Hello from HHD Chair Keith Russell

Greetings from Bellingham! The students, faculty and staff of the Department of Health and Human Development (HHD) send you warm greetings and hope you have weathered the storm, as it said verbatim on the senior year sweatshirt my daughter received commemorating her final year in high school. We both looked at it and each other and laughed; we are a little seasick, but we weathered it! These past eighteen months have been unlike any other. I will not speak to how hard it has been on our side of the fence, because fences are ubiquitous and COVID left no one unscared. We simply did not have the bandwidth to send out a newsletter last summer, and when I asked the faculty and staff over a late spring 2020 Zoom meeting if we should try, I was met with blank stares and silence that said in a thousand words: “We would love to, but we are simply trying to teach math to our kids, finish up the quarter, walk our dogs that now have an undergraduate degree from WWU through Zoom, write annual reports, reconfigure our wireless, and finish up the quarter while also scheduling an optometrist appointment because our eyes don’t feel right.” I read the room with deft precision and said, “Alrighty then, the newsletter, like almost everything in 2020, is cancelled.” And here we are, a year later, and we are doing a newsletter, even if it is not approved yet by Governor Inslee's Phase 3 restrictions. We all agreed: we have to do it, it is critical.

As usual, HHD has experienced a lot of change in the past few years. In 2020 we welcomed two new faculty and one staff to HHD and are welcoming one more in academic year 2021-2022. Kristen Chmielewski, Ph.D., (Recreation Management and Leadership, University of Iowa) and Mary Hunt, Ph.D., (Public Health, University of Arkansas) each had an opportunity to teach two quarters face-to-face (F2F) before they were sequestered to their respective home offices and charged with taking all their curricula online. Both Kristen and Mary have done a remarkable job adjusting to WWU’s quarter system and their respective program's curricula. The effort that was required is staggering, and we owe them sincere gratitude for their efforts in serving our students and programs.

We also welcomed Jen Leita to the team, a long-time instructor in kinesiology who now serves as HHD's advising coordinator, supporting faculty and staff in serving more than 500 students in our four distinct academic programs. Jen has been an amazing addition to HHD, changing the way we advise our students, teach our classes and respond to student needs. We are fortunate to have her in this position.

Finally, we welcome Nathan Robey, PhD., University of Northern Colorado, to the KPE faculty. Nathan will be replacing Dr. Kari Jo Hilgendorf, who will be leaving HHD to care for her growing family. Dr. Robey previously served as our lab technician, so already knows his way around the Carver Academic Facility and HHD's ten labs. Dr. Robey has a bachelor's degree in athletic training from South Dakota State University and a master's degree from Texas State University, also in athletic training. His doctoral work in exercise science at UNC focused on "The Effect of Visual Disruption on Stability After Anterior Cruciate Ligament Reconstruction," which he completed in the summer of 2020.

We are happy to report that despite the pandemic, Dr. Jun San Juan’s Human Anatomy Dissection class this spring was able to provide students with an incomparable experience to learn human anatomy through hands-on human body dissection. This series of courses allows HHD faculty to better prepare our students for careers in allied health.
Other news is that the Community Health program has formally changed its name to Public Health to better reflect the mission and curriculum of our nationally accredited program.

This fall our goal is to offer as many classes as possible F2F even though we are confronted with myriad challenges trying to accomplish this goal. There are so many moving targets, that we are all accustomed to pivoting on a moment’s notice because we simply do not have the answers we need to plan. In fact, this spring after submitting our primarily online-delivered academic schedule for fall 2021, we received notice that vaccinations would be required and we all would need to teach F2F. Two days later, we again received notice that faculty had the choice whether to teach online or F2F. In the midst of making these decisions, the administration was writing policy in real time for what that would look like for the fall. HHD’s staff of Sue, Denise, Katey, Rob and Jen have been remarkable supporting us through this tumultuous time.

