



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

Fall 2026 Volume 20 Issue 3

## “Mega May” – Learning to Give Back in the San Bernardino Mountains

**Editor’s Introduction:** Over the past two plus years, the University of Redlands academic program/course taught by Director Erin Sanborn has partnered with Forest Falls in various endeavors including Graffiti Busters, Canyon Clean Up, and other undertakings as needed. The following is an account of the professor’s and students’ experience.

**Erin Sanborn, Interim Director, Office of Community Service Learning at the University of Redlands**

What was expected to be an “easy” academic load during a four-week session centering on hands-on learning turned into an eye-opening experience for many University of Redlands students.

The course, officially titled CSLI 363A: Urban and Community Gardening, is a Special Topics May term course offered through the Office of Community Service Learning. For several years, the course has explored urban farming, local food systems, sustainability, and community engagement. In May 2026, students affectionately dubbed the experience “Mega May.”

For the past two to four years, the course has ventured into Forest Falls to support the annual Canyon Clean Up and to work alongside Graffiti Busters, led by local community member Deby Anderson.

The course is taught by Erin Sanborn, Interim Director of the Office of Community Service Learning, and integrates hands-on community work with reflection and academic learning. Students develop practical skills while exploring larger questions about environmental stewardship, civic responsibility, food and environmental justice, and what it means to be an engaged member of a community.

Much of the course takes place at the Sustainable University of Redlands Farm (SURF), a student-centered, community-engaged urban greening space that serves as a living laboratory for sustainability, food access, regenerative gardening, and environmental education. But Sanborn has intentionally expanded the students’ learning beyond the University’s two-acre farm.



Four years ago, one group of students traveled to Forest Falls to help dig out areas of the canyon following a flood. Students returned talking about how much they appreciated the natural beauty of the area and especially the sense of community they experienced. Sanborn began looking for ways future students

could explore the local region while contributing to the communities around them.

In 2025, the SURF team reorganized the May term experience to include students’ participation in the annual Canyon Clean Up. Sanborn reached out to Anderson, who welcomed the students enthusiastically. The students met Anderson in the parking lot at Momyer Creek Trail for an introduction and a quick “how-to” session. Anderson then sent the group with Brody Duncan into the Big Falls area to collect trash and paint over



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

Debi Welch  
*President*

Terry Hamilton  
*Vice President,  
Advertising, Development*

Jamy Gray  
*Secretary*

Rob Clizbe  
*Treasurer*

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

Carol Burgess  
*Member at Large*

Everett Gray  
*Member at Large*

Bernadette Griffith  
*Member at Large*

John Ruble  
*Canyon Clean-up*

### Bear Facts Staff

Pat Daniels  
*Editor*

Misha Boyarski  
*Layout Artist*

to submit  
Letters to the Editor  
write to:

[bfeditor2025@gmail.com](mailto:bfeditor2025@gmail.com)



Please Support Us \$15/yr

*continued on page 3*

## Editor's Message

by Pat Daniels

### Kudos to Our Columnists and Tidbits of Community News

Before sharing bits of community news, I must point out that this Fall '26 edition is filled with some knowledgeable and insightful articles including fun and exciting events from new contributors and, of course, from our reflective and reliable columnists. You are all so awesome! So strap yourself in for some event-filled and informative reading in this edition.



In an effort to sort-of be on top of things in our mountain communities, I'm sharing information from my Ghost Reporters to perhaps answer or provide info under the categories: 'In-case-you-didn't-notice-or-know', 'Who's that?', or 'What's going on over there?'

'In-case-you-didn't-notice-or-know': Several months ago on Lower Canyon Drive and on Prospect Drive, So Cal Edison subcontractors began the first of several stages of work to install concrete vaults underground. These vaults contain high voltage electrical lines. Future stages may include the installation of transformers in these underground vaults, as well. The beneficial outcomes from this huge So Cal Edison project involve the maintaining of power during heavy snow, heavy rain, flooding, and high wind conditions.

'Who's that?' and 'What's going on over there?': We've had a crew of surveyors throughout Forest Falls checking our oak trees. According to Forest Ecologist, Jocelyn Perez, who is with the Inland Empire Resource Conservation District (IERCD), a public agency, the Goldspotted Oak Borer (GSOB) is endangering our Black, Coast Live, and Canyon Live Oak trees. Surveys, recommendations, and tree removals are and have been conducted free of charge with homeowner's approval. For more information contact: Jocelyn Perez at 909-654-5774,

or email [jperez@iercd.org](mailto:jperez@iercd.org)

And psst! Our upcoming Winter '26 edition will include a nice aria from a new contributor, Joe Gossett, plus a terrific article that I have been longing to share by Bear Facts columnist and FGTGC President, Jan Horton.

♪ Keep It Comin' Love ♪ by KC & the Sunshine Band, circa 1976 – is in my head now.



## Mountain C.A.R.E.

### President's Message

by Debi Welch



Hello, Friends and Neighbors!

As Fall approaches and the leaves begin to burst with color before fading away, I find myself thinking that it's not just about pumpkin spice lattes and Halloween costumes. It's also about those in the last seasons of

life. With that in mind, I'm sad to write that a light in our canyon flickered out on July 6, 2026. Long-time resident Gary Burgess passed away peacefully at his home in Mountain Home Village surrounded by loved ones.

Everyone knew Gary—by name, by sight or by his photography. If you attended Fallsvale School, University of Redlands, Forest Falls Chili Cook, Forest Home, or any of the local camps. Gary was the man behind the camera! Instead of saying cheese his favorite line to tempt smiles from folks was "Panini". In his trademark leather hat, with his sparkling eyes revealing his sense of humor, he always had a witticism to share. His

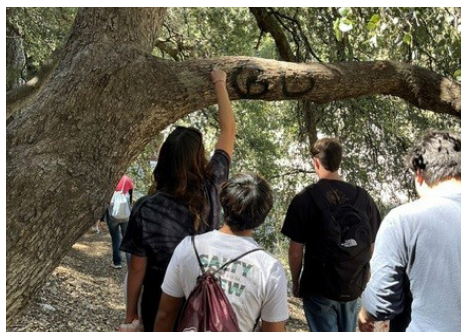


wife, Carol, quietly supported him in all his endeavors. When my children were little, Gary and Carol did family photo Christmas cards every year; those memories are priceless to us. It's amazing how many lives they touched. So many of us have photos from Burgess Photographics holding our lifetime memories near and dear. Gary's memorial was hosted by Carol at Big Falls Lodge on



Sunday, August 9, and it was attended by many who lived here in the past, currently live here or worked with the Burgess's. Thank you to everyone who contributed and attended this wonderful sendoff, and in typical Burgess form Michelle Macri stood atop Gary and Carols 4Runner and took one last photo for old time sake!

*continued from page 1*



graffiti. Students appreciated Brody's eagerness to guide them through the terrain and help them safely reach areas where graffiti had been painted.

In 2026, students returned during the week before Canyon

Clean Up. They met in the Big Falls parking area, and stocked with supplies Anderson had provided, once again headed into the canyon to do some work.

For many students, the experience revealed just how close Forest Falls is to the University of Redlands. They noticed the beauty of the mountains, the cooler weather, and the ways the natural environment could quickly shift around them. When students completed their week journal following their experience, they found themselves reflecting on the importance of caring for the natural world and recognizing that small acts can have a meaningful impact on a community.

