



PRIMES

Newsletter - FALL 2010

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GREETINGS FROM YOUR PRESIDENT

By Heather Zwicker, (class of '98)

A warm Fall welcome to you all! The Alumnae Association is gearing up for another busy year of activities but before we jump ahead, this is an opportune time to reflect on this past Spring.

In May, we celebrated our annual Spring Reunion Luncheon. This event was held at the Waegwoltic Club and it was wonderful to introduce the two graduating classes of 2010. I trust that those graduates are now in the process of adjusting to university life, fully prepared having completed a Sacred Heart education. We are looking forward to their updates!

Our upcoming Alumnae Day, to be held on **Saturday, October 16th**, is set to be an exciting day with a new Executive voted in to continue the work of the Association as we enter our 89th year! I do hope to see many faces, old and new, at this event. Please read through this edition of Primes for information on how to RSVP.

Once again this year, we will be hosting our second annual Young Alumnae/i Wine & Cheese on Wednesday December 22nd 7-9pm. I hope to see many more young alum (and those who are "young at heart") at this enjoyable social event. If you haven't already joined our Facebook group, please do so as we will be posting updates via this website. Stay tuned for more details as this event will be held during the Christmas season.

As I always do, I encourage you to update us on your activities! Also, for those who have email access, please ensure we have your updated email address as we continue to strive to "go green" by using less paper.

I am looking forward to seeing many of you in October! *Heather Z*

INVITATION TO ALUMNAE DAY

All members of the Alumnae are cordially invited to join us for our annual Alumnae Day Celebration, to be held on Saturday, October 16 starting at 9am at Sacred Heart School of Halifax

Mass will be celebrated at 9.30 by Fr Morris and will be followed by AGM (10.30); presentations (11.00); Group Photo and a delicious Fall-themed lunch!

Cost of Lunch is \$10 per person.

Come early and catch up with old friends and make some new ones.

WE LOOK FORWARD TO SEEING YOU

PLEASE RSVP BY OCT 9TH

BY CALLING MARILYN OR CAROL AT THE SCHOOL 902 422-4459
OR CLICK [HERE](#) TO EMAIL CATHLEEN NIEDERMAYER



NEWS FROM OUR ALUMS

Compiled by Cathleen Niedermayer, '59

Colleen Helpard Abdullah '59 and her husband, Lokman, have sold off articles left from their business, Puddledock Emporium. \$2000 of the proceeds are going to Médecins Sans Frontières in support of flood victims. Sounds like a creative way to help those in need.

Cathleen Niedermayer '59 has been busy over the summer preparing costumes for a production of Hamlet which is being put on during October by a new theatre company, Perchance Productions. She has enjoyed working with **Lauren Messervey '03** who is playing Ophelia, and **Elizabeth Ashworth '97** who is playing the part of a courtier and various other roles. Sacred Heart School has generously been allowing the company to rehearse at the girls' school and the senior students will be attending a matinee performance as well as a workshop held by the director and founder, Nancy Marshall.

Lynne Sheehan Donahoe, Sheila Donahoe and Joan Connolly MacGillivray, all of the class of '64, had lunch and caught up on news when Joan was visiting in Hubbards at her family cottage in July. Joan's son was married in late August in Ontario.

Judy Aucoin Salinetti, also of the class of '64 was "home" for the first time in many years from Lee, Mass., this August to visit family and friends. **Marianne Mullins Nee '64** hosted Judy

and her husband Dick at dinner along with Sheila Donahoe, '64.

Congratulations to **Lynne Sheehan Donahoe, '64** who was married on Sept 25th to Ron Flinn of Halifax.

Elsbeth Helpard Yada '64 wrote that her two children are engaged and Elsbeth and her husband Shane recently returned home to Victoria from a wonderful European cruise.

The Class of '64 lost **Patricia Halbot** this summer. Pat had been living with cancer for the last couple of years.

Congratulations to first time grandmother **Loly Cortes Crowley '71** whose daughter Natalie and her husband Christopher Mullins are the proud parents of Eva, born on August 21st. Christopher is the nephew of **Marianne Mullins Nee '64**.

Cathryn Moore '73 has returned to live in Halifax after many years of living on the South Shore where she worked as a Speech-Language Pathologist. She is currently starting a new career as an ESL/FSL instructor

Debbie Crane '80 and her classmates will be celebrating their 30th anniversary this year. A number of her classmates will be coming to Alumnae Day and are looking forward to a tour of the school after lunch.

