

The BEAR FACTS

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

Winter 2023 Volume 17 Issue 4

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

by Debi Welch

Hello Friends and Neighbors! Fall is upon us and we are rapidly heading towards the holidays. It's my favorite time of year on the mountain, Maybe we will have a White Christmas?

Are you ready for Winter? Hopefully you've already gotten wood, stacked and covered it, Remembered to pull your drip lines, timers and hoses. Before you know it the ground could be covered in that white cold stuff...BRRR There are many fun events to attend and ways to participate this holiday season, below are just a few suggestions.



Station #99 FireFighters Annual Parade. We are really looking forward to the Firefighter Parade on Saturday December 2nd starting their route at 6PM. As always we will have the real estate office open serving hot cocoa downtown for kids and grownups. When Santa and his Elves stop you



will have an opportunity to get some great photos. The truck usually stops for about 15 minutes in downtown so Santa and his elves have a chance to get off the firetruck. Please come down with your cameras this is a great opportunity for some good holiday photos!

Fallsvale School is having their annual store in which the children are allowed to bring money and purchase gifts for their families. This is a worthy cause as it empowers the children and teaches them to budget as well. Their wish list is: socks, keychains, water bottles, hand tools, kitchen gadgets, picture frames, homemade crafts, jewelry, chapstick, lotions, scarfs, gloves, candles and other fun inexpensive things that make sense. Breakfast with Santa has changed venues this year it will be at The Oaks Restaurant in A.O. the highway closure has been hard on them so this supports not only our school but our neighbors in Angelus Oaks as well. It's low commitment just show up, Saturday Dec. 9 from 8-11am.

Of course please don't forget our Firefighters and The Spark Of Love Toy drive. There is a box at The Elkhorn General Store. They accept toys, but also gifts for bigger kids all the way up to 18. If you want to donate hats, scarves, sweats, and other things for mountain living they would be gladly accepted as the folks on the list aren't all children. In addition to the Firefighters, both the Seventh Day Adventist and Valley of the Falls Community Church, support this event making sure each needy family gets a gift card for a holiday meal as well. We collect up to the 17th so they can be distributed by the firefighters the week before Christmas.

Please remember we all love living here and the best way to have a good neighbor is to be one, if you see your neighbor struggling with something reach out!

Don't forget about the webcams, they can be accessed at: www.mtnicare.net, if your worried its snowing at home or about weather conditions it provides peace of mind!

Merry Christmas and Happy New Years Friends, we hear there is a slim chance there may be a New Years Eve Party at The Gail D Cox Big Falls Lodge, so keep your ears open, its a great way to stay safe and sane on the mountain and support one of our local non profits!



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August 25, 2023

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How to log on:

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- 6). To go to the Mountain C.A.R.E. Home page just click the home tab in the top bar.
- 7). Or close out your session by clicking on the X in the upper right hand corner.

Some Helpful Phone Numbers

Angelus Oaks Firehouse	909-794-3227	Non-Emergency, AO leave a message.
CA Highway Patrol	909-383-4247	for Road Conditions
Code Enforcement	909-387-4044	Illegal Dumping
Building & Safety	909-387-4244	Building Codes
So Cal Edison	800-655-4555	Customer Service
FF Firehouse	909-794-4413	Non-Emergency
Fish & Wildlife	909-484-0167	for Bear & Lion Issues
Forest Service USFS	909-382-2600	Forest service property

From the Editor, by Marianne Bellettini It Takes A Village



Young or old the saying “It takes a village to raise a child” never outgrows time.

Did you know it takes Three villages, Mountain Home, Forest Falls and Angelus Oaks to make the quarterly Bear Facts a reality?

These villages, (the unincorporated communities of San Bernardino County), have volunteers who generously give their

time to ensure the quarterly newsletter is ready for arrival to all residents who belong to each of these communities.

As the new editor since last Summer’s edition, I want to say thank you, to all who have given their time to this newsletter. I also want to say thank you to those who place Ads within this newsletter. Without all of you this could not be possible to accomplish.

I am grateful to have found my village in 2000. Living in one of the beautiful mountain communities, Angelus Oaks, (AO), Forest Falls, (FF), and Mountain Home Village, (MHV), has truly been gift, which I have learned to appreciate more and more through the years of being a community resident.

As the winter months begin, holiday festivals become abundant. Fall colors are starting and will be in full bloom during November, sometimes even into December. Mother nature is ready to show up with her snow filled blanketing to change the scenery. Who could not want to live in one of these communities, (villages)!

Those who have been here for the journey know that living in each of these communities comes with pure joy and sadness. We have learned to strengthen ourselves, to help raise those new to the communities, to never let go of the beauty



and respect which comes with living among nature. To always learn from our past and move forward, with a new enlightenment to strengthen our community. To those who we have lost, to those who are new, to new beginnings and endings, may the winter months bring renewal and strength and love!

