



# K.Hovnanian's Four Seasons Sentinel

Volume 4, Issue 8

August 2009

## THE LODGE AT BEAUMONT

HOURS: 7 a.m.—9 p.m. • 7 DAYS A WEEK  
LODGE PHONE NUMBER: (951) 769-6358

### How Many Roads Lead to the Finish Line?

By Zelyne Rudolph

Every June, Pasadena Senior Olympics takes place, and many older athletes demonstrate that fitness can be the road to a personal Fountain of Youth.

The festivities began with the Celebration of Athletes on Saturday, June 14 at 6 p.m. at the Pasadena Senior Center. The Celebration hailed and exalted the athletes and commemorated the official kick-off of the 11th Annual Pasadena Senior Olympics. Dinner, entertainment by The Tap Chicks and dancing to the music of The Memory Laners followed.

Four Seasons Beaumont called all of its athletes to participate and some came. Five of them won medals: Alexandra (Alex) VanHoose (gold), Randy Cook (three gold medals), Peter Antoine (gold and bronze medals), Loren (Duke) DuChesne (gold medal) and Randy Balt (two gold medals, one silver, one bronze).

Each of these participants had something to prove to themselves or to their closely surrounded world.

Peter Antoine earned a bronze medal in 400 meter run, and a gold medal, for a 245-pound, personal best bench press for his age group. He participates in competitions ranging from power lifting to marathons.

Randy Balt won four medals for swimming; golds for 50 meter breaststroke and 100 meter breaststroke, silver for 100 meter freestyle and bronze for 50 meter freestyle. All this after a multiple heart bypass operation, a wakeup call, shall we say? He has lost about 25 pounds since his wakeup call.

He said, "Because of my previous cardio-vascular surgery, I am aware that it is important for me to exercise every day. My swimming exercises are done the first thing every weekday morning. I'm usually one of the first in the pool and am able to complete my workout in about 50 minutes."

Even though your life may depend on it, keeping focus is not easy. Especially because Randy still works full time out of his house, I asked Randy what he does to "keep it fresh." He replied, "Usually I will walk my dog for an hour on Saturday and Sunday mornings as an alternative to swimming."

"I realize that if I neglect to complete this regimen on its prescheduled basis it becomes easier to also miss the next workout and before I know it I'll be back up to 260 pounds. As a matter of fact, I look forward to any of my exercise programs." I asked what his winter alternative for swimming is.

"When the pool is closed during the winter I plan on heading inside to our gym and do cardio and weight training."

Randy Cook, the youngster in this article should be congratulated because he is not waiting for the wakeup call. Randy is still working a full time job, yet finds time to pay attention to his body.

"I won medals in the 50 meter dash, power lifting, and the pull up competition. These awards were especially gratifying

Please see page 18



Center: Alexandria VanHoose, From left to Right: Loren DuChesne, Pete Antoine, Randy Cook.

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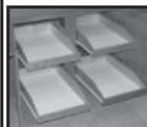
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**Bingo Buzz!**  
**2009**

**August:**

August 2<sup>nd</sup> Sunday Ticket sale starts @ 1pm  
 August 12<sup>th</sup> Wednesday Ticket sale starts @ 5pm  
 August 19<sup>th</sup> Wednesday Ticket sale starts @ 5pm

**September:**

September 6<sup>th</sup> Sunday Starting @ 1pm  
 September 16<sup>th</sup> Wednesday Starting @ 5pm  
 September 23<sup>rd</sup> Wednesday Starting @ 5pm

**October:**

October 4<sup>th</sup> Sunday Starting @ 1pm  
 October 14<sup>th</sup> Wednesday Starting @ 5pm  
 October 21<sup>st</sup> Wednesday Starting @ 5pm

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



## PRO-FIT SCHEDULE AUGUST 2009

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	5:45pm	Aerobics Room
Wednesday	Conditioning	8:30am	Aerobics Room
Wednesday	H2O Fitness	9:00 am	Pool
Thursday	Gentle Yoga	9:00am	Aerobics Room
Thursday	Conditioning	5:45 pm	Aerobics Room
Friday	Conditioning	8:30 am	Aerobics Room
Friday	H2O Fitness	9:00 am	Pool
Saturday	Gentle Yoga	9:00am	Aerobics Room



### Special Pricing:

\$50.00 a month - Unlimited Classes  
 \$40.00 a month- 16 Classes (4 per week)  
**\$25.00 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-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

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

Performing Arts "Karaoke Night" at the Bistro. Come out & join the fun! If you love to sing or even just to enjoy great company this is the night for YOU! Just drive on over to the Bistro, order a delicious meal, and enjoy the amazing atmosphere all around.



# "Karaoke Night"

**Saturday, August 1st & 29th 2009**  
**From 5:00pm-8:30pm**




# Magic Night:

Mark your calendars, bring your grandkids, it's a Magic Show!!! Be amazed & entertained at the humorous magic performed by John Horning & Collin Taylor.

**Wednesday, August 26<sup>th</sup>, 2009**

**5:30pm-8:00pm**




# Magic Night.

# *The Salon Luxury Spa*

1520 FOUR SEASONS CIRCLE, SPA BUILDING

TEL: (951) 769-6997

## Style Secrets

**\*Try Bangs**, Cutting a slight bang not only covers up wrinkles but can help frame the face and freshen up your look. "have them trimmed right below your eyebrow, and be sure they're light and layered, not flat and straight, so they can be swept to the side."

**\*Create Lift**, You don't have to have to have shorter hair past a certain age. It's all about what's appropriate for your face shape. But whether your style is chin length or longer, volume is essential as your hair becomes finer. Incorporating layers, especially around the jaw-line, not only adds fullness but can also soften the look of fine lines.

**\*Nourish Weak Tresses**, "As hair ages, it loses its ability to retain and absorb vitamins and nutrients, which is when locks become dull," notes town send. Opt for products with damage-repairing ingredients like Our New Moroccan Oil

## Featured Hair Styles



## Diane's Specials

### HOT OR COLD THERAPY

\$80 for 90 minutes.

### SWEDISH MASSAGE

30 mins for \$30.00

60mins for \$60.00

Now introducing:

Clinical Spots Massage

Introductory price \$70 for 1hr. Reg. \$80

Gift Certificates Available.

Call for appointment (951) 532-1490

## Featured Product



The treatment has the ability to restore over-processed hair caused by everyday chemicals used in shampoo, color procedures, perms & environmental factors. The Salon has this great product for retail.

## Laura's Specials

Summer Special For the month of August-

Spa Pedicure \$20.00

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

*We sterilize equipment used after every procedure.*

**Sunday at the Amphitheater**  
**Sunday, August 23rd, 2009**

ONLY ONE SHOW TIME: 6:30 PM-8:00 PM  
 NO TICKETS REQUIRED  
 IT IS FIRST COME, FIRST SEATED.

Bring a back rest or stadium seat for ledge seating

Come enjoy a wonderful summer evening of free entertainment!

Moonlight socializing never was this much fun!

Plastic Glass & containers ONLY  
 Feel free to bring food, snack, etc.  
 A lounge chair is nice to have.

# Summer Wines

## "Merlot & Sauvignon Blanc"

Thursday, August 20th @ 6pm.  
 Bring a your glass & a dish.  
 Meet in the Ballroom.

For more information contact  
 Anita Worthen @ (951) 769-9858



Taste d' Vine

**Add a little adventure to those boring Thursdays & go on a little Trip...**  
**Why not A" Travel Dinner !"**

Landscape of Taiwan.

**Take a Trip to Taiwan**  
**All in the comfort of our very own Bistro!**

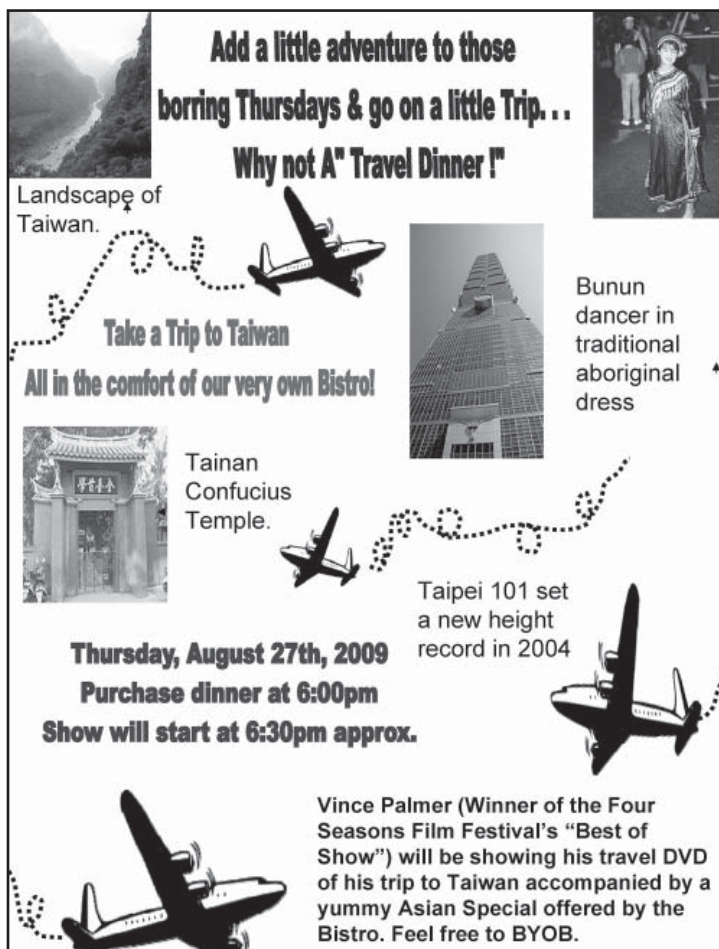
Tainan Confucius Temple.

