



The Golden Beavers Association Joins with Partners to Expand Scholarship Programs

by Dick Lee '61

Always looking for a way to expand out scholarship programs and assist more Ballard High School students, the Golden Beavers have teamed up with the Ballard High School Foundation, the GAINS program, and the Shoreline Community College Foundation.

Thanks to a generous donation from the estate of Doug Scheumann '54, the Ballard High School Foundation has established five scholarships to be awarded to GAINS students continuing their education after graduating from Ballard High School. The Golden Beavers Association will match the funds from the Foundation. Three of the five scholarships will be for students attending Shoreline Community College; in 2018, two of these scholarships were augmented by an additional \$1000 from the Shoreline Community College Foundation (2019 funding is yet to be determined).

With the addition of the scholarship program, GAINS emphasis is no longer solely to assist in graduation, but

also to encourage and support entry into a level of higher education as well.

Our thanks to GAINS and both foundations for helping our Ballard students move ahead in their lives!

What is GAINS?

The GAINS Program, launched in 2012, works with Ballard administrators and a Success Coordinator to:

- Identify incoming freshmen and existing Ballard students who are at risk for delayed graduation or dropping out due to grades, absenteeism, or disciplinary issues
- Refer these students to existing resources for tutoring, credit retrieval, or social services support
- Mentor these students to provide individualized support, as well as ongoing monitoring of grades, attendance, and behavior
- Improve the self esteem of struggling students to support their efforts to better their academic careers
- Acknowledge students' success at improving their grades, attendance, behavior, and progress toward graduation

A special thanks from the GAINS program goes to the Grousemont Foundation, whose generous donation in honor of Doug Scheumann '54 has allowed Ballard to hire a second full-time GAINS Coordinator for two years. This is a huge step in serving more students at Ballard, building relationships with more staff and community members, and providing more opportunities for students and families

Who are they?



Find them on page 10.

Come celebrate our scholars:

Golden Beavers 32nd Annual Scholarship Luncheon

Saturday, May 18, 2019

10:45 Art Tour starts outside the library • 11:00 am: Golden Beavers informational meeting in the library

11:30 am: Reception • 12:00 noon: Lunch service in the Ballard High School Commons

For more information, contact Dick Lee at 206-391-5555 or rjlee@seattleschools.org or visit www.bhsgoldenbeavers.org.

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The Golden Beaver Log is published twice yearly by the Ballard High School Golden Beavers Association.

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Ralph Peterson '32*	'89-'90
Robert Tourtillotte '36*	'90-'91
Tena Vander Hoek Carver '37*	'91-'92
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Carol Ann Aplin Echols '48*	2008-2009
Alan R. Hutchison '53	2009-2011
Charles "Charlie" J. See '56	2011-2013
Don Simpson '53	2013-2016
*Deceased	

Principal's Greeting

by Keven Wynkoop '94, BHS Principal, parent, and Golden Beaver Scholarship recipient

As the Principal and third generation Agraduate of Ballard High School, I am so honored to be writing to all of you. Every time I talk to prospective families of Ballard students, I always start by emphasizing the more than 100 years of legacy that makes our High School special. Becoming a Ballard Beaver is not simply about where they are going to attend high school, but it is about honoring the tradition that we hold in our hearts.

Ballard has had another great year in all areas. Our Music program is the best in the City and our Digital Film program is one of the best in the entire nation. The Talisman (the student newspaper) and the Shingle (the yearbook) are consistently recognized for their high quality and innovative articles and just recently our DECA Club (Marketing) sent more than 50 students to State and nine qualified for the national competition. The Spring is a fun time at BHS, as our Seniors are hearing back from all of the amazing collegiate institutions that they have applied to, building towards final decisions being made by the end of April. One of my favorite traditions that has started is for Seniors to wear the college gear of the school they will be attending on May 1. It provides a great sense of accomplishment for the Seniors and it gives younger students something to emulate. Our students give us so many reasons to be proud of them.

Our athletic program has been enjoying another banner year in 2018-19. The Fall saw both Cross Country teams advance to State and the girls team was Metro Champions again. The football team advanced to the first round of the State Football playoffs for the 2nd consecutive year, while being led by coaches that are mostly Ballard Alums. In February, both of our cheerleading squads competed in the State Championship with both tumbling and



now



and then - senior photo

non-tumbling teams winning their divisions. The Winter saw an unprecedented level of success from our Wrestling and Gymnastics teams. Wrestling had four district champions and Kayla Rogers became the first BHS wrestler to ever medal at State. Gymnastics placed 4th in State for the 2nd consecutive year Lianne Kistler won two individual event state championships and placed 3rd overall. I am sure that the Spring will bring even more accomplishments from our talented athletes and coaches. I hope that you can join us at the August Ballard Foundation Golf Tournament and Dinner of Champions, as we couldn't have this level of success without the generous support of alums like you.

This Spring, the Performing Arts Department chose *The Little Shop of Horrors* as the Spring Musical. This is a fun, nostalgic show that will be extremely entertaining. The talent of the performers on stage, the student and teacher created costumes and the lighting and sound effects show what is possible when a group of over 100 talented and dedicated students is led by truly gifted teachers. The talent of our teachers, performers and crew just blows my mind. The show ran from March 14th through the 23rd.

I like to say that "It is always great to be a Beaver" and that could not be more true for our current Seniors. As they are making

continued on page 4

Financial Statement

Ernest Johnson & Company, P.S., Certified Public Accountants
Accountants' Compilation Report

To the Board of Directors,
Ballard High School Golden Beavers Association
Seattle, WA

We have compiled the accompanying statement of financial position as of February 28, 2019 and the related statement of activities by class for the period then ended. We have not audited or reviewed the accompanying financial statements and, accordingly, do not express an opinion or provide any assurance about whether the financial statements are in accordance with the tax basis of accounting.

Management is responsible for the preparation and fair presentation of the financial statements in accordance with the income tax basis of accounting and for designing, implementing, and maintaining internal control relevant to the preparation and fair presentation of the financial statements.

Our responsibility is to conduct the compilation in accordance with Statements on Standards for Accounting and Review Services issued by the American Institute of Certified Public Accountants. The objective of a compilation is to assist management presenting financial information in the form of financial statements without undertaking to obtain or provide any assurance that there are no material modifications that should be made to the financial statements.

The Board has elected to omit substantially all of the disclosures required by accounting principles generally accepted in the United States of America. If the omitted disclosures were included in the financial statements, they might influence the user's conclusions about the Association's financial position, results of operations, and cash flows. Accordingly, these financial statements are not designed for those who are not informed about such matters.

We are not independent with respect to Ballard High School Golden Beavers Association.

Respectfully submitted,
Ernest Jonson & Company, P.S., Certified Public Accountants
March 11, 2019

The Board has elected to omit substantially all of the disclosures required by accounting principles generally accepted in the United States of America. If the omitted disclosures were included in the financial statements, they might influence the user's conclusions about the Association's assets, liabilities, fund balances, revenues and expenses. Accordingly, these financial statements are not designed for those who are not informed about such matters.
See accountants' compilation report.