Congratulations to **Sarah Strapps '97** who got married on August 7th to Remi Combasson. Remi was born in France but

recently became a Canadian citizen. Sarah's mother, **Nora Donahoe Strapps '67**, welcomed and looked after several French visitors who came to the wedding and stayed for a few days to enjoy the beauty of our province. Sarah is the 5th of Nora's six children to be married and the third one in the last 3 years. Sarah's clever sister, **Katherine '08**, made the beautiful wedding cake.

Here is some news from the class of '98. Congratulations to **Catherine Murtha** who is now married to Folk Leung. They are living in British Columbia. Her classmate, **Dr. Alene Toulany** was married on Dec. 30, 2009 in Toronto to Dr. Edward Pugh. **Elizabeth Bowie** lives in Toronto where she works for the CBC as a producer. She is engaged to be married to Rob Singlehurst.

Catherine Cooper '99 and Cathleen Donahoe Niedermayer '59 worked as volunteers for the Coady International Institute Fundraising Dinner which was held on September 17th. Catherine has served a term as a Coady intern in Africa and is now pursuing her studies in international development.

The contribution to the arts by the alumnae of Sacred Heart School has been considerable over the last few months. It includes the stunning performance of **Sarah Blair Irwin '01** (stage name – Blair Irwin) as Wendy in Neptune's spring production of "Peter Pan", and this summer the Summerside Festival Theatre wisely choosing

NEWS FROM OUR ALUMS (CONT'D.)

Amy Reitsma '00 to play Anne Shirley in “Anne and Gilbert”. Both of these delightful young women have more than proved that their acting and singing talents will take them far. We can be very proud to know that our school nurtured these young talents through the Senior Choir program.

Maureen Connolly '01 recently ran in the Dextro Energy Triathlon in Hyde Park, London to raise money for L'Arche. Maureen lives in London and is studying for her masters in health education.

Another former choir member, **Amanda Campbell '02**, is making a name for herself as an arts critic. She writes “The Way I See It Theatre Blog”. It includes a wide variety of articles, reviews, interviews, and debates from an array of members of the Canadian theatre community.

Alice Kitz '04 is teaching English in Montreal at the Trafalgar School for Girls, which she says reminds her of SHSH. She was recently invited back to McGill to speak to this years' education graduates about what it's like to start out in the teaching profession. She is hoping to pursue a masters degree in special/inclusive education at the University of Edinburgh. Best of luck with your studies!

Lauren Stuppiello '08 is studying at Dalhousie University with a double major in Women's Studies and Sustainability. She works part time at Eastlink.

THANK YOU'S

The Spring Reunion Luncheon was held in May at the Waegwoltic Club and we would like to say Thank You to the following companies who donated door prizes:

- Silver Silk
- Fireside
- Da Maurizio Restaurant
- Jay Wells Salon
- Bishops Landing Dental Centre

Among the winners were Nancy Crane, who send us a note to say how much she enjoyed her evening at Da Maurizio's.

Heidi Bentley, Class of 2010—recipient of the Daughters of Ada & Thomas Wallace Scholarship sent a Thank You note to the Alumnae Association and says:

“. . . I am honoured to have been chosen amongst my peers at SHS for this prestigious award. Your generosity in creating this scholarship is very much appreciated and I hope one day to be able to give back to the community as you have helped me.”

Heidi is now studying Science at Dalhousie, majoring in Biology and planning to pursue a career in Medicine.

Susanna Rumsey, also Class of 2010 sent a note to say Thank You for the Alumnae Award she received on Prize Day. The prize was a book titled The Music of Pythagoras. Susanne is now studying Engineering at the University of Toronto.

WITH SYMPATHY

by Susan Atkinson, 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:

[**Patricia Halbot**](#), ('64) died July 31

[**Ruth Chisholm**](#) ('43) died Sept 24

Click on names for links to published obituaries

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

CELEBRATING THE WORKS OF AILEEN MEAGHER



Sacred Heart School of Halifax has struck a committee to arrange an evening of celebration of its works of Aileen Meagher—an Olympic Medalist and Sacred Heart Alumna—and commemorate the 100th Anniversary of her birth.

November 5th 2010 will be an opportunity for the broad Sacred Heart family and the arts community of Halifax to enjoy her legacy of art and journals and reflect on the life of this *bonne vivant* teacher and athlete.

Nicknamed 'Canada's Flying Schoolmarm', Aileen Meagher's textual records and graphic material were divided among various institutions in Halifax following her death. Sacred Heart School of Halifax was fortunate to have received her extensive personal diaries and portfolios of world travels. A celebration of her life and her works is being planned at the school.