The Village

Oh, what a magnificent land
Filled with beauty and awe.
From the magnificent blue of the sky high above.
Mountain peaks covered with white snow and green fir.
I look out at this beauty, this awe, that surrounds me.
The birds and animals that inhabit our land.
I watch them soar, scurry and gather their feast.
Awake at dawn I watch the sun rise.
At dusk to see the sun set.
With each morning and evening a rhythm is achieved.
I am in awe of this splendor, this beauty I see.
I call the magnificence of the village my home.

mb 11/3/2023

MOUNTAIN C.A.R.E. NEEDS YOUR SUPPORT



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Garden Club - Herbs in Winter

by Romina La Berteaux, Frozen Green Thumb Garden Club



Who doesn't want a nice homemade spaghetti sauce with fresh oregano or thyme. Or a yummy fish dish with rosemary with a nice warm mint tea with herbs from the garden. In my case, I love them all!

Usually, I have oregano and chives in my herb garden. Chives and some green onions won't die with the snow; check the temperatures for your plant variety. I plant them in pots, so it is easy to keep inside during winter. If you have herbs growing in the summer, you can keep them alive in wintertime.

Here are my tips for winter care:

- How can you keep them alive?
- What herbs can I grow indoors during the winter months?

Many herbs can be successfully grown indoors. Basil, cilantro parsley, chervil, rosemary, bay laurel, mint, chives, oregano, thyme, sage, and lemongrass are best for indoor planters. Light is often the most limiting factor when growing herbs indoors.

Relocate your herbs indoors when the temperature begins to drop. With a little preparation, many of your herbs can be rehoused inside for the winter.

- How cold is too cold for potted herbs?

Keep herbs in rooms that have at least 65 - 70° during the day and 55 to 60° during the night. Although most herbs can survive temperatures that are in the mid to low 40's, others cannot. For example, Basil, (Ocimum basilicum), cannot survive temperatures lower than 50°.



The best herbs you can keep indoors would be Rosemary, Thyme, Sage, Basil, Parsley, Oregano, Chives and Mint.

- How do you take care of perennial herbs in the winter?
Stop fertilizing your plants by the end of August. Fertilizing encourages new shoot growth.
- What is the best side of your home for herbs?

Light is the key to any indoor herb garden. South-facing windows are the best, but not necessary. Skylights, and well-exposed west, east, and north facing windows can give enough sun. You should have 4 - 6 hours of sunlight for herbs to be happy.

- Weed out pots by October.
- Bring inside before first hard frost (down to 28° F)
- Insulate
- Slow down watering schedule

In conclusion, if your herb garden was great in summer, winter doesn't mean an end to it. It's easy to bring your favorite herbs indoors and keep them going year to year.

Enjoy your delicious, fresh herbs in wintertime and summertime!

Considering Books

by Katherine Bird

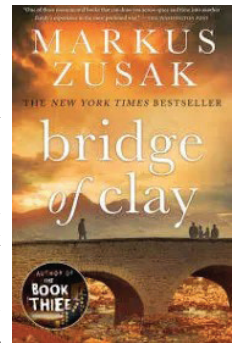
BRIDGE OF CLAY: by Marcus Zusac



Hello Readers! Heard Forest Falls had a little flurry of snow! Fortville Indiana flurried last evening at 25 degrees while the little tricker treaters were ringing doorbells. So Winter is the time to sit by the fire, nice and cozy and read a book you can't put down. This was my

experience with Bridge of Clay. You may recognize this author who wrote BOOK THIEF which was made into a beautiful and powerful movie. I describe this book the same way.

Zusac's skill at writing is without a doubt poetic, offers insights into life, and tugs at the heartstrings for various situations. The book references classical literature of the Odyssey and the Illiad. The journey of five brothers, the Dunbar boys and their father, who was called "The Murderer" by his sons, were all on journeys, taking them through many trials tragedies and joy. Matthew, the oldest brother, explains why it is important to write this memoir. "Let me tell you about our brother Clay...we were all of us changed through him." and they were, even the Murderer.



The book is filled with foreshadowing, which gives hints about both the past and the future. The narrator slips back and forth between time frames, but the reader is not confused, just excited to find out what happens to those brothers and how differently they all grieve loss; Clay is a runner and runs to punish himself, Rory quits school and gets into trouble, Henry maintains his uncertain sanity, Tommy (the youngest) pours his love and heartache into animals, which is why there is a Donkey called Achilles in the kitchen. Their mother is dying and the intensity of the novel moves with the intensity of the heart.

Equally intense is the love affair between Clay and Carey. She trains and races horses near the tracks where Clay runs so fiercely. These scenes remind the reader of Romeo and Juliet. (There is a roof scene other than the balcony). Publisher's Weekly commented that "Zusak builds tension skillfully by his use of foreshadowing and symbolism, which exposes the secrets of the story. (and there are many). Keep your eye on the "peg" Clay carries all the time. We know it as a clothespin.

The situations the characters experienced evokes strong emotions. Matthew, Clay and the Murderer fell into a depth of life-shattering, life-paralyzing grief. Maybe the author wished readers to recognize that men can experience deep, life-altering pain. I wept! Then there is Clay's determination to build a bridge, a real physically impossible bridge to make in a desolate flooding area. His grief turns into a different grieving power that saves all the brothers and the Murderer.

First line Matthew writes, "In the beginning there was one Murderer, one Mule and one boy, my brother Clay." Why wouldn't you want to read a book with that first line. And there is humor throughout with the brothers shenanigans and fights! Read this!

