

The BEAR FACTS

A publication of Mountain C.A.R.E. (<http://www.mtncares.net>)

Spring 2026 Volume 20 Issue 1

LOCAL COUNTRY ARCHITECT

Country-Architect making House Calls in Forest Falls Since 1990

By C.Ted Woods, MIA, MFA, BA, CA. Architect, NCARB

Upon reading author Shannon Wray’s fantastic and informative history, “Pioneers of Mill Creek Canyon,” I became aware of the unique development and incredible history of this mountain town, and I realized how distinguished and significant it is in Southern California. . . with the tallest waterfall, the tallest mountain, and Mill Creek. I am much more appreciative of the privilege of continuing to live up here and being a contributing member to this present-day community.

I am a licensed California architect, who is the first Negro to graduate from the distinguished Princeton University School of Architecture & Urban Planning. I worked over 20 years as an apprentice, then junior architect, and finally a senior architect in Montreal, Canada, and several U.S. states. In Redlands, I was associated on projects for many years with architect Leon Armantrout. One major project that my own studio completed is the Sacred Heart Church in Rancho Cucamonga, dedicated by the San Bernardino Diocese in 2006.



Early on, my mother, Claudia Woods, recognized and encouraged my unusual artistic talent. She

policed me to work hard, study, and get good grades. I celebrate and owe everything I am to her. She worked as a maid for her “boss lady” Mabel D. Tanner, who saw paintings I did as a senior in high school and sponsored me with a scholarship to study theatre and scenic arts at West Virginia



University. I was the first in my family to attend college. I had spent 16 years working in theatre as a Scene Designer when a couple of Princeton University Architecture students saw one of my set designs. We became close friends, and they encouraged me to apply to Princeton University to study architecture. I qualified and was awarded a Fellowship. Princeton University was tough, but I worked hard and graduated 2nd in my class, with a Master of Architecture Degree in 1972 – and the rest, as they say, is history.

I passed California State’s Architect’s Bar Exam (which consisted of 8 key



sections that lasted four 8-hour days, plus an oral exam – once you passed). I got my license and

continued on page 11

Mountain C.A.R.E. Board of Directors

Debi Welch
President

Terry Hamilton
*Vice President,
Advertising, Development*

Jamy Gray
Secretary

Rob Clizbe
Treasurer

Deby Anderson
Graffiti Busters, S.T.A.R.

Carol Burgess
Member at Large

Everett Gray
Member at Large

Bernadette Griffith
Member at Large

John Ruble
Canyon Clean-up

Bear Facts Staff

Pat Daniels
Editor

Misha Boyarski
Layout Artist

to submit
Letters to the Editor
write to:

bfeditor2025@gmail.com



Please Support Us \$15/yr

Editor's Message

by Pat Daniels

Sharing My Short Spring Song

Inspired by one of my favorites, which was written in 1788 by Robert Burns, "The Winter it is past...", and Spring has come at last. My Spring song includes rhythmic notes of homage to rebirth and renewal in our lives, to new growth, and new beginnings. The musical energy that's found within Mother Nature should be embraced among us in our mountain community.



I am excited about the rebirth and growth that is displayed melodically throughout our mountain community. For instance, I give a shout-out to our new Bear Facts designer, Misha Boyarski; mark your calendars for the annual Canyon Clean-up; come celebrate the 25th annual Chili Cook-off; and remember to listen and enjoy the different octaves of our VFCCI/Big Falls Lodge (Valley of the Falls Community Center, Inc.) – their genres of events keep us grounded in fun family and group values.

When I took on the role of editor, I discovered melodies and tunes of how much I really love our mountain community. This includes Angelus Oaks (AO) with their East Mountain Festival. For more details about the AO Festival be sure to check out our next Bear Facts 2026 Summer issue.

Meanwhile, let's enjoy these eventful melodies and songs – because alas, Spring, the most significant season and time of each year will pass.



Remember:



both the current issue & old issues
are OnLine with Live Links at:

<http://www.mtnicare.com/bear-facts>

Check out current community news at www.mtnicare.net

Graffiti Busters...

by Deby Anderson

Getting Ready to Hike our Mountain

Spring has sprung, and my muscles are calling out. Do I just start hiking or do I try to get in shape first...? I fight this dilemma every spring. I would like to say I am dedicated to a stringent routine, but that's not the case. I am a procrastinator. I didn't used to be, but since I retired 20+ years ago, I have plenty of time to get ready. LOL

Having walked two Caminos through Portugal and Spain, I can say in all honesty, preparation is the key to avoiding mishaps. Before I went on my first Camino, someone told me that my feet were going to be my best friends or worst enemies. With long "walks" of 15-20 miles per day, that was true. I found I can't wear hiking boots because they hurt my ankles. Trail runners work best for my feet. What about shorter hikes up here in our mountains? Feet and proper shoes are extremely important, but if you don't strengthen your legs, you might unnecessarily suffer.

Hiking uses more than just your feet and leg muscles. You use your core muscles including abdominal, pelvic, and back muscles. Ok, I know I lost you when I started in on the fitness thing, but stay with me here. When going uphill you use muscles in the calves, hamstrings (backs of the thighs), and buttocks. Going downhill you use the same muscles but also the quadriceps in the front of the thighs. If this seems complicated, it really isn't. Just start by walking everyday on flat ground. The picnic area is a good place to start. Incorporate strength training exercises such as stair climbing, lunges, and squats. Will this hurt? Probably, but it's a good hurt. Or try Sit to Stand exercises- sit in a sturdy chair with arms crossed over your chest. With feet flat on the floor, shoulder width apart, directly beneath your knees, lean forward slightly and stand up slowly. Hold. Slowly sit down. Control the sitting down. Don't just "plop." Try to do 10 of these.

I'm of the age where I am most comfortable using trekking poles. I started training with them on flat surfaces. I got in a good rhythm that became second nature to me. If used properly, they can help



reduce the weight bearing on your joints by up to 30%. They are not expensive. One pair lasts years. I have already decided that when I get really old and need a cane, I will use my hiking poles. That way I will always look like a hiker....

This canyon is especially beautiful in the spring. Whether or not you prepare for a hike, grab a friend and get out there and enjoy your surroundings.

See you on a trail.





**Mountain
C.A.R.E.**

2026 Annual
Canyon Clean-up
Saturday, May 9th
8:00 to 11:00 AM

Graffiti Busting	Document Shredding
Recycling	General Trash Drop Off
Electronic Waste	Mulch Self-Service
Large Item Drop Off	Yard Waste

Please help us keep our towns Beautiful
(626)339-6283 For more Info visit **mtncare.net**

Mountain C.A.R.E.

