

# The BEAR FACTS

A publication of Mountain C.A.R.E. ([www.mtnicare.com](http://www.mtnicare.com))

Fall 2021 Volume 15 Issue 3

## Everything you need to know about the Forest Falls Post Office

by Katie Valbuena



Forest Falls Post Office (photo by Bernadette Griffith)

July 21, 2021 marked the 61st anniversary of the opening of the Forest Falls post office. Built in 1960 this quaint building is a landmark here in Forest Falls, but just like everything else, it experiences changes. Most recently, John Katena, the previous postmaster, retired in January. He served this community for 9 years and was loved by many. We were sad to see him go but are also thrilled for him to have the chance to enjoy his retirement. It also is a good opportunity for an introduction to your current postal team. Our crew consists of Postmaster Ken, Rob (your postal carrier) and myself. My name is Katie and I serve as your postal clerk. After more than a decade of service in the US Navy Ken has spent the last 21 years working for USPS. Prior to his appointment in Forest Falls as postmaster, he worked as a carrier and then supervisor in Cedar Glen. He is a wonderfully kind person with a great sense of humor. I am thrilled that he is apart of our team here in Forest Falls. Over the last 11 years, Rob has probably become familiar to many of you. He is the friendly face in the white van that can be seen delivering mail in this community and in Angelus Oaks He is a book

lover and enjoys swapping books in and out of our mini library. He is a great guy, a hard worker and a pleasure to be around! I have been working in Forest Falls for two years now. Originally from Long Island, New York, I transferred to this office in September of 2019. Although my husband, who is a postal carrier in San Bernardino, and I both love traveling and being outdoors, it was a drastic change for me to move so far away from my family, especially during the COVID pandemic. The warm reception from everyone in town has helped all us , including Atticus and Eloise (our feline fur babies), feel welcome. The beauty of Forest Falls is truly breathtaking. Looking up at these mountains every day is something I never dreamed I'd experience. It is truly a pleasure to work here. So many of you have been unbelievably kind to me: offering me a place to stay in case of emergency, making us baked goods, remembering our birthdays, and just overall taking the time to see how we are. I just want to say thank you from all of us here at the Forest Falls Post Office!

(continued on page 3)

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# President's Message

by Debi Welch



Hello Friends and Neighbors!

As Summer transitions into Fall we are reminded how lucky we are to live on this mountain. The seasons are changing and our trees are starting to show their Autumnal coats in all their glory. Hope every one of you takes a moment to embrace the cool crisp mornings and beauty we are blessed to call home.

As some of you know Forest Falls Fire Station 99 is near and dear to my heart! As the President of the Forest Falls Fire Fighter Auxiliary, I would like to say "Thank You" to everyone who came to the Big Falls Lodge on Saturday, September 11, 2021 . Your support goes to the fine folks who show up in the middle of the night when there is a health issue, or there's a rattle snake by your front door, or the Good Lord forbid you've been in an accident on highway 38. These men and women give their all and truly appreciate the wonderful support you showed! It was joy to see so many new faces in addition to our regular supporters. There were even some future firefighters in the making too! Thank you to everyone who donated to the raffle. Andy Riley you sure did make a lot of folks happy with your Smokey the Bear...especially Dave!

I'd like to take a minute and remind all of you, even long timers such as myself, Highway 38 is a dangerous road. Please be vigilant with your safety and always keep your eyes open. If someone flies up behind you, and it's safe to do so (meaning you can see far enough ahead to not be in danger), pull over, let that car go. As we all know, an officer might be waiting to give them a reality check but that's not your job, nor do we own the road. As one Canyon, member recently pointed out, they may be on their own emergency mission.

We at Mountain C.A.R.E. are always looking to hear from our community members: Angelus Oaks, Mt. Home Village and Forest Falls please use your voices and submit those articles whimsical or not, we need you. Submit to bearfactseditor@gmail.com or Debi@forestfalls.com.

Happy Fall Y'all!

Debi

# Fallsvale School

by Daphne Wynne



Daphne Wynn at Fallsvale School

Last year was definitely a crazy year! School didn't even begin going in-person until the school year was nearly halfway over, so we're happy to say that this year has started out in-person! Of course, Covid precautions are still in place, and students and staff regularly sanitize and everyone on campus is required to wear a mask or face shield indoors. Masks are no fun, they get damp from your breath and stick to your face, but I definitely prefer them to online school, and it just makes me so incredibly happy that I get to see all my friends, classmates and teachers again. This is definitely the beginning of an incredible school year!