I want to send a HUGE THANKS to everyone who contributed to the various scholarships and funds in the department over the past couple of years. Your donations make it possible for us to support and enrich students’ education in the form of scholarships, support conference attendance 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 improve the quality of life of those they serve through their dedicated work in health and human development.

Please let us know if you will be in the area and keep a watch for a possible alumni event in spring of ’22. We are long overdue for some real NOT socially distanced connecting. Best wishes for a healthy 2021-22!

Keith
Chair, Health and Human Development
Professor, Recreation Management and Leadership

News from Melissa D’Eloia
RML Program Coordinator

Greetings alumni, family and friends of the Phase. I write to you from my office in Carver feeling a bit at a loss for words. So many events have transpired since our last newsletter was published in the summer of 2019 that I don’t quite know where to begin or how to adequately articulate everything the faculty, students and staff in the Recreation Management and Leadership Program (RML) have experienced. The last couple of years have been filled with uncertainty, upheaval and change, yet somehow, through it all, we have come out on the other side with a greater appreciation of one another, the phase and all the little blessings life has to offer.

The last couple of years have been eventful to say the least. The 2019-2020 academic year started out strong. We welcomed our newest tenure-track faculty member, Kristen Chmielewski, Ph.D., CTRS, to the program. Kristen’s expertise in teaching disability, social justice and therapeutic recreation has been a tremendous gift to students and faculty alike. With the addition of Kristen, the RML faculty continued to revise and improve the curriculum, this time centering on Phase II. The goal of these revisions was twofold: 1) provide students more guidance as they prepare for their professional internships and 2) align programming concepts with our concentration areas to reduce redundancy, increase relevancy and improve students’ ability to apply programming concepts in a manner consistent with professional practices. The changes we made to Phase II, along with the revisions we made to Phase I the year prior, became the central focus of our collective work. Little did we know that our newly designed curriculum would be delivered for the first time online, using Zoom.
In mid-March 2020 the pandemic hit, and Western had to make the difficult decision to move all its classes online. The faculty, staff and students were given two weeks to make this adjustment, which was particularly hard for us in RML. Not only did we have to transform the phase experience into an online platform, but we also had a brand-new Phase I curriculum to deliver to a group of students who had just been accepted into the program. The spring 2020 quarter was a whirlwind, but in the end we persevered. The cohort of students who entered our program in spring 2020 would all rejoin us in winter 2021 for yet another online learning experience. Through it all, this group of students has demonstrated what it means to be resilient, to dig deep and make it work, even when the goin’ gets tough. I am truly humbled by our students and am eternally grateful to have such a supportive group of colleagues with whom to navigate these challenging times. In fall 2021 we are excited to welcome our 2020 cohort, a group of students whose experience in the phase has been 100% online, back to Western for some face-to-face experiences in our dedicated classroom, Carver 207.

While the last couple of years have brought many challenges, there were also several highlights: 1) We moved our senior reception online and ushered another wonderful group of graduates into Phase V. Katey Roemmele, Jasmine Goodnow and Kristen Chmielewski were integral to the success of this event. 2) We have established a formal collaboration with Recreation Northwest, a non-profit based in Bellingham, WA, which promotes outdoor recreation and brings people together to enjoy, preserve and improve the places where they play. Through our partnership, we hope to provide consistent pathways to applied research, leadership and practicum opportunities for RML faculty and students. 3) Kristen’s dissertation, “In Any Way Physically or Mentally Unfit to Teach: City Teachers and Disability, 1920-1970,” won the History of Education Society’s Eggertsen Dissertation Prize. Way to go, Kristen! 4) Keith Russell received the Outstanding Faculty Leadership Award in 2020. 5) The TR students and faculty collaborated with the Max Higbee Center to provide virtual programs for adults with developmental disabilities, totaling over 1,600 service hours.

In looking ahead to the next couple of years, I predict many more exciting changes to come. So, stay tuned for updates as we continue to expand our program.

