Mountain C.A.R.E. President’s Message
by George Forgues

So glad to live in our community. When I look around at all we have to enjoy and be grateful for here; the forest, the clean air, the wildlife, I realize, it is the people that make our community truly special.

We are a special bunch that can live in these mountains. Borrow something from your neighbor lately? I have. Helped someone? A stranger maybe... I know many of our residents who lend a hand on a regular basis. Volunteer for a community service that needs attention? No problem. I hear people say all the time they wish things were like they used to be. Well, things are like they used to be in our three small communities. I think that’s why so many bears have moved here this year...

Mountain CARE is letting me and Matt swap positions on the board so I will take on Matt’s duties and we will have a new President of Mountain CARE. The Goodyears will be doing some international traveling so we have a new triple threat Editorial Staff for the Bear Facts... Paul, Beth, and Hillary. MJ has moved off the mountain so we say thanks and farewell, and we have a new webmaster... Jeff. Welcome aboard. There is talk about having a completely web based Bear Facts. Any opinions on that???

And in my last few breaths as president... “What an incredible Chili Cook-off we had this year!” Thank you to everyone who makes that event happen each and every year... and please spend your dollars locally.... and don’t feed the bears.... and thank you for letting me be of service to our community. ...Peace.

**The Haunt on the Hill**

Forest Falls has a great history of community events. In spring we do our Canyon Clean-up and in summer we have our fabulous Chili Cook-off. In December the Elkhorn has an evening of live carollers and the Community Center has “Breakfast with Santa”. Well, buckle your seat belt because now autumn has an event to put on your calendar. The 1st annual “Haunt on the Hill” is being planned. A group of Forest Falls residents who love Halloween are planning a community event full of all the fun spooky magic that Halloween has to offer.

In 2011 Halloween falls on a Monday, so the “Haunt on the Hill” at Big Falls Lodge will be on Saturday, October 29th. Costume and pumpkin carving contests are just part of the fun. The planning committee is looking for organizations and families to “sponsor” a scene in an awesome collective haunted walk-thru. These scene sponsors pay $25, then set-up and decorate their scene with a prize of $100 going to the group who is judged to have created the “Best Scene” in the Haunt. All profits will go to the VFCCI fund and the Old Schoolhouse Restoration Project. Local children will “Trick-or-Treat” for free through the scenes getting candy and treats.

If your family, group, or organization would be interested in sponsoring and decorating a Haunt Scene in this year’s Halloween Party at the Gail D Cox Community Center aka “Big Falls Lodge” please contact Shannon Hancock at 909-583-4241, Paul Tetreault 909-794-0077 for more details, or go to the Elkhorn General Store to sign up. Remember the Scene Fee is $25 and space is limited!

For the 31st, a map called the “Trick or Treat Trail” is being created for houses that want the community to know their house will be decorated for Halloween Night. Be a part of what we hope to be an annual Halloween celebration in our wonderful community.

Keep your eyes open for fliers or posters around town with more information!
Compost Is a Good Thing (part 2)

by Hillary Strobel
(continued from the previous issue of the Bear Facts)

A compost pile is its own small-scale ecosystem.

Let’s talk a little about the different types of compost systems. Consider your resources: your yard space, your ingredients, your neighbors (both human and wild), and how much time you want to commit to working with your system. If you have a small yard, not too much time, or are worried about bears and bugs, an indoor worm system or bin system may work best for you. On the other hand, if you have lots of room, lots of time, and lots of carbon and nitrogen materials, an open pile is ideal.

Open piles can be made in pits, by digging a large shallow hole in the yard and adding yard clippings and leaves directly into the hole. Having the pile outdoors means that you can worry less about providing the optimum levels of oxygen and moisture, since these are already taken care of by Mother Nature. Open piles are not “rodent resistant”, and require constant participation to keep animals out: basically stirring the pile weekly. Food scraps are not recommended if you are trying to keep critters away.

Worm systems are just what they sound like: worms eating food scraps and newspapers in a closed box. They can be both indoors and out, although keeping them inside for the freezing winter is recommended. The time commitment is minimal, only the amount of time it takes to add materials to the top. The resulting compost is very high in concentrated nutrients, and let’s face it, worms are pretty cool. Children especially love this kind of composting. Worm systems require little more than a Rubbermade box with air holes drilled in the lid, which removes the risk of rodent invasion.

