


THE MT LEMMON ECHOES



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Mt. Lemmon Home Owner's Publication

October 1998

FALL IS IN THE AIR

by John Mulay

Is it fall that I feel on the mountain? The cool evenings on the mountain are really a nice change from the hot days in Tucson. It won't be long before the leaves start to turn and we will be able to experience a true fall season. It is really a great time to take a hike through the aspens.

I would like to extend a thank you to Joan Klinger for her very generous donation. Thanks to her over 200 historical photographs about the Catalina Mountains have been turned into slides. These pictures are a part of a book that Suzanne Hensel has been putting together about the people of Mt.

Lemmon.

These slides will give us the ability to view the past while listening to historical talks about the mountain. The pictures are quite intriguing and we hope you will all come to see them once they are put together.

Thank you Joan for your generous donation to the Homeowners for this great project!

There are only two more months of Bunko left so be sure and get your reservations into Linda. We really have a great time even though I never win.



CHILI COOK-OFF BIG SUCCESS

by Suzanne Hensel

Sunday, October 4th, mountain residents pulled together to show their support and spirit for this community. It was the first Summerhaven "no rules" chili cook-off. Most of the 40-plus chefs came from the mountain. I can tell you as a participant, it was great fun and I'm glad our family didn't miss it.

Ross Quigley came up with the idea of a local chili cook-off. He knows that when the community pulls together good things happen and he was right.

Julian and Ragie Garcia, once again, graciously hosted this event in the Kimball Springs' parking lot.

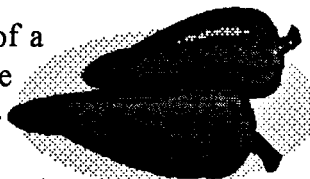
Participants were encouraged to come in costume. This gave our younger residents an opportunity to try out their Halloween costumes a little early. They looked

great!

Patti and Tom Thomas donated prizes to all the costume participants, and they brought along their cotton candy machine. The children enjoyed both items tremendously.

By the end of the day the winners had been chosen and the prizes given out and, most importantly, over \$900 had been made for the installation of a new fire hydrant!

Many thanks to all those who contributed. It was such a great success that we'll do it again next year. Oh by the way, Ross Quigley won the contest for the best chili. Wasn't he the one who came up with this idea? Hmmm.



A BOUNTIFUL HARVEST

Ramblings by Bill Windsor

The day had been over-cast, yet warm, and I was tired from the work of covering our septic tank. It had been three years since we last serviced the septic system and I knew from the articles in the Echoes, written by Bob Zimmerman, that it was time to pump out the tank. This time, instead of simply covering the access panel to the tank, I installed a large valve box about one foot below the soil to make future pump jobs a bit easier and less expensive.

That evening the pantry was low so Michele and I decided to give ourselves a treat and eat dinner at the Alpine Inn. Our family enjoys eating at the Alpine and bumping into other locals is always an added bonus. Sitting outdoors in short pants and shirt, a cold breeze stirred the leaves of the large apple tree growing along the street. This year the apples on the tree are growing in irregular clusters. I suspect the long winter effected this year's fruiting. In response to the cold wind, goose-bumps rippled across my legs and arms. "Where has this summer gone?" I wondered.

Alpine barbecue chef Pam Harmon reminded me that this year snow could still be found on the ground as late as June. With evening temperatures already beginning to drop, this summer season has indeed been short. Pam kindly offered me a long sleeve shirt but I passed, the chill in the air being a welcome contrast to the energy I expended during the day. Savoring the mixed palette of crisp air, good food and the visual beauty of our mountain environment, the evening passes in sensory richness.

After a meal out, we do not drive directly home, instead we amble along the back roads. In this way we give ourselves a delightful visual form of dessert. Through the fading light, Paige and Madeline spot some mushrooms in a gulch and scramble out of the car to check them out. A few years ago I might have been the one to spot the mushrooms, but my eye-sight has diminished over the years, a small price for a life-times experience. The girls have developed a keen eye for finding 'schrooms' and I watch them as they go from mushroom to mushroom with pride and a father's love.



I thank God for my daughters, they are both so strong in mind, body and spirit. It is a joy to me that they both have developed an appreciation of nature's bounty and

through our shared field experience, they have learned to identify a broad spectrum of edible plants and fungi. I find comfort in the hope that they will someday walk the woods with their own children and within my mind, I can hear a child's cry of joy in finding a mushroom for the dinner plate. As the girls race back into the car, cold air enters through the open car doors. Yes, winter is coming, and so this essay turns to the preparation and storage of nature's bounty.

There are two excellent methods of saving edible wild mushrooms for future use. In both methods, the process begins with cleaning and inspection. Mushrooms readily absorb waters so they should not be washed under a faucet. It is best to clean mushrooms with a damp paper towel. The mushrooms should be cut in slices and inspected for any insect homesteaders. All uninvited tenants should be summarily evicted. I usually cut short and discard the stems except when they are soft and meaty. The spongy pores of Boletes should be discarded unless the mushroom is still in the button stage. With gilled mushrooms, make sure you check the gills for homesteading holdouts. Most of the work is now just about complete.

