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NWACUHO Soundings

The Northwest Association of College and University Housing Officers is a professional organization whose purpose is to contribute to the improvement and coordination of housing, residence life, and food service operations of our member institutions. NWACUHO sponsors activities to assist its members in exchange of ideas related to the administration of their organizations and the professional development of its members.

Soundings, the newsletter of NWACUHO, is published three times a year to provide information of the association and its member institutions, as well as present information affecting the housing, residence life and food service professions.

**Soundings Publication Deadlines for
1999-2000:**

**September 1st
December 1st
March 15th**

Soundings Editorial Board:

The editorial board is comprised of volunteer members from throughout the NWACUHO region. Duties include assisting in the development of an editorial schedule, submission of interest articles, and soliciting articles and feedback from the members of the association. If you are interested in being a member of the editorial board, please contact your state or provincial representative or the newsletter editor.

Editorial and Submission Policies:

Deadlines for publications are based on distribution needs, and therefore it is important that members honor the established deadlines. Material not received on time, or not used due to space limitations will be considered for use in the next issue. Because *Soundings* is the official publication of an educational association and reflects the professional standards of its members, necessary revisions will be made to ensure publication quality. *Soundings* also reserves the right to edit submittals for space requirements.

Authors bear full responsibility for references, quotations, and data accuracy of publications submittals. Authors also hold NWACUHO harmless from any liability resulting from publications of articles submitted for printing.

Be sure to clearly indicate the author(s) and institution(s) on all submissions. Permission is granted to reproduce portions of *Soundings'* contents with proper attribution and credit to *Soundings*.

Advertisements in the *Soundings* should not be considered an endorsement. For information on vendor advertising rates please contact Vennie Gore, Member at Large, at 206-543-7635.

Please send all submissions (articles, letters to the association, updates from around the region, and announcements) to either:

Leslie Barber, *Soundings* Editor
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FAX: 360-650-6890

or

email: ljbarber@housing.wwu.edu.

**Please attach articles using (saving as a) MS word document or type it into the email.

EDITOR'S NOTES

Welcome! To the Autumn 1999 Edition of the NWACUHO Soundings. It seems hard to believe that it is already Early October. It seemed like yesterday that the students were leaving for summer vacation and here they are now living with us again. I hope you were able to take some time this summer to rejuvenate yourself and take time to reflect.

As for this fall, I hope all of you have had smooth openings and great transitions into the new school year. As this is out in the mail we are entering the beginning of our fourth week here at Western. I love the energy the students have during this time of year. It is rejuvenating to see them work together to create something great on their floor teams, or in their activities inside / outside the hall.

A couple of weeks ago we had our Division of Student Affairs Retreat. During this day long set of workshops we were able to spend some time listening to student perspectives on the university and their experiences here at Western. It was a good reminder for me of what it is like to maneuver through the university system.

This is another call for articles for the newsletter. Writing for the regional newsletter is the easiest way to work on some articles for journals, gain professional exposure, etc. Feel free to send them to me via email, or mail. If you have questions on how to do it please contact me at 360-650-2890. Other suggestions are always welcomed.

In this issue of NWACUHO Soundings there are nomination forms for Executive Board positions and Provincial / State representatives, Outstanding New Professional Award, and Program Proposal forms. Help recognize those who work hard on your campus or who you think would be great in one of the board positions. They deserve the recognition today!

A closing thought:

"He apo a pili ke ola apau" (everything is connected) - Old Hawaiian Saying

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*"Do all the good you can
by all the means you can,
in all the ways you can,
in all the places you can,
at all the times that you can,
to all the people you can,
as long as ever you can."*

John Wesley

"The great French Marshal Lyautey once asked his gardener to plant a tree. The gardener objected that the tree was slow growing and would not reach maturity for 100 years. The Marshal replied, 'In that case, there is no time to lose; plant it this afternoon!'" ---John F. Kennedy

Greetings from the Current President

Here it is the first of September and school has started or is about to start. Some of you are in the middle of training, hiring that last minute replacement, wondering where you are going to put all the new residents or hoping they all show up. This is going to be great school year but filled with just a little bit of mystery of what will really happen at 12:01 AM January 1, 2000.

This summer I attended the national ACUHO-I conference in Vancouver, British Columbia. The Staff at the University of British Columbia and the Program Committee did a great job in organizing the conference and providing a great experience for everyone. One of the highlight of this years conference was that our very own **NWACUHO VOLLEYBALL TEAM WON THE CHAMPIONSHIP TROPHY**. All of the NWACUHO delegates who played on the volleyball team are to be congratulated. If possible I am going to try and have the trophy visit different schools in each state and provinces. If your school would like to host the trophy please let me know.

Plans are already underway for our annual conference. I know that the host committee has chosen a great facility and is lining up some dynamite keynote speakers. Now is not too early to consider putting on a program or becoming involve in your association.

Hope everyone has a smooth opening and a wonderful fall. See you in February 2000.

Jerry Kruse, President

Past-President Thoughts

For us "housing people" I know this is an incredibly busy time of year. The lull of summer is past and we are well into the throws of the academic year or at least into staff training. Even so, it's time to start thinking about your plans for your professional development. NWACUHO offers a terrific way to be involved on a regional level. Attending the annual conference is it a great way to meet and network with housing professionals. A terrific way to get more involved in NWACUHO is become an elected Executive Board member. In this edition of Soundings there is a nomination form for the positions this upcoming term. It can be intimidating to run for an office, but this is a great way to jump in with both feet. We need new perspective and energy!

The following are the Executive Board positions that will be voted upon this upcoming term:

President-Elect: A one-year position with a three-year

commitment to the association. During the first year the President-Elect services as the Conference Program Chair, is responsible for coordinating the workshop programs at the annual conference and is the liaison to the Conference Host Committee. The President-Elect appoints state and provincial representatives, and also advises NWACUHO committees. The President-Elect then assumes the responsibility of the President of the Association for the second year of service, followed by a year as Past-President.

