

HHD Newsletter

Department of Health and Human Development

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In Memoriam

37, 40

Keith C. Russell, Chair, Department of Health and Human Development

Greetings from Bellingham! The students, faculty, and staff of the Department of Health and Human Development (HHD) send you warm greetings and hope you had an eventful and healthy year. We are happy to report that the two new Anatomy and Physiology labs have been completed with the first Anatomy and Physiology (A & P) class being taught this summer in the labs. Dr.'s Jun San Juan and Harsh Buddhadev will be teaching Functional Anatomy this coming academic year in the space and we are preparing for our first human cadavers this spring. This will allow WWU to stay on pace with our sister institutions to better prepare our students for careers in allied health. Other news is that the Recreation Program has formally changed their name to Recreation Management and Leadership (RML) to better reflect the mission and curriculum of our nationally accredited program. I am also honored and humbled to say that I have agreed to serve as Chair for another term upon recommendation of the faculty. I have enjoyed serving HHD and supporting the amazing work that our faculty, staff and students do to improve people's quality of life.

This year has been eventful as we welcome new faculty members and staff to the HHD team. As some of you may recall, we welcomed Taylor Leenstra, a graduate of the Kinesiology (BS) and Sport Psychology (MS) programs, who assumed the role of HHD's Advising Coordinator to support faculty and staff in serving our more than 500 students in our four distinct academic programs. Taylor has been an amazing addition to HHD, changing the way we advise our students, teach our classes, and respond to student needs. We also welcomed Nathan Robey, PhD. Candidate in Biomechanics from the University of Northern Colorado to serve as an Instructional Lab Technician in the new A & P labs. In addition, Nathan will help maintain and support the equipment and software in our 10 labs in the Carver Academic Facility. In his spare time, he will be completing his dissertation project on rehabilitation from anterior cruciate ligament reconstruction. Nathan also has a MS in Athletic Training so he feels right at home in HHD. This time next year we will be referring to him as Dr. Robey!

This fall we will also welcome two new TT faculty members in Community Health (CH) and Recreation Management and Leadership (RML). Mary Hunt will be joining Ying Li and Steve Bennett in Community Health, bringing a wealth of experience in sexual education and social behavioral research in public health. Her dissertation was entitled *Shifting Abortion Attitudes using an Empathy-based Media Intervention: A Randomized Control Study*. She has worked in the Sexual Education and Consent Studies (SECS) Laboratory at the University of Arkansas as a Project Coordinator since 2012. In that role, she conducted literature reviews, wrote manuscripts, was a statistical analyst for research projects on sexual and reproductive health topics and wrote grant proposals to support the lab. She has taught a variety of health education courses, including Human Sexuality, Personal Health and Safety, and Theories in Health Behavior. We are very fortunate to have Dr. Hunt joining the program as CH seeks national accreditation in 2020. We are also excited to welcome Dr. Kristin Chmielewski who will be joining the RML faculty in Therapeutic Recreation. Dr. Chmielewski's work examines how professionals with disabilities have been unjustly discriminated against in recreation, leisure, and educational systems. Her dissertation was entitled *In Any Way Physically or Mentally Unfit to Teach: City Teachers and Disability, 1930-1970*. She worked with historical archives in Chicago and New York to show how elaborate systems were put in place to systematically discriminate against teachers with disabilities to keep them out of the classroom. She is also a therapeutic recreation practitioner, and spent several years in Illinois, leading and directing programs for adolescents and young adults with disabilities. She brings a wealth of teaching experience on disability, social justice, philosophy and theory of recreation and leisure and therapeutic recreation. We welcome her to RML!

Kinesiology and Physical Education

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT

Dr. Keith Russell continued.....

I want to send a HUGE THANKS to everyone who contributed to the various scholarships in our department over the past year. Your donations make it possible for us to support and enrich students' education in the form of scholarships, support to attend conferences and other learning opportunities, and maintain our state-of-the-art lab equipment. We are eternally grateful for your continued support. Thank you for helping us develop the next generation of HHD alumni who work to bring happiness and joy to others through their dedicated work in health and human development.

Please stop by CV 102 if you are in the neighborhood and say hello best wishes to a healthy and adventurous 2019/2020!

Keith

Professor and Chair

Department of Health and Human Development

Recreation Management and Leadership

KPE PROGRAM NOTES

During the 2018-2019 year, the Kinesiology program was fortunate to have continued support from excellent instructors, Jen Leita and Deb Henrichs. Both Jen and Deb taught multiple courses this year, which helped to keep the KIN program running smoothly. We are grateful for their contributions to our curriculum.

KPE FACULTY UPDATES

Dr. Jessyca Arthur-Cameselle

Dr. Arthur-Cameselle's fourth year at Western involved many memorable highlights, including the fact that she received tenure and was promoted to the rank of Associate Professor. Other highlights included connecting with several of Western's sport and exercise psychology alumni at the Association for Applied Sport Psychology's national conference in Toronto and hosting the Pacific Northwest regional AASP conference at Western this spring. Dr. Arthur-Cameselle continues to mentor student researchers and is very proud that two of her publications this year included six former undergraduate student research assistants. She also served as a co-author on a manuscript that summarized Taylor Leenstra's ('17) master's thesis research project. In addition to teaching, Dr. Arthur-Cameselle kept busy this spring by writing a book chapter about brief sport psychology consultations with one of the field's leaders, Dr. Burt Giges, and coaching her five-year-old son's soccer team. Both were equally challenging! Lastly, she and Dr. Keeler enjoyed feeling like students again as they studied together for a new certification exam to retain their credentials as Certified Mental Performance Consultants.

Dr. Lorrie Brilla

Dr. Brilla attended the 2018 International Fascia Research Congress in Berlin Germany, where she presented a paper entitled, "Structural integration 10-series effects on balance and postural alignment in soccer players." Coauthors on the paper were two former graduate students, Sarah Viera and Maxx Antush, two fellow faculty members, Drs. Suprak and San Juan, as well as a local practitioner, Russell

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KPE FACULTY UPDATES continued...

Dr. Lorrie Brilla continued...

Stolzoff. She continues to mentor former graduate students to prepare their thesis research for article publication. In fact, her students published four articles this academic year.

Dr. Brilla continues to serve as Graduate Program coordinator for the Kinesiology program. In this role, she facilitates applications, graduate assistant awards, and program assessment. She also recently developed a new course, *KIN 514 Applied Nutrition and Physical Activity*, which will be offered for the first time in Winter 2020. This year, Dr. Brilla served on the search committee for a Kinesiology/Biology laboratory technician, who will have some responsibilities with the new cadaver laboratory, which resulted in the hiring of Dr. Nathan Robey. She is also on the university's Research Advisory Committee and the Student Conduct Appeals Board.

Dr. Harsh Buddhadev

Dr. Buddhadev's fourth year at Western was eventful and exciting. He received tenure and was promoted to the rank of Associate Professor. In addition, he was invited by the Office of Research and Scholars Program to give the Distinguished Scholar lecture at the Scholar's week along with his graduate student, Carolyn Barbee. The research talk described the influence of bunions and walking speed on dynamic balance and muscular effort redistribution in elderly individuals. Dr. Buddhadev also travelled to Bozeman, Montana to attend the Northwest Biomechanics Symposium, where Carolyn Barbee won the outstanding graduate student poster award. Along with Dr. Suprak, Dr. Buddhadev also mentored undergraduate students Kamile Jordan and Angelo Fernandez, who also presented their research at the symposium and won the outstanding undergraduate poster award. Dr. Buddhadev is proud of these students' achievements. Apart from work, he and his family are enjoying the outdoor activities in Bellingham. In June, he and his wife celebrated their daughter's fourth birthday.

Dr. Gordon Chalmers

Dr. Chalmers continues to lead the Kinesiology and Physical Education program as its coordinator. He is pleased that KPE had another new faculty member begin a position in Physical Education this year (Dr. Franks), which has led to growth in this essential program that serves the youth and the future health of our state. Dr. Chalmers is continuing his studies of the neurophysiology of balance control by examining how people perform challenging balances such as with their eyes closed or with feet in a "tandem" stance position, both forming the basis of common balance tests.

Dr. Hillary Franks

Dr. Franks finished her first year at Western feeling excited and proud to be a part of such an amazing department. The year was busy from the start, as she learned about the physical education and health (PEH) program, met students and faculty, and prepped for courses. Dr. Franks had the pleasure of working with some amazing PEH preservice teachers and looks forward to watching them continue to grow as quality educators. Dr. Franks attended four conferences and had eight presentations this

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KPE FACULTY UPDATES continued...

Dr. Hillary Franks continued....

academic year. One of the conference highlights was presenting alongside three of her undergraduate PEH students at the Society of Health and Physical Educators (SHAPE) Washington Health Education conference. Dr. Franks was honored to receive the Young Professional Award from SHAPE Colorado, in October of 2018. She is excited to begin her newly appointed role as committee member of SHAPE America's Emerging Leaders Task Force, which aims to recruit and retain young professionals in the PEH field. Dr. Franks worked purposefully to continue researching PEH teacher preparation, specifically quality field experiences and self-study research. In her free time, Dr. Franks enjoyed skiing, hiking, and biking in the Bellingham area with family and friends. She looks forward to spending her summer in the outdoors and working on the manuscripts that have been lingering on her to-do list this year.

Dr. Kari Jo Hilgendorf

During 2018-2019, Dr. Hilgendorf completed her third year at Western, her second year serving on the Nutrition and Physical Activity Programs for Residential Care interest group and the Association of Children's Residential Center's research board, and her first year serving on the CHSS Scholarship Committee. She is also working with a group on campus to assess freshman attrition. She feels privileged to serve students at Western alongside the inspiring faculty within CHSS, especially the KPE faculty. This summer, she is excited to pursue her research, which aims to quantify the influence of nutrition and physical activity on outcome measures at residential facilities for at-risk youth. Finally, along with enjoying the many aspects of growing as a faculty member, Dr. Hilgendorf is thoroughly enjoying all of the countless challenges of motherhood. During the spring quarter, her family celebrated the first birthday of their child. This year has given Dr. Hilgendorf and her husband a greater appreciation for all caregivers!