Ballard High School Golden Beavers Association Statement of Financial Position February 28, 2019			
<u>Assets</u>			
Cash and cash equivalents		\$	38,746
Cash restricted for scholarships			376,552
Total assets		\$	415,298
=====			
<u>Liabilities</u>			
Deferred Income		\$	11,461
Total liabilities			11,461
=====			
<u>Fund Balances</u>			
General fund			22,710
Temporarily restricted funds			470,838
Net income (loss)			(89,711)
			403,837
Total Liabilities and Fund Balances		\$	415,298
=====			
Ballard High School Golden Beavers Association Statement of Activities by Class for the year ended February 28, 2019			
	General Fund	Scholarship Fund	Total
Revenues	\$ 5,850	\$ 2,405	\$ 8,255
Expenses	(7,690)	(58,581)	(66,271)
	(1,840)	(56,176)	(58,016)
Other income (expenses)			
Capital gain income	930	2,789	3,719
Donations		4,661	4,661
Unrealized gain/loss	(9,198)	(27,594)	(36,792)
Investment fees	(821)	(2,462)	(3,283)
	(9,089)	(22,606)	(31,695)
Excess (deficit) of Revenues over Expenses	(10,929)	(78,782)	(89,711)
Fund Balance, July 1, 2018	22,711	470,838	493,548
Fund Balance, February 28, 2019	\$11,782	\$392,056	\$403,837
=====			

President’s Message by Evelyn (Sorrentino) Balch ‘56

Welcome to a new year and I would like to take this time to thank all of you for your support in helping me as your president. I am honored to have been elected president for another year and again will need your support to make it another successful year.

We look forward to seeing you on May 18, 2019 for our annual scholarship luncheon. It again will be held at the school commons area. We are also having a Golden Beavers

update meeting in the school library at 11:00 am; there will also be an art tour at 11:00 AM given by Matthew Kangas ‘67 who is a professional art critic and curator and appears on our wall of recognition. The art collection is owned and maintained by the Ballard High School Foundation.

Our reception is at 11:30 am, and lunch service is at 12 noon.

See you there! Evelyn



now



and then - senior photo

The Ballard High School Golden Beavers Association

The Golden Beavers Association is Ballard High School’s only alumni association. It serves to keep alive the spirit and traditions of Ballard High School. It publishes this newsletter twice each year to keep members

informed and engaged. At its annual spring luncheon, the student scholarship recipients are welcomed and introduced to the assembled members.

When your class is in its 50th year since graduation, you too can join the Golden

Beavers Association and continue the tradition of the Scholarship Program!

For more information, contact Evelyn (Sorrentino) Balch ‘56 at 206-542-2748 or Balchevelyn@gmail.com.

Curious about the Golden Beavers? About the BHS art collection? Come to the luncheon and before lunch...

At 11:00 am in the library, come find out more about what’s going on with the Golden Beavers.

Or, at 10:45 am, tour the nation’s largest public high school art collection! Tour the nation’s largest public high school art collection with well known author, art critic and curator Matthew Kangas ‘67 who is the Ballard High Art Committee chair. He will conduct a guided tour of highlights of the substantial art collection begun before the new building opened. Paintings, sculptures, photographs and prints by alumni and others are meant to enrich students’ daily lives. The tour is free but donations to the art fund are welcome. Joe Reno BHS ‘62, whose work appears in our art collection, will be the guest artist. Meet at the Library. Bring friends!

Visit Us at www.bhsgoldenbeavers.org

Check out our website any time to learn about the Golden Beavers Association and see photos of our Annual Lunch. You can sign up as a member, donate to the Scholarship Fund, and subscribe to The Golden Beaver Log. Plus, find reunion information, scholarship winners, and more. Stay in touch and tell us what you’re up to - visit our website and contact us today!



Join the Golden Beavers Today and Support Our Students!

Yes! I want to support the Golden Beavers!

Name _____

Name at BHS if different _____

BHS class (must be in 50th+ year since graduation to join) _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

The Ballard High School Golden Beavers Association is a 501(c)(3) entity • Federal Tax ID #91-1376567 • P.O. Box 70572, Seattle, WA 98127-0572

Membership and Support

- ☐ Annual Membership, \$25 (runs 7/1 - 6/30)
- ☐ Life Membership, \$100

I would also like to support the Golden Beavers with the following tax-deductible donations:

☐ Additional donation to the General Fund (assists the GB Association & publishes the GB Log, suggested \$20)

\$ _____

☐ Additional donation to the Scholarship Fund (Supports the BHS student scholarships, suggested \$25)

\$ _____

Total payment:

\$ _____

☐ Enclosed is my check (payable to BHS Golden Beavers Association) OR

To pay your dues and/or make a donation online, please visit www.bhsgoldenbeavers.org/join.htm and click on the link under “To Join.”

New librarian transforms library after receiving grant

by Ellie Rice, Staff Reporter
Reprinted with permission from *The Talisman*,
January 15, 2019

A group of chattering teenagers next to a student absorbed in their textbook is an unlikely duo, but somehow they have found a way to exist in harmony. With the direction of the library’s new librarian, TuesD Chambers, and librarian assistant Lindi Wood, the library has been converted into a safe space for collaboration and creativity.

Since the library was awarded a \$100,000 grant award from Farmers Insurance in 2017, the library has undergone major changes. With the money from the grant, the library saw the addition of more electrical outlets and computer stations.

Over the summer the Seattle School District removed the bank of computers from the middle of the library because they were outdated and they were not updating them anymore.

The grant was initially written to remove and replace the computers in the library, but after the District removed them for free, it allowed the library to use it for other purposes. Currently, most of the money is going towards buying furniture and new technology.

“Students hated them, and I don’t blame them,” Chambers said. “The computers in the middle of the room made it nearly impossible for teachers to teach. They had to scream through them.” The District then purchased new laptops to replace the old computers.

The space where the computer bank was is now filled with a wide variety of choices for flexible seating. There are donated pieces from interior designers and new tables for computers.

The team of librarians also added wheels to the bottom of all the tables so classes can move them to maximize opportunities for collaboration.

“We also have bean bags, which I love and hate,” Chambers said. “I love them because students love them but I hate them because students love them...They are so comfy students think it’s sleepy sleepy time. No! It’s get to class time, yo. But they don’t always agree with me...They’re awesome in terms of collaborating and hanging out, they’re not good for getting work done.”

Chambers hopes classes will use the resources provided to learn, and the library will not just be a place to check out books.

“I want this to be a space that students love to go to, I want this to be a space where they feel comfortable, they feel like they’re always welcome. I also want them to feel like this is a place they go to get their work done...I want to make sure it’s not just a ‘shhh’ zone, I do want to provide a space if students need a ‘shhh’ zone, though,” said Chambers.

They have added more technology for students to use such as virtual reality goggles, a 3D printer, and drones. Students are able to use these in a new MakerSpace where they can go to learn and create with different types of technology as a part of the MakerSpace movement that pushes people to get involved and create things with their hands.

“You come here to find out information and sometime that information is hands on, so you can get a book out on how to knit, or you can come to the MakerSpace and learn how to knit,” Wood said.

Chambers’ enthusiasm and dedication to transforming the library also got the district

to put in new carpeting and Wi-Fi hotspots. As for future changes, she is hoping to get new lighting from the district and is buying new furniture, too. With any money left over, she hopes to repaint the library and add posters to organize the library by genre.

“I never want this space to feel like it’s empty, ever...I want it to be the heart of the school,” Chambers said. “In my mind this is the place where all the action happens,”

Students are also using the space before and after school, along with at lunch.

“I eat lunch here everyday,” Said Sophomore Mollie Buchinger. “The lunchroom is very calming and the library is very calming,”

Currently, classes have found ways to utilize the space by using resources such as the interactive projectors and communicating with flexible seating.

“In Biotech we come here with our groups and have this big cohort with 50 people and use the beanbags and tables to work cohesively with each other” Buchinger Said.

“Students need to figure out how to use their time and space,” said Chambers. She



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hopes students will see her vision and properly utilize the resources to make the library the hub for productive learning and collaboration.