# Feeding the Homeless

by Mark Campbell

A shout-out to Rick Westphal and friends Robin Clark, John Rihcolf, Michelle and Chuck Mayfield, Sal Garcia, Karen Westphal and Glenda from Forest Falls for fixing 100 sandwiches every Saturday morning at 7 am for a year to feed needy people in Redlands. Project ended because Family Services Association started up their hot meals again. As much pain as Covid-19 caused it also brought out amazing generosity and love from people!



(photos by Mark Campbell)

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# Everything you need to know about the Forest Falls Post Office

(continued from page 1)

by Katie Valbuena

## Frequently Asked Questions:

**What are your hours?** Our operating hours are Monday-Friday 9:30am-4:30pm. We are closed for lunch from 12:30pm to 1:30pm during the work week. The lobby is open 24/7. On Saturday our business window is not open but we are here in the morning hours to deliver mail and hand out packages if needed.

**What time is my mail delivered?** The PO Box delivery time is 2:30pm. If you have been living in town for a while you might have noticed that it is usually earlier than that but on days where the mail is very heavy or we are understaffed - it is guaranteed by 2:30pm. Mail on the street varies on delivery time, because Rob also delivers to the community in Angelus Oaks. Normal delivery time is between 11am and 3pm.

**When does outgoing mail go down the hill?** Our collection box out front is picked up at 2pm Monday through Friday. On Saturday the mail is collected at 10:30am.

**How can I prevent theft from my mailbox on the street?** We are all aware of the continual mail theft in town. It truly is a shame that this happens in such a small community. The best advice that we can give is to pick up your mail daily. If your mailbox is empty, this will deter anyone from repeating this offense. You might also consider purchasing a mailbox with a lock on it. This way Rob can deliver your mail to you, but only you will have access to it. Lastly, you could always open a PO Box in town. We have many available, but of course this comes with a fee. The peace of mind, knowing your mail is in our office, safe from thieves, might be worth the added cost.

**What is up with all of the books on the counter in the lobby?** This is our little self-service town library. Please feel free to take a book! Return it or keep it. Leave a book! Share reading material if you'd like. Our library is constantly changing and growing every day. So, if you see something you like, grab it! It will likely be gone on your next visit. Please do not leave any food items in the Post Office. This will attract bugs and who knows what other critters. If you have any food items you can always drop them off at the pantry located at the community church.

**How should I address my mail?** If you have a mailbox on the street then you simply put your first and last name or business name and your home address. Examples: John Doe 40555 Valley of the Falls Drive, Forest Falls, CA 92339. If you have a PO box in town you would address your mail: John Doe PO Box 999, Forest Falls, CA 92339.

**What about companies that won't allow packages/mail to be sent to a PO Box?** Then you would simply put your residential address with the # symbol and then your PO Box number. This gives the illusion that your PO Box number is an apartment or suite. John Doe 40555 Valley of the Falls Drive #999, Forest Falls, CA 92339. Another way you could also do this is to address your mail: John Doe 40555 Valley of the Falls Drive, Forest Falls, CA 92339-9998. In the last example you would put your PO Box number as the last 4 digits of your zip code. If your PO Box number is 20 then you would put 92339-0020. Just substitute the first 2 digits for zeros. This makes it a lot easier for us to deliver your mail.

It prevents mail from being delayed, mis-delivered or returned. Although Ken and I are knowledgeable on most of your names and PO boxes in town, there are days where we might have a substitute worker from a different office. They will be unfamiliar with the office so your mail could possibly be returned if your mail is not addressed correctly. So, the safest way to protect your mail is by providing your mailing address on your mail/packages... not your physical address. We would really appreciate your cooperation!

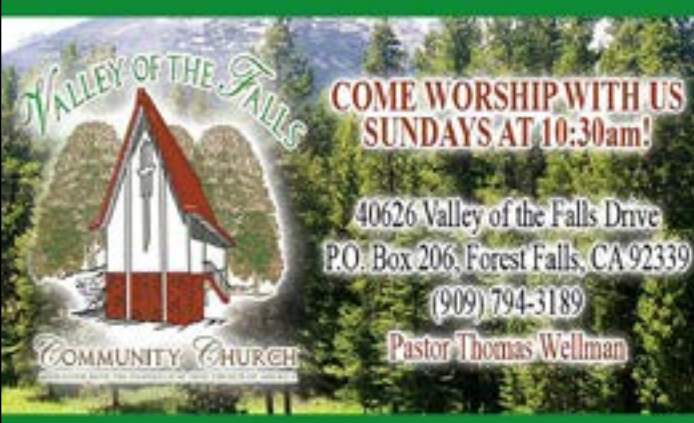
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# Wandering the Wilderness

by Barbara Bristow Dickinson



We live in the midst of a National Forest, with the San Geronimo Wilderness just to the north of Mill Creek and our town. Depending on where you live in Forest Falls, your own yard or garden or landscaping can create a small section of wilderness. It is a wonderful feeling to be able to walk out your door and walk somewhere, into the forest, along the creek, or up a trail into the high country.



