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# MOUNT LAGUNA IMPROVEMENT ASSOCIATION

# CABIN NEWSLETTER

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**Volume 14, Number 58**  
**June, 2016**



## President's Report

*Frank Kalinoski*

We are all set for another great summer on Mount Laguna. We have a new District Ranger, Robert Heiar. He comes from the Cibola National Forest in New Mexico. He worked there for 5 years as a Recreation Staff Officer and as an Acting District Ranger in the Mt. Taylor Ranger District. I have had the pleasure of meeting with Bob and he is enthusiastic about win-win solutions to problems/issues in the district. We also have a new Recreation Staff Officer, Lindsey Steinwachs to handle cabin questions. I have had the opportunity to communicate with her via e-mail and it has been very good. See Newsletter page 5 for the new Forest Service names and their contact information.

I was able to attend the National Forest Homeowners Annual Conference at the end of April in Santa Clara. The conference was hosted by the USFS Region 5 Southwest, which includes the Cleveland NF. The theme

*continued on page 2*

## ~ Save the Date ~

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**June 25**      **Community Picnic**  
See page 3 for details.

**August 6**      **MLIA Board Meeting**  
9-11 am  
Cabin 554

**August 20**      **Wine-A-Bit**  
Watch for flyer.

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## Stay Alert!

**Campfires are NOT allowed outside our cabins.**  
**Pass the word to all who stay at your Mt Laguna home.**

### President's Report, *continued.*

for the conference was "Building the Cabin Community of Tomorrow." The Region 5 Deputy Regional Forester for Operations, Jennifer Eberlein, addressed us. Ms. Eberlein see cabins as stewards of the forest and that we need a partnership for good outcomes. She brought Region 5 Special Use personnel and a District Ranger with her.

The major emphasis of the Forest Service will be tree mortality, ecological restoration and collaboration with partners in the forest, and finding a way to fund the forest fire fighting through alternative budget avenues. Greg Smith, the USFS Director of Lands [Washington Office] and Elrand Denson, the USFS Lands Special Uses Program Manager [Washington Office] both addressed the conference. They each reiterated what Jennifer Eberlein said and stated that they are trying to find ways to make the forest service internal processes work more efficiently for better outcomes.

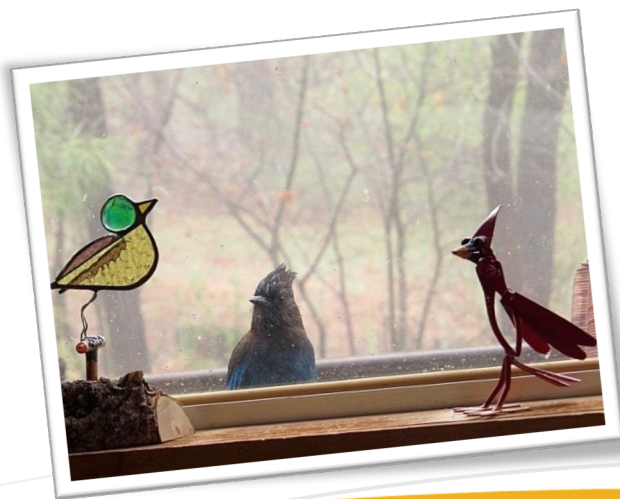
Like last year, I came away from the conference with a feeling that the Forest Service appreciates the recreational residence program and it is working to resolve problems that it is readily aware of. We also

had presentations on *What You Need To Know About the Cabin Program, Understanding the CFA, Transfer, Trusts & Multiple Ownership, Maintaining the Historic Character of Cabins and Effects of Drought and Tree Mortality.*

