

The BEAR FACTS

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

Winter 2022 Volume 16 Issue 4

Forest Falls MudBusters - a Personal Perspective

by Ruth Greyraven

At 7 a.m. on Saturday 9/24/2022, vehicles began turning into the usually empty lot marked by k-rail fencing at the NE quadrant of Canyon Corners at the bottom of Forest Falls.



People parked and double parked along the edges, to keep clear the path to the huge roll-off containers waiting to be filled with debris. Folding tables and a shade canopy were set up on the north side of the clearing. Some volunteers brought coffee and donuts. Flats of bottled drinking water and boxes of cookies were stacked for later distribution to workers. Arriving workers were asked to sign in, to have a record of everyone who helped.

The steep rocky mountainsides and the location next to Mill Creek were reminders of our mission – to help clean up around five homes inundated with mud from a flash flood on Monday 9/12/2022. I felt somber, thinking of the families displaced from their homes and a woman I never knew who was swept away and whose body was found only after four days of searching.

By 7:30 a.m., maybe two dozen people had gathered. To me, it seemed we were too few and too ordinary to do much, each of us equipped only with a 5-gallon bucket and shovel. The task felt overwhelming, despite the bulldozer and backhoe that had rumbled out ahead of us. But, after a brief orientation and a prayer, we headed out to do our best.



We walked in past homes seemingly untouched by the disaster, except that the presence of big generators for each block spoke to disruptions to services. By 8:00 a.m., we were hard at work in the disaster zone. We spread out, four or five of us at each of the damaged home sites, plus a group that went up to the community water tanks. We began digging, following the

directions of the heavy equipment operators, and carrying debris from the piles of rubble.

More people showed up, and more, and more. Soon there were dozens of us at work at each site. We scrambled for balance on the steep slopes, rock piles, and still-soft pockets of mud. We tried

to stay out of the way of the heavy equipment moving dirt. We mostly didn't have



assignments. People showed up, looked around for a place to help, and jumped in where needed. Children were helping, too. One of my favorite volunteers worked vigorously, shoveling dirt with a baby wrapped to her back.

The event organizers ran a shuttle vehicle back and forth from the staging area to the work zone, bringing drinking water bottles and donuts, served in a spare wheelbarrow at the side of the road.



We dodged one another as picks and shovels flew, digging through mountains of mud to free up debris. Wheelbarrows teetered past. Sledgehammers and chainsaws added to the noise level, breaking up the remnants of destroyed roofing and walls so that they could be carried out. A bucket brigade formed to ferry unearthed material to a dump pile or set aside for the family to assess for salvage. Teams formed to fill the loader bucket as the heavy equipment operators made trip after trip to the big dumpsters.

It was hard to see the remnants of a family home -- children's toys, kitchen supplies,

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Mountain C.A.R.E. President's Message

by Debi Welch



Hello Friends and Neighbors! The holidays are upon us, are you ready? This is the time of year we are blessed with Fall colors that transition into Winters chill. Hopefully you planted all your bulbs, trimmed the roses, pulled the watering timers and hoses.

For me the saddest of all things as we leave summer behind us is we go down to

2 hummingbird feeders at Hummingbird Hollow. Most of our Hummingbirds migrate on in October, but a few winter with us. We keep up a heated feeder and a regular feeder to make it as easy on the birds as possible.

Since our last Bear Facts Fall Edition we've had a decent amount of rain and a substantial flood in lower Canyon. Sadly we incurred a loss of life and 5 structures were inundated w/water mud and debris (of these, 4 were red tagged as uninhabitable by the county). One additional home had rocks and mud in its driveway, but a few hours on a tractor took care of that!

On the afternoon of Monday September 12, 2022, I worked on the mountain in the office and had to go down the hill to pick up my son Nicholas at school. When I left at 1:30 it had been raining hard for about 15 minutes. I picked up Nick in Redlands, came back up the mountain and missed the mud slide at Clark's creek by moments. Prospect creek had already blown and we could see huge debris across Canyon Drive. We headed back down the hill so as not to be trapped in between debris flows. Knowing I wasn't getting home, I hurried and got a hotel room at Dynasty suites, where I met another displaced local, Lawanna Holland. I'd never met her before, she was cool. Hi Lawanna! BTW, Dynasty suites has a sauna, a jacuzzi, a pool, fireplaces in the rooms, were clean and have a good continental breakfast. Definitely where I will go if I'm trapped off the mountain.

As always when a natural disaster or disaster of any kind happens I am amazed at the fellowship and resiliency of this special place we are fortunate enough to call home.

The day after the flood we hurried home to see what we could do to help. If there were displaced pets, we would make sure Forest Falls Animal Rescue Team was up and running to support them and their owners.

This is the part where it gets good...the phone at Gillmore started to ring, and ring, people wanted to know how could they help, who needed be dug out, who needed food, clothes, a place to stay. Where do we send the money to help the families?

At this stage I was approached by Cole Jackson and he said his church would love to come help us dig out, did I think we could make that happen? You bet I did! And from that point on it steam rolled into a wonderful wave of energy designed to break open the flood gates so to speak and help these folks out who had no idea where to start.

