

from the Crest

President's Message >>>

Happy 2018 to all Creston owners!

These winter days have yielded beautiful photo ops here in Creston. We had a significant amount of snow that blanketed the northwestern part of our state the first weekend in December. Several of us gathered at the roundabout for a sledding party at which many of us used our flying saucers and plastic sleds, sharing our expertise on how to guide the sleds down using the directional leans of our bodies. It was wonderful to sit by the fire in the roundabout after a few rides and take in the beauty and quietness that fell on the Mountain.

Now that the winter solstice has passed, our days are getting longer and the robins have returned to sing and nest. Each day one can see the signs of spring; noticing buds on the trees, a little green and new growth peeking through the brush.....soon the animals will be awakening from their winter slumber.... Enjoy the sights and smell of Spring to come!



Photo by Jane Basford-Swanberg

We have several building projects that are either continuing or beginning soon in 2018 here in Creston. Please, be careful navigating the roads and turns with the various vehicles on Creston's roads. Also, take heed in regards to weather conditions.

Be healthy and safe!

Warm regards,
Claudia, [Claudia Brasch, POA Board President](#)

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Save the Date >>>

Board of Director Quarterly Meeting Dates with Related Events:

- April 28, 2018 – BoD Quarterly & Town Hall
- July 6, 2018 – BoD Quarterly & Social Event
- July 7, 2018 – Annual Meeting

Wanted: Wishes / Suggestions for Town Hall Programs - - -

A popular element of past quarterly Potluck - Town Hall meetings has been an informative, topically-focused program. The Creston POA Board is always seeking program suggestions and desired topics (wishes) for these programs.

You may be aware of a speaker or existing program that you believe other owners might find especially interesting or helpful. Or, there may be something you wish to become more aware of or informed about that the Board, aided by Creston Connect Committee members, could pull together into a program.

We would value your directing of any future program ideas or topic wishes to a Board member or the [Creston Connect Committee](#).



Photos by Jane Basford-Swanberg

Frozen Water Pipes? >>>

A couple of Creston homeowners experienced burst or frozen water pipes during the most-recent cold snap. If you are - or will become - a Creston homeowner and are concerned that very cold weather could result in similar issues in your home, causing inconvenience and, potentially, costly damage, a new article has been added to the community website that offers suggestions as to how to minimize the potential for such unfortunate events or prevent them entirely. The article can be found [here](#).

- from [Brian Shaw](#)

Yay for Yoga! >>>

A recent Saturday in mid-December marked my one-year anniversary of regular attendance at 'yoga on top of the mountain' noted Russ Spiller. It also offered the opportunity for me to reflect back on how many benefits my participation in the [M-W-Sa @ 10:00 – 11:00 AM classes](#) have provided, and that compelled me to capture those thoughts and submit this article.

I had done yoga for over four years at the local YMCA in NE Houston prior to our move to Creston in November 2016. I enjoyed it and recognized the flexibility it promoted as a positive contributor to my quality of life. It was offered in a large class setting (30+ participants) in a stale, darkened exercise room. It is quite a contrast from the small class size in the well-lit Community Center main floor that I found at Creston.



My experience in Creston's "Yoga with Jane" has amplified the prior improved flexibility and offered so much more. The classes that Jane Basford-Swanberg leads are designed and delivered to target a plethora of body, mind and soul benefits. Among the body-oriented benefits are core strength, extension, balance and range of motion. I am told that internal organs especially benefit from some of the twisting postures (and the fact that mine all seem to be functioning well would support that). There is wonderful, encouraging support provided by Jane both to the class as

a whole and to individual members as we are recognized for successfully doing poses or routines that seemed almost impossible the first time we attempted them. Jane is extremely supportive, encouraging and does an amazing job at verbally describing the various poses and postures and how to accomplish them. There is also wonderful camaraderie among and support provided by fellow class members. Through Jane's guided meditations during everyone's favorite part of class - 'final relaxation' - I am actually able to fully relax my body and successfully allow my mind to disconnect from the multitude of stressors, lists and worries I carry around with me. As to the soul, Jane offers insights and readings that will directly speak to every soul that is open to receive them.