In the meantime, have a wonderful year and stay in touch. Best wishes, Melissa

RML faculty and staff at the 2019 senior reception

News from Randy Burtz

What a journey this last year was! And to be completely honest, I can’t be more excited to get back in person! We did our best to keep the Phase alive, but it just didn’t feel like the same experience. If you know me, you know I’ve never been one to pass up a hug (I blame my dad for that one), so I’ve definitely felt the loss of personal connection in the Zoom world. However, I am blessed to be among such amazing and caring faculty who give so much of themselves to this field and the Phase in order to make the virtual experience as meaningful as possible. In Kristen we found one of the brightest stars in the TR universe and are SO lucky that she decided to join the RML faculty. And as always, Katey continued holding it all together for us.
It's unbelievable for me to say that I have one kid driving and my youngest is now a teenager. It's not at all unbelievable to say that they're both taller than me (that happened when they hit about age seven). My bestie (my wife Erin) and I will have been traveling, hiking and enjoying life together for almost 10 years now! It numbs the mind to think about how quickly it all passes by.

I know there was so much loss for so many over the last year but, as always, I am so hopeful for the future. It has been fun to have our alumni now coming back as expert guest speakers, sharing the incredible work that they do with our newest cohorts. What a gift it has been to be part of this program. One of the best parts of my career has been my continued connection and friendships with former students. Over the last few years, I can count our alum among my fishing partners, kayaking buddies and family friends. It means so much to all of us to hear about what you're up to. So as always, please keep in touch! –Randy

News from Jasmine Goodnow

As I reflect upon the past two years, vivid memories of both roses and thorns come to mind. Today I will focus on the roses, one of which is our new Recreation Management and Leadership faculty member Kristen Chmielewski, who joined us just two years ago. She has become an integral component of the major with her quick humor, stunning intellect, technology skills (including Zoom!) and boundless kindness. I've had the great privilege of teaching several courses with her over the pandemic, including our new course, REC 261 Inclusive Recreation Services, where we examine the impacts of power and its influence on the application of practicing applied leadership. She has also become a dear friend.

I am also so grateful and impressed with our Recreation Management and Leadership students as they showed up every day over Zoom and engaged in building community and connecting with the faculty and their fellow students. In particular, in the Phase II community recreation course (RECR 377), students partnered with Recreation Northwest and created a series of six nature-based park tour programs for first year students, transfer students, students of color and student-parents. In winter 2022, students in RECR 377 will guide the park tours as part of the course. We believe that peer-to-peer experiences build powerful community-building, mentoring and place attachment for both the student-guides as well as student-participants. We firmly believe that this type of programming will enhance retention, student success and, most importantly, increase mental and physical health.
Although my sabbatical to Vietnam to begin my book was disrupted by the pandemic, I was able to switch gears, and I have been very productive on the research front. “Adventure in the Age of COVID-19: Embracing Microadventures and Locavism in a Post-Pandemic World” was published in spring of 2020, and two more articles are currently under review. This summer, two Western colleagues, Steve Bennett (Public Health) and Liz Mogford (Sociology), and I presented a paper titled “Reframing Public Health in Tourism Post COVID-19: A Call-to-Action Centering Equity” for the Leisure Studies Association.

On a personal note, not only has my time been engaged in research about microadventures, but they have been some of the sweetest times over the last two years: from spending time in the Chuckanuts, to cross-country skiing in the North Cascades, to bicycle camping on the Peninsula. Microadventures have been a great respite and joy! –Jasmine

Right: Jasmine cross-country skiing in the North Cascades

Below: Heliotrope Ridge Trail microadventure
News from Kristen Chmielewski

While all of my wonderful colleagues’ assurances that my second year at Western would be easier than my first year were slightly off-base, I feel tremendously lucky to be part of the RML family. Teaching over Zoom has been a challenge, but the resiliency, enthusiasm, engagement and humor of our Phasers over these past two years have been such a highlight during tough times. I am particularly proud of the work that our therapeutic recreation students have done with the Max Higbee Center during the pandemic; they successfully planned and led a variety of virtual programs aimed at fostering connection and fun during times of isolation and stress.