On the day of clean up we were quite happy to see all the people who showed up with buckets and shovels in hand prepared to dig until progress was made! Comprised of Locals, People who had seen my Facebook post, students from the University of Redlands, and Cole's LDS church members all were excited to make a

How Fallsvale is Doing

by Katie Fisher - 5th Grade

Hello readers! I'm here to talk about Fallsvale Elementary! We have some fun events coming up here at the school. The first one we have is the Turkey Bowl. What's a turkey bowl? Well, it's where we play football. We have snacks and hot cocoa for the ones who don't play. The school makes posters for each team: the Grizzlies and the Cougars.

We had fun a Halloween parade. Since Halloween was on a Monday, the kids came wearing their costumes to school. Each class lined up against a wall and the teachers took pictures.

Of course kids didn't need to wear their costumes, it was optional. They were allowed to wear them during class as long as it did not distract other people. My sister, Scarlett, says: "I love seeing everyone's costumes". I also like seeing how kids do their makeup and how creative they are.



continued from previous column

difference and help out! Thank you Susan Haavsguard for your eloquent prayer beginning our day in such a positive fashion.

152 people signed my sign in sheet but there were so many more who did not. Thank you to every person who volunteered your time, money or energy! From Dawn Rowe who was out there digging to Jonathan Dolloff and Forest Home who supplied tables, chairs, hot dogs and porta potty. Thank you to Station #99 For making the food and serving everyone who attended, and of course for always coming when we call 911!

Thank you to Julie Beckman for the warm delicious coffee cake. Thank you Jan & Billy Arnwine, Barbara Blankenship, Susan Haavsguard, Olivia Borges and Patricia Drummond.

Lastly we'd like to honor the lady who lost her life, Doris Jagiello. Doris you were a relatively new resident to our canyon but you made a large impact and are remembered with love and respect. A Mother, a grandmother, An artist and a poet, you fit right in to our community. I wish I knew you, We can tell you were a great lady! If your family gives us the chance we will wrap them in our warm embrace and share our love with them should they choose to come home!

Remember neighbors you can be the difference that makes our mountain communities the special places they are. Volunteer your time to one of the local committees, meet your neighbors, say hello and wave at them. The world is a tough place, do your part to make a difference, it doesn't have to be a big part but every little bit helps!

Lastly, don't forget the firefighter parade on December 3rd at 6pm. If you want to come sit in downtown to watch the parade go by, please do! We will be serving hot cocoa in downtown!

Merry Christmas Friends!

May the Spirit of the holidays fill your heart with joy!

Mountain Tales

by Colleen Troup

I moved back home to Forest Falls 2 years ago and was quickly reintroduced to the wild nature of this little town. By wild nature I mean wildlife, not over exuberant party animals, although there may be a few of those too. I grew up here, and it was time to move back. As kids we used to say, "I can't wait to move!" And then some of us turn right around and contradict that whole exclamation with, "thank God I'm home." But I suppose that depends on where home is.

When I packed and moved, I brought my deep freezer packed with food with me, still completely frozen. That sucker was awesome and kept everything completely frozen through my whole trip of 1300 miles. It was stuffed to the gills with food I didn't want to buy all over again once I got here. I was so proud of myself, patting myself on the back for making it work so smoothly. I also transported my two dogs, in my car, for 1300 miles, not to mention a couple of cats, and somehow managed to not lose them along the way or lose my mind. But that's a story for another day.

Because the puppies were with me in the car, I carried an open bag of dry dog food as well, and at some point, it spilled a bit on my floor. "No big deal," I thought, "I'll clean it up later." That was my first mistake.

So I finally pulled into town, exhausted from 4 days on the road, only because I was transporting animals and could only deal with a certain number of hours of hollering cats and slobbering dogs, and I pulled into my driveway with nothing but a bed and sleep on my mind. Finally, something that wasn't a hotel I had to sneak my pets into every time I stopped for the night. That trip without a moving truck and animals would have taken 2 days at the most. First thing unloaded? The pets. THANK GOD. I really needed some sort of strong remedy after that. But by the time I got here, I was in no condition to go buy any such thing, I just wanted to fall over.

I began unloading all of the necessary things that couldn't wait, and put off everything else for the next day. Here's where the second mistake took place. That freezer, the one I was so proud of, that had impressed me with the ability to keep everything frozen solid, that was brand new, did I mention? Well, I got it out of the truck and put it next to the front door with every intention of pulling it inside after I was done unpacking.

I had also recruited a friend to help me move, and that poor girl drove the moving truck and I drove my car. She had also NEVER seen a bear and for obvious reasons, had no idea what to do when she saw one. So here comes the third mistake. I told her there were bears, bobcats and raccoons up here that did a lot of neighborhood visits at night. I then tried to calm her down after she hysterically said, "WHAT?!?" So what did she do? Opened her window in the bedroom she was sleeping in, just so she could hear if something decided to visit us. Then she could tell me if there was something there and I could go save the day.

Well, me and my brain didn't actually connect accordingly that night, and I figured, it's cold, almost winter, we won't see anything. And then I conveniently "forgot" about my freezer outside the front door. Truth is, I was so wiped out I thought, "oh

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Forest Falls MudBusters

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clothing, and other household goods -- buried in the mud or soaked inside a wrecked building. Our hearts rejoiced when a search team recovered intact some of the original artwork of Doris Jagiello, the woman killed in the flood. And our hearts were so full, so proud of our community volunteers.