[continues on page 12...](#)



Photos by Terry Hash

Community Activities >>>

Foothills Conservancy of NC to host Sank Gap Hike - February 17th - - -

Foothills donors and members who do not live in Creston will be joining Lynn Nicholas and Tom Kenney, FCNC Land Protection Director, for a hike of a new trail in the recently-acquired Sank Gap tract. **The hike will start at 10:30 AM from the Nicholas home at 2102 Creston Drive on Saturday Feb. 17.** The number of hikers will be limited but there is room for about 10 hikers from Creston. The plan is to hike down the Sank Gap Trail and then down to the valley floor, shuttling back to Creston. The challenge of this hike is considered to be moderate.

If interested please contact [Lynn Nicholas](#); signups will be in the order received and, if demand exceeds capacity priority will be given to Creston owners who are FCNC donors. Further details will be available as the date approaches.



Super moon January 2nd
Photo by Wendy Haycock



Photo by Russ Spiller

Creston Calendars - - -

Be sure to check out the calendars on creston-community.com and [Meetup](#) sites for up-to-date activities, events and meeting schedules

Community Activities continues... >>>

Creston π Pi Day: March 14th or 3.14 Day - - -

All Creston humorists, mathematicians and pizza lovers are invited to meet at **My Father's Pizza in Black Mountain at 6:00 PM on Wednesday, March 14**, for an irrational, infinite, transcendental amount of fun, terrible jokes, beer and pizza pie! As is our tradition, whoever tells the best joke (not limited to math or science jokes, although they count for extra) will be immortalized on the Creston Pi Day plaque (see photo). New jokes are encouraged, but jokes recycled from last year's celebration are permitted if they are so bad no one remembers them.

Please RSVP on [Meetup](#) or by email to [Marshall Fisher](#) so we can reserve space at the restaurant.



Fun in the Snow, December 9th - - -



Terry Hash, Lyn Ivanowitz and Jane Basford-Swanberg
Photo Lynn Nicholas

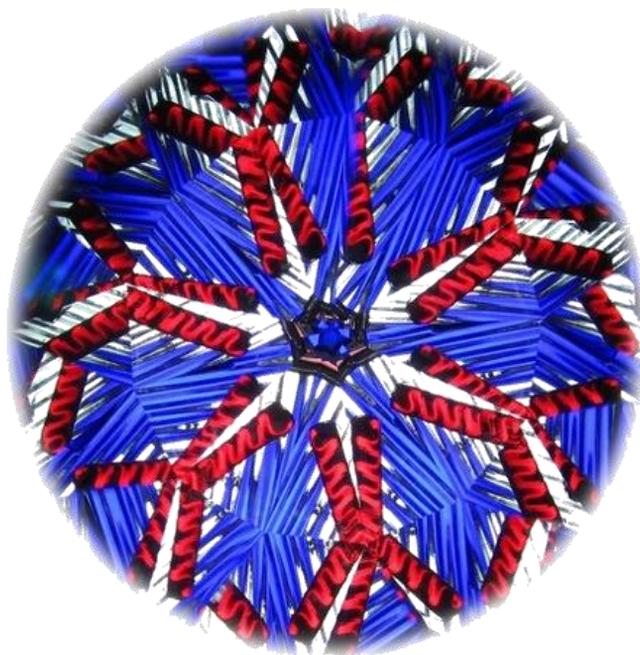


Creston's Uber: Lynn Nicholas, driving is Nick Nicholas and the passengers are Becky and Kevin Huck
Photo by Steve Swanberg

Community Activities *continues...* >>>

Have You Ever Wondered How Kaleidoscopes Work? – March 17th - - -

The best way to learn is to make one yourself! On **Saturday, March 17 from 3:00 – 6:00 PM** at the Community Center, Marshall Fisher will host a class in which you will make a kaleidoscope of your own design (the first class, on February 24, is filled). No experience is necessary, and there is no charge for this class. All materials will be supplied, though you are encouraged to bring any decorative paper you like for the outside of the scope (at least 4" x 6") and any small colorful objects (e.g. beads, rubies, emeralds) you may want to include in the object cell. (There will be plenty of objects to use if you don't have your own.). Also, experience shows that creativity flowers where wine, beer or another beverage is present, so this class is BYOB!