I have loved settling into Bellingham in my free time, and I’m especially grateful to have escaped the Midwestern summer heat. My hound, Scout, and I enjoy hiking and exploring with friends, and I still regularly marvel at the fact that I now live in such a gorgeous place. This summer was filled with more adventuring and many visits from family and friends I haven’t been able to see in years. –Kristen

Left: Best Buddies Club meeting pre-COVID. From left to right: Gwen Gabert, Kristen Chmielewski, Cassi Lane and Alli Walker. The club—which fosters friendships between WWU students and college-aged individuals with developmental disabilities—was founded by Gwen, who was recognized as the Associated Students Club President of the Year in 2020. During COVID, the club met virtually. Right: A screenshot of Kristen’s last Therapeutic Recreation class for Phase IV in fall 2020.
News from Lindsay Poynter

2020-2021. The past year has been rife with the unexpected. COVID has rippled through the world and impacted so many layers of life. On the teaching front, I miss seeing students—knowing what the stickers look like on their water bottles and laptops, what they snack on in the morning and where they sit in Carver 207. I miss hearing spontaneous laughter in between classes and the hacky sack and frisbee sessions on the lawn and in the hallway. As a program, the faculty are doing what we can to appreciate the online option and build community in this new (to us) cyberspace. The students have been full of so much grit. They are learning and flexing in ways I never anticipated, and we are all looking forward to being together again. Along with teaching at Western, I am serving as the advisor for Western’s Wheelchair Basketball Club. I'm continuing to work as a mental health counselor and am grateful for the practical experience this work offers as a compliment to teaching. I’m still "momming" it to my two kiddos and two dogs and having fun raising the crew with my husband, Keith. I’m wishing you all peace, health and connection to each other. Reach out when you get the chance! –Lindsay

RML Students’ Reflections on Their Internships

Hope Macke Internship
Summer 2020, Mica Guides, Glacier View, AK

Mica Guides is a glacier guiding company that operates on the Matanuska Glacier. Trips offered include ice climbing, glacier trekking, helicopter trips and zipline tours.

I worked as a member of the logistics staff. That meant that my job was a little bit of everything. My responsibilities included running zipline tours, managing content/marketing, answering phones, making fancy espresso drinks in the mocha truck, checking in guests, running daily logistics and a million other little things.

During the second week of my internship, I spent the first part of the week on a backpacking trip in the Talkeetna mountains. This was a mock three-day exposure trip in the style of the ones that are a part of multi-day trips. The idea was to experience more of Alaska, but also have a chance to understand a little bit about what it is like to be a client on one of these trips. The rest of the week was spent getting trained on being a guide for the zip line, learning technical skills on the glacier, getting checked off to drive the 15-passenger vans and practicing a few WFR scenarios, as well as getting some additional training on logistics.

I loved how the Phase supplemented my internship and, in turn, I was able to pull from my experience during the summer throughout the Phase. It felt like an incredibly valuable component of the learning experience.

The best part about this internship was the community that it came with. When you live and work with the same people you are bound to get close. But what is really special about MICA is that everyone puts their all into the company and the community. They are one and the same in most people's eyes.

Another thing that I loved about MICA was how important employee growth is. They very intentionally put people into leadership positions. You will be given roles that are in your wheelhouse, but you are also given things to push you in a direction in which you may not be immediately confident. Overall, I was surprised by how much responsibility they were willing to give me. And I always felt like I was supported in my work.

Climbing Matanuska Glacier

One strength I developed was my ability to guide and manage groups. As the season went on, I was able to figure out how to use the strengths that I possessed in
order to fill in some gaps in things I was lacking. My group management skills got much better, and I feel like I was able to find the balance of flexing to other people's behavior styles, but not flexing too much.

