



**Patricia Ann Manuele, M.S., R.D.**  
Her Professional and Community Legacy



# **Patricia Ann Manuele, M.S., R.D.**

## **EDUCATION**

- 1982 The Pennsylvania State University, M.S. Public Health Nutrition**
- 1979 University of Oregon, B.S. General Science**
- 1973 Syracuse University, B.A. English Literature**

## **EXPERIENCE**

- 9/05 – 11/07 Washington State Food and Nutrition Council, President-Elect**  
(3 year board of director position: President, Post- President)
- 7/89 – 12/04 Seattle-King County Department of Public Health, Seattle, WA**  
Positions held: Nutrition Consultant/Chronic Disease Prevention Unit (6 years); also: MOM's Plus/Mobile WIC, WIC Administration, NW Family Center, White Center and Consultant Work for WA State Department of Health
- 9/94 – 12/94 Bastyr University, Seattle, WA Community Nutrition Lecturer**
- 6/83 – 7/89 Humboldt Open Door Clinic, Arcata, CA**
- 6/82 – 7/85 Redwood Memorial Hospital, Fortuna, CA Clinical Dietitian**
- 4/83 – 6/84 Four facilities in Eureka, CA area, Consulting Dietitian**

## **PROFESSIONAL AFFILIATIONS**

- '82 – '01 Membership in the American Dietetic Association (ADA)**
- '82 – '01 Commission on Dietetic Registration**

## **RESEARCH, PUBLICATIONS AND PRESENTATIONS**

- **National Institute of Health Seattle Schools Project**, Primary Investigator, 2002-2005, public health research done in collaboration with Seattle Public Schools and University of Washington Nutritional Sciences Program
- **Centers for Disease Control The King County REACH Diabetes Coalition**, public health diabetes research within three racial and ethnic communities: African Americans, Hispanic Americans and Asian and Pacific Islander Americans
- **PHSKC Public Health Data Watch, Overweight and Obesity in King County**, March 2002 (co-author)
- **PHSKC Public Health Data Watch, Diabetes in King County**, November 1999 (co-author)
- **WSPHA Annual Meeting, '96, two presentations:**
  - Supporting Breastfeeding in Child Care Settings
  - The WIC Program that Goes to Drug and Alcohol Treatment Centers

**I.F.P.T.E. Local 17, Union Contract Negotiation Team '96-'97**

**Patricia Ann Manuele, May 12, 1951 – November 13, 2007**

**Pat Manuele was a dynamic and dedicated nutritionist, as well as a loving wife, mother, daughter, sister and friend. She cared about her community and the world around her. Pat was an inspiration to her family and friends, always finding time for the people and causes she cared about. She was a powerful voice for change and activism.**

**From her early days growing up in Buffalo, NY, Pat learned to love nature as a Campfire Girl Counselor. At Syracuse University while earning her English Literature Degree, she developed an interest in healthy living through good nutrition. This was fostered during her communal meal preparation work for her housing cooperative. She joined the back to the land movement in 1972 when she moved to the remote Spring Gap peach orchard near Paw Paw, West Virginia.**

“Pat was in my Book Club that met monthly for many years. She brought an energetic passion for reading and sharing her thoughts with the group. Pat had strong opinions and did not refrain from expressing them openly! She was intelligent and knowledgeable about many subjects. Her time spent as an undergraduate English major in college served her well in our Book Club discussions. Not only was Pat a gifted nutritionist and public health professional, she was also an author.