Bin systems are usually made with three compartments, each three feet high by three feet wide and three feet deep to provide the most space for the best decomposition rates. Raw materials are added to the first bin, and then moved to the next one over as they are partially decomposed, and then to the third bin when almost entirely decomposed. Moving the materials from one bin to the next gives a chance to add oxygen and moisture to the pile. Bin system requires moderate time commitment and the ability to shovel materials from one place to the next. The system has a lid and solid sides, which also removes the risk of uninvited dinner guests.

What about getting together to compost as a community? Composting as a group effort is a wonderful idea. Cities as large as San Francisco use composting programs as a waste diversion technique, and sell their compost to wineries and farmers in Northern California, which provides a municipal revenue stream. Many schools have established food producing gardens for their students, providing education about healthy eating, and composting is a vital part of this. Two or three neighbors can get together and pool their compost resources: one neighbor brings the vegetable scraps, one neighbor brings the straw or newspapers, and one neighbor has a big enough yard for a bin. Producing compost for sale is an ideal micro-enterprise for any group, whether it’s a one-time fundraiser or a small business.

For more information about community classes on the process of composting, setting up a micro-enterprise, or for general information and questions, please contact me at theredwoodforest@yahoo.com.

Labor Day History

On the first Monday of September each year we celebrate a holiday called Labor Day.

The first Labor Day in the United States was observed on August 26, 1878 in Boston by the Central Labor Union of New York, the nation’s first integrated major trade union.

It became a federal holiday in 1894, following the deaths of a number of workers at the hands of the U.S. military and U.S. Marshalls during the Pullman Strike.* President Grover Cleveland put reconciliation with the labor movement as a top political priority. Fearing further conflict, legislation making Labor Day a national holiday was rushed through Congress unanimously and signed into law a mere six days after the end of the strike. It was decided to make the first Monday of September the official date for Labor Day.

*The Pullman Strike was a nationwide conflict between labor unions and railroads that occurred in America in 1894. The strike began in Pullman, Illinois when employees of Pullman Palace Car Co. began a wildcat strike in response to recent reductions in wages, bringing traffic west of Chicago to a halt.

Bears Very Active This Summer

Of course some of their time is spent on leisure activities as well

(Photo courtesy of Lindsey Foggett )
The Life of the Canyon
by Shannon Wray
The Best of Times and the Worst of Times

The 1920s were the first great heyday in Mill Creek Canyon. In 1922, Forest Home Resort was at the peak of its success and that summer Wade Hamilton’s Marimbaphone Jazz Orchestra played four to five nights a week with record crowds from all over the state. Life was good and getting even better. The first paved road was opened in a grand ceremony with California Governor Richardson attending as the guest of honor, in July 1926. N.L. Levering had purchased 640 acres from the Southern Pacific Railroad and subdivided lots, calling his new venture the Valley of the Falls, and he had sold 400 of the 800 lots that year. Frank Culver, the owner of Forest Home Resort also subdivided 105 lots and 50 of them sold the first summer. Business was booming, with Mr. and Mrs. L.E. Torrey opening Torrey’s Camp across the creek from Forest Home with cabins, tents, and a swimming pool. Entrepreneurs also opened the San Gorgonio Lodge, the Elkhorn Inn, and Big Falls Lodge, which was famous for coffee and lobster sandwiches. H.H. Lightfoot opened the Big Pine Store one mile above Forest Home. People built cabins and a real community had begun. The post office, which changed the name from Valley of the Falls to Fallsvale was opened in 1929 and the city of Redlands sold the campground at the Falls to the Federal government. The only tragedies occurred when people were having too much fun. A Los Angeles Times articles recounts the tale of Newton B. Woodville, a stock broker and wealthy socialite from Berkeley who, while showing off his tree climbing skills, fell to his death leaping from limb to limb instead of using the ladder that Culver and his employees had placed against the tree. The irony was that Woodville had been an aviator in World War I who was shot down twice and had been credited with shooting down four enemy planes. He had also just come into a large inheritance and was celebrating at Forest Home. Curiously, the expansion of the community proved to be the death knell for the most popular resort in Mill Creek Canyon. The appeal of an “Eden” in the wilderness was lost when others had access to the canyon and cabins suddenly crowded the formerly private and pristine site. The wealthy socialites and movie stars that had frequented Forest Home went in search of a new paradise for their summer fun. By 1928 Forest Home Resort was in foreclosure, put on the auction block by the sheriff. A Mr. Durant, one of the resort’s biggest creditors, with his new ownership was intent on restoring it to its former glory. In August 1930 Durant opened a miniature golf course, which was the only one in the state and, in fact, the only one west of the Mississippi River. Situated on the right side of the road traveling up canyon between the present parking lot and Blinco Lodge, the course was an attraction that was lauded in newspapers. One wrote, “Amazement that such a beautiful and sporty course could be constructed in the rugged vastness of the mile-high altitude, has given way to expressions of delight and satisfaction when the natural hazards of the beautiful tree-shaded course have been tackled.” Unfortunately, the shadow of the Great Depression was looming and Durant was unable to recapture the former popularity of the resort. The Civilian Conservation Corps moved into the canyon to build trails and construct the new Federal campground at the Falls in 1933. The Mill Creek CCC camp was across from Thurman Flats and a battalion of young men from Indiana were stationed there, giving it the name of Hoosier camp. As the community grew, a school was needed and the residents, with the help of the CCC, built Fallsvale School in 1935. As the decade closed, more than just economic hardship came to the canyon. In January 1937 a party of people came to stay at their cabin in the Falls Tract for some mid-winter fun. In the night, a huge avalanche crushed their cabin. Mr. Jascha Litwack, 26 years old and the general supervisor of Lynwood Elementary Schools with his bride of only a month were staying in the cabin with their friends Mr. and Mrs. Lintz. “The avalanche flung heavy stones from the shattered fireplace upon Litwack, burying him beneath the boulders and crushing him to death. The roof fell upon the beds of the other occupants being saved from probable death when the heavy rafters were stopped six inches from their persons. All except Mrs. Lintz were pinned by the wreckage which was held down by the avalanche of snow.” Evidence that times were hard is illustrated by a newspaper story about J.A. Richter, an intrepid mountain lion hunter who used a .30 Mauser pistol to kill his prey. Richter gave the mountain lion meat to service clubs in Redlands to feed the poor and it was said to be “as tasty as a fresh leg of pork.” But Mother Nature had not yet finished with the residents of Mill Creek. In the next issue I will feature the floods, including 1938, that have played such a big role in shaping the life of the canyon and the people who lived here.

