

The BEAR FACTS

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

Winter 2025 Volume 19 Issue 4

Southpaw Rescue Fighting for the Underdogs of Our Mountain Community

by Veronica Hampton, Founder of Southpaw Rescue

When I founded Southpaw Rescue in 2019, I never imagined how many lives this little mountain rescue would touch. What started with one dog—a boxer from our local community adopted by my parents, Chris and Bob—has grown into nearly 100 dogs saved in just 6 years.



Chris, Bob, and Southpaw's first dog, Dixie.
Photo by Veronica Hampton

Before Southpaw, I spent over a decade in animal rescue and nonprofit work. I served on the board of an Orange County rescue beginning in 2008 and later as Director of Operations for the Ian Somerhalder Foundation, where I created and managed a medical emergency grant program, which helped more than 2,300 wild and domestic animals nationwide. That experience built the foundation for what Southpaw Rescue is today.

People often ask about our name, Southpaw, it comes from my love of Rocky Balboa—the left-handed Philadelphia fighter. It's a reminder that even the underdog can win. Our motto, Because every dog deserves a fighting chance, says it all.

Two Southpaw rescues stand out as proof of that fight. Last year, Southpaw spent 6 days on Morton

Peak Trail earning the trust of two pregnant Labs who had been abandoned at the top of the mountain. Scott Graham-Howard and I took shifts monitoring a single trap, and we waited patiently day and night, when finally it all paid off. Both dogs were safely rescued, and with the help of partner rescues, each puppy found a home. You can even spot one of the mamas and two of the pups walking around Forest Falls or Angelus Oaks.

More recently, four dogs were dumped in our picnic area. Before we could step in, animal control was called, but we made sure none were euthanized. Thanks to the help of locals Christine Ranney Wellman and Suzanne Serdahely, all four dogs were safely transported and cared for.



Founder Veronica after rescuing Kaiya.
Photo by Dave Druck

continued on page 2

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

Paul Tetreault
Layout Artist

to submit
Letters to the Editor
write to:

bfeditor2025@gmail.com



Please Support Us \$15/yr

From the Editor

by Pat Daniels

Brief Recap of 2025 Bitter/Sweet Memories



Annually, the events and festivities each season throughout our mountain communities are filled with enjoyment and awe due to the hard work and participation from community members, local neighbors, and visitors or out-of-towners. This is all of which makes each event and community activity successful. There are sweet memories of this past Spring's annual Chili Cook-off; the Summer Emergency Preparedness Festival in Angelus Oaks—choked full of fun activities; and the Forest Falls Firefighter's grrreat Labor Day Dinner with unforgettably delicious food!!! There was a terrific celebration of Gillmore Real Estate's 100 years; the annual Haunt on the Hill was super fun; and our annual Fire Station 99 holiday parade is amazing and luminous! This parade always brings back delightful childhood memories. But then, there are the bitter memories with the sweet. My heart goes out to our neighbors who lost their homes, lives, belongings, and pets in the horrific mudslides. Kudos to the mountain community teams Fire Stations 98 and 99, the Search and Rescue teams, CALTRANS, Angelus Oaks Rescue teams, and San Bernardino County, et al., who helped to clear the alarming mud-filled homes and roads. They rescued folks and animals who were trapped, and they cleared the paths along Valley of the Falls Dr. and CA 38. I look forward to more of the sweet memories than the bitter ones in our mountain communities during 2026. I pray that you all will take care of yourselves and each other. Please continue to spread the love by staying connected with our mountain communities—and reach out by continuing to share your wonderful stories. I'd like to read more of VFCCI member, Nick Shades' humor... So, don't be shy, I know there is an interesting tale or some fun and useful information you want to share—go ahead and send it to me via email at: bfeditor2025@gmail.com Keep warm, Pat

Southpaw Rescue: continued

continued from page 1

Two have already been adopted, and two are still looking for their forever homes, which is a reminder that Southpaw Rescue still needs the support of our community.

Southpaw Rescue is 100% foster-based and volunteer-run. We depend on this community—on the people who open their homes to foster and help cover veterinary bills to keep saving dogs.

We're also incredibly fortunate to have the support of corporate sponsors such as Fallsville Gift Shop, who donates 10% of all sales to help cover veterinary costs, and Inabu Churro and Spoofdawg, who generously provide food and supplies. Their support allows us to focus our resources on fostering and veterinary care, and we are deeply grateful for their commitment to our mission.



SOUTHPAW RESCUE

Because every dog deserves a fighting chance



Reserve Deputy Michael Guirgus with Southpaw's Hemsworth.
Photo by Dogma Pet Portraits

This year, Southpaw Rescue was selected as the only San Bernardino County rescue featured in the upcoming 2026 First Responder/Rescue Dog Calendar, earning second place for the cover. It's a small recognition which means a lot for a small rescue fighting hard for local dogs.

At Southpaw Rescue, we'll always fight for the underdogs—because every dog deserves a fighting chance.

For more information on fostering, adopting, or donating, visit www.southpawrescue.com.

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

Mountain C.A.R.E.**President's Message**
by Debi Welch

Hello, Friends and Neighbors!

