

## What is an alum?

The words Alumna and Alumnus, and their derivatives, come from the Latin word, *alere*, which means to nourish or be nourished.

**Alumna** (noun, singular) female graduate or former student of a school, college, or university.

**Alumnus** (noun, singular) a male graduate or former student of a school, college, or university.

**Alumnae** (noun, plural) female graduates or former students of a school, college, or university.

**Alumni** (noun, plural) both male or male and female graduates or former students of a school, college, or university.

We hope our alumni have been and continue to feel nourished by Seattle Lutheran High School. This publication is for you and we look forward to your feedback so we may continue to improve it and communicate with our Saints on a regular basis. Please contact the Development Office with questions, corrections, [jflohr@seattlelutheran.org](mailto:jflohr@seattlelutheran.org) or 206.537.7722 ext. 20

facebook

Please "Friend" us on Facebook at Seattle Lutheran High School for good news and information.

## Seattle Lutheran by the numbers:

**32** Number of original founding churches supporting SLHS

**10** Number of churches now supporting SLHS

**99** Percentage of the Class of 2012 who matriculated to college and university

**85** Number of students attending the first year of SLHS in 1978-1979

**1238** Total number of Saints Alumni

**10,800** Tuition for 2012-2013

**12** Number of International Students attending SLHS 2011-2012

**2** Number of SLHS Alumni teaching here this school year

 **Seattle Lutheran**  
HIGH SCHOOL  
Seattle Lutheran High School  
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## Spotlight on Alumnus, Michael Godsey '88

Since graduating in 1988 from SLHS, I have done many different things. I started by getting my undergraduate degree from Concordia (College) University in 1992, after which I taught in a Lutheran Elementary school for a year before heading to graduate school. I got my Masters in Chemistry from the U of Oregon in 1997, and my PhD in Biochemistry and Molecular Biology from Oregon Health and Science University in 2001. After that, I went to do postdoctoral work at the University of Illinois in Chicago for three years (2002-2005) before returning to Concordia as a professor of chemistry. I have been at Concordia since 2005.

Jay Radmer was my Chemistry teacher at SL. He challenged me to think about things in new ways, and pushed me past the way he pushed most of the class. For our unknown identification lab, we were each given a different sample of solution or powder and required to determine what elements were present through a series of chemical tests; mine was a non-descript white powder. Mr. Radmer told us that they were each at least partially soluble in water, so when I went through all the tests and they were all negative, I determined (with two days left) that mine was not soluble in water after all. I decided to dissolve my powder in hydrochloric acid and recalibrate the tests. In the end, I determined that he had given me chalk dust directly from the chalkboard, just in time to turn in the assignment.

The best part of being a professor at a small, Christian, liberal-arts university is the opportunity to work with really amazing students and colleagues. To be able to share what I love with students who have similar interests and such fantastic potential is very exciting. These days, I am working on teaching chemistry and biochemistry to future nurses, doctors, and scientists. I even have some small research projects going in the lab on which students are working actively, including thesis students.

Outside of my official job, there are several other areas of my life that really began or were developed during my time at SL. While at SL, I took part in many of the drama productions. Since then, I have been in about 40 professional, community, and college plays and musicals, and am now the Artistic Director of the Portland Actors Ensemble, the troupe that has been performing summer Shakespeare in the Parks for over 40 years in Portland. While at SL, I was on the track and cross-country teams, and I am now training for my fifth marathon.

Only God knows what the future holds, but I'm sure that it will be continued blessings along the same lines.

Peace,  
Michael

## Shirley Vradenburgh Retirement Party A Tribute to Shirley Vradenburgh

For 33 years Shirley Vradenburgh has worked on behalf of SLHS students. Her time in the classroom was spent helping students learn the geography of our ever-changing world and the importance of history in today's world. Shirley has been instrumental in helping Saints navigate the daunting tasks of applying to college and determining where to go to continue their education.

Please join us on Friday, June 15, 2012 from 5:30 pm - 9:00 pm to honor Miss Vradenburgh upon her retirement from Seattle Lutheran. The celebration will take place in the gymnasium, concelebrated with the Alumni Reunion.

## REUNION INFORMATION

The Class of 1988 is planning a reunion for summer of 2013. Please contact your classmates on Facebook at SLHS Class of '88 - 25 Year Reunion 2013 for more information.