I had an opportunity to read the book: *Eat a Peach* that Pat wrote about the time in her life she spent living off the land in West Virginia. In it, she recounts what unfolded during the time she spent living in a rustic house, without electricity, in a peach orchard, where she tried to live simply and grow organic food. Pat wrote this book after she developed cancer and had to quit working. One of the more memorable incidents in the book was when the members of her communal household cleaned out an old barn on the site. They were getting rid of many bags of old chemicals that had been stored in the barn. They were not aware of the contents of the bags and handled them carelessly, for example sweeping up the remaining contents of the spilled bags on the floor. Pat wrote about how hard they worked and how naïve they were about handling dangerous chemicals without protective equipment. She remembers coming down with flu-like symptoms afterwards and, in hindsight, wondering about a potential link between this event and her later development of cancer. The story also resonates with Pat’s youthful commitment to a lifestyle with long hours of demanding work for little pay. It is a pity that Pat could not find a publisher willing to print this fascinating book about one of the chapters of her life.” – Kari Fisher

**After moving back to Buffalo, she pursued her interest in organic, local food while working at the Greenfield Restaurant.**

“Trudi & I got to know Pat while working at the Greenfield Street Restaurant in Buffalo. We were part of a group of who had built and opened this collectively owned and managed vegetarian restaurant in 1974; Pat was one of the first people to join the collective immediately after the opening. GSR was ahead of its time in serving an exclusively vegetarian menu and using whole grains, fresh fruits and vegetables, and minimally processed ingredients. Everything was cooked from scratch without frozen ingredients, and served fresh. We baked fresh whole wheat bread daily, and made our own desserts. We bought cheeses from local small producers, made our own yogurt and tofu. The menu was international, and we collected recipes from diverse sources including collective members, family, and friends. We were aware of the value of eating

organically, and purchased organic grains and flours from natural foods distributors when available and affordable, but had no access to organic produce in Buffalo at that time.

There were no distinct job titles, and each member of the collective cooked, served, and cleaned. In addition, some of us also shopped or kept the books. Decisions were made by consensus at weekly Monday meetings. Most of the members of the collective were in our twenties, for many it was the first real job on our resumes. Our goal was to serve high quality, nutritious food at affordable prices, and in the process to build community. In addition to the 12 or so members of the collective, GSR had a wider community of volunteers who worked for food credit. All of us, including Pat, learned invaluable skills in and out of the kitchen, particularly how to work together with a group of people to accomplish a shared vision. -Stu Yarfitz & Trudi Fajans

**Pat moved to Oregon to attend the University of Oregon and in 1978 met her husband, David, at a No Nukes demonstration held at the Trojan Nuclear Power Plant in St. Helens, Oregon. Together, they traveled to Pennsylvania where they married in 1981. Pat finished her Masters Degree in Nutrition at Penn State. Moving back to the west coast, Pat worked as a clinical dietitian and nutritionist for various clinics and hospitals in Humboldt County, California.**

“She was active with the Humboldt Nutrition Council and a strong advocate for getting accurate nutrition information out into the community. She was a natural, enthusiastic teacher to anyone who was interested in learning something about any of her interests, but most specifically nutrition. We don't remember all of the different positions that Pat had while she was here, but very memorable was the effort she put forth in creating a position for a dietitian at two local clinics, Open Door Clinic and Northcountry Clinic. She was able to convince them that it would be advantageous to both their patients and their pocketbooks, and then proved it. It was the first instance of dietitians earning money through Medi-Cal reimbursement in our area. Except for a very short time, the clinics have maintained dietitian counseling services for their patients, a resource that may not have been created without the energy and persistence of Pat so many years ago. While she was working at the clinic she also chose to mentor one of our future registered dietitians, Judy Sheldon, who was then a student at Humboldt State University and thinking of going on in nutrition. Pat was always so enthusiastic about her chosen career...how could Judy NOT choose to move ahead in the same arena!

We all remember Pat as a passionate person- enthusiastic about everything she got involved with or had an interest in, and she had a genuine love for life and living. She always seemed to have a positive way of looking at things and people. She loved to smile and she loved to laugh.

She loved preparing and sharing food, especially for her family and friends, and had some of the most wonderful success with baking bread of anyone I know. We fondly remember the annual St. Joseph's celebration at the Manuele-Haxton household. It was always amazing and included a delightful array of delicious foods! She loved growing things, and proudly showed what she reaped from her garden, whether it was flowers or food.