To borrow a line from a JRR Tolkien verse: "Not all those who wander are lost." I have spent many years hiking, wandering and meandering these mountains both on trail and cross country. A perfect day would be heading out before sunrise and get up into the high county, with no specific goal other than to be in the wilderness. Follow a deer trail, look for flowers or animal tracks, take a nap on the pine needles, or whatever meandering brings to mind. No deadline to be home or miles to count or exercise goal to meet. And the only place I ever got lost was New York City. Never in any forest or desert or wilderness. Maybe inconvenienced (bushwhacking), scratched up and dirty. But not lost.

So here are some tips and ideas to make your own time in the forest and wilderness safer, more creative or meditative and an adventure:

- Learn to read a topographical map and use a compass. A real paper map and an actual compass. Not that GPS units, phones and satellite communicators are bad, they are useful. But they do not give you the BIG picture and they require batteries. The USGS 7.5 minute topo maps are a good starting point. A favorite book, the one I learned from, is Be Expert with Map and Compass, The Orienteering Handbook, by Bjorn Kjellstrom. It is still in print. And you can find many other resources on the subject. Practice looking at your surroundings and the finding points on the map.
- Get a compass with a mirror and a full 360 degree rotation. Learn the degrees for N, E, S, W. North is 360 degrees (or 0); E is 90 degrees; S is 180 degrees and W is 270 Degrees. Once you learn how to use the compass you can create fun treasure hunts. Creating a navigation course with "rewards" to be found at specific places, following specific compass bearings and walking a given number of steps. You can do this in your back yard. I wager your children might learn this faster than you!
- Learn how to identify the tracks of some of our local animals: black bear, raccoon, mule deer, Big Horn sheep, bobcat and mountain lion. See if you can tell the difference between the deer and Big Horn sheep. Look for tracks when you walk a trail or path. Winter time with a light snow makes tracks stand out. Find a guide with good photos or illustrations. Peterson's Guide to Animal Tracks is just one. Memorize what your boot or shoe tracks look like. When returning from a walk, see if you can "back track" yourself.
- Challenge yourself to find plants that display the "Golden Angle" or a Fibonacci sequence. The Golden Angle is 137.5 degrees, and a fibonacci sequence is: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34... The next number is found by adding the 2 previous. So  $21 + 34 = 55$ . And on and on. This creates a spiral. Start with a sunflower to see this fascinating pattern and then look for it in other plants.
- Walking is a boost to the spirit, body and mind. A book I have used for years is "Healing Walks for Hard Times" by Carolyn Scott Kortge. A program of walking, gradually increasing distance or time, but with attention to your steps and breathing. It is not about speed or "training". It is about creating calm and immersing yourself in natural surroundings.

Let go of fear of being outside. The more time you spend there, the more you will see and enjoy.

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## Big Falls Lodge Now Open for Your Next Event!

Are you reading this page and wondering what VFCCI is? VFCCI is the acronym for Valley of the falls community center Inc. We are a nonprofit 501c3 organization that owns and operates Big Falls Lodge also referred to as the community center or "The Lodge". We have a board of directors made up of 9 local community members who meet quarterly to discuss matters associated with the building and future goals.

Our venue is available to book for private parties such as weddings, birthday parties, family gatherings and memorials to name a few. If you are looking for a place close to home for your next special event, please consider Big Falls Lodge! Pricing and information can be found at VFCCI.org or by simply calling 909-389-0585. Leave us a message and we will get back to you with answers to your questions.

Big Falls Lodge is often used as a meeting place for the local water agencies, garden club, Tuesday music night, belly dance classes, CERT training, emergency preparedness, and any time we need to hold a general community meeting or to use during an emergency situation. We offer the building for annual fundraisers by the Forest Falls Firefighters and Search and Rescue when they have their pancake breakfasts and dinners as well as the monthly Fallsvale booster clubs movie nights and their annual "Breakfast with Santa". These fundraisers benefit those groups directly.

