The theme for this issue of the Spirit magazine is Excellence. It is a challenge to be excellent at something! Even more challenging is the Scripture passage that states “Be perfect as your heavenly Father is perfect.” (Matthew 5:48)

Where to begin? Can one even assume that it is a possibility? The passage in St. Matthew’s Gospel immediately preceding this statement describes the imperative to love, to love everyone— even your enemies and not just those who love you. Put in that context, the concluding passage could read, “Love as your heavenly Father loves.”

Needless to say, that is still an enormous challenge, but what promotes excellence more than seeing or experiencing unconditional love? For me, I see or hear or experience this love every day. It comes from various corners of this campus and from within the Community of Sisters. The articles in this issue provide a glimpse of the activities and accomplishments that demonstrate various aspects of excellence. As you read the articles, ponder these questions:

- How was love the catalyst for these activities or accomplishments?
- How has love been shared?

From my perspective, a great deal of credit for the generous love and excellence experienced on this campus goes to not only the leadership but to the dedicated staff. At Maryville, the kindness and care given to those who can no longer do things for themselves is often commented on by family members of the residents. Throughout Valley Catholic School, the day-to-day support and encouragement of young minds and hearts is a testimony to the call to excellence via love. With the HVAC project underway here in the Motherhouse, the staff in the kitchen, housekeeping and maintenance departments have had added duties and numerous inconveniences at every turn without a whimper of complaint.

Lastly, the generous acts of kindness and consideration among the Sisters in the Community could fill a book. When one thinks of the ripple effect of our striving for excellence through trying to love as generously as God loves us, there is hope for peace in the world.

In anticipation of the Christmas season, may you and your families be blessed with love and peace by the Source of Love.

Blessings,

Sr. Charlene Herinckx ’66
Superior General
Sisters of St. Mary of Oregon
S. Krista von Borstel, SSMO, has received a tremendous honor—the Papal Medal. At a special Solemn Vespers service held at the Cathedral of the Immaculate Conception on Oct. 11, Archbishop Rev. John G. Vlazny also awarded the honor to five other individuals who have made significant contributions to the church community.

The date of the ceremony marked the beginning of the Year of Faith, during which Pope Benedict has called the Church to focus on catechesis, the liturgy, and charity, until Nov. 23, 2013: the Solemnity of Christ the King. Not coincidentally, the date was also the 50th anniversary of the opening of the Second Vatican Council as well as the 20th anniversary of the declaration of the Catechism of the Catholic Church by Blessed Pope John Paul II.

Archbishop John Vlazny presented the recipients with the Pro Ecclesia Et Pontifice medal (For Church and Pope). The medal, established in 1888 by Pope Leo XIII, is given for distinguished service to the church by lay people and clergy. It is the highest medal awarded to the laity by the Papacy. The front of the gold medal depicts the Apostles St. Peter and St. Paul. Inscribed on the left arms of the cross is Pro Ecclesia (for Church), and on the right, Et Pontifice (and Pope). The Papal coat of arms is on the bottom arm of the cross. The other arms feature small Greek crosses.

During the service, Archbishop Vlazny said that the honorees “…have been special helpers to Jesus and His church in establishing and strengthening our God’s covenant relationship with His people…The Holy Father has conferred upon them the Pro Ecclesia et Pontifice Medal in appreciation for their living faith.”

“I was moved by the service,” Sr. Krista said. “It was really amazing, and the cathedral choir was outstanding. My immediate family, close friends, and Sisters were all there. That means so much to me.” Sr. Krista is the fourth SSMO to receive the Papal Medal. Previous honorees include Sisters M. Fidelis Kreutzer, M. Theresa Margaret Yettick and Mary Imelda Vandehey (who received it twice).

Sr. Krista, who has been the director of Catholic Youth Organization (CYO)/Camp Howard since 1997, estimates that the combined program directly reaches about 12,000 youth every year. Archbishop Vlazny has noted that CYO/Camp Howard is “an amazing enterprise in the service of young people across the greater Portland Metropolitan area.”

When Sr. Krista took the helm 15 years ago, the Camp Howard property had been neglected for many years; the cabins were even submerged into the dirt and had to be dug out. She has organized and worked, project by project, to repair and improve the cabins, buildings and grounds. In 1998 the camp was hit with a wind storm that toppled 16 trees and knocked down all the power lines. Miraculously, no buildings were damaged, but it took Sr. Krista and her crew three months to clear the damage. They cut the fallen trees for firewood, stacked all the wood, and cleared the camp floor by dragging an industrial rake behind a truck. Huge piles of the debris were later burned.

Sr. Krista credits her sister, Karen von Borstel, with executing the Sister’s of St. Mary of Oregon Core Values

---Danielle Tomich
Dan Schauffler
Valley Catholic Middle and High School Band Teacher and Conductor

The community at Valley Catholic School has known for years that their middle and high school band teacher, Dan Schauffler, is a world-class musician and artist. He and his saxophone have been inspiring his students and audiences since he began teaching at Valley Catholic in 2000. So it wasn’t too surprising to those who know the depth of his talent that Mr. Schauffler was elected as a solo artist to the Oregon Music Hall of Fame in August. (Two of his previous bands, Nu Shooz—nominated for a Grammy in 1983 as “Best New Artist” for their number-three hit, “I Can’t Wait”—and the Crazy 8s, who recorded six albums, had already been inducted.) His professional resume also includes recordings with Tom Grant and for the California Raisins’ television special, “Meet the Raisins” by Will Vinton. He has also performed with the Coasters, Jeff Lorber, Pine Top Perkins and the Chicago Blues Legend, and Gino Vannelli.

In a recent interview with the Portland Tribune, when asked why he became a music teacher, he said, “I remembered how much my teachers had done for me, and when I thought about it I realized teaching was more rewarding than performing. Performing is such a rush. When I was playing it seemed all of my dreams and aspirations were coming true. But it was all pity in the end. I love teaching.”

Of his career at Valley Catholic, Mr. Schauffler says, “I’ve enjoyed my first 13 years at Valley. Each young wave of musicians forms unique group styles and personalities that light up sports events and concerts. One of this year’s jazz band’s favorite gigs was playing at “Soup’s On.” They love to share their gifts and help others. Tomorrow we are performing at St. Anthony’s Elementary School, where some of our jazz members first started band. They want to show young music students what they can do with music if they stick with it!” Perhaps Mr. Schauffler is inspiring a few talented musicians to become teachers, too.

