

January / February 2006

VOLUME 7: NUMBER 1



*A HAPPY AND PROSPEROUS NEW YEAR TO ALL OUR READERS*

### **What's Happening in Crest**

This issue begins our seventh year of collecting and printing information for our community. A lot has happened in those six years, but we are still dedicated to presenting information about the activities and resources of our unique community.

We are still a volunteer publication and based in Crest Library. We thank you for your donations and verbal support. Thank you for supporting our advertisers.

To share information with us please contact:

Chris at 447-5826 or by email [winters72@hotmail.com](mailto:winters72@hotmail.com)

Betty at Crest Library 442-7083 or [blucas@thecrestsun.com](mailto:blucas@thecrestsun.com)

**Next deadline February 20,2006**

### **The Crest Fire Journal**

The web version of the Crest Fire Journal has been moved to <http://crestfire.thecrestsun.com/index.html>

If you find any errors or problems, please notify Jerry at or 447-5674 [jerry710@cox.net](mailto:jerry710@cox.net)

Disks of the Crest Fire Journal may be obtained at the Library. Each member of the CRWRC that has been helping the fire victims of the area gets a copy to take home. If you have not seen this disk, it is a great compilation of stories and pictures of the Fire of 2003. It is our history. Many thanks to Jerry Weintraub for his work in creating this disk. Please send him a thank you if you have one.

=====

There are lots of exciting things happening at the Library. The first thing you will soon be noticing even before you enter the building. We extend great and heartfelt thanks to the Crest Kiwanis Club for the painting of the library. We are hoping you will find it as warm and inviting on the outside as we try to make it inside.

Our thanks to Terry Shimamoto for donating the paint. The color was chosen by the library staff; Valerie Samson, the owner of the building; and discussed by the Executive Board of the Crest Kiwanis Club.

At the end of December, a new heating and air conditioning system was installed, and later the roof will be repaired. All of these improvements have come from a discussion at our Community Forum that was held in May at the Library. YOU, the community, attended in support of us and gave opinions and suggestions as to how the library fit into the community, and what was needed to improve the library. We THANK YOU for your attendance and support. Now we are seeing the results of your comments.

■ ■ CREST COMMUNITY  
RUMMAGE SALE

Start cleaning your closet and cupboards!

SATURDAY  
MAY 20<sup>TH</sup>

Nancy Jane Park

8am-3pm

Sponsored and organized by:

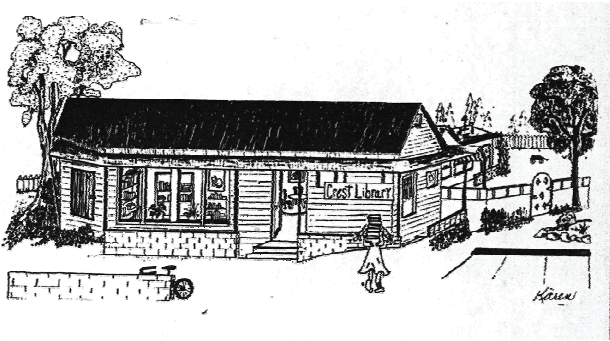
SUSAN LEE COOKE  
RE/MAX Hometown Realtors  
619-322-8832

**The Crest Sun  
a Newsletter for Crest**

**Contributing Editor Christina Seebold  
Editor Betty Lucas**

**We are not responsible for problems that occur as a  
result of information in this newsletter. We assume  
information to be accurate as given to us.**

**Crest Library Corner**



**105 Juanita Lane  
442-7083**

**Our Window to the World**

A branch of the San Diego County Library

**Please note our hours...**

**Tuesday 12 to 8  
Wednesday 10 to 6  
Thursday 10 to 6  
Friday 10 to 5  
Saturday 10 to 3**

**Coming Events at the Library**

**Attn: Teens and preteens- age 8 and up.**

**Wednesday afternoons– Your day at the library.  
Come for Homework, Games. Crafts.**

**Tell us what you would like.**

**Do you want to learn to KNIT?  
We can start a Knitting club..**

**Pajama nights at 6:30 on  
Tuesday, January 24  
Tuesday, February 28**

**Please Note:**

**On January 1, 2006**

**Library fines and fees will be reduced!**

**Late fees for videos will be changed from \$2 a day to \$1 a day.  
Late fees on children's books will change to \$.10 a day from \$.25  
We are happy to pass this information on to you!**