VFCCI also holds their own fundraising events such as the annual "Mountain Jamboree" in July and "Haunt on the Hill" in late October. Prior to these events we ask for people to sponsor the event. These proceeds along with all money raised during the event go to our nonprofit to help with maintenance fees and building repair costs to keep the community center up and running. Even though these are fundraisers, we look at it as a reason to get our tight nit communities together for some fun! We had a great turnout at the Mountain Jamboree last July! It was so good to see everyone out after having to skip a year. Thank you to all of the sponsors and our neighbors for making it a memorable event. Our planning committee is in the works for this years "Haunt on the Hill". As long as county Covid guidelines stay at a level where we can safely hold this event it will be "a go". Please stay tuned on the local Facebook pages or keep an eye out for flyers around town for more information. Although these events happen in Forest Falls, we always invite our tri-community neighbors of Mountain Home Village and Angelus Oaks because ultimately we are one community.

We work hard to make the building available to everyone, we hope you appreciate having this great building in your community. If you would like to learn more about VFCCI or would like to attend an upcoming meeting, you can email: [director@vfcci.org](mailto:director@vfcci.org) or call 909-389-0585. If you are on Facebook, search up VFCCI and like our page to see future postings or browse our photo gallery.

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

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Worship Service 11:30 a.m.

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# Trick-or-Treating in Downtown Forest Falls

by Debi Welch

As All Hallows Eve approaches, we want to invite everyone to join us for Trick-or-Treating mountain-style!



Trick-or-Treating Downtown Forest Falls (photo by Debi Welch)

Festivities start in downtown Forest Falls at 5:30 pm. Friends and neighbors line the boulevard with lawn chairs, snugly wraps and candy to pass out. We like to dress up, but its not required. It's a safe and family friendly option for all who want to trick-or-treat. Hot caramel

apple cider served to ward off the evening's ghostly chill!

Maps will be provided with a list of participating homes on the Trick-or-Treat Trail throughout town.

We will also be awarding a prize to the winner of the Mountain C.A.R.E. Pumpkin Coloring Contest at 6:30 p.m. (see page 15 for contest details).

Please join us for this safe fun community event, it's one of the things that makes our communities so special! Hope to see you there!

## The Bear Facts Ad Rates

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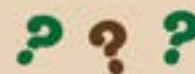
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[www.MountainHomeVillage.info](http://www.MountainHomeVillage.info)



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## 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 [bearfactseditor@gmail.com](mailto:bearfactseditor@gmail.com) on or before the submission deadline (all submissions digital please).

## Obituary: Robert Dobias

Robert "Bob" Dobias fell asleep in Jesus' arms on Monday, August 9, at home in Forest Falls – the canyon he loved so much. When we first moved to Forest Falls in 1973, Bob was working in La Sierra. Almost every day he would say how nice it was to come home to the mountains – to the peace and quiet and beauty. For 48 years he has never lost that wonderful feeling. Bob also loved people, and everyone he met became a friend. Occasionally at Christmastime when we were at home, he would play Santa Claus for the children in the neighborhood. He enjoyed serving on the Forest Park Water Board for several terms. He was active as Church Leader in the Seventh-Day Adventist Church for many years. His last church project, just before he was hospitalized, was securing a roofing contractor to re-roof the building, which he liked to call the "holiest church you'll ever attend" (due to the woodpecker holes on the east side of the building). In 1979 when the Community gathered together and determined to build the "new" Fallsvale School, Bob was the contractor of record for the project. He has always been very proud of the hard work the Community did to ensure our kids would have their school.

Bob is survived by his wife, Shirley (Charlie), of 49 years; his son Jim (wife Ekco) of Panama City, Florida; his daughter Shirlyn (husband Christopher) of Surrey, England; 3 grandchildren; 2 sisters, a sister-in-law and brother-in-law; many nieces, nephews and cousins. Please pray for our family as we start this new chapter in our lives.

**Community Food Pantry**  
Please contact one of us if you need assistance

- Michelle Mayfield 909-794-3135
- Remota Campbell 408-410-7510
- Dee Konczal 909-794-0885
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# The Big Red Suitcase

by George Forgues

This story will make sense in a few minutes...

At this very moment, I'm walking down Simon Bolivar in Cuenca, Ecuador, dragging an old ratty red suitcase behind me. This suitcase is the biggest you can take on an airplane without getting charged extra. Over the years this has become my favorite suitcase.

