



Newsletter for Crest

Volume 16

September- October 2014

Number 4



So how was your summer? The Crest kids are back to school with stories of their summer adventures. Mrs. Keffer and Mrs. Noble,

retired teachers from Crest, have a great summer story to share as they were greeted personally by Jimmie Johnson during Jimmie Johnson Day in El Cajon on June 17th. As most of you know, Jimmie Johnson was raised in Crest and attended Crest Elementary School. Our community is so proud of him. Jimmie is not only a six-time NASCAR Sprint Cut Series Champion winner, but his foundation has provided \$6.5 million to schools across the country including a \$45,898 grant to Crest School in 2009. That's how we raise our Crest Kids!

We have several Crest heroes featured this month, two of which can be found on page 15. Check out Bob Palmatier. Among his many accomplishments, Bob is a USA 2014 Triathlon team member, ranking 10th in the 75-79 year age division. Then there is 16 year old Delaney Van Horn who just returned from the Pinto World Championship and walked away with two world championships and eight reserve world championships.

I'd be remiss if I didn't thank everyone for participating, volunteering, and donating to this year's July 4th event. It was a great success! While the figures are not completely compiled, it looks like the event netted over \$3,000 for the CCA. This money will to pay the utilities and associated

expenses for the Crest Clubhouse for the next three to four months. Thank you for your support!

This year's parade was one of the best we've seen in several years thanks to the recruiting efforts of Kandhy Franklin. But then it seems like everyone stepped up this year. See page 9 for a list of our many volunteers as well as parade winners.

This month's issue has important information regarding fire prevention and disaster preparedness. Check out pages 6-7.

On October 19th CCA is planning another great event. **Acoustic Crest** is back, sponsored by the CCA featuring fantastic music, local artists and more. As an added bonus, there will be a fun historical walk through Crest on this day for all ages. It's going to be a fun Sunday in Crest! See page 8 for details.

The CCA needs your help. They are asking for your participation. They really, really need volunteers to step up and lend a helping hand to keep our clubhouse running. Joining the CCA is important and helps to support our facilities.

Volunteering to step up and take a few hours from your busy schedule means you are dedicated to making the community just a little bit better.

Recently, Cathryn Beeks was forced to resign her position as secretary due to work demands. The CCA needs to fill this vacancy for the remainder of

term. There is also a need for a few dedicated members to help keep the clubhouse landscape maintained. It's not difficult task, but needs someone willing to provide a few hours a month for this ongoing TLC. See page 8 for more information.

Finally, be sure to check out page 2 for a listing of many fun library activities this month. For a fun evening, mark September 11 for another great music night by Silva and Baird.



CREST LIBRARY CALENDAR SEPTEMBER AND OCTOBER 2014

CHILDREN'S PROGRAMS

Preschool Story-time Fridays at 10:30 am Bilingual Story-time Thursdays at 3:00 pm

TEEN PROGRAMS

Video Game Fun! Daily Crafts on Fridays at 3:00 pm

YOUNG ADULT BOOK FOR SEPTEMBER/ OCTOBER

The Pretties ~ Scott Westerfeld

FAMILY CRAFTS Saturdays at 11:00 am

9/6 Shrinky Dink, 9/13 Scrapbooking (Bring your photos), 9/20 Beeswax Candles, 9/27

Glass Etching (Bring your own glass), 10/4 Pet Treats, 10/11 Knitting,

10/18 Beeswax Candles, 10/25 Friendship Bracelets

IN-STITCHES CLUB Wednesdays at 3:00 PM

INDIVIDUAL BASIC COMPUTER CLASSES

Saturdays from 12:00-1:00 pm

Call 619-442-7083 for an appointment

BINGO every third Thursday of the month at 4:30 pm

BOOK FOR SEPTEMBER AND OCTOBER

Enrique's Journey ~ Sonia Nazario

LIBRO DE SEPTIEMBRE Y OCTOBER

La Travesia de Enrique ~ por Sonia Nazario

Post your comment at: <http://crestlibrarybookclub.blogspot.com>

WOLF PRESENTATION 9/9 at 6:00 pm

SAN DIEGO VETERANS FOR PEACE

Views on War, Its cost and their "Compassion Campaign" on 9/13 at 1:00 pm

ONE BOOK ONE SAN DIEGO Book Discussion:

"Monstress" by Lysley Tenorio 10/14 at 6:00 pm

CELEBRATE HISPANIC HERITAGE MONTH

MEXICAN BINGO/ LOTERIA 10/7 and 10/21 at 6:00



TEENS READING FOR CHOCOLATE Week of 10/12 thru 10/18

SPECIAL EFFECTS DEMO 10/28 at 5:00 pm



Crest Contacts

Crest Community Contacts		
Crest Community Assn. crest@rblakeonline.com	Richard Blake	201-4161
New Seasons Church - Crest nscrest@gmail.com	Kerri Lambert (email)	442-3736
Crest Black Board (Call Mary if you do not get callback from Kathy in 24 hours)	Kathy	440-6097
	Mary	447-7199
Clubhouse Rentals rentals@thecrestsun.com	Deborah Blake (email)	729-4272
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	444-4996
Crest Garden Club Rold@sbcglobal.net	Arlene Palmer Marsha	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis weselis@sbcglobal.net	Jim Weselis	708-9902
Crest Library paula.soltero@sdcounty.ca.gov	Paula	442-7083
Crestridge Reserve	Cathy Chadwick	447-4715
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
	Chris Seebold	447-5826
The Crest Sun website webmaster@thecrestsun.com	Karin Weiss (email)	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
St Louise Church stlouiseparish@cox.net ;	Father Burnia	444-3076
Sub-Regional Planning. wrplanning@gmail.com	Judy Bowen	440-0783
Help Lines		
Child Abuse Hot line	(800)	344-6000
Highway Patrol: Traffic Related Abandoned Vehicles	(858)	637-3800
	(619)	441-4264
Sheriff (non-emergency) Alpine Station Licensing Division	Dispatch (858)	565-5200
	(619)	659-2600
	(858)	974-2020
San Miguel Fire Dst Crest Fire Office Public Info Officer Fire Chief www.smgfire.org	Business office.	670-0500
	Burn Permits	588-8112
	Leonard Villarreal	660-5356
	lvillarreal@sanmiguelfire.org	660-5359
	(website)	660-5351
Adult Protective Svcs Child Abuse Hot Line	(800) (800)-334-6000	510-2020

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
Contractor's 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	Kevin pg. 10	444-8132
El Cajon Bistro 107 Jamacha Rd @ 2nd	Pg 17	
Rainbow Farms Mrkt	Mark -pg.22	444-7504
Businesses		
Central Heating	Charles pg.20	444-9955
Glen Mitchel Realtors	Kandhy pg 12	977-1566
Green Cleaning House Cleaning	Layla pg 16	770-0025
Kathy Kuts	Kathy - pg,20	447-1945
Knox Reprographics	pg. 23	230-6300
Listenlocalsd.com Green Room	Cathryn pg 21	
Professional Legal Docs	Nicole pg 15	401-4080
Simply Marvelous Organizing	Risa - pg. 18	440-1235
Real Estate & Loans SD Homes	Rayna -pg. 14	922-2524
Task Master - Concierge Errands, Housekeeping	Marlena pg 17	384-8119

Rent the CCA Clubhouse for your next special event!
www.thecrestsun.com

SEPTEMBER						
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	27	27
28	29	30				

OCTOBER						
S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar of Events September-October 2014