"We started discussing the seven principles of 'Leave No Trace' because we wanted students to feel empowered and excited about exploring the outdoors while doing so responsibly," Sanborn explained. "Then we talked about which 'Leave No Trace' principles we may have to violate to reach the graffiti—a topic the students always find entertaining."

For Sanborn, however, the most important lesson of Graffiti Busters is not necessarily the graffiti students remove. It is the opportunity to learn from people like Anderson.

Deby saw a need in the place she calls home and decided to do something about it. There was no nonprofit or government agency requiring her to act. She simply cared about her community and chose to contribute.

That example became one of the most powerful lessons of Mega May.

"The course creates so many opportunities for students to always give back, but while learning our very own life skills," reflected student Maddie Greer. "This entire course demonstrated that small acts of service are just as impactful as big ones. It doesn't just impact the community, but it truly does change how you view things, and it impacts you just as much."

That change was perhaps most evident with Aubree Nabors, who described a newfound desire to serve.

"I had never gotten the whole hype around community service or volunteering," Nabors wrote.



"That feeling has truly turned around for me this month... It took less than a week for me to Google, on my own, unprompted, secretly, 'How to do community service in my hometown,' and signed up for my local Habitat for Humanity chapter... I just want to DO. I want to HELP."

That is the heart of Mega May: not simply completing a service project, but meeting people who demonstrate what it looks like to care for a place and its community—and leaving inspired to become that kind of person, too.

### **May Term Recap from Instagram:**

- CSLI 363 Urban Gardening
- Mega May Term Recap

What a busy and beautiful May term at SURF. We had 21 students show up each day with positive attitudes, strong work ethics, and a willingness to tackle whatever task came their way. They learned new skills, made meaningful contributions, and left a lasting impact on both SURF and the community.

### **- By the Numbers**

- Donated 1,103 trees
- Harvested 478 pounds of produce
- Composted 2,498 pounds of food scraps
- Engaged with more than 985 community members
- Planted 52 native plants

### **Highlights from the Month**

- Hosted our largest Tree Giveaway since 2021
- Attended community forums with ANCA and local farmers markets
- Transformed the SURF office welcome and reflection garden with new plants, stepping stones, and a seed library
- Installed a birdhouse gourd field for next year's Farm Fest
- Battled a wild amount of nutsedge [a perennial weed]!
- Visited three environmentally and community-minded businesses: Rolling Hills Urban Farm, Feel Good Market, and Three Sisters Farm
- Made lip balm using herbs grown at SURF
- Learned Gardening 101: seed starting, transplanting, irrigation, weeding, composting, field preparation, pruning, and produce care
- Created a collaborative oracle card deck, The Oracle of Us, with the Cal State San Bernardino Art Department and David Burns
- Explored local trails in Forest Falls, cleaned up litter, and painted over graffiti
- Helped maintain and care for SURF every single day

### **Completed four major SURF projects**

- TreeStock shed and welcome area improvements
- Compost stand refurbishment and organization
- Propagation yard shade structure and work tables
- Avocado grove installation

Thank you to this incredible group of students for your hard work, enthusiasm, and commitment to making a difference. We are grateful for all you accomplished and can't wait to see where your journeys take you next!

# A Perspective on Rat Poison and Alternatives

by Mrs. Rachel Lynn

Has this happened to you? You are making a meal for your family, and you look in your pantry at bags of rice or pasta, and upon closer inspection you see little chew marks through the plastic. Mice or rats have made their way into your home and are now disturbing your peace. Perhaps you can't afford to or don't have the time to contact a professional exterminator, so you purchase the \$8 bag of poisonous green bricks from Home Depot or Walmart and scatter them about your home. The bag of poison has a disclaimer stating that the company is not responsible for the actions of the buyer or how they handle the product, but it does come with specific guidelines on how to use the product within the confines of your privately owned space. However, it also has a warning for human poison control and veterinarians because the poisonous bricks are toxic and deadly not just to rodents but also to wildlife, pets, and children.

If a mouse or rat nibbles the poisonous bait it may not die on contact; in fact, the same rodent might have to eat the bait several times before it will die, creating additional problems should a rodent die in your walls or escape outside and die in your yard. Poisoned rodents can lead to secondary poisoning to wildlife. Scavengers who rely on these small creatures as a food source can die from eating a poisoned one. Pets and domestic animals are at extreme risk if they hunt these poisoned rodents. In beautiful Forest Falls we are surrounded by tons of scavengers and wildlife that feed on these critters—birds of prey, raccoons, ravens, coyotes, gray foxes, and of course, bears.

Pets and children are the quickest to be exposed to these toxins. Cats and dogs can become violently ill, foaming at the mouth; their organs fail them, and they die painful deaths. Children are naturally attracted to colorful things or sweet scents, and they can easily mistake the poisonous bricks and pellets for candy. Imagine if you forgot to secure and remove the bait bag and your toddler ate a poisonous brick thinking it was a sweet treat. It can cause organ failure, shortness of breath, severe vomiting, seizures, and in worse cases, internal bleeding and death.

California has strict regulations over poisons that contain warfarin and diphacinone. These components are anticoagulants (meaning the blood thins and the bleeding cannot stop) and cause internal bleeding when ingested. In 2024, Governor Newsom signed into law the Poison-Free Wildlife Act to eliminate the use of these types of poisons without permits. Someone who uses them illegally can face a fine of up to \$25,000. Although these now-restricted

ingredients are not in the same poisons that can be purchased from your local store, any ingestible bait that can kill a

mouse can also kill or harm other wildlife and humans.

I would like to share some preventative measures that I have used in my home to help combat the rodent problem. Rodents can chew through plastic, so I save jars of all sizes (barrel jars, jam jars, sauce jars) and use them to store items like rice, oats, or baking ingredients like chocolate chips. I've also invested in airtight containers for flour, sugar, pasta, rice—anything that can be enticing for little critters.

Did you know that rodents hate copper? Steel wool is in the same aisle as rodenticides, and for a few dollars you can get the copper steel wool, break it off into pieces, and stuff it into entry points or holes in your home. Similarly, you can purchase copper rods to use in your garden to keep pests away, but do not put the copper directly into your soil as it can affect the growth of your garden. Rodents also hate strong smells from essential oils and some spices. You can make sachets out of tea bags or small cotton sacks and fill them with spices like clove, cinnamon, and cayenne. Leave the sachets tucked into holes or points of entry. You can also sprinkle these spices in your garden. Spices like cayenne and chili powder have capsaicin and will irritate rodents' senses and faces. This method is a deterrent not only for rodents but also for scavengers like raccoons and rabbits. Certain plants and spices with strong aromas can also help deter these rodents, for example lavender and marigolds. Lavender is very fragrant and can be overwhelming for rodents and block their ability to find sweet foods. Marigolds are peppery and somewhat spicy, and critters do not like the irritation or the heat on their fur or whiskers. Some varieties of both these plants are culinary and safe for humans to eat, so it's a win a win! Did you know Forest Falls has a garden club? They meet every third Monday of the month and usually keep informational flyers at the post office. I'm sure any questions regarding what to grow here and when to plant can be answered a club member.

Another great (and fun!) resource is YouTube's Mouse Trap Monday. This series is full of tutorials about mice and rats, and they release informational videos weekly about different traps (whether live traps or catch and release), and the traps they highlight do not use poison. On Facebook, the Forest Falls Community group and the Forest Falls Community Cares group are wonderful resources for asking the community for help, advice, and for keeping current about what is happening around town. If you're not into social media or are not tech savvy, the general store and post office are great places for leaving messages or flyers. Nearby there are plenty of people with different skills, knowledge, and a genuine desire to help others, and so I encourage you to reach out to the community or neighbors should you need advice or help. To quote Oscar Wilde, we should "always pass on good advice. It is the only thing to do with it. It is never of any use to oneself."

