



The BEAR FACTS

A Publication of Mountain C.A.R.E. <http://www.mtnicare.com>

It was a Great Day: Canyon Clean-Up

Sponsored by Mountain CARE



Maybe the task of cleaning up, clearing out, and recycling is not what everyone considers fun-stuff. But surprisingly, many expressed it really did feel like GOOD CLEAN FUN! Getting all that stuff compiled and ready to go for Canyon Clean-Up in the early Spring, was, if nothing else, a healthy distraction.

The annual Mountain CARE Canyon Clean-Up was delayed a month. However, it gave residents from Angeles Oaks and Forest Falls to Mountain Home Village extra time to clean up after Winter. You know, pine needles, leaves, and a few additional home projects.

Also, many worked hard on Canyon Clean-Up day to cover graffiti around the Momyer and Big Falls Trailheads. Then, they picked-up trash along the Valley of the Falls Drive. The entire day was a tremendous success! So much so that all the dumpsters were completely overwhelmed before noon.

Thank you everyone for making it happen and a BIG shout-out to San Bernardino County for once again donating 4, 40-yard dumpsters in support of Canyon Clean-Up.



Bears were spotted... WAIT! That's our very own Bill & Yholddy Jones

Monsoons? Can I Get Home?

Courtesy of

Frozen Green Thumb Garden Club

Will we have monsoons this year? If we do, will they cause Valley of the Falls Drive to close due to flooding and debris? If you have lived in Forest Falls for more than a couple years you know that sometimes our mountains cannot absorb a major rain storm. Since the water has to go somewhere, some of our dry creeks will flood. This causes debris flow and the potential blocking of Valley of the Falls Drive. Of course, knowing where the Valley of the Falls Drive can be blocked, either above or below your home, will help you plan your next move. Understanding where the different dry creeks are located, that can flood across the Valley of the Falls Drive, is valuable to you and others.



Helping out, the Frozen Green Thumb Garden Club has installed 3 of 5 signs at the most common flood locations. They are: Slide Creek, Snow Creek and Rattlesnake Creek (Clark's Creek and Bridal Veil Creek are next for installation).



As you go along Valley of the Falls Drive, it's important to make a mental note of the signs' locations. This will help you prepare for the monsoon season! Identifying where these creeks are in relationship to home, family, friends, and neighbors, provides you a vital point of reference. Then, when the time comes, you can use your knowledge to identify which creek(s) have flooded. NOTE: Many official maps and GPS navigation systems have these creeks marked incorrectly.



The Garden Club members are optimistic that these signs can help the community communicate with each other, quickly and effectively.

Message from the President of Mountain C.A.R.E.

Howdy Neighbors!

As we move into Fall, my hope for all of you is a sense of wellbeing and the beauty that all of mountain life can bring. Personally, I love Fall and can't wait for the color of the leaves to change. As the temperature cools, Forest Falls shines in its Autumn apparel, draped in all her full glory.

I would like to take a moment to recognize the local Fire Department Stations, 99 and 98. These are the dedicated first responders who show up in a crisis. They have, and continue to be on alert 24/7 when a medical emergency, accident, or disaster arises. They show up without hesitation to provide the necessary assistance.

Unlike full time agencies, with full time employees, including benefits, our local heroes are on-call. They often provide their own equipment. However, due to Covid-19, neither of our local fire stations have been able to host the necessary fundraisers that support them in the performance of their duties. Yet, they continue to show up when we call 911.

Please remember them when you are considering your charitable contributions. For your convenience, monetary gifts can be dropped off at either of the Gilmore Real Estate offices. You can designate your gift to either Station 98 or Station 99.

I am looking forward to serving the community as the President of Mountain CARE.

Debi Welch



The Bear Facts Next Submission Deadline is November 5th

Send artwork, articles, updates, and photos to bearfactseditor@gmail.com by the submission deadline (digital submissions only).

| The Bear Facts | Submission Deadline |
|----------------|---------------------|
| Issue 1 Spring | Feb 5th |
| Issue 2 Summer | May 5th |
| Issue 3 Autumn | Aug 5th |
| Issue 4 Winter | Nov 5th |

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In Memoriam

Tom Konczal



Sadly, we said goodbye to Tom Konczal on July 4, 2020. Tom was 81 and devoted to the community of Forest Falls. As an accomplished artist, his beautiful glass etchings thrilled many admirers. He dedicated 65 years involved with scouting. Tom is survived by his wonderful wife, Dee.

Joyce Effinger

The area behind Fire Station 98 in Angelus Oaks has been dedicated to the memory of Joyce Effinger, honoring the decades of contributions that she and Dave have made to the safety and preparedness of our residents and visitors.



Gerald Jacobs



On the morning of August 23, 2020 Gerald Jacobs passed away in his sleep. He is at peace. Serviced by his beloved, Deborah Jacobs.

**“Love is a bond
that death cannot part.
Gone from your arms,
but still held in your heart.”**

~John Mark Green

Birthdays

JIM ESTRADA 88, August 24
Sasha Boyarski, 19, October 27
Nicholas Boyarski 15, August 25.

Anniversaries

Jim and Pat Estrada celebrated two anniversaries, their 58th Wedding Anniversary on August 26th and this July, Jim and Pat celebrated 50 years living in Forest Falls!

