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

Some of the milestones in our history follow:

MILESTONES

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

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

First Health Education Recognition Award is given to Lois Liebach.

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

1980
First employees hired.

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

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

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

1981
Support the first Washington State Health Education Conference for schools.

Publication of Hunk's Looking At You™, developed by Educational Service District 121.

Production of People You'd Like to Meet.

1982
First $1 million in sales of materials.

Neil Adams, Gale Galloway, and Jay Shupack: Gale still works at C.H.E.F.

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

Lois Liebach worked at the American Heart Association and was instrumental in supporting a series of health education workshops for elementary educators.
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Some of the milestones in our history follow:

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

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

First Health Education Recognition Award is given to Lois Liebach.

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

1979
Operations are moved to a rented building on Pacific Highway South.

Production of safety kits on pedestrian and bicycle safety.

Production of curriculum on Fetal Alcohol Syndrome.

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

1980
First employees hired.

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

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

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

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

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

The Past continued

Margit Katalin Dévaí and Sue Nickelsten shipping the Hungarian materials

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

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

Penny Brewer • Maureen Considine • Lynn Sharwood Parker • Jan Sinzheimer • June Strickland • P.J. Watters

The groundbreaking crew

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

Seniors getting into the spirit of the occasion

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

1982 continued
Publication of the peer-helping program, Natural Helpers® developed by Robert & Associates

1983
First Health Education Leadership Award is presented to Marjorie Griffin

Contracts developed with Roberts & Associates for development and training

Scholarships given to undergraduate and graduate students in health education

1985
Carl Nickelston becomes first president of C.H.E.E.S.E.®

Health educators are added to staff

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

1986
Carl Nickelston presents a vision paper to the Board of Directors outlining the advantages of expanding philanthropic efforts and partnering with other foundations

Publication of Here’s Looking At You, Too! 2000®, developed by Roberts, Fitzmahon & Associates

First $1 million in the endowment fund

MILESTONES

1988
Construction and relocation of offices to 22323 Pacific Highway South

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

Founding of School Health Association of Washington (SHAWE)

1989
Five school health educators selected as the first Health Education Fellows to receive training and professional support

First Northwest Wellness Conference for Seniors

1990
Purchasing and remodel of a second office building at 22419 Pacific Highway South; new current office building

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

1991
Work with Dr. Margit Katalin Dévaí in Hungary to develop materials and train teachers in substance abuse prevention based on Here's Looking At You, Too®. A Foundation, C.H.E.E.S.E.-Hungary, was established to support health education
The Past

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Scholarships given to undergraduate and graduate students in health education

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• Kris Pepper • Brenda Still

Seniors getting into the spirit of the occasion!

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

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

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Work with Dr. Margit Kately Deval to create educational materials for basic drug and prevention

Work with Dr. Margit Kately Deval in Hungary to develop materials and train teachers in substance abuse prevention

Work with Dr. Margit Kately Deval in Hungary to develop materials and train teachers in substance abuse prevention

Margit Kately Deval and Sue Nickerson working on the Hungarian materials

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

Margit Kately Deval and Sue Nickerson working on the Hungarian materials

continued
MILESTONES

1991 continued
Provide grants and technical assistance to two middle schools to develop comprehensive health programs over a five-year period.

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

1992
A team of C.H.E.F. employees completes the Mt. Rainier to Pacific relay.

Enter grantmaking community with membership in Pacific Northwest Grantmakers Forum.

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

Publication of Power4Kids®, a program combining reading and health for primary grades.

1993
Purchase of rights to all programs from Roberts, Fitzhannah & Associates, Inc.

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

The Past

Teams from the two middle schools

Gale Galloway, captain of the relay support van

The running team at the end of the race

Cali Tanaka and Lehn Bristow after a hand- down loss.