President's Message

by Debi Welch



Hello, Friends and Neighbors!

Hope you are doing well! As I type this, it is a crisp day at the end of Winter. We didn't wash away with all the rain over the holidays, and the days are subsequently getting longer...really

wonderful things in my book! The Forest Falls Fire Department Auxiliary, of which I am the chairman, needs volunteers! Currently there are only a few of us, and those hard-working firefighters need our support! It's not a huge commitment, but we help out when they need us. We provide support for the Easter Breakfast, which should be coming back this year. We show up for the Labor Day Dinner and occasionally host a pop-up t-shirt sales event. Also, we assist with the Christmas Families project ensuring no one is forgotten during the holidays. Please contact the Forest Falls Fire Department or message me @ 909.260.0215

We have some good news! In case you haven't noticed, our downtown Forest Falls webcam is back online at <https://www.mtncare.net/web-cameras>. We are so grateful to Everett Gray because it was not an easy task. When YouTube changed their platform, we were no longer supported. Our cameras went dark—no warning, no nothing. We are researching the best way to get the remaining cameras back online, and we appreciate your patience and continued support. We will update you as soon as we have the additional live links for your viewing pleasure! We know how everyone counts on these webcams for daily information. Also, the webcam in Mountain Home Village is one of the most important cameras that should be back up with more consistency as soon as possible!

This place we call home is very special, and we are so lucky to be here. Part of the magic is neighbors helping neighbors. We watch out for each other, and if you notice a neighbor struggling, please reach out and lend a hand.

Canyon Clean up and Chili Cook-Off are just around the corner, and we hope you all participate in both worthy events, so please save the dates in May!

One final mention: Our long-time layout artist, Paul Tetreault, is retiring. Thank you, Paul, for your many years of service to Mountain C.A.R.E. and the Bear Facts. It has been a real pleasure working with you.



Angelus Oaks Fire Safe Council Spring 2026 Community Update

by Crystal Ramirez

As we head into the spring season, Angelus Oaks Fire Safe Council is excited to share some updates and reminders to help keep our beautiful mountain community safe and strong.

Our Mission: Neighbors Protecting Neighbors

Our mission is simple— to educate, empower, and unite Angelus Oaks in wildfire prevention and preparedness.

Educate and empower: We share practical ways every resident can make their property safer by protecting our community house by house.

Firewise practices: Angelus Oaks continues to be recognized as a Firewise Community by educating and raising awareness.

Community collaboration: Wildfire safety is a team effort, and we're proud to partner with neighbors, local organizations, and agencies to reduce risk.

On-the-ground projects: Engage in fuel reduction projects that make a real difference in protecting homes and property from wildfires.

Supporting local ordinances: We help residents understand and follow San Bernardino County Mountain Area Fire Protection rules designed to keep everyone safer.

A Quick Community Reminder! Did you know our area is close to Goldspotted Oak Borer infestations? This invasive pest can seriously damage our trees. To learn how to protect your oaks from insects and disease, visit <https://www.iercd.org> and click the Forestry link.

Join us! Being part of your local Fire Safe Council is a great way to get to know your neighbors, learn helpful tips, and take action to protect our community. Every household plays a part in keeping Angelus Oaks safe.

From all of us at the Angelus Oaks Fire Safe Council, thank you for caring for our community and looking out for one another.

Some Helpful Phone Numbers

Angelus Oaks Firehouse	909-794-3227	Non-Emergency, AO leave a message.
CA Highway Patrol	909-383-4247	for Road Conditions
Code Enforcement	909-387-4044	Illegal Dumping
Building & Safety	909-387-4244	Building Codes
So Cal Edison	800-655-4555	Customer Service
FF Firehouse	909-794-4413	Non-Emergency
Fish & Wildlife	909-484-0167	for Bear & Lion Issues
Forest Service USFS	909-382-2600	Forest service property



\$350 To the Best Chili
Applications available

SUNDAY
MAY 24TH 2026
11:00-3:00

Downtown Forest Falls

- 🌶️ Chili Tasting
- 🍷 Beer/Wine Garden
- 🎵 Music
- 🎰 Incredible raffle
- 📷 Old Time Photo Booth
- 🎨 Face Painting
- 🐕 Dogs 4 Dawgs
- ☕ Coffee wagon w/ specialty drinks
- 🎉 Parade, Featuring Kids, Pets & Floats
- 🐾 Animal Rescue/Adoption

Finishing up @ 3pm w/ town photo

www.mtncare.net

Mill Creek Canyon Fire Safe Council

by Frank Sexton



The Mill Creek Canyon Fire Safe Council is looking for a representative from Mountain Home Village to join us on our Executive Board.

Please contact Frank Sexton, 909-553-5483 for details.

With assistance from the Mountain Rim Fire Safe Council and the Inland Empire Fire Safe Alliance, our MCC Fire Safe Council

has been sponsoring free curbside chipping in Mill Creek Canyon. Go to <https://www.freechipping.org/how-to-request> to sign up.

Assistance with Hazardous Dead Tree Removal is also available at <https://www.firesafenow.org/tree-hazards>

In the future, we would like to provide green waste disposal and an INSURANCE SEMINAR/WORKSHOP.

Your neighbors at the Mill Creek Canyon Fire Safe Council are proud to help you with better mountain living!

Local Poetry

Winter Fruit

by Juan Delgado

At noon, the sun-bleached fence shades her pomegranates splitting their peels, open to the birds. A few have gaping jaws, and some are half-covered by ivy, and moss greens their exposed seeds. Past their season, their skin hardens. She sits by a sunny window, letting the warmth of a lazy day blanket her, though she lets her garden's shadows turn to a chill, encroaching on her musing. Gazing at the fruit of her pomegranate shrub, she imagines the faces on a Ferris wheel turning too fast downward to the ground. Some are gripping the bars tightly, and others are flashing gestures, absorbed in their whirling, guided and short-lived. At the top, lovers kiss before they descend. Throwing their arms up, two girls scream at the rushing ground, caught up in their brief and hurried up game. Out of breath, they hurtle toward the ride's finish.

“Fire destruction is one man’s job; fire prevention is everyone’s job”.

~ anonymous

MOUNTAIN C.A.R.E. NEEDS YOUR SUPPORT



Please renew your subscription!