Debi Welch and Misha Boyarski, 18th Wedding Anniversary, August 17, 2020.

Birth Announcement

HEY ANGELUS OAKS! Emma Riley Griefnow arrived June 2, 2020 to the Griefnow family.

Community Announcements

The Frozen Green Thumb Garden Club of Forest Falls meets the third Monday of each month at 11:30 at Big Falls Lodge.

The Grey Back Disaster Preparedness\CERT Group sadly reports that due to the on going COVID 19 Outbreak and current Public Health Standards the annual BBQ has been cancelled.

BLOOD DRIVE Life Stream Blood Drive is November 15, 2020 from Noon to 5:00 pm at Big Falls Lodge in Forest Falls. Contact Theresa Eulberg for more details.

If you play an instrument or you are a singer or you just enjoy Music come join us at the Big Falls Lodge every Monday from 6:30 pm to 9:30 pm for “Music Night”.

Pastor Anthony Martinez and Cindy Martinez of Oaks Family Worship are having regular Sunday services safely outdoors on the Heli Pad they also Facebook Live the services! ALL ARE WELCOME! Watch Facebook for times.

Although the California Turtle and Tortoise Club of the Inland Empire Chapter have been unable to meet due to the COVID 19 pandemic they are still available for you - to assist with your pet or rescue one that is lost or abandoned or hurt or help you to adopt a turtle or tortoise. Contact them at kttaylor@macdialup.com.

Shannon Wray Author of Pioneers of Mill Creek Canyon Book Signing

Sep 03, 5:00 PM | San Gorgonio Gallery

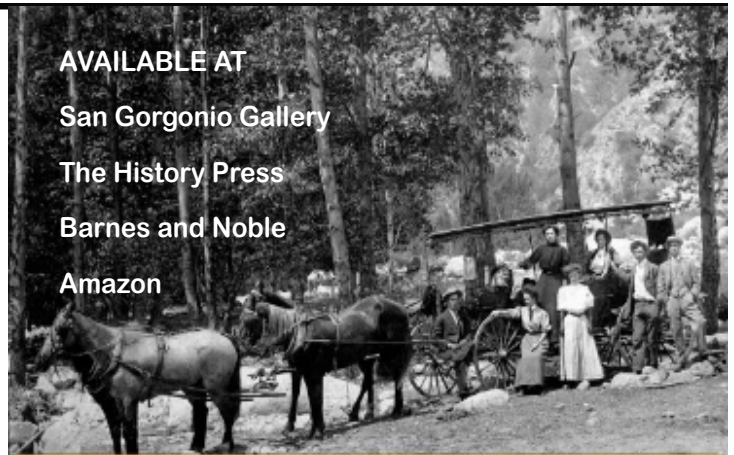
Lindsey Foggett at the San Gorgonio Gallery will be hosting a book signing for mountain residents with Covid-safe social distancing and masks outside on the patio in downtown Forest Falls.

ABOUT THE AUTHOR



Shannon Wray's story in Mill Creek Canyon began when her great-great-grandfather came there in 1847 with a U.S. Army detachment to cut trees for a flagpole at Fort Moore in Los Angeles. As a young child, she spent every summer in Mill Creek Canyon then moved there year-round in 1968 and attended school at the old two-room stone Fallsvale Schoolhouse.

Shannon enjoyed careers in publishing and marketing in the U.S. and Canada before becoming a television producer and traveling the world for national networks over 30 years. Returning to her hometown in 2009, she became fascinated with the people in its past and now presents the history of the canyon locally. Ms. Wray lives in a historic home in Mill Creek Canyon with her family.



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PIONEERS of MILL CREEK CANYON

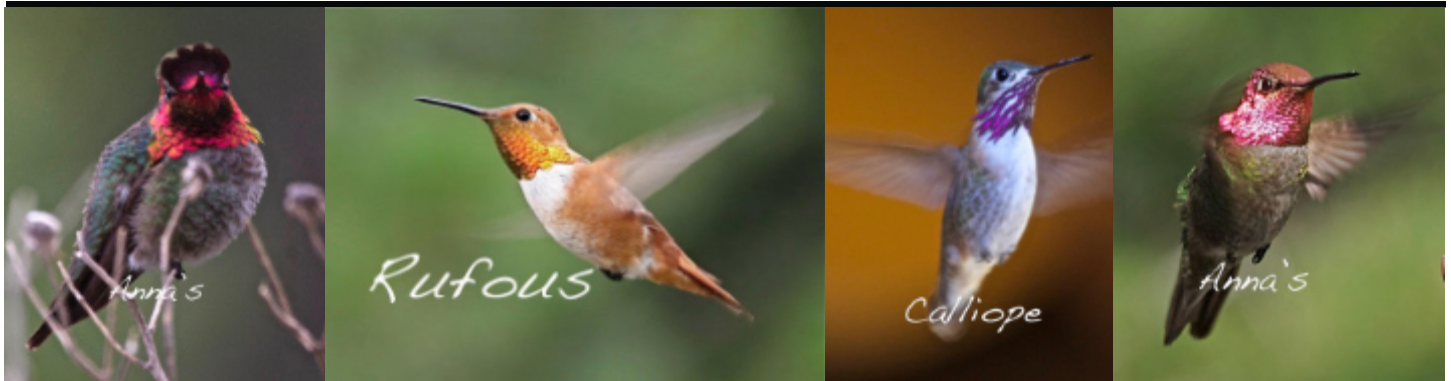


Shannon Wray

This Rough Paradise

The pioneers of Mill Creek Canyon in the San Bernardino Mountains were visionaries, eccentrics, and adventurers. Daniel Sexton married a Native wife hoping to gain the secret to a mine, while Peter Forsee, a world-weary sheriff, married a widow who was sheltering two outlaw sons. Sylvanus Thurman's burros carried travelers into the wild and sometimes took them for a wild ride. George Burris didn't find gold, but his marble discovery built mansions. D. Rhea Igo created roadside attractions and Louie Torrey left the city to farm the forest, creating a paradise for his family and others.