Correction: In a previous article I had placed the Mill Creek # 1 power station at the mouth of the canyon. Franz Rettig pointed out that Mill Creek # 1 is below the ranger station in the creek before Green Spot. Thank you Franz!

A Very Special THANK YOU
to Rod & Karen Goodyear
for managing and editing our Bear Facts
community newspaper since 2008
we’ll miss you

check out old issues of the Bear Facts at www.mtncare.com
Flashovers
by Tom McIntosh, Fire Captain

Death at Big Falls: This past June, a 16 year old male died from injuries sustained when he fell approximately 75 feet while climbing in the upper reaches of Big Falls. It is a sad reality that this beautiful place lures many who do not understand its risks. All of us, yes, even us locals can take steps to avoid injury, or even death, when in the creek or at the falls:
1. Wear proper shoes. Flip-flops or open-toe sandals are not adequate.
2. Take your time and pay attention. Many of the rocks are either loose from flooding or polished smooth from years of water action, creating a silky smooth surface that is very slippery.
3. Keep a close eye on your children. This area is not a grassy public park.
4. Our mountain is made up of decomposing granite. Do not attempt to climb the cliffs as your footing or handhold may simply crumble and fall away.
5. If you see someone doing something dangerous, speak to them. If they don’t listen, stay out of their way. Each year, injuries occur to innocent people who are hit by falling rocks caused by people climbing in the area.

County Fire Chipper Program Expanded: The new toll free Chipping Hot Line Number, for areas outside the Big Bear Valley, is up and running. Call 855-MTN-CHIP (855-686-2447) to have your piles chipped. If you call once a neighborhood chipping event is scheduled, your call will most likely be deferred as the plan will be to pick up all piles available during any scheduled event, typically in the Spring and late Fall.

LABOR DAY DINNER: The annual Labor Day dinner will be held at the Firehouse on Monday, September 5th. Full details will be coming soon.

START Thinking of Your STAR Site: (This article is an edited version of a similar article presented at this time last year. It contains information directly related to your safety.) Rarely a week passes that I don’t learn of a canyon resident who is unaware of the location of their STAR site (Short Term Area of Refuge), that place to seek refuge should a wildfire enter our community without enough time for a safe evacuation. There are 9 designated STAR sites in Forest Falls, as well as the large turnout on Hwy 38 below Valley of the Falls Dr. for Mountain Home Village residents. If you do not know the locations, and most important the location of the STAR site nearest your property, contact our Fire Safe Council, Fire Department or Elkhorn General Store to obtain a copy of the STAR map that also includes important information on wildfire emergencies.