All Creston owners and their guests are welcome. The maximum class size will be 20, so reservations are necessary. To reserve your space, email Marshall or RSVP on [Meetup](#).

Mountaintop Yoga - - -

Yoga with Jane Basford-Swanberg happens Mon, Wed & Sat mornings at 10:00 – 11:00 AM – <https://www.meetup.com/Creston-Connect-Meetup/events/246869948/>

Book Club News - - -

The Creston Book Club now meets at 4:00 PM at the Community Center. [Click here](#) for the most up-to-date reading list and meeting dates. Let [Suzanne Fisher](#) know if you want to be added to the email list or sign-up using Meetup - <https://www.meetup.com/Creston-Connect-Meetup/events/tmqmbpyxdblc/>

Community Activities *continues* ... >>>

Chilin' with Chili - Potluck & Town Hall – January 20th - - -



There was some chilin' going on with Chili at the quarterly potluck. We had nine entries for a Chili Cook-off. About 35 owners joined together for some taste tests and voting of the entries. We had everything for everyone's palate from hearty meat chili, white chili, vegan chili, and even venison chili. We also had many different types of delicious cornbread followed by luscious desserts. We had some hot competition, but here are the results:



Photos by Brian Shaw



First place went to Russ Spiller, second place went to Rose Simons and third place went to Wes Tyler. The winners may share their award-winning recipes for the asking. It was a perfect menu for the cold weather we've had lately. Even the décor was in the snowy theme, with snowmen and snowflakes. Mark those calendars to join us for our next quarterly get together and Town Hall meeting on **April 28, 2018**.

Think Tank Trivia, Tuesday - January 23rd - - -



Ladies Lunch, Monday – January 21st - - -



Fifteen Creston ladies enjoying lunch at Foothills Butcher Bar & Kitchen in Black Mountain
Photo by Karen Tracy

Twenty-two Crestonites participated in trivia night at Hillman Beer
Photo by Brian Shaw

Committee News >>>

[Fitness Center Committee](#)

Free Trial Period!

The Creston Fitness Center Committee is offering a [Free Six-week Trial Period](#) to residents who would like to check out the Center before committing to a year's membership. If you decide to join, your fees will be pro-rated for the rest of the calendar year.



Remember exercise does this and so much more:

- Controls weight
- Combats health conditions and diseases
- Improves mood
- Boosts energy
- Promotes better sleep

Nick Nicholas is offering a complimentary one-on-one Training Session to all interested residents.

Contribute to your happiness and longevity by trying out the Fitness Center - you just might love how you feel! Contact Nick at: nicholas4710@gmail.com to sign up and for additional details and forms.

[Maintenance Committee](#)

Winter Storm Event Guidelines

The Maintenance Committee's (MC) decision to salt and/or plow with respect to a forecast ice or snow event is generally determined on a case-by-case basis. Storm forecasts for WNC are not always accurate and planning for an effective response can be difficult. MC will do its best to follow the guidelines defined on the [community website](#), but any storm may present unexpected conditions.



Photo by Jane Basford-Swanberg

Every effort will be made by the Communications Committee (ComCom) to provide up-to-date information regarding Creston road conditions, as well as current plans for salting and/or plowing; this will be accomplished by updating the information displayed at the aforementioned web page (a "Quick Link" is also provided on the home page) as well as email messages, as appropriate, to all homeowners.

Committee Volunteers

If you are interested in participating please review the [charters](#), then download and fill out the [committee volunteer form](#).

Committee News *continues...* >>>

[Landscape Committee](#)

Winter Tool Care

For many of us freezing weather means our gardening tools have been put away not to be thought of again until spring returns. The winter months are the perfect time of year for Creston gardeners to perform maintenance on their garden tools. Below are a few tips for cleaning and maintaining your garden tools suggested by the NC Cooperative Extension.