YOU ARE CORDIALLY INVITED TO JOIN THE
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SEVENTH-DAY
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IN WORSHIP AND FELLOWSHIP

Saturday Services
40551 Valley of the Falls Dr.
(Next door to the Post Office)

Bible Study 10:00 a.m.

Musical Praise Service 11:00 a.m.
(Musicians are encouraged to bring their instruments)

Worship Service 11:30 a.m.

Weekly Potluck Fellowship Dinner 12:45 p.m.

On Being Prepared

by Mill Creek Canyon CERT



Your Mill Creek Canyon C.E.R.T. program has been busy recently. Theresa Stirewalt, assisted by Renata Campbell, have completed an inventory of our four disaster storage containers. We will be evaluating this information and creating a standard inventory for each one, as well as a needs list. Stay tuned, we will be reaching out to the community to help us with this project.

We will be coordinating with V.F.C.C.I. for a "Public Safety Event" in the Spring that will highlight the various services available to our citizens in the event of an emergency. Stay tuned for this as well. The County of San Bernardino Office of Emergency Services will be assisting with an earthquake simulator as well as many informational materials.

Are you interested in getting trained to help yourself as well as your neighbors when (not if) an emergency or disaster strikes? We will be presenting a "Basic C.E.R.T." class next Spring as well. We hope to place a poll on social media to gather interest.

Any questions about our vital effort on behalf of our community's disaster preparedness plan, please do not hesitate to reach out to me.: Franklin L. Sexton, Mill Creek Canyon C.E.R.T. Team Coordinator & Program Mgr 909-553-5483 or fyermannn@yahoo.com

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<http://mtncare.net>



Angelus Oaks Is Now A Firewise Community

The homeowners of Angelus Oaks common are committed to be a community working towards making their homes and land as safe as possible

Against wild fires in the future. By doing so, we will be learning and applying what is needed of the 10 steps to being safer from wildfires over the next few years



1. Class a fire rated roof
2. 5 Ft. Ember resistant zone
3. Ember-and fire-resistant vents
4. Non-combustible 6 inches at the bottom of exterior walls
5. Enclosed eaves
6. Upgraded windows
7. Cleaned vegetation, weeds and debris from under decks
8. Removal of combustible sheds and other outbuilding to at least a distance of 30ft.
9. Defensible space compliance
10. Being safer together.

Not only will this guide make our homes and land safer from fires, but by following these guidelines, it may make a difference to the rates we are paying on our homeowners insurance.

909-725-1622 Jerrie Crowell

Halloween in Downtown a Spooktacular Success!

by Debi Welch

Once again Forest Falls amazes me! What a fabulous place that we are blessed to call home! Trick Or Treaters of all ages showed up in downtown Forest Falls to embrace the joys of small-town living. As always, many thanks to the folks who hosted trick or treaters on the Trick or Treat Trail Map and everyone who came downtown with candy, chairs and a warm smile to spend time with friends! It was wonderful to see Jodean, Sharon and Deby in front of the old Jessicas treasures, thank you ladies! Each year we get more and more participants, including many in Mountain Home



Village this year! Fire Captain Tom McIntosh was arrested by Officer Boston Gossert as her Robber sister Bowie was charming her way into everyone's heart. Sasha Boyarski and Nathan brought Mario and Princess Peach to town for this fun time. Did you make it to Dennis Greens Haunted

House on Prospect? As always Dr Jim and Miss Susan gave out toothbrushes and broccoli. The Prospect Canyon loop was hot! Did you stop by 9292 Canyon Drive and see Skelly at Julie & John Beckman's house? If not put this one on your calendar for



next year! Hot apple Cider was served at Gillmore Real Estate, the kind for grownups and the kind for kids, it was warm, yummy, loved by all! If you missed out on this Spooktacular event, please make sure to contact: debi@forestfalls.com or 909.260.0215 to be included in 2024.

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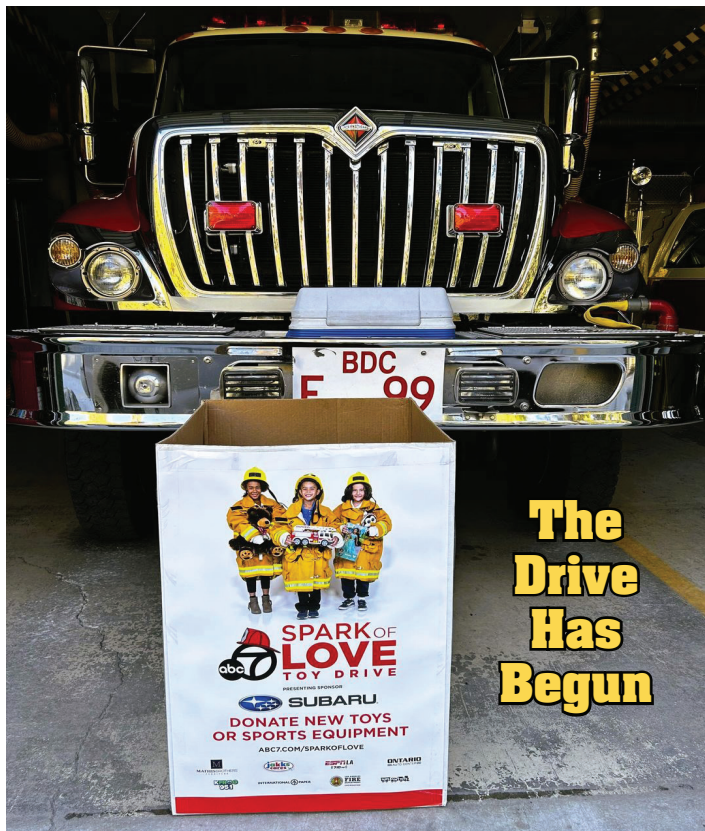
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Event Headline