Dr. Linda Keeler

Dr. Keeler and the sport and exercise psychology (SEP) program had an eventful second year with the current graduate student cohort. During the fall of 2018, she accompanied the graduate cohort and recent alumni at the Association for Applied Sport Psychology (AASP) national conference in Toronto. She also helped the SEP program host the PNW regional AASP conference at Western in April, which was attended by students and faculty from several schools around the PNW. This year, Dr. Keeler was an invited panel speaker for an American Psychological Association (APA) webinar for exercise psychology and published a chapter on exercise leadership in the new APA Handbook for Exercise Psychology. She had fun studying with Dr. Arthur-Cameselle for the newly established Certified Mental Performance Consultant exam (a replacement for the old CC-AASP certification) and earned her re-certification. Dr. Keeler continues her service and research work on the Western Wellcat (WW) program. The WW program took on three undergraduate kinesiology interns this year and again reached capacity for student participants. She also helped alumna Taylor Leenstra '17, publish her thesis on the experiences of the peer mentors in the WW program. Perhaps the most exciting happening for Dr. Keeler is that she was awarded her first professional leave sabbatical during the spring quarter. During her leave, she is working with colleagues at other colleges to coordinate their efforts in running the WW program. While on leave, she traveled to the Netherlands for the Self-Determination Theory conference and presented on the WW program to an international crowd.

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KPE FACULTY UPDATES continued...

Dr. Jun San Juan

Dr. San Juan completed his sixth year at Western during the 2018-2019 academic year. It was a very rewarding year. He is happy to announce that the construction of the Anatomy and Physiology labs, also known as “the cadaver lab,” is finally completed. These shared spaces are located in the first floor of Carver. Starting in the summer of 2019, several course labs, including *BIO 348: Anatomy and Physiology*, *BIO 349: Human Physiology*, and *KIN 312: Functional Anatomy* will now be taught in the new labs. The new space will also house up to four human cadavers that will be utilized by students taking *BIO 348* and *KIN 312*. Access to cadavers is a great addition to the curriculum and a very unique experience for Western students, as they will now learn anatomy from real structures, not just from models or images. Dr. San Juan is looking forward to teaching in the new lab space this summer. In terms of research, Dr. San Juan co-authored 4 peer-reviewed research manuscripts this year. Three of those publications had lead authors who were former graduate or undergraduate students. This is the first time in his career that one of his undergraduate mentees was the lead author on a publication. Dr. San Juan attended the annual Northwest Biomechanics Symposium, which was hosted by Montana State University in Bozeman, Montana. One of his graduate students gave a podium presentation in which she shared the results of her thesis project, which examined the kinematic relationship of a functional movement test compared to the mid-stance phase of running.

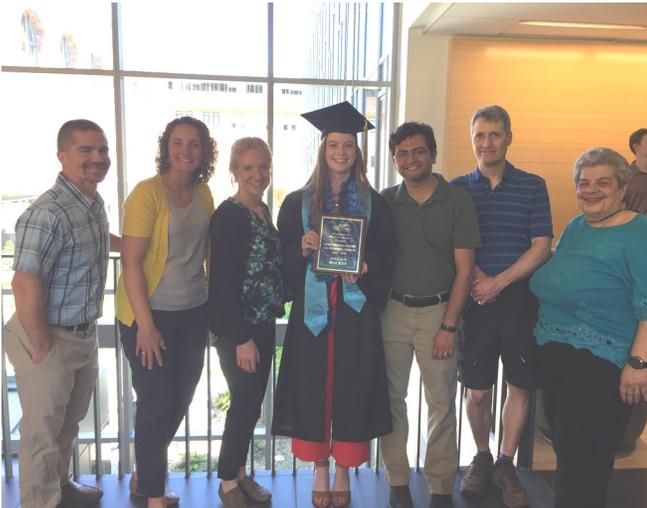
Dr. Dave Suprak

In 2018-2019, Dr. Dave Suprak completed his eleventh year of service at WWU. In 2018, he was promoted to the rank of Full Professor. He continues his research in the area of shoulder neuromuscular control and is expanding into the area of hip joint position sense; he also has a secondary research area in the development of explosive movement technique. He continues to publish his work in respected journals in the field, this year publishing five research manuscripts as well as one book chapter on developing change of direction speed. This year, Dr. Suprak accepted the position of Washington State Director for the National Strength and Conditioning Association and also began serving as Chair of the university’s Institutional Review Board.

Dr. Nick Washburn

Dr. Washburn concluded his second year as a faculty member and is excited about the upward trajectory of Western’s Physical Education and Health (PEH) P-12 Program. He has been working closely with his first-year colleague, Dr. Hillary Franks, to establish a curriculum that helps students develop into highly effective professional educators. Beyond his teaching, Dr. Washburn contributed authorship to five published manuscripts in reputable journals, including serving as the first author on three of the papers. Broadly, these papers focused on factors contributing to the motivational well-being of students and teachers in school-based physical education as well as athletic directors. Moreover, Dr. Washburn was privileged to present with Dr. Franks and students in the PEH Program at the annual Washington State Society of Health and Physical Educators (SHAPE) Conference last fall and at the SHAPE Washington Health Educators Workshop in April. In June, Dr. Washburn presented some of his research on physical education teachers’ motivating styles at the annual International Association for Physical Education in Higher Education (AIESEP) Conference. Outside of work, Dr. Washburn has enjoyed staying active outside with his wife, Alena, daughter, Lila, and puppy, Hamilton.

Kinesiology Awards for Graduating Seniors



Most Inspirational Graduating Senior

Megan Rockey

Megan Rockey was named as the KPE program's 2019 Most Inspirational Graduating Senior. Megan graduated in the spring of 2019 with a degree in Kinesiology, with a pre-physical therapy specialization.



Most Outstanding Graduating Senior

Kelsey Machado

This year, Kelsey Machado was named as the KPE program's 2019 Most Outstanding Graduating Senior. She graduated in the winter of 2019 with a BAEd in Physical Education and Health (P-12) and a minor in Communication Studies.

Congratulations to these accomplished graduates!

KIN Graduate Student Notes

Graduate Student Thesis News

The following Kinesiology master's students successfully defended their theses during the 2018-2019 academic year. We applaud these successful researchers!

- ◆ 2018 Alexander I. Grey: **A Comparison of the Effect of Conditioning Activity Type on Post-activation Potentiation**
- ◆ 2018 Gary D. Wiley Jr.: **Does Cycling Cadence Affect Interlimb Symmetry in Pedaling Power in Individuals with Parkinson's Disease?**
- ◆ 2018 Cody J. Brocato: **Joint Motions of the Knee, Hip, and Trunk during a Single-Leg Step-Down Test and Running**
- ◆ 2019 Carolyn Barbee: **The Effect of Hallux Valgus and Walking Speed on Dynamic Balance in Older Adults**
- ◆ 2019 Andrew D. Brown: **Effects of Deep Slow Breath Training on Performance and Recovery During High Intensity Interval Cycling**
- ◆ 2019 Sarah Perry: **Fascia Thickness and Mechanical Demand at the Ankle Joint during Dance Jumps in Classically Trained Ballet Dancers**
- ◆ 2019 Katie Olinger: **Trunk, Hip and Knee Motions During a Step-Down Test and Running in Patellofemoral Pain Individuals**
- ◆ 2019 Nathan J. Wolch: **The Effect of a Brief Mindfulness Intervention on Free-Throw Shooting Performance Under Pressure**

Kinesiology and Physical Education

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT

KPE SPORT & EXERCISE PSYCHOLOGY (SEP) ALUMNI NEWS

In 2019, **Brook Skidmore** ('15), a graduate of Western's SEP master's program, achieved status as a Certified Master Performance Consultant with the Association for Applied Psychology (AASP). Brook works as a mental performance consultant for Regis University in Denver, Colorado.

Former sport and exercise psychology graduate student **Jason Haddix** ('15) represented WWU by presenting his master's thesis research on sport concussions at the AASP national conference in Toronto.

Several recent western SEP undergraduate majors and SEP graduate students are embarking on new professional adventures after leaving Western. For example, recent graduate program alumnus **Nate Wolch** was hired to work as a Master Resilience Trainer at Joint Base Lewis-McChord. He will teach mental skills to soldiers and their families to help them develop psychological resilience. Recent students **Jesse Williams** and **Samantha MacDonald** will both begin graduate programs this fall. Jesse is off to obtain a master's degree in clinical mental health counseling and sport psychology at the University of Utah. Sam will begin work on a PhD in positive organizational psychology at Claremont Graduate University in California. Another recent undergraduate SEP student, **Samantha Cook**, was accepted to the Peace Corps and is off to Senegal this fall to begin her position as a Community Health Support Agent.

SEP graduate program alumni **Arianna Martignetti**, **Taylor Leenstra**, **Brook Skidmore**, **Nate Wolch**, and **Samantha MacDonald** will present a workshop with Drs. Keeler and Arthur-Cameselle at the 2019 Association for Applied Sport Psychology's Annual Conference in Portland, OR. Their workshop is titled: "Experience it for yourself: Prepping and performing team building workshops through experiential learning." They hope to see other Western alumni there!

Congratulations to these former students on their recent and upcoming endeavors!

Kinesiology and Physical Education

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT

PHYSICAL EDUCATION & HEALTH PROGRAM (PEH) PROGRAM NOTES

1. **Monica Cleary, Emma Neilsen and Josh Tremain '21**, co-presented with PEH faculty Dr. Franks and Dr. Washburn at the 2019 SHAPE WA Health Educators Workshop. The presentation was titled, "Strategies to Boost Social Emotional Learning in the Classroom".



