



St. Bernard's Central Catholic High School Alumni Newsletter

LOOKING GOOD! NEW FLOOR AT STB!

Over Christmas break the Bernardian Charitable Foundation delivered a very special gift to the students of St. Bernard's High School. With funds donated by several alumni in last year's Class Challenge and a generous discount from Sport Courts of New England, a new, multi-purpose floor was installed in the smaller side gym.



When the Activity Center was built in 1979, the small gym was used as a function room. Over time, it evolved into a gym to accommodate extra practices for the high school and elementary schools. Now, we have improved the conditions with the installation of the new gym floor. It is now able to serve as a space for additional sports including basketball, baseball, lacrosse, soccer, and field hockey.

Over February vacation with funds donated by Foundation board member Deidre Moran and the St. Bernard's PTO, the gym was freshly painted. Thank you to Sheriff Lewis Evangelidis, Lt. Stephen Hynes, and Worcester County Department Community Service Program which provided the Foundation with free labor by minimum security inmates. There are so many cost prohibitive projects, but the service program implemented by Sheriff Evangelidis provides free labor while offering inmates a chance to learn valuable skills and to learn what it means to be a productive members of society. We are very grateful to all who made this project possible. The gym is available for rentals. Contact Athletic Director Jim Beauregard @ jimbeauregard9@aol.com for available times.

24<sup>TH</sup> ANNUAL GOLF TOURNAMENT ~ SAVE THE DATE

Monday June 26, 2017

1pm Shotgun Start Oak Hill Country Club  
Lunch, Dinner Buffet, Raffle, Awards and more!

Contact donna.brazier@rollstonebank.com

THE GOLDEN TICKET RAFFLE WINNERS ANNOUNCED



Thank you for your supported of the Golden Ticket Raffle which netted \$23,000 for upgrades for the AC! Special thank you to Faith Merchant who spearheaded and organized

the raffle and Foundation board member Laura Reynolds who was instrumental in selling tickets. Thank you to Fitchburg Mayor and STB Class of 1970 Stephen DiNatale who pulled the winning tickets. Congratulations to the winners and thank you for your continued support of STB!

And the winners are...

\$20,000

Glenn Chapman

\$2000

Sharon Stemm

\$1500

Michael & Paula Pucko

\$1000

Steve Shasey

\$500

Jay Quinn

And the biggest winners of all...  
The students of St. Bernard's High School

## BERNARDIAN SPOTLIGHTS

*Bernardians and Alumni are accomplishing amazing things! Enjoy reading about your friends and classmates.*

### STB Sophomore Gracie Soutanian is Heartstrong

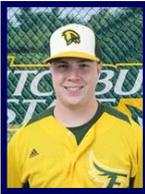
Gracie Soutanian, Class of 2019, is the founder of the nonprofit group "Heartstrong". "Heartstrong" focuses on raising awareness and funds for schools and providing CPR and AED training for the school communities. Her commitment and dedication has resulted in Bill # S2449 that was passed in Massachusetts on January 3, 2017 which now requires every school in Massachusetts to have automated external defibrillators on site by July, 2018!

Ralph Thibodeau and John Ellsessar, who suffered personal losses due to the Sudden Cardiac Arrest of loved ones addressed the STB community about how AED's can restart a heart and save lives. Seconds matter and these devices have been proven to save lives!

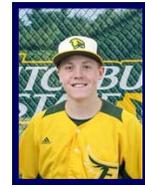
Through Gracie's generous donation and the donations received from the STB PTO and the Bernardian Foundation, St. Bernard's CCHS now has three AEDs. For information on "Heartstrong", like it on Facebook at <https://www.facebook.com/Heartstrong-441904652593927/> Thank you, Gracie, for enlightening our STB family and so many others! Keep up the good work!



### Bernardian Diamond Stars set to soar as Falcons



Former Bernardian baseball standouts will suit up again this spring right down the street for the Fitchburg State University Falcons. Sean Maki (Class of 2014) and Cooper Bigelow (Class of 2016) will move from wearing the blue and gold to the green and gold.