CLEANING

Large Garden Tools - Shovels, Rakes, Forks

Wash with soap and water or scrape loose or crusted material with a putty knife or stiff wire brush. If it is rusty, remove rust with a wire brush or steel wool. Once the soil is removed coat with a light oil such as WD-40, engine or vegetable oil to prevent rust from developing and soil from sticking to the tool.

To recondition wooden handles, start by cleaning with a stiff-bristled brush. Smooth with medium-grit sandpaper and coat with boiled linseed oil to help prevent drying and cracking.



Shears and Pruners

Remove any sap that has collected on the metal surfaces with a light coating of WD-40 or vegetable oil. Scrub with steel wool or kitchen scrub pad to remove stubborn material. Be careful of sharp edges.

SHARPENING

Having sharp hand tools both large and small is important and helps make garden work easy. Safety is a great concern and depending upon your experience it might be best to leave this task to individuals who are set up for this type of work. Contact your neighborhood hardware store or equipment rental company to see if they offer tool sharpening services.



Remember; always wear eye protection and heavy gloves when cleaning and sharpening garden tools.

Committee News *continues...* >>>

[Trails Committee](#)

Trails Update

The Trails Committee sponsors semi-annual trails cleanup events, and all Creston owners are invited to participate. But even with a healthy turnout, we have seldom had enough resources to tackle all the needs. Furthermore, limbs and trees fall, branches grow and ground cover spreads more often than just twice per year. Therefore, we encourage any and all owners who undertake a hike at any time on any of our trails to carry with them, at minimum, a set of loppers or a machete in order to clear whatever obstacles to safe passage they might encounter along their route and are able to correct. Any problem that requires additional equipment or manpower should be reported to [Lynn Nicholas](#) or any other member of the Trails Committee (member list can be found on the [website](#)).

Also, as mentioned in a News article on the [community website](#) last August, a new, very long wooden footbridge was installed across the Left Fork of the Catawba River at the site of the new Allison Trail trailhead. Although perfectly safe, it was bowed and somewhat bouncy due to its length. Since then, stiffeners have been added to the structure and, consequently, it is no longer bowed and it flexes very little under the weight of passing hikers.



Brian Shaw, Tom Bush, John Tracy, Kevin Huck, Marshall Fisher, John Hash and Russ Spiller
Photo by Jonathan Bivens



Photo by Brian Shaw

[Communications Committee:](#)

Have a newsletter idea or want to write an article?

A news item or suggestion for the [creston-community.com](#) website?

A beautiful photo?

Past "From the Crest" newsletters can be found on the [website](#).

Creston Sales >>>



Creston Sales Update

Courtesy of Jane Basford ~ [Creston Mountain Properties, LLC](#)

jane.creston@gmail.com 828-707-8850

There has been only one property sold since the Fall Newsletter:

- Nov 2017: CC-10, 188 Verbena Lane was purchased by **Jan Waters**

Spread the word: [Creston is *the* place to be!](#)

Creston Lots for Sale as of January 2018

(Note: Prices subject to change without notice.)