This publication can not survive on ad revenue alone. we need resident support

Just \$15 per household per year shows you care

you can send a check in the mail to PO Box 13 Forest Falls Ca. 92339

All Donations are Tax Deductible

~Serving Our Mountain Communities~

Protect YOUR Home's Comfort...

With Safety Upgrades, Services, Home Generators & More!

Contact Us for More Info!

BURGESSON'S
HEATING • A/C • ELECTRICAL
SOLAR • PLUMBING

Since 1949

Service ★ Installation ★ Repair

909-792-2222 ★ burgessons.com

CODE: TBF
CA Lic 263871

Linguistics Corner

by Jean Delgado

Reflecting on Language Usage

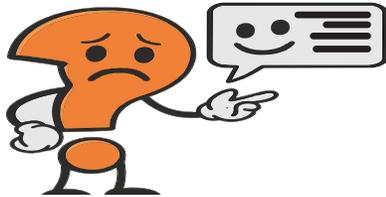
Often people say, “Uh oh! We’d better watch our language!” upon hearing that I teach linguistics. But teaching about language doesn’t mean policing others’ language. Why?

A dialect is a form of language that has a distinct set of grammatical, vocabulary, and pronunciation rules. Virtually all languages have many dialects. A standard dialect has prestige in public arenas (government, media, education, business). A non-standard dialect has prestige in local regions and social groups. It is usually the same language as the standard but follows different rules. Standards are not better or more correct; non-standards are equally complex, rule-governed, and expressive. However, some dialects are more acceptable and prestigious in certain contexts.

What purpose do dialects fulfill? Standard dialects provide a universally understood form. No matter where you are from or what dialect you speak, you will understand a standard. Think about the difference between the servants and the aristocracy in British dramas. A standard can give speakers public prestige because it is associated with the powerful, the upper classes, and the educated. A standard also allows non-native speakers to use rules that will be understood by the most people. I learned standard Italian so I could be understood anywhere in Italy. A standard also allows native speakers to change the way they speak if they want to. My kids’ principal was from Louisiana, but that wasn’t evident in her speech. She had adopted a standard in college because a professor threatened to fail her if she spoke “sounding like that again.” He traumatized her into eliminating her regional non-standard speech. People forced to conform to a certain standard face particular injustices, especially kids growing up in non-standard communities who are too often shamed because they are criticized for their speech.

If a standard dialect is so important and prestigious, why do we even have non-standards? Non-standard dialects have always existed and will always exist because humans are mobile, social creatures. Non-standard dialects give us membership among family, friends, community, and other social groups and are influenced by geographical region, age, generation, culture, race, gender identity, level of education, socioeconomic class, etc. Non-standard dialects remain because they form an important part of our identity. They show our love of and solidarity with a smaller, more intimate group or region. Demeaning someone’s dialect demeans their ancestry, their identity. The use of a non-standard indicates belonging. Anyone can speak a standard language, but only a specialized group can speak a non-standard!

QUESTIONS AND ANSWERS ABOUT LINGUISTICS



Historically, we have mistakenly been taught that there is one correct way to speak English, that a standard is the only legitimate language, and that non-standards should be avoided. But although knowing a standard is very useful and even necessary in some contexts, non-standards are equally important and should be respected and preserved. Understanding the dynamics among standard and non-standard dialects is beneficial for all.

I’d love to address topics that come from you, so please submit questions/comments about this article or any other topic to me at jeanbearfacts@gmail.com

TO BUILD OR NOT BUILD?

“A Cautionary Tale”

by Terry William Hamilton

We moved to Forest Falls, permanently, in 2020. Our move here wasn’t an accident; we’d been vacationing here at our friend’s cabin on Valley of the Falls at lower Hemlock since 1974. Mill Creek Canyon, the creek, and the falls bid us return frequently.

Finding our own retreat cabin on Mill Creek proved a daunting task for us and for our realtor, Tom McIntosh.

Upon my retirement from teaching 6th grade, and John being a realtor in San Marino/Pasadena, we began our search in earnest. A log cabin rental up the street on Hemlock became our first landing place. Better to live here and see if we loved paradise year-round as much as we thought.

We had already done 13 home restorations in the flatlands, and we continued our interest in home restoration by purchasing our 14th project up here in the mountains.

Mountain Time became our mantra, which is very different from working in the flatlands. But within a year, we were pleased with our efforts and sold the property. So, we decided Forest Falls was going to be our permanent home.

One day, Tom was showing us a vacant lot on Island Drive. We drove by a log cabin and wondered why we hadn’t paid much attention to it earlier. It was on Mill Creek. Better yet, it had a primo view of Big Falls. We bought it.

John immediately designed a remodel of the 1000+ square foot log cabin and an 800+ square foot 3 story addition. We decided that we could do this project the same way we had done all 14 homes before this one.

That was a Big Mistake!

New construction is more difficult – it takes more time, and costs more money in the forest. We weren’t prepared. We thought we could be OWNER Builders. Why not? We’d already renovated and restored 14 houses.

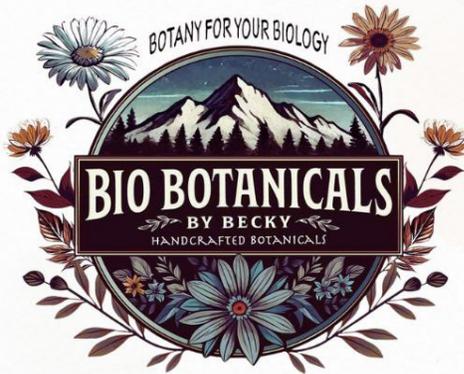
We got John’s plans finalized by a recommended draftsman who had the plans reviewed and stamped by an engineer. The plans were submitted to San Bernardino County Planning Department using the EZOP (EZ Online Permitting) system, which is not easy.

We thought the approval process might take a couple of months. Then, other county departments started making demands. One wanted a percolation report for our septic system. That made sense because we don’t want that to be unsafe. A soils report was

continued on page 15

Herbal Consultations Custom Formulation

Handmade, small batch
tinctures, teas, salves & more!



**Rebecca Lyons, PhD
Clinical Herbalist**

biobotanicalsbybecky.com
biobotanicalsbybecky@gmail.com

Three Cheers for Chickweed!

by Rebecca Lyons, Ph.D, Professor of Chemistry

Every spring, gardeners eagerly await the first shoots of broccoli and radishes to poke their heads above the soil. But right along with that comes the scores of tiny volunteers. Before you rip those uninvited



visitors out and toss them on the compost pile, hold up! Hearty chickweed (*Stellaria media*) may be among them, not something you want to waste! Smooth, oval, alternate leaves help you identify this tender shoot, and if you get on your belly with a magnifying glass, a line of fine hairs runs down the stem. A bit later in the spring, tiny white star-like flowers appear for a definitive ID. In some places, Japan for example, people cultivate this plant as a salad green and include it in symbolic springtime cuisine. It also makes a fabulous addition to pesto recipes.

