



Saint Agnes School
Arlington Catholic
High School

Alumni Newsletter

March 2024

As we celebrate the Solemnity of the Feast of St. Joseph on March 19, we congratulate and thank all of the Sisters of St. Joseph who have served at Saint Agnes School and Arlington Catholic over the years. Well done, good and faithful servants!

Please [**CLICK HERE**](#) to view a brief video detailing the history of the Sisters of St. Joseph in Boston.

Reflections from Dr. Andrew Keough

This past February proved to be one of the happiest of my life. My daughter Julia delivered our first grandchild, Phoebe Christine! It is hard not to become overwhelmed with emotion and deeply reflective when your child gives birth. It brings back all the feelings that came with their birth and forces a person to think about what matters most. For me, like most of us, it is family. My wife and I raised our children to be good people, but above all, to be good to each other. The principles of our faith were instrumental in that happening.

When Phoebe was born, my other two daughters swung into action, immediately flying to Maryland to support their sister and meet their new niece. The love they exhibited, first and foremost for their sister but also for their niece, was beautiful to observe. They held the baby, stared into her eyes, and walked her around the house for hours so their big sister could rest. They made meals, did laundry, bought furnishings and equipment to make their sister more comfortable, and, most importantly, supported her when it was needed most.

As parents, we can only hope our children will be good to each other as adults, as it is far from guaranteed. In our hearts, we hope that we have demonstrated love and kindness when they were young and that they will mimic it as they grow older. We also hope those they are exposed to and influenced by will do the same.

As we celebrate Saint Joseph's Day on March 19, I cannot help but think about the many Saint Agnes and Arlington Catholic children who learned about love for others from the members of this order. The Sisters adhere strictly to the words of their mission and, in doing so, have changed the

world, one individual at a time.

Reflecting on this month, I am so proud to be a grandparent and that I get to share this experience with my wife. I am also thankful that through the Grace of God, my children have grown into loving, caring family members who know what matters most in life. Finally, I am grateful that I am part of a team that lives out the legacy of the Sisters of Saint Joseph and that we continue to change lives and the world for the better through a “...love of neighbor without distinction”.



Picture from the Motherhouse foyer of the Sisters of St. Joseph in Brighton

Alumni Spotlight: Sister Kathy Berube '64



In keeping with our celebration of the Sisters of St. Joseph, we are honored to spotlight Sister Kathy Berube, CSJ '64. Sister Kathy was kind enough to write the following piece, reflecting on her time at Arlington Catholic and how it helped shape her career as an educator:

"Sixty years ago, the first group of students graduated from Arlington Catholic High School, a celebration of successes and achievements. As I look back to those days walking the halls on Medford Street, our experiences prepared us for the next 60 years not only with solid academics but with many life lessons as well. Today, I am still in the classroom, now at Jackson Walnut Park School teaching Latin to 5th and 6th graders. Over the years, I was a math teacher in parish schools in Natick, Franklin, and Lynn and then at Mt. St. Joseph Academy. These years were followed by 26 years at the Boston Archdiocesan Choir School in Cambridge, first teaching math until I assumed the role of Vice Principal and then Principal. Now I am teaching Latin! How did this happen?

In many ways, it all began on Medford Street in Arlington. When I was beginning my junior year in high school, my family moved to Arlington, and in September, I began my journey with the first class at ACHS. It was a challenging transition made smoother by the welcome and support of new classmates and faculty who at that time were all Sisters of St. Joseph. What did I learn during those two years? Much more than academics like math, science, French, and more. There were the challenges to speak up, even in a foreign language, to think beyond the printed page, to speak my truth and question authority (appropriately), to graciously accept the consequences of my mistakes and so much more. From both peers and adults, I developed a sense of community and service which led me to my life with the Sisters of St. Joseph.

Today, and throughout my teaching career, I hope I bring to my students' lessons beyond book knowledge. What are some of those lessons? Transitions can be rocky. Take it a day at a time and welcome new experiences. Many things in life are challenging. Being "pushed" to do them can be scary but take the risk. It's okay to question authority respectfully because you have a piece of the truth. Remember mistakes are all part of the journey to success.

To the students who walk the halls on Medford Street today, I hope that you succeed in your studies, but perhaps more importantly that you notice the people, places, and events that both excite you and challenge you and learn from all of it. Remember, in all that you do, 'act justly, love tenderly, and walk humbly with your God'. (Micah 6:8)"

-Sister Kathy Berube, CSJ '64

We are committed to featuring SAS/AC alumni and their lives after graduation in future editions of our alumni newsletter. Do you know of fellow alumni living the mission of SAS/AC in their professional or personal lives who would be open to being interviewed by Sister Barbara McHugh and featured in a future alumni publication? Please email Sister Barbara directly at sbarbara@achs.net to nominate an alum or yourself!

Sister Catherine Ginty



Sister Catherine Ginty, formerly Sister Dorena, was a teacher at Saint Agnes School from 1952 until 1960. Sister Catherine celebrated her 100th birthday in January. We congratulate her and wish her continued good health.

