

BROOKSIDE FARM/FCF GUEST INTRO

Hello and welcome to Brookside Farm, home of the Family Care Foundation! As you probably realize, our Home may be slightly different than yours, in part because we operate a “9-5 business” out of ours!

Below are a few notes to help you familiarize yourself with our situation so as to make you feel more comfortable and at home during your stay with us. (Please do let us know if you have any suggestions along this line that could be a blessing to others who come after you, and of course, feel free to ask any questions you might have.) We love you!

1)HOME SCHEDULE: There is a copy of our Home Schedule posted in the kitchen. Because we are an office situation, we keep the main house free from distraction during the day, limiting fellowship time to evenings and mealtimes as much as possible. So we’d appreciate your cooperation in keeping voices down during work hours, and no playing of piano until after 7:30 pm. On the bright side, since we don’t have a lot of daytime activity, this should help to enhance your “spiritual retreat” atmosphere. We trust you’ll enjoy the tranquility!

We have two video nights a week, Wednesday and Saturday, but try to not watch more than that—although some people enjoy watching the news or a documentary on TV in the evening (in the Rec room).

2)HELPING AROUND THE HOME:

- a) The Home has a schedule that covers lunch and dinner cooking, as well as dishes twice day. (There is a schedule posted in the kitchen.) We do not have a “kitchen deacon” but the girls in the Home all pitch in with the work. All Home members have agreed to always wash, dry and put away any dishes we use, which eliminates the need to have someone put away dishes when it’s time to cook. There is a clean dishtowel hung at the end of the counter by the sinks.
- b) We all get our own breakfast, and also do our own cleanup after breakfast. Someone can show you where things are.
- c) Any help with dishes on the schedule is greatly appreciated. The dishwashers may at times hand out a basket to visitors with cards of various dishwashing jobs to choose from.

As well, if you would enjoy a working get-out, you’re always welcome to ask about projects around the property such as weeding gardens, painting, raking leaves and other beautification activities. There is a list of handyman and garden projects on the front desk in case you want some ideas!

3)CHILDREN: If you have children with you, please be mindful of others’ work schedules in the way of keeping the kids away from office areas, from playing noisily near the main house, and from playing the piano during work hours. Tx!

4)**PHONES:**

- a) Please be conscious of what you say on the phone—avoiding references to the group, etc.
- b) If you have to make any long distance phone calls, please feel free to purchase a phone card. Jim and June have some available. If you instead use our phone, please keep track of how many minutes you talk, and

leave a donation to cover the cost. (10 cents a minute inside the US, 25 cents a minute to Mexico or Western Europe, 75 cents a minute anywhere else in the world.)

- c) Here are a few phone numbers that could be helpful to you:
 - i) Our home number to use when you are out: (619) 468-3592. FCF business line (619) 468-3191.
 - ii) Lamb Home: (714) 538-7538
 - iii) Sunny Side Up (IVM): (909) 698-5628
 - iv) Tijuana Home: 011-52-66-813-888

5)**PROXIMITY:** We live just outside Dulzura, which is about 20 minutes from the nearest San Diego shopping area (Rancho San Diego), 15 minutes from Tecate, Mexico, 20 minutes from EastLake on Otay Lakes Road, 30 minutes from Chula Vista, about 40 minutes from San Diego, an hour and 45 minutes from Sunny Side Up (IVM), two hours from Orange County and the Lamb Home, and two and a half or three hours from Los Angeles -- these latter few greatly dependent on traffic conditions!

Stores that are close to us: Target, Kmart and Ross in Rancho San Diego. There's also a nice Goodwill store with decent prices just a ways past the Kmart, and one in El Cajon.

You'll find an Edwards Cinema at RSD and a \$2 cinema about 30 min. from here in El Cajon on Magnolia St. For coffee lovers there's a Starbucks near the Ross in RSD, and also one at Barnes & Nobles in Grossmont. We've heard that a coffee shop near the Target has happy hour (free coffee) 4-6 M-F.