### **Reader's Express**

**7 day Check Out- No Reserves**

**Mary, Mary.....James  
Patterson**

**At First Sight .....Nicholas Sparks**

**Light from Heaven.....Jan Karon**

**Breath of Snow and Ashes.....Diana Gabaldon**

**Wedding in December.....Anita Shreve**

### **Library Services**

**We can send and receive  
faxes for you!**

**We can make copies**

**Computer help.**

**Visit YOUR Library**

**Our book Club is now forming, please call or come in to register.  
First meeting, Tuesday January 17 at 6:30 PM**

### **CREST COMMUNITY ASSOCIATION CCA**

The most obvious effort of the CCA is the rebuilding of our clubhouse. Phil Goettsch, chairperson of the reconstruction committee, remarks that he continues to greet visitors at the site every day. Many have donated supplies and/or worked on the project. The exterior work will commence after Christmas. Our budget is not adequate to complete the entire rebuilding project; therefore, more donations will be solicited.

The CCA sponsored Santa's visit to Crest on December 17. Volunteers of America donated a LARGE number of books and toys to the children who arrived to show Santa what a charming and friendly community Crest is. Everyone in attendance reported having had a good time. They also made very favorable comments on the new clubhouse.

The Fire Safe Council is making a study of fire sirens for our community. Most of the initial installation expense will be covered by government grants. In February or March, look for a mailer which will include a survey of needs for emergency evacuation notification, suggestions for a community center, updated Fire Safe Council information, and other items of interest.

Many new ideas for Crest are being hatched. The CCA will be organizing interesting and novel fundraisers which will sponsor these new ideas. The January 17 meeting will focus on the election of new officers. Your attendance is important. Also, your joining a major committee for the year will ensure fresh ideas and energy for all that we hope to accomplish.

The minutes of the general meetings will be available at the library by the third Saturday of the month. General meetings are the third Tuesday of each month at 7:00 P.M.

<p><b>CREST LOGO ITEMS FOR SALE</b></p> <p><b>T-SHIRTS B M, L, 1X, 2X \$10 MANY COLORS</b></p> <p><b>BALL CAPS \$10 LIGHTED KEYCHAINS \$1 LICENSE FRAMES \$4 and \$12</b></p> <p><b>RESOURCE CENTER</b></p> <p><b>EXACT CHANGE OR CHECK</b></p>	<p><b>NEXT MEETINGS:</b></p> <p><b>TUESDAY, JANUARY 17 and TUESDAY, FEBRUARY 21 7:00 P.M.</b></p> <p><b>CREST RESOURCE CENTER</b></p> <p><b>GREAT DOOR PRIZES</b></p> <p><b>DESSERT</b></p> <p><b>JOIN US IN HELPING TO IMPROVE OUR COMMUNITY</b></p>	<p><b>CCA COMMUNITY CHALKBOARD</b></p> <p><b>NOTICES</b></p> <p><b>SEVERAL DAYS IN ADVANCE</b></p> <p><b>CONTACT COMMUNITY RESOURCE CENTER</b></p> <p><b>TO REQUEST A NOTICE</b></p> <p><b>MONDAY - THURSDAY</b></p> <p><b>9 A.M. TO 4 P.M.</b></p> <p><b>619-328-0900</b></p>
---	---	--

**ELECTION OF NEW BOARD MEMBERS  
JANUARY 17**

**Our Spiritual Resources**

**Crest Community Church**  
**2198 Suncrest Blvd**  
**619-442-3736**

**Bert Fairweather, Pastor**  
**Office Hours: Tuesday, Thursday, Friday**  
**8:00 AM to Noon**

**SERVICES**  
**Sunday**

**9:30 AM Sunday School for All Ages**  
**10:45 AM Morning Worship in the Sanctuary**  
**11:00 AM Dismissal for Children's Church**  
**5:00 PM "The Gathering" for teens**  
**6:00 PM Evening Fellowship Hour**  
**Wednesday**