We also remember how much Pat spoke of her love and admiration for David and his many talents. She especially loved to share what he was doing with his woodwork, and of course we all loved seeing the beautiful things he created. And then came Zane! Her son, Zane, was born in 1984 and was a great source of joy in her life. It was always fun to get her talking about him, as she obviously loved him very much and was so proud of anything he was doing.” - Joyce Houston, Janet Foos, and Judy Sheldon

**In 1989, Pat and her family moved to Seattle, where she accepted a position as nutritionist with the King County Health Department. She held this position for 15 years, during which she served on a large array of projects, all aimed at improving the quality of life for seniors and low-income families in King County.**

“I remember working with Pat at the Seattle King County Public Health Department Southwest (White Center) Clinic in Women, Infants, and Children (WIC) Program and Maternity Support Services from 1990 to 1991. Pat was a welcoming mentor and was happy to answer my constant questions. What I remember the most was her respect and enthusiasm for each and every client she worked with. I think everyone left her office feeling better! She tirelessly encouraged and praised very young, often single mothers, many who rarely received any encouragement.” -Shawn Peterson

**Through research grants, Pat established funding for the start-up of a mobile WIC program in King County in which local nutritionists continue to visit women, infants and children on a door to door basis.**

“Pat Manuele saw an opportunity and need in the community when she became aware of a joint health department/university research project (the MOMs Project) which provided drug and alcohol treatment to pregnant women. She lobbied her health department supervisors to include WIC and nutrition services as part of the comprehensive package provided to these women and was successful in making it part of her job responsibilities. When the research project came to an end, she wrote and received a federal grant to serve multiple treatment sites, primarily in the city limits of Seattle. The Mobile WIC unit started to provide services in January 1994.

We hear stories from the “old days’ when Pat and Judy would drive up and down Aurora Ave North at the end of the month, searching for lost clients and ones who looked in need of WIC. Pat deeply cared about her clients and would genuinely ask where they were living, what they were doing and how they were doing with their recovery. Her nutrition advice was simple and practical so as not to overwhelm the client.

I’ll never forget meeting her when I first started in 2000. I had heard so many stories about this amazing woman and was a bit intimidated... she told me “you need to step up to the plate on the issue of breastfeeding and methadone.” She challenged me to do my best and become an advocate for our clients.

Mobile WIC continues to serve 150 clients primarily in treatment centers, homeless & DV shelters and we do home visits as needed. We tend not to do drive-bys!

When I saw Pat at our last State WIC meeting when she was presenting for the Washington State Food and Nutrition Council, we had the nicest visit and she was so pleased to hear that Mobile WIC was alive and well.” – Bonnie Fritz

**Pat participated in the I.F.P.T.E. Local 17 Union Contract Negotiation Team, in which she helped to establish a local chapter for nutritionists/dietitians.**

“Pat was a strategic leader who helped research and interview potential union organizations for Nutritionists to consider joining. Pat’s father had been involved in union work so she was knowledgeable and a strong advocate for our nutritionists. Pat thoroughly researched each union and helped us to carefully compare and consider all of the potential options for the nutritionists in Seattle King Co. Health Dept. at the time. As in many areas, Pat provided leadership with the getting the required paperwork completed, helping with the decisions, and getting through the required steps for nutritionists to join Local 17 which was not easy. Once we had all voted and joined Local 17, Pat continued providing leadership and represented the nutritionists in many areas over the years including attending negotiations for Local 17. If it weren’t for Pat’s leadership and perseverance we may not have joined a union as early as we did. This has made a tremendous difference to be able to negotiate salaries and other benefits. We are indebted to Pat for her vision and fortitude to go the extra mile to becoming Local 17 members.” - Donna Oberg

#### **Healthy Eating for Healthy Aging (HEHA)**

**Pat felt very strongly that Public Health should be serving seniors and not just children. She had been on leave recovering from her first bout with cancer and was then able to return to work. Donna Oberg pulled together the first grant through the Food Stamp Nutrition Education match program with DSHS at that time. Pat came on board and grew the program tremendously. She also organized quarterly meetings of senior program providers.**

