



Four Seasons

BREEZE

Magazine

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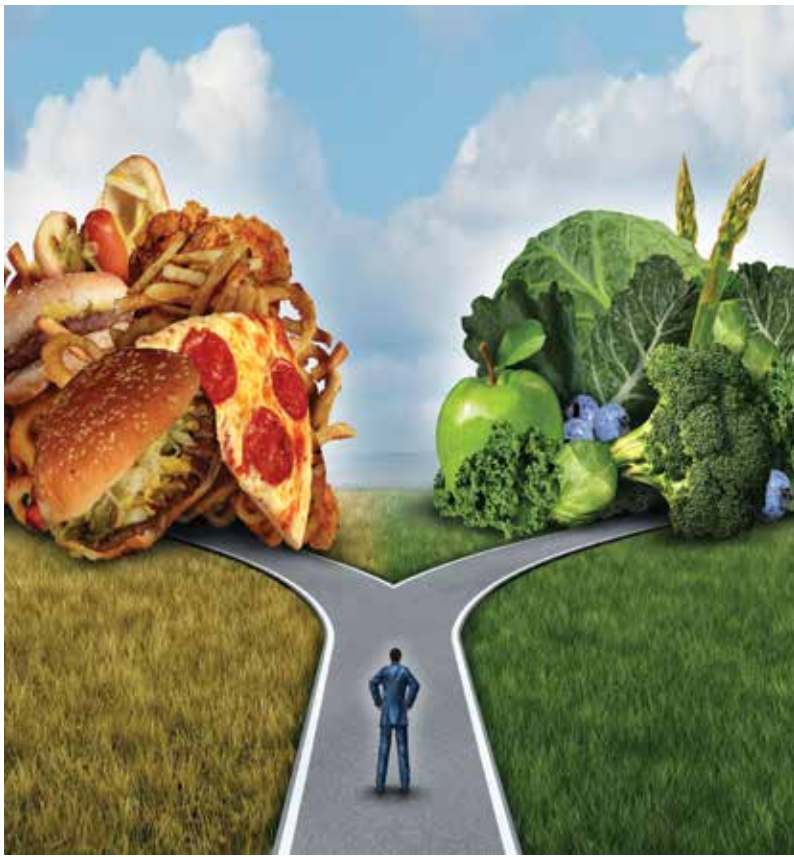


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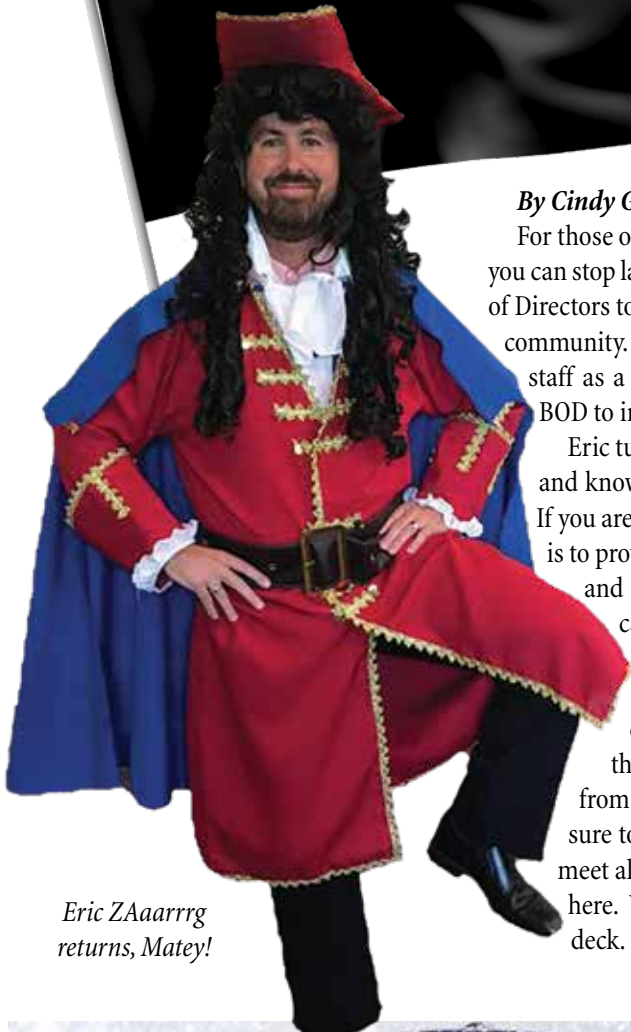
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**The HOA Board of Directors meets on the second Thursday of each month
in the Lodge Ballroom. The Executive Session is at 9 am and the General
Session is at 1 pm.**
.....

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HE'S BACK!



*Eric ZAaarrg
returns, Matey!*

By Cindy Graves

For those of you who lamented the departure of First Service's Eric Zarr eight months ago, you can stop lamenting. That's right, our wonderful Eric Zarr has been approved by the Board of Directors to take the helm of the FirstService Management team to serve the Four Seasons community. What a great Christmas present that announcement was to the breath-holding staff as a trail of prospective GM's marched through the Administration office for the BOD to interview and assess.

Eric turned out to be the man for the job. Not only does he already love Four Seasons and know many of you, but his proven excellent track record spoke louder than words. If you are new to the community and have yet to meet Eric, rest assured that his mission is to provide exceptional service and solutions that enhance the value of every property and the lifestyle of every resident in the neighborhood. He's a great leader and a caring and compassionate person. As you can tell, I'm totally biased and for good reason. We've worked well together with some intense problem-solving and he's even willing to let his hair down to have a little fun with the community as his "Captain Morgan" picture depicts from last year's Appreciation Brunch. If you get a chance, be sure to stop by the office and introduce yourself. He'd love to meet all the new folks who have moved in since he last worked here. Welcome aboard Mr. Zarr! It's nice to have you back on deck. The Manager's Report will return next month.



