

# THE RUTHERFORD Report

THE NEWSLETTER OF SECOND DISTRICT SUPERVISOR JANICE RUTHERFORD

Fall 2015



If you don't think every day is a good day, just try missing one.

—Cavett Robert

*McKenzie Water Ski School in Lake Arrowhead has been helping people learn to water ski for 70 years. The average age of first-timers is five, but instructors have taught children as young as two to ski.*

## Water Ski School A Family Tradition

In 1946, a building contractor and his Clairol model wife opened a water ski school at Lake Arrowhead.

George “Mac” and Lucy McKenzie had been coming to the lake for years before they decided to share their passion for water skiing with others by becoming professional instructors.

The couple tried launching a McKenzie Water Ski School in Florida where they could water ski all year long, but the miserably muggy conditions there prompted them to head back west.

“My father was always a mountain man,” said Pam McKenzie, whose son—Justin Frank—now operates the school with his wife, Holly.

SKI SCHOOL, PAGE 2

## Volunteer Finds Her Spot at Family Shelter



A couple of years ago when Amber Barajas wanted to volunteer at a homeless shelter in her community, she did what most young people her age would do—she Googled it.

“I just wanted to find a way to help other people,” she said.

Her search led her to the Foothill Family Shelter—one of the longest serving homeless shelters in San Bernardino County.

“I read about some of the people they’ve helped and the services they provide to people in need, and I wanted to be

a part of it,” the 19-year-old Rancho Cucamonga High School graduate said.

Today, Amber works in the shelter’s food pantry about two days a week. She sorts donated food and other provisions, restocks shelves, and puts together hygiene kits complete with toothpaste, toothbrushes, shampoo and soap for the pantry’s customers. Homeless families living in the Foothill Family Shelter’s transitional housing and individuals who display a need can shop at the pantry for free.

“It’s like a little grocery store for them,” Amber said. “It gives them to a chance to save up a little money because they don’t have to pay for the food.”

SHELTER, PAGE 2

## SHELTER, PAGE 1

Amber said she volunteered some at the Rancho Cucamonga Animal Shelter and with the American Red Cross when she was in high school, but she really found a home at the Foothill Family Shelter.

“I’ve found my place, and I really like it here,” she said.

The Foothill Family Shelter evolved out of an effort St. Mark’s Episcopal Church launched in 1984 to help homeless families with children. It started with a single motel room with a kitchenette that was rented for a week at a time.

Today, the nonprofit operates more than two dozen two-bedroom apartments and offers temporary, transitional, and permanent housing. Clients must meet income and family size requirements, agree to save 50% of their income,

participate in life skills classes, and search for work or better pay while in the shelter’s program. Clients also must pledge not to use alcohol or drugs and are subject to random testing.

Most recently, Foothill Family Shelter opened a thrift store at 1250 W. Foothill Blvd. in Upland. The thrift store provides job training for shelter residents seeking employment. Proceeds support internal and external services, the food pantry/clothing closet, housing, case management, employment services and children’s enrichment activities provided by the Foothill Family Shelter. Call (909) 982.1785 for information.

Visit [www.foothillfamilyshelter.org](http://www.foothillfamilyshelter.org) for more information about the Foothill Family Shelter.

## SKI SCHOOL, PAGE 1

Today, McKenzie Water Ski School continues the tradition Mac and Lucy McKenzie started 70 years ago by providing a customized water ski experiences to customers whether they are beginners learning the ropes or experts sharpening their skills.

In addition to traditional water skiing, the school offers instruction in wakeboarding and slalom skiing.

Age isn’t a factor. Instructors have helped children as young as two get up on water skis, though the median age of first-timers is about five.

The ski school’s instructors, clad in their trademark red and white swimsuits, start on the dock by giving beginners safety instructions and explaining time-tested techniques on how to get up.

But their help doesn’t end there. Instructors jump into the water with their students and ski right beside them as they attempt to rise up and glide on water.

“Our success rate at teaching people to ski for the first time is about 95 percent,” Holly Frank said. “As long as they have the desire to learn, we can teach them.”

The school’s instructors also have experience teaching deaf, blind and autistic youth and adults how to ski.

The typical lesson is a two-mile course that usually last

about fifteen to twenty minutes. It’s not a lot of time, but by the end of their runs, most beginning skiers are too wiped out for another spin around the lake.