The tender sweetness of this little plant belies the medicinal powerhouse that it is. Chickweed is a wonderful anti-inflammatory, both internally and externally. The whole plant can be brewed as tea and sipped as a part of your spring-cleaning rituals. Traditionally, it is used in spring detoxification as it supports the kidneys gently without acting as a strong diuretic. For folks with irritable bowel or a generally angry GI tract, this tea can sooth the savage beast there as well.

Chickweed seems to have an affinity for the skin. After brewing it as a strong tea, or “decoction,” let it cool. Soak a piece of flannel in the liquid so that you can apply it to rashes, sunburn, and acne. After a day spent staring at a computer screen, you can apply this as a cold compress to your tired, dry eyes as well.

In addition to vitamin C, everyone’s favorite antioxidant, chickweed has many other compounds that give it some of its potent properties. Isovitexin is in the saponin class of compounds; it is anti-inflammatory and neuroprotective, inhibiting the NF- κ B pathway. And rutin, a reddish, water-soluble compound also found in buckwheat flowers, supports blood vessel health and strengthens capillaries. All of this from a tea!

So don’t toss those little chickweed shoots...unless it’s into your salad.

Valley of the Falls Community Church

Sunday Schedule:
Community Prayer at 10:00 a.m.
Worship at 10:30 am
followed by Fellowship Time

Dr. Paul Reed,
Lead Pastor
(909) 794-3189



40626 Valley of the Falls Drive, Forest Falls, CA 92339
Follow us on Facebook @forestoffthefallscommunitychurch



My Indoor Cat Escaped-- What Should I Do?

by Suzanne Serdahely



The absolute panic any cat parent will experience is realizing that their indoor kitty has gotten outside. The immediate response is to run outside screaming the cat's name. NO, do not do that. Your energy is going to send her deeper into hiding. Here in the mountains, it is even more frightening than down in the flatlands. Not only do you worry that your cat will be struck by a car, but we have birds of prey that will snatch up a cat and fly off with their meal. We have coyotes and other large predators that also are hunting for food. Many people ignore leash laws, and your cat could easily become a victim of a stray dog attack.

Here are some things to do if your indoor kitty has gotten out. These are recommendations from several pet recovery associations:

STAY CALM. The most important thing is for you to remain calm. Quietly go outside and slowly and calmly look under bushes and other areas your kitty could crawl under. No matter how close you are to your indoor cat – cats that escape are fearful. Cats have great hearing and a great sense of smell. The outdoor noises and smells are overwhelming to them. Indoor cats rarely go far from the escape point, so calmly look under things where your kitty could be hunkered down. Check way under that bush or deep inside that niche or crevasse, as your cat will crawl way back into a hiding place and stay very quiet.

DO NOT PUT THEIR CAT BOX OUTSIDE. This was a method recommended for years but it has been proven

that all this does is attract other animals, including predators. The other animals will try to mark the box, causing your cat to stay away or even get attacked.

Put something with your smell out by your door; your cat will be drawn to you. Take a snack pouch or a can and shake it as you calmly and softly call kitty's name. Their desire for the treat will bring them out from the hiding place. Let your cat slowly inch their way to you to eat the snack. Then gently – not quickly or abruptly – pick them up.

Contact your neighbors. Cats are very quick and silent, and they can be locked in a shed or garage without your neighbor realizing it.

Indoor cats will eventually wander home to the point of escape, crying to be saved. So pay attention!

Notify others any way you can. Put up flyers in the neighborhood. Post on social media. Pictures help.

Check daily with your local shelter– do not just call. Go to the shelter and check. Shelters are busy places, and cats especially slip through the cracks.

But before your cat even escapes, get them spayed or neutered; these procedures reduce their desire to go outside. Get your pets microchipped! All rescues and shelters will check for a chip immediately and will hold your pet until you can pick them up.

The best cat parents always check before opening a door to be sure their sneaky little kitty is not waiting for the chance to run out – but it happens. If that's the case, stay calm, and quietly and softly look for your kitty. Remember that as the hysterical parent is running around in a panic, their cat is often within arm's reach, crouched down in a quiet small space, just watching you lose your mind.

Specializing in Mountain Property Since 1925

Angelus Oaks

37690 Hwy 38

(909) 794-2969

Fax 794-2173

eMail: greff@verizon.net



Calif DRE #01294178

Forest Falls

40978 Valley 'Falls Dr.

(909) 794-2518

Fax 794-5436

eMail: greff@verizon.net



**Sales • Rentals • Property Management
• Consulting • Multiple Listing Service**



Forest Falls - Angelus Oaks - Mountain Home Village

www.GillmoreRealEstate.com • www.ForestFalls.com

Gail D. Cox Community Center

Big Falls Lodge

41303 Valley of the Falls Drive
P.O. Box 41
Forest Falls, CA 92339



THANK YOU

www.VFCCI.org

Board of Directors

Michelle Macri

President

909-222-9067 direct

events@vfcci.org

vacant

Vice President

events@vfcci.org

Robyn Clark

Secretary

rocknrobn80@hotmail.com

Leonard Peterson

Treasurer

leonard.m.peterson@hotmail.com

Jessica Mendelsohn

Member at Large

Zinniyoga@gmail.com

Dee Konczal

Member at Large

dkonczal2@gmail.com

Andrea Riley

Member at Large

andreariley365@aol.com

Nick Shades

Member at Large

nickshades@gmail.com

Treat the Mothers in Your Life to a Delicious Brunch!

May 10 at the Big Falls Lodge, 10 am - Noon

Once again, Big Falls Lodge will be offering a catered brunch to delight families in celebrating Mom. This event requires reservations in order to provide a delicious plethora of items to choose from. Only 70 seats are available! Make your reservation before May 3rd to be included in this special day!

This event requires a lot of effort by the volunteers to shop, prepare, cook, set-up, serve and clean-up. We are happy to provide a special meal for the families in our community to celebrate mom; however, we do require a minimum number of reservations to make that effort rewarding. Without the minimum number, the effort is more than the volunteers can manage. Also, without a minimum number of reservations, the cost of the meal will become more than families can afford.