Join author Shannon Wray as she explores the colorful lives of those who left an indelible mark on Mill Creek Canyon.



Hummingbirds of Mill Creek Canyon

by Tom McIntosh

From late Winter to early Spring we look forward to the returning migration of hummingbirds that routinely bring 4 of the 6 species we have seen locally. While one or more pairs of Anna's spends the winter with us they are joined by hundreds more through the breeding season or while passing through on their way North or to higher elevations. 30 years ago we placed our first hummingbird feeder. Now we have up to 5 large feeders and plenty of activity mid to late summer with returning hummers who breed and raise their young, often raising two batches of young each summer.

To attract Hummingbirds and keep them coming back every year; nesting, breeding, and entertaining everyone who takes the time to watch? Here are some proven tips from our experience and research...

Sugar water: Four parts water to 1 part sugar (4:1 ratio) closely mirrors natural flower nectar. Some people like a stronger mixture, 3:1 or more, and while the hummingbirds will gladly drink it there is no evidence, good or bad, that it makes a difference. Red dye is not good for us or hummingbirds. Instead of red dye use a feeder that has a red base or hang some red ribbons nearby. Red is a hummingbird's favorite color. White table sugar is the only sweetener you should use... do not use molasses, honey or artificial sweeteners.

Mold can be a killer to hummingbirds. In hot, direct sunlight, change the sugar water every three days, in the shade or cooler weather change it every 5 to 7 days. Inspect for mold presence, black specs on the glass or black buildups in the feeder reservoir. To remove mold and sanitize your feeder use a light bleach/water solution, soak the feeder for a couple of minutes or until the mold gives up and then rinse several times with clean water before refilling. Properly maintained feeders will seldom grow mold.

Feeders: Since it can take awhile for the hummers to find you, start out with a small feeder and when you first start feeding or early/late in the season when the population is light, consider filling your feeder 1/3rd or 1/2 full as this will encourage you to change the sugar water more often. We prefer feeders with a glass bottle and red plastic base that separates for cleaning and a perch, without the yellow flowers. While Hummingbirds favorite color is red, bees favorite color is yellow.

Hanging more than one feeder 15' or more apart will discourage the dominant males from chasing other hummers away, we always hang our feeders where we can enjoy them the most

from both inside and out. Tube type feeders tend to drip and that sweet solution can bring on the ants, we like well type feeders where the birds can perch while drinking. Hummingbirds have great memories and GPS... If you relocate a feeder, or while you have it inside for cleaning and filling, it is common to see them hover in the exact location the feeder is normally found.

Identification: Like other bird species, the males are usually the most colorful and easiest to identify. Our hummingbird males identifiable colors come from the iridescent feathers that "light up" under proper sunlight conditions. The throat of a hummingbird is called the "gorget".

- **Anna's:** Raspberry Red Hood & Gorget (abundant)
- **Rufous:** Gold Gorget & Crown, bright Orange overall (fairly common)
- **Black Chinned:** Violet Gorget Patch (fairly common)
- **Calliope:** Streaked Purple-red Gorget (uncommon)
- **Costa's:** Metallic Purple Crown and Gorget (very uncommon)
- **Broad-tailed:** Red Gorget (rare)

While the males of different species have unique markings it is interesting that under different lighting, the Anna's male may only have the gorget light up, often confusing them for the Broad-tailed. The Calliope is the smallest hummingbird in North America, its rosy red streaked gorget reminds me of the flames on an old hot rod. Calliope only stops for a day or two at our feeders while migrating to high elevations. Rufous, while not as big as Anna's, is usually the bully at the feeder. Allen's hummingbird looks almost identical to Rufous but is generally found along the coast which supports our mountain sightings as being Rufous. You can often hear Black-chinned coming as their flight reminds me of a playing card in the spokes of a moving bicycle.

Attracting Hummingbirds (HB's): Red tubular flowers are best at attracting Hb's. Protein is obtained from eating small insects, including spiders, mosquitoes and ants. You can help by placing overripe fruit near your feeders to attract tiny fruit flies. Banana skins in a hanging basket are touted as working well. Of course anything that attracts Hb's will also attract other critters from Bears, Racoons and Squirrels to Ants, Bees and Wasps. Removing the flower over the feeding hole provides a large enough opening to allow Bullocks Orioles to drink the HB sugar water but may attract bees. It has taken us years to develop effective ways to discourage unwanted pests from invading or taking our feeders. For the sake of hummingbirds and the rest of nature, including humans, do not use insecticides indiscriminately. After placing your feeder(s), be patient, it may

continued on pg. 6



continued from pg. 5

take a month or more before the hummers find you but once they do they will probably return every year, breeding, and increasing their numbers.

