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

Stay Alert!
Campfires are NOT allowed outside our cabins. Pass the word to all who stay at your Mt Laguna home.
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!!
Mount Laguna Improvement Association

Community Picnic

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 Cooheran at (619) 443-4105 or sassysilks8501@att.net.

Bring the Kids!
Special kid games and prizes.

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

- 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.
Summer 2016

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 megamodsd@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
Nullam ac ipsum gravida sem placerat suscipit.

“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

NEW FOREST SERVICE STAFF

Robert Heiar - District Ranger, Descanso District
(619) 445-6235  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

Becky Brand – Special Use Administrator
Cabin sale or transfer, construction or improvements
(858) 674-2977  bbrand@fs.fed.us

Kim Villa
Cabin billings and fee payments
(858) 674-2918  kvilla@fs.fed.us

Prevention Office
To remove dead or hazardous trees
(619) 445-1725

Chili Fest Social

Joannie Cochran and Karen Motta with Karen’s handmade quilt up for auction.
A complete renovation of the road area surrounding the completed Los Huecos tank project occurred on May 6th. 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!!

Road Crew Help Needed!

Brock Houston is organizing willing cabin owners to do a road clearing on Escondido Ravine on June 4th 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 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 more than one variety which makes identification a challenge.

Flower spikes have multiple pea-like flowers that can be blue, blue and white, white or pink. Leaves are green or gray-green and palmate, often with bristly hairs on the leaves. Seed pods form after the plant flowers. These look very much like pea pods you would find on any other pea plant. Plants vary in size depending on species.

The lupines flowering in mid May on Mount Laguna are probably miniature lupine or bajada lupine. They are 1’ to 2’ high, with light blue to dark blue flower spikes. Foliage is gray-green. Look for them tucked along Sunrise Highway, Los Huecos Road, and in meadow areas.

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.)
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

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