I really hope that this article was helpful and that you give some of these methods a try. Please do not resort to using poison; you may just save the life of a beloved pet or curious wildlife. Thank you for taking the time to read and heed my suggestions. I pray you enjoy the days and nights in our mountain communities.





## Are Cruises For You?

by Terry William Hamilton

Recently, John Ruble and I took a 7-day Alaska Inside Passage Cruise round trip from Vancouver, B.C., on the Emerald Princess. It was our first ever cruise. Alaska and Princess Cruises were recommended by friends Len and Hugh, who have cruised everywhere. So we started with great expectations.

Boarding the very large Emerald Princess at the Vancouver port was organized, and checking our bags was easy. After the security and passport checks, we found our balcony cabin on the Lido deck—a good deck for swimming pools, ice cream, the grill, and the buffet. Since we had to wait for our cabin, we enjoyed a sumptuous lunch at the buffet. There was a variety of soups, salads, dressings, and fresh fruit. The main course was hearty: carved roast beef, potatoes prepared several ways, and casseroles. Also, many desserts were offered—even Jello. Drinks were served at the table. All in all, it was very delicious and abundant.

Once it was announced that our room was ready, we settled in and unpacked. One of the great advantages of cruising is that you unpack once for the whole trip. We found our balcony room fairly spacious with lots of storage. There were convenient bedside charging ports for our electronic devices. And even though we had been told to purchase adaptors, we ended up not needing them.

We went to an advertised LGBT no host meet-and-greet in the Irish pub and ordered a coke and a Virgin Mary. As far as we could tell, we were the only gay people there. So, we left after 45 minutes. I was shocked that our bill for two non-alcoholic drinks was almost \$50! It turns out that an \$18 per person gratuity had been automatically added, so I called guest services, and they removed it.

We looked forward to attending the Broadway musical type show in the 800-seat theater. It featured the Emerald singers and dancers, and they were so good that we went back for two more of their 45-minute shows during the week.

The daily schedule listed several activities that could be enjoyed every hour including Friends of Dr. Bob and Bill. This ship had two pools and four hot tubs, which we never used. Other than

the Broadway musicals, we did none of the planned activities on board. Instead, we mainly relaxed in our cabin and private balcony when not on shore.

We had previously purchased two shore excursions from Princess Cruise. One was to Juneau, Glacier Gardens, and the Mendenhall Glacier. The other was to the White Pass and Yukon Railroad in Scagway. Both outings were excellent.

For meals, we ate mainly at the buffet, but we did have one fancy dinner in the DaVinci dining room, where our steaks were served perfectly medium rare. Hamburgers, chili dogs, and fries at the grill were okay, and the pizza slices were excellent. And we did have a “few” ice cream cones!

The Alaska Inside Passage was very smooth and the scenery beautiful and sometimes very dramatic. Princess Cruise delivered everything they promised. I even visited their medical facility to have a bandage changed. The ships’ crew and staff were professional and friendly.

Will we go on another cruise? We’re still pondering.

## DARK SKY Ordinance

San Bernardino County's Dark Sky Ordinance (officially the Light Trespass Ordinance) requires unincorporated mountain and desert properties (like Forest Falls, Angelus Oaks and Mountain Home Village) to fully shield outdoor fixtures and implement an 11:00 p.m. curfew on non-essential exterior lighting.

### 4 ACTIONS TO TAKE

Lights Must Be Directed Downward.  
Lights Out @ 11PM  
Light Trespass to Neighbor's Yard @ 0.1 feet.  
Motion Sensor lights - time on restricted to five minutes.

### 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            |

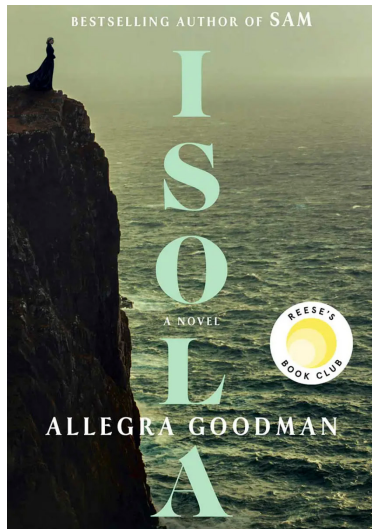
## CONSIDERING BOOKS

by Katherine Thomerson Bird

**ISOLA** by Allegra Goodman

Hello Mountain Readers!

Fall is beginning to transform the mountain trees and leaves, painting a kaleidoscope of color cascading throughout the canyon. It's a good time to "fall into" a book. Allegra Goodman wrote nine books before publishing *Isola*. I was completely enchanted from the prologue of this book about a 16th century heroine surviving on an island, isolated from the world she knows. "I still dream of birds. I watch them circle, dive into rough waves, and fly up to the sun. I call to them but hear no answer. Alone, I stand on a stone island. I reach but cannot stop the ships. I wade after them into the sea. In vain I struggle as wet skirts drag me down. I cry out, but water fills my throat. I cannot fly. I cannot swim. I cannot escape my island." Author Jodi Picoult wrote that *Isola* is "a shocking story, made all the more stunning by the fact that it has its roots in true history."



In the first chapter, the reader is introduced to a French noblewoman, Marguerite, and her lifelong nursemaid companion, Damienne. They live on a magnificent country estate in lonely luxury. Her cousin, Jean-Francois de la Rocque de Roberval, is an evil devil of a man and has been her legal guardian since she was three years old, when she was orphaned. Through a series of unusual heart-rending events, and against their will, our heroine, her nurse maid, and another character are sequestered, banished, and finally abandoned on an island off the coast of New France, left to fend for themselves.

Shocking incidents occur on the island and tug at the reader's heart. Alone, Marguerite becomes strong. She becomes a feminist heroine. Remarkable plot twists keep readers turning the pages in this story. In her research notes in the back of the book, we find out that Marguerite was an actual woman in history. Much like *Frozen River* by Ariel Lawhon, which I reviewed in a previous Bear Facts edition, this is another story that examines a historical figure and brings her back to life. When asked, "Where did you find the strength?" Marguerite says, "I thought of the white fox and the five-petaled flower. The stars at night; the shattering waves... I held these visions close. The cave protected me." Allegra Goodman has clearly acquainted herself with 16th century French ships, maritime procedures, and the flora and fauna of the Americas, which she describes in some detail. The author never names the plants, though, I assume because perhaps the characters would not have known them. (Garden Club Readers may want to

research this.)

Marguerite has a core of steel which arms her for the likes of Roberval! He was hoping the island would murder her. Though isolated, Marguerite survives.

Like all historical fiction novels, facts are mingled with fiction. Remember, though, the adage "Fiction is a lie that tells the truth!" Readers, make sure you read the author's notes. She states, "I could not stop thinking about this young woman marooned." And that is how writers begin their stories! the 60s (the sexual revolution, shifting societal roles, constraints on women, motherhood, misogyny, relationships, etc.) come into play as the four friends examine their lives, their disappointments, their hopes and fears.

As I read this book, my mother and grandmother burst into my heart! The discussions in my own three book clubs (in Kentucky, Indiana and California) were incredible! Need I say more? Keep reading!