09/02/14	1:00 Tuesday	Historical Society Meeting– Crest Library
09/04/14	9-12	Marie's Painters
9/09/14	6:00 Tuesday	Crest Library – Wolf Presentation
09/10/14	5:30 pm Wed	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
09/11/14	6:30 pm	Kiwanis Board Meeting – clubhouse
09/11/14	6:30-9:30	Music Night w/ Silva & Baird @ Crest Clubhouse
09/08/14	7:00 PM	Sub Regional Planning Group – Crest Clubhouse
09/15/14	6:00 pm	Kiwanis Membership General Meeting @ Clubhouse – All Invited
09/18/14	9-12	Marie's Painters
09/18/14	6:00 – Thurs 7:00 pm	CCA Board Meeting CCA General Meeting (Crest Community Association) – Clubhouse
9/27/14	8-10	Kiwanis Pancake Breakfast
10/02/14	9-12 am	Marie's Painters
10/07/14	1:00 pm- TU	Historical Society Mtg – Library
10/09/14	6:30	Kiwanis Board Meeting
10/08/14	5:30 pm	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley http://www.smgfire.org/ for agenda
10/13/14	7:00 PM	Sub Regional Planning Group – Crest Clubhouse
10/16/14	9-12	Marie's Painters
10/16/14	6:00 7:00	CCA Board Meeting CCA General Meeting
10/19/14	9:00-6:00 p.m	Acoustic Crest, Artisan Fair and Historical Walk Through Crest - Clubhouse and Nancy Jane Park See page 9
10/20/14	6:00 pm Mon	Kiwanis General Membership Meeting – visitors welcome – Clubhouse
10/25/14	8-10	Kiwanis Breakfast
10/30/14	9-12 am	Marie's painters @ the Clubhouse – Come join in the fun. Bring your painting project. \$5 fee to help pay the utilities.



Music Night at the Clubhouse Silva and Baird and Special Guests Including September 11 – 6:30 – 9:30 pm

There will be a \$2 donation to CCA, a box to donate for snacks and drinks or BYOSW (Bring Your Own Sensible Whatever) and have a wonderful time.

Musicians play for tips

Crest Fire Safe Council

By Kandhy Franklin

One Call Now:

The CFSC volunteers are finally caught up with all of the "OneCall Now" entries from the 4th of July. Thank you so much for checking in, making changes, and introducing yourself. Remember, this is your system, we are here for you. Invite a new neighbor to join or if you forgot to sign up for the call system or email system, it is not too late. It is free. Send your information to KathyFiedor@gmail.com and you will be entered into the system to be notified of emergency and community information.

Fire Prevention Product Demonstration

Somehow at the 4th, CFSC got so busy that they neglected to share the contents of the little black Fire and Ice trailer parked in front of the clubhouse. The trailer contained a fire prevention product which they planned to demonstrate. Kandhy Franklin shared, "It is granules that can be activated with water spray to be used on your house, lawn, car, trees and some farm animals in the event of a fire. The cost for these packages is roughly \$1,200 for a 1,400 square foot home. The granules have a shelf life of 7 years and can easily be washed off your home with water. I recently volunteered to be a "guinea pig" at a demonstration of this product, I had my arm covered with the chemical, and then lit with a torch. Nothing happened and I hardly felt any heat. Then I tasted it. Yuck-but I am still here. The trailer is still on the hill and there is a plan to bring it to future town hall meeting so residents can see it and try it out. I am in the process of writing a grant for members of the community who live on the canyons or have preserve or untreated land surrounding their home. As we seem to always be in this fire season, I am trying to find grants for fuel reduction, and ideas to keep us safe."

Sign Up if You Have a Need or Service

From time to time I get requests from our Crest residents to put out an email for anyone who wants to house sit, do animal care, garden work, house cleaning, grading, music or other services. If you would like, I would be willing to add your name in the CFSC notebook of contacts.

Additionally, I have folks who need to be checked on in the event of an evacuation as well as residents on oxygen and other special needs. If you are interested in being added to this list, please email Kandhy Franklin at kandhyfranklin@cox.net. Give me your name and contact information and which list you want to be on.

Do you Have Defensible Space?

Please be advised that Crest will be a target area again for non-compliance of fuel reduction. It is very expensive to be fined for not reducing your fuel load. If you are notified to clean up your property, please take this notice seriously. There is still a small amount of grant money to assist with removing fuel for widows, elderly, and shut-ins. Please contact Kandhy at 444-4996 or email KandhyFranklin@cox.net if you have a need.

Upcoming Emergency Evacuation Summit Meeting for Community Members

Crest Fire Safe Council is in the process of establishing a date for an **Emergency Evacuation Summit** for the Crest Community at the Crest clubhouse. Watch the blackboard for the date and time. The purpose of this meeting is to allow agencies and community members have input for the conceptual planning and implementation of a plan in the event of an emergency. This seminar will discuss evacuation routes, as well as develop a procedure and policy for the implementation of these routes. Each agency as well as the public has an opportunity to express and list their concerns and goals. This will be an opportunity to share our public concerns.

Crest fire Safe Council (CFSC) Receives San Diego Gas and Electric Grant

Thanks to SDG&E for awarding CFSC with a \$2,500 grant for communications and enhancements.

In past years, similar grants were received. The last grant was used to purchase a repeater to be placed on our local mountain to be used by Ham Radio Groups and other emergency communication groups. Previous grants were used for 1) our One Call Now Emergency call system, 2) evacuation signs which will be used to announce evacuation routes, and 3) for our Crest Siren, which is located behind the Crest Clubhouse.

The grant this year will be used to make needed improvements to the Crest Community building. CFSC

will be ordering storage racks to hold folding chairs and tables. Round tables will also be ordered and will be utilize in the clubhouse for our Incident Command Center. An added benefit is that these items will be available for CCA

events such as music nights, and other community events. The photo pictured above is an example of the rack which will be purchased for the rectangle tables and chairs; a similar rack will be ordered for the round tables.





Introduction of New San Miguel Fire Chief

Spring Valley
On behalf of the
entire CAL FIRE
San Diego Unit, we
are pleased to
announce the
appointment of Ray
Chaney to Fire

Chief of the San Miguel Fire Protection. Chief Chaney has over 28 years of emergency command experience with CAL FIRE. He has held the ranks of Firefighter, Fire Apparatus Engineer, Fire Captain, Fire Crew Captain, Air Attack Captain, and Battalion Chief. He has served in Riverside, Tulare, San Luis Obispo and San Diego Units. Chief Chaney has a diverse municipal and wildland fire experience within the department. His experience includes the fire sieges of 2003 and 2007 as a Battalion Chief as well as Hurricane Katrina with USAR Task Force 8 in 2005. Chief Chaney has served on CAL FIRE Incident Management Teams for the last 16 years as an Air Operations Branch Director, Operations Section Chief, and recently as an Incident Commander. Ray serves as the Unit Military Liaison Officer with the Navy Third Fleet and First Marine Expeditionary Force. Some of his many awards include a State of California Medal of Valor, San Diego County Sheriff's Department Meritorious Service Award and University of San Diego Public Safety Leadership Award.

Chief Chaney is a resident of Alpine with his wife and two daughters. He is humbled and honored to be part of the San Miguel Fire District, and he looks forward to continuing the legacy of excellence and professionalism within the San Miguel Fire District.

Good News for Dog Lovers

AB 1965 Passes – Dogs now legally allowed in restaurants if seated in the outdoor patio areas. However, restaurant policy still prevails. Signed into law August 21, 2014, businesses who wish to accommodate diners with dogs are now safe from being unnecessarily cited. Restaurants must have an outdoor entrance to the patio and the dogs obviously must be leashed and well behaved.



A Word from Fire Chief Ray Chaney

As your new Fire Chief of the San Miguel Fire Protection District, I am very excited to continue the positive legacy and rich traditions of the Department.

We will strive to remember the past while looking forward and planning for the future of fire protection and emergency services. In 2012 the San Miguel Fire Protection District sought and entered into a Cooperative Fire Services Agreement with CAL FIRE. This new relationship has proven to be both operationally and economically beneficial in providing a Regional and Cooperative Fire Protection approach to the District and its taxpayers we serve and protect. This new business model provides for a safe, efficient and effective Fire Department to meet your emergency needs today and well into the future. One of our many responsibilities includes assisting you with your emergency planning needs. Please visit our website, www.smg.fire.org. On our website, you will find a great deal of information and links to various agencies that can assist, and ensure that you are prepared for a disaster or emergency. As your Fire Chief, I cannot emphasize enough how important it is that we all work as a team. The better prepared you are, the greater the chance of a positive outcome should you ever need to call 911.

