



K.Hovnanian's Four Seasons Sentinel

Volume 5, Issue 9

September 2010

THE LODGE AT BEAUMONT

HOURS: 7 a.m.—9 p.m. • 7 DAYS A WEEK

LODGE PHONE NUMBER: (951) 769-6358

Labor Day Holiday Hours: 7 a.m. to 6 p.m.

Four Seasons Turns Out For National Night Out

By Mary Primack

Imagine having a potluck and program planned for 89 people -- and having more than 150 people show up!

That's what happened to the Four Seasons Neighborhood Watch sponsored event on Tuesday, Aug. 3. Our community's first participation in this nation-wide program was a rousing success!

Coordinators of the program, Anita Worthen and Mary Primack, and their volunteers were not anticipating such a massive turn-out. They scrambled to put up additional tables and chairs, and scurried around to find more soda, water, tea and coffee for the audience to drink.

There was plenty of food, thanks to generous residents who brought potluck dishes, and everyone had a good time mingling with neighbors and meeting new homeowners. The

overall audience satisfaction was evident -- even before the official program started.

Even more residents poured into the National Night Out 2010 celebration after the potluck to hear the speakers from law enforcement agencies talk about the safety of our community and our city of Beaumont.

The program began with Mary Primack giving a brief history of the National Night Out 2010. She noted that when it started in 1984, 2.5 million enthusiastic 50 states were involved.

A resident, Jim Myers, who works with Habitat for Humanity, spoke about the effect a caring community had on the health and safety of its citizens.

The mayor of Beaumont, Brian DeForge, and his wife, Gail, attended. Mayor DeForge talked about the growth of the city and methods in place to maintain a high degree of safety for citizens.

Cpl. John Combado of the Beaumont Police Department spoke about ways to keep your home safe from intruders during the day and the night.

Please see Night on page 21

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From left to right: Officer Scott Beauchene, Mayor Brian DeForge, Councilman Paul St. Martin, Anita Worthen, Deputy Lillian Hobbs, and Mary Primack

Opening October 2010!

Memory Care Community
at
THE LAKES



We are accepting deposits for our new Memory Care Community opening October 2010. We have a limited availability. Your \$1,000 deposit is fully refundable if resident does not move in.

Call today for more information!

Celebrate your 55 or better years the ways you've always imagined. Surround yourself with the love and laughter of family and good friends. Grow a little, learn along the way and look for a reason to enjoy each and every day. Stop by today for a tour — we welcome your visit.



Please Pray For Our Troops

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Introducing the new...

Ballroom Dance Club



We meet on Monday evenings at 6:30 p.m. for lessons.
Lessons are \$10 per 1 ½ hours. Come and meet new
people and enjoy the fun.
Exercise was never this entertaining!

For more information please contact Vince Palmer, Club
Captain at: (951) 797-3529



OLD SCHOOL DANCE CLUB

LET'S DANCE & DO THE "TWIST"...

The Four Seasons Beaumont "Old School Dance Club"
starting Friday, September 3, 2010

~WHAT A GREAT WAY TO HAVE FUN, AND A GREAT
AEROBIC EXERCISE. IF YOU LOVE TO DANCE OR WANT TO
LEARN TO DANCE TO THOSE 50's & 60's TUNES,
COME JOIN US!

Club meets on the 1st Friday of the month in the Ballroom &
the 3rd Friday of the month in the Aerobics Room.

From 5pm-7pm

For more information contact:

Willa Harris (951) 845-2636 or Priscilla Robles (951) 922-0755



Taste d'Vine Wine Club

California Central Coast Wines

Our next meeting is:
Thursday, September 16, 2010
6:00 p.m.

We meet in the ballroom.
Please remember to bring two (2) glasses & an appetizer.

Monthly Member Dues: \$5 for members & \$8 for guest.
For more information and to inquire about
Membership, contact Anita Worthen
(951) 769-9858



Karaoke Night

Performing Arts "Karaoke Night" in the Ballroom.
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 Lodge, order a delicious meal
from SMITTY'S or bring your own picnic, and enjoy the
amazing atmosphere all around.

Saturday,
September 11, 2010

5:00pm-8:30pm



The Salon Luxury Spa

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

Gift Certificates

~Available~

*We sterilize equipment
used after every procedure*

Professional Products

*Ex. Moroccan oil, White
Sands, Sebastian*



Diane's Specials

Hot or Cold Stone Therapy

Intuitive method of working with hot or cold stones in conjunction with a variety of massage techniques to assist in releasing tension and stress build up in the muscles, enabling you to melt away into total relaxation. Stone Therapy is a unique form of massage that uses stones to help clear away toxins, balance your energy and release the day's stress. \$80 for 90 minutes.

Swedish Massage:

15 mins for \$20

30 mins for \$30

60 mins for \$60

Gift Certificates Available. It's very easy to purchase massage gift certificates and they make wonderful presents. There is nothing so personal and relaxing as a massage. Call Diane (951)352-1490

Price List

(Prices may vary according to length and thickness of hair)

Full Service Hair & Spa Salon by appointment only.

Open: Monday through Saturday

Hair Cutting Services:

Men's Haircut Dry...\$18

Men's Haircut & Style...\$20 & up

Women's Haircut (Only)...\$30

Women's Haircut w/ blow dry, curling iron or set (depending on length)...\$35 & UP

Blow dry & style...\$24

Shampoo & Set...\$24

Color Services:

Touch Up Color...\$55

Touch Up Color w/cut...\$75

Highlight Weave w/ cut (depending on length)...\$85 & up

Virgin Bleach w/ toner...\$75 & up

Perm includes cut & style...\$85 & up

Massage Services:

½ hour Foot Massage...\$25

½ hour Massage...\$30

1 to ½ hour Massage...\$60 & up

Hot Stone Therapy 1 ½...\$90

Spa Body Wraps ---FREE CONSULTATION

Facial & Nail Services

1 hour European Facial...\$75 & up

Micro Dermabrasion, Muscle Toning,

Waxing---FREE CONSULTATION

Spa Pedicure...\$20

Spa Pedicure & Manicure...\$32

MONDAY NIGHT FOOTBALL

POTLUCK
EVERY MONDAY AT THE BISTRO.
STARTING SEPTEMBER 13, 2010
AT 5:00 PM

BRING A DISH TO SHARE AND WATCH MONDAY
NIGHT FOOTBALL ALONG WITH
FRIENDS & NEIGHBORS AT THE BISTRO.

FOR MORE INFORMATION
CONTACT MARILEE RUSSELL



Hosted Play Day Saturday September 11th US OPEN Championships

- 8:00 AM Tennis Drills
- 9:00 AM Open Tennis
- 9:15 AM Beginners/ Re-Learners
- 11:00 AM - 2:00 PM
 - Members Hosted Luncheon
 - US OPEN Tennis TV Viewing
 - Tennis Paraphernalia Auction
 - Fun Tennis Quiz/ Prizes

Everyone Is Invited NEIGHBORHOOD WATCH MEETING

Friday, September 10, 2010
10:00 a.m.



Please Plan To Attend

For more information contact
Anita Worthen at: 951-769-9858

"NEW GRAND OPENING OF PERFORMING ARTS CLUB"

HAVE YOU EVER HAD THE SECRET DESIRE TO
ACT OR WORK BACKSTAGE?

WELL, NOW IS THE TIME!

PAC IS LOOKING FOR PEOPLE WHO ARE WILLING AND ABLE TO ACT OR
WORK ON THE CREW BACKSTAGE. Backstage people are just as important as
those in the lime-light! In fact for every person on the stage, there are many others
needed to work behind the scenes. It's a lot of fun and extremely satisfying to be a
part of a wonderful show!

NO EXPERIENCE NEEDED. Just a willingness to have fun and work with a bunch
of energetic friends and neighbors!

THERE ARE OPENINGS FOR:

- ACTORS (MALE & FEMALE)
- MUSICIANS
- SINGERS
- COMEDIANS
- DANCERS
- MAKE-UP
- COSTUMES
- PROPS & SET CONSTRUCTION.
- NO EXPERIENCE NEEDED

WHY NOT COME OUT AND GIVE IT A TRY. YOU MIGHT
FIND IT AN EXCITING AND REWARDING EXPERIENCE.

Our Performing Arts Club Meeting are on
the 4th Tuesday of each month at 4:00 p.m.

For additional information please contact
Howard Swidler (951) 797-3512 or Colin Taylor (951) 845-7518



Smitty's "10" for \$10 or LESS!!!

1. **New York Steak**; Shrimp, Salad & Garlic Toast **\$10**
2. **Glazed Salmon**; Green Beans, Mashed potatoes or Sweet potato fries & Garlic Toast **\$9**
3. **Tri-Tip** with choice of potato & Vegetable of day **\$9**
4. **Grilled Cod Filet** with Wild Rice & Vegetable of the day **\$9**
5. **Baked Ham with Pineapple**, Mashed Potatoes, Green beans & Garlic Toast **\$8**
6. **Spaghetti with Meatballs**, Salad & Garlic Toast **\$8**
7. Meat Loaf with Mashed Potatoes, Green Beans & Garlic Toast **\$8**
8. **Country Fried Steak & Gravy**; Mashed Potatoes, Green Beans & Garlic Toast **\$8**
9. **Fish & Chips** with 16oz. Fountain Beverage **\$8**
10. **Shrimp Basket**, Salad & Garlic Toast **\$8**

Available on Wednesday, Thursday, Saturday & Sundays

K. Hovnanian's Four Seasons at Beaumont Fitness Club Announces:
PRO-FIT SCHEDULE~SEPTEMBER 2010

Monday	Conditioning	8:30 am	Aerobics Room
Monday	Beginners Conditioning	9:30 am	Aerobics Room
Monday	H2O	10:30 am	Pool
Tuesday	Step & Burn	8:30 am	Aerobics Room
Tuesday	Gentle Yoga	9:30 am	Aerobics Room
Tuesday	H2O	4:30 pm	Pool
Tuesday	ZUMBA Gold	5:45 pm	Aerobics Room
Wednesday	Conditioning	8:30 am	Aerobics Room
Wednesday	Beginners Conditioning	9:30 am	Aerobics Room
Wednesday	H2O	10:30 am	Pool
Thursday	Pilates	8:30 am	Aerobics Room
Thursday	ZUMBA Gold	9:30 am	Aerobics room
Thursday	H2O	4:30 pm	Pool
Friday	Conditioning	8:30 am	Aerobics Room
Friday	Beginners Conditioning	9:30 am	Aerobics Room
Friday	H2O	10:30 am	Pool
Saturday	Gentle Yoga	9:30 am	Aerobics Room

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

*All classes are subject to change due to lack of class attendance. A minimum of 10 students is needed to continue any of the above classes.

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!

Step & Burn: Combination of cardio and conditioning utilizing the step and segments of light weight conditioning

Beginners Conditioning: Introduction to a light weighted workout done to music, designed for the individual working out for the first time or returning to exercise.

Gentle Yoga: Gentle Yoga encourages the mind-body connection and helps to develop focus, balance, strength and flexibility. A non-competitive environment allows each individual to move at a comfortable pace.

Mat Pilates: A total body workout that restores muscular balance to the core muscles of the lower back and abdominal. Enjoy the benefit of strengthening and stretching the body.