## Local Poetry

**The Ghosts of Upper, Mid & Lower Canyon**  
by Juan Delgado

A mother peers through the brambles.

A cherry branch is limp, stripped bare,  
swinging hinge-like. This time the owner's  
shouts and waving arms turn into a laugh;  
he smiles, watching her cub climb higher.

By an unsecured mudroom, a clueless  
dog barks after the theft. A trail of broken  
dog bones points to the shade of a hedge.

The waxy bag, gutted & left on the mat  
of a rental's porch greets the next family.

No doubt that night they will be drawn  
to the wood stove's open mouth, igniting  
a fire on a summer night, its smoke  
finding our nearby opened-eyed windows.  
Then we glimpse the stirring of moon-lit fur.

Yet, the blinkless eye of a security camera  
has no scope or imagination for the traces  
of past bears strolling on our simple routes  
like welcomed breezes, which our spigots  
long for after a dry winter.

When a walking stick  
falls & a tin can rattles, we expect a sighting.

After the thump of a clay pot sets its roots  
free, we inspect the markings in the dirt for more  
signs, recalling seasons of upturned trash bins,  
their fondness for sweet & rotten smells, & how  
their shadows attune us to their cushioned steps.

## Linguistics Corner

I Very Like Pink

by Jean Delgado

We've all heard expressive, colorful phrases kids say—cute words or phrases unique to a child. One of the most fascinating things about a child's acquisition of sentence structure is that their "mistakes" are not really mistakes at all. Instead, they are evidence of the child's learning process, their knowledge of grammatical and syntax rules, and their understanding of vocabulary. My 3-year-old granddaughter recently said, "I very like pink." An adult would never say this sentence, but it makes complete sense and reveals her knowledge of adverb placement (before the verb) and her knowledge of intensifiers ("very," "really"). She just hasn't quite figured out when to use which. But as an adult, can you explain when to use "very" and when to use "really"? Probably not. We just "know." Other real-life examples: "He sad cuz he miss him grandma," "Mamma gonna take me a bath," "Sit down for I can sit on your lap." Each of these sentences is a highly complex combination of words and grammatical structures, and none of them are an "imitation" of an adult sentence because an adult would not say those sentences. The child in fact, invented these sentences based on the rules they've figured out! They are being creative and resourceful with their limited yet ever-expanding language. In addition, imitation may account for the words we use (e.g. "pinky" versus "little finger," "soda" versus "pop," "y'all" versus "you guys") and how we pronounce them (e.g. "wash" versus "warsh," "pajamas" versus "pajahmas,"

"creek" versus "crick"). Children's words and pronunciations are more regional and typically reflect their home language and later their peers' language. That's why people "sound like" they're from a particular state or region or background. But their sentence structure (grammar) is not merely imitated. If it were, they would not say things like "I goed already," "I feel gooder today," or any of the cute things they come up with! They are listening and applying rules as they understand them. In fact, "goed," "gooder," and "goodest" follow the regular rule while "went," "better," and "best" break the rules! "Cactuses" follows the regular rule, "cacti" does not! In many ways, children's language is often more logical than adults'.

A child's ability to acquire language is nothing short of remarkable. Think of the different environments children are brought up in. Some have very stimulating, healthy, nurturing environments. Others have environments that are drastically less so. Yet barring any neurological, physical, or intellectual impediment, all children become skilled, expressive practitioners of language. So where does correction come in? Adults might want to correct a child's vocabulary regarding appropriateness and politeness. But overt correction of grammar and pronunciation is essentially useless. A child must mature physiologically to be able to say inherently difficult sounds (s, r, th) and sound combinations (sp, st, br, gr). So it's useless to correct their pronunciation when they are not physically mature enough yet. It would be like trying to make a 3-month-old stand up and walk. And most adults can't explain grammar to kids anyway, but they can model it, and that's all they need to do. The child will get it sooner or later.

## 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](http://www.GillmoreRealEstate.com) • [www.ForestFalls.com](http://www.ForestFalls.com)

## 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

Christmas Music Night & Sing-along ~ December 12th, 6:30-8:00 p.m.

As we move into the holiday season we should all take a moment to pause and give thanks. Give thanks for what God has provided for us and for the wonderful mountain communities we live in.

If you have any questions about Valley of the Falls Community Church or our ministries, please feel free to reach out.

Pastor Paul Reed

(909) 486-3305 / [pastorpaul@votfcc.org](mailto:pastorpaul@votfcc.org) / [www.votfcc.org](http://www.votfcc.org)



## Summer Into Fall

by Pastor Paul Reed

We had a great summer at Valley of the Falls Community Church in Forest Falls! Over the summer we had a wonderful Vacation Bible School (VBS) titled Discovery on Adventure Island. We concluded our three-day VBS with a Family Fun Day with games, snacks, and a recap of Discovery on Adventure Island.

We also hosted a Back to School Night for the youth in our community (6th grade through young adults). We fired up our repaired air hockey table, pulled out our ping pong table, and brought out some other table games. We played some music, then served hot dogs, chips, pizza, and drinks.

On August 2nd, we launched our outreach partnership with Set Free Church in Yucaipa. Set Free will continue to offer dinner and services on Sunday evenings. Set Free Outreach @ Valley of the Falls Community Church serves dinner for no charge at 5:00 p.m. and has an "all are welcome" worship service at 6:00 p.m.

This fall we will continue to have Iron Men Discipleship (6:30 a.m.) and Celebrate Recovery (6:30 p.m.) on Tuesdays. We are excited to offer our facility to Fallsview School for ELOP (Extended Learning Opportunity Program) on Mondays.

Other things coming up this Fall and into the holidays:

GriefShare Grief Support Group ~ 13+ Weeks Beginning September 3rd

Ladies Bible Study ~ Please watch our Facebook Group or Instagram for details

VOTFCC Harvest Festival ~ Saturday, October 24th, 4:00-6:00 p.m. Games, various activities & treats for the whole family

FOREST FALLS  
FIRE ASSOCIATION  
SINCE 1955

*Forest Falls Firefighters Present*

# LABOR DAY Dinner

STEAK DINNER \$15    CHICKEN DINNER \$12

FIRE APPARATUS . RAFFLE . STATION 99 APPAREL

**\*\*NEW T-SHIRT DESIGN\*\***

**SEPTEMBER 5th, 5-7PM**

**41303 VALLEY OF THE FALLS DRIVE  
FOREST FALLS CA 92339**

## Experiences of a San Gorgonio Search & Rescue Member with Gratitude

by Marco Delgado



I've participated in over 50 missions since joining the San Gorgonio Search and Rescue (SG SAR) team in 2021, but two in particular have made lasting impressions. I'd like to share a bit of those experiences and the lessons they have taught me. I've confronted many physical and emotional challenges in my time volunteering for SG SAR, but through it all I've always had the support of my friends and family, our amazing team, and the San Bernardino County Sheriff's dept.

The call came in on Saturday March 1, 2025, at 8:30 pm: Riverside Mountain Rescue needed assistance rescuing two injured hikers who had fallen 800' down an icy chute. The air was dry and cold. The worst of the storm hadn't rolled in yet, but fog had already socked in the mountain; high winds and snow were soon to follow. Our team hiked fast and made good time getting to Tahquitz Peak. Helicopter assistance wasn't possible, so we got to work rigging a complex rope system to rescue the hikers who were incapacitated and experiencing early stages of hypothermia.

