



A Newsletter for Crest

Volume 13

January - February 2011

Number 1

Welcome to 2011

I hope your holiday season was filled with joy and void of stress! A new year brings new challenges and great resolutions we all hope to fulfill.



Speaking of change, the CCA has been working with a great group of volunteers and agencies to make the necessary changes to the emergency siren located at the Crest Community Center. The existing pole was replaced making the siren 30 feet taller to enable the siren to be heard throughout

Crest. A test following the installation shows improvement in distance with a few more changes to make. Read more on page 11 for a list of these dedicated volunteers.

The holiday months proved to be a busy time in Crest. Did you have an opportunity to stop by the bake sale and craft fair held on November 6? Thanks to the vendors and volunteers that made this event such a success. Special kudos goes to Karen Nelson and Susan Lee Cooke for chairing this event.

Santa arrived by fire truck to visit the Crest kids on December 17th. It is so much fun to see our future Crest residents! See page 10 for more highlights and photos.

At the November 16th CCA meeting, representatives from the Alpine Sheriff's Station stopped by to introduce themselves, answer questions, and provide the community with helpful

tips on how to keep our homes and community safe (page 16).

The next couple months are full of activities so get your calendar ready. January is the month the CCA elects its slate of officers. Elections will take place at the January 18 general meeting. A listing of candidates appears on page 10-11. Drop by the clubhouse between 7-8 pm to cast your ballot.

In this month's edition of The Crest Sun we feature artist David Moore and his magnificent Crest paintings (pages 29-30). Many of you may know David as he was a mail carrier in North Crest for seven years. How lucky we were to have David assigned to the Crest area where he was inspired to paint our community.

Check out the CCA page for more information regarding the January 29th Bunco night and the February 11 Bingo night at the CCA Clubhouse (see page 2). A great hike/bike ride scheduled for New Year's Day at Crestridge sponsored by EDI and the Crestridge Ecological Reserve (page 2).

Looking for a great meal? Don't forget to attend the February 2nd CCA chili dinner as well as the Kiwanis breakfasts on Jan. 22 and Feb. 26.

On Tuesday, January 18 starting at 6:30, the Crest Library will be hosting a free seminar "Winning in Tough Financial Times" hosted by Money Management International.

The Kiwanis has several informative talks scheduled during their monthly general meetings. Visit page 8 for more information.

Supervisor Dianne Jacob will be visiting the clubhouse on Friday, January 28th from 8-10 am to have coffee, answer questions, and share information with the Crest Community. This is a great opportunity to ask questions of our elected representative.

Back by Popular Demand:

CCA BUNCO TOURNAMENT

Saturday, January 29th from 5:00 - 8:00 pm Cost \$15

Bring an Appetizer or Dessert to share.

- Bunco requires absolutely no skill or knowledge of the game- it's just fun!
- Did you notice it does not say "Ladies Only"? Men, you, too, are invited!
- You may bring your own beverage if you prefer.
- Volunteers needed to help setup, cleanup

Please RSVP to Jeanne Johnson at 442-4022 or email johnson7409@att.net so we can tell how many tables to set up. Leave name, phone number and/or email address.

Something new to do in Crest...

BINGO NIGHT IN CREST

Friday, February 11, 2011 from 6:30-8:30 pm

Cost \$10 (pay at the door)

Bring an Appetizer or Dessert to share

Prizes Food Fun

Bring something for the recycle raffle -

(Something used/useful to be raffled at the end of the games - optional)

Need a ride? Call Kathy @ 588-5069. We can provide a ride to and from Bingo

Hope to see you there!!

Earth Discovery Institute and Crestridge Ecological Reserve

Presents:

New Year - New Trails Hike

@ Crestridge Reserve - Horsemill entrance

Saturday, January 1, 2011- 9:30 am

Start the year out right with a New Year's Day hike/bike ride on our newly opened trails. You'll see things from a whole new perspective, literally! The San Diego Mountain Biking Association and students from the Cajon Valley Union School District have helped us reroute two major sections of eroding trail, creating new meandering, sustainable paths. Meet at 9:30am. A north loop hike of about 45 minutes will be followed by a west loop hike of about 1 hour. RSVPs helpful, but not required. RSVP, information, directions? Contact Cathy at 619-447-4715 or chadgroup@cox.net.

Crest Contacts

Crest Community Contacts		
Crest Community Assn. johnson7409@att.net	Paul Johnson (email)	442-4022
Crest Comm.Church crestchurch@sbcglobal.net	Kerri Lambert (email)	442-3736
Crest Black Board	Kandhy Kathy	444-4996 440-6097
Clubhouse Rentals rentals@thecrestsun.com	Rick Bradt (email)	444-2641 or 44-CREST
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	44-crest
Crest Garden Club Rold@sbcglobal.net	Arlene Palmer Marsha	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis	Karen Nelson	749-9180
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter editor@thecrestsun.com Information winters72@hotmail.com	Linda Hjelle (email)	440-8540 517-9838
The Crest Sun website webmaster@thecrestsun.com	Chris Seebold	447-5826
E-Crest-rians	Karin Weiss (email)	579-3951
St Louise Church	Kandhy Franklin	444-4996
Sub-Regional Planning. crestplanning.org	Father Languille	444-3076
	Judy Bowen (website)	440-0783
Help Lines		
Child Abuse Hot line	(800)	344-6000
Highway Patrol: Traffic Related	(858)	637-3800
Abandon Vehicles	(619)	441-4264
Sheriff (non-emergency)	Dispatch (858)	565-5200
Alpine Station	(619)	659-2600
Licensing Division	(858)	974-2020
San Miguel Fire Dst Crest Fire Office Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business office. Burn Permits Marsha Larsen Leonard Villarreal August Ghio (website)	670-0500 588-8112 660-5356 660-5359 660-5351
Adult Protective Svs	(800)	510-2020
Child Abuse Hot Line	(800)	344-6000
Animal Control	(760)	438-2312
Auto Repair, Bureau	(800)	952-5210
Border Patrol	(619)	662-7321
CALTRANS	(619)	688-6785
Code Enforcement	(858)	694-2705
Contractors Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547
FBI (telephone scam)	(858)	565-1255

Fish & Game	(951)	443-2944
Illegal Dumping	(858)	495-5143
Noise Abatement (dogs), abandoned vehicles, solid waste complaints	(858)	694-3741
Planning & Land Use	(858)	694-3741
Poison Control	(800)	876-4766
Postal Police (mail)	MailFraud(877)	876-2455
Real Estate fraud/info	(619)	525-4192
Road Conditions	(800)	427-7623
Secret Service -Fraud	Currency/Credit	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938
US Forest Service	(619)	445-6235
Stores and Restaurants		
Crest Foods	Tony	444-8132
Lenardos Pizzeria	Sam – Pg 11	444-1389
Rainbow Farms Mrkt	Mark –Pg 21	444-7504
Advertisers		
Bowlby Electric	George pg 6	440-3051
Central Air & Heating	Charles pg 15	444-9955
Chocolate- Protein Meal	Pat – pg 15	442-4879
Day Care	Griselda- pg 18	588-2747
Holiday Horse Care	Robin pg 24	922-1388
Kathy Kuts	Kathy – Pg 23	447-1945
Knox Reprographics	Mary Pg 31	230-6300
Mila Miracle Seed	Barb pg 15	921-4442
Marvelous Organizing	Risa – pg 25	231-1113
Nu Skin (age-Loc)	Pat Goulart- 17	442-4879
Real Estate & Loans	Rayna –pg 8	922-2524
Truffels & Desserts	Jeanne Pg 15	442-4022
Xango	Marie – pg 24	328-1157
Yard/Repairs/ Bee Removal	Al – Page 10	442-4879
Other Services		
Just Runs Jeep Club	Roger	579-7120

**Next Crest Sun
Deadline:
February 20**

**Advertisers:
See page 31
for additional
information.**



JANUARY 2011						
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FEBRUARY 2011						
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27	28					