You will find a local map near the front door.

- a) If you need a local phone book, they are located in the lower cupboard in the entrance-way next to the front door.

6)**SHOPPING:** Our Home shopping day is usually Wednesday. Please see June about anything you would like the shopper to purchase and she can advise you. (See #'s 10-12 at the end for more on shopping.)

7)**PLUMBING & SEPTIC TANKS:** Here's some advice that we received regarding care of septic tanks:

- a) Number one rule is to never flush any feminine products down the toilet (because they float) even if they said they're biodegradable. They're not. (IOW: no Tampax, ladies!) Also please avoid putting much toilet paper down the toilets.
- b) **Never put grease down the toilets or sinks** -- dump it in a can, which we will dispose of. Grease clogs up in globs and balls inside the septic tank. In addition it also clogs our drains and pipes.
- c) **Never put paint thinner** or such chemicals down the drain. IOW: **don't clean paint brushes in the sinks that run into the septic tanks** Do it outside with a hose.
- d) **Basically you can put any other liquids down the septic tanks, even detergents and bleach in moderation.**

8)TRASH: Please put organic materials (vegetable peels, fruit peels, eggshells, etc) in the white compost bin near the stove. Please, no meat products or plastics.

Paper trash, cans, etc, go in the trash near the dishwasher. It gets collected and taken out to the garbage area daily. Please avoid placing anything sharp in the trash because the trash gets squished into a compactor. Can lids, broken glass, etc, if not properly wrapped in some sort of protective covering, can cause cuts to the person who does the trash. Please avoid putting bulky items such as cardboard boxes, milk cartons, etc, into the trash can, but please just put them on the floor next to the trash. We have to pay for each load of trash we take to the dump and have developed a system for maximizing the use of the compactor to save as much money as possible. Abiding by these requests will help us save money on our trash. Tx!

9)AREA DANGERS!:

a) There are rattlesnakes in the area, so please watch your kids closely and don't let them play in tall grass.

b) There is Poison Oak and Sumac in the woods in this area. Following are some notes and photos of what to watch out for:

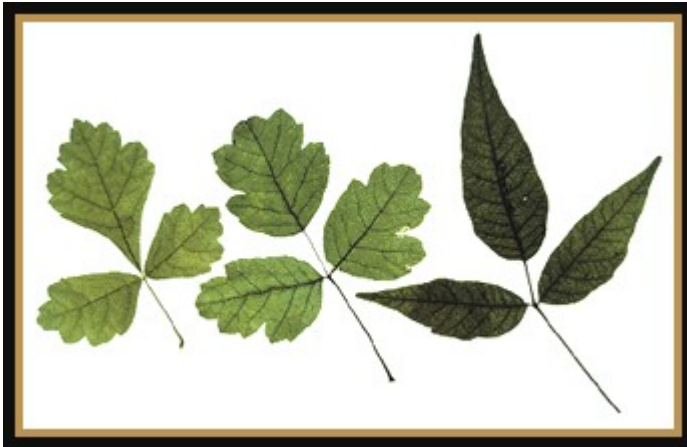
Shrubs are usually 12" to 30" high, or a vine, with triple leaflets and short, smooth hair underneath. Early berries are fuzzy and white; later, dun-colored. Plants are red and dark green in Spring and Summer, with yellowing leaves anytime especially in dry areas. Leaves may achieve bright reds in Fall, but the plant loses its (yellowed, then brown) leaves in Winter, leaving toxic stems. All parts of the plant remain toxic throughout the seasons. Primary contamination results from contact with bruised or broken plant parts that release "toxicodendrol", an oily resin containing the toxic chemical "urushiol". Most people on the trail tend to get the nearly invisible oil on their hands when gathering firewood for camp. After walking through the shrub, however, their problems really begin when they brush their hands on their pants and rub their face and especially when they crawl into their tent (getting the oil on their sleeping bag), changing clothes (spreading that oil around), and finally retire for the night after contaminating everything in their tent, including that jacket used for a pillow.