Fall is here in all her glory! I hope you are enjoying the changing leaves as much as I am—our canyon truly shines this time of year! The Virginia Creeper throughout town is spectacular; it's one of those vines you can plant and forget about if you need some Autumn color in your yard.



The Haunt on the Hill was a great success, and I would like to take a moment to thank Michelle Macri and all the VFCCI Board members for putting on a spectacular event.

If you couldn't make it to this Halloween event, please plan to attend next year; it's family-friendly fun that should not be missed! The Haunted Library was the theme, and each booth featured a favorite literary classic. The food booth theme was Harry Potter and the Sorcerer's Stone. The Cauldron Combo featured a Hippogriff sandwich, some seriously good potato salad, and pumpkin soup served by Kreacher, the head house-elf, and the Grffndor witches. Emmett Danner as Dobby the house-elf was spinning fresh spider webs and serving them to all who desired. Nothing like fresh hot cotton candy to warm a body on a cool evening at the local carnival! Southpaw, our local animal rescue, was there and well-represented using a Goosebumps theme. There were many game booths that were fun for all ages, featuring Dracula, the Headless Horseman, Charlie Brown Alice in Wonderland and Coraline. The photo opportunities were many. The bar was stocked with libations to warm your soul. I loved the Queen of Hearts booth—it was really fun. So much more happened, and I'm sorry I can't recall it all to give proper kudos, but it was a great event!

This is the time of year with so many celestial events that you should be out in the evening watching our dark skies. In November there are both the Taurus and the Leonids, and in December we have the Geminids and the Ursids. It's really a fabulous time for stargazing!

Remember that with winter coming, it is that time of year when you might leave the mountain in the morning when it's sunny dry but come home to snow in the evening. It's time to repack your go-bag into winter mode with gloves, snow boots/shoes, chains or Spyder spikes, an ice scraper, proper ID, and all the things you may need to get home if it snows while you're gone—it can happen! Don't be caught unaware!

With Highway 38 closed on the way to Big Bear, it's important to support the local businesses below Big Bear; they need you at this time! Highway 38 is open up to Angelus Oaks where you can visit The Oaks. In Forest Falls we have the San Gorgonio Gallery, Fallsvale Gift Co., Elkhorn General Store, El Mexicano, and Gillmore Real Estate, which is the business I work for. I remember a time when the downtown businesses were dark, and it was not pretty. So, shop local and help keep these doors open through the next year while they rebuild the road.

As always, please remember to keep watching our webcams@mtncare.net. You can also go there to obtain a welcome packet or general info.

**Angelus Oaks Fire Safe Council:
Winter 2025 Community Update**

by Crystal Ramirez



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

First, we're thrilled to welcome three new members to our board: Julie Saunders, Vice President; Anne DeMass, Secretary; and Crystal Ramirez, Community Outreach Chair. Each of us brings a deep love for our community and a passion for keeping Angelus Oaks fire safe.

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.

Fire wise practices: Angelus Oaks continues to be recognized as a Fire wise 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>.

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.

Please note: We won't have a community meeting in December, but we look forward to connecting again in the New Year.

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

**Griffith**
*Professional Services***Bernadette Griffith**

909.295.4888

griffithprofessionalservices@gmail.com

Tax Preparation | Signing Agent | Notary Public | Document Services

Graffiti Busters Needs Your Help!

by Deby Anderson

For years Graffiti Busters have been able to keep up with the issue of tagging in our canyon. The Forest Service has graciously provided the powder paint we use. We mix it with water (usually creek water) on site, and viola, magic paint! The graffiti is covered – gone, and the rocks are back to their natural state. We have always provided the other supplies: brushes, mixing cups, and labor.

Over the years as people have found out about our beautiful mountain, it's gotten more difficult to stay ahead of all the graffiti, but we feel our Graffiti Busting has done an outstanding job. However, as with a lot of things today, that is changing.

The Forest Service no longer has the ability to provide the paint, and by the time you receive this edition of Bear Facts, we will have completely run out.

The paint and hardware stores have an exterior paint that withstands weather, and a graffiti remover that requires power washing. Also, there is an actual clear coat that won't let other paint adhere. Ok, so let's cover the whole canyon in a clear coat... (insert laughter here!).

There are "tools" that can remove tagging, but it's not realistic to carry those around while scaling rocks and maneuvering into hard-to-get-to places that have been tagged. In addition to that, many of the tags are huge and on rocks that don't have a smooth surface.

We recently had some new stronger more agile help (thank you Daniel Holtman and Nick Shades), who were able to get into some of the more remote areas. More help is still needed. Please reach out to us at Graffiti Busters so we can share the locations that are more challenging.

As of today, our options are limited. There is a company in Orange County who has developed a powder paint, but it comes at a high cost. We will be purchasing some for trial use. If we determine it is worth the cost, we will be fundraising year-round to purchase and facilitate cleanup. Please text me at: 951-306-8425, or call if you want to help. Better yet, donate to MtnCare.net so we can buy the paint we need to continue keeping our Canyon beautiful.

