

Past

The Past

1999 MARKS C.H.E.F.'S 25TH ANNIVERSARY OF HELPING PEOPLE AND COMMUNITIES to improve the quality of their lives through health education. Like many non-profits, we started small, fueled more by passion and vision than dollars. The handful of early volunteers quickly made this vision a reality, and we grew into an organization with a respected staff, a building of our own, and a future guaranteed by an endowment fund. In our 25 year history we've changed how health education is taught in the classroom nationally and in communities within Washington State. We share our success with individuals and organizations, named and unnamed, who have been instrumental in helping C.H.E.F. pursue our mission—to create a healthier future.

Some of the milestones in our history follow:

MILESTONES

1974
Incorporation of C.H.E.F. on October 2, 1974, as a nonprofit dedicated to the advancement of health through education for all Washington State citizens



Founding board members were Bob Collins, Margie Griffin, and Lucille Trucano.



Bob Collins

1977
Venture into publishing with *Here's Looking At You*™ under a contractual agreement with Educational Service District 121



Margie Griffin

First Health Education Recognition Award is given to Lois Liebach

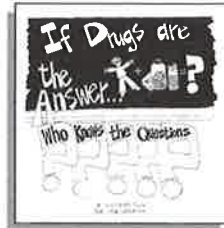
1978
C.H.E.F. fulfills orders out of board member, Margie Griffin's basement

Lois Liebach worked at the American Heart Association and was instrumental in supporting a series of health education workshops for elementary educators.



Lucille Trucano

The Past continued



MILESTONES

1979

Operations are moved to a rented building on Pacific Highway South

Production of safety kits on pedestrian and bicycle safety

Production of curriculum on Fetal Alcohol Syndrome

Publication of *If Drugs are the Answer, Who Knows the Questions?*

C.H.E.F.'s first employees were Nancy Adams, Gale Galloway, and Jay Shupack. Gale still works at C.H.E.F.



Nancy Adams



Gale Galloway



Jay Shupack

1980

First employees hired

Production of *Alcohol Information School* kits for the State of Washington

Production of *Special Education Curriculum on Sexual Exploitation* for Seattle Rape Relief

Board designates portion of profits from materials to be invested in an endowment fund to generate interest to support health education



The dorms at Fort Worden

Staff at Fort Worden State Park



1981

Support the first Washington State Health Education Conference for schools

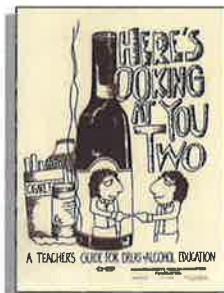
Publication of *Here's Looking At You, Two*®, developed by Educational Service District 121

Production of *People You'd Like to Meet*

1982

First \$1 million in sales of materials

Past



Past

The Past

MILESTONES

1982 continued

Publication of the peer-helping program, *Natural Helpers*® developed by Roberts & Associates

1983

First Health Education Leadership Award is presented to Marjorie Griffin

Contracts developed with Roberts & Associates for development and training

Scholarships given to undergraduate and graduate students in health education

1985

Carl Nickerson becomes first president of C.H.E.F.®

Health educators are added to staff

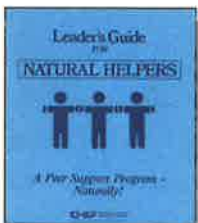
First Lady Nancy Reagan visits Island Elementary School on Mercer Island to see a class using *Here's Looking At You, Two*®

1986

Carl Nickerson presents a vision paper to the Board of Directors outlining the advantages of expanding philanthropic efforts and partnering with other foundations

Publication of *Here's Looking At You, 2000*®, developed by Roberts, Fitzmahon & Associates

First \$1 million in the endowment fund



One of the most powerful peer-helping programs in the country for grades 6-12



Margie Griffin was honored for her commitment to quality health programs and her work in bringing the school and community together. For much of her career, Margie worked for the Tacoma School District.



Foxy and Frog, two of the three puppets used in the curriculum

The most widely used K-12 drug education curriculum in the country, incorporating *Refusal Skills*® and risk factors

The Past continued



The groundbreaking crew!

Past



Trez Buckland • Ray Dion • Kathy Oaklief
• Kris Pepper • Brenda Still



Seniors getting into the spirit of the occasion!

Penny Brewer • Maureen Considine • Lynn Sherwood
Parker • Jan Sinshemer • June Strickland • P.J. Watters



A work sheet from the Teacher's Guide translated into Hungarian



Margit Király Dévai and Sue Nickerson shipping the Hungarian materials

MILESTONES

1988

Construction and relocation of offices to 22323 Pacific Highway South

Publication of *Here's Looking At AIDS And You™*, which was developed by Roberts, Fitzmahon & Associates. This program was later retitled *Get Real about AIDS®*.