After helping direct the rope rescue system on the trail, I secured myself to the ropes, descended to the hikers, and helped package one into the rescue litter. Attached to the litter with two other rescuers, I signaled for the team to raise us up. Managing a litter on a steep slope is exhausting even in the best of conditions; the wind and ice worked against us, and it took everything we had to make it up. Immediately after reaching the trail, we had to lower the ropes and litter and repeat the process for the remaining hiker. Other SAR members were suffering from hypothermia and exhaustion and couldn't continue in the rescue, so those still standing had to dig deep. I had to haul with straightened arms (like Frankenstein's monster) because my forearms seized up and cramped every time they bent. My eyes were bloodshot either from the wind or from being awake almost 40 hours. Everyone was at their breaking point; we were out of food and water, but together we did it. We shared peanut M&Ms and an epic struggle on that slope, but with everyone giving their all we saved two lives. The hikers were eventually airlifted off the mountain on Monday, March 3rd.

The other mission that sits close to my heart took place here, during the 2023 floods that impacted us all but especially those in Seven Oaks. I was part of the team that eventually located the missing woman's remains and returned them to her family. I cannot

imagine the suffering her family had to endure while she was first missing, her condition unknown. I didn't know her personally, but she was part of our community, part of our mountain family.

I received a Lifesaving award for my part in the Riverside rescue, where I learned what I was physically capable of. I am incredibly proud of representing our team during that rescue. I am prouder still of my work in Seven Oaks. SG SAR made finding her a priority, and we spent hundreds of hours and used every resource at our disposal to bring her home. The people we rescue are usually out of county, underprepared, and unfamiliar with our beautiful mountains, but when we get calls for service in our home, we all embrace the extra layer of dignity and care that those calls require. I love that I can call Forest Falls home, and I am honored to serve our community. We are incredibly resilient, and together we have and will continue to overcome all the fires and floods thrown at us.

In July, San Gorgonio SAR held our annual pancake breakfast fundraiser at the Gail D. Cox Community Center. Historically the event has been held on the first Saturday of July, but this year we didn't want to impose on anyone's 4th of July plans. We've decided to permanently change the date to later in July, but we'll still have your favorite blueberry pancakes, eggs, and bacon. On behalf of the team, I'd love to sincerely thank everyone who came out and supported us by buying SG SAR merchandise and raffle tickets. Equipment like ropes, litters, medical supplies, and rescue hardware is purchased solely through donations made from our community and through our pancake breakfast fundraiser. Your donations allow us to continue our mission of providing critical search and rescue services and ensure that our team is equipped to respond safely and effectively any time of the day or night, 365 days a year. Please contact [sgsarteam@sbsar.org](mailto:sgsarteam@sbsar.org) if you'd like to donate or have any questions about our team and our mission.



**“So that Others May Live”**

Jim Evans



## Defensible Space: What Every Homeowner Should Know Before the Next Wildfire

by Andrew Loden

Every wildfire season, firefighters throughout California respond to fires threatening homes in mountain communities just like Forest Falls. When crews arrive, one of the first questions they ask is not simply, “How large is the fire?” Instead, they quickly evaluate whether a home can be safely defended.

The answer often depends on decisions homeowners make long before smoke appears on the horizon.

Creating and maintaining defensible space is one of the most effective steps residents can take to improve their home’s chances of surviving a wildfire. While no amount of vegetation management can guarantee a structure will survive every fire, defensible space reduces wildfire intensity, limits ember ignition opportunities, and provides firefighters with the room they need to work safely.

As a firefighter and former CAL FIRE Defensible Space Inspector, I have had the opportunity to inspect more than 11,000 properties throughout San Bernardino County. One lesson became clear during those inspections: nearly every homeowner wanted to protect their home—they simply wanted clear, practical information about how to do it.

This article answers many of the most frequently asked homeowner questions.

### What Is Defensible Space?

Defensible space is the buffer between your home and the surrounding vegetation. Properly maintained defensible space slows the spread of wildfire, reduces the intensity of flames reaching a structure, and greatly decreases the likelihood that wind-driven embers will ignite combustible materials immediately surrounding the home.

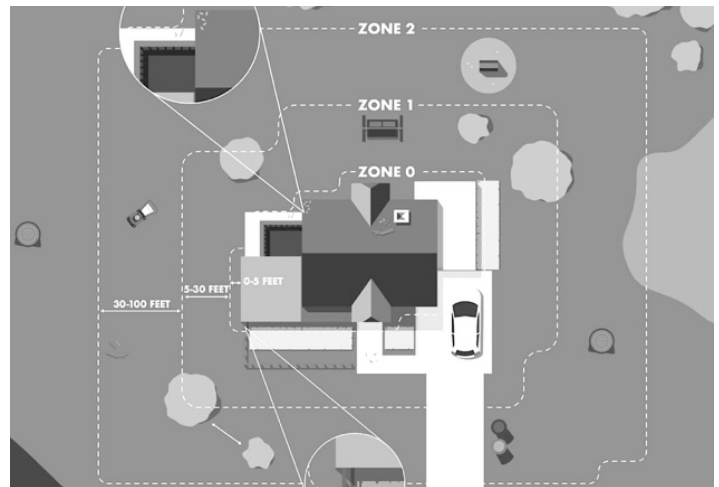
Today’s wildfire research has shifted its focus to ember exposure. During many large wildfires, homes ignite not because flames reach the structure, but because embers travel well ahead of the main fire and land on combustible materials near or attached to the home.

This is why California now emphasizes the concept of Zones 0, 1, and 2, each serving a specific purpose in protecting structures. Understanding the Three Defensible Space Zones Zone 0 (0–5

Feet): The Ember-Resistant Zone

The five feet immediately surrounding your home are often the most important.

Research has shown that eliminating combustible materials in this area significantly reduces the risk of embers igniting the home.



### Within Zone 0, homeowners should:

Remove leaves, pine needles, and other combustible debris; Keep roofs and gutters clean; Avoid combustible mulch directly against the structure; Store firewood well away from the home during fire season; Maintain decks, fences, and attached structures free of combustible debris; Keep vents screened and in good repair.

Small improvements in this zone can provide significant protection during an ember storm.

### Zone 1 (5–30 Feet): Lean, Clean, and Green

This zone focuses on reducing the amount of vegetation capable of carrying fire toward the structure.

Homeowners should:

Remove dead vegetation; Keep grasses maintained; Separate shrubs to reduce fire spread; Prune tree branches away from roofs; Remove vegetation beneath trees that can create “ladder fuels.”

The objective is not to eliminate landscaping but to reduce continuous fuels.

### Zone 2 (30–100 Feet)

The outer zone reduces wildfire intensity before flames reach the home. Recommended practices include:

Increasing spacing between trees; Removing dead or dying vegetation; Reducing concentrations of brush; Eliminating ladder fuels; Maintaining healthy forests through periodic vegetation management. Properly managed forests are generally healthier and more resilient during wildfires.

Please note:

Every property is unique. Inspectors evaluate numerous factors, including:

Slopes; vegetation type; home construction; surrounding fuels; driveway access; and, nearby exposures

Recommendations are based on the specific conditions at each property.

While homeowners cannot control conditions beyond their property lines, maintaining defensible space around the home greatly improves its ability to withstand wildfire.

Wildfire protection begins where firefighters have the greatest opportunity to influence the outcome—around the structure itself.

Why Defensible Space Matters in Forest Falls

Forest Falls presents unique wildfire challenges.

