



CARONDELET HIGH SCHOOL 2023

# CARONDELETTER



The Heart of  
Carondelet is  
the Sisterhood

# A WORD FROM OUR PRESIDENT

## A Commitment to Inclusivity, Advocacy, and Empathy

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**E**ntering into this position of leadership at a place I hold so dear is an absolute blessing. And while I can't say that I had this on my vision board as a young high school student, the charism of the Sisters of St. Joseph (CSJ) has always had a firm grip on my heart. Our world needs the courageous, unifying, spirit of our Sisters more than ever, and I am deeply grateful for the opportunity we have to instill these values in our young women.

In November, accompanied by two of my colleagues, Dr. Elizabeth Chaponot and Edie Payne, I had the incredible privilege of attending our annual CSJ Conference at St. Joseph's Academy in Baton Rouge. Meeting and collaborating with fellow CSJ school leaders from

across the nation was both inspiring and rejuvenating. We so often reference the intangible charism and sisterhood that permeates our campus. It became immediately apparent that the same spirit and indefinable quality is alive and well in our sister schools. This is a testament to the powerful, lifegiving thread the Sisters have so carefully and intentionally weaved into our foundation—unifying love. Keynote speaker, Dr. Tina Holland, President of Franciscan Missionaries of Our Lady University, spoke to the fundamental difference in the educational experience we provide at our schools; it is transformational, not transactional. This simple yet profound statement speaks to the true heart of every interaction we have at Carondelet.

In these pages you will see these transformational experiences come to life. From the individual and collective accomplishments of our students, to the trail blazing stories of our alumnae, it is evident that the impact of a Carondelet education is limitless. Our young women are called to be the light in this world, and their steadfast commitment to inclusivity, advocacy, and empathy continue to have lasting effects on their communities. May we always stay nimble in our work to serve our dear neighbor without distinction as the Sisters have so beautifully taught us.



I am proud to have been transformed by a Carondelet education and continue to be honored to serve and prepare the next generation of faith-filled women leaders. The Carondelet community is thriving, and our legacy of striking a delicate balance of celebrating beloved traditions while remaining keenly focused on the future is the fuel that continues to drive us forward.

May God continue to bless you all,

A handwritten signature in black ink that reads "Jessica Mix '99".

Jessica Mix '99  
President

*Published for the alumnae, families,  
and friends of Carondelet High School*

## MISSION

Carondelet High School inspires excellence by preparing young women to live with heart, faith, and courage in the Catholic tradition and spirit of the Sisters of St. Joseph.



## VISION

A Carondelet graduate is empowered by her Catholic, college-preparatory education and is known as a woman who responds to the needs of the times and makes a positive difference.

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## ON THE COVER

Carondelet students celebrating  
 St. Joseph's Day with heart.

Please send feedback and information  
 to [communications@CarondeletHS.org](mailto:communications@CarondeletHS.org)



# A Magical Journey FROM ANNECY TO LYON

Each year several members of the CSJ community join the Mount Saint Mary's University community to participate in a pilgrimage to France to explore the foundations of our heritage. Led by Mount Saint Mary's University President Ann McElaney-Johnson, faculty, staff, alumnae, Sisters, and other CSJ-sponsored institution friends (like us) join together for ten days to immerse in the historic sites of the Sisters of Saint Joseph. After a two-year delay due to COVID, the pilgrimage was once again held in June of 2022.

We had sent faculty and staff before COVID and everyone came back enthralled and said that the experience was somehow transformative. The adjective had always felt superlative to me, and I did not necessarily need to be transformed. Instead, I figured the pilgrimage could help me do my job better so I decided to apply. After all, the consensus was that at the very minimum, the pilgrimage is known for creating a wonderful personal experience to learn more about the Sisters of Saint Joseph, and their faith, journey, courage, and impact on our world.



This deeper understanding of the Sisters could help me work better with teachers in an effort to honor the Sisters' charism as we weave their legacy throughout our curriculum. If I am being 100% honest, I also felt it was a wonderful way to reconnect a bit with my native language and spend a few days in France.

It turns out transformative was not a superlative adjective, it was the most precise definition or as the French say "le mot juste." At the end of the trip, the organizers asked us to share what our favorite moment was. It was difficult to pick one thing that resonated more than others. Standing in the original kitchen was the obvious pick, but it is not what I ended up selecting. For me, the magic started at the very first steps of our journey—Annecy. Our trip was about understanding our origins. At Carondelet, when we speak about the Sisters, we tend to start with Le Puy. But for me, seeing the origins of what came before the Sisters helped me understand them better. Learning about François de Sales and Jeanne de Chantal and their unique story was the missing piece I needed. Jeanne de Chantal's unique entry into the church as a widow and mother and how the Daughters of the Visitation paved the way for something new inspired me. I knew our Sisters embodied love. How that charism was in and of itself an outgrowth of love really made me understand how deep it was.

I have seen our charism described in writing. I have experienced it in the walls and spirit of Carondelet. But understanding the origins, and seeing it firsthand, really grounded me to truly understand

why this CSJ school and mission feel so right. Seeing how the charism is embedded in the DNA of the Sisters really anchors the reality that no other way forward is possible. Sharing this with other members of the CSJ community outside of Carondelet helped me see more than ever that I am part of something greater and that Carondelet is where I am called to be. I am proud to be helping carry this charism into the future.





# HOMECOMING 2022



For seniors, it marks the beginning of the end of high school. For alumnae, it's a chance to return to the school that sparked their passions. There's nothing quite like the excitement and nostalgia homecoming generates in a community. Filled with the crowning of the homecoming court, a Powerpuff football game, a semi-formal dance, and for the first time ever, Carondelet's own Homecoming volleyball game and parade.



Last October, in collaboration with students, alumnae, and families, Carondelet put on an inaugural homecoming parade with tacos and free ice cream in exchange for donations to St. Marty's Party. We kicked off the first-ever volleyball-centered homecoming event, and it certainly won't be the last.





The Powerpuff football game has been a long running Carondelet tradition of juniors vs seniors in an action-packed lunchtime football game. This is an opportunity for our campuses to come together to cheer on our Carondelet Cougars, who were coached by some of our De La Salle students. This year, our seniors came out on top 8 - 6, winning the 2022 Powerpuff game!





# Tiny House. BIG HEARTS.



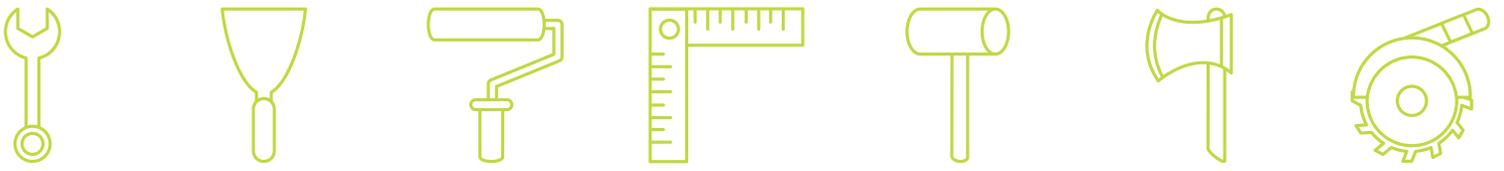
*Carondelet High School student, Ellie Scheberies '23, shares her experience on how 30 courageous female high school students with zero construction experience built a beautiful tiny home for local farmworkers.*

Two semesters, three times a week, plus weekend build days had all led up to this: the ribbon-cutting ceremony for our tiny home. From start to finish, we had planned, designed, and built a real home that would provide shelter for local farmworkers. Every mistake and every success helped us learn and grow into what we've become: the "Women of Steel." But it wasn't an easy journey.

I had the privilege of taking the first ever Engineering for Social Good class at Carondelet. In this class, we aimed to completely design and build a tiny home on wheels that could be donated to someone in need within the school year. At our school, we greatly value **heart, faith, courage,** and **excellence,** which were the main qualities that we needed to have in order to accomplish our goals. **Heart** kept us driving

forward and reminded us of our purpose—to serve our community. Having **faith** was key because without a little bit of trust, what would have kept us pushing through all of the obstacles and times that seemed impossible? Going through this experience with **courage** is what made our success possible. It takes courage to try something new and to stick with it, even with a chance of failure. Lastly, the standard of **excellence** encouraged us to think critically, problem-solve, and put our best foot forward at every opportunity. These qualities laid the groundwork for the design of our classes and were the propelling force that turned our dream into a reality.

