



# K. Hovnanian's Four Seasons Sentinel

Volume 4, Issue 5

May 2009

## THE LODGE AT BEAUMONT

HOURS: 7 a.m.—9 p.m. • 7 DAYS A WEEK

Memorial Day, Monday, May 25th:

reduced Hours 9 a.m.- 6 p.m.

LODGE PHONE NUMBER: (951) 769-6358

## WEB SITE NEWS FLASH

By Randy Balt

It's here! It's here! It's here! Yes, you read correctly, our Four Seasons at Beaumont's web site is now up and running. While there is still work to be done, the site is operational and web traffic is flowing. You can view the web site by going to [www.fourseasonsatbeaumont.com](http://www.fourseasonsatbeaumont.com)



Our Website on screen

Only authorized registered users will have access to the members' only areas of the web site. The first thing you will want to do is register. Click on the word "Register", which is located on the left side of the page right next to the log in link, which will take you to a registration page you must complete. Once submitted, your registration will be reviewed, approved and an email response will be returned to you with your access password.

Two web site orientation classes will be held in our ballroom during May. Once in the early afternoon and once in the evening on two separate days. The first class is scheduled for Tuesday, May 12th, at 1 p.m., and the second will be held on Wednesday, May 27th, at 6 p.m. There will be a question and answer session held after each presentation.

## THANK YOU, DICK BARNABY

By Bobbie Eckel



Dick and Nancy Barnaby

A very special "Thank you!" to Dick Barnaby who completed his two-year term with the Board of Directors in April, 2009.

Dick's dedication to serving our community has been evident since he moved into the community. Prior to becoming a Board member, he also served as an original member and Chairman of the Finance Committee.

When Dick ran for the vacant office on the Board of Directors in April, 2007, he wrote what he believed to be the goals and objectives for the Board of Directors: 1) "To provide direction and oversight to management and to establish and implement policy on behalf of the association members necessary to provide and maintain a safe and viable community of which the members can be proud. 2) Develop and implement financial and strategic planning processes which will allow the community to grow, meet the member needs and utilize financial and non-financial resources appropriately."

Dick has poured countless hours and considerable thought and effort into these goals in his position on the Board of Directors. He has been instrumental in writing job descriptions, advocating and formulating the creation of a business plan for the community, establishing procedures for asset management, writing the policies for committee member appointments, retention and removal, and generally doing all he could to set up Four Seasons at Beaumont for present and future fiscal functioning. He brought his extensive experience in business management to the Board and gave whole heartedly in the effort.

We, the residents of Fours Seasons, sincerely thank you, Dick, for all that you have done for our community. We appreciate all your service and dedication. A very heartfelt, "THANKS", for a job well done!

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# When it comes to long-term care, **THERE'S NO PLACE LIKE HOME.**



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## HAROLD'S HOME FURNISHINGS

### HAROLD IS BACK!



**Grand  
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**QUALITY FURNITURE  
AT DISCOUNT PRICES**

**MATTRESSES & RECLINERS**

**SPECIAL ORDERS AVAILABLE** • **BEDROOM**  
• **LIVING ROOM**  
• **DINING ROOM**

**HOURS: TUES-SAT 9AM-5PM**

**945 E. 6TH ST. • BEAUMONT**  
**(951) 845-0895**

<u>ARBORS DISTRICT 1</u>	<u>LANDMARK DISTRICT 2</u>
BIG BEND	BOISE ROCK
CANARY CREEK	BULOW ROCK
KINGS CANYON	GOODRICH ROCK
TABOR CREEK	MESA VERDE PARK
TIJERAS CREEK	PLYMOUTH ROCK
	TABLE ROCK
<u>ARBORS DISTRICT 2</u>	<u>LAUREL DISTRICT 1</u>
ARCHES PARK	CLARK CREEK
BLOWING ROCK	LEWIS CREEK
ROCK MOUNTAIN PARK	PIPER CREEK
SHINNING ROCK	POTTER CREEK
<u>HERITAGE DISTRICT 1</u>	SALT CREEK
BLACKBERRY CREEK	<u>LAUREL DISTRICT 2</u>
CRANE CREEK	GLACIER PARK
DEWEY CREEK	YELLOWSTONE PARK
GRANITE CREEK	
KETTLE CREEK	<u>MONARCH DISTRICT 1</u> South of Quiet Creek
OWL CREEK	FOUR SEASONS CIRCLE
TROUT RUN	LEWIS CREEK
TURTLE CREEK	QUIET CREEK
<u>HERITAGE DISTRICT 2</u>	
BLOOMINGTON PARK	<u>MONARCH DISTRICT 2</u> North of Quiet Creek
BRIDLE TRAIL	CASCADE CREEK
GREEN CREEK TRAIL	FERN CREEK
PIPE SPRINGS	PAINT CREEK
	QUIET CREEK
<u>LANDMARK DISTRICT 1</u>	THISTLE CREEK
BARTRAM TRAIL	
BRUSH CREEK	<u>SPRINGDALE DISTRICT 1</u>
CHIMNEY ROCK	BEAVER CREEK
DEWEY CREEK	
GREEN CREEK TRAIL	
WHISPER CREEK	



### April 2009

Wednesday, 1<sup>st</sup> 5:00pm Ticket Sale Starts  
 Wednesday, 8<sup>th</sup> 5:00pm Ticket Sale Starts  
 Wednesday, 15<sup>th</sup> 5:00pm Ticket Sale Starts

### May 2009

Sunday, 3<sup>rd</sup> 1:00pm Ticket Sale Starts  
 Wednesday, 13<sup>th</sup> 5:00pm Ticket Sale Starts  
 Wednesday, 20<sup>th</sup> 5:00pm Ticket Sale Starts

### June 2009

Wednesday, 3<sup>rd</sup> 5:00pm Ticket Sale Starts  
 Wednesday, 10<sup>th</sup> 5:00pm Ticket Sale Starts  
 Sunday, 14<sup>th</sup> 1:00pm Ticket Sale Starts

**Down Under Wines**

May 21st 6-8 PM

Bring a bottle of wine from Australia, New Zealand or South Africa plus your glass and a snack

Call Len @ 909 744-2380 for more info

Meet in the ballroom

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



## **Pro-Fit Fitness Program--Schedule for April 15<sup>th</sup>, 2009- June 15<sup>th</sup>**



Monday	Conditioning	8:30 am	Aerobics Room
Monday	H2O Fitness	9:00 am	Pool
Tuesday	Step & Burn	8:30 am	Aerobics Room
Tuesday	Zumba Gold	5:45 pm	Aerobics Room
Wednesday	Conditioning	8:30 am	Aerobics room
Wednesday	H2O Fitness	9:00 am	Pool
Thursday	Gentle Yoga	9:00 am	Aerobics Room
Thursday	Conditioning	5:45 pm	Aerobics Room
Friday	Conditioning	8:30 am	Aerobics Room
Friday	H2O	9:00 am	Pool
Saturday	Gentle Yoga	9:00 am	Aerobics Room

- No afternoon classes for H2O Fitness will be available.
- If we have an interest of a minimum of 10 people. A class will be scheduled for May in the afternoons.

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

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 - cha, 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

♦ **Conditioning:** Weighted workout to music that will help improve overall strength and endurance.

♦ **H2O Fit:** Water aerobic workout that helps increase muscular

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

# *The Salon Luxury Spa*

1520 FOUR SEASONS CIRCLE, SPA BUILDING  
TEL: (951) 769-6997

## **Diane's Specials**

Mother's Day is a wonderful time to remind your mother how much you love her. The gift of massage is a great way to express how you feel. This Mother's Day give you mother the healthy gift of massage.

### **MOTHER & DAUGHTER DAY**

Two 1 hr. Swedish Massage:

\$60 each

### **MOM'S DELIGHT**

1 hr. Aromatherapy Wrap with  
massage \$75

### **MOM'S ON THE GO**

30 min. Swedish Massage

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

## **Laura's Specials**

Nothing makes a  
statement like beautiful  
skin

### **Deep Cleansing Facial:**

includes a gentle exfoliation,  
a luxurious face massage and  
a deep cleansing mask.

Suitable for any Skin Type.

Special: \$65 Reg, \$75

### **Microdermabrasion;**

to improve & correct skin  
texture, minimize large pores  
& minor surface lines. The  
perfect treatment for tired,  
dull skin. Special \$125 Reg.  
\$135

**Facial Toning;** Produces  
visible results by firming &  
smoothing the skin with the  
latest microcurrent  
technology.

