



Dedicated to a continuing rural atmosphere

## From The Field

By Eric Anderson

The Town Council has been very busy working through a strategic plan. We plan to continue the process and hopefully complete the planning in September. There will be no September Town Council meeting. Please feel free to give us any thoughts you have about the Town Council and what you think we should be doing.

On Aug 25 the Planning Commission will be hearing the Bridges by Lennar #6 and #7. The environmental community has been working hard on this project due to the quality of the gnatcatcher habitat. We will need a good turn out at the Board of Supervisors meeting so watch for the upcoming Elf Alert.

The New Urban West Environmental Impact Report has been released and we only have a few days to develop our comments. Copies are available on line or give me a call as the town council has some CD copies available as well.

The Elfin Forest / Harmony Grove Fire Department went all out to train the first Community Emergency Response Team (CERT). This included 30 hours of training to prepare local community neighbors what to do in the event of a disaster. The final day was a simulated disaster complete with several "victims" from the community. I hope many of you will consider joining the CERT team next time the training is offered. I found it to be very worthwhile.

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# No Town Council Meeting in September

## From the Field (continued)

There will be a presentation on CERT at the October town council meeting. Sadly, shortly after graduation Ken Hoppenrath passed away. I enjoyed getting to know him during CERT training, especially after working with Mid Hoppenrath on the town council the last few years.

Keep in mind that October will be the ten-year anniversary of the Harmony Grove Fire and the fire department is coordinating a whole week of activities!

## Emergency Preparedness Fair By Mickey Cross

Is your family ready for an emergency? Get the latest information from a variety of displays, community agencies and experts staffing an Emergency Preparedness Fair on Saturday, October 14 from 10 AM to 3 PM at the Cardiff Meeting House of the Church of Jesus Christ of Latter-day Saints, 1444 Lake Drive, Cardiff 92007 (between Santa Fe Drive and Birmingham Avenue).

Attending the Fair will be representatives from the San Diego County Office of Emergency Services, San Diego County Animal Control, Olivenhain Water District, Encinitas CERT and Fire Department, Mercury Amateur Radio Association, Master Gardeners, the Red Cross Bloodmobile, the Consumer Education & Outreach Bureau of the California Department of Insurance and more. If you have any questions, call Mickey Cross at 760-744-2034.

## Past *chaparral* Issues On Web

Past issues of the *chaparral* are now posted at [www.efhgtc.org](http://www.efhgtc.org) in downloadable PDF format.

## Calendar For September

Date	Time	Event
Tues 9/5, 9/19	7 PM	Fire Training@Firehouse
Wed 9/13	7 PM	Fire Auxiliary@Mary Garman's House
Mon 9/11	7 PM	Fire Board@Firehouse
Sat 9/23	8 AM	Fire Training@Firehouse
Sat 9/2, 9/16	10 AM	Bookmobile@Firehouse

## Fire Department Board Election

By Nona Barker

The EF/HG Fire Department Inc. Board of Directors is requesting nominations for one upcoming vacancy on the Fire Board. In order to create a degree of geographic diversity, citizens living in the Harmony Grove area of CSA 107 are encourage to nominate themselves or others living in area. The Board is asking interested citizens to submit communication of interest no later than 5:00 PM on September 11, 2006. Nominations may be emailed, phoned or addressed to:

Elfin Forest / Harmony Grove Fire Department Inc.  
Board of Directors  
C/o Secretary Rob Hill  
20223 Elfin Forest Road  
Elfin Forest, CA 92029

- Directors attend an average of one regular meeting per month and represent the citizens of the service area at-large.
- Directors may attend a variety of meetings in San Diego County, concerning the Fire Department and CSA 107.
- Active directors are vital to the success of the fire department.
- There is no compensation for this position.
- To learn more about what the Board does, we encourage you to attend the upcoming meetings. Board meetings are public meetings.
- Board meetings are held on the 2<sup>nd</sup> Monday of each month @ 7:00 PM at the fire station in Elfin Forest.
- Election and annual membership meetings are now held in October.

Questions concerning the roles and responsibilities of the director position can be answered by phone or email. The Board of Directors appreciates your interest in this position and looks forward to your active participation.