2. **Elliott Brubaker '20**, received the SHAPE Washington Emerging Leader award at the state convention in October. We are very proud of Elliot's achievements!
3. The PEH program is grateful for Stacy Halbakken's continued work coordinating the physical activity curriculum at WWU. In addition, the PEH program appreciates the continued efforts of instructor Paul Horne, who taught several PEH courses during 2018-2019. Thank you both for your support!

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PEH PROGRAM NOTES *continued...*

- This year, Western PE and Health students coordinated the biking leg of the annual Jr Ski to Sea Race at Squaticum Creek Park.



- Kelsey Machado '19 was selected as the Society of Health and Physical Education (SHAPE) America, Major of the year. Kelsey was recognized at the annual SHAPE America convention awards banquet in Tampa, FL, this past April. Congratulations on this amazing honor, Kelsey!



PEH PROGRAM NOTES continued....

6. Western PE and Health students facilitated events at Special Olympics Washington's King County Track and Field Meet this year.



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KIN GRADUATE STUDENTS

1. Exercise Science graduate student **Carolyn Barbee** won the outstanding graduate student poster award at this year's Northwest Biomechanics Symposium. In addition, undergraduate Kinesiology students **Kamile Jordan** and **Angelo Fernandez** won the outstanding undergraduate poster award at the Symposium.



2. Graduate sport and exercise psychology (SEP) students, **Nate Wolch** and **Sam MacDonald**, gave research presentations at the PNW regional Association for Applied Sport Psychology conference in April of 2019. Both students helped to coordinate the conference, which was hosted here at WWU. Highlights of the event included keynote lectures from HHD's own Dr. Keith Russell as well as Dr. Sharleen Hoar of the Canadian Sport Institute. Former Western graduate student, **Taylor Leenstra** ("17) and Western's Dr. Arthur-Cameselle also gave invited lectures. The conference was a huge success thanks to the SEP program's hard work!

News from Dr. Ying Li

Dear Alumni and Friends,

As always, it is wonderful to connect with you through the annual newsletter. The past year has been interesting for Dr. Bennett and me: 2018-19 was the first year for Dr. Bennett to be a full-time tenure track faculty member for Community Health, and it is also the first time I have taken a two-quarter sabbatical for a research project. With that being said, it has been a productive year. The most important achievement was the successful hiring of Dr. Mary Hunt from the University of Arkansas. Dr. Hunt will join the Community Health Program in the fall of 2019 and teach HLED 152 Sexuality Health, HLED 460 Program Planning, HLED 432 Organization & Administration of Community Health Programs, and other classes. Considering her academic expertise in sexual health and qualitative research, we are confident that Dr. Hunt will make meaningful contributions to our program.

In addition, we also hired Taylor Leenstra as the department advising coordinator. Taylor will help develop study plans for all of our students. With her assistance, faculty will have more time to focus on student career advising.

For my sabbatical research project, I examined the food insecurity issues on the WWU campus. According to a campus-wide survey, about one third of Western students experience food insecurity at various levels. Fortunately, the WWU community has gradually recognized the issues and already set up small-scale assistance programs such as food pantries on campus. From a community health perspective, I wish to develop and implement a centralized program that coordinates campus work across different offices and provides comprehensive efforts that include nutrition education, budgeting workshops, counseling, and a food pantry. Through the whole process, I have learned a lot about practice-based research, and I am eager to share what I've learned with my students through my teaching.

I hope that you all are enjoying a great summer!

Ying Li

News from Dr. Steve Bennett

Hello and Happy Summer!

I am so very grateful to be ending my first year as full-time tenure track faculty here in the Community Health Program (my second year in the program overall). This year's cohort of graduating seniors are heading out to their internships as I write this. I am incredibly proud of them. They are thoughtful, passionate, and driven, and I am sure that they will infuse the profession with new energy as they continue in their professional or academic careers. Additionally, our program is continuing to look to the future and figure out ways we can grow and adapt to the exciting field of community and public health. I am especially excited to continue working with Ying as she returns from sabbatical and to welcome our new faculty, Dr. Mary Hunt from Arkansas.

At the university level, I was excited to be a part of the 15th Annual Western Regional Global Health Conference. I was honored to work with community health students and other students throughout the university to host this for the first time on our campus. The conference explored current issues related to how policy and policing impact the health of marginalized communities around the world, nationally, and locally. With a variety of speakers we examined systemic racism, power, and privilege as they relate to criminalization based on immutable characteristics such as nationality/ethnicity, race, indigeneity, gender, and sexuality. With a particular focus on liberation, emancipatory imaginaries, and health activism, we discussed and learned about injustice happening globally and what we can all do about it. The key sub-themes were race/ethnicity, immigration, and LGBTQ+ justice. The conference hosted over 30 guest speakers and had more than 250 attendees.

Additionally, I am currently working with other faculty around campus on launching a Western Washington University Center for Global Health. The mission for the center is as follows: "From local to global, the Center for Global Health works to collaborate with and empower communities through education, research, advocacy and implementation of evidence-based and sustainable solutions to improve the health of communities while reducing health disparities and increasing global health equity." If you have any interest in global health and would be interested in supporting the presence of a center on campus, I would love to hear from you! We are just in the formation stages as we apply for state funding.

On a personal note, my family has settled into living here in Washington with our new home in Ferndale. My research will be kicking off this summer as well as I travel to Kenya. I'll be working with LGBT groups there on needs assessments and health access issues. It should be a great time!

As always, I'd love to hear from you! Please keep us updated on your activities as a distinguished alumnus. Thank you!
–Steve Bennett



Steve Bennett and his summer research partners

New Community Health Faculty: Dr. Mary Hunt

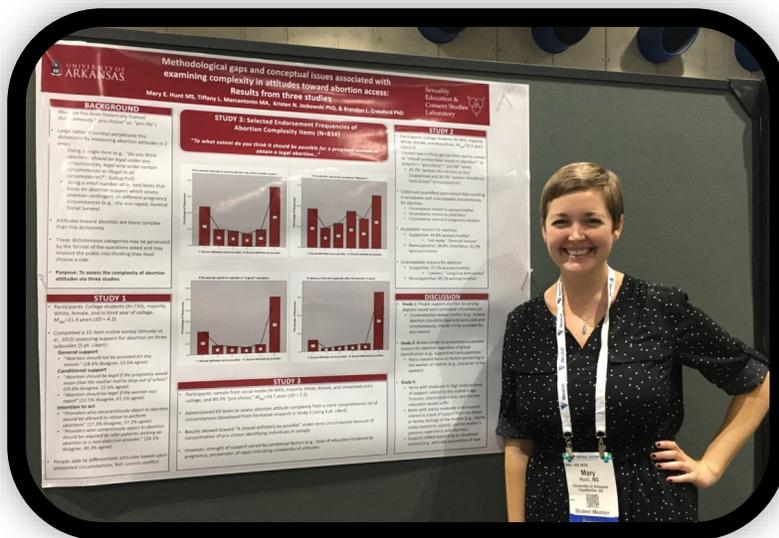
Hello All,

I am thrilled to be joining the WWU family as tenure-track faculty in Community Health this fall. Originally from the Midwest, I received my B.S. in Family Studies and Human Services from Kansas State University and my M.S. and Ph.D. in Community Health Promotion from the University of Arkansas.

Over the years, I have served as a health educator in many roles. I started as a sexual health peer educator in my undergraduate years. I was an instructor at the University of Arkansas for six years teaching classes such as Applied Health Behavior Theory, Human Sexuality, and Personal Health and Safety. Simultaneously, I was a project coordinator with the Sexuality Education and Consent Studies (SECS) research lab for six years. My research is in sexual and reproductive health, specifically focused on sexual violence prevention, consent communication, and abortion.

I am actively involved in academic societies such as American Public Health Association (APHA), Society of Family Planning (SFP), and The Society for the Scientific Study of Sexuality (SSSS). I look forward to providing an opportunity for interested students to gain experience conducting sexuality research and attending conferences.

I have heard about the incredible work ethic and ambition of the WWU Community Health students. I cannot wait to meet them and work together to address health at an individual level (their autonomy and decisions) and interpersonal level (their potential impact on others' health) as they think critically about health at a societal level (impact of intersecting social systems). I am very excited to be relocating to the beautiful Pacific Northwest with my dog, Digeridoo!



Community Health Program

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT

COMMUNITY HEALTH ALUMNI SPOTLIGHT

2018 Graduates

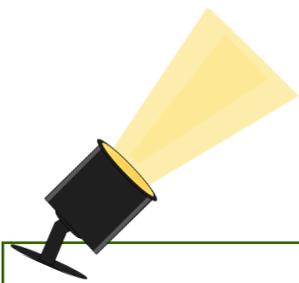
Aimee Ott (2018) spent the last year working at a queer bar in Bellingham and learning about the local queer community. She enjoyed her time off from the intensity of school but is now ready for something more! She recently accepted a position as a case manager at the Opportunity Council.

After graduation, **Deja Svastisalee (2018)** became CHES certified. She joined the Peace Corps and moved to Madagascar in April 2019 where she completed ten weeks of intense language, cross-cultural, and technical health pre-service training. During this time she lived with a host family to practice the Malagasy language. On June 6th, she was sworn in as an official Peace Corps volunteer as a Community Health Advisor in Madagascar. She lives on the SE coast in a village called Andemaka, where she works alongside community members and at the health clinic. Her main project will be to educate the community on proper handwashing (diarrheal disease is the #1 cause of death in Madagascar). She will also be doing sensitizations on malaria, family planning, and vaccinations, and she hopes to start a GLOW (Girls Lead Our World) program in her community.

Since graduation, **Nikki Thon (2018)** moved to Hood River to enjoy the outdoor lifestyle: kiteboarding, kayaking, and mountain biking. She has also been traveling to new places within Europe and Asia as a “debrief” from school. Taking a year to de-stress and have fun post-graduation was essential, but she is now excited to start Concordia University’s Accelerated Bachelors of Science Nursing program in the fall and looks forward to pursuing her passion of becoming a nurse.