The Drive Has Begun



Breakfast with Santa

**Saturday
Dec 9th 8-11 am**



**at The Oaks Restaurant
in Angelus Oaks**

The Fallsvale School Boosters Club is excited to announce that Breakfast with Santa is back again this year! The event will take place on Saturday, December 9th from 8am until 11am. Breakfast plates will be available for purchase at **\$5 for children** aged 10 and under, and **\$10 for adults**. This year, we are thrilled to host the event at a new location - The Oaks Restaurant, 37676 CA-38 Angelus Oaks. Don't forget to bring your cameras or cell phones, so you can capture the memorable moments with your family and Santa.

All proceeds benefit Fallsvale Elementary School. If you are interested in donating food or money for the event, please contact fallsvaleboosterclub@gmail.com.

Self Cleaning

by Marianne Bellettini

I know another article on self-help, and really from the editor! No, this is about my self-cleaning oven and some other thoughts! My oven is 5 years old, and it came with a button to self-clean. Yay!! no more spraying oven cleaner and wearing my face mask to clean the oven! I just hit the self-clean button and in 2 hours and 500 degrees later I can wipe it clean!

But I have learned by trial and error to remove the oven racks. You see self-cleaning will dull your racks! If you like them shiny, I do, then take them out during the cleaning process.

But now, I must now hand clean the racks! Well 4 SOS pads and 2 hours later, I have managed to remove most of the old grime and grease from them! As I was cleaning the racks, I thought of how this time of year I try to clean up my own act! Winter season with upcoming holiday parties and family reunion's, I put on my happy face and pleasing personality for all!

So why do I not do this all year long? You want me to be a shiny happy person always? Well yes, I should be! While removing the old grease, I remember that I must remove the old dirt and grease of my, not so pleasant self as well.

The longer I live the old habits of unpleasantry, I remove from my personality. You see, the most important aspect of being human is to show love and gentleness towards others. There are days when I am super at this and days when I am not! Living in this world is always a teaching moment!

While my oven looks great today from the cleaning inside and out! I need to make sure my actions are as well! Well, day one down, and only 31 days left in 2023. This means I have a lot of work to perform! I also need to clean the oven again in 6 months or it will take me several days to clean! To all have a wonderful winter season! Remember to clean your ovens so the grime and grease does not become impossible to remove!

Community Events & Activities Calendar

Angelus Oaks - Forest Falls - Mountain Home Village

Winter 2023 Special Events

When	What	Where	What else?
Nov 23	Community Thanksgiving Dinner	Big Falls Lodge	from 2 - 5pm Turkeys, Hams, potatoes, & drinks provided, Bring a side or dessert and your own dinnerware. Reservations are a must and the sign up will be at the post office from Nov. 1-18th
Dec 2	Fire Truck Parade	All through Forest Falls	After dark, Local and guest Fire Trucks will be lit up and driving through town spreading joy and happiness.
Dec 9	Breakfast with Santa	The Oaks Restaurant in AO	Breakfast plates will be available for purchase at \$5 for children aged 10 and under, and \$10 for adults . All proceeds benefit Fallsvale Elementary School.
Dec 9	Ed Pellissier Memorial	Big Falls Lodge	Ceremony of Life, starts at 2pm
Dec 31	New Years Eve Party	Big Falls Lodge	Ring in the New Year with the locals! DJ Dance Music, Free rides home Adults only - \$15/person or pre-sale \$10/person with appetizer /dessert.

Regularly Scheduled Events

What	When	Where	more details
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	3rd Thursday of the month	Angelus Oaks Fire Station (98)	Announcements on the A.O. FSC Bulletin Board in the Angelus Oaks Post Office.
Supper Night at Big Falls Lodge	4 times per year, next: Thanksgiving Thursday	at Big Falls Lodge	Community "Potluck Dinner". Bring a side or dessert and your own dinnerware
Frozen Green Thumb Garden Club	3rd Monday each month 11:30 am - 1:30 pm	at Big Falls Lodge	All are welcome.
Music Night in Forest Falls	Mondays 6:30-9:30 pm	at Big Falls Lodge	All Musicians, all styles, all levels are welcome, anyone can come play or just come to 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
Frank Mihelich, Teaching Pastor (917) 346-6147

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

Follow us on Facebook @forestofthefallscommunitychurch





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Valley of the Falls Community Center Inc.