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



FOUR SEASONS CLUB FAIR

Saturday, October 2, 2010
 11a.m.-3 p.m.
FREE!

Come and discover the great clubs and classes here at Four Seasons! This is your chance to explore club happenings and speak with real club members to give you a feel for these organizations. Expand and enrich your free time! Meet fun and interesting people and participate in the activities you love!

If there isn't a club that represents your interests we can discuss your ideas and gather other interested residents to start an interest group.

Clubs want you! Which ones would you like to consider?
 Smitty will be offering a "Club Sandwich" special during lunch for the occasion.

Clubs shown: Ping Pong Club, Knit & Crochet Club, 8-Ball Club, Walkie Talkies, Ballroom Dance Club, Canasta Club.

Join us if you DARE for a Halloween
 SCARE! It's a...
**HALLOWEEN DINNER
 & DANCE PARTY**

Saturday, October 30, 2010

Tickets will be going on sale:
September 15, 2010

\$20 per person

**Food, Fun & Fabulous music by
 The band "SHADOW!!"**

Come in costume or scare people with
 your own face. . .you decide.

**DON'T MISS OUT ON A
 FRIGHT OF A NIGHT**

*No one under 21 years will be permitted

Sunday, September 19, 2010
"Sunday at the Amphitheater"
"SUMMER SERIES GRAND FINALE"

Brought to you by The Amphitheater Society Club
 Featuring:

The Dr. Jack Poster Band with professional lead singer
 Lola Rossi, playing & singing Big Band Standards.

Sponsored by Four Seasons HOA

**"2" SHOW TIMES WILL BE
 AVAILABLE TO CHOOSE FROM:**

5:30pm or 7:00pm

You MUST sign-up for show preference

**PRIZES
 PRIZES
 PRIZES**



**FREE
 ICE CREAM**



Manager's Update

By Lisa Lynn, General Manager

At the Open Session Board meeting held on Thursday, Aug. 12, the Board of Directors approved committee recommendations including the Architectural Review Committee proposal to install a trial area of artificial grass, the Event Systems Committee proposal for the purchase of new lapel microphones, the Landscape Committee proposal to install a drain along an area of the Springdale slope, the Landscape Committee proposal to install additional turf at the Amphitheater to accommodate additional seating, and the Safety and Facilities Committee proposal to purchase and install a speed detector sign on a down-hill stretch of Four Seasons Circle.

The Board approved an outside parliamentarian to supervise the CC&R amendment ballot count tentatively scheduled for October, approved staff recertification for first aid/CPR/Defibrillator training, approved hiring an outside firm to conduct an audit of the assets and financial reserves of the HOA, Springdale cost center and front yard cost center, approved a bid for the annual inspection of the common areas, approved a bid for cleaning the paver bricks in front of the Lodge, approved a bid for a recycling bin, approved a bid for new felt on the billiard tables, approved release of builder bonds on lots sold, and approved the new bid for Craft Room art display shelves. Overall, 35 action items were requested of management by the Board of Directors.

Management reported to the Board the completion of items including the mailing of the CC&R amendment ballots, tree stakes installed, wire shelving for garage storage purchased, Ballroom partition wall repaired, gatehouse blinds installed, light poles on Lodge grounds cleaned, Monarch areas trees removed per the Landscape Committee recommendation, new theater projector installed, Ballroom cables repaired, signs for "no smoking" installed and black-out blinds for the Ballroom purchased. Management reported to the Board that 23 violation letters had been sent out during June. Of those, eight were for landscape or lot maintenance, five for trash containers, one for a sign, one for pet nuisances, one for parking and seven for hose violations. The Board of Directors approved two liens and suspended facility privileges for three members for delinquent dues, bringing the total of suspended privileges to 29 current members. There were 45 accounts with balances over 90 days past due.

The Board approved the July 2010 meeting minutes and the June 2010 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, Sept. 9.

Management reported to the Board that 367 ballots for the CC&R amendment had been received as of the August board meeting. Of those 20 were not signed on the outside of the green envelope. According to civil code, the ballot envelope must have the owner's signature in order to verify the legitimacy of the ballot. If the envelope is not signed, the Inspectors of Election will not count the enclosed ballot. Please remember to sign the upper left-hand corner of the green envelope under the name and address label. If you have not yet returned your CC&R amendment ballot, please do so today!

Save time and show your guests and vendors how easy it is to receive the appropriate approval for access in to the community

- sign up on our website for visitor and vendor passes. It is easy. Go to the Association website at www.fourseasonsatbeaumont.com, locate the link for GateWorks visitor pass site, log in on their secure website, and follow the easy directions for adding visitors. There will be a tutorial meeting in the Lodge Ballroom - tentative dates are for Sept. 23 and 25 (see calendar for more details).

Reserve Study and Annual Inspection

By Lisa Lynn, General Manager

According to civil code and the Association's governing documents, a reserve study and annual inspection of the Association's common area components are required. These are two separate and distinct requirements.

A reserve study is prepared by a credentialed Reserve Analyst. A reserve study measures the estimated useful life of common area components that the Association is obligated to repair, replace, restore, or maintain. At least once every three years a physical inspection must be made of the components to consider and implement necessary adjustments to the allocation of the reserve account requirements. In general, a financial update to the reserve study is conducted on the other two years.

The reserve study identifies the major components which the Association is obligated to repair, replace, restore, or maintain which have a remaining useful life of less than thirty years and identifies the remaining life of the major components as of the date of the study. The reserve study also estimates the cost of repair, replacement, restoration, or maintenance of each major component and an estimate of the total annual contribution necessary to defray the cost at the end of the components useful life. This contribution is made as part of the Association dues and allocated to the Reserve Components.

An annual inspection is conducted by one or more third party vendor(s) to inspect and determine whether the Association property and any improvements are being adequately maintained and to identify the condition of the Association property such as identifying hazards, defects and any need for performing additional maintenance, refurbishment, replacement or repair. The annual inspection also provides information necessary for the Board to recommend preventive actions which may be taken to reduce potential maintenance costs or liabilities to be incurred in the future.

The reserve study disclosure and annual inspection information are made a part of the Annual Disclosures sent out to the members of the Association thirty days prior to the fiscal year end.

Architectural Review Committee

By Willis Fagan, Chairperson

Homeowners are required to obtain Architectural Review Committee approval for the installation and positioning of satellite dishes.

In general, satellite dishes should not be visible from common areas. The ARC realizes that there are practical limitations in this matter, since a dish must point to a certain area of the sky, and have an unhindered line of sight to a satellite. Because of the physical constraints in certain locations, sometimes a satellite dish cannot be kept fully out of view. In all cases, however, the minimum

HOA News

requirement is to mount the dish as low and as close to the house as possible, as far away from a common area as possible, and at least at a point behind the property fence.

Please keep in mind that a satellite service company will always install a dish in a location and configuration that is most convenient for them – regardless of whether or not it conforms to the Architectural Review Committee requirements. That is why the ARC must approve the dish location prior to its installation.

All homeowners are invited to visit the ARC meetings, which are held at 10 a.m. every Wednesday, with the exception of being held on a Thursday when the Board of Directors meets

Bistro Committee

At the August Bistro Committee meeting, we discussed the possibility of having several fans installed to help alleviate fly problems in the Bistro area.

The Committee decided to have future meetings at 11 a.m. rather than at 3 p.m.

We are still looking for one new committee member for the Bistro Committee. Any interested homeowner may fill out an application and turn it in to the front desk at the Lodge.

Our next meeting is Sept. 7, at 11 a.m. in the Lodge. All homeowners are invited. -- **William Taylor, Chairman**

Finance Committee By Bob Melville, Chairman

The regular monthly Finance Committee meeting was held on July 20. The committee initially reviewed the minutes of its June 15 meeting. After a few minor comments the minutes were unanimously approved.

The Committee was addressed by Chris Van Riuten, a Comerica financial advisor. He discussed Comerica's investment process regarding insured deposits, Money Market accounts and CDs. He advised that we should consider three important investment measurements: safety, liquidity, and interest rates.

He recommended that we not consider corporate bonds (lack of guarantee). He said municipal bonds have a tax advantage over corporate bonds, but their value also fluctuates. U.S. bonds were then discussed; they are backed by the full faith and credit of the federal government with the 30-year bond having the highest rate of return. Incremental notes of two to five years are also available. He feels certificates of deposit are our best investment as they are insured by the FDIC, afford duration flexibility and best suit the current HOA guidelines for investments (which are quite restrictive).

The financial statements for June were addressed. The net income for the month was \$37,015 and total reserves increased to \$1,787,039. The front yard expenses for June were under the monthly budget by \$4,921. The accounts receivable (delinquencies) were \$133,167. Our Total HOA expenses through June (excluding reserve allocations) were \$760,988; this was under budget by \$208,989.

With respect to investment actions, the Committee recommended that the HOA purchase a \$200,000 CD and a \$100,000 CD at the best prevailing rates and duration. The committee also recommended that the Board revise the HOA investment policy to reflect a maximum maturity of three years in order to obtain a higher return on our investments.

Proposals regarding the following items were then reviewed

by the committee: the costs 1) the cost to refelt the billiard tables, 2) of a revised contract for woodwork in the Craft Room, 3) to clean the paver blocks in front of the Lodge, 4) of lapel microphones for our sound system, 5) of drains and catch basins for the Springdales and 6) of an outside firm to perform reserve study. The Finance Committee made its recommendations and requested that Euclid Management carry them forward to the Board.

A Special Meeting of the Finance Committee was held on August 10. The purpose was to review these proposal items: 1) installation of an artificial grass trial patch, 2) additional turf for the Amphitheater area, 3) a speed detector sign for Four Seasons Parkway, 4) the annual outside inspection of HOA facilities and 5) Game Room ceiling fan lights.

The committee made its approval recommendations for the Board's consideration and the meeting was adjourned.

The Finance Committee meets in the Lodge Conference Room on the third Tuesday of each month at 1 p.m. and HOA members are always welcome.

Special Note: We have a new opening on our Finance Committee. If you are interested in being a member of the committee, please submit your application to the Euclid Management representative at the Lodge Reception Desk.

Event Systems Committee By Teri DiMarino-Davidson

With vacationing locals returning for the fall and new residents taking occupancy of their newly finished homes on a regular basis, the Event Systems Committee is preparing to enact a number of the innovative improvements planned for our Ballroom and other public areas.

With a new permanently-installed speaker system in the works, meetings and performances will be taking on an added professional "feel." Professional style stage lighting is in the near future to compliment the work already finished or in process. These additions to our community are all being accomplished through the generous contributions of our friends and neighbors.

The foregoing leads me to segue into the subject of fundraising! Last year, the Event Systems Committee attempted to organize several Four Season Home Tours. While there were a number of people who were interested and willing to take part, we were met with more questions than participants. We decided to postpone the tours and begin again -- this time a bit earlier in the season.

So, it is with great pleasure that I announce the forthcoming *Four Seasons at Beaumont Holiday Season Home Tour* with a projected date of Dec. 4 and 5. If you feel that you have a home that is a unique representation of your model and is exceptionally decorated for the holidays, this is your chance to show it off. You will not have to have your home decorated until the date of the tour, but participating residents will need to file an application, explaining their plans for their holiday décor and what makes their home special for this type of tour.