### "There's no substitution for hard work."

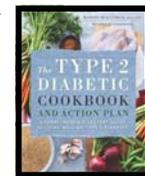


STB 1970 Alum and Mayor of Fitchburg, Stephen L. DiNatale was a special guest speaker at the annual National Honor Society Scholarship Assembly. National Honor Society believes we should continue to learn even after formal education has ended, for education ends only with the end of life. DiNatale's personal message to the students was, "There's no substitution for hard work".

### The Type 2 Diabetic Cookbook and Action Plan



Martha McKittrick, Class of 1979, is a registered dietitian and certified diabetes educator at New York Presbyterian Hospital for over twenty years. She specializes in weight control, cardiovascular health, polycystic ovarian syndrome, diabetes, sports nutrition, and preventative nutrition. She has just published her first cookbook to help those with Type 2 diabetes to live a healthy manageable life and eat well. It's available at [amazon.com](http://amazon.com).



### Class of '78 & '79 Entrepreneurs are "digging" shovels



Bob Montolio, Class of 1979 and Ed Mazzaferro, Class of 1978, co-own Rugg Manufacturing. The team paired up, bought and relocated the company from Greenfield, MA to Leominster in 2013. The company manufactures and ships hundreds of thousands of shovels every year throughout the Northeast and Midwest. Visit [www.rugg.com](http://www.rugg.com) for details.

**Accolades for two of the finest to coach the Blue & Gold**



**Head Football Coach *Tom Bingham* named NFHS Massachusetts Coach of the Year**

**The National Federation of High Schools [NFHS]** Coaches Association recently selected Coach Thomas Bingham as the 2015-2016 Coach of the Year in football for the State of Massachusetts.

Coach Bingham's contributions on behalf of high school athletics in general and the members of the Saint Bernard's football program in particular are deserving of our appreciation and we applaud his recognition.

**Longtime Assistant Basketball Coach *John Cordio* to be inducted into the New England Hall of Fame**



The Saint Bernard's Athletic Department is proud to recognize assistant boy's basketball coach, John Cordio, who will be inducted into the **New England Hall of Fame** during the fall of 2017. Coach Cordio has been on the basketball sideline for forty eight years, serving over three decades under the legendary Doug Grutchfield for FHS while the last fifteen years as an assistant coach with STB. He was inducted into the Fitchburg High School Hall of Fame in 2013 where he served as the JV Coach for thirty three years.

**STB Alumni 2017 Hockey Game**



The STB Alumni hockey game was held on Saturday , February 25th. Pictured above Rob "Dino " DeNault , Class of '83 joined by his sons, Tommy (white) Class of 2016 and Michael (gold) Class of 2012. What a nice STB alumni event for a father to share with his two sons. Michael recently graduated from Roger Williams University and Tommy is a freshman at Salve Regina University.

**STB Senior Hannah Wilmot signs letter of intent to play field hockey for Northeast 10 Conference St. Michael's, Vermont.**



Hannah was joined by her parents and teammates as she officially committed to play for the Purple Knights. She was a four year starter in field hockey playing goal each year. She was a Central Mass Conference [CMC] and Sentinel and Enterprise All-star in her last three seasons. This past year Hannah allowed only 21 goals in 18 games for a sparkling 1.17 goals against average. Congratulations Hannah and best of luck at Saint Michael's!

**50<sup>th</sup>**  
**CLASS OF 1967**  
 JUNE 17TH  
 SWEDISH SOCIAL CLUB  
 WYMAN'S LAKE, WESTMINSTER  
**DETAILS TO FOLLOW**

**60<sup>th</sup>**  
**CLASS OF 1957**  
 SEPTEMBER 16TH,  
 OLD MILL, WESTMINSTER,  
**CONTACT THERESA NALLY**  
 tnally4@gmail.com

**CONTACT BARBARA & TOM MCGUIRK FOR HELP ORGANIZING YOUR REUNION**  
 BJMCGUIRK@AOL.COM TLMCGUIRK@AOL.COM

WHAT'S HAPPENING NOW AT 

**STB PTO WINE & BEER TASTING**  
**SATURDAY, APRIL 28TH 6PM**  
**WACHUSETT MOUNTAIN**

All proceeds will benefit the Freshman Laptop Initiative. Tickets are \$45 per couple or \$25 pp. There will be raffles, silent auction, great food, live entertainment and more!

