

The BEAR FACTS

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

Summer 2022 Volume 16 Issue 2

For the Planet

by Diana Anderson

We're all familiar with Sir David Attenborough. For years he's narrated beautiful documentaries about wildlife and planet Earth. Recently, I stumbled across his latest series, *Our Planet*, on Netflix, which like most of his previous series takes the audience on a visually stunning tour of our planet's diverse wildlife. However, this time it also explored the interconnectedness of animals, their ecosystems, and the ways human beings are impacting them.

In 1954, roughly 75% of the planet was still wild, but today only 34% of it still is. This affected me deeply and I spent the next few days overwhelmed with emotions nearly bordering on depression. I couldn't stop obsessing on the things that I had learned and the sheer magnitude of the problem, and I couldn't comprehend what one person could possibly do to fix it. But what I also realized is that I couldn't simply despair and do nothing. While I may not have the resources or the power to solve the problem, I do have the ability to make small changes that will not worsen the problem at the very least.

My plan was to write a quick article on what can be recycled and how to properly recycle it. We've all heard the slogan, Reduce, Reuse and Recycle. I started doing some research on proper recycling which is far more complicated than dropping boxes off on Saturday mornings.

My inspiration to save the planet was diminishing each day. I learned that only 9% of what we "recycle" is actually recycled. There are several factors that play a role in this failed program including, but not limited to, lack of resources, lack of education and false labeling. I am no expert, nor am I recommending that we stop recycling. In fact, I am asking all of you to take the time to examine the products you buy and to recycle properly. The recycling symbol on products has a number code which indicates which type of plastic the material is made of. You



will notice numbers 1 through 7 inside the symbol. The most widely accepted plastics are number 1 and 2.

We need to recycle clean products so that they don't contaminate other recyclables. Rinse and dry products before tossing them into the bin. Recycle household plastics such as laundry soap containers with codes 1 or 2. You can recycle pizza boxes, paper plates and cups, but not if they have grease and food residue left behind. Recycle all of your Amazon boxes and cereal boxes.

Rinse and recycle your soda, beer and sparkling water cans. Don't forget your jars, jugs, bottles, and metal food cans. Most beverages sold in glass, plastic or medical containers are eligible for CRV redemption at recycling centers.

You may be thinking to yourself, "Didn't she just say only 9% actually gets recycled?" This is true, but we can increase that percentage if we recycle properly. I am well aware that proper recycling can be tedious and inconvenient. Try to consider where your plastic bottles go once they're in the trash. Plastic will live far past our lifetime polluting the ocean and the air.

However, there are alternatives to recycling the plastics we use on a daily basis. Many products we toss in the trash can be reused. Use your empty plastic food containers for leftovers. Donate all those plastic happy meal toys your

continued on page 2

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

by Debi Welch



Hello Friends and Neighbors! We would like to take a moment and thank everyone who participated in Canyon Clean Up. From the volunteers right down to the graffiti busters! We hope you all took advantage of this useful service we offer every year. It was a successful and wonderful event, followed up by chipper days. As always thank you

Tom McIntosh for facilitating the chipper twice a year for us!

As you drive down highway 38 just below mile marker 11 (right below Thurman Flats) on the north side of the road, there is a rather large rock out cropping on the side of the hill that looks just like a thumb. One of the oh so cool features of our incredible Canyon. This is known as Thumb Rock. When we first moved here in 1979, a local told us about thumb rock, he said whenever you drive by, give it a thumbs up and make a wish. Over the years we've made many many wishes on that thumb. Next time you drive by don't forget to raise a thumb in honor of thumb rock!

Over the years I've been asked if the drive up and down the hill bothers me, (I wasn't always so lucky as to work on the mountain) and the answer is emphatically NO! Some days I go up and down the hill 3 times. When you have active kids you make concessions. That drive allows me to formulate my day and spend a little non cell phone time with my family. I learned early on, in the car you've got a captive audience! I enjoy the drive and love the changing scenery as the seasons pass. I love this beautiful place we are so blessed to call home.



With Summer coming I'd like to encourage you to look up! For the next few months our view of the night sky will be fabulous. There are many different meteor showers and celestial events throughout the coming months. We like to count satellites and shooting stars/meteors with the naked eye. Its a fun, free, safe event that only requires yourself and maybe a blanket. But my favorite event will be here from July 14, through September 1st, The Perseid Meteor showers. The free app, Night Sky, helps identify constellations, stars, planets etc. So Look Up!