Bunun dancer in traditional aboriginal dress

Taipei 101 set a new height record in 2004

**Thursday, August 27th, 2009**  
**Purchase dinner at 6:00pm**  
**Show will start at 6:30pm approx.**

Vince Palmer (Winner of the Four Seasons Film Festival's "Best of Show") will be showing his travel DVD of his trip to Taiwan accompanied by a yummy Asian Special offered by the Bistro. Feel free to BYOB.



# US OPEN

A USTA EVENT

**Tennis Club is sponsoring a U.S. Open Play Day**  
**September 12th, 2009**

**Schedule goes as follows:**

8:30am-9:30am	Tennis Clinic
9:30am-11:00am	Open Play
11:00am	Lunch & Social

\*Lunch Special by Smitty's

**For more information contact Howard Lyon**



Four Seasons Social Committee Presents:  
**A Country Western Hoedown**

Look for those cowboy hats & cowboy boots. . .  
It's another good old fashion Country Western Hoedown.

**August 15th, 2009**

**5:00pm-8:30pm**

**\$18.00 Per Person**

**Ticket Sales Starts: Friday July 17th, 2009**  
**Music by "The Country Exchange"**

**Country Western Hoedown Buffet Menu**

**Ribs, Wings, Hot Links, Cole Slaw, Baked Beans, Corn Bread  
and Peach Crisp.**

**Ice Tea, lemonade & Coffee will be provided.**

**DIGITAL PHOTOGRAPHY  
with GRACE and RON**

**Tuesdays in August:**  
**11 am - 12**  
**at the Lodge**

**August 4: Digital Photography 101**

*What it is and how to use it*

**August 11: Travel Photography Issues**

*Drive by shootings, capturing a location,  
panoramas, and more*

**August 18: Creative Photography**

*Going beyond automatic mode  
and finding "What Turns You On"*

**August 25: Digital Photography**

**Scrapbooking and Note Cards**

*Ideas and tips for sharing your digital photos -  
"Use em or Lose em"*



**Digital Camera Categories**

Consumer (Hybrid Imaging Devices)  
Consumer (Compact)  
Prosumer (Advanced Amateur)  
Professional

**Creative Photography**

- Going beyond "Automatic" mode
- Themes
- Portraits
- Scenic
- Pictures of Pictures
- Creative Photo Art



Ron and Grace aboard ship on one of the cruises where Grace taught Digital Photography classes. They will be presenting similar classes at The Lodge in August. All interested in Digital Photography are welcome whether you consider yourself a beginner or a professional.



# What's New At Smitty's

**1518 Four Seasons Circle (951) 769-0717**

Try our one of our new everyday items:

1. Fresh Brewed Farmer Brothers Coffee
2. Fresh Brewed Farmer Brothers Ice Tea
3. Mini Banana Splits or Ice Cream Sundaes
4. New York Strip Steak
5. Buffalo Crispy Chicken Sandwich

## Hours of Operation

For the Healthy Minded	Monday	Closed
6. A delicious 4oz. Salmon	Tuesday-Friday	9:00 am-7:00 pm
7. Spinach Salad w/ mandarin oranges, walnuts, raspberry vinaigrette For Breakfast	Saturday	8:00 am-7:00 pm
8. Fresh shredded Potato Hash browns with real home made Biscuits & Gravy	Sunday	8:00 am-4:00 pm
Other Great items:	<b>**Free Delivery</b>	
9. Our new Starter Menu.		
10. Best Pizza in Town- 16" \$10.00		

## Discovery Club



**DO YOU LIKE TO EXPLORE? HOW ABOUT  
LEARN & DISCOVER NEW THINGS?  
IF YOUR ANSWER WAS "YES." THEN THIS IS  
THE CLUB FOR YOU!!!!**

-The subjects can be as varied as your imagination or interest. For example music, astronomy, recreation, just about anything and everything.

-The program is flexible and the discussions are interesting. Everyone is invited to take the journey with us. It's no cost to you.

-The first meeting will focus on discovering your roots

and putting together a family tree. Discover the facts, history & secrets of your family tree.

**The inaugural meeting will be held in September— date and time to be announced.**

Contact Willis Fagan to discover more information on the club.

## Manager's Update

By Lisa Lynn, General Manager

At the Open Session Board meeting held on Thursday, July 9, the Board of Directors approved the renewal of the common area earthquake insurance, approved the lease for an office copier and approved the proposal for the backflow testing required by the Beaumont Cherry Valley Water District.

The Board requested Management to continue to monitor the Lodge use to evaluate the need for extending the Lodge hours. Overall, 22 new action items were requested of Management by the Board of Directors.

The Board approved the June meeting minutes and the May 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, Aug. 13.

The Board met with representatives from Southern California Edison and was updated on the construction plan for the El Casco System Project. This project will have an impact on areas of our community and additional information can be found regarding this project at [www.sce.com/elcasco](http://www.sce.com/elcasco). SCE representatives have agreed to attend a town hall meeting to provide information to our community. The date for the town hall meeting can be found on the newsletter calendar.

### Living In A Gated Community

There are pros and cons to living in a gated community. Keep in mind that Four Seasons Beaumont is a gated but not a secured community. Homeowners should take their own precautions for their personal safety and security.

The gate maintenance has not been turned over to the Association and the builder still maintains the gates. Gate issues may be reported to the Lodge office and the notification will be forwarded to the builder.

The Board of Directors for K. Hovnanian's Four Seasons Beaumont Community Association has implemented procedures for entering the community. Please advise your guests and vendors to follow the appropriate procedure for access to the community.

- 1 Potrero Entrance is manned by Universal Protection Service from 8 a.m. to 6 p.m.
- 2 Guests and vendors are asked to use the directory for access to the community.
- 3 Gate attendant will assist with the directory, if necessary.
- 4 All others must check in with the gate attendant for access.
- 5 Crooked Creek Entrance is unmanned. Guests and vendors must use the directory for access or proceed to the Potrero Entrance for assistance.
- 6 Residents may call the Potrero gatehouse to provide the name of guests or vendors that have permission to access the community during the attended hours. The guests or vendors must be able to give the name and address of the resident they are visiting; otherwise they will be required to use the directory for access. Residents may call the Potrero gatehouse attendant at (951) 769-4131.
- 7 There is a roving patrol officer on duty from 6 p.m. to 10 p.m.; however, emergencies or suspicious activity should be reported to the Beaumont Police.
- 8 The exit gates at Potrero are scheduled to be left open from 8 a.m. to 6 p.m.
- 9 The barrier gate arms are scheduled to remain open and unused until further Board evaluation.

- 10 Residents should access the community with their transponder.
  - a. Any problems with a transponder should be checked with the gate attendant on duty and then reported to the Lodge office staff.

As with any plan there may be some bugs to work out of the system but please make an effort to have your guests and vendors follow the appropriate procedure. Please contact the Lodge office if you need to make any changes to your directory listing and/or phone number.

## Bistro Committee

We met on Tuesday, July 7, and discussed having a Meet and Greet night mixer with new homeowners to inform them of the many opportunities available in this community through clubs, classes and committee involvement.

The new homeowners may not be aware of the wonderful amenities at the Lodge including the Bistro. This recommendation would be on a trial basis of four events. A minimum of 20 invitations would be a prerequisite to holding each event. This proposal was sent to the Board of Directors for their approval and received unanimous support from the Board at the July 9 Open Session.

A Travel Night is planned at the Bistro on August 27 at 6:30 p.m. This will provide an additional chance to enjoy the potential of the Bistro as a gathering place and to learn great vacation possibilities. Plan to join us!

We are still looking into the Beer and Wine license.

Our next meeting will be August 4 at 3 p.m. -- Sandy Dwyer

## Finance Committee

The Finance Committee Meeting was held on June 16, and the Committee reviewed the financial statements for May.

The Net Income for the month was \$24,038 and Total Reserves increased to \$1,198,805. The Front Yard expenses for May were under the revised monthly budget by \$3,569. The Accounts Receivable (delinquencies) went up slightly to \$78,631. Our total HOA expenses (year to date) were \$5,217 under our revised budget through May.

The committee recommended that the Board of Directors reinvest money from a \$95,000 CD expiring in August. Specifically the committee recommended that up to \$5,000 be added to it (from our Money Market Reserves). The total amount should gain the best available rate for a 9- or 12-month CD. The committee and the general manager recommended that certain expenditures be reallocated by Euclid Management Accounting to enable more effective cost tracking. It was further requested that all accrual accounts be listed in the monthly financial reports.

The May Financial Reports were then recommended for approval by the Board of Directors.

The committee reviewed proposals for 1) Backflow Testing Services and 2) Copier Services. The committee selected a recommended vendor award for each task and asked that Euclid Management take those forward for Board approval.

Cost reduction opportunities were then addressed:

1. The committee requested that the Board ask the Safety/Facilities Committee to investigate the feasibility and cost effectiveness of a solar heating system to supplement or replace the gas heating system currently utilized for the pool and spa.

2. It was also recommended that the Board ask the Landscape Committee to investigate candidate common areas for possible landscaping changes to reduce irrigation costs.

The Finance Committee meetings take place on the third Tuesday

of each month and guest homeowners are always welcome. -- Bob Melville, Chairperson

## Rules and Regulations Committee

The Rules and Regulations committee held its monthly meeting on Thursday, June 18. The Board of Directors ratified the committee's three new members: Willis Fagan, Bill Rusche and Len Tavernetti. Louise Lyon was voted new chairman and Bill Rusche consented to be the secretary.

The CC&R ballot vote information is being gathered by the legal department to be submitted to the court for approval to accept the results of the votes received.

The Architectural Review Committee has informed the Rules & Regulations Committee that the rewrite of the Architectural Guidelines will be completed by the end of June. Hard copies of the rewrite will be given to the Rules Committee members to review before meeting as a group. All homeowners should be grateful to the ARC committee for taking on this project so it will be easier to understand the guidelines.