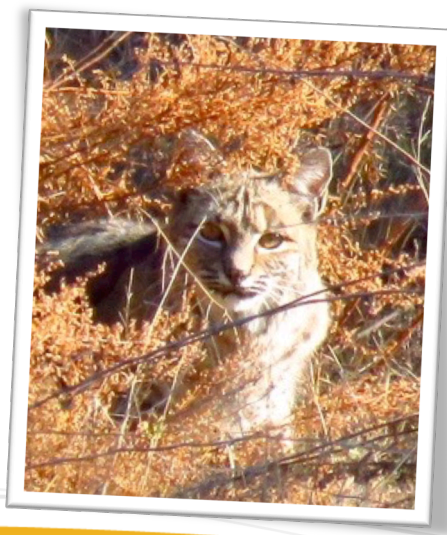
We had a great turnout at the Chili Cookoff in April at the Mount Laguna Community Church. Carl Session, the MLIA VP, won the Best Chile (see his recipe on page 5, but his team was unseated in the Corn-Hole contest. The corn-hole contest was Carl's idea and we will be continuing with it throughout the summer at our social events. Don't forget to find time to attend the MLIA Annual Picnic on June 25.

Our water system is working quite nicely, especially after the completion of the Los Huecos water tank rehabilitation project. The water level in the well and the water-pumping rate appears to be remaining constant, despite the drought. And, of course, our water quality is the best.

See you on the mountain!!



Photographs by  
Nola Houston



**MOUNT LAGUNA IMPROVEMENT ASSOCIATION**

# Community Picnic

All MLIA  
Cabin Owners,  
Private Residents,  
LMVA,  
Fire Safe Council,  
Shrine Camp  
Members,  
and  
Fire Fighters  
Are Invited.

**Saturday  
June 25, 2016  
Horse Heaven  
Campground  
Buttercup Section**

**11:00 am Potluck Picnic  
2:00 pm Prize Drawings**

**50/50 Raffle  
\$100 Grand Prize  
Winners must be present to win.**

**RSVP please!**  
Call Joanie Cochran at  
(619) 443-4105 or  
[sassysilks8501@att.net](mailto:sassysilks8501@att.net).

**Bring the Kids!**  
Special kid games  
and prizes.

- Bring your own meat to grill and a Pot Luck dish to share.
- Grills will be available for barbequing.
- Soda, beer, plates, utensils and cups will be provided by MLIA.
- Please bring your own chairs.

**Only Service Animals are allowed at functions serving food.  
No Pets, please.**

# Fire Safe Council News

Summertime on the mountain: Cleanup branches and leaves. Create defensible space. And NO outside fires!

We have a tremendous asset in having a place to dispose of our dead branches and leaves at the old Air Force station. The gate combination is 1926. Remember to daisy chain the lock when you leave.

- Put ONLY leaves and pine needles in the dumpster
- Branches 6" in diameter go in the brush pile.
- No baggies in the dumpster.
- Load to the rear of the dumpster first.

If you have any questions about the procedure just give me a call (619) 540-4616 or e-mail me (alsbahr@gmail.com).

Please keep track of ALL the hours you, your family and friends and anyone you hire who works on cabin clean-up. We use those hours when we apply for grants and the grants help pay the cost of the dumpsters.

**Report all work hours to the Fire Safe Council secretary  
Meg Moore at [megamods@gmail.com](mailto:megamods@gmail.com).**

Dennis Sherman, Fire Chief of the Mount Laguna Volunteer Fire Department, attended our May meeting and discussed weed abatement, ladder fuels, and Volunteer Department coverage on the mountain. He also talked about the volunteers we have and their success with being picked up in permanent positions with other fire departments. We really do appreciate those young men and women.

The Chili Social held last month by the MLIA brought in over \$900.00. Half of the proceeds were donated to our Fire Safe Council. Farmers Insurance sponsored Wildfire Awareness Day in April at Barona. A \$500 award was presented to our Fire Safe Council for being well represented. Thanks to all who attended.

Please come to the Mount Laguna Fire Safe Council meetings and keep up with what's happening on the mountain. Have a great Summer!

*Best Regards, Joe Cochran*



Joe Cochran, Mt Laguna  
Fire Safe Council President

## Fuel Reduction Equipment Available

- Weed whackers
- Rakes, shovels
- String trimmers
- Power hedge trimmer
- Gas powered pole saw
- Log splitter, and the
- Fire Safe Council truck.