Applications will be made available shortly and there will be an application deadline, as tour catalogs will be published with descriptions of the participating homes. A nominal fee will be charged for people to tour the decorated homes with all proceeds going directly to the ESC for future audio/visual improvements. For more information, please contact Teri DiMarino-Davidson at k9styler@aol.com or (951)769-4345.

Please see page 10

HOA News

In addition to the Home Tour, there are several other events currently in the planning stages for future fundraising benefits here at Four Seasons. We will keep you posted and we guarantee that they will be fun for all!

This is an interesting committee and anyone wishing to participate, please contact Roland Harrah at (951) 845-1734, as we are always looking for volunteers. "Techies" are always needed to plug in microphones and turn knobs for the performers. The nice thing about being a "techie" is that you get the best sound seating in the house!

Landscape Committee

By Phyllis Beede, Chairperson

The Landscape Committee is now accepting applications from qualified candidates for a Committee position available Oct. 1.

Knowledge of plant material is not necessary. Applicants must be able to attend the monthly meetings of two to three hours, and as needed, organize and lead projects or participate on projects as an active team member. The ability to work online will be necessary.

Projects we are currently starting are an HOA water use study which will result in a water use reduction program. We are also in the process of developing a five-year plan. These projects require the ability to gather, organize, analyze and interpret data, make projections and participate in the development of creative solutions.

You are invited to join us in planning for the future. Applications are available at the Lodge desk. Please feel welcome to sit in on our monthly meetings on the third Monday of the month at 9:15 a.m.

Builder K. Hovnanian Homes has removed 77 Cottonwood trees that have a root system that are an invasive problem. The sprouts from the cottonwood roots are popping up every where. These sprouts have to be allowed to grow to about a foot before they are sprayed with a product that is taken in by the leaves of the growing plant. The plant continues to grow for around six weeks while the root is being killed. Unfortunately, dormant portions of the root are not affected so new sprouts eventually come up in those dormant areas. This is an on-going process with landscapers spraying new shoots weekly.

Have you ever noticed how pretty and individual some front planters are? If you would like to have your planter better reflect your taste, it is possible by taking over its planting and care. Submit your design to the ARC and upon their approval you can have control over the appearance of that portion of your front yard. The landscapers will continue to cut your grass and take care of your trees but the planter will be your own to maintain. For more information refer to the updated Community Guidelines or inquire at the front desk.

Our next meeting is Sept. 20, at a new starting time of 9:15 a.m. in the Conference Room.

Safety and Facilities Committee

By Jerry Thompson, Chairperson

Our Neighborhood Watch program is growing. Our block captains are making every effort to make their respective neighbors aware of the value of the program and help to insure greater safety and security of our neighborhoods.

We are still in need of block captains. If you would like to participate, please contact Anita Worthen or Jerry Whitfield.

On Aug. 3 we held our very first National Neighborhood Watch Night Out 2010 program in the Lodge. The attendance was overwhelming and we all had a great time enjoying good food and enjoying the company of our neighbors. Our guests from local law enforcement, including Beaumont Police, Highway Patrol and Riverside County Sheriffs shared many safety tips to help us protect our lives and property.

Traveling our community roads should be a pleasure, not a safety hazard. Some residents, guests and contractor personnel are not heeding our 25 mph speed signs, failing to yield to motorists in the traffic circle and not stopping at stop signs at intersections. This is especially true when traveling northbound and downhill on Four Seasons Circle. The intersection with Green Creek Trail (at the bottom of the hill) is a good example of a place where motorists could have a collision.

We hope to have a new Speed Feedback sign in place soon. After a thorough review of options to reduce downhill speed, we determined the sign was the very best with the least impact to drivers traveling Four Seasons Circle. We encourage you to observe your speed and make sure you are driving at a safe 25 mph on all our community roads.

Social Committee News

By Melody Seewoster, Chairperson

Well, it's summertime and the living is easy; of course at Four Seasons living is always easy.

We just recovered from the Route 66 party and then it was time for the Annual Hoedown. This has always been a sell-out event. More specifics about the Hoedown in the October Sentinel.

After the Hoedown there will only be two more Social Committee events left for 2010. Our Halloween party is always a lot of fun with some really creative costumes and our neighbors and friends really enjoying themselves. Remember you don't have to wear a costume, just come on down and have a good time. The cost is \$20 which will include dining and dancing.

It is never too early to start thinking about New Year's Eve and we have been thinking hard. This is always our gala event of the year and, like so many of our other events, it is always a sell-out. This year's theme is Winter Wonderland and I am sure our decorating committee will make it one, since they are busy dreaming up ideas to make this a truly wonderful event. This will be a sit-down dinner and we are in the process of putting together a menu that is sure to please your palate. Please keep in mind that the doors will open at 7 for the social hour and dinner will be served at 8 p.m. If possible, it is best if you can buy a table of eight which will ensure that you are sitting with your friends and also gives you a chance to pick your table location. Also, if you do plan on buying a table, please have the names of all the people sitting with you. It gets terribly confusing when we don't know the guests' names. Cost for this event is \$50 -- which I am pleased to say has remained the same for the last four years. I hope to see you all there.

The Social Committee is also starting to think about events for next year. If there is an event that you think would be fun, please jot it down on a piece of paper and give it to one of the Lodge attendants and tell them it is for the Social Committee. We will consider any and all suggestions and, if all the committee agrees, we will plan it for the coming year.

HOA News

Rules and Regulations Committee

By Louise Lyon, Chairperson

The Rules and Regulations Committee has been hard at work on the CC&R Amendment vote. Ballots were mailed out the first of August.

If you have not received a ballot in the mail or have misplaced your ballot, please contact Euclid Management for a replacement ballot. This amendment is vitally important to our community and we need everyone to vote YES!

The committee would like to thank all of the wonderful volunteers who have helped in the CC&R Amendment process! Your Four Seasons Host and Hostesses who deserve huge applause for all of the “mini town hall meetings” that have been conducted in June and July are: Kathy and Colin Taylor, Phyllis and Marshall Beede, Sandy and Eugene Dwyer, Lorene Sponsler, Patty Jordan, Bev and Rob Jack, Ronda and Paul Esposito, Betty Ann James, Melody Seewoster, Yvette and Ken Thomas, Cheryl and Wayne Staples and Teri and Jim Jackson.

These wonderful friends and neighbors deserve kudos for their generosity of spirit and their immediate offer of their homes to host a meeting so their neighbors would be able to learn more about the CC&R amendment and the voting process. Thank you so much!

Others that have helped are: Lisa Lynn of Euclid Management who devised the governing documents comparison chart that turned the explanation of this complicated process into a much easier presentation, Steve Sarchett, our number one handyman, who constructed the thermometer sign to measure vote turnout and painted the base coat and Jerry Thompson who provided the letters and numbers for the thermometer sign. Many thanks go to you for saying “yes” when asked to help.

The biggest appreciation goes to those members of the Rules and Regulations committee who have contributed so much! Len Tavernetti, who is head of the CC&R Amendment project, works wonders with power point and attended nearly every “mini town hall meeting.” It has been a year long project with a lot of work. Thank you Len.

Rules and Regulations’ own Willis Fagan (former architect) made the foam board with the governing documents comparison chart that was invaluable at all of the “mini town halls” conducted in June and July.

He also designed the thermometer sign with specs for the sign and sizes for numbers and letters. Thank you Willis. Another committee member, Mack McLaughlin, was diligent with the CC&R Sentinel articles and for nine months promoted the reasons for the CC&R Amendment and why everyone should vote YES. Thank you Mack for the good fight! Huge thanks go to our two Board of Directors’ liaisons Jacque Sneddon and Loren DuChesne.

One or the other (sometimes both) attended all of the “mini town halls” with their support, expertise and knowledge. Your presence at these meetings meant a lot to the CC&R Amendment project and I thank you. The remaining committee members have contributed support, ideas and helping hands when needed. This whole project has definitely been a group effort!

Other subjects covered in our meeting of July 15 were car registrations, the Smoking/No Smoking Designated Smoking area signs, pool area signs and defining qualifications for BOD members. Loren gave an update on the ad hoc committee regarding the gates, cameras and safety issues.

The Rules and Regulations Committee meetings are the third Thursday of every month at 9 a.m. in the Lodge Conference Room. Guests are welcome.

Guidelines for Business Card Ads

The Communications Advisory Committee has completed a project to add a Homeowners’ Business Directory to the website.

Residents will be allowed to place business card ads on the Four Seasons website.

The site will be open to residents only.

The cost will be \$5 a month, payable in advance by check for a year. New advertisers may join at anytime during the year and their fee will be prorated according to the months left in the year. The year will begin on January 1.

The money and the ad will be submitted to Euclid Management, which will see to it that the ad is placed on the website and that the money is deposited into the proper line item of the budget.

Any ad content found questionable will be submitted to the Communications Advisory Committee for a decision. The committee will have the final authority on what may be placed on the website.

The ads will be limited to a simple business card with no links to any other sites. Anyone wishing to get more information will need to take internet addresses, phone numbers or street addresses from the card.

Income from the ads will be used first to pay the costs of operating the website and then for other expenses incurred by the website or the newsletter.

Because the sponsors program hasn’t worked out, we will delete the “Sponsors” link on the website to avoid confusion between sponsors and “Homeowner Businesses.” -- **Communications Advisory Committee**

Among other wild animals sighted in the community, there have been sightings of rattlesnakes. For your own protection, please use caution if you come across any snake, when on the trails, common area or on your own property. The Association is NOT responsible for keeping residents safe and residents should call the game warden or animal control since dealing with wild animals is outside the Association’s authority.



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SENIOR DISCOUNT

K. Hovnanian's Four Seasons At Beaumont Committees

Architectural Committee

Willis Fagan, Chairperson
Colin Taylor Jerry Dixon
Marlene Doyle Herb Wachel
Wayne Staples, Board Liaison

Communication Advisory (Newsletter) Committee

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

Bistro Committee

William Taylor, Chairperson
Charles Meyer Doug Smith
Suzanne Roldan Judy Topp
Loren DuChesne, Board Liaison

Event Systems Committee

Roland Harrah, Chairperson
Steve Sarchett Jeff Davidson
Teri Di-Marino Willis Fagan
Colin Taylor Howard Swidler
Loren DuChesne, Board Liaison

Finance Committee

Bob Melville, Chairperson
Peter Hersey
Georgia Coleman Donald Fant
Noel Myers Ed Sutherland
Wayne Staples, Board Liaison

Landscape Committee

Phyllis Beede, Chairperson
Fred Weck Len Travernetti
Betty Ann James Linda Ramsey
Patty Jordan Ed Whalen
Jacque Sneddon, Board Liaison

Rules & Regulations Committee

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

Safety & Facilities Committee

Jerry Thompson, Chairperson
Bill Guy Anita Worthen
Mary Primack Phillip Westbrook.
Loren DuChesne, Board Liaison

Social Committee

Melody Seewoster, Chairperson
Verlette Brummell Martha Franck
Beverly Fagan Mary Primack
Tonya Thornton Anita Worthen.
Wayne Staples, Board Liaison

The Board of Directors for the K. Hovnanian's
Four Seasons at Beaumont Community
Association met on Thursday, August 12, 2010
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 September 9, 2010
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

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 Harris, Assistant GM
Cindy Graves, Activities Director
Frances Farrar, ARC Admin Assistant
Krystal Orellana, Lodge Attendant
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 Street

Animal Control: 922-3301

Board of Directors

Jacque Sneddon, President
Drew Jones, Vice President
Wayne Staples, Treasurer
John Papazian, Secretary
Chris Courtney, Director
Loren DuChesne, Director
Jake Rodriguez, 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

8-Ball Club

Del Lyles and the 8-Ball club would like to invite all Four Seasons residents to join us. We have a great bunch of team members and are always looking for new players.