Gail Cox Day and Canyon Clean-Up
by Beth Tetreault

Let’s do the stats!
• 30+ volunteers cleaned up the picnic grounds and roadsides.
• 7,455 lbs of eWaste (electronics) were recycled.
• 5,007 pounds Household Hazardous waste HHW (motor oil, antifreeze, paint, aerosols, and batteries) were dropped off.
• 57 cars drove thru the HHW/eWaste site donating their waste.
• Two 40 yard dumpsters were jammed-full to the brim.
• Over 2 truckloads of metal recycled.
• Many tours of the Old Stone Schoolhouse were taken, raising awareness of the restoration.
• Potluck and BBQ at the Big Falls Lodge was enjoyed by many.
• The band Endless Maze entertained and brought everyone to their feet dancing.
• And by the looks on everyone’s faces (even those waiting to donate to the huge dumpsters), Tons of Fun were had by all.

Reminder: if you are reacting to your senses, it is probably too late to jump in your car and try to leave the canyon. Stay calm, plan your actions and use good sense.

Our Sheriff’s Office has primary responsibility for evacuation, prior to or during an emergency. Evacuation notices may come using one or more available methods including: TENS (Telephone Emergency Notification System), loudspeaker alerts by helicopter or ground vehicles, and door to door notification by public safety personnel. But what if there isn’t enough lead time for notification from the Sheriff’s Office or Fire Department? If it’s a fire, when do YOU make the decision to evacuate to your STAR site? Use your senses of smell, sight and touch. “If the smoke is so strong that it burns your nostrils and/or there are BURNING embers falling in your yard, starting spot fires you can’t control, it’s time to retreat to a STAR site”.

Summertime thunderstorms can bring flash floods. If you live on a creek subject to flash floods, or are recreating on one, again use your senses of hearing, sight and touch. When light to moderate rain turns to downpours and large hail starts falling OR you hear a train coming down the creek, consider moving to higher ground for a short time until the danger of flash flood passes.

Reminder: if you are reacting to your senses, it is probably too late to jump in your car and try to leave the canyon. Stay calm, plan your actions and use good sense.
14th Annual Chili Cook-Off Huge Success
by Debi Welch

On Sunday morning July 3rd 2011, the town of Forest Falls was bustling at 6:30 am. Gillmore Real Estate was decorated in red white and blue, all the local businesses sparkling too! Fire fighters and explorers alike were setting up tables, chili cookers gearing up to put on a taste.

I am happy to report we had 12 chili cookers this year, one of our best turnouts ever! Remember for next year: the sooner you sign up, the better location you will get for your booth!

Without any further adieu, the winners were:

- 1st Place Chili: sponsored by the Frozen Green Thumb Garden Club with Claudia at the helm.
- 2nd Place Chili: sponsored by the Yucaipa Wellness Center with Samantha Peoples doing her best.
- 3rd Place Chili bragging rights go to seasoned Cook-Off Veteran Mr. Ken Joswiak.
- People’s Choice Chili: sponsored by Jessica’s Treasures went to Michelle Orsini.
- People’s Choice Salsa went to new comer Atom Lehmann.
- Best Pie: Claudia for her Peaches & Cream Pie.
- Best Cake: Marcie Green Whitney w/ Hummingbird Pie Cake.

Thanks to the cooks, bakers and salsa makers; all of the sponsors; Endless Maze, the band we all know and love, my chili cook-off committee, Tom McIntosh our gracious Emcee, Terry Palmer for the fabulous t-shirt designs and a special thanks to Lino & Maria Hernandez, of Hernandez Wrought Iron, for building and donating our dunk tank also to Debbie and Johnny Villicana for outfitting the dunk tank. But most of all you wonderful town folks that embrace this event every year!

We are happy to report that net proceeds of this event are $5,100, which will go a long way in keeping the doors open at the Big Falls Lodge. A portion of the proceeds will be going towards new playground equipment for Fallsvale School.

Keep up the good work Forest Falls, and see you next year at the 15th Annual Chili-Cook Off!

On Being Prepared
by Mill Creek Canyon C.E.R.T.

Are you ready? Being prepared is the number one concern of your Community Emergency Response Team. Few if any of us will actually be called upon to assist in disasters outside of this canyon we call home. Being ready when something happens that affects us here on the mountain, is what the Mill Creek Canyon C.E.R.T. is all about.