There was a lot of discussion about the changes to the Facility Rental Fees Form (Form 2019). The first part concerned the Beaumont municipality and their use of the ballroom for reduced rates. The committee recommends that the Board of Directors make these decisions on a case-by-case basis.

The second part concerned the actual cost for homeowners to rent the ballroom. Willis Fagan had a new concept for charges and presented notes on the subject. It was decided that Euclid Management would do some cost analysis of actual time and costs for setup, take down and cleaning. The committee will revisit this subject when we have more information.

Parking rules and changes will be considered after the court has made a decision about the CC&R votes. Parking decals will be ready for distribution by mid-July.

Mack McLaughlin reported on the chairperson meeting held June 5. Some of the topics discussed were committee reorganization every year, minutes turned into Euclid by the end of the month and the newsletter report by the tenth of the month to Bobbie Eckel. Guidelines for minutes and agenda were given to all of the committee chairs.

There was discussion about Euclid Management having copies of the Community Guidelines available for renters. There was other discussion about renters but all concerns have been covered in the past with landlords responsible for their property and actions of the renters.

The Rules & Regulations Committee meetings are the third Thursday of every month at 9am in the Lodge Conference Room. Homeowners are welcome. --- Louise Lyon, Chairperson

## Safety Committee

The gate guard's duties require him to remain at the Portero Gate. If you see suspicious individuals or activity please call the Beaumont police. Their number is (951) 769-8505. Do not call 911 unless it is an emergency.

The traffic circles move in a counter clockwise direction and the vehicle in the circle has the right of way. Speed limit throughout the community is 25 mph.

When hiking the trails we recommend no smoking. It is fire season, so be careful.

The Safety and Facilities committee meets on the third Tuesday at 9 a.m. in the Lodge. All residents are welcome. -- Richard Urie, Chairman

## Social Committee News

By Melody Seewoster

The fashion show was a success and everyone who attended appeared to have a good time.

There were a few negative comments about the show itself, mainly that there were not enough models or clothes and we will take that into consideration for next years' tea.

I did speak with the lady who put the show on and she is aware of the problems. She promises that if we use her again she will have more models (some of them residents of Four Seasons) and a lot more clothes. She also said she would bring more items to sell. I heard a few negative comments about the food. Most seemed to enjoy the finger sandwiches, scones and sweets. Everyone really liked the decoration, so much in fact some ladies tried to buy the hats that were on display.

Don't miss the Hoedown on Aug. 15. If it is anything like last years' event you don't want to miss it. Cost for this event is \$18 and tickets are on sale now. Remember if you want a reserved table you need to reserve and pay for it at the same time. Also if you would like something other than a paper cup for your drink please be sure to bring it.

A few things I would like to mention now, as I will in up-coming newsletters. For Halloween the idea of team or group costumes sounds like a lot of fun (some of you might remember the "Playboy bunnies and Hugh" from last year). Wouldn't it be fun to gather your friends and/or neighbors and plan a Halloween surprise for the rest of us? You could use a movie theme, TV show, songs, plays, comedy acts, elected official etc. I am told that Mary Primack who is chairperson for this event is hoping for some exciting costumes.

I know it seems a long way off but New Year's Eve is fast approaching and we wanted to let everyone know that we are only allowing eight people per table so please plan accordingly. The reason for this is that the event is a formal affair and formal table setting and there are just too many dishes used to have more than eight people per table.

The theme for this years' party is "Oscar Movie Night" so if there is a movie, or movie star that you have always wanted to be, now is your chance to shine. We're giving you plenty of notice. There will be no after dinner tickets sold as we have tried this in the past and it always presents major problems so if you want to dance the night away please plan on spending the entire evening with us. We are keeping the price the same \$50 per person and believe me this is the best price in or out of town.

## Landscape Committee

The Landscape Committee held its regular meeting on July 20 at the Lodge.

O'Connell Landscaping gave the committee members its plan to enhance the look and use of the Laurel Paseo. Since its report at the June committee meeting, O'Connell has put extra crews in to transplant over 75 Fortnight Lilies into areas that were bare, as well as exercising more aggressive actions on weed control in the rocky or cobble stone hardscape area. O'Connell has gone through and evaluated the irrigation system and, in selected areas, made appropriate changes.

O'Connell has given a cost estimate to Euclid Management to install more rock or cobble stones in areas that make sense and they plan on using a landscape fabric underneath the stones which

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will help weed control in the future. We are encouraged with their progress to date.

O'Connell Landscaping has, at the request of Euclid Management, put more crews in our Community during June with a goal of accomplishing needed trimming of trees and shrubs as well as doing weeding. Significant progress has been made.

Last month K. Hovnanian Builders contracted for extensive weed abatement to remove any fire hazards in many of the common areas up on the hill and adjacent to the Edison easement, and in other areas that back up to occupied homeowner sites in Phase C. It appears that this work is now nearly complete.

At our June Committee meeting, we received a presentation by a company known as Water 360, which has the ability to perform an audit of water use at large sites, like Four Seasons Beaumont. They analyze all things related to water use including soil type, root zones, environmental factors, type of irrigation equipment used, etc., and then they make recommendations on improvements to save water. We are evaluating their presentation and pursuing references to see how they performed for other clients.

Residents are asked not to tamper with the irrigation valve boxes in front yards. Someone recently turned on the irrigation valve on Bridle Trail and left it on for several hours which wasted a significant amount of water, chargeable to the HOA. Also, it has been reported that someone is turning on irrigation water on Brush Creek, and other parties are getting into the irrigation valve box and prematurely turning water off on Piper Creek.

The next meeting of the Landscape Committee will be Monday, August 17 at the Lodge. – Fred Weck, Chairman

## Architectural Review Committee

Among all the places to live, we think our community of Four Seasons at Beaumont is the best. As we mature and gain experience, we recognize there are new challenges to face. It is in light of these facts that the ARC has dedicated itself to modify and up-date the Architectural Guidelines.

After many months of hard work the ARC has completed the first draft of the revised Guidelines. It has been distributed to the Rules and Regulations Committee and the Landscape Committee for their review and comment. At a time yet to be determined, you as homeowners will also be asked for your comments.

In the meantime, if you have any suggestions or questions that might affect the Architectural Guidelines, please put them in writing, address them to the ARC, and turn them in at the front desk of the Lodge. The ARC will make every effort to provide appropriate responses in a reasonable time.

A commonly asked question is: "What can I do with my front yard"? If the HOA maintains your front yard now, there is very little you can do to modify it. If you, the homeowner, maintain your front yard now, you may make modifications so long as you obtain ARC approval.

The ARC meets at 10 a.m. on Wednesdays, except on Board meeting weeks when it meets at 10 a.m. on Thursday. Submittals for ARC review must be received at the Lodge desk no later than noon on any Monday to be considered during that same week. -- Willis Fagan, Chairman

## Neighborly Notes

By Bobbie Eckel

Our local cities are making it easy to have fun while on "staycation" (recently coined word for "stay at home vacation") this summer.

The City of Beaumont Summer Concert Series continues on Wednesday, Aug. 5, with Wilson Phillips performing. Concerts are held at Stewart Park on 9<sup>th</sup> and Orange Streets from 7 p.m. until 9 p.m. Bring your own chairs and blankets and prepare to enjoy!

Available on Saturday, Aug. 1, is the San Gorgonio Summer Ballet Workshop Performance, "Upon a Midsummer Night's Evening". Tickets are \$10 each for adults and offered at pre-sale only. A light buffet is included. Call (951) 922-8820 for reservations. All proceeds go to San Gorgonio Ballet.

Many of our Four Season residents have recommended the programs at Redlands Bowl during the summer. All programs are free and begin at 8:15 p.m. A community sing is held starting at 7:15 before each Tuesday concert. The August schedule includes:

- 8-4 Marine Corps Air Ground. Combat Center Band
- 8-7 Brockus Project Dance Company
- 8-11 Craicmore and the Margaret Cleary Dancers
- 8-14 Opera A La Carte "The Pirates of Penzance"
- 8-18 Dallas Brass
- 8-21 Redlands Symphony

Not to be outdone, Banning offers Cool Summer Nites every Friday from 5 p.m. until 9 p.m. Admission is free. A Farmer's Market and entertainment are included. Families are encouraged to attend. Theme schedules are as follows:

- 8-7 Bike Night. Motorcycles and live music by Hobo Jazz.
- 8-14 Banning Gets Corny -- Sadie Hawkins theme. Foot-tappin', knee-slappin' music with the Bluegrass Guys.
- 8-21 All That Jazz. America's music with live performance by Rod Tankerson and the Band of Peace.
- 8-28 Car Night - Friday Night Lights - Football Pep Rally. Games, music trivia, and Golden Oldies provided by Double Eagle DJ Service.

A reminder to all of us as the days get hotter: we need to take precautions to protect ourselves from heat stress. Heat problems can escalate rapidly during the day-- from simple heat cramps to heat exhaustion to the life-threatening heat stroke. Prevent this sequence by remembering to drink plenty of water, wear a wide-brimmed hat or use an umbrella for shade, slow down your pace, rest frequently in the shade or a cool place, take a cool shower or bath during the day and seek cool places to spend time (Lodge, library, mall or theatre).

Pet etiquette remains a problem in our community. Please take a plastic bag when you walk your canine friend -- and pick up after your pet! Be responsible for your four footed friend!

Southern California Edison's El Casco System Project is an attempt to meet the increasing electrical demand in northwest Riverside County and to improve electric reliability in the area. This project will impact the Four Seasons community. More specific information will be distributed by Southern California Edison as the project progresses. In the interim, you can go online to learn about the project. Use Keywords: Southern California Edison El Casco System Project.

