

HAPPY NEW YEAR January 2021



The Jamul Shopper & News

www.jamulshopperandnews.com



Dianne Jacob A Community- Leader in the Truest Sense of the Word!

By Janet Mulder

Community Service has always been Dianne's middle name! It all started with her recognition of the importance of Education to our society, when she served as a sixth grade teacher in Spring Valley. This led to her seventeen years as a dynamic member of the Jamul Dulzura Union School District Board, serving as a delegate to the California School Board's Association Delegate Assembly where she was named President, quite an honor for San Diego and especially Jamul! Dianne worked tirelessly in our Jamul community and became quite an expert on land use and CEQA! She has just completed her seventh term (that's 28 years!) as District 2's elected member of the San Diego County Board of Supervisors, where she has been instrumental in making extraordinary changes for the betterment of our community, all of District 2, and throughout San Diego County.

Serving as Supervisor of the largest district in San Diego County has been a challenge that Dianne accepted and achieved an amazing number of accomplishments! From her leadership towards increased wildfire safety, as well as her care and concern for those impacted, to protecting the environment through her leadership on land-use issues, and her continued support for the education of our populace through the creation of many new libraries, especially in the back country, coupled with her belief in the importance of physical activity as demonstrated in the number of ballfields built with her support, have all led to a stronger East County! Add to that her depth of economic sense that gave her the ability to see the importance of investing in communities which not only strengthened our neighborhoods but provided affordable homes and safe roads for our residents and visitors. Dianne worked tirelessly with our East County grape growers to establish boutique winery ordinance in 2010 which has opened up a whole new economic picture from one winery in Ramona to 114 throughout the County today, many in our back country!

In addition to her indelible leadership in education, her continued support of fire and sheriff departments to increase the safety of our communities, her strong stand on environmentally sensitive land use decisions, her concern about the welfare and safety of our most vulnerable residents, her understanding of the importance of a strong economy, and her realization of the necessity for providing affordable housing and strengthening our neighborhoods all lead us to state that "Dianne will be missed!" We wish her the best and look forward to seeing her driving her tractor on her ranch in Deerhorn and always looking for the best way to help people achieve their strongest, most vibrant community possible!

Thank You

Dianne Jacob

By Nadine Bennett

As Dianne Jacob prepares to wrap up twenty eight years of incredible public service on the San Diego County Board of Supervisors, I recall the first time I had the pleasure of meeting her. In the fall of 1972, my old 1957 Volkswagen Beetle ran out of gas in front of the Jacob's beautiful Deerhorn Valley home. I was on my way to my class at Grossmont College and I was running late. Feeling a bit desperate, I walked up Dianne and Paul's driveway. Hoping to use their telephone to make a rescue call to my mom Bev Larson, I was greeted by their two handsome Doberman Pinschers. Smiling, Dianne walked across Paul's famously well groomed lawn to see what all the fuss was about. She welcomed me warmly and she was genuinely glad to assist. After telling her I was on my way to class, Dianne asked me about my education goals and she told me about her years of classroom teaching whilst gathering her gas can and filling my tank. She insisted that I accept all of the fuel so I would not have to stop again and be late. She refused to let me pay her for the gas. I drove away grateful for her generosity, her "pay it forward attitude" and was (and still am) inspired by her genuine kindness and care for others. I knew then that she was not only an abundantly kind human but she was passionate about education and committed to the success of her neighbors.

Dianne's support for public education became front and center again when she ran for a seat on the Jamul Dulzura School Board. After serving on the board for many years, she was then nominated and elected to serve as the state's President of the California School Boards Association. Her work resulted in the development of effective policies to advance the education and well-being of Jamul Dulzura students and million's of the state's school-age children. While serving as California School Boards Association President, she was an essential voice for public education. Her leadership continues to inspire school board members to be knowledgeable leaders, extraordinary governance practitioners and ardent advocates for all students. Dianne's work as an education advocate left an indelible mark on the Jamul Dulzura School District. Her belief in high standards and "getting more bang for the buck" led to impactful district-wide improvements. In time, all Jamul-Dulzura Schools received California's highest honors including the California Distinguished School Award and Oak Grove Middle School received the National Blue Ribbon Award multiple times. These achievements are a rare accomplishment for any school district.

Dianne Cont. Pg 2

Community News

Dianne Cont. from Pg 1

Following her lead and commitment to the safety of our community, every Deerhorn Valley resident who could, raised their hand to be trained to serve as a volunteer firefighter. Finally, the DVFA raised enough funds to purchase a used fire truck for DV's exclusive use. Dianne and Paul sacrificed the use of their own steel barn for the fire truck. Years later, the Jacobs generously donated a large portion of their beautiful property for a permanent fire station. Dianne wasn't done, she was determined not to stop fighting until a regional fire response system was created to protect the backcountry.