As always thank you for your support and efforts and keep up the good work! Your fearless Graffiti Busting Leader, Deby.

Local Poetry

Crib to Crib

by Juan Delgado

(For my granddaughters)

We start out as infant translators,
reading
the faces of our parents,
their smiles taking in
the pantomime of
our open hands.

Our first language is our body.

For more poetry by Juan Delgado visit:

<https://shoutoutla.com/meet-juan-delgado-a-poet-one-who-makes-or-shapes/>

Fall of 1999

by Jan Hanley

Embracing My Day...

The day emerges with such beauty, in precious moments before dawn.

I'm reaching that special place within my soul, me and my creator have found a blissful bond. I rush to express with gratitude as my first need of the day.

To show how much I appreciate my serenity, my place in life I wish to stay.

Even amidst the confusion, sometimes not knowing what path to take, but feeling gentle nudges everything will be okay.

I pray to capture the moments in their glory.

Pretending this day will last forever like much a childhood story. Taking time to give my all in whatever is asked of me.

Knowing in the circle the return of this love will be so.

Remembering to realize this moment will never come again in just the same way.

Therefore, don't dare miss a chance to savor the gifts being sent out this day.

As I look out my window to that clear blue sky above, with just enough scattered clouds for that perfect effect.

My mind wanders wishing to fantasize feeling too much time was spent on intellect.

Taking delight in watching animals at play joyfully fulfilling their own needs in such a heartfelt way.

Basking in the beauty of the sun saying goodbye for the day. Words escape me as emotions seem to fill just what they want to say. The starlit night with moonbeams dancing on the mountain tops.

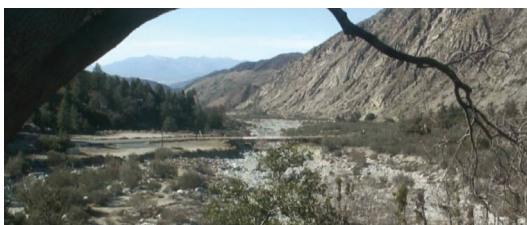
A content gentle reminder of how our Fathers love never ever stops. The soothing music of nearby waterfalls, my lullaby for restful sleep. Answered prayers I give thanks for.

His promises of love run deep. I know as the day comes to a close. To capture this peace I feel. I never roam.

Because for this special moment and place in time, I get to call home.

Check out the town & road conditions on the

Mountain C.A.R.E. Web Cams



<http://mtncare.net>

Check out current community news at www.mtncare.net

Mighty Mullein

by Rebecca Lyons, PH.D Professor of Chemistry

Every year at the start of woodstove season, I get a cough. My lungs feel like I've breathed in sand. Naturally, I reach for my plant ally mullein (*Verbascum thapsus*). Mullein is an expectorant and



helps to dry up that ratty cough that plagues so many of us in the winter. One or two palm-sized leaves can be chopped up and brewed in a cup of hot water as tea. Your lungs feel clear and hydrated, and it's not bad tasting, either. Saponins and glycosides in mullein leaves are anti-inflammatory and soothe irritation from woodsmoke. Because of this anti-inflammatory property, mullein can be used as a poultice for bumps and bruises.

Mullein - *Verbascum thapsus* For a poultice, boil a couple of good-sized leaves until limp, strain them out of the water, and let them cool to a comfortable temperature. If you have a mortar and pestle, mash up the leaves a bit to release some of the anti-

inflammatory compounds. Lay liberal amounts of warm leaves on the affected area and leave in place for 10-15 minutes. Repeat this periodically throughout the day.

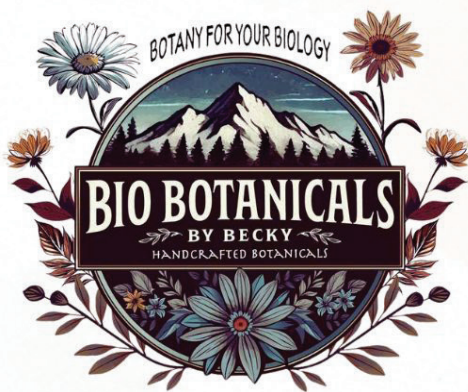
In the second year of its life, mullein will send up a stalk with a cluster of yellow flowers on the end. This "biennial" flower has medicinal properties of its own. Considered anti-viral, people have used mullein flower for colds and even influenza virus. "Verbascoside" is a glycoside in mullein, which has been isolated and used to inhibit herpes virus.

Fuzzy-leaved and hearty, mullein grows about everywhere, from the sides of roadways to deep in the Mill Creek wash. Mullein was brought over by European settlers, so technically that makes mullein an invasive species. I don't mind harvesting a bit to have on hand through the winter. Spread out leaves in a single layer on a sheet in the sun until crispy. Then crumble the leaves into a jar for storage. It's a good idea to have something in the jar to absorb any trace of water that might still be there. (There are few things in life more disappointing than cracking open a jar of herbs only to find they have molded.) Add a handful of rice to the bottom of a jar or toss in the little desiccant packets from your vitamins to absorb moisture. Remember to collect herbs responsibly. Take only what you need, and never more than 10% of a stand.

