
Colleen Curry
Mrs. Sheila Cusick
Mary Dickinson
Ms. Margaret Doran Ph.D.
Mrs. Emilie Dressler
Judy Duffy
Charleen Duke
Christine Eastburn
Mrs. Karen Edmunds

HONOR ROLL, *continued*

Claudette Eggert
Karen Emge
Mrs. Rosemary Enthoven
Mary Fox
Margaret Gebhard
Angela Geraci
Mrs. Susan Gilardi
Lucille Giovino
Ms. Marion Glennon
Mrs. Kathleen Gregg
Ms. V. Hamlin
Louise Hatch
Christine Heuring
Katharine Higgins
Wendy Delery Hills
Nancy Hogan
Jo Ann Holland
Judith Holmes
Molly & James Hyde
Marie James
Susan Keane
Patricia Kefer
Mary Ketchum
Mrs. J. Caroline Kelleher
Mrs. Joan Kelley
Mrs. Penelope Kirk
Patricia Klebba
Mrs. Patricia Kolojeski
Ms. Jeanne Lafazia
Mrs. Christina Lawrence
Mrs. Susanna Lane
Judith Leach
Barbara Lopiccilo
Anne McCarthy
Doyle McCarthy, SFCC
Mrs. Kathleen McGibbon
Mary McGowan
Maryanne McLean
Mrs. Irene E Mackenroth
Brenda MacLean
Ms. Catherine McKeon
Manchester R.N.
Mrs. Elena Mandin
Elizabeth Marr
Kathy Meyer
Mrs. Demarise Millner
Elizabeth Monahan
Sharon Nelson
Jacqueline Niekamp
Ms. Constantina
Travlos Nihlean
Eunice Nondorf
Jeanne Burke-O'Fallon

Mrs. Catherine O'Keeffe
Joan O'Rourke
Nancy Ochs
Mrs. Anna Maria Palmer
Carol Parks
Ms. Kathleen Piper
Mrs. Lisa Pommer
Nancy Poor
Ms. Theresa Quinn
Lucy Rauch
Ellen Ribaudo
Ms. Mary Kathleen Rice
Anne-Marie Richards
Dr. Amy Richardson
Dr. Melissa Ring
Martha Robbins
Donna Rohne
Janet Rosso
Karen Rush
Mrs. Maria Scanga
Deborah Schulz
Kathleen Schwarz
Kathy Sheehan
Brenda Simpson
Mrs. Constance Strong
Dr. Barbara Sullivan
Marie Somers
Harriet Switzer
Mrs. Helen O'Keeffe Vajk
Rita Velten
Maria Vitagliano
Mrs. Suzanne Walsh
Dr. Marlene Weitzel Ph.D
Susan Whalen
Erin Wheeler

FRIENDS

\$1 - 99

Mrs. Elizabeth Adams
Mrs. Judith Anderson
Julie Bakus
Michael and Patty
Bartkoski
Mrs. Stavra Bayer
Victoria Bennett
Connie Berner
Mrs. Jean Bordon
Mrs. Nancy Brown
Kathleen Brown
Mrs. Delia Burke
Mary Ellen Burke
Madeline Burke

Ms. Aileen Callahan
Mrs. Anne Carty
Elizabeth A Carty
Mrs. Jane Conarchy
Lydia Cooper
Ms. Fran Decker
Sr. Kathleen Dolan RSCJ
Kathleen Donahue
Mariah Echele
Sr. Anne Eppig, RSCJ
Rosaleen Farley
Mrs. Mary Fitzgibbons
Dr. Ellen Foster-Randle
Mrs. Patricia Fox
Frances Fumia
Ms. Mary Gann
Pamela Gaynor
Ms. Victoria German
Nancy-Jane Griffith
Se. Melanie Guste, RSCJ
Ms. Carolyn Henry
Sr. Irene Herbst, RSCJ
Dr. Aby Heydman Ph.D
Jeanne Hevesy
Susanne Holsen
Lucille Hornby
Sr. Kathleen Hughes,
RSCJ
Lucille Hornby
Brooke Janis
Sandra Johnson
Sr. Nancy Kehoe
Rose Hehoe
Geraldine Koesters
Mary Kunderer
Cora LePorin
Sr. Lynne Lieux, RSCJ
Margaret Liggett
Susan Lix
Helen Locke
Joan Lunt
Patricia McCarthy
Mrs. Barbara McElroy
Mrs. Gail McKnight
Colleen McMahon
Kay Mallon
Mrs. Cynthia Marler
Ms. Marcia Marino
Kathryn Mattimore
Janet Meyering
Ms. Alicia Moreyra
Suzanne Morris
Sr. Margaret Munch, RSCJ

