

Editor's Message

by Pat Daniels

Summertime Joy and Insight in our Mountain Communities

As we transition from Springtime to Summertime, I have a good feeling we will all experience times of enjoyment and uplifting. With that said, I will share two thoughts with you: first, suggestions of a few events/activities that will surely bring you lots of joy; and second, what has prompted my decision to do some much-needed reflective soul searching.



First, the following are what I strongly encourage you to attend: The 25th Annual Chili Cook-off, which kicks off on Sunday, May 24th; the Garden Club's Plant Sale on June 6th; the Search & Rescue (SAR) Pancake Breakfast fundraiser on Saturday, July 18th; and the Angelus Oaks Fire Safe Council East Mountain Festival is on Saturday, July 25th. For details and information, please check out the flyers, articles, and our Community Events/Activities Calendar in this current Bear Facts Summer issue. You can find information in the previous Bear Facts Spring issue, too. I recommend that you attend and support our other mountain community's activities in Angelus Oaks and at the Big Falls Lodge. Whether or not you are a social bunny, if you experience social anxiety – as I do – there is something for everyone that caters to your personality. Many of these events and activities can provide some insight and good mental medicine.

Second, this brings me to my decision to do some reflective soul-searching – once again in my life. As usual, I like following the advice of our fearless leader of the Graffiti Busters, Deby Anderson. Her article in this summer issue clearly describes how living in Forest Falls certainly facilitates my soul-searching efforts. As good musical timing would have it, this spirited idea occurred to me when listening to Kool & the Gang's 1974 "Summer Madness" – which is a smooth contemporary jazz/funk instrumental. To gain insight fostered by joy, remember that we are surrounded by majestic mountains, incredible waterfalls, babbling brooks, and streams of clear water.

So, let's begin to party-hardy during the 25th annual Chili Cook-off and keep it going throughout this summer by participating in our community activities – you might gain some personal insight. I promise you won't regret it.



Mountain C.A.R.E.

President's Message

by Debi Welch



Hello, Friends and Neighbors!

As we move towards Memorial Day, we would like to remind you of and invite you all to The Forest Falls Chili Cook-Off on May 24th! The event begins promptly at 11 a.m. with the National Anthem sung by Sasha

Boyerski-Drummond. We will be finishing up at 3 p.m. with the town photo.

This year we are very proud to announce Pat Pattison from "The Best of California," an Emmy-nominated TV show and YouTube channel. Pat will serve as our Emcee and will be filming during the event. We are so excited to welcome Pat and his crew!

Our own Woodland Stitch and Brew will be selling caffeinated beverages, and we are happy to have Kimberly and her booth at this event! We also will be having our regular beer and wine garden next to Kimberly in the Gillmore Real Estate parking lot.

In addition to Chili Tasting, there will be our famous raffle, the Old Thyme Photo Booth, and the Parade led by Veterans and followed by all who want to participate. Be at the corner of VFD and Sycamore no later than 11:45 am to get in on this fun hometown event! Our own Patch Adams will be wandering around making balloon animals. Be sure to look for him—he's got mad skills!

Southpaw (Forest Falls' local rescue), Paws for Cause, and several other animal advocate groups will be here! Last year at this event, many animals were given permanent homes by loving families, and we hope to have even better success this year. Thank you neighbors for giving a home to these wonderful creatures! Richard Oshen and Montana will be out greeting folks—please stop by and say hi!

Also, please check out Dawgs for Dogs. I hear his hot dogs can't be beat and he donates a portion of his proceeds back to the event. Make sure you check out the design of this year's T-shirt. JAM sportswear will be selling them, so please add to your t-shirt collection! So thankful Bree and Noah come every year to do this for us.

Last year we tried out the duck race for the first time, and it was so well received that we will continue it again this year. Make sure to buy your duck at the ticket booth and watch them race down Mill Creek.

Start practicing your bubble gum blowing skills; the bubble gum contest is a free, fun event and all are encouraged to enter!

We need volunteers to make this event successful. If you could donate 1 or 1.5 hours of your time, we have many openings and would love your help!

As always the theme for this wonderful event is patriotic, red white, and blue. Please feel free to proudly sport your best red, white, and blue garb. It will look great on Pat Pattison's "Best of California" Program!