*Eric Zarr, our new
General Manager*

**HAPPY NEW YEAR
TO ALL
FOUR SEASONS
RESIDENTS
FROM EVERYONE
AT FIRSTSERVICE
RESIDENTIAL!**



2018 FAT OR FIT

By Marjorie Melendez

What is one of the most important things to consider at the start of the New Year? Perhaps your health. It is impossible to turn back the hands of time, but it is never too late to start making small changes toward better health habits.

One area where we have control is our diet. The best healthy diet is the one that you'll stick to over time. The combination of foods that will keep you both fit and happy are

bound to be unique to you, which is why most meal plans just don't work. Instead, consider replacing unhealthy foods in your diet with healthy ones that you enjoy eating. But what makes a food healthy or unhealthy?

Everything you eat is mostly made up of some combination of fat, protein, and/or carbs. Each of these "macronutrients" plays a crucial role.



Fat: The Good, the Okay and the Ugly

Your body needs fat for protection and warmth as well as cell growth and development. Fat can also provide energy when glucose isn't available. It is a mistake to think that eating fat is unhealthy. In fact, certain fats, like those found in nuts, seeds, and olive oil are associated with lower risk for Type 2 diabetes and heart disease. Over the past decade, science has gained a much better understanding of dietary fat and how it impacts our health. It is now clear that all fat is not equal. Some fats are associated with a lower risk of disease, while others may increase your risk for certain illnesses. This quick overview will make the difference clear.

Unsaturated Fats (monounsaturated and polyunsaturated)

Research shows that eating foods rich in these fats can improve cholesterol levels, lower blood pressure, and possibly stabilize blood sugar. Good sources of unsaturated fats include such foods as salmon, olive oil, avocados, grape seed oil, almonds, flaxseeds, olives, hazelnuts, pecans, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, mackerel, and trout.



Saturated Fats Saturated fats are found in animal products like meat and butter, and some vegetable oils, like palm kernel and coconut oil. Recent research indicates that saturated fat may not be as unhealthy as once believed. Still, there are reasons to reduce saturated fat intake. Studies suggest that consuming too much saturated fat can lead to high cholesterol, cardiovascular disease, and Type 2 diabetes. Good sources of saturated fat include lean beef, skinless chicken, plain yogurt, cheese, eggs and coconut.

When you do eat foods that contain saturated fat, favor natural options like eggs and leaner cuts of meat, or minimally processed dairy like plain yogurt and cheese. Wondering if you should choose low-fat dairy? Consider how much saturated fat yogurt you are eating. If meat and eggs are a big part of your diet, low-fat dairy might be the better choice.

"The evidence that saturated fat cause atherosclerosis and heart disease is compelling. It's consistent across randomized trials, large observation epidemiologic studies, and animal studies... It's not a risk factor. It's a direct, absolute cause," said Frank Sacks, Professor cardiovascular disease prevention at the Harvard T.H. Chan School of Public Health and Professor of Harvard Medical School.

Trans Fats Trans fats are terrible for our health. They raise bad (LDL) cholesterol and lower good (HDL) cholesterol, lead to the buildup of plaque in arteries and up your risk for heart disease and stroke. They are also linked to diabetes. Trans fats have been removed from most products, though some still lurk in shortening, donuts, cookies, crackers, French fries, margarine and microwave popcorn.

A gram of fat delivers nine calories, while a gram of carbs or protein delivers four. Losing weight and keeping it off for a lifetime requires you to focus on more than calories, but calories still matter. Reducing the amount of saturated fat in your diet, especially from heavily processed meats like hot dogs and deli meats will help you reduce your overall calorie intake. And when you eat healthy fats from foods like fish, nuts, seeds, and olive oil, you can feel good that those calories are contributing to your health.

Did you know certain foods may make you mean? A study from the University of California, San Diego linked the consumption of dietary trans fatty acids with increased feelings of irritability and aggression.

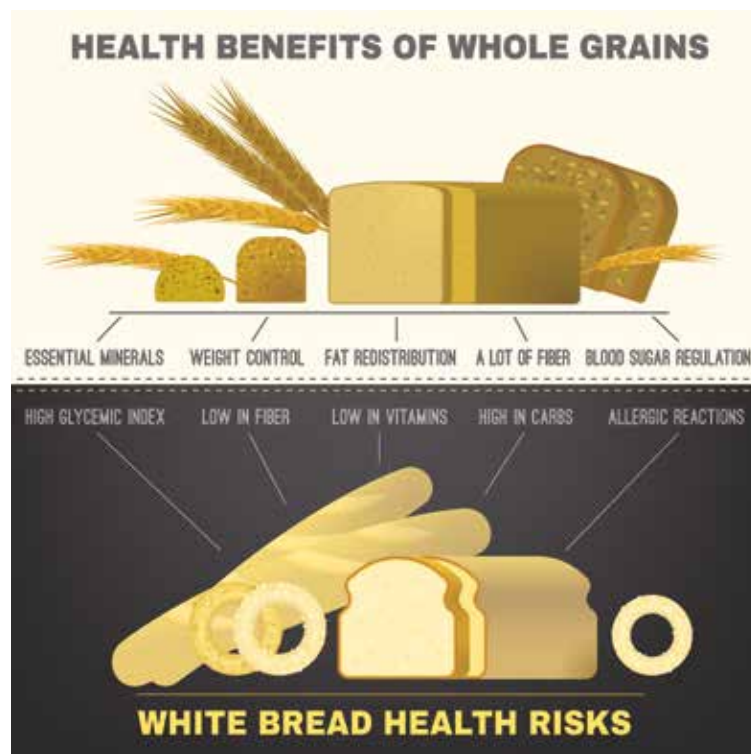


PROTEIN: DASH DIET BOMBSHELL

Your body breaks down protein into amino acids. An amino acid is the ultimate building block for muscles, organ tissues, nails and hair. They are all made of amino acids, as are the hormones and enzymes that keep cells functioning properly.

“One of the healthiest diets endorsed by the American College of Cardiology, and other health authorities is called the DASH (Dietary Approaches to Stop Hypertension). A DASH-style diet is low in saturated fat, sugar, and salt, and rich in fruits and vegetables. (It is also rich in nutrients like potassium, magnesium, calcium, and fiber.)

