



K. Hovnanian's Four Seasons Sentinel

Volume 4, Issue 2

THE LODGE AT BEAUMONT

HOURS: 7 a.m.—9 p.m. • 7 DAYS A WEEK

LODGE PHONE NUMBER: (951) 769-6358

February 2009

Black and White and Sparkly all over!

By Cindy Graves

What's black and white and sparkly all over?

Answer: The guests who attended the New Year's Eve party at the Lodge! What a great bunch of living props we had that night!

The music was spectacular and the dance floor was jumping the entire night! We had many special guests including the elusive Whit Thornton, who happily surprised us with his attendance (joining his beautiful wife Tonya Thornton who always works especially hard for the Social Committee events). There were also many new homeowners who were able to see what a "rip-roaring" Four Seasons party is like. The overall consensus from the Social Committee event survey filled out by many of the party goers reflected that a good time was had by all!

Thanks go out to the wonderful photographic skills of Howard Lyon and Vince Palmer who skillfully documented in pictures the people and the activities of the evening. What a great job they do for us all! There are so many people that deserve to be thanked for their participation in helping the event go well; some of those people are Steve Sarchette for the 50/50 tumbler that he made, the talented Abby Cameron for the beautiful moon decoration she created and of course we can't thank enough the ongoing efforts of Roland Harrah for the sound tech position he so often mans. All of the Social Committee gets an A+ for their hard work and Claudette Harsnay receives a special commendation for remaking some of the previous decoration inventory to design the lovely centerpieces adorning each of the tables.

All in all it was a beautiful collaborative effort that provided a festive and fun evening!



Whit & Tanya Thornton



Ken & Yvette Thomas



Beverly & Willis Fagan



Howard Lyon, Linda Lambeth,
Louise Lyon, & Steve Lambeth

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Attention all Four Seasons

Photographers

Friday & Saturday, March 6th & 7th, we will be holding a Four Seasons Beaumont **Independent Film Festival**. Everyone is encouraged to sign up and participate in creating your very own mini movie or picture slide show. This event will be held in the Theater during the regular movie times **11:05 am & 3:30 pm**.

On **Saturday** an **Award Ceremony** will be held following the 3:30 pm presentation.

This will be a great opportunity for the community to view some of the beautiful, artistic, & humorous photo shots **taken by you** our creative residents!

*These photos may be of the subject matter of your choosing: clubs, nature, architecture, animals, people or places.

• Please submit your contributions for the show by **February 27th, 2009**.

• All film creations should be in a DVD or CD format

• For further questions please contact: Cindy Graves Activities Director at the Lodge (951) 769-6358. Thank You for contributing!



December

Wednesday, 3rd - 5:00pm Ticket Sales Start
Wednesday, 17th - 5:00pm Ticket Sales Start

January 2009

Wednesday, 7th - 5:00pm Ticket Sales Start
Wednesday, 14th - 5:00pm Ticket Sales Start
Wednesday, 21 - 5:00pm Ticket Sales Start

February 2009

Wednesday, 4th - 5:00pm Ticket Sales Start
Wednesday, 11th - 5:00pm Ticket Sales Start
Wednesday, 18th - 5:00pm Ticket Sales Start

Springdale Residents:

Come to a LaBarre/Oksnee
EARTHQUAKE INSURANCE

presentation on

Friday, February 13th at 6pm
in the 2nd section of the ballroom.



See you there!

* Very informative!



K. Hovnanian's Four Seasons at Beaumont Fitness Club Announces:

Pro-Fit Fitness Program Schedule for

February 1st - April 15th, 2009



Monday	Conditioning	8:30 am	Aerobics Room
Monday	Chair Fitness	9:30 am	Aerobics Room
Tuesday	Step & Burn	8:30 am	Aerobics Room
Tuesday	Chair Fitness	9:30 am	Aerobics Room
Tuesday	Step & Tone	5:45 pm	Aerobics Room
Wednesday	Conditioning	8:30 am	Aerobics room
Thursday	Gentle Yoga	9:00 am	Aerobics Room
Thursday	Zumba Gold	5:45 pm	Aerobics Room
Friday	Conditioning	8:30 am	Aerobics Room
Saturday	Gentle Yoga	9:00 am	Aerobics Room

Pricing:

\$50.00 a month - Unlimited Classes
\$40.00 a month- 16 Classes (4 per week)
\$30.00 a month - Any 12 Classes
\$5.00 - Class

- ♦ **Conditioning:** Weighted workout to music that will help improve overall strength and endurance.
- ♦ **H2O Fit:** Water aerobic workout that helps increase muscular endurance, stamina and circulation without the land based impact. Offered during the months of Apr. - Nov.
- ♦ **Zumba Gold:** This fun, easy, safe and effective workout is done to the rhythms of the cha - chu, mambo, meringue, salsa and more. It's great for the body and soul!
- ♦ **Gentle Yoga:** Utilizes the benefits of Yoga done in a safe but effective setting.
- ♦ **Step & Burn:** Combination of cardio and conditioning utilizing the step and segments of light weight conditioning.
- ♦ **Step Aerobics:** A steady state cardio workout using step patterns

For more information contact Program Coordinator,
Carmen Lopez @ (951) 892-5141.

"St. Cakes" an English Murder Mystery Dinner Theater Evening:

When: Saturday, March 21st, 2009

Place: The Lodge Ballroom

Time: 5pm-8:30pm

Ticket price: \$15.00

Once again (back by popular demand!) the Social Committee of the Four Seasons Beaumont is presenting another audience participation Murder Mystery Dinner Theater. The Story opens up at the Founder's Day Celebration at St. Cakes School in England. The lesson of the day is a murder mystery and you're in the middle of the action. Do you have enough class to scheme and plot against the other guests? Will you do your homework and find the murderer?

Pick up your tickets today!

Tickets go on sale on Tuesday, February 10th

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services and
treatments that
restore and
beautify your
outer appearance
as well as
invigorate and
rejuvenate your
soul.*

~ Happy New Year ~

*From: Carol, Rhonda, Don (Stylists)
Laura (Esthetician), Diane & Gary
(Massage Therapists)*

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year and hope to continue serving you.*

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"A happy mate is a happy date."



~Diane's Specials~

Wild Rose Relaxation Retreat \$75
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treatment designed to smooth,
refine, & hydrate your skin. Lock-in
price for one year (book 6 or more
sessions per year and receive \$5 off
of each session)**

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only \$60.00 – 60 min. Session !!
**...Sign-up for regular sessions &
lock-in this price for a year.**

Schedule NOW & SAVE later!!

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Free Delivery

1518 Four Seasons Circle (951) 769-0717

New at Smitty's:

Sundays: ALL YOU CAN EAT PANCAKES!!!
ALL DAY!!!

**Look for any new upcoming ALL DAY specials in the near future.*

Bistro Entertainment Schedule

CHECK IT OUT!!

Karaoke Night: February 21st, 2009

• Great Karaoke Specials

Now at Smitty's:

*Taco Tuesday \$1 each, add beans & rice for \$1

* Chili dog Sunday \$1 each add cheese \$0.50

*Smitty's now has whole pizza's every day for
\$10, Free delivery



Art Lovers League of Four Seasons Beaumont



We have some fun trips planned

Jan 31 Art Under the Umbrellas - La Quinta

February 19 - Palm Springs Museum and Village Fest

March 21 - San Juan Capistrano

April 3 - Indian Wells Arts Festival

We meet on the first Wednesday
at 6:30 in the lodge.

If you are interested in joining our group
we would love to have you.

Please come

Want to light up your night ?



Come to our
Mardi Gras
night on Feb 19
and sample
sensuous
aperitif wines-
find one that's
just right for you
and your partner



Meet in the Lodge
ballroom between
6-8 pm

For more info call
Len Tavernetti at
909 744-2388

Polish off the evening with an aperitif wine

Please bring a bottle of wine, a glass and an appetizer or dessert

HOA News

Manager's Update

By Lisa Lynn, General Manager

At the Open Session Board meeting held on Thursday, January 8, the Board of Directors approved a proposal to repair a treadmill and recumbent bike in the fitness center, approved a recommendation from the Finance Committee regarding an increase for the late fee charges and insufficient fund charges for returned checks (this item will be sent out for member review), approved a proposal for Palm tree trimming and approved the remainder of the 2009 budget for the Social Committee and Activities Director planned events. The Board also adopted the parking rule changes that had gone out for member review. The Board reviewed comments from members regarding the proposed Facilities Committee charter and determined they would restructure the charter to more adequately focus on the needs of the Association. Overall, 26 new action items were requested of Management by the Board of Directors.

The Board also approved the December 2008 meeting minutes and the November 2008 Financials. The Board meeting is held on the second Thursday of the month, with the Executive Session at 8 a.m. in the Lodge Conference room and the Open Session at 1 p.m. in the Lodge Ballroom. The next scheduled Open Session is Thursday, February 12.

To rephrase Abraham Lincoln: "You can satisfy all of the people some of the time and some of the people all of the time, but you can never satisfy all of the people all of the time."

Even though the Four Seasons management strives to satisfy all of the people, we are realistic to have an expectation to satisfy most of the people most of the time.