Our community is surrounded by steep terrain, dense forest, and limited access routes. During periods of hot, dry weather and strong winds, wildfires can spread rapidly through mountain communities.

These conditions make advance preparation especially important.

Defensible space not only helps protect individual homes—it also helps firefighters safely protect entire neighborhoods.

When neighboring properties are well maintained, the benefits extend throughout the community.

Wildfire preparedness is truly a shared responsibility.

Where Can I Learn More?

Residents looking for additional information should visit:

CAL FIRE Ready for Wildfire

[www.readyforwildfire.org](http://www.readyforwildfire.org)

San Bernardino County Fire Protection District

[www.sbcfire.org](http://www.sbcfire.org)

Mill Creek Canyon CERT

Local emergency preparedness information and volunteer opportunities.

Forest Falls Firefighters Association

Community education, wildfire preparedness, and local public safety initiatives.

Final Thoughts

Wildfire preparedness is not accomplished in a single weekend, nor does it require making your property look barren. Instead, it involves thoughtful maintenance throughout the year to reduce hazards while preserving the natural beauty which makes our mountain such a special place to live.

Every branch trimmed, every gutter cleaned, and every ember-resistant improvement contributes to a safer home and a more resilient community.

Working together, we can help ensure our community remains prepared for whatever the next wildfire season may bring.

Remember:



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

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

Check out old issues of the Bear Facts at [www.mtnicare.net](http://www.mtnicare.net)



## NEIGHBORS HELPING NEIGHBORS

### Mountain Communities Food Pantry

THANK YOU FOR YOUR SUPPORT AND DONATIONS.

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

We are here for anyone who needs  
a helping hand.

You can call any of us & we will be

(Forest Falls Community Church)

Renata (408) 410-7510

Dee (909) 794-0885

Michelle (909) 794-3135



We look forward to serving you.

Your Pantry Pals. THANK YOU

## 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

## 23 Mile Yard Sales

**Labor Day Weekend**

**September 4-7th**



If you are interested in having a  
yard sale and being listed on a  
map contact Dee Konczal at  
[dkonczal2@gmail.com](mailto:dkonczal2@gmail.com)

# Gail D. Cox Community Center

## Big Falls Lodge

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



[www.VFCCI.org](http://www.VFCCI.org)

Board of Directors

**Michelle Macri**

President

909-222-9067 direct  
[events@vfcci.org](mailto:events@vfcci.org)

**Dee Konczal**

Vice President

[dkonczal2@gmail.com](mailto:dkonczal2@gmail.com)

**Robyn Clark**

Secretary

[rocknrobn80@hotmail.com](mailto:rocknrobn80@hotmail.com)

**Daniel Holtman**

Member at Large

[Holtman.Daniel@gmail.com](mailto:Holtman.Daniel@gmail.com)

**Andrea Riley**

Member at Large

[andreariley365@aol.com](mailto:andreariley365@aol.com)

**Nick Shades**

Member at Large

[nickshades@gmail.com](mailto:nickshades@gmail.com)

**Vacant**

Treasurer



## Fall Back to Fun! The Return of the Jamboree!

by Nick Shades

I read and heard from so many wonderful community members over the course of the last year—of how much they missed the VFCCI Mountain Music Jamboree. My wife and I missed it, too.

So, I am pleased to announce that we will not skip another year without a Mountain Jamboree!

Saturday, September 19th, 12pm to 7 pm, VFCCI invites you to the Big Falls Lodge on Valley of the Falls to Fall Back to Fun for the 2026 Mountain Jamboree!

There will be good food, fun games, raffles, prizes, brews and bubbles, and LIVE MUSIC!

We look forward to all of Mill Creek Canyon joining us for this Fall Back to Fun musical celebration!



## Supper on the Hill

by Robyn Clark

Thank you to the many people who came to Big Falls Lodge on July 2nd to support and enjoy our Supper on the Hill event. We served BBQ hot dogs and corn on the cob to 57 participants. Many guests brought delicious side dishes and yummy desserts to share. The conversations amongst the guests were lively. We had an opportunity to meet some new residents and greet friends. This is always a terrific family event.

We want to invite you to our next Supper on the Hill event scheduled for the 1st of October; that's the first Thursday of the month. We serve from 5 pm to 7 pm. Be sure to add this to your calendar and plan on joining us and bring your neighbors and friends! Our offering will be spaghetti (with and without meat). We invite you and your family to bring a dish to share: salads, side dishes, and desserts are great complementary dishes to bring. Don't have time to cook? Bringing a dish is not a requirement for joining us.

On Wednesday, Sept. 30th, which is the day before – we will need to prepare for the Oct. 1st supper. So, on Wednesday, Sept. 30th at 10 am, we welcome you to join us in the Big Falls Lodge kitchen. Many hands make light work! Folks are certainly welcome to help us put away tables and chairs and clean up the kitchen after the Oct. 1st event. Working with others is a great way to get to know people and make friends!

We hope to see you there (with or without bells on)!



## The Frozen Green Thumb Garden Club.

by Valori Corson

The Garden Club's annual plant sale is our primary fundraiser, with proceeds reinvested throughout the year in projects and organizations that benefit our mountain communities. Thanks to the generosity of everyone who attended and supported this year's sale, the club is able to support Big Falls Lodge (VFCCI), the San Geronio Search & Rescue Team, the Fallsvale School garden program, Oak Glen Conservancy, beautification of the Forest Falls Post Office and Welcome Sign, holiday decorations throughout the canyon, community events, activities for residents at Pacific Pines Assisted Living in Angelus Oaks, and local families facing hardship or recovering from natural disasters.

It is a joy for the garden club to work with nature and provide community support.

Our thanks to you all.

## Haunt on the Hill

by Michelle Macri

Calling all trolls and fairies, goblins and ghouls! The "Enchanted Forest" awaits your arrival on October 17th from 4-8pm at Big Falls Lodge. This year's Haunt on the Hill will feature a costume contest, game booths, frighteningly scary food and treats, a cake'walk' or run for your life, and other spooky surprises. This Oct. 17th event is geared especially for youngsters.

The real mayhem will take place on Halloween, October 31st from 7pm to midnight. YES, THAT'S CORRECT, Haunt on the Hill is times two this year!! Beware! this party isn't for anyone under the age of 21. Don't be surprised to hear howling at the moon, witches chanting spells, and screams of delight. A bar full of drinks, themed appetizers, and spooky fun will be had by all.

If you'd like to help in the planning of either event, sponsor a game booth or specialty drink, donate cakes, candy or prizes, or why not just volunteer to be a part of the chaos – contact Michelle @ 909-222-9067 email: events@vfcci.org. All sponsorships will be highlighted at the event. The more you give the more we can offer. Now off with you all to delight in the perils of spooky season.



## Traditional Downtown

## Trick-or-Treat!

by Debi Welch

Halloween is just around the corner! Don't forget to submit to me your address for the Trick or Treat Trail map. Look for Facebook posts in October, or message me @ 909.260.0215 – if you'd like your address on the map. Additionally, all are welcome to sit with us downtown and give out candy & goodies on Halloween. This is always a fun and wonderful event for kids of all ages and adults. If you're joining us, bring candy, a chair, a blanket, and a table to make for an easy set-up. As always, we will serve hot apple cider at Gillmore Real Estate to help keep the chill off your bones. We begin at 5:30 pm on Saturday, October 31st.

## To Build or Not Build? A Cautionary Tale, Part Three

by Terry Hamilton

We thought we were ready to hire a general contractor to build the 800 square foot addition to our log cabin. San Bernardino County Plan Check had other ideas and costly challenges.