Lastly, I'd like to mention, there are many organizations in our 3 communities that rely on the goodness and help of volunteers. If you find yourself with a little free time, we could use your energy and ideas. Part of what makes the mountain so special is that we know what community means and do our best to support it! It really does take a village!

Well that's all for now folks, Hope to see you all at the Mountain Jamboree fundraiser on July 3rd @ The Bg Falls Lodge!

For the Planet

(continued from page 1)



kids are no longer using. Reuse your plastic grocery bags if you haven't purchased reusables. There has been so much focus spent on Recycling that we've let Reducing take the back burner. The absolute best way to deal with this global problem is to reduce our consumption.

“A nation that destroys its soil, destroys itself. Forests are the lungs of our land, purifying the air and giving strength to the people.”

~ Franklin D Roosevelt

Living a more sustainable life will not be a smooth transition. Single use plastic products make our lives more convenient which is why it's so profitable and so alluring. We must consider the consequences to a more convenient life. Making simple changes cannot only save the planet, but it will save you money in the long run. Pick up some reusable vegetable bags instead of using the bags your grocery store provides. Grab a plant based bar of soap that can replace your bottle of body wash. Use hand towels instead of paper towels to clean up spills. Grab the whole family reusable water bottles. Choose glass over plastic. Think of all the money you spend on zip lock baggies every year. Buy silicone reusable baggies that keep food fresher for longer. Try to implement new things every week. Developing new habits takes time, but we owe it to the beauty that surrounds us. Our lives are full of responsibilities and daunting tasks that can seem relentless at times.

Let's face it, the chaos of daily living can weigh on the soul. Yet our communities are fortunate enough to take in all that nature has to offer. We feed our souls every morning when the sun peeks over the mountain. The beautifully painted skies quiet our minds. We get lost in a moment we share with a wild animal. A sky full of stars can leave us speechless and feeling humble. We have embraced the magnificence of our forests and we have seen their power. We have also seen the damage that is being done.

Please be kind to our planet.

Summer Planting Ideas

by Frozen Green Thumb Garden Club

I'm so happy our winter weather is gone. Now we are in our Spring season and you are probably getting Tulips, Daffodils, Narcissus, etc. popping up. Summer is coming up and for years drought conditions have gotten worse. Every year we get less water from rain or snow in our mountains. Everyone wants a nice garden but with using the least amount of water possible.

All plants need water to survive, but some can also do well without frequent irrigation! Here are some of the Best Drought Tolerant Plants! I found these flowers and plants suggestions. I am hoping this information helps you and you can have a wonderful garden, especially to all the new residents here in Forest Falls. I wish you all a happy Summer and we'll see you at our Annual Plant Sale on June 18, 2022, from 9 am - 1 pm!

Agave, Botanical Name: Agave, USDA Zones: 5-11

Agaves store water in their thick foliage, and this makes them live without it for long. Landscapers often grow them due to the low maintenance nature and unusual shape of their foliage too!

Sedum, Botanical Name: Sedum, USDA Zones: 7-11

Known for its resistance to drought and low maintenance nature, sedum genus plants grow in all soil types and prefer plenty of light.

Moss Rose, : Portulaca grandiflora Zones: 3-11

Moss rose is a drought-tolerant flowering plant that thrives in dry, poor soil. Due to its thick succulent leaves, it can survive for a long time without water. It can't tolerate frost, and you can only grow it as an annual unless you live in warm climates.

Blanket flower, Botanical Name: Gaillardia, USDA Zones: 3-10

The blanket flower has no special needs. Anyone without a green thumb can make it bloom prolifically. All it really wants is a sunny spot and occasional watering spells.

Wallflower, Botanical Name: Erysimum USDA Zones: 6-9

Known for their beautiful colors and sweet fragrance, wallflowers are short-lived perennials and require occasional watering. Flowers appear in spring and summer in clusters.

Rock Soapwort Botanical Name: Saponaria ocymoides, Zones: 3-8

Grow this plant if you're searching for one that thrives on neglect, needs no fertilizer, does well in poor soil & drought-like conditions.

Sage, Botanical Name: Salvia officinalis, USDA Zones: 5-10

This drought-resistant herb is famous for its aromatic flavor. Sage has low watering requirements, and overwatering can kill the plant quickly. It comes has a variety of colorful flowers.