See you Sunday, May 24th!

continued from page 1

The trustees listened. They respected the resolve, and they laid out the reality. This would be a public school, subject to the Office of the State Architect. Plans would require approval. Codes would have to be met or exceeded. Performance, completion, and material bonds would be mandatory. Forest Falls did not back away.

Bob Dobias, who lived in the lower canyon, agreed to serve as general contractor. The school district committed funds it had set aside for years, roughly \$280,000, enough to cover materials at cost. The project only worked if labor could be donated. People showed up, first neighbors, then people who heard about the project and drove up to help. Some stayed a day. Some stayed a week. By the end, many volunteers did not even live in the canyon.

What nearly stopped everything was paperwork. No insurer wanted to write performance and completion bonds for a volunteer-built project. The risk did not fit a standard box. Media coverage helped, but it did not solve the problem. Then an insurance agent stepped forward and agreed to write the bonds, if the community could provide collateral. Ten homeowners agreed. Each posted a \$10,000 bond, secured against their homes.

There was no ceremony around that decision. No speeches. Just signatures and trust. Ten families put their personal security on the line so a school could exist on the mountain. Years later, that same insurance agent told them something that stayed with Tom. Even if the project had failed, he would never have foreclosed on those homes. He believed in what they were doing that much.

With the bonds in place, the work moved forward. The Operating Engineers Trust donated heavy equipment labor as apprentice training. A civil engineer volunteered time to oversee compaction testing and certification. Every trench, every refill, every load was inspected and documented. This was not casual volunteerism. It was disciplined and accountable.

Fatigue set in. People ran out of days off. Energy thinned. Still, Tom and Paul Forgues were there nearly every day and night, keeping the project moving. Then help came from an unexpected place. The California Conservation Corps called and offered a crew of 25 young people. They did not bring trades. They brought labor. Forest Falls housed them, fed them, supervised them, and taught them what to do. Girls stayed in local homes. Boys slept upstairs in the firehouse. They worked four or five days a week. Tom believed that may have been the difference between a stalled project and a finished school.

By January 1982, Fallsvale School opened its doors. During construction, the children never left the canyon. Classes were held at Forest Home and at the Community Church. The disruption was real, but the connection remained intact.

Details mattered. In the bathrooms, tile became lizards, snakes, and mountain shapes. Small touches, but intentional. The building was not just safe. It was welcoming.

Tom described Forest Falls as a bedroom community, a place where people sleep but do not always fully live. The school pushed against that. Without it, the canyon would have lost more than a building. It would have lost part of its center.

Even after his own children grew up, Tom stayed engaged with the life of the community. When the school later faced closure

again, the concern was no longer personal, but it was no less real. A school on the mountain meant families could remain rooted. It meant Forest Falls could continue to be more than a place people passed through.

Tom never talked about leadership as heroism. He called it persuasion. Selling an idea. Selling commitment. Selling follow through. But the real fuel was simpler. He could not imagine Forest Falls without a school and accept it. So, he didn't.

Works Cited

Millhollon, Newman, "The School That Forest Falls Would Not Let Go Of." 38 Bulletin Mountain Newsletter, 14, January, 2026.



"Aspire rather to be a hero than merely appear one."

Valley of the Falls Community Church

Sunday Schedule:
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Dr. Paul Reed,
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CONSIDERING BOOKS

by Katherine Bird

The Wedding People by Alison Espach

The Book Club for Troublesome Women by Marie Bostwick

Hello Mountain Readers!

Summer is melting into the air and the sun exhales warm rays. How about summer reading? Two books are waiting for their pages to be turned.

The Wedding People brings humor, memorable characters, and heartfelt surprises throughout its pages. The author entices readers' empathy and inner spirit. The story focuses on characters who cause irritation and confusion but provoke deep laughter.

In Newport, Rhode Island, Lila is getting married, and her mother gives her one million dollars to spend on the wedding! (Why not? Snoop Dog gave his daughter the same for her wedding.) Phoebe, a hotel guest who is there for her own reasons, not for the wedding, is standing in line to get a room. Lila sees her and assumes she is a family member of the groom. Lila pays for everything and invites Phoebe to all the pre-wedding dinners, parties, and activities at this very pricey resort hotel! Phoebe has her own heart-rending reasons for being in Newport, and slowly we understand why she lets herself get swept up in Lila's wedding commotion. Keep reading.