Special \$85 Reg. \$ 95

**\*Gift Certificates are available\***

**Stylist Special**

**Offer ends 6/1/09**

**\$5.00 off**

**(Good toward a purchase of \$20.00 or more)**

# Smitty's It's a Deli

Free Delivery



Free Delivery

1518 Four Seasons Circle (951) 769-0717

## Hours of Operation

Monday	Closed
Tuesday-Friday	9:00 am-7:00 pm
Saturday	8:00 am-7:00 pm
Sunday	8:00 am-4:00 pm

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## Entertainment Schedule

**Saturday, May 9<sup>th</sup>** : Special Mother's Day Menu to accompany the "Sweet Adeline's" musical performance.

**Saturday, May 16<sup>th</sup>** : Karaoke Night Buffet 5:00 pm-8:30pm

•\* Be watching for Smitty's new Diabetic and Lite Menus

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Look for NEW Breakfast items on the menu

## **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**

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

When: Saturday, May 23rd  
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!  
(make sure to know your choice of entree  
before purchasing tickets)**



The World Famous Singing Group  
Inland Empire Chorus of  
"Sweet Adeline's" will be gracing our ballroom  
for a  
MOTHER'S DAY PERFORMANCE

**Saturday, May 9th, 2009**

Smitty will be offering a Special Mother's Day dinner, followed by the delightful "Sweet Adeline's" show starting at 6:15pm. The grand conclusion of the night will be a Potluck Desert Buffet from 7:15pm until closing.

***This is a free event, but we are asking you to sign up at the Lodge front desk book so we can be prepared for seating.***

Think about what goodie you might want to bring to the potluck to share with everyone.



## Manager's Update

By Lisa Lynn, General Manager

At the Open Session Board meeting held on Thursday, April 9, the Board of Directors reviewed a request from the Rules and Regulations Committee to make changes to the sign rules, to allow for posting of service organization events on the Lodge bulletin board, and also a new rule for vehicle identification stickers. The proposed rules will be sent out to the members for review and the Board will review any member input at the June Board meeting. The Board approved the draft audit and the audit will be sent out to the members. Overall, 29 new action items were requested of Management by the Board of Directors.

The Board approved the March 2009 meeting minutes and the February 2009 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, May 14.

As a reminder, time is set aside at the beginning of the Board meeting for homeowners to bring Association matters before the Board. The Board reviews and evaluates many issues which are Association matters. Please keep in mind that certain issues that are private homeowner issues, homeowner violations, or certain legal matters are discussed in executive session. Additionally, if it is a Builder issue it is not open for discussion by the Board. All Builder/Homeowner issues may be resolved by completing a Warranty Request form available at the Lodge front desk and faxing it to K. Hovnanian's Customer Care department.

Homeowners are limited to three minutes each when speaking at the open session. As the Association membership grows, these time limits will enable the Board of Directors to hear from as many members as possible and still be able to conduct the business of the Association in a timely manner. After the homeowner open forum is complete the Board proceeds with the business portion of the meeting. Keep in mind that homeowners are welcome and encouraged to stay to witness the business of the corporation being transacted by your governing agents. Representatives of Euclid Management Company are not Board members and do not vote on matters before the Board. Euclid agents facilitate the meeting and act on the directives of the Board.

The District meetings were held on Thursday, April 16. The following districts met the quorum requirements, and the votes were cast proportionately: Arbors District 2, Heritage District 2, Landmark District 1, Landmark District 2, Laurel District 1, and Springdale District 1. The following districts did not have a quorum (not enough ballots received), and the District Delegates cast the votes for the district at their sole discretion: Arbors District 1, Heritage District 1, Laurel District 2, Monarch District 1, and Monarch District 2.

Some unforeseen circumstances delayed the opening of the pool and we apologize for any inconvenience this may have caused anyone.

The fitness equipment received maintenance and service in mid April. The Association has a quarterly maintenance agreement for the servicing of the Fitness Center equipment. If an item is not functioning properly please report it to management so it can be placed "out of service" before additional damage is done. Please observe traditional exercise room etiquette, such as, allowing others to work in between sets, limiting cardiovascular equipment usage to 30 minutes while others are waiting, no slamming or dropping of weight and no saving equipment. Also, please remember to take

a towel with you when you use the fitness center so you may wipe down the equipment after use.

## Architectural Review Committee

Remember, now that Spring is here, homeowners in HOA maintained areas are permitted to put seasonal color in the plant beds around their homes without having to submit any paperwork.

We on the Architectural Review Committee are still making changes to the Guidelines with the hope of submitting a finalized version of the first draft for review by the Rules and Regulations Committee at the end of June.

Part of our goal is to try to provide the means by which the homeowner can conserve on water, energy and costs. These ideas are purely in the discussion stage.

Homeowners are welcome to stop by and observe or make suggestions for the new guidelines in order to have a broader input of ideas. Thus far, few homeowners have stopped by our meetings.

The ARC meetings are open to all Four Seasons residents. We meet on Wednesdays at 10 a.m. in the Lodge. On Board meeting weeks, we meet on Thursday (instead of Wednesday) at 10 am. --- Herb Wachtel, Chairman

## Bistro Committee

I want to thank all of the homeowners who came to our Bistro committee meeting; your input was well received.

Some people think that the Bistro should make a profit for the HOA. There is a difference in philosophy, not economics. If the HOA does not spend any money on the Bistro, then what's the beef? Those who argue that the Bistro should make a profit for the HOA are arguing from one point of view only, and are not considering ALL the factors, both objective (make the Bistro earn a profit for the HOA) and subjective (make the Bistro inviting, maintain and promote good human relationships). Both must be considered, and whichever is best for our community must prevail, (whether the Bistro makes a profit for the HOA or not).

Our next regular meeting will be May 5 at 3:00 p.m. in the Lodge Conference Room. -- Sandy Dwyer, Chairperson

## Finance Committee

The two new probationary members of the Finance Committee attended our meeting on March 24, 2009. As previously mentioned, an additional candidate will be selected at a later date inasmuch as there is one committee vacancy still to be filled. Two guests also attended the meeting; guests are certainly welcome to attend Finance Committee Meetings.

The Finance Committee Meeting was held as scheduled on March 24 and the financial statements were reviewed. Our total expenses were slightly higher than our interim budget through February 28, 2009. As expected, the front yard expenses were also higher than the interim budget through February. Note: Our new 2009 Budget was not approved until March 23, 2009, and will be reflected in May's financial statements. The Accounts Receivables increased during the month; the Board of Directors is vigorously pursuing payment of delinquent assessments within the legal parameters as specified in your Community Guidelines document (pages 2, 3, and 4) and delineated during the March 31 Town Hall Meeting.

The Finance Committee recommended Board approval to purchase a CD in Reserve Assets as follows: - \$25,000 expiring 5/27/09 for 9 months (or at a term with the best rate, not to exceed 12 months) at the best prevailing interest rate.

See page 8

# HOA News

There were two groups of vendor proposals reviewed by the Finance Committee: (1) Relocate existing card reader to a location closer to the barrier arms.

(2) Replace the bowl fountain pump inside the Lodge patio area. The Finance Committee vendor recommendations were made to the Board based on the most cost-effective proposals submitted for evaluation.

Subsequent to the March 24 Finance Committee Meeting, the members supported the requirements for the March 31 Town Hall Meeting. This covered the preparation and presentation of the following items at the Meeting:

1. 2009 Budget Analysis, Comparison of 2009 Budget to 2008 Budget and 2008 Actuals
2. Landscape Proposal Selection
3. Meetings with Board of Directors, K. Hovnanian Representatives and Budget Preparer re: 2009 Budget
4. Identifying Assessment Considerations, Cost Cutting/Revenue Enhancement Opportunities, etc.

The Finance Committee meets on the 4th Tuesday of every month at 1:00 p.m. in the Lodge Conference Room. -- Bob Melville, Interim Chairperson

## ARC Approved Front Yard Landscaping Redesign

Some homeowners have changed the landscaping in their front yard planter areas. Front yard planter areas include planters located on the front, side and/or alley way of the residence.

As a reminder, any changes to the planter area must first be submitted and approved by the Architectural Review Committee (ARC) before any modifications can occur. The only exception to this rule is the planting of annual color. The Association's irrigation system shall not be modified by any homeowner, at any time, for any reason.

Please be aware that homeowners, who receive approval from the ARC for front yard planter modifications in areas that are maintained by the Association, are also informed that they are fully responsible for the maintenance of the planter area including all weeding, trimming, and/or plant replacement. The Association's contracted landscaper will be responsible for the maintenance of the turf area only. A re-notification shall be sent out shortly to all homeowners who received prior approval from the ARC. If you should have any questions, please contact Sheree at the Lodge at (951) 769-6358. -- Sheree Sourgose

## Rules and Regulations Committee

The Rules and Regulations Committee sent a memo to the Board of Directors at the February meeting recommending that the Board not require liability waivers. The subject was discussed again at the March meeting of the Committee.

Parking Decals and Parking Rules were discussed at length at the March Committee meeting. John McLaughlin and Leighton McLaughlin will reword the Parking Decal Document and send a memo to the Board.

The ARC plans to have completed the revisions of the ARC guidelines by the end of June. It was suggested that the ARC committee members present the revised / updated version to the Rules and Regulations Committee at a joint meeting at that time to facilitate discussion.

Lodge hours for summer holidays such as the 4th of July will be from 9 a.m. until 6:00 p.m. Non-holiday hours will remain the same as present: 7 a.m. until 9 p.m. Additional extension of summer Lodge hours has been tabled by the Board of Directors until

the next season. Rules and Regulations Committee members are recommending an earlier decision.