She was elected to the County Board of Supervisors in 1992 and has served for 28 years. Dianne has spent much of her twenty eight years continuously working to ensure there were resources available for fire protection in San Diego's unincorporated communities. Because she never gave up, San Diego has an immense multi-funded regional, coordinated fire system for the backcountry. Rural communities in San Diego County now have fully staffed fire houses in each community with professional state of the art equipment and highly skilled fire fighters on site 24 hours a day, 7 days a week.

Her advocacy for youth as County Supervisor and also as the Chair of the San Diego Board of Supervisors has been both remarkable and invaluable. Dianne also made it her mission to provide county funding to ensure youth athletics would thrive in District 2. Without her leadership, countless youth and community recreation projects would not exist.

Without her advocacy and coordination with our local planning group, Jamul would not have its marvelous youth sports fields. One of the first projects Dianne supported in Jamul was a collaboration with JDUSD to provide a fitness circuit for students and the community. These collaborative projects ensured Jamul Little League and Jamul Soccer have extraordinary places to play and a place for the community to exercise and enjoy. Besides its sports fields, our recreational areas were enhanced with sidewalks, irrigated landscaping, handicapped parking access, gates, fencing, back stops, dug outs ;restrooms and a snack bar.. In 2015, Oak Grove Middle School (OGMS) received approval for a beautiful running track. Students and the community of Jamul will benefit from Dianne's unifying vision, heart, leadership and dedication for generations to come.

It is not surprising this extraordinary woman has held an elective position longer than anyone in San Diego Government history. Dianne, we cannot possibly thank you enough for your phenomenally inspiring leadership and unparalleled public service. Your incredible devotion to your community is appreciated more than you may ever know. Jamul would not be the same without you. You are so loved and appreciated by this community. Congratulations to you Dianne!



Welcome Home

Calendar

Editor's Note: The Jamul Shopper and News also wishes to thank Dianne Jacob for her very informative monthly column in the Jamul Shopper.

2nd and 4th Tuesday 7:30 at OGMS
Jamul/Dulzura Community Planning Group.
Check their website for meeting dates
because of the lockdown.

Kiwanis meetings on hold.

January 15 Shopper Deadline
Call Tammy 619 669-1109

3rd Tuesday - Jamul Dulzura School Board
meets 6:30 JIS Library

Classified

Land for lease in Dulzura -
For more information call
619-578-4874 Gonzalo

Book Mobile

On the first Thursday of the month:

10:30 am - 11:30 am
Barrett Lake Trailer Park
12:00 Noon - 1:15 pm
Dulzura Community Center
2:30 pm - 5:30 pm
Jamul Community General Store

On the third Thursday of the month:

9:45 am - 11:30 am
Deerhorn Valley Fire Station
12:00 Noon - 1:30 pm
Dulzura Cafe
2:30 pm - 5:30 pm
Jamul Community General Store

*Excluding Holidays, Info: call 660-6329



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Views expressed by contributors to this
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of the Jamul Shopper and News.

Community News



DEERHORN VALLEY ANTLER

—Kim Hamilton

Welcome 2021

And a not-so-sad farewell to 2020

New Year is heading up the trail, and I'd guess many of us are more than very happy to put 2020 behind us. COVID vaccines are in the pipeline, and in the not-too-distant-future we should see an end to this pandemic and quarantine.

These many months of lockdown have made me really appreciate what we have here in Deerhorn Valley. I can walk outside, bask in the sun, climb the boulders, and say hello to our Grandmother Trees every day. I often think how much more difficult it would be to weather these times in a city apartment—or even a tract home with just a small yard.

HOLIDAY LIGHTS AND COUNTRY NEIGHBORS— I once thought moving to Deerhorn Valley would present challenges for making and keeping friends. With homes so far apart, how would we ever get to know our neighbors?

But Deerhorn has its own way of welcoming newcomers. In the 1970's and 1980's Hazel McKinley wrote a bimonthly "Deerhorn" column in the Backcountry Trader. When Rob and I arrived in 1984 we were amazed to see our names and a brief entry welcoming "The Deasons" as new residents. When the BCT stopped publishing, the DVCA began a regular newsletter, *The Antler*. Rob Deason edited it, spending hours on the phone touching base with Deerhorn folk and writing tales of the Seniors' Club, the Volunteer FD, the Ladies Auxiliary, and later the new Community Association that formed to raise funds for a Fire Station.

The Antler continued under Dot Adams until the 2007 Harris Fire. For most of that following year, DV'ers were apart—many without homes or country mailboxes. We shared news at the Fire Station/Recovery Center, and a new website was created for those with computers. Times may have changed, but we're still a community that stays connected.

HOLIDAY LIGHTS, COUNTRY STYLE — Don't you just marvel at the holiday decorations that appear this time of year? I've headed down many a dirt road to a home at the end of the trail and found lights and holiday joy. Seems that out here there's no urge to be the biggest and the brightest—or have a big audience.