Calendar of Events January - February 2011

01/01/11	9:30	Crestridge Ecological Reserve Hike 9:30 a.m. – Horsemill entrance
01/04/11	1:00 Tuesday	Historical Society Meeting – Annual Meeting – CCA Clubhouse
01/08/11	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
01/10/11	10:00 - Mon	Crest Garden Club -- Call Marsha for Details 440-1167
01/10/11	7:00 pm	Sub Regional Planning Group –
01/11/11	5:45 – Tues	Crest Community Association – Board Meeting – Clubhouse
01/13/11	6:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
01/15/11		Hilltop Fair and Rummage Sale – Crest Community Church – pg 33
01/17/11	6:00 pm – Mon	Kiwanis Meeting – Visitors Welcome – Location: Clubhouse “Kiwanis Foundation Scholarship
1/18/11	6:30 – Tues	Winning in Tough Financial Times – Money Mgmt Institute - Library
01/18/11	7:00 pm –Tues	Crest Community Association – General Meeting & Elections
1/22/11	8:30-10:30 Sat	Kiwanis Community Breakfast - Clubhouse
1/28/11	8-10 am – Fri	Coffee with Dianne Jacob – Clubhouse – all welcome
01/29/11	5-9 pm – Sat	Bunco – CCA clubhouse
02/01/11	1:00 pm- Tues	Historical Society Mtg – Library
02/02/11	5-7 pm - Wed	CCA Dinner – Chili & Cornbread
02/08/11	5:45 – Tues	CCA Board Meeting – Clubhouse – Board Meets
02/10/11	6:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
02/12/11	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
02/11/11	6:30-8:30 –Fri	Bingo Night in Crest - Clubhouse
02/14/11	10:00 - Mon	Crest Garden Club – TBA - Call Marsha for Details 440-1167
02/14/11	7:00 pm Mon.	Sub Regional Planning Group –
02/15/11	7:00 pm Tues	CCA General Meeting
02/20/11	5:00 pm	Deadline for Crest Sun Submissions
02/21/11	6:00 pm – Mon	Kiwanis General Meeting – visitors welcome – location: Clubhouse Long Term Care Information Seniors from a Legal Perspective
02/26/11	8:30-10:30- Sat	Kiwanis Community Breakfast at the Clubhouse
03/21/11	6:00 pm – Mon	Kiwanis General Meeting – visitors welcome – Clubhouse Ronald McDonald House

2010 Census – What does the census reveal at first glimpse?

- The population of the United States is 308,745,538, a 9.7 percent increase over the 2000 Census. This is the smallest increase since the depression.
- Census Bureau released numbers showing California has 37.3 million residents, the most populous state. This is the first time in U.S. history in which the West region is larger than the Midwest. The CA State Department of Finance said that number is about 1.5 million short which could cause CA to lose more than a billion dollars in federal funding.
- Wyoming is the least populous (563,626). The fastest rate of population growth was in the South (adding more than 14 million residents), followed by the West (increase of nearly 9 million_

Data for smaller areas, including San Diego County, will be released beginning in the spring of 2011

Info from: <http://abclocal.go.com/> <http://www.examiner.com>



Jan-February Events @ Crest Library

Children's Programs

Rosi's Coloring Table *Every Tuesday during open hours*

PJ Storytime *Wednesday, Jan 19 & Feb 16, 5 p.m.*

Baby Storytime *Friday, Jan 21 & Feb 18, 10:30 a.m.*

Teen Programs

Video Game Fun! Play Station & Wii Like to Play!

Make it and Take it Crafts *Every Saturday, 11 a.m.*

Free supplies provided!

Adult Programs

"FREE COMPUTER CLASSES"

Thursdays, Basic 11 a.m. Intermediate 11:30 a.m.

call Rosi for appointment Phone 619-442-7083

Mystery Book Club

Mystery lovers; January's book of the month is
Where Are You Now! by Mary Higgins Clark

February's book of the month is

Buick 8 by Stephen King

Submit your comments on the book on

<http://crestlibrarymysterybookclub.blogspot.com>

Club de lectura Leyendo Juntos. Participa comunicando tu opinión acerca del libro de Enero:

Donde te escondes por Mary Higgins Clark

El libro de Febrero: Buick Ocho de Stephen King

Saturday Family Craft Program 11 a.m.

Crochet Fun, January 8 – Ribbon Jewelry January 15

Soapmaking January 22 – Scrapbooking January 29

Pot Holder Looming Feb 5 - Pet Treats Feb 12

Friendship Bracelets February 19 - Scrapbooking February 26

Celebrate Self Improvement Month!

Money Management International presents:

"Winning in Tough Financial Times"

Tuesday, January 18, 6:30 p.m.

All library programs are subject to change or cancellation without notice.
Todos los programas de la biblioteca son sujeto a cambio o cancelación sin aviso
Para más información llame a Rosi al 619-442-7083

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Alpine Events

CPR Class Jan 22nd

Would you know how to respond if your child stopped breathing or someone you love had a heart attack? If you said, "No," then you should join this class. It will be held at the Alpine Fitness Club, 1620 Alpine Blvd. on Sat. Jan 22nd from 9am to 11am. You will receive a two year certification; learn the New CPR skills and how to perform CPR on an adult, child and infant. You will also learn the Heimlich maneuver, how to use an AED machine and what to do for a drowning victim. If you have a pool this class is a must. Adults are \$45 per person and children 8 years to 17 years old only \$30 per child. Space is limited. To reserve your place please call Save-A-Heart at 619-445-4569.

Alpine Tree Town Festival April 16th

Please join us for a fun and informative day at the Alpine Woman's Club, 2156 Alpine Blvd. on Saturday April 16th from 10am to 3pm. This is an interactive and educational festival for all ages. How to seminars about the care and maintenance of trees. Children's programs throughout the day. Free trees available, various vendors and much more. For further information call 619-445-2055 or email carletteanderson@aol.com



The News from Crest Kiwanis

By Linda Chase

K-Kids

Thanks to our K-Kids and Crest School many families had surprise deliveries from Santa this year. The toy and food drive was a big success. There were so many gifts that our wrappers were brought to tears. A big thanks to Kiwanis members who were secret Santa's for some of our families in Crest and Harbison Canyon. It is a wonderful way to participate in bringing joy to others

Our goal is to give every child in Crest School the acknowledgement that they deserve. Crest School has some very terrific kids; look for their bumper stickers!



This great bunch of kids care for their community and offer help when needed. We all had a terrific time at our December breakfast celebrating the Crest School K-Kids. We also had a surprise visit from Santa!

Thanks Santa for coming to the Crest Kiwanis Breakfast, we hope you enjoyed the breakfast.

K-Kids made placemats and greeting cards for the Meals on Wheels seniors for the holidays. The clients loved them.



Builder Clubs: **Greenfield Middle School** did Christmas caroling in the vicinity of the school and volunteered their service at the East County Salvation Army. **Los Coches Creek Middle School**- Did a collection for UNICEF and did a school wide FOOD COLLECTION for a local food pantry.



Kiwanis also hosted a Christmas Potluck Party at the Crest Library on December 20th.

We wish to welcome our newest member, Trish McKenna-Weir.

Dates to remember:

- January 17th Speaker at the Club meeting will be Gary Jander. Topic: Kiwanis Foundation Scholarships.
- February 21st Speaker will be Kaye Hamblelton, attorney-at-law. Topic: Long Term Care Considerations for Seniors from a Legal Perspective.
- March 21st Speaker will be Dick Rabell. Topic: What the Community should know about the Ronald McDonald House.
- General Meetings are held on the 3rd Monday evening of the month at 6pm. Please join us.
- Kiwanis Breakfasts are scheduled for the 4th Saturday of every month, Join us January 22 and February 26 from 8:30-10:30 at the clubhouse. Thanks to you all for supporting our breakfasts! Remember all proceeds go to support Crest School.

Editor's note: Are you signed up for the Crest Emergency Notification System? Send your email address and up to three phone numbers to Kandyfranklin@cox.net and she will add you to the system. You will then be notified of upcoming Crest events by email and telephone notification in the event of a disaster.

REAL ESTATE & LOANS

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~REALTOR, LOAN CONSULTANT, NOTARY PUBLIC

Dear Neighbor,

I have spoken to several of you who are now letting your house go into foreclosure because you are not aware of the benefits of doing a **SHORT SALE**. Here are some key points:

- **Sell Your Home Quickly and Easily For Top Market Value**
- **Pay Absolutely No Commissions & No Closing Costs**
Avoid Foreclosure & Bankruptcy-Save your Credit on certain circumstances
- **Walk Away From Your Home With No Debt And No Tax Consequences**
- *****The Mortgage Tax Debt Relief Act was originally only slated to go until the end of 2008, however it has now been extended to the end of 2012***CERTAIN TERMS AND CONDITIONS APPLY TO THIS PLEASE CALL ME FOR SPECIFIC DETAILS*****

Crest Community Association



Election of Officers

January is the month to vote for the new CCA Board who will take office in February. Make sure you are present at the January 18th CCA meeting between 7-8 pm to cast your vote. Remember you must be a member to vote.

The nominating committee has submitted the following names for the ballot:: President: Paul Johnson
Vice President: Barbara Kingsbury; Treasurer: Jeanne Johnson; Secretary: Lucy Cafiero, Patricia McKenna-Wier; Fifth Board member: to be appointed by the new Board.