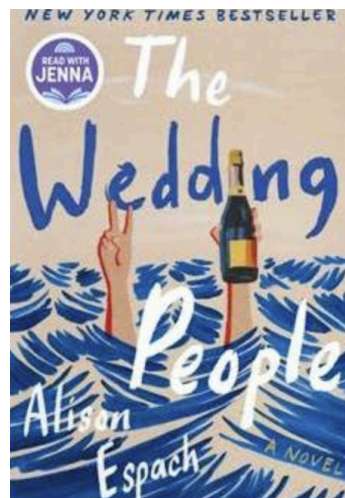
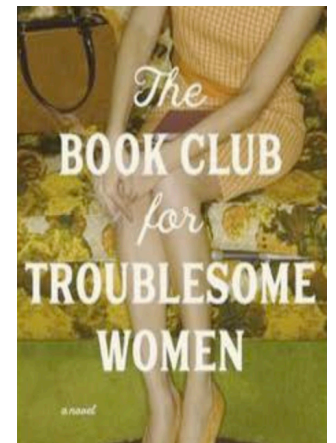
Phoebe is depressed and is ready to take cat tranquilizers. She moves the reader to turn the page. Participating in the wedding festivities, she meets unusual guests like Gary and Juice, and she begins to distinguish others by giving them names: High Bun said this, and Neck Pillow said that. These clever details made me giggle. Phoebe watches Lila mingle with her family and the real wedding guests. She listens to their conversations and scrutinizes Lila. This is where the reader begins to understand that Lila has troubles of her own. Keep reading.

There are fairytale references about stepmothers, and there is even a reference to reading. At one point, Phoebe says, "To read makes life easier. To be alive is much harder." *The Wedding People* is not your run-of-the-mill wedding novel. The author does a lovely job of presenting us with the lives of two very different women who form a friendship despite—or because of—the emotional chaos that surrounds them.

The Book Club for Troublesome Women is an amazing historical fiction novel set in the 1950s and 60s. The title of this book alone should entice readers—it did me! The story centers around four suburban housewives who form a book club to read and discuss Betty Friedan's *The Feminine Mystique*. Topics at

the forefront of 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

Above a Canyon

by Juan Delgado

A palm of dirt is enough
of a nest to rekindle
a story of butterflies over
a drifting creek with banks
of stones, sun-bleached
and resituated by flash floods.

The butterflies' migration is
internal, then uncovered,
turning to a rustle of wind,
speckled colors in flight,
and a sky's headdress, yet
their guise is a bolting truth.

They glide in warm currents
and survive best in concert,
depending on their ancestors,
on fewer overwintering groves,
on the sun's aid, and the pull
of earth steers them to
never-been-on wind pathways
that lead them exactly to
where they are being sent.
Their story touches the edges
where they willingly navigate,
unaware of what is beyond.

Linguistics Corner

by Jean Delgado

My first questions from a community member!

A reader asked about the increased usage of “I promise” in place of “honestly.” The reader confessed to a bit of irritation when hearing I didn’t do it, I promise instead of I didn’t do it, honestly. Traditionally, I promise was used for expressing commitment to or guarantee of a future action, and honestly was used to express sincerity when giving an opinion or to give emphasis to telling the truth. I think that because both phrases express a similar idea (emphasizing truth and honesty), they’ve become somewhat synonymous—depending on the context, of course. We’ve all heard Honestly! used to express exasperation, and we’ve all been subject to empty promises. Kids are more likely to use promise because it’s a more common word in their world (e.g. pinky promise). And perhaps speakers like the more personal and emphatic aspect of I promise, and that may be why we hear it more.

