



# SOUTH SALEM HIGH SCHOOL

## Class of 1963 NEWSLETTER

SUMMER 2009

### *An Inner Journey!*

*By Roger Appelgate*

While retirement offers many of us opportunities for travel and adventure both in the U.S. and abroad, it also provides time and space for journeys inward. It can be an opportunity to discover a deeper understanding of ourselves and our relation to others, the earth, and the universe. In India I have heard that there is a tradition that when a man retires from his working life he is free to undertake a spiritual pilgrimage. I'd like to share briefly my own experience of an inner journey that I took in the summer of 2006 with my wife. This fulfilled a commitment I had made to myself that during the first year of my retirement that I would do a personal retreat. I was a couple of years late.



I found during my fast that the boundaries between me and my natural surroundings began to fade. I slept unafraid in the open without a tent for the first time in 30+ years. The earth became a reflection or screen for my internal projections as well as a source of healing in and of itself. At times I could hear the voices of the mountains, rocks, birds, and insects speaking to me and to one another. Poems and songs came to/through me which I wrote down and later shared in group. The animate and inanimate world seemed to meld together

In July, 2006, my wife, Rochelle Gerratt, who had done this before, and I did a 12 day "vision fast" with 7 other people through the School of Lost Borders in California. To be accepted for the vision fast we had to submit a statement on "intention" for why we wanted to do it.

Our group of nine met in the Inyo Mountains in eastern California with two guides and two additional intern/trainees. Our members ranged from 22-65 years including a doctor, businessman/woman, student, artist, and retiree. We spent the first 4 days sharing and clarifying our purpose/intention and preparing for the vision fast. It was a seemingly simple statement that involved a lot of personal reflection, sharing and emotion. The next 4 days we went out to camp alone and in our own way experience our connection with nature and to realize our intention. We took only 4 gallons of water and no food as this was to be a fast. Many of us also took some form of vitamin and mineral supplements. The guides and interns maintained a base camp nearby and we had a buddy system set up for daily safety checks while still maintaining our time and space alone. The last 4 days we spent sharing our experiences and giving them meaning in a larger context with the help of our guides. The guides used Native American rituals, mythology, literature, poetry, psychology and various spiritual traditions to help us see and feel a deeper, broader meaning to our experiences. Mostly they listened with compassion at the deepest level.

For me as for others it was a very meaningful and rich experience which continues to this day.

as one. I felt cradled and nurtured by mother earth as I lay on the ground. I felt both connected to and in child-like wonder of the stars. I did not find it so difficult to fast with just water and two packs of electrolyte powder each day for the 4 days. Most difficult was just "being" out there with nothing "to do". Several folks came back thinking nothing really happened for them during the four days alone. Then when they began to share their stories and with the help of our guides it became clear they had an incredibly rich experience-for some life changing.

While for many this type of experience may seem/be too extreme, as I first thought it to be, there are many ways to take an "inner journey". One can just set aside some time and space in one's own home to be quiet, meditate, or reflect on one's life. There are many retreat centers offered nondenominationally through churches or other institutions. Or one can choose a safe place to be in nature for as little or as long as one likes. Whatever your own way/choice I encourage you to consider and include an inner journey as a part of your life travels.

### *In This Issue ...*

- An Inner Journey.....1
- August Mini-Reunion Information .....2
- Notes from Classmates – Featuring: Rand Wintermute  
and Roger Appelgate .....2
- Guess Who? .....3
- In Sadness .....3
- Editor's Column.....3
- Blog Information.....3
- Missing Classmates.....4

# August EVENT PLANNED

## August 8, 2009

### 1 p.m. to 3 p.m. • Bush Park

How about a potluck dinner at one of our favorite spots growing up ... Bush Park! We will meet at the top of the Derby Track. Look for signs and balloons leading the way. Bring a dish to share, your own table setting, beverage of choice and lawn chairs. Then plan to spend the afternoon with OLD friends in a place we all hold dear. We will try for the same location as a few years ago.

### Notes From Classmates...



*Rand Wintermute writes ...*

Rand Wintermute and wife Deborah have relocated to Sausalito, California. Rand writes, "I have had enough of the cold weather. I am retired. It's time to take my sailboat "Starward" to the Bay area, and sail into the sunset of retired life! We are buying a home in "Old Town" Sausalito, and selling both our Oregon homes, one in Portland and the other in Newport.

Since I retired from the U.S. Coast Guard two years ago, I have been restoring a Classic "Frisco Flyer" Choey Lee sailboat with teak decks and teak joinery. It has been a project that has been fun and challenging! I joined the Corinthian Yacht Club of San Francisco and will keep her moored there. When I am not working on my boat, I participate in TSD rallies with my Rare 1957 Lancia Spider.

Both my boys live in California now and neither have any intention of returning to Oregon. My oldest is in the U.S. Navy, and my younger son is in film production in San Francisco working for Pottery Barn.