**7:00 PM Bible Study and Prayer**  
**7:00 PM AWANA clubs—grades K-12**



**Cornerstone**

**205 Lento Lane**

**579-5633**

**Pastor Dennis Ottalagano**

Services

Sunday at 9:30 AM

Wednesday Meetings at 7 PM

**St Louise de Marillac  
Roman Catholic Church**

**2005 Crest Drive  
619-444-3076**

**Rev. Robert Irwin, Pastor**

**MASSES**

**Daily-----8:00 AM**

**Saturday-----5:30 PM**

**Sunday-----8:00 AM and 10:30 AM**

**CCD Classes Sunday at 9 AM**

**Visitors welcomed!**

**St Louise Thrift Shop**  
reopens Tuesday January 3<sup>rd</sup>  
9- 3

Thank you for your donations and support

=====

**Ladies Night**

**all women welcome to a night of Fun and  
Fellowship.**

**St Louise Parish Hall**

**2<sup>nd</sup> Thursday of the Month**

**January 12, 2006**

**February 9, 2006**

## **CREST COORDINATING COMMITTEE FOR FIRE RECOVERY**

We are heading into the New Year and lots of building continues all around us. Congratulations to those who have moved back in their homes! Keep the good energy moving toward all the rest who are still in construction.

The Crest Resource Center plans to be here until June 1, if we can. We would like to move into the New CCA building as soon as it is finished. We look forward to The Salvation Army taking over the San Diego Community Recovery house rebuild project as of January 1, 2006. Our volunteer labor will remain at their camp in Crest, and we will be here to coordinate their volunteer labor.

We would appreciate any tax deductible donations toward our " Welcome Home Baskets" which we give to each fire family when they move back into their homes. If you would like to sponsor one basket please bring a \$20.00 donation to the Center or mail it to us at Crest Resource Center, 120 North Park Drive, El Cajon, CA 92021. Make the check out to Friends of Crest and put Welcome Home basket in the memo line.

Thanks for all of your support this year. The community has been wonderful in coming out to all our events and supporting us in so many ways.

Linda Chase

## **Critters In Crest**

By Shelton Stanley

## **Humming Birds**

I'm sure you've seen hummingbirds in Crest. They're everywhere in Southern California, in fact, hummingbirds range from North America through Central America to South America. They have a wide variety of habitats - wherever suitable food plants occur, from sea level up to 16,500 feet.

Hummingbirds, order: *Apodiformes*, family: *Trochili*, belong to one of the largest families of birds in the world, but are among the smallest of birds. These cute little birds are found in deserts, mountains, and plains, but most are found in tropical rain forests . Their name comes from the humming sound made by their little beating wings. In the Caribbean people call them el zunzun (Think: zoom-zoom.)

Hummingbirds mature between the ages of two months to a year. They usually lay two eggs per season, but sometimes only lay one. After mating, the mother humming bird is on her own to build the nest and raise the young.

A hummingbirds nest is made up of several things, like moss, leaves, hair, feathers and wool. Their nests are held together by spider webs. The nest measures about two inches in diameter by about an inch and a half high. The nesting area, inside, is of course, much smaller.

Hummingbirds, that can be observed in San Diego county, and Crest are among the more common, including the Allen's Hummingbird, Anna's Hummingbird, Black-Chinned Hummingbird, Broad-Billed Hummingbird, Costa's Hummingbird, Magnificent Hummingbird and Rufous Hummingbird. You can see photos of all of these hummers at: <http://www.bird-friends.com/>.

**Humming Bird Facts:** (For those that can be seen in Crest and San Diego county)

They weigh less than a penny. (Though there *are* some larger hummers elsewhere in our hemisphere.)

They don't walk on the ground for more than about three inches. (Before my research, I thought they couldn't walk on the ground at all! Another urban legend perpetrated and disseminated via Internet email!)

Their wings can flap at a rate of up to 200 beats per minute.

They can eat more than their body weight in insects a day.

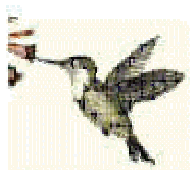
There is quite a controversy over the use of red dye by hummingbird nectar manufacturers. Friends of hummingbirds contend that the dye is unnecessary and is actually harmful to the hummingbirds. Hummingbird nectar manufacturers claim the red dye does no harm to the birds and that there is no scientific proof that it does harm them. You can read more on this subject at: <http://www.hummingbirds.net/dye.html>.