I continually task the staff with "going the extra mile" in our customer service business; however, this is sometimes difficult when the customer resorts to yelling, demeaning remarks and inappropriate language in addressing the staff members. Please remember that the on-site staff is here to assist the members, but if there is a specific problem you are upset about come and discuss the concern with me directly. On the other side of that coin, I would also like to thank all of our gracious residents who take the time to comment on a staff member's "good job" or say that we are diligently doing our duties. You make our days go a lot easier.

The Fitness Center equipment is serviced quarterly. We encourage users to report concerns with the operation of the equipment before the item requires extensive parts and labor. If a piece of equipment continues to be used when it is malfunctioning, the cost of repair is escalated. If the problem is reported early, we can have it evaluated, and the cost of repairs can be decreased or even eliminated.

LaBarre/Oksnee Insurance Services (the Association's Insurance vendor) will be providing a presentation to the Springdale members regarding earthquake insurance coverage on Friday, February 13 at 6 p.m. Springdale members please attend this important presentation so you will be prepared to vote on this topic in the near future.

As a reminder, please do not park in the handicapped parking

spaces at the Lodge unless you display the appropriate placard or license plate. This applies to all vehicles, including golf carts.

Safety Committee

The Beaumont Senior Services on February 12th will offer an AARP Driver Safety course. Upon completion of the course you can save up to 15 percent on your automobile insurance. For more information please call (951) 769-8539.

Last November 13, the largest earthquake drill in history took place in California. One of the issues revealed in this drill was how unprepared we all are. Please, if you do not have emergency water, food, or first aid equipment consider getting them. I do have information on what you need so feel free to contact me. A good source of information is Southern California Earthquake Center (www.SCEC.org). -- Richard Urie, Chairman

Architectural Review Committee

Homeowners who want to add, replace, or modify external lighting around their homes must submit an application to the Architectural Review Committee for approval. Many homeowners who are new to the Beaumont area may not be aware that the City of Beaumont has a "Dark Sky" ordinance. This ordinance basically says that external lighting must not be visible on a horizontal plane or have the light source in the fixture visible to the eye.

For more information about the "Dark Sky", contact the City of Beaumont. I'm sure they will be glad to assist you.

The ARC meetings are open to all Four Seasons homeowners. We meet almost every Wednesday of the month at 10 a.m. in the Lodge. On Board meeting weeks, we meet on Thursday (instead of Wednesday) at 10 a.m. Feel free to attend.

-- Herb Wachtel, Chairman

Social Committee News

By Melody Seewoster

New Year's Eve –what a bash! The entertainment, Jerome, the food, and the decorations have all gotten rave reviews. If you missed the party I'm sorry. You missed a great evening.

For all those who enjoyed Jerome you will be happy to know he will be back for our 2010 New Years Eve party.

There were several door prizes that were donated by members of the Social Committee and by Cindy Graves. Our 50/50 pot was over \$250 and our own Beaumont Chief of Police, Frank Coe, drew the winning ticket.

Our next event will be the Valentine's Dance, on, of course, Feb. 14, and then the Mystery Dinner on March 21.

A few things I have been asked to remind our guests about:

1. Don't forget to bring a glass for your drink of choice. All of our events are "bring your own beverage" but often times people forget to bring something to drink them out of. Sometimes there are cups available but sometimes that is not the case.
2. The items in centerpieces are often reused so please don't take them. It is nice to know that people like them

HOA News

enough to take them but unless we tell you that you can have them, please leave them on the tables. We are on a limited budget and as you can guess a lot of money can go into these centerpieces.

3. Make sure to purchase your event tickets early. We must give our caterers a head count 10 to 12 days before the event so they can order the food and other items needed for that event. We cannot add people after the deadline date.
4. Reservations are always the best, if possible. If there are people you would like to sit with, make sure you purchase all of your tickets at the same time. If you don't have enough to fill a table of 8 you can still be placed at the same table if you all pay at the same time.
5. Last, if there is a dessert table set up please only take one dessert. One problem we had New Year's Eve was some people took more than one and we ran short, some people didn't get one.

As a reminder, keep an eye on the monthly newsletter for all of the upcoming events.

Finance Committee

Financial statements were reviewed. It was noted that the HOA continues to have a monthly negative cash flow due to the lack of payment or slow collection of association dues and the shortfall in front yard landscaping. The Finance Committee is committed to reducing expenses where ever possible.

Board of Directors approval was requested to increase homeowners' late fees from \$10 to \$25 and bad check fees from \$10 to \$35.

Dennis Stevens was selected from among three applicants who were interviewed for the vacant position on the committee.

Discussion and review of Preliminary Assessment Summary of 2009 Budget is in progress. Another meeting between K. Hovnanian Builders, the Board and the Finance Committee was scheduled for January 12.

The Finance Committee meets the fourth Tuesday of every month at 1 p.m. in the Lodge -- Joyce Mackay, Chairperson

Bistro Committee

Our Bistro is the focal point of many of our social activities at the Lodge. Smitty and his staff not only cater our special events, but, in conjunction with the Performing Arts Club, Social Committee and Activities Director, they provide food and the arena for entertainment. Many residents enjoyed dinner at the Bistro, followed by a fun evening of Karaoke in the Ballroom on January 10. The Bistro served delicious food and magic to homeowners on January 29.

This month Smitty will have a special game menu for Super Bowl Sunday in the Ballroom on February 1 as you watch the championship game on the big screen. Dinner for the Valentine's Day Dinner Dance on February 14 will be created by our Bistro chef!

All this plus his regular specials: Taco Tuesday and Chili-

dog Sunday for \$1 each. Whole pizza every day for \$10 with free delivery. And for those "don't want to cook" days at home, the Bistro offers menu items for delivery to your door! Wednesday and Friday dinner specials vary weekly. Call the Bistro line, (951) 769-0717, for weekly dinner offerings.

Watch the Sentinel and the Lodge flyers for an upcoming ALL DAY special in the near future!

Make your day even better, plan to be at the Bistro for fun and good food! -- Bobbie Eckel

Landscape Committee

The Landscape Committee held its regularly scheduled monthly meeting on December 15 here at the Lodge.

The committee members are concerned about a number of maturing cottonwood trees in our community, planted by the builder, that are causing problems due to their very invasive root systems. The committee is collecting data on the total scope of the problem and will forward to the Board a recommendation to alleviate or eliminate this problem.

Committee members are continuing to voluntarily walk, on a monthly basis, pre-determined neighborhoods within the Four Seasons Beaumont community to be that "extra set of eyes" to identify landscape problems early and report them to Euclid Management for correction. As a result, Committee members have noticed evidence of landscape improvement within several of the neighborhoods within Four Seasons Beaumont.

O'Connell Landscaping Company, who has maintenance responsibility for most of the front yards and common areas, is now mowing every other week since we are in winter and the grass is not growing as fast.

The Committee has completed a list of the various drought tolerant trees, shrubs, accent plants, and ground covers that can thrive in our climate and the geographical zone of Beaumont while using little to very little water. It lists the botanical name, the common name, the mature height and mature width of these trees and plants. This list will be forwarded to the builder through the Board and the Committee feels that such a list might be useful to homeowners if they want to alter or enhance their landscaping. This spreadsheet outlines 65 varieties of trees, 121 varieties of shrubs (includes flowering shrubs), 72 types of accent plants, 44 types of ground covers, and 7 types of vines. We intend to have copies available at the Lodge front desk for pick-up by homeowners.

As we are now in the rainy season of the year, homeowners are cautioned to stay off the trails right after a rainstorm for their own protection as well as for the benefit of the trail areas being repaired.

Since the last HOA meeting, Euclid Management has dispatched 24 letters to residents who filled out a form and requested some type of landscape service. Of the 24 letters dispatched, 23 were notices of completion of requested landscaping service and one was for notification of repair of an irrigation line. -- Fred Weck, Chairman

HOA News

Tree Trimming

By Christian Burke

O'Connell Landscape Maintenance

One of the most important tasks in a good landscape is tree trimming. We at O'Connell Landscape have put together some notes to help you better understand tree trimming.

Why Prune Trees?

The main reasons for pruning ornamental and shade trees are safety, health and aesthetics. Pruning for safety involves removing branches that could fall and cause injury or property damage and trimming branches that interfere with lines of sight on streets or driveways. Proper pruning will also improve stability by reducing wind resistance.

Pruning for health involves removing diseased or insect-infested wood, thinning the crown to increase airflow and reduce some pest problems, and crossing or rubbing branches. Pruning can best be used to encourage trees to develop a strong structure and reduce the likelihood of damage during severe weather. Removing broken or damaged limbs encourages wound closure. Pruning also encourages stronger branch attachment and invigorates branch growth.

Pruning for aesthetics involves enhancing the natural form and character of trees or stimulating flower production. Pruning for form can be especially important on over-grown trees that do very little self-pruning.

How often should I prune my trees?

Pruning frequency depends on several factors that include tree species, growth habits, physical locations, resistance to wind and the association's desire. It is important to correctly identify your tree before you trim. Some trees should be trimmed annually and others can be done bi-annually.

How much should I trim?

Current international Society of Arboriculture standards dictate that in most cases no more than 25 percent of foliage is to be removed while pruning. NO topping is allowed.