Male flower cluster of poison oak (**Toxicodendron diversilobum**). The unisexual flowers have 5 fertile stamens and a rudimentary pistil. [Seed-bearing female flowers with sterile stamens typically occur on separate plants.]



Close-up view of poison oak fruits (**Toxicodendron diversilobum**). Lower right fruits have papery exocarp removed, exposing the inner mesocarp layer striated with black resin canals.



Center, poison oak (**Toxicodendron diversilobum**); left, squaw bush (**Rhus trilobata**); right, Baja California poison ivy (**T. radicans ssp. divaricatum**).

DULZURA-GROSSMONT BUS MAP AND SCHEDULE

Please arrange with dispatcher.

◆ Afternoon pick-ups at this stop with reservations only.

894		SOUTHEAST RURAL BUS ▽ Jamul ▽ El Cajon ▽ La Mesa ▽ Via Highway 94							
(ALL TIMES ARE APPROXIMATE)						READ DOWN	READ UP		
BUS STOP	SERVICE DAYS					AM	PM		
Morena Village◆	Mon.◆	—	Wed.◆	—	Fri.◆	—	Sun.◆	8:00	5:07◆
Jacumba	—	Tue.	—	Thu.	—	Sat.	—	7:30	5:32
Boulevard	—	Tue.	—	Thu.	—	Sat.	—	7:40	5:22
Live Oak Springs◆	—	Tue.◆	—	Thu.◆	—	Sat.◆	—	7:45	5:17◆
Cameron Corners	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	8:15	4:52
Campo	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	8:20	4:47
Dogpatch	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	8:27	4:40
Potrero	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	8:33	4:34
Picnic Lake◆	Mon.◆	Tue.◆	Wed.◆	Thu.◆	Fri.◆	Sat.◆	Sun.◆	8:38	4:27◆
Tecate	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	8:52	4:14
Barrett Junction	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	8:59	4:03
Dulzura	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	9:12	3:50
Jamul	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	9:22	3:40
El Cajon Civic Center	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	9:45	3:18
El Cajon Transit Center	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	9:52	3:04
Parkway Plaza	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	9:56	3:16
Grossmont Trolley Station	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	10:03	2:45
Grossmont Hospital*	Mon.*	Tue.*	Wed.*	Thu.*	Fri.*	Sat.*	Sun.	10:15*	2:40*
Grossmont Center	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	10:17	2:35

* Indicates bus only stops for passengers with reservations (demand response).

Please arrange with dispatcher.

◆ Afternoon pick-ups at this stop with reservations only.