After working on the structural design, we moved out to our new workshop in September 2021. We started the project by installing the insulation and subfloor on our steel-framed, custom trailer that measured 20' long by 8'2" wide. With the guidance of both our teachers and outside mentors, we began what seemed like our biggest challenge, constructing the steel frame of the house. Because we designed the roof at a slant, the wall studs had to be slightly different heights on the two main walls. Measuring, re-measuring, cutting, and measuring again was a long process as we struggled to get all of the right studs and track screwed together.



After lots of mistakes and lots of hard work, we eventually had four structurally sound walls secured on our trailer. Then we began the long process of attaching sheathing to our newly constructed walls. After the house was wrapped up with Tyvek and ready for the rain, we completed the flashing and installed the windows. Next, the class divided into teams that either focused on building the inside loft or installing the external siding.

Being the novice builders that we were, we struggled with the constraints of time and fixing various little mistakes that occurred. Because of our very short time of two hours and 45 minutes a week, we were very thankful to have some help from our “magic elves,” the generous volunteers that helped us stay on track. With their help, we quickly finished the siding and turned our eyes to the interior.

Soon enough, we found ourselves packed inside and under our house working on the electrical and plumbing. I was on the plumbing team, and it was a struggle to get the measurements just right for the drains. You would think that this would be easy, but it’s harder than we anticipated. As always, we tried again and again until we had water flowing and proper drainage!

The final part of the project was the interior design, which we planned out with vision boards to develop our kitchen, bathroom, and our color palette of greens, whites, and wood accents.

When it came time for the ribbon-cutting on May 12, the house was not perfectly finished, but as we showed it off to our classmates, parents, and our sponsors **there is no doubt that the home was filled with the hard work and love that we all put into it.**

Something that makes this class unique from others at school is that we got hands-on experience in something that we may want to pursue in the future; something that we may not have been encouraged or invited to otherwise explore—especially in areas like architecture, engineering, and construction. And for the next group of Carondelet engineers, I offer you a piece of advice: **be focused, be diligent, be courageous, and believe in your excellence.**



**Watch the Women  
of Steel Mini Doc**



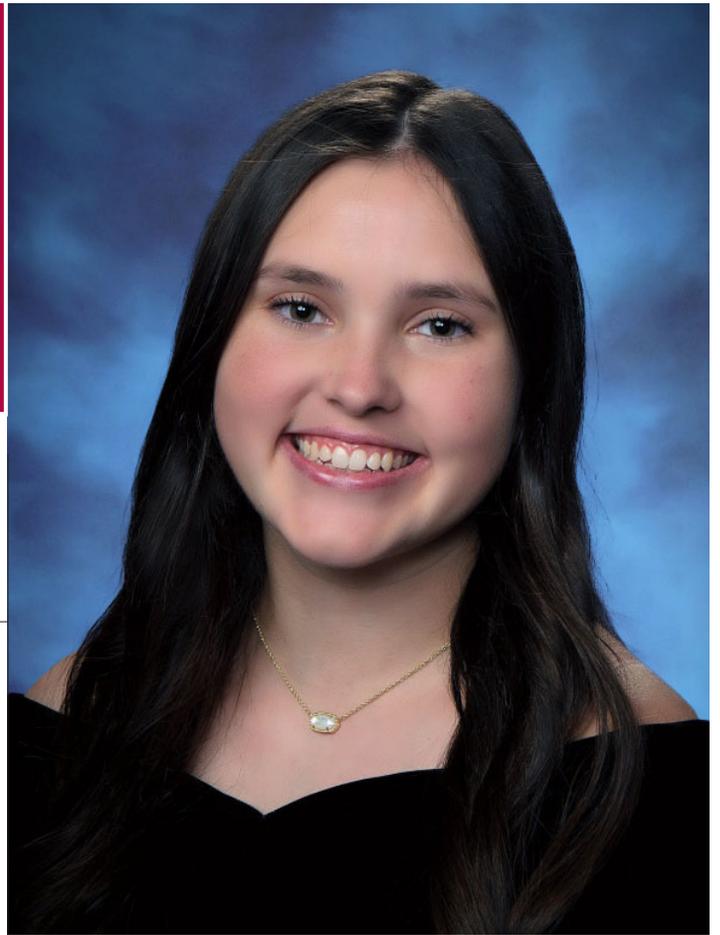
“Being a woman  
of heart means  
recognizing the value  
in myself and those  
around me.”

## Senior Year Capstone ERIN STEIN '23

I have lived with my grandma for my whole life. Growing up she was always waiting for me when I got home from school and would make me and my siblings snacks along with anything else we could possibly need. She was always there to care for me, but now it seems that these roles have been reversed. My grandma has Alzheimer's which has gotten increasingly worse in the past few years.

“Upholding the life and  
dignity of the human person  
means every life is sacred  
and all people are worthy  
of respect, no matter who  
they are or where they live.”

In 2020, she was admitted into the hospital multiple times due to psychotic episodes. When she returned home it was as if she was a different person. She had completely lost her ability to walk, follow or participate in conversations, and was now in need of 24 hour care. It was an extreme adjustment for me to see my grandmother who was always a strong and independent woman in such a state. It became my responsibility to help care for her just as she did for me when I was growing up. Every day I spend



as much time with her as I can playing games and drawing—anything I can do to provide her with companionship. I spend time cleaning and running errands, which she can no longer do. Although she may not always remember me or her surroundings, I've learned the importance of just sitting and talking with her.

Living with my grandma has taught me to connect across differences and bring compassion to my interactions with others. It has made me realize that I am passionate about caring for the vulnerable members of our community. This experience has changed my perspective and the way I view the world around me. I have come to realize that the elderly members of our society are often overlooked and even mistreated.

Through this experience of living with my grandma, I have been called to live out the Catholic social teachings of *life and dignity of the human person*

and *preferential option for the poor and vulnerable*. Upholding the *life and dignity of the human person* means every life is sacred and all people are worthy of respect, no matter who they are or where they live. I have learned the importance of valuing every life no matter what age or mental capabilities they have.

The other Catholic Social Teaching that I feel called to is the *preferential option for the poor and vulnerable*. Elderly members of our community are often taken advantage of and mistreated, but are rarely recognized as a marginalized group. This Catholic Social Teaching does not only apply to the poor, but all vulnerable members of society. Living and caring for my grandma has taught me to have empathy towards others. It is important to remember that we are all made in the image and likeness of God. This means that we all have inherent value that can never be taken away from us (Matthew). I plan to live out the Catholic Social Teachings in all aspects of my life and in every new situation I find myself in.

Throughout this formative experience, I lived out the ISOs by being a woman of heart. Being a woman of heart means recognizing the value in myself and those around me. A woman of heart also strives to protect the dignity of all people. Through caring for my grandma, I have learned to protect the dignity of all members of my community, especially the elderly. Another ISO that I lived out is being a woman of courage. Being a woman of courage means sharing my unique gifts to make a positive impact in my community. I used my gifts of listening and patience to help my grandmother. I learned that one of the most important things that helps her Alzheimer's is having conversations with her. This makes her feel less confused and isolated, but it requires a lot of listening and patience to try and communicate with her. The third ISO that I have applied while caring for my grandmother is being a woman of faith. I was a woman of faith by acknowledging and serving the needs of my grandma and recognizing God's presence in her as a part of His creation. Through this formative experience I have also lived out the charism of the Sisters of St. Joseph by caring for my "dear neighbor"

without distinction. By helping my grandmother I learned the importance of serving all members of my community, especially those in marginalized and vulnerable groups.

I have learned so much from my senior capstone project and this formative experience about having compassion towards others and putting their needs before my own. I will continue to live out the value of caring for the poor and vulnerable with me as I graduate from high school and enter college and beyond. I will strive to see the dignity in every person I encounter despite any differences we may have because they are all a part of God's creation.

My biggest take away from living with and caring for my grandma is the importance of respecting the elderly members of our community. Many people in the elderly community are vulnerable members of society who are often disrespected, taken advantage of, and isolated from their loved ones. I am beyond grateful to have my grandmother present in my life and for being able to care for her the same way she did for me when I was growing up.



# Carondelet GOES GREEN!



**After working toward Green Business Certification for two years at Carondelet, Chloe DeSmedt '22 helped the school to finally reach its environmentally friendly goals.**

A Greek proverb says, “a society grows great when old men plant trees in whose shade they never sit.” Carondelet is a society built on students who improve and leave impacts on a place that they might not benefit from but whose shade can be enjoyed by all the sisters who come along after them.

**Chloe DeSmedt '22** is one such tree planter—literally. The former Green Team president worked with the environmentally-centered student council group to create the Carondelet Community Garden, spearhead the installation of solar panels and electric car charging stations, and educate the wider community on environmental issues. Now, a year after her graduation, the project she and her team worked on throughout both junior and senior year has finally come to fruition: Green Business Certification.