The new Facilities Committee will be merged with the Safety Committee.

The CC&R change ballots will be taken to court to see if the court will allow a simple majority. The Committee discussed ballots and the need to streamline and improve the communication between Board Directors and homeowners. Having high-interest items presented to residents in a "town-hall meeting" format prior to having the Board make decisions on them was suggested.

The Committee discussed the viability and terms of having service organizations (non-profit) be allowed to put flyers on the Lodge bulletin board for local events. -- John McLaughlin, Chairperson

## Safety Committee

The Safety Committee thanks residents for submitting various subjects for our consideration. If you have a concern or recommendation please leave it at the desk at the Lodge and ask them to put it in the Safety Folder.

The next meeting is May 19 at 9:00 a.m. at the Lodge. -- Richard Urie, Chairman

## We Are Working On It !

There's no getting around the fact that not receiving your monthly Sentinel on time is frustrating. And knowing that others have received their copy and you still haven't is even more irritating!

Four Seasons residents count on the newsletter for information, enjoyment and ideas. With that in mind, the Communications Advisory Committee (the official name of the Newsletter Committee) schedules carefully each month to make sure that all articles are completed and on time for each step of the newsletter process. We adhere to rigorous deadlines to send the electronic copy of the issue to the printer, allowing ample time for printing and distributing via the Post Office.

Within the past few months, we have encountered challenges after the electronic copy has left our hands. Meetings have been held with all personnel involved. There are still some issues to be resolved to ensure that the Sentinel is delivered as expected.

Please be assured: We are working on the problem. Our goal is to have the newsletter consistently delivered on or before the first of each month to each resident. -- Bobbie Eckle for the Communications Advisory Committee

## Social Committee News

Don't forget the Mystery Dinner is this month. The date is May 23; you can look forward to a jolly good time. The theme is "Murder at St. Cakes". Our menu will be truly English -- Shepherd's pie, bangers and mash or a veggie choice. Tickets go on sale April 7 and are \$15 per person. If possible get them early, as it was a sell-out last year. Show time is 5:00 p.m.

Next we have the Fashion Show on June 27 being put on by Show Shoppers from Redlands. We have changed the name from Lavender and Old Lace (had trouble finding old lace) to "Hats off to Summer". Would love to see everyone in hats and gloves, but it is not necessary. Just plan on coming and having a good time. Cost for this afternoon tea is \$10 and tickets go on sale May 14. Of course gentlemen are welcome. Tea and finger sandwiches will be served from 12:00 - 1:00 p.m. with the fashion show following.

Something new is the Luau scheduled for July 25. We are still making final arrangements so watch for more information in coming issues of the Sentinel.

# HOA News

On August 15 we will be holding our annual Four Seasons Hoedown. We can look forward to some good western grub, good western dancing (and maybe some surprises) and good western fun. Keep an eye and ear out for more information. -- Melody Seewoster

## Neighborly Notes

By Bobbie Eckel

Please note the Lodge hours for Memorial Day, May 25. The Lodge and all facilities will be open from 9 a.m. until 6 p.m. only.

Special news for softball buffs -- A Valley-wide Senior Softball League is forming. You are invited to be part of this activity. Come and join the fun at Valley Wide Recreation Center in San Jacinto. All levels of play are involved; interested players must be age 55 or older. Summer and winter seasons are scheduled. The cost is only \$30 a season; you play at least 40 games each season. Game days are Tuesdays and Thursdays. Practice is on Wednesdays and Fridays, 7:30 a.m. to 9:30 a.m.; modified ASA rules are utilized. Please call (951) 927-4509 for additional information or to sign up to play.

Beaumont's Concert in the Parks will be held at Stewart Park located at 9th and Orange in Beaumont. The line up for entertainers is as follows:

July 4	Air Supply
July 29	KC and the Sunshine Band
July 8	Pat Benatar
August 5	Wilson Phillips
July 22	High School Musical, summer celebration

Be aware of the Cherry Festival in Beaumont which runs June 4 through 7 at Stewart Park also. Watch for more information in the June Sentinel.

The Lavender Festival, also, is featured every weekend in June at the Highland Springs Resort, 10600 Highland Spring Avenue, Cherry Valley. Guided tours of the lavender fields, an organic marketplace, aroma therapy and massage, a gardening workshop and a petting zoo for the kids are available for your enjoyment.

The dedication of the new Sculpture Gardens on the grounds of the Women's Club Building in Banning is scheduled for May 21, 3:30 p.m. to 4:30 p.m.

Cool Summer Nights series starts Friday, May 22, in downtown Banning.

Residents, be aware that there are two street-sweeping companies servicing our community streets. The HOA paid company, Interstate Sweeping, is contracted to sweep on the second Thursday of each month. K. Hovnanian pays a different company to sweep in new construction areas and around the sales office area. There do not seem to be any set days for the K. Hovnanian service, but you will definitely notice them around when builder sales events are being held.

For those Four Season residents who do not have a car or who do not drive, Beaumont Senior Center is offering an "Emergency Evacuation" service in case of a disaster. Please call the Senior Center, (951) 769-8538, to sign up. This is a great opportunity to protect yourself should a disaster happen in our community.

Athletic competitors, mark your calendars: ) The L.A. Marathon is being held on May 25 this year. For information, check <http://www.lamarathon.com/> . 2) Senior Olympics also start in May this year; they are being held in Pasadena from May 2 through June 28. Additional information is available on the web at <http://www.pasadenaseniorcenter.org/SeniorOlympics/2009Schedulefinal.pdf>

.Four Seasons at Beaumont is proud to have a number of residents who compete in these events.

Breaking news from the Wine Club: Plans are being formulated to sponsor "Music and Wine" events in the amphitheater this summer. Watch for more details in the Sentinel and on our website.

## Landscape Committee

The Landscape Committee held its regularly scheduled meeting on March 16 at the Lodge.

At this meeting O'Connell Landscaping, who has responsibilities for maintenance of most of the common areas and front yards, reported that they have made great strides in trimming the frost damage off of many of the ornamental plants and shrubs within our community.

O'Connell Landscaping will be spraying for weeds and grasses that are growing in the sidewalk cracks and joints. Obviously, this will take several weeks to complete as the crews cannot spray herbicides in windy conditions.

The Landscape Committee has been fostering an open dialogue and developing a working relationship with HOA Board Member Ms. Jade Katsuda. Jade is K. Hovnanian's Land Planning Manager for the Southern California Region. Jade has been receptive in reviewing the information developed by the Landscape Committee that outlines drought resistant plants that we would like to see planted here as well as the list of plants that don't do well in Four Seasons but were planted during initial construction of the first phase. We appreciate Jade's cooperation as we work together toward a goal of more cost effective, lower maintenance, yet attractive landscaping.

Since the initial meeting with Jade, she has provided the Landscape Committee sets of drawings from K. Hovnanian's landscape architect for a future phase of 109 Monarch homes. A majority of the landscaping shown on the new drawings does incorporate information provided by the committee and includes the types of plants that are easier and less costly to maintain, aren't as thirsty for precious water, yet still present an attractive landscape environment. We're beginning to make some progress.

The Drip Irrigation Workshop held on Saturday, March 14 was a success, in that we had over 40 homeowners present for the 1 ½ hour workshop. Free coffee and doughnuts were provided, and two supervisory personnel from O'Connell Landscaping donated their Saturday and brought samples of drip irrigation parts so that people could get a "hands on" feel of what it takes to modify their backyard irrigation into a cost effective drip irrigation system. The representatives from O'Connell also trained the attendees and answered numerous questions from the homeowner residents. No-cost raffle prizes for residents who attended included a \$50 gift basket of drip irrigation parts as a prize from the Landscape Committee and O'Connell donated a \$50 gift card to Home Depot as well as many other smaller prizes. This workshop was accomplished without any cost to the Home Owners Association as all expenses were covered by donations. Several attendees at the workshop, like Bobbie Eckel, have since modified their back yard or patio irrigation system to drip irrigation so they should begin to see lower water bills.