When is the best time to prune?

Different types of trees may be trimmed at various times of the year. Deciduous trees (no leaves in the winter) should be trimmed while their leaves are off. Evergreen trees may be trimmed any time of the year. Certain trees such as Coral and Eucalyptus should be trimmed before the windy season. Most maintenance crews have more time available to perform tree trimming in the winter months as plant growth is slowed.

A Little Reminder When Returning Books to the Library:

Please do not try to replace your library book on the Lodge library shelves after you are done with it. Returned books should be placed on the library cart so that the librarians can put the book back on the shelves in the correct order.

Thank you for your assistance, Patricia Ladeira, Lodge Librarian

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Four Seasons Schedule For Clubs, Classes, & Interest Groups

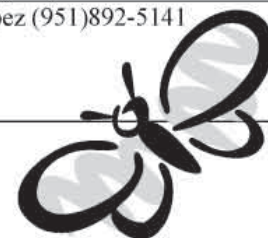


<i>GROUP</i>	<i>Meeting Times & Locations (Unless otherwise indicated meet at the Lodge)</i>	<i>CONTACT</i>
8-Ball Club	Practices: Mon., Wed. & Fri. @ 7pm-9pm. Team Meeting: 1 st Mon. of every month In-house tournament: 2 nd Tues. of every month Couples tournament: 3 rd Thurs. of every month	Del Lyles (951)845-5114 or Dewey Allen (951)769-4354 or Dot Hurst (951)797-3068
* Art Lover's League	First Wed. of the month @ 6:30pm *Field trips vary	Abby Cameron (951)849-6987
Asian Club	2 nd Tues. & 3 rd Fri. of the month @ 10:30pm	Thomas Lee (951)849-6168
* Aviation Club	Varies	Steve Sarchette (951)769-8004 or George Robinson (951)572-5747
Beginners Shall We Dance	Every Monday @ 6:30pm Practice: Every Thursday @ 6:30pm (if no other event planned)	JoAnne Haberman
Bingo	Every 1 st , 2 nd , & 3 rd Wed. of every month @ 5pm	Donna Freeman (951)845-1762
Book Club	Last Tues. of the month 9:30am-11:30pm Evening Session: following Wed. 7pm-8pm	Eileen Gilbert: egcellent@msn.com
* Bocce Ball Club	Unknown	Ernie Reynoso (951)769-7516
Bridge Club	Every Monday @ 12pm	Helen Shoemate (951)769-1106
Canasta #1	Every Thursday @ 1pm	Melody Seewoster (951)769-2774
Canasta #2	Every Wednesday @ 1pm	Just come to game.
Fitness Club	See Pro-fit schedule	Marilee Russell (951)769-8014
Golf Club	Varies	Ed McBratney (951)572-5447
Hearts	Every Tuesday @ 6pm	No Leader
* Hiking Club	Varies	Bev McLaughlin (951)769-3344
Knit/Crochet Club	Tues. mornings @ 9:30am	Dorothy Payne
Life Guide Bible Study	Every Tues. evenings @ 7pm-8:30pm	Don Cummings (951)572-5329
Line Dancing	Beginners class starts @ 4:00pm Every Thursday @ 5pm	Theresa Brown (951)797-3133 or Zelyne Rudolph: Zelynerudolph@yahoo.com
Open Art Studio	Every Friday @ 10am	Abby Cameron (951)849-6987
Pan	2 nd Thurs. of every month	Elaine Israel
Performing Arts Club	Varies, E-mail for meeting dates, etc	Zelyne Rudolph: Zelynerudolph@yahoo.com
Ping Pong Team	Every Mon. & Fri. @ 10:30am	Niles Sundstrum
Poker Club	Tues. & Thurs. @ 10am & Every 1 st & 3 rd Sat.	Loren Stassart (951) 522-1314
Racquet Club	Beginners Group: Mondays @ 5pm Drill Group: Tuesdays @ 5pm, (Mtg.'s Vary)	Loren Duchesne, Chairman or Cheryl Smith, Tennis Pro: (949)929-5443
* Red Hat Society	Varies	Melody Seewoster (951)769-2774
Seasoned Solos (Singles group)	Potluck on the 1 st Friday of the month @ 6pm	Mary Castle (951)769-5444 or Sharon Cox (951)922-6065
Spanish Club	2 nd & 4 th Saturday of the month (Varies)	Amalia Reynoso (951)769-7516
Sunday Morning Bible Study	Every Sunday @ 9:30am	Karen Fuqua
Taste d'Vine Wine Club	3 rd Thursday of the month @ 6:00pm	Anita Worthen (951)769-9858
* The Rv'ers	2 nd Tuesday of the month @ 6pm	Joyce or Rob Mackay (951) 572-5504
* Travel Club	Call Melody for Info.	Melody Seewoster (951)769-2774

Classes

Computer Class	Mon & Weds 1pm-3pm (If available)	Bill Rusche (951)769-4241
Pro-Fit: Offered classes: Conditioning, Aerobics, Step-aerobics, Gentle Yoga, H2O Fitness, etc.	Call for more information & price list *For monthly schedule check the flyer rack by the front desk.	Carmen Lopez (951)892-5141

* Not an official HOA sponsored club



K. Hovnanian's Four Seasons At Beaumont Committees

Architectural Committee

Herb Wachtel, Chairperson
Jerry Dixon
Marlene Doyle
Willis Fagan
Colin Taylor
John Papazian, ARC Consultant
Wayne Staples, Board Liaison

Communication Advisory (Newsletter) Committee

Leighton McLaughlin, Chairperson
Randy Balt
Bobbie Eckel
Melody Seewoster
Zelyne Rudolph
Jacque Sneddon, Board Liaison

Bistro Committee

Sandy Dwyer, Chairperson
Donna Freeman
Vicki Howard
George Robinson
Cynthia Weck
Wayne Staples, Board Liaison
Jacque Sneddon, Board Liaison

Finance Committee

Joyce Mackay, Chairperson
Lyle Cameron
Peter Hersey
Bob Melville
Ed Sutherland
Bob Weiss
Wayne Staples, Board Liaison

Landscape Committee

Fred Weck, Chairperson
Baldwin Eckel
Gail Pepper
Jim Jackson Linda Ramsey
Len Tavernetti Betty Ann James
Jacque Sneddon, Board Liaison

Rules & Regulations Committee

John McLaughlin, Chairperson
John Bednar
Leighton McLaughlin
Joyce Mackay
Jacque Sneddon, Board Liaison

Safety Committee

Richard Urie, Chairperson
Peter Hersey

Beverly McLaughlin
Robert Mackay
Anita Worthen
Wayne Staples, Board Liaison

Social Committee

Melody Seewoster, Chairperson
Verlette Brummell
Eileen Gilbert
Mary Primack Johnetta Driscoll
Anita Worthen Tonya Thornton
Jacque Sneddon, Board Liaison

The Board of Directors for the K. Hovnanian's
Four Seasons at Beaumont Community As-
sociation met on Thursday, January 8, 2009 in
the Lodge Ballroom.

Executive Session was held at 8 a.m. and the
General Session was held at 1 p.m..

The next Board of Directors Meeting will be
held on February, 12, 2009
At 1 p.m. in the Lodge Ballroom.

Executive Session – 8 a.m.
General Session – 1 p.m.

Contact Information

THE LODGE

1518 Four Seasons Circle
Beaumont, California 92223
(951) 769-6358 Office
(951) 769-6514 Fax
(951) 769-4928 Movie Line
(951) 769-6997 The Salon
(951) 769-0717 The Bistro
(951) 769-4131 Potrero Gatehouse
(951) 769-4396 Crooked Creek Gatehouse

Euclid Management Corporate Office

195 North Euclid Avenue, Suite 100
Upland, California 91786
(909) 981-4131
(909) 981-7631 Fax
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Cindy Graves, Activities Director
Krystal Orellana, Recreation Assistant
Crystelle Casarez, Lodge Attendant
Nelly Alcocer, Lodge Attendant
Marina Mendez, Lodge Attendant

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Fire: 845-3718
Hospital: 845-1121
Dial-A-Ride: 769-8532
Chamber of Commerce: 845-9541
Beaumont City Hall: 769-8520
550 E. 6th St
Animal Control: 922-3301

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Clubs & Activities



8-Ball Club

Happy New Year from Del Lyles and the 8-Ball Club!

Another year has come and gone. The 8-Ball Club finished the year with a very nice Christmas party. Gordon is back and doing fine. The club also welcomed new members and their wives.

Willis Fagan was our 8-Ball King for 2008. He won 3 months out of the 12 for the in-house tournaments.

We would like to invite Four Seasons residents to come to the Lodge and shoot pool Monday, Wednesday and Friday at 7 p.m. You can usually find someone there any evening, but these are our practice times. We have a good time and a great bunch of people. If you have any questions, please give us a call: Del (951) 845-5114, Dewey (951) 769-4354, or Dot (951) 797-3068.

See you in the Billiard Room! -- Dot Hurst

Line Dancing

We are still on track for new line dancers to come at 4 p.m. and the more experienced dancers to come at 5 p.m. At this moment, we know five dances; Electric Slide, Tumbleweed, Black Velvet, Wild Wild West and Tulsa Time.