Lavender, Botanical Name: Lavandula, USDA Zones: 5-9

This unmistakable flowering herb is easy to grow and is quite drought tolerant. You can also plant it in the pot to enjoy its refreshing fragrance!

Rock Daisy, Botanical Name: Perityle, USDA Zones: 5-11

It is most suitable for rock gardens. These flowering plants thrive well in neglect and lack of water.

Red Valerian, Botanical Name: Centranthus ruber, Zones: 5-8

This drought-tolerant plant has fragrant clusters of flowers that appear from late spring and complements its blue-green foliage.

California Poppy : Eschscholzia californica, Zones: 7-11

California Poppy is a fast-growing, drought-tolerant annual that thrives well in full sun and can also handle partial shade. Grow this plant in well-draining, sandy-loamy soil.

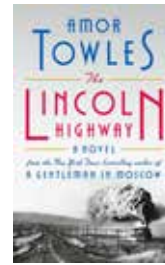
Considering Books

by Katherine Thomerson Bird

THE LINCOLN HIGHWAY by Amor Towles

Evening and the flat land,
Rich and somber and always silent,
The miles of fresh-plowed soil,
The growing wheat, the growing weeds,
The toiling horses, the tired men;
The long empty roads,
Sullen fires of sunset, fading,
The Eternal, unresponsive sky.

Against all this, Youth..... Oh Pioneers by Willa Cather



“The Lincoln Highway is a youthful joyride... a great American Road Novel.” NPR

Three eighteen year old boys who met in a juvenile reformatory and a very brainy eight year old set out from Nebraska on June 12th, 1954, in an old Studebaker pursuing a better life. Hitch-Hike this book and the reader will be pulled to the very end – 576 pages – bleeding with surprises unexpected. This is a midnight book; read until the candles burn out and get a flashlight for the twilight of morning!

Towle's novel follows the Lincoln Highway (a map in the book shows the way his characters traveled on this historical roadway). His characters' journey crafted from genius folklore, myth and history. Emmet Watson gets released a little early from the reformatory because of his father's death, the foreclosure of the family farm in Nebraska and to care for his 8 year old brother, Billy. Mom has long left the farm and her boys, moving to California, disappearing. Sally, Emmet's neighbor's daughter, has been taking care of Billy. She is also a heroine in this story.

The kind Warden who drives Emmet home from the Kansas Reformatory tells Emmet, “What sent you to Kansas was the ugly side of chance, but now you've paid your debt to society and have your whole life ahead of you.” The journey begins,

Two of Emmett's inmate friends escaped and stowed-away in the trunk of the Warden's car. They show up in the barn at the farm. Trouble-maker Duchess brings conniving, treachery and a difficult childhood history. Wallace, Woolley, Wolcott Martin seems a big side-whacked but knows where hidden money is from his grandfather. These four adventurers (Billy included) take on the Lincoln Highway to New York and the Andirondacks with twists and turns in the road that are unexpected and endearing. The reader will shake the book in disbelief and then can't wait to read on. Towles hides well the reasons for incarcerations for these boys and then unveils, slowly, the reasons, like opening a surprise gift. This is a page turner.

Towles introduces the reader to Ulysses, a train hopper with his own heroism, Professor Abernathy (surprise), Pastor John (surprise), all contributing to the mythic, folkloric journey of Lincoln Highway.

One critic writes: “There is so much to enjoy in this generous novel packed with fantastic characters, male and female, black and white, rich and poor, and filled with digressions, magic, tricks, sorry sagas and messiness...”

The book overwhelmed me and then at the very surprising end, I wanted to read the 576 pages again!!!

Canyon Clean-Up 2022 Success

by Terry Hamilton and John Stephen Ruble



Residents and Volunteers Getting Busy!

A Big Thank You to all Canyon Clean-up Volunteers! Sponsored by Mountain CARE.

This may have been the largest group ever to clean up our communities of Forest Falls, Mountain Home Village, and Angelus Oaks. All collection sites were completely full well before noon.

The Cinder Pile Lot aka 'Big Horn Flats' collection site was led by John Ruble. Len Peterson and Ted Hirscher directed traffic and assisted loading of the large forty-yard Burrtec bins. San Bernardino County paid for the bins. David Dickenson filled up a trailer and his pick-up truck with metal recycling. The regular

Burrtec recycling truck was there to accept bottles, cans and other recycling items.

At the Big Falls Lodge Community Center, general trash was collected. Matt Bottenberg was the lead volunteer with lots of assistance from Micha Kiter and Diana Wells.