Santa Party - On December 17th, the CCA once again held a gala holiday party featuring Santa Clause. It's such a fun event to see our young Crest residents lined up to sit on Santa's lap. Christmas carols resounded throughout the room thanks to Jeanne Johnson and Sylvia Calvins. Risa Goldberg thrilled the kids with her face painting skills. Thanks go to the folks that came together to help set up, clean up and serve during the event including Barbara Kingsbury, Linda Hjelle, Kandhy Franklin, Charles Collins, Al Goulart, and Glenna Evans. A special thanks to Paul Johnson who made arrangements for Santa's visit.



Christmas in Crest 2010

Upcoming CCA Events

All Crest residents are invited to the events held at the Crest Clubhouse – 113 North Park Dr (across from Nancy Jane Park)

- January 18 (Tues), 7-8 pm – **Election of CCA Officers** – Clubhouse (see page 11 for additional information regarding candidates)
- January 28 (Fri), 8-10 am – **Coffee with Supervisor, Diane Jacob**
- January 29- 5-8 pm (Sat) **CCA Bunco** – Call Jeanne 444-4022 or email johnson7409@att.net to RSVP.

- February 2 –(Wed) 5-7 pm **CCA Dinner** – Chili and Cornbread.
- February 11 – 6:30-8:30 - **CCA sponsored Bingo** Call 588-5069 for questions or if you need a ride.
- February 15th – **CCA General Meeting** 7:00 pm.

Meet Lucy Cafiero – Running for Secretary - CCA

Hello Fellow Crestations!

I have been living in Crest since May of 2009. One day I was out driving around with some friends and they brought me up here. As we drove around the streets and I was looking around, I couldn't believe the beauty and serenity I experienced. I told them, "I'm going to live up here some day". Three months later, I was calling Crest my forever home!

My first month up here, I was getting my house in order. The second month I was up here, I took a 5 week long drive cross country; the third month I was here; I joined the CCA and started to attend the monthly meetings. I also volunteered to help with the monthly dinners, either serving or cooking.

I am a professional organizer and an aspiring writer. I successfully raised two beautiful children in the San Diego area as a single parent and am now the proud grandmother to a one year old grandson. I started up a non-profit organization called One in Eight. The main goal of this organization is to make teens aware of breast cancer. I do this by giving a workshop in high schools throughout San Diego and the County teaching breast cancer awareness and the importance of breast health.

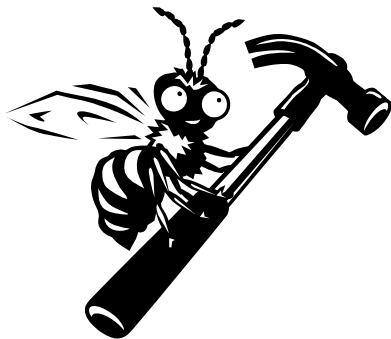
I feel I am qualified to run for Secretary of the Crest Community Association and I am asking for your vote in January. Together we can help make this the best community to live and thrive in the county of San Diego! Thank you! Lucy Cafiero



Success at Last! Crest Fire Safe Council (CFSC) working with Sentry Sirens, Crest electrician, George Bowlby and staff, SDG&E, Don Parent and his pole crews, and the amazing crane from Marcos with operator, Mark Hopewell finally got the siren up another 30 feet! Linda Hjelle captured the event of taking the short pole out, lifting the new one up over a fence and into the new hole. It was an all day event. After the pole was set and the wiring assembled, a test was conducted. The siren covered more area, but still missed areas close to the siren. With new homes and different building codes, we know we must adapt to the situation. CFSC will keep you up to date. The next step will be to go back to the siren company and ask what else we need. We will start conducting tests on weekdays and on weekends and in different weather conditions to map out the areas of coverage. We will send out reminders and write it on the sign boards.



Grants: CFSC and Crest Emergency Response Team (CERT) have received grant funds; a lists of needs are being compiled. They will then be prioritized in order to finish projects for the Crest Community Center and South Lane Park. Faith Berry and Kandhy Franklin have written and submitted a Community Development Block Grant for the CCA clubhouse which, if funded will provide lunches and health services to Crest as well as furniture, a satellite dish, and a flat screen TV. A meeting has been scheduled with Supervisor Jacob to discuss our project. Our ultimate goal is to have the clubhouse poised to be an incident command center as it was in 2007.



**WEEDING - YARD CLEANUP -
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Call 444-1389 or 444-0992



PIZZA:	Medium 14"	Large 18"	Giant 28"
Cheese Only	\$8.99	\$12.99	\$19.99
One Topping	\$9.99	\$13.99	\$22.99
Vegetarian (Mushroom, Onions, Green pepper & Olives)	\$13.99	\$15.99	\$25.99
Greek Pizza (Fresh garlic sauce, Mozzarella cheese, Feta cheese, Gyros meat & Basil)	\$14.99	\$16.99	\$25.99
The Works (Pepperoni, Canadian bacon, Sausage, Onion, Mushroom, Green pepper, Black olives, Pineapple and Jalapeno)	\$16.99	\$20.99	\$29.99
Calzone (Mozzarella, Ricota, & Parmesan cheese)	\$9.99		
Additional topping:	\$1.25	\$1.75	\$3.00

Subs & Sandwiches

Ham & Cheese	\$5.49
Turkey & Cheese	\$5.49
BLT	\$5.49
Vegetarian Sub	\$5.49
Italian Sub (Ham, Salami, & cheese)	\$5.99
Club Sub (Turkey, Bacon & Cheese)	\$5.99
Roast Beef Sub	\$5.99
BBQ Sandwich	\$5.99
Meat Ball Sub	\$5.99
Italian Sausage Sub	\$5.99
Gyros Sandwich	\$5.99
Ham, Turkey & Cheese	\$6.99
Lenardo's Special Sub (Roast Beef, Turkey, & Cheese).....	\$6.99

ALL SUBS SERVED W/LETTUCE, TOMATO, ONION, PEPPERONCINE, & ITALIAN DRESSING

Salads:

Garden Salad.....	\$4.49
Antipasto Salad.....	\$5.59
Greek	\$5.99
Salad.....	
Chef Salad.....	\$5.99

Pasta: (All served with Breadsticks)

Lasagna.....	\$6.49
Spaghetti w/ Meatballs.....	\$6.49
Meat Ravioli.....	\$6.49
Cheese Ravioli.....	\$6.49

Combo: (All Combos served with Fries and Salad)

½ lb Hamburger Combo	\$5.99
½ lb Shrimp Combo.....	\$5.99
Chicken Sandwich Combo	\$5.99
Fried Chicken Combo	\$5.99
Fish & Chips Combo.....	\$7.49
Gyro's Combo.....	\$7.49
Hot Wings Combo	\$7.49
Philly Steak Combo (Steak meat, mushroom, onion, green pepper & Cheese)	\$7.49
Philly Chicken Combo (Breast chicken, mushroom, onion, green pepper, & cheese).....	\$7.49

Critters in Crest

The Nighthawk

By Stanley A. Shelton

You wouldn't believe how many things have the name "nighthawk", or... maybe you would. Who could resist using such a cool name for their product(s) or service(s)? There's Nighthawk Radiology, Nighthawk Carbon Monoxide Detectors and Alarms, Nighthawk Custom Hand-Crafted Leather. There were several fictional Nighthawk characters published by Marvel Comics. Nighthawk music, etc. etc.

But the truth is, there is a real bird called the nighthawk as pointed out by Kim Knuth in one of her suggestions for another critter to write about. Thank you Kim!

Nighthawks feed primarily at dusk, and at dawn, and sometimes during the night. They also look somewhat like hawks, thus the name. Their wingspan is on par with that of several hawks, being 21 to 22 ½ inches with distinct white patches on the underside.



Other differences between nighthawks and hawks, is that hawks are raptors - predators that eat small vertebrate animals, while nighthawks eat strictly insects, like mosquitoes and moths.

Their diet also explains their erratic flight, which resembles that of insect eating bats. They dart back and forth because they are devouring insects in flight. This also explains the short bill, which is not made for tearing and biting like a raptor's bill.

After refining my research on the Internet, getting to the birds and not the products and services, I ran into some study research where people actually examined the contents of

nighthawk's stomachs. Though it depended on the time of year, most of the contents were mosquitoes. There were hundreds of mosquitoes in the birds' stomachs, moths and other insects coming in after that as secondary in numbers. I must point out, however, that this study was done in the northeast.

Other interesting things about nighthawks:

- They are very well camouflaged, looking like the debris on the ground around them when nesting, or like the branch they roost on.
- They also roost on branches in-line with the branch as opposed to perpendicular to it like other birds.
- Their feet are extremely small and not good for much except standing. They don't even work well for walking.



