

The

# Mt. Lemmon Echoes

A publication of the Mt. Lemmon Homeowners' Association

mtlemmonhoa.org

## Firewise Update and Thanks

by Sally Crum

As news of wildfires appears daily; I am thankful for all the work that our cabin owners do to help reduce the risk on Mt. Lemmon.

Sally Crawford forwarded me an article, "The Miracle House on Lahaina." The house was left standing after the recent wildfire, surrounded by ashes of an entire neighborhood. While other factors could certainly have helped with its survival, the article attributes the 5' of cleared space around the home as being a significant contributor. The owners are already talking about using the home as a hub for the neighborhood during the rebuilding process. Google "The Miracle House on Lahaina" for the complete article.

Our Firewise Celebration expressing gratitude to the Firewise volunteers was attended by over 75 residents! Dorothy Johnson recognized all our Neighborhood Captains and other special contributors with candles. Our thriving Mt. Lemmon Firewise Community depends strongly on Dorothy and the Neighborhood captains to provide information and assistance to cabin owners on how to protect their homes, reduce hazardous fuels, and utilize Firewise guidelines to 'harden' their structures to protect from embers. Information was also provided on how to sign up for financial assistance to remove trees affected by bark beetles. To learn more, visit the MLFDAZ.ORG website, select the Firewise Tab, and search for "Bark Beetle Reduction Cost Share Program."



*Firewise volunteers*

*Left to right: Sandi Triplett, Kenn and Linda Block, John and Louise Lynch, Pam Haskell, Art Torrance, Karen Burrows, Vonnice and Don Hickman, Dorothy Johnson, Sally Crum, Marty Herde (Photo courtesy of Henry Johnson)*



*Left to right: Louise and John Lynch (Photo courtesy of Henry Johnson)*



## The President's Corner September 2023

By Sally Crum, MLHOA President

What a busy month we've had on 'the mountain' while we expectantly awaited the arrival of the monsoon. Here are some of the highlights:

- We continued to enjoy community events like Bunco and our First Friday movies night. September will be the last month for those activities until next year.
- Conversations continued with PC DOT around road maintenance responsibilities and actions.
- Planning for upcoming events continued:
  - Sept. 3<sup>rd</sup>, MLHOA Pancake Breakfast @ 9:00 am at the Mt. Lemmon Fire Dept.
  - Sept. 16<sup>th</sup>, Ice Cream Freeze Off @6:00 pm at the Mt. Lemmon Community Center
  - Oct. Chili Cook-Off Date TBD
- Forest Service will begin thinning approx. 800 acres on Sept. 1<sup>st</sup>, with pile burning as weather conditions allow.
- Parking improvements in Marshall Gulch and Summerhaven are scheduled to begin in the fall of 2024.
- Watch for information on a FLAP Grant update meeting.
- Firewise activities continue into the fall. Watch for more information!



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## Update from the Mt. Lemmon Water District

by Doug Mance, Board Chair, Mt. Lemmon Water Improvement District

Greetings from your Mt. Lemmon Water District. The summer on the mountain is in full swing with new lodgings, new businesses, new owners, and lots of new visitors. The newness and the hustle and bustle always mask over the constant of increased water usage and consumption verses the annual low spring flow reduction that only speeds up again when we get rains. We are still waiting for those replenishing rains. Please always use our precious water wisely, and always, always shut off your cabin water when you leave for extended, hourly periods of times.

Your water board is busy these days with grant writing to replace our aging SCADA (Supervisory Control and Data Acquisition) System, our individual meter monitoring platform, and down the road, more water storage capacity to meet future water needs.

In the works also is finally a Mt. Lemmon Water District website. I know, it's about time, right? Well, it's just around the corner.

The August meeting was both well attended and remarkably interesting for new participants and attendees. These meetings take place at the Zimmerman Schoolhouse on the 3rd Saturday of each month at 8:00AM and all are welcome to attend. They are public meetings!

On another note, Laura and I have decided to move our summers back to our East Coast roots and Yarmouth Port, Cape Cod, Massachusetts starting in the summer of 2024. As a MLWD Board member, voter registration based on home ownership within the district is required, so when we sell our mountain home, I will be moving from board member and board chair to volunteer status. If the board allows my involvement, I will finish current projects with the current board.