The Class of 1992 has their reunion planned for August 17-19, 2012. Please contact Tracy Dart [tdart74@gmail.com](mailto:tdart74@gmail.com) or Jennifer Witsoe [jennifer@mediability.net](mailto:jennifer@mediability.net) for more information.

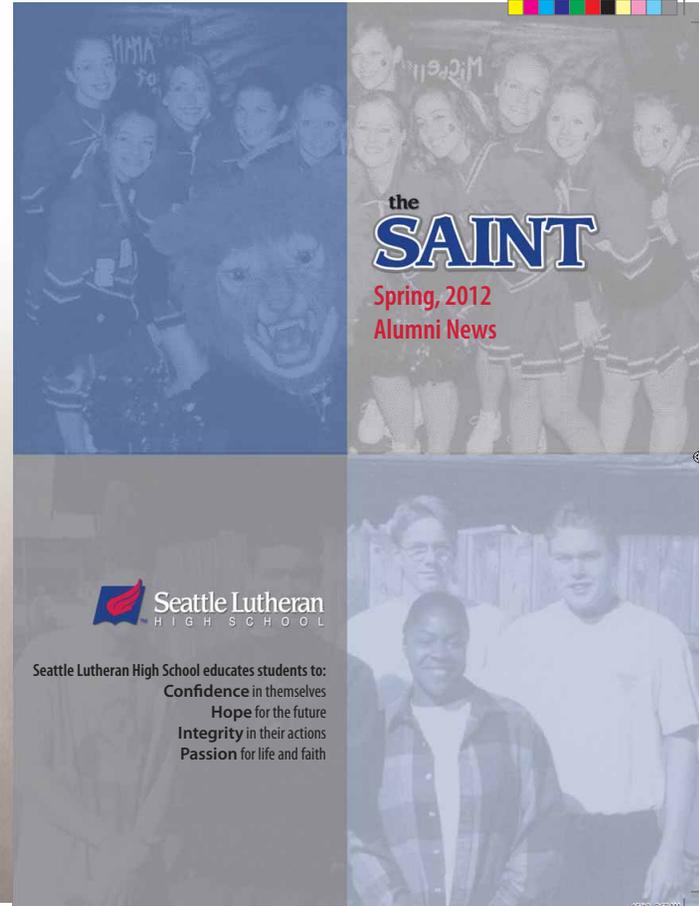
## & ANNUAL ALUMNI REUNION

Friday, June 15, 2012  
5:30 pm - 9:00 pm

**Please join us for the second annual Alumni Reunion!**

Plan to meet up with your classmates and former teachers, participate in a special tribute to Shirley Vradenburgh who is retiring, enjoy food and drink with friends, and catch up on life and happenings with friends and Seattle Lutheran High School.

**We look forward to seeing you there!**



**the SAINT**  
Spring, 2012  
Alumni News

 **Seattle Lutheran**  
HIGH SCHOOL

Seattle Lutheran High School educates students to:  
Confidence in themselves  
Hope for the future  
Integrity in their actions  
Passion for life and faith

**Shirley Vradenburgh** has taught, mentored, helped and supported students at SLHS for 33 years. She retired this June and hopes to see all her students and friends here June 15 at 5:30 in the SLHS gymnasium for her retirement party. Shirley hopes her retirement party establishes an annual alumni gathering the third Friday of June with her retirement being the kickoff for this annual alumni gathering. Below are Miss Vradenburgh's responses to the Proust Questionnaire.

**What is your idea of perfect happiness?** Spending time with friends and/or traveling to explore new places, learn about people and places

**What is the trait you most deplore in others?** Dishonesty or lying

**Which living person do you most admire?** Three people who have been mentors for me – two history professors, Iwanie Brantot and Rudy Heinze, who encouraged me to pursue my graduate studies in history, and Bob Christian, who was a great mentor in Christian ministry. (Although no longer living, Pastor Emil Jaech was another mentor, who was very instrumental in my becoming a Lutheran school teacher.)

**What is your greatest extravagance?** Traveling – most recently, I enjoyed an amazing river cruise from Moscow to St. Petersburg, Russia, last summer with Lorna Biernacki Olson, a longtime Hope teacher. I never thought I would set foot in the Kremlin or Red Square or experience "Swan Lake" ballet in the historic Hermitage Theatre in St. Petersburg. I hope some more traveling will be among my future experiences.

