



## Data from Herald Day

Some of the events that took place during the 29th annual Herald Day haven't appeared in this slot yet, due to lack of time and info. One important event that distinguishes Herald Day from a lot of local celebrations is the old-fashioned down home baking, canning and fresh produce contest. This popular segment of the festival captures the heart of many cooks, gardeners and food preserving artists. It also marks Herald Day as a real country celebration. This year it became even more popular with the addition of junior division entries. We all love to win, but the one thing that tickles our fancy even more is to see our kids or the children of our friends and neighbors winning big time in these very worthwhile achievements. Growing, cooking and preserving food is a universal need. If we can pass these talents on to generations beyond ours, we have the means to rescue our world.

In the produce division, Jesse Garcia won first place for his super pumpkin, Brien Campbell took second place for the giant pumpkin and David Kitchener second place for the giant squash. Deborah Campbell won first place with her tomato medley and third place in junior entry vegetables and hot peppers.

Winners in canned vegetable and pickle division were Lavon Dove, first place for zesty salsa; Nina Lucchese, second place for salsa and Adam Dye, third place for salsa. In the pickle division, Lavon Dove took first place for dill pickles and third place for bread and butter pickles; Annetta Sessions took second place for bread and butter pickles.

In the canned vegetable and relish division, Lavon Dove won first place for mixed vegetables, Annetta Sessions won second place for pickled beets, and Jane Parkinson took third place for summer squash relish. In the canned fruit and fruit sauces division, the first place ribbon went to Lavon Dove for apple slices and second place for applesauce. In the jams and jellies division, Lavon Dove took first place for fig jam with honey; Linda Moore took second

See HESS on Page 9

# Local Scouter's fitness journey to 2010 National Scout Jamboree

## Drebinger cycling to better health

The 2010 National Scout Jamboree is celebrating the 100th anniversary of Scouting next summer. Galt Scouter John Drebinger, one of the scoutmasters for the three Greater Yosemite Council troops, is attending next July.

The jamboree site spans over five miles, and the primary mode of transportation is your feet. At a weight of 384 pounds, walking around the jamboree would not only be difficult but hazardous in the 100 degree/98 percent humidity of Virginia in July and August.

That got Drebinger, who has been overweight for many years, thinking.

He had another reason to focus on health, though.

Drebinger is considered by many in our nation's top corporations to be the best safety speaker in the country. He realized that health had to be a part of any safety motivational message. After all, what good is it if you wear your hard hat, safety glasses and safety belt, then keel over dead from a heart attack or a stroke?

Like thousands of people, Drebinger had gone on diets before. You name it he tried it – Atkins, Jenny Craig, high fiber, low fat, and the list goes on. Losing the weight for a few months was never the problem. It was keeping up with a restricted diet that created cravings that would ultimately result in going off the diet. He never reached his goal weight, and then the craved items would rush back into the food he ate and more.

Before he knew it, he was back to his pre-diet weight. At least, the last diet he did resulted in a net fat burnoff of 10 pounds. He had started at 394 pounds and after losing for several months he went back up, but this time to only 384.

Knowing that being that heavy was damaging his health and limiting what he could enjoy in life, Drebinger decided it was time to figure out a solution that could work for his entire life.

In January, Drebinger did a short fast to examine his approach to food.

During the fast, he learned from one of his pastors and co-author of a book on missions titled, "Changing the World," that you should replace the food with something else. For, Drebinger, it was prayer and analyzing how he approached food.

As a certified hypnotherapist, he realized that much of his eating was unconscious. No, he wasn't eating and didn't know it, but he was not experiencing the whole process of eating – selecting what you want to eat and enjoying it fully as you eat by being fully aware of the properties of food, calories, taste, density, and what could be just as flavorful with the same taste but fewer calories per volume of food.

As his fast was coming to an end, Drebinger searched out recipes for foods he loved to eat and found ways to increase the volume of the food and lessen the calories.

An example is that he loves meatloaf. So, Drebinger took his favorite meatloaf recipe added grated carrots and onions and substituted ground turkey breast for the ground beef he used to use.

Drebinger also discovered a technique online that would make portion control more of a conscious decision. He

bakes the meatloaf in muffin pans and the result is that each meatloaf muffin is just 95 calories each.

More and more foods went on the list, and Drebinger found he was ready to begin eating the way he would for the rest of his life. Instead of going on a diet, he just went to what every diet promises you at the end of their program, that you will be able to go back to normal foods. By starting out with normal foods he liked, he eliminated the cravings.

In fact, Drebinger can now choose to eat anything he wants as long as he keeps track of it on his iPhone. Because he can choose to use more of his calories to enjoy a treat, it never becomes an obsession, as it would have before.

Drebinger is now in the process of writing down his ideas in a book he will publish when he has gotten closer to his ideal weight.

"Already, after only burning off 70 pounds, people are asking me how I am doing it," said Drebinger. "While on a flight home from a speaking engagement, I spent part of the flight sharing with an inquisitive flight attendant my technique and what I have learned." Drebinger is even planning a one-day seminar for a few friends and associates to share his methods and to develop a two-day seminar he will do in the future.