Nona T Barker	<a href="mailto:ecllamas@aol.com">ecllamas@aol.com</a>	760-471-5559
Frank Twohy	<a href="mailto:ftwohy@tns.net">ftwohy@tns.net</a>	619-851-2801
Bob Kephart	<a href="mailto:bkephart@ricochet.com">bkephart@ricochet.com</a>	760-471-0689
Rob Hill	<a href="mailto:wrhmarketing@aol.com">wrhmarketing@aol.com</a>	760-744-0505
Byron Macfarlane	<a href="mailto:byronbobbie@aol.com">byronbobbie@aol.com</a>	760-744-1235
Donn Grace	<a href="mailto:odonn-grace@cwix.com">odonn-grace@cwix.com</a>	760-744-5541
Mike Holmes	<a href="mailto:holmesmandj@aol.com">holmesmandj@aol.com</a>	760-591-9010
Robert McGurk	<a href="mailto:mcgurk@bytebloc.com">mcgurk@bytebloc.com</a>	760-471-0831

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## **CERTifiable**

**By Patti Newton**

Elfin Forest residents have always had a reputation for being a bit off center but it's even worse than we thought! Our reputation for being CERTifiable has spread to Harmony Grove and (gasp) into Eden Valley too! I have evidence, read on...

On August 12, at the EF/HG Fire Department, twelve of your friends and neighbors completed an exhaustive course of instruction to become certified Community Emergency Response Team (CERT) members. They were Bill and Marilyn Masuen (EV), Jim McKim (HG), Ken Hoppenrath (HG), Carolee Ferguson (EF), Wes Ames (EF), Eric Anderson (EF), Cindi and David Jones (EF), John and Stephanie Migliore (EF), and Patti Newton (EF). Notice most of the CERTifiable ones are still the Elfin Forestians, but that's changing!

The group spent a minimum of 30 hours in training and learned about disaster preparedness and psychology, disaster medical, fire safety, light search and rescue, and about the special considerations of the area in which we live, known as a wild land/urban interface. CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. They also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

Having a trained CERT looking out for our communities in the event of a catastrophe is a great asset, especially given our vulnerabilities to the very real potential for wildfire, earthquake, or other disaster. Think: how prepared are you, your family, and your pets should you be cut off from utilities, roads, medical care, and communications? Kinda scary, huh?

I know I speak for all the new CERT members when I say our (hard) hats are off to Nona Barker, Byron Macfarlane, Mike Martinez, Frank Twohy, Michelle Roberts, Bill Osborn, Denny Neville, Tim Costanzo, and Bob Kephart. We'd especially like to acknowledge Dawn Pettijohn's tireless efforts in attending numerous county meetings, writing grant proposals to fund our training, taking action photos, and for taking the instructors' course (although unavoidable personal obligations prevented her from

assisting in that capacity). Many others worked hard behind the scenes to bring this important course to our community and afford each one of us the opportunity to be independent and capable in the face of disaster.

So if someone refers to me as CERTifiable (as long as they don't use the word nut-job in the same sentence), I will thank them for the compliment and suggest they consider becoming CERTifiable themselves!

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## **Community**

**By Kathy DaSilva**

Webster's defines "community" as a "body of people or animals living in the same place under the same conditions". I beg to differ.

The ambulance that responded to Mid Hoppenrath's 911 call on Sunday, August 13, 2006 brought with it more than EMTs and paramedics. At the bottom of her driveway were more volunteer firefighters from CSA 107, some in private vehicles, all concerned about Ken and Mid, all ready to help and support however they could.

Unfortunately, the prognosis for Ken's recovery was not good and I watched in amazement as the community quietly and miraculously gathered to surround Mid in a gentle cocoon, not close enough to intrude on her privacy, but right on the perimeter ready to do whatever was needed to help her through what must be a living nightmare.

The sad news was conveyed by phone tree, and members of the community began to confer about who would grocery shop for what, and prepare which meal on what day for Mid and her family. People cared for her animals also.

Ken Hoppenrath passed away on Monday August 14, 2006.

We really don't live in the same place nor under the same conditions.....exactly. There should be a word other than community to describe the special, caring people who help each other, and are continuing to help Mid. It is an honor to know all of you.

Thank you for taking care of my friend.