So...if anybody is interested in a Board of Directors one year appointment (that finishes the last year (2024) of my 3-year term), contact any board member to apply. It really is a satisfying mountain endeavor. You will not be sorry.

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## September Calendar

(Event details on Page 7)

- 1 - First Friday movie, MLCC, 6:30pm
- 3 - MLHOA Pancake Breakfast, MLFD, 9:00 am
- 15 - Bunko, MLCC, 6:30pm
- 16 - ML Water District Board, Zimmerman School, 8:30am
  - PCHD Vaccine Clinic, MLCC, 9-11:30am
  - MLHOA Board, MLCC, 10am
  - ML Woman's Club, MLCC, 1pm
  - Mt. Lemmon Speakers Program, MLCC, 2:15pm
  - Mt. Lemmon Ice Cream Freeze Off, MLCC, 6:00 pm
- 18 - ML Fire Board, Fire Station and via Zoom at mlfdaz.org, 4pm
- September 23-October 15 (weekends only):
  - Oktoberfest, Ski Valley, 11:30 am-4:30pm

Upcoming in October:

- PCHD Vaccine Clinic, MLCC, 9-11:30 am
- Chili Cook-Off, Date and Time TBD

## How to Stay Up to Date on Mt. Lemmon Information

By Matthew Grossman

Here are online resources to keep Mt. Lemmon residents informed between editions of *The Echoes*:

1. A Google Group has been set up to provide email updates. To join, send an e-mail to [mtlemmon-hoa+subscribe@googlegroups.com](mailto:mtlemmon-hoa+subscribe@googlegroups.com).
2. The Mount Lemmon Homeowners' Association maintains a website at [mtlemmonhoa.org](http://mtlemmonhoa.org). Get informed and contribute to the community.
3. Sign up at [Nextdoor.com](http://Nextdoor.com), using your cabin street address. If you use Nextdoor for your valley neighborhood, sign up for Mt. Lemmon under a new email address, because only one neighborhood is permitted per email address. This offers general information and important communication, especially with wildfires and road closures.
4. [MLFDaz.org](http://MLFDaz.org) is the web address for our Fire Department. On the home page, under the Resources tab, is Firewise. This takes you to important information and forms, including an Action List for Property Owners, a Community Communications form, cheatgrass and bark beetle identification, and more information to help keep your cabin and community safe.

## About *The Mt. Lemmon Echoes*

*The Mt. Lemmon Echoes* is published 10 times a year, February through November, by the Mt. Lemmon Homeowners' Association.

To contribute stories, photos and calendar items, or for additional information about the *Echoes*, email Editor Susan Miller-Cochran at [mtlemmonechoes@gmail.com](mailto:mtlemmonechoes@gmail.com).

To get advertising rates and reserve ad space in *The Echoes*, email [mjsintuc@gmail.com](mailto:mjsintuc@gmail.com).





## Heat-Related Emergency Prevention Tips

by Dan Leade, MLFD

With the recent heat wave and a delayed monsoon, MLFD has seen an uptick in heat-related illnesses. While it is cooler atop Mount Lemmon, it is still a dry environment and care must be taken to remain well-hydrated to avoid a heat-related emergency. The National Institute for Occupational Safety and Health (NIOSH) has compiled some recommendations to avoid heat-related illnesses including some signs/symptoms to be aware of before an inconvenience escalates to a life-threatening event.

The three types of heat-related illness, in order of severity, are heat cramps, heat exhaustion, and heat stroke. Heat cramps are caused by electrolytes and fluid being released through sweat. These can occur in the arms, legs, or abdomen and are generally prevented by drinking water and replacing carbohydrates and electrolytes with a sports drink every 15-20 minutes.

Heat exhaustion occurs when an excessive loss of water and salt from intense sweating begins to exhaust the body's coping mechanism. Everyone working in a hot environment is susceptible, but the elderly or those with high blood pressure are even more vulnerable. Symptoms include headache, nausea, dizziness, weakness, thirst, heavy sweating, elevated body temperature, and decreased urine output. Moving to a cooler environment is imperative. Remove excess clothing, cool skin with a cold compress or wet cloth, and take frequent sips of cool water. If this does not help, call 911 as you may be progressing to heat stroke, which is a true emergency.