# 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  
Mike Mencacci Cynthia Weck  
Wayne Staples, Board Liaison  
Jacque Sneddon, Board Liaison

## Finance Committee

Bob Melville, Chairperson  
Peter Hersey Noel Myers  
Joyce Allen  
Ed Sutherland  
Wayne Staples, Board Liaison

## Landscape Committee

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

## Rules & Regulations Committee

Louise Lyon, Chairperson  
Leighton McLaughlin  
Willis Fagan  
Bill Rusche  
Len Travernetti  
Jacque Sneddon, Board Liaison

## Safety & Facilities Committee

Richard Urie, Chairperson  
Peter Hersey  
Robert Mackay  
Mary Primack  
Steve Sarchett

Anita Worthen  
Wayne Staples, Board Liaison

## Social Committee

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

The Board of Directors for the K. Hovnanian's Four Seasons at Beaumont Community Association met on Thursday, July 9, 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 August 6, 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

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

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Please check out the website information available at: **www.fourseasonsatbeaumont.com**  
You will find information on the Association Financials, Minutes from the Board Meetings, Activity Calendar, Community Guidelines and a wealth of other helpful information! Apply for your password today!

# Clubs & Activities

## Art Lovers League

The Art Lovers League enjoyed its trip to the Lake Arrowhead Wine and Art Festival in June which included a short boat ride to get to the other side of the lake. The festival included lots of beautiful art, jewelry and photographs by George Johnson, whom lots of you know.



By the time you read this we will have been to the Idyllwild 3-D Art Festival and the Palm Springs Art Museum.

Our next meeting will be on Wednesday, Aug. 5, in the Library at 6:30 p.m. when we will plan our trips for August and the fall. If you have an interest, you are welcome to join us. For more information call (951) 849-6987. -- Abby Cameron

## All Seasons RV Club

Our Four Seasons RV enthusiasts are scattered around the country this summer, visiting national parks, friends and family. In September, however, they will gather together for the planned trip to a favorite destination -- Pismo Beach. Great place to be when Beaumont is still sizzling hot!



Meetings of the All Seasons RV Club are held on the second Tuesday of the month at 6 p.m. in the Arts and Crafts Room of the Lodge. All residents are welcomed. -- Nancy Morgan and Bobbie Eckel

## Book Club

This month's Book Club selections proved to be diverse in subject matter as well as opinion. Our facilitators, as usual, did an amazing job of leading each discussion.



*Peace Like a River* by Leif Enger is told through the adult voice of Reuben Land about his experiences during his 11th year. Born with no air in his lungs, Reuben is a boy who knows firsthand that life is a precious gift, and is certain his father can overturn the laws of nature. Reuben's brother, Davy, kills two marauders who tried to harm the Land family, and on the morning of the trial Davy escapes from his cell. With Reuben's father, Jeremiah, at the helm, the family journeys in search of Davy from their Airstream trailer, with the FBI in hot pursuit. A lively discussion was led by Debbie Sundstrom; the group had varying opinions on this book, yet the general consensus was that it was a heroic quest, a tragedy, a romance, and a heartfelt possibility of magic in the everyday world.

Our second discussion involved *The Female Brain* by Luann Brizendine, M.D., a clinical analysis of the neurological effects of sex hormones in shaping female behavior. As always, discussion leader Bobbie Eckel shared with us her extensive research, including the credentials of the author, as well as the controversy surrounding the contents. Although touted as "sassy, witty, reassuring and great fun," as well as being a New York Times bestseller, most Book Club members felt it was too generalized. After Bobbie asked the question "Does your experience validate or repudiate the hormonal effects that the author describes?" there were varying answers and opinions. The book did, however, prove to be informative and interesting,

especially to our male members! The sequel, *The Male Brain*, comes out this year. Of course everyone wants to add that to our reading list!

Our book selections for the month of July are *Out Stealing Horses* by Per Petterson and *Astrid and Veronika* by Linda Olsson. Our meetings are held the last Tuesday of every month at 9:30 a.m. in the ballroom, as well as an evening discussion the following day, Wednesday, at 7 p.m. in the Lodge Library for those that cannot attend the morning session. We welcome new members, and invite those interested to come for the discussion, even if you did not read the book, as your opinions and insights concerning the authors and subject matters are valuable to us. Come join us ~ book lovers all! Please direct questions or comments to Eileen Gilbert, (951) 922-6829. -- Eileen Gilbert

## Bunco Club

Several people have asked me what is Bunco? Bunco is a game played with three dice.



You play with a partner and roll the dice attempting to get a certain number. If you are trying to get ones, for example, you roll the dice and count the number of "ones" showing. If you get one or more ones, you continue to roll; if not you pass the dice to the next person. We play four sets, rolling in order from ones to sixes. Usually we are done between 2:45 and 3:15 p.m.

Bunco is a game requiring no real skill; lots of conversation goes on. Take the time to try this fun and easy game. The friendships you develop will lead to many other social contacts in our community. We would love to have you join us. We meet on the second and fourth Fridays at 1 p.m. in the Lodge Card Room. For more information, please call me at (951) 769-3889 -- Martha Franck

## Discovery Club

This new Club is dedicated to discovering just about anything you can think of. If you already know everything, this is not for you.

But if you like to explore, to learn, and to discover new things, join us. The subjects can be as varied as your imagination or interest. For example, we could discuss Geology, Gardening, Astronomy, Flight, Art, Music, Conservation, Food, Literature, Collections, Ancient History, Archeology, Travel, Gourmet Dining, Recreation, Medical Science, Hobbies, Performing Arts, Photography, or any other topic you decide.

Our program will be flexible and our discussions interesting. Everyone is invited to take the journey with us. There is no cost -- just show up and enjoy the time together.

The first meeting will focus on discovering your roots, and putting together your family tree. This can be a daunting task, but like any trip, it begins with the first, simple steps. You will be given the basic tools, and some printed forms, to start your tree.

You will learn what Internet services and computer programs are available, how to document good data, and how to do research. Doing your family tree is never convenient, but can be

# Clubs & Activities

quite interesting, and it is very important – before more of your family history is lost forever.

The inaugural meeting will be held in September – date and time to be announced. -- Willis Fagan, Club Captain

## Four Seasons Golf Club

Exerpts from *The Golfing Mind* by Robert Brown, Ph.D.  
THE MENTAL COURSE

Assume for the moment that your mind is like a golf course. Since you use it everyday, like a course you have played a thousand times, it feels like you know it very well. Believe me, you don't.



Your mental "course" changes all the time, sometimes in seconds. What was easy last time out, is impossible today. And, maybe, what was impossible the last time you played, is easy today. From the "1st Tee" (and even before that 'dreaded' first shot) through the "18th Green," and every thing in between; and, 'every little thing' is extremely VARIABLE. Your intensity, confidence, patience and perserverence, tend to ebb and flow, depending on many things that happen on the golf course during a round. Your "momentum" shifts, sometimes in an instant. A missed ten-footer can intensify your determination or break your heart. To play your best golf, you must be aware of what this internal golf course is all about and "you" must manage its strengths and hazards.

Next month, we will explore the complexities of the mental game by first investigating some of the general characteristics of golfers and then by looking at how your brain and your mind work - sometimes together and sometimes not. A little knowledge of how your brain 'and mind' actually operate, can save you a lot of difficulty when you are exposed to other mental game material (such as in Golf Digest, or another magazine or book you may have read). And, when you "attempt to" apply suggested techniques on the course. Most of these 'other sources' tend to give you specific advice on what to do. (This is very important; but, indeed, so are the mental 'what and how and why' - as well.) This and the next few articles are designed to give you general information so you can decide what changes you choose to make in practice, and in play, based upon 'what works' for YOU! -- Ed McBratney, President - 4SBGC

## Knitting and Crocheting Club

Our lunch outing at Morongo ran into a snag. The Bamboo Restaurant is not open for lunch, except on weekends, but this was not noted in the newspaper article about the restaurant. However, we opted for the buffet instead, which was quite good, and we had a good time. Three of us stayed to play the slot machines, but didn't fare very well. Oh well, next time.

As for our projects, they are still coming along. We are very busy and enjoying it! -- Dorothy Payne



## Performing Arts Club

By Zelyne Rudolph, Talent Coordinator

The June 20 show was quite a success. We are still looking for more volunteers. All those who want to participate should come on over.

Those who made the June 20 show so good were:

### Performers:

John Horning and Vern  
Thanh Harrah  
Colin and Kathy Taylor  
Chris and Linn Pike

Ruth Hzu

### PAC's Master Ceremonies

Eugene Rudolph

### Audio Guru

Roland Harrah

### Set designers

Steve and Marilyn Sarchett,  
Abby Cameron,  
Craig Henderson

### Property Masters

Anne Savy

Steve Sarchett

### Volunteers

Helen Shoemate

Sonja Tamplin



Father's Day Event: left to right: Chris Pike, Lynn Pike, Zelyne Rudolph, Thanh Harrah, Steve Sarchett (way in back) and Kathy Taylor.



Father's Day: John Horning and "Busty Boobs" Colin Taylor.

## Line Dancing

By Zelyne Rudolph

Thank you Martha Franck, Eileen Gilbert, and Peter Antoine for stepping in while I was out for surgery.

Because of these wonderful people, line dancing is succeeding. Don't forget, we will have up to eight line dances ready for the Hoe Down, Aug. 15.