If you are experienced or just a beginner, come and join us. Practice is Monday, Wednesday and Friday, 7 p.m. to 9 p.m., but you can usually find someone in the Billiards Room any evening.

If you have any questions, just stop in or give us a call: President Del Lyles, (951) 845-5114; Vice President Roland Harrah, (951) 845-1734; Secretary Dot Hurst, ((951) 797-3068.

-- Dot Hurst



African American Cultural Club

The African American Cultural Club met on Aug. 2 and discussed going to the Riverside Metropolitan Art Museum on Aug. 18 and to the Hollywood Bowl on Sept. 1 to attend Herby Hancock's 70th birthday concert. We also discussed activities for the upcoming holiday season. More details will be announced in the coming months.

The next meeting will be Sept. 6, which is Labor Day and we will celebrate with a pot-luck in the pool area of the Lodge. For more information, please contact Betty Ann James, chairman (951-572-5538) or Joyce Allen, co-chairman (951-769-4354). --

Mabelene Dimmer

All Seasons RV Club

Summer is here and several of our members are off on trips. Some have gone to Sturgis, South Dakota, for the annual motorcycle rally while others are touring the Pacific Northwest. Others have been enjoying our cooler summer weather here in Beaumont.

Plans are underway for our trip to Pismo Coast Village RV Resort in Pismo Beach, Sept. 16 to 21. Members are looking forward to eating out at restaurants such as Steamers and Rosa's, touring the Hearst Castle, and just enjoying the beautiful central coast.

Our meetings are the second Tuesday of the month at 6 p.m. in the Arts and Crafts room at the Lodge. All are welcome. -- Nancy Morgan



Amphitheater Society Club

The Amphitheater Society Club presents its Grand Finale on Sunday, Sept 19. Come see and hear the Big Band sounds of the Jack Poster Band with singer Lola Rossi.

This will be our biggest show yet and promises to be the BEST. Four Seasons HOA will sponsor it and we have scheduled two show times to accommodate as many residents and friends as possible.

Take your pick of 5:30 p.m. or 7:30 p.m. but you must sign up at the Lodge Desk to get your preference. All the usuals apply: bring your dinner, snacks beverage of choice (in plastic of course), a lawn chair or blanket, and something in case it turns chilly. If it is 100 degrees or more at 3 p.m., the event will be moved into the Ballroom. Let's hope it will be at the Amphitheater.

Since this event will be our last of the season, we will close

not only with a great show, but with free ice cream and prizes, prizes, prizes.

So mark your calendar, tell your neighbors and friends and let's have a big turn out. We promise you won't be disappointed.

-- Penny McDonell, Chairperson

Asian Club

The Asian Club resumed all of its regular activities in July. We have a Bible Study on the first Tuesday of each month. The next one will be Sept. 7, from 10:30 to 11:30 a.m. in the Library. On the third Friday of each month, we have a potluck. Our luncheon will be on Sept. 17. -- Thomas Yee



Ballroom Dance Club

By Willis Fagan

What is Ballroom Dancing? In the past, *Social* dancing was done by the privileged few in elegant ballrooms. *Folk* dancing was done in barns, schools, gardens and public houses, and was for commoners. Some dances were invented by prisoners, and some came from dances being modified to fit the music of the era. Thankfully, these distinctions are no longer applicable, and we now can enjoy wonderful dances from many backgrounds, all in our very own Ballroom..... which is why it is called "Ballroom" dancing.

Survival: When you are at a wedding, reunion, dance party, or other such event, do you know which dance goes with the music being played? When the dance floor is very crowded, do you know how to dance without bumping into everyone? And how do you dance with someone who doesn't really know how to dance?

Our dance club will be addressing these very practical concerns in the near future. We will learn to quickly identify which dance can be done, and how to modify our dance steps and routines on the spot. And we will learn simple, basic steps and routines that can be used in almost any situation. We call this "survival" dancing.

Can men dance? Yes, *but only if they try*. We often hear the lady say, "Oh, I'd love to dance, but 'Sam' won't do it." And Sam says, "Yeah, I can't dance. Got no music or rhythm. Got two left feet. I'd just look silly and be embarrassed."

Every one of us, both men and women, struggle a bit when learning something new. But with just a few lessons and a little practice and patience, we're dancing, and feeling really good about it. We've accomplished something we've always wanted to do -- to dance!

Dancing is for everyone. Our Ballroom Dancing is not competition, or exotic physical moves, or flamboyant expressions. It is dancing for fun, and is for everyone. No matter what your background is, or what you think you can or cannot do on the dance floor, please visit us and see what our Ballroom Dance Club is about.

We have professional, experienced dance instructors giving lessons every Monday at 6:30 p.m. in the Ballroom. The cost is only \$10 per person for 1 and 1/2 hours of lessons. And on most Thursdays we meet in the Ballroom at 6 p.m. to practice. This is a time when we improve on, and help each other with, our dance steps and routines.



Clubs & Activities

Book Club

At our July meeting we discussed the autobiography of Sidney Poitier, *The Measure of a Man*. Poitier, now in his eighties, is known for his appearances on stage and screen. He was the first black actor to win the Academy Award for best actor for his performance in "Lilies of the Field" in 1963.

Poitier's life began on Cat Island in the Bahamas where he grew up in a poor family. They had no electricity or running water; there weren't even any telephones, paved roads or cars on the island. For 10 1/2 years he grew up there, loving the sound of the sea, the smell of the wind and every-day adventures spent with his brothers and sisters.

In order for his father to find work, the family moved to Nassau. It was everything Cat Island was not: modern, with cars, hotels, restaurants, nightclubs and bars. Poitier said that what he felt most sharply was "the loss of camaraderie, the loss of belonging, the love, the trust, and the feel-good giggles that had once bubbled up and bound me to the friends of my childhood."

When he was 15, he was sent to Miami to live with his brother who was ten years older. Sidney had been in jail briefly for stealing corn and his family wanted to get him away from Nassau. In Miami, he was confronted with the culture and mores of the American South of the 1940s. He found work one summer, saved his money, and bought a one-way ticket to New York.

His father's teachings greatly influenced his life and his choice of film roles. He admired the way his father had provided for his family under very difficult circumstances.

Poitier said that he looked for films that say something positive and useful about the human condition. His films such as "a Patch of Blue," "In the Heat of the Night," and "To Sir, With Love" certainly do that.

Thanks to Betty Ann James for leading a meaningful discussion. In August we will discuss *The Poisonwood Bible* and *One True Thing*. September's focus will be *The White Queen* by Philippa Gregory.

Happy reading! -- **Nancy Morgan**

Bridge Club

It is time for all Bridge Lovers to join our fabulous Bridge Group every Monday at noon in the Card Room. We hope to see you soon.

Our Bridge Captain is Helen Shoemate and the Co-captain is Carl Carson. -- **Carl Carson**

Bunco

Bunco is going strong. We had a really good turnout last month. If you want a little fun and relaxation, come join us for a couple of hours. For people who don't know about Bunco, it is a dice game and easy to play. Bring a friend or a new homeowner.

We will meet Friday, Sept. 10, and Friday, Sept. 24, at 1 p.m. in the Card Room at the Lodge. If you have any questions you can either call me at (951) 769-7371 or Suzanne Roldan at (951) 849-8540.

Looking forward to seeing you. -- **Anni Smith**



Canasta Club

Come on down and join us for a fun-filled afternoon of Hand and Foot Canasta. We play every Thursday afternoon from 1:15 to 4 p.m. For those who don't know how to play, we are always glad to set up a teaching table.

Kathy from the Bistro comes in every afternoon to make sure we have drinks and snacks to help make the card playing more enjoyable.

Want to see the Caribbean? We have a Canasta Cruise scheduled for 2011. There will be a canasta tournament included on this 14-day cruise with prizes, private cocktail parties and more. You don't need to play canasta to enjoy the cruise, just come along to have some fun. For more information see the flyer in the Lodge or give me a call at (951) 769-2774. -- **Melody Seewoster**

Crafters - - "Get Around To It"

Accomplished quilter Rhea McLaughlin said, "While living in La Quinta I joined a group that was forming to make quilts for children with cancer at Camp Ronald McDonald near Idyllwild and began learning to piece and quilt from many experienced quilters."

"Taking classes offered at an area quilt shop and joining the quilt guild helped increase my skills. We have a group here who meets monthly to learn and enjoy quilting. Most of my current quilts are for my grandchildren."

Rhea is a gifted and talented quilter who shares her skills with others readily. She has joined up with the "Get Around To It" crafters to continue on projects that needed attention.

We have a variety of gals just doin' their thing. Everything from photo-scrapbooks to adorable crafts, knitting, crochet and more! Come join us on Thursday night, Sept. 2, at 5:30 in the Craft/Art room in the Lodge. If you have any questions call: Paulette Sims (909) 967-5261 or Pat Dawson (909) 720-1514. -- **Pat Dawson**



Rhea McLaughlin

Free Computer Classes

Please sign up at the front desk in the Stop Look & Sign Up book. The classes are limited to only nine students each, and a class will be scheduled when the enrollment reaches nine. Each class is three weeks long and meets each Monday and Wednesday from 1 p.m. until 3 p.m. You will be notified the week before a class is to begin.

Classes are scheduled in the following order based on enrollment numbers: Basic Skills, Windows XP, and then Internet. The current students have priority for the next class unless it's a Basic Skill Course; then only new students will be enrolled. Priority is based on homeowners sign up date.

Basic Skills - This is a class designed for a beginner and those who need review of basic computer skills. The class includes mouse and keyboard practice, creating Microsoft Word documents and Microsoft Excel spreadsheets.



Clubs & Activities

Windows XP - This class will allow you to become skilled at customizing your windows system and desktop. You will learn to create shortcuts for the items you often use. You will gain knowledge using WordPad, Paint, and other basic programs included with every Windows Computer. Basic Skills 103 or equivalent experience is necessary.

Internet - Learn how to search and find material of interest to you on the World Wide Web. Find out about newsgroups and how to read the ones you select. Discover how to send and receive e-mail, send pictures via e-mail, mailing list and conventions for joining and leaving them. Internet Explorer will be demonstrated and used. Basic Skills or previous computer experience is recommended. -- **Bill Rusche, Instructor**

Four Seasons Golf Club

Our club has adopted the East Valley Golf Club, the "Home of the Southern California PGA (Professional Golfers Association)."



We have at least one foursome playing there every week, on a Monday or Tuesday most weeks. We carpool whenever possible. We also go to play other courses in or out of the area. Again, this past month, we played at Yucaipa Valley - which resulted in some fairly good scores; and, after golf we enjoyed lunch at Chili's.