Contact John Waller at  
(949) 422-9561, or email  
[jwaller2@gmail.com](mailto:jwaller2@gmail.com) for any  
equipment or the truck.  
Contact Chris Kenney (619)  
729-0466) for the truck.

## Fire Safe Council Meetings

June 18  
July 23  
August 20  
10:00 am – 12:00 pm  
Red-Tailed Roost



## NEW FOREST SERVICE STAFF

### **Robert Heiar - District Ranger, Descanso District**

(619) 445-6235 [bheiar@fs.fed.us](mailto:bheiar@fs.fed.us)

### **Lindsey Steinwachs – Recreation Staff Officer**

General cabin questions, access, water, gate and lock issues

(619) 445-6235 [lcsteinwachs@fs.fed.us](mailto:lcsteinwachs@fs.fed.us)

### **Becky Brand – Special Use Administrator**

Cabin sale or transfer, construction or improvements

(858) 674-2977 [bbrand@fs.fed.us](mailto:bbrand@fs.fed.us)

### **Kim Villa**

Cabin billings and fee payments

(858) 674-2918 [kvilla@fs.fed.us](mailto:kvilla@fs.fed.us)

### **Prevention Office**

To remove dead or hazardous trees

(619) 445-1725

## Chili Fest Social



**Joannie Cochran and Karen Moffa with Karen's handmade quilt up for auction.**

## “Best Chili” Winner Carl's Stake Chili

- Brown 1 lb. lean hamburger and 2 lbs. cubed sirloin steak.
- Put the browned meats in a large crockpot.
- Add four 10 oz. cans of Mexican style stewed tomatoes, two 10 oz. cans of tomato sauce and 1 large chopped yellow onion. (Do not brown the onion with the meats.)
- Add chili powder, habanero peppers and other peppers, and ground cumin . . . all suited to taste, of course!!
- Cook on high for 3-4 hours.
- Add a 28 oz. can of drained kidney beans and a 10 oz. bag of sliced white mushrooms for the final hour of cooking.

Pour a cold *Pacifico* and enjoy!! *Carl Sessions*

## Cabin Access Committee News

*Carl Sessions, Cabin 716*

A complete **renovation of the road area surrounding the completed Los Huecos tank** project occurred on May 6<sup>th</sup>. This entailed filling in deep ruts created by the heavy equipment needed to provide heavy lifting support for that project. The Road Access team created some drainage channels for runoff in order to mitigate further erosion during heavy rains.

The **entrance to Burnt Rancheria/Escondido Ravine** was scraped with a goal in mind to fill the holes that show up during rains. Unfortunately, much of the road base has been pushed under the heavy steel railings running along the entrance to the area. This leaves us with one alternative besides using good MLIA funds to buy more material to fill the holes.

Our **Adopt-a Highway clean-up** was well attended on Saturday, May 14. Nine cabin owners participated in the clean up of both sides of Sunrise Highway for the MLIA's 2.5 mile section. We all agreed that the roadway was much cleaner than the same time last year maybe due to a milder winter season. We all gathered for "cold ones" after and caught up on the important things in life, not to mention solving many of the worlds' problems!

Attendees included Steve DiDonna, Joe & Joannie Cochran, Bob Olsen, Jack Splinter, Bill Holland, Brock & Nola Houston, and myself. Thank you all on behalf of the MLIA and the San Diego County Department of Public Works for your efforts. We turned in 13.5 hours of clean-up and 17.1 hours of travel time to the DPW as well as in kind hours to the Mt. Laguna Fire Safe Counsel.

Our **next Sunrise Highway clean up** will occur following our Fall Annual meeting on September 17. There are plans for a Mexican BBQ for all participants following the clean up!!