Drying mushrooms intensifies their flavor. I like to use a dehydrator that I have modified to control the heating element. Very low heat accelerates drying without pre-cooking the mushroom. The dried mushrooms are then kept in the freezer. Mushrooms prepared this way can be used with excellent results for up to three years! To use the mushrooms, re-hydrate them by placing them in a bowl of milk and heat in a microwave for about one minute. Let the bowl stand for fifteen minutes before final preparation. The mushrooms can then be prepared however you wish, but be sure to keep the soaking milk as it is an excellent base for soups and sauces.

Blanching mushrooms saves the original characteristics of the mushroom. Place the cleaned mushroom slices into rapidly boiling water for just one minute then drain and immediately freeze. Mushrooms frozen after blanching will hold their flavor for about 9 months. To prepare the blanched mushrooms for a meal simply defrost and cook as directed.

I also like to keep a small supply of medicinal herbs on hand during the winter to help round off winter's hard edge.

Verbascum thapsus, Mullein, is a common plant on Mount Lemmon with soft "fuzzy" leaves and a tall central flowering stem. Mullein leaves are a natural decongestant and I gather and dry the leaves when the plant is in flower. A tea made from the dried leaves will help clear the lungs when they are mildly congested. The tea should be strained through a cheese cloth before drinking as the leaf hairs could irritate a sensitive throat.

Speaking of the throat, *Oenothera*, Evening Primrose, has an astringent mucilage quality to the leaves that will soothe a sore throat when taken as a tea. It is also a very common plant found on the mountain and the tuber root of a young plant makes a good dinner vegetable. The oil of its seeds is now commonly found in health food stores and is said to aid liver function and help fatty-acid imbalances.

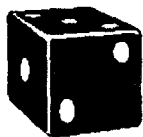
Mentha arvensis and *Mentha piperita*, Wild Mint, is a favorite herbal tea to warm the soul on a cold, cold day. It will also help settle a nervous stomach and is a mild blood purifier as well.

Leaves gathered when the plant is in flower will have the strongest effect and the most flavor.

Now that the monsoon season has ended, I am riding my motorcycle down to my office in Tucson more often. On a recent Monday morning I find myself behind a camping family driving about 20 MPH. An insight flashes in my mind and I now have the theme of my next "Ramble."

On this morning I am not in a rush and instead of passing

the slower vehicle, I pull over just past Willow Canyon and wander into the woods. I take along a paper bag with me in the hope of finding some mushrooms. I do not follow a path, instead I walk uphill taking in the morning sights and sounds. It is still early enough that the birds are vocalizing their territorial claims. A lone crow passes overhead and shouts at my intrusion. I return its call in brotherhood. I don't know why I do this, I just do. I pass a grove of tiny plants with even smaller pink flowers. I have to kneel down to see them clearly. They are gorgeous and the disparity between our sizes only enhances their appeal. I come to the crest of a hill which is covered with huge boulders. I climb one of the boulders and emerge above the tops of the nearby trees. A view of east Tucson opens before me as the rock face drops hundreds of feet at the edge of my shoes. A mild wind blows in across the Tucson basin and with views unbroken in every direction I feel like I have taken flight. Far, far below, a few hundred thousand people are beginning their day. Not one can see me on this boulder, a man flying alone with the earth tethered to his feet. A flash of light over the Rincon Mountains commands my attention. I have carried the earth to the rising sun. Warm beams of brilliant gold play across my face, this light of life still invisible to the city dwellers below. I linger for a moment, then walk back to my motorcycle having gathered a bountiful harvest without taking a thing.



BUNKO



The next Bunko Night will be Saturday, October 17th, 6:00 pm at the Alpine Lodge.

We will be served Oktoberfest food for \$12.15 (which includes gratuity).

The prizes will be provided by the Mt. Lemmon Women's Club. Please RSVP by Sunday, October 11th to Linday Mulay, 327-4615 or 576-1417.

SARA AND JOHN LEMMON

by Suzanne Hensel



You've all heard the story before of how Sara and John Lemmon first came to the Catalinas in 1881 while on their honeymoon. E.O. Stratton, a rancher that lived on the north side of the mountains, led John and Sara to the top. He was obviously impressed with Mrs. Lemmon because once he reached the peak he christened it "Mt. Lemmon" in her honor.

Sara's story has been told many times, not just in previous Echoes articles, but in the local newspapers as well. She moved from the east coast to California in 1869. She had contracted pneumonia and her only hope was to move to a warmer climate.

She is extrodinary because she was an educated women who took the initiative to become a botonist, and open a library and store where classes were held about art, writing, music and botany. She gave many talks about her botanical studies and discoveries.

Quite an amazing women not only for the 1800's, but even by today's standards. But what about John, her husband, what did he do?