For August, we planned another event in Hemet; and, also our club was represented at the Charity Tournament at Sun Lakes Golf Course on Saturday, Aug. 28. Ed Sutherland was the group's captain this time. There was a very good turn-out with many very competitive participants. It was a lot of golf-related "FUN." This was the 7th Annual Tournament held at Sun Lakes - with the goal to raise money for "Habitat for Humanity San Geronio Pass Area." The event was a shotgun start, with lunch and dinner furnished and lots of golf prizes based on golf scores as well as door prizes.

If you are interested in joining our Four Seasons at Beaumont Golf Club, just let us know. Please call or send an e-mail. Contacts: 1) President - Ed McBratney, (951) 572-5447; E-Mail: em91765@yahoo.com, 2) Vice President - Ed Sutherland, (951) 769-7147; E-Mail: edsutherland@verizon.net or 3) Handicap Chairperson - Dan Gasaway, (951) 845-0492. -- **Ed McBratney**

Knitting and Crocheting Group

I was recently informed that there will be a "Club Fair" at the Lodge on Oct. 2. The clubs will be set up with a table and display items connected to their particular club.



The Knitting and Crocheting Group will be participating and showing some of the items we have either completed or are currently working on. Several of us will be there to represent our club. We hope it will interest other people and encourage them to come and join in the fun. I am sure that more information on this "Club Fair" will be posted at the Lodge shortly. -- **Dorothy Payne**



Life Guide Bible Study Club

The Life Guide Bible Study Club will kick off its fall program in September by focusing on what matters most in life.

The Bible tells us in Galatians 5:6, "If you are a follower of Christ Jesus all that matters is your faith that makes you

love others." This is saying what matters in life is not your accomplishments, your fame, or your wealth. What matters is one thing: your faith, a faith that causes you to love others. If you miss that you missed the most important thing in life.

So we're going to do a series taken from the love chapter 1 Corinthians 13 which we are calling "A Life Built on Love." This study which begins Tuesday, Sept. 21 in the Ballroom of the Lodge, will help you to build deeper relationships, and help you to improve your relationships in your marriage, your family and your friendships. We encourage you to join us. Everyone is welcome!

The Life Guide Bible Study Club meets in the Ballroom of the Lodge on Tuesday evenings from 7 to 8 p.m. This club provides an opportunity for us to meet people in the Four Seasons community, and also a chance to encourage and strengthen one another in our walk of faith. By the way, each lesson is self-contained, so you will benefit from the discussion even if you have missed previous lessons. This study time will give you an opportunity to share your faith and gain encouragement and help from others in the group. For more information, call Don Cummings at (951) 572-5329.-- **Don Cummings**

Line Dancing



Fall is almost here. That means the holidays are right around the corner. Remember last January you promised yourself you would be more active, get some exercise or lose some weight? Well, you can get all of those benefits by dancing - Line Dancing - and you can learn FREE here at Four Seasons.

Several of us donate our time to help you learn. Now, we only dance for an hour and a half once a week, but to really learn, you need to practice and that is where the real exercise kicks in.

You will be so busy concentrating on the steps and the music you will forget it is exercise - that it is good for your mind and body. Besides that it is fun. No one was born knowing the steps to any dance.

You have to make the effort to learn, one step at a time. And best of all, no partner is needed; in fact most of the dancers come alone. So, take a chance, try something new. Please join us.

We start beginning line dancing at 4 p.m., add another easy dance about 4:30 and at 5 p.m. we learn harder dances. Come join us in the Lodge Ballroom every Thursday at 4 p.m. -- **Martha Franck, Eileen Gilbert, and Zelyne Rudolph**

Old School Dance Club

Hello, Four Seasons residents! A new dance club will arrive on Sept. 3 at 5 p.m. until 7 p.m. We will be meeting every first Friday in the Ballroom and on the third Friday in the Aerobics room.



Did you know that dancing is good for the soul? It will help avoid stress build-up. The club will consist of dancing for two hours to great hits -- "oldies but goodies" and "rock and roll classics" from the 50s and 60s.

The club will focus on dancing, using a lot of old dance craze steps. Do you remember where you were when dances like the jerk, the twist, the electric slide, the cha cha slide, stepping, the Madison, the mashed potato, the bop, and the hop swept the nation?


Please see page 18



September 2010



Committees, Clubs, Groups & Special Events


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: *Labor Day Monday, Sept. 6: Lodge hours 7 a.m. - 6 p.m. *PAC is the Performing Arts Club *AACC is the African American Culture Club *MNFP is Monday Night Football Potluck *Discovery Club will not meet in September *Wed., Sept. 15: Halloween Dinner Dance Tickets on sale * For Gateworks Town Hall times, please check website or front desk at Lodge						
5	6 LABOR DAY*	7 10a Knit/Crochet -- Poker 10:30 Asian Club 11 Bistro Com. Mtg. 6p Hearts 7 Life Guide	8 10a ARC Mtg. --Open Art Studio 10:30 Amphitheater Com.Mtg. 1p Canasta # 2 7 8-Ball Club	9 8a BOD Ex. Session 10 ARC Mtg. -- Poker 11:30 Pan 1p BOD Gen. Session 1:15 Canasta #1	10 10a Open Art Studio -- Neighborhood Watch Mtg. 1p Bunco 7 8-Ball Club	11 8a Racquet Club Play Day 9 Art Class 5p Karaoke Night
12	13 12n Bridge 5p Monday Night Football Potluck* 6 AACC 7 8-Ball Club	14 8a Walkie Talkie Hike 10 Knit/Crochet -- Poker 2p Event Sys Com Mtg. 6 Hearts --RV Club Mtg. 7 Life Guide	15 10a Newsletter Com. Mtg. -- ARC Mtg. --Open Art Studio 1p Canasta # 2 7 8-Ball Club	16 9a Rules and Regs Com. Mtg. 10 Poker 11:30 Pan 1:15p Canasta #1 6 Taste d'Vine Wine Club	17 10a Open Art Studio 11 Asian Club 7p 8-Ball Club	18 All Day: Private party in the Ballroom 9a Art Class 1p Poker
19 5:30p & 7p (2 shows) Amphitheater Concert Series Grand Finale	20 9a Landscape Com. Mtg. 12n Bridge 5p MNFP 6 AACC 7 8-Ball Club	21 9a Safety and Facilities Mtg. 10 Knit/Crochet -- Poker 1p Finance Com. Mtg. 6 Hearts 7 Life Guide	22 10a ARC Mtg. -- Open Art Studio 1p Canasta # 2 7 8-Ball Club	23 10 Poker 11:30 Pan 1:15p Canasta #1 Gateworks Instructional Town Hall Time TBA*	24 10a Open Art Studio 1p Bunco 5 Night Club at the Lodge 7 8-Ball Club	25 9a Art Class Gateworks Instructional Town Hall Time TBA*
26	27 12n Bridge 5p MNFP 6 AACC 7 8-Ball Club	28 9:30a Book Club 10 Knit/Crochet -- Poker 4p PAC* 6 Hearts 7 Life Guide	29 10a ARC Mtg. -- Open Art Studio 1p Canasta # 2 7 8-Ball Club	30 10 Poker 11:30 Pan 1:15p Canasta #1	September 11 ~ Patriot Day 	



September 2010



Physical Exercise/Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES: Labor Day, Monday, Sept. 6: Lodge hours 7 a.m. - 6 p.m Sat. Sept 11: No Gentle Yoga						
5	6 Labor Day 8:30a Step & Burn 9:30 Gentle Yoga 4:30p H2O Aerobics 5:45 Zumba Gold	7 8:30a Step & Burn 9:30 Gentle Yoga 4:30p H2O Aerobics 5:45 Zumba Gold	8 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong 5p Beg Tennis 6 Tennis Drills	9 8:30a Pilates 9:30 Zumba Gold 4p Beg Line Dance 4:30 H2O Aerobics 6 Ballroom Dance Practice	10 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong	11 8a Racquet Club Play & US Open Day
12	13 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong 6:30p Ballroom Dance	14 8a Walkie Talkie Hike 8:30 Step & Burn 9:30 Gentle Yoga 4:30p H2O Aerobics 5:45 Zumba Gold	15 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong 5p Beg Tennis 6 Tennis Drills	16 8:30a Pilates 9:30 Zumba Gold 4p Beg Line Dance 4:30 H2O Aerobics	17 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong 5p Old School Dance Club	18 9:30 - 11a Yoga Workshop
19	20 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong 6:30p Ballroom Dance	21 8:30a Step & Burn 9:30 Gentle Yoga 4:30p H2O Aerobics 5:45 Zumba Gold	22 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong 5p Beg Tennis 6 Tennis Drills	23 8:30a Pilates 9:30 Zumba Gold 4p Beg Line Dance 4:30 H2O Aerobics 6 Ballroom Dance Practice	24 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong	25 9:30a Gentle Yoga
26	27 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong 6:30p Ballroom Dance	28 8:30 Step & Burn 9:30 Gentle Yoga 4:30p H2O Aerobics 5:45 Zumba Gold	29 8:30a Conditioning 9:30 Beg Conditioning 10:30 H2O Aerobics -- Ping Pong 5p Beg Tennis 6 Tennis Drills	30 8:30a Pilates 9:30 Zumba Gold 4p Beg Line Dance 4:30 H2O Aerobics 6 Ballroom Dance Practice	September 11 ~ Patriot Day 	

Clubs & Activities

If you like to dance and like to remember the good times you had growing up as a teenager, come on down, relax and dance at your own pace. Wear something comfortable with a pair of workout dancing shoes. Bring a bottle of water and a snack -- and just dance.

See you soon. If you have any questions, call me at (951) 845-2636. -- **Willa Harris, Club Captain**

Painting Classes

Painting classes are held every Saturday from 10 a.m. to noon in the Craft Room. The classes are intended for artists at all levels from beginner to advanced.

We are going to begin spending more time (about four weeks) on each painting so that you will be able to complete a fully developed work of art suitable for hanging in your home or presenting as a gift.

The classes are taught by a very talented local artist, Ian Kirkpatrick. Although most of the current students are painting with oils, you can also paint with acrylics if you wish. Acrylics have the advantage of drying faster and are therefore less "messy".

If you've been itching to exercise your creativity, or just have a lot of fun, this is your chance. If you have any questions, call John Horning at (323) 253-3854. -- **John Horning**

Ping Pong Club

Whether you call it table tennis or ping pong you will have lots of fun playing this game.

Usually you will be so engaged in having fun that you won't even notice how many calories you are burning up while hitting that little ball back and forth over the net. So if you like aerobic exercise and fun, the Ping Pong Club is for you!

Players at all levels of ability are welcome and encouraged to join us. We have two tables and are always looking for more players. Please call if you have any questions or are looking for partners to play with. -- **Niles Sundstrom**

Racquet Club

The Racquet Club is happy to announce our annual U.S. Open playday scheduled for Saturday, Sept. 11.

The playday will begin at 8 a.m. with a drill session open to everyone, no charge to members, \$5 for non-members. At 9 a.m., the beginners and re-learners will congregate on the paddle ball courts for a lesson. This is also free for members and \$5 for non-members. From 11 a.m. to 2 p.m. the club will host a luncheon and Tennis items auction.