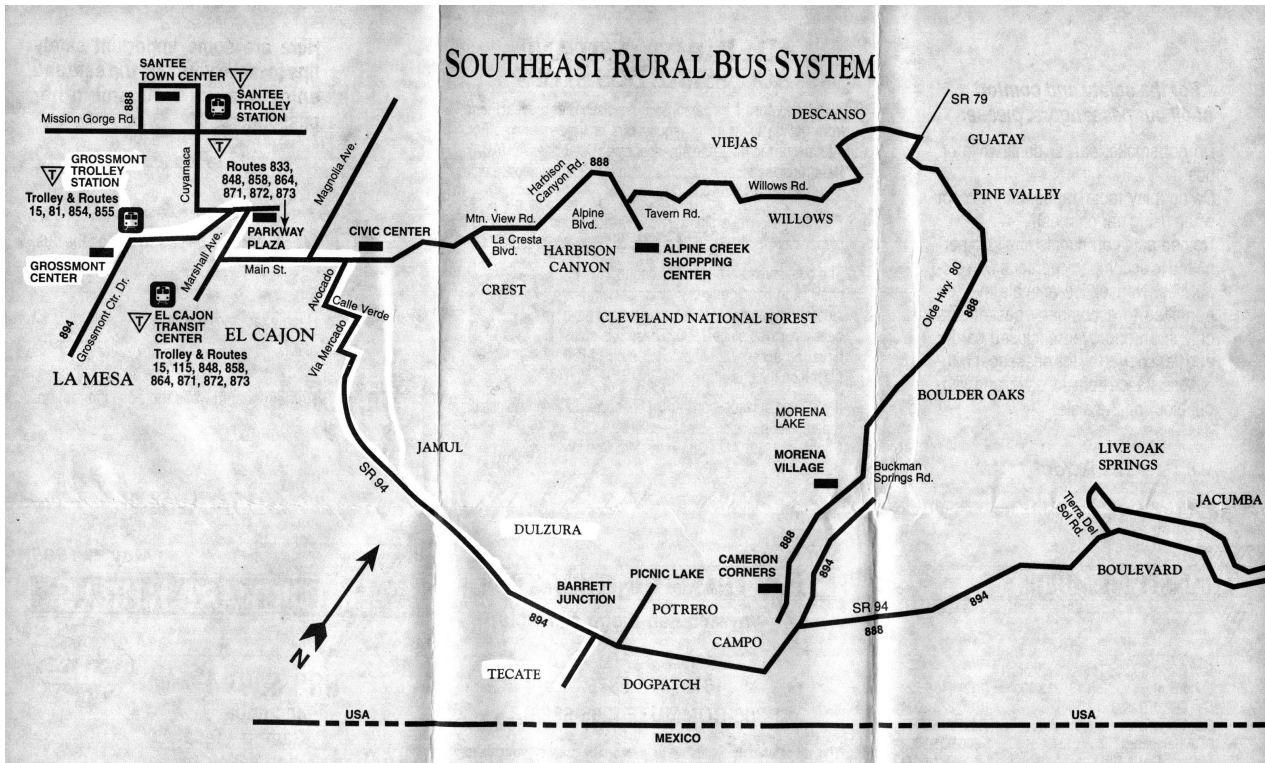
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TRANSFERS

Parkway Plaza	833, 848, 858, 864, 871, 872
El Cajon Transit Center	Trolley, 15, 115, 848, 858, 864, 871, 872, 873
Grossmont Trolley Station	Trolley, 15, 81, 854, 855
Viejas Reservation	864
Santee Town Center	Trolley, 831, 832, 833, 834, 854, 870



SOUTHEAST RURAL BUS SYSTEM



10) **VEHICLES:** Following is information regarding rental cars. Our Home vehicles are generally in use a lot and not available for visitor use. There will be times when a team is going out, and that visitors could accompany these trips and be dropped off at shopping areas and picked up later. Since we do live quite a distance from business areas, we put a lot of mileage on our vehicles. Hence we limit and combine trips as much as possible.

Here are a few alternate options if you do not have your own transportation:

a) You can rent a 2-door car from Advance Car Rental for \$21.95 a day (100 miles per day). Here are some other reasonably priced rentals you can call about:

i) Advance Car Rental (Santee): 619-449-3825

ii) Enterprise (La Mesa): 619-698-2505

iii) Enterprise (Lemon Grove): 619-460-6646

iv) California Baja Rent a Car (Spring Valley): 619-4707368

b) There is a bus that runs from Dulzura to Grossmont Center (a big mall which has pretty much everything you could want); or from Dulzura to Lemon Grove (where there are a lot of thrift stores). The cost is \$2.00.

*Please see the end of this file for a map and schedule.

The numbers to make enquiries about this bus are: (619) 478-5875 or 1-800-COMMUTE (266-6883). Or if you have a computer, you can go online at www.co.san-diego.ca.us/cts

c) This same bus runs from Dulzura to Tecate, (USA) and you can walk across the border to Tecate, Mexico and enjoy fun food and culture. This costs \$1.10. The phone number to call for schedules is 619-478-5875. However, it might be a good idea to make reservations the day before as it's often full. Also the timing for the return is not so convenient in most cases. It leaves Dulzura at 3:50 pm taking 12 minutes to get to Tecate, but doesn't return till the next day at 9 am and gets to Dulzura at 9:12.