I met people I knew and was greeted by other people from Forest Falls that I had only known as faces on social media posts. Our volunteers included full-time residents and part-timers, plus folks from the nearby communities of Angelus Oaks, Mountain Home



Village, Mentone, Redlands, and Yucaipa. Maybe more -- that's just the folks I talked to personally, and mostly we were working.

Before long, it was noon. I was part of a weary, mud-smeared group as we gathered up tools and headed back to the staging area at Canyon Corners. There, we were greeted by the cheerful sight and delicious smells of the hot-dog grill masters and chili cooks from Fire Station 99. As we sat and ate and shared company with others who had worked the site, the skip loader rumbled in,



dumped a load, and rumbled out again for another load. We had accomplished a lot that morning, yet much remained to do.

This event was a big visible symbol of community spirit by all who helped with the cleanup. That community spirit has been active from the moment this disaster struck -- as it has been in past



disasters. Big thanks to neighbors who reach out to neighbors and who shelter stranded strangers. Big thanks to the heavy equipment operators who get our roads open in record time. Big thanks to the emergency responders, who coordinate efforts to keep us safe. Big thanks to those who organize to help our pets. Big thanks to those who donate to help those in need. It sometimes takes bad times to realize how many good people there are in our world.



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Falling with Grace into Winter

by Dr. Tracy Marrs

As a mythologist, I tried to connect this article to the stories of an Algonquin bear hunt that explains why the leaves change colors in the fall or of Persephone's yearly return to the Underworld that causes the seasons to shift, but I was more inspired from simply watching the animals and trees in our mountain community. The animals are not out as much, but even though I do not see them, they are busy making nests and storing food. Their work is not as obvious as their spring and summer activity, but it is important for their survival. I also noticed that the trees are turning colors and beginning to lose their leaves. Their fruit is a memory of late summer and a distant promise for next year. The animals and trees are focusing resources on the basics and preservation. It became obvious, to me, that I needed to fall back too and reorganize my mindset for the transition of the seasons.

You see, recently, I had been feeling out-of-sorts. I have felt more tired, less productive, and frustrated with myself. Regular seasonal mountain things, like power outages or road closures, felt more challenging and I was losing my patience more quickly than I should. I could not figure out what was wrong with me, I realized – it is fall! Even though I have lived through enough years on the mountain to remember



that the seasons are dramatic here, I forgot what those seasonal transitions mean for our day-to-day lives.

I was trying to live my life by summer standards and feeling myself falling short. While I filled my home with fall colors and good-smelling fall foods; I had not prepared myself for the fall. Instead of resisting with frantic attempts to be outwardly productive that is more suitable for summer; I needed to allow myself to do less, to rest, and to embrace the natural, more domestic nature of autumn. We physically retreat inside during the cold, dark days of winter, but we also need to give ourselves time to stop and go inside to ourselves during this time. Fall, and especially winter, are times for restorative stillness, reflection, and planning.

By researching for this article, by quietly watching nature, and reflecting to write – I learned to give myself grace and regain my patience. I learned by watching the trees that it is not only okay to release what does not serve us at this time, but also, that it can be beautiful to observe. The animals showed me that it is proper, not selfish, to focus resources on the home and that activities do not need to be obvious for them to be valuable. I learned to take time to rest, to reflect, and grow the seeds for spring.

Thanks for taking time to read my ramblings. For more about the Algonquin myth of the bear hunt and the changing of the leaves in fall or the story of Demeter, Persephone, and the reason for the seasons according to Greek mythology, please visit www.gallamarrs.com or www.tracymarrs.com.

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both the current issue & old issues
are On-Line with Live Links at:

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

Mountain Tales *continued from page 3*

it'll be fine until tomorrow, it has a good seal."

So 3am hits and I hear a frantic knock on my bedroom door, and my friend urgently letting me know that there was a bear in my car. Not only had I NOT brought in my freezer, I had also honestly forgotten to lock my car!

Now, as someone who has grown up here and knew better than to do either of these things, I was kicking myself in the rear, because everything that was happening all at once, was what only happened to folks who didn't understand mountain living. I had moved to the south for 6 years and apparently wiped my brain clean of logic and know-how. But because of my history with our beloved bears in our community, I didn't freak out, which made her even more frantic.

She thought I was being extremely casual about it all and should have been in a panic to match hers. You see, the animals in the south that lived in our geographical area were cows, horses, goats, chickens, roosters, barn cats, dogs, coyotes, well you get the picture. NOT BEARS.

So I opened my blinds just in time to see a big CHONK of a bear, standing on his hind legs, opening my car door like he owned it. I also noticed my back doors were wide open. So in my pj's I ran out the front door, yelling like a lunatic, to scare off this bear who was obviously 400 lbs or more, heavier than me, with paws that could have slapped me into the next millennium. Or at least into the next weird, international pandemic.

He had opened my front car door by the time I got out here, and managed to bite and tear my center console. But thankfully that's it! As I came screaming at him, he took off running from the lady in a worn out t-shirt and shorts, barefoot and hollering like a complete idiot.