“I’m really proud of it,” said Chloe. Green Team pushed the school forward in ways that would not only contribute to the planet’s overall health, but also help it achieve recognition as one of only three other schools in Contra Costa County. It’s worth noting that the Carondelet Cafeteria is also, separately, Green Business certified.

She was on this council during her four years at Carondelet, but when Chloe took the helm during her junior and senior years, the team fully immersed themselves in the certification process. “This is one of the biggest things I feel like I contributed to at Carondelet,” she said. “To see it all come together is really exciting.”



Though Carondelet’s Green Team is less than a decade old, Chloe was inspired by environmental leadership councils she saw on other campuses and jumped in head first. To achieve certification, the business must complete a list of 75 tasks from facility and energy efficiency changes to community education and engagement.

Before the school was certified, Chloe’s senior year came to an end. “Passing on something I’d been working on for four years was kind of bittersweet,” she explained.

Months later, the Cougars have finally gone green and the one who led the charge is thrilled. “I think a lot of people I talk to lose touch with their high school, but following this project really kept me rooted here,” said Chloe.

Now a freshman Environmental Science and International Affairs student at George Washington University in Washington DC, Chloe explains that she is taking what she learned from her time in high school as she looks to the future. “This is such a great community and it’s really prompted the things I’m doing now and inspired what I want to do,” she said.

“I’m so proud to see what they’re continuing to do with the Green Team on campus,” said Chloe of the current environmental leaders on campus. “I would really like to see the student body as a whole make sure our recycling and composting programs are participated in. Every year you get a new wave of students who might be unfamiliar with it, but having this certification can bring it to the top of mind for more students.”



**Learn more about this process by watching Chloe’s Capstone video on this journey.**

# A FOND FAREWELL: — OUR 2022 RETIREES —



## **Donna Akridge**

After twenty years as the friendly face greeting everyone from mail couriers to the Carondelet community, Donna has retired to spend time with her family and friends. She was the first face you saw coming into Carondelet, and she worked tirelessly to answer any and all

questions. The keeper of information and knowledge, she was an incredible source for all things Carondelet—from where to find something to navigating the schedule of the day. While she loved chatting and talking to Carondelet students, she's thrilled to now spend more of her time playing with her grandchildren.



## **Diane Milano,**

a beloved member of the Athletics team, an alumna of Carondelet, and a parent of an alumna, retired in the spring of 2022. She came to Carondelet in 2019 and brought with her years of experience from UC Berkeley. A valued member of the Athletics Department, she streamlined travel

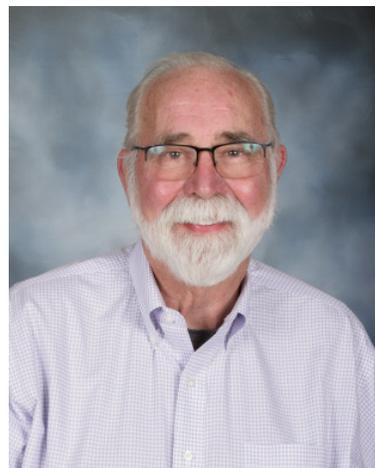
and business operations, organized the uniform inventory system, and contributed to the everyday operations of the department. She was always a friendly face to coaches and students as they entered the Athletics office. In retirement so far, she's helped plan her daughter's wedding (Gina Ringelstein '11) and is now enjoying some much needed time with family.



## **Liz Paz-Rumore**

started at Carondelet in 2015 in the College & Career Department, helping students launch into their next stage. She was a key player in revamping the program, and alumnae who have worked with her credit her with helping them find not only excellent schools academically, but schools that are

the right fit for them. Before joining the Carondelet staff, she was a board of trustees member from 2011 to 2015. She's very close to her daughters Nicole '09 and Marina '11. Now, Liz is filling her time with travel, relaxing with her husband, and volunteering at the Monument Crisis Center.



## **Mitch Ward**

was a Carondelet staple for 25 years. Starting in the IT Department, he was a key figure in updating and bringing the school into the 21st century. Mitch made the leap to teaching within the History Department and infused his lessons with life and color. Always one to facilitate discussions, his classes

were lively, challenging, and relevant, always connecting current events to their historic roots. In his retirement he has been helping his wife, Anne, in real estate, spending lots of time with his 101 year-old father, and playing with his three-year-old cat, Ivy.

# 2022 ADVENT PROJECT

During **Advent**, we prepare our hearts for Jesus to enter our lives. Advent is a time for waiting and getting ready for the coming of Jesus by giving back, helping others, and reflecting on our year.

Through the story of the birth of Jesus, a new chapter was opened in our world and in our lives. This past year, our Advent project was called "Three Kings Three Books," which stems from the story of the three kings who brought gifts to baby Jesus. We partnered with the Children's Book Project, an organization that focuses on bringing books to children and teens to create equity in literacy, learning, and life in San Francisco. We also partnered with community organizer and Carondelet junior, Caroline Lee, who has been an advocate and organizer with the Contra Costa County community for years to increase children's literacy. Our community collected 1,070 books to benefit this organization.



## Ven a Ver BORDERLANDS

**Ven a Ver Borderlands** is an immersion into the reality of the US/Mexico border and immigration. Students travel to Tucson, Arizona and participate in a delegation with Borderlinks, an organization devoted to educating communities on immigration. Some of the activities on this immersion include: meeting with humanitarian organizations providing aid to migrants, hiking in the desert to the border, participating in workshops that provide a window to the everyday life of a migrant, and connecting with CSJ Sisters in the area. The goal of this immersion is for students to have a personal encounter with the border, while looking through the lens of faith, in order to have an informed opinion about immigration.



# CAMPUS MINISTRY

## FROSH Day of Service

On October 13, 2022, the Class of 2026 participated in the 9th annual **Frosh Day of Service**. This is a special day when the entire freshman class engages in and is introduced to the Carondelet tradition and CSJ charism of serving our dear neighbor. The day culminated in a meal-packing event hosted by Kids Against Hunger, where the frosh class packed 27,000 meals for children in developing countries and the United States.

*"Throughout my four years of being at Carondelet, I have realized that I was on a journey of finding who I was. The person that came here is not the same one leaving. I have learned to open my heart and mind to others around me. Earlier this year Carondelet allowed me to go learn about immigration on the Ven a Ver Borderlands immersion. This immersion helped me learn about other people's struggles as they cross the border for a better life. This trip completely opened my eyes to the true reality of what people have to go through from walking in a hot desert to sleeping in the cold to even losing their lives. It will forever stick with me and is a reason why I think it's important to speak out about immigration issues—in some sort of way they connect to us personally on different levels. This made me feel more connected to my roots as a Latina learning from a closer point of view of what my parents went through. Through this, I have found my true passion for social justice in politics."*

– DARYANNA CEJA, '23





SPRING 2022



SPRING 2022

## Ven a Ver FRUITS OF LABOR

**Ven a Ver Fruits of Labor** is an immersion into the reality of farming and farmworkers. Students learn about the issues farmworkers face locally and globally. They explore themes such as care for creation, migration, and sustainable farming. This immersion experience enhances their understanding of the Catholic Social Teaching concepts of human dignity, solidarity, the dignity of work, and the rights of workers.



FALL 2022

*"After seeing the determination, work, and education that farmers need in order to be successful, I have a newfound respect for farmers and the food they provide for us. I am reminded of how much I should appreciate the food on the table. I now understand not only where this food comes from, but I also understand the hard work that has been put into the food. This year, I am thankful for the farmers who provide food to their surrounding communities, who put huge amounts of effort and work into what they do so that everyone else may enjoy their Fruits of Labor."*

– NATALIE BLY, '24



FALL 2022

# CAMPUS MINISTRY



## Junior IMMERSION

**Junior Immersion** is a field trip that takes place in the spring and is scheduled in conjunction with junior religion classes. Students are able to learn about the experience of homelessness in the Bay Area, specifically Contra Costa County. Students participate in direct service with a local organization that serves the marginalized. This year, students were able to serve at Monument Crisis Center with their Food Distribution program. Through this experience, students are able to recognize the God-given dignity of the poor and serve the most vulnerable of our local community.

*"During the immersion trip at Monument Crisis Center I saw love in action in every person that works, volunteers, and visits the center. These people take time and money to help the community. By filling boxes of food, handing the bags to the people, and giving them services for their children and families, love is being shared. This shows that they care more about others than themselves and are striving to make the community a happy and safe environment for everyone."*

– KENDALL FOXWORTHY, '24



**THE CORAZON RETREAT** is a one-day retreat for sophomores that focuses on building community and inclusive friendships. Sophomore year is filled with changes and many students find themselves wondering who their real friends are and/or struggling with how to be true to themselves while pushing social boundaries. On Corazon, sophomores were challenged to consider the importance of inclusion and empathy as they navigate the heightened social pressures of high school. Through games, activities, and discussion—they are invited to look for the presence of God in each person they encounter and commit to building friendships that demonstrate that presence.