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www.VFCCi.org

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Debbie Piantadosi
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debbiepiantadosi@gmail.com

Treasurer VACANT
(are you interested in this position?)
contact VFCCi)

Paul Martinez
Member at Large
lpgmz2023@gmail.com

Frank Sexton
Member at Large &
CERT Program Mgr
909-553-5483

fyermann@yahoo.com

Valley of the Falls community Center, Inc., (VFCCi), needs You! Be a part of Big Falls Lodge, the Board of VFCCi welcome you to join our monthly meetings and become a board member or volunteer. VFCCi is a non-profit organization supported by donations, grants, private events and our residents!

Recent Event - Haunted Hollow Lodge

VFCCi wants to thank everyone who made it out to the Haunted Hollow Lodge this year on Saturday October 28, 2023.

A big thank you to all the volunteers!

Thanks to the Garden Club for all the wonderful goodies!

While it was a little chilly, it seemed like the kiddos had a blast; and that's what it is all about! We are hoping that we can make this an annual event, let us know what you think, or would like to see and what we can do better?

This year we had a Haunted Maze, Bounce House, Petting Zoo, Costume Contest, Games, Food, Candy, Prizes, and more! The community center belongs to our residents.

Other News

VFCCi hosted its first Town Meeting in years on Sunday, October 1st, 2023. We were hoping to see a lot of new and old faces; however, the attendance was much less than expected.

VFCCi would like to apologize for the changing of dates, however, due to the septic issues we were not even sure if we could host it. Our hopes are to better advertise next year and see you all there.

VFCCi shared some history of the lodge, financials, the newly remodeled kitchen, and needs for the community center, while providing free food and drinks.

VFCCi offer classes, local events, fundraisers, as well as private events (rentals for weddings, birthdays, baby showers, celebrations of life, etc.).

VFCCi is also used as an emergency shelter, in conjunction with the C.E.R.T. Program.

The Green Thumb Garden Club holds their meetings at the center, as well as other local groups.

VFCCi needs the community's support to continue to maintain and operate the community center by attending events, volunteering and donations.

You can find us on Facebook now called META.

Check our website at: www.VFCCi.org

To give a donation, attend a board meeting, schedule an event or be added to the mailing list contact the VFCCi director at: director@vfcci.org.

To Donate: Via PayPal: donate@vfcci.org

By the Postal Service Mail: VFCCi , PO Box 41, Forest Falls Ca 92339.



Valley of the Falls Community Center News

Who's Running the Show?

Introducing our President, Jose Esparza

Jose Esparza is a devoted husband, his wife Shannon and 4 wonderful children, moved back to Forest Falls in 2022.

He is proud to have the honor of service as the new VFCCi president, beginning July 3, 2023.

His leadership is drawn from active duty in the Marine Corps from 2002-2005. During this time Jose held the position of Platoon Sargent for the 2nd Battalion, 4th Marine Motor Transport. Jose also served in a combat tour in Iraq in 2004.

Back in the US Jose opened a martial arts school in Yucaipa, which he owned and managed for 13 years.

Graduating from CSUSB he hold a bachelor's degree in mathematics. In 2021 he obtained his master's from Loma Linda University.

"My goal is to be an active member of the community by serving on the board of the VFCCi and find ways to get other residents who live in our Mountain Communities involved. Don't be a stranger! Please Come join us at our next monthly meeting or community event! I look forward to serving alongside our community members!"



Introducing our Secretary, Debbie Piantadosi

Debbie Piantadosi with her husband Frank, moved to Forest Falls to the Big Pine Tract, in 2021. Moving from Riverside where Debbie was an Executive Assistant, to the CEO, of the County of Riverside. Debbie has achieved administrative skills that total 49 years. She sought out the open position of Secretary for VFCCi, as was elected this past April 2023.

Her husband Frank still works for ARC, a non-profit organization serving adults with disabilities.

Debbie has two kitties, Tiger Lily and Tinker Bell. Two grown children with their daughter residing in Mentone. Her daughters' children and Debbie's grandchildren attend REV and middle school.

Debbie's son lives in Riverside. He has two children making it 4 grandchildren for Debbie. A senior and sophomore who attend Poly High school.

Debbie's oldest grandchild, which brings her to 5 grandchildren, attends Redlands University, seeking her master's degree.

"I love my family and being a Nana. Retirement has allowed me to attend my grandchildren's school functions and activities which includes Tennis, Volleyball, Baseball, Basketball, and Soccer. I have served as a volunteer with several other non-profits and other organizations during my lifetime and I am looking forward to serving VFCCi and our community."

Congratulations! **Michelle Macri** for taking on the role of VP, and welcome to the Board **Paul Martinez; member at large**, and **Frank Sexton; CERT Program Manager & member at large**. We look forward to a long and prosperous venture as we serve our community.

At this time, we still have the Treasurer vacancy to fill.



A message from the Secretary of VFCCi

VFCCi is a non-Profit organization which serves to maintain and operate Big Falls Lodge also known as Gail D. Cox Community Center. We're not government or publicly funded. We solely operate on donations, fundraisers, special/private events, rentals, grants, AND Volunteers!