In 1997 a landmark study coauthored by Frank Sacks, found that a DASH diet lower blood pressure as well as some prescription drugs. That was a bombshell, because high blood pressure (hypertension) is a major risk factor for heart attacks and strokes,” according to the Nutrition Action Health Letter, November 2017.



The Nitty Gritty on Grains

Even if you are well-informed about nutrition, grains can be confusing. To get a clear picture of what makes some grains better than others, you need to know the difference between intact grains, whole grains, and processed grains.

INTACT GRAINS are grains like brown rice, barley, and quinoa, which have not been refined. They remain in one solid piece, so retain all their fiber. If you choose to eat grains, intact grains are the best choice. (see this month's Chef Corner page 29.)

WHOLE GRAINS are grains that have been cut into pieces to create a smoother texture. During this process some fiber is usually removed. Whole grains aren't as healthy as intact grains and they show up in a lot of empty calorie foods. When buying whole grain products, watch for unhealthy ingredients like added sugars.

PROCESSED GRAINS like white flour have had all their fiber removed to create an ultra-smooth texture. With no fiber to slow digestion processed grains convert quickly to glucose in your body, making them the least healthy of all.

FIBER

Fiber cannot be digested, so it fills up your stomach without adding calories. Fiber can also slow and reduce the absorption of glucose and cholesterol into your body, which is especially beneficial for people at risk for Type 2 diabetes or heart disease.

What about the fiber in foods like crackers, cereals, and energy bars? These processed, carb-rich foods deliver unhealthy ingredients along with that fiber, not to mention a lot of calories. Skip the processed stuff whenever possible, and get your fiber in the form of whole fruits and vegetables.

Carbohydrates For Energy

Your body breaks carbs down into glucose which it needs for energy. But glucose can build up in your blood and harm your health. That is why you want to get most of your carbs from fruit and veggies. Unlike most other carb-rich foods, fruits and veggies deliver a relatively small amount of glucose along with fiber, a substance that slows the release of glucose into your blood.

The bottom line

The evidence linking a healthy diet to better health is impressive. So, think about it and consider what small changes in your diet may be worthwhile. (source “Omadahahealth.com”) Info., Marjoie Melendez, Health Professional and member of TOPS, (909) 781-3223; Andi Henderson, (918) 497-6491.



Learn How To Better Navigate The Four Seasons Website

By Larry Workman

Over the past few months the Communications Committee, at the request of the HOA Board of Directors, has redesigned your community website. The new adaptive design allows the site to be easily viewed and worked with a smartphone, tablet or computer. However, that required the address to be changed to www.fourseasonsbeaumont.org. Note that the new address is missing the word “at,” and ends with “.org”. For a limited time, utilizing the old address will send you over to the new site after a few seconds.

Your previous login and password are retained on this new site. If you have forgotten them or wish to obtain these credentials, contact FirstService Residential management.

The design and layout of the website have been thoughtfully addressed to provide the user a logical method to seek its features. In most instances, there are multiple methods to arrive at a specific feature. You may realize that the menu, which appears across the upper side of the page on large screens, is replaced by a “hamburger” icon (three lines in a box) on the smaller screens. When the icon has

been selected, a variation of the menu appears along the left side of the screen.

A key function of the website redesign was to correlate it with the Daily Report, and the *Breeze*. This relationship will offer our residents current community and timely data. The Communications Committee will be offering a group of meetings that review this new design and help everyone become familiar with many of the new and exciting features. In addition to the HOA governing documents, one of the features is a set of community maps with trails, streets, phases, and districts, as well as facility descriptions and hours. Another is a schedule of the Salon services and pricing, along with Smitty’s full menu with prices and programmed dialing from your phone.

If you wish to find out more about our new community website, plan to attend our introduction and orientation meetings. We have three one-hour sessions on Wednesday, Jan. 24 at 10 am, 1 pm and 6:30 pm in the Lodge Ballroom. All levels of Internet knowledge are welcome.



Corbett holds the indicator in his left hand while making a call

Resident Ump Reaches Hall Of Fame

By Andi Henderson

"Y-E-E-E-R O-U-T!" yelled the gravelly-voiced umpire as the 18-year-old softball player raced to the base just after the ball reached the glove of the third baseman.

Actually, it was a third base *girl* who plays for USA Softball. And the umpire was Mike Corbett, a 31-year veteran of umpiring and a Four Seasons resident. Corbett has been honored by the USA Softball Association with a place in the (National Indicator Fraternity) NIF Hall of Fame.

To get this recognition, an umpire must have been chosen for National Championships at least three times. Corbett has been selected four times. He will receive his award in January and will be retiring from softball this year.

The NIF is an elite group of umpires for USA Softball, numbering only a few umpires, compared to 50,000 umpires nationwide. Corbett has been "umpiring" for 31 years. He enjoyed baseball as a boy growing up in New York City. He did not play in college, but in 1986 became interested in umpiring while playing softball at Norton Air Force Base where he was stationed.

After retiring as a Master Sergeant in the Air Force in 1991, he joined the San Bernardino and Redlands Police Departments, and continued umpiring.

To become a certified umpire a person must study the rules book, take tests and practice under a mentor. Corbett has mentored many rookie umpires. While umpires are paid for each game, Corbett doesn't do it for the paycheck.

"I don't do it for the money. The pay is only pennies. I really like officiating girls' fast-pitch softball. I do it for the players. When you have two good competitive teams playing it's great."