The second question concerns the spelling of suppose/supposed. The quick answer? It depends. When we say, I suppose so, meaning I assume so, it works like a regular verb: I suppose, you suppose, she supposes. In the past tense, it would also work like a regular verb: We supposed that was the problem. So as the main verb, supposed is regular and takes the past tense ‘d’. However, we very often use supposed in the phrase supposed to meaning obligated to. In this case, supposed always takes the final ‘d’ when spelled out (grammar alert: because it’s the past participle). However, the confusion stems from this pronunciation pattern: when a word ends in a ‘d’ sound and precedes a ‘t’ sound, we don’t

articulate the ‘d’. Say these sentences conversationally and notice how the ‘d’ is clear in the first sentence but not in the second. They played a game (the d is clear) vs. We played tag yesterday (the d is unclear—it blends in with the t). We “think” we hear it because in context, we know it’s past tense. In I’m supposed to the ‘d’ comes before a ‘t’, so the rule applies, and we don’t articulate the ‘d’ sound. Therefore, the spelling becomes difficult. So when we use the phrase supposed to, you can be assured that it always is spelled with a ‘d’. This type of pronunciation change happens often when we use words in the context of a phrase—their pronunciation alters depending on the sounds that come before or after.

English has a notoriously confusing spelling system. This difficulty stems from many factors: English has many borrowed words, and as we borrow them from other languages, we adapt them to our sound system. Pronunciations change over time (-ough words were pronounced differently), but because writing must remain standardized regardless of pronunciation, spelling changes very infrequently. Pronunciations vary from speaker to speaker, region to region, country to country, so while a spelling may indeed reflect one pronunciation, it may not reflect another. It’s good to understand that spelling in English is inherently difficult; it’s a skill that some find easy, and others find difficult. We need to be understanding towards ourselves and others when struggling with spelling!

I love exploring all aspects of language—even your pet peeves—and I’d be happy to address any other questions you have! You will remain anonymous.

Just email me at jeanbearfacts@gmail.com

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Graffiti Busters...

by Deby Anderson

Three years ago, I started writing for the Bear Facts. I like to use my own mistakes to help others. I am my own worst critic, and who best to make fun of myself?

Back in the summer of 2023, I wrote about how I got my crazy out when I was in the forest. I still do that, and yes, I'm still crazy, but it seems there is more to it.

Each year it gets more difficult just surviving life. I make lists of lists of lists. Ugh. I wake each morning with a great attitude for getting a ton of stuff done. By noon I need a nap. Double ugh. As my late dad used to say, "Growing old ain't for sissies." Boy, do I understand that now!

The one thing constant is the forest. I can be stressed out about various challenges I'm going through, but if I force myself into the forest, I can get recentered and prioritize my thoughts. I can



become grateful for where I am and what I'm going through.

If you're finding it difficult coping with today's reality, push yourself to do something about it. They tell us we need to have friends as we age. Make new friends if you need to. If you meditate, find a quiet spot and do it! If you hike, find a trail, and if you are conflicted, drive to the picnic area and just sit in your car, away from the world. Can't leave the house? Set up a little spot just for YOU in front of a window. Open the window, look up into the trees. Listen to the birds. I like to hike to the lower part of the waterfall. Even with people there, I find comfort. If there is graffiti, I either paint over it or take note for another time. But when it's time for ME, I try to ignore those distractions and just listen to the water. You will know your "spot" when you find it. I have several. I remember seeing a Facebook post from Heidi Lopez Gutierrez – about having a "sit spot." She tells me that sit spots are a way to build a

special connection with "your little piece of Nature" The intention is to sit daily in your spot to build intimacy. Even if all you have is 5-10 minutes to spare; observe and simply be. With children, it's good to start with the 5 senses. "How many sounds can you hear?" Depending on the age of the child, you can do a different sense each day. The result from this practice is more peace and awe



of the beauty and magic of Mother Nature. It helps you show up in life differently.

Today's world gives us many reasons to be stressed. We need to counterbalance that. My preference is to go to one of my "spots" and get the crazy out and become

centered again. I feel so much better after pushing myself to do things I really would like to put off.

We have "mental health" help right here in our canyon. An attitude of gratitude can easily be found when sitting on a rock next to the creek.



Search & Rescue Pancake Breakfast Is Here!

by Barbara Bristow Dickinson



Come join San Gorgonio Search and Rescue (SAR) Team, July 18th, 2026 for our Pancake Breakfast fundraiser, raffle, and more.