Heat stroke is the most serious heat-related illness, and it can lead to confusion, altered mental status, loss of consciousness, seizures, and even death. Symptoms include a very high body temperature and hot, dry skin or profuse sweating. NIOSH states that "Heat stroke occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down." Call 911 immediately as delaying treatment could be fatal. Try to move to a cooler area and remove outer clothing. Attempt to circulate the air around yourself or victim. Some recommendations for cooling are to take a cold water or ice bath, wet the skin with water, or place cold wet clothes on the skin, especially on the head, neck, armpits, and groin.

Drink plenty of water and consider the above signs/symptoms to prevent heat-related emergencies as the Arizona heat pushes into the fall.

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# The Mt. Lemmon Ice Cream Freeze Off is Coming!

September 16 at 6 PM at the Community Center

by Michael Stanley

We hope to see you on Saturday, September 16th, at the Community Center at 6 PM for the Mt. Lemmon Freeze Off! You, too, can add your favorite flavor to our growing list of tastes for the Ice Cream Social event of the year.

Last year at the annual Freeze Off included five locals with excellent frozen delights who provided samples for almost fifty people wanting to taste their wares. Conversation and murmurs moved from how to make ice cream to how wonderful it was to see so many Lemmonites out for a great event, and soon all the tastes were tasted and voting was taking place.

Many people commented that everyone displayed big smiles during the tasting and laughter was present in every corner of the center. As the ice cream was getting low and the votes were counted, the winners and prizes were as follows:

1<sup>st</sup> Place: Jennifer Shacter, Raspberry/ Banana Foster

2<sup>nd</sup> Place (tie): Karen Burrows, Caramel

    Ginny Durhan, Vanilla and a side of Brownies

    Katie and Jim Ammon, Mango

Honorable Mention: Michael Stanley

A \$5 donation was collected at the door with \$250 presented to the Mount Lemmon Fire District. The Freeze Off is an annual MLHOA event and everyone had a wonderful time. Competitors for this year, please arrive by 5:30 with one gallon of your homemade treat and sufficient ice to keep it frozen for an hour. Please call me if you can bring your award-winning recipe or have any questions: Michael 520-576-1505

Prepare now! Mountain ice cream always tastes better in September!

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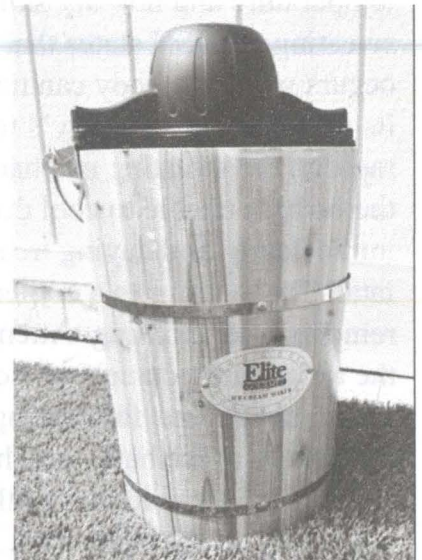
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Time to dust off that ice cream maker! Photo of the 2019 prize for 2nd place courtesy of Susan Miller-Cochran and "Prickle-icious" prickly pear ice cream.



## MLWC Speaker Programs

By Robin Kirk

Henry Johnson M.D. presented "Birds are Made to do Four Things" on Saturday, August 19<sup>th</sup>, 2023, at the Mt Lemmon Community Center. Henry spoke about cavity nesting birds and accessed his wonderful photos on his Mt. Lemmon Images website. If you would like to view his original prepared program with his wonderful photography, go to the following link:  
<https://tinyurl.com/BirdsAreMadeToDoFourThings>

Thanks Henry for your expertise and information once again to the community! We again had a full house of 65 attendees.