There is one thing that has really stuck with me this summer. That is the fact that recreation is still an incredibly viable industry even when we are in the middle of a global pandemic. I started out the summer having no idea what was going to happen. We never thought we would even be able to meet our overhead costs. The start of the season was incredibly slow. Very few trips went out, and almost all of them were Alaskan locals. But things really started to turn around towards the end of June. All of a sudden we were getting out-of-state travelers. Somehow towards the end of July we were able to cover all of our overhead costs. But it didn't stop there. Things have been continually picking up over the rest of the season. It just goes to show that there will always be a market for recreation, in particular in the world of tourism.

I am ten weeks into my internship at Christian Healthcare Center in Lynden, and time has flown by. The therapeutic recreation department here is extremely knowledgeable and is directed by a previous Phaser from Western! Since CHCC is a non-profit long-term care center, we have received many grants to help enrich the lives of the residents that live here, including two adaptable bikes from Cycling Without Age, the PARO robotic harp seal, IN2L online gaming program and many more. Recreational therapy has always been important, but more so throughout the COVID-19 pandemic. Group activities at the skilled nursing facility are beginning to open up, and I have been able to see the facility maneuver through COVID regulations and have a direct impact on these changes.

After my internship, I was hired as a therapeutic recreation aide and can work part time now that I have graduated from Western. I see myself working at Christian Healthcare Center for many years to come as I have learned so much about recreational therapy and how fulfilling it is for our residents. Thank you to the recreation professors at Western for setting up students with amazing opportunities like this one.
Recreation Management and Leadership Scholarship & Award Recipients

These are the scholarships and awards given by Health and Human Development and Recreation Management and Leadership (RML). Awards are listed by the fall quarter that students completed the RML program.

**Phase IV Fall 2019**

**Academic Achievement Award**
- Ian Konyot

**Departmental Tuition & Fee Waiver**
- Brianna Clark

**Double Eagle III Scholarship**
- Brianna Clark
- Madison Beasley Schock
- Monica Thomas

**Jake Merrill Fund for Outdoor Leadership, Safety & Training**
- Sophie Gabriel
- Alina Tully

**Jake Merrill Outdoor Leadership Scholarship**
- Ronnie Delgado

**Outstanding Senior Award**
- Iva Reckling

**RML Legacy Scholarship**
- Lindsay Pilon
- Monica Thomas

**Senior Program Student Speaker (chosen by peers)**
- Pete Riewald

**Servant Leadership Award**
- Dorothy Rake

**Willis Ball Memorial Scholarship**
- Haven Flores
- Alina Tully

**Phase IV Fall 2020**

**Academic Achievement Award**
- Erika Hagiiwa

**Departmental Tuition & Fee Waiver**
- Grayson Luther
- Andy Millard

**Jake Merrill Fund for Outdoor Leadership, Safety & Training**
- Elsa Blythe
- Skyler Hall
- Shiloe Petros
- Kallye Safko

**Jake Merrill Outdoor Leadership Scholarship**
- Andy Millard

**Kathy Knutzen Scholarship for Kinesiology**
- Anastasia Sanchez

**Outstanding Senior Award**
- Tara Gilkey

**RML Legacy Scholarship**
- Sydney Campbell
- Anastasia Sanchez

**Senior Program Class Speaker (chosen by peers)**
- Josh Zacharias

**Servant Leadership Award**
- Aubrey Diehl
Community Partner Awards

This award acknowledges outstanding individuals and/or community-based agencies whose efforts made significant contributions to RML's ability to achieve its mission of "preparing students to enhance the quality of individual and community life through the provision of recreation and leisure services for all people."

2019 Community Partner Award

Todd Elsworth, Recreation Northwest—Outdoor Recreation and Nature Education

As Executive Director of Recreation Northwest, Todd Elsworth promotes outdoor recreation and brings community together to enjoy, preserve and improve the places where we play. His decades of extensive event production, marketing and writing experience propels this passion. From their website:

Recreation Northwest wins WWU Recreation Management & Leadership Community Partner Award

“The faculty of Western Washington University's Recreation Management and Leadership major want to express our deep appreciation and admiration for all the amazing work you do in the community and the support that you have provided to us over the years. Therefore, you were elected to receive our Community Partner Award.” –Dr. Jasmine Goodnow.