(This article is intended for educational purposes only.)

Herbal Consultations Custom Formulation

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



**Rebecca Lyons, PhD
Clinical Herbalist**

biobotanicalsbybecky.com
biobotanicalsbybecky@gmail.com

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*



**"Logic will get you from A to B.
Imagination will take you everywhere."**

~ Albert Einstein

Remember:



both current & prior issues are online
with color pictures and live links at:

<http://www.mtnicare.net>

~Serving Our Mountain Communities~

Protect YOUR Home's Comfort...

**With Safety Upgrades, Services,
Home Generators & More!**

Contact Us for More Info!

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

Your Comfort is Our Business
909.792.2222 • 909.792.2222

Service ★ Installation ★ Repair
909-792-2222 ★ burgesons.com CODE: TDF
CA Lic 263871

Since 1949

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

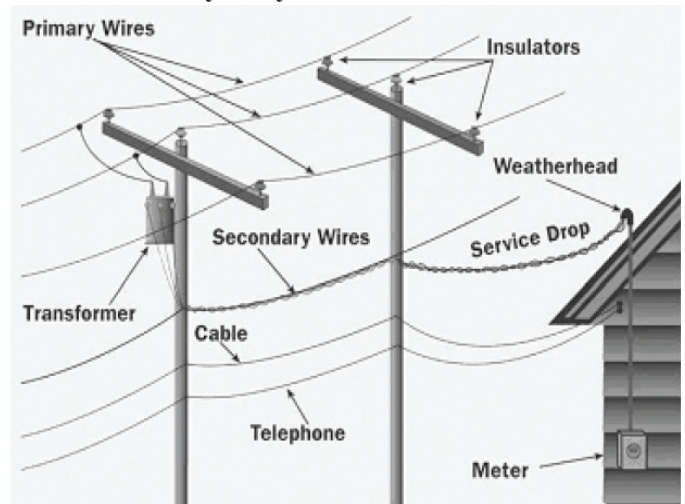
40626 Valley of the Falls Drive, Forest Falls, CA 92339

Follow us on Facebook @forestoffthefallscommunitychurch

How Electric Power is Delivered by Edison

(Or Not Delivered in Power Outages)

by Terry William Hamilton



Most electric power poles have two levels of power. The top wires are high voltage. The bottom wires have voltage that has been transformed (with transformers) to lower voltage that enters our homes.

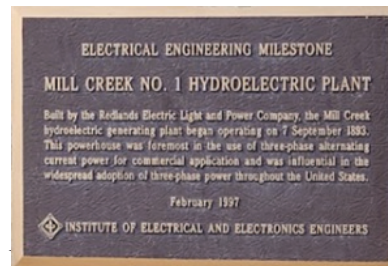
Our primary lines carry high voltage Alternating Current (AC) up at the top, and arterial lines carry the 220 volts to residential distribution. "Our power generation stations generate Alternating Current, which is basically a pulse or oscillation of the current from power station direct to us." --- Nick Shades

"The transformers on our poles step high-voltage AC to a lower AC voltage. The voltage coming into our homes is 120v AC



per phase. Each home has 2 phases going into their panels, so you can have 220v for heavier appliances." --- Scott Stillwell

Some of our power originates from Mill Creek No. 1 Power House (located near the mouth of Mill Creek); it is the very first 3-phase AC Hydroelectric generating plant in the West. In fact, "Mill Creek plant is recognized as an IEEE (Institute of Electrical and Electronics Engineers) and ASCE (American Society of Civil Engineers) Historic



IEEE Historic Milestone 1893

For more interesting history and information, please see "Milestones: Mill Creek No. 1 Hydroelectric Plant, 1893 - Engineering and Technology History"

<https://share.google/PMgJ5kLCZZgrkDBIf>

https://ethw.org/Milestones:Mill_Creek_No._1_Hydroelectric_Plant,_1893

Tips for Walking your Dog

by Suzanne Serdahley

You see more and more people walking their dogs utilizing a traditional harness or a head halter. The reason is that attaching a leash to a collar can cause trachea injury to your fur baby, especially if your baby is a flat nosed (flat faced) breed.

When your pet pulls on a leash that is connected to a collar, a lot of pressure is put on the windpipe and can weaken and even damage the trachea. We have all seen a dog pulling their owner along and the dog is coughing and wheezing. This straining and yanking can eventually lead to a tear or collapse of the trachea and cause injuries to surrounding tissue, lung collapse, and oxygen deficiency.



After an injury, your pet should be taken to a veterinarian immediately for treatment. If the injury is left untreated it can lead to death.

There are several different types and styles of traditional harnesses. Most pet supply stores will allow you to bring your dog in to try on harnesses to see what is most comfortable for both you and your dog. Head halters fit around the pet's head and snout. A head halter is very useful for larger breeds as it gives humans a better way to control a large, strong dog that is pulling. It redirects the dog's head when pulling. It is a great training tool for strong

dogs that don't walk well on a leash.

