



PRIMES

Newsletter SPRING 2008

GREETINGS FROM YOUR PRESIDENT

Cathleen Donahoe Niedermayer '59

SPRING REUNION LUNCHEON

May 10th, 12 Noon
@ SHSH

Cost: \$20.00

To register please
contact Marilyn
(902) 422 4459,
Cathleen

(902) 423 6827

or email: cniedermayer@eastlink.ca

*First 50 registrants
will be entered in a
Prize Draw!*

Enjoy a delicious
meal, meet the 2008
graduates, keep in
touch with the school,
and reconnect with
your friends and
classmates.

The association continues to be busy with a number of activities. We donated to the Robotics Club; paid school fees for our Ugandan orphan; raised funds through the sale of scarves; held the Barat Bash; set up a display for Open House in February; and sent numerous sympathy cards. Our current focus is getting ready for the Spring Alumnae Luncheon on May 10th.

Many of the executive committee were involved with the planning and execution of the CASHA Conference which was held in October. The conference theme "Taking Action Against Poverty: Living the Legacy of St. Madeleine Sophie" resulted in a conference that was amazing, inspiring, heartwarming, and rewarding. You can read details of the outcomes in the CASHA Report.

Our annual meeting this fall was held in conjunction with the conference. At that time, because of our involvement, the executive decided to postpone replacing the executive positions and to carry on for a third year. We are now in need of members to take over positions from those who have served for a long time. A new slate of officers will be introduced at Alumnae Day on October 18th. We would welcome volunteers to serve in this worthwhile activity. Many positions are still open. Please contact me at cniedermayer@eastlink.ca or at (902) 423-6827 if you are interested. Our executive meeting are informative, interesting, and fun. Sister Connolly brings a spiritual message to start us off and a joke to send us off. In between a lot of worthwhile work gets done to support the membership and the school. Come and join in!

Last year we replaced the "Candlelight Supper" with a luncheon. The theme was our 85th Anniversary. We liked the luncheon format which allows out of town members to attend, and so we have renamed it our **Spring Reunion Luncheon**. This will become an annual event. We are pleased that the Class of 1988 will be there in good numbers celebrating their 20th Anniversary and we hope to recognize members from other Anniversary classes who are present. We are hoping to honour the classes of 1983, 1978, 1968, 1958, and 1948, and we know of at least one member of the Class of 1938 who will be joining us. If your class (from any year) is getting together, let me know. Come and hear Ms. Donnelly's report on the school's activities, enjoy Ms. Scott's introduction of this year's accomplished graduates, and enjoy a delicious luncheon catered by "Certainly Cinnamon" – quite a bargain at \$20.00.

HELLO TO THE CLASS OF 1988!

It is hard to believe that 20 years has flown by so quickly! A lot of things have changed since then, but a lot has stayed the same. Getting ready for our reunion, I took a journey back in history, and had forgotten about some of the great music, movies and things that were going on at that time. 1988 was the year of the Calgary Olympics and we still had the U.S.S.R.!

The other day I was helping my daughter with her homework. She asked me "who came first Attila the Hun or Genghis Khan?". I said I was not sure, to which she replied "just google it...". That is a big change, especially for those of us who remember Commodore 64s, never mind the internet and cell phones.

But a lot of things have stayed the same and I know I certainly have great memories of the Sacred Heart: eating donairs, hanging out in the Fresco, and stealing Ms. Scott's mints. We had lots of fun!

So in celebration of 20 years, we thought that we would get together and talk about "the good old days and what's new

and exciting". We are leveraging the great work of the alumnae association and will be holding our reunion on Saturday May 10th.

There are two events scheduled for May 10th:

Alumnae luncheon – This will be a wonderful opportunity to see old friends and teachers. Please contact Cathleen Niedermayer at cniedermayer@eastlink.ca or call Marilyn at the school at (902) 422-4459 to register

Class dinner – We are planning a dinner that evening for the graduation class of 1988. Details will be sent out soon. In the meantime, please feel free to contact me directly @ cmcphee@rogers.com if you have any questions.

I know that I am personally very excited to see all of you, and also will love coming back home for a visit. There are a few of you that I still have not been able to get in contact with, so please email me, even if you can't attend. It is great to stay in touch!