Our engineered stamped plans required only a couple of minor tweaks. But other time consuming and very costly studies were also required. Some of them were ridiculous. First, we needed a Percolation Test of the soil to determine how fast or how slowly our septic system leach field effluent would soak into the soil. Even though this test and report was the most reasonable, it still costs big bucks. Thankfully, we passed.

Next, we needed a Soils Test to determine the composition of the soil underneath our lot. It required core samples to be drilled at several places on our lot. This was another expense only to find predictable results: our soil is mostly sand, gravel, and large boulders. Just what any thinking human might suspect in a valley with centuries of erosion. Again, we passed.

Lastly, the Geological Engineer insisted that we investigate any evidence of earthquake ruptures under our property. This study was required because the State of California Geological Engineer's map showed an earthquake fault under the whole Mill Creek Canyon. The engineer's solution? Dig a trench the entire length of our property: Fifteen feet deep! We balked at this requirement because of the cost and the difficulty in finding a way to dig the trench without endangering our current log cabin.

After consulting with several residents and realtors, we decided to hire our own Geological Consultant. After a lot of research, he determined that there hadn't been an earthquake on this fault for 100,000 years! He also discovered that it was a branch of the San Andreas Fault at one time but had been supplanted by another fault. This information was very interesting and helpful, indeed. Costly too: \$7000.

Armed with our information, we asked the County Geological Engineer if there was another way to satisfy his demands. He relented and allowed us to hire another consultant to do a test that sent sound waves 20 feet into the soil. The results? No earthquake ruptures were found. We could finally hire a general contractor to begin construction.

Some advice: Is anyone contemplating a major addition or new build? Hire a good general contractor like Jim Kirk.

Part four will continue in the next issue of Bear Facts.



## Graffiti Busters Definitions of "Fall" (bear with me here):

by Deby Anderson

**Physio-movement:** To suddenly drop to the ground or a lower level, accidentally or intentionally. In healthcare and medicine, it is clinically defined as inadvertently coming to rest on the ground or another lower surface.

**Reduction or Decline:** To become smaller, lower, or less in amount, value, or pitch (e.g., "temperatures fell" or "stock prices fell").

**The Season:** The season of the year between summer and winter. Also known as autumn, when leaves typically drop from trees.

This is the Fall 2026 issue of Bear Facts. I'm not going to go into how to prepare for hiking in the fall, but I am going to admit something that happened to me this past summer.

Read the above again, "Inadvertently coming to rest on the ground or another lower surface." Yep, I fell while hiking. I fell in front of a family I was helping get to the waterfall. They were like a lot of people coming up here for the first time; they assumed the waterfall was upstream. They were a nice family with a couple of kids. The weather was gorgeous. I was heading out to paint over graffiti.

Why did I fall? I almost always wear my hiking backpack, which has been sized to me and I know how to distribute the weight accordingly. This time I had my "painting" backpack (which is like a school backpack) and I had overfilled it with supplies. I was ready to tackle the world. Well, the world tackled me. I slipped on some loose rocks and down I went—backwards, on my bum. All of a sudden the family was rushing to my aid, but I wasn't hurt. I was embarrassed more than anything. Older people fall, not me—I'm only 74!



I learned a valuable lesson that day. DON'T over pack your backpack, which is what I did. Distribute the weight appropriately, which I didn't do. Pay attention to where you are walking, and I wasn't. I've walked this same area for 18 years!

So, while we are enjoying our beautiful canyon in the fall, with the trees changing colors, will I keep using the old beat-up backpack for painting? You betcha! Will I try to take on the world? Nope. Just one rock at a time. I've got this.

## Hooray for Hollyhocks!

BioBotanicals by Becky, LLC  
A.k.a. Rebecca Lyons, PhD

When my mom visited a few months ago, she grabbed the handle of a cast iron frying pan, not knowing it was just off the stove. Her hand immediately turned red, and she became angry even though she is a bit of a stoic; I could tell it hurt. Fortunately, we had some herbal first aid available in the form of marshmallow root (*Althaea officinalis*). I threw a generous pinch of dried root into a cup of cool water, shook it up in a Mason jar, then strained off the plant material. We dunked Mom's hand into the somewhat slimy solution, and there was instant relief. We saved the moistened root, and later when the burn began to smart again, we applied it to her palm and had her hold the root in place with a handkerchief. The hand never blistered, and she had full use of it the next day.

Now you might be thinking, "Rebecca, we don't have marshmallow root around here. This is an East Coast plant that likes swamps!" Well, friends, we have a wonderful proxy—its kissing cousin is hollyhock (*Althaea rosea*, a.k.a. *Alcea rosea*). Hollyhock started out as an ornamental, but has gone rogue in the canyon. You'll recognize the tall stalks, as high as 7 feet, with broad leaves and pink and white flowers as big as your fist. They seem to thrive on poor soil and neglect. You can use the leaves and flowers fresh or dried to make cold water infusions the way I did for my mom. The root is even more potent as a mucilaginous ally, but that requires digging up the plant. Since they are pretty, you might not want to do that. But as summer draws to a close and you are cleaning up the garden, don't toss these beauties onto the compost pile. Spread them out on a sheet in the sun to dry, and once fully crispy, shred them and put them in a jar on the shelf for later. Then you have the start of your herbal first aid kit ready and good for all kinds of burns including sunburn.

Remember, folks, this column is for educational and entertainment purposes only and should not be a substitute for getting medical care when you need it. Harvest your plants ethically and responsibly.



*Althaea rosea* blooming on Valley of the Falls Dr.

## Herbal Consultations Custom Formulation

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



Rebecca Lyons, PhD  
Clinical Herbalist

biobotanicalsbybecky.com  
biobotanicalsbybecky@gmail.com

## Crisis Care Solutions, Inc.

Nicole Goss

Founder, Care Continuity Specialist

909-951-4635

Nicole.goss@crisiscaresolutions.org



Legacy Letters &  
Care Continuity Planning

What happens when  
I'm no longer here?

Preserving caregiver voice, advocacy,  
and a clear path forward for those who step in.

## 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





**BIG FALLS  
RANCH & FARM**

COMPOST HAPPENS HERE

909-747-8117  
*BigFallsTrading.com*  
Steve + Marcie



**CHERRY CREEK** A tradition of trust  
MORTGAGE COMPANY

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

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

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

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



**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.**



**GrayHart** LLC  
—WELLNESS—  
Massage Therapy & Relaxation

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



**ROMBERG TREE SERVICE**

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

• Arborist on Staff  
A+ Rating, Better Business Bureau



**Griffith**  
Professional Services

**Bernadette Griffith**  
909.295.4888  
griffithprofessionalservices@gmail.com

Tax Preparation | Signing Agent | Notary Public | Document Services



**NETCY GARCIA**  
INSURANCE AGENCY  
LIC #6003705

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

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

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](http://mtncare.net) and click on ADVERTISE or contact [terrywhamilton@gmail.com](mailto: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 | <a href="http://mtncare.net">mtncare.net</a> |

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](mailto:franz@rettigmachine.com)

**Voted **BEST** in  
Everything We DO!**

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

Since 1949

**RELIABLE HOME COMFORT  
FOR OUR MOUNTAIN COMMUNITIES**

- ★ Contractor
- ★ A/C & Heating Company
- ★ HVAC Contractor
- ★ Plumber/Plumbing Company
- ★ Rooter Company
- ★ Electrician
- ★ Solar