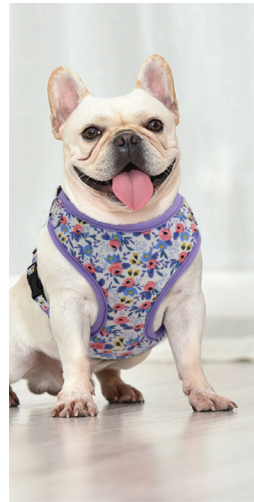
Many animal trainers tell people not to use retractable leashes. They tend to fail, leaving humans unable to shorten the leash

and pull the animal back towards them. Retractable leashes also limit the human's control, often leaving them unable to manage an animal that sees, hears, or smells distractions. The animal can dart into traffic, lunge at other animals and people, or become entangled. Injuries to both the fur kids and humans are very common.

NEVER allow your dog off leash. First it is illegal and can end up costing the human a fine and/or a fee to retrieve

their pet from animal control after the pet is confiscated.

Just because your dog is "friendly" and "not aggressive," another animal may not be. Even a friendly, easy-going dog can be startled and bite another human, knock someone down, or run directly into traffic.



Walking with your appropriately leashed fur kid is rewarding and cathartic for both of you. It strengthens the bond between you and your pet, and the health benefits are obvious. So, enjoy the beautiful outdoors here in this magical and unique place we call "our mountain" with your loving and faithful pal—but please do so safely.



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



Valley of the Falls Community Center, Inc.
The Heartbeat of Our Communities



www.VFCCI.org

Board of Directors

vacant

President

Michelle Macri

Vice President

909-222-9067 direct

events@vfcci.org

Robyn Clark

Secretary

rocknrobn80@hotmail.com

Leonard Peterson

Treasurer

leonard.m.peterson@hotmail.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

The Haunted Library, by Robyn Clark

Were you there? It was a wonderful family event full of laughter and spooky fun. The Librarians greeted attendees and sold tickets for games, food, and drinks. Special tickets were given when Library Cards were presented. We had pumpkin painting with Hannah, spooky storytelling by Cletus (a talking mannequin), and games to challenge and delight!

The Haunt is supported by community members giving time to set up and take down booths and decorations, hosting game booths, and providing food and beverages to the crowd. Some of our sponsors were: Redlands Lowe's, Hondo Framing, Ascend Building Systems, Peace's Pieces, Possibilities A/V, Jessica's Treasures, Best Mountain Properties, Suzanne Serdahely with Southpaw Rescue, and Bookend Tours. Many residents supported the Haunt with donations of cakes, candy, time, and financial support. We appreciate the commitment to our community! Thank you!



Teresa Stirewalt ran our Photo Booth at the Haunting of Hill House with 52 terrific pictures of costumed people. Newman's QR code helped people to receive their photos. We hope you saw our display of local costumed pets on the Pet Semetary poster! Did you like the pictures on Facebook? Also on Facebook was a hauntingly fun video to advertise the Haunt created by Nick Shades. Paul and Beth Tetrault sold Haunt t-shirts that featured Paul's "Ghost Stories" design, and Dr. Jim created his balloon creatures.

We had a good turnout of children and their families who enjoyed carnival games inspired by books: Monster Bowling (Goosebumps theme), the Bean Bag Toss run by Hayley and her high school friends (Alice in Wonderland); Hit the Head of the Horseman (Sleepy Hollow); Lazer Tag (Dracula); and Tic Tac Toe (Coraline: The Other Nother).

Everyone enjoyed the delicious menu of pork sandwiches, pumpkin soup, and tater salad provided by Misha Boyarski, Debi Welch, and crew. Dale Clark with help from Jess Mendelsohn and Tom Ramirez provided adult beverages: beer, Witch-aladas, wine, and Witch's Brew. Yummy thanks to the Frozen Green Thumb Garden Club for their delicious baked goodies that tickled our sweet tooth.

New this year, in support of our Haunted Library theme, Karen Hill, Nicole and Jason Goss, and the Garden Club provided autumn storybooks with goodies to accompany the ideas in the story (e.g., cooking soups, baked pies, and painting pumpkins).



The raffle of books and supplies created great interest from kids and parents! What a fun and interactive idea to include at this family event. Haunted Library, we hope you make plans to participate and support next year!

Whether you attended or missed this year's Haunt on the Hill, we hope you'll all consider participating next year! VFCCI / Big Falls Lodge thanks you!



THANK YOU

Forest Falls Seventh Day Adventist Church

by Charlie Dobias



In 1973, Dick and Bob Schaefer (twin brothers who lived with their families in Forest Falls), visited my husband Bob and me shortly after we moved to Forest Falls with our son and daughter. They told us that there were several other Seventh-day Adventist families in the community, and they had been discussing the possibility of starting a small fellowship in the canyon. Since most of the adults worked down the hill and the older children went to school down the hill, they thought it would be nice to spend the Sabbath together as families, enjoying worship, and being in nature...out of the city—which is why we moved here. We began meeting in each other's homes, and it soon became evident that we needed to meet in the same location each week. We then met in Bob Schaefer's log home located on the corner of Valley of the Falls Drive and Hemlock Street. At that time, the Valley of the Falls Community Church (VFCC) was meeting in the old Community Center (formerly Torrey's Tavern) next to the Post Office and across from the Sip and Dip, as mentioned in the book by Shannon Wray, "Pioneers of Mill Creek Canyon." VFCC was building their new church across from Fallsvale School. When they moved, we were able to rent the old, wonderful, rustic Community Center building, which then became Forest Falls Seventh-day Adventist Church. We had our first church service there on November 5, 1975.