TuesD Chambers

Find the original article at ballardtalisman.com/news/2019/01/15/new-librarian-transforms-library-after-receiving-grant/

You see him around Ballard High School. Have you seen this? A book to look for:
Prisoner of the Word: A Memoir of the Vietnamese Reeducation Camps, by Le Huu Tri

New Daniel Chavez Scholarship

Valor in Iraq:
The Daniel Chavez Story



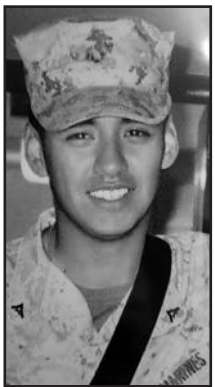
by Jerry Smith ‘66
Daniel Chavez enlisted in the Marine Corps before graduating from Ballard High School in June 2003. Upon graduating, Daniel immediately went into the Marine Corps and was trained as a tank crewman.

in 2005. During the Iraq War, his tank rolled over an IED that exploded and lifted his 70 ton tank completely off the road. The explosion ignited the fuel and the tank started to burn. The Tank Commander ordered his four-man crew to abandon the tank. Daniel got out with the Tank Commander and the Gunner, and then noticed that the Driver was not with them. Daniel went back to the burning tank, climbed

on board and discovered that the Driver hatch had been jammed in the explosion and could not be opened by him or the driver inside. Daniel retrieved a tool on the tank and was able to pry open the Driver hatch and get the Driver LCPL Dustin Birch, out. They scrambled to safety just before the tank exploded and munitions blew through the hatches.

There is much more to Daniel’s story and the book should be published on or before June 9th, 2019.

Valor in Iraq: The Daniel Chavez Story will be available through Amazon, with proceeds to the Daniel Chavez Scholarship, for Ballard High School graduating seniors in 2020.



Principal’s Greeting continued from p. 2

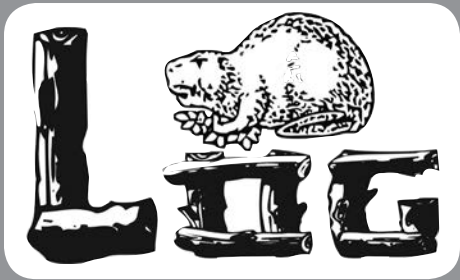
the important decision as to where they will attend College, it makes such a difference to know that the Beavers that have come before them are there to support their dreams with scholarships. In 1994, I was a recipient of a Golden Beaver Scholarship and that recognition

and support meant the world to me and helped me become the educator that I am today. Thank you so much for recognizing this year’s Scholarship recipients and I can’t wait to introduce them to you.

Visit our Annual Lunch page on our website to see photos from last year’s lunch!
www.bhsgoldenbeavers.org

Golden Beaver

Class News



Class of '68

Class Secretary: Mary Pat DiLeva
catlady1@wavecable.com

We are stardust.....we are golden. What better theme to have for the Ballard Class of '68's 50th high school reunion as we join the ranks of the Golden Beavers? October 6, 2018 was a beautiful day in Seattle, made even more special by our reunion where 200+ graduates and their guests came together to celebrate our 50th. We gathered at the Canal in "old" Ballard to re-connect with former classmates and remember our formative high school years. The food was excellent and included wild salmon; de rigueur for Ballardites! We danced to the music of our youth, spun by DJ Todd, until we dropped.... well there were some hardy souls who managed to keep moving until the music stopped. We still have it!! We're just not sure what "it" is. There was a sale and raffle of stuffed "Golden Beavers" with \$1,000 being donated to the Golden Beavers' Scholarship Fund; we hope we've started a tradition of 50th Reunions supporting the Golden Beavers' Scholarship Fund. Even with all the great food, music, dancing and raffle still the best part of the evening was connecting and re-connecting with friends from high school and making new friends of classmates we didn't even know in high school. This was the first reunion for some of our classmates and that made the night even better. The members of the Committee: Vicki Tompkins, Bob and Karen Carlson, Mary Pat DiLeva, Cathy Goodman Hilton, Tom Hawley and Mason Williams received many kudos for their efforts. We truly are stardust.....we truly are golden! - The Class of '68 Reunion Committee

Class of '66

Class Secretary: Bonnie Langsea
206-361-6619 / blangsea@comcast.net

Saturday, September 14, 2019 from 12 noon to 6:00 p.m. is the date for our annual class picnic at Sally-Jo and Ron's majestic village in Maltby, WA. Please visit our website www.ballard1966.myevent.com for details or call Bonnie Langsea at 206-361-6619. Cheers to us and to Ballard High School

Class of '62

Class Secretary: Earl Ecklund
206-783-3903 / ecklund@teleport.com

In 2018, the Class of '62 raised \$1,755 for the Golden Beavers Foundation, including from 7 new members: Lynn Elkins Diessner, Nick Lapins, John Limantzakis, John Miller, Cheryl Fox Olason, Gayle Hussey Robinson and Molly Simonds Wiberg; and from members Earl Ecklund, Blair Leckie, Carol Rossi Lewis and Steve Olson. A membership in the Golden Beavers Foundation supports future success of current grads with scholarships to attend college or a vocational school.

Class of '60

Class Secretary: Carol McLean Jackson
caroldjackson@hotmail.com
FaceBook: Ballard High School Class of 1960

Greetings from your Class of '60 classmates. Hopefully you all are doing well, staying busy and remembering your classmate friends. If you would like me to write about you or another 'mate, let me know. We've all led interesting lives and I'd like to highlight you or someone you nominate! Are you a snow-birder? Where do you land in the winter? Do tell. Ingvar Carlson writes that he would be more than happy to tell all Ballard grads and their families about "repositioning" cruises he's taken out of Seattle/Vancouver BC. Fun-1 or 2 days of dining and dancing... 'fun even for a Swede' he says! Questions or more info: ingvarswedecarlson@yahoo.com, 206.434-9482.

We are saddened to inform you of the following passings: Rebecca Corey in Bonner's Ferry, ID, and Charles "Bob" Robert Nelson, Hayden Lake, ID.

One of our classmates, Dave Woelfert, was musing about the words to the Ballard High Alma Mater-he remembered correctly. It was penned in 1942 by band and orchestra teacher T. Stewart Smith. It was verified by Judy Rikansrud and the BHS Librarian Lindi Wood. Here it is—a trip down memory lane:

There's a school to which we pledge allegiance
Ours she is to us most dear
To her name may we add more luster, glory,
honor, year by year
Her's our pledge for true endeavor
Her's our best in all we do
At work or play her name's the fairest,
Brightest, best, to all who view
Oh Ballard High of thee we sing,
Our voices rise in lusty ring
To honor thee we trophy's bring
Our our dear Alma Mater

Classmates have a good time whenever they are together, right? We all hope you will want to join us for the 60th class reunion in the summer of 2020. When plans are firm you'll read about it in the Golden Beaver Log and, if we have your mail or email address, you'll learn about it that way too.

News also from Arizona: Ronald Boyd Rhinehart passed away on December 18, 2018 in Glendale, Arizona. He was born on April 5, 1942 in Seattle, to William Boyd Rhinehart and Alvera Marguerite Sorlie Rhinehart, later Routson. He grew up in Seattle with his mom, Alvera, and stepfather Ivan Routson.

Ronald joined the Navy or Navy Reserve soon after high school. He married Meridith Sue Frees on March 21, 1970. He worked for the Seattle School District for a number of years; later he lived in Shoreline and Edmonds and ran a sandwich shop in Edmonds for a while.

In about 1993, Ron and his wife, Meridith, and younger daughter, Candace, moved down to Glendale, Maricopa, Arizona, where he drove school bus. A few years later, their older daughter, Veronica, followed them down

to Arizona. They also raised a foster son, Jonathan.

His wife, Meredith (Frees) Rhinehart, preceded him in death about a year earlier on September 22, 2017. He is survived by his daughters and son, Veronica (Rhinehart) Clark, Candace (Rhinehart) Clegg (Aaron) and Jonathan Rhinehart; and two grandchildren.

from Verna (Sorlie) Rossevelt (My father, Morris Sorlie, was the brother of Ron's mother, Alvera Sorlie Rhinehart Routson).