The line dance craze has taken over the



See page 16

# August 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
	<b>NOTE:</b> Pro-Fit classes will be off from August 10th-15th.	
<b>2</b> *1 p.m. Bingo	<b>3</b> * 8:30 a.m. Conditioning class * 8 a.m. H2O-Fitness Class * 10:30 a.m. Ping Pong *12 p.m. Bridge * 6:30 p.m. Beginner Shall We Dance Class * 7 p.m. 8-Ball Club	<b>4</b> * 8:30 a.m. Aerobics * 10 a.m.: -Knit/ Crochet Club -Poker *10:30 a.m. Asian Club *11 a.m. Camera Class * <b>3 p.m. Bistro Committee mtg.</b> *5:45 p.m. Zumba Gold *6 p.m. Tennis Drills: non-beginner * 6 p.m. Hearts * 7 p.m. 8-Ball Club
<b>9</b>	<b>10</b> * 10:30 a.m. Ping Pong *12 p.m. Bridge * 6:30 p.m. Beginners Shall We Dance Class * 7 p.m. 8-Ball Club	<b>11</b> * 10 a.m. -Knit/ Crochet Club -Poker *11 a.m. Camera Class * 6 p.m. Hearts -Tennis Drills: non-Beginner -RV's
<b>16</b> * 11:30 a.m. Spanish Club	<b>17</b> * 8:30 a.m. Conditioning Fit- ness Class * <b>9 a.m. Landscape Meeting</b> * 9 a.m. H2OFitness Class * 10:30 a.m. Ping Pong *12 p.m. Bridge * 6:30 p.m. Beginners Shall We Dance * 7 p.m. 8-Ball Club Practice	<b>18</b> * 8:30 a.m. Aerobics * <b>9 a.m. Safety and Facilities Committee Meeting</b> *10 a.m. -Knit/Crochet Club -Poker *11 a.m. Camera Class * <b>1 p.m. Finance Committee Meeting</b> * 5:45 p.m. Zumba Gold * 6 p.m. Hearts -Tennis Drills: non-beginner
<b>23/30</b> <b>Sunday at the Amphithe- ater Entertainment series: Concert starts at 6:30 p.m.</b>	<b>24/31</b> * 8:30 a.m. Conditioning Fit- ness Class * 9 a.m. H2O Fitness * 10:30 a.m. Ping-Pong * 6:30 p.m. Beginner Shall We Dance * 7 p.m. 8-Ball Club	<b>25</b> * 8:30 a.m. Aerobics * 9:30 a.m. Book Club * 10 a.m. -Knit/Crochet Club -Poker *11 a.m. Camera Class * 5:45 p.m. Zumba Gold * 6 p.m. Hearts -Tennis Drills:non-beginner

Wednesday	Thursday	Friday	Saturday
			<b>1</b> 1.*9 a.m. Yoga * 1 p.m. Poker
<b>5</b> * 8:30 a.m. Conditioning Class * 9 a.m. H2O-Fitness <b>* 10 a.m. ARC Meeting</b> * 10:30 a.m. Ping Pong * 1 p.m. Canasta #2 * 6:30 p.m. Art Lovers League Mtg. - Beginner Tennis	<b>6</b> * 9 a.m. Yoga *10 a.m. Poker * 11:30 a.m. Pan * 1 p.m. Canasta * 4 p.m. Beginner Line Dancing * 5 p.m. Line Dancing <b>* 5:30 p.m. Social Committee Meeting</b> * 6:30 p.m. Shall We Dance Practice - Tennis Drills	<b>7</b> * 8:30 a.m. Conditioning Class *10 a.m. Open Art Studio *10:30 a.m. Ping Pong *6 p.m. Seasoned Solos *7 p.m. 8-Ball Club	<b>8</b> *9 a.m. Yoga
<b>12</b> <b>* 10 a.m. Communications Advisory Committee Mtg.</b> * 10:30 a.m. Ping Pong *1 p.m. Canasta #2 *5 p.m. Bingo *6:30 p.m. Beginner Tennis * 7 p.m. 8-Ball Club	<b>13</b> <b>* 8 a.m. BOD Executive Session</b> * 10 a.m. Poker <b>* 10 a.m. ARC Meeting</b> * 11:30 a.m. Pan <b>* 1 p.m. BOD General Session</b> * 1 p.m. Canasta #1 * 4 p.m. Beginner Line Dancing * 5 .p.m. Line Dancing *6:30 p.m. Shall We Dance Practice	<b>14</b> * 10 a.m. Open Art Studio *10:30 a.m. Ping Pong *1 p.m. Bunco * 7 p.m. 8-Ball Club	<b>15</b> * 1 p.m. Poker <b>* 5 p.m. The Hoedown</b> 
<b>19</b> * 8:30 a.m. Conditioning Class * 9 a.m. H20 Fitness <b>* 10 a.m. ARC Meeting</b> <b>* 10 a.m. Communications Advisory Committee Mtg.</b> * 10:30 a.m. Ping Pong *1 p.m. Canasta #2 *5 p.m. Bingo *6:30 p.m. Beginner Tennis * 7 p.m. 8-Ball Club	<b>20</b> * 9 a.m. Yoga <b>* 9 a.m. Rules and Regs Committee Meeting</b> *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 p.m. Wine Club * Shall We Dance Practice	<b>21</b> * 8:30 a.m. Conditioning Classes * 9 a.m. H20 Fitness * 10 a.m. Open Art Studio *10:30 a.m. Ping Pong - The Asian Club <b>* 6:30 p.m. Celebration Event: Unveiling and demonstration of new sound system equipment !</b> * 7 p.m. 8-Ball Club	<b>22</b> * 9 a.m. Yoga
<b>26</b> * 8:30 a.m. Conditioning Class * 9 a.m. H20-Fitness <b>*10 a.m. ARC Meeting</b> * 10:30 a.m. Ping-Pong *1 p.m. Canasta #2 <b>* 5:30 p.m. Magic Night</b> 6:30 p.m. Beginner Tennis * 7 p.m. Book Club -. 8-Ball Club	<b>27</b> * 9 a.m. Yoga *10 a.m. Poker * 11:30 a.m. Pan *1 p.m. Canasta *4 p.m. Beginner Line Dancing *5:45 p.m. Fitness Class <b>* 6 p.m. Travel Dinner</b> *6:30 p.m. Shall We Dance Practice	<b>28</b> *8:30 a.m. Conditioning Class *9 a.m. H20-Fitness *10 a.m. Open Art Studio *10:30 a.m. Ping-Pong *1 p.m. Bunco	<b>29</b> * 9 a.m. Yoga <b>* 5 p.m.– 8:30 p.m. Karaoke Night</b> 

# Clubs & Activities

Western World and I just received the notice that line dance has taken Singapore by storm, getting people on their feet and happily dancing to the catchy and fun music.

It is one dance you can pick up alone but yet able to enjoy it in a group. Learn to line dance at Four Seasons Beaumont Beginners Class at 4 p.m. every Thursday and when you've mastered the basics, you can progress to the 5 p.m. class.

## Racquet Club

We have had a few glorious days to get out and enjoy our wonderful sport of tennis.



The Wimbledon party was a big hit and we had almost 20 participants for the early clinic and social play that followed (note to Hovnanian....we need more courts!!). The hamburgers and hot dogs were supplied by Smitty and were great as usual. We had fruit, featuring strawberries, to celebrate the great tournament.

Saturday, Sept. 12, will be the US Open party and gathering. We will start at 8:30 AM with a clinic and that will be followed by social play and lunch in the game room. At this get together we will talk about the election of officers for the FSBRC. We will also hold our first (attempt at) tennis equipment 'garage' sale. Everyone is encouraged to bring any used or new tennis equipment that they may want to get rid of -- rackets, wrist/head bands, water bottles, balls, etc. Anything that applies to tennis. We will encourage members of the community to attend this sale, too, as many grandparents might be able to pick up some great deals on rackets for the grand-kids.

We discussed and will try to get some social 'mixers' scheduled. The consensus from the Wimbledon party group is that Thursday night would be a good evening to try this social mixer. Check your e-mail to see what we might schedule and receive instructions.

Hope everyone had a great holiday. Enjoy the warm weather and don't forget the water and the sun block!! -- Cheryl Smith, Resident Pro and USPTA Developmental Coach,

## Seasoned Solos

In addition to our get-togethers on the first Friday of each month, we have planned two trips for August. We are going to Lake Arrowhead and planning a getaway to Glen Ivy Spa. The dates have not been determined yet so if you are interested needs to call Mary Castle at 769-5444 to let her know. She will notify you when the dates have been determined.

We had a nice time in July attending the "Tribute to Jimmy Dorsey" at the Redlands Bowl. -- Toby Davis

## Shall We Dance Club

When is enough, enough?

Never, when you have as much fun as we in the Dance Club have. Let me explain: We never can get enough of our fabulous professional instructor, Darlene. We can never have enough of the fabulous fellowship with our neighbors.

Enough? Never! When you see yourself starting to accomplish the art of ballroom dancing, you realize, "Why have I waited so long?"

We in the Shall We Dance Club always invite the homeowners



to stop by on Monday evenings at 6:30 and watch and have some treats.

In the next issue of this newsletter I would like to introduce you to Darlene and Bob's "Dance Dummies." Yes, I did say Dance Dummies. Jim and Carol are our Dance Dummies, and where would we be without them? I don't want to give away the full story, but be sure to read our September Sentinel and learn more about the Dance Dummies. Also learn about Jim and Carol's very interesting careers.

If you, a homeowner, have a particular dance you favor, please let me know and we will consider adding that to our repertoire. But remember, this is a ballroom dance club. Please feel free to give me a call.

Hope to see you at the dance. Always remember: great exercise, great way to meet your neighbors. You may also find yourself saying, "Enough is not enough!"

Contact JoAnne at (951) 849-8877. -- JoAnne Haberman



## Taste d'Vine Wine Club



The Taste d'Vine Wine Club has been very busy lately as the proud sponsor at the debut event of the Amphitheater Summer Series on Thursday

June 25.

With lawn chairs and seat cushions in place, picnic goodies and wine in hand (or basket) we all enjoyed a wonderful evening. Our opening toast was given by our own special master of ceremonies, Activities Director Cindy Graves. We were treated to some wonderful keyboard music by Willis Fagan as well as a heartfelt interpretation of poetry by Eileen Gilbert.

Following Eileen, the "how did he do that" master of illusion, Colin Taylor, thrilled us with his slight of hand and other magic from his bottomless box of tricks. Last (but, as they say, certainly not least) Rosa Galarza honored us with an impromptu song in both Spanish and English. It was announced that Rosa will be one of the featured artists at the future Amphitheater events.