There's something so special about that kind of neighborliness. ELENA LANE already has four homes brightly decorated, thanks to the Chavez's, the Reed's, the McKinley's, and the Foster's. (Kim, get your lights up!) It's a treat that feels like good, neighborly "HOW-DEE!" There's something special about people who trim their houses with lights and love for all of us to enjoy.

HISTORICAL DEERHORN & JAMUL— Last summer, Steve Schoenherr, an historian from South Bay Historical Society, expanded on his research in Jamul/Dulzura, and published two Bulletins for the Society. These are worth the time to download and print out (link directions below). Many (but not all) of our local landmarks and history are documented here—the articles are full of photos and interviews—and mentions of neighbors and places: Bennett, Walker, Bradburn, Elena (as in Mountain and Lane), Barber, Jacob, Harvey, Roberts, Upper Dip, Honey Springs, and the list goes on. If you're a Deerhorn or Jamul Resident, this is for you. Find it here: SOHOSANDIEGO.ORG Enter "Deerhorn Valley" in the search box. That will take you to two links for the **SOUTH BAY HISTORICAL BULLETIN: Volumes 23 and 24**. Enjoy.

LET'S SUPPORT LOCAL RESTAURANTS

Our local restaurants have suffered so much. Like most small businesses, they've had to cope with a revolving door of on-again, off-again rules & regulations. Most are practicing COVID safety measures and are open for Take Out only. Give them a call to check and make orders—and check the YELP! Reviews Online. ¡Buen Provecho! We've got great eats right down the hill.

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I am sure we can all agree that the year 2020 was a year filled with many uncertainties. I am Tina Kaufman, now 55 years old, and entering my 6th year as a Personal Trainer. Never did I imagine that I would be a part of changing lives. And last year probably being one of the most special. I have faced many of my own challenges through the years, and I am the perfect example that anything is possible. This year when most of us were thrown setbacks including our workouts and health, I discovered how important it was to not let anything get in our way. I began doing online training. I never imagined I would be doing online training to help others fight the 2020 blues. Clients all the way from Hawaii, Arizona, San Diego began this new healthy way. 2020 did NOT interfere with my passion to help others. I now share with you two very special clients, Pam and Valerie who are sharing their amazing stories. My love and prayers to all of you for a very happy and healthy 2021. Love Tina

Valerie's Story

I have so many good things to say about Tina Topacio Kaufman, the minute you meet Tina you feel as though you've known her your whole life. Her zest for life and passion for fitness are infectious. I met Tina in a "women's" group about 3 years ago but hadn't had the pleasure of really getting to know her. By chance I was traveling in Italy as saw that she and her husband were in the same town as me. What are the odds of that happening? It was fate! We ended up meeting for dinner and spending a few hours together visiting. It was one of the highlights of my trip.

Fast forward to January 2020. I gained about 20 lbs. from 2018 to January 2020 and was just depressed that I couldn't fit into my clothes and just felt FAT! We've probably all felt that way. I've never been into working out like so many other people I know but I thought how cool it would be if somehow I could be trained by Tina. She's such a positive, happy, motivating, genuine, sweet person how could it not be a win win.



Our proximity to one another was not conducive for me to go to her gym but I thought possibly she would consider training virtually. By the way, this was right after Covid19 2020 hit so in addition to being depressed over my body, we now had a deadly pandemic to deal with, and isolation. I thought to myself this is the perfect time to make changes, so I reached out to Tina again. It just so happens that she had done this before and was thinking about starting up again. I felt like I hit the jackpot,

wait, I did hit the jackpot! Tina and I started working out twice a week in March and I love our two hours a week together. It is a little harder because I don't have all the weights but somehow, she makes it work.

I just want to say, Thank You Tina for your kindness, motivation and most of all, Friendship. Wishing you and your family a very Happy and Safe holiday season. Love, your friend for life, Valerie



PAMS STORY: 2020. For most of us, those numbers come with a multitude of feelings, most of which are not pleasant. My 2020 had a little icing on the cake, or maybe better said, "a little salt in the wound". In September of 2019, as I was applying my after shower lotion, I felt a grape sized lump in my right breast that I hadn't noticed before. I called my doctor the next day and asked if I was ok to wait the 2 months until my scheduled mammogram. His reply: "no, I'd like to see you right away". Within a week I was told I had breast cancer,

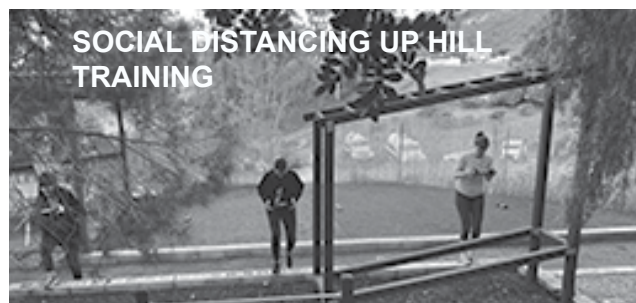
was assigned my professional "team" and the rollercoaster ride began. I'm fortunate to be a Scripps MD Anderson patient as their cancer center is unmatched.