At Fallsvale School, e-Waste was collected for recycling. Jan Skinner Horton led this center and Joseph and Jenny Lierl were excellent assistants. They filled their collection bins quickly. Our recycling company drove up and removed all the bins the following Monday.

Carol Burgess led the trash bin at Mountain Home Village. She did a great job. Pretty convenient since she lives across the street from the bin. Andrew & Kiley Coleman, from Mountain Home Village, assisted those dropping off regular trash.

Graffiti removal was led by Nicole Adams and Deby Anderson. Their team was, Lonnie and Sherri Richardson, Jan Hanley, David

Barnsch, Alex Studd, Bailey Franzen, Jose Franzen, Renata Campbell, Mari Hurtado, Jamy Gray, Lauren Wooster, and Travis Reilly. David and Alex moved to Forest Falls two weeks ago. Sherri and Lonnie did a huge rock in the creek on way to Big Falls. Renata painted concrete near the bin. Deby painted the storage bin. David and Alex also worked at



Big Bin at MHV



Loader at Big Horn Flats (previously the Cinder Pile)



E-Waste at Fallsvale



Thanks to
ACE Hardware Yucaipa
for their support and donations for this event.



Remember:



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

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

Big Falls, below the end of the trail.

Debi Welch and Terry Hamilton drove between all the collection stations to make sure that all was well and to trouble shoot any glitches. Treefaire allowed us to use one of her pallets to replace one that was stolen at the e-waste collection center.

Misha Boyarski drove the Station 99 skip loader to the large trash containers and compacted them down for more capacity.

Thank you all for volunteering and thanks to all who made this year's Canyon Clean-Up a huge success.

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On Being Prepared

by Paul Tetreault, Mill Creek Canyon C.E.R.T.



First things first, CONGRATULATIONS to the recent graduates of the Basic CERT training course that was offered in April / May! These folks were learning responder techniques including Fire Suppression (hands-on Fire extinguisher practice), Light Search and Rescue techniques including using the right tools to lift heavy objects and safely removing victims from dangerous buildings, Splinting and disaster medical techniques, leadership skills, State and County Disaster communication protocols and more! Thank you so much for all time and effort put to accomplish this course of training!



Hands-On Fire Training

of fact, it has been so long since we have been allowed to hold courses that everyone in our program (and probably most other CERT programs statewide) have had their credentials expire. Not wanting to sit on our laurels, the Mill Creek Canyon CERT program leaders, Frank, Dan, Thom, & Paul, just started putting a new course together without waiting for some official green-light. As it turns out, the county was actually quite happy for this initiative and gave us their blessing. San Bernardino County still has a lot to do to get the ball rolling but, suffice to say, we're back in business. It would be safe to say that we are in a rebuilding phase with our team, and I would encourage any and all former CERT team members to consider retaking the Basic as soon as you can, as we begin to offer more courses. The newest grads from our recent course have a great energy and I feel the future of our program looks strong! All new residents should make time in the next year or so to take this 21 hour FREE training course, which undoubtedly, eventually save lives! Since we don't have the next course on the calendar yet, If you'd like to sign up on our waiting list, we will contact you as soon as it gets scheduled.

Since the pandemic was identified, the county and even the state have put the redlight on any training that, we as a team have been able to offer. As a matter



Rescue done right

It's Not If, ...But When...

For those who have already taken the Basic course and want to review or perhaps those who have started the course but did not finish, check the Mill Creek Canyon CERT page on Facebook, <https://www.facebook.com/groups/MillCreekCanyonCERT/> for more training opportunities. For more ideas on being prepared, check out the C.E.R.T Website: <http://www.fema.gov/community-emergency-response-teams>

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Frozen Green Thumb Garden Club
Plant Sale
June 18, 2022, 9 am - 1 pm
at Big Falls Lodge & Community Center
Plants galore, Raffle, Plant Experts,
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Community Events & Activities Calendar