I get to my car, notice the very minimal damage, but also notice the dog food all over my floor, slobbered on, mostly devoured in the back end of my car. That was just his appetizer. So I cleaned it up and locked up my car, headed back to the front door and there it was. A full blown buffet. Still waiting to be finished since only half of it was gone. MY FREEZER. My heart hit my throat, self reprimand was extremely loud in my head, and the thought of having to deal with it now was daunting. I was tired. I was fall down tired. I was, "hey bear, come finish it, I can't save any of it now anyway" tired.

Hundreds of dollars in food, meal plans, meat, you name it. That bear hit the jackpot. And he was already fat!! With the last ounce of energy I had, I tilted the deep freezer back up on its feet, closed the lid, and prayed he wouldn't return, even though I knew he would. He'd already done the damage. What was I going to do? Save the food clawed by a bear and pass that off to friends and customers? Not really a great selling point.

So I went back to bed and thought, finish your dinner chonk, we'll meet again and I will win. 20 minutes later my friend was back at my door in a panic. I didn't sleep that night.

Ultimately, the freezer lived and is thankfully in great condition. But I did find it next to my propane tank upside down, lid open, and completely empty. All I saw were dollar signs and a thought in my head that completely summed up my befuddled move that

said, "DUH." That may not be a word, but we all understand it.

Over the next few weeks, that bear returned quite a few times to visit, scaring my poor friend with every appearance he made, and making sleep difficult for me due to the rapid knocking on my door. He finally learned it wasn't going to happen again and he never returned. My hollering may have helped a bit too, who knows? And in the end, where were my dogs in all this chaos? Sleeping blissfully on my bed. Not one muscle moved.

It's been two years now since that whole fiasco, but I definitely learned a lot in a split second, that's for sure! And I've learned once again, how to live beside these beautiful creatures that own our forest. I finally bought a bear horn and have only used it a few times, but nothing significant has happened on my property since. Maybe an occasional tipping of my trash bin, in hopes of finding dinner. But no success because I learned a very expensive lesson. I also learned to lock my car at night, because apparently, Yogi knows how to open car door handles. I watched it happen. Oh, and did I mention that the car was brand new when he decided to climb in and tear it up? Yep, me and my brain, not fully functioning on all cylinders, made that faux pas that ALSO cost me money.

It's wonderful to be back in our beautiful little community. I've once again learned to adapt to nature, as it owns this terrain, not me. I'm also pleasantly delighted that I no longer smell the subtle scent of cow manure, floating through my open windows. Just the smell of the trees, flowers, plants and occasionally the wet ground covering from a passing storm. Forest Falls truly is a magical little place.

YOU ARE CORDIALLY INVITED TO JOIN THE
FOREST FALLS
SEVENTH-DAY
ADVENTIST CHURCH
IN WORSHIP AND FELLOWSHIP

Saturday Services
 40551 Valley of the Falls Dr.
 (Next door to the Post Office)

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.

Christmas Parade in Forest Falls

by Forest Falls Fire Association President Dave Druck

Hello Forest Falls from Druck. Well, it's that time of year once again! Get out your warm weather clothing, enjoy some warm beverages and watch as Santa, Elf, Firefighters and the Festive Fire trucks roll by. We'll be tossing candy out, blasting holiday music with lights and sirens. Come out and support your local Station 99 crew as they cruise the streets with ol' Saint Nic. The parade will start in lower canyon and head up through town around 6pm on December 3rd with a brief stop in Downtown. The route will be posted on Facebook so keep an eye out!



** All subject to weather conditions of course! **

**BREAKFAST
WITH
SANTA**

December 10, 2022
8:00 am to 11:00 am
Valley of the Falls Community Center

Come have breakfast with your community and bring your camera for photos with Santa, family, and friends.

Breakfast plates \$7/adult and \$5/child

Additional donations or purchase of raffle tickets support Fallsvale Booster Club.

Looking forward to seeing you all there!

“In any given moment, we have two options:
to step forward into growth or
step back into safety.”

~ Abraham Maslow

Are you tired of trying to get local information via Facebook?

You've got questions,

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www.AngelusOaks.info

www.MountainHomeVillage.info

www.ForestFalls.info

Community Events & Activities Calendar

Angelus Oaks - Forest Falls - Mountain Home Village

Winter 2022 Special Events

When	What	Where	What else?
Nov 24	Thanksgiving Dinner	Big Falls Lodge	From 2-5 (ish) Turkey and Ham provided, Please sign up to bring a side dish. Volunteers needed call Dee at 909-794-0885
Nov 26	Down Home Holiday	Big Falls Lodge	From 11am-4pm, This Small Business Saturday event encourages buying from, and introducing neighbors to, small businesses in our community. You'll find Crafts & Gift Items, Food and Music
Dec 3	Christmas Parade	Valley of the Falls Forest Falls	Presented by Forest Falls Firefighters. Starts at 6 pm. Route to be posted on Facebook. There will be a stop in Downtown. Candy, Fire Trucks, Happy Elf & Santa!
Dec 10	Breakfast with Santa	Big Falls Lodge	8 am - 11am, breakfast plates \$7 for adults and \$5 for children, get a photo w Santa, all proceeds go to Fallsvale Booster Club
Dec 14	Christmas Music Extravaganza	Smiley Library Redlands, CA	6:30 pm at the Contemporary Club Theater, behind Smiley Library Oh and did I mention? It's FREE.
Dec 31	New Year's Eve	?	What cha'all up to?