Amy Lacks
High School Biology and Advanced Placement (AP) Biology Teacher

Amy Lacks, biology teacher at Valley Catholic High School since 2009, was selected by the non-profit organization Ecology Project International (EPI) to participate in an eight-day Marine Education Fellowship in Baja, Mexico from March 16-25, 2013. During the Fellowship, Lacks will participate in a modified version of EPI’s Island Ecology Program. Participants will be immersed in the diverse ecology of the area, which is home to 39 percent of the world’s marine mammal species. Days spent on Espiritu Santo Island, a UNESCO-protected biosphere reserve, will involve underwater data collection and lessons in incorporating field studies into the classroom. The group will also meet with Mexican peers and explore the cultural heritage of the city of La Paz.

Herb Lommen
Valley Catholic Middle School Physical Education Teacher & High School Health Teacher

Herb Lommen was selected by the Oregon Alliance for Health, Physical Education, Recreation and Dance (OAHPERD) as the 2012 Middle School Physical Education Teacher of the Year. He was honored at the OAHPERD Conference at Albany West High School on Oct. 12. Mr. Lommen has been teaching at Valley Catholic for over 20 years. One of Mr. Lommen’s major accomplishments over the past two years has been his contribution to the launch of education of hands-only CPR, on which he worked in tandem with Tualatin Valley Fire and Rescue (TVF&R). The program involved staff of TVF&R and Mr. Lommen teaching the technique to eighth-grade students at Valley Catholic, who in turn educated the community around them and encouraged those they taught to teach others. Mr. Lommen estimates that 1,122 people have already been trained on the new CPR technique through this program, and his current eighth-graders plan to teach another 2,000 people.

Travis Hatton
Middle and High School Orchestras and High School String Ensemble Teacher and Conductor

Travis Hatton, who has taught at Valley Catholic since 2001, wears many hats—most recently that of Artist in Residence at George Fox University as Music Director of the Chehalem Symphony Orchestra. In addition to his teaching and conducting for Valley Catholic, Mr. Hatton is also the Music Director of the Beaverton Symphony and the Conductor of the Sunnyside Symphony. He has appeared as a guest conductor with many groups nationally and internationally, as well as with local ensembles, such as the Eugene Opera, the Vancouver Symphony Orchestra, the Columbia Symphony Orchestra, the Mt. Hood Pops Orchestra, and the Rose City Chamber Orchestra.

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Mrs. Barbara Rose Sohler ’62 and Nancy Fallin
Third and First Grade Teachers

Competing against the nation’s elementary, middle, and high school teachers, St. Barbara Rose Sohler ’62 and Nancy Fallin each earned one of only 27 round trip airline tickets to the National Science Teachers Association (NSTA) conference. To earn the scholarship, each submitted a 150-word essay describing what they were most interested in learning at the NSTA conference.

Having two teachers from one school receive this scholarship is rare; NSTA must have been so impressed by St. Barbara Rose ’62 and Mrs. Fallin that they granted them both the award. The pair will be traveling to Phoenix this month to participate in the conference, themed “Honor the Past, Prepare the Future.” Both are veteran teachers and have been at Valley Catholic Elementary School for many years. St. Barbara Rose ’62 and Mrs. Fallin for over 20 years.

—Danielle Tomich
In keeping with the Valley Catholic School mission “to follow Jesus’ example through prayer, service, and love,” students from PreK to high school are encouraged to serve and give all year long through organized service opportunities and various collections. Especially during the Christmas season, students of all ages and their families have special opportunities to make a difference for those who are less fortunate during the holidays.

**Early Learning School Operation Christmas Child**

For the sixth consecutive year, families of the Early Learning School participated in Operation Christmas Child. The program’s mission is to demonstrate God’s love in a tangible way to needy children around the world. The children and families at the Early Learning School filled shoe boxes with “something to love, something for school, something to wear, something to play with, something for personal hygiene, and something special.” The first-grade classes at the Elementary School also collected school supplies to add to the boxes. This project was completed by the middle of November to allow time for the gifts to arrive by Christmas. The filled boxes were sent to children all over the world who otherwise would not receive a gift at Christmas. This year they collected 86 boxes!

**Elementary School Oregon Food Bank**

Beginning this school year, each grade level has partnered with a local organization that serves others. Each grade-level partnership is providing students the opportunity to learn about a specific organization, provide service to those served by them, and to make a visit to their location. These new partnerships are in addition to the Advent and Lenten service projects that have been a part of the school community for years.

This Advent, the elementary school is once again supporting the Oregon Food Bank. Students are collecting money and food for distribution here in Beaverton. At the end of Advent, collected food items will be delivered by our students to the food bank. The school goal is to make the service meaningful and hands-on so that students will understand the commitment that is needed to have a positive impact on our neighbors.

**Middle and High School Sponsored Families**

For over 40 years, Valley Catholic Middle and High School students have sponsored area families in need during the holidays. Each year, the students sponsor about 30 families, ranging in size from two to eight people. Each sponsored family will receive enough food for three meals per day for two weeks, a Christmas turkey dinner, a $100 Fred Meyer Gift card and wrapped toys for the children. Each family will also receive coupons for pizzas donated by Papa Murphy’s. Students raised money for the food drive at the Food Drive Kick-Off Assembly and Live Auction, featuring items donated by students and faculty, and from the proceeds from the high school’s semi-formal dance held on Dec. 1. On Friday, Dec. 21, students will attend Mass and then help parents and faculty deliver at least 35 car loads of food and gifts.

**Students & Families Give Back During Advent**

Pumpkin Ridge was a perfect setting for “A wHole in One” Golf Tournament. The community-building event brought parents, sisters, business partners, and friends together for a day on the course. Under a sapphire sky and warm temperatures, more than 90 golfers enjoyed the fun-filled day.

Golfers were greeted by student ambassadors when they arrived at the clubhouse and were given a new Pumpkin Ridge/SSMO golf hat. While guests enjoyed box lunches on the shady deck, they visited the SSMO Foundation “tee bags” to purchase items at the Nike Mobile Shop.