Class of '58

Class Secretary: Judy Olson Rikansrud
206-542-1898 / judyquilt@comcast.net
Additional Class Representative: Norma Joy

On September 28th and 29th of last year we celebrated our 60th year reunion. On the 28th about 70 of us celebrated at Hales Brewery on Leary Way. We had burger sliders and fries and of course beer. On Saturday we gathered at the Ballard Elks for our major celebration. I think there were at least 100 in attendance there. As your past reunion organizer, I want to give a special thank you to our team. Jack McBrady took over the mailing plus mailing costs which was a great help in allowing us to keep costs minimal. John Epler and Mike Drew took over making arrangements and setting up the bank account. Registration through our BallardHighSchool1958.com website was very successful. Ed Robinson made arrangements for Elvis to entertain us and Margie Graff Anderson, Norma Joy, Jean Armstrong Wood and Margie Neill Tegman. Richard Raines of Raines Video Productions produced a video of our classmates that attended the reunion. He interviewed nearly everyone in attendance and I thought the



Group Photo



John Ohlson, Sandy Tynes Hagevik and Gary Cunningham

Golden Beaver Class News



Buster Crook, Clem Gibson and Paul Aslanian



Margie Graff Anderson, Norma Joy and Jean Armstrong Wood

video was well done. You can still order one of the videos for \$35.00 818 SW 3rd Ave #258 Portland, OR 97204

We are sorry to have lost several classmates in the past few months. Walt "Skip" Nelson in August of 2018 and Kathy Minnihan Lea in December of 2018. We certainly will miss them both. Kathy Johnson Theoe Warn is recovering from a recent brain surgery. She is currently undergoing radiation and chemotherapy. Keep her in your prayers.

Our next reunion is already in its planning stage. It will be held again at the Ballard Elks Lodge on Shilshole. The date is October 12, 2019, from 12-4 pm. John Epler is the chairperson and Mike Drew will continue as treasurer. I think the team will be the same as last year. If you are interested in joining the team contact John at 206-722-0812 or johnepler@comcast.net.

Class of '56

Class Secretary:

Additional Class Representatives: Evelyn Sorrentino Balch and Charles J. See

Sadly I have to report to you Sandra (Sandy) Brown Hertz, our class secretary, succumbed to pancreatic cancer on September 21, 2018. When Sandy and I took on writing and editing the news articles for the class of 1956, we agreed that we would never write a sad obituary of a passing classmate. Instead, we would remember the good times we had together and relish those thoughts. In keeping with that tradition, Sandy's husband of 57 years, David, will write a biography outlining the many accomplishments she obtained in her lifetime in the Fall 2019 edition of the Log.

For the past 63 years Sandy was involved in all of the class reunions, picnics, planning sessions for the class of 1956. Sandy was last involved in the early planning sessions for our 80th birthday celebration this past September

12, which she could not attend due to her illness. She passed nine days later.

I had the pleasure of working with Sandy for the last 23 years not only with the reunion events but also as proof readers of *The Golden Beaver Log* from its inception in 2012. This Spring 2019 edition of the Log will be the first edition not involving Sandy.

Sandy can always be remembered for her bubbly disposition we could always relate to as well as her ability to keep the most accurate notes and minutes that anyone could ever adhere.

Gone, but not forgotten. Thank you Sandy, Job on this earth well done.

Charlie See

Class of '55

Class Secretaries: Elizabeth (Beth) Sorrentino Johnson

bethmj55@comcast.net (206) 363-7786

Barb Hippmann Krull

mamakrull@gmail.com (425) 226-3595

The first Saturday of every month luncheon has been moved to Scotts in Edmonds on Ballinger Way at 11:30 A.M.

We're busy pre planning our 65th reunion in 2020!

Class of '53

Class Secretary: Laurie Anderson
raalea@gmail.com

Class of '53 will hold its annual class reunion luncheon on Wednesday, September 18, 2019 at the Seattle Yacht Club. Save the date! A mailing with additional information will be provided in the future.

CONGRATULATIONS: Don Simpson was awarded the highest position in the Seattle Yacht Club: "Honorary Life Commodore." The club was founded in 1870 and he is the 9th person to receive this award. Laurie Detert Anderson was presented the Captain William R. Ballard award in recognition of exceptional contributions to Ballard High School (presented by the Ballard High School Foundation).

Class of '42

From Louie Larsen '42, a past president of the Golden Beavers:

Henning Knudson passed away peacefully on January 9, 2019 at the age of 95. Henning was born in Havre, Montana to Christian and Anna. His family moved to Ballard in 1936. After graduating from Ballard in 1942, he served in the U S Navy in World War II. He was a 1950 graduate of the UW in Business Administration. He is survived by his children Karen Dorr (David), Karla Stettler (Ohil), and Rob, five beloved grandchildren and four great grandchildren. Henning was devoted to his family and his church. He was a volunteer for many years at The Nordic Heritage Museum.

Barbara Jane Christie was born August 6 1924 at The Swedish Hospital in Seattle to Fred and Elsie Christie and passed peacefully on October 14, 2018. Barbara was active in many organizations including Daughters of the Nile, BHS Golden Beavers, BHS Foundation, MOHAI, Children's Orthopedic Hospital, to

name few. She worked at *The Seattle Times* for 50 years and was the head of the Deaths & Funerals section of the paper; she was known as Ms Berg. Barbara loved ice skating and skiing, and was an avid hockey fan. She was preceded in death by her parents and two sisters, Margery and Ann, and many nieces and nephews.

Class of '37

From June Backlund Holden '39 and Charlotte Williams Lenz '40:

Tena Vander Hoek Carver passed away December 25, 2018 at the age of 100. She was born in Lyndon, Washington of Dutch immigrants. She and her family moved to Ballard in the early 1930's and she graduated from Ballard High School in 1937.

Tena was very active in the Golden Beavers for almost two decades. In early 1987, in preparation for the first annual all-class Golden Beavers Luncheon, Tena and Bernice Whiteley Anderson began a push to increase Golden Beaver Association membership. Tena, with her background in business, did much to organize membership recruitment. She obtained a listing of names from Ballard High for each graduating class. Class secretaries were appointed and with the listing of their class names worked to gather address and contact information for each graduate. Membership records were first maintained in a card file but later computerized.

The annual luncheons were huge success, with well over 300 participants. Alumni came from all over the United States to attend. Tena remained in charge of the luncheons for many years.

She was also involved in setting up the Golden Beaver Scholarship fund in 1987, and in 1995 organized the creation of the Golden Beavers cook book which was a successful fund raiser. She was president of the Golden Beavers from 1991-92.

She is survived by her husband of 50 years, Henry Carver III.

Our thanks for recent donations from:

Charles "Neal" Slaughter
Andrea Torland
Lyle Morse
John Hermann
John "Jack" McBrady
Larry Zundel
Vicki Tompkins
Nikolajs Lapins, M.D.
Mary Pat DiLeva and the Class of 1968
Marlin "Lee" Vortman
Larry Holdren
C Blair Leckie
Anna K (Scheving) Freyberg
Earl Ecklund
Donald H Simpson
Jerry E Smith
Paul Forseth
Ronald W Harper
Gretchen Stroh Scheumann

Golden Beaver Class News

For love of the game

Magnolia resident played semi-pro in Seattle, founded Pacific Northwest Football Hall of Fame

by Danielle Chastaine, QAMagNews staff reporter
reprinted with permission from Queen Anne and Magnolia News, 2/5/2019

Despite pushing 90 years old, Magnolia resident Monty Holmes still exercises every day and tries to keep in good physical shape. “I still have six-inch guns,” Holmes said, pointing to his biceps. Holmes’ habit of exercise has stuck with him since his football days, when he played for multiple local Seattle teams. Football is the reason for his two bad knees, but his love for the sport has never faltered. In fact, talking about it sometimes brings him to tears.