The name has been officially changed from Valley of the Falls Disaster Preparedness to Mill Creek Canyon C.E.R.T. at the county because we want to include all of Forest Falls and Mountain Home Village plus FEMA wants all C.E.R.T.s to have the term C.E.R.T. in their name. Angelus Oaks has their own team and we can do events together to strengthen and promote awareness as well as on-going skills maintaince. AO folks can attend training in Forest Falls and vice-versa.

All training is provided by the County and it’s FREE!

When the big earthquake hits, professional responders will have their hands full all over the Southland and resources will be sparse. The more folks living on our mountain that are ready for such an event will be part of the solution rather than part of the problem.

Even when disaster is not staring us in the face, there are things that can be done in preparation of such events. Your Mill Creek Canyon C.E.R.T. is currently updating the disaster bins here in Forest Falls. Inventories have been taken. Perishables are being removed, clothes and blankets are being laundered and new stock is being added. If you would like to be part of this effort, leave a message at the number below and someone will contact you.

New class dates for late summer and fall are being determined. Call us to get on a waiting list, 909-794-0077.

check out old issues of the Bear Facts at www.mtnicare.com
Do You Understand Your Dog?

By MJ Turner

MJ Turner is a nine year resident of Forest Falls who has recently moved to Yucaipa to start training dogs full time with her new business Ready 2 Wag.

You’ve seen that look. The one the dog gives you when you come home. You are sure he has done something wrong so you look around the house to see what he has gotten into or done that you would not approve of. In our way of anthropomorphizing dogs, we think they are showing remorse for what they have done. But in actuality the dog is only showing signs of fear that he might be punished because you have arrived home. How can that possibly be?

Dogs do not associate cause and affect like we do. They have only a one to two second window to associate something they have done with either a positive reinforcement or a negative reinforcement. The old adage “you must catch them red handed” applies here! If you do not catch your dog in the act of doing something, they don’t know how to associate whether it is a good thing or not.

Most likely your dog made the mess he made within 30 to 40 minutes of when you originally left him. So if you left your dog for over 40 minutes or even just 10 minutes, then your return would be well after the 1-2 second time frame for letting your dog know getting in the trash is a bad thing. At this point, your dog has no idea you are upset about the trash, only that when you came home you got really mad at your dog and they have no idea why.

So you may think your dog is showing remorse. However, he is actually trying to think of a way to keep you from getting mad when you return to the house. The best way to prevent your dog from getting into the trash when you are not home is to secure the trash can or secure the items you do not want your dog to get into. Another great way to help your dog be successful when you are not home is to crate your dog. This way, your dog is safe and your things will be protected from any unwanted behavior while you are gone.

If you are going to be gone all day then it is best to secure a room or have a larger kennel for them to run in. But for shorter periods for leaving your dog, a crate is a perfect place for your dog. They can feel safe and you can be sure they will not get into anything.
### TRI-COMMUNITIES EVENT
### EVENT CALENDAR
**Summer / Fall 2011**

<table>
<thead>
<tr>
<th>Club</th>
<th>Meeting Times and Location</th>
<th>Club</th>
<th>Meeting Times and Location</th>
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<tbody>
<tr>
<td>Cub Scouts</td>
<td>Meet every Thursday at 6:30 pm Valley of the Falls Community Church.</td>
<td>Forest Falls Fire Department</td>
<td>Meets every Tuesday at 6:30 pm, Forest Falls Fire Station.</td>
</tr>
<tr>
<td>Boy Scouts</td>
<td>Meet every Tuesday at 6:30 pm Valley of the Falls Community Church.</td>
<td>Angeles Oaks Fire Department</td>
<td>Meets on 2nd and 4th Tuesday of every month at 6:00pm. Angeles Oaks Fire Station.</td>
</tr>
<tr>
<td>Explorer Post 128</td>
<td>Meets every Monday at 6:00 pm Forest Falls Fire Station. New Explorers welcome. Call 794-4413 to leave info.</td>
<td>Mill Creek Canyon C.E.R.T.</td>
<td>Classes forming for October. Watch for Announcements or call 794-0077 (Paul Tetreault) to get on a waiting list.</td>
</tr>
<tr>
<td>Frozen Green Thumb Garden Club</td>
<td>Meets 3rd Monday every month. Call Claudia 794-0343 for monthly location.</td>
<td>Mill Creek Canyon Fire Safe Council</td>
<td>Currently reforming, Contact Tim Lange at 909-794-2588 or <a href="mailto:4tlange@gmail.com">4tlange@gmail.com</a></td>
</tr>
<tr>
<td>Valley of the Falls Community Church Youth Group</td>
<td>Meets every Wednesday from 6:00 pm to 8:00 pm. Ages 12-18.</td>
<td>Valley of the Falls Search And Rescue</td>
<td>Meets 2nd Monday every month at 7:00 pm, Forest Falls Sheriff Station 909-389-2435.</td>
</tr>
</tbody>
</table>