**Service ★ Installation ★ Repair**  
**909-281-2257 ★ [burgesonson.com](http://burgesonson.com)**

BEAR FACTS

CA Lic 263871

**The Bear Facts - Release Dates  
Next Submission**

**DEADLINE: Nov 1st**

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

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

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



## Community Events & Activities Calendar

### Angelus Oaks - Forest Falls - Mountain Home Village

### Fall 2026 Special Events



| What                                                  | When                                                    | Where                           | Info                                                                                                                                                                                                                                                                               |
|-------------------------------------------------------|---------------------------------------------------------|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CERT Safety Fair</b>                               | Sat., Aug. 29th<br>10 am to 2 pm                        | Big Falls Lodge                 | Prepare today to protect tomorrow. Meet & greet with several emergency agencies, take home practical resources, learn about wildfire/flood risks, home safety plans, & community emergency preparedness. Sign up for CERT classes.                                                 |
| <b>23 Mile Yard Sales</b>                             | September 4 - 7                                         | Locations are listed on the Map | If you're interested in having a yard sale and being listed on the map, please contact Dee K. via email: <a href="mailto:dkonczal2@gmail.com">dkonczal2@gmail.com</a> , or check Facebook.                                                                                         |
| <b>Forest Falls Fire Association Labor Day Dinner</b> | September 5th<br>5 to 7 pm                              | Big Falls Lodge                 | Annual Forest Falls Firefighters BBQ. Steak, Chicken, Elote corn, Salad, Desert, Drinks. New T-Shirt design, Raffle.                                                                                                                                                               |
| <b>Mountain Jamboree</b>                              | Sat., Sept. 19th<br>12 pm to 7 pm                       | Big Falls Lodge                 | You are invited to the 2026 Mountain Jamboree! There will be good food, fun games, raffles, prizes, brews & bubbles, plus, LIVE MUSIC! For more information check Facebook or email: <a href="mailto:nickshades@gmail.com">nickshades@gmail.com</a>                                |
| <b>LifeStream Blood Drive</b>                         | Sun., Sept. 20th,<br>27th, & Nov. 29th<br>12 pm to 4 pm | Big Falls Lodge                 | Give the gift of life – donate! For appointments, call 1-800-879-4484, or visit: <a href="http://lstream.org/forestfalls">lstream.org/forestfalls</a> .                                                                                                                            |
| <b>Supper on the Hill at Big Falls Lodge</b>          | Thursday, Oct. 1st–<br>5 to 7 pm                        | Big Falls Lodge                 | 5-7 pm – Community Dinner. Bring a side or dessert and your own dinnerware. Supper on the Hill is all about good food & community spirit. For more information visit Facebook; the Bulletin Board in Mountain Home Village; and the Post Offices in Angelus Oaks and Forest Falls. |
| <b>Haunt on the Hill (1) For youngsters</b>           | Sat., Oct. 17th,<br>4 to 8 pm                           | Big Falls Lodge                 | Gather your little ghouls & goblins to join us for our annual early evening filled with carnival-style games, treats, pumpkin painting, music, costume contest, and more. This is the first of two Haunt on the Hill events.                                                       |
| <b>Trunk-or-Treat</b>                                 | Fri., Oct. 30th, 5 to 7 pm                              | Fallsvale School                | All are welcome to the 3rd Annual Trunk or Treat at Fallsvale School. Food available from 5:30 - 7 pm. Trick or treating from 6 - 7:30pm. Do you want to volunteer to decorate your trunk and pass out candy? Call Fallsvale School at 909-794-8630 for more info.                 |
| <b>Traditional Downtown Trick-or-Treat</b>            | Fri., Oct. 31st, 5:30 pm                                | Gillmore Real Estate            | You are welcome to join us downtown to give out candy & goodies. Bring your candy/goodies, your chair, a blanket, and a table – create an easy setup to handout your treats. Gillmore will serve hot apple cider.                                                                  |
| <b>Haunt on the Hill (2) Costume Party for Adults</b> | Sat., Oct 31,<br>7 pm to 12 am                          | Big Falls Lodge                 | For adults 21+ costume party. Ready to get your creep on? You will have a spooky good time enjoying drinks, terrifyingly delicious food & music to raise the dead.                                                                                                                 |
| <b>Community Thanksgiving Dinner</b>                  | Thurs., Nov. 26th<br>2 to 5 pm                          | Big Falls Lodge                 | Join us from 2-5 pm. Rolls, potatoes, dressing, and drinks will be provided. Please bring a side dish to share such as salad, vegetables, or a dessert. More information can be found at the Forest Falls post office.                                                             |

## Regularly Scheduled Events



| What                                   | When                                 | Where                                  | Info                                                                                                                        |
|----------------------------------------|--------------------------------------|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Angelus Oaks Fire Department           | 2nd & 4th Tuesday each month at 6 pm | Angelus Oaks Fire Station (98)         | Meeting starts at 6:00 pm                                                                                                   |
| Forest Falls Fire Department           | Tuesdays at 6:30 pm                  | Forest Falls Fire Station (99)         | Meeting starts at 6:30 pm                                                                                                   |
| AO Fire Safe Council Community Meeting | 4th Thursday of even months          | Angelus Oaks Fire Station (98)         | Meeting starts at 6:30 pm The upcoming meetings will be about Fire Safety, evacuations, and homeowner concerns.             |
| AO's CERT Training                     | 3rd Thursday of each month           | Angelus Oaks Fire Station (98)         | Meetings start at 6:00 pm<br>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 \$12.00 per person/per class                                                                         |
| Music Night in Forest Falls            | Mondays at 6:30-9:30 pm              | Big Falls Lodge                        | We're back baby!! All Musicians, all styles, all levels are welcome, and anyone can come to play or just come to listen.    |
| Book Club                              | 3rd Sunday of each month             | Big Falls Lodge                        | Join us for some lively discussions about books, books & books! 1:30 to 3 pm                                                |
| Needlers Knitting Group                | Tuesdays at 9:30-11:30 am            | 7th Day Adventist Church, Forest Falls | All are welcome. Please contact Denise Reid at 1-909-794-5130.                                                              |
| Frozen Green Thumb Garden Club Meeting | 3rd Monday of each month             | Big Falls Lodge                        | 11:30 am to 2 pm. For information, please contact Robyn Clark at 1-909- 921-3762, or Jan Horton - janetlisahorton@gmail.com |
| Game Night D&D                         | Every other Thursday ...             | Big Falls Lodge                        | Join us for loads of fun on Game Night from 6:30 to 9:30 pm                                                                 |

*Welcome! Home!*

**BOOK NOW 909.503.5960**

**MATRIX ESTATE GROUP**

**Deborah Jacobs**  
Real Estate Agent  
DRE 01905167

**MatrixEstateGroup.com**  
**DeborahJacobs.Realtor**

*Let's make your dreams come true!*

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

See the bottom of the [www.mtnicare.net](http://www.mtnicare.net) home page or email Terry Hamilton: [terrywhamilton@gmail.com](mailto:terrywhamilton@gmail.com)

Check out old issues of the Bear Facts at [www.mtnicare.net](http://www.mtnicare.net)



Presorted Standard  
US Postage  
Paid  
San Bernardino CA  
Permit NO 28

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

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

Volume 20 Issue 3 Fall 2026

(please make checks payable to Mountain C.A.R.E. or contact us through [www.MtnCAR.E.net](http://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*