This year marked the return of the Corazon retreat; the last was held during the 2019-2020 school year prior to the pandemic. The pandemic was an unprecedented time of isolation for our students. This led to many challenges in fostering and reestablishing friendships and building the sisterhood that was lost during that time. Corazon was able to provide some much-needed community building for this year's sophomore class, especially in a post-pandemic world.

*"I think that the Corazon retreat is important for sophomores to attend because it's a very engaging and revitalizing experience. Corazon reminds sophomores of what true friendship is, looks, and feels like. This retreat invites students to reflect on their friendships and to take the opportunity to nurture and strengthen them. Through fun activities, it encourages students to foster new and inclusive friendships as well, which I believe are all important lessons to learn and to use in order to create a better self and better community."*

- Franchesca Mariano '24,  
Student Small Group Leader

**THE KAIROS JOURNEY RETREAT** is a three-day, two-night retreat away from campus. All other retreats build up to this summative senior experience. On Kairos, students have an opportunity to develop deeper relationships with God, others, and self through reflection, prayer, student and adult talks, community building, and small group sharing.

Students recollect how the spirit of the CSJ tradition has shaped them during high school as they reflect on their sacred life story. Seniors often leave this retreat with a deeper sisterhood connection than they thought was possible, and a desire to live life more fully aware of God's presence in everyday moments.



This January, we had the opportunity to try a new retreat center: St. Francis Retreat Center in San Juan Bautista, CA. This beautiful center is nestled in the farmlands of San Benito County. This space truly allowed our students to step away from the stresses of school, home, and day-to-day distractions and enter into the sacredness of Kairos—God's time. During their time there, the students took advantage of the hiking trails, outdoor amphitheater, and the view of a freshly renewed lake due to the massive amount of rain the state had experienced weeks prior. This shift into this new space created a memorable and unique experience from Kairos' retreats in the past.



# RETREATS

# CAMPUS MINISTRY



**THE ALPHA RETREAT** welcomes freshman students into the Carondelet community. A variety of icebreakers, reflections, community builders, discussions, and prayers are led by older students and adults. The retreat is like one epic sleepover on campus. During the Alpha Retreat the freshman class is introduced to the Sisters of St. Joseph tradition as they begin their journey to live the values of faith, heart, courage, and excellence.

**THE SHALOM RETREAT** is a three-day, two-night retreat away from campus that focuses on wellbeing and spiritual growth. Juniors are faced with many pressures and often lose sight of the peace and wellbeing that God desires for them during this stressful year. The Shalom retreat encourages students to reflect on what holds them back from spiritual freedom and gives them an opportunity to explore various spiritual practices and prayer forms so that they may leave the retreat with helpful tools that can assist them in finding and maintaining Shalom (peace and wholeness) in their lives.

*“Not only did I come out [of this retreat] with a stronger bond with my classmates and create more friendships, but also established a more meaningful relationship with God. Shalom gave me an opportunity to be fully myself and be vulnerable. What you put into a retreat really does affect what you get out of it. I didn’t know what to expect coming into this retreat, but went with an eager and positive attitude. I’m glad I did because it was my favorite retreat I have ever been on. The leaders on this retreat made it so special. One takeaway from this retreat was that peace comes in many different forms—it’s all around. God is the center and he created everything for us.”*

- Anonymous



# Cannon WELLNESS CENTER

Carondelet continues providing our students with wellness tools and resources they can draw upon for a lifetime.



## PHASE ONE

of our Wellness Initiative was inspired and made possible by a lead gift from Anne and Scott Cannon P'22. Their generosity—in honor of Carondelet's legacy of wellness support—enabled construction and outfitting of the Cannon, spanning 2,275 square feet in the Convent. The Cannon includes community gathering and private spaces and is a crossroads, where students not only reset, but also connect. The Cannon integrates a shared lounge area with individual spaces, and links to art studios and the outdoors. Designed to encourage introspection, community, and support—comfort and calm defines the look and feel of the Cannon—including soft furniture, manipulatives, meditation aids, adaptable space to accommodate diverse wellness needs, natural light, and dedicated technology to encourage our students and guests to use devices in a way that helps instead of hurts.



## PHASE TWO

of the Wellness Initiative includes the design, build, and landscaping in the Gratitude Garden, our outdoor wellness space for reflection, prayer, therapy, craft and potting stations, garden boxes, and so much more. Opaque glass entry doors are included in this phase to welcome our students and community into this restorative place.

## PHASE THREE

will encompass enhanced programming and curriculum, parent education, funding for guest speakers, materials, technology, media, and ongoing expenses. With the help and partnership of our community, we are confident that we will reach our goal for this worthy and essential effort.



# CARONDELET

## Annual Financial Report

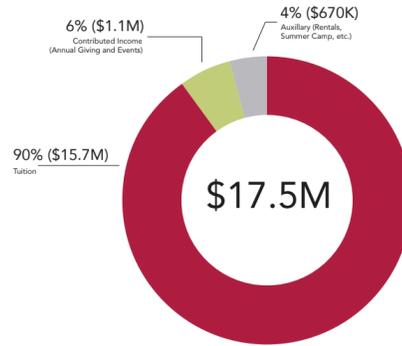
The dedicated partnership of our community resulted in yet another phenomenal year. Though challenges and unknowns continued to affect the landscape, our students focused on building resiliency, staying informed, embracing change, and leading with heart, faith, courage, and excellence. Your generosity enabled us to enhance our tuition assistance offerings, further leveling the playing field for all young women at Carondelet. And because of your contributions, our Student Life, Educational Support, College and Career, and Wellness teams continue to provide essential resources for students' academic, spiritual, and social-emotional journeys. These are just a handful of the countless resources—including faculty and staff, classes, programs, supplies, and initiatives—that we provide, thanks to you.

Your philanthropic support, volunteer efforts, and engagement with school life during the 2021-2022 year helped raise \$1.2M in contributed income, 119% of our goal. This success was driven by creative fundraising efforts—hybrid events, annual sponsorship opportunities, and targeted initiatives—and this community's sustained responsiveness to the needs of the times. Our supporters rose to the occasion to keep Carondelet on the cutting edge of whole-person secondary education and used philanthropy to maintain the exceptional experience our students and their families expect and deserve.

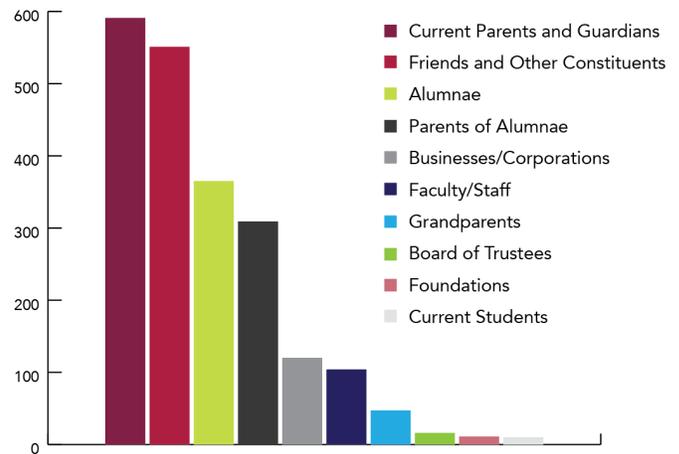
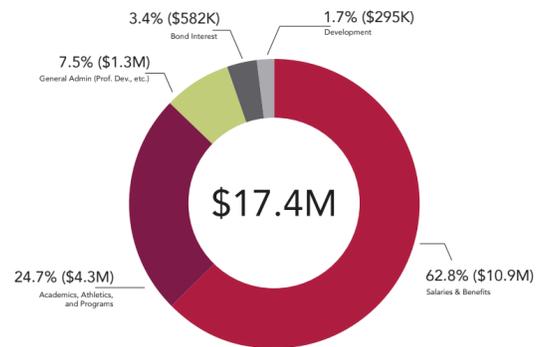
This level of contributed income speaks to the collective vote of confidence our community has in our mission and vision. The challenges incumbent in fundraising persist, and we consistently must do more with less. More tax-deductible support is needed today to maintain the programs we have and more is needed to preserve the ambitious trajectory we have established on behalf of our students. We are almost 90% reliant on tuition income, and depend on your continued investment to close this gap and be nimble as opportunities arise.