The US Open Women's finals will be on TV and we will be watching that as well. We will have our ever-popular tennis quiz, with prizes for the most correct answers. Everyone is welcome to bring any tennis items they may wish to auction, with proceeds going to the tennis club. Our tennis pro will have Prince leather racket grips for sale at half the store price and will put them on your racket for you if you wish. Hope to see all tennis enthusiasts attending.

Our last playday had a very large turnout with some 20 participants. Everyone had a wonderful time and the weather was beautiful.

Some of our club members have been participating in USTA

league play in Riverside this summer. Chuck Beckman, Irve Sturner, and Romy Villena are all playing on a senior 4.0 team and getting some good tennis.

Check out our updated club information on the Four Seasons at Beaumont website and enjoy getting involved with all of the tennis enthusiasts in our community. Upcoming in October will be the annual membership meeting. Watch for information in the newsletter and at the Lodge for this special meeting. --

Cheryl Smith, USPTA Developmental Coach, (949) 929-5443

Seasoned Sassies

Our own chapter of the Red Hat Society meets every second Wednesday at various locations. One month we may go to lunch in Yucaipa and the next we may be doing lunch and games at the Lodge.

Our next few outings will be 1) On Sept. 8 going to the Grand Oak at Highland Springs Resort for lunch, meeting at the Lodge at 12:00 to carpool there, 2) On Oct. 13 we taking the train to Los Angeles to visit Chinatown (time to be announced), and 3) on Nov. 10 it's Miniature Golf time in Palm Springs with lunch. Christmas is always special since we have lunch or dinner in a nice restaurant with a gift exchange.

This is a fun group of ladies who enjoy each others' company and like trying new places that are not too far away. It is also a great way to make new friends and to meet your neighbors.

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

Seasoned Solos

Our trip to San Juan Capistrano was a big hit. Some of us went to see the Mission, others checked out the stores. We all agreed we would like to go back and see the historic homes. We did not have enough time on this trip.

Our trip to Venice Beach was also well liked. Those of us who were there for the first time were amazed that there were so many fascinating places to see.

Trips planned for the future include Melvyn's in Palm Springs for some good old-fashioned piano bar. Another trip to Arrowhead is planned for September. A definite date has not been set yet. Teresa Casanova has generously invited us to her lovely cottage in Arrowhead for tea. The last time we went, it was really special. We had a very nice time. Thank you, Teresa, for being such a gracious hostess.

We talked about going to Granlund's for lunch on Sept. 28. We will meet at the Lodge at 11:30 a.m. to carpool.

We also talked about joining with the Wine Club for a joint trip to the Temecula Wineries. More about that later -- after the Wine Club has its monthly meeting.

We are always looking for new members and we would like to include the single gentlemen who live in Four Seasons as well as the ladies. Please come to a meeting. Our meetings are held the first Friday of the month in the Craft Room. Some of us buy dinner at Smitty's, others bring something from home. Call Mary Castle at (951) 769-5444 for more information. -- **Toby Davis**

Walkie Talkies

On Tuesday, Sept. 14, the Four Seasons hikers will travel to Crystal Cove, just below Corona Del Mar



Clubs & Activities

and north of Laguna. Participants will meet at the Lodge at 8 a.m. and carpool to the destination. (There may be a fee for parking at Crystal Cove. Carpooling is advised.)

The walk from the parking area to the beach goes under Pacific Coast Highway and is downhill. Once on the beach, the hikers will walk on the hard sand along the water. The old cottages on the land side are very interesting. The ocean has visual variety of its own; sometimes you can even see pods of dolphins feeding.

There are options for lunch at the Beachcomber Restaurant. You can eat inside or have a picnic-style lunch at the restaurant's outside service, enjoying sandwiches, salads, soups or fish -- all while breathing cooler, ocean air and enjoying the sights and sounds of the beach.

There are facilities available along the hiking area. Trolleys are even provided at a nominal fee for tired hikers who do not want to walk uphill to the parking area at the conclusion of the hike. --

Lynette Simonson



Taste D'Vine



Ah, the Central Coast Winery Region- - it includes Santa Barbara, San Louis Obispo, Santa Ynez, Solvang, Paso Robles to Monterey and cities in-between. Not only is the area beautiful, it is bountiful with so-o-o many wineries.

There are outstanding wineries offering a range of wines from value-priced to high-end. Wineries run the gamut from the Mom and Pop variety to friends getting together to create their own wines, to large corporations that distribute nationally.

The number of wineries exceeds comprehension, some examples are, Hitching Post (the Sideways Movie), Firestone, Fess Parker, Opolo, Robert Hall, James Tobin and Bonny Doon Cambria and serious Justin. The wine types produced in this area range from Chardonnay, Sauvignon Blanc, Viognier, red and white blends to Zinfandel and, most famously, Pinot Noir. The area also produces some great Rhone wines. It is also in an agricultural area so the food choices complement the wines.

If you have visited the area please come and share your experience and stories with us. We encourage all those interested in wine to come and taste examples of wines from the Central Coast. It will be a fun filled evening. As always, bring a glass or two if you want to share, a dish, and your monthly dues of \$5 for members \$8 for guests.

The Taste d'Vine always meets on the third Thursday of the month in the Lodge Ballroom at 6 p.m. Our next meeting date is Sept. 16. We hope to see you then. Cheers. -- **Anita Worthen, Club President**

Travel Club

DAY TRIPS FOR SEPTEMBER 2010

Day trips that are being offered during August and September are as follows:

September

Sept. 3	"Razzle Dazzle" at the Welk	\$126 per person
Sept. 7	Riverside Heritage & Boutique Winery	99
Sept. 9	Chocolate Lover's Tour	90
Sept. 12	"Young Frankenstein" Orange Co. Performing Arts	109
Sept. 14	Warner Brothers Studio Tour	87
Sept. 16	San Diego Seaport Village	46
Sept. 18	Getty Center	49
Sept. 21	Laguna Beach	46
Sept. 26	The Will Rogers Follies at the Candlelight Theater / Lunch included	109

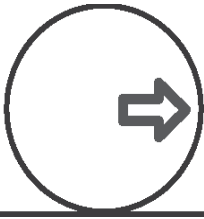
For reservations please call (760) 325-5556. Phone reservations must be followed by check payment within five business days or space is resold. Payment is non-refundable for day tour cancellations received up to five business days prior to departure. Make check payable to Gadabout Tours: 1801 E. Tahquitz Canyon Way, Ste 100, Palm Springs, CA 92262. Attn: Reservations. Pick up point is at Carl's Jr. at the Sun Lakes shopping center.

Don't forget the cruise for Nov. 6, 2011. This is a 13-night Canasta cruise on the new Celebrity ship "Silhouette" which makes its maiden voyage in July 2011. There will be a canasta tournament on board (do not need to join the tournament to take advantage of this cruise) with prizes, special cocktails and more. If interested call Barbara Strona at (951) 769-7895 or email her at Barbstrona@msn.com. Fares range from \$1,265.52 to \$1,645.52 plus airfare. Please see flyer at the lodge for prices.

We have a 10-day trip called "Reflections of Italy." Dates for this trip are Nov. 1 to 10; cost is \$3,199 per person, double occupancy. Joining this cruise is the Cooking Store's chef Robert Sevaly, and Allan Borgen, "Let's Dine Out" food critic and host of the "Let's Dine Out Radio Show." This will be a culinary food and wine extravaganza. For more information on this trip see the flyer in the Lodge or call Sandy Helmich, Connection to Cruise at (714) 651-8030 or (888) 798-9133.

Any questions please call me at (951) 769-2774. If no answer please leave a message and I'll get back to you ASAP. -- **Melody Seewoster**

Four Season's Community Info



Four Seasons Spotlight

Louise, the Lively Lyon of Rules and Regulations

By Leighton McLaughlin

In a notable understatement, Louise Lyon said, "I am an up, positive person."

She is chairperson of the Rules and Regulations Committee and has been a driving force behind the 10-month campaign to reduce the CC&R "supermajority" amendment requirement to a simple majority. The ballots are out now, but Lyon hasn't stopped working. Bursting with energy and enthusiasm, she is still conducting town hall meetings to help inform voters.

Making things work out is something she has done all her life. She was an Army wife for more than 10 years, moving her family 13 times as her husband was transferred; in the 1970s she became one of the first female Allstate Insurance agents, competing against unsympathetic, more experienced men, and as a child for six years lived a rough life on the Alaskan frontier.

Her dad, she said, "was one of the last frontiersmen." She was born in San Antonio Texas, but Texas wasn't enough of a frontier for him, so he went to Alaska and homesteaded four parcels of land outside Anchorage that he bought for a dollar each. His family soon followed. "He built our home, making every brick -- he had a little mixer. My brother and I would help."

"It was a half mile from the two blocks that was downtown Anchorage then. We had no refrigerator and no bathroom. We had to wait until the summer to put in the plumbing," because the ground was frozen so hard. The house had a well inside "that was our refrigerator for a year."

"We were there from 1950 to 1956," when they returned to San Antonio. "It's probably the reason I like warm weather so much. We had such a different life than if we'd stayed in San Antonio." Her dad was a veteran of World War I. "He was born in 1902, but he lied about his age."

"He lived to be 93 and my mom to 96. They were good, hard working people. I've got longevity in my genes," she said.

Lyon went to high school in San Antonio and then on to the University of Texas in Austin for two years, where she studied to be a teacher, but didn't finish. "It's a good thing I didn't do that. I would never have had the patience to be a teacher."

At Austin, she lived in a student co-op that cost only \$50 a month, but the residents had to work. They maintained the property, cooked all their meals and did all the cleaning --- both the routine day-to-day cleaning and the periodic heavy-duty, scrape-all-the-wax-off-the-floors kind. She said the co-op "is still there, but it's probably not \$50 any more."

She left Austin to become a flight attendant for Eastern Airlines, flying out of Atlanta. That was where she met her first husband, an Army officer and graduate of West Point. He was a Ranger, a paratrooper and a pilot among other things. As a flight attendant, she already knew a lot about flying, but nothing about parachuting. She decided to learn.

While they were on a trip to Laredo, Tex., some Army friends said they had a civilian jump club and wondered if Louise would like to learn. "I said, 'sure.'"

"They gave me a little lesson," she said, "and I went up. I climbed out on the wing strut of Cessna 172 and at 2,500 feet I let go." She was unaware that she had been given a sport chute with "little handles" that permitted abrupt changes of direction. She tugged on one, then the other, and could see her husband and friends below earnestly altering position trying to anticipate her landing spot. She stopped her maneuvering and alit on the soft dirt of the plowed field she was aiming for. "I only got a bruise on my chin. That's my claim to fame."

After more than ten years of prolonged separations and the constant moves of Army life, she and her husband divorced and she

moved to California with her two daughters.

She went to work for Allstate Insurance Company as a clerk, then was promoted to the finance department. At the time, Allstate was among many companies under pressure from equal rights advocates to open traditionally male jobs, like insurance agents, to women. Lyon applied -- "I had two daughters to raise" -- and was given a "tryout." The tryout consisted of making cold calls to numbers pulled out of the phone book to see if the person who answered would be interested in buying insurance. In a week she came up with 300 prospects, all of which were passed on to others because she wasn't yet an agent. But the tryout worked and she was hired.

She stayed with Allstate for 28 years, until the company made all their agents independent contractors. By that time her daughters were grown and gone, she was remarried and could do pretty much what she wanted.