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## **Town Council Website**

The town council's website is continually updated. Check it out at: [efhgtc.org](http://efhgtc.org). Note: the town council is not affiliated with [elfinforest.net](http://elfinforest.net) or [elfinforest.com](http://elfinforest.com).

## Calling 9-1-1

### By Lorelee Olejnik, Community Relations Specialist SDMSE

Do you know what happens when you call 9-1-1? When you call 9-1-1 for a medical emergency, why does a fire engine come? How can you and your family be better prepared for a 9-1-1 emergency?

San Diego Medical Services Enterprise (SDMSE), the 9-1-1 paramedic provider for Elfin Forest, answered these questions and more during a presentation at the EF/HG Town Council meeting on July 5. If you did not have the chance to attend, below find a brief summary of the presentation as well as some tips on how to make 9-1-1 medical emergency calls run more smoothly.

SDMSE is a public-private partnership between the City of San Diego's Fire-Rescue Department and Rural/Metro Ambulance, a national emergency and non-emergency medical transportation company. Since 2001, the County of San Diego has contracted with SDMSE to provide 9-1-1 ambulance service in a territory called County Service Area 17 (CSA 17), which includes Elfin Forest, Del Mar, Solana Beach, Encinitas and Rancho Santa Fe.

SDMSE responds to roughly 5,100 calls and transports about 4,300 patients in CSA 17 per year. In addition to 9-1-1 responses, SDMSE does non-emergency medical transport (for example, transporting patients from hospital to hospital), as well as is the service provider for large events such as Padres and Chargers games, the Del Mar Fairgrounds, Rock and Roll Marathon, etc.

SDMSE also spends more than 400 hours per year running community outreach programs in CSA 17. These include informational presentations to community groups and free blood pressure checks at the Encinitas Senior Center on the first and third Fridays of every month.

On medical emergency calls in EF/HG, both a fire engine and an ambulance are dispatched to the scene. SDMSE's paramedics and emergency medical

technicians (EMTs) work as a team with volunteer fire fighters to help patients. All of the fire fighters on the fire engine are also trained EMTs and can

respond to basic life support (BLS) calls. If the engine is on scene first, when the ambulance arrives, its paramedics take over administering care and transport patients to the most appropriate hospital.

Law enforcement is the first point of contact for all 9-1-1 calls. When you dial 9-1-1 in CSA 17, your call goes to a Sheriff dispatcher. After the Sheriff dispatchers determine that yours is a medical emergency, they will forward your call to the North County Dispatch Joint Powers Authority (JPA), CSA 17's Fire/EMS dispatch center in Rancho Santa Fe. This second dispatcher will ask you a series of questions to determine the type of emergency and the level of resources to send.

It is important to stay on the line with the dispatcher until they say that it is ok to hang up. They may instruct you to perform CPR or render other first aid. Be assured that help is on the way immediately even though the dispatcher may keep you on the line. Also know that multilingual translation is available 24 hours a day.

It is strongly advised to call 9-1-1 from a landline telephone instead of a cell phone if there is one available. The enhanced 9-1-1 system can track the address and phone number of a landline call much easier than a cell phone, which usually will not give the caller's precise location.

Here's how you can make a 9-1-1 medical emergency call run more smoothly:

- Do NOT drive a patient to the fire station yourself. Not only are you a risk to yourself, the patient, and others on the road, but there is no guarantee that the crew will be at the station. Call 9-1-1 from a landline if available.
- Make sure your address is easily visible (well-lit and unobstructed) from the road. If you have a locked gate, make sure emergency responders have a key or code on file, or that it is unlocked.
- If available, it is advisable to send someone outside to wave down emergency responders.
- Lock up any pets or livestock that may interfere with emergency responders or try to escape.
- Keep all medication and medical insurance information in one easily-accessible place.

For more information or to schedule a 9-1-1 emergency informational presentation for your community group call 619-533-4338, visit [www.sdmse.com](http://www.sdmse.com) or email [lolejn@san-diego.gov](mailto:lolejn@san-diego.gov).





# How To Make Your Voice Heard

By Jacqueline Arsivaud-Benjamin

There are many issues that we need to fight as a community, usually – but not always – involving developers. As a small rural community we may not have the financial resources of some of our neighboring communities, nor the name recognition of the bigger cities surrounding us, but we can make it up by being better organized at the grassroots level. Effective communications to the local media can go a long way in leveling the playing field.