Renew the Partnership

AN INTEGRATED CURRICULUM FOR A HEALTHY BEGINNING

Clay Roberts
Don Fitzmaurice

Past

The Past continued

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

A comprehensive violence prevention program designed to change attitudes and behaviors.

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

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

MILESTONES

1993 continued
Contract with the Washington State Division of Alcohol and Substance Abuse to develop a state prevention plan and resource guide for Fetal Alcohol Syndrome.

1994
C.H.E.F. joins national grantmakers with membership in Grantmakers in Health.

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

License Power4Kids® to The Wright Group to market and sell.

Publication of Get Real about Violence®.

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

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

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

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

continued
The Past

- Teams from the two middle schools

Renewing the Partnership

AN INTEGRATED CURRICULUM FOR A HEALTHY BEGINNING

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

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

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Enter grantmaking community with membership in Pacific Northwest Grantmakers Forum.

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

Publication of Powers Ace

1993
Purchase of rights to all programs from Roberts, Fitzmaurice & Associates, Inc.

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

1994
C.H.E.F. joins national grantmakers with membership in Grantmakers in Health.

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

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

continued
The Past

1994
Support of a public education campaign, "Meeting the Need for Today's Health," in partnership with KIRO Television & Newsradio and Pacific Medical Center.

1995
The Washington State Division of Alcohol and Substance Abuse awards C.H.E.F.® a two-year contract to coordinate the state substance abuse prevention conference and to organize youth fairs.
Partnership with Spokane County Health District on state substance abuse prevention conference.

1996
Join Grantmakers in Aging
First annual National Prevention Institute held in Seattle, Washington.
C.H.E.F.'s first Organizational Health Education Recognition Award is given to Healthy Mothers, Healthy Babies.
License Hank's Looking At You, 2000® and other prevention programs to AGF Educational Media to market and sell.

1997
Larry Clark elected president of Pacific Northwest Grantmakers Forum.
C.H.E.F. receives National Recognition Award from American Association for Health Education.

The Past continued

GET REAL ABOUT TOBACCO
A mixed media program that addresses K-12 students' use of tobacco products.

20
Enjoying a relaxing massage.

HERE'S LOOKING AT YOU
Jockeying for position at the start of the Fun Run.

Seniors enjoying a "sing-along."
The Past

1994 continued
Support of a public education campaign, “Meeting the Need for Today’s Health,” in partnership with KIRO Television & Newradio and Pacific Medical Center

1995
The Washington State Division of Alcohol and Substance Abuse awards C.H.E.F.’s two-year contract to coordinate the state substance abuse prevention conference and to organize youth rallies.
Partnership with Spokane County Health District on state substance abuse prevention conference

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First annual National Prevention Institute held in Seattle, Washington
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The Past continued

GET REAL ABOUT TOBACCO
A mixed media program that addresses K-12 students’ use of tobacco products

1997 continued
Publication of Get Real about Tobacco™

1998
The Board of Directors approves a new Strategic Plan
Web site, www.chef.org, is launched

1999
Centers for Disease Control enters into a second five-year cooperative agreement with C.H.E.F. to assist middle-level schools in enhancing and developing HIV prevention programs
Revision and retitling of Hank’s Looking At You, 2000® to Here’s Looking at You™
Twentieth annual Washington State Health Education Conference
Led local funding efforts to secure a Robert Wood Johnson Foundation grant under their Local Initiative Funding Partners Program on behalf of Senior Services’ Health Enhancement Program
Tenth annual Northwest Wellness Conference for Seniors

Distinguished Service to Health Education Award for 1997

Participating in a Dynaband® workshop

Seniors enjoying a “sing-along”

Enjoying a relaxing massage!

Jockeying for position at the start of the Fun Run

Catch the Spirit: Celebrate WBBB’s 20th Anniversary

Here’s Looking at You

A Decade of Promoting Wellness

Participating in workshops

Tom Connolly, workshop presenter

Listening to speakers

Conference participants and presenter in Yakima, WA

Sally held in Seattle, WA

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