Our June meeting treated us to some fascinating insight on South American wines.

The topic d'jour for July was summer wines with members bringing their favorites to help to keep us cool on these hot Beaumont days.

The next meeting of the Taste d'Vine Wine Club will be on Thursday, Aug. 20 at 6 p.m. in the Lodge Ballroom. The featured wines will be Merlot and Sauvignon Blanc.

The Steering Committee of Taste d'Vine Wine Club is pleased to announce that, beginning with the August meeting, the format of the club will officially change. Taste d'Vine Wine Club will be moving into a paid membership and wine-tasting format.

While asking that each attendee (or couple) still bring a dish to share and your own wine glass, Taste d'Vine will now provide the wine for sampling. This will enable the club to educate the membership on specific wines and have enough for everybody to taste in the process. We will be focusing on two particular varietals per meeting and will have sampling of different price levels of each varietal.

This new structure will also enable us to have guest vintners

# Clubs & Activities

join us to talk about their specific offerings. This is a huge step forward in our wine education program as it will provide uniform tasting and education for all.

Since we will be pouring "tasting" amounts of each wine for the educational portion of the evening, you are still invited to bring a bottle of your own for sharing, but, as mentioned, the wines of the tasting focus will be provided by Taste d'Vine.

A nominal annual membership fee will be assessed to all members and there will be a tasting fee of \$5 per meeting for club members and \$8 for guests of members. Our Membership Chairman, Teri DiMarino (951) 769-4345, can be contacted for further details.

Many people have told us that they want to learn more about wines. With this new format and a strong emphasis on wine education peppered with input from our own wine-guru, Gene Tamplin, we look forward to giving members more of what they want.

Come to our meeting and have a great time and learn about wine. But, most of all, enjoy the company.

For more information about the club, please contact Anita Worthen, Taste d'Vine Wine Club President at (951) 769-9858.  
-- Anita Worthen

## Walkie Talkies

There will be a "Changing of the Guard" at the Walkie Talkies. Beverly McLaughlin and Peter Hersey are resigning from their committee positions to pursue other interests.

The Walkie Talkies hiking club was founded by Beverly and a group of ladies about three years ago. A half a year later, they thought that eventually men would be interested in joining the group. At that stage, Peter Hersey came on board and they jointly led the group until now.

We realize that there is a certain amount of work involved in organizing hiking destinations, preparing e-mails, answering phone calls, etc. And, let's not forget the selecting of the post hiking lunch destinations. We want to thank Beverly and Peter for their unwavering dedication to the group. Thank you for a job well done.

There will now be three of us stepping up to the task of taking the Walkie Talkies into the future. Steve Sarchett will be handling the e-mails to the listed hikers. Lynette Simonson will help us find hiking destinations and I (Fred Hofer) will do my best to coordinate it all.

The Tuesday, July 7, hike to Barton Flats was postponed until July 28. Look for the post hike report in the September Sentinel. There will be no hike in August. The next hiking date was tentatively set for Tuesday, Sept. 9. The destination is not yet determined.

E-mail notices will be sent to the listed hikers. See you all on the trails. -- Fred Hofer

## News around Four Seasons

By Melody Seewoster

The Seasoned Sassie's, our very own Red Hat Society chapter, had a couple of things they did in July. First some ventured to Long Beach to the Aquarium of the Pacific and by all accounts had a good time. For



those who didn't want to travel far afield we had a lunch and play day at the Lodge. You can always tell when the Red Hat ladies are around, just follow the laughter.

Our next outing is on Aug. 12 and we will be going to the Palm Spring Tram where you can either bring your sack lunch or order at the top of the mountain. For more information on becoming a Red Hatter, call Melody at (951) 769-2774.

## The Canasta Club

Join us for an afternoon of cards, characters and cunning as we spend the afternoon playing Hand and Foot Canasta.

Don't know how to play? No problem. We always set up a teaching table for those who need to learn the game or just refresh their card knowledge. Games start at 1:15

## Swimming

I had the pleasure of taking two of my grandkids to the pool on Sunday for an afternoon of fun in the sun. The water was great as were the people around us. The only problem was a group that was barbecuing and the wonderful smell of good food was enough to drive a person to steal a few tasty morsels. (I didn't though. What kind of example would that have set for my grandsons?)

If you have not been to the pool yet, you should think about spending an afternoon there. There are lovely tables and umbrellas for your use and plenty of BBQ facilities available. Just remember: no glassware around the pool.

## The Best Computer Teacher

By Old Asian Lady

I am typing this article on Microsoft Word Processor, a skill taught to me by Mr. Bill Rusche. I am overwhelmed with gratitude to him.

My husband and I started taking his class right after we settled down at Four Seasons. Both of us were so scared. We were not sure what to expect. I had to stop, but Frank continued because he enjoys this great teacher. Mr. Rusche has been most kind. He even came over to our house when we had a serious computer problem. We were most grateful. Thirteen months later when I retired from my job, I once again started to attend Mr. Rusche's class.

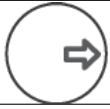
Mr. Rusche (I called him Professor) continues to be the most kind teacher who is willing to repeat and to do everything he can to help you to overcome the problems you are facing. Besides his extreme patience, he encourages us NOT to be scared. He works so hard (believe me it is very hard to teach anyone after he or she has turned 65) to teach us all the computer techniques.

He has no harsh words and does not mind if one misses or keeps continuing one class after another...repeatedly. So, if you would like to attend, please come by on Monday and Wednesday from 1 p.m. to 3 p.m. in the Computer room. You will learn so much you won't believe it and at the end of the 6th session, you will receive a Certificate of Completion. What a wonderful prize! How proud you will be of what you have accomplished!

I thank God for giving my Professor to all of us here at Four Seasons. With his most kind heart may he and his great wife, Judith, be blessed with happiness!

Note: You do not need to buy a computer. There are many of them at the Lodge ready for you to enjoy once you learn how. You won't feel lonely again, I guarantee!

# Four Season's Community Info



## Fitness Corner

### Continued from Front Page

because I sustained several injuries this year.

"Earlier in the year I sprained my ankle and knee. Two months prior to the Olympics I sprained my neck and back at the same time. All my injuries caused me to lose four months of training. This was especially tough because I entered two events that I never trained for before. I overcame these adversities with a lot of hard work and determination and Ben-gay!!!"

Last year he won medals for the bench press. Randy is a social creature motivated by the athletes around him. Randy was enthused by a 99-year-old man who competed in the 50 meter dash. How does Randy prepare for his competition?

"I do not believe in a strict dietary regiment. I eat anything and as much as I want. Gains and accomplishment are made in the gym. My training consist of five days a week and a minimum of two-three hours a day. This can be taxing because I work a full time job of twelve hour shifts." His future goals are "to enter events that I am not familiar with. I am interested in learning the proper techniques and acquiring the skills to successfully compete in those events. Hard work, determination, and the ability to laugh at your self are the keys to being successful in the Olympics."

Randy Cook's wife, Alexandra (Alex) VanHoose is a newcomer to competition. She won a gold medal for bench pressing 110 pounds – 85 per cent of her weight. I asked Alex what her mindset was that led her to the competition. She replied, "I have always been committed to living a healthy life style by not over eating or drinking and staying active. Competing in the Olympics came natural. I trained for about eight months in my garage. This was my first time power lifting so I did not know what to expect. I noticed immediately the firming of my arms and decreased body fat. My strength increased dramatically."

I also asked Alex to get a little more specific about her regimen. She said, "Proper weight training, nutrition and guidance are essential for success. However, I eat what I like and that includes desserts! My work out consisted of four to five days of weight training and cardiovascular. I bench pressed once a week."

Even though her spouse is a known champion, what kept Alex going? "When I start something I am determined to finish it. So I was ready to go and win the gold medal!! I wanted my husband Randy to know that there was a new champ on the block." I asked DuChesne tell us how and why he got on the road that led to competition this June. "Although I have trained with weights regularly since 1979, for the last 11 years I have not lifted heavily or trained for any kind of lifting competition. I felt a certain degree of doubt and concern about my capacity to absorb rigorous heavy training -- especially at 67 plus years old -- while avoiding injury in the process, and uncertainty about how much strength I could acquire in a short time. After the successful competition, I was relieved and pleased that I exceeded personal expectations -- broke the 300 pound barrier -- and remained injury free. I also learned that my training program was well designed and brought me into the competition at peak level."

He said his motivation was "was the challenge to determine if I could get back some of the bench press strength I had in my 40's and 50's. In 1996-1998 I had successes competing in bench

press at the California State Police Games and at the Arizona State Police Games. I won silver and gold medals in the Masters division, two gold medals in Golden Masters, and established two records. But eleven years later, I had no idea if I could make a respectable comeback. In training for this competition, I had time for only 1 1/2 training cycles (normally I would have used three or four eleven-week cycles), so I was motivated to cram in as much training as I could in a short time span, but not over train or get injured. It was definitely a challenge and test."

He said, "As a Super-Senior (65 plus), I have definitely noticed how much harder it is to play and train hard, and endure the aches and pains, but it sure beats not challenging the body." What is Duke's general outlook on life? "I'm blessed with good health, a loving supportive wife, and a great life in a wonderful community with many talented people. I want to remain active and contribute as much as possible for as long as I can."

Well, Four Seasons, this writer is working this analogy. We have one athlete who is on the medical wakeup call road, we have the youngster coming on strong road and we have the lone heroine, keeping it real for the women road, as well as having two long time athletes trying to do everything that's right road. The physical and mental exercise programs we talk about in this column throughout the years can act like the Fountain of Youth which brings out the best of us through all the roads traveled, the vigor, the vitality, the energy. At what point in our exercise quest do we leave the onerous, dull drill of exercise and get to the 'it's what we do' status? I don't know, I'm just askin'.