This is an excerpt from a website you might find useful should you want to get more in depth information on how to approach the media (<http://www.ccmc.org/oped.htm>). I've also included specific contact information for local publications.

## Op-Eds & Letters to the Editor

Op-ed columns and letters to the editor give you the opportunity to communicate directly to the public, including influential decision-makers, and shape or frame a debate in your own words.

## Op-Ed Quick Tips

An Op-ed is a column or guest essay published in the opinion section of a newspaper (**Opposite the Editorial page**). Most are between 500-750 words, and most outlets will take submissions by fax, e-mail or mail. Op-eds should be timely, lively and present strong arguments. Editors want readers to say, "Wow, did you see that piece today?" They are looking for an unusual or provocative opinion on a current issue, a call-to-arms on a neglected topic, bite and wit, or an expert take on an issue by a well-known name. Op-Ed page editors are not looking for promotional materials, event announcements or generic ideas.

**Determine your goal and audience.** It could be starting a grassroots campaign, passing legislation, increasing funding, or educating the public on a crucial issue. Who could best help you in your goal? The general public? Teens? Seniors? Teachers? Nurses? Elected officials? Then, determine which news outlet can best deliver your op-ed to your targeted audience. Maybe it's a local weekly paper or a professional journal, a state newspaper or a competitive national paper like *USA Today* or *The New York Times*.

**Figure out what you want to say and who can say it.** Be able to summarize your point in a single, clear sentence. "By ratifying CEDAW, the U.S. can

become a full partner in the effort to secure basic human rights of women and girls everywhere." Find a well-known person – your group's president, a political leader, an expert or clergy member – that can sign the column's byline.

**Make your points compelling.** The first sentence should grab the reader's attention, and everything that follows should keep it. Illustrate your case with vivid examples and memorable facts. Defend it with a few strong arguments. Be short and specific. Use a lively, active voice. Give readers the minimum background they need to understand your case. Don't bog them down with jargon or too many statistics. Mention your opponents' claims and dismantle them with common sense, past history, contradicting facts, moral outrage – whatever is needed.

**Make it timely.** Link your op-ed to a holiday or anniversary, a newly-released report, or any relevant upcoming event.

**Make it short.** Aim for a first draft of about 1,000 words. Go over what you've written. Eliminate unnecessary words, repetitious or stray ideas. Trim words, not ideas. Give the op-ed to a colleague and ask for suggestions and comments. Include those that make sense and edit it down to 750 words. Restate your key argument at the end.

**Submit the piece.** Email and/or fax are the cheapest and fastest methods. Include a short cover letter with your name and title, affiliation, address, email, and day and evening phone numbers.

**Follow up and wait.** Once it's been sent, don't call the newspaper or magazine repeatedly. If they're going to publish your piece, they'll call you. Be ready to make updates and revisions just before publication, especially if several weeks have passed since you submitted it.

**Don't be discouraged.** If your op-ed is rejected, don't be discouraged. Newspapers and magazines receive a huge volume of submissions, all competing for space on the page. Send your op-ed to another news outlet. Keep writing and submitting pieces. Often, it is just a matter of your op-ed being at the right place at the right time.

**Leverage your success.** If your piece does get published, send copies to funders, board members, reporters, elected officials, colleagues and other allies. An op-ed can serve as a springboard to talk-show appearances, panel discussions and a host of other opportunities.

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## *(How To Make Your Voice Heard – continued)*

### **Letters to the Editor Quick Tips**

Letters to the editor allow you to offer a short rebuttal to an article or commentary, or add a crucial missing perspective. Most letters should be 150-250 words.

**Keep it short.** Respond quickly to the article you've read (note the headline and date it ran). Make your points short and specific. It's better that you edit your words than the outlet cut what you consider to be your key point.

**Be factual but not dull.** State important facts that back up your point. Humor helps.

**Pick a messenger.** Find a well-known person to sign the byline. Identify the author's expertise and/or affiliation. Include full contact information and day and evening phone numbers.

**Timing is everything.** Because of the volume of submissions at national newspapers, getting in a letter the same day will increase your chances of getting published. Send it by email in the body of the text, not as an attachment.