They normally lay two eggs on the bare ground, never bothering to build a nest, but usually laying the eggs in a slight depression so the eggs won't roll away.

They are susceptible to predation by domestic cats, and other animals due to their nesting habits, but there's good news too: They tend to like the roofs of houses that are flat and of the stone and gravel type. We have such a roof, but I think the slope on our house is a little steep for a nighthawk nest.

I may have seen a nighthawk once or twice after dusk here in Crest, but probably thought it was a bat. I was thinking that it is a good thing we have bats around here, but in retrospect, I don't remember actually identifying them as bats, and I didn't even really think about them being anything other than bats.

Nighthawks have also been suspected of suckling the teats of goats in Mexico, thus the moniker of "chupacabra", literally 'goat sucker'. This, of course, is not true. The chupacabra kills livestock and makes big holes in their bodies... NOT. Sorry, I couldn't resist.

About Crest...

Wildfires in Crest

By Linda Hjelle



Having lived in Crest during the 2003 fire, my ears perk up when long-time residents talk about previous fires. Recently, I searched the archives of the Historical Society regarding Crest wildfires and was surprised to find

that fires have continually threatened our community throughout the decades. Below are excerpts from articles which might help remind you to take wildfire dangers seriously!

1946 Fire (as told by Mrs. George Wolff in 1954) -

In September 1946 where the water reservoir now stands, there was a brush fire which burned 40 acres. That fire aroused the citizens of the hill to raise funds by donations to purchase a small pumper unit on a trailer to be hauled to the scene of any future fires. The Crest Volunteer Fire department was formed and chartered consisting of 40 volunteers, the Women's Fire Auxiliary and a 12 member Junior Fire Department. With the new fire set-up along came the installation of fire plugs at various intersections

1948- July 11 Mrs. Wolff also wrote: "The first major fire in many years that threatened so many homes broke out on the old Suncrest Grade and in minutes all those of you who lived on West Drive near Suncrest Mountain clearly remember just what panic there was and how fortunate we were to have most of our men on the hill as it was a Saturday at noon. Men, women, and children alike fought to save homes. The fire got around to the East Canyon of the Crest Drive, so you can see what a fire it was, as Suncrest Mountain had not been burned off for years. I never knew there were so many homes and big rocks in that area as when I gazed out the next morning after the fire. Our men, forestry fighters, and prisoners had been brought on the scene to help. The forestry men were out on a big fire at Barrett Dam so it was 45 minutes before we had outside help and it was a comforting sight to many of us to see those tankers roll into our community. Mrs. Arbassio was so sure the Suncrest Market was going to burn down that she was giving away food and drinks right and left as Sal was out helping the men fight fire."

July, 1950 – 300 Firemen and 18 Trucks Win Fight Lasting 24 Hours. A pillar of smoke estimated to be five

miles high drew people from as far off as Oceanside to watch what they first thought was an "atomic explosion". It was San Diego County's second worst brush blaze. The fire swept 3000 acres and had 300 firemen and 18 trucks working to win a fight that lasted 24 hours. The fire started at 1:30 pm on Sunday. The outbreak began at a point just south of Highway 80 at the top of Tunnel Hill near Glenview. A west wind carried the flames rapidly up Ruiz Canyon to Oakridge and passed the Crest, a heavily populated area with about 400 homes, then swept out along the east side of Mountain View Road, the ridge acting as a fire break. Soon the flames were eating up the rugged terrain of the Fletcher range lands. Five mammoth bulldozers attacked the fire in a head-on assault smashing their way through the blaze, mowing down brush, sweeping huge boulders aside and cutting paths for the fire fighting equipment which came behind and scooping out firebreaks. Flames and smoke billowed over and round the bulldozers which went straight on although they were periodically hidden from view. In all, 18 pieces of equipment and 300 men were marshaled to fight the spreading blaze. At about 7:00 pm the Forestry Department and the various volunteer units had conquered the main onrush of flames except for intermittent flare-up in the underbrush. The cause? The Assistant State Ranger felt Mexican aliens might have started a fire and left it burning (Patsy Loughlin's Scrapbook of newspaper clipping printed in the El Cajon Valley News)..

July 10, 1951 12:10 pm A fire broke out near South Lane in Suncrest in the brush, near a well digging crew, and quickly spread over a 250 acre area. Two summer homes were lost at Suncrest. The flames burned out the brush between the area's 100 homes. This Suncrest fire, which at one time threatened to be a major disaster, miraculously spared nearly all the homes. The firefighting crews had the fire practically under control in 4 hours. With the help of firefighters from the State Division of Forestry, La Mesa, El Cajon, Crest, Harbison Canyon, Riverside, Valley Center, Elsinore, San Bernadino, Cuyamaca, Lyons Valley, Ramona, and San Marcos, they successfully fought the fire. Many sheds, small frame structures, and some telephone and power poles burned and crashed to the ground. An hour after the fire broke out, the underpinning on one of the community's three large water tanks burned and the huge tank toppled to the ground. Forest Service tanker trucks were forced to go to the bottom of the west slope of the ridge for water. There was an estimated \$25,000 in damages, Patsy Laughtlin's Scrapbook of El Cajon Valley News from 1948 through 1951.

1965 Fire – Evening Tribune – Oct 22, 1965 A fire northeast on La Cresta Heights Road; all that remained of several homes were smoldering ruins. The Crest fire fighters hadn't been able to hold back the hungry flames here. The fire swept down on Mountain View, LaCresta,

LaCresta Heights Roads and LaCresta Boulevard. This fire claimed the life of Lt J.W Dyer, Crest Volunteer fire fighter. A follow up article next month will feature an article written by John Da Silva and his account of this tragic incident.

1970 – September 23 – The Crest Fire Disaster Committee 11/16/70 wrote: On September 26, 1970 Brushfires broke out in the backcountry of San Diego County. The fire was consuming 4,000 acres an hour and traveled 32 miles in 30 hours. In all, by the time the fires were over throughout the County on October 3, 3,000 firefighters, 17 aircraft and 200 pieces of equipment from all over the West had been called in. They swept through hills and canyons and rural communities like a sudden and vicious blowtorch. Many evacuated families returned to the disaster area to find their homes intact – landmarks among the rubble of their neighbor's homes. Statistics from a October 9, 1987 San Diego Union article stated: In Crest 114 homes were lost, Harbision Canyon 117 homes, and 40 in Jamul. The LaCresta Woman's Clubhouse in Crest remained intact and was promptly set up as a community emergency center. People at Crest, still among smoke and ashes, rolled up their sleeves and went to work. For the first week following the fire, clubhouse volunteers cooked on a 2 burner hotplate, 3 meals a day for 100 people, for fire fighters, and for burned out families. Volunteers found themselves setting up a virtual grocery store and general store and a file on verified fire victims at the Clubhouse headquarters – a place where they could come for urgently needed food and other supplies.

1988 – July 23 –12:01 pm - Three firefighters were injured and six structures threatened when two wildlands fire broke out during the sweltering heat Friday afternoon. The location was 11 acres along 300 block of the La Cresta grade. Units from the Crest Fire Department, San Miguel Fire Protection District, San Diego Fire, El Cajon, and CDF were dispatched as well as two CDF air tankers, a rotary wing attack plane, helicopter and bull dozers. The fires were contained at 1:17 pm

October 26, 2003 – The Cedar Fire was a human-caused wildfire driven by Santa Ana winds. Overall, the fire burned 280,278 acres, 2,820 buildings (including 2,232 homes) and had killed 15 people including one firefighter before being contained on November 3, making it the largest fire in recorded California history. The Crest statistics were equally grim. Of Crest's 1100 plus homes, 277 homes were lost. There were 327 displaced families. Twenty seven families were uninsured and many more were underinsured. Betty Lucas, Editor of the Crest Sun wrote the following: "Early on that Sunday morning, smoke was visible from the fire that started in the Ramona area. It spread to Scripps Ranch area, and many of us thought it was far away. We watched the news; and as the sky darkened, we became concerned. We conferred with neighbors and started packing our cars with what was important to us, or we thought we will only be gone for a few hours and packed very little. Horses and house pets were gathered. From 2 PM to 3 PM neighbors with motor

homes and cars or trucks towing boats paraded by. There was a steady stream of traffic, two lanes, going down the hill backed up as far as St Louise Church. It took about an hour, more in some cases, to get "down the hill." Some people stayed, foolish or brave? You decide; they worked with garden hoses or water trucks that they used in their businesses and fought to save neighbors' houses. Our house was one of them.

In the late afternoon, Crest was on fire. Those of us leaving the hill, moved in with family and friends or went from motel to motel looking for a place to stay. Some went to shelters. We watched anxiously while the fire moved from the east to the south then the west side of the mountain.