But there was another "team" who has been just as important, for reasons both mental and physical. This team consists of friends and family, without whom, this journey would have been much tougher and I'm so very grateful for each and every one of them. One member of this team is Tina. I have known Tina for 27 years, we met as neighbors and quickly became friends as our children were the same age, they attended the same preschool and we had a wonderful group of parents from that school with whom we socialized. As life would have it, we lost touch through the years and aside from the occasional "hello" or passing at Target, didn't see each other much.

As soon as Tina heard the news about my diagnosis, she reached out. She took me to lunch; brought me a beautiful gift basket filled with goodies (in a Hawaiian bucket of course!), offered to give me rides to appointments and wanted to get me healthy and strong. I haven't exercised since high school and being on the naturally thin side, avoided it like the plague (knowing full well that thin and tone are not the same thing!) She kept on me, but we needed to wait for me to heal from my mastectomy as well as get permission from my surgeon.

Well, we finally got the OK and dove right in in September. I was really nervous as I didn't want to do any damage but she designed a plan that was perfect for me. We took it slow and if I felt any discomfort, we made immediate changes. She was so patient with me and my lack of knowledge on how to use these pieces of equipment. Between her diet plan (geared towards developing muscle by eating protein and the proper foods as well as telling me what to avoid) and the 2 days a week work out plan, I started to notice a change. Simple things like getting out of the bath and walking back from my mailbox had become difficult and I was thrilled to be able to do them again without feeling like I was 95 years old! I would look in the mirror in her studio and see definition in my arms and legs, I couldn't believe it! I am so thankful to her for helping me to feel a way that I never thought possible. I couldn't have done it without her and will forever be indebted.

I leave you with this: I highly recommend Tina and her plan, you can do it! I've seen all ages coming and going, she will create a plan that suits you. Secondly, ladies, do not rely on your mammogram. Keep checking your girls or have that special someone do it for you!



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Dianne's Desk
News & Notes from
County Supervisor
Dianne Jacob

Serving East County on the Board of Supervisors for nearly three decades has been one of the greatest honors of my life.

Thank you for standing with me as we took on challenges and fought the good fight to do what's right for the Second District and our entire region. Thank you for your letters, emails, phone calls, Facebook messages, Twitter comments and for all the times we crossed paths-at a meeting, at a community coffee, in an aisle at the grocery store-and you asked a question or raised a concern. Those moments kept me grounded, along with the strength and guidance from God. They reminded me why I did this job and why I kept at it for 28 years, longer than any other elected official in San Diego County government history.

Community service has been my calling, going back to my days as a school volunteer and as a sixth grade teacher at Bancroft Elementary School in Spring Valley. I served 17 years on the Jamul-Dulzura Union School District board. When you add it all up, I've spent a total of 45 years in elective office. Because of term limits, I will complete my seventh and final term on the Board of Supervisors in January. I'm moving on from a lifetime in office and returning to work on our ranch in Deerhorn Valley. Although I would prefer a horse, working the land on a tractor will do just fine.

I'm deeply grateful to the folks of East County. I'm proud of what we accomplished together, and on so many fronts-wildfire safety, growing the economy, protecting the environment and all those libraries and ballfields we built, along with many other improvements.

When I was first sworn as Supervisor in 1993, I promised to challenge the status quo and shake things up. I wanted a county government that put people first-and I was willing to fight for it.

Thank you for joining me in the fight.

Dianne

CERT Report for January 2021 - By Teresa Greenhalgh

County Fire CERT - Wishes you a Happy New Year and invites you to attend their virtual Mental Health First Aid Training this month. The certification training is offered FREE through Mental Health America - San Diego. Participants will learn to recognize the signs of various mental health conditions, and be able to offer support to a family, friend or neighbor during a minor episode. Participants will also learn to recognize when professional help needs to be called, in order to keep everyone safe, and find local resources if they know someone that needs to speak with a Mental Health Professional. Attendance at both days is required to earn the 3-year certificate.

Dates and times for the 2-half days of training are January 23rd and 31st from 8:30am to 1:00pm. To register for the online training, please contact Teresa Greenhalgh, County Fire CERT Coordinator at: Teresa.Greenhalgh@sdcounty.ca.gov or (619) 857-8050 or register on the CERT Program website: <https://sdcfacert-sdiv.com>. We look forward to having you join your local CERT members at the training, and other great virtual events planned for 2021!

Churches

Jamul Community Church, 14058 Jamul Dr., Jamul, CA 91935, Church, Office: 619 669-7203, 14866 Lyons Valley Rd., Jamul, Sunday 8:30 am, 10:30 am. Children's Services/programs 0-12 yrs.

St. Pius X Church, 14107 Lyons Valley Rd., Jamul, **619 669-0085** Mass: Sat. 5 pm, Sun. 8:30 am & 11 am in English, 12:30 pm Spanish., Daily Mass Tues. - Fri. 7:30 am except first Fri. 7 pm Adoration of the Blessed Sacrament every Wed. from 8:30 am - 5pm. Healing Mass every 3rd Tues. of month in English and every 3rd Wed. of month in Spanish.