“HEHA was created to reach out to older adults, especially low income and ethnic minorities, and provides nutrition education through cooking demonstrations and education classes. This program is one of the very few that exclusively serves seniors and is still going strong serving older adults and seniors across the county. I met Pat at one of the Senior Nutrition forums in 2001 when she needed someone to pilot a diabetes home visit project for Aging and Disability Services. This program was so successful that eventually ADS incorporated it into their managed care plan. When I came on board at Public Health, I immediately became caught up in her enthusiasm “for all things nutrition” and got to know about the passion and drive she felt was needed to make things happen. Over the next two years Pat expanded my position, and in 2003 I was hired to work side by side with Pat on HEHA and other projects. Unfortunately, we only had a few months to work together, as Pat took medical leave that winter and eventually retired from Public Health. I was lucky that Pat always seemed to take people on and not let them get away, and we maintained a friendship through the next very precious years. I see Pat’s legacy every day that I go to work or am out in the community working with seniors.” – Janet Kapp

“Pat was involved with starting the Senior Farmers Market Nutrition Program during her tenure with HEHA. She worked closely with many senior nutrition organizations. She convinced the State Aging and Disability Service Administration to write a grant to fund the Senior Farmer’s Market Nutrition Program (SFMNP), and assisted with the writing of this grant. No one wanted to write the grant but Pat insisted it needed to be done. Our

state wouldn't have SFMNP without Pat. She helped shape the model put forth in that first grant application and was instrumental in ensuring that the nutritional well-being of the seniors in the program was covered. She also arranged for the UW to do the highly acclaimed research study with the participating seniors in that first senior Community Supported Agriculture season. Pat arranged to have Seattle-King County Public Health write the newsletter for the SFMNP and have it included with all the bags that went to seniors from the Market.” -Joann Manke and Michele Catalano

**Pat served on the Board of Directors for the Citizens Campaign for Commercial Free Schools from 1999 to 2001 and was instrumental in achieving new guidelines for improving food and nutrition in the Seattle Public Schools.**

“Citizens' Campaign for Commercial Free Schools (CCCS) was a statewide nonprofit organization devoted to ridding public schools of corporate advertising. We were particularly troubled by the advertising and sales of junk food and sodas during the school day. Pat joined our board and was invaluable in helping us understand the societal costs to deals that looked to school principals like a 'free lunch' -- costs in health and the environment. She worked to gain allies for our lobbying efforts and gave compelling testimony on this issue.

With Pat's expertise and commitment to the cause, CCCS was successful in achieving new guidelines for improving food and nutrition in the Seattle Public Schools. In fact, Seattle Schools' policies on competitive foods, school nutrition, and advertising and commercial activities in schools are among the strongest in the entire nation and have been a model for districts all over the country. Pat was a fighter for children and all 46,000 students in Seattle Public Schools owe her.

I found Pat so inspiring--even when she was ill, she would show up at nutrition events and speak out strongly for kids.”

-Brita Butler-Wall, Ph.D.

Former President, Seattle School Board

Former Executive Director, Citizens' Campaign for Commercial-Free Schools

“During the 2006-7 school year, Pat and I were both serving as members of the Seattle School Board's Nutrition Advisory Council. It was then that I began to appreciate (even more!) her dedication as a very determined advocate in behalf of youth. I had not been previously aware of the depth of her involvement, but I learned that she had been focused on health, nutrition, curriculum and policy issues in the school system for many years. She remained very active all during her term. I know that Pat would have been tirelessly (and I think, excitedly!) involved with the present Healthy Farms, Healthy Foods bill, and would have been very instrumental in passing this very empowering piece of legislation – this year!” -Goldie Caughlan

**Even after a forced early retirement due to medical issues, Pat continued to remain active in her community. Beginning in 2005, Pat served as President-Elect with the Washington State Food and Nutrition Council, where she planned a very successful professional conference.**

“In early 2006 Pat called me as the incoming president of WSFNC, and asked if I'd like to work with her and some other folks on planning the content of the upcoming fall conference, which would be the “Future of Food.” I was, of course, “hooked” and

delighted, and we brainstormed on many potential speakers. I'd known and served on a board with Fred Kirschenman, and with a number of other farmers and organic advocates, both in Washington State and nationally. I merely planted seeds and provided contacts for Pat – but it was she who had the vision, grabbed the balls and ran with them. It was great, seeing how she shaped that very inspirational conference.