### Future Speakers:

**September 16:** Donato DelMastro, District Ranger, USFS, Catalina District: "Status and Update on the Santa Catalina Forest"

*All talks are held at the Community Center (12949 N. Sabino Canyon Rd.) and begin at 2:15 PM. Talks are open to the public and free of charge.*

## Bunko!

- Friday, September 15, 6:30 PM at the Mt. Lemmon Community Center
- Bring snacks to share and your own drink. Everyone is invited!
- Questions? Call Linda Mulay at 520-561-1137.

## Notice Any Strange Wildlife Behavior?

Arizona Game and Fish Warden, Suzy Ehret, encourages those who notice wildlife behaving abnormally to call the 24-hour dispatch line: 1-800-352-0700. And of course, if there is an emergency, please call 911.



*Okay, no...dogs behaving like this doesn't count. (Pearl wants you to know she was not consulted about the inclusion of this picture)*

## Pima County Health Department Vaccine Clinics Coming to Mt. Lemmon

With the withdrawal of Walgreen's from our annual shot clinic, the Pima County Health Department (thanks to Beth Borozan) has stepped up to make sure our community remains protected.

Based on the latest recommendations for optimal protection, vaccine availability, and dates when we have more people on the mountain, we've arranged for the clinics to be held the 3<sup>rd</sup> Saturdays of September and October.

- **September 16, 9:00 – 11:30** at MLFD. COVID-19 Vaccines (and flu and pneumonia, if available). Information and management resources will also be provided on the Tobacco and Chronic Disease Prevention Program.

- **October 21, 9:00 – 11:30** at MLFD. COVID-19 Vaccines (hopefully the newest vaccine will be available), as well as Flu and Pneumonia vaccines. Fall Prevention and Alzheimer's Disease Related Dementia Resources will also be available.

Let's thank Pima County Health Department for this support by showing up and supporting them! Let's stay healthy this year.

## **Mt. Lemmon Woman's Club**

**By Sandi Triplett**

**Mt. Lemmon Woman's Club President**

Mt. Lemmon Woman's Club met Saturday, August 19, 2023. A big thank you to all the women who donated school supplies for our August fundraiser for Nash Elementary School. Mary Hunter also made and donated beautiful baby quilts for More Than A Bed. Terry Wilson recommended the topic of 'Domestic and Sexual Violence Awareness and Prevention' (including human trafficking) as a project for the Woman's Club beginning in 2024. This was well-received by all members in attendance. We will begin preparations immediately.

Karen Burrows is taking orders for logo shirts and vests. Robin Kirk is taking orders for logo jewelry. The orders will be placed following the September meeting. If you haven't placed your order yet, plan to place your order at our September meeting.

Our speaker program was well-attended in August where Henry Johnson spoke about birds of the Catalina Mountains. In September, District Ranger, Don DelMastro, will be our speaker. Please plan to stay for the speaker program immediately after our meeting September 16.

Robin Kirk announced our Holiday Brunch will take place Saturday, December 2, beginning at 10:30am at Ventana Canyon Lodge. She will send Evites to members in October. If you plan to attend, you will need to RSVP and select your choice of meal in a timely manner.

## **Trico Electric Co-op Launches New Electric Vehicle Time-of-Use Rate for Members**

**by Roberta Lopez-Suter**

Trico Electric Cooperative is proud to announce the launch of a voluntary Electric Vehicle Time-of-Use Rate (EV TOU Rate) for eligible Trico Members who have electric vehicles (EVs). This rate is designed to support the growing demand for EVs among Trico Members, reduce strain on Trico's system during peak hours, and lower costs for Trico's overall membership.

Trico Members who sign up for the EV TOU Rate will receive up to 400kWh of energy at a forty-five percent rate reduction if they charge their EVs between the hours of 10:00 p.m. and 5:00 a.m. This experimental rate is available to the first 1,000 Trico Members who sign up. Trico currently has 67 Members enrolled in the experimental rate. This experimental rate will help Trico to better understand Members' EV usage, encourage Members to charge during off-peak periods, and determine how many EVs are in Trico's service area. This information will help Trico develop future EV programs as we work to better serve EV demand and Members' needs.