The tournament surpassed our expectations and was an ideal way to support the students at Valley Catholic, the residents at Maryville, and the Sisters of St. Mary of Oregon. If you enjoy playing golf, make plans to join us next year on September 13, 2013!

---Sharlayne Buuck

---Dennis Uniform with the familiar Valley Catholic plaid. One of the highlights of the day was meeting “Tiger” on hole #15. The day ended with dinner in the Sunset Room, where the golfers dined on salmon and London broil. The room was filled with energy as raffle tickets were drawn and winning four-somes announced.

The names listed below were among the top golfers for the day:

**FLIGHT A**

1st Place Gross: Doug Budiger, Ted Stark, Joe Bern ‘01, Nikhil Soares
2nd Place Gross: Walt Gorman, Rich Purtle, Dennis Koop, Ed Braun
3rd Place Gross: Lynnly Lanphere ’97, Jerry Jones, Mike Garber

**FLIGHT B**

1st Place Net: David Austin, Chad DelBruin, Nacy DNovo, Bert Cape
2nd Place Net: Joel Sobotta, Alex Nelson, Peter Weber, Rod Poppleton
3rd Place Net: David Buuck, Mark Linnemann, Joe Arenz, Greg Moyer

We are grateful to American Heating, Inc. for being our title sponsor. We want to thank many other generous donors as well. The tournament surpassed our expectations and was an ideal way to support the students at Valley Catholic, the residents at Maryville, and the Sisters of St. Mary of Oregon.

**Under a Brilliant Blue Sky, Golfers Enjoyed “A wHole in One” Tournament**

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A Hot Project. Cool Results.

Since early spring of 2012, American Heating, Inc. has been performing a complete mechanical renovation to the Sisters’ Motherhouse to install a state-of-the-art HVAC system that will use water as the medium to regulate temperature. The new system will provide more efficient heat and add the new element of cooling to the building. As part of the installation, a large upgrade to the electrical service was required. The west wing of the building, which previously housed Valley Catholic Elementary School, is also being renovated for use as administrative offices. The entire project is expected to be complete in the spring of 2013.

These are the brand new motor controls and boilers for the new hydronic piping system that circulates both hot and cold water for heating and cooling in the building.

These are the large chillers that provide cold water for cooling in the building during the summer months. No more 90-degree rooms in July!

It’s hard to recognize that this is the Sisters’ dining room. To make way for the new hydronic piping, the ceiling needed to be torn away. These workers are getting ready to install a new ceiling and light fixture.

Using planned drawings, Bobby from American Heating is the pipe fitter who decides how and where the new HVAC pipe is laid in the building. Even with the best laid plans, all goes to waste when workers run into surprise beams, plumbing and electrical issues that hadn’t been predicted. Bobby is the one who decides how the pipe should be rerouted.

Twice during the past eight months of renovation, American Heating needed to close and seal off the Sisters’ dining room. The Sisters expect to be back in their meal space in time for Christmas celebrations.

Due to the HVAC renovation, an entire electrical upgrade was required for the whole building. The new electrical layout benefits the Motherhouse now and guarantees its longevity for future use.

These are the brand new motor controls and boilers for the new hydronic piping system that circulates both hot and cold water for heating and cooling in the building.

The Sisters’ archivist is in the process of being relocated from the east side of the building to the west. The archives had been stored in one large conference room and will now be moved to old classrooms on the third floor of the old elementary school. This new space allows for a display area of select archive items for visitors to enjoy.

Ventilator units like the one on the left replaced the old radiators. They provide heating and cooling for each room. While the radiators provided ample steam heat, the new units add cooling to the Motherhouse.

An old-style phone booth in the Convent serves as one of nine distribution panels throughout the building. These panels determine whether a zone gets heating or cooling, allowing either hot or cold water to flow through the piping.

The former lunchroom from Valley Catholic Elementary School is being converted into space for three English for Speakers of Other Languages (ESOL) classrooms, with room dividers. A desktop American flag and pencil cup remain perched atop the old VCES lunch money collection desk while the room is in transition.

The new thermostats on the wall of every residence and office in the Convent are designed for state-of-the-art, maximum efficiency. They include occupancy sensors that can detect whether or not there is someone in the room so that empty rooms are not heated. Previously, only three thermostats regulated the temperature in the entire Motherhouse!

These are the brand new motor controls and boilers for the new hydronic piping system that circulates both hot and cold water for heating and cooling in the building.

Twice during the past eight months of renovation, American Heating needed to close and seal off the Sisters’ dining room. The Sisters expect to be back in their meal space in time for Christmas celebrations.
Actors perform the role of the vẫn nhất trong cuộc sống. Họ không chỉ là những người diễn xuất mà còn là những người làm việc để xây dựng một môi trường tốt đẹp cho mọi người. Từ những diễn viên sao được lòng khán giả, đến những diễn viên không nổi tiếng nhưng vẫn dành thời gian chăm sóc người khác, chúng ta có thể thấy được sự thay đổi trong lòng mình. Nếu bạn muốn thay đổi cuộc sống của mình, hãy bắt đầu từ những điều nhỏ bé và xây dựng một môi trường tốt đẹp cho mọi người.
What does excellence in early childhood care and education look like? Why is it so important? These are questions that we, the staff members at Valley Catholic Early Learning School, address regularly. The answers to those questions help remind us of the awesome responsibility we have been entrusted to fulfill.

Before we can answer the first question, we must answer the second: “Why?” Research answers that question for us the best. According to Deborah Vandell, Ph.D., Founding Dean at the University of California – Irvine School of Education, “Children who experience high-quality early childhood education (ECE) tend to start school with stronger language, academic, and social skills.”

Most importantly, research shows us the links between consistent, loving and caring interactions with babies, early brain development and school readiness. Irving Harris, founder of Erikson Institute (a graduate school in child development) states, “...first months are absolutely critical to optimal brain development...” That is when, in loving interaction with nurturing caregivers, babies learn that they can trust and feel loved and respected...” The first few years of life are not a rehearsal. This is the real show. Children do not really have an opportunity to try to get it right later.”