I'm looking for Mujeres con Exito. I always get lost when I'm in this neighborhood. Mujeres con Exito is one of my favorite charities. It's a place where women can find help for themselves and their children when they are coming out of a hopeless and sometimes dangerous situation. Prayers and hard work make this place possible.

I am having selfish thoughts again. I'm thinking about the free lunch I will be gifted when I arrive. Mujeres con Exito isn't just a shelter, but it's a diner that teaches their residents how to work, cook, and manage a restaurant. It's also a laundry. A working laundry that helps fund the charity, and it employs the women that are at the shelter. Pretty smart way to run a charity.

When I finally arrive I notice the restaurant is closed. Maybe I arrived a little early for lunch. I bang on the door and someone lets me in.

"Where is everyone?"

"Oh my gosh, it's George." Please come in, I'll get Diana.

Something is different here.

But not Diana's smile when she greets me. It is perfect.

And the hug, no one hugs like Diana. She was so excited to see me. She insisted on showing me the classrooms upstairs where the children are learning. She mentions how important the media projectors are that our group donated last year, just before Covid.

But there are only 5 children in the one classroom. Where are the other 100 plus children? And where are the moms and the babies?

After a little interrogation and a lot of tears, I was told that Covid had caused the closing of the restaurant and the laundry. No work means no money. The government has very little money now, so financial support has been cut in half, while the need has doubled because of the pandemic. This group of volunteers is overwhelmed.

We sat and talked for a few minutes about their plan to reopen and then I was asked, "what's in the red suitcase?"



Shoe Donations from Forest Falls  
(photo by George Forgues)

I was excited to tell Diana and the rest of the crew that this was a small gift from my community back in the States. I opened the case and everyone started to smile. And they were all happy smiles. The case was full of shoes. Baby shoes, toddler shoes, kids cowboy boots, moccasins, all shoes for the children, donated by generous people from right here in Forest Falls, Angelus Oaks, and Mountain Home Village. In ad-

dition, hidden under the shoes were baby clothes.

This small gift from our community to theirs made a giant difference to this group of volunteers. I could see the hope come back into their eyes. I swear there was a little miracle here.

The next day I sat with my friend Alberto and asked if the Pizza Project could donate something to help the kitchen at Mujeres con Exito get off to a quick start. Without hesitation he went out and purchased 50 kilos of flour, 50 kilos of rice and 50 kilos of bean, along with many other much needed food supplies. Thank you Pizza Project donors.



The Big Red Suitcase  
(photo by George Forgues)

This little miracle in Ecuador started right here in our mountain community, from that very first person who donated that first pair of baby shoes.

I am so proud to be from such a giving community, and so grateful that we were all able to help someone else, nearly four thousand miles away, in South America.

One last thing. That beat up old red suitcase, that was donated too, by someone right here in Forest Falls.

And it goes with me every time I visit Ecuador.



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# COMMUNITY EVENTS & ACTIVITIES CALENDAR

Angelus Oaks • Forest Falls • Mountain Home Village

## Fall 2021 Special Events

Date/Time	Event	Location	Details
Sun. Nov. 21 12:00 PM - 5:00 PM	Livestream Blood Drive	Bloodmobile at Big Falls Lodge	Donate blood at the Livestream Blood Drive on Sunday, November 21st!
Oct. 24th 4:00 PM - 5:00 PM (or until food runs out)	Pop-Up BBQ Competition	Angelus Oaks Lodge 37825 Hwy 38	Bring a chair! Bring a side-dish! Refreshments will be served. All funds donated.
Oct. 31st 5:30 PM - ?	Trick-or-Treating in Forest Falls	Downtown Forest Falls	Festivities start downtown at 5:30 PM.
Oct. 31st 6:30 PM	Mountain CARE Pumpkin Coloring Contest Winner Announced	Downtown Forest Falls/Gilmore Real Estate	The winner of the pumpkin coloring contest will receive their prize!
Nov. 25 2PM - 5PM	Thanksgiving Dinner	Big Falls Lodge	All are welcome. Please bring a side dish. We are still in need of ham and turkey donations, and appreciate any monetary donations as well. To donate or volunteer, please contact Dee Kon- czal 909-794-0885.
Dec. 18 6:00 PM	Station 99 2nd Annual Christmas Parade	Forest Falls/ Down- town	Station 99 will be holding their 2nd Annual Christmas Parade.