## MORE IMPONDERABLES...

By Bobbie Eckel

The problem with reading *Why Do Clocks Run Clockwise* by David Feldman is that it is very difficult to put the book down. There are so many fascinating answers to the imponderables he presents, so many new words and little-known facts. Consider the following examples:

**Why Do Traffic Signals Use Red, Yellow and Green Lights? Why is the Red Light on Top, Green Light on the Bottom and Yellow Light in Between?** Feldman points out that a traffic signal was installed outside of the British Parliament in 1868. The signal was based on the prototype of a railroad signal with two semaphore arms. The object of the English device was to control the flow of pedestrians. Realizing that the signal needed to be seen at night, the engineers adapted the system from railroad crossings using red and green gas lamps. Unfortunately the British invention was not a success. It blew up shortly after it was installed, killing a London policeman.

In the United States, it is generally assumed that the first green-red signal was installed in Cleveland in 1914. The colors were also lifted from railroad signals. Traffic signals were originally installed either horizontally or vertically. They have become more standardized vertically in an attempt to aid color-blind individuals. Even the hue of the color has changed; red signals have some orange in them and green has some blue in order to make it easier for the color blind to recognize them.

**Where Does a New Speed Limit Begin? Does it Start at the Speed Limit Sign, at Some Point Beyond the Sign, or Where the Sign Becomes Clearly Visible?** Drivers beware! According to the provisions of the federal government's *Manual on Uniform Traffic*

# Four Season's Community Info

**Control Devices,** speed limit signs are "located at the points of change from one speed limit to another". There is no grace period -- although you will occasionally see a warning sign "Reduced Speed Ahead" in some rural areas.

**Why Do Clocks Run "Clockwise"?** In baseball, horse racing and most skating events, the movement is counter-clockwise. Why are clocks different? The explanation is actually fairly simple. According to a foremost horologist, Henry Fried, the direction was dictated by the movement of shadows on sundials in the northern hemisphere. (A horologist is an expert in making or dealing with timepieces! Isn't that a fascinating word?) Clock hands were constructed to imitate the natural movements of the sun. However, our horologist notes that if clocks had been invented in the southern hemisphere, "clockwise" would be reversed.

**Why is Scoring Three Goals in Hockey Called a Hat-Trick?** The term "hat-trick" is an English cricket name for the difficult task of taking three wickets on successive balls. The reward for this feat was often a new hat. In some clubs, a hat was passed among fans and the scorer was given the proceeds. The term eventually spread to other sports where scoring is relatively infrequent -- such as hockey. The "hat-trick" term came into use in the early 1900's. In current usage a hat-trick occurs when a player scores three successive goals without another goal being scored by other players.

**Does the U.S. Postal Service Add Flavoring to the Glue on Postage Stamps to Make the Taste More Palatable?** Flavoring the adhesive on stamps is not a primary concern of the Post Office, but there are two types of glue utilized. The glue used on commemorative stamps is a blend of corn dextrin and water. This solution is used because it is gentle on commemorative stamps which are designed to last longer (in philatelic collections) than regular stamps. The second type of adhesive, used on regular stamps, is a blend of polyvinyl acetate emulsion and dextrin with a dollop of propylene glycol to reduce paper curl. Does that sound like a "flavor" to you? A representative of the Postal Service's Consumer Advocate's Office notes that polyvinyl acetate is the basic ingredient in bubble gum.

Feldman concludes his interesting book with a list of "Trustable," the ten most unanswerable Imponderables. The author promises a free copy of the next volume of Imponderables to the first reader who can provide a proven answer to any of the following:

- 1) Why Do You So Often See One Shoe Lying on the Side of the Road?
- 2) Why are Buttons on Men's Shirts and Jackets Arranged Differently From Those on Women's Shirts?
- 3) Why Do the English Drive on the Left and Just About Everybody Else on the Right?
- 4) Why is Yawning Contagious?
- 5) Why Do We Give Apples to Teachers?
- 6) Why Does Looking Up at the Sun Cause Us to Sneeze?
- 7) Why Does the First Puff of a Cigarette Smell Better Than Subsequent Ones?
- 8) Why Do Women in the United States Shave Their Armpits?
- 9) Why Don't You Ever See Really Tall Old People?
- 10) Why Do Only Older Men Seem to Have Hairy Ears?

## News Around Town

By Melody Seewoster

The 2010 Census is coming very soon and the Beaumont Chamber of Commerce wants everyone to know just how important

it is that everyone be counted.

The U.S. Census will define who we are as a nation. It affects political representation and directs the allocation of billions of dollars in government funding (more than \$300 billion in federal funds is awarded to states and communities based on census data). Please be educated about the importance of completing and returning the census questionnaires -- to ensure no one is left out.

Most of us take our summons for jury duty seriously, but so many people skip out on their civic duty that a new and ominous kind of fraud has surfaced. The Sacramento County Sheriff's Department is warning about a growing scam where callers claim to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your social Security number and date of birth so he or she can verify the information and steal your identity. This fraud has been reported so far in 11 states. The FBI has issued nationwide alerts on their website.

### Classified Ads

**For Sale:** Thomas Kinkade Painting: Mountain Majesty 24 X 18 #405/1400 GP-I. Has been highlighted. \$1,600 OBO (951) 922-4532

**For Sale:** 1 large dinning room table with 2 leaves (seats 8-10) 6 regular chairs and 2 arm chairs. Like new! \$1,500  
1 Cal King bedroom set, box spring and mattress; 2 night stands, 1 large dresser with mirror. 1 large 4 drawer dresser like new \$1,600.

1 Oak computer desk. Like new (1/2 price) \$80.

2 4'x 8' overhead garage storage racks (1/2 price) 2 for \$250.

1 12"x12"x62" oak book case \$60 like new. 3- tier waterfall \$100

1 Whirlpool Washer- Large (like new) \$160.

1 Whirlpool Dryer- Large (like new) \$160.

1 Refrigerator Sears Kenmore Elite 28 cubic foot Stainless Steel, French upper doors, lower freezer with ice maker, lower freezer with ice maker (like new). \$1,500.

1- 72" brown sofa (like new) \$160

Call Richard Danielson: (951) 845-9749

**For Sale:** Exquisite bamboo dining table and four chairs like new. Cost \$985 new. Now \$375. Call (951) 741-0966

**For Sale:** 2006 Lexus GS300, Platinum over gray, fully loaded including Navigation, less than 28,000 Fwy miles. \$24,999 Contact Mike @ (951) 845-7530

**For Sale:** Neuton Lawn Mower. No need to gas this lawn mower is battery powered, starts with a switch. Sells new for \$400. This mower has not been taken out of box. I will sell for \$225 and will warranty for a year. Please call (951) 845-5627

**For Sale:** 2 black metal and glass top end tables \$120.

2 Art Deco lamps and shades \$100.

1 Contemporary picture framed \$50. Misc. Decorator Items: pictures, vases prices starting at \$5 and up.

Call (951) 849-6406

# Two Experts Work to fix Ballroom System

By Leighton McLaughlin

**kluge** (klooj) n. Slang. A Software or hardware configuration that is inelegant, inefficient, clumsy or patched together from poorly matched elements often originally intended for other applications. v. To fashion such a system.

For those who have strained to hear what the HOA Board is talking about or winced at the distortion of a singing voice in the Lodge Ballroom, help is on the way.

A proposal is being prepared to create a new Board-sanctioned committee to design, build, operate and maintain a theatrical system that will dramatically improve the quality of sound in the Ballroom. Plans are to pay for the system without using HOA funds.

Interim efforts to improve the existing system have reached their limit. Resident Roland Harrah, a retired electronics engineer and manager, said, "I kluged together borrowed and donated, used equipment that's 20-year old technology – some from my garage. I had to scrub and paint and clean and repair it. It is better, but still inadequate."

"If I was asked what could be done to further improve the existing system, I don't think I could come up with anything."

And the new system to replace the existing kluge will do much more than improve sound quality. It will provide theatrical lighting, add a portable stage and will be flexible enough to accommodate a wide variety of uses and events. A central component of it will be portable and allow high quality sound and lighting anywhere in Four Seasons: the Amphitheater, the Card Room, the sales office after it is turned over to the HOA, both of the two planned satellite recreation centers, the Loggia, or anywhere else it would be useful.

The idea was originated by Harrah and Willis Fagan. Both have life-long experience with such matters. Fagan is an architect who designed – among others – buildings for users of similar systems such as performing arts centers, conference centers and churches. Harrah was an electronics engineer and manager for 42 years, starting with a stint in the Navy during Viet Nam. He has worked on microwave communications, satellite communications cable television, airborne cryptography – you name it. One of his many specialties was voice scrambling – which is exactly what he wants to help Four Seasons avoid.

Harrah got involved when residents planning variety shows in the Lodge asked his wife, Thanh, once a professional singer, if she would like to participate. The first show had been "a train wreck in the technical quality, the use of the equipment – there were cables all over the floor, no lighting." At an organizational meeting, "my wife nominated me to be the audio-visual person. I became painfully aware of the limitations of the system. I found broken cables, mis-wired cables. I found the speakers in the ceiling were homeowner style -- not made for performances or large areas." The whole thing "was daisy-chained together," inefficiently wired -- in a word, a



Willis Fagan and Roland Harrah, kluge correctors

kluge, and audience members were complaining.

Fagan said he was hearing "the same things from people about not being able to hear and not having the proper lighting. And every time they turned around they had to rent equipment –with all the limitations that put on the performing arts people."

Fagan and Harrah talked with Board Member Loren DuChesne and Activities Manager Cindy Graves the four agreed on a plan to form a new committee to deal with the problem. Efforts are

underway to have the Board charter the committee, which will supervise all donated funds and decide what equipment is to be purchased. The cost will be reduced because Fagan and Harrah are donating many thousands of dollars worth of architectural and engineering work. The committee will also decide who will be trained in the use of the equipment and allowed access to it, but Fagan said, "It will be put in secure containers so people don't mess with it between performances;

the same with the lighting instruments."