Angelus Oaks - Forest Falls - Mountain Home Village

Summer 2022 Special Events

| When | What | Where | What else? |
|--------|--|------------------------------------|---|
| Jun 5 | Lifestream blood drive | Big Falls Lodge | Blood drives are from noon til 5 PM in the Bloodmobile. Links to sign up will be posted on FB as each drive gets closer. Thank you! |
| Jun 18 | Gardens of the Heart Plant Sale | Big Falls Lodge | The Frozen Green Thumb Garden Club's Annual Plant Sale., Bake Sale & Raffle from 9am-1pm |
| July 2 | Search & Rescue Pancake Breakfast | Big Falls Lodge | Come support your local SAR team at this fundraiser from 7-11 am Yummy Breakfast Food, Raffle and SAR supporter shirts. |
| July 3 | Mountain Jamboree | Big Falls Lodge | 1-7 pm, LIVE MUSIC, Food, Craft Fair, Kids Games, tons of fun |
| Aug 6 | Early Warning Show in AO | in front of the Angelus Oaks Lodge | Awesome rock cover band "Early Warning" performs a FREE show in the early evening (start time TBA) bring your own chairs! |
| Aug 7 | Lifestream blood drive | Big Falls Lodge | Blood drives are from noon til 5 PM in the Bloodmobile. Links to sign up will be posted on FB as each drive gets closer. Thank you! |
| Sep 3 | Fire Fighter Dinner | Big Falls Lodge | Saturday of Labor Day Weekend, from 5:00- 8:00 pm Chicken \$8, or Steak \$10, kids \$6, and everybody gets Ice Cream! |

Regularly Scheduled Events

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



Valley of the Falls Community Church

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

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

Thom Wellman, Pastor
Dr. Paul Reed, Teaching Pastor

(909) 794-3189

40262 Valley of the Falls Drive, Forest Falls, CA 92339

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Search & Rescue Pancake Breakfast Returns!

by Barbara Bristow Dickinson

Come join San Gorgonio Search and Rescue Team, July 2, 2022 for our Pancake Breakfast, fundraiser, raffle and more. The Breakfast is from 7 AM to 11AM 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, and mutual aid calls with other county teams (Mt. Baldy, Lytle Creek, and other locations).



We are a rope rescue certified team and practice is an ongoing event. The team will have its re-cert on June 25. The current 8 new trainees will complete BSAR (Basic Search and Rescue classes) in May and June.

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, 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. Possibly a brand new T-Shirt for this year! Get to know your SAR Team and enjoy breakfast, the first Saturday of July (7/ 2,2022)

Valley of the Falls Community Center News

Breaking News

We've had our first Big Foot sighting in Forest Falls!! Late one evening, April 25th, Dee Konczal was walking her cat along Rainbow Lane when she heard a rustling sound to her right. Dee glanced over just in time to see a pair of enormous eyes peering from behind a large cedar. Her cat started growling and the giant man-beast snorted, turned and ran down the creek and out of sight. The members of the Board have decided to post a reward for the next sighting so that we can better understand this latest member of our community. If you are the next person to see this beast somewhere in our town, please capture it and bring it to 9519 Redwood drive to claim your gift basket reward. We'll do this each quarter so be the first to find it. He'll be somewhere in the downtown area!



Slogan Contest: Ok, for all you creative residents that want to contribute to our fun atmosphere we have a contest to enter. Try to capture the excitement and sentiment of our mountain culture and write it down in the form of a slogan. Submit your best effort to 4300df@gmail.com and wait for the next publication to see the winning entry. We'll make a pine plaque with your inspirational words and post it in town. You'll have the bragging rights for years to come. Good luck. (Examples of Slogans: The mountains, no better place to recharge; Keeping Close To Natures Heart; Hike more, worry less, etc) Sponsored by Big Falls Lodge

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

You've got questions,

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www.MountainHomeVillage.info

www.ForestFalls.info

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for your next event...



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Search & Rescue Breakfast, The Haunt on the Hill, Movie Night,
Canyon Clean-Up, Weddings, Memorials, Birthday Parties ...
- How many of these have YOU attended?**

www.VFCCi.org

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Hello fellow mountaineers! It's been a busy spring around the Forest Falls and we're planning some exciting events at the Big Falls Lodge. As the pandemic eases up and the weather warms, it's time to be reminded that we are a fun-loving community of adventurers, content retirees and social maniacs! We have some new board members at VFCCi, and a lot of new homeowners so we want to set the tone for a great summer.

Big Falls Lodge now Open for your next event! Rental prices and information for Big Falls Lodge can be found at VFCCi.org or by simply calling 909-794-0885. If you have ideas or suggestions for a great use of the building or fundraising, reach out – we'd love to hear from you!