The best hummingbird feeders are made of glass and are easy to clean. I found a recipe for make-it-yourself hummingbird nectar. Here's the recipe from <http://www.neighborhoodlink.com/public/clubextra.html?nclubid=110502955&nid=396713582>:

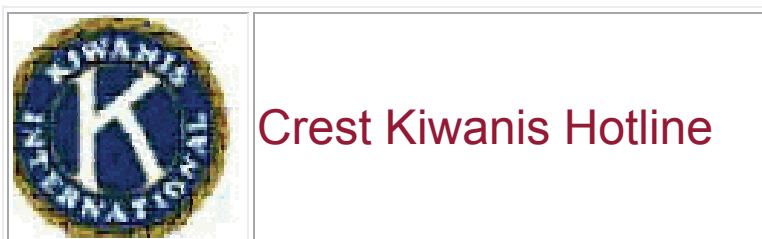
Make a sugar syrup of 4 parts water to one part white sugar. Do not use honey or artificial sweeteners as these may harm the birds. Although it can be mixed cold, it is easiest to bring the water to a boil first, and then stir in the sugar; the boiling also helps retard the growth of mold. **DO NOT USE FOOD COLORING.**

(Notice they don't advocate the use of dye or food coloring at this site either.)

There's a lot about hummingbirds on the Internet. Use your favorite search engine to look them up.



© 2004 by Elizabeth Romanini



We're new in Crest and we want your help to grow and become more effective. We were officially formed on June 25 with 32 members. Being a Kiwanian is a great way to meet neighbors, have fun at meetings and social gatherings, and most importantly, to help children.

#### DO YOU KNOW?

1. The La Mesa Kiwanis handled the \$1,000 donations to fire victims after the Cedar fire. Andy Knutson, the current Crest Kiwanis president, coordinated the distribution to both Crest and Harbison Canyon fire victims.
2. A Crest Kiwanian wrote the initial Grant that funded the Firestorm Recovery Center located at Nancy Jane Park.
3. Division 31 Kiwanis (members from all the East County Kiwanis Clubs) planted trees in South Lane Park both in March 2004 and March 2005.



4. The Crest Kiwanis motto is "up from the ashes" to reflect the club's birth after the Cedar fire.
5. Andy Knutson, the current Crest Kiwanis president, is the fiduciary agent for the \$100,000 donated by Sycuan to assist in the rebuilding of the Crest Clubhouse.
6. The Crest Kiwanis Club has adopted the Greenfield Middle School Builders Club. The Builders Club collected backpacks for Hurricane Katrina victims.
7. The Crest Kiwanis Club has a project underway to repair the roof and repaint the Crest Library. Colors are being chosen by the librarians, approved by the Crest Kiwanis Board of Directors (made up of 12 members of the Crest Kiwanis organization) and Valerie Samson, the owner of the building.
8. Crest Kiwanis has a chipper/mulcher that is available for service projects.
9. The Kiwanis International motto of "We Build" has been changed to: "Changing the world, one child or community at a time".
10. Linda Chase, Ginger Warner along with Andy Knutson have all been awarded the "Distinguished Service Award" by Kiwanis International.
11. There are more than 13,000 clubs in 80 countries with more than 600,000 members.
12. Founded in 1915 and headquartered in Indianapolis, Indiana, Kiwanis International is a thriving organization of service-minded men and women who respond to the unique needs of their communities and address worldwide issues by "Serving the Children of the World."

The Crest Kiwanis Club meets at the Crest Resource Center every second and fourth Saturday at 7:30 a.m. (7 for those who want a bit of breakfast). A interesting guest speaker provides interesting information and/or entertainment. Guests are always welcome while they are looking over the Crest Kiwanis.

As one guest observed recently, "I can not believe how so many people can gather together early on Saturday morning and have so much fun."

I hope you think of the Library as a place to get information. Now you can get so much more information without even coming into the library (but we hope you will!)

The library website [www.sdcl.org](http://www.sdcl.org) has recently been improved and upgraded..

If you click on Browse the catalog, you can look at all the items available to you from any of the branch libraries.