PCC and the Washington State Food and Nutrition Council (WSFNC) co-presented (at Pat's inspiration!) a very successful showing of the excellent Future of Food video – filled the Columbia City theatre, and included a Q and A session. We talked of presenting the concept of other film events presented by PCC and the council, and perhaps with other community groups. Pat had many ideas!" - Goldie Caughlin

“Pat was a passionate leader in Washington's nutrition community who worked tirelessly to promote sustainability in our food system. In 2007 when she was President of WSFNC, Pat and I collaborated to advocate for farm, health, and nutrition policies that better support the health of our communities. Pat helped me to organize educational Farm Bill Forums around Western Washington to bring together professionals working in different sectors of the food systems as well as the general public. Pat was well connected and was instrumental in inviting key people and organizations to these events.” -Kelly D. Horton

**On July 19th, 2007, Pat testified before the King County Board of Health to pass menu labeling and limit trans fats in King County restaurants; the board passed both measures. In addition, Pat was a member of the American Dietetics Association and the Commission on Dietetic Registration. Pat also continued her role as a mentor to younger professionals and students pursuing a career in nutrition and dietetics. Her professional life reflects her desire to care for and give voice to the most vulnerable in our society – children, the elderly, and the infirm.**

**Friends will remember her spirit of community and activism.**

“For years, Pat and her husband David hosted a neighborhood BBQ, bringing people together to share food, stories and ideas. One of those ideas was to turn a weed-filled lowland into a wetland park full of native plants, featuring a pond and nature trail. Pat and David joined neighbors to volunteer many hours digging up blackberry roots and planting native trees and shrubs. The park is an oasis of native plants and wildlife habitat, a rare treat in a neighborhood where many children don't go skiing or hiking outside the city. Pat and David lived a block away from the wetland, and we often walked the nature trail, picking up litter and identifying birds and flowers that changed with the seasons.

The wetland nature trail leads to Pritchard Beach Park where neighborhood folks enjoy Lake Washington. In 2003, Seattle's budget crunch eliminated lifeguards from several city beaches, including Pritchard. The city promised to restore lifeguard services in 2005. When she realized the city's 2005 budget did not include Pritchard, Pat organized a neighborhood campaign, gathering signatures, contacting the media and testifying before the city council. Her testimony included singing about swimming "...in waters blue..." Between charm and well-orchestrated pressure, the city relented, and Pat helped organize a BBQ at Pritchard Beach to celebrate the opening of a safe swimming season.

While shopping at the Columbia City Farmers Market, Pat could see the fruits (and vegetables) of the campaign for WIC coupons and food stamps to be accepted for buying fresh produce. Pat lived and worked for equality and community, campaigning for progressive candidates for school board and other offices, marching for peace, sharing ideas and meals in her home, and touching the lives of many who never met her.

Pat's life was filled with music - her husband David builds and plays guitars and banjos, and Pat was learning to play the mandolin which David made especially for her. She enjoyed attending concerts at David's workshop in the store "Dusty Strings" located in Fremont. Bluegrass and folk were her favorite sounds - she donated to community radio station KBCS, whose 'Lunch With Folks' and 'Bluegrass Ramble' shows were the soundtrack while she baked bread or stir-fried vegetables." -Valerie Rose

**Pat was first diagnosed with lymphoma in 1995. Under the vigilant treatment by Dr. Hank Kaplan, whom Pat had great respect, she survived three bouts with lymphoma, and two stem cell transplants, the most recent in 2004 where the donor was her own sister, Joyce.**