d) There is a train called the "Trolley" which runs from Lemon Grove to San Diego, which costs \$1.75. This trolley also runs down to the US/Mexico border near Tijuana (doesn't cross though).

e) The Coaster (train) runs north from San Diego to Oceanside (beach) & costs about \$3.75. (tel. for both coaster & trolley: 800-262-7837)

f) The Amtrack train runs from San Diego all the way up to LA (& further) & is a bit more expensive. Round trip from San Diego to Oceanside is about \$20. One way to L.A. is about \$14.

g) You can take a bus or taxi from Tecate to Tijuana, Mexico. Reasonably priced station wagon taxis can be found just across the border.

11) **COMPUTER EQUIPMENT:** Basically we have just enough computers and equipment for our work. As a busy office, folks here don't have much time to do CD copying, printing of files, etc. (unless, of course, it is directly related to FCF business.

a) If you plan to do any computer work, checking messages via modem, getting on the internet, scanning, copying CDs, etc., please use your own equipment as much as possible. Hook-ups are available in the office areas of the main house, however it's best not to keep the line busy for too long, since it is our main incoming house line.

b) If you plan to purchase equipment while you are here, you can do so on-line if you allow enough time for delivery. Many places will deliver next day

or within a few days. Here are some Internet addresses you can check if you wish to purchase. www.egghead.com and shopper.cnet.com

c) If you would like to shop for computer equipment, here are a few phone numbers: Fry's: (619) 514-6400; CompUSA: (619) 667-3877

12)CHEAP AIRLINE TICKETS: Here are some internet sites you can check out, plus following are phone numbers of agencies:

- a. Airline Auction: <http://www.skyauction.com>
- b. Budget Travel Online: <http://www.frommers.com>
- c. Expedia: <http://www.expedia.com>
- d. Council Travel: 1 (800) 2-COUNCIL (good)
- e. Travelocity.com
- f. Price is Right: 1 (818) 566-8600
- g. AAA: 1(909) 506-5976 (Temecula)
- h. Stewart Travel 1 (213) 383-1212
- i. Cheap Tickets 1 (800) 745-8000
- j. American Airlines: 1 (800) 433-7300
- k. Alaska Airlines (West Coast - Canada): 1 (800) 426-0333
- l. United Air: 1 (800) 241-6522

(If you call some of these numbers, at least you'll find out what the going cheap rate is, and if there are any discounts available, then you can call a local agent and ask for that price.)

13)MARRIAGES: If you need to obtain a marriage license while you are here, following is some helpful information:

Marriage licenses: A marriage license may be obtained from the County Office
198 Main Street, Suite 101,
El Cahn, CA 92020-3316
(619) 401-5750.

"The bride and groom must appear together with a valid photo identification and be at least 18 years old. If you have had a divorce within the last 90 days, you must bring in your final divorce decree. **Blood tests are not required.** The fee for a marriage license is \$50. Appointments are not necessary. Please call if you would like a marriage license mailed to you or visit the web site at www.co.san-diego.ca.us for the application. The application may be completed prior to coming into the office to save time.

"You may also have a civil ceremony performed by our friendly and professional staff. There is a private, decorated ceremony room. The fee is \$50. You are welcome to bring your family and friends.

"Videos: A video of your wedding ceremony is available for only \$15.00. The video provides a beautiful and lasting memory of this special day. Videos are available for indoor ceremonies only.

"Certified copies: Within 30 days after the ceremony, the license must be returned to our office to be recorded. Certified copies may be obtained one week after recording and cost \$12.00 each.

"Name change: Brides wishing to use the groom's last name may begin using his name right after the ceremony. Any government or financial agency that has her maiden name on file should be contacted regarding the name

change. Examples of places to notify are banks, the DMV, Social Security and health insurance companies. A certified copy of the marriage license may be required. Generally, these agencies do not charge a fee for this service.”

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If you have any questions, please feel free to ask someone in the Home. We hope you enjoy your stay with us!