Now for the first question: research also shows us what excellence in early childhood education looks like. Early childhood schools are places where childhoods are marked by memories and interactions. The richness of experiences reveals marks of excellence in ECE. At Valley Catholic Early Learning School (VCELS), we create environments where children feel safe and secure. Children need to take risks in order to build trust. Each time a child risks his/her emotions, it is a teachable moment. We are blessed to be able to teach the children about God’s unconditional love. It is important that we, as staff, show that same unconditional love no matter the child’s actions. Each time a child takes a risk, whether in circle time or on the playground, we strive to make it a safe risk to build the child’s confidence—in his/her body, his actions and self-esteem.

Valley Catholic Music School |
503-718-6499 |
www.valleycatholic.org/music-school

At Valley Catholic Music School, we believe music should not be considered a privilege but an opportunity for all to learn and grow. Music enhances our world, and teaching music is an investment in our future—our youth.

Featuring:
• Dedicated and trusted educators to help you learn a new instrument or enhance existing musical skills
• Private one-on-one instruction
• Expertise in music education and performance
• Beginner to Advanced Levels, Pre-K to Adult
• Participation in at least two recital performances per year
• Instruction in: Brass, Woodwinds, Strings, Piano/Organ, Harp, Voice

We create environments where children learn through play, both child-directed and inquiry-based. At VCELS, children seek and find active exploration where they can be messy, move around, be noisy but still be respectful and very importantly, be outdoors. Children can control their environment and follow their natural curiosity wherever it leads them. Learning centers help children manipulate the materials as they learn sequencing, science, mathematics, music, communication and interaction with their peers. Good boundaries and clear expectations allow children to explore safely and take risks appropriately.

We offer a unique environment that caters to the whole child. Using a play-based approach, when toddlers play with play dough they strengthen the muscles they will need for proper pencil grip later. They learn conversation skills and manners during meal times. Every activity is intentionally planned to maximize learning opportunities. We prepare children to enter a highly academic elementary school. At the same time, we remember that young children learn best in language-rich, experience-rich, play-based environments. Working for the whole child, we enrich our curriculum with visits with our “Grand-friends” at Maryville. We fill our days with environmental science by exploring our beautiful campus. We gather together for spiritual experiences through group prayer and all-campus Masses. We play on the playground and provide healthy meals to help the children grow strong bodies. VCELS teachers and staff are passionate about their work of helping to promote the children’s social and emotional growth.

Research shows us that when children enter elementary school behind, they stay behind. Quality early education programs give them the social, language and numerical skills they need. Children who get a good start are less likely to need special education classes and more likely to graduate. When those children become adults, they are more likely to hold jobs and earn higher salaries, less likely to commit crime or be on public assistance. The importance of excellence in early childhood education is clear. The children at VCELS are lucky to have parents who understand that importance. They are blessed that the Sisters of St. Mary of Oregon understand and support the educational foundation provided through excellence in early childhood education.

—Trish Kosset, Principal, Valley Catholic Early Learning School
—Photos courtesy of Valley Catholic Early Learning School
## Canticle Society
This society recognizes the generosity of those who made gifts of $1,000 or more between July 1, 2011 and June 30, 2012.

### EXCELSIS
**$50,000 and above**
- Estate of Dr. Rose Marie Law ’54 Werner and Colleen Nieler
- Estate of Helen Ruettgers

### JUBILATE
**$20,000 - $49,999**
- Richard and Rachel Back
- Carlin and Paul Gram
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### MAGNIFICAT
**$10,000 - $19,999**
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- Kenneth and Jeanne Prior
- Carl and Sheila Segar
- Carol Ann Spiering ’60

### GAUDETE
**$2,500 - $4,999**
- Marty Agostinelli and
  Deanna Hochhaus Agostinelli
- Todd and Aundre Airdorf
- David and Bobbi Barry
- Rob Baumgartner and Julie Campbell
- Tracy and Emily Camp
- Joel and Sue Clark
- Rev. Msgr. Arthur P. Dernbach
- David and Linda Eshraghi
- Frederick Eyn
- Mathew Fugan and Jacqueline Domenici
- Tim and Lisa Gayd
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  Cecelia A. Stockert Fund
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- St. Martin de Porres Trust
- Bill and Rhonda Sundermeier
- Rich Tinsen
- Shara Tinsen

### BENEDICTUS
**$1,000 - $2,499**
- Andrew and Lisa Abi
- Jason and Janet Allen
- John and Liz Amann
- Kartik Ananthanarayanan and
  Arundharti Mampatapat
- William and Concertina Anctil
- Steven and Amy Aragon
- Linda Ballhazer
- Michael and Maggie Barkley
- Daniel and Jessica Bemis
- Mike and Diane Biggi
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- Troy and Tamara Bucy
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- David and Shariyane Bucak
- Patrick and Mariliza Caraher
- Venkata Chau and Madhav Pola
- Joshua and Julie Clark
- Sheldon and Maria Cober
- Jerrie and Diane Coffman
- Scott and Yolanda Coleman
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- Mary Ulmer and John Cowles, Jr.
- Mark and Angela Crandall
- Rev. Vincent Cunniff
- Eric and Michelle Curry
- Bradley and Rosemary Curtis
- Krishna Dandamaraju and
  Rajyalakshmi Bonmaraju
- John and Rocio Dearthage
- William and Rebecca Dickson
- Emil and Chiera Dittrner

### The Canticle Society takes its name from the biblical canticles of praise that are prayed daily by the Sisters.
Canticle Society
This society recognizes the generosity of those who made gifts of $1,000 or more between July 1, 2011 and June 30, 2012.

Cornerstone Club
This society recognizes the generosity of those who made gifts of $500 to $999 between July 1, 2011 and June 30, 2012.