Avoid the crowds and long wait at restaurants down the hill.

Celebrate with friends and community members you know and are delighted to share this special event with you.

A Glimpse at our Prospective Offerings:

- ♥ Banana Nut French Toast Casserole ♥ Sausages ♥ Fresh Fruit ♥ Pancakes & syrup
- ♥ Mini Quiche ♥ Bagels & Cream Cheese ♥ Biscuits & Gravy ♥ Sweet Breads
- ♥ Coffee, Tea, Milk ♥ Breakfast Burritos ♥ Hash Browns ♥ Champagne & Juices

Costs: Adults \$30 each Kids 5-13: \$15 Kids Under 5: Free

Family party of 5 and more will be given 10% discount

Reserve & pay by April 1st? Receive 10% discount

The Lodge is looking for volunteers to help make this event wonderful



Contact: Andrea 909-351-9196 or Robyn 909-921-3762



continued from page 1

opened my own practice. I was satisfied to become a one-man studio focusing on manageable residential projects. I opened my own studio office in downtown Forest Falls in 1990, which is in the space where the current Sheriff's Field Office is located, and I began to answer mountain house calls—like a country doctor.

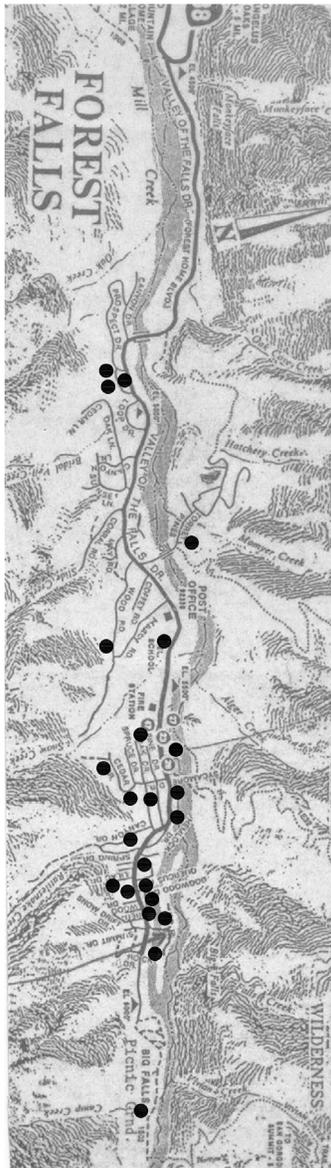
I am proud to have been able to contribute to this mountain community by being a local source for traditional architectural design, engineering, and drafting services. When I first moved here, I was happy to be immediately and unconditionally accepted and befriended by all the new neighbors, local builders, contractors, and carpenters, most of whom I have worked with to successfully accomplish constructed projects up here, and more importantly, to cultivate happy, satisfied community clients.

The dots on the Forest Falls map show the locations of my Forest Falls projects for new residences and house remodels or additions over the years. These include plans for remodeling the Big Falls Lodge of the now Gale D. Cox Community Center and plans for the old stone Forest Falls School Museum remodel. I was one of the original founders of Mountain Care.

I truly enjoy meeting families and listening to and understanding clients, including absorbing each client's design and construction ideas, problems, dreams, ambitions, and budget. I hear everything. Typically, my architect's design process strives to evolve a design by exploring alternative design ideas as analytical options searching for and inventing that design solution which, we all can agree, is simply, the best! My biggest reward is when a client says, "Wow— thanks, Ted! It's just what we wished for!" I do think I was born to do this work that I love.

I am grateful and blessed to say that this coming April 7 will start my 84th trip around the Sun (at 18 miles per second). I moved to Forest Falls 38 years ago around 1987. I guess that qualifies me as a (now semi-retired) Forest Falls "old timer." Long live Forest Falls – its people and me!

For more information email: ctedwoods@gmail.com



Supper on the Hill at Big Falls Lodge

Community members come together to share a meal and conversation!

2026 Supper on the Hill will be quarterly: March 5, June 4, September 3, and Thanksgiving Day.

Thurs., March 5 (5 pm to 7 pm): The committee will be providing 2 soups, one vegetarian and one not. We will also be providing a variety of drinks. You are welcome to bring desserts, bread, salad, side dishes, or other soups.

Thurs., June 4 (5 pm to 7 pm): Join us for hot dogs, beans, and potato salad! Hopefully we can have ice cream sundaes, as well.

Thurs., September 3 (5 pm to 7 pm): We are planning a themed supper night—Italian or Mexican.

Thurs., November 26 (Time TBA): Join us for a traditional turkey dinner. Watch for more information about this event in Autumn.

We always welcome people even if they are unable to provide food. If possible, you may make a monetary donation, but it's not required for joining us! Any money donated goes to procuring the ingredients, paper goods, and beverages (i.e. coffee, tea, lemonade).

Like at any event, assistance—a helping hand is always appreciated. We post on Facebook, and we put notices up the week before at the Bulletin Board in Mountain Home Village, and the Post Offices in Angelus Oaks and Forest Falls. We will start preparing at the Lodge for the event at 10:00 am the day before and the morning of the Supper. Clean up assistance at any time is greatly appreciated, especially after the meal.

Speaking of cleaning up after the event... bringing your own dishes and flatware reduces waste and clean-up time as it greatly reduces the need for washing and drying afterwards. Bring your own plate, bowl, fork, knife, and spoon, but don't fret if you forget! We will have some items available. You can also help reduce trash by taking your waste back home in a small bag.

What a great time to share a meal and socialize with neighbors old and new!

We hope to see you there!

The Supper on the Hill Committee members: Robyn, Dale, Bill, Yholddy, Michelle, Andrea, Dee, Valori,

Marva, and Jade.

Additional general information can be found at:

www.AngelusOaks.info

www.forestfalls.com

www.ForestFalls.info

www.fs.usda.gov (UFSF)

www.MountainHomeVillage.info

www.MtnCARE.net

www.Socalmountains.com

www.VFCCI.org



Jamy Hartman Gray
Massage Therapist
Text to book you appointment
951-750-0507



NEIGHBORS HELPING NEIGHBORS

Mountain Communities Food Pantry

THANK YOU FOR YOUR SUPPORT AND DONATIONS.

Just a friendly reminder from Renata, Dee, and Michelle~

We are here for anyone who needs
a helping hand.