See you soon, Chantal McPhee

NEWS FROM OUR ALUMS



Heather Campbell Russell '72 has been working at UPEI for the past 10 years. She became a grandmother to twin girls in March of '07 - totally awesome!

Clare Jones recently moved into a retirement home in Ottawa. Her daughter writes that her hard work and determination to recover from a stroke she suffered in '06 has been amazing and that Clare is doing well

Madeleine Sophie Heenan Kelly '48 moved with her daughter from the west end to Almon Place last year. They attend Mass at the beautiful chapel at Stadacona but miss St. Catherine's.

Eleanor Seaman-Bolton has found 2 more of her former classmates (Helene & Grace) that she left behind at end of Grade 5 in 1977. Only 2 left!

Shelagh Leahey '69 is living in Yarmouth NS and is mentoring international medical graduates and doing part-time work in palliative care. Sounds busy to me but she says she is trying to relax more these days!

Joan Fitzgerald '38 writes that she is a retired Canadian Forces nursing officer.

Emily Rowe '06, former Head Girl, has been putting her leadership skills to work at Western University. Last year, she was elected as Residence Representative (about 1200 students) and this year is the President of the Social Sciences Faculty (about 7000 students). This role makes her Assistant Head Sophomore – a leadership role which makes her part of the team that will choose 70 sophomores to be mentors and coaches for next year's first year students. All that and good marks!

Pat Ryan Cole '59, another snowbird, wrote me this winter from Largo, Florida to say that she has so many happy memories of her time at the convent and wishes to be remembered especially to Sisters Mary Power and Betty Murphy who were her teachers. She has been looking at pictures of the Canadian winter and I'm sure she is thanking God for her good fortune in being away from it all!

Jean Helms Mills '72 recently spent eight weeks in Finland where she and her husband, Albert J. Mills were visiting professors at The Swedish School of Business and Economics in Helsinki.

Paula Sullivan Chambers '69 wrote to say that she is now a principal in a Catholic High School in Toronto and that her school is heavily involved in Social Justice issues. She says her interest in this stems from her participation in the original "Miles for Millions" Oxfam march she was part of during the 60's at the convent. Eleven of Paula's students are currently enrolled in a leadership training program to help them develop skills for organizing the Social Justice club. Paula also remembers that she and Sister Connolly have the same blood type – a fact she learned when she went with a group from the convent residence for her first blood donation when she was 17. She remembers Sister Murphy teaching the class how to walk upstairs in a formal gown and how to sit and rise from a chair gracefully- probably lost arts these days. She particularly wanted to be remembered to Sisters Martin, Power, Murphy, McManus, and Connolly who now live at Barat Residence and thanks them for the formation she received under their care so many years ago.

ANY NEWS for the next issue?
We would love to hear from you!
Email cniedermayer@eastlink.ca

Mary Lou Cann Gomes '65 has lived outside of Boston for 41 years and she and her husband Ron have two married sons – Lance and Chad- and two beautiful grandchildren. Mary Lou is retired and spends her winters in Florida. She keeps in touch some of her classmates, especially Mary Gillespie Peters.

Dara MacDonald '04 was mentioned in this column last fall and her leadership roles at Mount Allison University were listed. Now we are delighted to congratulate her for receiving a coveted Rhodes Scholarship. In October Dara will be studying at Oxford University towards a M. Phil. in Development Studies. Dara returned to Sacred Heart in October to chair the Youth Panel based on the theme of the CASHA Conference, "Taking Action Against Poverty; Living the Legacy of St. Madeleine Sophie".

Anne Marie Cole Boyce '81 is the proud mother of two: Tierney 10 and Cole 8. She is a part-time diagnostic sonographer at Merivale Medical Imaging in Napean, ON.

Roisin Fegan '02 has finished her work term in Accra, Ghana, and is now off to a new adventure. She has moved to Galway, Ireland, and will be starting in September at the National University of Ireland, Galway, as a student in the Masters of Law International Human Rights program. In the meantime she has found a place to live and will be starting a job soon. Galway is a great tourist destination and Roisin encourages everyone to check it out!

