

Stories from the Heart



A DISTINGUISHED CAREER COMES TO AN END

It's hard to imagine, but 36 years after she taught her first math class at Sacred Heart School of Halifax, Carolyn Hipson is putting away her pencil and hanging up her teaching hat. Yes, it's sad but true, Carolyn is retiring. Generations of Sacred Heart students have been taught and mentored by Carolyn who has helped them navigate the sometimes challenging math world with quiet grace and confidence. Carolyn is looking forward to spending more time with her granddaughter and travelling with her husband. But she doesn't plan on leaving the math world just yet, as she will tutor students for the foreseeable future. Carolyn will be missed, but we trust she'll stay in touch and drop in for special events. Thank you, Carolyn, for all that you have given to our students, our community, and our School over your illustrious career. We wish you all the best in retirement.

ALUM DAY



Sacred Heart Alums & Friends Conquer Their First-Ever Cabot Trail Relay



Submitted by Hannah Baillie '18

What happens when you divide 276km into 17 legs, add 1,000+ runners, 30 hours, and three Cape Breton mountains? You get the Cabot Trail Relay. And, you get all kinds of fun...but not a lot of sleep!

On Friday, May 25, a team of 17 alum, faculty, and staff from Sacred Heart hit the road to Baddeck, Cape Breton, to participate in the 2023 Cabot Trail Relay. We called ourselves *The Young and the Rest of Us*, with Senior School teacher and Cross Country coach Shoneth Leadbetter as team captain. For many of us, this was our first Cabot Trail Relay experience. Thankfully, Shoneth's trademark preparedness — which included colour-coded spreadsheets and individual instructions for each team member — gave us confidence going into this highly-competitive and logistically-challenging race.

At 7:00 am on Saturday, Senior School Vice Principal Laura Elworthy hit the Cabot Trail and began running through the Cape Breton countryside. After she finished, Tallulah MacNeil '22 began her leg, followed by Shoneth. By mid-afternoon, things were heating up. Kyle Smith '17 began his 20km

journey, 2km of which took him straight up the infamous Cape Smokey. Shoneth's husband Jason Leadbetter, took over after Kyle, heading through Cape Breton Highlands National Park. He was followed by Sophie McIntyre '16, who travelled from Toronto just to participate in the race, Senior School Principal Dr. Wallace MacAskill, and then Sarah MacAskill '21.

Then it was over to Elementary School Principal Jared Griffiths, who had the gruelling 17.8km uphill leg on the North Mountain. Teammates, including Shredder the Shark, cheered him on with underwater-themed dancing, cheering, and inspiration.

Shortly after that, Mitchell Reardon '18 took over his challenging 14.7km leg straight uphill to summit MacKenzie Mountain before David Sapp '18 ran down the other side towards Chéticamp. Mark Biddulph '15 was next up followed by Alexander Pheeny '15. At 3:45 am, Hannah Baillie '18 began her leg, passing through Margaree Harbour just as the sun was coming up. Admissions Officer and alumna of Baradene College of the Sacred Heart in New Zealand, Sigrid Davis, was next, completing her leg before Elementary School music teacher Marie-Cait Browning took off for hers.



The finish line was now in sight. Our last runner was Marie-Cate's husband, Steve, who ran towards the iconic "scream tunnel" in downtown Baddeck where hundreds of onlookers stood cheering. His run capped off a stellar first appearance and amazing team effort for *The Young and the Rest of Us*.

With the hard work out of the way, the team was able to recover and enjoy the legendary Cape Breton hospitality that included a banquet, awards, and celebration.

While the runners did the heavy lifting, they would not have been able to complete a race of this magnitude without the incredible support from family and friends who joined them before, during, and after the race. Big thanks to them!

The Cabot Trail Relay was an amazing and unforgettable weekend. Here's hoping *The Young and the Rest of Us* will make their second appearance in May 2024.