Mrs. Kerry Muzyka
Ms. Raegan NePage
Sr. Marcia O'Dea, RSCJ
Mrs. Sara O'Neil-Manion
Nancy O'Neill
Dr. Theresa Nangle
Obermeyer, Ph.D.
Sharon Ohlms
Patricia Otazo
Mrs. Mary Owen
Mignon Parker
Sr. Irma Patricia Reiss
RSCJ
Patricia Rice-Hellmuth
Mrs. Jean Robinson
Mrs. Lorraine Roddy
Mrs. Ellen Romeiser
Mrs. Judith Runnette
Mrs. Marilyn Ryan
Mrs. Miss Angelica Scott
Mrs. Isabel Singletary
Mrs. Patricia Stack
Janet G. Sturges
Mrs. Mary Thompson
Sr. Marianna
Torrano, RSCJ
Sr. Deanna Rose von
Bargen, RSCJ
Sr. Anne Wachter
Mrs. Susan Whelan
Mrs. Shirley Wicks
Constance Winsberg
Marie and Joe Wolfe
Mrs. Lynne Ybarra
Mrs. Peggy Yingling

MEMORIALS AND HONORARIA

In Memory of

*Deceased Members
of the RSCJ Community
Deborah Reinstatler*

*Deceased Alumni
of Atherton Class of '61
Pauline Mifsud*

*Omaha Class of 1956
Sheila Kelly O'Neill*

*Sr. Jean Bautz, RSCJ
Louise Hatch*

*Linda Gullen Bond
Jean DeSena*

*Liz Korander Bradley
Joshua Kaplan
Susan Scheer
Neda Farah
Francesca Dioguardi
Michael Forman
Lisa St Martin
Kate Sawyer*

*Sr. Bea Brennan, RSCJ
Louise Hatch*

*Alice Doctol Burns
Julie B. Doll*

*Alice J. Burns
Julie B. Doll*

*Mr & Mrs Carfagno
Regina McCairns*

*Christopher G. Casey
Faith A. Casey*



HONOR ROLL, *continued*

Rebecca Ciesliga
Camille Ciesliga

Robert Ciesliga
Camille Ciesliga

Joseph Chakoff
Amy Bales

Sr. Kit Collins, RSCJ
Diana Munro

Olivia de Castanos
Dan Thomas

John R. Deniston
Charla Dziedzic
Betty Gibson

Ed and Emma De Sano
Kathy Mahoney

Elsie and Thomas Deeley
Donna Deeley

Paula Dore
John Dore

Mr. & Mrs. J. Farrell
Jacqueline Sciarillo

Martin Fraser
Carol Fraser

Robert Hannegan
Charlie Calderwood

Anne E. Hegeman
Janet Papageorge

Kathrene Blish Houlihan
Kathrene Clark

Sr. Margaret Howe, RSCJ
Louise Hatch

Elsie Gerwin Jensen
Elizabeth Clay

Patricia A. Kamlin
Ann M. Boover

Karen A. Kelly
Margaret M. Kelly

Eugene Kornmeier
Nancy Kornmeier

Katherine Leipham
Amy Kenney

Amanda Bricker Leppin
Mary Bricker-Jenkins

Sr. McDonough, RSCJ
Louise Hatch

Mary Joan Padberg
Mac Donald
Janet Siler, MD

Walter Maksimow
Eugena Maksimow

Gus and Lillian Manos
Senya Manos Kalpake

Sr. Mary "Bea" Mardel
Mary Louis Myers
Sr. Nancy Morris, RSCJ
Alexandra (Alexa) Ehlen
Marisa Robbins Mizono
Mary Forsyth

Patsy Martin
Woods Martin

The Theodore Meyer Family
Mary Katherine Driscoll

Kildeen Moore, M.D.
Roslin Moore, Ph.D.