Fiona MacKenzie '01 visited Roisin last fall in Ghana and fell in love with the place. She came home for Christmas but has returned to Accra on her own and is working there and volunteering in an orphanage in her spare time.

Louise Stringer Warren '68 had a unique job during the CASHA Conference. She co-ordinated the first ever Halifax Home Dinners where conference delegates were entertained for dinner in the homes of generous alumnae and friends of the Sacred Heart School. It gave delegates a chance to get to know others from here and away and to experience some "down home" hospitality.

Those who graciously opened their homes and hosted groups of delegates included **Judy Simms Sapp '61**; **Susan Bennett '64**; **Jean Curran Knickle '50** with **Joan Hanrahan '47** and **Caroline Knickle Godfrey '80** assisting; **Rita Conn Campbell** with **Anne-Marie Conn '65**; **Donna Wheeler Usher**; **Bernadette Fegan** with **Carmel Romo Carrigan '52** and **Mairead Fegan '04**; **Nora Donahoe Strapps '67** with **Sarah Strapps '97**; **Sarah MacDonald Cassidy '76** with **Catherine MacDonald '73** and **Margaret Boyd**.

The participants of the post-conference tour to Peggy's Cove were treated to lunch in the Prospect Bay homes of **Cathleen Donahoe Niedermayer '59** and **Nora Donahoe Strapps '67**.

SPECIAL DATES

MAY 10TH: **SPRING REUNION LUNCHEON**, 12 NOON

OCTOBER 18TH: **ALUMNAE DAY**, 9:30AM - 1:30PM

JANUARY 4TH, 2009: **BARAT BASH**, 3PM - 4:30 PM



BOYS' SCHOOL, FAMILY CAMPUS TO BE READY 09

by Bill Brooks, Director of Advancement

For Sacred Heart families, alumnae and friends, the start of construction on our family campus project opens another chapter in the school's long and distinguished history of service. The completion of this project will improve access to athletic and educational facilities at all levels and give all of our elementary girls and boys the choice of a unique Sacred Heart experience from junior primary through grade twelve. The consolidation of our costs and resources on a common campus will also reposition the school for a strong and sustainable future.

A time-tested model for success in the 21st Century: For some 200 years, Sacred Heart educators have worked to provide children with quality schools where academic excellence coincides with meaningful faith and compassion for others. In the early 21st century, Sacred Heart School of Halifax is playing an important role in this historic international mission. We have developed outstanding elementary and high school curricula for the daughters and sons of Sacred Heart families. Our co-ed primary and elementary programs are complemented by distinct girls' and boys' high school divisions that remain true to the virtues of Saint Madeleine Sophie's model for the development of individual courage and confidence. The values and goals of a Sacred Heart education remain central to our school's mission.

Supporting the Sacred Heart vision: Sacred Heart is immensely grateful to all of our alumnae who are coming forward to support the Family Campus Campaign. The success of this initiative requires broad support from our community and the generosity of Sacred Heart alumnae is setting an important example.

Productive life experiences are built on the constructive habits, good manners, strong values and academic skills acquired in quality elementary and high schools. Your support for Sacred Heart's Family Campus Project will put the School in an exceptional position to offer top-quality, value-based schooling for current and future generations of students.

REPORT FROM BARAT RESIDENCE

by Sister Margaret Connolly rscj

Greetings from Barat where we are experiencing a new lease on life! Let me explain: Actually, our number of permanent residents is probably the lowest ever. During the past few years we said farewell to beloved community members: Maude Elliott, Lena Landry, Pam Yell, Jo McCarthy, Margaret Johnson, and Helen Ralston. Each of their lives was a whole volume about wonderful women who lived for the Glory of God's Heart.

But when Sister Clare Pratt - our Superior General - visited us in October for that wonderful CASHA Conference, she encouraged us to be a welcoming community when friends come to visit. So, once again we invite you to come to visit us here at Barat, and to come by our New Front Door where you will always be welcome!

Soon we will welcome a new member to our family when Sister Mary Burke-Gaffney arrives from Montreal.

I cannot end without a warm and heartfelt thank-you for this year's Barat Bash
- one of our favourite days of the whole year!

MERCI MILLE FOIS!