Secretary: A two-year executive position. The Secretary serves as the official correspondent for the Association and maintains association records. The Secretary records, transcribes and distributes minutes of the Executive Board meetings and minutes of the annual business meeting of the Association in accordance with the constitution.

Member-at-Large: A two-year executive position. The Member-at-Large coordinates all correspondence with vendors who are interested in the Association. The Member-at-Large works in conjunction with the Newsletter Editor to coordinate vendor advertising in Soundings. The Member-at-Large plans and coordinates exhibitor involvement at the annual conference.

British Columbia Representative & Washington Representative: Two-year executive board positions. Act as liaisons between the Executive Board and members from their State/Province. Serve on the Program Committee for the Annual Conference. Contribute, through authorship or solicitation, a minimum of one article from their State/Province to each edition of *Soundings*.

Being an Executive Board member requires three Executive Board meetings a year. Generally these meetings are held in early November, directly after the Annual Conference, and early to mid-May. There is money budgeted to cover your travel expenses, over and above what your institution is willing to support, to the November and May meetings. **Look for the Executive Board nomination form in this issue of Soundings!**

If you are a new professional and not considering a formal executive board position, there is an opportunity for you too, the **Case Study Competition!** Each year during the Annual Conference, we host a Case Study Competition where teams of two to three people present their solution to a typical housing related dilemma to a panel of seasoned professionals. Winners are announced at the closing banquet. This is a wonderful active learning opportunity. You will find the **Case Study Registration form in this issue of Soundings.**

I look forward to hearing from some of you regarding Executive Board Nominations and the Case Study Competition. I hope you will all consider attending the Annual Conference!

Kelly Boyer, Past President

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Provincial and State Reports

News from Alaska

The Alaskan Student Affairs Conference was held on Wednesday, July 28 through Friday, July 30, 1999, at the University of Alaska Anchorage campus. The opening reception treated us to a taste of tropics with the "Ohana of Paradise" dancers performing. The meal consisted of a roasted pig and mixed fresh fruits, treats to those of us in Alaska.

The keynote speakers for the conference included *Gwendolyn Jordan Dungy*, the Executive Director for the National Association of Student Personnel. She reminded us all of the changes that face all people that work in student personnel. Dr. Dungy reminded us that in the mid 1990's Admission departments became less of a student affairs position and answered more often to the academic side of an institution. She highlighted in her message that we needed to, more than ever, develop relationships with faculty members at our universities. She suggested that we do it through such programs as Service Learning, Leadership, Freshmen Seminar Courses and Citizenship Development. Each attendee walked away agreeing with her words and trying to figure how to go back to their campus' and implement these new ideas.

Tim McMahon visited with us with his newly cut hair and shaved face. Tim currently is the Director of Special Projects at Western Illinois University. For those of us that attended NWACUHO in Sun River you remember Tim for his energetic, motivating words; he did the same thing for the group of Alaskan administrators. Tim reminded us that often times it is not what we say but how we say it. That we should try to say a lot less "buts" and a lot more "ands." Instead of saying, "I like the idea BUT..." say "I like the idea AND..." He encouraged us to look at what we can do and not what we can't—certainly things we tell ourselves often, but it is so important to remind ourselves all the time.

Thanks to both Gwendolyn and Tim for inspiring us as we set to enter the 1999-2000 school year.

Other highlighted workshops in the conference focused on Insights into Alaskan Natives, First Year Experiences, Learning to Love Your Job, and the highly attended and talked about session on the Student Affairs Policies and Regulations for Residence Life and Housing.

Other Updates:

University of Alaska Anchorage is assisting and working with the staff at Alaska Pacific University. APU students are being housed at UAA while APU undergoes renovation this fall. It is a successful cooperative agreement between a public and private institution here in Alaska.

University of Alaska Southeast is experimenting with a faculty in residence. **Kevin Krein**, prof. of Philosophy is living in Banfield Hall, a building of 80 traditional aged

freshmen. Kevin is hoping to increase the academic atmosphere of the hall, and also help other faculty members get a better understanding of housing.

Timi Hough
Alaska Representative

Alberta News

Well, what can I say...like everyone else in this industry, we are all in the midst of training, check-in and orientation activities (by the time you read this, they'll be behind us for another year). The energy and activity levels are high and the campus is buzzing. That being said, (and not that it's an excuse) I haven't been in touch with my colleagues in the province in the last couple of months to see what they've been up to. I apologize, my update will be a short one for this edition.

Alberta's big event at this time of year is the 11th Annual Student Leadership Conference held in the third week of September every year. This year's theme is "Discovering New Frontiers." This event has grown to include student leaders from both Saskatchewan as well as British Columbia along with our Alberta constituency. A great big thank you to our outstanding Conference Planning Committee: *Sylvia Cholodniuk*, University of Saskatchewan; *Randy Fines*, Lakeland College; *Wilf Hill*, University of Calgary; *Nadia Jagar*, Red Deer College; *Tracey Mason*, University of Alberta; and *Doug Wagstaff*, Olds College. This year promises to be really exciting; along with a great weekend line up, our Keynote Speaker will be our very own *Lorne Williams*....one of our Alberta Residence Life "veterans." We know you'll "wow" them Lorne!

I would also like to take this opportunity to invite any Alberta NWACUHO members to submit articles for Soundings. We've got a lot of talent in the province, so let's contribute to our Regional Newsletter. You can send articles to me at margot.bell@ualberta.ca and I will forward them on for you.

Remember: your Rep needs your news....if you hire new folks, have new ideas and programs or generally have information you'd like to share, please pass it along to me. Rest easy everyone, we've survived another September!

-Margot Bell, Alberta Rep

News from British Columbia

SFU "Makes it Happen!"

Simon Fraser University's Residence Life Program is gearing up to "Make It Happen!" Resident Assistants, Community Assistants, and Area Coordinators will be going through a week of intense training and professional development — all with the goal of providing them with the tools to 'Make It Happen' for their communities.