### Mark Your Calendars
- **September 3rd**, Big Falls Community Flea Market, 9am-2pm
- **September 5th**, Labor Day Firehouse Dinner
- **October TBA**, CERT Training
- **October 2nd**, Autumn Daze with Endless Maze
- **October 15th**, submission deadline for the next Bear Facts
- **October 29th**, Haunt on the Hill 6pm-10pm
- **October 31st**, Trick or Treat Trail

### Announcements

#### BIG FALLS COMMUNITY FLEA MARKET
Sat. Sept. 3rd, Labor Day Weekend 9am-2pm at Big Falls Lodge. Spaces are 10’x10’ and cost $15. Sponsored by VFCCI.
Contact Dee Konczal at 794-0885 or Shirley Bauer at 389-7531.

#### ARE YOU INTERESTED IN GENEALOGY?
Fall trip planned to the National Archives in Perris, Riverside County. Date and Time pending.
Contact Dee Konczal @ dkonczal2@gmail.com

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Inquire about how easy it is to have YOUR business ad in the Bear Facts
Contact Shirley@forestfalls.com

check out old issues of the Bear Facts at www.mtncare.com
News from Valley of the Falls Community Center, Inc.

www.VFCCI.org

Annual Chili Cook Off – biggest and best ever! What a day… great folks, cooperative weather and fun had by all. We want to again thank the all of those who give their time and energy to make this a quality event, especially the core committee, co-chairs Gail Forgues and Debi Welch, Jodean Forgues, Chris & Kelly Ranford, Janice Gillmore, Patty Redasky and VFCCI board members Shirley Bauer, Patricia Drummond and David Erickson. Thanks also to our community Firefighters and Fire Explorers for their continued support.

It costs about $850 a month to keep Big Falls Lodge open, so money raised at the Chili Cookoff funds about 6 months of operating expenses, a contribution well received and needed.

Susan Iles rejoins the Board. We are pleased to announce Susan Iles has returned to the board of directors of VFCCI. Susan represents Fallsvale School Booster club and is chairperson of the Day Care/Latch Key committee as we gear up to provide this valuable service to the community. Efforts are underway to open a temporary program in the spare room at the new Fallsvale School while we work towards renovating old Fallsvale School, the permanent home of the program.

Got an Idea or Suggestion? Send it via email to events@vfcci.org or info@vfcci.org. For those who do not use email, a suggestion box has been placed at the main entry at Big Falls Lodge, kindly identify yourself if you leave a note.

What’s the Plan? VFCCI continues to encourage support from community members and others that believe in the goals of this organization. You can learn more about Valley of the Falls Community Center, Inc. by going to our website, www.VFCCI.org but let me lay out the basics for you now. The original concept was to have members pay annual dues that would support day-to-day operations of Big Falls Lodge, but after the first year we heard from many in the communities who disliked that idea so we did away with paid membership and made it free to those who live or own property in Forest Falls, Mountain Home Village or Angelus Oaks.

VFCCI, just like you, has had to cut back in most every area we can to reduce expenses, the latest being shutting down Big Falls Lodge during the winter months, only opening the building as needed. It still costs about $850 per month to operate that site (insurance, utilities, maintenance, etc.) which does not include unanticipated repairs nor the few improvements we feel are essential for both your comfort and to further reduce expenses. For example, we must replace the 80 gallon commercial hot water heater with an efficient “tankless, on demand water heater” and upgrading the older garage style overhead heater with a quiet, energy efficient forced air unit that will provide “central heat” throughout Big Falls Lodge.

Beyond the daily operating costs is the need to purchase the vacant lot next door to Big Falls Lodge for parking, and the start-up costs to renovate and insure the old Fallsvale School while it undergoes a renaissance as the Day Care and Latch Key site for our kids (not to mention the costs of on-going maintenance). Hence the continued need for your support. Accepting that the current income stream for VFCCI is not enough, many, including some VFCCI board members, community groups and individuals, are stepping up and doing what they can by donating $150 a year or more. Please see our full page insert in this Bear Facts for ways you can support YOUR community organization as any donation, no matter how large or small, is appreciated.