WITH SYMPATHY

By Anne Hallisey, Corresponding Secretary

Sincere condolences go out to the families and friends of the following members of the Alumnae Association who have died since our last publication:

Jean Underwood Cleyle '49
Margaret Lowther McNeil
Agnes Dallas Cosgrove '32
Barbara Burke McKenna '40
Bernice Parsons Langdon '47
Kathleen Poulos Matthews '67
Carolyn Sim Thibeault '39
Ellinor Haakonsen Hanley '63
Sister Josephine McCarthy
Sister Margaret Johnson

- died Sep.30, 2007
- died Dec. 08, 2007
- died Dec.14, 2007
- died Dec.28, 2007
- died Jan. 20, 2008
- died Feb. 2008
- died Mar 01, 2008
- died Mar 23, 2008
- died Dec.01, 2007
- died Dec. 21, 2007

We also send sincere sympathy to all alumnae members who have had family members died during the last six months.

CASHA CONFERENCE OUTCOMES (OCT 07)

including excerpts from Sr. Pratt's Speech

The first CASHA Conference was held at Sacred Heart School of Halifax on October 19-21/2007. The theme, ***“Taking Action Against Poverty: Living the Legacy of St. Madeleine Sophie”*** was mirrored in the presentations of the numerous speakers, including Sister Clare Pratt rscj, Superior General of the Sacred Heart Order, who gave many examples of the work the Sacred Heart nuns and the Alumnae are doing in various parts of the world, particularly in situations of great material poverty, and Sister Margie Conroy rscj, who gave an overview of the work of the Sacred Heart Order in the Uganda/Kenya Province and especially their work with children whose parents have been victims of the AIDS epidemic.

On the last afternoon of the CASHA conference, the wrap-up component, led by Sr. Anne-Marie Conn rscj, consisted of a brainstorming and action session. This resulted in the following:

Suggested Individual Actions:

- praying daily for Sacred Heart missions
- experiencing poverty first hand- e.g. working with the homeless
- setting up initiatives for seniors
- supporting the Hunger Site (www.thehungersite.com)
- supporting the RSCJ overseas missions
- encouraging the faculty of Sacred Heart schools to continue to educate by the deeper values i.e. grappling with the wider realities of living out goal five: 'educating to a sense of social justice which impels to action' and bringing it into their teaching

Suggested Group Actions:

- working through political advocacy to help to cancel the debts owed by developing countries to other countries
 - the formation of a Sacred Heart program to train English speaking volunteers for international missions
 - **the setting up of a foundation** to continue to support the work of the RSCJs in Uganda/Kenya
 - supporting the priorities of the RSCJs specifically on **the issue of water**
- 1) A committee was formed to **set up a foundation to continue to support the work of the RSCJs in Uganda and Kenya**, including the educational programs and other projects and especially the sponsorship of children in the schools. This committee consists of Sarah Cassidy, Barbara Fitzgerald, Susan Roche, Moira Schrader, and Pauline Scott. In April 2008 they will present their findings to the CASHA Executive for consideration and implementation.
 - 2) Another increasingly urgent problem mentioned by Sister Clare Pratt in her address and echoed by some groups concerned the availability of **clean water for the extreme poor**, and the abuse of that basic human right by multinational corporations which are privatizing water and charging for its use. This involves supporting the work of some global organizations such as the UN, or putting pressure on organizations such as the World Bank, the International Monetary Fund, or the World Trade Organization.

Dr. Sheila Mason volunteered to lead a small group of CASHA members who would begin research on how to proceed. Both the Sacred Heart Order and the Sisters of Charity have Non-Governmental Organization (NGO) status at the UN. In February, Sheila Mason will attend a workshop in New York City offered by the Sisters of Charity on how to work with existing NGOs affiliated with the UN. She will advise CASHA members on possible actions.

Anne Charles agreed that she would be willing to advise the group informally when it came time to either gather more information or to act. Any CASHA member who wishes to join this initiative is more than welcome.

In summary, there was great enthusiasm and commitment displayed by all the participants at the conference and a desire to continue to act in the spirit of the theme "*Taking Action Against Poverty: Living the Legacy of St. Madeleine Sophie Barat*". The conference will have long lasting results.