*Our complete 2021-2022 Annual Report and our Many the Gifts donor honor roll can be viewed on our website. The collective investment and participation of our Carondelet community continues to positively impact the lives of our students on campus and beyond.*

**OPERATING INCOME (2021-22)**



**OPERATING EXPENSES (2021-22)**



**Participation by Constituency**

**Thank you 2021-2022 Annual Event Sponsors:**

**Platinum:** Countrywood Shopping Center, Christine Sabatte Logan '73 and Rich Logan

**Diamond:** BACA Wines, Hamill Family Charitable Fund, Lehmer's Buick GMC Concord



RESPECT ✦ INCLUSION ✦ SOLIDARITY ✦ EMPOWERMENT



# RISE WEEK

The week of February 6, 2023, marks the 10th year that Carondelet has participated in RISE week. RISE stands for Respect, Inclusion, Solidarity, and Empowerment. During this week every year, students, faculty, and staff raise awareness about gender based violence. The week culminates in joining together in dancing "Break the Chain."





## WHAT'S YOUR GREEN DOT?

Beginning in fall of 2021, Carondelet began training students in **Green Dot** bystander training. Green Dot programs can be found in many colleges and universities such as UC Berkeley, Vanderbilt, Saint Mary's College of California, and Notre Dame. The training focuses on simple interventions that can interrupt harmful incidents and behaviors.

Essentially **A GREEN DOT** is any behavior, choice, word, or attitude that promotes safety for everyone and communicates utter intolerance for bullying, dating violence, and sexual violence. **A GREEN DOT** is a person's choice at any given moment to make our school community safer.

Since the fall of 2021, we have fully trained

## 72 STUDENTS

in Green Dot bystander training.

The entire current

## SOPHOMORE CLASS

has been preliminarily trained in Green Dot.

The entire current

## FROSH CLASS

has been introduced to the general concepts and terms of the training.

## HIGHLIGHTS

**GOLF** - Carondelet golf went 16-2 in EBAL and finished first at the EBAL championship to win the league pennant. The Cougars went on to finish fourth out of 21 teams at the NCS Division 1 Golf Championships.

**TENNIS** - It was a historic season for the Cougar tennis team, finishing third in EBAL play and defeating Maria Carrillo in NCS playoffs before dropping a tough match against Campolindo in Round 2. Special congrats to Emma Golovin for also being named to the EBAL First Team (singles).

**VOLLEYBALL** - Carondelet volleyball had a landmark season defeating both Montgomery and Alameda in NCS playoffs before dropping a tough one to Marin Catholic in the semi-finals. The Cougars came back to defeat Escalon, Soquel, and Santa Cruz to be named the NorCal Champs DIII Champions.



Fall 2021 NCS Scholastic  
Championship Team Awards  
**CROSS COUNTRY**

**RUGBY** - Varsity rugby had a stellar fall season going into the fall championship weekend as the #1 ranked team in NorCal. They came away victorious as the fall 2021 Rugby 7s champions.



**WATER POLO** - Water polo had a stellar post-season showing defeating Cardinal Newman, Justin Siena, and Marin Catholic to be crowned NCS DII Champions.

## National Talent FALL CLASS OF 2022



**Avery Ehrlich**  
Volleyball,  
Brandeis  
University



**Nya Epps**  
Basketball,  
University of  
California, Davis



**Annaliese Giusto**  
Soccer,  
Oral Roberts



**Talana Lepolo**  
Basketball,  
Stanford



**Ilyssa Ocampo**  
Volleyball,  
Westmont  
College



**Jenna Ravarino**  
Swimming,  
Vanderbilt University



**Annika Sharma**  
Swimming,  
Claremont McKenna  
College

## LEADING BY EXAMPLE



In spring 2022 the Carondelet lacrosse team came together to do more than just win games and have a successful season on the field; they furthered the Carondelet mission by volunteering their time with the **Grateful Gatherings** organization. Grateful Gatherings is a nonprofit that helps families transition from homelessness or crisis into a new home in the Bay Area.

Grateful Gatherings was a perfect partner for Carondelet lacrosse as they were able to help a local family in need. A mother and her 5-year-old son have been at STAND shelter for 3 years. STAND is a shelter for abused women and children in Contra Costa County. She only spoke Arabic when she came to the shelter and since then has learned to speak English.

Both mother and child have been through a lot of abuse. The shelter provided her housing and after three years she is now living on her own. She is now enrolled in school and works part-time at a daycare. The Carondelet High School lacrosse team came together to make her house a home so they could have a successful future. The team donated important essentials like furniture, bedding and kitchen essentials while also putting in some elbow grease to ready the new home for this family.

## Athletics WINTER 2022

**BASKETBALL** - Carondelet defeated San Ramon Valley 69-49 in front of an epic home crowd to win the NCS Open Division Girls Basketball Championship. The Cougars continued the run defeating Oak Ridge in the CIF Regional semifinals but fell short of advancing to the state championship when they lost 72-63 to a tough Archbishop Mitty team.

**DANCE** - Carondelet dance placed first in Jazz and third in pom at the Jamz Nationals competition in Las Vegas. The Cougars also won overall highest score across all divisions of dance!

**SOCCER** - Carondelet soccer defeated Castro Valley, Heritage, and Cal High to be crowned NCS Division I champions.



## SPRING 2022

**LACROSSE** - Carondelet lacrosse had an epic season going 8-1 in EBAL play before advancing to the NCS Division I championships. The Cougars defeated Northgate and Oak Ridge before dropping a tough contest to EBAL-rival San Ramon Valley in the semi-finals.

**SWIMMING** - The Cougars had a phenomenal year under first year head coach, Roque Santos, earning second place at NCS. Advancing to CIF state championships, junior, Stephanie Iannaccone came in 6th in the 200IM and 5th in the 100 yard fly. Carondelet also came in 8th in the 200 medley relay and 16th in the 200 free relay.

Spring 2022 NCS Scholastic  
Championship Team Awards  
**STUNT & SOFTBALL**

## HIGHLIGHTS



**CROSS COUNTRY** - The cross country team had a phenomenal showing at the Mt Sac Invitational in fall 2022. The freshman team tied for first place with Lillian Zachary finishing first in the all-freshman race with a time of 20:48. Jade Kelly took a second place finish in the sophomore race with a time of 20:54 while the sophomore team finished fourth overall. Mary DeMartini took third place and Kendall Foxworthy fourth place in the varsity race.



**WATER POLO** - Water polo had a landmark year going undefeated against EBAL opponents to take first place in league. In the postseason, they defeated Garces Memorial, Clovis East, and Arroyo Grande to become the 2022 NorCal DII champions.

**VOLLEYBALL** - Carondelet hosted its very first Homecoming event on October 20, 2022. Student Life and Athletics teamed up to host a fun-filled event that included a taco bar, ice cream truck, and parade! Varsity volleyball capped off the inaugural Homecoming event with a 3-0 win over Cal High.



**RUGBY** - For the first time in program history, the rugby team traveled south to the LA 7s. They faced talented teams from Hawaii, Canada, and NorCal who exposed the Cougars to a new level of competitive play. On top of playing five games over two days, the Cougars ran into USA women's rugby player, Ilona Maher, and took in some international rugby games. Rugby finished the season number two in NorCal Rugby.

Fall 2022 NCS Scholastic  
Championship Team Awards  
**CROSS COUNTRY & GOLF**

## National Talent SPRING CLASS OF 2022



**Isabella Bravo**  
Lacrosse, California  
Lutheran University



**Emily Hou**  
Golf,  
Wellesley



**Lucy Lamborn**  
Rugby,  
Quinnipiac  
University



**Aubrey Newton**  
Water Polo, California  
Baptist University



**Savannah Short**  
Rugby, Mount Saint  
Mary's University

## National Talent FALL CLASS OF 2023



(From left to right) Maddie Buckley, Allie Cummins, Lauren Kenny, Jamie Kent, Sammie Miller, Shelby Santos, Lizzie Vranesh, and Stephanie Iannaccone

**Maddie Buckley**  
Soccer,  
University of  
California, Santa  
Barbara

**Allie Cummins**  
Basketball,  
Northern Arizona  
University

**Stephanie  
Iannaccone**  
Swimming,  
Harvard  
University

**Lauren Kenny**  
Soccer,  
University of  
Oregon

**Jamie Kent**  
Basketball,  
University of  
the Pacific

**Sammie Miller**  
Golf, Oklahoma  
State University

**Shelby Santos**  
Beach Volleyball,  
University of  
California, Davis

**Lizzie Vranesh**  
Soccer,  
University of  
California,  
Berkeley

## WINTER 2023 HIGHLIGHTS

**BASKETBALL** – Carondelet basketball had a whirlwind of a season with appearances at the Nike Iolani Invitational (Honolulu, HI), the Nike Tournament of Champions (Phoenix, AZ), and the second annual SI20 Showcase hosted at Carondelet. The Cougars finished the season with an impressive 23-8 overall record, advancing to the NCS Open Division championships and the CIF Division I NorCal Championships. Three Cougars were named to the EBAL all league team.