**Use alternate forums to respond.** Many media outlets have online reader forums and interactive online discussions with reporters. Some news magazine shows encourage viewers to respond while a show is on air, and then read selected e-mails in real time. These emails should be short, clear and punchy – only a few sentences will be used.

### **Contacts for local media:**

#### **Los Angeles Times**

Op-Eds: 700 word limit. Exclusive use required. Please give the newspaper 10 days to consider the submission. Manuscripts cannot be returned unless accompanied by a self-addressed, stamped envelope. Submit by e-mail at [op-ed@latimes.com](mailto:op-ed@latimes.com) or fax: Nicholas Goldberg, 213-237-7968. Call 213-237-2121 for complete submission information.

Letters: 250 words or less, must include mailing address, phone number, signature. Letters must be written in plain text without attachments. E-mail [letters@latimes.com](mailto:letters@latimes.com). Call 800/LATIMES ext. 74511 for more information.

#### **San Diego Union-Tribune**

Op-Eds: 700 words or less. Submissions should be about something in the news that would be of

interest to area resident, sign if faxed or mailed. Email: [bill.osborne@uniontrib.com](mailto:bill.osborne@uniontrib.com) or [opinion@uniontrib.com](mailto:opinion@uniontrib.com) fax: 619-260-5081 or mail: Opinion Editor, The San Diego Union-Tribune, PO Box 120191, San Diego, CA 92112.

Letters: published according to ratio of letters expressing given side on issues. No more than one letter per author per 120 days. Submit by e-mail: [letters@uniontrib.com](mailto:letters@uniontrib.com) or fax or mail to above contacts (address to Letters Editor).

### **North County Times**

Op-Eds: Erin Walsh, Topics Editor, North County Times, 207 E. Pennsylvania Ave., Escondido, CA 92025, Phone: 760-739-6674, Fax: 760-745-3769, e-mail: [ewalsh@nctimes.com](mailto:ewalsh@nctimes.com)

Letters: Writers must include full first name with full middle name and last name, address and daytime phone number. Letters should be shorter than 200 words.

Fill out the form online at <http://www.nctimes.com/forms/letters/editor.html> or mail letters to North County Times, 207 E. Pennsylvania Ave., Escondido, CA 92025; fax to 760-745-3769; e-mail to [letters@nctimes.com](mailto:letters@nctimes.com); or deliver to any North County Times office. Priority is given to North County writers. For more information, contact Letters Editor Pattie Leipert at 760-740-5471 or via e-mail [letters@nctimes.com](mailto:letters@nctimes.com).

### **Rancho Santa Fe Review**

No guidelines published. Send either to Rancho Santa Fe Review, P.O. Box 9077 - 16236 San Dieguito Rd, Suite 5-25, Rancho Santa Fe, California 92067. Phone: 858-756-1403, or 858-756-1451 (Editorial) Fax: 858-756-9912

[letters@sdranchcoastnews.com](mailto:letters@sdranchcoastnews.com) (Specify you are writing for the RSF Review)

### **Elf Alerts**

Elf alerts are periodic email messages regarding important local events and supplement the newsletter. To subscribe, contact Rachel Barnes at [rbarnesCPA@aol.com](mailto:rbarnesCPA@aol.com). Your email info may be shared with the fire department but no one else. Have you changed your email address? Tell Rachel.

## Have You Forgotten?

By Patricia Mack Newton

My friend's heart beat so loudly he swore he could hear it above the pandemonium in the stairway, even above his own gasping for breath as he descended 25 flights. Finally out in the street, he looked up to see the second plane hit the building he'd just exited. In that seemingly interminable instant he smelled the jet fuel, saw people falling to their deaths, and was knocked to the pavement and trampled. He grabbed onto someone to pull himself up and fell again as torn ligaments in his ankle failed him. I think about him when I hear people ask, "Have you forgotten?"

Scheduled to fly out of Hartford that day, I heard the news while driving to the airport. My hands froze on the wheel, blood pulsing in my head because I knew my friend worked at the World Trade Center. He managed to catch the last train out of the city and was driven to his home by a fellow commuter. I took him to the hospital, on stand-by and fully prepared to accept multiple casualties—they saw just the one. I think about him when I hear people ask, "Have you forgotten?"