Monday morning we were scrambling for news of our homes and our friends. Some people came up through trails, others tried to get up La Cresta Road but were turned back by Sheriffs and CHP officers. The air was smoky and full of falling ashes. We were advised to wear masks to protect our lungs. Cell phone contact with people that we knew were on the hill gave reports of houses saved and houses burned. On Tuesday morning, when it was announced that LaCresta Road was opened to residents, there was a caravan of anxious people returning to homes or no homes. What we saw for the first time was destruction. Whole streets of houses were reduced to ashes. Father Robert Irwin, pastor of St Louise Church, while staying in a motel in El Cajon, had been busy contacting people and organizations and by Tuesday afternoon, had a relief area set up at the Parish Hall. They brought in hot meals and grief counselors to talk to residents. That lasted through Friday. Crest Elementary School and Community Church were distribution centers for donated items.

What does this tell you?

Be thankful the San Miguel Fire Protection District, Crest Fire Safe Council, Crest Community Association, and the Crest Community Emergency Response Team help to monitor fire/disaster threats in Crest and continually seek solutions to make our community a safer place to live.

Information obtained and verified by members of the Crest Historical Society (CHS). CHS is always looking for new members. There is one general meeting a year. A monthly workshop meets the first Tuesday of each month at 1 pm at the Library. Members receive ECHOES, the newsletter, 4 times a year. For information call Dorothy Miller 444-0968. NOTE: The 2011 Yearly meeting is January 4th at 1:00 pm at the Clubhouse. Join us!



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Prescription Drug Drop-Boxes

The Problem: Studies have shown that residential supplies of pharmaceutical controlled substances – those found in our home medicine cabinets- have become the supply of choice for young people and criminals. Many abusers, a high percentage of which are teens, are known to have obtained their controlled substances from the homes of family and friends. In addition, research has shown that our environment has been threatened by medications being flushed down toilets. Most controlled substances are created synthetically, and are not removed through normal water-treatment processes. This can result in the discharge of these substances into the environment and into our ground water supplies.

The Solution: The Sheriff's Department is pleased to announce the installation of secure collection drop-boxes at several Sheriff's facilities. Community members are now welcome to come to any of the facilities listed below where unwanted medications may be turned in anonymously. A complete list can be obtained by going to www.sdsheriff.net/oxycontin/dropbox.html. Medications in standard containers may be deposited in those containers. Loose medication can be put into plastic bags available at the collection box and then deposited. Ensure any liquid medication is enclosed in secure containers before depositing. Local East County substation locations include: Alpine, Lemon Grove, and Santee.

The San Diego County Sheriff's Senior Volunteer Patrol program is designed to draw upon the experience of senior citizens from our community. The men and women participating in the program provide valuable assistance to existing staff as it strives to increase the quality of life in the community.

Among the services available at no cost to residents of the department's contract cities and surrounding unincorporated areas are:

HOME VACATION CHECKS - A senior volunteer will check your home regularly while you are away on vacation, providing you with peace of mind knowing that your home is being checked by trained personnel.
 YOU ARE NOT ALONE - The department's YANA ("You Are Not Alone") program ensures a weekly personal visit from a Volunteer Patrol team plus a daily telephone call to disabled or home-bound senior citizens living by themselves.

Going on Vacation?

- Lock doors and windows when you leave the house, even for a few minutes. Leave lights and a radio or television on so the house looks occupied.
- If you go on vacation, get an automatic timer for your lights. Have a neighbor watch your house and pick up your newspapers and mail or put them on hold. Go to <http://www.signonsandiego.com/myuniontrib/> to put your newspaper on hold. The post office website, <https://holdmail.usps.com/holdmail/landingView.do> can be used to put your mail on hold during your vacation.

The San Diego Sheriff's Department website is a wealth of information. Visit it at www.sdsherrif.net for valuable information. A complete list of common sense tips can be found at http://www.sdsheriff.net/documents/personal_safety.pdf.

Crest Crime Log - www.crimemapping.com		
10/27 12:01 am	Grand theft	2400 BI Camino Monte Sombre
11/14 5:00 pm	Battery on Person	2100 BI Eucalyptus Dr
11/17 8:30 pm	Vandalism less 400	100 BI Scenic Dr
11/12 12:00 pm	Petty Theft- Veh	2100 BI West Dr
11/29 12:00 pm	Grand theft	200 BI Holly Rd
12/3 8:00 am	Get Credit/Id Others	299 BI Lilac Dr
12/11 8:30 pm	Vehicle theft	700 BI Rosale Dr (Harbison Cnyn)
12/14 12:00 pm	Petty Theft (Motor pts)	1400 BI Gibson Highlands

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Cajon Valley Union School District

Crest School & Los Coches Creek School Schedule 2010-2011

2010-2011 Schedule			
08/16/10	School Opens to Public	01/17/11	Martin Luther King Holiday
08/23/10	First Day of School	02/14/11	President's Day (Lincoln)
09/06/10	Labor Day	02/21/11	President's Day (Washington)
11/11/10	Veterans Day	04/11-4/22	Spring Break
11/22-11/26	Thanksgiving Holidays	05/30/11	Memorial Day
12/20-01/07	Winter Break	*06/16/11	Last Day of School

Grossmont Union High School District

Granite Hills Holiday Schedule 2010-2011

2010-2011 Schedule			
09/07/10	First Day of School	02/07/11	President's Day (Lincoln)
11/11-12	Veterans Day	02/21/11	President's Day (Washington)
11/22-11/26	Thanksgiving Holiday	04/18-22	Spring Break
12/20 – 12-31	Winter Break	05/30/11	Memorial Day
01/17/11	Martin Luther King Holiday	06/22/11	Last Day of School

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A Tip to Remember – A new use for Bounce

(Thanks to Linda Chase for this valuable tip!)

Recently I was unpleasantly surprised when a rat crawled across my windshield as I was leaving my driveway. Needless to say I immediately surmised that they were nesting in my engine. And I might add we have no garage. When I returned home another one jumped up from under my hood and raced across the windshield again! The next day I took it to my mechanic and he thoroughly checked out the car and luckily found no evidence of rats nesting or chewing.

At the very same time my husband took his car to get serviced. As the mechanic was looking at his engine he noticed evidence of a little gnawing at the wires. He told my husband that BOUNCE scented fabric softener is the best deterrent.

And after a two weeks of stuffing the engine with BOUNCE the rats have not returned, although I must say that my car smells like a laundromat. My solution is to take the BOUNCE out during the day when I am driving around, and to return it to the engine at night. That way you will not start a BOUNCE fire in your hot engine, but you will keep your car rat free!

Travel tip: Company Coming into Town?

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CREST-DEHESA-GRANITE HILLS-HARBISON CANYON SUBREGIONAL PLANNING GROUP.

Mailing address: P.O. Box 21489, El Cajon, CA 92021

e-mail: wrplanning@aol.com website: www.crestplanning.org

The mission of the sub regional planning group is to advise and assist the Director of Planning, the Planning and Environmental Review Board, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub-regional plans.

Meetings are held the 2nd Monday of each month at 7:00 pm. Locations rotate between the Dehesa Fire Station, The Crest Community Center, and the Harbison Canyon Community Center. The September, October, November and December meetings will be held at the Harbison Canyon at Ironside Park. Meeting agendas, minutes, and planning commission documents may be found on their website at www.crestplanning.org. The website can also be accessed by going to the www.thecrestsun.com website and clicking on planning group or organizations.

The following are segments from the July 12 minutes regarding Crest. For a full copy of the minutes go to www.crestplanning.org

Announcements: Wally Riggs announced • That the Department of Planning and Land Use approved a due date extension for required project studies to the Singing Hills Estate project;

Committee Report: Item 6. Public Project Proposal. Conflict of Interest Code. Chairperson Riggs informed the Planning Group that the Board of Supervisors has determined that Planning Group members are “public officials” according to the Fair Political Practices Act, and that the newly adopted Conflict of Interest Code creates increased legal liabilities for both the County and duly elected (or appointed) Planning Group members. The County fears the potential legal fees that could be needed to defend Planning Group “public officials” against theoretical or possible lawsuits, and a majority of Supervisors favored disbanding the community Planning Groups to avoid this risk. Planning Group members questioned the logic and practical considerations that are being debated by the County regarding this issue, and expressed concern about and opposition to the concept of eliminating Planning Groups from the County’s planning and land use operations. Chairperson Riggs announced that, with the Group’s consensus, this agenda item is tabled and continued to the August meeting, when additional discussion and possible Group action will be considered.

