



# Fruitful Minds update

Fall 2011 Issue no. 1

Welcome to the first issue of the biannual **Fruitful Minds update**. We will be using this as a way to connect you with news of developments from our organization. Thank you for your continuing support!

## Summer news

Fruitful Minds Ambassadors provided nutrition classes at the Unity Council sponsored Trailblazers summer program at Urban Promise School and also lent support to the Youth in Medicine program at Samuel Merritt University. After studying anatomy and cell biology, students were ready for some real-life application and learning about why their bodies need a balanced diet, the nutritional value of certain foods and the importance of exercise. Mark Teahen of the Toronto Blue Jays answered the student's questions about what it is like to eat and train as an athlete. *find out about the program at*

[http://www.samuelmerritt.edu/president/news\\_room/jul\\_2009/youth-medicine-gives-bay-area-kids-chanc](http://www.samuelmerritt.edu/president/news_room/jul_2009/youth-medicine-gives-bay-area-kids-chanc)

## Grants

Congratulations to Stephanie Yan! As one of our grant writers, Stephanie secured the Big Ideas at Cal award last spring, and over the summer, both Wells Fargo Bank and the Federal Home Loan Bank of San Francisco awarded grants totaling \$55,000 for programming over the next three years. Many thanks to our funders and hat's off to Stephanie.

[http://www.fhlbsf.com/ci/grant/ahead/gp\\_recipients/2011\\_recipients.asp](http://www.fhlbsf.com/ci/grant/ahead/gp_recipients/2011_recipients.asp)



## Teresa Tucker, Board Secretary

Teresa has been a supporter of Fruitful Minds from the beginning. Teresa is responsible for bringing Allyson Cesario's (now Executive Director) attention to the project, which at the time was not much more than an idea, a cool name and a group of students with good intentions. Teresa has formalized her commitment by taking the position of Board Secretary. Teresa has served on other local boards in the past, including Berkeley Ballet Theater. She also keeps her ear to the ground at Cal from her position in the Howard Hughes Lab in Stanley hall. Welcome Teresa!

Fruitful Minds also welcomes new advisors, **Jeff Tinker**, SVP Wells Fargo Bank, National sales Manager, **Bob Katter**, VP Sales and Marketing, First Data Bank, Board President, La Clinica, and **Mikelle McCain, MPH, RD**, Interim Director, Didactic Program in Dietetics, Lecturer, Nutritional Sciences and Toxicology UC Berkeley

## Regine Leger

Regine currently works with WIC, where she interacts with low-income mothers and soon-to-be mothers to help them understand the importance of the program and screen them to know if they qualify. She notes that her experience as Communications Director opened the door to the field of nutrition and developed her ability to confidently communicate with the public and stay organized. "Fruitful Minds and WIC share the goals of healthy kids and preventing long-term obesity. I am excited to be able to apply what I've learned with Fruitful Minds and my nutrition classes in a larger organization such as WIC."



## \* Save the Date!

Join us for our fall fundraiser at Sportivo Restaurant, Wednesday, December 7th from 4:30-10pm. Visit with our ambassadors and have an amazing dinner! Sportivo will donate 10% of all receipts. Sportivo is located at 2131 Center street in downtown Berkeley. Be sure to call for reservations (510) 705-1801 since we expect to sell out. Happy Holidays!

Contact or give at [www.fruitfulminds.org](http://www.fruitfulminds.org)

## 2011-2012 schools

Urban Promise Academy  
Ascend  
Havens Elementary  
Berkeley Arts Magnet  
Longfellow Middle  
Realm Charter  
King Middle  
Thousand Oaks Elementary  
Le Conte Elementary  
Emerson Elementary

## New faces

Connie Tien, Social Networking Director  
2nd, Nutritional Science  
Eunice Lam, Finance Director  
1st, Intended Business  
Annie Kim, Grant Manager  
3rd, Dietetics  
Daniela Santana, Recruitment Director  
2nd, Media studies, minor Sociology

Learn more about our new student board directors and board members by reading their bios on the Fruitful Minds website.

## Fruitful Minds Alumni

### Julie Lee

Julie Lee, former Program Director, works now as a nutrition tech at the Marin General Hospital. She joined Fruitful Minds for teaching experience but found that she was able to gain patience and communication skills from her position. "It turned out to be one of the most valuable experiences in my college career. I learned to how to be an effective communicator, a strong team player, and most importantly, how to transform nutritional science into something that is practical and beneficial to the community."