While enjoyable, there have been moments when a coach doesn't agree

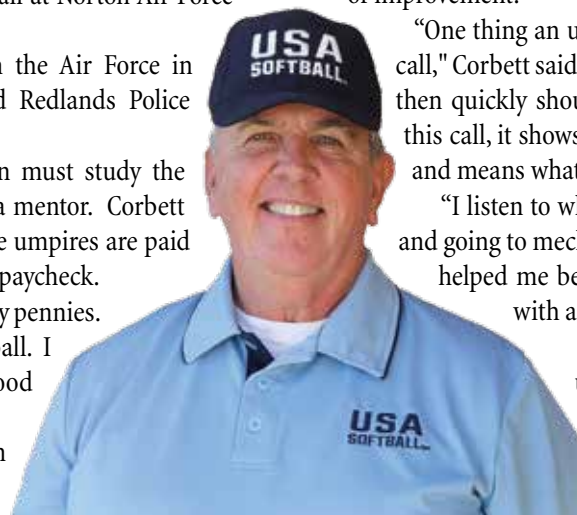
with one of Corbett's calls. "You learn how to read their faces when they come out of the dugout at you. If the veins are popping out on their faces and neck, I usually just tell them to stop a few feet from me and take a breath before speaking. That usually works!" All it takes for a coach to be thrown out of a game is one curse word.

To be an experienced umpire takes years of practice. The way an ump stands is important to seeing the strike zone. Looking through the "slot" and working angles is an acquired skill. Umpires in Charge (UIC) sit in the stands and rate the umpires so they can suggest ways of improvement.

"One thing an umpire has to do in close plays is sell the call," Corbett said "I see the play, picture it in my mind, and then quickly shout out the call." When he demonstrates this call, it shows with conviction that he saw it correctly and means what he says.

"I listen to what they (UICs) say," said Corbett. "That and going to mechanics clinics, rules clinics, and studying helped me be a better umpire." One must pass tests with an 85 percent or higher.

Corbett has really enjoyed his time as an umpire whether on base or officiating as the home plate umpire. "I'm going to miss it," he said.



PET OF THE MONTH: SNOOKI

My name is Snooki. I am a five-year-old French Bulldog. I was born in Yucaipa with four brothers and sisters. I was the runt, but you wouldn't believe it to see me now! My mom thinks I'm so special-I even have my own bedroom. Well, it's also because I snore and keep mom awake. Breakfasts are a special time with mom. Peanut butter and bananas are my favorite – yum! I love my squeaky toys and watching TV – especially the dog shows. My mom always tells me how much comfort I was to her when my master passed away four years ago. When she was sad I would sit with her until she felt better. Mom says I'm her best friend. My new master gives me lots of attention too and takes me on nice walks. Life is good. ~ *Joy Collins*

A heartfelt thank you to everyone who shared your pets, stories, and suggestions for Pet of the Month in 2017. I need your help to keep the momentum going in 2018. Canines, felines, and even fine feathered friends are all welcome here. That's why the name was changed to PET of the month. Owners of older pets are encouraged to participate so that you will have special photo memories of your best friend. If you have a pet that you'd like to feature here please contact me at (909) 705-9540 or alexexpressionsphoto@gmail.com.



Photo by Alex Woodcock, Alexpressions Photography



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do all the things you've always wanted to do!

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DID YOU KNOW?

By Micki Rosen

DID YOU KNOW THAT JAN. 1 IS BLOODY MARY DAY? There are three versions of the story of where the Bloody Mary was first made. Fernand Petiot, a bartender originally from France, claimed to have invented the drink in 1921 when he was working at Harry's New York Bar in Paris, which was popular with Ernest Hemingway and other American expatriates at the time. Veterinarian-turned-writer James Rollins claimed that the Bloody Mary was invented in the Hemingway Bar at the Ritz Paris. And New York's 21 Club claims that the Bloody Mary was first made there, though they have their own two versions of the story: one is that it was invented in the 1930s by a bartender named Henry Zbikiewicz, and another attributes its invention to the comedian George Jessel, who frequented the 21 Club. Where did the name come from? No one knows for sure.



DID YOU KNOW THAT JAN. 8 IS ARGYLE DAY? The argyle pattern comes from the tartan of the Clan Campbell, which originated in Argyll in western Scotland. While this pattern was used by members of the Clan Campbell for kilts and plaids, the argyle pattern has been worn in the form of patterned socks by various clans in Scotland from the 17th century. After WWI, the pattern became popular first in Britain and then in the United States because of its association with the Duke of Windsor. The Duke used the argyle pattern for his golf clothing, incorporating it for both his jerseys and the long socks that were commonly used as part of golf costumes during that period. Dig out your argyles and wear them today!



DID YOU KNOW THAT JAN. 17 IS CABLE CAR DAY? In early 1871 British-born, U.S. resident Andrew Smith Hallidie received the first patent in relation to the cable car. Hallidie's design for cable-propelled transit emerged when he witnessed horses falling, and even dying, while attempting to pull cars up San Francisco's steep Jackson Street. Two years after receiving his cable car patent, Hallidie set up the world's first cable car railroad on Clay Street. None of the original line survives but grip car #8 is preserved in Mason Street's Cable Car Museum.

DID YOU KNOW THAT JAN. 29 IS BUBBLE WRAP APPRECIATION DAY? OK, so it's not intentionally a toy, but the truth behind Bubble Wrap is perhaps even stranger. It was originally formed from two shower curtains being sealed together, and the inventors tried to market it as wallpaper. This wasn't the only misstep on its way to its true calling. The next thing they tried was to market it as greenhouse insulation, which was also largely unsuccessful. A year later they discovered its perfect purpose, and Bubble Wrap packaging came to pass. IBM was the first Bubble Wrap customer, shipping the IBM 1401 in air-cushioned comfort out to its many customers.



DID YOU KNOW THAT JAN. 30 IS CROISSANT DAY? The legend of how the croissant came to be is that in 1863, the Turkish Empire laid siege on Vienna, Austria. The Turks made several attempts to conquer the city by force but were unsuccessful, so they decided to try underground tunnels. The bakers of Vienna, who worked in basement storerooms, heard the sound of digging and alerted the city's army; thus the Turks were outwitted and defeated. In celebration, the bakers baked their bread in the shape of a crescent moon, the symbol of the Ottoman Empire. It became the custom to serve morning coffee with the crescent-shaped pastry. The legend says that over a hundred years later, Marie Antoinette introduced the pastry to the French, who named it "croissant."