2017 Graduates

Since graduation, **Amber Anderson (2017)** has been working for Kaiser Permanente of Washington (KPWA) in the Human Resources Department. She started off as a Health & Wellness Specialist, supporting the employee wellness program. In 2018, Amber and her manager moved the wellness program from one that focused primarily on physical health and safety to one of total well-being that takes all six aspects of total well-being into account (physical, mental, social, community involvement, financial, and career wellbeing). They began designing programs and initiatives that support all aspects of holistic wellbeing for employees of Kaiser Permanente. After a very successful program year (93% participation rate), their VP of HR decided to restructure the HR department. In the beginning of 2019, Amber and her manager were re-assigned to be the "Employee Experience" team, in which they can have much more impact on things that are affecting a healthy employee experience. They use the six-prong wellbeing wheel framework for their employee experience work, supporting a "Thrive Culture" for the people who power KP. Every program that comes out of Human Resources at KPWA is now linked to an aspect of their employees' wellbeing.



ALUMNI SPOTLIGHT continued...

2013-14 Graduates

Courtney Whidden-Rivera (2014) and **Sarah Martin (2013)** work closely together so thought it would be fun to send in a joint submission. In 2017, Sarah sent a job posting through the CH Alumni listserve regarding an opening at Moda Health. Courtney (also a 2017 Master's of Nutrition NUNM graduate) responded and now, Sarah and Courtney are Health Promotion and Quality Improvement Specialists at Moda Health for the Eastern Oregon Coordinated Care Organization. Sarah and Courtney frequently travel to eastern Oregon to meet with rural community health clinics and hospital systems that serve Medicaid members. In collaboration with these clinics and communities, Sarah and Courtney develop, implement, and evaluate member and provider education projects designed to promote health and improve the quality of healthcare delivery. They look forward to another year of working and traveling together across rural Oregon to support the triple aim of healthcare: improve care, improve health, and reduce cost.

Courtney and Sarah on their travels through eastern Oregon at the Painted Hills in Mitchell, OR.



This year, **Leah Wood (2014)** completed her two-year Peace Corps service as a Community Health Extension Volunteer in Koh Kong, Cambodia, and is now working as a lead lecturer with the University of Puthisastra Health Sciences University in Phnom Penh, Cambodia. She is enrolled to pursue a Master's of Public Health degree at the University of Washington this fall.

For the past year, **Cara Skillingstead (2013)** has worked with the Hepatitis Education Project (HEP) as the Correctional Health Program Coordinator. HEP is a Seattle-based non-profit that serves populations who are disproportionately impacted by viral hepatitis



Community Health Program

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT

ALUMNI SPOTLIGHT continued...



such as people who experience homelessness or unstable housing, people with substance use disorder, people who are incarcerated, and people with immigrant or refugee status. Her role in the Correctional Health Program entails traveling to prisons, jails, and work-release facilities around the state to teach people who are incarcerated about viral hepatitis and harm reduction. When not in the field, she advocates for the improvement of prison healthcare and for the restoration and linkage to care services for people re-entering society post-incarceration. In her free time, she volunteers with the Seattle Police Department assisting officers with crisis intervention for survivors of intimate partner violence, sexual assault, stalking, and family violence.

2010 Graduates

For the last two years, **Kaylee Knowles (2010)** has been living in Thailand working for Wedu, a non-profit organization that supports women's leadership in Asia. As the manager of the Global Mentorship Programme, Kaylee has witnessed firsthand how the woman of Asia are taking charge to improve public health, including conducting menstrual hygiene campaigns in Nepal. If you are interested in volunteering to support an inspiring woman, Kaylee encourages you to apply to be a Wedu Mentor at weduglobal.org. Following her wedding in the summer of 2019, Kaylee will be moving to London to be with her partner. She will attend the London School of Economics and Political Science in September 2019 to pursue an MSc in International Health Policy. She aims to return to the US and use this degree to continue her work fostering patient-centered health care services.

2009 Graduates

Heather Flaherty (2009) was hired as the Executive Director for the Chuckanut Health Foundation in Whatcom County, making her the youngest executive director of a health foundation in the nation!

2007 Graduates

Kelly (Crawford) Fallt (2007) has been working in the health sector for the past 12 years at a variety of organizations, including Spokane Regional Health District, American Cancer Society, and Bill & Melinda Gates Foundation. She just celebrated her five-year work anniversary at PATH, an international nonprofit organization based in Seattle. During her time at PATH, she has worked on numerous projects within the vaccine, clinical, and regulatory affairs space and is currently focused on digital health and health systems-strengthening projects based in East and South Africa. She and her husband are expecting their first child in August.

Pre 2000 Graduates

After graduation, **Laelle Koch Martin (1999)** spent time working at the Tacoma Pierce County Health Department, Group Health's Center for Health Promotion, and as an AmeriCorps VISTA volunteer in Puerto Rico. She then went on to attend Life Chiropractic College West in Hayward, CA, receiving her Doctor of Chiropractic degree in 2007. Together with her husband, Paul Martin (who she met at Life West), started Brilliant Life Chiropractic in Laelle's hometown of Tacoma, WA. In 2018, they celebrated ten years of providing family wellness Chiropractic to their

ALUMNI SPOTLIGHT continued...

community. In June of 2019 they moved to a new space with more room to accommodate their business as they continue to grow. It is right on the edge of downtown Tacoma, on Broadway Street and right across the corner from the newly-opened McMenamins Elks Temple. They are enjoying the increased vibrancy in their neighborhood, even if it means less parking availability. So if you visit McMenamins, walk over to Brilliant Life Chiropractic to say hello.

Kristie Minkoff (1984) recently moved back to Washington after living in Minnesota for 25 years. She notes that her community health education degree has helped her in her life and careers, as it has always been her underlying passion. However, early after graduating, she took a different route professionally by becoming a Certified Financial Planner. After she had children, she stayed home and eventually started a daycare and preschool which lasted for 20 years. During those years she volunteered as the business manager for the Minnesota Whitecaps, a professional women's hockey team. She is now the Marketing Director for Where the Heart is Assisted Living and Memory Care in Burlington. When her father developed dementia, she learned as much as possible, and she and her family moved back to Washington to help her mother after his passing. Now she is working with families who are in the same situation she was in with her dad. She says that since graduation much of how she navigated her life she learned from the classes she took at Western.



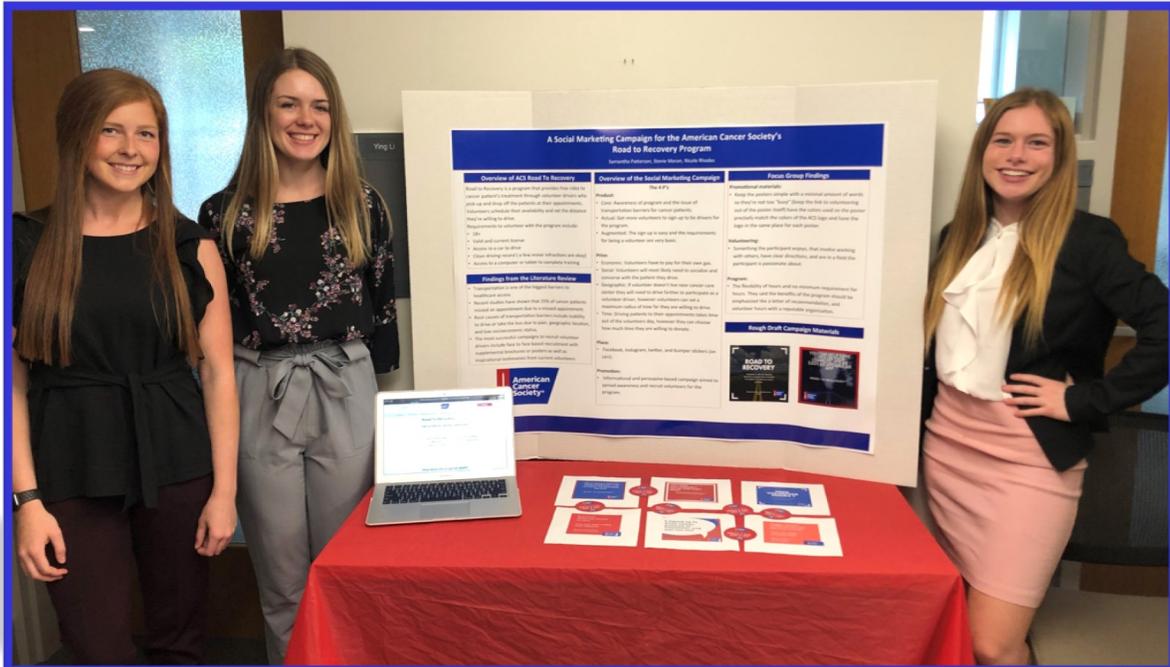
Community Health Program

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT

COMMUNITY HEALTH SENIORS



Dr. Steve Bennett's HLED 410 seniors presenting their Social Marketing Campaign projects.



Senior Luncheon and Awards Ceremony-Bellingham Golf & Country Club

On May 17, 2019, we were honored to have Chris Phillips, who recently retired from PeaceHealth after twenty years as the Regional Director of Community Health, join the senior cohort and our guests to share his words of wisdom regarding career development and being public health professionals. Everyone at the luncheon appreciated Chris' practical and wise tips for life and career.

The Outstanding Community Health Major Award went to Erin Montgomery and the Spirit of Health Education Award to Kanesia Price. Erin also received the Evelyn Ames CHES Award, as she achieved the highest score on the CHES proxy examination; she will receive reimbursement for the cost of their national examination.



Community Health Senior Cohort 2019 with Faculty

Community Health 2019 Senior Luncheon and Awards Ceremony

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Pictured Awardees:

Left: Erin Montgomery

Right: Kanesia Price

Recreation Management & Leadership

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT

Faculty Updates

Dr. Melissa D'Eloia

Greetings alumni, family, and friends of the Phase. I hope this newsletter finds you all in good health, happy, and living life to the fullest. The 2018-2019 academic year has been filled with change, growth, and a renewed sense of purpose. As the new program coordinator, I am excited to share all of the latest happenings within our program as well as introduce our new name: Recreation Management and Leadership.

