



MOUNT LAGUNA IMPROVEMENT ASSOCIATION

Cabin Newsletter

VOLUME 15 ~ NUMBER 63

SEPTEMBER, 2017

Water System Progress

Frank Kalinoski

Over the past few years we have made steady progress in our efforts to improve our water system. We have replaced the water transfer pump between the Los Huecos and Ole water tanks. The well-head is now protected by a concrete structure. The old Los Huecos water tank has been totally refurbished and improved.

This past month we made some improvements to our main Ole water tank. There was no ladder to safely access the top of the tank and there was no access hatch. Nor was there any way to accurately measure the water level. These deficiencies have been resolved by the installation of a 24 foot galvanized steel ladder with cage and anti-climb security. A 12-foot steel safety railing was installed on top of the tank on both sides of the ladder. The existing small vent was replaced and a new 24 inch square roof access hatch was installed. And a full-travel 24-foot water level

Continued on page 2

Coming Up

September 16
MLIA Annual Meeting
See page 3 for details.

October 21
**Wine-A-Bit &
Craft Beer Fest**

November 4
MLIA Board Meeting
9-11 am
Red-Tailed Roost

Progress, *continued.*

indicator has been installed that will allow us to accurately determine the amount of water in the tank.

Joe and Joanie Cochran graciously hosted the Annual MLIA Picnic at their cabin #554 El Centro Tract. It was a hot day, but we found shade under the trees and pop-ups and enjoyed the comradeship of fellow cabin owners. The food contributed by those attending was wonderful - as usual. Thanks to Larry and Connie Lambert who sponsored the Western Days celebration at Cal and Linda Turner's cabin #583 in the El Centro Tract. For those that remember, Larry sponsored a similar MASH celebration years ago and it was a great hit. Larry put in a lot of legwork arranging for food and entertainment for Western Days. He has been so enthusiastic about this venture.

Hopefully, the many cabin owners who find the time and make the effort to attend these cabin owner sponsored events enjoy joining with others to celebrate and appreciate our unique opportunity to have a cabin on the mountain. These events are part of what makes this cabin-in-the-mountains thing special.

On **September 16th** we will be holding our **55th Annual Meeting of the Mount Laguna Improvement Association**. Wow! That is a lot of years. Again I will be sending invitations out to various Forest Service people in the hope that they will attend to address the general membership. We have four quarterly board meetings a year, and while any cabin owner can attend, most don't. At our social events usually 50 to 60 people show up.

Our MLIA Annual Meeting is where ***every cabin owner [old and new] is invited to attend*** and learn about the organization that provides us water and represents our interests on Mount Laguna. Hopefully, we will have an overflow crowd at the Red-Tailed Roost this year.

See you on the mountain!
Frank

The July rains, so badly needed on our mountain, did significant damage to our cabin owner maintained access roads. Drainage channels and culverts that had recently been "opened up" with the help of Dave Keller are once again back to square one.

A work party will be needed along Boiling Springs Rd prior to winter rains to ensure that emergency vehicles can traverse through the main artery to Upper and Lower Boiling Springs. We will do a drive of all the cabin

Cabin Roads Need Work

Carl Sessions, MLIA VP

roads prior to the Annual Meeting to check that all the tract roads are in good order and report on those needing future repairs.

MLIA Adopt-a-Highway Clean-Up

Our 2.5 mile section of Sunrise Highway late summer clean-up is scheduled directly after the September 16 Annual Meeting. Hamburgers and hot dogs will be provided to all road cleanup participants afterward at the Sessions' cabin, #716 in Boiling Springs.

See you soon!

MOUNT LAGUNA IMPROVEMENT ASSOCIATION

NOTICE OF ANNUAL MEETING SATURDAY, SEPTEMBER 16, 2017

NOTICE IS HEREBY GIVEN OF THE 55TH ANNUAL MEETING OF THE MOUNT LAGUNA IMPROVEMENT ASSOCIATION TO BE HELD AT 10:00 A.M. ON SATURDAY, SEPTEMBER 16, 2017 AT THE RED TAILED ROOST ON SUNRISE HIGHWAY ACROSS FROM THE FIRE STATION.

THE MEETING IS FOR THE FOLLOWING PURPOSES:

1. GENERAL BUSINESS OPERATION
2. INTRODUCTION OF ASSOCIATED ORGANIZATIONS
3. SECRETARY'S REPORT
4. FINANCIAL REPORT
5. PRESIDENT'S REPORT
2016-2017
6. CURRENT WATER SYSTEM ACTIVITY
7. TRANSACT SUCH OTHER BUSINESS AS MAY PROPERLY BE BROUGHT BEFORE THE MEETING
8. ELECTION OF OFFICERS AND MEMBERS OF THE EXECUTIVE COMMITTEE



ALL MEMBERS ARE WELCOME AND WE URGE YOU TO ATTEND!

MOUNT LAGUNA IMPROVEMENT ASSOCIATION
910 16TH STREET
RAMONA, CA 92065

Mount Laguna Fire Safe Council Notes

Summer on the mountain is turning to Fall. We had extreme fire danger, followed by much needed rains and are now back to high fire danger.

Our meetings are generally held on the 3rd Saturday of the month, April to November. All are welcome! In fact, for us to maintain a strong organization we need your attendance and participation. Unless there is a special presentation we try our best to keep meetings to one hour because we know you have things to do.