We had a lot of entrants for our new contest in the *Breeze*. Get The Joke is a simple contest... somewhere in this issue is a "joke" ad, article or other notice. You'll know it when you see it — it will be silly, over-the-top ridiculous or just plain goofy — and hopefully it will bring a smile to your face. When you find it, simply cut out and complete the box below and return to the Lodge Front Desk before the 9th of the month. One correct entry will be chosen at random to win a \$20 gift card to Smitty's. Happy hunting!

DOG POOP COMMITTEE

There are quite a few homeowners with dogs and, as we see everyday, they love their walks; both the dogs and their owners. We also know what a pain it is to clean up after your dog when it leaves a deposit in someone's yard. So we have formed a committee who's job it is to patrol the streets and front yards of Four Seasons. We're looking for members who:

- Enjoy the outdoors
- Have a small spade/shovel
- Like dogs
- Have good eye-sight
- Don't mind weird smells
- Own walking shoes
- Have bags
- Enjoy wearing latex gloves



So if this sounds like you, please join us every morning, rain or shine. We meet at the Lodge Parking lot at 6 am and will patrol until 11:30 am when we take a lunch break at Smitty's. We resume at 12:15 pm and will patrol until it is dark. At that time, flashlights will be distributed. If you have a hat with a light, that is also very helpful. We finish our patrol at 12 midnight. Be sure to dress for the weather and bring umbrellas when necessary.

Cat poop will not be picked up. There is a separate Cat Poop Committee that is being formed for that purpose.

DECEMBER'S
← JOKE

DECEMBER'S WINNER:

Donna Lewis

Go to the Lodge to collect your gift card!

YOUR COMMENTS

Can I join the Dog Poop Committee? Once the Cat Poop Committee is formed please have them stop at 1554 Big Horn daily at 3 pm to clean Carmela and Bieber's poop box as I will be busy picking up dog poop. Donna L.

Very funny committee idea. Looking forward to the jokes you come up with in future Breeze publications. Thanks for all you do to inform and entertain us. Shelly M.

Sign me up for the night shift! Nicki M.

So good I almost believed it. Daphne M.

Cute idea. Ema H.

Who thinks of these things? Linda E.

This was the funniest thing I have read in the Breeze so far. Gail H.

Hilarious! The Breeze is top notch! Carole J.

Get the Joke Entry Form

Resident name (first & last): _____ Phone _____

The Joke This Month: _____

Comments (about the joke, the *Breeze*, or whatever's on your mind!): _____

Activities Director Corner

By Cindy Graves, Activities Director

A New Year and new beginnings! Welcome to paradise 2018.

Many people start thinking about new involvements this time of year. We have so many amazing groups with even more amazing people that participate in them. Perhaps you've been thinking about picking up that instrument you used to play and didn't really have anyone else to play with? Well, you're in luck! There just happens to be a group band forming, called "The Concert Band." Resident Will Eisenhower is heading that up, and there is a sign-up sheet in the Lodge Lobby for more information. This should be a really fun one, because we have so many very talented musicians who live here.

If "think-tanking" and ideas are your forte, there is another group called "Four Seasons Salon" forming. Contrary to the well-used title "Four Seasons Salon" which is referring to our hair, nails and massage facility, this "Four Seasons Salon Group" is focused around all kinds of heady thoughts and ideas (not political). Johanna Ballard, community member and intellect extraordinaire, is leading that group and is welcoming all who would like to be a part of it. See the sign-up sheet in the Lobby as well or contact Johanna Ballard at ballardlands@gmail.com.

When considering new involvements, don't forget your annual resolution

to eat more healthy food and exercise more often. There is nothing like revisiting a resolution that has become like an old friend that pops in for a bit of conversation to find out how you're doing. I love that little resolution. It's been so long since I've seen him around. There is a Four Seasons group to help keep that little resolution guy around a little longer this year, and it's called TOPS (Take Off Pounds Sensibly). They are super nice people and they have had a lot of success in reaching those long hoped-for weight and health goals. Check out the *Breeze* calendar to find out what time they meet, and, while you're at it, glance up to see what time the exercise classes meet and check those out. You'll find yourself healthier and happier than ever for a great New Year. There are so many clubs, groups and classes to explore (over 72 in all) that you could visit a new one every week and not duplicate your visits. Get curious and do something new for yourself this year!

I'm not even going to mention the fact that this is the month (For real) that the Ballroom construction is completed and out of our hair forever. Peek in the Ballroom this month and see if the magic is underway. I can only hope. I have seen all of the plans and I know that they are fantastic, so as soon as it's reality, it will be incredible! Stay tuned and find out!



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BEFORE **AFTER 6 WEEKS**

Expressing Gratitude in Four Seasons

The gorgeous decorations in the Lodge and elsewhere always make me so proud of our community. I am grateful for all the hard work and creativity put in by Terry Fears. So beautiful!
Martha B.

There are random acts of kindness happening in this neighborhood all the time. Some of the most precious acts of kindness that I consistently see are neighbors coming together when there is a loss of a spouse. These helpful, caring hearts and hands do everything from being a shoulder of comfort, to buying groceries, bringing meals and making daily check-up calls to be sure the newly bereaved is okay. What an invaluable gift to witness the kindness of others at such a vulnerable time.
Cindy G.

Amy Bardo, the facilities director, is the absolute kindest person.
Martha B.



I have a friend whose name is Pam Morales. She is a resident here and one of the most selfless and caring people I've ever met. We used to get together and play cards and go out and eat at least a couple times a week. Then I got sick with cancer. She became my advocate with the medical community because she was a nurse, she visited me all the time whether at my house, the hospital or assisted living. She has been what no one else could have ever been; my angel, my friend, my Four Seasons neighbor.
Melody S.

With a grateful heart I thank my wonderful friends for helping me survive the last year. Without you I know I would not be here today. From the bottom of my heart, thank you... I love you.
Ursula M.

Thank you to the social club for the wonderful show!