Customer service is a passion of our employees. Our personnel have the amazing fortune of being a member of one of the greatest public service organizations in the world called "The Fire Service." We take this honor with humility and a sense of service to you, our customer.

The San Miguel Fire Protection District mission has remained unchanged – to Serve, Educate and Respond to our citizen and community needs in the most cost effective and efficient manner possible. The men and women that work either directly for the District or through our cooperative agreement with CAL FIRE, are dedicated to the communities we serve and are here for you anytime you should need our services.



President: Richard Blake

Crest Community Association

The Crest Community Association meeting was held Thursday August 21. The following informational items were discussed:

July 4th Feedback:

It was the consensus of all that the event was a great success! While there are still a few outstanding items to be tracked, the event brought in over \$4,200 with expenses totaling \$984. Thanks to all for your participation and support!

Rentals:

Due to the lack of volunteer staffing, the board agreed that a non-refundable \$50 cleaning deposition will be added to the cost of the rentals. There are not adequate personnel to inspect follow up and keep the facilities cleaned as necessary.

Landscaping: Volunteers Needed

The CCA Board is looking for volunteers to assist with the maintenance of the clubhouse grounds. A suggestion was made that perhaps a Crest or local landscape company might take on this task in return for placing a sign on the property advertising their company. Of course individual volunteer help would be greatly appreciated too. While we do have two dedicated volunteers, it is not sufficient when they are on vacation or unavailable.

Two Board Member Positions Open- Volunteers Needed: Secretary and 5th Board Member

There are two open positions on the CCA Board. Cathryn Beeks regrettably had to resign due to work responsibilities conflicting with board meeting dates. The Fifth Board Member position is also open which is an appointed position and acts in an advisory capacity. The CCA Board is asking CCA members to contact them if they would be willing to step up and be on the Board. They will gladly walk you through the process. It is a rewarding job to serve your community. Please contact Richard Blake at crest@rblakeonline.com or leave a message at 44-CREST if you would like more information regarding this volunteer position. The Board meetings are held the third Thursday of each month from 6:00 – 8:00 p.m.

Member input:

Treavor Baugh, representing the Stray Dogs Motorcycle Club joined the CCA and expressed a continued pledge to help with community events in the future. They not only participated in the July 4th parade but helped organize the younger riders before and during the parade. Future ideas discussed included participation in a Secret Santa program for needy families at Christmas and perhaps participation in a future Chili Cook-off.

Kandhy Franklin noticed at the 4th of July event, folks were flying our beautiful American flag. She had the idea that it would look really great if there could be a group order of flags that could be put out in the main street, around Nancy Jane Park, and the CCA building, or in front of your homes on Flag Day, July 4th, Veteran's Day, and other patriotic holidays. The flags that she is suggesting are those that slide onto a pole. Kandhy shared, "You see variations of these at car lots or commercial store as seen in the example to the right. I would do the research, price them out, and share that information in an email to everyone. If you would be interested in purchasing and donating a flag to enhance our community, please Email Kandhyfranklin@cox.net and she will forward her price findings to you.



Are You Ready for Oktoberfest?

<http://www.sandiego.org/events/oktoberfests/>
La Mesa Oktoberfest - Friday, October 3rd and Saturday October 4th from 11 a.m. through 11:00 p.m. Sunday 12 noon - 5:00.

El Cajon Oktoberfest – 1017 Mollison Ave – Sept 26 to Oct 5 Cost \$5 – Under 21 & Military: Free

Oktoberfest in Julian - 2033 Main Street Julian, CA 92036 Oct 11 and 12 10-4
<http://www.julianca.com/Oktoberfest.html>

Ramona Oktoberfest 421 Aqua Lane Oct 4 10-10 pm \$10
www.ramonachamber.com/events/oktoberfest-a-harvest-celebration/

OB Oktoberfest – October 10 4-10 & 11 10 to 10 p.m.

Thank You CCA

Kudos to the CCA for holding an Electronic Recycling Event which made \$200 which will be donate to the Library for local programs.



CCA and Listenlocalsd.com

Presents:

Acoustic Crest

Plans are in the works!

Sunday, October 19th 9:00 am until 6:00 p.m.

- **Historic Walk through Crest**
- **Artisan Fair ****
- **Music, Workshops, Demonstrations**
- **Food**

****Interested in being a craft vendor? Contact Cathryn@ListenLocalSD.com**

Take a Historical Walk through Crest Meet 9:00 @ Nancy Jane Park

Start this fun filled day with a walk through Crest and learn about the History of the Suncrest and La Cresta communities.

Do you know:

- Where Gregory Peck's parents had their summer home?
- Where the Suncrest sales office located in the late 1920's?
- Where the dividing line between Suncrest and La Cresta was located?
- Where the Suncrest Clubhouse was located and what is it now? How about the first store?
- Where "The Plunge" swimming pool was located in the 1930s? How about the Blue Diamond pool in the 1950s.

Take a fun brisk or slow 1.5 mile walk through Crest on this Sunday morning and learn a little history, get a little exercise before returning to the clubhouse for some fabulous music and shopping for some unique Crest arts and crafts.



More information? Watch the Blackboard or check: <http://www.listenlocalsd.com/>

**Join Us for this Fun-Filled Day and
Support your Local Clubhouse
Free to CCA Members and kids under 12.
CCA Friends \$5**

(Or better yet, why not join CCA and enter for free! See Page 9)



Thank You So Very Much!

If there is one time that our community comes together each year, it's the July 4th. I'm hoping that I have every one of you on my list! It is so important to let the community know just how many people pitched in to make our little town shine. From cooking, to silent auction donations, from musicians to parade participants, from spiffing up the clubhouse to working through the permit process, everyone stepped up! CREST RESIDENTS ARE SUPER (and a lot of non-Crest folks too!). Here are a hundred or so participants that I'm aware helped out. Who did I miss? We don't want anyone to

not be thanked for all the hard work! Do you know someone that helped out and I inadvertently left them off my list? Please email me at lindahjelle@cox.net!

Super Volunteers:

Alpine Sheriffs Dept., Andy Knutson, Barbara Kingsbury. Brooke Seebold /Rockabetties, CA Highway Patrol Volunteers, Carol Gilmore, Cathryn Beeks, Caggrario Family, Cowboy Angels, Crest Foods, Crest Kiwanis, Crest Library, Crest School, David and Ginny Burnight, Denise Cote, Dennis Plunkett, Don Halte & Barb Halte, Don and Mary McClellan, Dotti Hayes, Doug Perry, Eddy Coates, Elsimae Cleeton, Gene Chubb, Genieve Clark, George Jessup, Gloria and Leonard Harpeneau, Hidden Fox Farm, Jackie Connelly, Jackie Grace, Janice Florence, Jason Paper, Jen Coates family, Jerry Hjelle, Jim and Barbara Weselis, Joan Vandenberg, Joe Gillaspie, Joetta Shipley, Johnny Edwards, Judy and Dave Nelson, Kandhy Franklin, Karen Nelson, Karin Weiss, Karin Sugg, Kathy and Rich Fiedor, Kathy Sawaya, Kladis Painting, Linda Chase, Linda Hjelle, Linda Ronan, Lori Johnson, Louise Munyon, Mark Deudenhaufer, Marsha Mooradian, Marty Thompson, Matt & Petra Price, Mick and Gail Luhnnow, **All Our Wonderful PARADE PARTICIPANTS!!!!!!**, Pat Bunsold, Peter Sturken, Rainbow Market, Richard & Deb Blake, Richard Fiedor, Risa Goldberg, Royce Hinson, Sally Bowlby, San Diego County Permit Depts, San Miguel Fire Dept, Scott (parade Barricades), Shelly & Jerry Harpeneau, Shirley Watkins, SDMC Motorcycle Club, Sonora Mexican Restaurant, St Louise Church, Sue Steveson, Susie Halstead, Suzanne Mullins, Sylvia Binley, Sylvia Cavins, Terri Andrews, Trish and Bill Weir, Yo and Wayne Johansen, Yvonne Daily, **Our Super Vendors**