Founding of School Health Association of Washington (SHAW)

1989

Five school health educators selected as the first Health Education Fellows to receive training and professional support

First Northwest Wellness Conference for Seniors

1990

Purchase and remodel of a second office building at 22419 Pacific Highway South, our current office building

The Health Education Fellowship program is expanded with the addition of six public health educators

1991

Work with Dr. Margit Király Dévai in Hungary to develop materials and train teachers in substance abuse prevention based on *Here's Looking At You, Two®*. A foundation, C.H.E.F.-Hungary, was established to support health education

Past

The Past

MILESTONES

1991 continued

Provide grants and technical assistance to two middle schools to develop comprehensive health programs over a five-year period

Funding provided to the University of Washington to develop a health education pathway in the Master's of Public Health Extended Degree Program

1992

A team of C.H.E.F.[®] employees completes the Mt. Rainier to Pacific relay

Enter grantmaking community with membership in Pacific Northwest Grant-makers Forum

Partnership program is started to bring together leaders from schools and churches to support health education and public schools

Publication of *PRIMARILY HEALTH*[®], a program combining reading and health for primary grades

1993

Purchase of rights to all programs from Roberts, Fitzmahon & Associates, Inc.

Partnership with the National Middle School Association and the American Association of Health Education to publish a special issue of *Journal of Health Education* on young adolescents



Teams from the two middle schools



Gale Galloway, captain of the relay support van



The running team at the end of the race



Gail Tanaka and Len Tritsch after a hands-down loss!



Renewing the Partnership



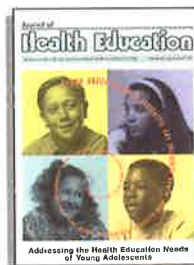
Clay Roberts



Don Fitzmahon



AN INTEGRATED CURRICULUM FOR A HEALTHY BEGINNING

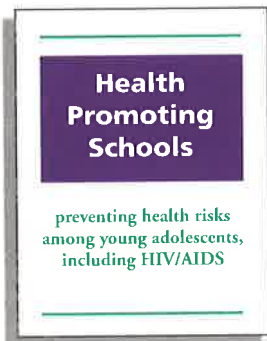


The Past continued



An effective HIV/AIDS prevention curriculum, recognized at the high school level by CDC as "A Program That Works!"

A comprehensive violence prevention program designed to change attitudes and behaviors



This interactive exhibit makes health come alive for young museum visitors.



Left to right: Carl Nickerson and Larry Clark, C.H.E.F., and Michael Herschensohn, director of Seattle Children's Museum

MILESTONES

1993 continued

Contract with the Washington State Division of Alcohol and Substance Abuse to develop a state prevention plan and resource guide for Fetal Alcohol Syndrome

1994

C.H.E.F.® joins national grantmakers with membership in Grantmakers in Health

Centers for Disease Control and Prevention identifies the high school edition of *Get Real about AIDS*® as "A Program That Works!"

License *PRIMARILY HEALTH*® to The Wright Group to market and sell

Publication of *Get Real about Violence*®

Five-year cooperative agreement with the Centers for Disease Control to assist middle-level schools enhance and develop HIV prevention programs

Partnership with the National Middle School Association on the Middle-Level HIV Prevention program

The U.S. Center for Substance Abuse Prevention awards C.H.E.F. a conference grant for *It's Not Too Late: Preventing Substance Abuse Among the Elderly*

Support of the Seattle Children's Museum exhibit, "Keys to Your Health," through a major grant and participation on the advisory committee

Past

The Past

MILESTONES

1994 continued

Support of a public education campaign, "Meeting the Need for Today's Health," in partnership with KIRO Television & Newsradio and Pacific Medical Center



Rally held in Seattle, WA



Conference participants and presenter in Yakima, WA

1995

The Washington State Division of Alcohol and Substance Abuse awards C.H.E.F.® a two-year contract to coordinate the state substance abuse prevention conference and to organize youth rallies



Partnership with Spokane County Health District on state substance abuse prevention conference



1996

Join Grantmakers in Aging

First annual National Prevention Institute held in Seattle, Washington



Tom Connelly, workshop presenter

C.H.E.F.'s first Organizational Health Education Recognition Award is given to *Healthy Mothers, Healthy Babies*™



Participating in workshops



Listening to speakers

License *Here's Looking At You, 2000*® and other prevention programs to AGC Educational Media to market and sell



1997

Larry Clark elected president of Pacific Northwest Grantmakers Forum



C.H.E.F. receives National Recognition Award from American Association for Health Education



Distinguished Service to Health Education Award for 1997

The Past continued

GET REAL ABOUT TOBACCO™

A mixed media program that addresses K-12 students' use of tobacco products



Catch the Spirit: Celebrate WSHEC 20



Enjoying a relaxing massage!



Jockeying for position at the start of the Fun Run



Seniors enjoying a "sing-along"



Participating in a DynaBand® workshop

MILESTONES

1997 continued

Publication of *Get Real about Tobacco™*

1998

The Board of Directors approves a new Strategic Plan

Web site, www.chef.org, is launched

1999

Centers for Disease Control enters into a second five-year cooperative agreement with C.H.E.F.® to assist middle-level schools in enhancing and developing HIV prevention programs

Revision and retitling of *Here's Looking At You, 2000®* to *Here's Looking at You™*

Twentieth annual Washington State Health Education Conference

Led local funding efforts to secure a Robert Wood Johnson Foundation grant under their Local Initiative Funding Partners Program on behalf of Senior Services' Health Enhancement Program

Tenth annual Northwest Wellness Conference for Seniors