The award was presented to Executive Director, Todd Elsworth, at the Recreation Management and Leadership Senior Reception on December 12, 2019, at Four Points in Bellingham by Dr. Goodnow.

Recreation Northwest works closely with the faculty and students at Western to help create community connections. We have hosted interns, speak to classes and engage students as volunteers at our annual EXPO. As we work together, we are building up the next wave of the workforce for the outdoor industry and members of our new Washington Outdoor Business Alliance. We are proud to display this award in our Recreation Northwest office!

Learn more about what Recreation Northwest offers:

- Park Tours
- Nature Immersion
- Adventure

Left: Todd Elsworth and Jasmine Goodnow at the 2019 Senior Reception and Program • Right: Todd's award
2020 Community Partner Award

Jennifer Spatz, Global Family Travels

Global Family Travels’ mission is to “Learn, Serve and Immerse” through impactful travel experiences that address social and environmental challenges as a means to build cultural bridges and to foster global citizens. In collaboration with community partners and non-profit organizations across the globe, the company’s family-friendly, sustainable adventures support conservation, education, the preservation of native culture and the economic growth of the destinations where they operate.

After a year of COVID-related shutdowns, Global Family Travels is offering new Seattle Community Tours to Learn, Serve & Immerse. These outdoor adventures, some of which were created with the help of WWU Recreation Management and Leadership students, give participants the opportunity to learn about the Pacific Northwest’s beautiful regions, diverse communities, natural surroundings and history in fun and engaging ways. Last November, the company introduced an enriching experience with the Black Farmers Collective at Seattle’s YES Farm and the Danny Woo International District Community Gardens. This tour offers the opportunity to learn about the power of community gardens and creative solutions to systemic land and food injustices.

Global Family Travels’ Day Tours:

- Street Hues: Seattle Urban Art Tour
- Explore & Color Lake Union’s History by Bike
- History Hike of Newcastle’s Hidden Coal Mines
- Power of Community Gardens with the Black Farmers Collective

Global Family Travels’ 3-Day Tours:

- Olympic Peninsula Adventure: Regenerate Salmon Habitat and Experience Tribal Culture
- Oregon: Regenerate Forests and Communities from Wildfires

Jennifer Spatz and her award

Global Family Travels community tours
Outstanding Alumnus for 2019:
Mike Sidwell (2007)

Since graduating from the Recreation Management and Leadership Program in 2007, Mike Sidwell has enjoyed a diverse career in recreation, education and social services. After a brief stint patrolling Mount Baker as a climbing ranger for the U.S. Forest Service, Mike moved with his amazing partner, Jenny, to pursue natural resources management in Colorado working for a small non-profit to manage the Poudre River Trail Corridor. Mike helped to spread awareness of the benefits of trails and recreation to the communities in Northeastern Colorado and launched an open space program to enhance and protect the greater river corridor and improve public access.

After missing and eventually returning to the great Pacific Northwest, Mike earned his Master of Education degree from the University of Washington with graduate certificates in environmental education and nonprofit management. While living in Seattle, Mike worked as the education and volunteer manager at Evergreen Mountain Bike Alliance and helped expand those programs to make a greater impact statewide.

Mike, Jenny and new son Griffin were grateful and excited to return to Whatcom County when Jenny accepted a job at Western and Mike took a position with Treehouse, working with school districts, foster parents and social workers to support the education of youth in foster care. Working for Treehouse has been a rewarding experience for Mike and matches well with his desire to serve marginalized populations.