Regularly Scheduled Events

What	When	Where	What else?
Angelus Oaks Fire Department	2nd & 4th Tuesdays each month at 6pm	Angelus Oaks Fire Station (98)	
Forest Falls Fire Department	Tuesdays at 6:30pm	Forest Falls Fire Station (99)	909-794-4413
Angelus Oaks Fire Safe Council	Meets periodically		Dates announced on the A.O. FSC Bulletin Board in the Angelus Oaks Post Office.
Valley of the Falls Church Youth Group	Wednesdays 6pm-8pm.	Valley of the Falls Community Church	Ages 12-18 welcome.
Frozen Green Thumb Garden Club	3rd Monday each month 11:30 am - 1:30 pm	at Big Falls Lodge	All are welcome.
Music Night in Forest Falls	Mondays 6:30-9:30 pm	at Big Falls Lodge	All Musicians, all styles, all levels are welcome, anyone can come play or just come and listen.
The Needlers Knitting Group	Tuesdays 9:30-11:30 am	7th Day Adventist Church, Forest Falls	All are welcome, Contact Denise Reid 794-5130.



Valley of the Falls Community Church

Worship Each Sunday at 10:30 a.m. followed by Fellowship Time

Youth Ministry Thursday Evenings at 4:30 p.m. with a Fellowship Meal

Thom Wellman, Pastor
Dr. Paul Reed, Teaching Pastor

(909) 794-3189

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Follow us on Facebook @forestoffthefallscommunitychurch



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Valley of the Falls Community Center Inc.

**Think
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for your next event...**



**Craft Fairs, Potlucks, Breakfast with Santa, CERT Training,
Garden Club Meetings, Music Night, Search & Rescue Breakfast,
Movie Night, Game Night, Weddings, Memorials, Birthday Parties ...
- How many of these have YOU attended?**

www.VFCCi.org

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VFCCi President's Message

Hello Friends and Neighbors! VFCCi would like to thank everyone who helped make the Harvest Festival a success. The kids had a great time! In addition, we appreciate the support of our tri-mountain communities who came out and supported our event.

As you read about all the various events and gatherings, VFCCi supports, please know that our current financial need is great. We have had increased costs and an expense we secured earlier this year. Some might wonder why we have yet to spend the county grant funds given to us this year. The board is still working on important components before we start the renovation of the Community Center.

For those new to the community, while reading this page and wondering what VFCCi is? VFCCi is the acronym for Valley of the Falls Community Center Inc. We are a nonprofit 501c3 organization that owns and operates the Community Center, aka "The Big Falls Lodge" in Forest Falls. We have nine directors on the board who are local community members who meet every two months to discuss matters associated with the building and future goals.

The Community Center is a meeting place for the local Water agencies, Garden Club, Music Night, Yoga classes, CERT training, Emergency preparedness, and any time we need to hold a general community meeting or to use during an emergency. In addition, we offer the building for annual fundraisers by the Forest Falls Firefighters and Search and Rescue when they have their pancake breakfasts and dinners, as well as the Fallsvale Booster Club, movie nights and their annual "Breakfast with Santa." These fundraisers benefit those groups directly.

VFCCi also holds its own fundraising events, such as the annual "Mountain Jamboree," in July, which was a huge success this year thanks to all the people who donated, volunteered, and our vendors. Again, we had a great turnout. It was so good to see everyone out after having to skip a year, and a special thanks to our sponsors and neighbors for making it a memorable event.

Our other colossal fundraising event, "Haunt on the Hill," occurs in late October. Unfortunately, this year we were not able to host, but we hope with the help of the community, we could have some of our mountain talent help facilitate for next year. Stay tuned on the local Facebook pages, or keep an eye out for flyers around town for more information.

Although these events happen in Forest Falls, we always invite our tri-community neighbors of Mountain Home Village and Angelus Oaks because we are one community. So even though these are fundraisers, we consider them a reason to get our tight knit communities together for some fun!

To support the community, we offer private party events such as weddings, birthday parties,

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Valley of the Falls Community Center News

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family gatherings, and memorials, to name a few. Donations from private events help provide funds needed for operational expenses to keep the Community Center open for the community. So, if you are looking for a place close to home, consider the Community Center for your next special occasion.

Next, we have some upcoming event contract changes that we are working on that have been long overdue. Our board is working hard to make this happen for 2023 to help with our operating expenses and upkeep of our old building. This year we had a considerable increase in our fire insurance cost due to the recent fires, which is not helping us financially, including the loan balance for the adjacent lot. We need our community's help since we are still recovering from not doing fundraisers for two years due to the pandemic. We work hard to make the building available to everyone, and we hope you appreciate having this incredible building in your community.

If you are on Facebook, search for VFCCi, like our page to see future postings, or browse our photo gallery to see all the beautiful events we have held at our venue.

Or, if you want to learn more about VFCCi, attend a board meeting, schedule an event, or be added to our mailing list, please email director@vfcci.org or call 909-389-0585. We also plan to have an Annual Public Meeting in August 2023, with further details to follow.