Before . . .



and After

### Road Crew Help Needed!

Brock Houston is organizing willing cabin owners to do a **road clearing on Escondido Ravine on June 4<sup>th</sup> at 11:00 am.**

When it rains large puddles form on the Escondido Ravine access road. Cars rush through them pushing the road base filler to the side of the road. We need to move it back into the puddle areas so it can settle and be compressed during the dry season and be less likely to be washed out when it rains. Also, the culvert at Sunrise Highway needs to be cleared of debris.

All who are willing to help should meet at the Escondido Ravine and Burnt Rancheria tract notice board. Bring a shovel, hat, gloves and water.

Please let Brock Houston 858-212-7334 or [brock.houston@gmail.com](mailto:brock.houston@gmail.com) know you are coming to help.

Lupine (or lupin) flowers are some of the showiest spring and summer wildflowers on Mount Laguna. A member of the pea family (*Fabaceae*), there are over 200 species of lupine around the world. Mount Laguna has a number of different species, some annual and some perennial. Species may have makes identification a

Flower spikes have multiple blue, blue and white, white or green and palmate, often Seed pods form after the much like pea pods you plant. Plants vary in size

The lupines flowering in mid probably miniature lupine or high, with light blue to dark gray-green. Look for them tucked along Sunrise Highway, Los Huecos Road, and in meadow areas.



## LUPINE FLOWER

*Lupinus, ssp*

*Joanne Odenthal*

more than one variety which challenge. \*\*

pea-like flowers that can be pink. Leaves are green or gray-with bristly hairs on the leaves. plant flowers. These look very would find on any other pea depending on species.

May on Mount Laguna are bajada lupine. They are 1' to 2' blue flower spikes. Foliage is

There is a wonderful example of perennial bush or grape soda lupine on Los Huecos Road, on the right side of the road about half a mile down from the Visitor Center. These bush lupines become huge. They aren't flowering yet, so come back in mid June or even later to see how they look. It should be quite a display. You might even smell the trademark "grape soda" scent.

Lupine seeds have been used around the world as a food source. They are a pea plant, after all. They were cultivated in such diverse places as Rome, Egypt and the Andes. Lupine seeds would be washed repeatedly to remove bitter alkaloids, then cooked and eaten, toasted and ground into flour, or brined and preserved. According to Celia Garcia, Chumash Indian, lupines were used as a food source in Southern California but the seeds had to be washed repeatedly to make them edible. The alkaloids they contain can interfere with cardiac rhythm in high doses. Some lupines are more toxic than others, so using our local lupines for food is NOT recommended. You would need to know exactly which ones might be edible.

In other parts of the world, however, lupine is making a comeback as a food source. Lupine seeds can be used as an alternative to soybeans. They are high in protein, fiber and antioxidants. Western Australia produces most of the world's edible lupine crop. The lupine grown there has been hybridized to produce fewer toxic alkaloids. If you're traveling somewhere that lupine is on the menu, try it out!

Sources: 1. Foster & Hobbs, *Medicinal Plants and Herbs*. 2. Garcia & Adams, *Healing with Medicinal Plants of the West*. 3. \*\*Lightner, *San Diego County Native Plants* (see this reference for pictures of local lupine species). 4. *Lupinus* in Wikipedia <https://en.wikipedia.org/wiki/Lupinus> (This article has information on the history of lupine as a food source around the world.)



## 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.

Visit the MLIA Website at:  
[www.mtlaguna.org](http://www.mtlaguna.org)



### Join the Fun

- August 20, 2016
- 3:00 – 6:00 pm
- Cabins 802 & 803

Beer, Wine and Soft drinks  
will be provided.

Bring an appetizer or dessert  
to share.

Watch for flyer with complete  
information.

### New Email? Let Us Know!

Send email, phone and  
address changes to  
**Karen Motta at**  
**(619) 977-2083 or**  
**RKMotta@cox.net.**

### Water Maintenance

Please report any problems with  
the MLIA water system to  
**Dan Fritz at (619) 405-1452.**

Eugenie Newton, Editor  
[evn8@san.rr.com](mailto:evn8@san.rr.com)