You can also see some of her work at Saint Mary's University Art Gallery which is home to the Aileen Meagher Collection of Irish High Cross Rubbings and at the Nova Scotia Archives.

GREETINGS FOR OLD PUPIL'S DAY OCTOBER 20TH 1934

*This anonymous gem— dating back to 1934—was found by Sheila Donahoe in the Archives.
If anyone knows who wrote it, please let us know!*

In the golden month of October
When the lands are in russet bloom,
And the skies are bending over –
The fruit after the summer's bloom.

We have scanned the joyful expectance
For dear faces here present to-day
And our thankfulness blends with our
pleasure
In our greetings this Old Pupil's Day.

The gifts of Our Lady are countless
But double the usual claim
When Old Children gather 'round Mater,
Oft repeating again her dear name.

In numbers full many and faithful,
The blessed old days you recall,
When Mater as guide and instructor
Inspired you in classroom and hall.

How oft have you looked at her picture
And were lifted to ideals sublime,

Until she was stamped on your memory
With the gold of indelible line.

And to-day as she looks down from Heaven,
As you gather in Faith and in Prayer
On the harvest that calls for the reapers
She will note a reflection most fair –

Of your seed time within this fair garden
Enriched by the Sun if His Grace
In the souls you will glean for the Master
As your study club plans you now trace.

Then welcome – thrice Welcome! We bid you
To the home of your childhood and youth,
The scene of your constant attachment,
Your loyalty, fidel'ty and truth.

This joyous October re-union
With blessings – true sweetness is fraught
And we share in the Happy festiv'ty
Your presence amongst has brought.

- Author Unknown

BARAT REPORT

By Sister Margaret Connolly, rscj

As always, the summer months passed quickly at Barat Residence and we enjoyed the beauty of our beloved Public Gardens, so nearby. July brought our retreat, directed by Sister Clare Pratt, our former Mother General. Then came our annual Assembly attended by all the members of our Canadian Province and facilitated by Sisters Jane Maltby and Cath Lloyd from England. As in past years, Saint Mary's University was our venue - very convenient and accessible. We continue to offer hospitality to other Sisters who find our location helpful on their visits to Halifax.

It has been a great joy for us to welcome Sister Josephine Wright who took some time to come home to Canada from the Uganda Kenya Province where she has worked for more than 20 years. She returned to Africa in August. Jo is indeed an inspiring missionary!

For several months we welcomed Sister Nellie Nunez, a young Religious of the Sacred Heart from Peru who came to learn some English before going to Rome for her preparation for final Profession. She was a delightful visitor and we were sorry to see her go in August. In a few weeks we will welcome a new member to Barat whom some of you may know. Sister Anne Leonard will join us from Montreal.

And I always end my message by telling you how much we enjoy welcoming you, our beloved Alumnae, when you visit us! So, see you soon, and much love to each one! ***M. Connolly RSCJ***

AMASC REPORT

By Sarah Cassidy (?76), Casha Representative

It is hard to believe that our beautiful hot summer is over and we have begun our fall schedule of activities. For those of you who were not able to join us for our Spring luncheon when I spoke about the 14th AMASC World Congress, I would like to write about some of the highlights.

There were approximately 500 delegates from around the world, including the Congo, Australia, Columbia, Japan and of course our contingent of 11 from Canada. The island of Malta was a perfect setting with its rich history and welcoming people. Our tour to the Sacred Heart School was a delight especially seeing how similar the traditions and the layout of the school were to our very own school in Halifax.

The theme of this World Congress was to Fight against Poverty. We were fortunate to hear several interesting and diverse perspectives on the topic of poverty. One impressive speaker, Caroline Casey, of Ireland, spoke about Disability and Poverty and her inspiring story touched the hearts of all present. The Young Alumnae youth panel which included Roisin Fegan who spoke about Children and Education, presented their experiences and their hopes to make a difference in the fight against world poverty. There is much that needs to be done to bring about change and that is an ongoing goal.

It was an amazing experience to meet other Sacred Heart alum from around the globe and to share ideas and experiences. It is safe to say that many friendships were made and this global connection will go a long way to fighting poverty. ***S. Cassidy***

CASHA REPORT

The AMASC congress held in Malta in April 2010 (see Sarah Cassidy's article above) failed to elect a new executive. A new call for nominations was set and we are thrilled a North American Team has come forward. A meeting will be held in Joigny, France (Saint Madeleine's Sophie's birthplace) on December 1 & 2, 2010, for the purpose of electing an executive. The team of table officers nominated includes our own Maureen Elliott from Vancouver who has agreed to serve as Secretary with Pam Snyder of Phoenix and Barbara Lopicollo of Michigan as President and Vice President respectively. One of the main roles of the executive is to host the congress at the end of their term and Beatrice Kelleher Raffoul, (graduate of SHSM), Past President of CASHA has agreed to chair the conference in 2014 in Montreal.