For those of you who are new to our community, there is a lot to learn from our mountain residents. The Bear Facts provides very informative articles and information, so take the time to read the quarterly editions. Introduce yourself to your neighbors and join in on the many opportunities within Forest Falls, Angeles Oaks, and Mountain Home Village.

Please check/join our Facebook page at "Valley of the Falls Community Center". You can also find information on VFCCi at our webpage address: www.VFCCi.org.

New Year's Eve Party!

Who is interested in a New Years Eve party at the Big Falls Lodge? VFCCi is tentatively planning to host this event; but we need the community's support! We must sell at least 40 advanced tickets for this event to happen! For pre-sale tickets please mail your checks to VFCCi, PO Box 41, Forest Falls CA 92339 or contact Michelle at (909) 222-9067. We will be advertising more on social media and fliers at Elkhorn General Store and Post Office as the date gets closer.

Beer, Wine, Margarita Shots, Warm Winter Drinks,
& Soda/Water for an additional Fee!

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- Check www.VFCCi.org calendar for events and updates

Have a class or event to put on? Let us know!

Call or email your suggestions to events@vfcci.org

Hot Coals! Not my Barbecue!

by 2023 Bear Facts Editor, Marianne Bellettini

So winter is here, December 21st is the first day of our calendar winter season! If you're like me, I have a fireplace that I use to keep my home cozy and warm. Have my wood secured and I am ready for whatever mother nature brings on!

But wait, now what do I do with all the left-over ashes/coals from burning my wood? Well, they say to have a small layer of ash on the bottom of your fireplace to help with starting your fire. Great! But what if my leftover coals become too much to add more wood?

We all have been there! My solution, use a small metal bucket to remove the ash/coals from my recent fires in the fireplace. Then I pour the bucket into a 20-gallon old school metal trash can that sits outside!



This way I can let the leftover ash/coals cool down prior to putting the ash/coals into my trash for the trashman. You may have seen or read about the trash truck fire, from hot ash/coals that were picked up by the trashman in Yucaipa, not long ago that ended up burning several homes to the ground. No bar-be-cue for me! I want to ensure I don't fall blame to starting a trash truck fire! That would not be good and probably would be very stinky!

Whatever method you have in play, ensure that the ash/coals are very cool, not hot prior to putting into your trash. Plastic bags can stink up the whole neighborhood when they melt from the hot ash/coals.

Have a wonderful winter season and stay safe, summer is the time to get those barbecues going!

Poetry by local artist, Juan Delgado

Left Behind Toys

by Juan Delgado

A few are relieved, noticing a thundercloud floating by.
A pony shakes his mane, trying to unknot his purple curls.
A lioness cleans her cheeks, glad for the time alone,
not being mishandled and left finger-print sticky.
A hard-hat worker cries into his sleeve.
A firetruck longs for the hand that carried her to the backyard.

Most feel for the one among the wooden blocks
sensing for the first time that his royal castle
is bound to a corner in the spare bedroom.



A poem for the Bear Facts

Title: "Left Behind Toys"

Author: Juan Delgado Email: juandelgado.poet@gmail.com

For more information on the Author:

<https://www.poetryfoundation.org/poets/juan-delgado>



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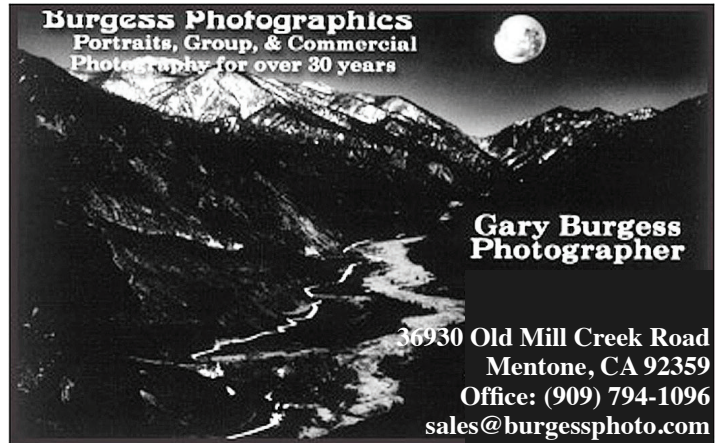


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Defensible Space, Make sure yours is in place!

Opennig paragraph by Marianne Bellettini

Yes, it's the beginning of Winter and the start of the cold season. Living in the mountains, we need to ensure our homes have a defensible space all year long.

With an influx of new homeowners to the mountain communities, keeping a defensible space can be a new task for a new homeowner. Depending on where they lived prior, they may not have been required to keep defensible spaces around their home/property.

If you are a garden enthusiast, like me, always trimming, planting, removing and enjoying the fruit of my gardening labor! Or you just let mother nature pop up whatever may like to grow in your yard! We all need to be mindful of ensuring our home/property has a good defensible space.



Here is the County of San Bernardino Ordinance 23.0304 which address defensible space.

(a) Mountain Area means that portion of the unincorporated area of the County of San Bernardino located within the Fire Safety Overlay of the General Plan, whether publicly or privately owned.