Excerpts from the address given to the conference by Sister Clare Pratt, Superior General of the Sacred Heart Order

"'To be where the heart is being pierced' is, in fact, to be everywhere. The heart of our incarnate God is present in every culture and the heart of God is being pierced in every one of them. In some it's more subtle than in others. In the developing world it is a physical hunger and thirst, whereas the "developed" world has lost its bearings, is disconnected from the earth, caught up in material progress, drained of meaning. There is a spiritual hunger and thirst. A thirst for God that is insatiable. Then there is the "piercing" of grief, of disillusionment, of betrayal that cuts across cultures. "

"My message to you is: GET IN TOUCH WITH WHAT YOUR PASSION IS AND YOU WILL FIND WAYS TO CONCRETIZE IT. Often passion is sparked by a personal experience... Let me offer a few examples of what a passion might be:

- Water
- The plight of trafficked women
- The abuses of mining companies
- The Care of the earth as in recycling/composting.
There is slogan I find helpful: "repair – reduce – refuse, recycle what you can't reuse".
- Teaching English or French as a second language
- Other ways of welcoming immigrants "

Pictured are the Attendees at the first CASHA Conference held in Halifax



Check out the school website for more photos.

<http://www.sacredheartschool.ns.ca/alumnae/pictures.htm>

BOARD REPORT

by Johanna Ternan, Board Representative

This fall and winter the Board has dealt with many topics, but an important, ongoing, one was the planning for the Boys' High School. On December 18, 2007, the launch event for the Family Campaign was held. The Campaign Steering committee had raised \$2,500,000.00 to kick off the fund-raising. Another \$2,000,000.00 is needed to complete the project. Many parents, students, alumnae, friends, and patrons attended this evening of great celebration. The next morning, a press conference was held and Marc Furlotte, Chair of the Board of Governors, Danny Chedrawe, Chair of the Capital Campaign, and Patricia Donnelly, Headmistress, informed the general public about the campaign.

The Family Campus ground-breaking ceremony was held on February 14, 2008, in the gymnasium on Spring Garden Road -- an appropriate day for a Sacred Heart event. The excitement was palpable and the boys came in en masse to receive a great welcome. This was followed by an outdoor ground-breaking ceremony. No doubt many of you have seen the bulldozers out front and know that work has now begun on the new building.

SAVING STAMPS

This is another reminder from Sister Connolly, our cherished moderator, that any stamps you send to her will be used to help send alumnae from poorer countries to the AMASC Congress in Malta in 2010. Just cut the stamps from the envelopes, leaving a good ¼ inch border. It's such a little thing to do but it means so much. These can be dropped off at Barat Residence, at the school, or mailed to the school c/o Sister Margaret Connolly.

PLEASE SUPPORT THE ACTIVITIES OF YOUR ALUMNAE ASSOCIATION. More volunteers are needed to serve on our executive. More Alumnae members need to pay their dues. Dues are only \$20.00 per year and they help us fund our bursary, prizes for students, as well as some administration costs (mail outs, cards, etc.)



FOSTERING LOYALTY AND SUPPORT FOR OUR ALMA MATER.

DUES

Our dues are **only \$20.00 per year** and they help us to fund a bursary, prizes for students, support for student activities, as well as some administration costs (mail outs, cards, etc.)

Please fill out **& include maiden name:**

Name: _____

Class Year: _____

Address: _____

Telephone: _____

Email: _____

Little note about you and what you are doing now:

If you have moved, please go the school Website and add your information or send your change of address to: admin@sacredheartschool.ns.ca or loly@hfx.eastlink.ca

Please send your email address to

cniedermayer@eastlink.ca

. This saves postage and also means that you can get other communications from the Association besides the twice-yearly newsletters. It is easy to update your address when you move. Just go to

www.sacredheartschool.ns.ca, click on 'Alumnae', and then 'Contact Us'.

WWW.SACREDHEARTSCHOOL.NS.CA/ALUMNAE/GEN.HTM

We also LOVE to receive news from you and pass on this information. We want to hear from you, so...

Please, send a little note about yourself and what you are doing now and return by email to loly@hfx.eastlink.ca or cniedermayer@eastlink.ca or snail mail to the address above.

Don't forget to include your Name, Year of Graduation, Address, email (if you have one), telephone & a brief note.