Parade Winners:

This year, the CCA gave trophies, ribbons, and certificates to those who participated in the 4th of July Parade. Here is what we have: BEST INDIVIDUAL: Kevin Nelson, Ron Florence was 2nd, and Jim Hill was 3rd. BEST FLOAT: Ron Heilia, 2nd was Kathy Nelson. BEST HORSE GROUP: Delanei VanHorn, 2nd was Karen Ensall, and 3rd was Hydro Flo group. BEST MOTORIZED: Crest Kiwanis-Veteran motorcycle, 2nd was David Sequal, and 3rd was Ron Young. BEST GROUP: Stray Dogs, 2nd was Patriot Guard Riders, and 3rd was Hydro Flo. BEST JEEP/OFFROAD: Jeff Sugg, 2nd was April Jones, 3rd was Becky Woltres. BEST RHINO/4WHEELERS: Jay Sland, 2nd Jim Stielau, and 3rd was Shawna Edington. BEST GOLF CART: Tracy Strielau, 2nd Mike Jorse, and 3rd Karen Star. FUNNIEST/MOST CREATIVE; Crest Women's Lawnchair Brigade, 2nd Kevin Nelson, and 3rd Becki Woltres. Our SWEEPSTAKES WINNER: Crest



1. Karen Sugg with her Godchild Sierra as she picks up trophy as parade winner. Women's Lawnchair Brigade.

CCA Membership Form: Send this form in with your check made out to the Crest Community Association (CCA) . Mailing Address: CCA 113 No Park Dr. El Cajon, CA 92021 Membership Year: July 1, 2014- June 30, 2015

Name _____ Phone _____ Cell: _____

Address _____ Zip: _____ Email: _____

Membership Levels

___ Lifetime \$500 ___ Business \$50 ___ Family \$35 ___ Individual \$25 ___ Senior \$12 (65+)

Interested in volunteering a little or a lot? Check area of interest: ___ July 4th Event ___ CCA Dinners
___ Music Nights ___ Clubhouse Gardening ___ Clubhouse maintenance ___ Board Member
___ Call me for specialized events

CREST FOODS & LIQUOR

THE KING OF CREST

PHONE: 619-444-8132 FAX: 619-444-5460
1103 La Cresta Blvd El Cajon, CA 92021

**MONEY
ORDER
BILL
PAYMENT
LOTTO**

HOURS
MON-FRI 6AM TO 10PM
SAT 8AM TO 10PM
SUNDAY 8AM TO 9PM

**LARGE SELECTION OF LIQUOR
AND IMPORT BEER
CHAMPAGNE - ICE COLD BEER
& WINE**

**MONEY
GRAM
ICE
ATM
PROPANE**

PIZZA - SANDWICHES - SALADS - BBQ - RIBS & DONUTS

**WE NOW HAVE MOVIE AND GAME RETALS
NEW RELEASES**

**HORNITOS TEQUILA
750ML
\$16.99 +TAX**

**LASAGNA
WITH GARLIC BREAD
\$5.99 +TAX**

**PROPANE
10 GALLONS AND UP
\$2.49 +TAX/PER GAL**

**FLIP FLOP
CHARDONNAY/CABERNET
750ML
4 FOR \$10.00 + TAX**

**BELLA SERA MOSCATO
WINE - 750ML
2 FOR \$7 +TAX**

**COFFEE + DONUT
\$1.50 +TAX**

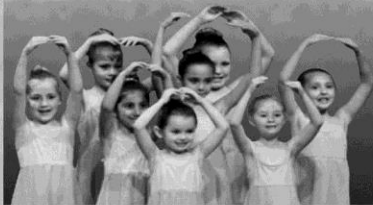
**GIANT PIZZA
2 TOPPINGS
\$24.99 +TAX**



**16th Annual
Benefit Golf Tournament
October 3, 2014**

at
Sycuan Resort
Presented by
City of El Cajon
Recreation Department
and Crest Kiwanis

**"Recreation Enhances
our Community"**



What you are playing for:

City of El Cajon Recreation Department
has teamed up with the Crest Kiwanis
to provide a great opportunity to
contribute to our R.E.C. Campaign.
"Recreation Enhances our Community"

**All proceeds directly support
activities that develop youth and
provide positive choices through:**

- Youth Activity Scholarships
- Youth Sports
- Recreation Classes
- After-School Programs

Tournament Schedule

Grab your clubs, and join your friends and
colleagues for some fun in the sun!

- 10:00 AMCheck in
- 11:00 AMPutting Contest
- 11:00 AM Driving range available
- 12:00 PM **Shot Gun Start
*Boxed Lunch Included***
- 5:30 PM.....Buffet Dinner,
Auction & Awards

Be a Player:

Entry fee \$130 per person and is required
by September 19, 2014

Entry fee includes:

- Tee Package
- Golf Shirt
- Boxed Lunch
- Green Fees and Cart
- Raffle Prizes
- Special Giveaways
- Buffet Dinner

Be a Sponsor:

- Golf Cart Sponsor:..... **SOLD**\$800
- Range Sponsor:\$550
- Beverage Cart Sponsor:\$400
- Tee or Green Sponsor:.....\$100
- Sand Hazard Sponsor:.....\$25

Tournament Location:

**SYCUAN RESORT
Willow Glen Course
3007 Dehesa Road
El Cajon, CA 92019**

One of the finest public courses in
Southern California.

For more information please call
El Cajon Recreation Department
(619) 441-1673
Tax ID # 95-6000703

ENTRY FORM: \$130 per person by
9/19/2014

Name: _____

Address: _____

Email: _____

Phone: _____

Singles will be assigned a foursome.

Name: _____

Address: _____

Email: _____

Phone: _____

Name: _____

Address: _____

Email: _____

Phone: _____

Name: _____

Address: _____

Email: _____

Phone: _____

Number of golfers attending
dinner? _____

Additional dinner guests
at \$32 per person. _____

Sponsorship

Golf Cart Sponsor at \$800 **SOLD**

Range Sponsor at \$550

Bev. Cart Sponsor at \$400

Tee/Green Sponsor at \$100

Sand Hazard Sponsor at \$25

Please print the following on my sponsor sign(s)

Player Fees \$ _____

Sponsorship Fees \$ _____

Total Payment \$ _____

**(Entry fees and sponsorship
donations are non-refundable)**

Enclose a check payable to
City of El Cajon.

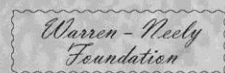
Please mail payment and entry form to:
El Cajon Recreation Department
200 Civic Center Way, El Cajon, CA 92020-3916

To pay by credit card,
call Recreation Staff at (619) 441-1516

Thank you for your support!!



**ALL FORE R.E.C.
Sponsors**

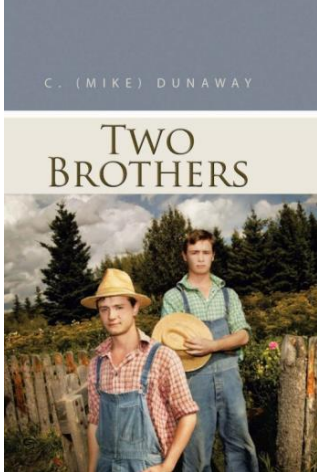




Crest Tidbits:

Do you have a Crest Tidbit? Email editor@thecrestsun.com or leave a message at 440-8540

Mike Dunaway, Crest Resident, Publishes Book



“In 1978 my family moved to Crest, it was raining and the roads were muddy, but after one look at the valley below there was no turning back. We decided this was where we would spend the rest of our lives.