A couple of days later we picked up his car from the train station near his home. Hauntingly, many of the other cars sat untouched, each covered with a thin film of ash. My blood ran cold as I placed my hand on the pallid door. Shaken, I studied my soiled fingers; building material? My God, could this be human flesh? We both paused, said nothing as we locked eyes, and then drove home in heavy silence. I think about him when I hear people ask, "Have you forgotten?"

The seemingly innocuous flickering lights in the restaurant where we dined instantly returned him to that stairway; he snapped at the waitress and then began to weep softly, inconsolably. I could do nothing but silently acknowledge his pain and the deaths of his friends, colleagues, and perhaps most pitifully, himself. A longtime private pilot, he stopped flying because the smell of jet fuel triggered post-traumatic stress. Taking elevators up more than a couple floors filled him with panic and dread. He relied on medication to calm the incessant visceral terror. I think about him when I hear people ask, "Have you forgotten?"

Unbearably unable to forget, tortured by the sights, the sounds, the smells, the death, the enduring pain

borne of that day, my friend swallowed handful after handful of pills intended to give him peace of mind. Instead, they worked to inflict pain on his hapless body which remained inextricably linked to his angst-ridden mind. His body finally became in sync with his mind, where the sights, the sounds, the smells, and even the death grew dim and finally, quiet. I think about him when I hear people ask, "Have you forgotten?"

## Gardening Workshops

By Teresa L. Chase, OMWD Education and Conservation Coordinator

The Olivenhain Municipal Water, Santa Fe Irrigation and San Dieguito Water districts are holding free gardening workshops for residents in the three agencies' service areas. Beginning September 6, 2006 a workshop will be held every Wednesday in September from 9:00 AM to 12:30 PM at the Rancho Santa Fe (RSF) Garden Club. The free workshops include:

**Landscape Design** provides a general overview of how a landscape architect approaches a design for a homeowner. Themes include: "Landscape As Part of Your Living Space," "How to Develop a Landscape Plan," and "Plant Selection." Participants will learn to organize their thoughts and resources to develop a landscape plan that works best for them. Landscape plans and photos will be shown. **Wednesday, September 6, 2006.**

**California Friendly Ornamental Plants** covers 25 common & useful plants that grow well in San Diego. California friendly plants are beautiful, water saving & many are fire resistant. Brochures will be available that include photos, descriptions & useful information. **Wednesday, September 13, 2006.**

**Home Sprinkler Systems** looks at major design and maintenance principles of both overhead sprinklers and drip irrigation. Discover the right system for your home. **Wednesday, September 20, 2006.**

**Watering & Fertilizing** covers topics such as: "How Long Should I Run My Sprinklers," "How Does Soil Affect Plant Growth and Watering," "Irrigation Control Clock Programming," and "Fertilizers." **Wednesday, September 27, 2006.**

The RSF Garden Club is located at 17025 Avenida de Acacias in Rancho Santa Fe. To reserve your seat, call Teresa Chase at 760-632-4641.

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## What's Happening At The Fire Department – September 2006

By Captain Dawn Pettijohn

Off and running with our training by Deputy Chief Heiser, we've completed our first of a series of classes on the Incident Command System and Wildland Fire Behavior. This type of training in utilizing the chain of command and our understanding of fire behavior in the wildland environment is absolutely critical to Firefighter safety, and we are grateful to have this opportunity to learn and participate. Chief Twohy has high expectations of us, and we are constantly working hard to advance in our skills and knowledge.

For over a year the Health and Fitness Committee, led by Mike Sampson, has worked diligently to develop a Health and Fitness Program. Starting from the ground up, the committee has done extensive research and grant writing to move us in the direction of physical training. This month launched work capacity testing used to qualify wildland firefighters in light, moderate and arduous fitness classifications. Hats off to committee members who worked hard to make us better prepared for the physical demands of the job.



Saturday August 12 marked the final exercise and graduation of our first Community Emergency Response Team. Twelve residents completed 30 hours of training and are ready to continue with the formation of their team and ongoing training to effectively operate in a disaster. Wesley Ames, Eric Anderson, Carolee Ferguson, Ken Hoppenrath, David and Cindy Jones, Marilyn and Bill Masuen, Jim McKim, Stephanie and John Miglore, and Patti Newton are now ready to be sworn in as disaster workers.