A WALK BACK IN TIME



It was a walk down memory lane for Sacred Heart alumna Mary Lou (Godden) Stuckless '73 who was visiting her friend and classmate Catherine MacDonald '73 whom she hasn't seen in person in over 20 years! On a lark, they decided to visit their old stomping grounds and ever-hospitable Pat Nichols toured them about on a recent June weekend. Mary Lou, originally from Newfoundland, was a boarder at the Convent of the Sacred Heart and as they trekked up to the Tower she could not believe the wing's transformation. Her old bedroom is now the office of the School's Digital Content Coordinator, a term and a role that was inconceivable in the 1970s. She remembers the window where she and Catherine were photographed because she once broke it — unfortunately, the details weren't forthcoming — and playing football in the hallway with her cosmetic bag as the ball. She and Catherine recounted their days at the "Convent" including having to wear white gloves at Primes and curtsying when entering the Little Theatre for special occasions. Laughter and memories flowed during their visit and it was heartwarming to see how fondly two of our alums remembered their time at Sacred Heart. Thanks for visiting Mary Lou and Catherine!

HONORARY CONFERMENTS FOR NOT ONE BUT TWO ALUMNA!

Congratulations to Professor Emerita Jean Helms Mills '72 who was recently awarded an Honorary Doctorate from Finland's Jyväskylä University, School of Business. Jean splits her time between Halifax where she is an Emerita Professor at Saint Mary's and Finland where she has held various part-time appointments in different universities for over 25 years. An internationally distinguished and decorated researcher of management, Jean was honoured for significant contributions to international cooperation in teaching and research, especially as a mentor for doctoral students. In the accompanying photo, Jean is pictured with the University's traditional Doctoral hat and sword which, in our opinion, make for a very jaunty photograph!

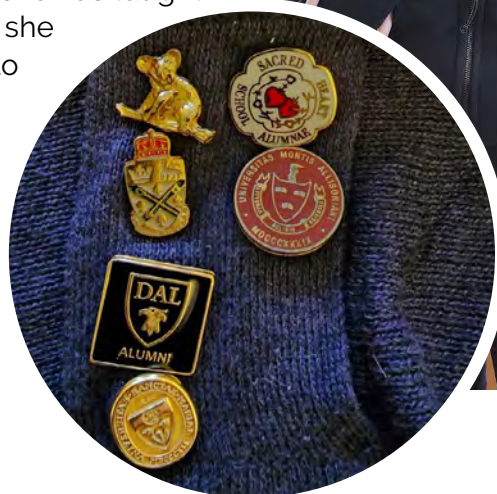




And speaking of hats, hats off to another Sacred Heart alumna, Dr. Shelagh Leahey '69, who also received an honorary conferment recently, in this case, an honorary diploma from Nova Scotia Community College (NSCC). Dr. Leahey, a long-time supporter of Sacred Heart, is being celebrated for her contributions to the medical profession in Nova Scotia and Canada and to her community of Yarmouth, where she was a family doctor for over 40 years (she tried retiring earlier!). The Nova Scotia Family Physician of the Year in 2011, Dr. Leahey also served on a number of boards, was a founding member of the Tri-County Women's Centre, was the chief of the medical staff for South West Nova Health District Health Authority, and is now the medical director for Dalhousie's residency training program in Yarmouth, where she serves as head coach and mentor. A well-deserved recognition!

AN ALUM PIN DOES DOUBLE DUTY

If you've been to Alum Day recently, you've likely seen Tanya Bilsbury '04 at the Tea. Tanya, a proud Sacred Heart alumna and mother to current Sacred Heart student Ivy, was enjoying catching up with her former teacher, alumna Cathleen Niedermayer '59, at the most recent Alum Day. She was relaying that she wears the kangaroo pin Cathleen brought her and her classmates back from a trip to Australia many years ago in place of a Sacred Heart alum pin which she didn't have. Cathleen proceeded to give Tanya her alum pin which Tanya now happily wears, alongside the kangaroo and pins from schools she has taught or studied at, on her shawl when she lectures to students. It's so nice to see the student-teacher bond cultivated in the classroom so many years ago remain so strong.



CONGRATULATIONS TO OUR NEWEST ALUMS!

Last month 36 graduates celebrated their transition from students to alums as they walked across the stage and accepted their high school diplomas. We wish the Class of 2023 nothing but the best as they look forward to new adventures, opportunities, and ways to make their mark on this world.