**When and where were you happiest?** In my early years of teaching, I embarked on an incredible, educational trip across Asia, the Middle East, and Europe, including behind the Iron Curtain. It was the perfect opportunity to broaden my horizons and my knowledge of history, geography, and cultures, which were the basis for much of the courses I taught. It was truly a life-changing experience and the trip of a lifetime.

**Which talent would you most like to have?** I would like to be able to play the piano and sing.

**What do you consider your greatest achievement?** It has been my privilege and joy to have the opportunity to share in Christian ministry with many great teachers and staff through 40 years in Lutheran Schools in St. Louis and at SLHS. Having the opportunity to work with so many wonderful young people, whether preparing them in the classroom for the next level or helping them through college advising to reach for their dreams and goals in life has been a real pleasure. I especially enjoy hearing from former students about their accomplishments and experiences since high school as they have developed and followed their passions.

**Where would you most like to live?** I love West Seattle. I was very happy to return to West Seattle after teaching and going to school in the Midwest for several years. I was grateful for those experiences, but it was good to come home.

**What is your most treasured possession?** Other than my Bible, my most treasured possession is my photos, which hold so many memories of people, places, and events.

**What is your favorite occupation?** Being of service to others – working with students at SLHS, volunteering at Providence Mt. St. Vincent, and taking photos of events at SLHS & the Mount all bring me joy. I also enjoy travel, photography and spending time with friends.

**What do you most value in your friends?** Christian love, kindness, and sincerity form the basis of solid friendships.

**What is your motto?** "Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ." Romans 5:1  
As a result, we can "live each day to the fullest." S.H. Payer

**The Proust Questionnaire** has its origins in a late 19th century parlor game popularized, though not devised, by Marcel Proust, the French essayist and novelist. Proust believed that, in answering these questions, an individual reveals his or her true nature. In an effort to get to know our teachers better, we asked long-time teachers, Bob Dowding and Shirley Vradenburgh to respond to the Proust Questionnaire.

**Bob Dowding** has taught and coached at SLHS for 18 years. Bob was awarded the Gareth Giles Memorial Recognition Award for his work with WAA for the past 16 years. He has represented 28 and 18 schools in WAA District 2 for over 11 years. As stated at the Award Ceremony on Monday, March 12, "Bob is a leader who promotes positive sportsmanship and uses athletics to teach students to do the right thing." Below are Mr. Dowding's responses to the Proust Questionnaire.

**What is your idea of perfect happiness?** Perfect happiness is spending your life doing what you love and being with family you love.

**What is your greatest fear?** Being by myself.

**What is the trait you most deplore in yourself?** Procrastinating

**Which living person do you most admire?** My father, Gerald Dowding.

**What do you consider the most overrated virtue?** What a person looks like on the outside.

**On what occasion do you lie?** When the total truth would hurt someone.

**What do you most dislike about your appearance?** My left eye that droops due to cancer surgery.

**What is the quality you most like in a man?** A sense of humor.

**What is the quality you most like in a woman?** A sense of humor.

**Which words or phrases do you most overuse?** Good job. That's great.

**What or who is the greatest love of your life?** Family

**When and where were you happiest?** When my wife gave birth to our two children and every time I competed athletically.