The Breakfast is from 7 am to 11 am at Big Falls Lodge. The Raffle is usually toward the end of the morning.

San Gorgonio SAR has been busy with training and callouts, both in our local mountains and the Falls, as well as mutual aid calls with other county teams (Mt. Baldy, Lytle Creek, and San Jacinto).

We are a rope rescue certified team and practice is an ongoing event. The team has acquired new cutting edge rope gear to ensure best practice in the field.

This year we have 4 new trainees who will attend the Basic Search & Rescue (BSAR) Academy this May. We look forward to having them join our team on missions.

Preventive Search and Rescue (PSAR) is also becoming more frequent. Team members who hike the trails often will answer hikers questions, make suggestions for safer hiking, and encourage people to carry the 10 Essentials. Expect to see us more often as summer comes. We may be in uniform or regular hiking gear with info to distribute and provide aid as needed.

We will have equipment and rope rescue displays at the event. Also, our Team merchandise will be available. Tee Shirts in all sizes will be available and can help support this year.

Come get to know your SAR Team and enjoy breakfast, Saturday July 18th, 2026..

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Gail D. Cox Community Center

Big Falls Lodge

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THANK YOU

Hello from VFCCI!

by Jessica Mendelsohn

Taking delight in this beautiful town we call home, the VFCCI board of directors Michelle, Dee, Andrea, Robyn, Nick, and I are honored to be a part of the Gail D. Cox Community Center. Everyone who has been involved in participating in community events, volunteering at the community center, and showing up for the community deserves a million THANK-YOUs!

A special thank you to Len Peterson for his dedication and role as treasurer for VFCCI; we appreciate the time you gave us.

As the newest member of VFCCI, I am very blessed to be here with my family. I grew up in Yucaipa; in 2025 we found our forever home here in Forest Falls. We enjoy volunteering for the community and church, spending time with family and friends, and will be the first to lend a hand. As we found our new footing in the community we landed with VFCCI. Volunteering at Haunt on the Hill and the Community Thanksgiving Dinner, picking up equipment, and repairing the roof at the lodge, we knew this was where and how we wanted to spend our community time.

Make sure to check out the events calendar. We have several annual fundraising events, community meetings, and weekly/monthly gatherings scheduled. The lodge is available for private events as well. Visit our website for more information: vfcci.org

Frozen Green Thumb Garden Club Annual Plant Sale

JUNE 6th, SATURDAY 9:00 am to 12:00 pm

Big Falls Lodge

by Teresa Stirewalt



It's that time of year again and the plant sale is literally around the corner. We are excited because this year we partnered with Sustainable University of Redlands Farm and experimented with growing a few plants from seeds. It has been successful. Erin

Sanborn from the University of Redlands with her assistant, Jasmine Nunez, will be present at the Sale to answer any questions and to share what the U of R is doing with their farm. You will have the chance to participate in our Raffle. We will also have a variety of vendors present to sell items that go in your garden, and our local coffee vendor. Yes coffee! Come purchase your Latte, grab your baked goodies and browse amongst the many plants for sale. We have plants that

grow in zones 7 through 9 plus annual flowers that add color to your gardens. We will open promptly at 9:00 am, no exception, so get there early because the plants go fast. See you there.



Supper on the Hill at Big Falls Lodge

Community members come together to share a meal and conversation!

You are invited to join us at Big Falls Lodge for dinner and conversation with neighbors & friends: Thursday July 2nd from 5 – 7 pm

We will BBQ hot dogs (including veggie dogs) and serve them with Corn on the Cob.

It would be a delight if you brought a side dish or dessert to share, but it is not required.

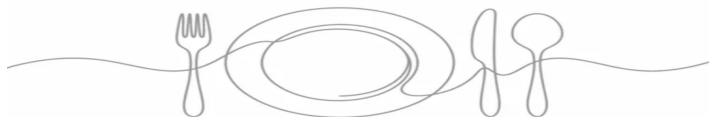
We provide some beverages like lemonade, coffee, and tea.

If you can bring your own place settings, it helps minimize clean-up and costs, but we always have dishes & utensils on hand. Cash donations accepted.

Take the night off from cooking and come dine with us!