Sept 13 Meeting Minutes:

Item 2 Announcements: Riggs announced that the Traffic Advisory Commission has agreed to attempt to leave in place the “Speed Zone Ahead” sign near the Crest food store while installing the two speed control signs requested by the Planning Group at the proper distances from the warning sign;

Item 6a. Public Project Proposal. Conflict of Interest Code. Chairperson Riggs reported that he attended a 2-hour meeting at which the County solicited suggestions for ways to reduce the County’s liability concerning the Conflict of Interest Code and Planning Group members functioning as public officials. No conclusions were reached, but one very expensive alternative was proposed: creation of a series of Planning Commissions to cover the unincorporated East County. The Planning Group took no action on this item.

Item 8b. New Business. Declaration of Seat 1 (Crest) Vacancy. Pat Ulm moved that the Planning Group declares that Seat 1 (Crest) is vacant. The motion passed (10 yes; 0 no; 0 abstain).

Oct 18 Meeting Minutes:

Item 3a. Open Forum. Kandy Franklin, resident of Crest, reported • That the recent Fire Open House held in Crest included information about the importance of having a “corded” land-line telephone in the event of wildfire and other emergencies, and information was provided about a San Diego Gas & Electric program that provides corded telephone equipment for free to those who need it;

- That she is currently writing a Community Development Block Grant to obtain funding support that would allow the Crest Club House to function as an official Incident Command Center for community emergency response, and she plans to ask the Planning Group for a “support of concept” letter when appropriate;

- That the Alpine Mountain Health Clinic will come community venues by arrangement and provide an inoculation clinic for flu and whooping cough for a suggested donation of \$5 per shot from those who can afford it, for the clinic’s outreach service;

- That East County Transitional Living has paired with the Fire Safe Council in a program to help create defensible space for property owners who need to reduce wildfire risk, and that labor is available through this program at about \$12.50 per hour, or for nothing if payment is not affordable.

November 8 Meeting Minutes:

Item 2 – Announcements: Wally Riggs announced that the Traffic Advisory Council approved the change to the 30 MPH speed limit sign on La Cresta Boulevard, moving it closer to the store; the additions of the 55 MPH sign for downhill traffic; the painted “55 MPH” on the pavement; and the Council will produce a final report in mid-November concerning the issues of radar speed enforcement on La Cresta Boulevard and Harbison Canyon Road.

- Pat Ulm announced that San Diego Gas and Electric Company has announced a program to install “smart meters” to monitor and control by radio its customers’ electric service in the East County.

Item 7 – unfinished business - Item 8a. New Business. Support of concept letter for Crest Club House to function as an official Incident Command Center (Franklin Collins). Pat Ulm moved that the Planning Group approves Kandy Franklin-Collins’ request that the Planning Group writes a letter that supports the concept of utilizing the Crest Club House as an official Incident Command Center during community emergencies, and that supports the application by the Crest Community Council for a Community Development Block Grant to fund this function. The motion passed (8 yes; 0 no; 0 abstain).

Pat Ulm moved that the Planning Group nominates Judy Bowen for appointment by the Board of Supervisors to fill Seat 1 of the Planning Group for the remaining 2 years of its term. The motion passed (8 yes; 0 no; 0 abstain)

Remembering our Crest Friends:



Ramon Nicasio- Ramon "Ray" Nicasio, a native of Mexico City, Mexico moved to the US as a young man of 28 years old. His residences in the US included Chicago, Los Angeles and San Diego - finally arriving at Crest in 1991. While looking for a home in the San Diego area, he fell in love with the Crest Community and was particularly drawn to a lot with a view from Sierra Vista. Ray began building his house on his own and finally finished it in 1993 only to have it burn 10 years later. This time he had the help of the community and what his family calls "Angels." It was only with the help of the community and various volunteers that he rebuilt his home from the ashes. Today the house bears a plaque, "Casa de Los Angeles"

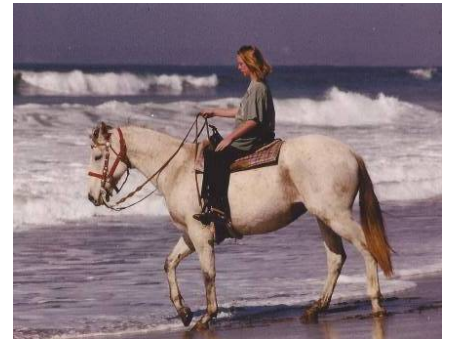
the house of the Angels - the house that the angels built. Miracles do happen, and the Nicasio family felt firsthand the blessings bestowed upon them.

Ray loved to work and always kept busy; it was only after a long battle with cancer that he finally gave in. He is survived by his wife Dora, his eight children and eleven grandchildren

Ray was a great neighbor in Crest. He was an outstanding volunteer, helping to build the CCA clubhouse after the 2003 fire. If neighbors needed help, he was there! He will be remembered as a positive man with a sparkle in his eye, a ready smile and a hop in his step. He will be truly missed. Thank you Ray for being a wonderful member of our Crest Community!

Cheryl Lynn Rippetoe:

Born in Durango Colorado January 13, 1980 and passed October 25, 2010 at 30 years old. Cheryl is survived by her mother, Jan Rosander, step-father, Donald Dawson and uncle, Jimmy Rosander. Also left behind are her two children, Richelle Lorae Schwarz, age 9 and Alexander Paul James Schwarz, age 5. Cheryl moved to California in 1985 where she continued her love affair with horses and all the activities that surround the sport. In high school, Cheryl ran for Miss Ramona where she was able to show off her horsemanship skills. As a mom, Cheryl was passionately involved with her children's education and activities. The children were enrolled in Ascension Lutheran School, where they thrived and now reside with their father on the East Coast. A celebration of her life was held at the Crest Community Church, Monday November 1, 2010 as well as a reception that followed in the chapel.



Georgia Velma Cox – May 5th, 1906- Dec. 11, 2010

by Kathy E Sawaya

Velma was in her early 90's when I first met her. I had stopped at her home in North Crest to ask her to sign a petition for open space support. She was very lively and hard to forget.

It was years later when organizing our annual block party I again met Velma, then 100 and found she was going to attend.

The children made a special parking spot for our special guest, cards of welcome and smiles from all. The next September Velma said the blessing at our block party, meeting more neighbors, enjoying the food and people.

I would visit her home and she would always have a bright smile. Her home was warm and welcoming. I am thankful that we, as neighbors of La Cresta Heights got to know and love her. Velma died at age 104 ½. She was an amazing person. We will all miss her. Velma is survived by her daughter, Verna Cox Stratton, 7 grandchildren, 16 great grandchildren, 10 great great grandchildren. Verna also has a great, great, great, grandchild due in January 2011.



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Fr. Justin Langille, Pastor

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Sunday..... 8:00 AM and 10:30 AM

Daily Mass: 8:00 AM (Mon-Thu)

Forgiveness

By Jonathan Maddock (J.MAD)

Forgiveness Is As Strong And Effective As Love
Itself

Forgiveness Is An Act Of Love In itself
We Need Love And Understanding To Forgive
Those Who Wronged Us

We Need Strength And Compassion To Let Go Of
The Pain Inside Us

Forgiveness Is One Of The Hardest Things We
Can Do

Forgiveness Is Not The Easiest Decision To
Choose.

Forgiveness Shouldn't Be An Option,
Forgiveness Should Be A Must
When We Forgive We Receive Joy And Piece
When We Forgive Our Pain And Darkness Seems
To Cease

Forgiveness Is As Strong And Effective As Love
Itself

Forgiveness Is An Act Of Love In itself



Crest Community Church

2198 Suncrest Blvd,
Phone: (619)-442-3736
Pastor Tony Lambert

Services:

- 9:30 a.m. Sunday School for All Ages
- 10:45 a.m. Worship Services - Sunday
- 6:00 p.m. Sunday evenings
- 6:30 p.m. Wednesday Bible Study/Awana

Cleaning for a Reason

If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a foundation that provides FREE housecleaning - once per month for 4 months while she is in treatment.

Cleaning for a Reason Foundation partners with professional residential maid services who are insured and bonded. The companies agree to take 2 patients at a time and offer four free **general** cleanings – one a month for four months as a way to give back to their community

To qualify for this service, visit the website below and sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This foundation serves the entire USA and currently has 547 partners to help these women. For more information visit:
<http://www.cleaningforareason.org/>



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E-Crest-rians

By Kandhy Franklin-Collins



Groups of riders have been going up to the Cuyamacas Mountains and are seeing herds of deer. One day's total count was over 30!

There are a few of us here who have 3-horse trailers who would love to go back after the Christmas

holidays. This rain will make some trails dangerous, but the ones in the Southern end of the park are passable. Beware of trees down. There is a trail report posted on the Cuyamaca website. If you want to ride, call Kandhy at 619-444-4996.