**Which talent would you most like to have?** I feel blessed with the talents God has given me.

**If you could change one thing about yourself, what would it be?** Not to be so hard on myself.

**What do you consider your greatest achievement?** The students I hope and pray I've had a positive impact on.

**Where would you most like to live?** Nebraska or anywhere with immediate family.

**What is your most treasured possession?** Family

**What do you regard as the lowest depth of misery?** Not being able to take care of yourself.

**What is your favorite occupation?** Athletic Director and Teacher where you can be a part of students' lives.

**What is your most marked characteristic?** Caring and work ethic

**What do you most value in your friends?** Loyalty, always there for you, and to listen in all situations.

**Who are your favorite writers?** None, just inspirational sport stories.

**Who is your hero of fiction?** Lone Ranger

**Which historical figure do you most identify with?** Winston Churchill – "Never give up."

**Who are your heroes in real life?** My dad, my coaches, and all the players I have coached.

**What are your favorite names?** Marie, Mandy, Kent, Alex, Isaiah, Nick, Thomas

**What is it that you most dislike?** Dishonesty, lack of integrity, lack of loyalty.

**What is your greatest regret?** None – I am blessed.

**How would you like to die?** Happy, with a smile on my face knowing I made a positive difference in people's lives

**What is your motto?** Never never quit. James 1:12

# SAINTS NEWS

## Blessings on your marriage!

**Dean Overton '85** married Quinn Carpenter.

**Karen Quam '95** married Matthew Kiser.

**Jennifer Mason '96** married Kevin Eagle.

**Sara Crandell '02** married Myles McGee.

**Rebecca Walker '03** married Jordan Ferguson.

**Joanna Menashe '04** married Kyle Lonzac.

## Welcome, new babies!

**Veronica Walker '01** and Brendan Chase welcomed daughter Peyton Chase on July 13, 2011.

**Tawnia Barker '06**, welcomed son, Anthony Robert Silva, on September 13, 2011.

## Class Notes

**Tom Gehring '83** and **Amanda Davis '95** are married, live in Twisp, WA and have a daughter, Nova. Amanda is currently in nursing school and Tom continues to manage his own painting business.

**Kathy McInturff '83** was recently inducted into the Washington State Slowpitch Softball Hall of Fame. She plays centerfield.

**Christine Hatfield Mueller '83** works at Seattle's Convention Bureau as National Account Director. She lives in West Seattle with her husband and son.

**Tammy Hoffman Gala '84** is a trauma nurse in Denver, Colorado.

**Lisa Hanlon '84** is a legal assistant and works on Bainbridge Island.

**Christy Hundley Cardenas '87** is married to a wonderful man, Ron, and has two amazing daughters, Nicole, 17, and Cora, 7. She resides in West Seattle close to all of her family. Christy works in Human Resources at Kibble and Prentice in downtown Seattle. She is a Sounders fan and spends her time with family and friends at school activities, sports events, boating, camping, and volunteering. Christy is grateful for the investment of time and effort from the teachers, staff and parents who make schools like Seattle Lutheran a great foundation for students. The students learn more than what is in the textbooks, they learn life lessons, how to be good citizens and give back to the community.

**Tyrone Brown '88** received an MFA in Arts Leadership from Seattle University in June 2010. He an alumnus of the Drama League Directing Fellowship in New York City. Tyrone is re-founding Brownbox Theater at the Rainier Valley Cultural Center in Columbia City.

**Sandy Watkins '89** works at Jackson, Morgan & Hunt, a Certified Public Accounting firm. Her daughter, Kayla, is a sophomore at SLHS and Sandy is active on the parent board.

**Kristin Johnson '90** has an M.A. in Acupuncture and Oriental Medicine and lives in Portland, OR with her 3 year old daughter, Harmony. We are full time bicycle commuters; Kristin has been a bicycle commuter since 1998.

**Heidi Wilke '95** lives in Seattle and has a daughter, Sophia, age 4, who attends Hope School. She enjoys traveling and had fun on a family cruise in Mexico during Christmas break.

**Karen Quam '95** and husband, Matthew Kiser, live in the Portland area, where Karen teaches in a Lutheran elementary school.

**Sarah Dowding '96** is a nurse at University of Washington Hospital in the orthopedic department.

**Sarah Hemme Whitmyre '96** is a CPA. She joined BDO where she is a tax manager doing corporate work.

**Mary Hemme Zornes '98** married Zachary Zornes in 2007 and they currently reside in Wenatchee, WA. Mary earned a BS in Nursing from Seattle Pacific University in 2003 and will graduate with a Masters of Science in Nursing from the Family Nurse Practitioner Program at Gonzaga University in May 2012.

**Jack Menashe '99** is the Athletic Director and teaches at SLHS. He and Bailey married in March 2010 and live in West Seattle.

**Sara Crandell McGee '02** and husband, Myles, live in San Diego, where Myles is stationed in the Navy.

**Koenun '06** graduated from the University of Washington and was awarded a fellowship as a teaching assistant as she pursues a PhD program in Biochemistry at Montana State University, Bozeman. She will begin in August 2012 after a trip to Korea to visit her family.

**Passages**  
Bernard Coleman, father of **Kelly Coleman '89**, March 12, 2012.  
**Henrietta Henke**, Friend of the school and grandmother of **Tim Knittel '95**, Elizabeth Knittel Guzman '98 and David Knittel '03, November 16, 2011.

**Neil P Sorum**, Past Board Member and friend of school, January 8, 2012.