**DANCE** – The Carondelet dance team swept the competition at the Jamz Cheer & Dance Nationals competition in January 2023. Not only did they earn first in High School Varsity Jazz and first in High School Varsity Pom, they also earned the Dance Style Award for highest score in all school Pom categories, and the Grand Champion Award for highest score across all dance routines!

**SOCCER** – Carondelet soccer proved to have another historic season following last year's NCS championship. The Cougs boasted a 21-3-1 overall record after dropping a close 0-1 decision to St. Francis in the CIF NorCal Division I championship game. The Cougars still came away with an EBAL banner, a back-to-back NCS title, and eight all league recipients, including senior Lauren Kenny '23 being named EBAL Girls Soccer Player of the Year in addition to the CalHi49er Sports Player of the Year.



BACCALAUREATE & COMMENCEMENT



# May 2022 GRADUATION

CONCORD PAVILION  
SATURDAY, MAY 21, 2022

Carondelet honored the Class of 2022 in a commencement ceremony on May 21, at the Concord Pavilion following an entire school year back on campus. After holding the Pavilion's first commencement ceremony since the onset of the COVID-19 pandemic the previous year, Carondelet's seniors enjoyed a more normal senior year experience during the 2021-22 school year. They celebrated time honored traditions including senior ball and baccalaureate; senior wall photo collages; senior sunrise and sunset; and athletics, club activities, travel excursions and retreats.



# CONGRATULATIONS CLASS OF 2022



**ISA HANCK**  
VALEDICTORIAN,  
CLASS OF 2022

"The Class of 2022 reflects humanity in serving the dear neighbor without distinction," said Isa. "Our sisterhood has shown **heart** with the St. Marty's Party for Monument Crisis Center and with donation drives for Tonga and Ukraine, Advent projects, and Hearts for the Homeless. Our

sisterhood has shown **faith** in retreats like Kairos; in liturgies; in Green Team's innovative projects like making Eco-bricks; and in Ven a Ver trips. Our sisterhood has shown **courage** in dancing our hearts out for One Billion Rising to end violence against women; in walking Laps for Life for mental health awareness; and in just... surviving a global health challenge. **Continue to be and grow as women of heart, faith, courage, and excellence."**



**LAUREN ROACH**  
SALUTATORIAN,  
CLASS OF 2022

"That spirit of courage and propensity to trailblaze has become defining for our class," said Lauren reflecting on how the Class of 2022 was similar to the founding of the Sisters of St. Joseph. "All within our first year, we were the pioneers of new math programs, groundbreaking history

curricula, a class to foster creativity, and a religion-kinesiology course that was the absolute first of its kind...So continue with courage. **The courage to speak up for what is right, to listen to those that need to be heard, and to believe in the possibility of leaving things better than we found them."**

# Class Notes

## KEEPING IN TOUCH

### CINDY CARDENAS '21

This young alumna is studying at EHL Hospitality Business School in Switzerland. During the first semester of her studies, Cindy Cardenas '21 worked with a team of students in a variety of service industry fields. So far, she's been a head waiter and supervisor in a Michelin star restaurant, Le Berceau des Sens and is now interning at the luxury hotel Fullerton Ocean Park Hotel Hong Kong in the Food and Beverage and Front Office departments.



CINDY CARDENAS '21

SOPHIE HARRINGTON '18



### SOPHIE HARRINGTON '18

Sophie Harrington '18 graduated from Cal Poly, SLO in June majoring in construction management. She also received a minor in heavy civil engineering, the first woman to graduate with that new minor from Cal Poly. Accolades include team captain of the project management team where she competed with more than 80 colleges nationwide. She just started a new job at Swinerton in San Francisco, where she interned each summer in college.



ROBIN ARQUILLA '71

### ROBIN ARQUILLA '71

Robin retired from the Department of Healthcare & Finance, State of Wyoming, October 29, 2021. After selling her ranch east of Cheyenne, Wyoming, she moved to Lakeville, Minnesota October 29, 2021, where she lives with her partner Jim Bigalke. Together, they enjoy sitting on the deck amongst flowers and birds half the year, along with a month of fishing the beautiful Minnesota lakes. The other half of the year they enjoy visiting family and friends.



REGINA BACA '96

### REGINA BACA '96

She has lived in San Diego for the past 17 years and currently works as a contracts manager. Prior to this role, she worked as a computer engineer after getting a BS at the University of Maryland and an MS from Christian Brothers. Her daughter is a senior this year and while she's excited to tour schools with her, is hopeful she might choose one close to home.



CLARISSA (BAUTISTA) BARTLETT '03

### CLARISSA (BAUTISTA) BARTLETT '03

After postponing due to the COVID-19 pandemic, Clarissa and Andrew married in April 2021 in a beautiful celebration surrounded by family and friends. Both work in healthcare—Andrew is a nurse at Alta Bates Summit Medical Center and Clarissa works for Vituity Practice Management as a people operations manager.



JACKIE (GUIBERT) CIMENTO '74

### JACKIE (GUIBERT) CIMENTO '74

Jackie and her husband are pursuing passions in retirement. From bird watching to painting the two are keeping busy and have even planned a trip to Jerusalem, and Petra this year. She is also working on getting to know the Lord better through her involvement in Bible study and women's ministry. She is so proud of her three children: Elisa who works in SF as a project manager at Optum; her eldest son is at McGill in Montreal getting a PhD in chemical engineering; and her youngest son is in Mountain View working at Google in their YouTube division.



MEGHAN COONEY '10

### MEGHAN COONEY '10

After graduating from Carondelet, Meghan went on to play volleyball and earn a Bachelors Degree in psychology from Dartmouth College. The skills she learned through this education gave her the confidence necessary to open a business. She now owns and operates The Bar Method Livermore, which brings empowering strength training workouts and a vibrant, supportive community to women in the Tri-Valley area. She married her husband Mitch in Hawaii only two weeks after the grand opening.



JENNA EBERT '05

### MIRANDA (RIPOLI) COZZONE '06

Miranda and her husband welcomed a beautiful baby girl at the end of 2021. She's stuck close to Carondelet and leads the History Department. When not working at her alma mater, she makes homemade pasta, quilts, and has been introducing her daughter, Millie, to all the beauty that the Bay Area has to offer.

### JENNA EBERT '05

Jenna recently earned her Master of Science degree in educational leadership from CSU, East Bay. Now, she teaches high school yoga and ASB leadership at Clayton Valley Charter High School while also coaching varsity lacrosse and water polo.



ERIN-CLARE FITZPATRICK '07

### ERIN-CLARE FITZPATRICK '07

After Carondelet, Erin-Clare went on to achieve both bachelors and masters degrees from St. Mary's before a career in partner operations at Google. In 2009, she began a management position at Instagram with a team that supports up and coming creators. She also teaches part time at SMC about video game narratives and how they run parallel with written literature. Most recently, she won a battle with cancer and achieved remission in July 2021. She is thankful for the Carondelet sisters who stood by her side throughout the year-long battle.

### ERIN (BRAY) FLEFEL '08

Erin beat pancreatic cancer in 2016 at the age of 26 years old. She's now six years cancer free!



NIKKI (JEFFRESS) FOLEY '04

### NIKKI (JEFFRESS) FOLEY '04

Nikki Foley is a proud wife and mother of two boys who works full time as an accounting manager at her family's business. In the height of the COVID-19 pandemic, though, she followed her heart, opening up a boutique craft shop in Clayton, CA called Clayton Farmhouse which specializes in refurbishing old furniture, and helps customers restore their own furniture.

# Class Notes

## KEEPING IN TOUCH



MEGAN NELSON  
FOSTER '04

### MEGAN NELSON FOSTER '04

Megan is currently in her second year teaching middle school math and religion at Our Savior Lutheran School in Livermore—the place where her daughter just started kindergarten last year. Before having her daughter, Megan had only taught elementary school but now, through a series of events, teaches middle school and loves it! Last year, she proudly wrote recommendations for three students to Carondelet and De La Salle.