PARTY!

Autumn Daze with Endless Maze. Dancing, Food and Art. Join us October 2nd at Big Falls Lodge for a party and art show. Endless Maze, the band from this years Chili Cook Off returns to entertain us with fine music. Free Beef and Vegetarian Hot Dogs, Chips, lemonade. On sale will be regular and Cadillac Margaritas, Beer and Wine, popcorn, etc. Some of our best local artists will display their work, donating pieces for a great raffle. More details coming soon via posters and email.
Think Big Falls Lodge for your event... Weddings, Birthdays, Anniversaries, Family and Class Reunions, Memorials, Graduations, Meetings, Classes

- Do you receive periodic emails of community events and items of interest? Not on our email list? Send your email address to info@vfcci.org (put “Add to Email List” on subject line). We do not share our email list with others.

- Referral Fee$ Paid. Refer a non-member who books an event and earn a 10% referral fee, up to $226 on a full day rental... more for multi-day events. (some conditions apply, if in doubt, contact us)

- Become a Summit Sponsor or Fallsvale Friend. VFCCi is a charitable, non-profit organization and your donations should be tax deductible. While we appreciate your donation in any amount, those who meet $2500 are designated a “Summit Sponsor” and those who wish to earmark their gift for the restoration of the old Fallsvale School to a Day Care/Latch Key site and reach $1000 in donations will be designated as a Fallsvale Friend. Summit Sponsor’s and Fallsvale Friends are recognized with bronze plaques. Payment plans available, Visa-Mastercard accepted.

- Casual Donations gratefully accepted. Payment programs, Visa and Master Card accepted for all plans supporting VFCCi.

- Consider a donation of your estate or marketable asset. The Gail D. Cox Community Center at Big Falls Lodge was made possible this way and your donation can help make the old Fallsvale School “Day Care/Latch Key” program a reality as well as enhance our community goals. Want to learn more? Contact us for a personal meeting about the visions for our future.

See us on the web @ www.VFCCi.org
Have a class or event to put on? Let us know!
Call us or email your suggestions to events@vfcci.org

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ROMBERG TREE SERVICE
Lacing and Crown Reduction
Spraying
Transplanting Tree and Stump Removal
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check out old issues of the Bear Facts at www.mtncare.com
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A recent news story saw a dog trapped in a hot car. The dog was closed in the car in 100+ degree heat, while its owner went into a store. A passerby saw the panicked dog (it takes only seconds for a car to heat up into the hundreds in that kind of heat) and broke the window, but not in time to save the dog from death. The owner was arrested for cruelty to animals.

Please do not lock dogs (or children) in your car while you “run in” to a store, or any place, “for just a second.”

Review your pet’s disaster plan for fires, earthquake, etc. Be sure if you are not here, that you have a neighbor or friend who can transport your pet(s) for you. Have a safe place to meet or leave the pets.

Be sure your dogs have had all of their shots within the last two or three years as the wildlife we live with can carry diseases that can be transmitted to your pets.

Heartworm is a year round threat. Be sure your dogs (and cats, too, if you and your vet have decided your cat should) are on a heartworm preventative.

Have a safe and fun summer.
Have You Seen It?
by Paul Tetreault

It’s the end of an era, change is inevitable. For those of you that have read my column in the past, you may recall this film review was titled, “Kick Back and Pop It In”. The focus of my column was not new films so much as cool classics and other titles that could be rented so those who enjoy watching a movie in the comfort of home up here on the mountain, could have a few suggestions. VHS gave way to DVD and DVD is giving way to Blu-Ray and Streaming, with Blockbuster filing chapter 7, Video on Demand from our satellite companies and downloading from Netflix available, it occurred to me that we are not necessarily “popping it in” any more. Hence the name change to my column. I will still focus the reviews on content you can watch from the comforts of your home, but what I mention may include fun and creative clips from YouTube, Hulu, and other sites that give us new things to watch in an evolving menu competing for our attention.