Our new name is a reflection of the fact that as a program, we have experienced much change and growth. One of the biggest changes has evolved over the past several years, where we have had to say goodbye to amazing faculty like Ron Riggins, Charlie Sylvester, Jim Moore, and Jill Heckathorn. These individuals were the pioneers, the heart and soul of our program and its ideals. But, with each goodbye came a new faculty member who would bring unique energy, talents, perspectives, and approaches to education. Today, our faculty Keith Russell, Randy Burtz, Jasmine Goodnow, Lindsay Poynter, and me, Melissa D'Eloia, are the new faces of the program. Recreation Management and Leadership is a reflection of our new faculty. While we honor our roots—after all they have provided us a strong core and foundation—we are ready to create a program that reflects who we are today.

A testament to our strong roots is that our program was successful in maintaining its accreditation through the Council on Accreditation of Parks, Recreation and Tourism Related Professions (COAPRT). Our program was first accredited in 1986 and has maintained its accreditation ever since. In addition to our program earning its reaccreditation, the therapeutic recreation curriculum has also become accredited. This is the first time in the program's history that the curriculum in therapeutic recreation has earned recognition as an accredited program. I want to give a special thank you to Randy Burtz. While our success was a combination of all our efforts, it was his leadership and hard work that pushed us through this challenging process. Thank you, Randy!!

The accreditation process (as challenging as it was) was also a great opportunity for the faculty to reflect, learn, and acknowledge our strengths as well as where we could do more. With our reaccreditation came a calling for change. Last fall, the faculty put our collective brains to work, and the result is a new and exciting approach to our Phase I curriculum that we plan to implement in spring 2020. The new curriculum will not only allow us to provide a more fully-integrated program of study, but it will also increase the ability of the faculty to provide students higher quality assessment and feedback, more applied approaches and activities, and more engaging in-depth discussions that will challenge students and faculty alike.

Along with all of these changes has also come growth. I am honored to introduce to you our newest faculty member, Dr. Kristen Chmielewski. Kristen earned her doctorate degree at the University of Iowa in Education Policy and Leadership. Her background in disability studies, therapeutic recreation, and social justice is a much-needed addition to our program, and we look forward to welcoming her to our program this coming fall.

In looking ahead to the next year, I predict many more exciting changes to come. One such change is an addition of a Master's degree program. With an additional faculty member in Recreation Management and Leadership, support from our chair and faculty within HHD, and support from our greater Western community, this may become a reality. Stay tuned for updates as we progress toward developing a Master's degree program.

I want to give a special thank you to all of the faculty and students who have assisted and supported my transition as the new program coordinator. I have enjoyed my new leadership role as it has offered an exciting opportunity for challenge and professional growth. Orion and Greg continue to enjoy their life here in Bellingham. Orion (now 6) has finished kindergarten and will become a first grader this fall. Greg continues to help youth in the greater Bellingham community by providing much needed mental health counseling services. In our free time, you will find us outside enjoying all of the recreation opportunities that living in the Pacific Northwest provides. Have a wonderful year and stay in touch.

Best wishes, Melissa

Faculty Updates continued...



Melissa, Greg and Orion

News from Randy Burtz

Over my 15 years (yes, 15...you read that correctly) of being a faculty member, we have been dreaming of adding a graduate program, and though we're in the preliminary stages, we are finally moving to make that dream a reality. Our incoming 5th faculty member will be an integral part of that. So, stay tuned on that front. Over the years we have also spent many hours thinking about the Phase, what works and what doesn't, and what we could re-imagine to make the learning process better. With our revisions to Phase I about to begin next spring and the planned changes for Phases II and IV, I think we have managed to do just that!

In personal news, it's hard to imagine but the boys are now 11 and 14...and they're awesome little human beings! Hudson will be starting middle school and Carson will be starting Sehome High School next year. Finally, I'll be getting married at Winchester Peak in July! Wish us luck, and as always, please stay in touch. We love hearing about your life updates! --Randy

Another Leave No Trace (LNT) overnight training with Randy's Phase II outdoor class. The students are getting more furry every year.



Faculty Updates continued...

News from Jasmine Goodnow

Another wonderful year at Western has flown by. One of the highlights for me during the 2018-2019 year was my trip to Vietnam where I began a new research project about daughters of Vietnam veterans who journey to Vietnam in their fathers' honor. While in Vietnam I bicycled 1000km along the old Ho Chi Minh Trail and visited Củ Chi Tunnels and War Remnants Museum. This summer, I will find myself in Ireland to present a paper, *One of the Fallen Came Home: A Daughter's Quest to Vietnam*, at the Sacred Journeys Conference 2019. I am so appreciative of all the wonderful students, staff, and faculty that I am lucky enough to work with. Thank you all. –Jasmine



Jasmine biking in Vietnam.

News from Lindsay Poynter

Greetings Alumni, I'm continuing to love my work teaching in the Recreation Management and Leadership major as I wrap up year nine. This year I taught a wide array of courses again. Fall quarter was the fullest, as along with three other courses I taught the new Recreation GUR, Leisure in Contemporary Society. This was a ton of fun, and I'm hopeful I convinced some non-Recreation majors of the importance of recreation and leisure in their own lives and communities. Winter and spring quarters I taught Therapeutic Recreation, Recreation Programming, Program Leadership, and Introduction to Outdoor Recreation. I'm still seeing clients one day a week in a counseling practice and always love hearing from past students. I hope this finds you all well and enjoying summer. – Lindsay

Faculty Updates continued...

News from Kristen Chmielewski

I am so thrilled to be joining Recreation Management and Leadership this upcoming academic year. I have just completed a PhD at the University of Iowa in Educational Policy and Leadership Studies with a dissertation about how disability discrimination historically shaped city schools' hiring, tenure, and retirement policies and practices. I previously earned my MA in Leisure Studies with a concentration in Therapeutic Recreation, also at the University of Iowa, writing a thesis on how recent films portrayed mental illness, mirroring common societal stereotypes and fears. I am looking forward to continuing my historical analysis of disability discrimination, as well as folding in research on how inclusive recreation opportunities can challenge and counteract those deep-rooted stereotypes and beliefs. Prior to my time in my doctoral program, I worked in community therapeutic recreation settings, ranging from my teenage years as a camp counselor to later years as a recreation specialist planning and overseeing all programming for adults and seniors, luckily with plenty of spare time to coach basketball, tennis, bowling, bocce, and to direct theatre productions. I love finding new hikes to explore with my dog Scout—I think we might be more successful in Washington than we've been the last few years in Iowa—attending concerts and plays, wandering around museums and used book shops, and playing volleyball and basketball. I could not be more excited about all of the opportunities for career and personal growth that Western and Bellingham have to offer, and I am especially looking forward to meeting all of the Recreation Management and Leadership students in the fall. –Kristen



Alumni Spotlight

Recreation Management & Leadership Alumni News

PHASE IV 2018

Jillian Hardy is a High School Expedition Leader with Montana Conservation Corps. She and a crew of six high school students travel Montana and work for a multitude of public land agencies that MCC partners with. When she's not on the road with her crew, she is living out of her van—living the dream!

In January, **Ben Morgan** began as the Excursion Manager for Tillicum Excursion, a tour of Argosy Cruises in Seattle, WA. He is responsible for the management and training of staff, landscaping, and developing their new tour, Evergreen Excursion. The new tour welcomes Phase III interns as well as fellow Phase V alumni who will bring the Recreation Program's practices and philosophy to Seattle's newest ecotourism program.

Dave O'Brien spent the spring working as an outdoor educator at YMCA Camp Orkila and is now the director of a summer camp run through the Evergreen Mountain Bike Alliance in the Seattle area. He's looking for future opportunities to put both his Spanish and Recreation degrees to work living in Costa Rica and working in the adventure/wilderness therapy field. He also has plans to travel through South America and visit places like Minas Gerais, Machu Picchu, and Tierra del Fuego.

Kelsey Riley celebrated graduating from Western in San Pancho, Mexico, during the holidays and then returned to normal life in the U.S. where she was offered a job in Anacortes, WA, as a Nature Preschool Teacher at Fidalgo Nature School. She gets to romp around the woods and beaches with children in search of wildlife, adventure, and experiential learning in the best classroom you could ask for—out in nature.

PHASE IV 2017

Sarah Stochel is a Career Navigator at Cascades Job Corps, helping underprivileged young adults get the proper training and education for their career. She still volunteers with Camp to Belong WA to help reunite siblings that have been separated in the foster care system. In May, she traveled with her sister and three of their good friends to Norway and Iceland.

PHASE IV 2016

Chelsea Lohr lives in Bellingham and recently got married. Since graduation, she has been enjoying working as a baker and is currently applying to graduate programs to study gerontology.

Jessie Pemble is the Assistant Executive Director at Animals as Natural Therapy in Bellingham, WA (her internship site!). She currently runs a program bringing therapy animals to visit seniors. She also hired her first Phaser this year, 2014 graduate Dianna Miller.

Britt Sanders recently received his Certified Therapeutic Recreation Specialist license. His travels have included Disneyland, Puerto Vallarta, and Las Vegas, and he has booked a trip to Disney World in the near future. He recently accepted a job at Fairfax Behavioral Hospital, his first "official" recreation therapist job.

Natalie Steilling got her CTRS shortly after graduation and managed a therapeutic horse riding day camp for a summer. She then returned to school to get her Occupational Therapy Assistant Certificate (will be done August 2020). Then she intends to continue working with children with developmental disabilities and/or people with dementia.

Since graduation, **Mallory Suggs** has been working for Washington State Parks as an Office Assistant 3. She volunteers at an elementary school and is currently taking online classes to get a Master's in elementary education.