Our program works on volunteer manpower. We welcome you to share in the camaraderie of setting up the Lodge and preparing food on Wednesday and Thursday mornings at 10 am. We usually work one to two hours preparing and setting up. Working side by side is a great way to get to know neighbors better. We also welcome manpower assistance with serving and cleaning up on Thursday evening. Come by and develop a friendship with us! We would enjoy getting to know you better!

If you miss this event, come join us on October 1st for our next Supper on the Hill event!





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To Build or Not Build: A Cautionary Tale, Part Two “Almost Addition”

by Terry Hamilton

John had big plans for our 1000 sq. ft. log cabin: living room ceiling vaulted; kitchen expanded with island; new stairs removed from the middle of the cabin; and an 800+ sq. ft. addition in the back. Little did we know how long we would be living in a construction zone, nor how much more expensive things would be in our new Mini Yosemite called “Valley of the Falls,” a subdivision dating from 1925.



Built by Bob C. in 1986, our cabin was the first of the properties that he developed on “The Island.” Our neighbors were quick to tell us that it had the best view of Big Falls, so our forever log cabin named itself “Fallsview.”

Previously, a series of renters had occupied the cabin, so the maintenance of the cabin and gardens was overdue. Several of the tall trees were infested with a bad strain of mistletoe. The arborist we hired recommended removal of one very tall white fir tree, so we hired his crew to remove it and saved the logs for firewood. Unfortunately, during the removal, a very large rope broke. The falling tree dangled over the cabin roof for about 3 minutes, and I almost lost my mind. Thank goodness the tree didn’t crash onto our roof. The wood did burn nicely after being seasoned, cut, and split, and though very expensive, the removal was worth it because we’ve had no mistletoe since.

We knew the roof needed to be replaced, so we found a local guy to do that job with the assistance of a professional roofer. They also installed three new skylights. They did a great job. No leaks, no drama. Finally, we suspected that our septic system from 1986 needed servicing. It did. One more expensive pre-addition task checked off.

At last, we could enjoy the excellent view of Big Falls from our favorite outdoor room, the front deck. Unfortunately, it was sagging and humping up. Portions were unsafe. We considered tearing it off and replacing it with a stone covered concrete veranda. But we saw a really good-looking deck that a neighbor had built on the other end of the Island. He used Ipe, a Brazilian walnut hardwood. It had a fire rating similar to concrete and steel. Better yet, it needed no maintenance (unless one coats it with a UV coating to keep the original color; we wanted it to age to more of a gray/brown). Our super handyman, Rob, rescued us again.

With pre-addition projects complete, we were ready to hire a general contractor and start Phase One Addition: The 800+ sq. ft. addition at the back of the cabin. We would live in the cabin during the building of our new master bedroom, 2.5 bathrooms, office with laundry closet, and most importantly, a new staircase to replace the old clunky one.

We were wrong. San Bernardino County Plan Check EZOP and their geologist had other time consuming and very costly requirements. (To be continued in the Fall ‘26 Bear Facts)

**“Good judgment comes from experience —
and experience comes from
bad judgment.”**

~ Will Rogers

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As summer comes sneaking up on us, the colors along the sides of Route 38 change from blurs of purple mountains to lilac and white elderflower to shades of yellow. There are so many yellow flowers during the summer that to the casual observer, they might all look the same. But pull the car into one of the turnouts and look around. There are easily four or five different ones out there, but I'll tell you my unlikely favorite: telegraph weed (*Heterotheca grandiflora*). Yes, it's a weed, for sure, but my theory is that the more pervasive and resilient a species is, the more potent it is medicinally. Because as silly as this might sound, plants can't get up and run from predators. The best option, if you are a plant, is to secrete noxious chemicals so you don't taste good. And herein lies the medicine.

I like *Heterotheca* because it is so overlooked. This tall, bristly, hairy plant can stand over a meter high and has either lobed or toothed leaves depending on where you find it. But it was named for the flower arrangement, the branching stalk



towards the top, a little like a telegraph pole if you squint. They have the classic disk and ray flowers of the Asteraceae family, always fun to look at up close since each petal and part of the middle cluster is technically its own flower. But okay, why do I think it is cool enough to write about? First, for all you dog and cat lovers out there, the camphor in telegraph weed oils repel fleas. Dry it, grind it up, and sprinkle the not-unpleasant smelling dust about to discourage the little bloodsuckers. Even better, telegraph weed oils make it a fine anti-inflammatory, used topically for



sprains, bruises, and arthritic joints. Oil or rubbing alcohol extracts can be used externally as a liniment. You may have heard of Mexican Arnica (*Heterotheca inuloides*). These two plants are close kin, and you can use telegraph weed very similarly to the way we use Arnica species.