Audrey Morrison
Gail Pinon

Sr. Dorothy Murray, RSCJ
Annette Kaier
Louise M. Dagit

Mary Rose & Ed O'Brien
Mary Rose Desloge

Gertrude Patch, RSCJ
Herlinda Belcher

Sr. Agnes Schmit
Lauren B. Plumer

Patricia D. Sheehan
Maggie Kaspura
Jeanne Burke O'Fallon
Nancy Agnew

Sharon Solsky
Sr. Marie-Louise Flick

Helen Tagge
Elizabeth Jayson

Noelle Onorato Torre
Nancy Kelleher

In Tribute to / Honor of

Sr. Martha Curry, RSCJ
Alice Herman

Rosemary Dwyer
Anne Brescia

Sr. Betsy Hartson
Tissie Bean

Barbara Gould Henry
Roslin P. Moore, Ph.D.

Patricia Kolojeski

Elizabeth Ross Berg

Sr. Peggy McConnell, RSCJ
Angie Larimer

Sara (Sally) Merryman
Paulinr Mifsud

Rhonda R. Meegan
Maggie Kaspura
Ann "Basia" Randolph

Shirley Miller, RSCJ
Barbara McElroy

Sr. Patricia Munch, RSCJ
Christine Cassedy

Clare Pratt
Annette Kaier

Carolyn Price
Andrea Briefs-Ferris

Mary-Jane Sullivan, RSCJ
Nancy-Jane Grffith

Sr. Kathleen Sullivan
Patricia Bowler Johnson

Diane R. Tymick
Jeanne Burke O'Fallon

Paule Yon, RSCJ
Monica Williams

We strive for accuracy in our donor lists. If there is a mistake or we have inadvertently missed your name, please contact the National Office at 314-569-3948 or NationalOffice@aash.org.

ENDOWMENTS

The following people gave generously to the endowment to support the National Office.

Junko Ishii
Ellen S. Shafer
Carolyn Price
Andrea B. Fisher
Elaine Sharer
Jo Anne Holland



Sacred Heart Legacy Society

AASH recognizes members of the AASH Legacy Society in the annual report published every September 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.



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) for more information.

BOARDING SCHOOL AND YOU, ATHERTON, CA 1972

By *Lindsay Hill, '76, Western Regional Director*

What is your definition of “home”? As long as I could remember, my home was a 1915-era flat, located in the Marina District of San Francisco. Mr. & Mrs. Moscone, the brother of future Mayor Moscone, lived above us and a classical pianist lived in the next building, directly across from us. On cold, rainy afternoons, the air was filled with piano concertos floating through the double-hung kitchen windows, while my mother baked bread. She baked every weekend until she developed breast cancer. By the time I understood what cancer was, my parents had divorced, my father disappeared and my mother had died. I was immediately moved into my maternal grandmother’s house in the Richmond District.

Realizing that I needed more help than she could offer, my Grandmother sought the advice of the RSCJ at Lone Mountain College, which was originally founded by the Religious of the Sacred Heart of Jesus in 1898 as Sacred Heart Academy. It was decided that the best help available was at Convent of the Sacred Heart in Atherton. I was to become a full-time boarding student. Sadly, Sacred Heart San Francisco, just blocks from my childhood home, was not an option for many reasons. So, in the blink of an eye, I was uniformed, packed up and accompanied by a new footlocker purchased from the local army surplus store on Market Street. Both the new footlocker and small grey suitcase were placed in the trunk of my grandmother’s car. We drove south down the San Francisco Peninsula, on to Atherton’s campus, passing through the stately Valparaiso Ave. gates.

The lush grounds of oak and palm trees greeted us as we wound our way slowly up to the main building. Parking under the shelter of the porte-cochere, there appeared a magnificent valley oak tree. Dominating the front entrance on the east side, it towered over the grass, running the length of the building out to the flagpole. I was awe struck! We began removing my belongings from the trunk, when the heavy oak and glass front door swung open. Stepping carefully down to the outside landing were Sr. Gladys Enos and Sr. Folsom. As Sr. Enos gently held my gaze, I immediately felt a sense of safety and comfort. The two sisters slowly helped maneuver the footlocker, suitcase, my grandmother and me down the length of the art gallery hallway and up the staircase to the freshman dorm. I chose the dorm room with a tall, single hung window, protected by the valley oak just outside. This was my new home!



Lindsay Hill, '76, Western Regional Director





The art gallery hallway (above) and staircase (left) that led to the freshman dorm Lindsay called her new home.

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



...To be continued in the Spring issue of Esprit de Coeur



AASH National Office
801 South Spoeede Road, 2nd Floor
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 Western Canada.

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](mailto:nationaloffice@aash.org) or 314-569-3948.

www.aash.org



*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.*