Other than nectar feeders, one of the best methods to attract all birds, including hummingbirds, is to provide a clean water source, bird bath, with a drip of water falling into the bath, shallow around the edge(s) and with a way for birds to walk out so they will not drown. With possibly the exception of a sugar water feeder for Hb's, the bird bath is touted as the single most important attractant for all birds... even more than bird seed and yes, even hummingbirds routinely bath and drink water.

More hummingbird (HB's) FAQ's & Myths: Leaving your feeder up in Winter will not delay migration. Hb's leave when their clock signals or when solid food is no longer available. Hb's perch but do not walk. More time is spent perching than flying as digestion occurs during perching. Hb's eyes have both monocular and binocular vision with both eyes typically outweighing the brain. Proportionally Hb's have the largest hearts of any living animal. A resting heartbeat of 480 bpm can go as high as 1,260 per second when excited. Resting Hb's breath 250 times a minute. • While sleeping a Hb can loose 1/5th its body weight. In cold weather the Hb's can go into "torpor", slowing down its metabolism, reducing its body temperature from normal of 105°F to 66.2°F and only loosing 1/10th of its body weight. Hb's have a unique wing structure that allows flight in any direction, including backwards as Hb's fly with their hands, not by flapping their wings.

Hb's feed about every 15-20 min. to maintain their energy levels with heavier feeding at dawn and dusk as they catch up from the nightly fast and prepare for the night ahead. When a sugar water feeder is available they may not feed as often as when feeding from flowers with often limited nectar available. • The Rufous Hb weights about the same as a penny and has the longest migration route of all US Hb's, often migrating from Central Mexico to Alaska. Anna's is the most common Hb in SoCal, only 1 of 3 permanent residents of the US or Canada (Allen's and Costa's are the others). Unlike most other hummers, Anna's has a small song, most others just click or chirp. The Rudy-throated Hb is generally the only Hb found in the eastern US and does not occur in the Western US. Hummingbirds only occur in the Western Hemisphere. Hb's do not get a free ride on the back of a goose during migration.

How Many Hummingbirds Do You Feed? In addition to protein consumed by insects, a hummingbird eats almost exactly its body weight in 25% sugar solution each day. A hummingbird can weigh 5 grams in the Autumn. If you are feeding 8oz per day then you are feeding 25 birds. 16oz per day = 50 birds, etc.



Support Station 99

Labor Day weekend watch for a pop-up store selling T-Shirts, license plate frames and... well who knows?

All proceeds benefit Fire Station 99

The pop-up store will pop-up when you least expect it! Watch the downtown area of Forest Falls for your chance to support your local firefighters.



ALVIN!!!

Those little guys that skittle across the streets with their tails straight up in the air, are Lodgepole Chipmunks or as they are commonly referred to, San Bernardino Chipmunk.



These tiny characters are found in elevations from 4,900 feet to 9,800 feet. Most other types of chipmunks prefer lower elevations.

They are omnivores, meaning they feed on leaves and flowers, pollen, forbs, fungi, and seeds as well as bird eggs, small invertebrates, arthropods, and insects.

These critters are the favorite meals of coyotes, foxes, hawks and bobcats. However, they can race up trees so quickly they are not easy to catch. They make a high pitched whistling sound as well as what is described as a "pst-pst-pst-a-ku,," rapidly and repeatedly when alerting each other to danger.

During the summer months you can watch them race up and down the trees as if playing tag. They mate between May and June and after just one month of gestation three to six pups are born. Mom will nurse the pups for about a month then the kids are on their own. Then, in October their hibernation begins and lasts until April. Our little friend nest in burrows such as cavities in logs and stumps as well as burrowing underground. Unfortunately, these tiny forest friend only live for about a year.

These amazing tiny creatures are important to the ecosystem of our forest. They do not break down the seeds they eat and then deposit the seeds on the forest floor through their feces.

Next time you see one of these itsy bitsy neighbors, stop and watch their entertaining antics.

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GARDEN NOTES FROM THE FROZEN GREEN THUMB GARDEN CLUB

by Katherine Bird

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and cheer and give strength to the body and soul." ~ John Muir

This gardening article is focusing on giving your garden "personality". It shares interesting ideas for planting flowers, ground covering, bushes and such that create an endearing idea of walking into your garden and seeing how plants may make you feel. Ideas written here come from *Fine Gardening*, Tauton Press, Inc. 2020. Enjoy.

Plants with personality: How about creating energy or mood in your garden? Planting plants that connect with the visitor or gardener to their surroundings? Think about selecting plants for their personality, whether they grow in sun or shade. Is your plant a wallflower or life of the party?