Using a competency based training model, residence life staff members will be trained in a portfolio of skills that are es-

sential to a successful community development program, including: peer mentorship, assertiveness, behavioural intervention, community development planning, and ambassadorship. Furthermore, staff will participate in an interactive and insightful workshop called "You Don't Know How Good You Have It: Privilege, Pluralism, and You." This workshop was developed to allow a group of privileged university students to recognize and appreciate their privilege, and learn how to use the context of that privilege to work with under-privileged to overcome personal and group oppression.

The Residence Life program is currently experimenting with new community development models, and is moving from a KSV-model to a community and resident-based model, in the spirit of Kamhi and Thompson's (1996) B.A.S.I.C. Programming Model. They'll be doing a lot of experimentation with our traditional halls, graduate hall, townhouse community, and family housing complex, in order to collaboratively develop a model that best suits the residential community culture of SFU.

Chris McGrath has joined the Residence and Housing team as Assistant Director Residence Life. Originally from Southwestern Ontario, Chris completed his M.Ed. in Higher Education and Student Affairs Administration at the University of Vermont, and is very excited about working with the Residence Life Program at SFU.

RRU 'Laying the Foundation'

This year, RRU has developed a 3-week "Foundations" program for all of its incoming Undergraduate students. The purpose of this program is to centralize University orientation by integrating the work done by the Academic and Student Support services during the first 3-weeks of classes. This program has evolved over the last three years as structure and content have been constantly modified due to various student feedback surveys. We are confident this year's program will be the best yet.

All students will participate in Team-Building exercises, Information Technology seminars on email, and the whole range of Microsoft products, multi-disciplinary courses, case competitions, and a wide variety of social/recreational activities. All seminars and courses are developed on a team basis, utilizing individuals from across the university community with the purpose of exposing our new students to as many different departments as possible. In contributing to this program, the Residence Life department is organizing a number of social events including a BBQ hosted by our President, various dinner/music nights, a Café Philosophy series, a Nature Walk on campus, and a softball tournament. All events are open to the entire University community.

One of the highlights is a 4-week 'Learn to Row' program sponsored by the 'Y at RRU' and West Coast Rowing. This program is instructed by Olympic level coaches and allows

students to experience the sport of rowing while working as a team with other new students. This program ends with a regatta and BBQ in early October. Students participating in this program last year found it a wonderful way to learn a new sport, practice team building skills, and meet new people.

We hope that by providing students with a solid foundation, their year will be an incredible success!

UVic 'Makes Contact!'

This year, Lisa Gibson at UVic had developed a program called "First Contact" which is a 10 day orientation program for all students living in residence. The theme being that landing in Residence can feel like another planet.

Implemented by Residence Life staff the orientation program includes a First Night Dinner (hosted by Resident Advisors), so that all the buildings will have a table with their RA's in order to assist with that first cafeteria dinner fear. Instead of trying to get 1200 people all to one location downtown, our excursion will be a per building event lead by the Resident Advisor's from that building. This way they can choose where they want to go.

'First Contact' will also feature a number of large events such as a Comedy Night, Softball Tournament, a BBQ, and of course the "Out of this World" welcome dance. People buy tickets for these events individually, so that they only pay for the events that they want to attend. All the other events (like the ones I mentioned above, as well as tours, games night, movies, a pancake welcome breakfast, a carnival, the Spirit Rally, and a Caddy Bay beach day) are totally free.

They have currently pre-sold event tickets to over 300 students and will continue to sell them when students arrive.

-Jim Dunsdon, British Columbia Rep

Updates from Washington

Central Washington University:

The Office of Residential Services at Central Washington University is proud to announce the addition of two new Area Coordinators, **Cathy Maxwell** and **Corey Ray**. Cathy is a Central Washington University veteran, graduating from CWU with a Bachelor of Science degree in Geology. After spending time with the United States Geological Survey, Cathy returned to CWU's Office of Residential Services department as a member of the custodial crew. Most recently serving as Custodial Supervisor, Cathy will be missed by the custodial crew, but is a welcome addition to the ORS Area Coordinator team!

The newest member of the ORS team, Corey served first as a Resident Assistant before moving to the position of Hall Director while an undergraduate at Southern Oregon University. After completing his Bachelor of Science degree in the Social Sciences, Corey became an Interim Youth

Counselor for Alcohol and Drugs in Medford, Oregon. His previous training coupled with his experience as the Interim Coordinator of Student Services for the Asia University America Program here at CWU makes Corey a strong addition to the ORS team!

Pacific Lutheran University:

Pacific Lutheran University would like to welcome **Dane Waltjen** to the Northwest. Dane comes to PLU most recently from University of Hawaii-Manoa. He will be responsible for Hinderlie, Hong, and Kriedler Halls. Construction of the new apartment style living complex is underway and scheduled to be completed for Fall 2000.

Washington State University:

Washington State University has three new full-time professional staff: **Mike Smith, Mandi Horney, and Vince Nix** are all Residence Hall Directors. Mike is a Missouri native completing his undergraduate degree at Northeast Missouri State. He served a brief stint in the Army during Desert Storm and then at Rockfort College as Assistant Director. Mandi is a native of Kansas and completed her undergraduate work at Kansas State (not University of Kansas!). She completed her graduate work at the University of Nebraska-Karney. Vince is a native of Mississippi and completed his undergraduate degree at Ole' Miss, He completed his graduate work in student affairs at Washington State University.

We would also like to welcome to the region three Graduate Hall Directors: **Dennis "Clutch" Renno** comes to us from SUNY-Geneseo. He is enrolled in the Student Affairs program. **Sean Broghammer** is a "Cougar" and will be working on a degree in Secondary Education. **Farouk Dey**, originally from Algeria, comes to us from University of Wisconsin - Milwaukee. Please welcome all of our new staff at this year's conference.

WSU is also proud of a new program we have implemented with our RA staff in three freshmen towers, housing 900 new students. Thirty (30) staff have been trained to be the Academic Advisors for the members of their floor/hall. The pilot program last year was a huge success, with significant results. If you have any questions about this program or training contact **Tony Nowak**, Director, Residence Life (509) 335-1689 or nowak@wsu.edu.