“There’s something about being on a team and knowing you all have each other’s back,” Holmes said.

Playing for Seattle
Holmes began his football career his junior year at Ballard High School in 1947, back when the players wore leather helmets and little padding. He was a 200-pound, six-foot-tall right guard. During the city championship game in ‘47, Monty tore his ACL and dislocated his right knee. He took a job at the Athletic Supply store, which was the largest sports equipment store in the area, until he graduated high school in 1949.

He attended Everett College on a football scholarship after high school but tore the same ACL ligament again.

“I took time to heal after that,” Holmes said. “But then I was drafted to the Ramblers.”

The Ramblers was Seattle’s local team before the Seahawks began.

The Rainier Beach Athletic Club became the Seattle Ramblers in 1950, and embarked on a historic run through semi-professional history accumulating a 108-46-3 record, including four undefeated seasons and two league championships, according to the Greater Northwest Football Association.

Don Sprinkle, a longtime coach for Queen Anne teams and King County Sheriff’s deputy, was Holmes’ coach.

It was an exciting time for sports in Seattle. The Ramblers’ first game was against the U.S. Navy Yellow Jackets on Oct. 7, 1950. The team also played the Butte Buzzies, Fort Lewis and more.

Holmes married his favorite love, Shirlee Holmes, in 1953.

Holmes enjoyed his minor football career for four years, until he had a tragic accident on the field. It was a match between the Seattle Ramblers and Portland State University, on a new field in Oregon.

“It was a very new, muddy field,” Holmes said. “And I’m a big guy with sharp cleats. I was planted in the turf.”

During a play, an Oregon player tackled a young Holmes from an awkward angle, and while a majority of Holmes went down, his left leg stayed planted in the muddy turf.

“I felt a bad pain and looked down and saw I tore off my knee cap; it had slid down to my ankle,” Holmes said.

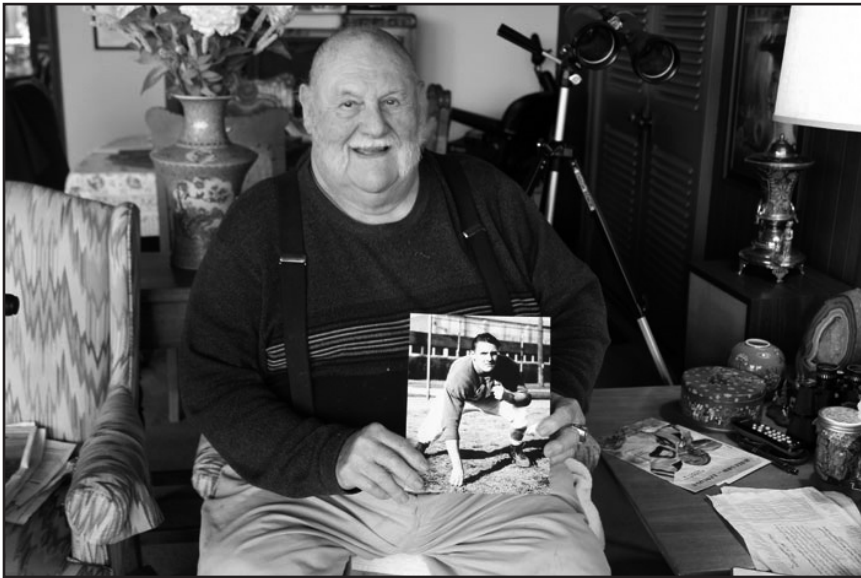


Photo by Danielle Chastaine: Magnolia resident Monty Holmes, 89, holds an old high school photo of himself when he played right guard for Ballard High School in 1947.

Holmes knew he couldn’t play football anymore. He had a wife and a new family to support.

“That was the toughest part of my life, getting over that,” Holmes said.

The team would play the 1963 and 1964 seasons, but the emergence of the Edmonds Warriors, who took many former Ramblers players, meant the team just couldn’t compete in the changing semi-pro scene; the final game would be played at Portland. The Ramblers lost their final game of a 2-9 season and drifted off into history, according to the Greater Northwest Football Association.

Holmes and his wife Shirlee still had a love for the game. Holmes had opened up his own athletic shop, Seattle’s Athletic Award Company, in South Lake Union, back in 1949. They ran the company with their children while supporting local teams and keeping football fever alive in Seattle.

When the Seahawks formed in 1976, Holmes made sure to buy season tickets.

“I was over in Europe on vacation, but I made sure to call in,” Holmes said.

Honoring his heroes
By 1990, when Holmes was 61, he and his buddy Dale Lamb came up with the idea for the Pacific Northwest Football Hall of Fame.

“It started with a reunion banquet in 1990,” Holmes said. “But we wanted it to be an annual banquet.”

The organization began with a 12-member board comprised of players, coaches and fans. Each year the board would vote for the best players and football leaders of the year.

Soon a plaque listing honorees was hosted at the old Kingdome.

Holmes participated heavily in the football scene for more than 10 years, and watched it change from the game he used to play to what it is today.

The biggest change, besides the better protective gear, is the money.

“It’s so commercialized,” Holmes said. “I think it’s taken the gut fun out of some of the game. But I still love it.”

Holmes and his wife stayed with the hall of fame until 2003, when they chose to retire and spend time with their family and friends.

Dave Enslaw ran the hall of fame from 2004 to 2017, and in 2017 the Seattle Sports Commission took the reins.

Seattle Sports Commission executive director Ralph Morton said his organization worked with the founders to make sure the tradition stayed alive.

“We saw something that would be a good opportunity if we put a little energy into it,” Morton said. “It’s really trying to continue a tradition. Looking at a long-term path of sustainability and moving it forward.”

Morton said the SSC chooses about five to seven honorees from pro to minor league players, coaches and leaders.

“It becomes a broad section of the legends that have been around the region,” Morton said. “Football really is a big part of our history.”

Holmes said he is happy to see the SSC take over the organization and hopes the list of names at CenturyLink Field keeps growing.

After Holmes lost his wife a little more than a year ago, football memorabilia, family photos and mementos decorate his Magnolia home. For Holmes, football is still his second-greatest love.

“It’s just one of those things; a group of friends and you have each other’s back. We played for the love, not the money.”



Monty Holmes, 1949 Shingle

We’re always looking for your news!

Don’t see contact information for your class in the Class Notes? Visit www.bhsgoldenbeavers.org/contact.htm or contact Golden Beaver Vice President Dick Lee at rjlee@seattleschools.org to find your class representative today!

Are you changing your address?

The Golden Beavers want to know! Please email your new address to rjlee@seattleschools.org.

Deadline for submissions for the Fall 2019 Issue of the Golden Beaver Log August 18, 2019

Golden Beaver Class News

Ode to the Seattle Viaduct *by Magnhild Trigstad Meland '60*

There’s something about crossing this bridge—
the singing of tires rising over humanity,
once built by humanity; always there to
connect
from home to work, and back again; or for
driving
into a weekend, marveling at activities on
Puget
Sound; piers aligned with vessels, signed with
flags
lazy flutters, buttoning those sunshine days.
This measured sun of Seattle seems to fold
away—
Nature shifts its garments; window wipers
take
out their swords, tires spray, chopped
buildings
stream by...a staccato wind slices through
cracked
panes— Earth shakes, voices roll “Is there
more?”

Through it all, this Seattle bracelet holds its
coils.
The Alaskan Way Viaduct, 65 years—crowned in
service,
honored now; its impending demise scheduled
for burial
in the bowels of the Battery Street tunnel—this
married couple, tumbling into rest together.