(b) Flammable vegetation which constitutes a fire hazard in the Mountain Area means:

1. All foliage and branches within six feet from the ground on trees over 12 feet in height that stand within 100 feet of structures. Limbs should be cut no less than 1/4 inch from the trunk of the tree to preserve the health of the tree.
2. All trees that are within 30 feet of structures that are smaller than four inches in diameter that stand within ten feet from other trees, not to include low energy release deciduous ornamental trees that are pruned and free of dead or damaged foliage.
3. All shrubs that are within 15 feet of structures that produce high-energy-release components and are considered high fire fuels, not to include low energy release deciduous ornamental plants that are well-pruned, well-spaced and free of dead or damaged foliage. High-energy-release shrubs include, but are not limited to, Manzanita, Service Berry, Mountain Whitethorn, Sage, Ironwood, Juniper Shrubs, Spanish Broom and other species as determined by the County Fire Chief/Fire Warden or their designee to constitute a fire hazard.
4. All high-energy-release shrubs that are spaced together less than double the size of the height of the tallest shrub and stand within 30 feet of structures, (e.g. a four-foot high shrub should be spaced eight feet or more away from the next shrub, providing that the four-foot high shrub is the tallest of the two shrubs), not to include ornamental plants that are well-pruned, well-spaced and free of dead or damaged foliage. Planting of native, fire-wise, drought-resistant species is encouraged for the health of the forest.
5. Lower foliage measured at least 18 inches up from the ground and all leaf litter and dead vegetation on and under all shrubs that stand within 100 feet of all structures.
6. Dead branches and leaf litter in and under all plants, trees, foliage and shrubs and all flammable vegetation at all heights

- within 100 feet of all structures.
7. Tree limbs (not trunks) less than ten feet away from chimneys and stovepipes.
 8. Grass over four inches in height.
 9. Pine needles, leaf litter or chipped/ground mulch on the ground over two inches in depth.
 10. Trunks or branches on the ground less than four inches in diameter, not including split and neatly stacked firewood.
- (c) Fire Hazard in the Mountain Area means,
1. Flammable vegetation within ten feet of a road.
 2. Combustible rubbish, waste, or discarded materials.
 3. Leaves, needles or other dead vegetative growth on roofs or structures.
- (d) When neighboring persons or properties are especially vulnerable to the effects of fire, including, but not limited to schools, hospitals, mobile home parks, residential occupancies, it is the responsibility of the property owner to adhere to the provisions of this section when flammable vegetation stands within 100 feet, measured on the ground, of all neighboring structures. Additional clearance may be required at the discretion of the County Fire Chief/Fire Warden or their designee on buildings listed above that may be used as evacuation centers, medical facilities and/or places of public gatherings and/or critical infrastructure.

(Am. Ord. 3586, passed --1994; Am. Ord. 4058, passed - -2008; Am. Ord. 4064, passed - -2008)

In Fond Remembrance

Victoria Vanderford - A life lived in brilliant color



Tori, as she was known to her friends and family, brought color and light into the lives of everyone who met her. Even if you didn't have the pleasure, of knowing her personally, it is likely that you've gotten to experience the vibrancy of Tori. If you ever looked at the smiling faces in our town photos, seen the grin (maybe minus a tooth) of a Fallsvale student picture or voted for best costume at Haunt on the Hill, Tori has indirectly touched your life. Whether it was her behind

Our Lovely Tori the camera contributions to her family's photography business (Burgess Photography) or in her generous role as a local volunteer, Tori sought to color her all her endeavors with a touch of magic. This fiery redhead was driven by a need to help. Her short life was panorama of service to others. To her colleagues in the health care industry, she was an asset dedicated to finding and keeping only the best individuals on staff, in homes and clinics around Southern California.

To those she loved, and for the mountain communities she called home, Tori was first to answer a call for help and often the last and only person needed to stand at your side. She would encourage everyone to withhold a little less and try a little more. Tori existed in bright beautiful bold color. While it's natural that her absence dims our spirits, living vibrantly, vividly with brilliance is a far better tribute.



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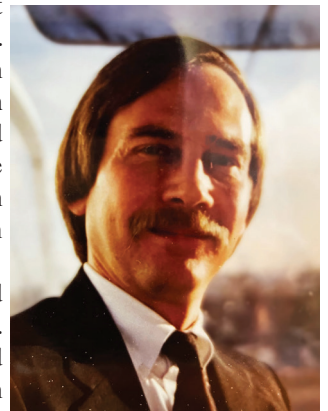
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SATURDAY, DECEMBER 9, 2023 AT 2PM

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Roger Emmett Stephenson Jr, 12/12/56 - 10/16/23

Roger E. Stephenson, Jr. of Forest Falls passed away at the age of 66. A California native, he was born in Covina, graduated from South Hills High School, Class of '75, and became an expert locksmith while earning an Associate Degree in Electrical Engineering from Mt. San Antonio College, Class of '80.



Roger was an Eagle Scout and patented and trademarked inventor. During his 40 years as a field engineer, he traveled extensively in 46 US States and 29 Countries to install and repair computer mechanical devices and laser imagery equipment for Crossfield, Tech Services, DuPont, and Eastman Kodak.