## Regularly Scheduled Events

Event	When	Location	Details
Frozen Green Thumb Garden Club	3rd Mon. every month 11:30 AM - 12:30 PM	Location varies.	All welcome. Call Sandy Wood 951- 440-1461 for this month's location.
Forest Falls Fire De- partment Meeting	Every Tuesday 6:30 PM	Station 99 Forest Falls	Call 909-794-4413 for more informa- tion
Valley of the Falls Community Church Youth Group	Every Wednesday 6:00 PM - 8:00 PM	Valley of the Falls Community Church	Ages 12 to 18.
Angelus Oaks Fire Department Meeting	2nd and 4th Tues. every month @ 6 PM	Angelus Oaks Fire Station	
Angelus Oaks Fire Safety Council	Council meets periodi- cally	Angelus Oaks	For meeting dates, check A.O. FSC Bulletin Board @the A.O. Post Office.
The Needlers Knit- ting Group	Every Tuesday 9:30 AM - 11:30 AM	7th Day Adventist Church, Forest Falls	All are welcome. For more info call Denise Reid at 909-794-5130.
Mill Creek Canyon C.E.R.T.	TBD	TBD	Call Paul Tetreault 909-794-0077 to get on waiting list for new courses.
Music Night in Forest Falls	Every Tuesday 6:30 PM - 9:30 PM	Big Falls Lodge	All musicians, all styles, all levels welcome. Anyone can come listen.

\*\*\* Please contact the organizer to determine if there are any Covid-related restrictions or changes in schedules. \*\*\*

**For the most up-to-date list of upcoming events, please visit**  
[www.mtnicare.com/community-calendar](http://www.mtnicare.com/community-calendar)

If you would like to see most of this issue's photos in color, visit [www.mtnicare.com](http://www.mtnicare.com)

# Community Food Pantry

by Jenn Hollingsworth

Hello neighbors!! With so many new neighbors in town, the ladies of the Community Food Pantry wanted to take a minute to introduce ourselves and share some information...

The Community Food Pantry is a resource for all of our mountain communities along the 38 - we service Mountain Home Village, Forest Falls, Angelus Oaks and Seven Oaks/Weesha. We are located inside the Valley of the Falls Community Church at 40626 Valley of the Falls Dr, Forest Falls, CA, operate under the umbrella of the Valley of the Falls Community Center and have donation drop offs at both Gilmore Real Estate locations. Our motto is "Neighbors Helping Neighbors" and our multiple communities continued commitment and involvement truly shows how a community that works together benefits all of us.

### NEED OUR HELP OR KNOW SOMEONE WHO DOES?

The Community Food Pantry offers nonperishable items like canned, jarred and boxed goods, along with staples like beans, rice and pasta as well as pet food for your fur babies. Our friendly volunteers are available (almost) anytime, just give us a call or send a Facebook message (your identity is always protected) and we will meet you at the Pantry.

Michelle (909) 794-3135

Renata (408) 410-7510

Dee (909) 794-0885

Jenn Facebook Messages

### ABLE TO HELP? The Community Food Pantry operates

year-round and relies solely on donations from our mountain communities. Donations of nonperishable goods are happily and gratefully accepted and can be dropped off at either of the Gilmore Real Estate offices in Forest Falls or Angelus Oaks during their normal business hours. Please do not leave donations outside of the Church or Gilmore offices or they will most likely become a donation to the natural wildlife! Monetarily donations are also accepted and are tax deductible.

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JAMES 5-13

## Household Hazardous Material Disposal

- Every Saturday in Redlands 9:30 am-12:30 pm  
City of Redlands Corporate Yard  
at 1270 West Park Ave. near Kansas St.
- Weekdays M-F from 9 am - 4 pm  
San Bernardino Fire Dept. Hazardous Waste  
2824 W St., San Bernardino, CA 92415  
(just north of the San Bernardino Airport Hangars)

# 2021 PUMPKIN COLORING CONTEST!



**Coloring Contest Rules:** Use your imagination to decorate your pumpkin! One entry per child (for households with more than one child you can pick up an additional coloring page at Gillmore Real Estate).

All entries must be delivered to the Elkhorn General Store or Gillmore Real Estate by Oct. 24th, 2021.

Winner will be announced, and prize awarded at the Trick-or-Treat event in Downtown Forest Falls on Oct. 31st, 2021 at 6:30 PM.

Contest sponsored by Mountain C.A.R.E.

Child's Name: \_\_\_\_\_ Child's Age: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's phone Number: \_\_\_\_\_





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Fall 2021 Volume 15 Issue Number 3

*Mountain Citizens Acting to Restore the Earth*

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

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

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

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