

# 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

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### 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

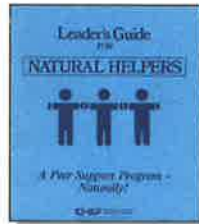
First Lady Nancy Reagan visits Island Elementary School on Mercer Island to see a class using *Here's Looking At You, Two*®

#### 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

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### 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.<sup>®</sup> 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<sup>®</sup>*, a program combining reading and health for primary grades

#### 1993

Purchase of rights to all programs from Roberts, Fitzmahan & 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



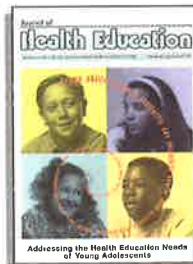
Clay Roberts



Don Fitzmahan



AN INTEGRATED CURRICULUM FOR A HEALTHY BEGINNING



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#### 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