Relaxed Plants: Gardeners like to escape and unwind in the garden. Therefore "relaxed" plants are the pick. Relaxed plants have a loose and graceful look. Relaxed plants feature arching stems, and an open branching structure with leaves smooth, and with simple shapes. **Examples:** Peonies, Lily Turf, Cypress, Hostas (beautiful up here)

Charismatic Plants: These are garden greeters. They give a punch to the garden. They have striking habits and surge from the earth, commanding attention and exuding a hearty zest for life. These plants say, "Come and play with me!" **Examples:** Canna, Dahlias, Cardoon, Red Hot Pokers

Reliable Plants: We all need reliability (especially now). Reliability plants are not glitz or glory, but solid plants that will get the job done. They provide calm assurance that all will be well. Great for walkways or just near the patio while you have a glass of wine. **Examples:** Heather, Rhododendrons, Spruce, Boxwoods

Edgy Plants: These are "drama" plants! They may make you think about coming too close. They have sword-like leaves, maybe thorns or pointy tips. Many of these plants have colors that intrigue. Be careful of the drama! **Examples:** Cactus, Rose Bushes, Sea Holly, Agaves, Yuccas, Bears' Breeches

Sociable Plants: These plants are "mood-swingers" in the garden. They love to be near other plants, "socializing". They may socialize a bit too much and a gardener might have to shut the party down by clipping tips. Sociable plants fill up empty areas and make the garden look full. **Examples:** Aster, Ferns, Spirea, Big leaf Hydrangeas, Vinca with the purple flowers

For adding personality to your gardens, check with local mountain nurseries. Some of these plants may also be found at Lowes or Home Depot Garden Shops. In this beautiful weather, have fun bringing "plants with personality" to your garden.

"Earth laughs withflowers."

~Ralph Waldo Emerson





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Editor's Corner

By: Suzanne Serdahely

BOO! As if I could really scare you... this is 2020 after all, it's scary! Let's just recap, we are in the middle of a pandemic, the fear for our health and the health of our loved ones is at the forefront of our thoughts and we have fear due to the possible losses of income and health

insurance. We fear having to become teachers in our own homes (what's with this new math?) which brings up the horror of being locked in with our own family 24/7. We have survived a massive fire, hail the size of a quarter, flash flood warnings as well as infestations (or as I like to refer to them, plagues!) mice, earwigs, spiders, flies, no-see-ums, mosquitoes... did I miss anything? SO a simple "BOO" is nothing.

Autumn is just around the corner. We are so lucky to live where the brilliant colors of fall seem to appear overnight, yellows, oranges, browns and reds... this magnificent time ushers in the holiday season.

Even with all the strange goings-on, Halloween and Thanksgiving are still going to arrive with all the silly fun it brings, all the warmth and glorious aromas it always has had.

Now, we probably won't be able to celebrate the way we have in the past. But nonetheless, we will be able to celebrate. As we settle into the new normal, holiday traditions might need to be updated and modifications made. Nevertheless, we will enjoy this harvest time. How ever we adjust, and we will, we will still watch for the Great Pumpkin, look for the black flame candle, have extra cans of green beans and cream of mushroom soup, with plenty of new recipes for the left over turkey as we create new memories.

So here's to black cats, boiling cauldrons, falling leaves, acorns, cornbread stuffing, Pumpkin pie, sweaters, hot cider, fire places, and flannel sheets!

Happiest and Spookiest Halloween and the yummiest of Thanksgiving wishes to you and yours!



Please remember our neighbors at Pacific Pines Assisted living and Hospice Facility by dropping cards and letters to:

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Welcome!

New in The Bear Facts are articles by our student editors
Morgan Anderson and Ellie DeLlong!

Hi!

By Morgan Anderson

My name is Morgan Anderson, and I am 11 years old. I have lived in this community since I was born. I have attended Fallsvale since kindergarten, and now I am in 7th grade.

This year, school started on August 3rd. At the end of last year, Bear Valley School District decided that we would get to go back to school full time in the classroom this year. Shortly before this school year started, the district changed their decision to return to school in a hybrid model. The very next day though, the governor mandated that all schools in our county needed to go into full remote learning.

I was very excited to go back to school, but I understand why we can't. This year our classrooms will be done on Google Classroom and Zoom. Attendance and grades will count. Our teachers will be taking attendance based on who shows up to the Zooms and who completes their work. Each grade level has a set amount of time that they are required to be on Zoom with teachers and a set amount of time they have to do independent work. I hope that we get to go back to school soon.

Moore Middle School

By Ellie DeLlyod

All Redlands schools are starting the school year online. Moore Middle School began August 13th. The textbooks, chromebooks, consumables, and student agendas were distributed August 5th - 7th. The school district calls the distribution a "Drive-by, Grab & Go" event. Students and parents can check on any social events or activities using the online Aeries app. Planned events will be alphabetized and broken down into times and schedules. The Virtual back-to-school night was the evening of Thursday, August 26th. For questions, contact Moore Middle School.



Morgan & Rose

DOWNTOWN TRICKS & TREATS

By: Mary Sanderson

(At the time of publication we do not know what pandemic restrictions will be in place on October 31, 2020)

ANNOUNCEMENT: *Debi Welch at Gillmore Realty will be continuing the tradition and sponsoring the annual "Downtown Tricks & Treats." Go Debi!*



For 10 Years, Jodean Forgues, owner of Jessica's Treasures sponsored the "Downtown Tricks & Treats." It grew to become a favorite annual gathering inspired by the need for a safe, well-lit place, so kids could enjoy the Halloween traditions with their families and friends. Folks gathered together with their chairs and bowls of candy in front of the lit, but some-closed businesses, to handout goodies. The kids, wearing their costumes, filled their bags with tricks & treats, going person to person, while the adults watched, kicked back, and socialized.