Fagan and Harrah are working on the system design which will have four major components: 1) a portable public address system, 2) a studio controller and speakers for the Ballroom, 3) theater lighting for both the portable p.a. and the Ballroom and 4) a portable platform.

The portable p.a. will be the first to be built and it will have audio, visual and lighting capabilities. It will be compatible with the Ballroom equipment and immediately improve sound there, reducing sound distortion by a factor of 60, Harrah estimated. It will allow presentations at any location in Four Seasons: movies, live singing and acting, lectures, instrumental performances, karaoke, what have you. Hopes are to unveil this portion on August 21.

The Ballroom controller will be a sister device to the portable p.a., permanently in the Ballroom and will be combined with theater lighting capabilities. It will support simultaneous events in all three sections of the Ballroom. Once installed, it will free the portable unit

## Can you Help?

Residents who would like to contribute to the planned theatrical system are urged to write a check payable to the Four Seasons HOA and note on the check that it is for the "audio visual fund."

All donations will be appreciated and 100 per cent of the money will go directly to the project, which will immediately improve the sound quality in the Ballroom and permit presentations all across Four Seasons.

for its use anywhere in the community while other events are taking place in the Ballroom.

The theatrical lighting is “critical to performances,” said Fagan. There will be two racks of four lighting instruments for the Ballroom and two racks for the portable unit.

The portable platform will be in four-by-four squares that can be assembled in various stage configurations – a large square, rectangle, T-shape -- depending on the event.

Fagan said, “The bottom line is what you hear. All speakers we’re looking at are self-powered, with amplifiers in the speakers, state of the art. – good clean, clear sound. We’re also looking at system with extra power so we don’t have to drive it real hard all the time. That provides the best sound reproduction”.

“Our system can be used indoors or outdoors. We don’t know what opportunities we will have in the future, but we want to design it so we can take advantage of them. It will be very flexible.”

“Controlling sound, lights, everything else is something we cannot do now,” said Fagan, “Now we’re doing it all by hand -- Like Hollywood in the ‘20s – only worse. What Roland has to do now is not only follow the script, but constantly adjust the equipment if it goes bad.”

Harah estimated that he spent some 100 man hours putting together the Karaoke system out of “two home-style Karaoke players which were not designed to be used together. Neither would do what we wanted. I tied them together and took three old systems in my garage and rebuilt them to operate as one ... put it all together

and I plugged it into an old television and I made Karaoke happen the first time”

What with all the jury-rigged modifications – the kluging, as it were – Harrah said, “I don’t think I could teach anybody to run it. Every time someone uses the system it is reconfigured.” It takes him several hours now to set up and then disassemble his equipment for each performance. With the new controllers, less than an hour, he said.

As for money to pay for the system, Harrah said, “We want to make sure what we do is not a financial burden on the community.”

Duchesne agreed and said, “In these troubled economic times, we shouldn’t be asking the HOA for a bunch of money” Instead, Harrah said, “We want to rely heavily on contributions and donations from the community with fundraising activities by the groups and clubs that will benefit immediately from what we’re going to provide. We expect them to be the donors and supporters. Those who don’t participate won’t be required to support it.”

They estimated the first phase, the portable p.a., will cost less than \$5,000. Harrah will keep costs down by doing all the assembly himself from purchased components and the few usable parts of the existing system. The entire package is expected to cost less than \$40,000. “That’s a lot of cluck for the buck,” said Fagan.

The system will become property of the HOA, so all residents will benefit from that increase in community value.

Residents who would like to contribute, should write a check payable to the HOA, with a note on the check that it is for the “audio visual fund.”

## Activities Director Corner

By Cindy Graves

### New Camera Classes

August is the perfect month for taking a Digital Camera Class! If you have always wanted to take a digital photography class to improve your travel photos or if you are an expert and want to glean additional creative ideas for your projects, we have the class for you!

This will be one of the most outstanding opportunities you will have this summer. Grace and Ron Goodrich will bring their extensive creative and educational photographic knowledge to our Four Seasons residents for FREE in a comprehensive course every Thursday for four weeks.

Week one on Aug. 4, is called, “Digital Photography 101 (What it is and how to use it!)”.

Week two on Aug. 11, is titled, “Travel Photography Issues (Drive by Shootings, capturing a location, panoramas and more)”.

Week three on Aug. 18, is called “Creative Photography (Going beyond automatic mode and finding out ‘what turns you on’).

The Final class is called, “Digital photography Scrapbooking and Note Cards (Ideas and tips for sharing your digital photos-‘use ‘em or lose ‘em’).

Grace has taught this class both at the college level and on

cruise lines and after seeing what she is bringing to the class I wish desperately that I could be there too. The class will start at 11 a.m. on the four consecutive Tuesdays from August 4 to 25. There is a sign-up sheet at the Lodge desk. Smitty’s will also be providing a “photo-bug” lunch special for those who would like to have lunch after class.

Speaking of travel photos...Vince Palmer (winner of the Four Seasons Independent Film Festival’s “Best of Show”) will be showing his travel DVD of his trip to Taiwan accompanied by a yummy Asian special offered by the Bistro. This event is called the “Travel Dinner” and will be on Thursday, Aug. 27. Dinners may be purchased at 6 p.m.; the show begins at 6:30 p.m. This is a great way to add a little adventure to what might otherwise be just a boring Thursday. Feel free to BYOB.

Girls and Guys...there is a new “Co-Ed Golf Club” getting started. The members plan to play a round at local golf courses every other week on week days and to go on an over-night outing once a year. If you are interested please sign the “Interest Sheet” at the Lodge front desk.

Pro-Fit students and potential students, please don’t forget that all Pro-Fit fitness classes will be off for the week of August 10 to 15. The price for 12 classes this month will be \$25.00.

Have a great August and see you around the Lodge!





**Chef's Corner**  
By Randy Balt

## Carrot Cake

This recipe was originally published in the L.A. Times but I have modified it slightly. It offers a version of the classic cake incorporating no less than a pound of freshly grated carrots, making for a cake at once light in texture but rich with carrot flavor and bursting with color. In addition, it uses bread flour instead of cake flour to provide a firmer structure, offsetting all of those carrots. The cake is frosted with a fresh cream cheese frosting, which complements with a gentle tang.

Total time: 1 1/2 hours, plus cooling and chilling times

Servings: 12 to 16

This makes 1 (8-inch) 2-layer cake.

### INGREDIENTS

Cake

4 eggs

2 cups sugar, divided

3/4 cup vegetable oil

2 cups bread flour

1 teaspoon cinnamon

1/2 teaspoon baking soda

1/4 teaspoon baking powder

1/2 teaspoon salt

1 pound carrots, peeled and grated

1/2 cup dried raisins

1/3 cup chopped walnuts

Cream Cheese Frosting

1 cup (2 sticks) cold butter, cubed

1 pound cream cheese, cubed

5 cups (1 pound, 4 ounces) powdered sugar, sifted

1 teaspoon vanilla extract



### INSTRUCTIONS FOR THE CAKE

1. Heat the oven to 350 degrees. Grease 2 (8-inch) baking pans and line the bottoms of the pans with parchment paper. Grease the parchment paper and set the pans aside.
2. In the bowl of a stand mixer with the whisk attachment, or in a large bowl using a hand-held mixer, whip the eggs and 1 cup sugar until the mixture is thick and light (ribbon stage), about 5 minutes.
3. With the mixer running, pour in the oil to incorporate and continue whipping until the mixture is light and fluffy, about 5 minutes.
4. In a separate large bowl, whisk together the flour, cinnamon, baking soda, baking powder, salt and the remaining 1 cup sugar.
5. Using a whisk, add half of the egg mixture to the dry ingredients, gently whisking just to combine. Add the remaining egg mixture and whisk just to combine. Be careful not to overmix or the cake will not rise properly. Gently fold the carrots and currants into the batter with a spatula just until incorporated.
6. Divide the batter evenly between the two pans. Bake the cakes on the same rack in the center of the oven just until set, 30 to 40 minutes, rotating halfway through for even cooking. A toothpick inserted will come out clean when the cakes are done. Remove the pans to a rack until cool before unmolding.

While the cakes are cooling, make the cream cheese frosting as described below.

### FROSTING AND FINAL ASSEMBLY

1. In the bowl of a stand mixer with the paddle attachment, or in a large bowl using a hand-held mixer, cream the butter until light and smooth, 3 to 5 minutes.
2. Add the cream cheese and continue mixing until smooth. Scrape the sides of the bowl often to make sure the contents are completely combined.
3. Mix in the powdered sugar and vanilla if using. Add the sugar in three stages, mixing and scraping the sides of the bowl with each addition until the frosting is smooth.
4. Frost the cake then chill slightly to allow the frosting to thicken before serving.

Each of 16 servings: 619 calories; 6 grams protein; 78 grams carbohydrates; 1 gram fiber; 33 grams fat; 14 grams saturated fat; 115 mg. cholesterol; 248 mg. sodium.



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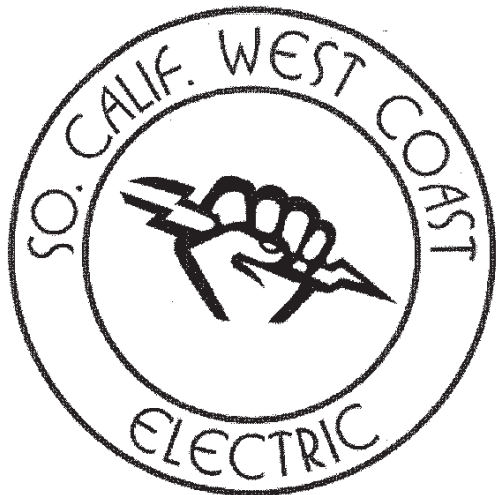


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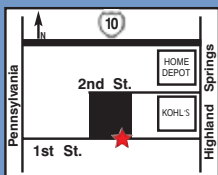
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