CLICK HERE to read more about Sister Catherine's life and mission within the congregation. If you would like to send a birthday card to Sister Catherine, her address is 97 Bethany Road, Framingham, MA 01702.

Campus Happenings

Celebrating Black History Month with Dr. Marice Edouard Vincent '90

AC alum and current Superintendent of Medford Public Schools, Dr. Marice Edouard Vincent, took the time to speak to our students as part of our celebration of Black History Month.

Having earned five degrees (a Bachelors, two Masters, a C.A.G.S., and a Doctorate!), it is clear that Dr. Marice is both passionate and highly experienced in the realm of educational leadership. During her talk with AC students, she spoke about her incredible journey as a student, teacher, and administrator. She voiced appreciation for her Catholic education and shared how her Catholic beliefs have shaped her as a person and an educator.

Thank you, Dr. Marice, for a wonderful talk!



Playground Grant

We are excited to announce that we received a grant from the Catholic Schools Office to start building a playground structure for our Ko to Grade 3 students! We are grateful to the Catholic Schools Office for this generous grant!

Boys Ice Hockey Playoff Run

Boys Varsity Ice Hockey ended their season with two impressive victories! They had a 4-2 win against Pope Francis Prep which brought them to the Elite 8! Goals were made by S. Constantine, T. Heldenbergh and M. Poirier, and P. Clair had an unbelievable performance in-goal.

They continued their streak with a win against Marshfield in overtime with a final score of 3-2, bringing them to the Final 4! Goals were made by J. Pandolfo, A. Giardina, and J. Tranchina.

Congratulations on a great season, Cougars!



Quiz Night 2024

This month, we celebrated the return of SAS/ACHS's beloved tradition of Quiz Night! The AC Gym was packed with a crowd of 300 attendees, divided into 29 teams, for a fun night of community and friendly competition. In addition to the rounds of trivia, the night included food, drinks, raffles, and a silent auction.

Congratulations to Table 6: The Breakfast Club and its members: Paul Almeida P'34'36; Benjamin Ballard; Elizabeth Ballard; Kelly Feeney P'30; Emily Ramey P'26'29; Ian Ramey P'26'29; Chris Sousa '96, P'25'27'33; Elizabeth Sousa P'25'27'33; and Kimberly Sousa-Almeida '00, P'34'36 for coming in 1st place and winning the awesome candy trophy!

Honorable Mention to Table 12: Phillips High Council for coming in 2nd place, and Table 9: Missed It By That Much, and Table 11: Coach Cal's Pals for tying for 3rd place.

Thank you to all of our generous sponsors, volunteer committee, and staff members who made this event possible!



Save the Date!
135th Anniversary Celebration of Saint Agnes School

Save the Date

SAINT AGNES
SCHOOL'S

135th Anniversary

MAY 4, 2024

4:00 MASS



RECEPTION IMMEDIATELY
FOLLOWING



Saint Agnes School
Arlington Catholic
High School



Upcoming Events

Golf Tournament - Monday, April 29

The SAS/ACHS Golf Tournament has been postponed to Monday, April 29 and we have several open foursomes. If you are interested in registering, please email Gabbie Foderaro at gfoderaro@achs.net.

Upcoming Reunions

Class of 1964 - 60th Reunion

Date: Saturday, May 18, 2024

Location: Woburn Country Club, 5 Country Club Rd, Woburn, MA 01801

Time: 11:00AM

Cost: \$60

Contact: Linda Wilson Chopelas at lchopelas@verizon.net or 781-710-4742 and Phillip Brillante at pbrillante@verizon.net or 703-946-5804

Class of 1974 - 50th Reunion

Date: Saturday, June 22, 2024

Location: Savinos Italian Restaurant, 449 Common St, Belmont, MA 02478

Time: TBD

Contact: Bill Driscoll at bdriscoll@lindenmeyrcentral.com and Larry Barton at laurencebartonllc@gmail.com

CLICK HERE for more information!

Class of 1994 - 30th Reunion

Date: Saturday, October 5, 2024

Location: Menotomy Grill & Tavern, 25 Mass Ave, Arlington, MA 02474

Time: TBD

Contact: Michelle Deasy at michelledeasy@icloud.com and Christine Fleming at christinejfleming@gmail.com

4's and 9's...It's Your Reunion Year!

Reunions are held every 5 years so if your graduation year ends in '4 or '9 your reunion year is 2024!

CLICK HERE to view a message from our Alumni Relations Ambassador, Sister Barbara McHugh about planning for your upcoming reunion.

Class Notes and In Memoriam

Submit your class note for the next edition of Fidelitas!

This is a great chance to let your fellow alumni know what is happening in your life. Whether you've just hit a major life milestone, recently traveled somewhere new, or began a new business venture, we want to hear about it!

Click below to submit a class note today!

[Submit a Class Note](#)

In Memoriam

If you are aware of a graduate of Saint Agnes School or Arlington Catholic High School who has passed away, we would be most grateful if you would kindly email Sister Barbara McHugh at sbarbara@achs.net.

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