My job forced me to travel most of California so I was gone most of the first twenty years, and that gave my time to reflect back on my life. I decided I had lived a much better life than I previously thought, and that’s what got me interested in writing.

I wrote my first book titled Cast A Dark Shadow still to be published, in the mid-nineties. I never wrote another book for seven years until one day I challenged myself to try fiction, and in the next five years I wrote four, the last was a romantic western, that was another challenge. The title of the western is Two Brothers. Check it out on Amazon. Simply type in the title Two Brothers by C. Mike Dunaway, and have a look inside. I think you'll enjoy it. Mike.”

(Editor’s note: Good luck Mike. I saw your book at the Library too!)

Slow Down - Please slow down coming up Mt View Rd from Harbison Canyon. This is the second time a car has lost control maneuvering the curve and crashed into the fire hydrant. The result was water damage and a big boulder broke loose and landed in her front yard which could have had a deadly result. 40 MPH is too fast for that road. Please slow down. Cheryl Cheek, Crest Resident

We will miss you! - Several of our Crest friends have moved off the hill. We will miss them so much. They were great friends, neighbors and volunteers in our Crest Community:

Karin Weiss (and family), Crest Webmaster - Karin is still our Webmaster for The Crest Sun even though she has moved with her family to Lake Havasau.

Glenna Evans – Kiwanis and CCA volunteer – Moved to Oregon

Peggy and Al Perez – St Louise member – Moved to Las Vegas

Sonora Mexican Restaurant closes. – We are sad that the Sonora Mexican Restaurant has closed its doors. It is a reminder to Crest Residents that our community is a small one and if we want services on the hill it is important that we support our community businesses. Prices may be a little higher due to a lower volume of business, but it is important to drop by and purchase that pizza, soda, loaf of bread or bottle of wine “on the hill” to support our Crest businesses.

Cassandra Kunze does it again! Congratulations to Cassandra Kunze, for finishing in the top 10 of the 2014 Miss USA Pageant. She was so poised and elegant on TV. She was also voted Miss Photogenic.

Cassandra is currently our 2014 Miss California USA pageant winner. Great job Cassandra. You never fail to amaze us! Warren and Patty Williams, I’ll bet you are proud of your little girl!

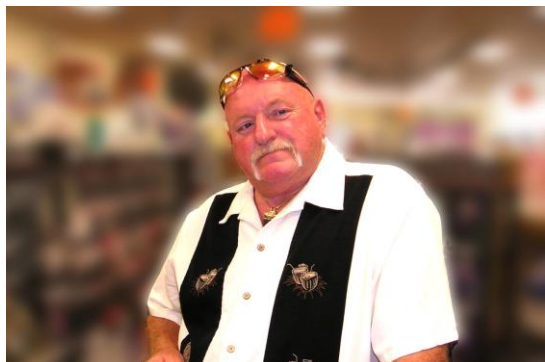


I have been your Fire Safe Council Facilitator for over 10 years, lived in this community for over 30 years, and now I am back to Real Estate full time which I began in 1976. My areas of expertise are foreclosures, short sales, vacant land, and residential. What I do really well is taking care of my clients. I know this area and many of you as friends. If at any time I am able to help you, your friends or family, please consider giving me a call to chat.

Kandy Franklin 619-977-1566

Remembering our Crest Friends

George Bowlby – July 31, 1945- May 30, 2014.



The Crest Community is saddened by the loss of long-time resident George Bowlby. George passed away on May 30, 2014.

George was born in Hudson, Massachusetts and came to California with a friend of his in 1967. George and his wife Sally first moved to Crest in 1974 and stayed until 1982. They returned in 1996 and lived in Crest ever since. George and Sally were married for over 46 years. They have one daughter, Suzanne, who lives with her husband in La Mesa.

George was an active member of E Clampus Vitus and loved spending time with his Clamper friends. Many folks knew George through his electrical contracting business which he started in 1981. George was always ready to lend a helping hand to the Crest Community. He and his

employees installed the wiring in the new CCA building after it burned in the Cedar fire and donated all his time. He and Sally always stepped up to help out by advertising in our local paper and donating to the July 4th activities. We will all miss you George.

Alondra Quijada 9/1/73- 8/1/14



Crest Resident Alondra Quijada passed away on August 1, 2014. Carlos and Alondra and their two nephews Guillermo and Ramiro moved to Crest a just a few years ago. Born on September 1, 1973 in Long Beach, CA Alondra moved to Nuevo Casas Grandes, Chihuahua, Mexico in 1978. She came back to the United States in her senior year at Santa Fe High School in Santa Fe Springs, CA

Alondra married Carlos on March 4, 1994. They came to live in El Cajon in 1998.

Alondra leaves behind her husband, Carlos, of 19 years, her father, Ramiro, mother, Gloria, Brother, Lazaro, beloved nephews, Ramiro and Guillermo. Services were held on August 9, 2014 at Shadow Mountain Community Church. A lovely lady, Alondra will be missed by all.



Tony Atkins - April 17, 1948- August 15, 2014

Tony passed away August 15, 2014 in his home in San Diego. Tony had a 32 year career with the San Diego Police Department. Tony moved to Crest in 2002. Shortly after, he lost his home to the Cedar fire and rebuilt. Tony was a CCA Board member and lived in Crest until 2010. Tony leaves behind his two daughters, Lisa and Angelique and his son Chris. We will miss you Tony.

A Little About Our Neighbors: John Steward Harbison - Harbison Canyon *(From Wikipedia)*

In the spring of 1874 John Harbison moved with his wife and daughter to a homestead near the Sweetwater River east of San Diego in a little valley now known as **Harbison Canyon**. Within seven years' time, he was the largest producer of honey in the world, operating 2000 to 3000 hives. At that time, having several hundred hives was considered a large operation, His success in capitalizing on the vast honey potential of San Diego County, along with his extensive campaign of selling bees to the residents of the county was the major force in making San Diego County the greatest honey producing county in the State of California by 1874, which in turn made [California](#) the leading honey producing state of the Union. John Harbison was a major contributor to the theory of bee culture with his development of new tools and methods that characterized the remarkable advances made in nineteenth century apicultural science. He opened up the great [retail markets](#) east of the Mississippi River needed to absorb the tremendous honey crops produced in California. John Harbison was worthy of the title bestowed upon him by members of the bee industry-"King of the Beekeepers." He died October 12, 1912, in San Diego at the age of eighty-six. A more extensive biography can be found at [The Journal of San Diego History Online](http://www.sandiegohistory.org/journal/69fall/harbison.htm).
[.http://www.sandiegohistory.org/journal/69fall/harbison.htm](http://www.sandiegohistory.org/journal/69fall/harbison.htm)



Rayna Mack Team
All Service Real Estate
BRE#01743695
www.raynamack.com
619-922-2524
Free in Home Market Analysis
Check out my reviews on