With safety in mind, Jodean first started the idea for safe trick or treating with a map of the houses who were handing out candy. However, that idea didn't go over as well as she had hoped. Then, Jodean heard that downtown Redlands businesses were handing out candy in front their stores and thought it was a great idea...it grew from there. Kids and adults alike, loved it!

Now, Jodean successfully operates Jessica's Treasures as a home business and she is passing the torch. Still, she is thinking outside-the-box with ideas about how to participate and support Downtown Tricks & Treats.

Debi Welch, along with the Gilmore Realty Team invites you to mark your calendars for October 31, 2020! The time will be announced along with COVID 19 requirements, on social media.



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1. Create a Wildfire Action Plan for your family. Being ready to go also means knowing when to evacuate and what to do if you become trapped.
2. Complete the pre-evacuation preparation steps (only if time allows) to increase your home's defense.
3. Make sure you monitor wildfires in your area and know your community's emergency response plan, evacuation orders and evacuation centers.

When immediate evacuation is necessary, follow these steps as soon as possible to get ready to GO!

1. Review your Evacuation Plan Checklist.
2. Ensure your Emergency Supply Kit/Evacuation Bag is in your vehicle.
3. Cover-up to protect against heat and flying embers. Wear long pants, long sleeve shirt, heavy shoes/boots, cap, dry bandanna for face cover, goggles or glasses. 100% cotton is preferable.
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American Sign Language (ASL) Edition

by Breanna Andrews

Did you know...?

- ▶ ASL is the third to fourth most common language used in the United States.
- ▶ ASL is made up of approximately 90 unique handshapes.
- ▶ ASL uses facial expressions to convey distance, size, sentence type, and more.
- ▶ ASL is not just English on the hands but has its own sentence structure and grammatical nuances.
- ▶ ASL is used mostly by Deaf people in the United States (yes that “D” is supposed to be capitalized). While “deaf” people (with a lowercase “d”) have some type of hearing loss, they may or may not use ASL. Deaf people (with a capital “D”), typically use ASL and consider themselves to be part of a cultural and linguistic minority group. They don’t see their deafness as a disability and they are proud to be Deaf.



See ASL in action!

Here are some great links to Deaf storytellers, news channels and more! Don’t worry, most have captioning so the “ASL impaired” can understand (just a little Deaf humor for you).

- ▶ “ASL Nook” is an educational website produced by a young family consisting of two Deaf parents, one Deaf daughter and one hearing daughter. Together they make videos aimed at educating the world on ASL and Deaf Culture, and often translate stories into ASL. Don’t miss all the lessons this adorable family has to offer <https://aslnook.com/>
- ▶ “ASLized” fosters the integration of American Sign Language (ASL) educational research into visual media and literacy. The main objective is to produce teaching and learning materials in ASL with two focuses: 1.) ASL literature, preserving culture and history and 2.) ASL Linguistics, promoting a better understanding of the complex structure and use of sign languages. Some videos have captions. <http://aslized.org/library/>
- ▶ “The Daily Moth” delivers news in video using American Sign Language. The Deaf host, Alex Abenchuchan, covers trending news stories and deaf topics on new shows Monday-Fridays. Find these stories and more at www.dailymoth.com

Are you interested in learning American Sign Language?

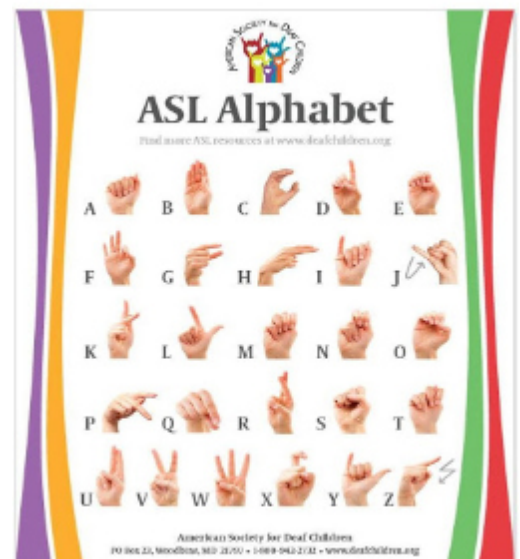
Here are a few resources:

1. **Take a class.** Crafton Hills College offers ASL 101-105. Associates Degree and Certificate programs are available. Feel free to contact me directly for more information (bandrews@sbccd.edu)
2. **Learn online.** www.startasl.com has free lessons for you to learn in the comfort of your own home.
3. **Meet Deaf people.** The California School for the Deaf, Riverside (CSDR) is a short drive down the 215 and offers many opportunities to interact with the Deaf Community. School sporting events are a great way to support our local Deaf school and interact with the community. Visit CSDR’s website at <http://www.csdr-cde.ca.gov/>



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A Rescue Partner For The Mountains

If you have ever gone to PetCo in Redlands on a weekend (prior to the pandemic) you saw a woman with flaming red hair and a passel of animals that were up for adoption. I know many of you adopted your furever friend from her.

Tanya Rios is the founder of Tanya's Adoption Network 4 Young Animals Inc., which was established in 1999 as a 501c3 tax exempt organization. Tanya has saved more than 5,000 animals that otherwise would have been euthanized – but more than that potentially she has saved 750,000 lives by spaying and neutering those animals she saved and preventing more unwanted pets.