Daniel and Judi Douglas
Charles and Laura Douville
Peter and Christine Elmgren
Charles and Hillarie Prestopine
William and June Poling
Timothy and Kristen Phillips
Don and Joanne Olson
John and Margaret O'Leary
Luis and Rosalba Navarro
Prantik Nag and Deepa Rao
Marissa Mosley
Michael Miller
Donald and Stephanie Matthews
Thomas and Sheila Micka
Michael Miller
Sr. M. Juliana Monti, SSM
Marissa Mosley
John and Margaret O'Leary
Don and Jeanne Olson
Nancy Petrzi
Timothy and Kristine Phillips
William and June Poling
Charles and Hillarie Prestopine
Mark and Julie Richards
Shahlees Rodrigues and
Sonija Yadav
Ben and Trish Rousset
Bernice Ruettgers
Jason and Beth Sage
Brett and Jolene Schafman
Sujoy Sen and Sukashana Nair
Xingian Shao and Naiquie Jiang
Sisters of the Holy Names of Jesus and Mary
Harry and Elizabeth Skinner
Margaret Soderen
Anthony and Gale Stacchi
Spas and Kathleen Stontantschewsky
Scott and Terri Stream
Ekan Subramanian and Jayanti Alphones
Perry and Michelle Sunderland
Tie Tham and An Ho
Jon and Colleen Thrift
Larry Tokarski
Tony and Danielle Tomich
Bart and Amy VanderZanden
Anthony and Lorena VanDommelen
Shyam and Jyoti Venkatesh
Dor and Marian Vollum
Walter and Florence ‘41 Weber
Robert and Christina Weber
Mark and Lori Weber
Jacob ’96 and Kama Werner
Brian and Mary Whitney
Cameron Williams and Shammon Lynch
Stephen Wright and Kathleen McNalty
Richard and JoAnn Yates
Stanley Yue and Mei Po Chiu

Steven and Mary Anderson
Steven and Vera Anderson
Anonymous
Fred and Lisa Armstrong
Venkat and Rajita Armatreddy
Mary Augustyn
Jewon Baek
Bill and Joanna Beale
John and Anita Bender
Scott and Rose Bernards
Uddalak and Ishita Bhattacharya
Jon and Anne Billow
Andrew and Meg Bishop
Bob and Sue Burns
Osah and Alice Chan
Hsing-Fe and Mei-Ting Cheng
Matthew Clark ’96
Derek and Linda Compton
Helen Conner
Marti and Tracey Curfman
Darien Curl
Daniel J. Porter Memorial Foundation
Angelo and Marie Delia
Khoi Dinh and Kim Le
Mark and Mary Donovan
Mike and Amy Dunlap
Timothy Evans and Debra Durekiewicz
Thompson and Madeleine Faller
John and Nancy Fallin
Brad and Claudia Fischer
Paul Fischer and Karen Krautritz
Stephen and Jane Franey
Estate of Dolores G. Fruith
Dale Goodman
Keith and Caron Gorman
Martin and Carolyn Granum
Eric and Kimberly Graber
Laurie Graves-Reavis
Rich and Sue Haener
John and Carol Hamilton
Roger Hecker
Gregg and Denise Hefner
Thomas and Pamela Herbagai
Paul and Mari Hotchkiss
Joyce Howard and Alan Caruso
Brian and Erika ’91 Howerton
Chih-Fan Hsieh and Yiyu Chen
Eric Jaroch and
Yara Jaroch-Gonzalez
John and Carolyn Joliffe
Brad and Julie Jones
Joe and Adele Jones
Henri and Pat ’54 Joyce
Ganapathy Kasturirangan and
Vidya Ganapathy

The memory of SSMO’s 125th Jubilee burns brightly with a legacy of service to the community. Highlights of the Social Service Outreach of the Sisters included the inaugural “Soup’s On” event to benefit the Oregon Food Bank and the development of an English for Speakers of Other Languages (ESOL) program in the vacant west wing of the Motherhouse.

Steve Hoarfrost
Kimberly Howerton
Tuck Than and An Ho
John and Carolyn Jolliffe
Brian and Erika ’91 Howerton
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The Foundresses’ Circle is named in honor of the foundresses of the Sisters of St. Mary of Oregon (1886).

The Foundresses’ Circle is a society that recognizes the generosity of those who made gifts of $100 to $499 between July 1, 2011 and June 30, 2012.

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VCHS was the recipient of the 2012 Oregonian Cup for 3A—OSAA's highest honor, which showcases combined athletics and sportsmanship.
This society recognizes the generosity of those who made gifts of $100 to $499 to the Sisters of St. Mary of Oregon.

Please note: This is only a partial list of contributors. To view the complete list, please visit the SSMO Foundation website at www.ssmofoundation.org.
From VCS to CNBC
Seema Mody ’03
Her Journey Continues

The life of Valley Catholic Alumna Seema Mody ’03 has changed quite a bit since she graduated after 13 years at Valley Catholic. On Nov. 26, the CNBC reporter spent the day sharing her journey with Valley Catholic students.

After Seema graduated from Valley Catholic School in 2003, she attended the University of Washington, where she received a bachelor’s degree in biology. However, she discovered that being a doctor was not her calling, and after working for a time at a health care consulting company, Seema set her sights on journalism. She received her first break working at CNBC-TV18 in Mumbai, India. After two years working as an anchor and reporter there, Seema began working at CNBC in New York City, where she currently works as a reporter. Seema reports daily on topics ranging from reports on Wall Street to the daily news.

Valley Catholic students were thrilled to meet a national reporter. Their questions ranged from the current price of a share in Apple (a story she recently reported) to whether she gets worried she will say something wrong on air. Seema left Valley Catholic students with the charge to “take advantage of the resources you have here,” and to “invest in yourself.” It is a gift to have alumni like Seema on campus to share their journey.

Alumni—if you’d like to share your journey after graduating from VCHS with our current students, please contact Grace Le Chevallier at alumni@valleycatholic.org.

—Grace Le Chevallier
The class of 1962 celebrated their 50-year reunion together. After Mass, the classmates enjoyed lunch at Maryville Nursing Home for a brunch in the Villa for several hours. The class of 1952 has gathered at least every five years since graduation.

The class of 1967 commemorated their class at Cornelius Pass Roadhouse. (Not pictured) The class of 1967 commemorated their 45th reunion at Rood Bridge Park. Kathleen Kindel Bishop ’52 organized this celebratory event.

The class of 1977 celebrated their 35th reunion throughout Alumni Weekend (Sept. 14-16). They are pictured at Caldeira Public House. On Sunday, they attended the Alumni Weekend Brunch after Mass with Sr. M. John Therese Miller and Sr. M. Juliana Monti. Since their reunion, they have started a monthly gathering at Old Wives’ Tales.