5-STAR
PREMIER AGENT

★★★★★



MLS #	Status	Style	Full Address	TotBds	TotBth	EstSF	YrBlt	ListPrice	Lst Date	Sold Price	COEDate	
140032037	ACT	DET	14907 Montana Serena	7	4	4,575	1999	\$2,500,000	6/12/2014			
140038821	ACT	DET	848 Canyon Rim Dr	4	6	5,104	2007	\$2,500,000	6/11/2014			
140029810	ACT	DET	315 La Cresta Heights Rd	3	3	3,612	1987	\$815,000 - \$845,000	6/3/2014			
140038800	ACT	DET	297 Chicory Ln	5	4	3,630	1993	\$749,000 - \$845,000	7/16/2014			
140033987	ACT	DET	2828 La Cresta Rd	3	2	2,595	2004	\$635,000 - \$675,876	6/22/2014			
140028874	ACT	DET	960 Old Mountain View Road	3	3	2,090	1991	\$550,000	5/30/2014			
140035903	ACT	DET	486 Alta Lane	3	2	2,040	1990	\$549,000	7/2/2014			
140030856	ACT	DET	2794 La Cresta	3	2	2,178	1980	\$529,000	6/4/2014			
140036912	ACT	DET	1812 Alta	3	3	1,710	2005	\$475,000 - \$525,000	7/5/2014			
140034498	ACT	DET	2045 Crest Drive	3	2	1,044	1958	\$330,000 - \$359,900	6/25/2014			
140039275	ACT	DET	159 BEECH PL	3	1	1,098	1940	\$344,900	7/18/2014			
												OFFERED BY RAYNA MACK
140035088	ACT	DET	281 LILAC DRIVE	4	2	1,800	1950	\$325,000	6/12/2014			
140028610	ACT	DET	102 Park	3	1	1,393	1950	\$250,000	5/28/2014			
140038785	PEND	DET	1120 Hamlet	2	1	1,170	1958	\$339,000	7/15/2014			
140023810	PEND	MNFMH	300 Thornton Drive 9	3	2	840	2005	\$84,900	5/5/2014			
140030863	PEND	ATT	6665 Canyon Rim 220	2	1	840	1979	\$299,900 - \$309,900	6/9/2014			
140037929	PEND	DET	715 Kent Drive	3	3	2,800	2000	\$701,095	7/11/2014			
140007972	PEND	DET	2898 La Cresta Road	4	3	2,582	2006	\$459,000	2/12/2014			
140025212	PEND	DET	319 Codorniz Lane	3	2	1,632	1978	\$369,900 - \$379,900	5/11/2014			
												IN ESCROW RAYNA MACK
140029753	PEND	DET	359 La Cresta Heights Road	3	2	2,000	1978	\$499,000	6/2/2014			
140024995	SOLD	DET	315 Lila Lane	2	2	1,180	1945	\$349,900 - \$379,900	5/9/2014	\$369,000	6/30/2014	
												SOLD BY RAYNA MACK
140025831	SOLD	DET	141 Sierra Vista Drive	3	1	1,358	1925	\$319,000	5/13/2014	\$320,000	6/27/2014	
												SOLD BY RAYNA MACK
140022665	SOLD	DET	871 Mountain View Place	3	2	1,710	1974	\$499,000	4/28/2014	\$499,000	6/16/2014	
140031643	SOLD	DET	14920 Montana Serena	2	2	1,107	2008	\$490,000	6/12/2014	\$490,000	7/31/2014	
140031973	SOLD	DET	255 Highline	4	3	2,200	1974	\$499,000 - \$549,900	6/13/2014	\$489,000	8/5/2014	

About Crest



Meet Crest Resident Bob Palmatier

USA 2013 and 2014 Triathlon Team member Bob Palmatier trains in Crest. He has been resident in the Crest area for over 22 years and entered the world of triathlons in 2008. His bike course passes through Crest which is excellent for hill and technical road training. He tries to bike during quiet hours in order to avoid traffic and school hours. His running course takes him into the Crest Reserve which is again good for hill training.

For the past two years he has ranked 10th in the USA for his age division, 75 to 79 years old, has finished 3rd in the USA Nationals for the past two years, and placed 11th in the 2013 World Triathlon Championships in London. Each year since 2008, he has placed 1st in the San Diego Triathlon Series for his age division.

Recently, Bob was podium 4th Place Metal winner in the USA National Triathlon Championships for the Olympic course event and took 10th place in the Sprint course event. More than 6,000 athletes from 50 states completed in these events. He qualified for the 2015 US Team World Championships which will be held in Chicago. Bob intends to compete in both events. More than 40 countries will enter teams in this competition.

If you are interested in triathlons, contact the Triathlon Club of San Diego, www.triclubsandiego.org. You can follow Bob's training and events of Runkeeper.com

Background: Bob is a retired biochemist. His wife and he founded a greyhound organization 23 years ago and have rescued over 3000 greyhounds. He enjoys family and grandchildren. Bob is an active catamaran sailor and enjoys playing the guitar.

Raise money for Operation Greyhound just by searching the Internet with GoodSearch - <http://www.goodsearch.com/> -



Delaney Van Horn Wins Multiple Championships at the Pinto World Championship

Congratulations to Crest Resident, Delaney Van Horn. She has recently returned from the Pinto World Championship show in Tulsa Oklahoma. She and her Pony Tuffy won two world championships in the events of Youth Western Horsemanship Pony and Youth Western Pleasure Pony. With her horse Henry, Delaney won a reserve world championship in Youth Novice Western Pleasure. In that class there were 45 participants.

In all, Delaney, Tuffy, and Henry won 2 world championships, 8 reserve world championships and multiple top five and top ten.

Delaney just graduated from Los Coches Middle School and will be attending Granite Hills High School this year. Born and raised in Crest, Delaney tells me she has always been around horses. Her trainer, Vicky Halsey, also grew up in Crest. Delaney has only been participating in this type of showing for two years. Wow! By the way, Delaney has lots of fans here in Crest. I received several notes from Crest folk beaming with pride over this girl.

New Bike-Passing Law

California's Three-Foot-For Safety Act takes effect September 16. The law requires motorists to give bicyclists at least 3 feet of clearance when passing. If traffic or road conditions prevent this, drivers must "slow to a speed that is reasonable and prudent" and pass only when safe to do so without endangering the bicyclist. Twenty one other states have similar laws. (Info from AAA Westways)



PROFESSIONAL LEGAL DOCS

Legal Document Assistant/Paralegal/Notary Public



Need help with your legal documents? I can help! Not only will I help you with your preparation, I will keep you informed throughout the whole process. Professional Legal Docs is a legal document preparation business that care about its clients.

Professional Legal Docs can help you with your Divorce, Response to Divorce, Child Custody, Child Support, Will, Advance Health Care Directive, Notary and so much more!

270 E. Douglas Ave.
El Cajon, Ca. 92020
www.prolegaldoc.com
(619)401-4080



A Legal Document Assistant (LDA) is an experienced professional who is authorized under California law to assist the public in preparing legal documents for consumers. However, an LDA is not an attorney, and cannot provide legal advice, or represent individuals in court.

GREEN CLEANING HOUSE CLEANING by Layla

Vinegar, baking soda, lemon, elbow grease...

laylapixi@yahoo.com (619)770-0025



Trustworthy, reliable service

References

Windows, blinds, carpets, bathrooms, light fixtures,
floors, stoves/ ovens, you name it.

September 16, 2014 AWC Luncheon

The Alpine Woman's Club's next monthly luncheon is on Tuesday, September 16, 2014 at 12:00 noon. Our speaker will be Andrea Holmberg from Sharp Memorial Hospital. Andrea's topic is "How to Talk to Your Doctor". She will also be providing information regarding Senior Services and the Vial of Life. If you are interested in attending the luncheon, and learning more about the Club, please contact Patricia Bauer at (619) 922-2379 . The AWC is open to all East County women. We are located at 2156 Alpine Blvd., Alpine, CA 91901. Our website is www.alpinewomansclub.org

Keep in mind that the Club's 100th anniversary is in 2014! There will be a Community-wide celebration on Saturday, October 4, from 10:00 AM to 4:00 PM with activities to entertain the whole family!



Everyone in Crest is talking about...

ecb

El Cajon Bistro

Healthy and Nutritious Food including gourmet sandwiches, wraps, burgers, veggie specials, smoothies, delicious soups and salads and fabulous full-plate breakfasts.

Close to home - Amazing menu - Great atmosphere!

See if you can identify all the components of the beautiful mural showing many of El Cajon's historical sites.

Open 7 Days

Breakfast & Lunch - 7 am to 4 pm daily

Dinner - 4 pm to 8 pm Tues thru Sat

109 Jamacha Road (at Second) in El Cajon

Did you know

Effective July 1, 2014 – All new battery powered smoke alarms must contain a 10 year battery? Is this you? One in Three California homes need to replace their smoke alarms. If your smoke alarms are not working or more than 10 years old, please replace them today.