As a not-for-profit cooperative, Trico's focus is on meeting the needs of all Members and putting Members' interests first. By encouraging Members with EVs to charge during non-peak hours when energy supplies are high and costs are low, Trico can control costs and efficiently manage its distribution system, which benefits all Members, even those who do not own EVs.

"EVs offer a significant opportunity for electric cooperatives, and Trico has been planning for an increase in EV adoption. Trico is committed to providing its Members with sustainable and cost-effective energy solutions, and that means our EV strategy starts with our Members," shared Brian Heithoff, Trico CEO and General Manager.

Learn more about the EV TOU Rate and additional EV information, at [www.trico.coop/electric-vehicles](http://www.trico.coop/electric-vehicles).



## Turkey Chili Recipe

by Susan Miller-Cochran

*Getting ready for the chili cook-off? Here's a simple, healthy chili recipe to get you warmed up (both for the cook-off and for the weather)!*

### Ingredients:

2 lbs. lean ground turkey  
14.5 oz. can of diced tomatoes  
30 oz. can of tomato sauce  
4 tsp. chili powder  
1 tsp. cumin  
1 tsp. onion powder  
1 tsp. garlic powder  
1/4 tsp. salt  
1 tsp. Worcestershire sauce  
6 oz. sliced avocado (1.5 oz. per serving)

### Instructions:

Brown the turkey and drain the fat. Add all ingredients except avocado to slow cooker. Cook for 8 hours on low or 4 hours on high. Top with sliced avocado. Makes 4 servings.

*If you have a recipe you would like to share, reach out to Susan. Contact information on page 4.*



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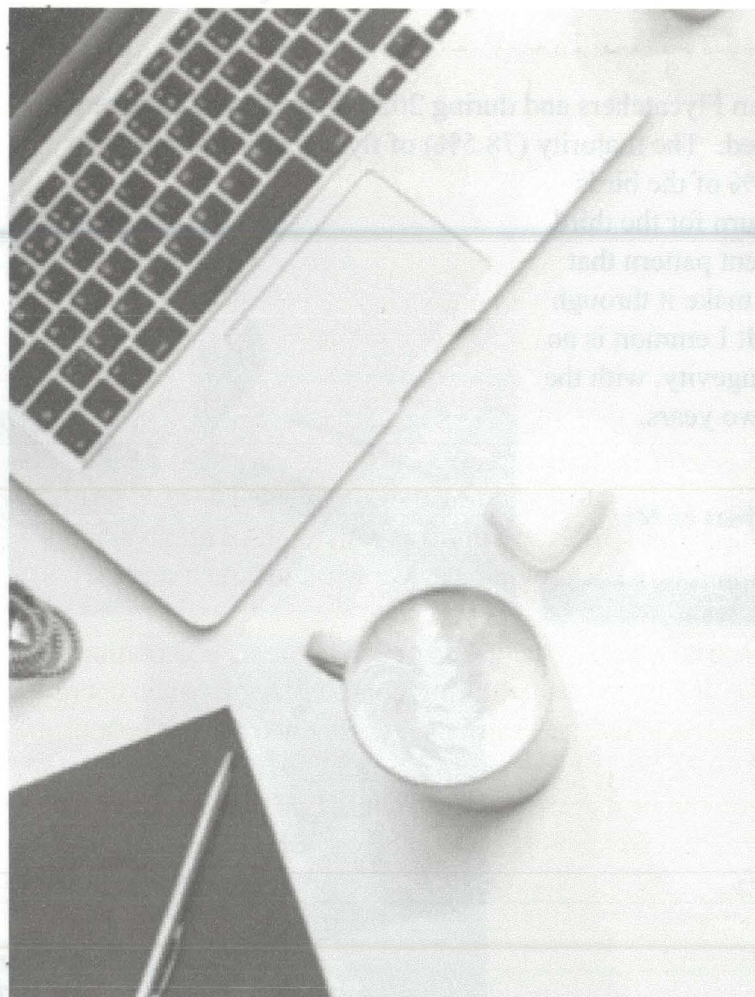
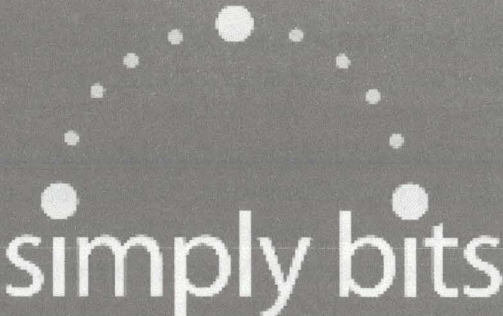
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# How Old Are the Cordilleran Flycatchers That Breed on Mt. Lemmon?