Telegraph weed is so common that we look right past it, and yet this plant ally has always

been here for us. Still, we want to harvest responsibly, taking only what we need and leaving at least 90% of a stand so it will come back next year. This column is for educational purposes only.

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East Mountain Emergency Preparedness Festival Brings Together Neighbors for a Day of Fun & Readiness

by Crystal Ramirez

Last Summer, the East Mountain Emergency Preparedness Festival was a great success, drawing attendees from Angelus Oaks, Forest Falls, Mountain Home Village, and even visitors from as far as Orange County. The festival, organized by the Angelus Oaks Fire Safe Council was filled with excitement, education, and community spirit as families came together to learn more about staying safe and self-sufficient in emergencies.

One of the most talked-about moments was the lively watermelon eating contest, which featured 19 enthusiastic contestants and brought laughter and cheers from the crowd. The Seismic Simulator gave guests a hands-on experience of what a real earthquake feels like, and hourly raffles kept the energy high—culminating in the grand prize: a one-night stay at the Angelus Oaks Lodge.

A variety of vendors offered emergency preparedness essentials such as tactical keychains, solar-powered power banks, camping gear, fire-resistant landscaping plants, and even homegrown produce. Attendees were able to learn about self-sufficiency and

practical preparedness tips. Emergency agencies including CERT, OES, CalFire, Search & Rescue, US Forest Service, and others were on hand to answer questions and provide critical information. Planning is already underway for this year’s festival, set for July 25, 2026. If last year was any indication, it’s sure to be another inspiring and impactful event. We hope to see you there!

EAST MOUNTAIN EMERGENCY PREPAREDNESS FESTIVAL

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Next Submission

DEADLINE: Aug 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

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

Check out current community news at www.mtncare.net

Community Events & Activities Calendar

Angelus Oaks - Forest Falls - Mountain Home Village

Spring 2026 Special Events

What	When	Where	Info
25th Annual Chili Cook-off	Sunday, May 24th	Downtown Forest Falls	11 am – 3 pm For more information please see the flyer on Page 7 of this Summer '26 issue of Bear Facts; on Facebook; and posts in our local post offices.
Annual Garden Club Plant Sale	Saturday, June 6th	Big Falls Lodge	9 am – Noon. The plant sale of the year with all kinds of plants for sale! Come early to purchase spectacular plants including fire resistant plants.
Game Night (featuring Dungeons & Dragons)	Every other Thursday (June 11th, 25th; July 9th, 23th; Aug. 13th, 27th)	Big Falls Lodge	Join us for loads of fun on Game Night from 6:30 to 9:30 pm
Supper on the Hill at Big Falls Lodge	Thursdays: July 2nd; Oct. 1st, & Thanksgiving Day	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.
San Gorgonio Search & Rescue Pancake Breakfast	Saturday, July 18th	Big Falls Lodge	Come join San Gorgonio Search & Rescue (SAR) Team for our Pancake Breakfast fundraiser, raffle, and more. The breakfast is from 7 am to 11am. The Raffle is usually toward the end of the morning.
Angelus Oaks Fire Safe Council Festival	Saturday, July 25th	The Oaks Restaurant Lot in Angelus Oaks	From 10 am to 3 pm -this free, family-friendly event will have vendors Offering emergency supplies, solar-powered tools, and eco-friendly products. There will be fun games throughout the day and also delicious food, entertainment, and giveaways. For more information, please contact Jerrie Crowell at firesafeao@gmail.com

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 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
VFCCI Annual Community Meeting	Saturday, August 1st 10 am to 12 pm	Big Falls Lodge	- Check www.VFCCI.org calendar for events and updates



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Mountain C.A.R.E.

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

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

Mountain Citizens Acting to Restore the Earth