Since July 1, 2014, all homes are required to install CO Alarms. Two in five CA homes need carbon monoxide (CO) alarms. Carbon monoxide is the #1 cause of accidental poisoning death in the US.

The Task Master
Marlena Lane
Concierge/Errands/House Cleaning

(619)384-8119
thetaskmaster4you@gmail.com



CREST-DEHESA-GRANITE HILLS-HARBISON CANYON SUB-REGIONAL PLANNING GROUP

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

E-mail: wrplanning@gmail.com

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 School, The Crest Community Center, and the Harbison Canyon Community Center. The June 9 meeting will be held at the DEHESA SCHOOL, 4612 Dehesa Road, El Cajon, 92019. The following are excerpts from the June 9 minutes pertaining to Crest:

F. ACTION ITEMS. Road maintenance priority in Plan area. Chairman Riggs reported that he received a letter from the County requesting that the Group provides its input concerning the prioritization of repairs to public County roads in all 4 areas of the Subregion. He shared with the Group the spreadsheet of County recommendations for road segments in all areas, and a map, that accompanied the letter. The Group discussed a number of the current County priority recommendations. Phil Hertel volunteered to check the road conditions, according to spreadsheet segments, for the Crest area. He also volunteered to scan the County's road list document and send it out to all the Planning Group members. Chairman Riggs said he would put this item on the agenda of the July meeting as an Action Item topic.

G1. Announcements and correspondence. Mary Manning announced that on 6 June the Rural Fire Protection District Board voted (4-0-0) to approve the Draft Dissolution; Director Russo recused himself, sat in the audience, and refused to vote. The approved Draft Dissolution will now be submitted to LAFCO for its consideration and decision. Unless 2,250 legally registered residents of the Rural Fire Protection District vote to stop dissolution by 30 June, it will automatically occur following LAFCO approval, and the County will be the receiver, acquiring all of the debts and benefits of the RFPD. If 2,250 valid signatures protesting the dissolution are in fact secured before 30 June, then there would need to be a public vote about the dissolution proposal.

PROFESSIONAL ORGANIZER TO HELP YOU:

- Organize your house, office, & garage
- Set up filing systems
- Manage your paperwork & time
- Downsize & prepare for a move
- Stage your home
- Work on your estate records

CLEAR OUT THE CLUTTER AND MOVE ON WITH YOUR LIFE!

SIMPLY MARVELOUS ORGANIZING

Call **Risa** at (619) 440-1235
Email: risa@simplymarvelousorganizing.com
www.simplymarvelousorganizing.com
All credit cards accepted



A New Friend, Father Ben

By Kathleen Fiedor

I've always thought that the next best thing to traveling is to actually meet someone from an "exotic" faraway place (in this case, Kenya) who has made the long journey here to Crest.

This summer it was my pleasure to spend a few hours with a young Catholic priest who was filling in at St. Louise for Father Burnia. In Kenya he is Father Kanda, but here he goes by the name "Father Ben" to make it easy for us to remember. Fr. Ben was born in a small village in Kenya called Chesongoch. When he was only 3 yr. old his father died, leaving his loving mother to raise him and his 4 brothers. Times were tough as the family had no source of income - his mother turned to the Catholic nuns and the church for help. She cooked and kept house for the nuns who paid her with food so she and the boys had something to eat. A kindly priest took the boy under his wings, sponsored his schooling and seminary, and inspired Kanda to become a "good man, like the priest," Fr. Ben relates. These days, Fr. Ben lives with two other priests who serve the community in the village of Turbo, a 6 hr. drive from Nairobi. Turbo has a population roughly the size of Crest.

I wondered what life is like in his remote village. Father explained that the people are very poor - they have no cars, or electricity - so no lights, refrigerators, stoves, or televisions. There are only about ten business buildings including a little store and post office. Villagers go about an hour to the town of Eldoret to buy clothes. Water for drinking, cooking, washing clothes, and bathing is collected at the river nearby. Children attend school for free just through primary grades where they are taught in English because of the large number of regional dialects. The family or a sponsor must pay for high school for the children so many do not attend. Before school each day the girls need to gather wood for a cooking fire, go to the river for water, and do domestic work with their mothers. Men never cook or work in the kitchen. They engage in pastoral farming while the boys tend to the animals (usually chickens, goats, sheep, and/or cattle) and help with the farm chores. No matter how poor, the villagers never ask if you need something - they merely share what they have with others, including offerings of food to the priests at each Sunday Mass.

Fr. Ben was excited to leave Kenya for the first time, take his first plane ride, and see our little village of Crest. Since arriving he's learned how to use some devices unfamiliar to him such as a microwave oven, vacuum, and can opener. (His village has no canned items since all food is prepared from scratch with fresh ingredients). So how do they prepare food back home? Women cook all meals in a pot resting on 3 stones and placed over the fire on the ground. A typical breakfast might consist of Kenyan tea, sweet potato, and bread, or perhaps leftovers from the night before since the food cannot be refrigerated. For lunch there might be ugali (corn flour boiled in water to a dough-like consistency), beans and Irish potatoes. These potatoes are brought to town, sometimes in a little truck, or at other times on the back of a donkey. Supper would be ugali with meat or vegetable stew, rice and beans.

"The people here have been very nice," Father says, and he "would love to stay even just another month to learn everyone's name" at St. Louise. Some have brought him meals or taken him shopping - yes, even to Costco - while others have shown him the sights and taken him on walks around Crest. He even had a chance to visit our Crest Library. Father's first splash ever in any ocean was at La Jolla Shores! Intrigued with the custom here to choose to walk to get our exercise, he explained it is not a health decision in his village - walking is the *only* way for most people to get around. Proudly wearing his new American flag t-shirt, Fr. Ben enjoyed our Crest 4th of July parade and festivities, marveling at all the flags and spirit.

Father really seemed to have been pleased with his visit to our little community and making new friends. His stay here came to a close on August 5th when he flew home to Kenya. I certainly appreciated meeting Father Ben who enriches us by sharing his

stories of Kenyan life. Perhaps we will see him again in the future!



Figure 2 - Father Ben back home with his "kids"

Crest Crime Report 04/01/14 – 5/26/14

Obtained from www.crimemapping.com website

Date	Time	Crime	Block Street
5/04/14	12:00 p.m.	Residential burglary	200 Bl La Cresta Rd
6/04/14	9:00 p.m.	Vehicle Break-in/theft	2400 Bl Suncrest Blvd
6/24/14	5:30 a.m.	Take Vehicle w/o Owners consent	8200 E Block County Dr
6/18/14	11:00 p.m.	Vehicle Break-in theft	200 Bl Chicory Lane
7/03/14	4:15 a.m.	Petty Theft fm Bldg	2100 Bl Suncrest Blvd.
7/06/14	12:30 p.m.	Poss Cntl Sub w/o prescription	1300 Bl Horsemill Rd
7/14/14	9:40 p.m.	Poss Controlled Subs	700 Bl La Cresta Blvd
7/28/14	8:30 p.m.	Petty Theft	100 Bl Highline Trail
7/29/14	10:30 p.m.	Assault w/Deadly Weapon	100 Bl Highline Trail
8/18/14	12:00 p.m.	Poss Controlled Substance	La Cresta Blvd/North Lane
8/22/14	4:45 p.m.	Vehicle Break-in/Theft	100 Bl Sierra Vista Dr

Lic #: 441801

Central

Heating & Air

(619) 444-9955

Since 1983

**Experts in residential and
light commercial work.**

Free Estimates

Owner on site

Featured in *Angie's
List Magazine* as a 2012
Best Contractor.