If you click on Your Library Account after entering your library card number, and your pin, you can view your account, renew and order materials. If you need a quick lesson on this, come in and one of us will give you a demo.

Access the Databases for so much more information. A new addition is Rosetta Stone, where you can learn a language, free, from your computer! Ask a Librarian gives you access to a librarian for individual help. 24/7

Live Homework Help is a place to get individual homework help for tough questions.

On the left side of the page you can find out where the branch libraries are, their hours and phone numbers and events. Be sure to check out Webpicks for internet sites from Books to Genealogy to Health, Local Information, Phone books, Search Engines, Tax Forms, Travel, Weather and Maps.

### **One Stop Surfing**

I hope you think of the Library as a place to get information. Now you can get so much more information without even coming into the library (but we hope you will!)

The library website [www.sdcl.org](http://www.sdcl.org) has recently been improved and upgraded..

If you click on Browse the catalog, you can look at all the items available to you from any of the branch libraries.

If you click on Your Library Account after entering your library card number, and your pin, you can view your account, renew and order materials. If you need a quick lesson on this, come in and one of us will give you a demo.

Access the Databases for so much more information. A new addition is Rosetta Stone, where you can learn a language, free, from your computer! Ask a Librarian gives you access to a librarian for individual help. 24/7 Live Homework Help is a place to get individual homework help for tough questions.

On the left side of the page you can find out where the branch libraries are, their hours and phone numbers and events. Be sure to check out Webpicks for internet sites from Books to Genealogy to Health, Local Information, Phone books, Search Engines, Tax Forms, Travel, Weather and Maps.

### **CREST FIRE SAFE COUNCIL Kandhy Franklin-Collins**

The Crest Fire Safe Council is committed to bettering the communications in this community through as many means as possible. To that end, we have been doing research on various phone tree methods to get information out to the community.

We will be sending out a mass survey on your interest in this project. Preliminary information has connected us to a program with a base fee of \$600.00. This would give us 3,500 free calls, technical support for 90 days, and phone calls that would go out to homes, your work place, and cell phones within 15 minutes.

This survey should be ready to send out in January. Please be looking for it and respond as soon as possible. The CFSC will also have the community emergency and evacuation plan completed by the end of January so that we will be able to compete for various grants. Anyone who has experience writing grants and would like to give their guidance and writing skills please call Kandhy Franklin at 444-4996.

On another communication note, Padre Water and El Cajon Amateur Ham Radio operators are working together to erect an antennae up near the water towers. This tower will be up and functioning by the first of January. CFSC is also working with the fire department to get the siren up and running from the CCA property. Chief Jobes was just awarded a grant to help with the fees from FEMA. Finally, we would like to invite you to become active in the CFSC. We meet the first Monday of the month, 6:30 pm at the resource center.

### **HEARING EXPLOSIONS AT NIGHT?**

Ice Bombs continue to threaten Crest residents. Have you heard the big explosions at night? Will it take a serious injury to put a stop to the bomb making? As many of you know, a young 9 year old boy collecting plastic bottles, picked up an ice bomb, and it exploded in his face. Thankfully there was no serious injury- but the bomb squad who responded said there had been two deaths in SD County from this type of bomb.

So far the Sheriff's department has no leads as to who is making and placing the bombs in our neighborhoods. If you know anything about who may be doing this, please contact the Sheriff's department and ask for the bomb squad, Detective Ronnie A. Cox at 619-956-4985 or call Mr. William Gore, Assistant Sheriff, at 1-858-974-2295 to complain that nothing is being done to solve this problem,

We must not let our community fall into a state of " I can't be bothered!" or having suspicions and being too lazy to call anyone to report your information. Help keep Crest safe and sound. It will take all of us working together!

A very concerned resident!

=====

**Uncle Henry**

**Uncle Henry Sez..**

**There's also a good use for all those CDs you get in the mail from businesses like AOL and other ISPs. Your readers could ask friends to save them for them and then they could hang them in their fruit trees to scare off the birds that eat their fruit.**

**You put two of them back-to-back, shiny part out, with a wire through them about 18 inches long, looped large through the CDs so they can rotate a bit, and a hook on the other end to hang from a branch of the trees. If you have a lot of fruit trees, blank CDs are really cheap!**

**No, I'm not being compensated by any CD manufacturer(s), I just thought this would be a**

**Random Thoughts**  
by Millie Colburn Walker

January 2006

Well here it is the Christmas season and once again I am disgruntled. I have been a Bah-Humbug person for years. It probably began in my childhood, I didn't get as much as my friends did, or what I had asked for. Then when I had children I was more indigent than my parents had been so I felt even worse for them than I ever had for me.