*Magnhild’s father had a key role in the
construction of the viaduct. She adds:
I had the pleasure of walking the “old and the
new” tours on February 2nd, with multitudes
of other Greater Seattle walkers. The
experience brought back happy memories
of my childhood walks with Dad on the
unfinished project. The viaduct/tunnel has
served its time. Now, our new tunnel streams
into the future.*

Looking Into Student Life

If you want a look into the life of a Ballard
High School student in 2019, take a look at
The Talisman online. You’ll find articles on
News, Opinions, Features, Sports, and Arts &
Entertainment. The Golden Beaver Log brings
you a few reprints every issue, but there’s so
much more. A sampling of recent headlines
includes:
Alumni give back through gifting all the
art pieces in the building

- Lights put on field as part of district wide
project
- Book club works to raise sexual assault
awareness
- Wave of vaccine hesitancy causes state of
emergency
- Immigration Q&A
- Man attempts to spark political chaos
- Students sort picture books for
underfunded elementary libraries
- Meet the Anti-Bullying Club (reprinted in
this issue)
- New librarian transforms library after
receiving grant (reprinted in this issue)
- Nicotine addiction increases among
adolescents
- Digital filmmakers honored across country
- Girl on the wall
- A dream in the making
- International student arrives late into the
first quarter

Where Your Generosity Leads

(May 12, 2018)

Mr. Jack Lawson, Scholarship Chairman
Mr. Jerry Smith, Ballard Nineteen Scholarship Sponsor
Ballard High School Golden Beavers Association
P.O. Box 70572
Seattle, WA 98127

RE: Thank you from Elliot Johnson – Scholarship Recipient

Dear Messrs. Lawson and Smith:

Concurrent with attending your annual luncheon, I wish to personally thank you for your
consideration and generosity associated with granting me the Ballard 19 scholarship in the
amount of \$1,000.

Your consideration will be gratefully utilized to support my attendance at Washington State
University this fall, during which I will be enrolling initially in a non-scholarship NROTC program
to support my career objective as a future United States Naval officer.

Again, thank you for your consideration as it is greatly appreciated.

Respectfully,

Elliot Johnson
3535 NW 60th
Seattle, WA
98107
Ecjohnson2018@gmail.com

In Memory Of Vivian Belcher: March 3, 2019

If you visited the school, you probably saw
her: Ballard High School’s Administrative
Secretary and winner of the 2015 Washington
State Educational Office Professional of the
Year award. She will be missed.



Photo by Ruby Stauffer, from *The Talisman*,
March 13, 2015; reprinted with permission.

In Memoriam

Acknowledging those whose loss has been reported to us since last fall. (October 1, 2018 - March 1, 2019)

Jo Bell '48
Bette Bendele '63
Roberta “Bobbie” Davis Barcott
'43*
Kathy Coffin Callaghan '65
Barbara Lynne Ballard Carl '56
Lawrence “Larry” Caruso '64
Teuna Huigerina Vander Hoek
Carver '37 *

Barbara Jane Christie '42*
Carol Ann Cravens '67
Susan Beideck Crossen '59
Margaret Melver Daken '34*
Sylvia Johanne Torget Ferchen '45
Terry Joe Goodman '55
Linda Sue McKinney Healy '68
Sandra (Sandy) Brown Hertz '56 *
Alice Elizabeth Johnson Anderson '36 *

Dorothea Lucille Karabach Holt '47
Virginia Chambers Horton '37 *
Henning Knudson '43 *
Kathy Minnihhan Lea '58*
Dennis Long '58
Walt “Skip” Nelson '58
Nancy Lervaag Plews '60
Ronald Boyd Rhinehart '60
Lisa Schloredt Sawtell '62

Gale Shurtleff Schmidt '64
Mary E. Abbey Wandler '53
Robert Wilson '55 *

*Golden Beaver Member



Who is that Scholarship Named For? A Brief Introduction to Our Self-Directed Scholarships.

We have been introducing you to the people honored in our scholarships established in honor of and named after Ballard alumni, students, and benefactors. We hope you will enjoy learning about the stories behind the names. In this issue, let Laurie Detert Anderson '53 tell you about:

Scholarships established by Laurie Detert Anderson '53 in honor of Thomas E. Detert '48 and Captain Richard (Dick) Anderson

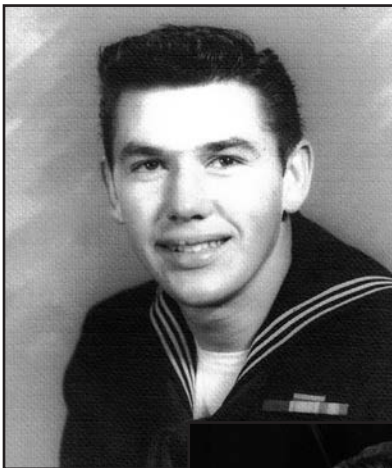
Thomas E. Detert '48

My brother and I were just babies when our parents left Montana for Seattle, where our grandparents were living. Tom and I were just 15 months apart in age so ended up being very close and he was my protector in life. Upon graduation from Ballard High School he spent a year or two at Everett Community College but eventually ended up working at Boeing and then owning his own business in Greenwood. Tom married Rochelle Burke, another Ballard grad, and they had two sons, Steve and Greg, and 3 grandsons and a granddaughter. A few years ago my brother was diagnosed with lung cancer and six months later passed away. It was then that I thought there should be something to commemorate his memory and I, as a Golden Beaver, decided a scholarship in his name would be a lasting tribute to him.

Captain Dick Anderson

Dick was born in Wisconsin but, at an early age, moved to Mount Vernon, Washington with his parents and sister and brother, and graduated from Mount Vernon High School. He then enlisted in the Navy where he discovered his love of flying. After the Navy, he took advantage of the GI Bill and enrolled in the University of Washington, graduating from the Business School. He then applied at United Airlines, was accepted and the rest is history! His 35 plus year flying career with United was the dream of his life and his business school acumen assisted him with his financial success. In 2001, at the 50th anniversary of his graduation from the UW, his wife, Laurie, talked to the Dean of the Business School about setting up a scholarship in his name.

Dick insisted it be in both of our names so the Richard A. and Laurie Anderson MBA Endowed Fellowship was established. Education has and always will be at the forefront of my life and that is why the Golden Beaver scholarship was established in Dick's name.



Top to Bottom:
Thomas Detert, Captain Dick Anderson,
Laurie Detert Anderson

Laurie Detert Anderson '53

I was born in Hinsdale, a small Montana town, but my family moved to Seattle when I was just 6 months old. My grandparents were living in Ballard so it was natural that we moved to Ballard also. It was such a fun time in my life -- going to West Woodland grade school, then to James Monroe Jr. High and finally to Ballard High School. I sang in the choir and played the bass in junior high; sang in the choir in Ballard High. I was always a high achiever and when I was a junior I was put in classes with the seniors. But, I had a great time with many girlfriends and I was a cheerleader my Senior year. An opportunity arose with the offer of a scholarship to Stanford. However, my parents knew they could not afford the out-of-state living expenses so that was out of the question. Somewhat defiantly, I enrolled at the U of W night school, while holding down a full time secretarial job during the day. I did not graduate from the UW, putting all of my efforts into working and saving money. But life was fun with many friends and getting married. Unfortunately, my husband died in his 50s from a massive heart attack. At that time I was Executive Assistant to the Chairman of Burlington Northern Railroad's subsidiary, Glacier Park Company - the real estate division of the BN. Luckily I met Dick Anderson a few years later and, in 1985 became his wife. When he retired as a Captain with United Airlines I was also able to leave the work force and we traveled around the US in a motor home. We also enjoyed a partnership condo on Maui and eventually a home in a gated community, also on Maui. It was during this time that Dick and I became "real UW Huskies" as we established an MBA Endowed Fellowship at the UW which eventually put us into the category of Laureates at the UW. My motto became "do your giving when you're living, then you're knowing where it's going."