October 23, 2010 (Sacred Rocks) -- The inaugural horse camp experience launched October 15-17 at Sacred Rocks Horse Camp, with several participants and many horses visiting for a complementary weekend. "Riding, sitting around the campfire telling tales, and the Saturday night barbeque brought to mind the lifestyle of the old west when time seemed meaningless while folks were enjoying their days," said Sharon Courmouis, owner of Scared Rocks Reserve and the new Sacred Rocks Horse Camp

Sacred Rocks Horse Camp is located in East County's Santa Rosa Mountains, about three miles west of Boulevard and just south of Historic Highway 94. The ancient oaks, fascinating boulder formations, wide open sky, and rolling hills of chaparral offer enjoyable scenery while exploring the countryside between Boulevard and Campo. The 100 acres on the east side of Sacred Rocks Reserve offer many ideal shady campsites and several trails to use. The standard sized large area is intended for clinics and other events in the future.

Did Your Sweater Shrink in the Wash?

According to author, Linda Cobb, you can revive a sweater you accidentally washed by soaking it in a sink of cool water and ¼ cup hair conditioner for 30 minutes (the magic ingredient is stearamidopropyl dimethylamine) It will relax and soften the wool or cashmere fibers. After soaking, gently rinse the sweater and roll it in a clean towel and lay flat to dry.



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References available

Griselda's Corner

By Griselda Layman

MEMORY LANE

I must have been about ten years old when mom announced we were moving out of the city to the outskirts and would have our own house. She had just inherited a small amount of money from her great-grandmother and planned to put it to good use. Being the oldest, I was excited and skeptical for yet another move. Hadn't we moved enough - about two to three times per year for lack of rent payments?

One sunny morning we (mom and seven siblings) took the bus that landed us waaaayyyy outside of town. All you could see were rolling hills and a lot of brush bushes with a barranco (cliff) three land lots away. "Wow! all that open space", I thought, as I surveyed the area and took notice of mom saying "let us mark our land" My siblings (all younger than me since I am the oldest) took the rocks that were laying around and started to place them around the perimeter. Some rocks were bigger some smaller according to the size of the person placing them there.

Every Sunday we made the bus trip to "our land." To our young lives, we were the proud owners of "something." The lot was on a hill side; the land had to be excavated to make a level home site. We would arrive on a Sunday morning and spend eight to ten hours of hard labor you might say, then take the bus back to the city at dusk, looking forward to next Sunday. Nine year old brother Daniel and mom used the pick while the rest of us picked up the chunks of clay and placed them in the wheelbarrow. Yes, it took a lot of trips to level the small area. After a while mom hired help to help us build a one room rectangular house. Dimensions must have been about 12' x 25'.

The lumber and nails were bought from a used second hand lumber yard. Some of us helped by taking the old rusty nails from the lumber before it could be used, some of us were busy straightening those nails.

Finally the long awaited day arrived and we could all move, (dad worked in another state so he was gone most of the time). We were ecstatic to be able to move to our "own house" from which we would never be asked to move again. Never mind that it had a dirt floor, no windows and no doors, covered by blankets or sheets. Our "kitchen" was a small make shift table which held a small one burner petroleum stove. After the table there was a makeshift frame with a sink placed on top and an empty can of lard placed under to catch the dirty dish water. Pantry? Two boxes would do. Indoor plumbing? Toilet facilities? Who needed them? Didn't we have an out-house? Water? It was only about 75 yards away from the home on the hill top in water drums. It had to be brought down in water buckets one or two at a time depending on your arm's strength. Now that was a chore!. Don't wish that on anyone. That is the only way the water trucks would deliver since it was the closest and only available, accessible street.

Electricity? We had two oil lamps, thank you very much. TV? Who needed entertainment; we had all the space to roam and young neighbors to keep us company.

You might have thought we were poor! Not when you took a look at the neighbors. There were 10 of them, and not even a stove in their home. How did they cook their beans? With our help of course! We would all go down the side of the cliff and help them bring dried up cow drops, to be placed inside a ring of rocks and used as fuel. The ring was found on the front yard few steps from their front door. As city children we asked, "What are those and why are we picking them up?" Yes, those were the days. We were happy.

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Crestridge Ecological Reserve

Crestridge Ecological Reserve

Funding Educational Stewardship for Children

Earth Discovery Institute's first annual fundraising event, "Hikes, Bikes and Bears" brought 50 nature fans together for a morning of fun and exploring. We started the day with two major events for hikers and bikers.

Hikers gathered at the Oak Grove. We listened to bird calls, identified animal tracks, and explored the plants that provided food to our ancient ancestors. Grinding holes and ancient village sites were pointed out. We also learned how to identify one of the reserve's special plants, the rare Englemann oaks.

The trail bike group rode the new and restored loop trails. Also, to the delight of both kids and parents, they saw three snakes crossing the trails and stopped to watch them pass. Thanks to the [San Diego Mountain Biking Association](#) and student stewards from our local schools who worked hard to make the trails ready for our event.



By 10:30 we all gathered in the oak grove to enjoy a breakfast burrito feast and hear a talk by—Anne Fege of the [San Diego Children and Nature Collaborative](#). Raffle mania and silent auction finished off the day. Gift certificates to hotels and inns, nature books for kids, art work, museum passes were donated to the cause.

Thanks to our event volunteers, board members, and student helpers from the Roots and Shoots Club at El Capitan High School. Thanks also to our hike and bike leaders

Claude Edwards, Gardner Grady, Andrea Johnson, Michael Klein, Barry Martin, and Kevin Mortenson.

Special thanks to all our generous donors! Because you care, \$2000 was raised - a great accomplishment for our first ever event. We wish to thank all of those who participated. Generosity never loses its value. With your help, the Earth Discovery Institute will continue to "Save the planet, one student at a time."

If you didn't get to participate, but would still like to make a contribution, [click here!](#)

New School Year Brings a Better and Bigger EDI

Wow! What an exciting start to our new school year! We've got students building trails (see Building Trails, Building Partnerships) and doing many new activities from our great 'Discover Crestridge with the Earth Discovery Institute' curriculum. The curriculum, created in partnership with the San Diego Natural History Museum, includes distinctly different content for each grade, Kindergarten-Sixth. We trained a group of instructors that included 4 'veterans' and 6 new members in this amazing new program, and through contributions from Friends of Crest, REI, and Crest Kiwanis, acquired the new tools and supplies to support the great new activities. Education Coordinator, Vicky Bonnett, worked tirelessly through the summer to make sure everything was in place for the first students who arrived in late October. This year, we expect to serve about 3,600 students. More wow!

Cajon Valley Union School District/Ecology Kids Serve: 3,000 students

WiLDCOAST/Chula Vista Elementary School District: 300 students

US Fish and Wildlife Service/Imperial Beach Elementary School District: 300 students

Entering its 5th year, our Cajon Valley/Ecology Kids Serve program will bring 3,000 K-6th grade students to Crestridge where they learn about plants, animals, ecosystems, mapping, geology, watersheds and water quality, and weather. Students will receive, use and take personal field journals in which they will record sights, sounds, conditions and other observations related to their experiences on the land.

This year, EDI will also continue its partnerships with WiLDCOAST and FWS to bring outdoor education field trips to students in the south bay area. With funding from WiLDCOAST 300 students from Chula Vista schools, including Sunnyslope Elementary and Rice Elementary, will participate in trips to Otay Valley Regional Park and the Chula Vista NatureCenter, then complete a service learning project in their own school or neighborhood. FWS will provide trips to Imperial Beach Elementary students to the 13th and Alpha Street site; a bayside/river mouth location. Here students will participate in native plant restoration and see first-hand the positive effects of their efforts for several kinds of birds and other animals. These students will also visit the Chula Vista Nature Center and learn about the efforts being made by local agencies to preserve our natural environments.



EDI's programs away from Crestridge were formerly called Habitat Heroes. Toward a cohesive and more identifiable image, this school year students in all programs will be called EDI Explorers with the motto, 'Explore, Discover, Invest.'