For 50 years we've enjoyed fellowshiping in a place that holds a lot of history within its walls now filled with acorns, and woodpeckers often providing the percussion for our music on Saturday mornings. Our neighbors are always welcome to join us for any part of the morning and for our vegetarian lunch. Bible Study is at 10:00 am, and Hymn-Sing is from 11:00–11:30 am (instruments are welcome). The service starts at 11:30 am with thankfulness sharing/prayer requests and then a message focusing on God's love. For more information, visit our website: <https://forestfallssdachurch.org/> or you can contact our Community Liaison, Barbara Dickinson at 909-725-4151.

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.

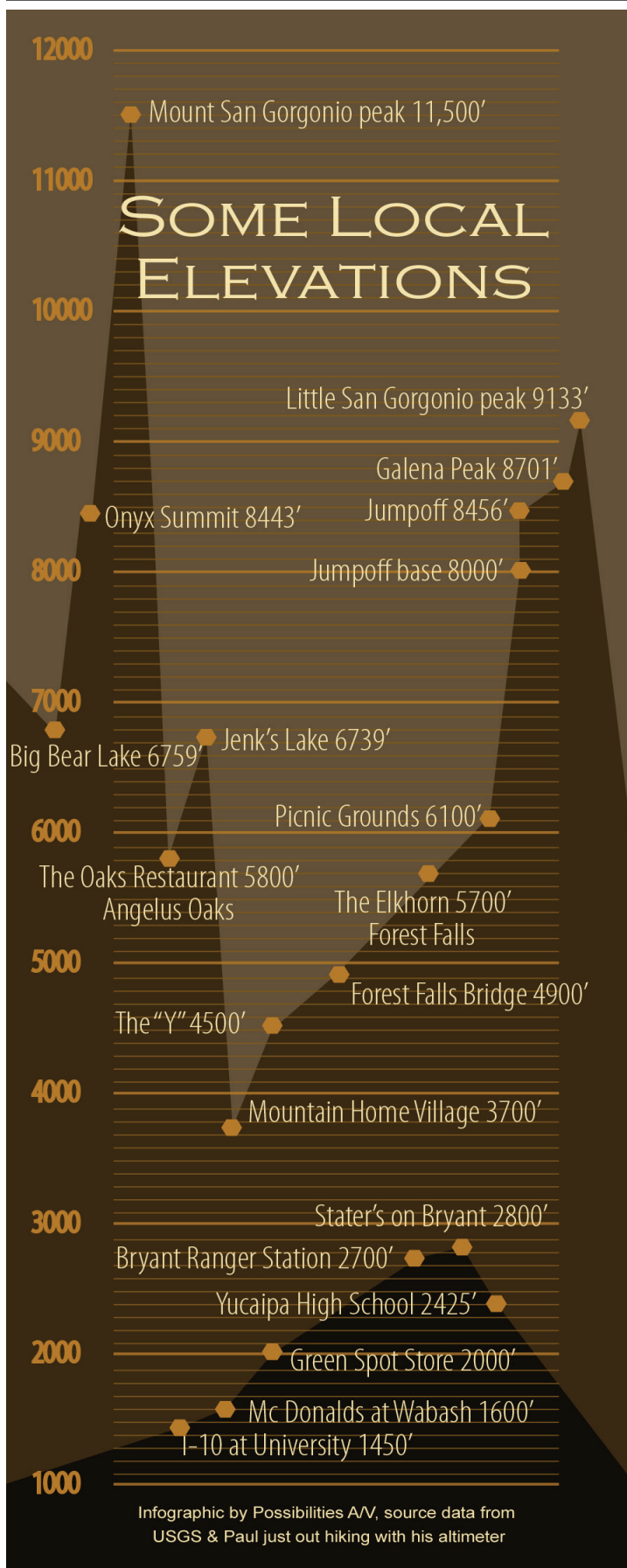
Some Helpful Phone Numbers

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

Judy and Destiny's

Christmas Cookie
EXCHANGE

Sunday, December 7th 2025
 at 2pm-6pm
 41303 Valley of the Falls Dr,
 Forest Falls, CA 92339
 909-644-2233
 at Big Falls Lodge



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 happy to meet you at the Pantry (Forest Falls Community Church)

Renata (408)-410-7510

Dee (909) 794-0885

Michelle (909) 794-3135

We look forward to serving you.

Warmly,

Your Pantry Pals THANK YOU!



NETCY GARCIA
INSURANCE AGENCY
LIC #6003705

MEDICARE ASSISTANCE

\$0 COST FOR OUR SERVICES.