We invite you to donate to support VFCCi. Just go to www.VFCCi.org and look for the PayPal link. Also, if you haven't done so already, please sign up for "Amazon Smiles" and then choose "VFCCi". This is a free way to support us and give back to the community every time you make an Amazon purchase.

Thank you again for all your support throughout the year for our wonderful organization. Sincerely, Olivia Borges President, Valley of the Falls Community Center, Inc.

Fire Safety: The board is still seeking community members to join the Fire Safe Council. This is a committee that meets periodically to discuss and make decisions on keeping the canyon safe throughout the fire season. Interested? Want more information? call Olivia at 626-506-7484.

Please Donate: We would like to invite you to make a donation to support VFCCi and Big Falls Lodge. Just go to www.VFCCi.org and look for the Pay-Pal link. Also, if you haven't done so already, please sign up for "Amazon Smiles", then choose "VFCCi". This is a free way to support VFCCi and give back to the community every time you make an Amazon purchase.

VFCCi Board of Directors meets every 3 months to discuss ongoing concerns. If you have ideas or suggestions for a great use of the building or fundraising, reach out, we'd love to hear from you! We work hard to make it available to everyone, we hope you appreciate having this great building in your community.

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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 bearfactseditor@gmail.com on or before the submission deadline (all submissions digital and layout ready please). For questions call the editor, send an email to bearfactseditor@gmail.com.



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Seasonal Shift

by Angela Andiorio

As you are reading this we are well into the Fall to Winter seasonal shift. Do you tend to feel sad at the loss of Summer and all its activity and warmth? How do you feel about the Fall and Winter? Whether or not you bring awareness to it, your body experiences a shift with the seasons. Some are more obvious. We feel colder, thus add layers to our clothes and start firing up the wood stoves. We may feel like we need to tuck into bed a bit earlier. We might feel itchy and dry and need to apply more hand lotion and oil to keep our skin from becoming damaged. These are all great ways to take care of ourselves when the seasons shift. What about when you aren't feeling well? Personally, I notice that I start to feel "off" and I become restless, spacey and more nervous every Fall. That is my cue to tune in because something is out of balance and I need to give myself more support. In order to fully embrace these changes wholeheartedly it is fun and helpful to have an understanding of the seasonal changes from a natural perspective.

As a yoga practitioner and teacher for over 20 years I have some personal experience and practice with the framework of Ayurveda and Yogic philosophy as it applies to the seasons. Disclaimer: I am not an expert in Ayurveda and you should always consult your health care provider before trying any new exercises or diets. My scope of practice is with yoga teaching and I can't diagnose or treat anyone as a doctor could. This is intended to pique your interest if you want to do your own further research and practice. The following is based on my understanding and personal experience with Ayurveda in my life. Everything here is just a suggestion and is open to your own interpretation.

Ayurveda is an ancient and holistic approach to health and it is based on the laws and rhythms of nature such as the seasons. Ayurveda says that because we as human beings are of nature the same basic rules apply. Ayurveda asks us to look at our individual habits (dietary, sleep, movement, etc) and discern how our choices and routines may be able to contribute to overall improved health and well being. Ayurveda teaches that we each are born with a combination of three doshas (different elemental energies) namely Kapha, Pitta and Vata (pronounced Wa-ta). (You can take a quiz using the link below to find out your combination but it is more accurate to have an Ayurvedic doctor assess you).

We each have all three doshas, however some people have a dominant force. The following overview of each doshas are generalizations for simplicity. Kapha is the earth/water element. Kapha-dominant people may be naturally athletic and strong, are quite loyal, enjoy routine and tend toward a slower metabolism (associations would be grounded, stable, supportive). Pitta is dominated by the fire element. Pitta folks tend toward being medium build, strong-willed and intense, competitive and natural leaders with a strong digestion. They might feel hot easily or become flushed and red (feeling would be fast, fiery, hot tenacity). Vata is influenced by air and space (ether). Vata people tend to be long and lanky, smaller-framed and love being mentally and physically active. They have a tendency to feel cold more often and may have dry skin. Their energy, mood and appetite fluctuate

like the winds (feeling is open, movement, impulse, creativity and connection)

Let's weave together what we know about the three doshas into the seasons. All three of these elemental forces (Kapha, Pitta, Vata) are found in nature. Late fall to early winter (what we are experiencing now in our mountain communities) is Vata season. There is less light and the air is drier and colder. Imagine how this might affect someone who is already tending toward being dry and cold. Too much excess of any one energy could cause you to feel out of balance. Perhaps you are feeling more tired, hungry, anxious and restless than usual. If you feel spaced out or ungrounded, are having a hard time sleeping, feeling constipated/bloated, and having joint pain and dry skin you may benefit from some simple movements, foods and routines that support your body and mind throughout this Vata season. If there is an accumulation of Vata energy around us (dry, cold, airy, crispness) what might balance that? Diet-wise, it's helpful to consume nourishing, warm, moist, and well-cooked foods and spices like cinnamon, cloves, pepper, ginger, turmeric, tea, hot water, and soups. Avoid cold and iced foods, crunchy, dry and airy snacks. For your routine, remember that less is more during this season. Set the intention to take some unnecessary things off your schedule so you aren't running around excessively. Create a sense of security and stability by sticking to a daily routine. Enjoy slower daily rituals like adding 5 minutes of mindful breathing (slow down and notice your inhales and exhales). Try to avoid rushing through each day. For example, before you take your first sip from your morning tea/coffee/water take a deep breath in, feel your feet on the ground, bring your awareness to your mind and body in the present moment. This simple practice takes 5 seconds but can be a powerful practice of mindfulness. Spend some time grounding in nature and in the sunlight (we are so lucky to have a beautiful home in the mountains with an abundance of access to the outdoors and nature's beauty). Add some gentle stretches AM and PM to help with the achy joints and stiffness. Consider adding some yoga poses into your day like the Vata-balancing series link below. Join me for a weekly yoga class (in person or online) or schedule a private session. Complete your day by reflecting on one thing that went well or list out a few things you are grateful for. Finish off the night with this great recipe for seasonal support. I like to have this drink before bed when I need something warm and soothing.