Barat Academy Class of 2023

Sophie Larson, Olivia Jolin, Kristen Cushing, Helen Bullock, Béa Cameron Surrette, Vanessa Cordes, Lucy Walsh, Monica Zhao, Haley Snyder, Rebecca Vance, Abby Titus, Hannah Docking, Marguerite Dunkley, Ainsley Davie, Catherine He, Julia Ballesteros, Yinchen Qian, Eleanor Ma, Oluwatomisin Dada



Fountain Academy Class of 2023

James Shakespeare, Jon Earle, Romen Lawen, Jack Ryan, Xander Biddulph, Steven Mata, Will Regan, Rory Clyburne, Mac Duncan, Ryan Laberge, Rex Liu, Henry Bourdeau, Fintan Canning, Ian Dicker, Ryan Cashin, Ben Carver, Ishan Mukhida, Daniel Lee

THE CLASS OF 2013 CELEBRATES THEIR **10-YEAR** REUNION

It was a delight to welcome back members of the Class of 2013 who gathered recently in Halifax to celebrate their 10-year anniversary, the first time the Fountain and Barat classes have jointly held a reunion. For their first of three events, a group of classmates headed back to the Heart for a tour and to reminisce over refreshments. They were joined by more of their classmates for larger events later in the weekend.



*L-R back row: Marianna Saunders, Alex van der Valk
L-R seated: Elizabeth Dempsey, Emilie Barakett, Brynne MacIver, Holly Foxall, Anna Ferguson, Gillian Crosby, Ruis MacDonald*

SHSH ALUMNA REPRESENTS CANADA AT AASH MEETING



A big thanks to our alumna Sarah Cassidy '76 who has joined the Associated Alumnae & Alumni of the Sacred Heart (AASH) Board to represent Canada. She very recently took part in the new Board's first meeting in St. Charles, MO, where she joined fellow alumni from across North America.

L-R back row: Laurie Strickland, National Office Director; Donna Davis, Southern Regional Director; Suzanne Santora Robinson, Eastern Regional Director; Andrea Briefs Ferris, Central Regional Director; Deborah Newhouse Dunham, AASH Ambassador; Kate Devers Sawyer, AASH President; Julia Sosnivka, Corresponding Secretary.

L-R front row: Lindsay Galloway Hill, Western Regional Director; Marcia Tufarolo, Treasurer; Sarah MacDonald Cassidy, AASH Ambassador Canada; Kristen Andree, Recording Secretary; Shirley Andree, AASH Ambassador Puerto Rico.

Tidbits



Hats off to **Marianna Saunders '13** and **Luke Burke '13**, two of our newest doctors who both graduated from Dalhousie Medical School in May. Extra shout out to Marianna who was the recipient of the Andrew James Cowie, M.D. Memorial Medal, given to a graduating medical student with the highest grades in obstetrics.



Congratulations to **Jillian D'Alessio '03**, a lawyer with McInnes Cooper on her recent appointment to the Saint Mary's University Board of Governors!



In yet another impressive display of knowledge and poise, alumna **Mattea Roach '15** narrowly missed clinching this year's Jeopardy Masters Tournament, now called the Trebek Tournament, which aired in May. Her second-place finish garnered a \$250,000 (US) prize to add to the \$750,000 she won last year as Canada's most successful Jeopardy! contestant. Our hearts were heavy for Mattea as she learned shortly after filming that her father Phil passed away suddenly from a brain aneurysm. Our congratulations go to Mattea on her success but more importantly, our community's love and prayers go to her during this difficult time.



Talk about a family affair! We were pleased to have three generations of Sacred Heart graduates at this year's graduation ceremonies as **Vanessa Cordes '23** was joined by her mother, **Patty (Spencer) Cordes '88**, and grandmother, **Nancy (Mitchell) Smithers '66**. Vanessa's great-grandmother, **Jean (Fitzgerald) Spencer '34**, was also a Sacred Heart alumna as are her two aunts, **Lynn Forsyth '81** and **Joanna Forsyth '86**.



Well done to **Abigail Sinclair '18**, currently enrolled in a Master's degree program at the Royal Academy of Music in London, UK, who recently gave a stunning performance of *Queen of the Night* from the Magic Flute. You can see her performance [here](#).



Congratulations to **Olivia Stephen '18** on graduating from StFX with a Bachelor of Arts with a Major in Psychology with Distinction and a Minor in Sociology with a Concentration in Forensics. Olivia is now off to pursue her law degree at New England Law Boston, and her \$70,000 scholarship is sure to come in handy!

We Want to Hear from You!

Share your stories, news, photos, and announcements, or pass along regards to a favourite teacher or former classmate.

Drop Miriam an email!

Support your School! **Donate here.**

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