MAGGIE LETTIRE '13

### JACQUELINE GAMBLE '82

Jacqueline retired to Occidental, CA just a few steps away from beautiful redwoods and vineyards. She feels so lucky to be able to spend the last few years there. Prior to retirement, she worked as a chaplain for hospice patients, which she considers some of her most rewarding work. She has one child in Oakland doing well in their professional career, and the rest of Jacqueline's family—all of whom went to Carondelet and De La Salle—are still local to the greater Bay Area.

### MARY (DELBO) HENTHORN '69

Mary married Pierre Gagnon on December 9, 2020. Now her retired life is busy with six grandchildren, volunteer work, and lots of travel.



BETH LIMBERG '83

### LESLIE (SHAW) KLINGER '74

Leslie has just retired from her second career as the assistant to the director of faith formation at St. Joseph's Catholic Church, but she's not going far! She'll continue as a catechist with the RCIA program there. She's also learning to be a preservation breeder of Scottish Terriers, hoping to bring home a new puppy after the first of the year as she learns to groom, show, and breed for temperament and physical standards.

### MAGGIE LETTIRE '13

It was an eventful year for Maggie! She married her high school sweetheart, Ashton in front of family and friends, including some former Carondelet and De La Salle classmates. The two bought a home together where they live with their dogs Rigby and the newly adopted Ginger. She's happy to be connected to Carondelet, working as the Student Activities Director.



CATHERINE (MARY  
DRASS) LINDSEY '77

### BETH LIMBERG '83

Beth is a licensed psychologist and the director of clinical and support services at Hope Solutions, a local nonprofit striving to end homelessness in Contra Costa County. Beth and her sister Eileen (Class of '81) own a home in Concord, where they co-parent Beth's 11-year-old son (future DLS class of '30).

### CATHERINE (MARY DRASS) LINDSEY '77

This May, Catherine will celebrate 42 years of marriage to Marc Lindsey, DLS '76. Together they have three grown sons and 11 grandchildren with a twelfth on the way. She has worked in special education with Spectrum Center in Concord for 27 years—the last 13 as the program director. Her favorite memories of Carondelet include retreats and masses amongst her friends and classmates.



VICTORIA (BOEHM)  
MILLER '83

### VICTORIA (BOEHM) MILLER '83

After getting a graduate degree from CSU, Victoria has been a licensed clinical social worker for 20 years and currently works for Kaiser Permanente in Walnut Creek. She also has her own private practice and holds multiple licenses to provide online therapy in people in the US and internationally. She is married with four adult step-children and three step-grandchildren. She and her husband love to vacation with their puppies in the mountains and beaches of California and Oregon. They plan to retire in Northern California within the next five years.



MARIANA PRUTTON '07

### MARIANA PRUTTON '07

After being on the swim team at Carondelet, Mariana went on to swim in college at Indiana University and the University of California, Santa Barbara. After working in the mental health field after college, she pursued a master's degree in couples and family therapy. Now, she works as a licensed marriage and family therapist and clinical supervisor in San Francisco, specializing in people living with eating disorders, body image issues, and digestive concerns (e.g., IBS). She also shares body image and eating disorder recovery tips on Instagram (@marianaprutton).



LINDA (MIDDLETON)  
TAYLOR-HUNT '72

### JULIA QUINLAND '09

For the last four years, Julia has coordinated a book drive fundraiser each fall to recognize National Adoption Month in November. The proceeds from the book drive are used to purchase brand new, educational, interactive, and high quality books for donation to Contra Costa County Children and Family Services via VESTIA. In 2021, Julia was able, through her business, Booker's Book Nook, to raise more than \$6,700 and purchase 1,239 books. Every child 0-18 years experiencing foster care in Contra Costa County received a new book to call their own! Julia is enjoying serving her community by improving literacy through book ownership. She has the support of her husband, Kevin, and six and four year old sons, Daniel and Dillon.



JULIA QUINLAND '09

### LINDA (MIDDLETON) TAYLOR-HUNT '72

Since retiring, Linda has moved to Henderson, NV and is enjoying it.



KAYLA VAUGHAN '11

### STEPHANIE (SANDBERGEN) TUMASIAN '91

Stephanie's daughter will be graduating from Carondelet this year as a "legacy" student. She is thrilled her daughter enjoyed her time here and made amazing memories and friends.



STEPHANIE (SANDBERGEN)  
TUMASIAN '91

### KAYLA VAUGHAN '11

Kayla was married in August 2022 in Santa Cruz, CA surrounded by her Carondelet friends including Erin Araj '11, Julia Bolognesi '11, Alison Scheibley '12, Kristine Scheibley '11, Courtney Gegg '10, Marina Rumore '11, Michaela Alamillo '11, and Antonia Aquistapace '11.



RHEA (HASSON)  
WALLACH '06

### RHEA (HASSON) WALLACH '06

Rhea married the most wonderful man in the world on February 20, 2022 way up in the mountains of beautiful Stowe, VT.

### KAREN (RATTO) WHOOLEY '85

In June 2020, Karen and her husband became full-time empty nesters and moved out of the greater Puget Sound area to the Tri-Cities area of southeastern Washington state. They love the warmer temps of the High Desert. In September 2021, their daughter got married, shortly after they gave Karen her first grandchild in June 2022. The grandson is named James Arthur and Karen says he is the light of her life.



KAREN (RATTO)  
WHOOLEY '85

## Alumnae Feature

# PASSING ON TRADITION

"I've known what my junior ring would look like forever," said Kendall Foxworthy '24 as she and her friends on Junior Council got a sneak peak at their class rings after organizing them ahead of the ceremony.

It's true, the Carondelet class ring has little variation apart from the gemstone and whether the wearer chooses silver or gold for the setting. Be it year to year or ring to ring, it's the imagery representing Carondelet's mission along with the tradition of turning the ring that unites the junior class with one another and with alumnae from as far back as the 60s. However, that's not what Kendall, just days away from her own ring ceremony, was talking about.

Her mom, Michelle (Sparacino) Foxworthy '92 and older sister, Peyton '20, both took on the halls of Carondelet before Kendall had. Both served as senior peer counselors and athletes, and both shared a class ring—silver setting with the onyx black stone.

Carondelet has always held a special place in Michelle's heart, and she knew she wanted it to be part of her family legacy. It's where she met her now husband—a De La Salle alum—where she established family traditions, and where she found herself. **"Coming to Carondelet was the best thing that happened to me," she said. "It was almost more pivotal than college just because I needed to grow into myself."**

Although she explained she'd never been one to hold on to things, when Peyton came home



talking about the class ring, she knew exactly where to find hers from the 1990s.

Ever since watching her sister wear her mom's Carondelet ring, she couldn't wait for the day it would pass on to her, Kendall explained. "I remember that to her and her friends the sunflowers were a big part of the ceremony and taking pictures with them. That was something I wanted to be part of with my class."

Michelle, having now attended two ring ceremonies in addition to her own, remarked on how amazing it is that things can change, but stay rooted in the important traditions. "The way I felt at both my daughter's ceremonies was the same," she said. "Just blessed to be there and grateful. The students now are so much more involved than when I was there. It's really cool to see."

When it was her turn to give up the ring to the next Foxworthy to achieve upperclassmen status, Peyton, now a college student at Cal Poly SLO, made sure to impart that this was a temporary situation. She said, "I'm getting that ring back if I have a girl! She's getting that ring."



## On Campus Art WITH HEART

*Haley Chimienti '17 lives out the heart in heart, faith, courage, and excellence through art and sculpture here in the Bay Area and sharing that mission with current students.*

"I'm so ready to make a mess!" That's the exclamation heard as students in Ms. Daria Sur's Art and Resilience class headed outside to make their mark and contribution to Unbound—an upcoming art exhibit in Sonoma County.

The class is painting a 9-foot paper mache heart for a project in partnership with Life On Earth Art, a new arts nonprofit based in Petaluma. Its mission is to forge healing and community resilience through artmaking, and the organization brings together a powerful community of artists, makers, and activists to create

uplifting public art experiences and rituals in service to social justice.

Unbound invites the public to create healing art in support of mental health awareness and patients at Department of State Hospitals-Napa. Volunteers work at the Life on Earth Art studio in Downtown Petaluma in conjunction with DSH-Napa's rehabilitation therapy department to co-create a 60-foot sculpture. Hundreds of paper mâché winged hearts fly free of an antique cage, growing in size and color from nine inches to nine feet long.

This project was introduced by Haley Chimienti '17, Gallery & Art Production Manager at Life on Earth. "I recognize the power that Unbound holds within the Sonoma County community, and I just knew that this project would resonate in the classroom and the hearts of my alma mater," she said.

For the last few weeks of March 2022, the art class planned and then executed their vision for the heart. In a combination of splatter and finger painting, students worked together bringing to life this colorful and fun project.