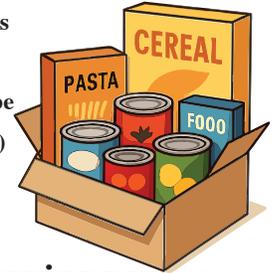
You can call any of us & we will be

(Forest Falls Community Church)

Renata (408) 410-7510

Dee (909) 794-0885

Michelle (909) 794-3135



We look forward to serving you.

Your Pantry Pals. THANK YOU



TOM PAOLI
GENERAL CONTRACTOR - CARPENTER
(909) 810-3718

RESIDENTIAL REMODELING
SPECIALIZING IN:

- REMODELING
- KITCHENS & BATHROOMS
- FLOORS & TILE
- DRYWALL
- PLUMBING
- CARPENTRY
- ROUGH & FINISH
- WINDOWS & DOORS
- CUSTOM STAIRS & DECKS

QUALITY - RELIABILITY - HONESTY

CALL FOR A FREE ESTIMATE!

SERVICING SAN BERNARDINO COUNTY
LOCATED IN FOREST FALLS

Mill Creek Plumbing LLC

a VFCCi Founder

909-794-0206



Serving our Mountain Communities
Maintenance for Home, Business, & Rentals

Bill Forgues & Joaquin Baeza

Lic. #1075415

ROMBERG TREE SERVICE



Brian Romberg
(909) 225-0668
(888) 659-8733
(909) 913-7777

• Arborist on Staff

A+ Rating, Better Business Bureau



Griffith
Professional Services

Bernadette Griffith

909.295.4888
griffithprofessionalservices@gmail.com

Tax Preparation | Signing Agent | Notary Public | Document Services



NETCY GARCIA
INSURANCE AGENCY
LIC #6003705

- Life insurance
- Health insurance
- Commercial insurance
- Auto Insurance
- Retirement insurance
- Education insurance
- House insurance
- Natural Disaster

909-793-0400

staff.ngarcia2@farmersagency.com

It's easy to have YOUR business ad in the Bear Facts

See the bottom of the www.mtncare.net home page or email Terry Hamilton: terrywhamilton@gmail.com

Check out current community news at www.mtncare.net

Community Events & Activities Calendar

Angelus Oaks - Forest Falls - Mountain Home Village

Spring 2026 Special Events

What	When	Where	Info
Supper on the Hill at Big Falls Lodge	Thursdays: March 5th; June 4th; Sept. 3rd; & Thanksgiving Day	Big Falls Lodge	5-7 p.m. - Community 'Potluck Dinner'. Bring a side or dessert and your own dinnerware. Supper on the Hill is all about good food & community spirit. For more information check Page 11 in this Spring '26 issue of Bear Facts; visit Facebook; the Bulletin Board in Mountain Home Village; and the Post Offices in Angelus Oaks and Forest Falls.
Mother's Day Brunch	Sunday, May 10th	Big Falls Lodge	Details are listed on Page 10 in this Spring '26 issue of Bear Facts; on the VFCCI Facebook page; and at our local post offices
Annual Canyon Clean-up	Saturday, May 9th	At several locations around Forest Falls	8-11 a.m. - For more information, please see the flyer on Page 3 in this Spring '26 issue of Bear Facts, and the postings in our local post offices.
25th Annual Chili Cook-off	Sunday, May 24th	Downtown Forest Falls	11 a.m. - 3p.m. For more information please see the flyer on Page 5 of this Spring '26 issue of Bear Facts; on Facebook; and posted in our local post offices.
Annual Garden Club Plant Sale	Saturday, June 6th	Big Falls Lodge	9 a.m. - Noon. The plant sale of the year with all kinds of plants for sale! Come early to purchase spectacular plants including fire resistant plants.

- Check www.VFCCI.org calendar for events and updates
Have a class or event to put on? Let us know!
Call or email your suggestions to events@vfcci.org

Regularly Scheduled Events

What	When	Where	Info
Angelus Oaks Fire Department	2nd & 4th Tuesday of each month	Angelus Oaks Fire Station (98)	Meeting starts at 6:00 pm
Forest Falls Fire Department	Tuesdays at 6:30pm	Forest Falls Fire Station (99)	Contact 1-909-794-4413 for information
AO Fire Safe Council, Community Meeting	4th Thursday of even months 4/23...	Angelus Oaks Fire Station (98)	Meeting starts at 6:30 p.m. The upcoming meetings will be about Fire Safety, evacuations, and homeowner concerns.
Angelus Oak's GCERT	3rd Thursday each month	Angelus Oaks Fire Station (98)	Meetings start at 6:00 pm
Yoga with Angela Andiorio	Wednesdays at 4:30-5:30 pm	Fallsvale School	First class FREE, then \$12.00 per person/per class
Music Night in Forest Falls	Mondays at 6:30-9:30 pm	Big Falls Lodge	We're back baby!! All Musicians, all styles, all levels are welcome, and anyone can come to play or just come to listen.
The Needlers Knitting Group	Tuesdays 9:30-11:30 am	7th Day Adventist Church, Forest Falls	All are welcome! Contact Denise Reid at 1-909-794-5130.
Frozen Green Thumb Garden Club Meeting	To Be Determined	To Be Determined	Contact Robyn Clark at 1-909-921-3762 or Jan Horton

Frozen Green Thumb Garden Club

by Jan Horton, Frozen Green Thumb Garden Club President



The Frozen Green Thumb Garden Club enjoyed a busy and productive 2025. This group is about far more than learning the art of mountain gardening; it is also an enthusiastic supporter of activities across our three mountain communities.

In February, members learned about SURF (Sustainable University of Redlands Farming) from program director and Forest Falls resident Erin Sanborn, who shared the organization’s work in regenerative planting, growing vegetables and flowers, and recycling practices. In May, we hiked through Bear Paw Preserve with Dr. Becky, foraging for edible plants and learning about the medicinal properties of local flora. She also treated us to acorn bread made from locally gathered acorns—delicious! In July, we visited the Forest Falls ranch of member Marcy Green-Whitney and Steve Sanchez, where mountain materials are composted into usable mulch. (More information on their products can be found at bigfallstrading.com.) In October, member Jade Gajumaru presented an informative program on Regenerative Gardening. The knowledge, wisdom,



and talent of these Forest Falls residents enrich our lives—and our soil—when put into practice.

In addition, the club continued to nurture its relationship with the Pacific Pines Assisted Living Home in Angelus Oaks.

In September, members brought dessert, and Shannon Howard donated lap blankets for each resident, much to their delight. In November, we honored the veterans residing there with a pizza and ice cream lunch. The event was well attended, and residents enjoyed visiting with our members. They especially appreciate time spent with people outside their daily routines—and they really, really enjoy visits from our dogs.