From 1988 to, and including, 2018, Ballard High School students received 311 Golden Beavers Scholarships for a total of \$646,773.07.

Thank you to :

Facebook/Oculus for their generous grant of VR and computer technology /equipment.

Shoreline Community College Foundation for their support of our GAINS student scholarships.



2018 Golden Beaver Scholarship Winners with Principal Keven Wynkoop

Join us for The Golden Beavers 32nd Annual Scholarship Luncheon, Saturday, May 18, 2019 at Ballard High School

Ballard Alumni in the SPS Athletic Hall of Fame

Do you know about the Seattle Public Schools Athletic Hall of Fame? Created in 2017 to celebrate the accomplishments of outstanding SPS high school student athletes, teams, coaches, administrators and athletic supporters, it now boasts four inductees and an award winner from Ballard High School.

In March 2019, Don Bies '55 and Sue Stimac Verduin '78 entered the SPS Athletic Hall of Fame to join previous inductees Earl Johnson '37 and George Irvine '66. Dick Lee '61 was awarded the Frank Inslee Athletic Administration Service Award, created this year to recognize an individual who has made significant contributions to positively impact student-athletes.



Don Bies
with MC Paul Silvi



Sue Stimac Verduin
with MC Paul Silvi



Dick Lee
with Governor Jay Inslee

Find their high school photos on page 1!

Capt Ballard Award to Laurie Detert Anderson

The Captain William R. Ballard award is given in recognition of exceptional contributions by individuals or businesses to Ballard High School. Laurie Detert Anderson '53 is a major supporter of the Golden Beavers. She is a past recording secretary, a member of the scholarship committee, chair of the Annual Scholarship Luncheon,

and a very, very generous donor in support of Beaver scholarships. In addition, Laurie has supported the BHS Foundation by contributing in support of the GAINS initiative and was a generous donor supporting the startup costs for the upcoming 2020 Endowment Campaign. In addition, Laurie's generous Beaver spirit will help many future generations of Beavers,

as she has named both the BHSF and the Golden Beavers in her estate planning. We hope it is many years before this phase of her support is realized as we love having her good humor and gracious involvement in all BHS activities.



Participation in girls wrestling reaches record high

by Keely Carolan, Copy Editor

Reprinted by permission from *The Talisman*, January 15, 2019

In what is traditionally a male-dominated sport, the wrestling team continues to break stereotypes as this year, female participation is higher than ever. What started out a few years ago with just one girl on the team (senior Kayla Rogers) has since blossomed into an intense and growingly diverse community of people who share common goals.

This season the team has around 27 members total, including seven girls. The coed sport does not separate when it comes to practice or competitions. As new recruits sophomore Ava Olsen and junior Jasper Swift point out, this is one of the things that brings the team closer together.

"What we're doing is very physical," Olsen said. "You have to be able to work with the people on your team pretty well. The girls on the team especially, because this isn't something that girls normally do. Out of most sports we're probably the closest group of girls on a team."

Wrestling is not an easy sport. It requires a special kind of grit to willingly put yourself in a situation where the goal is to physically take down your opponent. "Everyone is really dedicated, everyone works super hard," Swift said. "Everyone has this mentality of wanting to be the best that they can be, so everyone tries super hard at practice. No one's going easy...It's not a 'slack off' sport at all."

The intensity of the sport, along with the time commitment, makes wrestling a little different from the atmosphere that you get with most school sports. "It's gratifying because you work so hard every day," Swift said. "When you finish, you feel so good about yourself. You're like, 'I just beat people up for an hour and a half and then I ran!' Nothing makes you feel any happier."

Coach Jared Daniels has been with the team for the past four years, and has described the season as an emotional one-the seniors that are graduating this year were his first group of freshmen when he started coaching. One of



Captain, senior Kayla Rogers, goes over sophomore Zoe Burnstead's first match.
Photo by Bruce Miyake

his goals when growing the program here was to start out by building a bigger girls team.

"I felt like if the girls were really successful, and they can be right away, that the boys would kind of follow," Daniels said. "I think this year we have a chance to do that, because we have some strong young ladies... This is something that everybody can take with them in their future. It makes them stronger, and it builds an 'I can' attitude."

Daniels pointed out how seniors like Kayla Rogers have been pivotal in recruiting more members, along with the team's current managers, former wrestlers Sam Swainson and Elle Murray.

"They have been the best managers, they have just been huge for us. Sometimes [wrestling] is not for everyone, but they loved the environment, the family, and the sport, and they wanted to still be around it so that's how they're doing it."

It doesn't take long for new members to become enveloped in the infectious energy

that the team brings. "I feel like we're all very there for each other," Olsen said. "It's a diverse group of people, so it helps you to sort of see different walks of life just from being on the team and having those connections with new people."

This community, along with the sense of self-ownership that wrestling grants its participants, is a large reason why so many people are drawn to it. "I think that young women are more drawn to a sport like wrestling these days than they ever have been," Daniels said. "When I was in high school we would have one or two come out every year. It was definitely not common."

Though Daniels says that the season has been a productive one so far, and the team has won eight of their ten league meets so far. Don't miss senior night on January 22, where the team will be competing against Roosevelt.

Find the original article at ballardtalisman.com/sports/2019/01/15/participation-in-girls-wrestling-reaches-record-high/

Meet the Anti-Bullying Club

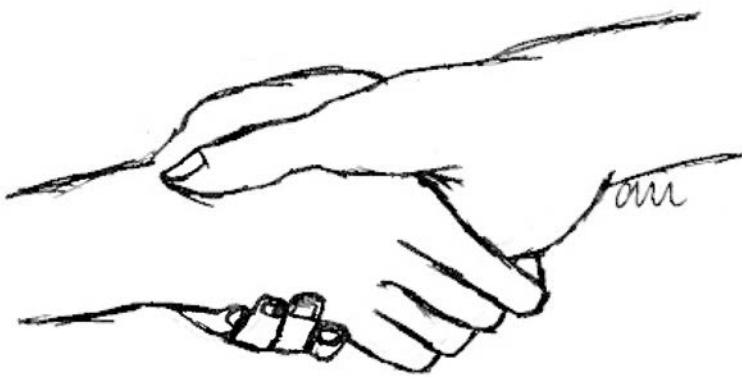
by James Kerrigan, Staff Reporter
Reprinted with permission from The Talisman,
January 15, 2019

A new club has surfaced due to the quick action of history teacher, Alec Aeschlimann, and founder and president, sophomore Danny Welsh. The Anti-Bullying club began when Welsh came to Aeschlimann with the idea of starting a club where students could build new relationships and discuss their experiences as victims of bullying.

“There’s so many people that I’ve felt like I wanted to help,” Welsh said. “I felt like it was my job to help them... to this day I thought it would be cool to come up with a club which has always been in the back of my mind, and it’s become a reality.”

The Anti-Bullying club began when Welsh came to Aeschlimann with the idea of starting a club where students could build new relationships and discuss their experiences as victims of bullying.

“The second he mentioned it I was enthusiastic about it, thinking it would be a great resource...a great place for people who want somewhere where they can share their story,” Aeschlimann said. “The staff does a good job of trying to be aware of what’s going on and will try to root out those issues



Artwork by Claire Moriarty, Co-Editor in Chief

in general but there are always things that go unnoticed.”

According to stop bullying.Gov, an estimated 160,000 students miss school everyday out of fear of attack or intimidation by other students. 6 out of 10 students witness an act of bullying everyday, and 1 out of 10 students who drop out of school do so because of bullying. Yes, schools are prepared to take action when it goes noticed, but when it doesn’t, bullying can take control over a victim’s life, often leading to self harm.

“People die from bullying, people dropout of school, people develop scars and experience

traumas that last their whole lives,” Aeschlimann said. Victims of bullying often feel the need to find a place where they can feel comfortable being themselves and sharing their experiences as a method of healing.