*For more information on Life on Earth, visit their website: <https://lifeonearthart.org/>*

## In Memoriam November 2021 - March 2023

*Carondelet mourns the loss of its sisters, family, and friends of Carondelet. We pay homage to fellow Cougars and their family members who have passed away. If you wish to submit information on a loved one who has passed away, please email Caroline Cabral at [ccabral@CarondeletHS.org](mailto:ccabral@CarondeletHS.org).*

*The following names will be remembered each month at a Mass in honor of St. Joseph, patron of a peaceful death.*

**Gerald Adams, DLS '78**, husband to Angela Gallagher '78, brother of Ann '77 and Joan '79

**Ky Bocek '19**, sister Laura '20

**Rose Mary Candelario**, mother of Katie Matl '04

**Anastasia Conley '71**, mother of Danielle Brinton '95

**Christanes Corpus '04**

**Gerard Daly**, father-in-law to Michelle Missaggia '88; grandmother to Sofia '17, Olivia '23, and Tristan DLS '20

**Eileen Farley '70**, sister of Kathleen '72

**Charlotte Garavaglia**, mother of Danielle '03 and Allison '11

**Martha Garrett**, mother of Kathleen (Taylor) Wilmes '78

**Mary Frances Giammona '79**, sister of Julie '80

**Candee Hammer**, mother of Jennifer '98

**Richard Jarrett**, grandfather to Madelyn '20, Natalie '22, and Julia '24

**Catherine and Thomas Kisak**, mother and father of Anna '81, Stephanie '90, Nicole '96, and Matthew DLS '84

**Brittany Malone '07**, sister of Ashley '06 and Morgan '09

**Mark Ortega O.F.M. Cap.**, former faculty member

**Albert Ossello**, former basketball coach

**Sean Owens '77, Patrick Owens '78, and Terrance Owens '80**, brothers of Maureen '75 and Megan '84, and uncles to Keely '05

**Julie Perry**, former dean of students and faculty member, and mother to Kiley Keenan '09 and Casey Keenan DLS '08

**Jack Pochini**, father of Gigi '82 (deceased), Victoria Aliano '85, and grandfather to Elisa '12

**Richard Pyne**, father of Marla '71

**John Quinn**, former faculty member

**Joseph Rollo**, father of Jane Balousek '87, Patricia McCann '92, and grandfather to Jenna Balousek '24

**Diana Siino**, mother of Karen Musket '87  
**Thomas Warner**, father of Natalie '04

# GRAND REUNION



## 2022 HIGHLIGHTS

The Alumnae Association continues to grow—welcoming the Class of 2022 and soon 2023 into the next stage of their Carondelet experience. With more than 12,000 alumnae around the world, it's no surprise that our community is full of resilience, compassion, and commitment to the mission of this school and the lessons we learned here.

Anytime our community can gather together, it's full of fun and the thrill of connection. As we find opportunities to reunite, we honor the Carondelet and CSJ legacy of "meeting the needs of the time" together. Hopefully, you find your way back on campus or in the presence of a fellow Cougar sometime soon.

### GRAND REUNION 2023 Saturday, August 5

This summer, there's a party coming to Winton Drive. Join us!



Back by popular demand, the **Carondelet / De La Salle Grand Reunion** will celebrate years ending in 3 and 8, but everyone 21+ from both sides of the street is invited to this Grand Reunion. Join us on August 5 to reunite and have fun. With food and drink included, meet up with old and new friends in designated areas before dancing the night away to **Tainted Love**.

For more information, check on the reunion page online.



# GIRLS SPORTS CLINICS

Play, train, and explore a sport with experienced coaches at Girls Sports Clinics for 2nd-9th graders. Soccer, Strength & Conditioning, Volleyball and more!

<p><b>June 12-June 16</b></p> <p><b>BASKETBALL</b> 6th-8th Grade M-Th, June 12-15 4:00-5:30 PM</p>	<p><b>June 19-June 23</b></p> <p><b>YOUTH STRENGTH + CONDITIONING</b> 2nd-8th Grade M-Th, June 19-22 4:00-5:00 PM</p>	<p><b>June 26-June 30</b></p> <p><b>STRENGTH + CONDITIONING DUAL SESSIONS 2/2*</b> Incoming 9th Graders M-Th, June 26-29 2:00-3:30 PM</p>	<p><b>July 3-July 7</b></p> <p><b>FOURTH OF JULY HOLIDAY</b> M-F, no sessions</p>	<p><b>July 10-July 14</b></p> <p><b>YOUTH STRENGTH + CONDITIONING</b> 2nd-8th Grade M-Th, July 10-13 4:00-5:00 PM</p>	<p><b>July 17-July 21</b></p> <p><b>VOLLEYBALL BEGINNERS ONLY</b> Incoming 9th Graders M-Th, June 17-20 4:00-6:00 PM</p>
<p><b>BASKETBALL</b> Incoming 9th Graders M-Th, June 12-15 6:00-7:45 PM</p>	<p><b>JR. VOLLEYBALL</b> 4th-5th Grade M-Th, June 19-22 4:30-6:00 PM</p>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Youth/Middle School girls</li> <li><span style="color: red;">■</span> Middle School girls</li> <li><span style="color: maroon;">■</span> Incoming 9th grade girls</li> </ul>		<p><b>STRENGTH + CONDITIONING DUAL SESSIONS 1/2*</b> Incoming 9th graders M-Th, July 10-13 2:00-3:30 PM</p>	<p><b>STRENGTH + CONDITIONING DUAL SESSIONS 2/2*</b> Incoming 9th Graders M-Th, July 17-20 2:00-3:30 PM</p>
<p><b>MIDDLE SCHOOL VOLLEYBALL</b> 6th-8th Grade M-Th, June 19-22 6:30-8:00 PM</p>				<p><b>VOLLEYBALL INTERMEDIATE/ADVANCED</b> Incoming 9th Graders M-Th, July 17-20 6:30-8:30 PM</p>	
<p><b>STRENGTH + CONDITIONING DUAL SESSIONS 1/2*</b> Incoming 9th Graders M-Th, June 12-15 2:00-3:30 PM</p>					

## REGISTER TODAY!

Space is limited. [carondeleths.org/clinics](http://carondeleths.org/clinics)



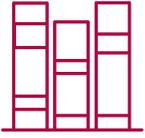


Carondelet Faculty and Staff



Alumnae Faculty and Staff

# EXCELLENCE BY THE NUMBERS



## ACADEMICS

Average Class Size: 28

Student:Faculty Ratio: 16:1

Honors/AP Courses: 37

Merit Scholarships: 8 commended  
and 3 semi-finalists still in the running

Faculty with Advanced Degrees: 70%

## COLLEGE



99% of Graduates  
go on to COLLEGE

14% Students FirstGen  
COLLEGE students

ACT = 35% above  
national average

SAT = 10% above  
national average

Early COLLEGE Credit \$  
saved in 4 years: \$900K+



## ATHLETICS

36 Teams

450+ Student-Athletes

3.78 average GPA

## TUITION & FINANCES



45% of Students receive FINANCIAL AID

\$1.3M awarded in need-based GRANTS

\$350K awarded in merit-based SCHOLARSHIPS



800 Students  
from 60 Zip Codes



## COMMUNITY SERVICE

18 Jefferson Award recipients

32 President's Volunteer Service Award recipients

7,200+ Service Hours logged in 2021-2022

## RACIAL BACKGROUNDS



Asian/Pacific Islander 11%

Black 3%

Latina 12%

Middle Eastern 1%

Multiracial 23%

White 49%

Other 1%

## RELIGIOUS BACKGROUNDS

Catholic 70%

Christian 19%

Other or Non-Religious 11%



# # of ALUMNAE: 12,000+



# CARONDELET HIGH SCHOOL

1133 Winton Drive Concord, California 94518-3598  
925.686.5353 | CarondeletHS.org

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## ADDRESS SERVICE REQUESTED

Additional copies available in the school's main office

Please email any address corrections to:  
development@CarondeletHS.org



## MARK YOUR 2023 CALENDAR

**COUGAR CLASSIC**  
at Round Hill Country  
Club - May 8, 2023

**GRAND REUNION -**  
August 5, 2023

**SUMMER SPORTS  
CLINICS**  
June Clinics:  
June 12 - June 29, 2023

July Clinics:  
July 10 - July 20, 2023

**HOMECOMING /  
HALL OF FAME -**  
September 28 -  
October 1, 2023

**FIVE YEAR  
REUNION -**  
November 25, 2023

**VISIONS OF  
CHRISTMAS -**  
Sip + Tree:  
November 28, 2023  
Tea:  
November 30, 2023

## FOLLOW US!

-  @CarondeletHighSchool
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