Patrick Ulinski is working as a Recreation Supervisor at a Job Corps Center in Sedro Woolley, WA. He is having a blast running the recreation program which serves a residential population of 300 youth ages 16-21.

PHASE IV 2015

After graduation, **Jacob Barrera** volunteered with AmeriCorps, which allowed him an opportunity to move to California while also gaining professional experience. He then used his Education Award to continue his education at the University of North Carolina Greensboro. He recently received a Master's in Parks and Recreation Management and is looking forward to pursuing a career working with a non-profit organization that uses recreation as an educational tool. Keep an eye out for him on the Professional Disc Golf Tour during the 2020 season.

Ashleigh Eastham is currently a clinical social worker and admissions coordinator at Christian Health Care Center in Lynden, WA. She is a certified dementia practitioner and has her CTRS license which she continues to renew. She is also a volunteer member of the Whatcom County Sheriff's Office Community Emergency Response Team (CERT),

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Alumni Spotlight continued...

plays co-ed softball for the city of Bellingham, and adventures around the PNW.

Becky (Leary) Felak is a Program Manager for The Goodtimes Project, a small non-profit that runs programs and camps for families affected by pediatric cancer. She attended as a camper after her younger sister was diagnosed with cancer, and then worked as a volunteer summer camp staff member for eight years before being hired. Many of the projects she did during her time in the Recreation Program were focused on Camp Goodtimes. She holds this organization close to her heart, and having the ability to provide programming and experiences for families like hers is beyond fulfilling.

PHASE IV 2014

After graduation, **Chehala Andriananjason** spent a few years working seasonal outdoor/environmental education positions in California and Connecticut, as well as guiding youth backpacking trips in Michigan. In June 2018, she took a position as the Assistant Program Director of Muddy Sneakers, a science-based outdoor education non-profit in western North Carolina. When not in the office, she is lucky to spend her days with 5th grade students and teachers exploring beautiful western NC while pursuing scientific inquiry and discovering the joy of learning outside.

PHASE IV 2013

After completing grad school at South Dakota State University, **Amy (Schroeder) Cornish** had the opportunity to travel and backpack around the western United States for six months. She now works for Athletics at Eastern Washington University.

Rachel Sager is currently living in Juneau, Alaska, and is a naturalist guide and bus driver for a hiking and whale watching company called Gastineau Guiding. For her second job, she works at a local gin distillery making gin, foraging and prepping botanicals, and serving in the tasting room.

Jessi Vandiver works for the City of Kirkland as a Program Assistant. She coordinates pee wee and adult sports and reserves rentals at the community center. Working with the community and programming great programs for adults and kids brings her much joy.

PHASE IV 2012

Leah Johnston is currently living in Minneapolis and work-

ing in the fitness industry. This fall she will begin the Occupational Therapy Doctorate Program at the University of Minnesota. In August she is getting married to her fiancé, Joe, on the Bainbridge Island to Seattle ferry.

Michelle Wingfield worked for Denver Parks and Recreation for 3.5 years as a Recreation Coordinator. She recently accepted a new position with Boulder Parks and Recreation helping to manage their recreation facility operations and events, and is excited to be continuing her career there. She spends all her free time trail running and split boarding in sunny Colorado. The Recreation Program made a huge impact in her everyday philosophy, both in work and in her personal life, and she is so thankful for the experience.

PHASE IV 2011

Mikaela (Trott) Rickards lives in Durham, NC, where she works for WeWork, creating impactful programming for the community in a historic building downtown. She loves it in North Carolina...even though she misses the NW.

PHASE IV 2009

Chris del Pilar has been living in Seattle for the last eight years. Aside from exploring the city, he's adventured to the Oregon Coast, the Redwoods in California, and around Maui several times. He is currently the Operations Director at Banya 5, a hydrotherapy spa where he's worked for five years. He is also a certified yoga instructor with CorePower Yoga...and reminds us all to love every moment of our adventure!

Renee Reynolds is nearing her eighth year in the WWU Foundation. She currently serves as the Director of Donor Relations, stewarding private donations to use and report back on gift impact appropriately. She is the proud auntie of six little ones and visits them for dance recitals, birthday parties, and T-ball games often. She and her partner, Brady, look forward to getting their hiking life back on track once their dog fully recovers from a recent successful leg surgery. They are excited to plan their next series of travels, likely in Germany, the Caribbean, or Iceland again.

PHASE IV 2008

Katie (Barker) DiJulio has been working at the Geocaching Headquarters in the Fremont neighborhood of Seattle for eight years. She is the manager of the Partnerships & Promotions team where she helps connect brands to the global geocaching community. Geocaching HQ is dedi-

Recreation Management and Leadership

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Alumni Spotlight continued...

cated to inspiring and enabling discovery, exploration, and adventure through a unique combination of outdoor recreation and location-based technology. The game has taken her to Germany, Austria, and Sweden where she's attended geo-caching events with 5,000+ attendees.

In the 11 years since she graduated, **Kayleigh King** has traveled to over 100 countries, worked for TCS World Travel, published a children's book, and will likely be moving to northern England in the next couple months, fingers crossed!

Ashley (Skartvedt) Noelle worked as a CTRS for almost 10 years, most recently at a residential psychiatric hospital for children and adolescents in Lakewood, WA, before beginning an MFA in Creative Writing and Poetics at the University of Washington Bothell campus in 2018.

Emily (Malsack) Truell is the owner of Lake Arrowhead and Lakeside Campgrounds. She has been married for ten years and has two wonderful daughters. She is a brain tumor survivor and used her therapeutic recreation training to modify her environment for maximum success with her resulting single-sided deafness.

PHASE IV 2007

Cara Frank worked in the adaptive outdoor recreation field for many years in the nonprofit sector. She is now working as a Summer Camp Director at a camp for the deaf serving today's generation. She additionally serves as the Director for the United States Deaf Ski and Snowboard Association; they will take 12 athletes to Italy in December 2019 to compete at the Winter Deaflympics.

S. Brett Upchurch is living near and working in Jackson Hole, WY, at a resort.

PHASE IV 2006

Since graduation, **Ryan Huetter** has made the Sierra Nevada home, settling down with his fiancée, Jen, in the climbing and skiing mecca of Mammoth Lakes, CA. He is the Head Guide at Sierra Mountain Center, a small mountain guiding service, and works full-time as a guide and avalanche educator. After passing his AMGA Ski Exam, Ryan became an internationally-licensed IFMGA Mountain Guide; he is the 143rd American to receive this title. Now with this international mobility, Ryan has trips to Canada, France, Peru, and Antarctica scheduled for the upcoming year. Ryan Huetter guiding the iconic Palisade Traverse in the



Sierra Nevada

Annie (Wilcox) Nagamatsu is enjoying homeschooling three girls ages 7, 5, and 3. They live in Reunion, Colorado, with three parks within two blocks and many bike trails. They are also right on the edge of the Rocky Mountain Wildlife Refuge near DIA. She has taught her girls to swim using her skills from when she worked as an assistant pool coordinator, training lifeguards and swim instructors, and hopes to go back to work once her kids are older. She and her husband recently took a cruise to Honduras, Mexico, and Havana, Cuba, and the family plans to go camping this summer in Rocky Mountain National Park.

PHASE IV 2005

Tess (Wolken) McPherson is a retired backcountry wilderness instructor for troubled youth and mountain bike guide of Rim Tours Mountain Bike Adventures. She is now a nurse at Flagstaff Medical Center (AZ) in the surgical recovery room. She and her husband guided their friends during this spring super bloom year on a back-country White Rim Canyonlands mountain bike adventure. Her secret talent is eating an apple...core and all....in her dedication to leave no trace and make her backpack as light as possible! She says: "Thanks for helping me make my dreams come true! Recreation equals best life!"

Yoga in your underwear in the Canyonlands is the best!

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Alumni Spotlight continued...



Brian Sunada works for Boeing as a wire assembler in Everett, WA. He is married and has a 4-year-old daughter... plus chickens, a German Shepard, and a garden. He has traveled to Vietnam, Hawaii, Canada, Disneyland, Eugene, OR, plus more locations. He would still love to go crabbing and fishing in Alaska but it's hard with a young child. He enjoys restoring his 1930 and 1931 Chevrolet cars and also volunteers, which keeps him busy.

PHASE IV 2003

Chenine (Johnson) Peloquin runs her own consulting business specializing in children's self-directed play, play spaces, and quality in out-of-school time programming. She remains a Certified Therapeutic Recreation Specialist, founded a community of practice for adaptive recreation professionals throughout Massachusetts with over 60 member organizations, and regularly presents on topics of recreation access and inclusion. Chenine earned her Master's degree in Child Study and Human Development from Tufts University in 2016.

PHASE IV 2002

Maggie (Temte) Rowe lives in Spokane with her amazing husband and two sons. She worked in therapeutic recreation for six years after graduation and then got her MSW. She currently works at Sacred Heart Children's Hospital and founded the first hospital-based school program in their region, engaging children with cancer and other chronic illnesses in school activities throughout their hospitalization (s). Kids can be found working on their math homework, making 12 different types of slime, tinkering with their 3-D

printer, learning to code. etc. Maggie and her colleagues are using education, relationship, and play to improve the quality of life of the patients they serve.

PHASE IV 2001

Susie Barr-Wilson's passion for the recreation field, especially empowering girls through outdoor and experiential education, has taken her from Washington to South Africa (Peace Corps) to California. She lives in the San Francisco Bay Area with her husband and their two kids. She has an M.S. in Recreation from San Francisco State University and is published in the *Journal of Outdoor Recreation, Education, and Leisure*, and the *International Handbook for Women and Outdoor Learning*. Susie is currently working with Outward Bound California in the Student Services Department.

Jauna Koze Cabbage is currently living in Eastern Washington with her husband and two kids. They renovated a bus a few years ago and are steadily working toward their family goal of traveling to each US state and eating its iconic food there. They are very involved in community theater, both on and off stage. She treasures her time in the Recreation Program and thinks of her peers and professors with love.