We still need some experienced dancers to assist me in teaching new dances because more teachers will ensure that the group flourishes. There will be times when I cannot be there.

Remember to wear the proper footwear. Don't wear slippers or anything that flops. These can cause injuries. We love to see all of you who are interested in having fun and learning new dances. -- Zelyne Rudolph



Bistro staff participate in a few songs. We had single singers and duets and a few that provided back up to the singers. Thanks to our audio guru, Roland Harrah, the setup was extraordinary with the words of each song displayed on the pull down screen while each singer had the choice of reading from the installed monitor or reading from the large screen. Somehow he made my Karaoke machine talk to John Horning's Karaoke machine and the rest is history.

It's not about how good you are, it's about how much fun you have, so please join us on February 21 for our next Karaoke Night and help us "keep it in the hood." Thanks go out to our DJ, John Horning who provided us with entertainment between songs. Thank you to Patty Jordan for compiling the Karaoke lists. Also, thank you, Cindy Graves for all your help in reproducing the list materials so that we could choose from the music inventory.

We blocked off June 20 and September 25 for the next Performing Arts Club shows and we are working as we speak, to come up with the format for these shows. At this moment, we are leaning towards a musical comedy which could mean several one act vignettes. Decisions will be made and rehearsals planned in the next 30 days so be on the lookout for my emails announcing meetings. If you have not been receiving my emails to Four Seasons residents, please email me at zelyne4Seasons@gmail.com and I will add you to my list.



Sunday Morning Bible Study

How's your love life? It is the perfect question to ask yourself as we approach Valentine's Day. Sunday Morning's Bible Study teacher, Michael Khan, will begin studies this month on Covenant Relationship with God: "Knowing God" and a "Renewed Mind".

As we take time to study God's word, we grow and believe in Him with a firmer faith. We discover the real meaning of love when we allow the love of God to flow in us.

We pray you will join us for this time of refreshing rejuvenation as we open our ears and hearts to hear from the Lord. We meet at 9:30 a.m. in the Lodge Craft Room. Come and enjoy fellowship and study God's word. -- Karen Fuqua

Book Club

If you weren't able to be at the December meeting of the Four Seasons Book Club, you missed a special treat. Although our participant count was lower than normal due to holiday activities, the spirit of discussion and analysis of books remained dynamic.

Our focus was on *Pride and Prejudice* by Jane Austen - which led immediately to Austen's life as a writer and how that life contributed to the characters in her books. The depth of knowledge about Austen displayed by not only the facilitator, but the discussion participants was amazing. What seemed at first glance as a careful description of life and society in the late 1700's was quickly revealed as a comedy of manners as applicable in the 2000's as it was in Jane Austen's brief life. The issues which were important in the drawing rooms of the author's time are still



Performing Arts Club

By Zelyne Rudolph

January 10 marked the first and resoundingly successful Karaoke Night at Four Seasons Beaumont.

We held the event in the ballroom and the atmosphere was like a cozy neighborhood Karaoke bar. The Bistro provided a lovely menu for finger foods and the entire evening was just plain fun.

We had about 60 residents in attendance and even had the

Clubs & Activities

concerns in the homes of today. By the time the discussion was regretfully concluded, we all wanted to read more of Austen's works.

The last hour of the year-end Book Club meeting was spent with individual Club members describing their favorite book(s). Dear to our hearts were a wonderful variety of written works -- everything from specialized children's books (for children of all ages!) to stories of pioneer women overcoming cultural and societal obstacles. The most passionate descriptions of readers' favorites came from the men of the Book Club who recommended the poets of Ancient Greece and Dante's *Inferno*. The meeting gave us new information and insights -- and a determination to try even more literary genres.

The year 2009 will find the Book Club concentrating on the controversial *The Shack* by William P. Young and *The Distant Land of My Father* by Bo Caldwell. February's focus includes *Crashing Through* by Robert Kurson and *The Bonesetter's Daughter* by Amy Tan. *Gilead* by Marilynne Robinson and *Ghost Soldiers* by Hampton Sides are planned for March.

Residents are encouraged to join us in our reading pleasure. The Book Club meets on the last Tuesday of the month from 9:30 a.m. to 11:30 a.m. in the Lodge Ballroom. A Wednesday evening session is held the following day at 7 p.m. in the Lodge Library. Even if you have not read the books involved, come and join the discussion. We value your opinions and insights. And -- you will have a delightful time. -- Bobbie Eckel

Life Guide Bible Study Club



During the month of February the LIFE GUIDE BIBLE STUDY CLUB will continue its study in the book of Proverbs. Proverbs is a book filled with "gems" -- principles and insights that give you just what you need to live successfully. It is a book that is relevant for today. Studying it will enrich your life and give you the ability to cope with all sorts of people, and face the many challenges of daily life. We will be considering such topics as *Managing Your Mouth*, *Surviving Your Schedule* and *Taming Your Temper*. Come and join us. Everyone is welcome.

The Life Guide Bible Study Club meets in the ballroom of the Lodge on Tuesday evenings from 7 to 8:30 p.m. This club provides an opportunity for us to meet people in the Four Seasons community, and also a chance to encourage and strengthen one another in our walk of faith. By the way, each lesson is self-contained, so you will benefit from the discussion even if you have missed previous lessons. This study time will give you an opportunity to share your faith and gain encouragement and help from others in the group. For more information, call Don Cummings at 572-5329. -- Don Cummings

Knitting / Crocheting Group



The afghans and baby blankets created by the Four Seasons Knitting / Crocheting Group were delivered the second week of December. They were well received and seemed very appreciated. I received two thank you notes, for all of us in the group, one from the Women's Center for the baby blankets, and one from the volunteer auxiliary.

Everyone was busy over the holidays. We are now working on individual items, just for fun and to challenge ourselves with new techniques and patterns. Our luncheon at D'attillos in Hemet on December 12 was very nice. A good time was had by all. The food was excellent; we will definitely do it again!

Most of us had a very good year in 2008 and hope that 2009 will be even better. An open invitation goes out to any and all residents who would like to join our group. We have a good time knitting and crocheting -- and make some interesting items. You do not have to know how to knit or crochet; we will teach you. If learning a new craft or enjoying your creative art with new friends is something that you would like to try, please gather with us at the Lodge Craft Room on Tuesdays at 10 a.m. -- Dorothy Payne

RV CLUB



Members are anxious to get back on the road again now that the holidays are over. Scheduled destinations are: Quartzsite in January, San Clemente State Beach February 22 to 25 and Chula Vista RV Park April 13 to 17. Additional trips are in the planning stages.

New members are welcome. Club meetings are the second Tuesday of each month at 6 p.m. in the Arts & Craft Room. -- Joyce Mackay

Racquet Club



The New Year has started and the winds have remembered Beaumont!! Between the cold, the snow and the wind, tennis has come up short for all of our yellow-ball bashers!!

The February schedule for clinics will remain the same as usual; the beginners will be on Monday evening at 5 and the drill group will be on Tuesdays at 5. Clinics for February will be tentatively scheduled for February 14 (Happy Valentine's Day!) at 1 p.m. and February 28 at 1 p.m.

I have tried to contact the Lodge in a timely manner when the clinics or scheduled lessons might be canceled due to inclement conditions. Please remember to call the Lodge before making the trip to attend a clinic or group.

There is a request and consideration for having a beginners group earlier in the day to take advantage of the warmer weather. Please check with the Lodge, but we may have a 3 p.m. beginners group as well as a 5 p.m. group on Mondays.

Will maybe try this before this article reaches everyone and see how the interest level is. Anyone wishing information about attending the Professional tournament at Indian Wells (formerly known as Pacific Life), please contact Cheryl, the tennis pro. She will try to set up groups and see if tickets can be obtained at a discount for the group. When asking last year, only two residents responded affirmatively to this tournament. The tournament will take place in March.

Hope everyone is starting off the New Year happy and healthy!!

February tip... Stretch a lot before playing in cold weather. The muscles will not cramp as much and the possibility of

Clubs & Activities

injury will be greatly reduced. --- Cheryl Smith, USPTA Developmental Coach and Resident Pro

Art Lovers League

The Art Lovers League has planned some wonderful trips for the coming months. By the time you read this, our trip to Art Under the Umbrellas in La Quinta will be just a happy memory.

But it's not too late for you to join us for our February trip to the Palm Springs Art Museum and the Village Fest in downtown Palm Springs.

Other trips we have planned include San Juan Capistrano, the Indian Wells Arts Festival, Huntington Library and Gardens, as well as others. For details, please call Abby Cameron at (951) 849-6987. Our next meeting is February 4 at 6:30 p.m. in the Library at the Lodge. -- Abby Cameron



Shall We Dance

Happy New Year, everyone! Our 2009 startup date is Monday, February 2. At 6:30 p.m., we will have the Beginners Class. At 7 p.m., we have our Beginners and Advanced Class. Eight dollars covers both classes per person.

Our dance for the next several weeks will be the Waltz.

As always, if curiosity has gotten you, come on out and just watch. You, too, will want to dance.

News Bulletin:

Are you an Academy Awards fan? Are you a movie buff or a fashion critic? Then this is the party for you!