The next meeting of the Landscape Committee will be Monday, May 18 at 9:00 a.m. in the Lodge -- Fred Weck, Chairman

# 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 Charles Meyer  
George Robinson Mike Mencacci  
Cynthia Weck  
Wayne Staples, Board Liaison  
Jacque Sneddon, Board Liaison

## Finance Committee

Bob Melville, Interim Chairperson  
Peter Hersey  
Joyce Mackay  
Ed Sutherland  
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 Vivian Samuels  
Joyce Mackay Louise Lyon  
Jacque Sneddon, Board Liaison

## Safety Committee

Richard Urie, Chairperson  
Peter Hersey  
Beverly McLaughlin  
Robert Mackay

Mary Primack  
Steve Sarchett  
Anita Worthen  
Wayne Staples, Board Liaison

## Social Committee

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

The Board of Directors for the K. Hovnanian's  
Four Seasons at Beaumont Community As-  
sociation met on Thursday, April 14, 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 May 14, 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  
**Emergency after Hours: (909) 981-4131**  
Email: customersvc@euclidmanagement.com

### Mail payment of dues to:

K. Hovnanian's Four Seasons at Beaumont / Processing Center  
P O Box 513417 • Los Angeles, California 90051-3417

### Euclid Management On-Site Beaumont Office

Lisa Lynn, General Manager  
Sheree Sourgose, Assistant GM  
Cindy Graves, Activities Director  
Frances Farrar, ARC Admin Assistant  
Krystal Orellana, Recreation Assistant  
Nelly Alcocer, Lodge Attendant  
McAdam Webb, Lodge Attendant

### LOCAL PHONE NUMBERS

**Police** (Bus. Office): 769-8500  
**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

### Board of Directors

Kevin Metcalfe, President  
Wayne Staples, Treasurer  
John Papazian, Secretary  
Loren DuChesne, Director  
Jade Katsuda, Director  
Brent Maxwell, Director  
Jacque Sneddon, Director

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**CHECK OUT THE WEBSITE INFORMATION AVAILABLE AT [www.euclidmanagement.com](http://www.euclidmanagement.com) LOG ON AND CLICK ON HOMEOWNERS ASSOCIATIONS, ON THE LEFT BAR CLICK ON ASSOCIATION INFORMATION, IN THE DROP DOWN BOX FIND "FOUR SEASONS BEAUMONT" AND USE THE PASSWORD – 9904. YOU WILL FIND INFORMATION ON THE ASSOCIATION FINANCIALS, MINUTES FROM THE BOARD MEETINGS, COMMUNITY GUIDELINES, ARCHITECTURAL GUIDELINES, AND ARCHITECTURAL FORMS FOR PLAN SUBMITTALS.**

# Clubs & Activities

## Art Lovers League

The Art Lovers League went to the Indian Wells Art Festival on April 3 and had a wonderful time enjoying beautiful art, jewelry, glass and sculpture until the wind almost blew us away. We usually don't let wind bother us, we're from Beaumont, but they closed the show early because of it. (By the way, when we returned home, there was hardly a breeze. Go figure!)

As of this writing we are planning to go to the Huntington Gardens on April 19, and look forward to a wonderful day. Our future plans include a visit to the El Paseo Art Walk on May 7, and a visit to the Museum of Contemporary Art in LA on June 27.

We meet in the library on the first Wednesday of each month at 6:30 p.m. in the Lodge, and all are welcome. If you would like more information, please call Abby Cameron at (951) 849-6987.  
-- Abby Cameron



## Shall We Dance

FUN! FUN! FUN! The eight week session of the Waltz ended on a great dance note with a party, great food and lots of laughter between the members. Thank you everyone for all the great appetizers. Yum. Yum. Yum.

You, too, can be part of the fun. As always we are in the Ballroom on Monday evenings at 6:30 p.m.; come in and watch, and you may end up joining us. The fee is only eight dollars per person.

Our professional instructor is Darlene. In the June Sentinel, look for her biography describing her years of competing in ballroom dancing.

We are now starting our eight week session of the Cha Cha. Dance for your health and enjoy all the rewards. Our instructor will make you feel very, very comfortable on the dance floor and always adds a great deal of laughter to the class. See you at the dance. If you have questions, call JoAnne at (951) 849-8877. -- JoAnne Haberman



## Book Club

The March meeting of the Four Seasons Book Club was held on the third Tuesday instead of the regular monthly session on the fourth Tuesday in order to accommodate the Appreciation Brunch on March 30. The schedule change created a smaller discussion group as many readers were unable to break previous commitments

The two reading selections for March were *Ghost Soldiers* by Hampton Sides and *Gilead* by Marilynne Robinson. As the facilitator pointed out, both books were difficult to read -- either because of graphic subject matter or because of the writer's organization of sequences in a character's life.

*Ghost Soldiers* is an account of the January 1945 daring raid of hand-selected U.S. troops in their attempt to rescue 513 POWs from a camp in the Philippines. Among the POWs were the last survivors of the Bataan Death March. With extremely high stakes involved and little time to plan the complex operation, the Ranger troops assisted by Philippine guerillas were able to accomplish



their mission. The story is a testament to the human spirit, an epic account of bravery and sacrifice amid very trying conditions. The discussion by the readers group included personal experiences of WWII as well as the nature of war.

*Gilead* deals with the memories and writings of an seventy-six year old Congregationalist minister who knows that his life span is limited by heart problems and wants to leave written information about his family for his seven year old son. The setting is Gilead, Iowa; the values and mores are those of America's heartland. John Ames, the minister, talks about his father and grandfather as well as his life-long friend, Boughton. He reflects on beliefs, life styles and individual goals and responsibility -- using language that is both poetic and comfortingly human. Reader discussion centered not only on the nature of the minister's memories but on the necessity of leaving written information for our grandchildren, letters from the past to the future generations.

Future book selections listed by month include: April, *Secret Life of Bees* by Sue Monk Kidd and *The Last Lecture* by Randy Pausch.; May, *Thirteen Moons* by Charles Frazier and *The Wednesday Letters* by Jason Wright; June, *Peace Like a River* by Leif Enger and *The Female Brain* by Luanne Brizendine.

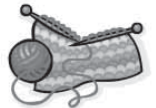
The Book Club meets on the last Tuesday of each month at 9:30 a.m. - 11:30 a.m. in the Lodge Ballroom and the last Wednesday of each month at 7 p.m.. Residents are encouraged to attend and join in the discussions. -- Bobbie Eckel

## Knitting and Crocheting Group

Six of us went on our Redlands outing on March 25. We did some shopping and had a good lunch at Martha Green's in Old Town.

We still have not gotten into the crochet mode, but hopefully we will before long. We need to get everybody working on it at the same time. Right now some are working on baby blankets for next holiday season, and some on personal items.

The Knitting and Crocheting Group meets on Tuesdays at 10:00 a.m. in the Craft Room of the Lodge. All interested residents are invited to join us. -- Dorothy Payne



## Golf Poem

In My Hand I Hold A Ball,  
White And Dimpled, Rather Small.  
Oh, How Bland It Does Appear,  
This Harmless Looking Little Sphere.

By It's Size I Could Not Guess  
The Awesome Strength It Does Possess.  
But Since I Fell Beneath Its Spell,  
I've Wandered Through The Fires Of Hell.

My Life Has Not Been Quite The Same,  
Since I Chose To Play This Stupid Game.  
It Rules My Mind For Hours On End,  
A Fortune It Has Made Me Spend.

It Has Made Me Yell, Curse And Cry,



See page 12

# Clubs & Activities

I Hate Myself And Want To Die.  
It Promises A Thing Called Par,  
If I Can Hit It Straight And Far.

To Master Such A Tiny Ball,  
Should Not Be Very Hard At All.  
But My Desires The Ball Refuses,  
And Does Exactly As It Chooses.

It Hooks And Slices, Dribbles And Dies,  
And Even Disappears Before My Eyes.  
Often It Will Have A Whim,  
To Hit A Tree Or Take A Swim.

With Miles Of Grass On Which To Land,  
It Finds A Tiny Patch Of Sand.  
Then Has Me Offering Up My Soul,  
If Only It Would Find The Hole.

It's Made Me Whimper Like A Pup,  
And Swear That I Will Give It Up.  
And Take To Drink To Ease My Sorrow,  
But The Ball Knows ... I'll Be Back Tomorrow.

Stand proud you noble swingers of clubs and losers of balls.... A recent study found the average golfer walks about 900 miles a year. Another study found that golfers drink, on average, 22 gallons of alcohol a year. That means, on average, golfers get about 41 miles to the gallon. Kind of makes you proud..... I Almost feel like a hybrid. - Received from 4S@BGC club member: Daniel Gasaway. -- Submitted by Ed McBratney, President, 4s@BGC

## Life Guide Bible Study



The Life Guide Bible Study meets in the Ballroom of the Lodge on Tuesday evenings from 7:00 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 as we study the Bible together. 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

## Performing Arts Club

By Zelyne Rudolph

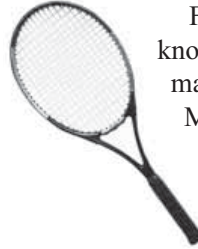
The Performing Arts variety show is scheduled for June 20th and at the publication date of this issue, rehearsals are underway. We are looking for actors, musicians and set designers so please email or telephone me to volunteer; zelyne4seasons@gmail.com , (951) 922-6051. Don't be shy, after all, you are among friends who could use a good laugh.

We have booked Karaoke for the balance of the year. Here are the dates;

Saturday, April 18 • Saturday, May 16 • Friday, June 12  
Friday, July 10 • Saturday, August 1 • Saturday, Sep. 12  
Saturday, Oct 10 • Saturday, Oct. 24 • Saturday, Nov. 21  
Saturday, Dec. 12

We have also booked Magic Night for May 2 in the ballroom, please see the calendar for updated times. We will finalize dates for the rest of the year by the next issue.