Her older daughter, Laura, has a doctoral degree in sociology and psychology and works for Arizona State University. Her younger daughter Liane, is an honors graduate of the Air Force Academy, and holds a master degree from the University of Maryland in finance, with a minor in Chinese. She has left the Air Force and works as a financial consultant. The girls are both married and between them they have six children -- two girls and a boy each.

While she was still with Allstate, she joined a singles tennis club in Lakewood near Long Beach Airport. "I was amazed at how many single people that age -- especially the guys -- are such



Louise Lyon

Four Season's Community Info

flakes," she said. But there was an exception: her now husband, Howard Lyon. Using the persistence of a successful insurance agent, "I asked him out 17 times before he said yes," she said. Once he accepted, it appears to have worked out well. They were married next to tennis courts 21 years ago this month.

Howard is on the executive committee of the Four Seasons Racquet Club and is a district delegate. He also is a member of the motorcycle club, whose members call themselves the "Aged Angels."

Louise said, "We love it here. This is the happiest time of our lives."

After Allstate, Louise worked a while as an event planner, helping large organizations hold major events. "I traveled all over, going to five-star resorts. It was wonderful. That's how I know we live in a five-star resort here at Four Seasons," she said.

She said when she joined the Rules and Regulations Committee, she thought too much time was taken in making decisions and getting things done. "Now I realize it takes time to get it right. The people here just want the best. It takes time."

Regarding the proposed CC&R amendment, she has high hopes for its passage. But, "When we had that first town hall meeting I was depressed. And I don't get depressed. I am an up, positive person. I thought that we didn't get across what we wanted to get across."

Then a friend suggested having mini-town halls in private homes, "and that worked so well. I've been encouraged by every meeting."

Her committee has been concentrating on the CC&Rs, but it also is working on establishing a list of qualifications for Board of Directors members and a code of ethics for Board and committee members.

"I believe that Rules and Regs is the best committee here."

"Things are pretty cool right now."

"They will be really cool when we get the CC&R amendment done. Then it won't be a year-long process to make a change."

Night, Continued from page 1

Highway Patrol Officer Scott Beauchene talked about what citizens could do to help the Highway Patrol when we are in our cars. He urged residents to call 911 when we see children left unattended in a car or children not using a seat belt when riding. Each month the Highway Patrol spotlights a different safety problem; August's focus is watching for the safety of children in vehicles.

Riverside Sheriff Deputy Lillian Hobbs spoke about home safety and the various ploys used by robbers to gain entry into residences. She encouraged homeowners to be observant and to not be afraid to call the police when something seems amiss in the neighborhood. Law enforcement would rather we called -- even if we are unsure of the validity of the concern. Homeowners know what is "usual" in the neighborhood; anything suspiciously out of the ordinary needs to be reported.

The evening was capped off with a question and answer session between the audience and the presenters.

No wonder the parking lot was full. The mission of the evening was successful. The Four Seasons National Night Out 2010 generated support for, and participation in, local anti-crime programs, strengthened the neighborhood spirit and police-community partnerships, and made a strong statement to criminals that our community is organized against crime.



Benefits Of Confusing Your Body

By Zelyne Rudolph

Exercise can help lower your blood pressure, even if you're taking anti-hypertension medication.

Italian researchers used 24-hour blood pressure monitoring to assess the effects of a six-week fast-walking program in 168 people with high blood pressure. The study group took part in fast-walking sessions three times a week, under the guidance of a physiotherapist. At the end of the study, the average systolic blood pressure (during the heart pulse) fell from 143.1 to 135, the report says. Diastolic pressure (while the heart rests between beats) dropped from 91.1 to 84.8, according to the study in the May 2006 issue of the Clinical Journal of Sports Medicine.

Engaging in exercise can also be a hugely important part of any healing process. Research shows that those who consistently exercise are happier, healthier and more motivated in their lives to make intelligent and reflective decisions.

The human body is fabulous. The body wants to survive and to do so, it is ready to pack on fat at any opportunity. Our bodies operate to conserve. They can figure out how to do whatever activity we do effectively with the least amount of energy. Our bodies are ready immediately to plan for hard times like droughts and famines. No matter what the activity or sport, it will conserve energy, if you let it. For example, let's talk about tennis!

If you play tennis on Mondays through Wednesdays, you could, for example, be expending 95 percent energy on tennis on Monday, 90 percent energy on Tuesday and 85 percent energy on Wednesday. Remember, our bodies operate to conserve. But, if you switch tennis to Monday, Wednesday, and Friday and on Tuesday and Thursdays, you do an exercise class, or walk or run, you confuse your muscles so that you are expending greater amounts of energy each day than before. You will be using the same set of muscles but in a different way. Of course, in a few weeks, our bodies will get use to this regimen, then you must change it again.

This concept was given to your writer last year. When I first moved into Four Seasons, I swam four to five days a week, 35 laps (a mile) each day. Then the next week I went into the gym four to five days and worked out for about two hours a day. Nothing was happening, that is, I couldn't see any change in my body. It was suggested to me that I mix up the activities, that is, swim one day and gym the next day. I saw the changes immediately! Look around to see what fits your lifestyle and use a variety of activities to confuse your muscles.

Neighborly Notes

By Bobbie Eckel

Monday, Sept. 6, is Labor Day. This is one of the six official holidays of Beaumont's Waste Management Service. Your trash pick-up will be delayed one day. Put the containers out after 5 p.m. on Tuesday night for collection on Wednesday, Sept. 8.

Also remember that the Lodge hours are reduced on Labor Day; hours will be 7 a.m. until 6 p.m.

Four Season's Community Info

If you did not sign up for the potluck or attend the meeting after for the National Night Out 2010 Celebration on Aug. 3, you missed a fun and informative event. Our Neighborhood Watch program will be participating in this annually. Plan to be part of it in August, 2011. Also remember that all residents are invited to attend the next meeting of the Neighborhood Watch Program on Sept. 10 at 10 a.m. in the Ballroom.

It's time again to sign up for softball! The Valley-wide Senior Softball League is looking for new members; interested players must be 55 or better and be ready to have some fun on the field. Winter and summer seasons are scheduled; the cost is only \$40 and you play at least 40 games each season. All levels of play are included. Game days are Tuesdays and Thursdays. Practice days are Wednesdays and Fridays from 7:30 a.m. until 9:30 a.m. Modified American Softball Association rules are utilized. The League plays at Valley Wide Recreation Center in San Jacinto. Please call (951) 927-4509 to sign up or to obtain additional information.

You should have received your ballots regarding the 50 percent + 1 during the first week of August. Be sure to inform yourselves about the issues involved and vote. Each household has one vote. Ballots need to be returned to the Lodge by Sept. 30, either by mail or by handing the completed ballot to a Lodge attendant.

The HOA Board at the Aug. 11 meeting approved a Speed Control sign to be placed in the area of Four Seasons Boulevard and Green Creek Trail. Residents driving over the limit coming downhill will be met with of readout of their actual speed.

Mark your calendars for October. The Diamond Valley Arts Council is featuring the Fifth Annual "Festival of the Arts" from Oct. 15 to 17 at the Esplanade Arts Center. The festival gets underway on Friday evening with a cheese and wine reception, live music, an exclusive preview of the art show and a special performance of Tennessee Williams' "A Streetcar Named Desire" by the Inland Stage Company. All of this can be yours for only \$25 per person. The Friday ticket purchase also guarantees you free admission to the festival on Saturday or Sunday.

Carmen Lopez (of Pro-Fit Fame) listened to our suggestions about adding more classes to the Pro-Fit schedule. If you are interested in a Ballet Workout on Tuesday and Saturday mornings, please sign up on the interest list at the Lodge Desk or in the foyer of the Aerobics Room. This class would focus on a series of ballet exercises using the barres attached to the walls. You would not be expected to either wear a tutu or be "on your toes" -- just to learn to be as flexible as a ballet dancer.

The Landscape Committee is planning a celebration in October to announce the completion of the Laurels Paseo Project. Watch for details in flyers at the Lodge and in the October Sentinel.

The Dog Days of Summer

By Bobbie Eckel

August is not the favorite month of most people. It is right in the middle of summer; there are no major holidays to distract us from the heat and humidity. It feels as though we have to slog through the heavy heat in hopes of reaching cooler times. No wonder the Egyptians, Greeks and Romans spoke of this time as "Dog Days."

The name did not connote that man needed a dogged determination to make it through that time of the year comfortably.

It was actually a reference to the star Sirius.

Sirius is the brightest star in the constellation Canis Major (Large Dog), and is referred to as the "Dog Star." The ancient Egyptians named Sirius after their god Osiris, who was pictured in drawings as a canine-like creature.

At some times of the year Sirius rises just before or at the same time as the sun. The juxtaposition of the sun and the star rising and setting together led the ancient people to believe that Sirius was angry and was the cause of the extremely hot, sultry weather. In an effort to appease Sirius' fury, the Romans even sacrificed a brown dog at the beginning of the Dog Days.

When Sirius rises and sets with the sun (an event that is called "in conjunction") the Egyptians and Romans also believed that the bright star added its heat to the summer warmth. Although this amount is now known to be insignificant, the belief was a reasonable one then.

Dog Days can extend from 20 days before to 20 days after the conjunction. In Ancient Rome Dog Days extended from July 24 through August 24. Many European cultures still consider this period of time as Dog Days.

The populace believed that Dog Days were evil times. J. Brady's *Clavis Calendaria*, published in 1815, noted that it was during this time "when the seas boiled, wine turned sour, dogs grew mad, and all creatures became languid, causing to man burning fevers, hysterics, and phrensies (sic)."

In Charles Dickens' *A Christmas Carol*, Scrooge is described as being so cold and inhuman that "He carried his own low temperature always about with him; he iced his office in the dogdays; and didn't thaw it one degree at Christmas."

The term is occasionally applied to the American stock market. Since summer is usually a slower time for stocks, it makes a good rationale for the market performance.

The conjunction of Sirius with the sun does vary with latitude and the gradual drifting of the constellations over time, called the "precession of the equinoxes," means that modern constellations are not in the same place in the sky as they were in ancient Rome. Eventually, the Dog Star and the sun will be in conjunction during a different season. We will still have the uncomfortable summer heat in July and August -- but we won't be able to blame it on Sirius. We will have to acknowledge that it is only the result of the earth's tilt.

A Magical Night at Four Seasons

On Aug. 6, the local chapter of the International Brotherhood of Magicians treated an enthusiastic crowd to a magical evening in the Bistro and the Theater.

Four Seasons resident John Horning, accompanied by local magicians Al Doty, Peter Winch, Doug Walker and Justin Ingram, performed strolling magic in the Bistro and two shows in the Theater. We had a vanishing puppy, miraculous card manipulations, a rope that just wouldn't stay cut in two and a valuable diamond ring (thank you, Yvette Thomas) that vanished and reappeared in a gum ball machine.

We'd like to take this opportunity to thank the visiting magicians who volunteer their time to entertain us every few months. If you've not yet come out to see them, watch for the next Magic Night to be held in November. -- **John Horning**

Four Season's Community Info

Patriot Day

By Bobbie Eckel

The date September 11 is burned into our hearts and souls. On that day, in 2001, as most of us were getting ready for work, our radios and TVs interrupted all programming and began to show and talk about the horrifying events unfolding.