A Forest Falls resident for 41 years, Roger was known for his friendliness and generosity. He supported the Forst Falls Community by competing in several 4th of July Chili Cook-Off Competitions and serving on the lower canyon water board. Roger is predeceased by his parents Roger, Sr. and Patricia Stephenson, sister Carol (Furey) and survived by his brother Brian and four nieces Maureen (Furey), and Lauren, Kristen, and Jennifer Stephenson.

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Have You Seen It?

by Steve & Sharon Cady



This past year of 2023 has been pretty scant of noteworthy movies, mainly because of the movie writers' and actors' strikes since Spring 2023. Have you noticed all the "re-releases" in the movie theaters in 2023, like *The Little Mermaid* (a live-action film which came out in May 2023—Rotten

Tomatoes Critics' rating 70% and Audience of 54%) and oldies like *Rain Man* (1988 Critics 88% and Audience 90%) and *Casablanca* (1942 Critics 99% Audience 95%). Anyway, Steve and I tried to be faithful viewers at theaters so I am writing about 3 movies from Summer-Fall 2023 that most likely will be considered for Oscar nods. Hope you see them before the Oscars on March 10, 2024!

Barbie (PG13 Critics' 88% Audience 83%).

I really enjoyed this movie, being a take on the stereotypical Barbie and Ken dolls becoming "real" persons. I saw it a second time with a girlfriend and we (neither of us Barbie doll fans) loved the movie!



To me, the character "Weird Barbie" played by Kate McKinnon was the best, while Will Ferrell and all his male associates "corporate types" did nothing for the story. Margot Robbie (Barbie) and Ryan Gosling (Ken) stood out as exceptional. Expect the film's song "Just Ken" to be nominated for the Best Song Oscar for 2023.

Oppenheimer (2023, R, Critics' 92% Audience 91%) As opposed to Barbie (both released in July), this



movie is truly historical—the development and use of the atomic bomb by the US in World War II. The performances, especially by Gillian Murphy (Oppenheimer), are well done, but to Steve and me the three-hour movie was too erratic, switching with no time

sequence indicators between three different time periods and a great many people—all historically important, like President Truman—but hard for us to keep up with. Likely history buffs followed it more easily.

Killers of the Flower Moon (2023, R, Critics' 93% Audience 89%) To Steve and me, this is the best movie we've seen so far in 2023. Be prepared for 3 ½ hours of a true story: atrocious crimes against 1920's Native Americans in Oklahoma by powerful (and unlikeable) white men, played by actors Leonardo DiCaprio and Robert De Niro and their main victim, the lead Native American actress, Lily Gladstone. Both Steve and I were engrossed in this movie and did not feel sleepy at all despite its length. We are longtime fans of director Martin Scorsese's films and it's speculated that this may be his last directed film.

As for kid-friendly movies, we haven't seen many but recommend the live-action version of *The Little Mermaid*. There was much controversy about casting a person of color as Ariel the mermaid, but to us the actress/singer Halle Bailey as Ariel was sensational. The whole cast was multi-ethnic, including the Prince's parents, one white and one black. In the end, the experience was "we are all one."

Pole Dancing in the Winter

by Deby Anderson



As we head into the Winter of 2023, I can't help but think back to last winter - the year of the blizzard(s). As much as I would like to forget, my memory is packed (snow packed) with reminders of how difficult life can be in the mountains.

Preparation is the key. All summer I watched as neighbors cleaned up debris, repaired roofs, had chimneys cleaned, got ready for wood delivery, and generally prepared for the next season. We even had

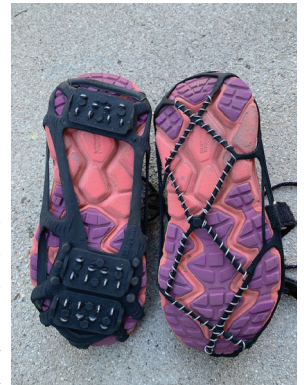
to watch a hurricane head our way over the summer! Well, winter is now upon us.

Does the seasonal change keep me off the trails during the winter? Do I have a false sense of security thinking our local bears are in deep hibernation (which they aren't)? Nope, but I do have hiking preparations for the winter.

In addition to my normal whistle, water, and a little first aid, I have these funky things for the end of my hiking poles. I played around with them last year in the snow before it became a blizzard.

They make great designs in the snow (although I prefer doing face plants in fresh snow). I guess they do the job. I think they would even help in mud. They are buried somewhere deep in my backpack.

My favorite winter accessory would be my YakTraks for my shoes and boots. I have two kinds - the ones with the small spikes and the ones with the "cables". The spiky ones are easiest to put on, but the cables STAY on. I'm still not comfortable walking on ice.



The normal trails I hike include asphalt (to get to trail), dirt, rocks, and water, which can all have a layer of ice.

I've been known to start out without wearing my YakTraks, eventually put them on, sometimes take them off and put them on again. I guess they are like owning shoes, I can't make up my mind and I don't leave home without them.



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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 bfeditor2023@gmail.com on or before the submission deadline (all submissions digital and layout ready please). For questions call the editor, send an email to bfeditor2023@gmail.com

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Earth Day activity. Our articles state that "We are to educate the general public about
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