## Racquet Club



Finally the weather is starting to break. As we all know, we have had a few decent days followed by many that are still not too good. We are starting off May with some changes in our tennis community. The Executive Committee has had a major change in the resignation of Loren Duchesne as Chairman/President of the tennis club. Loren is running for the HOA Board and wanted to be sure he has the time to dedicate to the community. The Tennis Board will miss his presence and organization of meetings. He has been an integral part of the tennis community both as a Board member and as a player. He captained the successful team that won the Nine-Zero games as well as working to establish more tennis venues for our community. Loren played a major part in acknowledging the community's rights to have a dues-paying organization if they wish to do so. Tennis Board members wish him well and know he will do a more than stellar job on the HOA Board of Directors. In his place, the Tennis Board voted to install Howard Lyon to fill out Loren's term which ends in October. Lyle Cameron was asked to fill the opening on the FSBRC (Four Seasons at Beaumont Racquet Club) board and he accepted.

We all look forward to an even more successful year within our tennis community. The warmer months are upon us and there will be plenty of tennis court activity. Be sure to check with the Lodge desk to reserve a court as more residents get out in the sun for some fun!. Monday evening beginners, at 6 p.m., will resume and the Tuesday non-beginner drill group will also resume at 6 p.m. Be sure to sign up for the FSBRC and receive all of the e-mails regarding clinics and special group lessons that will be conducted as interest develops.

The French Open will be coming up soon and Wimbledon follows closely after the French. We will be having our 'Breakfast at Wimbledon' gathering again this year.

I have been trying to figure out what day works best for the monthly clinics. This month we will try for Sunday afternoon, May 17, at 5 p.m. for the members-free clinic. Non members are welcome at a cost of \$7. -- Cheryl Smith, USPTA Developmental Coach

## Seasoned Solos

We went to Moondoggies to see Jerome Robinson, a former Platter, on our March outing. A good time was had by all and we plan to go see him again soon.

We are planning a trip to the RiverWalk in Palm Springs for lunch and some shopping for our April outing.

In May we plan on a trip to Temecula for a wine tasting tour.

# Clubs & Activities

More will be announced through e-mail notices. If you are not on the e-mail list, please contact Mary Castle to add your name so you won't miss out on any of our trips. Please respond to your e-mail and let us know if you plan on coming, especially for the wine tasting trip, as we need to plan for transportation with a designated driver and van for this event. Mary's number is: (951) 769-5444. -- Toby Davis

## Line Dancing

When did line dance begin? The answer is before recorded time. The original Schottische arrived from Poland; German settlers introduced "clogging", while Cajun influences not surprisingly can be laid squarely at the doorstep of the French. We can see old film from Africa as you watch tribes form in lines while completing steps. In the present time, line dance climbed into bed with country music when Billy Ray Cyrus wrote Achy Breaky Heart in 1992. Enjoyable, straightforward to learn and not requiring a partner, line dance was bound to spread. In many countries, particularly across continental Europe, the US military laid the first foundations, sharing line and country dance with the locals. A long standing affection for country music in the United Kingdom was a powerful springboard, and line dance rapidly became a part of the country music scene.

August 15, 2009, is the Hoedown sponsored by the Social Committee. The Hoedown time will be proportioned into couples dancing and line dancing segments. By August 15, we will have 6 dances to dance comfortably. Beginners are at 4:00 p.m. and more advanced at 5:00 p.m. each Thursday. I look forward to seeing you there. -- Zelyne Rudolph

## Sunday Morning Bible Study

Sunday Morning Bible Study continues to a blessing to the residents of Four Seasons. Rev. Khan is teaching on developing your personal relationship with God through his word. Studying, meditating, speaking and doing the Word are actions that should be a part of a believer's lifestyle. Fellowship and intimacy with God develops your faith and increases your joy. In Christ abides His deep enriching peace which passes all understanding.

Come out and study with us. Everyone is welcome. Take advantages of walking to Bible study on Sunday Morning, 9:30 a.m. in the Craft room, located inside of the Lodge. Meet new people, enjoy the fellowship and enrich your knowledge of God's word. Have breakfast at Smitty's afterwards or take a walk on the trail. Feed your spirit, soul and body. See you Sunday. -- Karen Fuqua

## Red Hats News

On April 8, 13 ladies ventured to the Palm Springs Follies. We first had lunch at Billy Reeds and then went to the theatre for the performance. As usual when Red Hat ladies get together, a good time was had by all. If you have never seen the Follies you really should make an effort to go. They are great.



This month on May 13 we will be motoring to Diamond Lake in Hemet for a tour -- with lunch afterwards.

If you would like to join us for in our travels and luncheons, all you have to do is plan on having a good time and become an official member of the Society. It's easy; the only rule for this entire group is that you must wear a red hat and purple outfit when we travel in a group.

For more information give me a call, Melody Seewoster at (951) 769-2774. -- Melody Seewoster

## Canasta (Hand and Foot)

Come on down to the Lodge and join us for a game of Hand and Foot canasta. We play every Thursday from 1:15 until 4:00 (or sometimes later) in the Lodge card room. If you don't know how to play or are a little rusty, never fear we are always happy to teach or refresh you. We are growing every week. Look forward to seeing you there. -- Melody Seewoster

## All Seasons RV Club

The All Seasons RV Club is preparing for an excellent time at the Chula Vista RV Resort on San Diego Bay. Club members are looking forward to sight-seeing, cruising and dining on the bay.

Our next event is in Santa Maria, CA, June 3-7, at the Elk's Rodeo.

The summer highlights will be an extended trip to Montana, Wyoming, and South Dakota by some of the group.

New members are welcome. Club meetings are the second Tuesday of each month at 6 p.m. in the Arts and Craft Room of the Lodge. -- Nancy Morgan

## Walkie Talkies

The Walkie Talkie hike for April took place on Monday, April 20. The group headed for Joshua Tree to enjoy the wildflowers as they hiked.

May's walking event is currently scheduled for Tuesday, May 12, with a tentative destination of Idyllwild. If anything changes in the plans, residents in the hiking group will receive notification by email from Pete or Bev. If anyone new wants to be on the email list, please let Pete Hersey or Bev McLaughlin know. -- Bev McLaughlin

## Wine Club

### When South of the Equator, Which Direction Should You Swirl Wine?

By Leonardo

"Down Under Wines" is the theme for our May meeting. We will discuss and sample varietals from Australia, New Zealand and South Africa. These are countries south of the Tropic of Capricorn settled under British influence. Argentina and Chile also qualify geographically but we will treat them at a later meeting as their Iberian-influenced history of wine development is quite different.

First, a little British history. The Roman legions and later the Catholic missionaries brought the fondness for wine to the

**See page 16**



# May 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

Nelly Alcocer,  
Lodge Assistant

Marina Mendez,  
Lodge Assistant



Frances Farrar,  
ARC Assistant


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
	<p>All Committees meet in the Lodge Conference room or the Library. See the Lodge desk for specific details</p>	<p>The General Session Board Meeting takes place in the Ballroom.</p> <p>The Executive Session takes place in the Conference room.</p>
<b>3</b> * 9:30 a.m. Bible Study  * 1 p.m. Bingo	<b>4</b> * 8:30 a.m. Conditioning Class * 9 a.m. H2O Fitness Class * 10:30 a.m. Ping Pong * 12 p.m. Bridge * 5 p.m. Tennis Beginners * 6:30 p.m. Beginner Shall We Dance Class	<b>5</b> * 8:30 a.m. Aerobics * 10 a.m.: -Knit/ Crochet Club -Poker * 10:30 a.m. Asian Club * 3 p.m. Bistro Committee Mtg * 5 p.m. Tennis Drills * 5:45 p.m. Zumba Gold * 6 p.m. Hearts * 7 p.m. Life Guide
<b>10</b> * 9:30 a.m. Bible Study	<b>11</b> * 8:30 a.m. Conditioning Fitness Class * 9 a.m. H2O Fitness * 10:30 a.m. Ping Pong * 12 p.m. Bridge * 5 p.m. Tennis Beginners * 6:30pm Beginners Shall We Dance Class * 7pm 8-Ball Club	<b>12</b> * 7:30 a.m. Walkie Talkies * 8:30 a.m. Aerobics * 10 a.m.: -Knit/ Crochet Club -Poker * 1 p.m. Website Orientation * 5 p.m. Tennis Drills * 5:45 p.m. Zumba Gold * 6 p.m. Hearts - RV Club * 7 p.m. Life Guide
<b>17</b> * 9:30 a.m. Bible Study * 5 p.m. Tennis Clinic 	<b>18</b> * 8:30 a.m. Conditioning Fitness Class * 9 a.m. Landscape Com Mtg * 9 a.m. H2OFitness Class * 10:30 a.m. Ping Pong * 12 p.m. Bridge * 5 p.m. Tennis Beginners * 6:30 p.m. Beginners Shall We Dance * 7 p.m. 8-Ball Club	<b>19</b> * 8:30 a.m. Aerobics * 9 a.m. Safety Committee Mtg * 10 a.m.: -Knit/Crochet Club -Poker * 5 p.m. Tennis Drills * 5:45 p.m. Step Class * 6 p.m. -Hearts * 7 p.m. Life Guide
<b>24</b> * 9:30 a.m. Bible Study  <b>31</b> * 9:30 a.m. Bible Study	<b>25</b> * 8:30 a.m. Conditioning Fitness Class * 9 a.m. H2O Fitness * 10:30 a.m. Ping-Pong * 5 p.m. Tennis Beginners  <b>Memorial Day Observed: Lodge Hours: 9 a.m.—6 p.m.</b>	<b>26</b> * 8:30 a.m. Aerobics * 9:30 a.m. Book Club * 10 a.m.: -Knit/Crochet Club -Poker * 1 p.m. Finance Committee Meeting * 5 p.m. Tennis Drills * 5:45 p.m. Step Class * 6 p.m. Hearts * 7 p.m. Life Guide