Church on the Rock, La Mesa Adventist Community Church, 4207 Spring Garden Dr., La Mesa, CA 91941 John Casto, Pastor, 5 Sun: 9:30 am Bible Study; Sun.: 10:30 am Worship Service; Mon: 6-7 pm Prayer Meeting

Saint Gregory of Nyssa Greek Orthodox Church, Office: 1454 Jamacha Rd., El Cajon, CA 92019, **619 593-0707**, Services at site of our church at 1454 Jamacha Rd. El Cajon, North of Chase Ave. 8:45 am Orthros, 10 am Divine Liturgy

Church of Jesus Christ of Latter Day Saints, 14808 Lyons Valley Rd. Bishop Garth Isom, 619 971-8472 or garthisom@gmail.com, Sun: Sacrament Meeting 10 - 11:15am, Scripture classes (All ages) 11:15am to 12. Women's Relief Society and Men's Priesthood Meetings: 12:15 - 1 pm Wed.: Boy Scout & Youth Meeting: 7 - 9 pm. Family History Center Open Wed. 7-9 pm and Sun 11:15-1 pm, Cathy 887-7002

Way of Life Church 3200 Star Acres Dr., Spring Valley 91978 (2 blks from SCHS off Old Campo Rd). Pastor Bruce Balcombe, 619 504-7467 Sunday 10 AM, Worship, Sun. School, Wed. Services (all ages) 7 PM, & Youth (Jr./Sr.)

Dulzura Seventh Day Adventist Church, 17880 Hwy 94, Dulzura, CA 91917, 9:30 AM Saturday, Sabbath School, 11 AM Sat. Worship Service Info: call 619 468-3280. 7 PM Wednesday Bible Study

Summit Church at Steele Canyon High School 12440 Campo Rd., Spring Valley, CA 91978. Sundays at 10 am, performing arts auditorium. A non-denominational Christian Church. visit our website at www.summitchurchsandiego.org.

San Diego Grace Fellowship, 13910 Lyons Valley Rd., Ste. A, Jamul Sunday 10:30 AM; Wednesday 6:30 PM. Come hear the Gospel of God's free grace in Christ. Phone: 888 602-3456, www.sandiegoGrace.com; www.freegraceradio.com.

Shepherd of the Valley Lutheran Church, 10842 Fury Ln. La Mesa, CA 91941, Sunday worship: 8:15 & 10:30 am. Sunday School for PreK thru Grade 5. *Nursery care available. Visit www.svlc.org.

Dulzura Community Church, 1136 Community Building Rd., Dulzura, CA 91917, Pastor Howard Kischassey (619) 440-7396, Sunday, 10 AM Non-denominational Christian Church.

Foothills United Methodist Church, 4031 Avocado Blvd., La Mesa, CA 91941, North of Hwy 94, 619-670-4009, Sun. 8:30am traditional, 10:30am contemporary services.

The Way Lutheran Church, Rancho San Diego Library, 11555 Via Rancho San Diego, El Cajon, CA 92019 Sunday 10:30 am. Pastor Aaron Boehm. Shepherd of the Hills Lutheran Church, 9191 Fletcher Parkway, La Mesa, (619-469-4197) Sunday 9 am. Pastor Aaron Boehm..

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Community News

Jamul-Dulzura Union School District, Elizabeth Bystedt

Happy 2021 to each of you!!! I pray that this year finds everyone this newsletter touches, blessed with health and happiness. Last year was so tough. I know this year will be better for everyone. I would like to take this opportunity to thank a few organizations who have blessed the students and families of our school district recently.

First, the Friends of Jamul Dulzura Schools. Thank you for your ongoing focused dedication to raising funds that are so needed to ensure that our students have access to great enrichment programs and materials, whether it's through books, technology, physical education equipment, fieldtrips, or after school care. Thank you, thank you, thank you.

Second, the Jamul Kiwanis. Thank you for your donation that helped the Jamul Cares Closet make some of our families' holiday seasons brighter. While you couldn't do your traditional toy and food drive, your donation made sure that we were able to carry on your goals. Your generosity and support for our students and programs throughout the years are what make this community such a blessing for all who live and work here.

Third, the Master Gardner Association of San Diego. Thank you for the grant for our garden at Jamul Elementary School. Your donation helps to ensure that our garden program continues and that our children will continue to have the wonderful experiences of growing their own food and learning hands on science while enjoying their time outdoors.