John Gill Lemmon was raised on a farm in Michigan. He taught school in Michigan until the Civil War, at which time he enrolled as a volunteer to fight for the Union. By the end of the Civil War, Lemmon had spent time in the Andersonville Prison in Georgia. This left him near death.

In an effort to regain his health he moved to California. He began exploring plant life and made many new discoveries. Eventually he met Sara. They married and began a joint botanical career called the Lemmon Herbarium of Oakland.

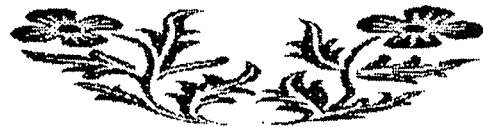
The Lemmons were well aware that few, if any Anglos had traveled the higher ranges of these mountains. This is probably what had motivated them to reach the top. They knew with almost complete certainty that they would discover new plants in the high elevations.

The Lemmons traveled all over the remote areas of Arizona. Upon their return to California Sara Lemmon gave a public address about the "Perils and Pleasures of Botanizing in Arizona." Mrs. Lemmon had developed into a notable

public speaker as well as a botanist and flower painter.

In later years John Lemmon became a botonist for the California State Board of Forestry. Sara assisted him. His position was recorded under the name of "J.G. Lemmon and Wife." Sara's undertakings were fully understood by her contemporaries. The label of Lemmon and Wife is analogous to Smith and Son. They were equally prominent in their studies and they both had several papers of their own published.

Our mountain is named for Sara, but let's not forget John. They were a team. Neither one of them would have achieved as much as they did if they had been on their own.



LIBRARY FOR YOUNG PEOPLE

The young people's library, sponsored by the Mount Lemmon Women's Club, is located at 11249 East Carter Canyon Road, Summerhaven. This is the residence of Phil Archambault and Nancy Goodwin.

The interest level of available books is planned for the youngest of children and up through young teens. There are books to be read to pre-school youngsters, books for beginning readers, and books for all reading abilities. There are a few books for adults about the West and Arizona.

For information phone 576-1245 or 296-7993. The library is open afternoons, 1-5, any day that Phil or Nancy is at home.



HALLOWEEN PARTY



Come to the Fire House on Saturday, October 24th for a fun filled evening with the spooks and goblins of Summerhaven!!



The dinner potluck will start at 5:00, followed by the evening's activities: games, prizes, costume contest, pumpkin contest, community raffle, and music and dancing.

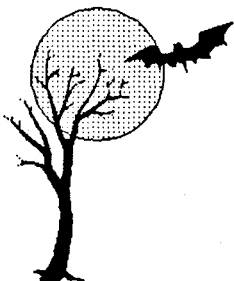


Bring a dish to share, drinks and utensils will be provided.



This event is sponsored by the Mount Lemmon Fire Department. If you would like to help out at the party please call Suzanne Hensel at 576-1272. If you would like to donate a prize or a bag of candy, simply drop it off at Mt. Lemmon Realty.

We ask that you make a \$2.00 donation at the door (\$5.00 for a family), to help cover the cost of the party. For every dollar donated you will receive a ticket for the raffle.



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MT. LEMMON TELEPHONE: _____

PERMANENT ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PERMANENT TELEPHONE: _____ PAGER: _____

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IF NO, WHEN DO YOU CLOSE? _____ REOPEN? _____

DO YOU HAVE AN ALARM SYSTEM? YES _____ NO _____

IF YES, DESCRIPTION OF SYSTEM: _____

NAME & PHONE NUMBER OF ALARM COMPANY _____

DO YOU HAVE A NEIGHBORHOOD WATCH? YES _____ NO _____

IF YES, WHO WATCHES YOUR HOME? _____

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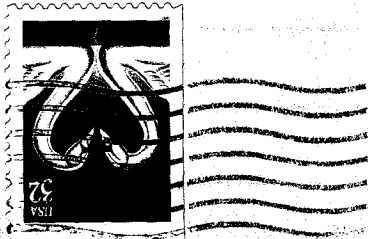
NAME	ADDRESS	PHONE
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ANY OTHER INFORMATION YOU WANT ON FILE:

Mail completed forms to : Pima County Sheriff's Department
Rincon District
8999 E. Tanque Verde
Tucson, AZ 85749



Larry & Luann Waldron
4470 N. Cerritos Dr.
Tucson, AZ 85745



Mt. Lemmon Homeowner's Association
P.O. Box 699
Mt. Lemmon, AZ 85619-699

The Echoes is brought to your home courtesy of the Mt. Lemmon Homeowner's Association. It is one of the benefits of being a member. Your board members are: Carolyn Autrey, Red Greth, Pete Krauss, Olga Pace, Carrie Reitz, Kathy Shields, Larry Waldron. The Officers are: John Muley, President; Franny Crowe, Vice President; Dani Hayhurst, Secretary; Florence Wilhoite, Treasurer; Fran Zimmerman, Membership. Suzanne Hensel is the Publisher and Editor of this newsletter.

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