Last November, **Cameron Harding** accepted the Director of Recreation and Community Services position for the City of Cypress in Orange County, CA. Prior to that, he was the Director of Parks and Recreation in Lomita, CA, for six years. He and his wife and their 2-1/2 year old son live in Hermosa Beach, CA, where he enjoys surfing and playing beach volleyball.

PHASE IV 2000

Shawna (Compton) Popovici is the Interpretation and Education Section Manager for the State of Alaska Department of Natural Resources, Division of Parks and Outdoor Recreation. She was in the Peace Corps in Romania from 2001-2005.

PHASE IV 1999

Debbie (Cleveland) Kruse is putting her recreation degree to work as the Director of Patient Support Services—Child Life, Therapy Pool, School Services, and Stamm Camp—at Seattle Children's. She lives in beautiful Edmonds with her husband and two sons.

Michelle (Drouillard) Staley is married with three kids and lives in Bend, Oregon. They own The Lot, a food cart lot

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Alumni Spotlight continued...

and taproom. The casual covered, open air seating area has shade in the summer and heated benches, overhead heat, and garage doors that close in the colder months. They run weekly events like BINGO on Monday nights, Trivia on Tuesday nights, Open Mic on Wednesday nights, and local Live Music on Thursday nights. The Lot is a local hangout and has become a great space for community to gather, meet, and connect with each other. She invites you to stop in next time you are in Bend.

PHASE IV 1998

Danielle (Kean) Anderson spent the first two weeks of June adventuring in the Galapagos Islands. She has explored many roles in the last seven years at REI. She began her latest REI role mid-June as Outreach Specialist for the Summer Distribution Center. She is working to increase outdoors stewardship (by employee volunteer events) and employee engagement across departments.

Shane Farley is a paratransit bus driver for a company called Transdev, soon to be MV Transportation, in Seattle.

Joe McPherson is finishing up his 11th year as an Elementary School Counselor. He started out working for the YMCA shortly after leaving Western, and realized after a few years there was limited time for personal recreation and family. The rhythms of the school environment afford him time to get outside throughout the year, especially in summer with his clan. His brand of school counseling has some recreation elements to it, including experiential learning, nature, and personal growth and development--so there is a good flow of skills from recreation to education.

PHASE IV 1997

After graduation, **Josh Boisvert** worked for the YMCA and other camp programs and then spent 12 "brief" years with the Department of Defense running various outdoor and community recreation programs at home and abroad. He currently works at Mount Rainier as the NPS Commercial Services Liaison for the park. He enjoys family life with some ornery chickens, an energetic dog, a lovely daughter, and a wonderful spouse. And... he still sits barefoot on couches [in homage to the CV 110 couch].

Nancy (Williams) Phillips is currently serving as the President of the Board of Directors at Port Susan Camping Club. She worked as a park ranger for seven years at Port Susan as well. She is an artist in the visual arts (self-employed). She was widowed in 2012 after her husband was murdered. She has applied the lessons and tools she learned in this life-

changing [Recreation] program to better her life and hopefully many around her. Eternal thanks!!

PHASE IV 1996

Luis Bowden worked at the University of Washington for 15 years as the Intramural Manager. He just started a new position in First Year Programs as Office Manager. He has two girls, ages 14 and 16.

Cori (Kauk) Walters has worked for eight years as Executive Director of the Issaquah Food and Clothing Bank. She just returned from a 3-week solo trip to Australia where she did lots of hiking, camping, and hanging out on beautiful beaches.

PHASE IV 1995

Heather Lenihan works at Microsoft as a Program Manager and is married to Jason Lenihan (also part of the Recreation Program). They have two girls and five horses, which is how they spend their recreation time.

PHASE IV 1992

Janelle (Wilson) Rutkowski just celebrated 25 years at Holland America Line; her current position is Personal Cruise Consultant. She started seasonally for the company in college as a driver/guide in Alaska.

PHASE IV 1991

After graduation, **Dawn Shellabarger Grice** quickly realized her true passion was education. She returned to college to get a Master's in teaching and has been a third grade teacher in the Mukilteo School District ever since. Now that their son is a college student at the UW, they have lots of extra time to enjoy gardening and traveling; their most recent trip took them to the beautiful country of Vietnam.

PHASE IV 1990

Connie (Seeley) Tran went back to school and received a Master's in Education from Seattle University. She has been teaching ESL at Renton Technical College for 20 years. Her daughter just graduated from high school and will be heading to WWU in the fall.

PHASE IV 1989

Recreation Management and Leadership

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Alumni Spotlight continued...

Mary Pat Byington has been with Seattle Parks and Recreation for 30 years. She started in the summer of '89 in the summer playground program. She is now the Assistant Recreation Center Coordinator at Green Lake and Northgate Community Centers. Over the years, she has worked at 19 of the 26 community centers within the Seattle Parks and Recreation system. Retirement is only a few years away.

Laura Higdon worked for the YMCA in Tacoma until 2001 when, for family reasons, she changed her career trajectory to an unrelated field. She been in the healthcare field ever since but wouldn't change her path for anything.

PHASE IV 1988

Kristin (Dickinson) Cerenzia is married with two teen boys and works for the Bellingham School District. She is a trail runner and hiker and enjoys watching her sons play sports and perform musically.

Kari Twogood has been working in higher education for 15 years. Currently she is a functional analyst for the ctoLink project with the State Board of Community and Technical Colleges of Washington.

PHASE IV 1987

Gail E. Northey has been a Recreation Specialist for Bellingham Parks and Recreation for over 30 years. Her jobs there have included coaching youth track, soccer, and basketball; organizing special events; and helping start the Preschool Open Gym program. Many of the kids she has coached have brought their own kids back to Parks programs or now work in the department. She says that her real legacy is people coming back to programs and being excited...and when they see her saying, "It's Gail!" She also works for Home Instead Senior Care as a caregiver.

Kate Scott is an emergency room nurse at PeaceHealth St. Joseph Medical Center and also teaches at Bellingham Technical College. She is an active volunteer with a local youth organization and spends her summers at Camp Kirby as the camp nurse. Her degree in parks and recreation has been very valuable working with Camp Kirby as a volunteer.

PHASE IV 1986

After serving in the recreation field, including Special Olympics, seniors, and boards supporting quality of life and employment for the mentally challenged, **Susan Fleming**

has recently moved back to southern California to be near family. She is teaching Braille, which she learned long ago.

Jane Carol Frazier retired from her job as Director of Recreation Therapy at St. Francis Extended Health Care. Since retirement she has been teaching yoga four days a week at Bellingham Fitness.

PHASE IV 1985

Camden McMahon manages the Public Information Office for the U.S. Forest Service at Mt. Adams Ranger District. He is really excited that their son Sean will be starting at Western in the fall...not only because it's a great school, but it will give them an excuse to get back up to Bellingham for a visit.

Sandra (Shaffer) Wood lives in Boise, ID, and is the Integrative Medicine Manager for St. Luke's health care system. She manages a service line that provides acupuncture, massage, and exercise rehabilitation for cancer patients. She is getting ready to start a yoga program to become a teacher. Sandra got married this past year and had her first grandbaby, who lives in Boulder. She has two grown daughters and still loves to hike and camp. She is still best friends with Colleen Haggerty who she met at Western in the Recreation Program; they have now been friends for 35 years.

PHASE IV 1981

John Keates works for the Washington State Parks and Recreation Commission in Burlington as Assistant Region Manager, NW Region.

Joan (Anderson) Perugini worked for the City of Bellevue Parks & Community Services as a Fitness Supervisor. They just sold their Redmond house after 37 years and are building a house in Suncadia. Her first grandbaby is due in October.

Julie Sythe worked in community, private, and therapeutic recreation for 23 years in Arizona and Pennsylvania. She retired in 2000 and has been with a great company, Costco, since. She remembers our wonderful faculty. Ron Riggins stands out in her memory as well as several other caring faculty. During her senior year, she was dealing with her terminally-ill mother, and she will be forever grateful for the faculty's comfort and studies considerations during that time.

PHASE IV 1979

Recreation Management and Leadership

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Alumni Spotlight continued...

Most of **Laura (Martin) Gadowsky's** fellow students knew her by the nickname "Cheez Martin." She is a freelance event and meeting planner working on airshow production for Fleet Week San Francisco and Boundary Bay, B.C. She also works for a Christmas charity, 630 CHED Santas Anonymous in Edmonton, Alberta. From 2016-2108 she was the Deputy President of the Royal Agricultural Society of the Commonwealth, whose president is HRH the Princess Royal, Princess Anne. She is the proud mother of two sons and wife to a great guy...and loved her time at Western!

PHASE IV 1978

Shortly after graduating from Western, **Russ Bosanko** started working for King County Parks & Recreation in a wide variety of jobs. After 27 years, 12 work sites, and 14 parks directors, he started a new career with Snohomish County in 2007. He is now their Park Operations and Community Partnerships Manager while also retaining responsibility for Real Property Administration, Special Event Scheduling, Recreation Programming, etc. He feels blessed to work with dedicated, professional park staff that take a great deal of pride in providing the cleanest and safest parks for the citizens of Snohomish County.

PHASE IV 1976

Richard Benson retired 18 months ago after working for 40 years with Washington State Parks, finishing up as the Area Manager of the Cascade Foothills Area (7 state parks). Currently, he and his wife (also a WWU graduate) are traveling the USA (they have been to all 50 states) and other parts of the world.

Maggie Dwyer retired last year...but is still working on things she enjoys! She graduated from Recreation and Leisure Studies before it was what it is today. Maggie skipped Phase I, where people were able to determine what they were interested in. She was a speaker at a Phase I event where the program had to introduce people to recreation activities. She then joined the program and did Phase II, III, and IV with a group that finished the program in 1976. She attended Western only one or two quarters a year and then was out working for different agencies for about six to eight months a year. She went on to be an Interpretive Naturalist with the National Park Service and other agencies for a number of years until she switched to writing and worked at a university library for 21 years.