University of Puget Sound

We successfully completed the renovation of eight (8) Greek housing facilities, housing just under 300 students. We had a very tight schedule and completed the project in just over 3 months. We are delighted to say that we have no new staff this fall and are looking forward to a very productive and dynamic year with a very strong team. We do have a new Dean of Students, **Kris Bartanen**, transitioning from her most recent position as Associate Dean of Academics.

Whitman College:

At Whitman College here in Walla Walla, Washington we have hired 5 new Resident Directors for the upcoming year:

Wendy Hinnard who is a 1999 graduate in Psychology from Central Washington University is the Resident Director in Jewett Hall. Wendy was an RA at Central. **Tony Keim** joins us from Western Washington University where he served as both an RA and RD. Tony graduated in 1999 with a degree in Biology. Tony is the RD of Marcus House and College House. **Magill Lange**, a 1998 Whitman College graduate with a degree in Art History was an RA in one of our first year halls in her time at Whitman and spent the last year teaching in an outdoor education program on the East Coast. She is the RD in North Hall. **Kate O'Neal**, a 1999 Whitman College graduate with a degree in Biology, served as an RA in our Environmental Interest House and is the RD in Lyman House, a mixed class hall. **Melodie Wilson-Velasco**, a 1999 Whitman College graduate with a degree in Philosophy and Literature worked as a Student Academic Advisor and a Senior Resident while she was an undergraduate. Melodie is the RD in Anderson Hall.

Whitman College has survived another successful Opening Week and New Student Orientation. We started our Resident Director training in August with a new tradition: a Middle Eastern sunset dinner in the wheatfields. At our small school the Resident Directors and Resident Assistants supply the people power for many of our orientation programs. Two particularly successful programs that we have done again this year include our Student Orientation Acting Review (S.O.A.R.ing) and Wacky Wild Whitman Style. S.O.A.R.ing consists of each hall staff putting on a short skit addressing issues important to new students. Some of these issues include HIV and STD, alcohol and responsible decision making, communication, acquaintance rape, campus security, campus resources, multiculturalism, etc. After the performance each RA returns to their section with their residents and leads a discussion on the issues addressed in the performance. Wacky Wild Whitman Style was created three years ago by Jenne Vanderbout (now at Seattle University) to address new student concerns that there were ample opportunities to meet other students in their own buildings, but that they wanted to meet more new students from across campus. The resulting program is basically two hours of "field games" where we break new students up into teams which compete on various silly events. This year over 60% of the first year students participated in the event and everyone seemed to have a great time. Hundreds of students out on a field waddling around and quacking like ducks is quite a sight.

Eastern Washington University:

As the academic year 1999-2000 begins, the Office of Residential Life has three new Residential Life Coordinators and two new Graduate Community Directors. These individuals began training the first of August and look forward to having the Community Advisors on board after Labor Day. **Ryan Aiello** hails from Washington State University via Vancouver, Washington. A recent graduate from WSU, he was a Hall Manager. He will be the Residential Life Coordinator for Louise Anderson Hall and BAHA Advisor.

Cory Williams is originally from Vermont and recently moved to Spokane. Holding 2 Master's degrees and working on his Doctorate, Cory is the Residential Life Coordinator for Morrison Hall, which is the wellness building. He will also advise SEAL (Students Educating About Life). **Steve Bertram** is returning after a 2-year hiatus. He completed his second bachelor's degree in science this past spring. He also holds a Master's degree in College Student Personnel from North Dakota State University. Steve will be a Residential Life Coordinator in Dressler Hall and will be the NRHH advisor. The two Graduate Community Directors are **Stephanie Flynn** and **Robert Ingram**. Stephanie is a graduate of Gonzaga University and is in her 2nd year as a Biology graduate student. She has extensive work experience with Volunteers of America Crosswalk, Americorps Vista and Kadlec Medical Center. She will be working in Streeter Hall. Robert Ingram comes to us from Boise, Idaho. He will be a graduate student in Social Work. He was a Resident Advisor at Boise State University. Rob will be in Dryden Hall which is designated as a 21-year old plus building.

After 16 years, Louise Anderson Hall, formerly EWU's Conference Center, was renovated to be re-opened as a residence hall this September. The building is co-ed with 84 rooms that will house 187 students. This has been a major project this summer. After a few lean years, Eastern is seeing an increase of residents in the residence halls by 500 students. This increase is due to the enrollment surge that the university as a whole is experiencing.

Western Washington University

We are pleased to welcome the following new Resident Director staff: **LaShonda Anthony**, **Ben Fisher**, **Dave Ruble** and **Dan Larson**. LaShonda Anthony is most recently from Augustana College in Illinois and received her Masters in Counselor Education from Western Illinois University. Ben Fisher is most recently from a private boys High School in Louisiana and received his Masters in Counseling and Student Services from University of North Texas. Dave Ruble is most recently from Colorado State University where he received his Masters in Student Affairs in Higher Education. Dan Larson is most recently from the Art Institute of Seattle. He received his Masters at Oregon State University in College Student Services and Administration with a minor in counseling. Additionally, **John Thiene** has been hired for the newly created position of Database Programmer and System Support Specialist within the Office of University Residences. John brings five years of departmental experience working in various capacities to this new full-time position. We are excited to be working with all these folks this year.

Shane Daetwiler
Washington Representative

News from Oregon

I'm Katie Bryant, Assistant Director of Residence Life at the University of Oregon and your state representative to the

NWACUHO Board of Directors. Across the state, we will find many new faces to the NWACHO family this year. Here at the U of O, we are in the midst of training several new Resident Directors and other professional staff who will be new faces in the NWACUHO organization next year. We have welcomed **Mark Brinkmann**, **Sharon Loschiavo** and **Matt Cain** as new Resident Directors and **Sandy Schoonover** as our new Director of Residence Life. Southern Oregon University's new staff includes **Keely Killpack** as the Greensprings Area Coordinator, **Michelle Doriguzzi** as the Housing Manager and **Pat Sloan** as the Assistant Director of Residential Life. Oregon Institute of Technology welcomes a new Director of Housing and Residence Life (as of April), **Erin M. Foley**. In addition, both Head Residents are new to this position. They are **Sam Delaney** as the Senior Head Resident and **Jim Donner** as the other Head Resident. **Tony Christman** assumes new responsibilities as the Program Associate. Multnomah Bible College welcomes **Lisa Allison**, Assistant Dean of Women to their program. It is great to see so many new faces in Oregon and hope to see many of you at the NWACUHO conference.