The class of 2002 had several gatherings to celebrate their 10-year reunion. On Friday, July 27, alumni gathered at Portland’s Boiler Room for an evening of karaoke. Alumni from as far away as New York City gathered at Garden Vineyard (owned by Melinda Wulberg Wilson ’89) to enjoy wine and appetizers on a beautiful Saturday evening. On Sunday, alumni came back to campus for a family picnic lunch at the Villa.

Soup’s On is a Smashing Success

You could call it the ultimate “soup”er bowl. At the second annual Soup’s On, the Sisters of St. Mary of Oregon teamed with the City of Beaverton and 22 local restaurants to raise more than $10,000 for the Oregon Food Bank. Beaverton Mayor Dennis Doyle welcomed more than 450 guests who filled the Valley Catholic gym, tasting delicious soups and treats while enjoying performances by the Valley Catholic Marian Singers and VCHS Jazz Band. Sister Delores Adelman garnered support from generous sponsors so that all of the event proceeds went directly to provide food for families in need in our community.


RESTAURANTS AND THEIR SIGNATURE SOUPS:
- First Place Gold Ladle!
  - Reedville Catering: Roasted Butternut Squash
- Second Place Silver Ladle!
  - SSMO/Valley Catholic: Potato Soup
- Third Place Bronze Ladle!
  - Noodles & Co.: Tomato Basil Bisque
  - Black Bear Diner: Split Pea with Ham
  - Buddah’s Sports Bar & Grill: Bacon Cheddar Chicken
  - DoCarli Restaurant: Ham Hock & White Bean Chowder
  - Ernesto’s Italian Restaurant: Cream of Asparagus Dill
  - Elmer’s: Ivar’s Puget Sound Style Clam Chowder
  - Fresh Thyme Soup Co.: Tuscan Sausage & Potato
  - Golden Valley Brewery: Clam Chowder
  - Hall Street: Cauliflower Cream with Salsa Verde & Black Trumpet Mushroom
  - Old Chicago: Broccoli Cheese Soup
  - Olive Garden: Zuppa Toscana
  - Montrachet’s Public House: Hot Avocado Soup
  - Newport Bay: New England Clam Chowder
  - Nonna Emilia Restorante: Ribolitta
  - Pasta Pronto: Spicy Sausage & Pasta Soup
  - Qdoba Mexican Grill: Tortilla Soup
  - Stanford’s: Creamy Tomato Basil
  - Sweet Tomatoes: Shepherd’s Pie & Smashed Potatoes
  - The Stockpot Broiler: Lobster Bisque
  - Thirsty Lion Pub & Grill: Beer Cheese Soup

Other establishments serving up delectable treats: Ava Rostreta, Bales Thriftway, Beaverton Bakery, Bungalows Bread Company, Krispy Kreme Doughnuts, Lizzy Cakes Cupcakes, McNemarins Pubs & Breweries, Mireille’s Bistro, New Seasons, Starbucks, and The Dessert Tray.

A CALL FOR NOMINATIONS!

During Catholic Schools Week in January, the Alumni Relations Department honors an alum with the Distinguished Alumni Award. This individual excels and exceeds in his or her life’s work or personal endeavor. He or she also demonstrates a high standard of personal integrity and strives for excellence to live a valiant life. To nominate an alum please submit his or her name and an explanation as to why that Valiant should be recognized to alumni@valleycatholic.org.
Rosemary Smith Kemper-Riddock '59 is a retired educator, classroom teacher, staff development coordinator, curriculum director, and principal. She is also a widow, mother of four and grandmother of five who loves the Oregon coast, hiking, gardening, cooking and reading. Rosemary volunteers in her parish, at St. Vincent de Paul, the Haystack Rock Apparition Program on the beach (a local literacy program) and for Food 4 Kids Seaside, which provides weekend food in backpacks for local school children in need. Since retiring in 2010 Rosemary has learned to quilt and knit. “I value my years at Valley Catholic almost as much as my family—and that’s a LOT! Company is always welcome at the beach where life is good.”

Diane Helfrich Scott '62 and her husband Al were provided a home for Brad Holbrook, a falsely convicted man, from 2008 to 2010. Allen was a juror on Brad Holbrook’s trial. During his stay they hosted newspaper reporters, private detectives and his family and friends from out of state. Read more about this story in The Oregonian’s article from Nov. 17, 2008 entitled “The Trials of Brad Holbrook.”

Melinda Welter Shellenger ’75 (now St. Maria Lasina of the Lamb of God) sends this update: “Well life is truly a journey, and mine has been quite maze-like, but God is always faithful, and on July 16, 2012—the Feast of Our Lady of Mt. Carmel—she sent me an email and I made our first vows as religious sisters in the Society of Our Lady of the Most Holy Trinity, SOLT, in Corpus Christi, Texas. We have been four years in formation, first in North Dakota, then in Kansas City, Mo., Bosque, N.M., and finally in Holman, N.M., where our order was first established in 1958. It has been amazing, and now my first assignment is to the Development Team in Corpus Christi. Ours is a contemplative/active order which is international, and includes all vocations: Priests, Brothers, Sisters, Lay Families and Singles, and Consecrated Widows. I look forward to future assignments—only the Lord knows where.”

LouAnn Williams ’75 is the host of “LifeTalk Oregon,” a cable access talk show airing in the Portland Metro area and sponsored by Oregon Right to Life Education Foundation. LouAnn credits her passion for the unborn and the sanctity of life to her years as a student at St. Mary of the Valley—especially with Sisters Rose Dolores Costello and Fidelis Keutzer. LouAnn has traveled all over the U.S. for interviews and never tires of pestering guests with endless questions! LouAnn is homeschooing her two youngest daughters and three of their children are living on the East Coast. Her first grandchild is 17 months old.

Janna Fletcher Borg ’83 is currently living in Stockholm with her husband and two teenage boys and working as a teacher. Janna received her teaching degree at Portland State and moved to Japan to teach English. After two years she returned to the States via Australia to continue studying. While in Australia, Janna met her future husband, who is from Sweden. They eventually moved to Stockholm where they have been living for 20 years.

Linda Sprag Hames ’86 moved to the East Coast after several years of living in Mexico City. She and her family are discovering all that the East Coast has to offer, including trips to Washington D.C., Hilton Head and Charleston, S.C. and Savannah and Atlanta. Ga.