Although Tanya's facility is located in Phelan she has reached out to the mountain residence many times over the years taking in lost and abandoned animals and getting the animals vetted, cleaned and fostered out to adopt.

A veterinarian assistant by trade and an animal welfare advocate since childhood, Tanya has made animal rescue and adoption her vocation.

Although Tanya has not been able to adopt out animals at PetCo due to COVID 19 restrictions she still welcomes people by appointment to her home and kennels to become fur baby parents.

Tanya will gladly provide a virtual meet and greet for you. Just call Tanya at 909-379-5182 to schedule your meet and greet, your appointment and to learn about the animals that are available for adoption.

(Editor's Note: When the Apple Fire was bearing down on Forest Falls and the warning had gone out that we all might have to bug out Tanya was ready to speed down the pass and up the mountain to help me to evacuate the hospice fosters in my care, even though they were not from her rescue.)



*Their Lives are in our Hands.
We are their Voice.*

Tanya's Adoption Network 4 Young Animals Inc.



*Tanya's Adoption Network
4 Young Animals Inc.*

www.tanyasinc.org
or 909-522-3333 cell 909-379-5182

Are You Ready For Cold Weather?

In the middle of a heat wave it is difficult to think about heating up the house. But, it is September already and that means all along Highway 38 we will begin to see the changes in the seasons. That also means we never know when the first blast of chilly weather will hit us.

Are you ready for it?

- Have you had your chimney cleaned and serviced?
- Have you had your propane tank topped off?
- And what about firewood?

Now is the time to be sure you are ready for winter. Those who are new to the mountain may not know that when winter hits, it hits us with a blast of arctic cold and the last thing anyone wants is to be short on firewood or propane.

If you have not had your chimney cleaned and service – do it now – before your first use. Chimney fires happen every year and do not think it will never happen to you.

Our little corner of winter wonder can be magical. So, be prepared, stay safe, warm, and enjoy!





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Spay/Neuter Your Pets

Pet overpopulation is a worldwide epidemic. Hard statistics aren't easy to come by, but it is estimated that over 4 million domestic cats and dogs are euthanized every single year in the United States alone. 8 million dogs and cats enter the shelter system every year. More than half won't make it out alive. Your tax-payer dollars account for \$1 billion dollars annually for animal control to pick up, house, and kill homeless animals. If only 5% of that money were allocated to spay/neuter programs, the US could sterilize more than 4 million animals each year.

We cannot adopt our way out of the pet overpopulation epidemic. The only way to "fix" the problem is to "fix" our pets. The health benefits of spay/neutering your pet will save you in vet bills. Examples of these benefits include:

- A female dog will live longer and have less of a chance of getting uterine infections and breast tumors
- Neutering male pets prevents testicular cancer and some prostate problems.
- Spayed female pets won't go into heat. In their effort to advertise for mates, they'll yowl and urinate more frequently all over your house!
- Male dogs will be less likely to escape and roam away from home. An intact male will do just about anything to find a mate, including finding creative ways to escape from the house. Once he's free to roam, the risks of being killed by traffic and fights become a constant reality. A neutered male may be better behaved.

Unneutered dogs and cats are more likely to mark their territory by spraying strong-smelling urine all over the house. Your dog might be less likely to mount other dogs, people and inanimate objects after he's neutered. No one wants to be mounted by your dog when they come to visit! Some aggression problems may be avoided by early neutering.

Spaying/neutering your pets is also highly cost-effective. The cost of your pet's spay/neuter surgery is far less than the cost of having and caring for a litter.

Do yourself, your pet, and your community a service by spay/neutering your animals. If you cannot afford the cost of the surgery with your vet, there are several options available:

- The Humane Society of San Bernardino Valley offers low cost spay/neuter. To make an appointment please call (909) 386-1400 Monday through Friday.
- Visit Spay California's website or call 866-738-7729 to book an appointment.
- Daisy's Hope Foundation does spay/neuter clinics almost monthly for low income families. Their clinics in January and February will be funded by the Ian Somerhalder Foundation.

We all want what is best for our pet's health. Spay/Neutering not only helps our pets, but prevents future pets from ending up in high-kill animal shelters.

Sources

<https://www.thedogrescuers.com/statistics--facts.html>

<https://www.aspc.org/animal-homelessness/shelter-intake-and-surrender/pet-statistics>

<https://www.aspc.org/pet-care/general-pet-care/spayneuter-your-pet>

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Written by Veronica Hampton

Edited by Bob Stone



Marc Lester with Apple.... Marc and Dante are fostering Apple until adopted.

<https://guardianangelpets.com>



HONORING PAUL TETREULT FOR 12 YEARS of SERVICE



Paul began supporting Forest Fall even before he and Beth moved here; helping out with Canyon Clean-up and the Chili Cook-off. He joined the Mountain Care Board in 2008 and began writing a quarterly column, "Kick Back & Pop It In."

He became the Editor of the Bear Facts in 2011 and retired last year. You'll usually find him at Music Night at the Big Falls Lodge, playing bass with friends and neighbors or volunteering to support one of the local fundraisers. Thank you Paul!

MAINTAIN DEFENSIBLE SPACE

Keep your property lean and green to help protect family and home.