The Shall We Dance Class is sponsoring "An Evening at the 81st Annual Academy Awards", on Sunday, February 22.

Bring an appetizer of your choice to share and BYOB. The reception starts at 4:30 p.m. in the Ballroom and the show starts at 5 pm.

Come dressed to kill or dressed in casual! Open to all residents! Please R.S.V.P. by February 10 to JoAnne Haberman, (951) 849-8877. You may also sign up at the Lodge desk. This is a no-charge affair. -- JoAnne Haberman



Four Seasons Golf Club

The golf group is off to a very good start this year. Just after Christmas I was out on the course with my sons. I came very close to making a hole in one on a Par 3, 165 yards, at Hidden Hills Golf Course - I hit a six iron - the ball hit the green - hit the flag stick - hit the hole - hit the flag stick again - ended up 18 inches just right of the hole - oh well! Easy two any way. And, at the PGA Course, Bob M. made an Eagle two on a par four hole. It seems like a lot of our shots are just flying at the holes. We should be scoring better; I have been putting too often (That's my excuse.).

Locally, the Buick Invitational will be held at Torrey Pines, in La Jolla from February 2 through 8; and the Northern Trust Open will be held February 16 through 22, at Riviera Country



Club in Pacific Palisades. Our club was asked to marshal at the tournament, but we decided against it. It's more fun to watch it either in-person, or on television. -- Ed McBratney

Odds and Ends Around Four Seasons

By Melody Seewoster

Canasta (Hand and Foot)

The canasta club is doing very well with new members joining almost every week. If you are interested in joining the fun just come on down to the Lodge on Thursdays. We play from 1:15 to 4:15 and if you don't know how to play never fear, we have a teaching table to help you out.

For more information Call Melody at (951) 769-2774; leave a message if no one answers and I'll get back to you as soon as possible.

Red Hat Society

Our group is growing. Right now we have about 25 ladies who like to wear red hats and purple outfits and go about town on fun trips. We do stay mostly in the local area, but we have been known to go further afield at times.

In December we had a Christmas potluck at the Queen Mother's home and it included a gift exchange. All of our ladies are about having a good time and there is no doubt about it, we do.

In January we met at the Lodge for lunch and had a planning session to lay out events in the coming year.

Meetings are held on the second Wednesday of each month at various locations.

Remember there is only one rule in Red Hats and that is you must wear Red Hats and purple outfits when with the group outside of a private home.

If you are interested in having a really good time, call Melody at (951) 769-2774

Walkie Talkie Hikers

There were 20 Walkie Talkie hikers on January 13 who walked 7 miles at the Santa Rosa Plateau in Murrieta. It was a beautiful day and everyone seemed to enjoy themselves. Several new people joined us.

We ate at Giovanni's Restaurant in Menifee afterwards and enjoyed wonderful pasta and meatballs.

Our next hike will be February 10. We will meet at 8 a.m. outside the Lodge and probably go to Palm Springs. -- Bev McLaughlin



February 2009



K. Hovnanian's Four Seasons at Beaumont Activity Calendar

Lisa Lynn,
General Manager

Sheree Sourgose,
Assistant GM

Cindy Graves,
Activities Director

Krystal Orellana,
Recreation Assistant

Crystelle Casarez,
ARC Assistant

Nelly Alcocer,
Lodge Assistant

Marina Mendez,
Lodge Assistant



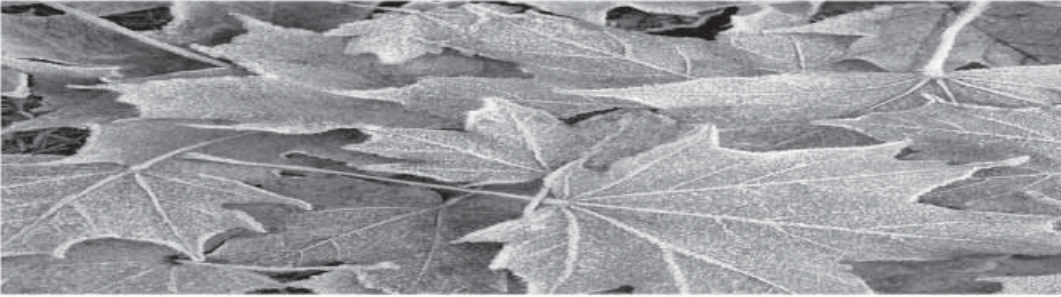
Frances Farrar,
Lodge Attendant




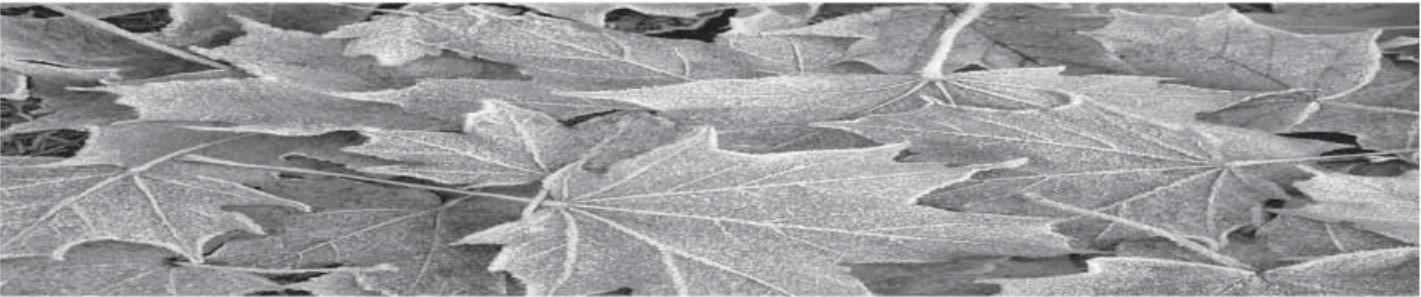
1518 Four Seasons
Circle
Beaumont, CA 92223

(951) 769-6358 Office
(951) 769-6514 Fax

(951) 769-4928
Movie Line

(951) 769-6997 Salon

Sunday	Monday	Tuesday
1 * 9:30am Bible Study * 1pm Super Bowl Party in Ballroom 	2 * 8:30am Conditioning Class * 9:30am Chair Fitness * 10:30am Ping-Pong * 12pm Bridge * 5pm Tennis Beginners * 6:30pm Beginner Shall We Dance Class * 7pm 8-Ball Club	3 * 8:30am Aerobics * 9:30am Chair Fitness * 10am: -Knit / Crochet Club -Poker * 5pm Tennis Drills * 5:45pm Step Class * 6pm Meet The Candidates -Hearts * 7pm Life Guide
8 * 9:30am Bible Study	9 * 8:30 am Conditioning Class * 9:30am Chair Fitness Class * 10:30am Ping Pong * 12 pm Bridge * 5pm Tennis Beginners * 6:30 pm Beginner Shall We Dance Class * 7pm 8-Ball Club	10 * 8:30am Chair Fitness * 9:30am Aerobics * 10am: -Knit/ Crochet Club -Poker * 10:30 Asian Club * 5pm Tennis Drills * 5:45 pm Step Class * 6pm Hearts - RV Club Meeting * 7 pm Life Guide
15 * 9:30am Bible Study	16 * 8::30am Conditioning Fitness Class * 9am Landscape Committee Meeting * 9:30am Chair Fitness Class * 10:30am Ping Pong * 12 pm Bridge * 5pm Tennis Beginners * 6:30pm Beginners Shall We Dance Class * 7pm 8-Ball Club	17 * 8::30am Chair Fitness * 9:30am Aerobics * 10am: -Knit/ Crochet Club -Poker * 5pm Tennis Drills * 5:45pm Step Class * 6pm Hearts * 7pm Life Guide
22 * 9:30am Bible Study * 4:30pm Academy Awards party in the Ballroom. 	23 * 8:30am Conditioning Fitness Class * 9:30am Chair Fitness Class * 10:30am Ping Pong * 12pm Bridge * 5pm Tennis Beginners * 6:30pm Beginners Shall We Dance * 7pm 8-Ball Club Practice	24 * 8:30 am Chair Fitness * 9:30am Aerobics * 10am: Delegate Elections -Knit/Crochet Club -Poker * 1pm Finance Committee Meeting * 5pm Tennis Drills * 5:45pm Step Class * 6pm: -Hearts * 7pm Life Guide
		