Thrusie Maureth-Cahill ’92 is living in London with her husband and two daughters. Thrusie’s latest adventure was working with the 164 national teams in the Athletes’ Village at the London 2012 Paralympic Games. She is pictured in her purple and red uniform, marching as the replacement flag-bearer for Saudi Arabia in the Closing Ceremony. If it hadn’t been for Sea Navarre’s Spanish class and Mine. Bossette’s French class, I would never have done this. So, thank you, Valley Catholic (a.k.a. SMV).”

Jennifer Williamson ’92 was elected as the state representative for Oregon House District 36 with 82 percent of the vote.

Farrah Petrasek Rawlins ’94 recently graduated from the PCC Radiography program, class of 2012, after spending two years doing her clinical education at St. Vincent Medical Center. Farrah has recently become employed with NW Pain Institute in Vancouver, Wash., and will be working on pain management cases. She and her daughter, Emmerson, live in Beaverton where Emmerson attends second grade.

Richard Church ’95 is currently living in Franklin, Mass. with his wife Julie and their children Delanie (4) and Grayson (2). Richard is working as an assistant professor of emergency medicine and staff medical toxicologist for University of Massachusetts Medical Center in Worcester, Mass. and Norwood Hospital in Norwood, Mass. He recently received the distinction of Fellow status in the American College of Emergency Physicians.

Christine Harry ’97 graduated from Oregon State University in 2002 and spent seven years doing wildlife research. Christine returned to school and earned her master’s in teaching from Lewis & Clark College in July of 2009. She spent the next two years teaching seventh-grade science at a school in Idaho Falls, Idaho. Christine now works as a sixth-grade science teacher in Grand Junction, Colo. She spends her summers working for Colorado Parks and Wildlife. “I am truly blessed to be surrounded by so many friends and natural wonders!”

Catie Niehaver ’98 is a fashion and style correspondent for the San Francisco Chronicle. She contributes stories to the paper’s style section and contributes photographs and additional stories on the accompanying blog, “Unzipped.” Catie also owns her own business, Dronning Vintage, an online vintage clothing boutique. She is a proud aunt three times over.

Amaya Basta-Sieber ’00 and Casey Sieber welcomed their second child to the world, daughter Bethaliz Virginia-Segunda on Nov. 12, 2012.

Johnny Ott ’01 is featured on the front cover of Kayak Sessions, an international whitewater magazine. Johnny is paddling pictured the Little White Salmon, the most-ran river for Class V paddlers in the Pacific Northwest.

Allisa Hartmeier Wack ’01 and husband Dennis Wack celebrated the birth of their first child, Dexter Evan Wack, born Oct. 2, 2012 at 1:34 p.m. at St. Vincent Hospital in Portland. Dexter weighed exactly seven pounds and was 20.5 inches long. Dexter is the first grandson of Valley Catholic Early Learning School Principal Trish Reusel.

Bryanne Whitney Colvin ’02 began her third and final year of residency in pediatrics in July at St. Louis Children’s Hospital. Bryanne and her husband Matt welcomed their second child, a son, on Feb. 24, 2012: a son, James Thomas. Big sister Lidora is now 3 years old and just started her second year of preschool.

Desire Rodriguez ’02 welcomed her first son, Benjamin, to the world on July 13, 2012.

Matte Basta Heineman ’03 married Joshua Heineman of Benidji, Minn. in October of 2009. They reside in San Francisco and had their first child, son Sebastian Emil, on Nov. 19.

Nick Gates ’03 married Angela Rummel on August 27, 2011, at St. Matthew Catholic Church in Hillsboro. His brothers Trevor Gates ’07 and Spencer Gates ’10 were best men, and his sister Lindsay Gates ’04 was a bridesmaid. Melissa Gates Dustantar ’02 was a reader and Jacob Sherman ’03 was a groomsman.

Susi Korinek ’03 is living in the Portland area and has been working as a Mechanical Drafter for an engineering firm in downtown Portland for the last two years. Susi graduated summare cum laude from Oregon State University in 2009 after spending two years at Portland State University. Susi was one of only six graduates to earn a perfect 4.0 cumulative GPA, and one of only two graduates to do so while earning two or more degrees. She also currently plays in a women’s volleyball league with a group of Valley Catholic graduates (including her twin sister, Anna) and is mom to her 4-year old daughter, Maggie.

Are you an alum with news to share? If so, please contact Alumni Relations & Special Events Manager Grace Le Chevallier at alumni@valleycatholic.org or submit your news on the alumni webpage: www.ssmofoundation.org/alumni-relations.
**Meredith Donovan Aronson '05** married Kevin Aronson on July 15, 2012. They live in Spokane where Meredith works as a community relations manager for WGU Washington (Eastern Wash. Region).

**Holly Taylor Swenson '05** and her husband, Kevin, welcomed their first child, son Maddox Damian Swenson, on Aug. 11, 2012.

**Allison Waibel Gates '05** and Jonathan Gates were married on Sept. 8, 2012. Allison welcomed their first child, son Nathan, on May 6, 2014.

**Karen Keagbine '03** was named the 2012-2013 VCHS Teacher of the Year.

**Karver '03** was married to Sarah Branum on June 21, 2014. The couple resides in Hillsboro.

**Nathan Schmitt '06** continues his passion of teaching marginalized populations in Denver, Colo. at STRIVE Preparatory Schools. He recently taught a six-week middle school class on hip-hop in collaboration with world-renowned hip-hop scholar Adam Bradley. Nathan is pictured with his Outdoor Education class on a weekend camping trip.

**Kasey Coussens '07** graduated magna cum laude from Oregon State University with a bachelor’s degree in mechanical engineering. She is employed by Xerox as a mechanical engineer.

**Trevor Gates '07** graduated magna cum laude from Western Oregon University in December 2011 with a bachelor’s degree in Chemistry. He began at University of Oregon Law School in fall 2012. While playing football at WOU in 2011, he broke the single-season receiving yards record that had been held for 16 years.