I would love to hear and share what is going on with Oregon state institutions. Email your updates to kbryant@oregon.uoregon.edu and I will send them along to share with colleagues in Oregon and throughout NWACUHO. Have a great year!

Katie Bryant
Oregon Representative

NWACUHO Mentor/ Telemachus Program

Greetings, NWACUHO colleagues!

As we begin a new academic year, I have I have a proposition for you all. I would like you to consider being a part of the new NWACUHO Mentor/Telemachus program.

To be a Mentor, you need to have experience in your profession and be willing to share your thoughts and perspectives with a colleague who is new to the field or new to NWACUHO. To be a Telemachus (who was the object of the original Mentor's support in *The Odyssey*), you simply need to have the desire to connect with a regional veteran and ask questions. Sounds easy? It is! This program promises to be great fun and will provide NWACUHO members another opportunity to associate professionally.

More detailed information and program registration will be arriving in about one month, so keep your eyes open and please consider participating. In the mean time, if you have any questions or comments please feel free to contact me by email at peter@housing.wvu.edu or by calling 360-650-2960.

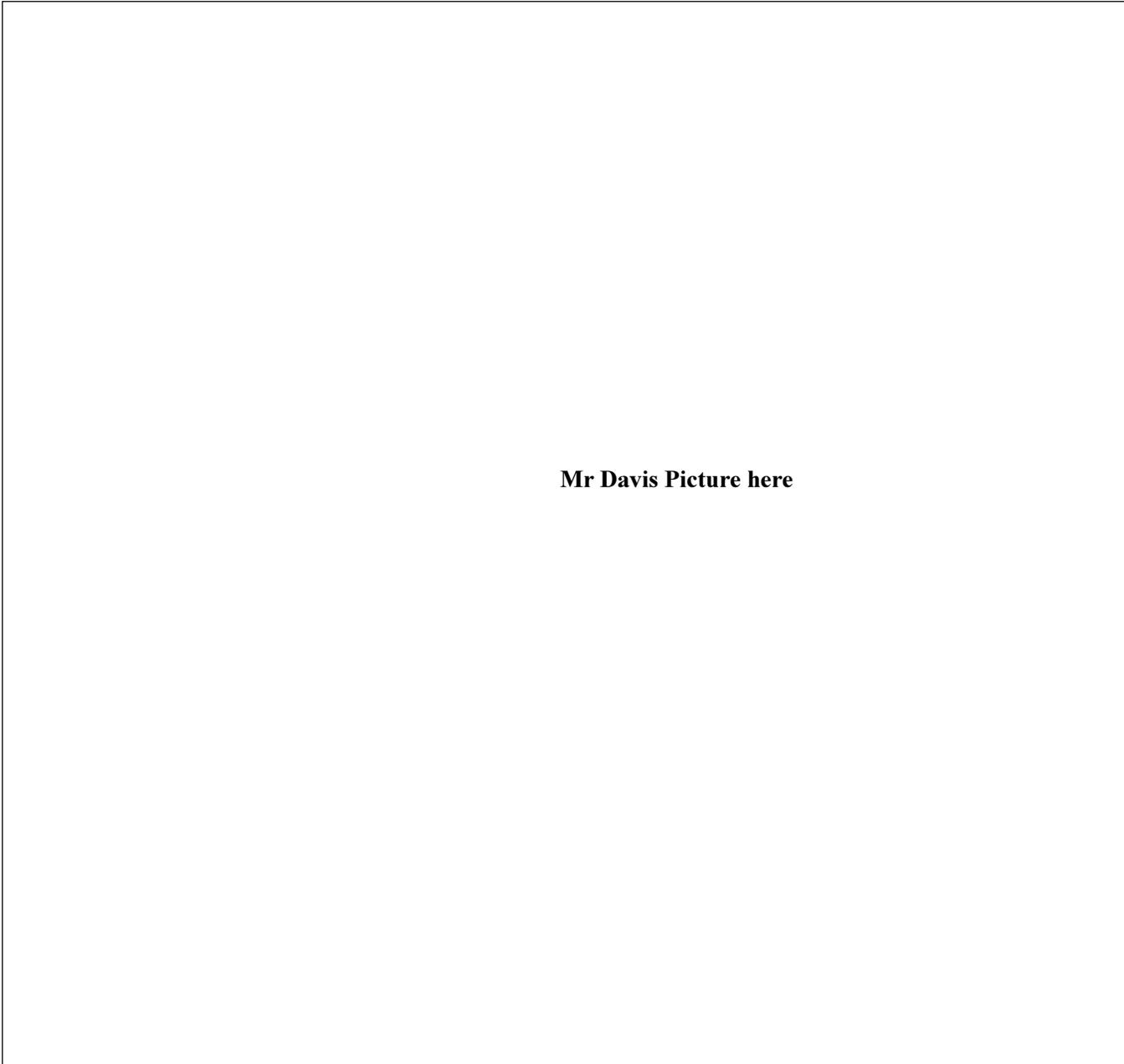
Peter Rosenberg
Western Washington University

NWACUHO 2000 – Keynote Speaker Confirmed

William B. Davis, better known as “Cancer Man” (or, as some of you may recognize him “the smoking man”) on the hit television series “**The X-Files**” recently agreed to provide a keynote address at NWACUHO 2000.

The Canadian actor is the owner of the William Davis Centre for Actor’s Study, located in Vancouver, British Columbia. His experience includes working with Summer Stock in Ontario, Canada, receiving a B.A. in philosophy at the University of Toronto, training in England at the London Academy of Music and Dramatic Arts and working as a freelance director in British repertory theatres. Along with David Duchovny and Gillian Anderson (from “**The X-Files**”), Mr. Davis has worked with Donald Sutherland, Martin Sheen, Penelope Ann Miller, Maggie Smith, Laurence Oliver and others. In addition to acting, he is also a competitive water-skier and has frequently been Canadian national champion in his age division.