Golden Milk (2 servings)

- 1 1/2 cups of whole milk, preferably organic, without added preservatives (Substitute almond or other non-dairy milk of choice)
- 1 1/2 tsp ground turmeric (turmeric powder)
- 1/4 tsp ground ginger (ginger powder)
- 1 whole cinnamon stick (or 1/4 tsp of ground cinnamon)
- 1/8 teaspoon ground cardamom, or 2-3 cardamom pods, crushed (optional)
- 1 tbsp ghee, (can be found in most grocery stores Asian food section). (Substitute Coconut oil if vegan)
- 1 pinch ground black pepper
- 1 tbsp sweetener of choice (i.e. maple syrup, honey or jaggery)

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Seasonal Shift

continued from previous column

Instructions:

1. Warm milk in a small saucepan over low heat. Add turmeric, ginger, cinnamon, black pepper, and cardamom (if using). Stir until well combined. If you are new to turmeric, start with a lower quantity and gradually increase as you develop a taste for it.
2. Bring the mixture to a simmer, but do not boil. Allow simmering for 5-10 minutes, stirring occasionally, until smooth, hot, fragrant, and flavorful.
3. Remove the saucepan from the heat. Strain the golden milk over a fine-mesh sieve into your favorite mug. Discard the solids. When slightly cooled, stir the ghee (or coconut oil) and sweetener of your choice (if using) into the milk. If you use honey as a sweetener, make sure that you don't heat honey: heated honey is considered toxic in Ayurveda.
4. Drink while it is still warm.

Sources:

- <https://chopra.com/dosha-quiz>
- <https://chopra.com/articles/a-guide-to-vata-season>
- <https://www.yogajournal.com/lifestyle/health/intro-ayurveda/>
- www.yogajournal.com/practice/yoga-sequences/yoga-poses-for-vata-dosha/
- https://kripalu.org/resources/what-ayurveda-anyway?gclid=CjwKCAjw2OiaBhBSEiwAh2ZSP7QIL9VPdj-fE_n5xFyeLKmayNGNNj03KRFZ-hmC9gRFgiKJFtHh1RoCqWIOAvD_BwE

(Recipe Link: <https://www.artofliving.org/us-en/the-ayurvedic-secret-to-an-everyday-glow-easy-nutritious-golden-milk>)

To connect with Angela, visit www.spaceandtimeyoga.com

USPS Reminder for Shipping to Military

Holiday Deadlines for Shipping to Army POs, Fleet POs, and Diplomatic POs. First-Class Shipping Deadline is Dec. 9!

As the holidays are upon us, and we keep our service members in our hearts and minds, the U.S. Postal Service wants customers with loved ones stationed overseas to know about its fast-approaching holiday mailing deadlines. USPS is a proud employer of more than 70,000 veterans itself and understands the importance of sending packages to military and diplomatic members serving abroad, especially during the holidays.

In order to ensure timely delivery by Dec. 25, USPS recommends that cards and packages be sent to military APO/FPO/DPO addresses overseas no later than the mailing dates listed below.

Military mail addressed to and from	Priority Mail Express Military Service *	First-Class Mail Service	Priority Mail Service
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APO/FPO/DPO AE ZIPs 094-099	Dec. 16	Dec. 9	Dec. 9
APO/FPO/DPO AA ZIP 340	Dec. 16	Dec. 9	Dec. 9
APO/FPO/DPO AP ZIPs 962-966	Dec. 16	Dec. 9	Dec. 9

* Priority Mail Express Military Service is available to select military/diplomatic Post Offices. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.

USPS is expecting to process more than 10.1 million pounds of mail for APO/FPO/DPO destinations this holiday season.



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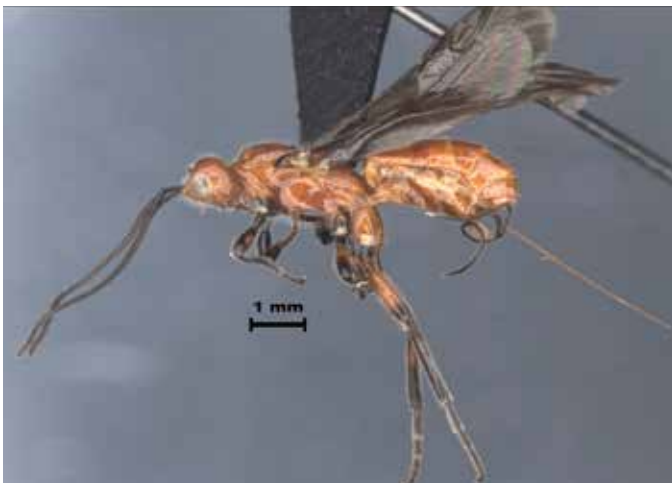
Forest Falls Traps