The date has been set for this year's Mountain Jamboree. If your new to our village the Jamboree features live music, crafts from local artisans, vendor booths, games, food, and much, much more. The date is Sunday, July 3rd. 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

Currently the community has two donation opportunities. It's tax deductible, and the mountain spirit will bless your family for years to come. First, you may not know, but recently our community purchased the parking lot next to our community center. We are currently looking for donations to pay off our balance so we can maximize any income derived from events. The second project is a much-needed repairs of the commercial kitchen. We host many events throughout the year and most require a kitchen. Modernizing our aging cocina will add value to these events. We would like to invite you to make a donation to support VFCCi and Big Falls Lodge. Just go to www.VFCCi.org and look for the Pay-Pal link.

Children's Programs for the lodge: Part of our charter is to include programs for the youth here in Forest Falls. This quarter we'd like to ask the community to send over youth program ideas that you'd like to have at the lodge. Some of the ideas we're kicking around are craft nights, computer labs, gaming nights, etc. Especially, but not limited to summer activities. Please send over your youth oriented ideas to 4300df@gmail.com.

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

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

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

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.

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The Bear Facts - Release Dates
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 |

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



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Golden Eagle near Hwy 38 - photo David Russell

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Did You Know? - So Many Local Groups

by Paul Tetreault



Facebook has become a regular form of communication in most of society these days. Whether you like it or not, Facebook is here and has become a go-to method of communication rivaling texting and phone calls. All these methods have their strengths and weaknesses. Our three mountain communities rely heavily on info gathered and disseminated in these groups. However, do you have any idea how many different groups we have here in these small towns? I have included some Redlands and Yucaipa groups because they seem relevant to our shopping and life activities, but consider that this list is A) not complete and B) doesn't include Big Bear, or So Cal in general. You probably already know about Forest Falls, California, Angelus Oaks Community and Mountain Home Village

Community but did you know about all the rest of these Facebook groups? (this doesn't include many private groups or "Pages")

- Angelus Oaks Community
- Angelus Oaks - Buy, Sell, Trade, And Freebies
- Forest Falls, CA
- FF folks
- Forest Falls Community Cares
- Forest Falls Buy, Sell, and Trade
- Forest Falls Work Wanted/Work Needed
- Forest Falls Borrowers/Lenders
- Forest Falls Information
- Protect Forest Falls Water
- Forest Falls LOST & FOUND PETS
- Forest Falls Welcome Center
- Forest Falls -Angelus Oaks Real Estate
- We Love Forest Falls, California
- You know your from Forest Falls if?
- Forest Falls Discussions
- Forest Falls California Discussions
- Big Pine Tract Folks of Forest Falls
- Great Forest Falls Neighbors
- Women Living Solo in in Forest Falls
- Forest Falls Rants
- I Lived in Forest Falls before 1980
- Frozen Green Thumb Garden Club
- Forest Falls Youth Community Service Group
- History of the south San Bernardino Mountains
- Mountain Artisans - Sell Your Art & Crafts
- Mountain Home Village Community
- Hwy 38 Mountain Communities
- Redlands Area Buy-Sell-Trade Commune
- Redlands Buzz & Local Area News Group
- Redlands Buy Sell Trade
- Inland Empire Buy/Sell/Trade
- Yucaipa Bulletin
- Yucaipa Bulletin Rejects
- Yucaipa-Buy-Sell-Trade 1.0
- Yucaipa Buy Sell Trade 2.0
- Bear Smart in Forest Falls
- Camp Big Falls
- Forest Falls Firewood Sales
- Forest Falls Frozen Bookworms
- Forest Falls Hiking
- Forest Falls Pets and Fun
- Forest Falls Photography
- Forest Falls Pool
- Haiku Poets of Forest Falls
- Mill Creek Canyon CERT
- Mill Creek Canyon RADO Group
- Music Night FF
- FF Chain Gang
- etc.

You're going to have to go to Facebook itself to find out who amongst us are in these groups, some are more active than others. Some have many folks who don't reside here but love our community, (relatives, prior residents) but suffice to say, there are way more than most of us thought.

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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.



by Veronica Hampton

Chances are you have seen a dog running loose or seen people posting on our town Facebook page about a dog lost, a dog found or a dog seen. In our small community, we know our local dogs and will contact their owner or put them back in their yard. But then there are the dogs we don't know. Dogs who may have gotten away from a person up visiting for the day or, sadly, dogs who have been deliberately dumped. It's bad enough to see a stray in the city, but a stray on our mountains doesn't have a chance of survival unless we intervene. There is the weather, the speeding cars, the wildlife or getting turned around in the wilderness and not finding their way back to civilization.