This is exciting news for all Canadian Sacred Heart Alumnae and your support and prayers are appreciated. If you would like to become more involved, please contact Sheila Donahoe at sdonahoe@shsh.ca.

FUNDRAISING ACTIVITIES

SOPHIA CENTRE, BIHAR-PATNA, INDIA

The Alumnae Association has responded to a request for funds from Sister Mary Varghese rscj, Director of the ‘Sophia Centre for Continuing Education for Woman and Children’ in Bihar-Patna, India, to aid six of the poorest students at the centre with some basic necessities to allow them to attend school.

Sophia Centre is a non-formal school, which was founded 12 years ago as a primary learning centre for very poor children and school dropouts who have been barred from other venues of basic education.



All children were given one note book, pencil & rubber and biscuits



Children having a meal in the school.

To quote from a letter written by Sister Varghese, the centre was founded by the Sacred Heart Order in the state of Bihar in north-eastern India to help assuage the inequities of "a system which neglects the ‘girl child’ and is rife with deep rooted superstitions together with politics of corruption and uncontrolled growth of population". Sister says that the state is moving to the path of progress but there is still a long way to go.

The centre needs help from alumnae all over the world in order to fulfill its mandate.

BOYS RAISE FUNDS FOR LAINI SABA

The students of Fountain Academy of the Sacred Heart made a donation to the Laini Saba School in Kibera at the conclusion of the 2009/10 school year. Funds were collected throughout the year and were to be donated to a worthy cause.

Head Boy Elliott Kieran consulted with the Alumnae and found the connection of the Laini Saba School with the international alumnae/i (AMASC) very meaningful for the boy's school efforts.

Well done boys!

AIDS ORPHAN IN UGANDA

The Alumnae Association is also continuing to support our AIDS orphan in Uganda—Angellah Nsaabimana, who is doing well in her studies.

FALL FUNDRAISER

“DESSERT OF THE MONTH”

Win a dessert a month for 6months
—delivered to your door
Tickets will be on sale on Alumnae Day and at the Christmas Fair.

CLASS(ES) OF 2010

Pictured left is the **Sacred Heart Class of 2010**, the 161st Graduating Class from the Sacred Heart High School.

CONGRATULATIONS & WELCOME TO THE ALUMNAE/I ASSOCIATION

Pictured right is the **First Graduating Class at Fountain Academy of the Sacred Heart**



Also pictured: Mark Bursey, Marc Furlotte, Sr. Sally Mahar, Danny Chedrawe, Susan Atkinson, Angela Surrette & Patricia Donnelly.

OTHER NEWS

NAME CHANGE

In 2010 we had the pleasure of welcoming boys from the Fountain Academy as SHSH Alumnae.

We would like to remind you that notice was given to the Alumnae members at the last AGM in October, 2009, that we will be voting to change the official name of the Association from Sacred Heart School of Halifax Alumnae Association to Sacred Heart School of Halifax Alumnae/i Association (to reflect the combined genders) at this year's AGM.

UPCOMING EVENTS

ALUMNAE DAY

OCTOBER 16TH
9AM—12 NOON

CHRISTMAS FAIR

NOVEMBER 27TH
12 NOON—3PM

YOUNG ALUMS WINE & CHEESE

DEC. 22ND, 7-9 PM

BARAT BASH

JANUARY 2011

FOR MORE DETAILS CLICK ON THE LINK BELOW

WEBSITE

[WWW.SHSH.CA](http://www.shsh.ca)



EMAIL ADDRESSES

Do we have a current email address for you? If not, please go to www.shsh.ca, follow the links from Alumnae to UPDATE YOUR INFORMATION, and fill in your current mailing and email address. We are going green and reducing our carbon footprint (every little helps!) by sending PRIMES by email to as many as possible.

If you are not an email user, please drop our president a note to ask that you wish your newsletter to be sent through the mail. Letters can be sent to The President, Sacred Heart School of Halifax Alumnae Association, 5280 Spring Garden Road, Halifax NS, CANADA B3H 1X8

SAVING STAMPS

This is a 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 Montreal in 2014. 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 the 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 admin costs



*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/changed address, please go the school website www.shsh.ca, click on 'Alumnae', and then 'Contact Us' and add your information or email your change of address to bmartell@shsh.ca