Kathy Kuts

Hair Design

Kathy Kaderabek
339 Lila Lane
El Cajon, CA 92021
619-447-1945

**Full Service Specialties
Hair Cutting /Trimming
Hair Styling**

**Appointments and Walk-in's Welcome
Call for your appointment today**

**September 20-21 – San Diego Pacific Islander
Festival, San Diego – Ski Beach,
Mission Bay (619)699-8797
www.pifasandiego.com**

**Sept 21-26 – San Diego Restaurant Week,
San Diego (619-233-5008)
www.sandiegorestaurantweek.com**

**Sept 27-28 - Adams Avenue Street Fair,
San Diego. 619 282-7329
www.adamsavenuebusiness.com**

**Sept 27-28 Cabrillo Festival, Cabrillo San
Diego Bay (619)225-8909
www.cabrillofestival.org**

Upcoming September Fun

**Sept 6 – Grape Stomp and Festa, Julian 765-1857
Julianca.com**

**Sept 20-21 – Fleet Week Coronado Speed Festival
(619)858-1545 fleetweeksandiego.org**

Message from SENATOR JOEL ANDERSON

36th Senate District

El Cajon District Office 500 Fesler Street #201 El Cajon, CA 92020

Phone: (619) 596-3136 Fax: (619) 596-3140



Family Matters:

How to start the health Care Conversation

When: September 4 9:00 am – 12:30 pm.

Where: Foothills Christian Church – 350 Cypress Lane Suite B, El Cajon

Cost: Free

SOUTHERN CAREGIVER RESOURCE CENTER

In Association with

CA State Senator Joel Anderson

In Partnership with: At Your Home Family Care, SHARP HealthCare, Shea Family Care

FOR MORE INFORMATION AND TO RSVP PLEASE CONTACT:

1800-827-1008 OR (858) 268-4432

Hi neighbors!

You're invited to FREE concerts throughout San Diego, just check the calendar at ListenLocalsd.com for shows and opportunities for you to play. Also, make a date and bring friends to Crest's own vintage/2nd hand clothing store, The Green Room. Email me for info: Cathryn@ListenLocalsd.com



Oh! And don't miss my radio show THE HOMEGROWN HOUR on

September 2014

- 5 acts every Tuesday at House of Blues on the Salvation Alley Stage 7pm no cover all ages
- 4 bands 3 every Thursday at Oggi's Pizza Express at SDSU 5pm no cover all ages
- 9/6 The Kid Show at House of Blues—kids under 18 rocking out, no cover all ages
- 9/7 KPRi and Cathryn at On The Border in Mission Valley with Kendra Checketts and Mother Belle 11:30 am no cover all ages
- 9/14 The Green Room Yard Sale 118 Scenic Drive 10am music, snacks, clothes and other items for sale, please NO EARLY BIRDS
- 9/17 Concert to honor the San Diego Music Award Nominees at House of Blues. 20 bands on 2 stages. Free with a ticket from any of the bands, 6pm to 1am.
- 9/19 "Gypsy Nights" house concert at The Green Room. Featuring Kentucky's Troubadours of Divine Bliss, The Ordeal and other surprises. \$22.50 includes dinner. Limited seating, must rsvp in advance.
- 9/20 Waterfront LIVE at The new Waterfront Park. 4 amazing acts, no cover, all ages. 4pm to 7pm.
- 9/25 OPEN MIC at The Parkway Bar 7 to 11 no cover 21+
- 9/27 Homegrown at The Parkway Bar in La Mesa. 5 acts, no cover 21+

October 2014

- 5 acts every Tuesday at House of Blues on the Salvation Alley Stage 7pm no cover all ages
- 10/6 The San Diego Music Awards at Humphrey's the Bay. Fundraising event to honor SD musicians.
- 10/18 The Songwriting Game. Write a song to a specific title and show up to play it with other songwriters. No cover, The Parkway Bar in La Mesa
- 10/19 Acoustic Crest featuring local artisans and musicians leading workshops, concerts, food and more. The entire day starts off with a walking tour of Crest. No cost for CCA members, non members are \$5, Crest vendors/artists contact Cathryn@ListenLocalsd.com for info about booth space.
- 10/25 Homegrown at The Parkway Bar, 5 acts, no cover 21+
- 10/30 Open Mic at the Parkway Bar
- 10/31 Farewell Parkway Bar Concert (they lost their lease) Halloween Party with The Farmers! No cover, Gotham themed.

FOR INFO ABOUT THESE SHOWS AND MORE VISIT LISTENLOCALSD.COM OR CONTACT CATHRYN@LISTENLOCALSD.COM

**2ND ANNUAL PICNIC WITH THE PARROTS
A CELEBRATION OF ECO-DIVERSITY**

Date: Sunday, October 26, 2014 | **Time:** VIP: 10:30a - 12p | Premium & General Admission: 12p- 4:30p

Location: SoCal Parrot Sanctuary & Garden, 3621 Hidden Ridge Road, Jamul, CA 91935

What to Expect:

- *Educational presentations and guest speakers
- *Food & Drink
- *Live art
- *Raffles
- *Partner organizations featured
- *Sanctuary and Garden tours
- *Fun games for kids of all ages
- *Live animal interactions
- *Petting Zoo: interact goats, chickens, ducks, and even feed our koi pond

You Must Purchase Tickets in Advance to Attend!

SoCal Parrot

Did you attend the informative Crest library presentation on our local El Cajon parrots? You can support these amazing wild parrots. Visit www.socalparrot.org/ for more information on this worthwhile Sanctuary/Garden or call (855)REP4WLD



1335 La Cresta Blvd, Crest, CA

619-444-7504

Rainbow Market

Your Neighborhood Store

Serving the Community of Crest Since 1999

Check our Lower Prices and Compare Milk,
Eggs, Cereal, Groceries, Beer, Wine

Hours: 8:00 am to 10:00 pm Monday-Saturday

8 am to 8 pm Sunday

We accept EBT, Visa, and ATM



***Thank you for stopping at Rainbow Farms Market
And shopping on the "Hill"***

Thank you Rainbow Market for donating to our July 4th Event



New Season's Church- Crest
 2198 Suncrest Blvd, Phone: (619)-442-3736
 Pastor Tony Lambert

Prayer time: 9:00 AM
 Worship Service: 10:45 AM
 Monday Evenings: Ladies Bible Study @ 6:30 PM
 Tuesday Evenings: Men's Bible Study @ 6:30 PM
 Thursday Evening: Home Fellowship in Santee 6:30
 Friday Evening: Home Fellowship in Crest 6:30 PM



**St Louise de Marillac
 Catholic Church**
 2005 Crest Drive –
 Phone: (619) 444-3076,
 Fax: (619) 440-1325
 Fr. Burnia

Saturday..... 5:30 PM
 Sunday..... 8:00 AM and 10:30 AM
 Daily Mass: 8:00 AM (Monday-Saturday)

**Thank You St Louise parishioners for donating to
 our July 4th Event**

Next Crest Sun Deadline: October 20, 2014

WISH TO ADVERTISE?

\$40 – Full Page \$25 – ½ Page
 \$15 – ¼ Page \$5 – 1/8 Page
 \$20 Website Link

Make checks to: CCA /The Crest Sun -

E-mail or call the editor for more information editor@thecrestsun.com *The Crest Sun welcomes information from the Community and community input. Thanks to all our loyal readers and supporters. Your donations and your patronization of our sponsors provide the funds to print the newsletter. We have no paid employees. The newsletter is not responsible for problems that occur as a result of information.*

**For questions, suggestions, or concerns regarding The Crest Sun newsletter or website, contact:
 Linda Hjelle – editor@thecrestsun.com or Lindahjelle@cox.net (517-9838 or 440-8540)**

**Crest Website: www.thecrestsun.com Webmaster: Karin Weiss (579-3951) email: webmaster@thecrestsun.com
 See website for info on how to advertise on the Crest web site or contact Karin Weiss,
 The Crest Sun is available at: Crest Foods, Rainbow Market, Sonora Restaurant, and Crest Library or online at**

Check us out on Facebook by clicking the Facebook link on www.thecrestsun.com

Check out upcoming CCA events by going to www.thecrestsun.com and click on the calendar link on the front page.

Thanks to Knox Services, printers of the Crest Sun. For a quote on your next copy project, call 619-230-6300 or contact www.KnoxServices.com