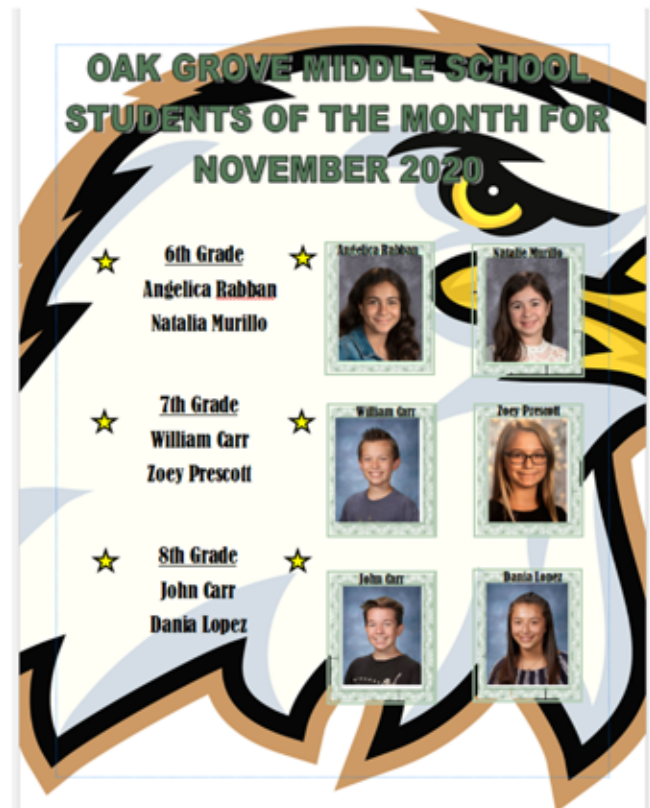
As we move forward into 2021, please be sure to continue to make safe choices. I am looking forward to the day when the Covid numbers go down and we can again bring students back to campus. Our teachers, principals, and staff are working so hard to ensure your children are engaged and learning, but we all know its just not the same as being in person.

A Note from Jamul Elementary School Principal, Ms. Robinson

I am so proud of our little school as we continue to persevere in these most challenging times.

Teachers, parents, and students are working harder than ever. Our fourth and fifth grade students will be participating in National History Day by creating a poster on civic education. Be sure to check back to see the "winning" posters. During our two and a half weeks on campus, we were also fortunate enough to get school picture day in, yay!! Although 2020 has been a year that many of us would prefer to forget, there are many memories that will forever live within us and our students. Ms. Casie Bennett will be putting together a yearbook for those families that would like to purchase one. Our entire community (#TeamJamul) has rallied around our students this school year and that has a special place in our hearts and minds; soon to be memorialized in our yearbook. The JES family hopes that your new year is off to a great start and expects that 2021 will be a better year for us all.

A Note from Oak Grove Middle School Principal, Dr. Salas



Congratulations students!

School Cont. on Page 13

Oak Grove has stellar students! During these trying times, our students continue to demonstrate incredible resilience. Shown are the students of the month for November. They are fully committed to doing their very best every day in and outside of the classroom. They are ready to zoom, they are ready to work, and they are ready to learn!

A Note from Greater San Diego Academy Director, Ms. Bowes & Assistant Director, Ms. D'Augusta

Many of us are spending our extra time at home on hobbies, old and new. Hobbies can offer us a time and space to get away from the stress of everyday life. They can also be an opportunity to learn and grow as a person. Some hobbies can even contribute to school achievement for our children.

For young children, hobbies that allow them to practice their fine motor skills can make a huge difference in their ability to communicate in a written form. When students practice their fine motor skills, teachers see an improvement in handwriting and even math since much of math involves the physical organization and placement of numbers. Making jewelry, whether it's with actual gems and jewelry thread or beads and pipe cleaners, can be fun and provide the students with a product to keep. Crafting of any kind allows students to practice cutting, pasting, and placing materials with a purpose. Sorting games allow students to move items that are appropriately sized for their age (from toy cars down to small beans) and offers practice in matching, sorting, and pattern-making that Kindergarten students work on mastering. Previous generations benefitted from the games Operation and Mouse Trap as they require steady hands to win and appeal to slightly older children. These games have made quite the comeback recently.

Older students gain self-confidence with many hobbies that are geared toward them. When a student starts to draw or paint and continues to practice and improve, they can compare older and newer work to see their own gains and growth. Likewise, singing, playing an instrument, knitting, cooking, and other artistic

endeavors generate products that provide hard evidence of improvement and this is a powerful thing. Additionally, older students can develop responsibility when their hobbies involve caring for a pet, plant, or garden. Having another living thing rely on the student's care can be a rewarding and truly educational experience.

Don't overlook your hobbies as those that can be shared with your children. When your child sees your passion for a particular activity, they might assume that passion. Plus, it is another opportunity to have a shared experience with your child. Even more impactful, could be starting a new hobby with your child so that you can learn it together.

Some hobbies come and go which is fine as changing hobbies can offer a variety of experiences and exposure. With the benefits of hobbies including stress reduction, physical well-being, practicing creativity, time management skills, and expanding knowledge among other things, they can truly be advantageous for all ages.