Tickets: MaryBeth Jokela mb\_jokela@hotmail.com  
 Donations: Liz Epkins eepkins@yahoo.com

**Congratulations!**

Central Mass Conference [CMC]

Boys Basketball  
 Marcus Babineau  
 Parker Bigelow  
 Keegan Sharp

Girls Basketball  
 Morgan Gelinias  
 Brittany Gibbons  
 Sabrina Patton

Catholic Central Conference [CCL]

Boys Ice Hockey  
 Michael Ginnity  
 Daniel Kozma  
 Joseph Lelli  
 Charles Morris

**Winter All-Stars!**

**STB BASEBALL ~ WELCOME!**

St. Bernard's was recently granted a waiver from the MIAA to allow us to co-op with the Trivium School in Lancaster. We would like to welcome two new families to our STB baseball family, the Forkey's and the Sullivan's, players Tim Forkey and Chris Sullivan.

**ROCKET CLUB**

STB is proud to announce a new Rocket Club! The club meets Tuesdays and Thursdays after school. Once the weather improves, they will host a launch event at the athletics fields. Thank you to Rick Recos and all of the students who are participating in the club!

**Blue and Gold Buddies Make a Difference!**



Want to learn more about STB? Contact Admission Director Julianne Richard at [jrichard@stbernardscchs.org](mailto:jrichard@stbernardscchs.org) or visit <http://www.stbernardscchs.org>.



Upcoming BERNARDIAN Alumni Events ...

The Road Race is coming!!! The Road Race is coming!! Spring is in the air and it's time to get outside and starting getting ready for the first STB 5K Road Race.

The Bernardian Charitable Foundation

*All are welcome!!!*

**The Details**  
 Sunday, Sept. 10th  
 Kids Fun Run 10:00am  
 Walkers 10:30am  
 Runners 11:30am  
 Registration Fee: \$25  
 Day of \$30  
 Kids Under 18: \$18  
 Day of \$20  
 Register Online at [www.active.com](http://www.active.com)  
 Wear your Blue & Gold!

**5K ROAD RACE**  
 Sunday, September 10, 2017

Logo designed by STB Charlie Morris Class of 2018

Last Newsletter's Blue and Gold Brain Teaser: Can anyone identify the cheerleading trailblazers below?



ANSWER : Joel Rouleau '50, Claire Gervais '52, Norma Lunetta '51, Irene Dupuis '50, Janet Bessette '50, Doris Maxfield '51, ann Desnoyers '52, Robert Crowley '50.

In Memoriam

Please keep the members of our Bernardian family who have recently passed away in your thoughts and prayers.

Rita (Legros) Melanson '35, Frederick Sheppard '36, Mary Dooling '40, Loretta (Kibort) Quastello '40, Dorothy (Grier) Henault '41, Florence (LeBlanc) Atkinson '42, Eunice (Rivard) Houle '43, William Curtis Jr. '47, Claire (Rocca) Leger '47, Arthur "Bob" Forest '48, Janet (Morand) Touchette '49, Francie Bellafiore '50, Jeannette (Trainque) Gaudet '51, Lorraine (Gervais) Marsh '53, Ronald Lafosse '56, Eugene (Sam) Malone '57, Elizabeth (Turcotte) Fuller '57, Joan Fontaine '58, Norma (LeBlanc) Gagne '58, John Grimley '58, Janet (Brooks) Langdon '61, Carol Jean Cohen '64, Karen (Grier) Powers '67, John J. Oullette '73, John Melanson '77

Help us keep track of our Bernardian family. Become a Class Champion! Update your info or your classmates at [www.stbalums.com](http://www.stbalums.com) or email to [Bernardianfoundation@gmail.com](mailto:Bernardianfoundation@gmail.com).