PHASE IV 1975

After graduation **Karen Bizak-Marr** worked about 11 years for the National Park Service, mostly in interpretation. She is married and has two sons. She received a BS in Wildlife Resources from the University of Idaho and post-bac certification in Elementary Education. Karen just finished 18 years working for the Moscow School District in Moscow, ID, first as a special education paraprofessional and later as an educational interpreter (sign language); she retired in June, 2019. She is now looking for her next vocation.

Trudy (Tarver) Scherting was the first woman hired in Whatcom County Parks as an Assistant Park Manager. She worked at Silver Lake Park from 1978-1980.

PHASE IV 1974

Lynn D. Sordel has been the Director of Parks, Recreation and Cultural Arts for the City of Lynnwood for the past 13 years. His 30+ years in the parks and recreation profession have been rewarding and challenging. He and his wife have enjoyed living there along with their two daughters who relocated from Tennessee and Florida. Last April they welcomed their first grandchild and will soon welcome a new granddaughter who is expected to arrive in mid-July. They love camping and traveling in the great PNW.

PHASE IV 1972

Michael Dobb retired after 32 years of full-time experience: Superintendent of Recreation for Pierce County; Recreation Manager, City of Lynnwood; and Recreation Supervisor, Bainbridge Island Parks and Recreation District. He was elected President of Washington Recreation and Parks Association and received their Honor Fellow Award, WRPA'S Highest Award. In 1996, he became a 3rd-generation owner of 320 acres in Koochiching County, Minnesota. The American Tree Farm System awarded Michael the honor of being "2017 Minnesota Tree Farmer of the Year." He has written his memoirs of the Dobb property (to read it, Google Dobb Forest Stream).

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Alumni Spotlight continued...

Dr. Keith Fulthorp (Phase IV 1995) – 2018 Outstanding Alumni Award Recipient

Keith Fulthorp has over 25 years of experience within the Recreation and School Counseling Professions and is currently an associate professor at California State University, Long Beach in the Department of Recreation and Leisure Studies. Keith's research interests are in the area of municipal recreation and parks in urban areas, leadership, teambuilding, and solution-focused counseling. He completed his doctorate degree from the University of Southern California in 2009 and continues to be closely tied to both the recreation and school counseling professions. Keith's municipal recreation research and education sessions have been presented at the California Park and Recreation Society (annually since 2004), the National Recreation and Park Association (annually since 2010), The American Therapeutic Recreation Association, The Midwest Therapeutic Recreation Conference, and the Academy of Leisure Sciences Teaching Institute. Keith has presented both educational and research sessions at many local, state, and national school counseling conferences including: local school districts in California, Colorado and Nebraska; state school counseling associations in Alabama, Arizona, California, Nebraska, North Dakota, Ohio, Tennessee, Utah, and Washington; the American School Counselor Association (annually since 2009), California School Counselor Association, and the Solution- Focused Brief Therapy Association.



Recreation Management and Leadership

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Recreation Management and Leadership Student News

Microadventures

Students, of course, are doing amazing things, especially with microadventures! Microadventures are sustainable and accessible short-term adventure travel experiences that are close to home. We started off the year by leading three amazing microadventures during Viking Launch, a program for new incoming students. Activities included canoeing and kayaking at Lakewood (took public transportation the whole way), electric bike riding along the Interurban Trail to Larrabee State Park, and hiking up to Fragrance Lake. Thank you, students, and get ready to do it again this fall!

Right to Risk, spearheaded by Iva Reckling, was the culmination of the Sustainability, Equity, and Justice Fund Grant *Microadventure: Right to Risk*. The team led a fantastic accessible trip to the San Juan Islands that focused on reducing barriers that people with disabilities and people with marginalized gender identities face in adventure travel. Dr. Jasmine Goodnow has the honor of sharing our project with industry professionals from all around the world at the International Adventure Conference in Dumfries, Scotland, this summer. Recreation Management and Leadership thanks the whole student team: Jillian Hardy, Iva Reckling, Lisa Osadchuk, Lili Lyne, Ronnie Delgado, and K.P. Hartman for their hard work on this project.



Students in Costa Rica
studying ecotourism

Recreation Management and Leadership

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2018-19 Scholarships and Awards

SCHOLARSHIPS:

Madison Beasley: Double Eagle III Scholarship

Brianna Clark: Double Eagle III Scholarship

Ronnie Delgado: Jake Merrill Outdoor Leadership Scholarship

Haven Flores: Willis Ball Memorial Scholarship

Sophie Gabriel: Jake Merrill Fund for Outdoor Leadership, Safety & Training

Ana Jager: Jake Merrill Fund for Outdoor Leadership, Safety & Training

Andy Millard: Departmental Tuition & Fee Waiver

Samantha Orahood: Jake Merrill Fund for Outdoor Leadership, Safety & Training

Danielle Park: Jake Merrill Fund for Outdoor Leadership, Safety & Training

Lindsay Pilon: Recreation Program Legacy Scholarship

Monica Thomas: Double Eagle III Scholarship, Recreation Program Legacy Scholarship

Alina Tully: Willis Ball Memorial Scholarship

SENIOR AWARDS:

Mireille Brown: 2018 Outstanding Senior Award

Aike Burger: 2018 Academic Achievement Award

Ben Morgan: 2018 Servant Leadership Award

Kelsey A. Riley: 2018 Academic Achievement Award



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Bellingham Bike Swap



Phase II student Calvin Schoneck at the winter quarter Bellingham Bike Swap, organized and run by REC 377 students in conjunction with Shifting Gears.

In Memory of Mary Miller

March 17, 1949—July 7, 2019

We worked with Mary Miller while she was program manager of the Recreation Program. Ask those who knew Mary to describe her, and the words “kind,” “warm,” “friendly,” “joyful,” “appreciative,” “devoted,” and “sweet” would resound like a chorus. We belong to that chorus. We also remember Mary for how she cherished life’s simple yet invaluable pleasures, such as friends, family, and a carefree walk. Mary treated us and students—indeed everyone—as precious gifts. We remember, too, how Mary’s favorite color, pink, slowly spread throughout the office, from photocopy paper to the bulletin board to the pink phonebook cover she knitted. Mary would occasionally exclaim, “I’ve got the best job at Western!,” which reminded us to appreciate what we have while we have it. And, while sad in her passing, our spirits are brightened by one of Mary’s most memorable features—her warm, welcoming smile.

Thank you, Mary, for the goodness you brought to our lives.

Your friends and colleagues,

Jill Heckathorn, Jim Moore, and Charlie Sylvester



Recreation Management and Leadership

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT



Camp TEAM 2019

Phase I and Phase III student-leaders organized and ran an overnight camp at Warm Beach Camp & Conference Center for adults with disabilities from Whatcom and Skagit counties. As one of the students reflected, "Camp TEAM is comprised of some of the kindest, most accepting and loving people I have ever known. From beginning to end they were thrilled to be there and enjoying every opportunity in front of them. Their energy was infectious, and within the hour I was singing, dancing, and helping lead a game of baseball with my cabin. Not only were my concerns quickly washed away, but by the end of camp I found myself genuinely heartbroken to leave."



Karaoke
Crafts
Games
and New
Friends!



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Phase I students (along with Physical Education & Health P-12 majors) spent the afternoon learning how to adapt sports and athletic activities for people with disabilities. Thanks to Outdoors For All, the WWU Wheelchair Basketball Club, the Bellingham Central Lions Club Al Boe Wheelchair Warehouse, Tom Feller, Tami English, and Seattle Adaptive Sports .



Adapted Sports
Day 2019



In Memoriam

DEPARTMENT OF HEALTH AND HUMAN DEVELOPMENT

Chappelle Mabel Arnett Ed.D

July 4, 1934–April 13, 2019

Dr. Chappelle Arnett who spent 30 years in the PEHR Department at WWU passed away in Lake Charles,, Louisiana. Dr. Arnett was a major player in the development of the department to what it is today.

During her 30 years she quickly rose in the ranks from instructor to professor and finally, chair of the Department of Physical Education, Health and Recreation.

Chappelle was a major influence in Physical Education in the northwest instigating major change for women and girls in sport and physical education such as Title IX, Special Populations, workshops and numerous federal grants including a major grant which was instrumental in improving physical education in the Bellingham schools. In addition, Dr. Arnett was a supporter of elementary physical education by offering scholarships for future physical education majors for decades.

She was a major force in changing Physical Education at Western from focusing on teaching as a major to the emerging fields in Exercise Science. She was responsible for establishing the first exercise physiology lab on campus above the pool and obtaining exercise testing grants. She also convinced the university to build the biomechanics lab behind Carver. As a result, today Western is recognized as a leader in Kinesiology in the Northwest due to her foresight and perseverance. When Dr. Arnett served as department chair, they added the BA in School Health Education and the BS in Community Health which meant the addition of senior level health education courses as well as a full quarter internship in Community Health.

Dr. Arnett was a role model and mentor for

many students, encouraging them to reach high and pursue their dreams. Kathy Knutzen, alumnus and retired WWU faculty member, considered Chappelle Arnett to be her faculty mentor. Kathy states, “Chappelle encouraged me to pursue graduate study in exercise science, something I had not ever considered.

She also provided me with the opportunity to teach in the exercise science program at WWU. Her encouragement and support changed my life and led to a very rewarding career in higher education.”

What is remarkable is that Dr. Arnett was born in the depths of the Great Depression in Lake Charles, Louisiana and was raised solely by her uncle. Extremely intelligent, she went into teaching and researching elementary education with a focus on physical education and sports for girls, receiving an undergraduate degree at Centenary

College and graduate degrees at Purdue (M.S.) and the University of Missouri-Columbia (Ed.D).

After retirement Chappelle moved to Sandy Point which she called her home and became invested in the community serving on boards and always asking the right questions at meetings. She was always involved in some social activity and especially loved to entertain.



Dr. Arnett in the Exercise Physiology Lab