Happy New Year from Friends of Jamul Dulzura Schools *by Nadine Bennett*

We would like to thank the community for your ongoing support of our schools. Many donations have been made and gratefully accepted. In November, thanks to your donations, The Friends were able to provide 200 sports bags filled with sports equipment for Oak Grove Middle School's Physical Education Department. Each student will be able to use the items in the sports bags to maximize physical fitness. Nationally Certified Physical Education teacher Diane Hulbert, Principal Dr. Minerva Salas and the Oak Grove staff are thrilled to receive this gift for the school.

The next goal for Friends is to fund ball wall courts for Jamul Elementary School. Funds raised will be used to buy materials needed for the construction and completion of the ball wall courts. Students look forward to having access to ball wall courts again. Don't forget your tax deductible monetary donations and building materials for the ball wall courts are needed and very much appreciated! We want to keep Jamul Dulzura students active and healthy in 2021! For more information check our facebook page Friends-of-Jamul or call 619-468-5002



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Community News

The 'Widow Maker' and other hand-me-down apparatus

By Dave Beekman

When I came aboard the Jamul Volunteer Fire Dept around 1982 our apparatus consisted entirely of 'retired' equipment from other fire departments from around the state...

The engine at the Main Station, where the Casino is now on highway 94, was a 'vintage' 1956 Crown diesel pumper that featured 'open air' seating for the rear seat crew. It was a 'cantankerous' stick shift and as I remember only three drivers could master it.

Also residing at the Main Station was a water tanker made from a cab over fuel truck and our 'Rescue' rig that had seen it's better days as a 1970's International work truck...

More about the 'Rescue' truck later...

The Pepsi truck earned it's 'widow maker' reputation when it lost it's brakes on highway 94 near the now Steel Canyon High school and proceeded pretty much on it's own down to the steel bridge near the County Operations center... That was before the new concrete bridge was built and the ride must have been 'harrowing' as that old steel bridge was just barely wide enough for two cars... Fireman John Reese had been heading for fuel at Jamacha Junction where we fueled all our trucks back then.

The Rescue truck is where we carried personnel extrication gear such as our Hi lift jack for prying car doors open and a chain saw like device with metal cutting carborundum blade for cutting cars apart when people were pinned inside....

It's a wonder more accident victims did not have heart attacks from the sparks flying from that blade as we cut the roof off a crushed passenger car with people inside. Later we would spend \$7,000 from pancake breakfasts and donations for a state of the art Hurst 'Jaws of Life' rescue too that replaced all of the above personnel extrication gear.

We had two other 1970's vintage engines; one at Chief John Baker's Quonset hut on Lawson Valley Road and the other at an unmanned barn on Lyons Valley road in front of Indian Hills Camp...

7213 was the radio call sign for that engine. It had replaced an ancient open cab rig that I used to ride on the back of when I became a rookie Fire Fighter in 1982...

By the time we got the 1975 International replacement I was driving and was to experience my own 'Widow maker' stories....

The first incident was while responding to a call in the middle of the night with Medics 'Curly' Dan Bell and Bob Lindsey; going through the gears (4 speed with two speed axle) and just about a half mile from the station on Lyons Valley Rd. *the gear shifter came right out of the floor...* If this had happened while going down Skyline with a full tank of water I might not

have gotten to experience the second 'widow maker' story....

One fine Christmas eve around 1988 we were trying to douse a cabin fire down in the bottom of Lawson Valley and my job was to haul water from the elementary School about 4 miles away... On my last trip going down that curvy road in the dark the air brakes began to fade away each time I pumped them... The brake pedal was on the floor about half way to the fire so I just kept it in gear and used a dirt bank to stop at the fire scene.. Chief Frank Favro RIP, was not too happy with me for scratching up the old paint.

Eventually all this 'vintage' equipment was replaced with brand new apparatus with grants obtained by our last and final Volunteer Fire Department Chief, Bill Bagnell.

That's my story and I'm stickn' to it...