Retired life is great and I don't miss responding to a SAR (search and rescue) call at 3 A.M! We also own a Condo in Cabo and spend a lot of time there in Spring and Fall! It is worth a trip, or two, or three there if you haven't been!

*All the best, Rand (Randy)*

Commander Rand Wintermute, USCG (RET.)  
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Rand and navigator Hathaway (pictured here), a fellow Coast Guard retired officer, taken in last summer's NW Classic Rally. They took 25<sup>th</sup> place out of 87 cars in a three-day TSD rally (time, speed, distance competition)



*Roger Appelgate writes ...*

Our house sale closed on 3/20/09! We are leaving Oro Valley and heading for Santa Fe, New Mexico. We have rented a one bedroom condo while we shop 'till we drop for just the right house at the right price. It is a great time to be buying-even in Santa Fe. I'll keep same e-mail and phone. New address [temp] is P.O. BOX #22690, Santa Fe, NM 87502. When we get a house we'll have room for visitors.

*Be well,  
Roger*

## Guess Who?



*Picture from Kris Lockard*

Can you name the classmates in this Christmas Picture? A prize will be given to the first person that calls or e-mails (see newsletter staff contact info) with the names of all the children. Here's a hint or two. One girl has the last name "Cooley". Her father Richard Cooley was the Santa. Another little girl may have the last name "Fravel".

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**Blog: [sshs63.blogspot.com](http://sshs63.blogspot.com)**

Currently the blog has the most up-to-date information about our events and happenings.  
All past newsletters are posted also.

## In Sadness...

### *Jim Noteboom*



At the deadline of our last newsletter, we received word of the death of James Dean Noteboom. We wanted to add his picture and a brief note from his obituary.

Jim graduated with honors from Oregon State University and went on to earn an MBA. Jim and Marie were married in 1968 and celebrated their 40th wedding anniversary this past June. Jim served a tour of duty in Viet Nam in 1969 and later served as a military lawyer and adjunct instructor for the Defense Institute of International Legal Studies.

As a military instructor, Jim led teaching and assessment teams throughout the world covering international laws of conflict and peace keeping operations. In 2002, he received a Masters of Strategic Studies degree from the United States Army War College. After returning from the Vietnam war, Jim attended law school at the University of Oregon and graduated in 1977. Upon graduation, Jim, Marie and their three children moved from Eugene to Bend, Oregon. He joined the law firm now known as Karnopp, Peterson, where he practiced for thirty one years focusing on Indian law, energy law and natural resources law.

Recently, Jim was working with his dear friend and colleague Wold Mesghinna to develop a comprehensive energy plan for the African nation of Eritrea.

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### *Editor's Note ...*



However you have spent the last 46 years since graduating from high school, we have arrived at a point in our lives when we have decided or are deciding how we are going to spend the remainder of our lives. We have so many choices: pursuing a new interest, becoming more proficient at a hobby, volunteering, continuing to work, starting

a new career, moving to a new location, traveling, etc.

What is or will your choice be? Share your life's journey with your classmates. Thanks to Roger Applegate for sharing his inner journey. I consider him very brave to have spent four days (and nights) camping alone. "Brave" is a relative term and is defined by each person. Facing a fear, taking a risk—these all require bravery by my definition. What is yours? Your classmates want to know!

*Bernadette Barrett*  
*rlbdbarrett@aol.com*

## *List of Missing Classmates as of June 2009...*

James Alexander  
Alton Albin  
Michael Anderson  
Olivia Berg Mitchell  
Sharon Carter  
Gerald Chapel  
Katy Clyde  
Shirley Coon  
Ray Coopridger  
Kathleen Costa  
Gladine Crow  
Shelly Culver  
Joan Davidson  
Karlet Davis  
Robert A. Day  
Marvin Dolezal  
James Donaldson

Carol Duggan  
Bud Elgin  
Mary Jean Eller  
Ricki Fergeson  
Steven Ferry  
Beverly Jane Fillis  
Larry Fisher  
Stephen Fletchall  
Karen Fortmiller Flint  
Gary Fries  
Cheryl Franklin Peck  
Robert (Flint) Garinger  
Linda Gilkison Myers  
Kathy Glenn  
Pam Gruel  
Carol Haynes  
Joan Johnson Hudson

Ruthann Jennison McGovern  
Paul Johnson  
Joan Johnson  
Janet Jones  
Jane Louise Jones  
Craig Kuhn (Nofsinger)  
Richard Sanders  
Rosemary Salchenberg-  
Peters  
Diane Meloy Sandsburn  
Kathy Merin Strickler  
Verna Miller Benson  
Elmer Mortenson  
Virginia Moudy  
Carol Murrin  
Elaine Nelson  
David Nicholas

Nancy Noffsinger  
Nancy Owen Cherin  
Elaine Pecht  
John Reid  
Stevie Romander  
Dorothy Rundhaug-McMillen,  
Patricia Standal  
Sharon Thompson  
Jan Thurston Glodt  
Gail Titus Redding  
Boatwright  
Mary Walberg  
David Wesley  
Kathy Wilson  
Keith Wonderly.