Building Trails, Building Partnerships

Back in May of this year, we had our initial trail building event with the [San Diego Mountain Biking Association](#) (SDMBA) as part of Boy Scout Austin Darley's Eagle Scout project. The EDI-SDMBA relationship is flourishing! In September and October, we identified trails that needed work that would be appropriate for students to take on, and trained EDI instructors on trail building skills and safety. This year, all 5th and 6th grade students visiting the reserve on school science field trips will build new trails or improve existing ones. We're off to a great start with about 150 5th graders completing almost 300 feet of new trail so far! Everett Neuman and Gardner Grady of SDMBA are volunteering each time trail building students come to train and supervise their efforts. They've been very impressed with the energy and productivity of the students. In December, the students will finish the trail section east of the Hubble Adobe Visitor Center and move on to what will be our new meadow-side trail. SDMBA has developed a large pool of well trained and equipped trail builders. So much so that they often train local managers of public and private preserved lands about how to build safe, sustainable trails. This December, the San Diego Mountain Biking Association and the Earth Discovery Institute are happy to welcome the International Mountain Bicycling Association's Trail Care Crew to the area. They'll be offering a trail building school on December 11th. The Subaru/IMBA Trail Care Crew is IMBA's grassroots educational program and an authority on sustainable trail building practices. Two teams of trail experts travel year-round throughout North America and beyond, leading trail work sessions, meeting with land managers and working with IMBA-affiliated clubs and the communities they serve to improve mountain biking opportunities. The Trail Care Crews teach sustainable trail building, which means building lasting trails that require minimal maintenance. This helps reduce trail damage, protects the environment and enhances visitor enjoyment. People interested in participating can sign up online at:

<https://www.imba.com/civicrm/event/info?id=84&reset=1> , or by emailing Gardner Grady at gardner@sdmba.com



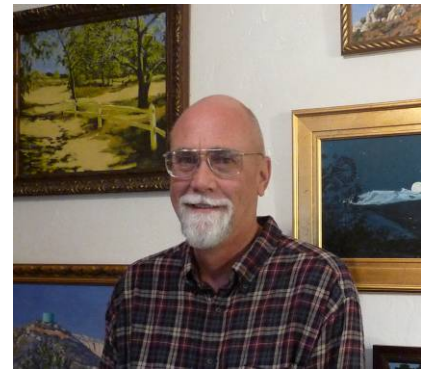
New Year – New Trails Hike @ Crestridge Reserve – Horsemill entrance Saturday, January 1, 2011- 9:30 am

Start the year out right with a New Year's Day hike/bike ride on our newly opened trails. You'll see things from a whole new perspective, literally! The San Diego Mountain Biking Association and students from the Cajon Valley Union School District have helped us reroute two major sections of eroding trail, creating new meandering, sustainable paths. Meet at 9:30am. A north loop hike of about 45 minutes will be followed by a west loop hike of about 1 hour. RSVPs helpful, but not required. RSVP, information, directions? Contact Cathy at 619-447-4715 or chadgroup@cox.net.

Calling All Crestridge Afficionados! EDI Volunteer Patrol Needs You!

In January, we'll start recruitment of volunteer patrol members. Trainings and social events will be offered. We need folks who use the reserve to multiply our eyes and ears out there, helping us pay attention to safety issues and habitat health. CA Dept. of Fish and Game wardens as well as habitat experts will provide training on important issues. EDI staff will define several convenient ways you can communicate with us about what you notice around the reserve. Stay tuned for details!

Our Crest Neighbors



About Crest - David Moore, Artist

By Linda Hjelle

An art exhibition was recently held at the Next Door Gallery in South Park. My friend Carol Gilmore invited me to attend the showing to view paintings by artist David Moore, her former mailman. What intrigued me even more was that David had painted many scenes of the Crest area. As I was unable to attend the showing, Carol graciously arranged for me to visit David for an interview and to view his collection of Crest paintings.

David's home, which is beautifully decorated with lovely mosaic pieces, antiques, and of course his paintings, serves as his gallery as well as his studio. Located in Golden Hill, his turn-of-the-century home offers a magnificent view of the San Diego skyline and is an inspiration for his work. David is one of several artists living in this "Arts District."

I asked David how he came to start painting, especially the Crest area. "I attended Dartmouth while I majored in Art with the intention of going into Architecture, but somewhere along the line I got hooked on drawing and painting. After a stint in the military, I returned to Idaho and started to work at the post office knowing art was my focus but was not likely to pay the bills. In 1982 I moved to San Diego and eventually transferred to the El Cajon Bostonia Branch. While my first route was in the Mollison Avenue area consisting mostly of apartments, I had occasion to substitute in Crest and found it to have a relaxing atmosphere. I decided this was the route I wanted. In 2002, after three unsuccessful bids, I finally landed the Crest route and for the next seven years I delivered mail to North Crest, Cornelius Ranch and Gipson Highlands. I'd often eat lunch at the end of Horsemill near Crestridge Park. Later, I found it enjoyable to "hang out" with the guys at Crest Foods and even helped Tony with his application to bring the post office to Crest. During these times, I met many wonderful people. It was very emotional for me during the 2003 fires to find that 150 homes on my route alone were destroyed. Throughout my career, I would have my camera in hand to capture the subjects that I found interesting and beautiful in this unique community of Crest. These photos became the subject of many of my paintings including Debbie Milligan's Rooster, Reggie."

David retired in 2009 and now concentrates on his community and his painting. His style is straight forward and realistic in subject matter, his paintings cover everything from Crest landscapes to neighborhood scenes and familiar landmarks.

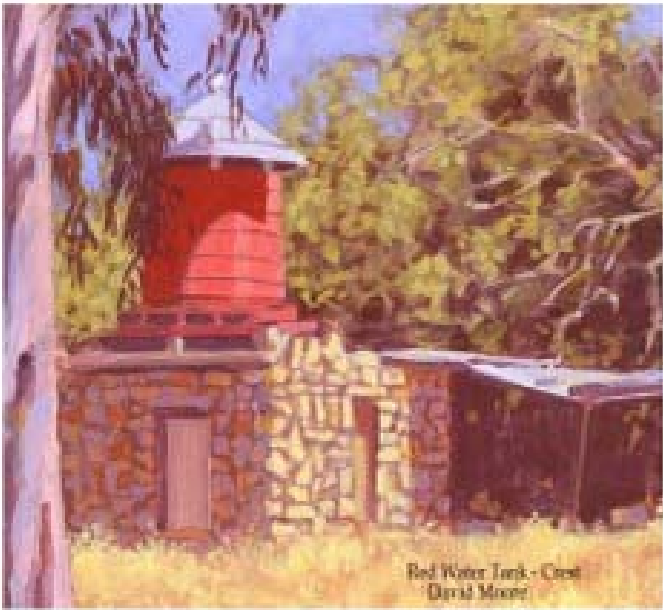
While you may have had the opportunity to see David's work at the Crest Library a few years ago, he has also had exhibitions at the San Diego Art Institute, Java/Simayspace, the Pratt Gallery, Circa, The Next Door Gallery, San Diego Salon 2000 and the Southwestern Art Association to name a few.

Take a few minutes to visit David's website at DavidBMooreArtGallery.weebly.com to view his incredible nostalgic Crest subjects as well as his city neighborhood scenes. You can

purchase prints of David's paintings by visiting Studio Maureen and the Next Door Gallery in nearby South Park at 2963 Beech Street, or may contact him directly for specific information regarding his work.

Below are a few of David Moore's Crest subjects he has graciously allowed us to share. Go to his website or www.thecrestsun.com to enjoy these paintings in color. If you would like more information, you can contact David at 544-0284 or email him at mooreart@fastmail.fm. Thank you David for capturing a little piece of Crest for our history books.

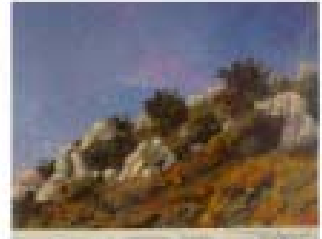




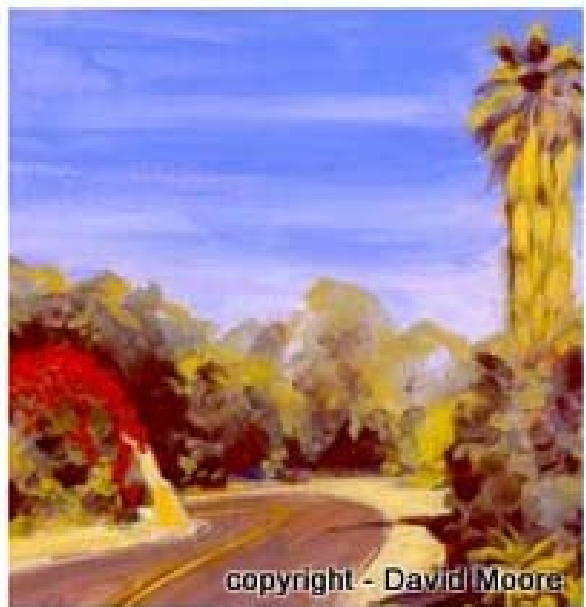
Red Water Tank - Crest
David Moore



Delmon Kasper - Crest



In the Garden at Oakland
by David Moore



copyright - David Moore

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