Wednesday	Thursday	Friday	Saturday
		<b>1</b> * 8:30 a.m. Conditioning Class * 9 a.m. H2O Fitness * 10 a.m. Open Art Studio * 10:30 a.m. Ping Pong * 6 p.m. Seasoned Solos * 7 p.m. 8-Ball Club	<b>2</b> * 9 a.m. Yoga  * 1 p.m. Poker
	<b>6</b> * 8:30 a.m. Conditioning Class * 9 p.m. H2O Fitness * 9:30 a.m. ARC Meeting * 10:30 a.m. Ping Pong * 1p.m. Canasta #2 * 6:30 p.m. Art Lovers League	<b>7</b> * 9a.m. Yoga Class * 11:30 a.m. Pan * 1 p.m. Canasta #1 * 4 p.m. Beginner Line Dancing * 5 p.m. Line Dancing * 5:30 p.m. Social Committee Meeting * 5:45 p.m. Fitness Class * 6:30 p.m. Shall We Dance Practice	<b>8</b> * 8:30 a.m. Conditioning Class * 9 a.m. H2O Fitness * 10 a.m. Open Art Studio * 10:30 a.m. Ping Pong * 1 p.m. Bunko * 7 p.m. 8-Ball Club
<b>13</b> * 8:30 a.m. Conditioning Class * 10 a.m. Communications Advisory Committee Meeting * 10:30 a.m. Ping Pong * 1p.m. Canasta #2 * 5 p.m. Bingo * 7p.m.. 8-Ball Club	<b>14</b> * 8 a.m. BOD Exec. Session * 9 a.m. Yoga * 9:30 a.m. ARC Meeting * 10 a.m. Poker * 11:30 a.m. Pan * 1pm Canasta #1 * 1 p.m. BOD General Session * 4 p.m. Beginner Line Dancing * 5 p.m. Line Dancing 5:45 p.m. Fitness Class * 6:30 p.m. Shall We Dance Practice	<b>15</b> * 8:30 a.m. Conditioning Classes * 10 a.m. Open Art Studio * 10:30 a.m. Asian Club Meeting. * 10:30 a.m. Ping Pong * 7 p.m. 8-Ball Club	<b>16</b> * 8 a.m. Private Party in Ballroom * 9 a.m. Yoga * 1 p.m. Poker  <b>Karaoke Night</b> <b>* 5 p.m.-8:30 p.m.</b> 
<b>20</b> * 8:30 a.m. Conditioning Class * 9:30 a.m. ARC Meeting * 10 a.m. Communications Advisory Committee Meeting * 10:30 a.m. Ping Pong * 1 p.m. Canasta #2 * 5 p.m. Bingo * 7 p.m. 8-Ball Club	<b>21</b> * 9 a.m. Yoga * 9 a.m. Rules and Regulations Committee Meeting. * 10 a.m. Poker * 11:30 a.m. Pan * 1 p.m. Canasta#1 * 4 p.m. Beginner Line Dancing * 5 p.m. Line Dancing * 5:45 p.m. Fitness Class * 6:pm Wine Club * 6:30 p.m. Shall We Dance Practice	<b>22</b> * 8:30 a.m. Conditioning Classes * 10 a.m. Open Art Studio * 10:30 a.m. Ping Pong * 1 p.m. Bunko * 7 p.m. 8-Ball Club	<b>23</b> * 9 a.m. Yoga * 1 p.m.. Tennis Clinic ?  <b>* 5 p.m. Mystery Dinner Theater.</b>
<b>27</b> * 8 :30 a.m. Conditioning Class * 9:30 a.m. ARC Meeting * 10 a.m. Ping Pong * 1 p.m. Canasta #2 * 6 p.m. Website Orientation * 7 p.m. 8- Ball Club - Book Club	<b>28</b> * 9 a.m. Yoga * 10 a.m. Poker * 11:30 a.m. Pan * 1 p.m. Canasta#1 * 4 p.m. Beginner Line Dancing * 5 p.m. Line Dancing * 5:45 p.m. Fitness Class * 6:30 p.m. Shall We Dance Practice	<b>29</b> * 8:30 a.m. Conditioning Class * 10 a.m. Open Art Studio * 10:30 a.m. Ping Pong * 7 p.m. 8-Ball	<b>30</b> * 9 a.m. Yoga

# Clubs & Activities

Islands. Grape harvest flourished during the Medieval Warm Period and waned during the Little Ice Age when Englanders turned more to beer. When King Henry VIII assumed the crown in 1509 there were 139 sizable vineyards in England and Wales, practically all of them owned by the nobility and the church. With the break between the king and the Vatican and confiscating of church lands, drinking of this church-elixir declined further. When the beer drinking British colonized Australia, New Zealand and South Africa, wine was not in demand in the new lands. Some grapes were planted and limited amounts of wine produced until phylloxera ruined the crops. In 1973 Britain entered the European Economic Community opening a wider market for wines and serious wine producing spurred the development of high quality wines.

Syrah or as it is called domestically, "Shiraz", dominates the wine industry in Australia. Approximately 50% of the red grapes planted in Australia are Shiraz. Their most famous wine is Penfolds Grange of which their 1955 vintage has won over 50 gold medals. Their 1990 vintage was named "Red Wine of the Year" by the Wine Spectator magazine. For white wines Chardonnay is the crop although they have recently been touting their Rieslings.

New Zealanders produced sherry and port over the years. Until the end of the 1960s social laws that closed pubs an hour after the end of the working day and all day on Sundays limited availability of purchased wines. These laws were repealed in 1970 and the populace was introduced to quality wines from

abroad. Sauvignon Blanc from this country is considered by many experts as among the world's best. Harvests of the 1970-1980 period were exposed to a heavy smoke flavor in aging oak barrels during production and labeled as Fume Blanc. As the Anything-but-Chardonnay (ABC) trend took over in the 1990s, this technique has declined. Sauvignon Blanc from the Marlborough region is considered the premier New Zealand wine. The cool climates of these islands make red grape growing difficult. The leader in red wine production is Pinot Noir which is fruit-driven and matures early.

The politics of Apartheid stifled the wine industry in South Africa leaving it behind Australia and New Zealand for Down Under wines. After Apartheid many grape growers sent their harvests to bulk wineries without attempting to produce their own territorial wines. In the mid 1990s wine makers desiring to leave their super market reputations behind and enter the quality wine arena pulled out their vines and planted anew. While international sales are now robust, American sales are less than 2%. The majority of these wines are produced in the Western Cape region with its Mediterranean climate. The most popular grapes are Chenin Blanc and Cabernet Sauvignon. A local grape is Pinotage, a cross between Pinot Noir and Cinsault. This grape must be included (30-70%) in the Cape Blend red wine which has won international awards.

So, please join us on May 21 between 6 p.m.- 8 p.m. and bring your glass, a snack and a bottle of Down Under wine. And, in answer to the question about swirling wine, it depends on which hand you use.

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# Clubs & Activities

## Homeowners Travel Club Trip List For April 2009

New trips are shown in **Bold** type

May 3	Cinco de Mayo Festival in Old town San Diego	49.00 per person
May 7	Pompeii Exhibit at LACMA	74.00 per person
May 10	"Big River" at the Candlelight Theatre, includes lunch	105.00 per person
May 13	Los Angeles Arboretum	58.00 per person
May 16	Reagan Library	60.00 per person
May 17	"Madama Butterfly" at the San Diego Civic Theater	149.00 per person
May 18	San Diego Seaport Village	49.00 per person
May 20	Newport Harbor Cruise includes lunch	83.00 per person
May 30	"Dirty Dancing" at the Pantages	125.00 per person
<b>Jun 17</b>	<b>Laguna Beach</b>	<b>49.00 per person</b>
<b>Jun 12</b>	<b>Dreamgirls at Musical Theatre Wesst</b>	<b>85.00 per person</b>
<b>Aug 23</b>	<b>"The Full Monty" at the Candlelight Theatre</b>	<b>105.00 per person</b>

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

July 19, 2009	Mexican Riviera Cruise	1040.00 Inside 1240.00 Outside 1390.00 Verandah 211.00
	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	1291.00 Inside
	Ketchikan, Tracy Arm Fjord, Juneau, Skagway	1591.00 Outside
	At sea, Home. Includes roundtrip airfare from LAX	2091.00 Verandah
	Passport required. Additional Mandatory Fuel Charge	373.00 Port Tax and Gov. Charges
	<b>\$350 p/p deposit due at booking, with balance due 4/27/0</b>	
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

### Ageing is Not For Sissies

By Zelyne Rudolph



Vince Palmer

In speaking with Vince Palmer about his bowling, several labels come to mind; unique, tenacious, talented, intelligent and well-focused.