Dave Beekman. Nov 15, 2020

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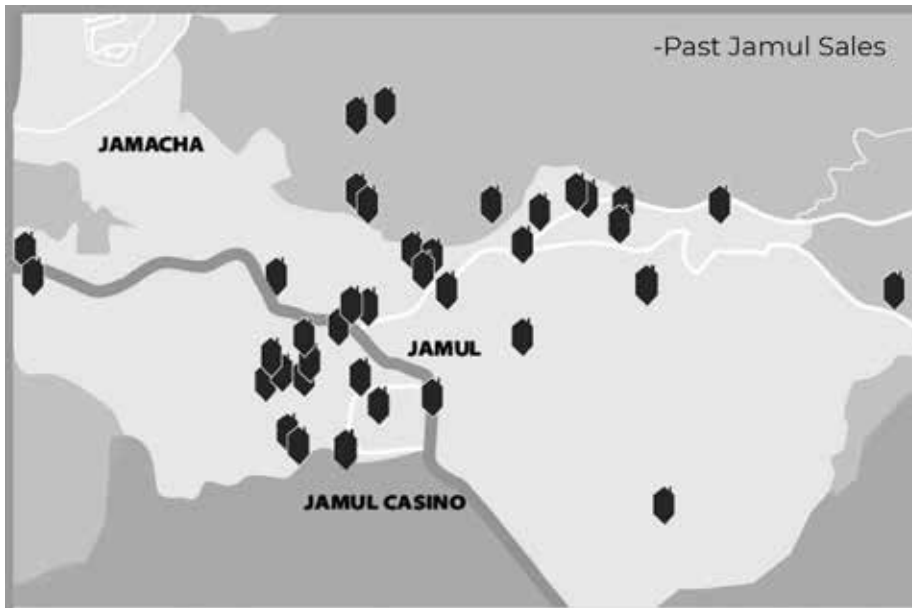
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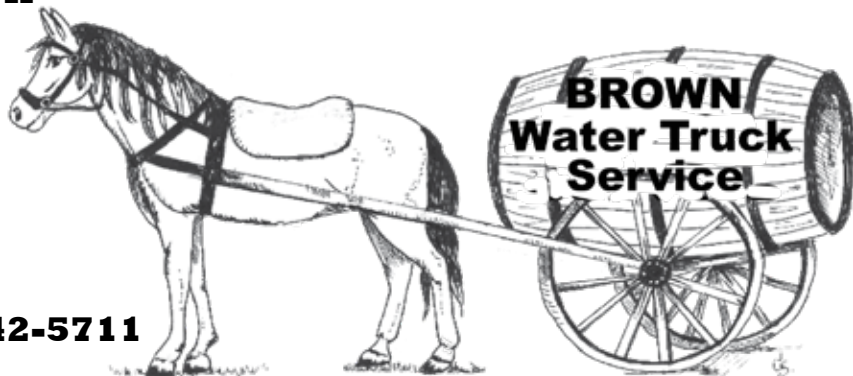
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2020 was a very difficult year for all.

Covid 19 turned our world upside down. We all share the sadness of lost loved ones. The inability to see family, friends and neighbors has been painful. The uncertainty of what the next day will bring weighs heavy but our rural communities are strong. Our strengths will see us thru to brighter days. KEEP THE FAITH.

***JAC has learned that the Wildlife Conservation Commission has denied the swap of the Ecological Preserve land that the developers for the Proctor Valley Village 14 had wanted. It is unclear what the next steps will be but there are several lawsuits pending against the development and the County's court order to create a legal Climate Carbon Policy.**

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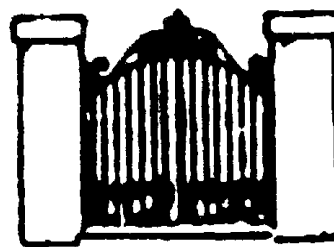
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Community News

NEW PROGRAM OFFERS BACKUP PLAN TO REACH RESIDENTS IN DISTRESS

Michelle Clock, SD County Fire

Imagine you are having chest pains, or you've taken a serious fall inside your home. What if you called 911 but were too incapacitated to let emergency responders in the door? The responders would have to knock down your door, eating up precious time and causing costly damage. There is another easier way now available. San Diego County Fire is offering free lock boxes, known as residential KnoxBoxes, to qualifying residents. Inside these boxes, a spare house key can be stored. The KnoxBoxes are only accessible by emergency responders. County Fire will install one just outside the front door for quick access as part of its new Residential KnoxBox Program.

Jamul resident, Gail Edwards, 79, is glad to have a KnoxBox after the scare she had last year. The retired psychologist and grandmother had slipped and fallen. Within days, her condition left her unable to walk to the car to get medical treatment luckily, with a phone by her bed, she was able to call for help and meet first responders. She was taken to a hospital and spent a few nights there with a broken pelvis. What if she hadn't been able to reach her front door?

To qualify, residents must:

- Live in San Diego County Fire, Ramona Municipal Water District, or Deer Springs Fire Protection District coverage areas
- Be any of the following: at least 62 years old, have a disability, or need assistance with one or more Major Life Activity

The new program is among the first of its kind in the region. It is part of County Fire's growing focus on helping residents get ahead of risk.

"For older folks with chronic health conditions or in need of help with basic activities, KnoxBoxes can be a lifesaver," said District 2 Supervisor Dianne Jacob. "These devices can also provide some peace of mind in a region where wildfire is a year-round threat."

County Fire received a federal grant for the Residential KnoxBox program. To apply, or for more information, contact San Diego County Fire at 858-974-5744 or FireCRR@sdcounty.ca.gov Applications and more details at sandiegocounty.gov/sdcfa.



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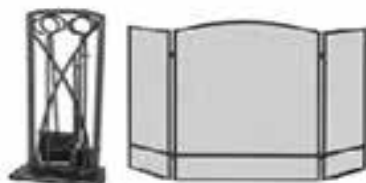
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