Mr. Davis consciously devotes part of his busy schedule to providing speeches and workshops to educational organizations. His keynote is geared to be relevant to attendees of NWACUHO 2000, but is currently being kept under wraps...for those of you who are “**X-Files**” fans, you will understand that he isn’t revealing all there is to know at this point (if you’re not an **X-Files** fan, ask someone who is to explain this). Attendance at this keynote will be limited to conference attendees. We hope to see you at the conference!!



Mr Davis Picture here

Alcohol Intervention at Washington State University

Jim Bajczyk

Recently, two studies on the WSU campus focused on actual and perceived drinking habits of its students. One study, conducted by John Miller and Jeannie Far from WSU Health and Wellness Services concentrated on the general campus population. The other, conducted by Jim Bajczyk from the Department of Residence Life, focused on students living in residence halls and particularly, those living in a designated Wellness Hall.

Both studies draw off the work of Berkowitz and Perkins (1989), who theorized that students act in accordance to the perceived norms of their peer group. In other words, if students believe their peers are consuming or abusing alcohol in an exaggerated manner, they are more apt to consume or abuse alcohol at similar levels.

Both studies found that students perceive others as drinking at higher levels than in actuality. Thus, students may adjust their behaviors by consuming more alcohol in their efforts to fit into their misperceived norm of the campus culture. Listed below are the findings of the two studies along with methods that can be used to inform residents of the actual norms of their peer group: (While these statistics pertain to the WSU campus, they closely relate to national averages and can be used at similar sized institutions.)

(1) Seventy-four percent of WSU students living in the residence halls consume less than five drinks when they party.

Implications:

Even though 74% of our students do not engage in binge drinking (5 or more drinks in one setting), 68% feel others on the WSU campus do consume 5 or more drinks when they party. This creates the misperception that many more students binge drink than in actuality. This misperception may cause a student to binge drink because they want to "fit in" and adopt drinking behaviors they feel are the norm.

Relating the actual statistic that 74% of residence hall students do not binge drink may assist a resident in seeing that binge drinking is not the norm and, in turn, modify their behaviors accordingly. Active programs or bulletin boards are ways to get this actual information to residents.

(2) Eighty-three percent of students residing in the residence halls, and 90% of WSU students drink less than three times per week.

Implications:

While the vast majority of students living in the residence halls and those not living in the residence halls drink less than three times per week, 70% feel most other WSU students drink 3 or more times per week on the average.

A large majority of students at WSU erroneously feel their peers are drinking more days per week than in reality. By reporting the above norm, students may feel less apt to consume alcohol more than twice per week. This may afford paraprofessionals motivation to schedule programs and alternatives to drinking on days previously perceived as "party nights."

(3) Fifty-four percent of students living in the residence halls feel their closest friends consume one to four drinks when they party.

Implications:

Over one-half of students living in the residence halls prefer to hang out with others who do not binge drink. (Approximately 20% prefer to hang out with friends who choose not to drink).

This statistic may assist paraprofessionals in relating the unattractiveness of behaviors associated with binge drinking (vomiting, fights, noise, DUI's, MIP's) and the ramifications of taking care of friends who engage in binge drinking. Also, paraprofessionals can relate that most residents do consider heavy drinkers their "close" friends.

(4) Sixty-eight percent of students living in the residence halls feel others drink more than they do almost all the time.

Implications:

Since a large majority of students in the residence halls feel others drink more than they do, it seems likely that the minority of students who drink heavily draw negative attention to themselves at a higher level than those who do not drink as much. The majority of students who feel their peers drink more than they may feel this way due to the negative behaviors demonstrated by those who disrupt the community after drinking.

Through bulletin boards or through programming, paraprofessionals can dispel the misperception that most residents drink large quantities and numerous times per week. Paraprofessionals can rally those who feel others drink more and create social sanctions, through community standards, as to what alcohol related behaviors will not be tolerated.

(5) Fifty-two percent of students living in the residence halls have not had a hangover in the past year.

(6) Fifty-five percent of students living in the residence halls have not vomited or were nauseated due to drinking in the past year.

(7) Eighty-two percent of students living in the residence halls have not experienced a memory loss due to drinking in the past year.

(8) Seventy-five percent of students living in the residence halls have not gotten into an argument or fight due to alcohol consumption in the past year.

(9) Seventy-four percent of students living in the residence halls have not missed a class due to alcohol consumption in the past year.

(10) Ninety-seven percent of students living in the residence halls have not been arrested due to alcohol consumption or have received a DUI in the past year.

Implications:

Effects of alcohol consumption can have negative physical effects such as hangovers, nausea, vomiting, and memory loss. Also, those who consume alcohol may experience negative social effects such as getting in fights, arguments, missing classes, and brushes with the law. It is evident from the above statistics that the majority of those living in the residence halls do not suffer from the deleterious effects of alcohol.

Professional staff, in conduct hearings, and paraprofessional staff, through student interaction, can relate these numbers to students who may have experienced one or many of the above. Through relating these numbers, staff can dispel the myth that these effects of alcohol are a right of passage each college student goes through and that such effects of alcohol are "normal" consequences.

(11) Sixty-eight percent of students living in the residence halls have had their studying or sleep interrupted by others who have consumed alcohol.

Implications:

Based on the above statistics, a majority of students living in the residence halls report being negatively affected by others who choose to consume alcohol. Also, it is apparent that alcohol has a negative effect on the community as a whole and can be a factor in decreasing student satisfaction with their living groups and lower retention in the residence halls.

Residence hall staff can use the above statistics to empower the student majority to use social sanctions against those creating disturbances due to alcohol consumption. As it is very important for students to want to "fit in" with their community, peer pressure can assist in modifying the negative second-hand effects associated with other's drinking (just as pressure from non-smokers has recently decreased the popularity of smoking due to its second-hand effects).