Wednesday	Thursday	Friday	Saturday
4 * 8:30am Conditioning *10am ARC Meeting * 10:30am Ping Pong * 1pm Canasta #2 * 5pm Bingo * 7pm 8-Ball Club	5 *9am Yoga *10am Poker * 1pm Canasta #1 * 4pm Beginner Line Dancing * 5pm Social Committee Meeting *5:45pm Fitness Class 	6 * 8:30am Conditioning Class * 10 am Open Art Studio * 10:30am Ping Pong * 6pm Seasoned Solos * 7pm 8-Ball Club	7 * 9am Yoga * 1pm Poker * 3pm Private Party in the Ballroom
11 * 8:30am Conditioning Class *10am Newsletter Meeting * 10:30am Ping Pong * 1pm Canasta #2 * 5pm Bingo * 6:30pm Art Lovers League * 7pm –8-Ball Club	12 * 8amBOD Exec. Session * 9am Yoga Class * 10am ARC Mtg. * 11:30am Pan * 1pm BOD General Session * 1pm Canasta #1 * 4pm Beginner Line Dancing * 5pm Line Dancing * 5:45pm Fitness Class * 6:30pm Shall We Dance	13 *8:30am Conditioning Class *10am Open Art Studio *10:30am Ping Pong *1pm Bunko * 6pm Springdale Earth-quake Insurance Presentation *7pm 8-Ball Club	14 * 9am Yoga *1pm Tennis *6 pm Valentine's Dinner Dance 
18 * 8:30am Conditioning Class * 10am Newsletter Meeting -ARC Meeting * 10:30am Ping Pong * 1pm Canasta #2 * 5pm Bingo * 7pm 8-Ball Club	19 * 9am Yoga *9 am Rules and Regs Mtg -Safety Committee Meeting *10am Poker * 11:30am Pan * 1pm Canasta #1 * 4pm Beginner Line Dancing * 5pm Line Dancing 5:45pm Fitness Class * 6pm Wine Club * 6:30pm Shall We Dance Practice	20 * 8:30am Conditioning Classes * 10am Open Art Studio * 10:30am Asian Club Meeting. *10:30am Ping Pong * 7pm 8-Ball Club	21 * 9am Yoga * 1pm Poker Karaoke Night * 5pm-8:30pm 
25 * 8:30am Conditioning Class * 10am ARC Meeting * 10:30am Ping Pong * 1pm Canasta #2 * 7pm 8-Ball Club	26 * 9am Yoga *10am Poker * 11:30am Pan * 1pm Canasta#1 * 4pm Beginner Line Dancing * 5pm Line Dancing * 5:45 pm Fitness Class * 6:30 Shall We Dance Practice	27 * 8:30am Conditioning Classes * 10am Open Art Studio *10:30am Ping Pong * 1pm Bunko * 7pm 8-Ball Club	28 * 9am Yoga * 1pm Tennis Clinic * 10 am Art Lover's League Field Trip
			

Clubs & Activities

Like College Football, Picking the Number One Wine is Contentious

By Leonardo

Getting wine lovers to agree on a good wine is not too difficult. Getting them to agree on the best wine is near impossible.

However, wine sales are a good indicator of popularity. And, when it comes to white wine, Chardonnay is a clear favorite, especially so in the United States. The Chardonnay grape is easily influenced by the climate and soil where it is grown and the wine is further influenced by the way it is made and stored. Probably the most common method for fermenting Chardonnay is in oak barrels. It has the aromas of apples, lemons, peaches or tropical fruits. Chardonnay is the major varietal used in quality sparkling wines and French champagne. It pairs well with poultry dishes, pork, seafood and recipes that have a heavy cream base.

Cabernet Sauvignon ranks at the top of popularity in red wines, although Merlot sales frequently top the charts. It is often blended with Merlot and Cabernet franc. In fact, it is a relative newcomer to vintners having been first produced in the 17th century by crossing Cabernet franc with Sauvignon blanc, hence its name. The wine has a high tannin content as well as a high alcohol level. For the collector this is a very good variety to age as the tannins mellow and the bitterness softens. When pairing Cabernet Sauvignon this aging influence is important as a young

wine will not go well with spicy foods. The wine is more compatible with steak or dishes with butter cream sauce. A definite favorite is bitter dark chocolate.

The January meeting of Taste d'Vine was focused on these two wines and members tasted different selections. Our decorating theme was the Winter Solstice. Outgoing president, Tony Ramu, was presented with an engraved taste vin attesting his role as one of the founders of the wine club here at Four Seasons.

In our February meeting we will discuss aperitif and dessert wines. Members are asked to bring this type of wine to share. If they prefer members can bring a dinner wine instead but the topic of discussion will concern the aperitif and dessert wines. As always, please bring your glass and a dessert or appetizer. Our decorating theme for the February meeting will be Mardi Gras.



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Clubs & Activities

Travel Club Trip List For February 2009

By Melody Seewoster

New trips are shown in **Bold** type

Feb 8, 2009	<i>The Producers</i> at Musical Theatre	\$85
	Lunch on your own along the harbor in Long Beach before the show	
Feb. 14, 2009	Phantom of the Opera, Lunch on your own before attending this show	130
Feb. 17, 2009	Reagan Library, no host lunch	60
Feb. 19, 2009	Santa Anita Racetrack. Includes ClubHouse admission and lunch	63
Feb 26, 2009	Aquarium of the Pacific, no host lunch. Claims to be worlds largest aquarium	62
Mar. 5, 2009	Kimberly Crest Chateau, lunch included	89
Mar. 15, 2009	Candlelight Theatre presents <i>42nd Street</i>, lunch included	105
Mar. 18, 2009	Sherman Library & Gardens, horticultural retreat in Corona del Mar, lunch included	84
Apr. 19	<i>Mamma Mia</i> , Lunch on your own before the show	130

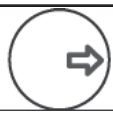
Prices are per person. For reservations please call (760) 325-5556. Reservations must be followed by check payment within 5 business days or space is automatically resold. Payment is non-refundable for day tour cancellations received up to 5 business days prior to departure. Sorry no credit cards on day trips. All tours require a minimum number of persons to operate. Make checks payable to: Gadabout Tours and mail to 1801 E. Tahquitz Canyon Way, suite 100, Palm Springs, CA 92262. Attention Reservations. Pick up point is at the Sun Lakes Shopping Center at Carl's Jr. You will be notified of pick up times.

Extended Trips

April 26, 2009	19-day Panama Canal Cruise	3141.43 Inside cabin 3641.43 Outside cabin 3671.43 Balcony
July 19, 2009	Mexican Riviera Cruise	1040 Inside 1240 Outside 1390 Verandah 211
	Port tax	
	Fuel charges may apply	
	\$200 deposit due at booking with balance due 5/01/09	
	Passport required	
May 24, 2009	Inside Passage Cruise	1291 Inside
	Ketchikan, Tracy Arm Fjord, Juneau, Skagway	1591 Outside
	At sea, Home. Includes roundtrip airfare from LAX	2091 Veranda
	Passport required. Additional Mandatory Fuel Charge	373 Port Tax and Govt. Charges
	\$350 p/p deposit due at booking, with balance due 4/27/09	
Sept. 27, 2009	14-day Hawaiian Cruise	1545 to \$1595 inside cabin +fuel charge and taxes 1945 to \$2220 outside cabin +fuel charge and taxes 2295 balcony +fuel charge and taxes

Call Melody at (951) 769-2774 for more information or to make reservation on the above cruises.

Four Season's Community Info



Fitness Corner

Why Age Ain't Nothing But A Number

By Zelyne Rudolph

Thee Los Angeles Marathon will be held May 25, 2009.

Last year three Four Seasons residents braved the daunting challenge to participate in the race: Eileen Gilbert, Yvonne Roberson and Peter Antoine. Eileen Gilbert had been a runner in her 30's in Albuquerque, New Mexico and had a dream to run a marathon. However, in those years, economics kept her from raising the entry fee and after moving to California, she found that her knees were disintegrating. After having both knees replaced, training for last year's marathon marked setting a goal that Eileen desired for the last 30 years.

Peter Antoine has maintained excellent physical condition throughout his life and found the marathon to be a challenge for him in his age group. Yvonne Roberson wrote compellingly about how her trainer inspired her to compete. Yvonne was a complete novice and approached the experience with faith that she could do it.

What does it take to compete? What kind of schedule do you have to maintain? What changes are necessary in your eating habits? Where can you get the proper information so that you can avoid injuries?

Eileen and Peter joined a group and traveled to the training areas together, but they trained separately because Eileen was going to walk the distance and Peter was going to run. They trained for six months. They walked and ran every day -- from 2 to 5 miles during the week -- to prepare for Saturday's program, which was a weekly increase in mileage (i.e. first week two miles, next week four miles, next week six miles, etc. up to 22 miles, and then less mileage until the 26.2-mile marathon.

Eileen said, "Thinking my body would just do its job for me, I disregarded some of the advice given by my leader, i.e., to eat a carb-loaded meal the Friday night before our Saturday workout, to carry Gatorade or a potassium supplement drink, and eat pretzels, crackers or peanut butter sandwiches on the walk. On the Saturday we had to walk 13 miles, I barely made it back to my car. I started falling way behind the group, was dizzy, nauseous, and my equilibrium completely messed up. Come to discover, I was severely dehydrated because I had only taken a couple of crackers, had only packed a couple of water bottles, and thought I was "tough enough" to get through just 13 miles. The experience frightened me enough that the next week I ate correctly every day, loading up my body on healthy, nutritious food all week, carb-load dinner the Friday night before and plenty of Gatorade on the walk. The following week we walked 16 miles, and I had absolutely no trouble at all, Yeah, I learned my lesson."

Yvonne had a personal trainer who thought four weeks before the marathon that she could complete five to ten miles of the marathon. Yvonne felt that if she took on this challenge, she wanted to complete at least 13.1 miles, a half marathon. She had only walked up to five miles and questioned whether this challenge was realistic for her. She decided to go for it and finished the entire marathon walking that took more than 11 hours.