Throughout the year, members planted bulbs at the Post Office and school using bulbs purchased through the Fallsvale School fundraiser. The club also donated baked goods and volunteer support for the Haunted Library at the Lodge and provided financial assistance to families who lost property during the September floods. Meetings included fun and creative activities such as a Mod Podge workshop with member Peggy Raines, a field trip to Rogers Gardens, and our annual tradition of decorating the Lodge, Post Office, and Welcome sign for the holidays.



Our annual June Plant Sale funds the club’s donations, gifts, and activities that support our mountain communities. Heidi Stelian and Teresa Stirewalt are already planning for this important fundraiser. We thank you in advance for attending, purchasing plants, supporting our vendors, and enjoying the baked goods for sale. Please know that every dollar raised is reinvested into our communities for the benefit of all.

Welcome! Home!

BOOK NOW 909.503.5960

MATRIX ESTATE GROUP INC.

Deborah Jacobs
Real Estate Agent
DRE 01905167

MatrixEstateGroup.com
DeborahJacobs.Realtor

Let's make your dreams come true!

Forever Wild Exotic Animal Sanctuary

by Suzanne Serdahely

Are you looking for a day trip with the family? Just about an hour from Forest Falls in the city of Phelan, you will find Forever Wild Animal Sanctuary. It is not a petting zoo but a sanctuary for all kinds of injured wildlife. Some can be rehabilitated and returned to the wild, but those who cannot have a safe and comfortable home for the rest of their lives.

You and your family can visit this sanctuary and see up close alligators, mountain lions, monkeys, bears, hedgehogs, snakes, hyenas, tigers – and many more. You can book tours for you and your children to assist with the feeding of certain animals. They also have special educational and fun tours for schools.

The Sanctuary was founded in 1995 by Joel and Chemaine Almquist who had grown up around exotic animals and were inspired to rescue the abused, neglected and abandoned or confiscated exotic animals held illegally as pets. Over the years they expanded to work with Fish and Wildlife to rehabilitate wild animals. It has remained a family affair with the children running the operation with them. Their daughter, Kaia Almquist, manages the day-to-day operations.

During the holidays, you can “upcycle” your pumpkins and Christmas trees by bringing them to the sanctuary for interactive activities for the animals.



Forever Wild is located at 8545 Buttemere Road in Phelan (and do not panic when you find it's on a dirt road; it is easily accessible to any type/size vehicle). You should call ahead for their open hours as they change according to the weather. Their number is: (760) 868-2755 or email staff@foreverwildsanctuary.org. Tickets can be purchased online by going to their website <https://foreverwildsanctuary.org>. Regular admission is \$15.00, Seniors (60+) \$12.00, Children (Ages 3-12) \$10.00 and Children 2 and under are free. School Tours have special pricing. Forever Wild is a 501c3 non-profit. Volunteer positions are also available.

This is a great place to spend a day. The staff are always available and eager to educate you on the individual animals in their care. You can take your time visiting with the animals that interest you the most. There are always new animals coming in for rehabilitation. This place is perfect for adults and very kid friendly.



Considering Books

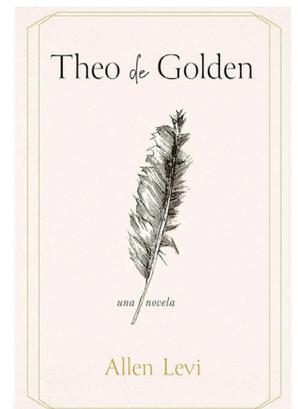
by Katherine Thomerson-Bird

Hello, Mountain Readers! Spring has arrived with hope for new life and new books. Theo of Golden is Allen Levi's first published novel, a heart-felt journey with secrets and surprises throughout.

A mysterious stranger settles into the small town of Golden, Georgia. He walks to the river and visits the local coffee shop. Upon entering, he sees 92 pencil-drawn portraits hanging on the walls, all of local citizens. Who is Theo, why are these portraits hanging here, why is he here? And so the story unravels.

Theo is a secret energy moving through Golden. In ancient Greek, Theo means “Gift of God.” It means creativity and a zest for life. The story unveils this meaning as Theo, captivated, becomes a chosen prisoner of Golden. He begins to purchase the portraits and calmly and gracefully gives them to the owners of each face, one at a time. Each recipient shares a story, a friendship is born, and lives are changed. These stories within a story are wonderful and magical.

Theo warms the heart of everyone. Tony, owner the Verbivore Bookstore, becomes a soulmate for Theo. (Carnivore: hungry for meat, Verbivore: hungry for words.) I love this analogy! He tells Theo, “My mother who was an artist used to tell me that every face is a story.” Ellen, a bike-riding homeless woman who feeds birds is a clever and surprising character. Theo meets musicians, the portrait artist, and his landlord. A treasure of secrets is revealed as this story unfolds.



This novel has pain, suffering and anger but so much beauty. The story flows like the river Theo sees every day, and the ending will shock you. This novel is a must read for all Verbivores! Poetic prose, excellent narration, historical themes, charming characters that enter the readers' hearts, stories that nurture hope and life lessons, all make the novel GOLDEN!

continued from page 7

required, and a geological investigation was thrust upon us. Why? Because a dotted line on a map runs up the middle of Mill Creek Canyon. This line supposedly indicated an active earthquake fault.

This investigation wanted us to dig a trench 15 feet deep, which is the entire length of our lot. The purpose: to determine if there was evidence of earthquake ruptures in sand, gravel, and boulders and to look for any huge boulders under our lot. This requirement made no sense to us, so we hired our own geological consultant to challenge this intrusive requirement. He cost \$7000. His report revealed that the fault running under Mill Creek Canyon was originally a branch of the San Andreas Fault, but another fault had supplanted our fault AND that there hadn't been any earthquakes on our fault for over 100,000 years.

The next saga of this “Cautionary Tale” continues in the Bear Facts '26 Summer issue. (dun-dun-duuunn!) 🎵🎵🎵

Check out the town & road conditions on the
Mountain C.A.R.E. Web Cams



<http://mtncare.net>

Frozen Green Thumb Garden Club Annual Plant Sale June 6, 2026 from 9 am to Noon Big Falls Lodge

by Heidi Stelian & Teresa Stirewalt



Nestled in the northeast end of Mill Creek Canyon, in a unique transverse mountain range of the San Bernardino National Forest, is the beautiful and diverse community of Forest Falls—diverse not only for individuals

from various backgrounds, cultures, and perspectives but also for its range of elevation, which runs from approximately 4,800 to 6,200 ft.