**Trevor Gates '07** played major college football at WOU.

**Katie Bamford '06** and Kalani Efstathiou '06 were married on July 8, 2012.

**Hayley Harney '08** is a recent 2012 graduate from the University of Great Falls in Mont., where she earned two bachelor’s degrees—sociology and psychology—and a minor in communications. In August, Hayley moved to New York City to begin her master’s degree in media studies, focusing on social media and social change at the New School for Public Engagement. She is dedicated to advocating for eating disorder awareness, and plans to use her degrees to promote a healthy body image for all men and women. Last October she was selected as a volunteer for the National Eating Disorder Association’s Annual Conference held in Los Angeles, and plans to attend again this year in St. Petersburg, Fla.

**Samantha Peters '08** graduated from Carroll College in Mont. with a bachelor’s degree in nursing. She is employed by the Montana State Prison at Deer Lodge as a registered nurse.

**Novia De La Rosa '08** and nine other women from Franklin College-Switzerland joined the Swiss Women’s National Team of Aussie-Rules Football, the “Swiss Swans.” The team headed to Belfast, Northern Ireland in October 2011 for the AFL Europe 2011 Women’s Division and won second place against the “Irish Banshees.” The championships were televised by ESPN in Europe. This is one of Novia’s best memories in college, along with various academic travels in different countries. She graduated from Franklin College-Switzerland in May of 2012 with bachelor’s degree in visual and communication arts. Currently, she is working as a photographer with Lifetouch National School Studios in Portland. Novia plans to pursue a master’s degree.

**Lindsey Harmon '11** competed in seven tournaments as a freshman on the Washington State University women’s golf team. She carded her lowest career score, 71, in the second round of the Anteater Invitational and tied for seventh place.

**Austin Lundin '11** was a student at the University of Southern California, majoring in health promotion and disease prevention and minor in natural science and neuroscience on the pre-medicine path. Austin is competing on the varsity cross-country and track and field programs there. She is pictured racing the 5,000-meter against UCLA in the annual Dual Meet where she secured her spot as one of the top 10 all-time USC freshman runners with a time of 18:01 for the 5K. “I am very excited to hear about the VC cross-country teams’ success this year and am proud to be a Valiant at heart.”

**Sarah Fischer '04** and Chad Karver '03 were married on Dec. 1, 2012 and have bought a home in Southwest Portland.

**Lindsay Gates '06** graduated from Oregon State University with a bachelor’s degree in exercise and sport science and is currently a personal trainer at 24 Hour Fitness in Hillsboro.

**Alex Kinney '06** is currently a lieutenant (junior grade) in the U.S. Navy, working as a nuclear propulsion officer aboard the U.S.S. Jacksonville submarine based out of Pearl Harbor, Hawaii. Alex attended Gonzaga University, earning a bachelor’s degree in electrical engineering in 2010. His Navy training then took him to Newport, R.I., for Officer Candidate School, and then to Charleston, S.C., for Nuclear Officer Basic Course, and finally to Ballston Spa, N.Y., for nuclear prototype training. He was certified to be a U.S. Navy nuclear operator in August 2012.

**Madeleine Brink '06** has been working as an English professor at the Pontificia Universidad Catolica Madre y Maestra in Santiago de los Caballeros, Dominican Republic, since August 2011. She has taught a variety of classes at the university, spanning from Basic English to Academic Writing. In Oct. of 2012, she was invited to appear on her co-worker’s show, “Lo Bueno es A Noci a.” (Good News Is Also News). In the show, Madeleine spoke about what it is like to be a gringa in the Dominican Republic (see photo). Madeleine has finally achieved the goal she formed while in Spanish language school: she can speak fluently in Spanish!

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**Natalie McDevitt '15** was named VCS's Athlete of the Week on April 22.

**South Bend Tribune**

**SSMO Valentine Tea**
Feb. 10: SSMO Valentine Tea

Nineteenth century Victorian menors called Mary and John Innes, Jasmine Bush '11, Meg Coussens '04, Karynlyn Bush '15, Bailey McDvitt '15, VCHS coach Emily Keagbine '07 and Ashley Waibel '09.

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During the weekend of Sept. 14-16, the SSMO campus was alive with events at Valley Catholic High School. Mother Nature provided a beautiful, warm weekend, and Dennis Uniform donated the “Rampart Plaid” tablecloths that set the stage for many of the events.

On Friday, alumni were among the 91 golfers who teed off at Ghost Creek at Pumpkin Ridge Golf Course for the “W’Hole in One” golf tournament held by the Sisters of St. Mary of Oregon Foundation (see page 9).

On Saturday alumni went “back to class” in the high school and enjoyed an hour and a half with three teachers who have been perennial favorites of students: Ed Braun (religion), Phil McQueen (history) and Kipp Johnson (math). Alumni enjoyed seeing themselves in the hundreds of photographs plastered on Mr. Braun’s classroom walls, and listened to the teachers talk about what’s new on campus and relate some of their best memories from years past.

Next up was the tailgate party before the football game. The tailgate was held at the “Villa” on campus, where about 85 people gathered to enjoy a barbeque of sausages donated by Zenner’s and taste 16 varieties of beer donated through Lexi Harris Megenat ’93 and Widmer Brothers Brewing. The tailgate was followed by the football game, Valley Catholic vs. Sheridan, which enjoyed the highest attendance of perhaps any home game since the team premiered in 2009. Although the Valiants did not come out on top, the game was a nail-biter until the very end.

That evening, two classes had reunions: the class of 1992 had their 20-year reunion at Cornelius Pass Roadhouse, and the class of 1977 had their 35-year reunion at the Caldera Public House.

The festivities continued through Sunday, when alumni gathered at the Convent chapel for Mass followed by a reception. Alumni participated in the Mass, attended by about 60 people, both as lectors and in the choir. Those who read were Sr. Catherine Hertel ’59, Tara Bassett ’77, and Sr. Barbara Rose Sohler ’62. In the choir loft, singers from the class of 1977 joined the Sisters.

The reception that followed was in honor of Sr. M. Juliana Monti, who retired as a classroom educator earlier this year after devoting 41 years to the fine arts—and the choir program in particular—at the high school. Alumni who had traveled from as far away as the East Coast—and from classes ranging from 1976 to 1992—sang for Sr. Juliana and told stories of their days in choir. At one point, Sr. Juliana and Sr. M. John Therese Miller joined in song with them.

The weekend was full of laughter, reconnection and fun! Looking forward to the next Alumni Weekend in September 2013! —Grace Le Chevalier
Save the Date — April 27, 2013!

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