In April, Drebinger got motivated to add movement to his strategy – mind you, not exercise, not a gym that would require a change in schedule and add another way to fail.

Instead, he dusted off an old bicycle and began to ride.

The first challenge was that the seat on most bicycles is uncomfortable, especially when you are over 350 pounds. He asked the people at City Bicycles in Lodi to find him a bike seat similar to the large seats on exercise bikes in a gym. They found him a large seat and he then bought a gel cover for it at REI in Sacramento.

When his editor, Sandie Gilbert, saw it, Drebinger said she joked "that's not a bike seat, it's a sofa!"

But, it made all the difference because riding over seven miles was still enjoyable and comfortable. Drebinger affectionately calls the seat the "Buttmaster 5000."



John Drebinger just a few months into the weight-loss program he designed for himself at 342 pounds. **Great News! As of Sept 21st John has burned off 87 pounds of fat.**

Drebinger said he chose bicycling because he had always enjoyed it as a youth and during college.

When he began to average about six miles a day, he came up with an idea. He checked the distance from his home in Galt to the National Scout Jamboree at Fort A.P. Hill in Virginia. The total journey is 2,921 miles. Some quick math and John discovered that, if he rode his bicycle six miles a day, it would be equivalent to riding the entire route.

Drebinger keeps a map in his office that marks out his virtual journey.

As of July 26, 2009, he has traveled 722 miles, which puts him just 15 miles short of Flagstaff, Arizona.

While Drebinger's travels, in his speaking on safety, create some days where it isn't possible to get a ride in, he now rides an average

of nine to 14 miles per day so he is able to stay ahead of schedule.

In order to keep up his fitness journey, Drebinger buys a bike when he is in a different city for more than four or five days. Recently, he arrived in Billings, Montana, and his first stop was Wal-Mart where he bought a bike. He installed the Buttmaster 5000 on it and rode every day he was in the small town of Colstrip.

One May morning in Montana it snowed two inches in the morning – not the best conditions for a bike ride. One of the members of the safety committee at the coal mine where Drebinger was speaking made a helpful offer. He told John that they could get him a day pass to the local gym so he could ride an exercise bicycle. John was grateful and explained that

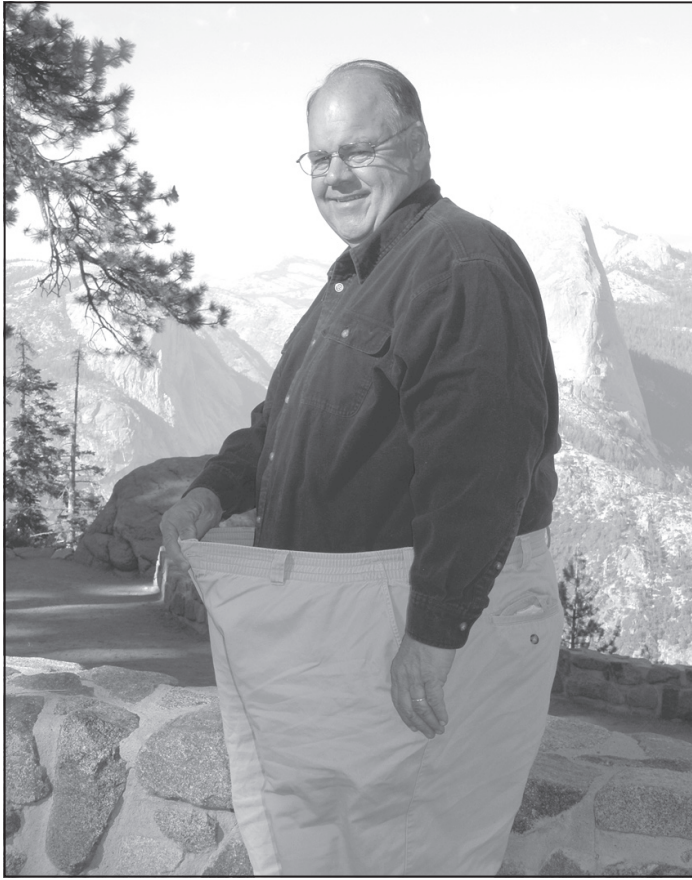
the key to his moving more to improve his fitness was that it had to be fun. Sitting on a stationery bike was too boring to sustain over a long time. Fortunately, the late spring snow had melted by the afternoon and Drebinger got in a nice ride on the bike trails of Colstrip.

At the end of the week, before flying home, Drebinger left the bike so that it could be given to a local child who needed a bike. Since that time, Drebinger has purchased several bikes in different cities, leaving the bike with a church before returning home.

Drebinger will be posting his journey on his web site at [www.drebinger.com](http://www.drebinger.com) where you can track his journey, success, photos and ideas that he will be sharing. He can also be followed on Twitter; his username is "drebinger."



John Drebinger at his starting weight of 384 pounds.



Now, 70 pounds lighter at 319 pounds, Drebinger said the key to his weight loss is that it's fun and he can still eat whatever he wants. **John has dropped below 300!**