Lindsay Poynter, MA, LMHC (1999)

Lindsay Poynter has over twenty years of experience within the recreation and counseling profession and is currently a senior instructor with Western’s Recreation Management and Leadership (RML) Program. Lindsay received her BA in recreation with a focus in therapeutic recreation in 1999. She interned at the National Sports Center for the Disabled in Winter Park, CO, and later at Voyageur Outward Bound School in Ely, MN. Lindsay worked as an environmental educator for Save the San Francisco Bay and as a trip lead for various wilderness programs. She then began graduate school in 2002, receiving a Master of Arts in counseling psychology with a focus in wilderness therapy from Naropa University in 2005. During her last year of graduate school, she began a counseling program at the Rocky Mountain School of Expeditionary Learning in Denver, CO. Since this time, Lindsay has worked as a therapist in the public schools and Northwest Indian College and led trips for women survivors of trauma for Women’s Wilderness Institute.

Since 2010 she has been a part-time faculty member in the RML major and taught over 20 different courses throughout her time at Western. Lindsay is passionate about building community and getting to know her students and their individual interests and is committed to carrying on the strong legacy of the Recreation Management and Leadership Program at Western. She is humbled and grateful to be able to serve as an educator among such caring faculty and students.
Alumni Spotlight

John Keates (1982)

Raised in Anacortes, John first attended Skagit Valley College and then transferred to Western in 1979. It was at Western he became interested in parks and recreation, entered the Recreation Program and began working part-time for Bellingham and Skagit County Parks. In 1985, he was hired by the City of Vancouver, WA, coordinating youth sports programs. From that point forward John worked for City of Longview, Metro Parks Tacoma, Mason County and the cities of Enumclaw, Chelan and Bothell in a variety of capacities. From 1993 to 2017, he served twenty-four years as the department director (Enumclaw, Mason County and Bothell). Since 2018, he has been working for Washington State Parks NW Region Office in Burlington as the assistant region manager.

John's volunteer experiences include serving on the board of directors for the Washington Recreation and Park Association, Rotary, Great Peninsula Land Conservancy, Big Tent Coalition, Washington State Trails Coalition, Washington Coalition for Promoting Physical Activity and currently with the Nooksack Nordic Ski Club. He was also privileged to serve on Governor Jay Inslee's Outdoor Recreation Task Force.

In his spare time, John enjoys hiking, bicycle riding, cross country skiing, jogging and taking Maggie (their dog) on long walks. John is married to Susan, and they reside in Bellingham with two cats and Maggie.

Adrienne Moore (2005)

After graduating from the Recreation Program, Adrienne returned for several seasons to work at her internship location, the Breckenridge Outdoor Education Center, as a course director and river guide while also coaching high school softball. She moved back to Seattle to attend the Evans School of Public Policy & Governance at University of Washington to study non-profit management. After graduating with a Master’s degree in public administration, she stayed at UW and worked in the College of Education heading up Community Partnerships and Outreach for local youth development, physical activity and youth sports organizations. She’s been working in youth development, physical activity, coaching and sports ever since.

Adrienne's work is focused now on using sport as a health tool and trauma-informed sport practices. She is a trainer and consultant for organizations across the country who are trying to ensure their sports programs are youth development-focused and centered on trauma-informed concepts. She still gets outside as much as possible on the trails or water and lives in Seattle with her wife and dog.

We Coach* article about Adrienne:

Get to Know Our Newest Lead Consultant, Adrienne Moore!

From the article:

“What does a typical day look like for you?

Like so many folks I don’t really have a typical day - which is awesome. My whole life I’ve been into a lot of different things, and my work life reflects that as well. I’m lucky that most of my days involve collaboration with really smart people who are trying to support youth, coaches, and programs. It might be writing, chatting with folks about a program idea or new partnership, or planning for and facilitating a training depending on the day.”

*We Coach is now The Center for Healing and Justice Through Sport

(Adrienne’s photo is on next page)
Adrienne Moore

Katie Sauerbrey (2011)

Katie Sauerbrey, who graduated from the Recreation Management and Leadership Program in 2011, now works for The Nature Conservancy (TNC) in Oregon as a preserve manager and prescribed fire burn boss.