📞 909-793-0400
✉️ staff.ngarcia2@farmersagency.com

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

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

Winter 2025 - 2026 Special Events

What	When	Where	Info
Community Cookie Exchange	Sun, Dec 7th	Big Falls Lodge	From 2:00pm - 6:00pm. Check Facebook community groups pages, or contact Judy Acuna 1-909-644-2233 for more information.
Fire Truck Christmas Parade	Sun, Dec 14th	The Village of Forest Falls	Starting at 6:00pm Decorated local and guest Fire Trucks will be lit up and driving through town spreading joy and happiness.
2nd Annual Cookies with Mrs. Clause Party	Sun, Dec 14th	Big Falls Lodge	From 6:00pm - 8:00pm. Meet with Mrs. Claus, decorate cookies and write letters to Santa who will stop by to pick up the letters during the Christmas Parade.
New Years Eve Party	Wed, Dec 31st	Big Falls Lodge	Time TBD Check Facebook community groups pages for more details as we get closer to the date.
The Big Game Football Bash	Sun, Feb 8th	Big Falls Lodge	Time TBD Check Facebook community groups pages for more details as we get closer to the date.

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 909-794-4413 for information
AO Fire Safe Council, Community Meeting	4th Thursday in December	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 at 6:00 pm	Angelus Oaks Fire Station (98)	Meetings start at 6:00 pm Location is Fire Station 98 for meetings & training.
Yoga with Angela Andiorio	Wednesdays at 4:30-5:30 pm	Fallsvale School	First class FREE, then \$12 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, anyone can come play or just come to listen.
The Needlers Knitting Group	Tuesdays at 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	3rd Monday of each month at 11:30am	Big Falls Lodge	All are welcome. 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



Regenerative Gardening: Building Healthier Soil in Our Mountain Community

At the October meeting of the Frozen Green Thumb Garden Club, our member, Jade Gajumara, introduced us to the concept of regenerative gardening. A recent resident of Forest Falls, Jade is the Creative Director and Co-Founder of the Earth Steward Apprenticeship at Woodshed Gardens in Malibu, a regenerative education center. She shared foundational information to help us begin incorporating regenerative practices into our own mountain gardens.

Regenerative gardening emphasizes improving soil health through methods such as no-till gardening, composting, and mulching. In July, Marcie Whitney-Green and Steve Salazar presented an in-depth program on the importance of creating compost using forest duff, plant-based green material, and

wildlife in our mountain areas—so it's best to stick with garden trimmings and leave the kitchen composting to our city friends.

Mulching: Apply a layer of organic material—such as straw, grass clippings, or wood chips—over garden beds. Mulch helps retain moisture, suppress weeds, and regulate soil temperature, all while slowly breaking down to feed the soil.

Plant Diversity: Grow a mix of vegetables, herbs, and flowers together in the same area. This diversity helps confuse pests, attract beneficial insects, and recycle a broader range of nutrients, creating a more balanced and resilient garden ecosystem.

Principles of Regenerative Gardening

No-Till/
No-Dig

Keep Soil
Covered

Utilize
Cover Crops

Organic
Inputs

Low Soil
Disturbance

Prioritize
Perennials

Diverse
Plantings

Integrate
Livestock
if applicable

worms. Their local business, Big Falls Ranch and Farm, located in Forest Falls, even sells red worms for composting.

The insights gained from these two programs have inspired many of our members—and hopefully others in the community—to start composting at home. These efforts move us toward regenerative gardening practices that enhance soil vitality and sustainability.

Further exploration of this topic reveals even more valuable techniques, such as increasing crop diversity and planting perennials to build a resilient ecosystem that requires fewer outside inputs. By mimicking natural systems, regenerative gardening helps us create thriving, self-sustaining landscapes that benefit both people and the planet.

Key Principles of Regenerative Gardening:

No-Till Gardening: Avoid turning or tilling the soil to preserve its natural structure and the microbial life within it. Instead of digging, build soil health by layering cardboard, newspaper, or compost to suppress weeds and gradually enrich the soil over time.

Composting: Composting adds valuable organic matter to the soil, improving its structure, water retention, and fertility. While kitchen scraps are often used in compost, they can attract



**“In every walk with nature one
receives far more than he seeks.”**

~ John Muir



Linguistics Corner

by Jean Delgado

When we speak in our daily settings, we adjust our speech almost effortlessly to fit the situation. This adjustment is called “register” by language scholars. We talk differently to siblings, parents, neighbors, doctors, workmates, service providers, etc. Much of register is taught as we grow and interact with others: Say please and thank-you! Don’t use that tone of voice with me! Is that how you talk to your teacher? In fact, we are so fluent in spoken language that we can change register without thinking.

Written language also has a range of registers. However, our fluency with writing is affected so much more than with speech. That is probably because speech is innate to humans; writing is not. Barring any atypical physiological/developmental/environmental barriers, all humans acquire spoken language, but the process of learning to write poses different challenges, and so cultures evolve perfectly well even without an elaborate writing system.