I recently had a conversation with Hubert, the Four Seasons Gate Guard. He was sharing how excited he gets the first week of December because he looks forward to going into the Walmart layaway and secretly paying off random accounts with kids items listed. I was so inspired that I ran right out and tried it for myself. After I paid several accounts off, Walmart sent a message for the parents to come pick up their paid Christmas items. I felt like a sneaky Santa, all lit up inside. Thank you Hubert for making my Christmas secretly special.
J. W.



If you have seen an act of kindness or have received one, please share with the community. Let's spread gratitude! Just go to the Lodge lobby and fill out a gratitude note and put in the box marked "Art of Gratitude." Thank you!



THERE'S
AN APP
FOR
THAT!

Organizing Your Apps

By Steve Benoff

Thank you. Thank you. Thank you. It's only because I write this column for both of my dedicated readers, that I've finally done something I should have done long ago. I currently have 122 apps on my phone, and that's after deleting some I realized I'd never use. So many times I've searched for an app that I know I have on my phone but can't find. I swipe through screen after screen looking for a needle in a haystack. When all else fails, I'll enter the name in the App Store. Instead of giving me the choice to install it, it will say open. That's a grossly inefficient way to find an app.

Since there seems to be an app for everything, I searched for app organizers in the App Store. No luck. All I found were a couple of apps for themes and wallpaper. It occurred to me that assigning apps to folders might be the answer. It turns out that folders are easy to create. If you press on an app icon for a couple of seconds on an iPhone, the apps start to jiggle and most of them appear with an X. If you press the X, you delete the app. If you drag the icon with your finger, you can change its location. If you drag one icon on top of another, the two nest together creating a folder. Your phone will suggest a name for the folder, but you can easily change the name to suit your needs.

So instead of having six screens of apps, I now have two. A screen and a half are individual icons for the apps I regularly use. Half a screen contains 13 folders. My Travel folder contains icons for 21 apps, among them the Lyft app, an app for the NY subway system, an art museum app, airline apps, etc. My Units folder contains only four apps – a unit conversion app, an angle meter, an altimeter, and a clock app. I have a folder for sports and one for apps for my home like a thermostat app and the great Four Seasons Gate app (DwellingLive).

It took several hours dragging and dropping to organize my apps, but I've ended up with a cleaner looking phone and one that's a lot

easier to use.

Speaking of easy to use, the Angle Meter app I mentioned recently turned out to be extremely useful during my trip to New York. My daughter moved into a new home several months ago but hadn't got around to hanging pictures. We hung close to thirty pictures, and each one turned out level because of the Angle Meter app. On another trip east, I tried unsuccessfully to use the Uber app. This trip I tried Lyft. The app worked great. I'm not convinced that the Lyft concept worked well for me. I'm sure the prices I paid so easily using the app were equal to or higher than the car service I've used in the past (which also has an app).

Thanks to the location feature in smartphones, the Home Depot app knew I was in the Brooklyn store without my having to tell it. It worked as well there as it does in Beaumont. Because my thermostat is on my home network, I was able to turn down my air conditioning setting from a vacation setting to its normal setting hours before arriving home from our trip - thanks to the thermostat app on my phone. And when the weather in Beaumont was twenty degrees hotter than New York, I used my sprinkler app to increase the watering.

Would you pay 99 cents to save a button press? I can hear the resounding answer from both of you – NO. Well, if you're a sucker like me, the answer is yes. I use my hearing aids to listen to phone calls and podcasts via Bluetooth. If I want to separate my phone from my hearing aids, I have to press and hold a button an uncertain length of time until the link is released or go to Settings, Bluetooth, find the device and press disconnect. Now with the Bluetooth Switch app I press the icon and press the device. That's it. No more connection. To me it's worth the 99 cents.

If you use an app you'd like to share with others, let me know at steve.benoff@verizon.net.

January Word Search

Find the words in the grid. Words can go horizontally, vertically and diagonally in all eight directions.

			K	L	R	P	M			
		E	N	F	N	V	H	U		
		S	M	C	V	G	H	A		
		B	F	I	L	Z	J	C		
		W	L	O	T	G	D	U		
			V	A	V	R	F			
		S	E	T	E	C	B	E	R	U
	F	S	H	A	A	C	K	L	T	A
M	L	M	Y	O	R	O	F	I	E	N
Y	A	S	P	C	M	M	S	M	C	A
T	C	F	O	R	U	F	Y	P	G	E
T	P	F	T	E	F	O	C	U	E	O
Q	H	H	H	V	F	R	S	H	F	Y
	I	I	E	O	S	T	G	V	I	E
		B	R	T	Y	E	D	N	N	L
	Z	R	E	M	S	E	R	L	E	I
H	E	R	R	I	P	B	K	L	L	F
T	J	N	N	A	O	W	T	C	G	A
P	L	A	E	A	O	O	R	Y	P	A
R	D	C	P	T	F	U	U	G	O	H
T	L	K	S	E	T	A	K	S	E	C
G	O	F	E	O	B	A	N	F	E	I
E	C	R	R	E	L	F	F	I	N	S
Z	N	O	L	L	A	B	T	O	O	F
	H	S	B	Y	W	T	A	S	L	I
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Jack Frost
Overcoat
Scarf
Skiing
Slippery
Sniffle
Turtleneck
Wintertime

For the Health of It Fitness



July 2018 marks our 11th year serving Four Seasons. We began our program with eight classes, offering Conditioning, H₂O Fit, and Chair Fitness. Over the years, our program grew with Four Seasons... we added classes, formats, and instructors to better meet the needs of residents. We are pleased with how committed many are to maintaining health and fitness goals. It's been amazing seeing progress and the health benefits gained.

We now see the need for a more structured system to ensure our program continues to work for you. This year we'll improve efficiency and add classes, formats and add a tracking/processing system. Effective January, we will have the first ever price increase to our program as follows.