Read a TNC article about Katie on the job: Life on the Fireline: Conversation With a Burn Boss

Katie is currently engaged with efforts to increase human diversity in natural resource management by fostering training opportunities for unrepresented peoples in wildland fire management. Katie manages TNC's Sycan Marsh Preserve, a piece of land in south-central Oregon that stole her heart the moment she set foot on it. Read more about Sycan Marsh Preserve.

In her spare time Katie enjoys all things outdoor recreation related. In the summer months you will find her floating rivers, running trails and backpacking with her dog, Finn. In the winter Katie enjoys backcountry skiing and sitting by her wood stove in central Oregon reading a good book. A personal goal of hers is to ski as many of the Cascade volcanoes as she can in the remainder of her thirties.

Paige Mackintosh (2013)

Paige Mackintosh completed the Recreation Program with a focus on therapeutic recreation in the fall of 2012, graduating in the spring of 2013 after completing a few more classes to earn a psychology minor.

After college, Paige completed an internship at Camp Korey, a year-round camp in Mt. Vernon, WA, for kids with life-altering medical conditions. She was an intern for the CEO and completed a myriad of tasks, learning more about the business side of non-profits. Now, in 2021, she is the volunteer coordinator at Camp Korey.

Along with volunteering and working with kids, Paige has always also been passionate about sports and became a Seattle Sounders season ticket holder. She is a loyal fan and continues to play soccer in an adult league in Bellingham.

One of Paige's other big adventures after graduating was traveling. She was able to enjoy a cross-country road-trip with a couple of friends, traveled to Ireland and explored the country, and took many other solo trips visiting friends around the United States. Paige attributes a lot of her self-confidence to Western and the Recreation Management and Leadership Program. It was a life-changing college experience she will never forget!
September 2020 Western Alumni article about Paige:
Paige Mackintosh: The Importance of Giving Back

From the article: “Paige’s journey is a reminder of the power of community. Western’s Recreation Program gave her a home, and Camp Korey gave her purpose. It was through the university’s Recreation Program that she found Camp Korey, for which we are incredibly thankful,” said Kim Puhrmann, Camp Korey’s director of marketing and community engagement. “Like Paige, many of our campers experience similar feelings of isolation, insecurity, and loneliness. They go to many doctors’ appointments and often undergo multiple surgeries. Camp Korey accepts their conditions and helps them to feel more secure and connected through recreational programs that foster friendship and confidence.”

Iva Reckling (2020)

After finishing Phase IV of the Recreation Management and Leadership Program in fall 2019, graduating in winter 2020 and then entering the world of COVID, Iva adopted a rescue dog named Dixie and moved back to Cheyenne, Wyoming, to be close to her family. She spent most of her time working at a tea shop and apothecary, climbing, skiing and studying for the LSAT. After taking the LSAT, Iva applied to the University of Wyoming College of Law. She was accepted and granted a merit scholarship based on her application, personal statement and test score that will cover half of her tuition. She will be attending law school at UWyo in the fall of 2021. Until then, she will continue to spend her time outside, soaking up the beautiful Wyoming summer with her dog by her side.

Left: Paige Mackintosh and her fellow students with Professor Charles Sylvester on a therapeutic recreation field trip to Children's Hospital in Seattle
Ways to Give to Recreation Management and Leadership

As always, we appreciate your support of Recreation Management and Leadership, which allows us to offer more opportunities to our students. Our RML Foundation Fund covers conference attendance, special events, guest speakers, research, equipment, materials, etc. Our Legacy Scholarship fund supports students while on their internship, helping cover tuition, lodging, travel to the internship site and general living expenses.

Online: Recreation Management and Leadership Foundation Fund

Recreation Management and Leadership Legacy Scholarship

Health and Human Development Foundation Fund

Via phone: 360-650-3027

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View from Oyster Dome (photo by Jasmine Goodnow)