Unique – Vince bowls right handed and Vince also bowls left handed. He carries a league average of 168 with his right hand and Vince carries a league average of 198 with his left hand.

Vince shows tenacity because even though he has suffered injuries that would make most people give up the sport; Vince found new ways of continuing. Talent plays a large part in the makeup of this man because he did play pro baseball in his younger days. His latent talent shows in his physical abilities. Vince also shows a great deal of intelligence and focus in his coaching abilities.

Vince began bowling sometime around 1970 in a mixed handicap league with his wife and a couple of neighbors. His first bowling ball was purchased, fitted and drilled at the local Kmart and Vince says he picked it out because it was red, white and blue. Being very competitive, the first couple of years were difficult because his scores were not as good as he wished. This was the start of his long quest of seeking tips and skills to improve his scoring. At that point, his average for the first year was 135 or lower.

Vince stopped bowling for a number of years due to work schedules, family needs and the bowling establishment closing. In 1993, Vince was in an automobile accident which caused severe double whiplash (front to back and side to side). His doctor simply prescribed pain medication and rest. Vince discovered that this regimen was not working so he embarked on his own rehab program of exercise and weight training to strengthen the muscles in his shoulders and neck. This program included quitting cigarettes, running and good nutrition. He soon began to feel better than he had in many years.

Sometime around 1993, Vince decided to join an all men's highly competitive bowling league. Vince purchased his first good bowling ball and had it drilled by a professional. Within one month, the bowling establishments changed forever how bowling lanes were oiled and dressed, using a method called "short oil." This made his new ball obsolete. Thus began Vince's new quest to not only learn how to bowl, but to learn what new equipment was being manufactured and how he needed to adapt to improve his bowling. At that point, Vince was bowling in the 170's. Vince truly believes that his bowling was still pretty much natural ability and basic athletic skill.

In 1998, Vince bowled his first 300 perfect game (12 strikes in a row) and had his first 700 scratch series (3 games without handicap).

His average moved up into the 190's and 600 series became a regular thing. Vince competed in the California State tournament which attracts bowlers from all over California and takes several months to complete. Bowlers pick a weekend; then bowl in a team event one day followed by singles and doubles event the second day. All scores are recorded, when the tournament is over, winners in each category are announced. Vince managed to place 8th in the singles event.

Vince's bowling journey changed at this point. He had been suffering left elbow pain in his bowling arm for several years and finally decided surgery was necessary. He knew that he would not be able to bowl left handed for at least a year; and not wanting to quit the sport, decided to teach himself how to bowl right handed. Needless to say this was a difficult undertaking. He did not have any problem with foot work (had to start his approach with the opposite foot and finish with the opposite slide foot), but hitting his target (spot on the floor) proved to be difficult. He could not hit what he was looking at! Then he read an article in a bowling magazine which pointed out that your dominant eye is usually the same as your dominant hand (right handed, right eyed or left handed, left eyed). He was bowling right handed, but he was still left eyed. This made a big difference and once he understood this, it made it possible for him to look at one spot and hit another after adjusting for the different angle. His scores eventually got into the 170's right handed. Vince managed to roll several 600 series and had one game with 11 straight strikes.

When his left elbow healed he went back to bowling left handed. Then he tore his left rotator cuff which demanded surgery. So what does Vince do? He went back to bowling right handed. When the shoulder healed, he was back to bowling left handed. In 2006, he had numerous surgeries on his right hand and wrist, but continued to bowl left handed. In 2007, he competed in the Orange County Open bowling tournament. In this tournament, he was fortunate to take first place in the singles event.

Shortly before moving to Four Seasons Vince began having hand and wrist surgeries on his left hand. "At this point I figured my bowling days were over. Then I began to talk with Four Seasons resident, Del Lyles about bowling and he invited me to come out and watch the bowlers from Four Seasons at the Canyon Lanes adjacent to Morongo Casino. I finally took him up on his offer. The old bug to bowl took over and I had a right handed ball drilled up. I began to practice with Del, Rob, Eugene, Zelyne, Shirley, Dolores, Rick, Bob and Tina on Mondays (see article on these people in April 2009 Sentinel). I had fun throughout the summer. When their league began in September 2008, I offered to substitute for a missing member on Del's team; at that point I was not sure if I was going to remain here at Four Seasons or move back to Orange County. I bowled several weeks right handed; then wouldn't you know, hurt my right shoulder (aging is not for sissies). Not to be deterred, I re-drilled my ball for the left hand and now I'm back to my natural style. At this point I'm carrying a 198 average so all is good!"

Let me end by saying that Vince has coached a number of bowlers this past year and I personally want to thank him for his help. Since returning to bowling, my average has averaged in the high 140's but that 500 series has been elusive. A 500 series means you have to average more than 166 for a three game series. It seemed like I would dance within a few pins of 500 and it was getting very frustrating. However, with Vince's help and some new equipment,

# Four Season's Community Info

I scored a 577 scratch (averaging 192) which brought me from 3rd place in all the season standings to first place in high handicap series of 751.

Some important benefits of bowling to consider are that it uses most major muscle groups, including those in the arms, back, abdomen, and buttocks, as well as the quadriceps and hamstrings. Bowling demands more muscular strength than it does endurance.

According to Vince, "bowling is a great sport. You can get some exercise and just have some fun or you can really get into it and work to improve your score. You can bowl for very little money or, like most other sports you can invest in good equipment. Either way, it is a great way to get out, meet new friends and get some exercise. Each of the bowlers from Four Seasons would welcome you to join us when we practice each Monday at 3:00 p.m. at Canyon Lanes. If you are new to bowling we will be happy to give you some tips."

## Sign "Language"

By Bobbie Eckel

One of my very favorite highway signs is in Tacoma, Washington. In large, easily read letters over a very busy freeway it proclaims "STOP AT LIGHT WHEN FLASHING". Even as a teenager, I could not go through the area without breaking into laughter! The mental picture I had was obviously not what the state transportation authorities had intended.

Signs are normally intended to be informative (such as road signs), inspirational (as seen on church marquees) or instructive (telling us how to get somewhere or do something). Occasionally, particularly in private business advertisements, signs may deliberately use words with a double entendre. The reader smiles and tends to remember the advertisement! Memorable examples would be:

On a plumber's truck: "We repair what your husband fixed."

At a tire store: "Invite us to your next blowout."

On an electrician's truck: "Let us remove your shorts."

In a cleaner's window: "Drop your pants here and you will receive prompt attention."

In front of a funeral home: "Drive safely. We'll wait."

On a radiator shop: "Best place in town to take a leak."

On a septic tank truck: "Yesterday's Meals on Wheels."

On another plumber's truck: "Don't sleep with a drip. Call a plumber."

The words and visual images evoked make memorable advertisements.

Sometimes, however, the juxtaposition of words or the choice of the words inadvertently causes laughter -- without the added factor of successful public relations. The delightful Richard Lederer in his book *More Anguished English* contributed some of these. Consider:

In a New York jewelry store: "Genuine Faux Pearls"

On a California freeway: "Fine for Littering"

On a pole in Massachusetts: "Coffin Lane / Dead End"

Next to a cemetery in Salem, Massachusetts: "One Way / Exit only"

On the wall of a British Columbia cleaning service: "Able to Do the Worst Possible Job"

On trees around Shreveport, Louisiana: "Frank's Body Works"

Posted on a Santa Fe, New Mexico, gas station: "We refuse to sell gas to anyone in a glass container."

Frequently noted in restaurants across the U.S.: "Please wait for hostess to be seated."

Proclaimed in a Bangkok bar: "The Shadiest Cocktail bar in Bangkok."

In a restaurant in Paris: "We serve five o'clock tea at all hours."

"Touching Wires Can Cause Instant Death -- \$200 fine."

"Lodging next right" posted just above "State Prison"

To have a wonderful time on a rainy day, type the words "Funny Road Signs" in your web browser. You will be amazed at the plethora of web sites with actual pictures of signs across America. In full color you will see:

Eat Here and Get Gas

Parking for Drive-thru Service Only

Don't Let Worries Kill You, Let the Church Help

Caution - Water on Road During Rain

You can even purchase pictures of these actual signs!

If you have traveled on freeways running through steep mountain passes, you will see the reassuring signs noting a Truck Emergency Runaway Ramp for those rare occasions when truck brakes fail. Look carefully at the well-rocked runaway ramp, however, and you will see the wry notice, "No Stopping".

Maybe Cal Trans does indeed have a sense of humor. Or maybe enjoyable signs will reduce the Southern California problem of road rage. Stay alert while driving is a good safety motto -- and may well keep you smiling!