New monthly rates for any combination of classes you attend:

8 classes: \$30 (2 per week)

12 classes: \$35 (3 per week)

16 classes \$45 (4 per week)

Unlimited will remain at \$50 per month

Walk-ins will remain at \$5

Last month we registered many in the new system. This system offers the option to pay with a debit/credit card. It will also enable residents to sign waivers and class policies electronically. Contact me if you need assistance with the sign-up process.

My staff and I want to thank you in advance for your support and we look forward to being of greater service to you for years to come. Info., Carmen Lopez, (909) 892-5141. ~ *Carmen Lopez*

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FACILITIES COMMITTEE

2017 was a busy year for us with a number of maintenance and improvement projects such as the exterior Lodge painting, installation of the UV lighting and automated pool systems, and the street seal coats in residential phases A&B.

The wrought iron fence painting in phases A&B that was started in November should be completed in January, weather permitting.

Also, the conversion of the two tennis courts at the Lodge to pickleball courts has been completed. The players are enjoying the additional playing time the eight new courts provide. The shade covering at the pickleball courts is being reconfigured and will be reinstalled when the modifications are complete.

The Lodge "re-lamping" is finished and the new carpet and flooring for the Lodge has been approved. The new flooring will be installed in the first part of the year after the repairs on the Ballroom are completed.

Additional benches for the Bocce Ball courts have also been approved.



We are looking forward to the opportunities and challenges that 2018 will bring to us in maintaining and improving our wonderful community.

We meet in the RCN building on the third Tuesday of the month at 8:30 am. We always welcome residents to join us and share their ideas or concerns.

We would like to wish everyone at Four Seasons a happy New Year!
~ Bruce Lewis

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EMERGENCY PREPAREDNESS COMMITTEE



Emergency Preparedness Committee is happy to announce that Four Seasons at Beaumont will be hosting their first-ever CERT Training class in the RCN Building. Sign-ups will start in January. All three days must be attended in order to be certified.

The dates are:

- Friday, Jan. 26, from 5 to 9 pm
- Saturday, Jan. 27, from 8 am to 5 pm
- Sunday, Jan. 28, from 8 am to 5 pm

~ *Nelly Alcocer*



Top: Volunteers work hard in CERT Training
Bottom: Some of the CERT supplies

LODGE COMMITTEE

Now that the holidays are over, and we are taking down the decorations, and taking back our presents, we look forward to starting the New Year. The Lodge Committee is once again very busy with new projects. We are looking forward to the installation of the new flooring in the Lodge. This will include tile hallways, new carpet in the Billiards Room, Theater, Library and Card Room. The Bistro will welcome the installation of carpet tiles that can be easily cleaned or removed if necessary.

We are also anticipating that the expansion of the Craft Room will begin soon. This will allow access between the rooms and alleviate much of the crowded situation that currently exists.

I hope everyone is enjoying "Pay-Per-View Saturdays" in the theater. We ran into a snag in November as there were technical issues the vendor had to resolve. But as of the first week in December they have been up and running. We are looking for good attendance on that night, in order to ensure that we can continue showing the

newer movies in the future. So, everyone, please come on out on Saturday afternoon or evening. I am sure you will enjoy the show.

We are asking that those of you who purchase current DVDs and might be willing to lend them to the staff for showing on a movie day, contact the front desk and let them know. The Movie Sub-Committee meets every other Monday to schedule the movies for the next two weeks, and we would love to know if other options are available for showing. Thank you for your generosity.

I am sad to report that this will be my final *Breeze* Article, as I am leaving the committee the first of the year. We are in need of at least two members and a Chairperson, and encourage anyone interested in helping to preserve the usability and look of the Lodge as well as the Salon and Bistro, please apply.

We meet the fourth Wednesday of the month at 11 in the RCN Conference Room. ~ *Ann Blair*

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SOCIAL COMMITTEE

Greetings! Apologies as our article for November did not include pictures from our Fall Fashion Show so we have added them to our January article. A great big thank you again to our Fashion Show singer, Dave Rohrbacker, and our beautiful models, Janine Rohrbacker, Jeanne Pelletier, Victoria Santillan, Barbara Mull, Barbara Dipoma, Jan White, Maureen Flowers, Brenda Ystram, Janet Lara, Karen Reed, Jill Anderson, Barbara Goodreau, and Wanda Valentine. Also many thanks to our Fashion Show Co-chairs Linda Cunningham and Laura Fazio and our Decorator, Jeanette Pacheco. Many thanks to our special helpers, Joyce Tautrim and Sandy Buelna.

This was a fabulous show!

Our New Years Eve Party was a smashing success and we danced all night long! DJ Tony worked his magic once again and gave us all a night to remember! A huge thank you to my event Co-chair Marion Herron, Jeanette Pacheco, Pepsi Powers, Tom Herron, and Bob Powers and the decorations team for making this such a beautiful, fun-filled evening.

Due to Ballroom renovations our Paint Night scheduled for Feb. 3 had to be canceled. May you all have a happy and healthy 2018! ~

Pamela Morales



Choices.

We all make choices constantly. We explore options, we weigh the benefits, we ask for advice from people we trust. We take the time to make the best choices possible, because whether it's making big life decisions or just resolving to eat a little more healthy, over time the choices we make come to define us.

So it's even more important that you have strong choices when it comes to medical care. Fortunately, our community has a world-class local option: the doctors and staff of Beaver Medical Group. For over 70 years, neighbors have trusted Beaver to get the best possible care and to help them make informed decisions about their health.

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It's no coincidence that every year since 2010, Beaver has been voted **"Best Medical Group"** by local newspaper readers. And for the past three years, we've won **"Best Urgent Care Center,"** too. As Beaver continues to expand in the Inland Empire—including two major new facilities planned in Beaumont and Banning—people recognize that Beaver doesn't just serve this community, we're part of this community.



When it comes to medical care, there's a clear decision: your local choice is also the best choice.

Community. Commitment. Local Care.