You are not alone because there are a lot of groups prepared to help but two of the biggest and oldest groups are the Los Angeles Roadrunners and the Los Angeles Leggers. Both offer extensive programs that help participants by having measurable weekly targets

that lead to a successful marathon completion. All the groups offer support through camaraderie, medical instructions, pace groups, walking and running training programs, in-training T-shirts, weekly lectures, training sessions, gait analysis along with personal performance evaluations and much more. You can walk, run, bicycle, or use a wheelchair.

I asked Eileen, Peter and Yvonne what their thoughts are now a year later. Eileen felt it was an amazing experience. Both Yvonne and Eileen talk about the camaraderie and social interactions between all the athletes and how focused stresses such as training for a marathon can bind short relationships that help everyone to finish. It is akin to a spiritual experience. Peter said, "When I'm out there on the course, it's like an interview with God."

So, Four Seasons, you have three months to train for the Los Angeles Marathon, if you want it badly enough. In speaking with our three marathoners, they express a recurring theme, which is the big boost in their overall self-confidence as a result of completing a marathon, which can prove that age ain't nothing but a number. For more information, go to <http://www.lamarathon.com>.

Neighborly Notes

By Bobbie Eckel

A reminder to all of us as we face winter driving (which in Southern California translates into "more rain"), California Vehicle Code requires that if the weather is such that you need to use your windshield wipers, you must also have your headlights on!

New laws for motorists which took effect on Jan. 1, 2009, include:

1) Senate Bill 28 prohibits drivers from text-messaging or e-mailing while driving. Fines for violating the law range from an initial \$76 for the first offense to about \$190 for subsequent offenses, depending upon the county in which the violation occurred.

2) Assembly Bill 2401 prevents a car owner from being held liable for a parking ticket or toll-evasion violation issued against a vehicle before the current owner acquired the automobile. It's a good idea to keep a copy of the sales agreement showing the date of the vehicle ownership transfer.

3) Senate Bill 1567 requires that a portable GPS device in use and affixed to the windshield must be located in either a 7-inch square in the lower right corner or a 5-inch square in the lower left corner. The device cannot interfere with the deployment of an airbag. Motorists may install a permanent GPS device on the top of the dash as long as it does not block the view of the road.

The January issue of the Sentinel described the process and deadlines for the upcoming election of District Delegates and Board of Directors. A Meet the Candidates session will be held on Tuesday, February 3, in the Ballroom to acquaint you with candidates for District Delegates. Please come to listen to the homeowners who have applied to be your representatives for the next year.

Delegate elections will be held on Tuesday, February 24. The schedule for each district was printed in the January Sentinel and will be posted at the Lodge. Plan to attend to vote; a quorum is required for the elections.

If you are interested in a Board of Directors position, plan to turn in your application by March 13. One position is available.

Residents who use the machines in the Fitness Center are asked to be alert for any unusual sounds or malfunctions in the machines. If you note anything out of the ordinary, please report it immediately

Four Season's Community Info

to the Lodge Front Desk. Catching a mechanical problem in the early stages makes a big difference in the repair cost of repairs.

Remember that the wildlife in the trail areas are protected by law. Please do not let your pet run loose on the trails! A leash is required in the community and city by ordinance.

If you would like to have your cell phone protected from telemarketers, call the National Do Not Call Registry at (888) 382-1222. You must call using the cell phone you want protected. You cannot call from another phone! A resident has warned us that cell phone numbers are being released to telemarketing companies in February. Your cell phone will be charged for these calls if you fail to block them.

A very special "Thank You" from all of us to the people who have been calling the Lodge Desk when they spot a problem with the irrigation system. Thanks to their diligence, we are able to get the problems corrected more quickly and save the community some money!

HIDDEN TREASURES

By Bobbie Eckel

Archeologists have long known about hidden treasures in tombs, but did you know that there are equally valuable treasures in tomes?

Once we get past the age where using a dictionary is a chore, we can appreciate the joy of reading a good book, like our Book Club members do, and finding new words -- gems to learn, to savor and to use, if possible. Not all precious items are sesquipedalian either. The following are good examples.

Some treasures from pages are simply words from a previous century's common use. The term **gibbet** (**jib** it) is not used much today (fortunately!), but was very common in the 15th and 16th centuries. Philippa Gregory's *The Queen's Fool* uses the word frequently to describe sights common during the aftermath of uprisings against the throne. Rebels were routinely beheaded; their bodies hung on wooden structures at street corners to remind the general populace that the price of insurrection was a heavy one! These wooden structures, probably T-shaped or cross-like, were called "gibbets".

Equestrians are familiar with the term **curvet** (**kur** vet), but most of us pedestrians are not. It is the movement when a horse rears, leaps forward, raising the hind legs just before the forelegs come down. We can visualize the scene, but normally have no word for the action. Gregory uses the word easily as her historical characters frequently pride themselves on their horsemanship.

Another wonderful word from Philippa Gregory's books is **scrying** (**scri** ing), the magical practice of seeing things psychically in a crystal ball or other reflective, translucent or luminescent surface. We normally assume that this is associated primarily with early religions and mythology. A little Internet research, however, reveals that scrying is alive and well in the 21st century. You can find everything from materials for scrying to specific techniques and suggestions for your scrying practice!

Some authors are even known to have coined words not yet in the dictionary. Gregory Maquire, author of *Wicked, Confessions of an Ugly Stepsister* and other revisionist stories of life in the land of Oz, has created a "**maunt**" (mawnt), his name for the nun-like characters residing in the Cloister of Saint Glinda. Maquire even has a Superior Maunt who reigns as sole authority over the Cloister -- until it is under siege when she forms a triumvirate to share the

responsibility (and thus, the blame).

Even the back covers of books offer up treasures to the word-delighted reader. The enticing description on the back of *Totally Weird and Wonderful Words* teases the reader by using words that are not listed in the book. Calling the book "... Smart and funny with just a touch of whimsy ... the perfect book for reading in your **sitooterie** with a **bumbo** in your hand while **mavises** sing in your ear." While chasing down the words in the closest dictionary (hard cover or electronic), you will find that the aforementioned book is great to read in your favorite gazebo or out-of-the-way nook, while drinking a beverage made of rum, water, sugar and nutmeg (and historically used to sway voters!) and listening to the musical tones of thrushes.

So many wonderful words. There really **are** treasures in tomes!

Some Facts About New Years Eve

By Melody Seewoster

There have been some questions about the price we charge for tickets to Four Seasons events. It may be hard to believe, but the Social Committee tries very hard to keep the ticket cost at a price everyone can afford. What some people don't understand is where the money goes, so I would like to explain.

First there is the cost of food. We get three bids and we go with the lowest, which is usually Smitty.

Second, the entertainment can cost anywhere from \$200 to \$3,000. Then there are decorations, clean-up fee, event insurance and rental of dishes, flatware tablecloths and napkins. As you can see your ticket price covers a lot of items.

I came across an interesting article showing what some local areas charged for their New Year's Eve parties a year ago, that I would like to share with you:

Marrakeeh Country Club: \$100 + p/p. Hors d'oeuvres, hosted bar for 1.5 hours, 4 course meal, house wine, champagne for toast, entertainment (\$3,500 for a 4 piece band). 175 guests.

The Springs: \$95+p/p. No host bar, band cost \$5,500. 145 guests.

Big Horn CC: \$225 p/p inclusive. \$11,000 for entertainment. Ala Carte restaurant open and served approx. 130 guests.

Desert Island Golf & CC: \$44 p/p. Hosted hors d'oeuvres from 6:30 to 7:30 pm. No dinner, no host bar. Entertainment \$3,000. 180 guests.

Tamarisk CC: \$135 inclusive. DJ \$1,800. No ala carte. 160 guests.

Thunderbird CC: \$160 p/p inclusive. Hosted bar all evening. Lobster & Beef Wellington dinner, Champagne at midnight. Entertainment cost \$7,000. Black Tie. 110 guests.

Mountain View CC \$100+ p/p. No ala carte. Entertainment \$8,000. 225 guests.

Four Seasons Beaumont \$50 p/p. Steak and Shrimp dinner. Entertainment \$3,500 for 14-piece band. Guests 185, plus 11 came after dinner and were charged \$25.

Last year we lost money on the New Year's Eve party. This year we still charged \$50 p/p, had a nice dinner, lovely decorations and the entertainment cost was \$1,100. 211 guests. At this writing I have not gotten the total figure on the event but we made our expenses and even turned in some money to the General Fund. Using these figures I think we are doing a pretty good job keeping costs down. What do you think?

Our Amazing Anita

By Leighton McLaughlin

After the Ku Klux Klan set a huge cross on fire in their front yard, Anita Worthen's mother gathered up her kids and moved from Houston to Los Angeles. They had been the first black family to move into a white neighborhood and the Klan took exception. "It was really horrible," said Worthen. "You could hear the people screaming and shotguns going off. It was to scare people off."

It didn't completely work. Worthen's father, a professional musician who traveled a lot, kept and periodically lived in the house until he died, many years later. This experience helped lead Worthen to "make a promise to myself I would not be a quiet person," and to be involved in her community to help prevent the kind of injustices she had seen as a child.

