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## ST. HELENA CLUB

**Club Manager**  
Trent Yaconelli  
963-8944

## CALISTOGA CLUB

**Program Director**  
Don Lewis  
738-8197

## CALISTOGA TEEN CTR.

**Program Director**  
Marisol Ceja  
942-2762

## THE GREAT DEBATE: CANDY VS. HEALTHY FOOD AT THE ST. HELENA CLUB

Some parents have mentioned to me or various staff members that they do not understand why the Club has candy and other sweet snacks for sale and would like to see the Club offer something more nutritional. The sweet treat vs. nutritional treat has been the dilemma for me as the Club Manager. Currently, I have brought in a good assortment of healthy and kid-happy snacks. I have brought back Granola bars but ones that the kids suggested I buy. I do sell sodas but only Hansens (no caffeine). I have brought in popcorn, various fruit chews and 100% all natural "smushed" fruits items. Some of these items sell well, some are the last thing to go at the end of the week but I am trying to find a happy medium. As a parent myself, I understand a parent's concern with having their child eat healthy but the reality is when given the choice of buying an apple at the Club or heading off campus to get a Super Sour Candy Atom Bomb Pop....many Club Member will end up going to one of the local stores to get their afternoon sugar snack.



Over the nine years I have worked at the Club, I tried various selling only snacks that were healthy: granola bars, apples, dried fruit, baby carrots...etc. Unfortunately what the staff noticed happening was more and more kids began going to the Big Dipper either right after school, off the bus, or they would leave the Club after they checked in. The amount of time my staff spent tracking down children trying to sneak down to the Big Dipper or the time spent finding kids who had permission to go to the Big Dipper, but stayed there for over 30 minutes, increased dramatically. I had parents, whose children were constantly getting in trouble for trying to sneak away from the Club, asking me if the Club could offer some "candy" type snack. They were concerned about their child's safety. As Club Manager, I must also think about the safety of all the Members who attend the Club. The more time my staff spends looking for kids, the less time they are conducting activities and supervising.

One advantage of the new Club (hopefully opening in September 2007), the staff will be better able to monitor who enters and leaves the Club. The Club will also have a kitchen, so there will be opportunities for kids to "make or bake" snacks. Greater refrigerator space will allow the Club to have a greater variety of more perishable snacks. If you would like to volunteer one day a week, month or occasionally as a "guest chef" and help the kids create some delicious health snack, please let me know.

This is the Club present snack policy: Club Members are limited to two snacks per day. Staff will encourage Members to choose at least one nutritional snack. If a parent wishes their child NOT purchase "sweet" snacks, they should talk with their child and inform the Club staff. Although Club staff will not take "sweet" snacks away from Members, they will at least remind them of their parent's wishes and make every effort NOT to sell them "sweet" snacks. If you have any suggestions I am more than willing to listen. Trent Yaconelli 963-8944. Email: [trent@bgcsh.org](mailto:trent@bgcsh.org)