by Michael Sharkey

Some of you may have noticed a tent-like structure on the bank of Rattlesnake Creek just below the intersection of Alder and Island Drive (image below). This is a trap designed to capture flying insects. Flying insects hit a central panel and are directed upwards where they fall into a jar of alcohol. This trap and another like it located lower in the canyon are part of a project to document the insects of California, many (most) of which remain undescribed and unknown to science. Institutions like the Los Angeles County Museum, U.C. Riverside, Berkeley, and the California Department of Agriculture are partners in this effort.



Locally we plan to set up a series of these traps along an altitudinal gradient starting at the bottom of the canyon beginning in March of 2023. We are looking for properties and interesting localities along this transect to place the traps. If any readers know of such places, please get in touch.



In case you are curious, I am an entomologist and professor emeritus of the University of Kentucky (go cats). My personal interest is in parasitoid wasps. These are wasps that lay their eggs in or on other insects, usually caterpillars or beetle larvae and the progeny consume their hosts and eventually kill them. They have been widely used here in California and around the world to control pest insects. An example of such a wasp, captured in the trap on Rattlesnake Creek, is shown below. BTW, they do not sting.

Michael Sharkey, 41482 Alder Dr., (859)396-1649, msharkey@uky.edu.

Have You Seen It?

by Sharon Cady

Steve and I are “back in the saddle again,” seeing movies at the theater again and ready to review movies for you to screen or rent for home view. Movie buffs, Steve and I could not go to theaters for at least two years during Covid, but we are probably among the first to do so—masked, 6-feet-apart seating, “proof of vaccination and all!

Last year, with these restrictions gradually lifted, we saw most of the 2021 movies nominated for Oscars before Oscar Night, but not the one which won Best Picture: *CODA*! We were enthralled by this movie when it was re-released after its Oscar win. Steve and I felt *CODA*, of all nine movies nominated for the 2021 Oscar, was the best choice!

CODA stands for *Children of Deaf Adults*, a somewhat intimidating title, but the movie is truly one of the most uplifting, compassionate stories we have ever experienced. The movie is very revealing of what deaf people go through, as well as their hearing children who became their interpreters to the hearing outside world. It is also a coming-of-age story; the hearing daughter Ruby (Emilia Jones) must decide between her obligation to her family (mom, dad, and older brother), whom she loves and her love of singing, which her high school choir teacher is mentoring her towards a prestigious music academy faraway from home.



Be prepared to read subtitles because so many scenes involve sign language! The movie is an American-English remake of the French-Belgian film, *La Familia Belier*. All of the actors who played the deaf characters are deaf in real life. The actor, Troy Kotsur, who played the father, won the 2021 “Best Supporting Actor” award, and the actress, Marlee Matlin, who portrayed the mother, won an Oscar in 1986 for “Children of a Lesser God.” Sion Heder also won the Oscar for Best Adapted Screenplay.

Steve and I, of all the movies nominated for the 2021 Academy Awards, felt that *CODA* was the best choice. However, we fervently recommend these other great PG-13 films to rent, or stream: *Westside Story* (2021), *Spiderman: No Way Home* (2021), *Jungle Cruise* (2021), and *Jurassic World Dominion* (2022).

To all residents of:

Angelus Oaks, Mountain Home Village & Forest Falls

The Bear Facts is sent out in Mar, Jun, Sep, & Dec. Do you have a mountain event coming up that would benefit by being included in an upcoming issue?

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Who Is That Guy?

by Janet Horton

Many Forest Falls residents have noticed this man walking Valley of the Falls down to the Y or even to Mountain Home Village every day and wondered, Who IS that guy? Let me introduce you to Jeff Wiseman, one of Forest Falls new residents. Jeff was born and raised in rural Minnesota in the town where SPAM originated, and was active in theater, ice hockey, and Scouts, attaining the rank of Eagle. He has a Masters in International Politics and International Economics as well as multiple undergraduate degrees. He has passed the Series 65, the Uniform Investment Law Exam. Jeff worked on Capitol Hill for several Members of the United States Congress as a Congressional Aide.



Jeff Wiseman

Jeff spent over 13 years in Asia, lived on 3 continents and speaks Mandarin, Japanese, and Spanish. He currently works for Trinary Capital, a financial services company that focuses on funding alternative energy sources (mostly Solar). Jeff enjoys the small-town atmosphere, the beautiful mountain life of Forest Falls, and the quiet that for to study and work almost every waking hour. After living in cities with more than 20 million people, he is happy to have fresh air, nice people, and nature. When he is walking, he listens to podcasts or lectures that will help him gain knowledge and insight of current trends.

Jeff enjoys helping out the community and always has a big smile for everyone. So if you see Jeff, do say hello. But if he is out walking, he is probably concentrating on learning how to make our world a better place...or Finazzo's garlic knots. :)



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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	909-382-2682	Forest service property

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Winter 2022 Volume 16 Issue Number 4



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:

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