The first time I realized how hard Christmas was for me, my cousin came over that year and witnessed me having a full-blown break down. Her parents were stationed on the east coast

and she was attending the University of San Diego so I invited her to my house to celebrate with us. I tried to make it festive but since I had the worries of the world on my shoulders and four little kids to entertain the situation was just itching to boil over. Each wrapping that was ripped off and tossed on the floor seemed to be crying to be immediately swept into the trash, but I seemed to be the only one who cared.

I made myself crazy trying to keep our little, drafty, old house in order and I am surprised that I didn't see that my behaviour was inappropriate. I adored my children but being a procrastinating perfectionist did not go over too well with four little kids and a husband who had no clue how to help (this was husband number two, not my favorite).

It didn't help with me trying to maintain a perfect home with no budget to speak of and just the right amount of madness to put me over the edge. Before that year I had always gone into debt for Christmas and was just paying it off when it came time for the kids school clothes and supplies.

At first I was pulled into the madness every year but gradually began to cut back on who I bought for and how I celebrated. Then I met husband number three and as I've said before he was truly my soul-mate. He felt the same about Christmas as I did!!

My three younger children were the only ones still living at home when he and I met, and I am sure they suffered equally as much as they had when they were little, with the celebration getting less and less each year. I had more money but less spirit for the expenses and the time consuming shopping, cooking, hiding, decorating, etc. Now don't get me wrong; I love to see people who love to do that sort of thing go all out and enjoy the whole enchilada, but I am content to not join in.

What is most interesting is that two of my children go all out, one goes along with it and the one who lives with me is more like me. We love the dinner and her tree is small and not real (also pine trees make me sneeze) but we don't exchange gifts, send cards or decorate the house.

The one thing that is missing though is that my real humbug partner is gone and he wouldn't even have the small, not real tree. So when people say Christmas lost it's meaning when their partner passed I can now truly agree. No longer do I have him standing beside me saying, "Bah-humbug" in unison and laughing with me when others walk away in disgust at our lack of spirit of the season.

I hope your Christmas is merry and you are able to enjoy every moment to the fullest extent while I sit here in my peaceful undecorated home and enjoy having not spent more than my budget allows and not feeling sorry for myself, except for missing my favorite husband saying, "Bah-humbug"

## **Crest Phone Numbers**

### **Emergencies-- 911**

<b>CCA</b>	<b>Debbie Goettsch</b>	<b>447-7471</b>
<b>CCC</b>	<b>Linda Chase</b>	<b>328-0900</b>
<b>Community Church</b>	<b>Anna Johnston</b>	<b>442-3736</b>
<b>Cornerstone Church</b>	<b>Pastor Dennis</b>	<b>579-5633</b>
<b>Crest Black Board</b>	<b>Resource Center</b>	<b>328-0900</b>
<b>Crest Foods</b>	<b>Tony</b>	<b>444-8132</b>
<b>Crest Historical Society</b>	<b>Dorothy Miller</b>	<b>444-0968</b>
<b>Crest Library</b>	<b>Betty Lucas</b>	<b>442-7083</b>
<b>E-Crest- rians</b>	<b>Kandhy Franklin Collins</b>	<b>444-4996</b>
<b>East County Fire Dept</b>	<b>Chief Jobes (Business)</b>	<b>579-6034</b>
<b>Lenardo Pizzeria</b>	<b>Sam</b>	<b>444-1389</b>
<b>Rainbow Farms Market</b>	<b>Mark</b>	<b>444-7504</b>
<b>Rural bus</b>		<b>478-5875</b>
<b>Sheriff dispatch</b>	<b>(Business)</b>	<b>858-565- 5200</b>
<b>St Louise</b>	<b>Father Irwin</b>	<b>444-3076</b>

**Church  
Sub -  
Regional  
Planning**

**Tim  
McMaster**

**440-5270**