Defensible space is essential to improve your home's survival in a wildfire. It's the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it. This space is needed to slow or stop the spread of wildfire and it helps protect your home from catching fire—either from direct flame contact or radiant heat.

Defensible space is also important for the protection of the firefighters defending your home.

<https://www.readyforwildfire.org/>

End of Summer Event

Saturday Sept 5th
10AM to 3PM

| | |
|--------------------------|----------------------------------|
| Jessica's Treasures | Sign of the Hawk |
| Kathmandu clothing | jewelry |
| backpacks | hand made pens |
| bandannas | soaprocks |
| masks | minerals |
| summer candles | Crafty Granny's Jewelry & Things |
| windchimes | fall decor |
| Healing Hearts Sanctuary | Tie-Dyed Babes |
| meditation | tie-dyed baby apparel |
| sound bowl | |
| reiki | |

This will be an outside social distancing event. Please bring your mask. Hand sanitizer will be available.

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Bible Study 10:00 a.m.

Musical Praise Service 11:00 a.m.
(Musicians are encouraged to bring their instruments)

Worship Service 11:30 a.m.

Weekly Potluck Fellowship Dinner 12:45 p.m.

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Haunt on the Hill: This year marks the 10th Anniversary of Halloween's Haunt on the Hill. Normally, plans would be underway for this beloved scary-fun extravaganza. At this time however, we are still under strict COVID-19 guidelines for gatherings of this type. Although saddened that we cannot, for certain, have the event to celebrate this milestone, the planning committee is still moving forward with potential ideas. Works are in motion to create a pop-up scaled-down version of the event designed to comply with restrictions. We are monitoring the situation. STAY TUNED for any yet unforeseen social media announcements, as the plot thickens.

Rattlesnake Avoidance Dog Training was held outside at Big Falls Lodge this past June. It was a great turnout. Each dog had a one on one private training session. Training is designed to enable dogs to detect the sights, sounds, and smells of rattlesnakes. The training instills a reflex that causes a dog to quickly move away from rattlesnakes and avoid them all together.

New Event: The first weekend in August the Kona Ice Truck was at the Big Falls Lodge parking lot. Many folks came by to enjoy shaved ice and listen to live music! There were lots of flavors to choose from. Featured, "Kona Mangonada!" A blend of frozen mango, Chamoy, and Tajin. It was a real crowd pleaser! A portion of the proceeds went toward the support of VFCCI. This event was so well received that we plan to invite the Kona Ice Truck back before the weather turns cold. If you like this idea, PLEASE LET US KNOW! We will work on making it happen so you can join in and bring a friend! If you happen to have purchased a souvenir cup the first time, we are working on offering a special discounted treat to serve-up to anyone who brings their cup back with them! YUMMY SURPRISE!

Apple Fire: During the recent Apple Fire, firefighters from all over California were sent to Forest Falls. There were also crews from Oregon and Arizona! VFCCI opened its doors at Big Falls Lodge for the Firefighters to have access to shelter, clean restrooms, and Wi-Fi. This quickly turned into the non-official "Forest Falls Community Firefighter support center." As crews cycled in and out of their 24 hour shifts, they were invited to use the Lodge as needed. At the lodge, refreshments and sustenance were stocked up daily. This was truly an example of our community's hospitality and generosity, made possible with the help of volunteers giving their time. Once the word got out that VFCCI needed help with donations, there was an outpouring from so many people and businesses up and down the mountain. The firefighting personnel witnessed how a community pulls together in times of need. A BIG THANK YOU from the firefighters to all of you was expressed and a heartfelt appreciation for the support and encouragement you gave in this important moment! Because of you, Big Falls Lodge was able to serve its community and extend its welcome. FOREST FALLS STRONG!

PLEASE DONATE: We would like to invite you to make a donation in support of VFCCI and the Big Falls Lodge. Just go to www.VFCCI.org and look for the PayPal link. Also, please sign up for "Amazon Smiles," then choose "VFCCI" to give a portion of your Amazon's order to support VFCCI. Every time you make a purchase you are giving back to the community.

Think
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www.VFCCI.org

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Thank you!



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Mountain Citizens Acting to Restore the Earth

Mountain C.A.R.E. is a non-profit community based organization located in Forest Falls California. We are a group of volunteers that came together in early 1990 to arrange an Earth Day activity. Our articles state that "We are to educate the general public about environmental concerns and the need to restore and preserve the environment for future generations".

Our vision is to:

Encourage the community to recycle, reduce, and re-use;
enhance knowledge and love of the area;
and show we care by keeping personal property and
community areas clean and beautiful.

Your Subscription, Contribution, or Participation with Mountain C.A.R.E. helps to support the education and environmental work we do in the communities of Forest Falls, Angelus Oaks, and Mountain Home Village. It helps to create this Bear Facts newsletter which keeps our communities up to date on local events and important issues. We are a non-profit organization working with volunteers. All donations are tax-deductible as permitted by law and gratefully appreciated. Your donations keep this publication and all Mountain C.A.R.E. activities going strong. Thank you for all your support!

We have a commitment to each other and all our mountain communities.

Please join us in that commitment by sending any donations to:

Mountain C.A.R.E.
P.O.Box 13, Forest Falls, CA 92339

(please make checks payable to Mountain C.A.R.E. or contact us through www.MtnCARE.com)