Airplanes dove into the New York World Trade Center Twin Towers and the Pentagon in Washington, D.C. As the day progressed, we heard of the heroics of Americans in the skies over Pennsylvania who prevented more carnage by forcing another terrorist hi-jacked airplane down before it succeeded in reaching its target.

In the days following September 11, we listened and watched as efforts continued to save lives, re-connect families, help those in need, find answers to a multitude of questions, and comfort a nation in mourning. We cannot forget the courage of those who assisted, risking their own lives to do so. Nor can we forget the grief of the families torn apart by terrorist action on that morning. Nearly 3,000 innocent people lost their lives. Untold families were shattered. But the United States did not surrender to this attack. In our anger and sorrow, we vowed to learn from our experience, to take steps to make our nation more secure, to double our efforts to fight for freedom and the security that we all too often take for granted.

On Dec. 18, 2001, by a joint resolution Congress designated September 11 of each year as "Patriot Day."

In a proclamation from President Bush on the first observance of Patriot Day, the following year, he noted "...we will not

forget the events of that terrible morning nor will we forget how Americans responded ... with heroism and selflessness; with compassion and courage; and with prayer and hope. We will always remember our collective obligation to ensure that justice is done, that freedom prevails, and that the principles upon which our Nation was founded endure."

Please take the time on this Sept. 11 to remember, to re-commit to being an involved citizen of our great nation, and to do your individual part to assure that we remain free.

Gardening Tip

Nitrogen helps plants grow and turn green. Phosphorus stimulates root growth, produces blossoms and helps seeds sprout. Potassium (chemical symbol K) helps to withstand disease and drought. -- Landscape Committee

Leah L. Dixon

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Activities Director Corner

By Cindy Graves

We survived the summer and are now ready to settle back into community life after vacations. This fall we have several great events to look forward to. Here is a glimpse to help you mark your calendars:

1 September events:

- **The Racquet Club U.S. Open Play Day**, luncheon and auction, Saturday, Sept. 11.
- **Monday Night Football** starts back up again on Monday evening Sept. 13 at 5 p.m.
- **Halloween Dinner Dance Party tickets go on sale** Wednesday, Sept. 15.
- **The Yoga Workshop** will take place on Saturday, Sept. 18 at 9:30 a.m.
- **Amphitheater Grand Finale Event**, Sunday, Sept. 19 (two show times).
- **Gateworks Software Town Hall Instructional** (learn how to operate our new gate software to create passes for friends and vendors) will take place on Sept. 23. There will be a second one Saturday, Sept. 25; time is still pending. Call the Lodge or look on the website for the latest information.
- **Night Club at the Lodge** will be going on again, Friday, Sept. 24 at 5 p.m.

2 October Events:

- **The Club Fair** will take place, Oct. 2 from 11 a.m. to 3 p.m. in the Lodge. All are welcome to come and check out the numerous club opportunities here at the Lodge.
- **Karaoke Night** will be on Saturday, Oct. 9 at 5 p.m.
- **K. Hov will also be sponsoring a 50s party** on Oct. 9 from 11 a.m. to 2 p.m.
- There will be a **New Resident Dessert and Orientation** on Tuesday, Oct. 12 at 6 p.m. (call Cindy at the Lodge if you're new and would like to be included).
- **Night Club at the Lodge** will happen again on Friday, Oct. 22 at 5 p.m.
- **The Halloween Dinner Dance** will be on Saturday, Oct. 30 at 5 p.m.

I would also like to welcome any of you to call me and give me your suggestions for events for 2011. I would really like to change things up a bit this next year and many of you have some terrific ideas that would be really great to consider. The club and committee heads will be meeting for a big yearly event planning meeting on Oct. 19, so please try and connect with me before that time so we can put your ideas on the table.

I can't believe that fall is here and the 2010 year almost over, but I'm already getting excited for all the great times we'll be having together in 2011! See ya around the Lodge!

Gardening Tip #2

Going away during the summer and worried about your outdoor container plants? Gather the plants together in a kiddiepool and place it in a shady spot. Add an inch or two of water to the bottom of the pool. Finish this off with a wrapper of clear plastic. Plants can live in this makeshift greenhouse for a couple of weeks. -- **Land-scape Committee**

Classifieds July 2010

For Sale: 2000 Mazda MPV Van; excellent condition, low miles, V6. Blue Book \$5,190. All leather interior; all power; Just serviced, Call (951)769-2540

For Sale: '07 Kawasaki Vulcan 900 Classic with custom paint (9k miles) New: Metzler tires with Dyna Bead Balance, Mustang seat, Baron Air box, pro com III USB fuel map, and kuryakyn grips with Trottle Boss \$5,495 Call (951)769-8004

For Sale: New (ridden twice) professionally assembled, 26" Schwinn Beach Cruiser, Limited Edition. Front shock, with a fat boy seat. Paid \$240 sell for \$140. Mike (951) 845-7530

For Sale: 2008 Cal spa portable above ground spa, 7'x 7' with adjustable jets, seats 5 plus full lounge. It has a brand new deluxe spa cover & miscellaneous spa chemicals \$3,500 call (951) 845-6247

For Sale: Golf Clubs; Left handed mizuno MX-19 Irons; 4 iron thru sand wedge with winn grips; like new still in the box \$300, Call (951) 845-0492

For Sale: Black powder replicas matched set .36-cal. Navy Model Pistols. Good Condition EMF 44 cal, 3rd model Dragoon. A real nice pistol. 44 cal Navy model; all good shooters-extras call Bill (951) 797-0438

For Sale: 1853 Swiss percussion sporting rifle 41-cal. Original a gift to me from "The Lone Ranger" A good shooter in very good condition. Extras! Call Bill at (951) 797-0438

For Sale: Big 4 pc. Entertainment Center 9ft ceiling 11.5ft x 8.9ft; this is one of a kind piece; org. from Beverly Hills Mansion custom; see to appreciate sale: \$2,900; call (951) 769-3121 or (818) 481-2486

For Sale: Ethan Allen Cherry Coffee Table; excellent condition; 21"x36"; great for smaller living room; \$250; Floor Lamps (2); one with beige beaded shade \$50; one with glass shade-torchiere style \$50; call (951) 692-2065

For Sale: Two Ethan Allen nightstand (mansion collection) 3 years old. Excellent condition. Solid wood. Color #674 (off white); \$125 each. Original price \$499 each call Bill or Joan (951) 769-7697

For Sale: 1995 EZ GO \$2,800 call Earl (951) 769-4718

For Sale: Cat Tree \$75 or best offer (951) 849-8955

For Sale: Used Jet 2 Power Chair; runs great; adjustable speed; chairs is very nice condition with normal wear on one armrest. Must Sell \$599. Homeowner (951) 769-0014

For Sale: HP Media Center Personal Computer 845n with 1GB Ram, 2.53 GHZ Pentium 4CPU, HP F7017" Flat Screen Monitor, 106 GB Hard drive, CD ROM Drive, DVD-R DRIVE, and more. PRICE \$150. Lots of software Extra \$. Call Andy (951) 845-6247

For Sale: New Dresser Mirror; jewelry compartments each side 48" wide-very elegant -never used. Asking \$150 CALL (951) 769-9122

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Tips for Grilling Fruit



Steaks and burgers are not the only foods to enjoy on the grill. Add grilled fruits and vegetables to your next cookout menu. Grilling fruit brings out its natural sweetness and the flavor of the grilled vegetables is enhanced when they are lightly charred.

Almost any fruit can be cooked on the grill. Hard fruits such as apples, pineapples and pears are easier to grill than softer fruits such as peaches, nectarines, plums, and papaya. Softer fruits require more attention when being grilled to prevent overcooking, which will cause the fruit to become mushy. Softer fruit only needs to be heated, not cooked.

Grilling Instructions

1. Always begin with a clean, freshly oiled grill grate when grilling fruit (or anything!). Use this mantra: Keep it hot, keep it clean, keep it lubricated.
2. Select fruit that is ripe, but still firm enough to hold its shape when exposed to the searing heat of the grill. A short list of favorites includes apples, apricots, bananas, fresh figs, mango, papaya, peaches and nectarines, pears, pineapple, plums and pluots (a hybrid of a plum and apricot).
3. Choose the proper grilling method depending on the texture, size, and shape of the fruit. Pineapple, for example, can be spit-roasted if whole, direct grilled if in slices or chunks or indirect grilled if halved, hollowed and stuffed. Smoke-roasting is an option for some fruits. Dense, whole, round fruits, like apples and pears, do well indirect grilled or smoke-roasted whole in the skin (try them stuffed with butter, brown sugar, and cookie crumbs). You can use grill rings to hold the fruit upright.
4. Soft, succulent fruits, like figs, peaches, plums, and pineapple, are better suited to direct grilling over high heat. Cut them in half to maximize the surface area exposed to the smoke and fire.
5. Butter, sugar, and alcohol-based mop sauces (see below) tend to spark flare-ups, so maintain a safety zone on your grill where you can move the food to keep it from burning.
6. If the fruit is small (strawberries, kumquats, figs, cherries), thread it on bamboo skewers or use a grilling grid to prevent pieces from falling into the fire. Or, you can load up a flat skewer or telescoping fork, both of which prevent fruits from spinning.
7. For grilled fruit desserts, brush cut fruit with butter, thinned honey, simple syrup, coconut milk (sweetened or unsweetened), fruit liqueur, eau de vie (fruit brandy), fruit juice, maple syrup, molasses, wine, port, and/or corn syrup. One super easy, slam-dunk great dessert is to brush slices of your favorite fruit (bananas, peaches, pineapples) with melted butter, then sprinkle with sugar and spices like cinnamon, nutmeg, and allspice.
8. Sweet stuffing for round fruits, like hollowed apples and pears, might include toasted chopped nuts, coconut, candied citrus peel,

cream cheese, whipped cream, or warmed jam, and of course, butter and brown sugar.

9. For savory preparations, brush cut fruit with olive oil or melted butter, dust with chili powder or your favorite barbecue rub, stuff with cheese, and/or wrap with bacon, pancetta, or prosciutto. There are many possibilities. Some fruits, like figs, pair well with mustard.
10. Most berries are too fragile to grill directly, but make wonderful smoke-roasted crisps and cobbler.

Mop sauces are thin sauces that are applied to meat as it is being grilled on a barbecue or broiled in an oven. While containing a lot of flavor, the mop sauce is thin enough to leave a thin layer on the surface of the meat that is able to soak in as the meat continues to cook. A mop sauce is usually applied with the use of a hand held mop brush. It is not unusual for a mop sauce to be utilized to keep the meat tender and flavorful during the cooking process, and a thicker sauce added to the meat just before serving.

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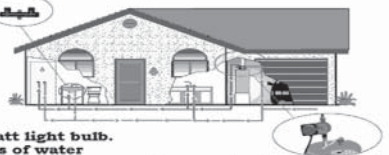
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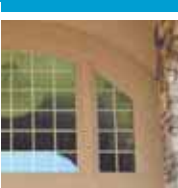
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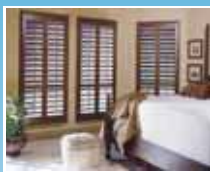
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