This brings me to why so many of us find writing difficult. What happens to our language fluency when we write? Well, first off, writing is not natural! Certainly, some aspects of writing come easier to some than to others, but writing is a learned skill, and since we all have different experiences and natural tendencies, there is a huge spectrum of proficiency. When we learn to write in school, we often become hyper aware of every word. We’re often taught (erroneously) not to write the way we speak (which is a topic for another column), we’re scrutinized and criticized, corrected and told we don’t make sense. Perhaps many find texting less stressful because it’s such a direct representation of our natural speech.

There are many aspects to writing: voice, tone, audience, clarity, organization, sentence structure, vocabulary, etc. But the one thing that people seem most compelled and entitled to criticize (especially in social media) is spelling, which is the least important part of writing! The truth is that some of us find spelling easy; others find it difficult. It’s not a question of intelligence or writing ability. It’s just spelling. Many great writers (Churchill, Austen) and avid readers are bad spellers. It’s transcribing that word onto paper that is another skill entirely. The person who writes loose for “lose,” apart for “a part,” or avocado’s for “avocados” uses the appropriate word when speaking! Apostrophes are especially difficult. We don’t “speak” apostrophes. We can learn where they go in writing, but the misplacement in writing doesn’t mean we are “ungrammatical” or that we are “bad” writers or lack logical thinking. We just don’t quite understand the spelling conventions! Some find apostrophes easy to understand. Others do not. (Some of us find decimal point placement in math easy to understand; others do not!) But we speak independently of our own spelling. So go easy on yourself and others and know that though many of us find writing difficult, we are all still experts in our own language.

Please send comments or questions about this article or any other language topic to jeanbearfacts@gmail.com

Considering Books

by Katherine Thomerson-Bird

THE BRIAR CLUB by Kate Quinn



Hello, Mountain Readers! Winter is ahead of us, providing another great reason to curl up and escape cold drafts of wintry air and burst into the emotions and secret conflicts from a story that will capture your heart and attention.

I begin this review with Quinn’s Historical Notes in the back of the book: “For the very first time I’m starting my author note with a warning: for readers who like to jump to the back and read the author’s note first, read no further. Reading this first WILL ruin The Briar Club’s big twist. For those who have finished, read on...”

This story contains twists, turns, spirals and heart throbbing secrets. Sometimes fiction, especially Historical Fiction, is a lie that tells the truth. Set in the 1950s in Washington D.C., Briarwood House is an all-female boarding house in the center of the nation’s capital during the post WWII McCarthy era, where whispered secrets settle into every street corner.

When a mysterious widow, Grace March, moves into a tiny attic room, she entices all her feminine neighbors, and secretly, the African American jazz artist who plays in the club across the street, to join a weekly dinner gathering. The characters, who all have their own secrets, cook and share their recipes. The author includes the recipes and adds music suggestions to accompany them. For example, the recipe for Grace’s Sun Tea has this suggestion: “Enjoy on a summer day with a new friend, while listening to ‘If I Knew You Were Coming I’d Have Baked a Cake’ by Eileen Barton with the New Yorkers.” Another example is Hammerin’ Pete’s Swedish Meatballs recipe. The author adds: “Eat as a dinner party appetizer with lingonberry jam and plenty of toothpicks...while listening to ‘I Wanna Be Loved’ by the Andrew Sisters.” I found this a clever hook in the book!



Grace’s weekly dinners and brewed tea (with gin) become a healing balm. But what is her hidden secret? The reader is flabbergasted when finding out! Violence threatens the boarding house. But who is the real enemy amongst these women?

Then there is horrible Mrs. Nillson, who runs the boarding house and emotionally abuses her children, Hammerin’ Pete and his little sister. Secrets are there, too. After being a hero in the war, why hasn’t his father responded to Pete’s letters? Another secret unfolds.

Quinn doesn’t back away from describing the era’s horrifying events that affected innocent and outspoken citizens. When one resident named Reka, an immigrant to the U.S., is accused of being a communist, she replies, “If I wanted to be a Communist, I’d just join a church here.”

Give ear to Quinn’s warning. Finish the book and then read her fascinating historical notes at the end. Quinn’s notes are helpful for more fully understanding the era and the shimmering secrets of this story. Also, the house is sometimes the narrator, and the reader understands the emotions from the whispering walls!



LLOYD COPELAN GARAGE DOORS
SINCE 1972

"When Quality Counts, Count On Us!"

Residential Garage Door Service & Sales
(909) 797-8046
31291 Outer Highway 10,
Redlands, Ca. 92373
www.LloydCopelanGarageDoors.com
Follow us on  facebook.com/lloydcopelan
* weather and roads permitting



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



Finazzo's
PizzaBox
909-894-6785
text us your order
Open:
Fri, Sat & Sun



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!

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 terrywhamilton@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

Quarter Page size ad

\$300 / year

Business Card size ad

\$200 / year

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



CHERRY CREEK

MORTGAGE COMPANY

A tradition of trust

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

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

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

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

	Submission Deadline	MtnCARE.net 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



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

Winter 2025 Volume 19 Issue 4

(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

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

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

Mountain Citizens Acting to Restore the Earth