We thank you all for your dedication and patience in this kick off class and helping us to develop ways to improve the training. And many thanks to Michelle Roberts for her outstanding work as Program Director, and instructors Nona Barker, Tim Costanzo, Bob Kephart, Byron Macfarlane, Mike Martinez, Deputy Chief Neville, Bill Osborn, Michelle Roberts and Chief Twohy. The time and effort put into these classes is commendable. For anyone who was unable to attend the first class, we will be running another one a little later in the year. This is great stuff, and you will be able to use what

you learn in many ways. If you are interested, please contact Michelle and she would be delighted to work with you on the next schedule as soon as it becomes available.

And sadly, only a day after the CERT graduation, we were called to the aid of Ken Hoppenrath. So unselfishly poised to help others, Ken was himself suddenly stricken. We extend our sincere condolences to his beloved wife Mid and family, offering our support in the same way he would have offered to us. A quiet, calm and self assured man, Ken was helping to organize CERT in the east end of the district. He will always be remembered for his tireless desire to give of himself in time of need.

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## A Garden Miracle

By Evelyn Alemanni

Tim Costanzo recently treated me to a tour of his remarkable garden. He is the King of Compost. He shared a secret with me – worm tea! He sprays it on foliage and waters with it with amazing results. I gave it a try, and within two weeks, had hundreds of roses blooming despite the heat. So here's how to brew worm tea. Get a five gallon bucket, put a pound or two of worm castings in it (get them at Grangettos or Sunshine Gardens), fill with water, and add a tablespoon of molasses. Put an aquarium bubbler in it to aerate the mix, and let it go for 24 hours. Then strain it and dilute: four parts water to one part worm tea for irrigation, or 20 parts water to one part worm tea for foliar spray. Then stand back and watch your plants thank you with lots of vigorous new growth. Thanks, Tim!

### Garden fun for September

It's still going to be hot, so stay vigilant re fire safety in your landscape. Keep irrigating, and keep the vegetation pruned to eliminate those nasty fire ladders. On a happier note, September is the time to plant sweet pea seeds for blooms by Christmas. To prepare the beds, excavate about 6 to 12 inches deep and fill the trench with composted manure. Backfill, water, and let it rest for a week or so. Then plant the sweetpea seeds about ½ inch deep, and cover then with netting to prevent birds from eating the tasty seedlings. Provide a fence or trellis for the sweet peas to grow on. Feed occasionally with fish emulsion (or worm tea!)

September is also a good month to plant freesias. Wait until October to plant ranunculus and Dutch iris.



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## News From Questhaven Retreat



Sunday worship is at 10:45 AM.  
All are welcome.  
20560 Questhaven Road.  
760-744-1500  
[www.questhaven.org](http://www.questhaven.org).

**Study groups** meet on weeknights. Please call the office for times and locations.

**Weekly Meditation** - Wednesday at 7:30 PM.

- Sep 3 Our Beginning in God  
*Rev. Phyllis Isaac*
- Sep 10 Balancing Our Consciousness  
*Rev. Blake Isaac*
- Sep 17 Living With Spiritual Consciousness  
*Rev. Elizabeth Wood*
- Sep 24 Composers from the Angel Kingdom-  
Their Lives and Music - *Rev. Susan S. Cary*
- Sep 29 Michaelmas Retreat - Honoring the Legions  
of Light - *Rev. Jonathan Wiltshire*

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## HG Spiritualist Church Services

The Harmony Grove Spiritualist Church services are:

Saturday: Healing 1 PM – 2 PM  
Church Service 2 PM – 3 PM

Sunday: Healing 10 AM – 11 AM  
Church Service 11 AM – Noon

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## Sheriff's Department Contacts

In an emergency, please call 911. For non-emergency reporting, contact the following:

General - 760-510-5200

Jackie Cruz – Agriculture crime prevention  
specialist 760-940-4350

Betty (B.J.) Williams – Crime Prevention  
Specialist/Neighborhood Watch 760-510-5254

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## chaparral By Email

If you're not already receiving a full color, PDF format copy of the *chaparral* by email send an email to [alemanni@allea.com](mailto:alemanni@allea.com) to be added to the list. The PDF version is free to regular "hardcopy" subscribers and only \$10.00/year for the PDF version only.

