



January 2023

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2021 - 2023

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Dear Alumnae/i of the AASH Southern Region,

Happy New Year! I hope that you all had a wonderful Christmas and that 2023 has gotten off to a great start. We are busy at AASH as we prepare for the upcoming National Conference, election of the next AASH Board, and the many biennial awards at the conference.

AASH 44th National Conference - May 18-20, 2023 Portsmouth, Rhode Island

Please join us at the AASH National Conference as we welcome St. Philomena School of the Sacred Heart, the 25th and newest school in the Sacred Heart Network. Also, we will honor the contributions of the Elmhurst Convent of the Sacred Heart, which closed in the 1970s.

Register NOW at <https://registration.aash.org/>. Assistance with travel and accommodations may be obtained through Jennings Travel (Muffie@jenningstravel.com). Information about Newport attractions and restaurants may be found on the AASH website (www.aash.org) or at Discover Newport (www.discovernewport.org).

Awards at Conference

- **Cor Unum Awards:** The Cor Unum Award was established to pay tribute to alumnae and alumni who have embraced the philosophy of the Sacred Heart in their everyday lives. Each biennium, AASH salutes four of these alums, one from each AASH Region, with a Cor Unum Award.
- **Woman of Conscience:** The Woman of Conscience Award is used to honor and thank an outstanding RSCJ in the host region during the conference for her shining example and for the total gift of self in the service of others.
- **Maryliz deVito Lincoln Generosity and Service Award:** This biennial award is granted to a Sacred Heart graduate, 35 or younger, who has demonstrated outstanding support of and loyalty to her/his local alumnae/i association or to AASH.
- **Jeanne Burke O'Fallon Essay Contest:** The Essay Question contest invites Sacred Heart students to participate in preparing an essay in response to a specific question. Contest details will be provided to Heads of Schools and Alumnae/i Directors in the upcoming weeks.

Voting Delegates at the Conference

Please identify two members from your association/school to vote at the Conference. Each Voting Delegate is required to attend the full conference. If a replacement delegate must be made, notification of the alternate delegate to the Nominating Committee must be done prior to the start of the conference. ***Please contact me with the names of your Voting Delegates.***

Southern Region Vote Counter

We also need one Vote Counter for the Southern Region at the Conference. Voting takes place during the last session of the conference business and requires a small amount of time. ***Please contact me if you are interested in this important role.***



Sponsors and Donations for Conference

We are actively seeking sponsors and donations for the conference. Please consider making a donation and/or placing an advertisement in the Conference Program. See the AASH website (www.aash.org) for more details

Regional Call To Action for 2023-2025

As a part of the Regional Meeting at the Conference, we will be developing our Southern Region Call To Action for the upcoming biennium. The Call To Action defines a goal/direction as we live our daily lives. Be thinking about this directive for our region.

Please be on the lookout for the next *Esprit de Coeur*, which will provide additional Conference information as well as the full Conference schedule.

As I have talked to many of you over the past year, one consistent message that I hear is “the true value of AASH is larger connections.” You can foster those connections by attending this wonderful biennial weekend with fellow AASH alumni/ae!

AMASC (World Association of Alumnae and Alumni of Sacred Heart)

The new AMASC 2022-2026 Board has outstanding AASH Leadership from the United States. The AMASC Board recently welcomed President Roselie Bellanca Posselius (AASH Past President), Vice President Maria Asteinza (AASH Eastern Regional Director), Marcia Tufarolo (AASH Western Regional Director), and Maggie Kaspura (former AASH National Office Director).

Congratulations on this opportunity, uniting Sacred heart alumnae/i everywhere and carrying out the Mission and Vision of Sacred Heart Founders, St. Madeleine Sophie Barat and St. Rose Philippine Duchesne. See the AMASC website at <https://www.amasc-sacrecoeur.net/en/welcome/> for more information.

Regional News

In December, after three years of not seeing each other, the oldest member (age 93) of the **San Antonio Alumnae Association** hosted a luncheon. Unfortunately, only six were able to attend as the group is aging. If you are a Sacred Heart alum in the San Antonio area, please contact Carmen Carrillo Viramontes (ccarrilloviramontes@gmail.com) or me (srd@aash.org) so we can revitalize this association.

The **Triangle Sacred Heart** group is looking forward to two of their favorite traditional gatherings – a Mardi Gras lunch on Saturday, January 28, and the St. Patrick’s Day lunch on Saturday, March 18. Contact Karen Daly at kdaly@nc.rr.com if you would like to join them.

Christmas spirit was in the air in December for the **St. Charles** 10th Annual Alumni Christmas Basket Gathering. Alums and parents of alums helped assemble more than 80 baskets, enjoying catching up and sharing Sacred Heart camaraderie. There was an additional \$2,000 in leftover funds to purchase specific items for St. Joachim and Ann Food Pantry! In November, St. Charles volunteers gathered at the Salvation Army Soup Kitchen for the Alumni Day of Service. From start to finish, alums created a Thanksgiving meal: prepping ingredients and making turkeys, sides and desserts, setting up and decorating the dining room and serving the meal, then clean-up.

Gorgeous fall weather helped celebrate Reunion Weekend for the **Villa Duchesne-City House Alumnae Association**. Over 300 people were on campus, a true testament to how much alumnae love their alma mater! Later in the fall, they continued their seven year tradition of Alums Helping Others. Volunteers served at The Little Bit Foundation and Affton Christian Food Pantry, charities helping the needs of local St. Louisans. Finally, every year, a group of alumnae come back to campus to share their experiences with current seniors at Career Day. Assembling a panel of alumnae that represents a wide spectrum of careers is a great way to introduce students to the vast landscape of what is possible for their future.

Carrollton hosted two Alumnae Socials in the northeast last fall, the first at Convent of the Sacred Heart – 91st Street (a Network of Sacred Heart school) and another in Washington DC. Upcoming socials are planned for Los Angeles in February and Boston in March. Contact Maria Cristina "MC" Garcia (mcgarcia@carrollton.org) as these socials are a great way to connect with fellow alumnae studying and/or residing in the area. In December, members of the alumnae mother-daughter group gathered to assemble 150 Blessing Bags for the Thelma Gibson Health Initiative, one of Carrollton's community partners.

Duchesne Academy of the Sacred Heart announced the selection of Ms. Hillary Feerick-Hillenbrand as the new Head of School, starting in July 2023. Ms. Feerick-Hillenbrand comes to Duchesne from Carrollton School of the Sacred Heart, a Network of the Sacred Heart School in Miami, Florida.

Our prayers are with Patsy O'Grady of the **Gold Coast Alumnae Association of Southern Florida** as she courageously battles some health issues. Patsy has spearheaded the West Palm Beach group alumnae association for many years. If you are interested in participating with this independent association, please email me at srd@aash.org.

Please contact me with any questions and let me know if I can help you with anything for your association or school. Also, please keep me informed of your upcoming plans and events.

United in one Heart,
Charla Dziedzic
AASH Southern Regional Director
srd@aash.org