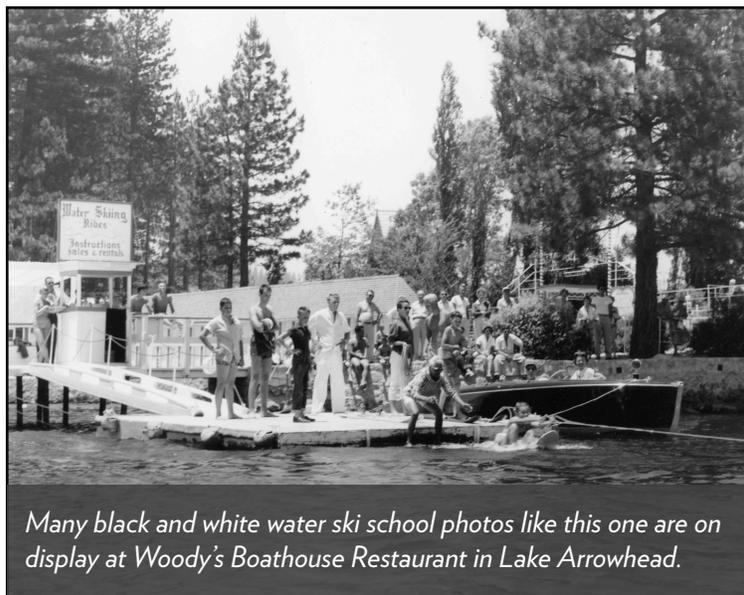
Besides individual lessons, McKenzie Water Ski School also offers group excursions and private cruises.

Those interested in getting a glimpse of the school’s history need look no further than Woody’s

Boathouse Restaurant, located just a short walk from the school’s dock in the Lake Arrowhead Village.

Inside, there are multiple black and white photos of Mac and Lucy McKenzie displaying their water skiing expertise behind classic wooden boats.

Learn more about McKenzie Water Ski School at [www.mckenziewaterkiskischool.com](http://www.mckenziewaterkiskischool.com).



*Many black and white water ski school photos like this one are on display at Woody’s Boathouse Restaurant in Lake Arrowhead.*

# Center Helps Abused Children Talk, Heal

In a building filled with toys, stuffed animals, colorful walls, and bright canvas prints of smiling kids, sea creatures, dogs, and other endearing images, abused children tell horror stories and begin the long process of healing.

Welcome to San Bernardino County Children's Assessment Center.

The center—located on Gilbert Street in San Bernardino—opened in 2014, but the program dates back to 1992 when the Children's Network Policy Council began exploring the creation of a one-stop center where young victims of sexual abuse could be interviewed and receive evidentiary medical exams.

Child advocates wanted to avoid traumatizing abused children by subjecting them to multiple interviews in multiple locations.

"Children get tired of telling the story about the most embarrassing moment in their lives," Children's Assessment Center Administrator Nancy Wolfe said.

San Bernardino County and Loma Linda University Children's Hospital partnered to open the first center in a small, three-room medical office in 1994 but soon realized they needed more space to properly serve the hundreds of children annually coming through the center, which extended services to victims of physical abuse in 1998.

About five years after the program began, Children's Fund marshaled a fundraising campaign to help purchase and

refurbish a building on Tippecanoe Avenue, but over the years, the program outgrew that location as well.

The new center was designed to put children at ease as they undergo medical exams and talk to social workers trained in forensic interview techniques.

The building features a playroom for waiting children, an outdoor garden, medical exam rooms, a kids' kitchen stocked with snacks and juices, and interview rooms complete with video cameras and one-way mirrors.

Wolfe said social workers point out the cameras to children and even let them know others are watching behind the mirrors because they want to be as open as possible with victims.

Department of Behavioral Health staff and victim advocates from the District Attorney's office are on site to ensure victims and their families receive counseling and referrals to other services they may need.

"We are here to make sure they get services as quickly as possible and as conveniently as possible," Wolfe said.

One wing is dedicated to Sheriff's Detective Jeremiah MacKay, who was slain in a gun battle with a rogue ex-Los Angeles Police officer in 2013.

MacKay worked with the Sheriff's Department and worked child abuse cases with the Children's Assessment Center.

There's also a 1-year-old sheep dog named Mack who serves as the on-site therapy dog.

CENTER, PAGE 4

## 2nd District Trivia

**Last Issue's Answer:** Rancho Cucamonga is at the conjunction of the Mojave Trail, the Old Spanish Trail, former U.S. Route 66 (now signed as Foothill Boulevard), and an offshoot of El Camino Real.

**Question:** What original California county once covered about a sixth of the state and was even larger than San Bernardino County, which contains a portion of that original county?

## Contact Information

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[SupervisorRutherford@sbcounty.gov](mailto:SupervisorRutherford@sbcounty.gov)



# 2nd Christmas Reception/BBQ Cook-Off

Mark your calendars now for the 2nd annual Christmas Reception and BBQ Cook-Off at my district office in Rancho Cucamonga.

