




City of Seattle Boards & Commissions Notice of Appointment

Appointee Name: <i>Diane C. Hetrick</i>		
Board/Commission Name: <i>Seattle Bicycle Advisory Board</i>		Position Title: <i>Member</i>
<input checked="" type="checkbox"/> Appointment OR <input type="checkbox"/> Reappointment	City Council Confirmation required? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Appointing Authority: <input checked="" type="checkbox"/> City Council <input type="checkbox"/> Mayor <input type="checkbox"/> Other: <i>Fill in appointing authority</i>	Term of Position: * 9/1/2023 to 8/31/2025 <input type="checkbox"/> <i>Serving remaining term of a vacant position</i>	
Residential Neighborhood: <i>West Seattle</i>	Zip Code: <i>98106</i>	Contact Phone No.: [REDACTED]
Background: <i>Diane Hetrick worked in the health care field and wants to ensure that biking is a safe and accessible option.</i>		
Authorizing Signature (original signature): 		Appointing Signatory: <i>Alex Pedersen</i> <i>Councilmember</i>
Date Signed (appointed): 8/17/2023		

*Term begin and end date is fixed and tied to the position and not the appointment date.

Diane C. Hetrick

Experience

Swedish Hospital Outpatient Rehab, Seattle, WA

2010 - Present

- Teacher for Mindfulness Based Stress Reduction (MBSR) classes for adults and teens.
- Teacher for Compassion Cultivation Training classes
- Leader of weekly guided meditations for the community at the Frye Art Museum.
- Provider of individual treatment for pain and stress reduction.

Private Physical Therapy (PT) Practice, Seattle, WA

2000 - 2010

- Manager of all aspects of clinical operations and patient care for outpatient clinic; focus on women's health, pain issues, and wellness.
- Teacher of classes in mindful movement.
- Leader of support groups for chronic pain patients.

Project PROJIMO, Ajola, Sinaloa, Mexico

2008 and 1984

- PT Consultant in rural, villager run clinic for children.

University of Washington Dept. of Urology, Seattle, WA

1998 - 2004

- Research PT and lead author on study about musculoskeletal issues in male pelvic pain.

Health South (formerly Sound Physical Therapy, Eagle Rehab), Seattle, WA

1989 - 1999

- Staff PT in outpatient setting working with women's health and chronic pain patients.
- Supervisor of supportive staff.

Myofascial Release Treatment Center, Paoli, PA

1987 - 1989

- Staff PT working with chronic pain patients.
- Clinical education instructor.

Berkeley Visiting Nurses Association, Berkeley, CA

1983 - 1985

- PT providing services to patients in their homes.
- Member of Staff Advisory Committee.

Student Health Services, University of California, Berkeley, CA

1982 - 1983

- Health Education Intern.

St. Christopher's Hospital for Children, Philadelphia, PA

1980 - 1982

- PT in hospital, outpatient, and school settings.
- Supervisor of students and support staff.

American Oncologic Hospital, Philadelphia, PA

1978 - 1980

- Staff PT in hospital and outpatient settings.
- Participant in research study for breast cancer patients.

Society for Crippled Children and Adults, Philadelphia, PA

1977 - 1978

- Staff PT for children with disabilities in outpatient and school settings.

Credentials

BCIA - PMD certification in biofeedback

Papers on Musculoskeletal Issues in Male Pelvic Pain published in *Neurourology and Urodynamics* (2006) and *Journal of Urology* (2003)

Education

Stanford University, Center for Compassion, Altruism, Research and Education (CCARE)	2013
Stanford University, School of Medicine, CCARE, Trained and Certified Compassion Cultivation Training (CCT) Instructor	
UCLA, Mindfulness Awareness Research Center	2011
Certificate in Mindfulness Facilitation, aka Training in Mindfulness Facilitation	
Portland State University	2009 - 2010
Interpersonal Neurobiology studies	
University of Pittsburgh, School of Health Related Professions	1977
B.S. in Physical Therapy	

Other Interests

- Nonviolent Communication (NVC), mediation, and conflict resolution
- Mindfulness and meditation
- Outdoor activities, backpacking, canoeing, swimming, bicycling and gardening
- Community support/interaction – active member in Puget Ridge cohousing
- Mindfulness Movement arts, including yoga, qigong, and improvisational dance
- Served on the board for Kaleidoscope Dance Company, The Arc, and Puget Ridge Cohousing most recently, as well as numerous community organizations and committees related to health, gardening, environmental issues, and cohousing.

Seattle Bicycle Advisory Board

12 Members: Pursuant to Resolution 30995; all members subject to City Council confirmation, 2-year terms:

- 7 Mayor- appointed
- 5 City Council- appointed

Roster:

*D	**G	RD	Position No.	Position Title	Name	Term Begin Date	Term End Date	Term #	Appointed By
8	M	3	1.	Member	Yasir Alfarag	9/1/2023	8/31/2025	3	Mayor
6	M	2	2.	Member	Max Green	9/1/2022	8/31/2024	1	City Council
9	F	3	3.	Member	Nia Ransom	9/1/2023	8/31/2025	1	Mayor
6	F	1	4.	Member	Diane C. Hetrick	9/1/2023	8/31/2025	1	City Council
9	O	3	5.	Member	Ty Bottorff	9/1/2023	8/31/2025	2	Mayor
6	M	7	6.	Member	Douglas Migden	9/1/2023	8/31/2025	2	City Council
6	F	7	7.	Member	Donna McBain Evans	9/1/2022	8/31/2024	1	Mayor
6	F	4	8.	Member	Christine Stawitz	9/1/2022	8/31/2024	1	City Council
	F	3	9.	Member	Amy Conroy	9/1/2022	8/31/2024	1	Mayor
6	M	3	10.	Member	Peter Bryan	9/1/2022	8/31/2024	1	City Council
2	M	3	11.	Member	Joseph Roberts	9/1/2022	8/31/2024	1	Mayor
	M		12.	Get Engaged Member	Arya Blourchian	9/1/2022	8/31/2023	1	Mayor

SELF-IDENTIFIED DIVERSITY CHART

	(1)		(2)		(3)		(4)		(5)		(6)		(7)		(8)		(9)	
	Male	Female	Transgender	NB/ O/ U	Asian	Black/ African American	Hispanic/ Latino	American Indian/ Alaska Native	Other	Caucasian/ Non-Hispanic	Pacific Islander	Middle Eastern	Multiracial					
Mayor	3	3		1		1				1		1	2					
Council	3	2								5								
Other																		
Total	6	5		1		1				6		1	2					

Key:

*D List the corresponding Diversity Chart number (1 through 9)

**G List gender, M= Male, F= Female, T= Transgender, NB= Non-Binary, O= Other, U= Unknown

RD Residential Council District number 1 through 7 or N/A

Diversity information is self-identified and is voluntary.