We have many microclimates in Forest Falls due to the topographically dynamic canyon, water, and mountain areas. During a walk in the gentle rain on the north side of the canyon wall, known for less sun, one feels the cool air, possibly moistened with fog. The ferns, mosses, and life-giving H2O make it a Pacific Rainforest!

The desert is only a few miles away. In the hot sun with a dry wind coming up the canyon creek bed, our area easily supports desert cacti. The plant zones are mostly 7 and 8, and many plants from Nestled in the northeast end of Mill Creek Canyon, in a unique transverse mountain range of the San Bernardino National Forest, is the beautiful and diverse community of Forest Falls—diverse not only for individuals from various backgrounds, cultures, and perspectives but also for its range of elevation, which runs from approximately 4,800 to 6,200 ft.

We have many microclimates in Forest Falls due to the topographically dynamic canyon, water, and mountain areas. During a walk in the gentle rain on the north side of the canyon wall, known for less sun, one feels the cool air, possibly moistened with fog. The ferns, mosses, and life-giving H2O make it a Pacific Rainforest!

The desert is only a few miles away. In the hot sun with a dry

wind coming up the canyon creek bed, our area easily supports desert cacti. The plant zones are mostly 7 and 8, and many plants from zone 9 can be grown. The success of growing these plants in lower, mid, or upper canyon varies with the micro-climates. The diversity of our environment is amazing.



Last year, our annual sale had the largest variety of plants, vegetables, ground covers, and house plants ever. We plan to match that variety this year! Again, we will have vendors, the raffle, and baked goods. We will also have for sale our book, Mountain Gardening – A Shortcut to Insanity, written by FGTGC members; it’s an excellent read and helpful guide.

Treat your senses to this event: Sight (the colors of plants and flowers); Hearing (music, information, happy talk);

Touch (texture, softness, hugging, a handshake); Taste (delicious baked goods, herbs); Smell (flowers, soil, even earthworms, and of course, the baked goods!)

The Garden Club loves to use its funds to beautify Forest Falls & Angelus Oaks (AO). We help out at Pacific Pines Assisted Living in AO. We beautify the FF community center inside and out,



keeping the grounds trimmed, mulched, and raked, and we decorate inside Big Falls Lodge for Christmas! Every holiday we enjoy decorating our

mascot bear at our post office, and we have planted flowering bulbs at both FF and AO post offices!

Come on out, see neighbors, and support your local Garden Club at the Annual Plant Sale on June 6th! Membership is available, and the club meets every 3rd Monday at 11:30 at Big Falls Lodge from April through December.

“Spring is a new beginning. Then new life presses out from every growing thing...fulfilling our trust, renewing our faith that this has always been, that this will be again. Spring brings an end to Winter and a fresh beginning. It is a gentle farewell to yesterday and the birth of new hope.” --Joan Walsh Anglund (1926-2021)



El Mexicano

Authentic Mexican Food

**40977 Valley of the Falls Dr
Forest Falls, California
(909) 794 - 3186**

*Food To-Go
Cold Beer & Wine*
Open Seven Days A Week
Live Music / Entertainment Weekends



Finazzo's PizzaBox

909-894-6785
text us your order

**Open:
Fri, Sat & Sun**

The Bear Facts is a publication of Mountain C.A.R.E., a non-profit organization.

We appreciate the patronage of our advertisers and the services they offer to our readers.

However, the subscribers and the Board of Directors of Mountain C.A.R.E., are not endorsing these companies simply by including the ads in this publication. The advertisers pay for the privilege to post their ads and The Bear Facts is produced in part by those fees. We hope you will enjoy the services these companies offer.

It's easy to have **YOUR** business ad in *The Bear Facts*

Go to mtncare.net and click on ADVERTISE or contact bfeditor2023@gmail.com

The Bear Facts Ad Rates	
Half Page	\$400 /year
Third Page	\$325 /year
Quarter Page	\$300 /year
Business Card	\$200 /year
Special Full Page Inserts	mtncare.net



CHERRY CREEK A tradition of trust
MORTGAGE COMPANY

De Anna Gillespie-Bangerter
Sr. Mortgage Advisor, Branch Manager
Licensed CE, Instructor

Mountain Home Loan Specialist
Licensed in AZ, CA, CO, ID, NV, OR, TX, UT, & WA

NMLS#23114
Direct: (801) 502-0184
Office: (801) 858-0702
Cell: (714) 381-9565
Fax: (800) 961-6059

75 East 7200 South
Suite 132
Midvale, Utah 84047
deanna@ccmlending.com
www.deannabangerter.com

Quarter Page size ad

\$300 / year

Business Card size ad

\$200 / year



V. Mike
Your Friendly Neighborhood
Computer Guy

909.907.4708
tech@thetechrelay.com

The Bear Facts - Release Dates
Next Submission DEADLINE: Nov 1st

The regular schedule for the Bear Facts submissions and issue "in mailbox" dates are as follows:

	Submission Deadline	MtnCARE.com post Date	In the Mail Issue Date
Issue 1 Spring	Feb 1st	Feb 20th	Mar 1st
Issue 2 Summer	May 1st	May 20th	Jun 1st
Issue 3 Autumn	Aug 1st	Aug 20th	Sep 1st
Issue 4 Winter	Nov 1st	Nov 20th	Dec 1st

Please make sure any ad artwork, articles, calendar updates, and photos are sent to bfeditor2025@gmail.com on or before the submission deadline (all submissions digital and layout ready please). For questions call the editor, send an email to bfeditor2025@gmail.com

Rettig Machine, Inc.

Franz A. Rettig

P.O. Box 7460 • REDLANDS, CA 92375
301 KANSAS ST. • REDLANDS, CA 92373
(909) 793-7811
FAX (909) 793-0662
franz@rettigmachine.com



Presorted Standard
US Postage
Paid
San Bernardino CA
Permit NO 28

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

ECR WSS
Postal Patron
Forest Falls, CA 92339
ECR WSS
Postal Patron
Angelus Oaks, CA 92305
ECR WSS
Postal Patron
Mountain Home Village, CA 92359

Volume 20 Issue 1 Spring 2026

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

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

Please join us in that commitment by sending any donations to:
We have a commitment to each other and all our mountain communities.

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

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.

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".

Mountain Citizens Acting to Restore the Earth