This year's event is scheduled to take place from 5 to 8 p.m. on Thursday, December 10 at 8575 Haven Avenue.

Last year, firefighters, police officers and Sheriff's deputies from Second District communities fired up their grills and cooked some great barbecue.

Attendees voted to grant the Fontana Police Department the "Beat the Heat Award" for having the best tasting dish,

but the real winners were the children. Scores of unwrapped toys were donated during the evening, and our BBQ teams helped distribute the gifts to underprivileged youth in our communities.

I plan to invite even more teams to cook up great tasting BBQ this year and hope you can join us for good food, fun and fellowship.

Feel free to contact my district office at (909) 387-4833 if you have any questions about the Christmas Reception/BBQ cook-off or any matters that I may be of assistance with.

## CENTER, PAGE 3

"Children come out of the interview rooms and then they see Mack and a little smile lights up on their faces," Wolfe said.

Mack also helps brighten the mood of the Children's Assessment Center staff members.

"Most people go through life not knowing all of the evils going on in this world," Wolfe said.

In the past fiscal year, about 1,600 children have been seen at the San Bernardino County Children's Assessment Center. Visit [www.cacsbc.com](http://www.cacsbc.com) to learn more.

## Upcoming Events

Sept. 24	The Upland Public Library will host the 14th annual Trivia Bee and Silent Auction at 6 p.m. at the Carnegie Cultural Center located at 123 E. D Street in Upland. Call (909) 931-4211 for information about forming a team or donating silent auction items.
Sept. 29 & 30	The Rim of the World Historical Society will host its annual "Celebrity Cruise" featuring local historians Russ Keller, Jack Cooperman and Ralph Wagner. Come listen to tales of yesteryear as you cruise Lake Arrowhead on the Arrowhead Queen. Tours begin at 6 p.m. Call (909) 338-8232 to make reservations.
Oct. 3	The 15th annual Lake Arrowhead Golf Classic will take place at the Lake Arrowhead Country Club. This is one of the Mountain Boys and Girls Club's major fundraisers. Call Steve Tilden at (909) 338-9390 or email him at <a href="mailto:stilden@mcbgc.com">stilden@mcbgc.com</a> for more information.
Oct. 4	The Upland Public Library will host the 14th annual Trivia Bee and Silent Auction at 6 p.m. at the Carnegie Cultural Center located at 123 E. D Street in Upland. Call (909) 931-4211 for information about forming a team or donating silent auction items.
Oct. 23	San Bernardino County Second District Supervisor Janice Rutherford will host Breakfast with Your Supervisor from 7:30 to 9 p.m. at Farrell's Ice Cream Parlour in Rancho Cucamonga. Call (909) 387-4833 or send an email to <a href="mailto:SBD2rsvp@gmail.com">SBD2rsvp@gmail.com</a> to RSVP.
Oct. 24	Crestline merchants on Lake Drive will be passing out candy to trick-or-treating children from 2 to 5 p.m.
Oct. 30 & 31	Visit Upland's Haunted House at 105 N. 1st Avenue from 6 to 10 p.m. Entry fee is \$5 a person. Call (909) 931-4280 for information.
Oct. 31	The San Bernardino County Department of Special District will host a cleanup from 8 to 11 a.m. at the North Etiwanda Preserve located at the northern terminus of Etiwanda Avenue in Rancho Cucamonga. Volunteers should come dressed and prepared for outdoor work. Volunteers will be removing trash and invasive plants along with other tasks. Email <a href="mailto:Erin.Opliger@sdd.sbcounty.gov">Erin.Opliger@sdd.sbcounty.gov</a> for more information.
Oct. 31	The City of Fontana will host halloween events from 4 to 7 p.m. at the Cypress Community Center located at 8380 Cypress Avenue, the Don Day Neighborhood Center located at 14501 Live Oak Avenue, and the Jack Bulik Teen Center located at 16581 Filbert Street.
Nov. 26	The City of Upland will host the 8th annual Turkey Trot 5K Run/Walk and 1K Kiddy Trot at San Antonio Park located at Mountain Avenue and 24th Street. The race starts at 7:30 a.m. Call (909) 931-4280 for more information.

Dates and times are subject to change without notice. Please contact Supervisor Rutherford's office at (909) 387-4833 if you have any questions or suggestions for the Events Calendar. You can view information about more local events on Supervisor Rutherford's home page at [www.sbcounty.gov/rutherford](http://www.sbcounty.gov/rutherford).