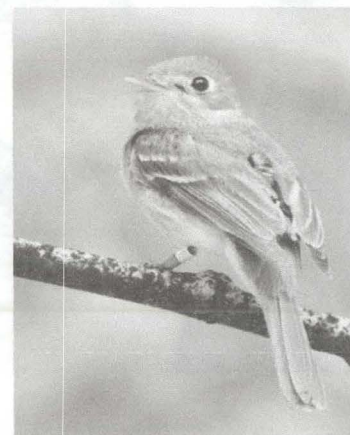
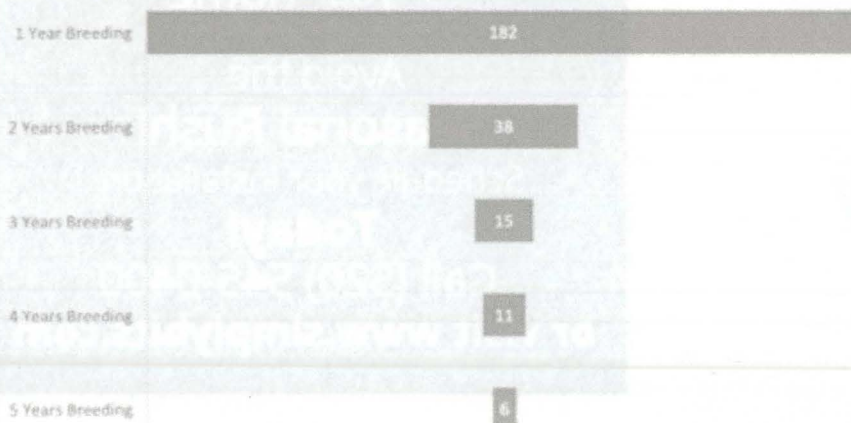
by Dr. Charles van Riper III

Several people have asked me; “How old are the Cordilleran Flycatchers breeding at my house?” To answer this question, I have compiled the age structure of all our known breeding Cordilleran Flycatchers on Mt Lemmon. Each year we try to capture, by mist net, as many birds as possible and give them unique combinations of colored plastic leg bands. All males have a metal numbered federal band on their right leg with color bands on the left, while females have the metal federal band on the left leg and color bands on the right. This way, each bird can be individually recognized without having to recapture them. This also allows us to properly assess the age structure of the breeding flycatchers on Mt Lemmon, by seeing which birds banded from previous years return for breeding. In 2016, we started banding breeding Cordilleran Flycatchers on Mt. Lemmon:

YEAR	# of 1-Year Breeding Birds	# of 2-Year Breeding Birds	# of 3-Year Breeding Birds	# of 4-Year Breeding Birds	# of 5-Year Breeding Birds
2016	45				
2017	0	3			
2018	3	4	0	0	0
2019	73	2	0	3	0
2020	39	17	2	1	2
2021	23	6	7	2	1
2022	65	8	4	6	1
2023	55	7	2	2	2

In 2019 we began intensive banding of Cordilleran Flycatchers and during 2023 over 80% of all breeding birds at the nests we were monitoring, were banded. The majority (78.5%) of flycatchers that breed on Mt Lemmon are 1-year old birds. There are 12.2% of the birds that return for a second year, while only 3.5% return for the third and fourth year of breeding. It is a pretty consistent pattern that only 1.5% of the banded Cordilleran Flycatchers make it through five years of breeding. What we have found on Mt Lemmon is an inverse relationship between age and breeding longevity, with the great majority of birds only breeding for one or two years.

Breeding Longevity of banded Cordillern Flyatchers on Mt Lemmon, AZ (2019-2023)



Photos courtesy of Dr. Charles van Riper III



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