## Did You Find the Snake Yet?

By Bobbie Eckel

If you did not visit your mailbox on Wednesday, April 1, you missed clear evidence that one of our residents has not lost his sense of humor -- only his snake. Posted on the sides of the mailbox complexes was a sign with large letters offering "REWARD" and a large picture of a coiled snake at the bottom. In between were these words, exactly as they were typed on the notice:

"I LOST MY PRECIOUS BETSY SHE IS A 12" FOOT LONG PYTHON, WEIGHT IS AROUND 85#. SHE IS EXTREMELY FRIENDLY LOVES TO CUDDLE AND LOVES TO LAY ON THE COUCH. I NOTICED HER MISSING YESTERDAY SHE ATE TWO DAYS AGO SO SHE SHOULD NOT BE HUNGRY BUT PLEASE KEEP SMALL ANIMALS AWAY FROM HER. DO NOT TRY TO PICK PICK HER UP BY YOURSELF JUST CALL THE FRONT DESK AND I WILL PICK HER UP AND GIVE REWARD ON THE SPOT NO QUESTION ASK. YOUR NEIGHBOR"

While most homeowners read the sign carefully, realized that it was undoubtedly an April Fool's joke, and laughed, many concerned residents did call the Lodge desk to ask if the snake had been found. I would suspect that the Lodge attendants gradually tired of the joke.

If only the "snake's owner" had identified himself, it would have been tempting to call to announce that "I have your snake!"

Thank you, unknown resident, for the day's smiles. It brought back memories of April Fool days before 55+ became a reality.



## Four Season's Spotlight Community Album



*Even gloomy  
weather shines  
with rainbows  
around our  
community*

Photo by Bob Stephenson

### A Blast From The Past: Our Last Murder Mystery Dinner (don't miss this next one coming up!)



Eugene Rudolph, Sonya Tamplin, Eileen Gilbert and Willis Fagan.



The Murder In Margarita-land group picture.

# Activities Director Corner

By Cindy Graves

This month's article is going to be short and sweet; "sweet" being the operative word! Be sure to sign up at the Lodge desk for a very yummy sweet event coming up on Saturday, May 9! This will be the day before Mother's Day, dessert potluck and Inland Empire Chorus of Sweet Adeline's show! This event is free to you and has always proven to be an entertaining and joyful evening! Smitty's is even going to offer a Mother's Day Dinner Special, so you might as well bring Mom and make an entire evening out of it! The show starts at 6:15 p.m. followed by the dessert buffet at 7:15 p.m.. Dinner at Smitty's is optional and will be available throughout the entire day. I do need to know how many folks are planning to attend for seating purposes, so be sure to let me know you'll be there!

Tickets will be going on sale this May 14, after the Board meeting, for the "Hat's Off to Summer" Tea and Fashion Show. Tickets are \$10.00 for the show and all of the little tea party goodies you can eat. Pick up your tickets at the Lodge desk.

As you read in the beginning of this month's Sentinel, don't forget to attend one of the website orientations presented by Randy Balt. They are being held on Tuesday, May 12, at 1 p.m. in the Ballroom and one on Wednesday, May 27 in the evening at 6 p.m.. There are no sign ups required. Just come on in, sit down and be educated.

One final note: Several incredibly sensitive, caring and generous residents in this community got together this past Easter Holiday to play "the Easter Bunny" for a member of the Lodge staff who they especially wanted to bless with all kinds of goodies. This Lodge staff member would like to let you all know that your kind efforts had a huge impact on their intended recipient! Tears, gratitude and surprise were overwhelmingly expressed at the big hearted gesture! Consider yourselves thanked, Easter Bunnies, whoever you are! This community is really amazing!



The family that benefited from your kindness



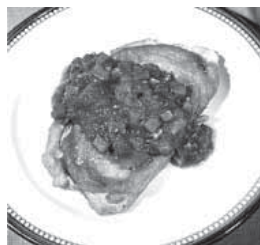
**Chefs Corner**  
By Randy Balt

## El Cholo's Chiles Rellenos

In honor of the fast approaching Cinco de Mayo I thought we should look at a favorite dish I had as a kid growing up. Viva chiles rellenos! And what better way than trying the tasty fare as it is served by one of Los Angeles' most venerable Mexican restaurants, El Cholo. Their chiles rellenos have an avid following all their own. This recipe was printed in the Wednesday, April 9, edition of the Los Angeles Times.

The trick with the extra-fluffy coating on the chiles rellenos lies in the El Cholo method: A little of the whipped egg batter is fried on its own until set, then a stuffed chile is gently laid over; more batter is spooned over the chile, then it is flipped and fried to golden perfection. Drizzle a spoonful of the rich and slightly tangy relleño sauce over the top to complete this signature dish.

Total Time: 1 hour, 20 minutes  
Servings: 6



### Relleno Sauce

1 tablespoon oil  
3 garlic cloves, diced  
1/2 teaspoon dried Mexican oregano  
1/2 onion, chopped  
2 teaspoons vinegar  
1 green bell pepper, seeded and diced  
1 (28-ounce) can whole peeled tomatoes  
2 whole canned green chiles, diced  
1/2 cup chicken broth  
1/4 teaspoon black pepper  
2 bay leaves  
Salt

1. In a large saucepan over medium heat, heat the oil. Stir in the garlic, oregano, onion, vinegar, bell pepper, tomatoes (and their juice), chiles and broth. Increase the heat and bring to a boil. Cook for 2 minutes, then stir in the black pepper, bay leaves and salt to taste.

2. Reduce the heat to a gentle simmer and continue to cook, stirring frequently, until the vegetables have softened and the tomatoes start to break apart, about 25 minutes.

3. Remove from heat, discard the bay leaves, and mash the tomatoes with a potato masher or whisk until you have a coarse sauce. Season again to taste. Set aside in a warm place.

### Chiles Rellenos

3/4 pound grated cheddar cheese  
6 whole canned green chiles  
6 eggs, separated  
Vegetable oil  
Relleno sauce

1. Divide the cheese into 6 mounds and roll each mound into a football-shaped ball with your hands. Slit each chile lengthwise halfway and gently stuff a ball of cheese into each. Set aside.

2. In the bowl of a stand mixer, or in a large bowl with a hand mixer, beat the egg whites until stiff peaks form, 4 to 6 minutes. In a separate bowl, beat the egg yolks until frothy. Gently fold the yolks into the whites to complete your egg batter.

3. In a large skillet or frying pan, add enough oil to come up the sides by one-half inch. Heat the oil until a thermometer inserted reads 350 degrees.

4. Gently spoon a little egg batter into the pan, spreading it so it is roughly the dimensions of one side of a stuffed chile. As soon as the batter begins to set, 1 to 2 minutes, lay a chile over the top, then spread an equivalent amount of batter over the chile.

5. Turn over the chile relleno and fry an additional 1 to 2 minutes until golden on all sides. Remove the chile relleno with a slotted spatula or spoon, and place on a warm plate. Repeat until you have 6 chiles rellenos.

6. Spoon one-half cup sauce over each chile relleno and serve immediately.

Each serving: 483 calories; 22 grams protein; 10 grams carbohydrates; 2 grams fiber; 40 grams fat; 15 grams saturated fat; 271 mg. cholesterol; 672 mg. sodium.

I am currently working on a chile relleno casserole version of this recipe. Once perfected it will be published in the Chef's Corner.



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**For Sale:** Panasonic Plain Paper Fax Machine w/chordless phone and digital answering phone included. Works extremely well. Asking \$50.00, will deliver in this area. Call (951) 897-8501

**For Sale:** Moving to Australia, must sell 2007 Audi A4 Turbo. Silver with light grey interior. Sun Roof. CD player and much more. Mint condition. 28,000 miles. \$24,500. (909) 268-3584

**For Sale:** 2006, Lexus GS300, Platinum over gray, fully loaded including Navigation. Less than 28,000 Fwy miles. \$27,500.00 Contact: Mike @ (951) 845-7530

**For Free:** Microtek ScanMaker, 6000 scanner (legal size). (951) 769-8343 Diana Cook

**Needed:** Rosetta Stone Latin American Spanish CD set.. Do you have one that you would like to sell and get some of your money back? Please give me a call.

Dot Hurst: (951) 797-3068

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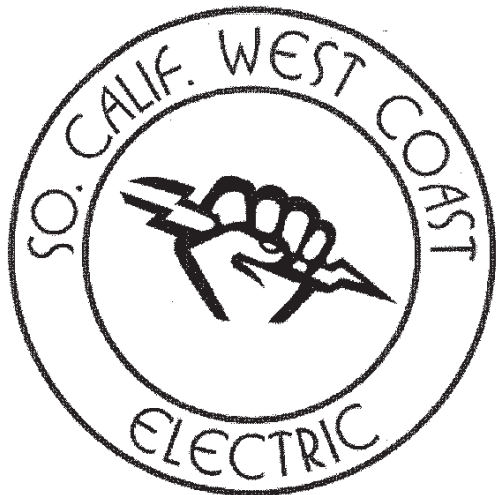
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