Meetings have focused heavily on members becoming comfortable with each other through meaningful discussions, powerful moments and club activities, including poster making as a form of advertising the club across the school.

With only a few members and a handful of meetings, the club is still within its beginning stages with meetings focusing on sharing experiences with bullying and developing friendships amongst each other.

“Anything we can do to make people’s experiences at Ballard better, I’m happy to be a part of that.” Aeschlimann said.

Meetings for the Anti-Bullying club are every Tuesday after school from 3:35 to 5:00.

Find the original article at ballardtalisman.com/news/2019/01/15/meet-the-anti-bullying-club/

The weight training program welcomes more students than ever

Strength coach talks about the changes and improvements that occurred this year

by Paige Anderson, Staff Reporter
Reprinted with permission from The Talisman,
January 15, 2019

After the weight room was remodeled in October of 2017, special education assistant and head coordination of the weight room, Colin Matthiesen took over the program and altered it completely, inspiring students to improve their physical and mental health.

Weightlifting sessions are held before and after school and alternate days each week. Matthiesen plans very generic, broad workouts that can be applied to every athlete and can be altered if needed to better fit the student.

Before the program was under Matthiesen’s control, at most 30 students would attend a session. Now, over the course of a week, the program sees over 200 athletes from every sport.

“I was frustrated with the lack of involvement,” Matthiesen said. In order to get more athletes to participate, Matthiesen began talking with other coaches to help increase interest in the program.

“The kids have fun when they come in here,” Matthiesen said. “When other people come in, they feel the atmosphere and want to come back.”

Since the program has grown so much over the past few months, Matthiesen hopes to get an assistant. Safety is his main priority and having someone else who focuses primarily on lifting can ensure that no one gets injured.

“We have a lot of bodies and safety is always my number one thing,” Matthiesen said. “I want to make sure we have enough eyes.”

Matthiesen is currently getting help from other coaches and his captains such as senior, Alec Sigmar. Sigmar was first introduced to

the weight program when he was a freshman and continues to attend the sessions to stay in shape for wrestling, football and baseball.

“It’s something I enjoy because I get to push myself to new limits and continually better myself,” Sigmar said. “I find myself in a better state than I did the day before.”

The feeling of pushing yourself is one many other athletes strive for, such as senior Freeman Marshall who was introduced to the weight program through cheer.

“When I’m at weight room, I really get to focus on me and my self-improvement,” Marshall said. “It really helps me push myself to be better without having anyone else pushing me to do it.”

Marshall and Sigmar were picked this fall by Matthiesen to be captains for the program along with senior Ana Marbett, junior Jack Berard and sophomore Peter Fathi.

“I feel a lot of responsibility for me to encourage and teach the younger girls coming to be stronger,” Marshall said.

With the help of Marshall and Marbett, Matthiesen was able to welcome many female students to the program who participate in cheer, wrestling, basketball and many other sports.

During the first week of summer, an all girls session was held and over 40 females attended. Although it was originally supposed to be for the one week, it was so successful, Matthiesen decided to offer the session for the rest of summer.

“With girls like Ana and Freeman who have become very strong, girls can look at them and know that they can do it,” Matthiesen said.

Last September the weight program was just a place where a few students would go to stay



Colin Matthiesen, left, coaches an athlete during morning practice.
Photo by Julian Whitworth, Photo Editor

in shape, now it’s a community with a mix of males and females from all different types of sports who go to improve their mental and physical health.

Find the original article at ballardtalisman.com/sports/2019/01/15/the-weight-training-program-welcomes-more-students-than-ever/

CALENDAR

Dates to Remember

32nd Annual Golden Beaver Scholarship Luncheon

11:30 A.M., Saturday, May 18, 2019
Ballard High School, 1418 NW 65th Street,
Seattle WA 98115

Deadline,
Fall Issue, Golden Beaver Log
August 18, 2019

Golden Beavers Board of Directors Meetings

Thursday, June 13, 2019
Thursday, December 12, 2019
Our Redeemer’s Lutheran Church

Class Reunions

See Class Notes for Details
or visit

<http://www.bhsfoundation.com/index.php/stay-connected/reunions> or
www.bhsgoldenbeavers.org/reunions.htm

Class of '74 (45th)
Saturday, August 17, 2019
7:00 pm
Salmon Bay Eagles (5216 20th Avenue NW,
Seattle, WA 98107)
Contact: Keith Hansen on Facebook

Class of '69 (50th)
Saturday, September 14, 2019
6:00 to 11:00 pm
Reception buffet and no-host bar
Inglewood Golf Club (6505 Inglewood Road NE,
Kenmore, WA 98028)
Guests welcome
Attire: Evening Casual
Classmate Basic Package: Reunion and
Classmate Connection \$105
Reunion price increases June 25, 2019
Contact: Judy Iverson Helstad on Facebook

Class of '66 (53th)
Annual Class Picnic
Saturday, September 14, 2019
Sally-Jo and Ron’s in Maltby, WA
www.ballard1966.myevent.com

Class of '64 (55th)
August 17, 2019
5:00 pm to ?
Sluggers Bar & Grill - 12506 NE 144th,
Kirkland, WA 98034
\$15 per person
No host bar, no host open food menu
Reservations taken until capacity is reached
Mail reservation and checks to:
Ballard High School '64 Reunion
PO Box 33054, Seattle, WA 98133
Contact: Melinda Walsh Lamp,
mwlamp@gmail.com
Facebook Page: Ballard HS Class of 1964

Class of '58 (61st)
Saturday, October 12, 2019
Ballard Elks, 12:00 - 4 pm
Contact: John Epler, johneppler@comcast.net
or Ed Robinson, erobkt@comcast.net
ballardhighschool1958.com

Class of '53
The Class of '53 will hold its annual class
reunion luncheon on Wednesday, September
18, 2019 at the Seattle Yacht Club.
Save the date!



Did we have snow this year?

Looking for more information about BHS?

Check out these sites:

- Ballard Performing Arts:
www.ballardperformingarts.org
- BHS Athletic Booster Club:
ballardathletics.org
- The Talisman: www.ballardtalisman.com
- PTSA: www.ballardhighschoolptsa.org
- Ballard High School Foundation:
<http://www.bhsfoundation.com>
- Ballard High School main site home page
- includes links for school activities, special
programs, news, newsletters, and more:
ballardhs.seattleschools.org

The Ballard High School
Golden Beaver Log

Editorial Board
Dick Mitchell '51
Judy Rikansrud '58
Richard N. J. Lee '61

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Design & Graphics

Publisher
The Ballard High School Golden Beavers
Association
PO Box 70572
Seattle, WA 98127-0572

Distribution/Marketing
Charlie See '56

Production
Marjorie S. Goldfarb, Bits & Pages

Check out this photo from the Big Snow of
January 1950, courtesy of Joel Niemeyer.

Ballard Downsizing

Lincoln High School is reopening next fall -
and that means Ballard High School will
be losing students as Queen Anne students
move to attending Lincoln. Our enrollment
will shrink by about 300 students, and, in
consequence, we will lose about 15 staff
members. More details to come as the year
develops...

Keep in touch with the news at BHS - sign up
to receive The Ballard Talisman at
www.bhsfoundation.com!

Support our Scholarships - Donate now!

Visit us at www.bhsgoldenbeavers.org
to donate online
or contact Golden Beaver President
Evelyn (Sorrentino) Balch '56 at
206-542-2748 or
Balchevelyn@gmail.com

Then come to the scholarship lunch
and see the good you are doing in
action!

What's Inside

- Principal's Greeting
- Class News
- In Memoriam
- The New BHS Library

- Girls' Wrestling
- Anti-Bullying Club
- Who is that Scholarship Named For?
- And More...