**Friends will remember her poetry which was featured by Cancer Lifeline, and her participation in other cancer support groups such as Knit for Life and Gilda's Club. Here is a poem Pat had featured in a set of cards which Cancer Lifeline created called "Life after Cancer". The poem was entitled "Armistice Day, 1997".**

"Armistice Day, 1997"

My body is strong, it celebrates its armistice.  
One year ago: total body irradiation, four days, twice a day, the battle  
One year ago: high doses of chemotherapy, so sick  
I could have been left for dead.  
Salvaged, my stem cells slid back into me.  
Salmon-colored, they swam upstream, made a home.  
Slowly strength returned. Lymphoma might still lurk,  
But today, my body celebrates life: it is strong.

*-Patricia Manuele wrote this poem while riding on the #7 bus to Rainier Beach*

**On October 31, 2007, Pat was diagnosed with leukemia and immediately began chemotherapy treatment. However, several days later she was stricken with an aggressive lung infection that ultimately resulted in her passing on November 13, 2007.**

**While visiting Pat in the hospital she asked that The Washington State Food and Nutrition Council (WSFNC) would continue their important work. She was passionate about the mission of the council "WSFNC advocates for food, agriculture, and nutrition programs, services, and education. The Council enhances its members' and the general public's ability to discern nutrition issues and related public policy issues which impact the lives of Washington state residents."**

**Pat requested that this poem be included in her farewell address as outgoing President for WSFNC:**

**A Pot of Red Lentils**

A pot of red lentils simmers on the kitchen stove. All afternoon dense kernels surrender to the fertile juices, their tender bellies swelling with delight.

In the yard we plant rhubarb, cauliflower, artichokes, cupping wet earth over tubers, our labor the germ of later sustenance and renewal.

Across the field the sound of a baby crying as we carry in the last carrots, whorls of butter lettuce, a basket of red potatoes.

I want to remember us this way ---- late September sun streaming through the window, bread loaves and golden bunches of grapes on the table, spoonfuls of hot soup rising to our lips, filling us with what endures.

-by Peter Pereira

This poem is from the book, "In Praise of Fertile Land" - An Anthology of Poetry, Parable and Story edited by Claudia Mauro. In Praise of Fertile Land is a unique nonprofit publishing project - uniting the voices of our neighbors, our kids and our finest poets and storytellers. It honors the people, places, and labor of our fertile lands. All royalties from the sale of this book go directly to programs that preserve and protect our precious remaining farmlands. – **Yet another of Pat's many passions.**

"I miss Pat as a colleague, of course – but mostly I just truly miss her warmth, friendship, intelligence and tremendously inspiring courage. Goodbye, dear friend! You will not be forgotten." -Goldie Caughlan

"On behalf of the recipients and staff of WIC & nutrition services through Mobile WIC, thank you Pat for your vision and passion you shared with us." -Bonnie Fritz

"Those of us who knew Pat are so very fortunate - her energy and inspiration challenges us to continue her work for justice, health and peace for all." -Valerie Rose

"Pat was a tremendously successful professional and very productive in all of her endeavors. It is so hard to believe she is no longer with us.... it is a huge loss."  
- Donna Oberg

"We have lost a wonderful person, friend, dietitian, health advocate, positive thinker, and strong woman. We could have used her strength and love for many more years."  
-Joyce Houston

"I hope Pat is proud of the work she began and I hope we will continue the work with her in mind. She is truly missed." - Janet Kapp

“Pat led a full, interesting life, and gathered many good friends along the way. It was evident in the hospital, during Pat’s last days, just how effective she had been about connecting with people from many walks of life during her years in Seattle. Those gathered around her shared stories about Pat’s kindness in remembering small details such as favorite foods. They shared how she used to clip recipes from the paper that she thought they might enjoy. She nurtured friendships as one might grow a thriving garden, with great care and constant watering. All of us who knew Pat were enriched by the friendship and experiences we shared together. She will be missed by her many friends and acquaintances from each chapter of her amazing life.” - Kari Fisher