Resale or Developer	MLS #	Lot #	Name	Address	Acres	Price	Water
Resale	3153382	C-01	Davenport	28 Trillium Lane	1.27	\$49,900	
Resale	3125011	C-06	Mendis	57 Trillium Lane	1.5	\$79,000	
Resale	3282897	C-11	Ferguson	28 Berry Lane	1.17	\$99,000	
Developer		C-20	CrestonLLC	117 Ironwood Lane	1.02	\$123,900	
Developer		C-28	CrestonLLC	263 Nuthatch Lane	2.46	\$98,900	
Resale	3164822	C-40	Lindberg	2999 Creston Drive	1.08	\$149,900	
Developer		C-41	Nelson	2997 Creston Drive	2.27	\$214,900	
Developer	3304142	C-42	Rodriguez	2957 Creston Drive	2.07	\$186,500	
Resale	3241998	CC-13	Fountain	228 Verbena Drive	1.12	\$29,900	
Resale	33.....	CC-18	Silver	1620 North Haven Drive	1.05	\$75,000	Well
Developer		CC-21	CrestonLLC	133 Nuthatch Lane	1.69	\$109,900	380'/8
Developer		CC-22	CrestonLLC	171 Nutcharch Lane	2.09	\$99,900	
Resale	3188003	CC-29	Harlin	261 Nuthatch Lane	3.12	\$79,000	
Developer		CC-30	CrestonLLC	473 Kestrel Lane	2.54	\$109,900	
Developer		H-11	CrestonLLC	328 Warbler Lane	4.21	\$125,900	
Developer		H-13	CrestonLLC	488 Warbler Lane	4.22	\$186,900	845'/2
Resale	3226754	H-16	Barcomb	426 Warbler Lane	4.39	\$120,000	Well
Developer		H-17	CrestonLLC	Ironwood Lane	21.81	\$139,000	
Resale	3272618	T-17	Sprechman	67 Tanager Lane	2.49	\$149,900	
Resale	3125617	T-18	Chaney	1671 Creston Drive	2.87	\$150,000	Well
Resale	3123061	T-24	Brewer	2523 Creston Drive	2.51	\$199,900	
Resale	3188796	T-26	Pagano	2688 Creston Drive	3.1	\$172,900	
Developer	3182063	T-36	CrestonLLC	2998 Creston Drive (Wren Cabin)	1.54	\$346,500	Well
Resale	3121412	T-42	Hirshberg	144 Galax Drive	1.62	\$99,000	
Resale	3304120	T-50	Wade/Lauz	548 North Haven Drive	2.87	\$155,000	
Developer		T-58	CrestonLLC	1306 North Haven Drive	3.33	\$138,900	
Resale	3317074	T-62	Raub	501 Warbler Lane	2.62	\$157,500	Well
Developer	3274311	T-63	Rodriguez	604 Warbler Lane	3.01	\$169,000	605'/2
Resale	3327577	T-66	Amin	23 Nine Bark Lane	2.37	\$190,000	
Developer		T-67	CrestonLLC	351 Kestrel Lane	3.14	\$114,900	
Developer		T-71	CrestonLLC	734 Kestrel Lane	2.07	\$125,900	
Developer		T-72	CrestonLLC	1029 Kestrel Lane	4.11	\$135,900	
Developer		T-74	CrestonLLC	1110 Kestrel Lane	2.37	\$92,900	
Developer		T-75	CrestonLLC	73 Redbud Lane	5.61	\$131,900	
Developer		T-76	CrestonLLC	2843 Creston Drive	2.23	\$176,000	
Developer		T-78	CrestonLLC	1591 Creston Drive	3.42	\$162,900	
Developer		T-80	CrestonLLC	1771 Creston Drive	2.47	\$156,900	
Developer		T-81	CrestonLLC	1851 Creston Drive	2.51	\$162,900	
Developer		T-84	CrestonLLC	33 Nuthatch Lane	3.19	\$133,900	
Developer		T-85	CrestonLLC	367 Kestrel Lane	4.17	\$114,900	

Yay for Yoga! *continues...* >>>

[continued from page 3...](#)

So, what are some of the measurable benefits / testimonies I can point to a year after starting participation in Creston's Yoga with Jane classes?



Photo by Steve Swanberg

- My weight has remained essentially unchanged.
- I can stand flat footed with straight legs, bend at the waist and place the palms of my hands on the floor.
- I have significantly increased the range of motion in my hips and shoulders.
- My balance has significantly improved.
- I have not experienced any significant back pain episodes, despite tackling a lot of house and grounds chores.
- My general physician told me to 'keep doing whatever you have been doing!'
- I believe my lung capacity has increased (which also benefits my singing).
- I have gotten to know a number of my Creston neighbors much better.
- I have regularly seen the diverse beauty of the mountain from the vistas available from the Community Center.
- My stress level is lower (though not yet where I would like it).
- It is well with my soul.
- I have been armed with techniques to employ during the time between classes to nurture body, mind and soul ... though I need to do so more regularly.

I believe my participation in yoga is a major contributor to the health, wellness and vitality I so value and enjoy about living here in Creston.

I encourage any of you who have considered trying yoga to take the first step and join us. I am also more than happy to share more about my experiences with you individually.

- from [Russ Spiller](#)