In the end of another era, I am writing this issue’s column after coming home from watching the last Harry Potter Film. I have thoroughly enjoyed this series of films and the books that preceded them. These films are part of a very select group that are actually very true to the books they’re based on. Very few films can cover in the 2 or so hours they run, all that their book counterparts have to offer. Some content has been cut out, but overall the series as a whole has done an admirable job in re-creating the characters and settings described by author J.K.Rowling. Screenwriter Steve Kloves worked closely with Rowling as did the entire art direction team to build the magical world of Harry Potter and the school known as Hogwarts. These films, originally thought of as children’s films, entertained folks of all ages and covered issues that were current and thought provoking. Ethics, honor, prejudice, respect are but a few of the topics tackled by filmmakers in this series. Endearing characters, excellent plot development and just great storytelling make this one of the best repeat franchises the industry has ever known. Even though there were four different directors over the course of eight films, there was a continuity throughout, making each film more highly anticipated than the last. Speaking of the last, if you endeavor to watch the entire series, the last film, titled “Harry Potter and the Deathly Hallows part 2” will tie things up nicely and you won’t be left hanging with a bunch of questions. Some may say things get tied up a little too nicely, but when you’ve considered all the questions you’ll have by the time you get to the last film, storyline clarification matched with epic action sequences and the characters you’ve invested so much time in finally reaching their arc’s conclusion will be satisfying indeed. You may be disappointed that the ride is over, but what a ride it’s been. So if you haven’t started the series yet or you’ve missed a few here and there. Check into them and before the year is out, even this last film, currently in theaters, will also be available for viewing in the comfort of your mountain home.
Did You Know?
by Shirley Bauer

Thank you Debbie Richard for sending in this great tip: The next time you get stung by a bee or hornet, tape a penny on the bite for 15 minutes. The copper in the penny counteracts the bite.

Did you know that residue from tape or stickers on glass (like a car window) can be easily removed with a covering of peanut butter, oil, or mayonnaise? Put it on, then rub it off with a soft cloth.

This is an old fashioned idea that really works. When you have soap scum or hair in your drain, make up this mixture of 1 cup baking soda, 1 cup salt, ½ cup white vinegar, 2 quarts of boiling water. Mix the soda, salt, and vinegar and pour it down your icky drain. Wait 15 minutes, then pour in the boiling water, turn on the hot water faucet, and let it run for 1 minute. Now you have a really clean drain.

Now is garden time, hurrah! If you grow hot chili peppers, keep a supply on hand right through the winter by making a dried bunch. Just string the stems together using a regular needle and thread, and hang the peppers in a sunny window. They will dry in no time. They will be dry all winter, and look festive. Snip off the peppers anytime you want to.

An onion won’t make you cry if you cut it under water. You can also put the odorous offender in the freezer for 15 minutes. Someone chopped 20 onions for the hot dogs for Chili Cook-off, with absolutely no tears.

Not many things are worse than a rash from poison ivy, poison oak, or sumac. A quick soothing help is a thick paste made of 3 teaspoons of baking soda and 1 teaspoon of water. Apply to the rash, let it dry and wash off gently.

Got mismatched or worn patio chairs? Cover them with colorful beach towels. They’ll look gay and make sitting cozier.

Ever go to the fridge for a nice slice of cheese, and find that your once delicious cheese is covered with mold? Ugh! Well, no more. I found that putting a cube or 2 of sugar in with the cheese will deter mold and keep the cheese fresher longer.

This comes from an attorney who had his wallet stolen. Luckily, he had photocopied the front and back of everything he carries routinely in his wallet, so it was easier to stop his credit cards, and get his replacement card quickly. He also said not to sign the back of credit cards, instead to put “Ask for ID”.

Summer is party time, and sometimes we might imbibe a little too much, and wake up with the “morning after blahs”. You don’t have to live with that hangover. Just take a teaspoon of honey every hour, and it will make you feel better.

This article welcomes suggestions. Please send them to shirley@forestfalls.com.

Joe and Heska King operated their “Heska’s Sandwich Shop” for about 12 years in the Stater Bros shopping center. For the past 19 months, they have been operating out of their new location, Heska’s Sugar Shack, 1741 Mentone Blvd. (Hwy 38) there in Mentone, in the orange Spanish style house across and up from Stater’s. You can’t miss it!

Joe and Heska have been residents of Forest Falls for more than 30 years in Lower Canyon.

Heska and Joe have been providing rolls for Souper Thursday. Joe loves to bake fresh bread every day. Now, they have announced another way they are going to give back to the community. The 3rd Saturday of every month, they will donate 10% of the GROSS sales for the ENTIRE day back to VFCCI! If Forest Falls residents support them in this endeavor, this fundraiser will start Saturday August 20th and run indefinitely…

A great sandwich, coffee drink, or beer AND supporting VFCCI… What a great way to get a little and give a little. Let’s show our support to Joe and Heska and stop in for a bite!

“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”
— J.R.R. Tolkien

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