Her mother's family lived in Los Angeles and she had traveled from the Jim Crow South to visit them every summer. "As soon as school was out, we would get on the train to Los Angeles where there was freedom to do things," then in the fall, go back to Houston and segregation. "You had to know your place."

"I had a different perspective. I got involved in things. I was never a quiet child." Because of concern her pre-teen activism would get her in trouble, her parents had discussed moving for some time. The cross burning made the decision for them.

Worthen's community involvement continues to this day, from Houston to Los Angeles to Tucson to Beaumont; and in December she was named Volunteer of the Year by the Beaumont Chamber of Commerce. She was honored for her work in city beautification projects, candidates' forum, senior luncheons and arts commission, which sounds like a full plate, but is only the beginning.

She is a member of the Beaumont Veterans of Foreign Wars Lady's Auxiliary and the League of Women Voters and volunteers at the Palm Springs Airport USO. Within Four Seasons she is on the Safety and Social Committees and is president of the Wine Club. She is also a member of a local group called "Support the Troops of the Pass," that provides assistance to military members and their families from Whitewater to Yucaipa.

Her interest in veterans and military matters comes naturally. Her first husband was in the Air Force when she met him and her second was a career Army man who retired early because of exposure to Agent Orange in Vietnam. He ultimately died of its effects.

After moving to California as a child, Worthen entered Los Angeles High School, "and I loved it." As a student she sang and played the piano – after all her father was a musician -- but she found herself "a little introverted, I was feeling my way," coming from an all black, segregated school to a nearly all white one.

After graduation, she went to Howard University in Washington, D.C., then transferred to Cal State L.A., majoring



in music and voice. "I planned to be a music teacher in the public schools," she said, but she met her first husband and quit college after three years to get married.

"I guess what I really wanted to do was be a housewife and mother." With a crafty grin, she said, "My married name was Anita Hill." The Hills had two children, a boy, Jerome, and a daughter, Loren.

That marriage ended in divorce after six years, and Worthen went to work for American Airlines in reservations. She spent 26 years with the airline in a variety of capacities and was transferred to Tucson,

where her second husband, James Worthen, the Army veteran went for treatment of his Agent Orange symptoms. That was when she first joined the VFW auxiliary and the American Legion auxiliary. "That became my cause, helping the vets," she said.

Also in Tucson, she was a member of Neighborhood Watch and that experience led her to join the Four Seasons Safety Committee.

All of her activities are a sign of the change in race relations in America. When she was a child, Southern blacks did not dare openly advocate their cause. "Everyone was afraid. The Klan was very active. All we could do was underground things -- meetings in people's homes to try to make things better."

She said she always wanted to live in an active adult community, "because that's what I am – an active adult," which would seem to be an understatement.

In her travels between Tucson and Los Angeles, she saw the signs for Four Seasons and looked it up on line. She got a postcard for an open house, took a look and "It was really peaceful. I told my son, 'Jerome, this is it.'"

Among the attractions she liked were the walking paths because, "I'm into birding." And the lack of city lights – "I wanted to see stars."

Beside birding and hiking, she loves golf, but with all the other claims on her time, she said "I look at my clubs a lot," but has little opportunity to play.

She said her philosophy is to "Do the best you can. Do something to give back. It will make your own life better."

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Activities Director Corner

By Cindy Graves

February is the month for traditional things like Valentine's cards and blustery weather as well as non-traditional things such as Karaoke Night, purchasing tickets for the St. Cakes Murder Mystery Dinner (in March) and signing up for the next Digital Camera Class at the Lodge.

If you have any interest or desire to expand your knowledge in picture taking and digital camera art, then this is definitely the class for you. Our own George Johnson is once again offering his expertise in photography by teaching a class under the "Royal Art Academy" umbrella.

When George taught his last classes, we had lots of rave reviews of the skills and information students gained while under his tutelage. Check for more information at the Lodge desk.

The next Social Committee event will be the Valentine's Day Dinner Dance. If you have any intention of enjoying an evening of dancing, great music, good food and friends...you better get your tickets soon before the tickets are all sold out! The next event is the St. Cakes Murder Mystery Dinner (another murder mystery, back

by popular demand!). Tickets for that event go on sale on Tuesday, February 10 for \$15 each.

The next Karaoke Night will be performed on Saturday, February 21 from 5 to 8 p.m.

The last Karaoke night was both hysterical and awe inspiring. People began showing up to reserve choice tables around 4:45 pm, popping the corks of their favorite beverages and ordering the tasty bar food offered by Smitty's. Resident Linda Wright blew us all away with her beautiful voice and "Karaoke Queen" talent! Then there was the hilarious Bistro team who tried their hand at performing a group rendition of the song YMCA. This act had the entire audience up on their feet, forming letters above their heads! If you were unable to attend last time, don't miss it again this time. You can't beat the entertainment value for the buck (free)! The evening will be memorable I can guarantee that!

There are plenty of opportunities to have a good time around the Lodge in February and absolutely no excuse for anyone to experience even one boring day!



Chefs Corner



Chef Randy shows off finished dish

CHICKEN ON THE VERTICAL ROASTER

By Randy Balt

This was a recipe I tried this past weekend with my neighbors Paul and Ronda Esposito. I turned out to be a great meal for a fun evening. The chicken was very moist and completely cooked through. I measured the internal temperature at the breast, removing the bird once it reached 170°. Next time I'm going to let the chicken reach 180° before removing it from the oven. I'm also going to try this same recipe on the BBQ once it gets warmer outside. Adding other grilled vegetables would be a nice bonus.

Prep Time: 30 minutes

Cook Time: 60 minutes

Yield: 4 Servings

INGREDIENTS

One 3 1/2 - to 4 - pound whole chicken

3 sprigs fresh rosemary

1 lemon, quartered

1 tsp. McCormick's Vegetable Supreme seasoning

4 tsp. McCormick's Grill Mates' Montreal Steak seasoning

1/2 cup olive oil

1/4 cup soy sauce

1 tbsp. grey sea salt

1 pound red potatoes cut into wedges

1 yellow or red bell pepper cut into wedges

1 green bell pepper cut into wedges

1 onion cut into quarter sections

2 large carrots

2 stalks celery

4 tbsp. butter

Continues on page 22

1 tbsp. fresh parsley

DIRECTIONS

For the marinade:

Mix olive oil, soy sauce and Grill Mates' Montreal Steak seasoning.

For the chicken:

Preheat the oven to 400° F without convection or 375° F with the convection fan.

Rinse the chicken inside and out under cold water, dry well. Coat inside and out with the savory marinade. Allow to soak for at least 30 minutes, repeat coating on the outside twice more during the marinade cycle.

In the meantime, place the potatoes in a two-quart saucepan and add enough cold water to cover them by an inch. Add a tablespoon of ground sea salt to the water. Bring the water to a boil and cook for four minutes. Strain, then reserve the potatoes.

After the marinade cycle place the rosemary sprigs and lemon wedges inside the cavity of the chicken. Carefully place the chicken onto the vertical roaster with the legs facing up. Place it in the center of the oven and roast for fifteen minutes.

During this initial roasting time, in a bowl toss the bell peppers, carrots, onions and potatoes with olive oil and McCormick's Vegetable Supreme seasoning.

Carefully remove the vertical roaster from the oven. Reduce the oven temperature to 350° F. Place the butter on your seasoned vegetables in the tray around the chicken and return it to the oven and continue to cook for another 45 minutes or until the internal temperature of the chicken reaches 170° F in the thigh and 165° F in the breast meat.

Remove from the oven and let rest for 15 minutes. The chicken will continue to cook on the vertical roaster at rest. This is called "carryover" and will both bring the chicken to safe serving temperature and help it to be juicy when carved.

Transfer the chicken to a cutting board. Carve into serving pieces to be plated or arranged on a serving platter. With a slotted spoon add the vegetables alongside the chicken. Drizzle a little of the cooking juices on the chicken and top the potatoes with the parsley.



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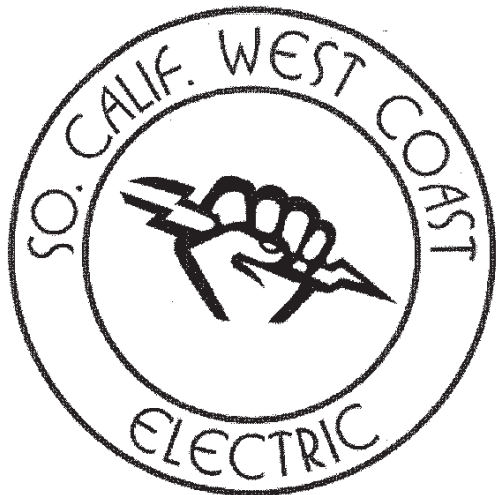
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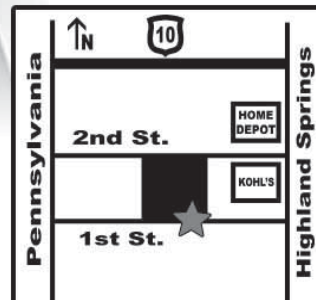
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