Overall, it is apparent from the above studies that most students living in the residence halls do not engage in binge drinking, yet buy into the false perception that most of their peers abuse alcohol. Reporting the actual numbers to residents can serve to dispel that myth and provide realistic information to assist students in making informed choices concerning alcohol. Also, while most residents do not binge drink, the majority of residents are bothered by those who do. Residents who are bothered by the actions of others must be empowered to take a stand by organizing their efforts to stop these negative behaviors from affecting their communities.

It is not realistic to assume the dissemination of this information will stop all binge drinking and its negative effects on residence hall communities as up to twenty percent of entering freshmen come to college with a propensity for chemical dependency. However, it is realistic to hope for a decrease in the percentage of residents who choose to binge drink and a decrease in the negative effects a community may suffer due to alcohol consumption.

State & Provincial Representation for 2000

Once again, it is time to start thinking about state and provincial representation for the upcoming year! Two positions will be available, in **Washington** (currently Shane Daetwiler) and **British Columbia** (Jim Dunsdon). These positions serve a variety of functions, from soliciting opinions and participation from your area to serving on the Conference Program Committee.

If you are interested in serving a two year term as a State/Provincial Rep, or would like to nominate someone, please contact Jason Hunter, President Elect, at (780) 492-0879, or by email at jason.hunter@ualberta.ca

For more information on expectations and commitments to NWACUHO that are associated with these positions, please contact your state and provincial reps.

CALL FOR PROGRAMS

Once again, it's time to start thinking about presenting a program at the annual NWACUHO conference. Last year, there was a wide range of excellent programs, and we're hoping that this year will be no different. Your decision to share information on the way your institution approaches an issue, on a new and creative program, or the design of a new facility that will enhance the satisfaction of your residents, will determine the quality of this year's conference.

So, don't just think about it - DO IT!!! Call a friend, discuss some ideas, and take the plunge. Make this year's conference the best ever, by taking the initiative and getting involved. Program Proposal forms are included in this edition of SOUNDINGS; the deadline is December 10th !!!

**Utilize the NWACUHO
Website:
NWACUHO.org**

It offers to you a Regional Directory, Regional Updates, Info on Upcoming Events, Soundings on Line (coming soon), and Position Announcements.

Random Thoughts from an Advisor

by Linda (L.A.) Amburgy, Coordinator of Programming and Leadership Development; Clinical Affiliated Faculty at Western Washington University

I have the privilege of advising the Residence Hall Association (RHA), along with other student leaders/groups at Western. Privilege is not a word I use lightly. Each day students remind me of the wonder of youth - and renew my hope for strong leadership in the future. Okay, so I'm getting a bit "mushy" as some would say. It's hard not to, from where I sit.

Most likely, all of your campuses have something similar to an RHA, which may provide funding to educational and social programs that promote the academic success and individual growth of students, have students who serve on key committees, and offer their feedback on such things as dining, facilities (lighting, desk services etc.), diversity issues and various others. Schools in our region are part of the Pacific Affiliate of College and University Residence Halls (PACURH)- this is connected to the National Affiliate (NACURH). What you may not know is that there are several opportunities throughout the year for students to attend leadership conferences and interact with regional and national student representatives. They attended workshops, hours and hours of business meetings, positively promote their Universities, make lasting friendships, and generally provide inspiration.

Having had the opportunity to hang out with some of the other advisors in the region (Gary Dukes and Katie Bryant, for example) at the NACURH conference, held over Memorial Day weekend, was really cool (okay, I tried to think of a bigger - more "professional" word, but "cool" is the word). Imagine several thousand college students totally excited and happy - cheering nonstop (okay, I'll admit, by the third day I was covering my ears with my hands, saying "make the cheering stop! Please, make the cheering stop!"). Imagine yourself as an advisor having to (okay, agreeing to) dress like Waldo (as in "Where's Waldo?" - Where's Western - get it?) for an entire weekend. Ah, youth. What fun! Congratulations to Eastern Washington University for winning the "spirit award" (of ALL the schools there, that was awesome); to Simon Fraser University for winning the NRHH "Building Block Award" and Jonathan Frate from Simon Fraser for being one of the best student "goodwill ambassadors" I have ever seen. Finally, the folks from UW helped me get through a long banquet that could otherwise have dragged on (thanks).

Too often, in my opinion, we hear about the negative things college students are doing. My wish is that there would be more focus on the students who were at the NACURH conference, and who provide exceptional service to our Universities. It's difficult to have a pessimistic view of the future when surrounded by these talented, caring and thoughtful women and men. I'll close for now with a quote from Margaret Mead.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

38th Annual NWACUHO Conference
Semi-ah-moo, Washington
February, 2000

Conference Program Proposal

1. **Primary Presenter/Contact Person** _____

Position Title _____

Institution _____

Mailing Address _____

Telephone _____

Fax _____

Email _____

2. **Other Speakers/Presenters (name, position, institution, telephone, email):**

1)

2)

3)

3. **Program Title:** _____

Target Audience: _____

Description of Content (Please highlight areas of emphasis, sketch an outline and/or program objectives. Include an abstract suitable for publication in the conference program (Max 100 words). Attach additional sheets if necessary.

Note: Session lengths are approximately 1 hr 15 min. Please indicate if you would like two time slots.

4. **AUDIO VISUAL EQUIPMENT/ROOM REQUIREMENTS:**

Overhead Projector/Screen____ White Board____ VHS Video Player/Monitor____

35mm Slide Projector____ Flipchart____ Lectern____

Other (you will be contacted if we cannot accommodate you)_____

Maximim # of Participants:_____

Please return proposals no later than December 10th, 1999:

Jason Hunter

44 Lister Hall

University of Alberta

T6G 2H6

Phone (780) 492-0879

FAX (780) 492-7032

Email: jason.hunter@ualberta.ca

Presenters will be notified of program acceptance by January 14th, 2000.