For those who don't know, the Fire Safe Council has a log splitter, saws, and a truck that are all available for your use. To reserve call John Wallar (949-422-9561) or Chris Kenney (619-729-0466). We also provide a dumpster for disposal of your leaves and pine needles. With the cooperation of Jason Kraling, USFS Battalion Chief on Mount Laguna, we can also dispose of our branches. Both areas are located at the old Air Force Station. See Tom or John at the Laguna Lodge store for the gate key.

I'd like to add that the FSC pays for the dumpster at about \$500.00 per switch out so it's imperative we fill it from the front to the back and up to the top. Thanks for your help.

Our November 18 meeting brings our annual MLFSC elections. We have all offices open for election including eight Board of Director openings. So please think about getting involved and let me know if you are interested in being on the Fire Safe Council board.

Thank you all so much for your efforts in

Coming Up Soon!

Wine-A-Bit & CRAFT BEER FEST

October 21, 2017
3:00 – 7:00 pm

- Hosts: Carl & Vickie Sessions and Meg Moore & Jack Splinter
- Cabin 716, Boiling Springs Tract
- Auction and Raffle Prizes

All Welcome!
Watch for detail flyer.

eliminating ladder fuels. Please keep up the good work.

Joe Cochran, MLFSC President
(619) 540-4616
alsbahr@gmail.com



SEPTEMBER 16TH MEETING CANCELLED

The MLFSC September meeting has been cancelled so as not to conflict with the MLIA Annual Meeting.

NEXT MEETING: October 21st

Ouch! That Hurts!

Joanne Odenthal, Cabin 505

For centuries, plant medicine has been used to help with pain and inflammation. Every region has its own collection of plants that are remedies for such common ailments as headaches, body aches from colds and flu, arthritis, and inflammation from wounds.

What would you do if you were out in our local mountains without your first aid kit and needed a pain reliever? Your first stop might be along the stream that runs down to Big Laguna Lake. Arroyo willows, *Salix lasiolepis*, grow along the stream and are a source of salicylic acid, the main component of aspirin. In fact, willow is said to have provided the raw material from which salicylic acid was originally extracted. Willow bark tea was used by the Indians for all types of pain relief as well as to reduce fevers. And willow has been used in similar ways all over the world.

Another in your plant pharmacy would be yarrow, *Achillea millefolium*. Like willow, yarrow is found around the world. A tea is used to relieve pain from headache, arthritis, and colds. Hot yarrow tea makes you sweat, so helps break a fever. According to Celia Garcia, the Chumash Indians would suck on yarrow leaves for pain relief. Yarrow is found all over our mountains and blooms from mid to late summer. The plant is named for Achilles and was the plant used to bind his wounds when he injured his heel in the Trojan War.

Yarrow leaves do indeed help wounds close up and heal more quickly. They have an astringent action that helps stop bleeding. Never put yarrow on a wound that hasn't been cleaned carefully. The quick closing of the wound can trap bacteria and debris inside.

If you had arthritis, in addition to drinking willow bark or yarrow tea, you might use stinging nettles, *Urtica dioica*, for temporary pain relief. Fresh nettles were picked and whipped against the affected body part. Ouch! But after the pain subsides, which takes anywhere from 20 minutes to an hour, relief follows for a few hours to a day. The Indians used nettles

Continued on page 7

Stinging nettles



Arroyo willow



Yarrow

Ouch! *continued.*

this way. So do current day herbalists. I've done it, but I'm not necessarily recommending it! You can find stinging nettles along Los Huecos Road about half a mile from the Visitor Center.

These are just a few of the local plants used traditionally for pain relief. We really are in the middle of nature's pharmacy!

Sources:

Garcia & Adams. 2005. *Healing with Medicinal Plants of the West.*

Kane. 2011. *Medicinal Plants of the American Southwest.*

Moore. 1989. *Medicinal Plants of the Desert and Canyon West.*

Tilford. 1997. *Edible and Medicinal Plants of the West.*



Stop "Fire-Borrowing"

National Forest Homeowners Call for Action

Over the years the Forest Service has borrowed money from other Forest Service programs and services in order to pay the soaring cost of fighting wildfires. This practice is called "fire-borrowing." As a result staff positions go unfilled, maintenance is backlogged and services are curtailed. These are all things we have seen on Mount Laguna in the last several years.

A Congressional bill, H.R. 2862, the Wildfire Disaster Funding Act, is pending that will give the USFS disaster funding to fight wildfires and curtail fire-borrowing,

NFH is asking cabin owners to contact their congressional representatives to support passage of this important legislation.

Go to the NFH website
nationalforesthomeowners.org
for more information and congressional
contacts.

Want to Paint Your Cabin?

When cabin owners want to paint their cabins, a cabin improvement request must be submitted to the local Forest Service district office. The FS wants requests submitted between January 1 and March 30 for implementation in the next calendar year.

The Forest Service has a palette of forest green and brown colors that they want cabins to adhere to. A paint chip, color sample, or the name of the paint company and color name should be attached to the improvement request form.

Our MLIA website has the Request Form and sample paint color palette available online at:
<http://mtlaguna.org/cabin-paint-colors>

FALL 2017

MOUNT LAGUNA IMPROVEMENT ASSOCIATION

Founded in 1935, the Mount Laguna Improvement Association acts as a liaison between the cabin owners and the Forest Service addressing water, roads, and wood removal.



Water System Notes

Any problems with the MLIA water system should be reported to

Dan Fritz
(619) 405-1452

Keep Us Posted!

Please send new email, phone, and address contact information to

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RKMotta@cox.net

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Check out MLIA on the Internet at
mtlaguna.org