**September 2006**

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## Microchip Your Pet

**By Mickey Cross**

John Carlson, Regional Director of the County of San Diego Department of Animal Services, makes the following announcement to pet owners:

"The County Department of Animal Services is offering microchips for your dog, cat, or rabbit every Thursday from 1 pm to 3 pm. The cost is \$20 and includes national registration. Just bring your pet to the County Animal Shelter at 2481 Palomar Airport Road in Carlsbad. We ask that dogs be on leash and cats or rabbits be in a carrier. You may also obtain your county dog license at the same time. For those whose animal is unaltered, please ask about our \$50 coupon (DAS jurisdiction only). For further information call 760-438-2312 or visit [www.sddac.com](http://www.sddac.com)."

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## OMWD Removes Weeds

**By Kimberly Thorner, OMWD Asst. GM**

The Olivenhain Municipal Water District (OMWD) was recognized July 21, 2006 by the Carlsbad Watershed Network Invasive Plant Removal Project (Network) for being a Weed Warrior of the Carlsbad Watershed. The OMWD Parks Department has an ongoing invasive species removal project utilizing Park Ranger staff and outside services. This project includes the entire 750-acre Elfin Forest Recreational Reserve and along miles of pipeline easements. The 750-acre open space park and recreational area was developed by OMWD in partnership with the San Diego County Water Authority and the U.S. Department of the Interior-Bureau of Land Management, as an element of the Olivenhain Water Storage Project.

The Parks Department removed 13 acres of invasive plants such as arundo donax cane, artichoke thistle, and black mustard along the Escondido Creek. Commencing in 1997, this removal and revegetation project took about four years to complete utilizing District and California Conservation Corps crews as well as community members. The District just completed 5 years of monitoring and maintaining the area. The Network assisted the District with maintenance and the District provided the Network access to other project sites.

# The ESCONDIDO CREEK Conservancy

Saturday, September 16th  
6 pm

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Purchase admission:

1) credit card at [www.escondidocreek.org](http://www.escondidocreek.org)

2) mail check to:

The Escondido Creek Conservancy  
PO Box 460791, Escondido, CA 92046

3) pay at the gate (seating limited)

Info: 760.471.9354 ~ [information@escondidocreek.org](mailto:information@escondidocreek.org)

\$25 of ticket price benefits The Escondido Creek Conservancy, a 501(c)(3) nonprofit, public benefit corporation dedicated to the preservation and protection of the natural open space within the Escondido Creek watershed.

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[www.efhgtc.org](http://www.efhgtc.org) (town council website)

[www.elfinforestgardens.info](http://www.elfinforestgardens.info)

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[www.elfinforestcommunityfoundation.org](http://www.elfinforestcommunityfoundation.org)

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Ryan Anderson - Baby Sitting/Pet Care. High school sophomore, responsible, with own transportation. 760-471-5850

Amanda Clerke – Experienced Babysitter/Pet Care. Elfin Forest resident, RSF School. YMCA babysitter certification. 13 years old. Please call 760-510-0143.

Emily Dill - Baby Sitting/Pet Sitting, EF Resident, 16 years old. Contact at 760-736-4333.

Jessica MacKinnon - Babysitting/Feed Animals, EF Resident, 15 years old, SFC High School - 10th grade, took babysitting course through Red Cross. Contact at 760-744-8955.

Brooke York - EF Resident, Baby Sitting. Tel: 760-752-7784.

Jared York - EF Resident, RSF School 11<sup>th</sup> grader, Baby sit or feed animals. Tel: 760-752-7784.

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The *chaparral* is published monthly by the Elfin Forest/Harmony Grove Town Council Board (a 501c3 non-profit corporation) and is distributed to residents of the Elfin Forest and Harmony Grove communities and elsewhere for a \$20.00 annual subscription. Check the mailing label for your subscription expiration date. If it has expired please send a check, payable to the Elfin Forest/Harmony Grove Town Council, to 20652 Elfin Forest Road, Elfin Forest, CA 92029. For new subscriptions or address label corrections, contact Evelyn Alemanni at [alemanni@allea.com](mailto:alemanni@allea.com) or 471-7224. To protect you from unwanted junk mail and solicitations, the *chaparral* mailing list is not shared with anyone. **This newsletter is copyrighted. Unauthorized reproduction in any form is strictly prohibited.**

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