Executive Board Member Nomination Form

Call for Nominations

I Would Like to Nominate: (You can nominate yourself)

Name: _____

Institution: _____

For the position of (circle one):

President-Elect

Secretary

Member-at-Large

Complete Contact Information:

Nominated by:

Name: _____

Institution: _____

Signature: _____

*****Feel free to make copies of this form and nominate more than one person.**

Please Return Nomination Forms by November 1, 1999:

Kelly Boyer
University of Washington
BOX 355600
Seattle, WA 98195
boyer@u.washington.edu
Voice: (206) 543-6709
FAX: (206) 543-4046

NWACUHO OUTSTANDING NEW PROFESSIONAL AWARD NOMINATION – 2000

The NWACUHO Executive Board is now accepting nominations for the Outstanding New Professional Award – which was first awarded in our region at the 1999 conference in Sun River, Oregon.

New professionals are defined as those staff who have had no more than three academic years of post bachelor's or master's work within housing.

We are hoping to get a good response for this award!! **Nominations are due by no later than 5:00pm Friday, January 28, 2000.** Late nominations **will not** be accepted. Please send nominations to:

Linda Amburgy
Secretary, NWACUHO
Office of University Residences
Western Washington University
Edens Administration – Suite 113
Bellingham, WA 98225-9195

Your Name/ Position/ Institution: _____

Name of the New Professional you are nominating: _____

Their Position: _____

Their Institution: _____

Years in Position: _____

Educational Background: _____

Please attach a letter of nomination which addresses the following questions:

1. Why did you choose to nominate this particular individual for this award?
2. How has this individual demonstrated leadership in terms of educational programming, supervision, training or service?

NWACUHO EXECUTIVE BOARD MEETING HIGHLIGHTS

May 20, 21 - 1999

Location: Simon Fraser University, Vancouver, British Columbia - Canada

Attendance: Jerry Kruse-President, Jason Hunter-President Elect, Kelly Boyer-Past President, Linda Amburgy-Secretary, Dave Dettman-Treasurer, Leslie Barber-Newsletter Editor, Vennie Gore-Member at Large, Timi Hough-Alaska State Rep, Jim Dunsdon-British Columbia Provincial Rep, Margot Bell-Alberta Provincial Rep., Shane Daetwiler-Washington State Rep.

Absent - Katie Bryant - Oregon State Rep

Executive Officer Reports

President – Jerry Kruse

Constitution Revisions: Morning spent revising the constitution. One big change is the addition of a non-voting individual membership option. Individuals whose schools are not member institutions may purchase an individual membership for \$20.

Treasurer – Dave Dettman (with help from Jason) We have heard that NWRLLC had \$2,800 left from their conference.

Member at large – Vennie Gore

Handed out a summary report from the spring conference. We had 23 paid booths.

Newsletter Editor - Leslie Barber

Newsletter will go out in October, January and April as a regular cycle. Approved purchase of Pagemaker, which will help in formatting and consistency of newsletter design.

Reports from our Provincial and State Representatives

Alaska-There will be a student affairs conference (statewide) at the end of July. This occurs every other year.

Alberta – They had a provincial meeting & professional development day at the end of March. Talked about Y2K and human rights issues. There will be a Student Services Conference June 11/12. In September they will host provincial-wide RA Conference. The city of Edmonton got the 2000 World Track and Field Games so the U of Alberta will be hosting people. They have acquired a new residence.

British Columbia – Chris McGrath will take over the position of Asst. Director of Residence Life at Simon Fraser Univ. on June 14. He replaces Chris Patton who is somewhere in Australia.

Oregon – not in attendance. No report submitted to Secretary.

Washington - Shane - trying to get more interest from other WA state schools who don't currently participate. The 1999 NASPA Western Regional Conference will be held in Vancouver B.C. at the Hyatt Regency Vancouver from Nov. 11 – 13th. The theme for the conference is "Our Human Spirit In An Age of Technology." Contact Mike Segawa for more information (segawam@evergreen.edu) The ACUHO-I Chief Housing Officers Institute will be held Oct. 9 – 13th at Colorado State's mountain campus, Pingree Park. Mike Segawa has information about that as well.

Fall Executive Board meeting will be held at the Conference 2000 site (Blaine, Washington)
November 4 & 5.

NWACUHO Treasurer's Report

Quarterly Financial Report

Period of Report: April 1st – August 1st, 1999

Account Balance as of 4/1/99 \$32,317.22

Revenues:

NWRLLC conference reimbursement 2500.00
Newletter advertisements 600.00

Total Revenues: **3100.00**

Expenditures:

Northwest Training Institute
Scholarships 350.00

ACUHO-I Conference Related Expenditures
NWACUHO President Reg/Travel/meals 962.04
NWACUHO Regional Reception 532.21

NWACUHO Publications-related Expenditures:
Soundings Printing and Postage (May 1999) 439.46
Soundings postage/envelopes – summer newsletter 94.99

NWACUHO Board Meetings
Board travel – spring meetings 981.50
Board lodging and meals – spring meetings 671.49

Miscellaneous:
Pagemaker software purchase (Soundings newsletter) 300.76
Webpage design, maintenance and upkeep (3/99-3/00) 1188.00

NWACUHO 1999 Conference
Host institution reimbursements 13,077.14

Total Expenditures: **18,597.59**

Account Balance as of 8/1/99 **\$16,819.63**

**Submitted by Dave Dettman
Treasurer, NWACUHO**

**DEADLINE for the Next
NWACUHO Soundings
Article Submission is
DECEMBER 1, 1999**

Items to submit from your institution:

New programs that are working for your living area
New staff and staff that has moved around your institution
Ideas for education in the halls
Issues on your campus
Anything you think is news worthy

Items to look forward to in the WINTER EDITION of Soundings
(Out in Early January)

Information on the David Stephens Award
NHTI Scholarship Information
Words from the NWACUHO Executive Board
Information on the 2000 NWACUHO Conference
Executive Board Updates
Ballots for Elections
Items that you have submitted from your institution

CATCH YA IN Y2K!

NWACUHO Soundings
WWU Residence Life
113 Edens Hall: MS 9195
Bellingham, WA 98225