If you have lived on our mountain even a brief period of time, I'm sure you have seen how amazing our community is at rallying together to save an animal in need. It's pretty inspiring. It was in this spirit of comradery that a new local nonprofit was formed: Southpaw Rescue.



We are a 501(c)(3) dog rescue, focused on San Bernardino and its Mountain Communities, dedicated to partnering with other likeminded organizations and individuals to rescue animals in need, providing foster homes and medical care before ultimately finding them the right forever home.

Having a 501(c)(3) animal rescue on the mountain opens up our community to resources we don't have as individuals. One of those resources is a grant from Petco Love Foundation to bring 300 vaccines to our community dogs and cats for free. These vaccines help protect our local fur babies from contagious diseases like parvovirus and distemper. Not only can distemper be deadly for our domestic animals, but the disease has also spread from domestic animals to wildlife, with devastating effects.



In the last year, distemper's spread quickly through San Bernardino

County, reaching as far as Irvine in Orange County, as they routinely pull dogs from our county's shelters for their "third chance" program. Southpaw Rescue has lost one dog to the disease. We don't want this on our mountain. The way to prevent it is by getting the DAPPv vaccine for dogs and the HCP vaccine for cats. You can sign up for Southpaw Rescue's free vaccination clinic, sponsored by Petco, being held June 12th from 8am to 1pm at the Forest Falls Community Center. Sign up at www.southpawrescue.com.

Southpaw Rescue is here to help our community. If you see a stray dog, don't chase them. Instead, get low, speak in a soft voice and offer him or her treats to gain trust. Once caught, Southpaw Rescue can come scan the animal for a microchip. If you love animals and want to help, we could always use it! Check out our volunteer page at <https://www.southpawrescue.com/volunteer>



NEIGHBORS HELPING NEIGHBORS

Mountain Communities Food Pantry

THANK YOU FOR YOUR SUPPORT AND DONATIONS.

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

We are here for anyone who needs a helping hand.

You can call any of us & we will be happy to meet you at the Pantry (Forest Falls Community Church)

Renata (408)-410-7510

Dee (909) 794-0885

Michelle (909) 794-3135

We look forward to serving you.

Warmly,

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To all residents of:

Angelus Oaks, Mountain Home Village & Forest Falls

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

The Mountain C.A.R.E volunteer staff gets excited every time the Bear Facts goes out to our three mountain communities, and to our canyon property owners who live elsewhere. Perhaps you would like to help with the newsletter's production.

Would you like to subscribe? Our valuable subscribers are folks who support The Bear Facts with a \$15.00 donation once a year. Our volunteer's names are on the front of this Bear Facts issue. We all are accessible. If you have an article or calendar entry for The Bear Facts, contact Paul Tetreault bearfactseditor@gmail.com.

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Night Rescuer putting it on the line (Photo by David Russell)

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| Paper Towel | - 2-4 weeks | Cigarette Butts | - 10-12 years |
| Banana Peel | - 3-4 weeks | Leather shoes | - 25-40 years |
| Paper Bag | - 1 month | Tinned Steel Can | - 50 years |
| Newspaper | - 1.5 months | Foamed Plastic Cups | - 50 years |
| Apple Core | - 2 months | Rubber-Boot Sole | - 50-80 years |
| Cardboard | - 2 months | Plastic containers | - 50-80 years |
| Cotton Glove | - 3 months | Aluminum Can | - 200-500 yrs |
| Orange peels | - 6 months | Plastic Bottles | - 450 years |
| Plywood | - 1-3 years | Disposable Diapers | - 550 years |
| Wool Sock | - 1-5 years | Monofilament Fishing Line | - 600 years |
| Milk Cartons | - 5 years | Plastic Bags | - 200-1000 yrs |

This will create awareness amongst people that this is also one of the reasons related to Global Green House Effect. Thank you for Sharing. **CHANGE EVERYTHING**

Some Helpful Phone Numbers

| | | |
|---------------------|--------------|-------------------------|
| CA Highway Patrol | 800-427-7623 | 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 |
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| Forest Service USFS | 909-382-2682 | Forest service property |



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Summer 2022 Volume 16 Issue Number 2



Mountain Citizens Acting to Restore the Earth

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

Our vision is to:

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

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

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

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

(please make checks payable to Mountain C.A.R.E. or contact us through www.MtnCAR.E.com)