RULES & REGULATIONS COMMITTEE

How many of us make New Year's resolutions each year and don't always keep them? Here is a very easy one. Try something new by joining one of Four Seasons many clubs, groups or classes. There are so many from which to choose. Each month, the *Breeze* includes articles that describe what each club or group has been doing. You can learn new card games, enjoy outdoor sports such as pickleball and bocce ball or expand your knowledge of wine at the monthly meetings of the Taste d'Vine Club. You can watch movies, knit, sing, learn to dance... well, the list is too long to mention all of them.

There is a club or group for almost every interest. And if there isn't, you have the opportunity to create your own club! If you wish to start your own club for cat owners, calligraphers or whatever interests you, there are a few steps you must follow. An application must be submitted to the Board of Directors with an official club name, club captain and alternate. Captains must be in good standing with the Association. The club must be for residents only, be open to

all residents, have 10 or more members and be established for at least three months. Activities must be held on-site and must meet at least once a month. Should your club wish to collect money in the form of dues, fundraisers or ticket sales, there are additional rules that must be followed and can be found in the Community Guidelines.

It's fun to learn new things or participate in the activities you already enjoy. The start of the New Year is a great time to begin. We hope 2018 is a wonderful year for all Four Seasons residents. We are fortunate to live in a community with so many activities to choose from so let's make the most of it! Happy New Year from the Rules & Regulations Committee!

As a reminder, the Rules & Regulations Committee meets on the second Tuesday of each month at 9 am in the RCN Conference Room. If you have an issue or concern you would like to discuss or just want to observe, you are always welcome to join us. ~ *Margie Chadburn*

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ARCHITECTURAL REVIEW COMMITTEE

The ARC team wants to wish everyone a happy, healthy and prosperous New Year!

In November, the committee reviewed and approved 42 new or amendment property applications. The ARC members also completed 29 on-site reviews of completed work (Exhibit C) and granted four extensions for pending approved plans.

Q. How do I use the new Express Exhibit A form when I am installing a Satellite Dish?

Return the signed Express Exhibit A form with a photo showing the satellite dish completed installation location. Now you will be able to negotiate a due date with your vendor without waiting for neighbor signatures and ARC approval of Exhibit A. No Exhibit C is required. (Reminder: satellite dishes must be installed in a location that is least viewable from a common area and at a minimum distance of three feet behind the side gate.)

Q What does the volunteer committee member look for when they do the site inspection for the Exhibit C?

We look at your original approved Exhibit A form, compare it to the photos you have submitted with your Exhibit C completion form and then set an appointment with the homeowner to do the onsite review. Some work will not require an appointment. For example, if you installed a satellite dish, painted your garage door or just widened your driveway, we can see this from the sidewalk and will

not need to take your time for the review. Our goal is to have an accurate property file for you that shows where you started and the improvements that you have completed.

Q. What if I can't attend the ARC meeting, but you have questions about my submission? Do I need to wait until the next meeting?

We understand that many of our residents have conflicts that prevent them from attending our meetings. Please indicate on your Exhibit A form if you would like us to call you during the meeting to answer our questions. We will need a contact number where we can reach you during our meetings.

ARC meets on the first and third Wednesday of each month in the RCN Conference Room at 8:30 am. We welcome visitors to our meetings. ~ Joanna Olsen



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25 DOCUMENTS, January 16

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COMMUNITY CPR, January 25 @ 10 am

Sarah DeLucia from American Medical Response teaches you the basics of hands-only CPR. You never know when you might need to use this valuable skill to save a life!

VISION BUCKET & CRAFT CLASS, January 30

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H0545_FUY2015_149 Accepted 07/28/2015

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LANDSCAPE COMMITTEE

You may have seen your Landscape Committee regularly walking throughout certain districts with front yards that are maintained by the HOA. We do these walks in response to homeowner landscaping requests and also to ensure that all yards meet the standards we've established here at Four Seasons.

During our morning walks we sometimes observe signs of overwatering and/or malfunctioning sprinkler systems. Unfortunately, this problem exists throughout our community. When we see a resident using so much landscape water that it runs into the street and then continues down the street for some distance – it's time to take notice and take action, especially if this occurs on a regular basis.

Over a year ago we reminded you that California was in its fifth year of a state-declared drought – and that Governor Brown had issued an executive order to reduce the state's urban water use by 25%. Today our situation is even more critical.

The State has now declared a Stage 2 Water Emergency due to the prolonged drought conditions. Consequently, the California Department of Water Resources has adopted emergency regulations restricting water use. The following water-wasting activities are now prohibited:

- Overwatering lawns and landscapes such that excessive runoff flows into adjacent property walkways or parking lots.
- The application of potable (drinking) water to sidewalks and driveway.
- The use of a hose that dispenses potable water to wash a motor vehicle, except where the hose is fitted with a shut-off nozzle.
- The use of potable water in a fountain or other decorative water feature, except where the water is part of a recirculating system.
- Irrigating turf on ornamental landscapes during and 48 hours after measurable precipitation.

When you see any of these prohibited activities occurring in our community, there are several options you may want to consider. If you feel comfortable doing so, simply inform the homeowner politely that the above activities are now prohibited by law. Another option is to obtain a one-page summary of these emergency regulations from The Beaumont-Cherry Valley Water District and leave it at the residence. Free copies are available at the BCVWD office in Beaumont. A third option is to anonymously report violations online by going to the BCVWD website: <https://bcvwd.org/report-water-waste/>. The Water District has assured us that they will follow up on each report and keep the information you provide strictly confidential.

Finally, we must all remember that cooler weather requires less landscape watering — so periodically check the settings on your sprinkler system and adjust accordingly. ~
Gloria Johnson



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SAFETY COMMITTEE

2017 was a productive year for the Safety Committee. We were able to complete and have a number of projects approved to enhance safety inside our community. These projects include a traffic survey, crosswalks, additional AEDs, 911 phones at The Summit and The Courts, address and room identification signage at all of our recreation facilities, and a camera system at our new facility, The Courts. A big thank you to all of our Safety Committee members, Finance Committee, Management, and Board of Directors for their hard work and support.

The biggest concern still being voiced to the Safety Committee is speed of traffic on Four Seasons Circle and our traffic circles. The posted speed limit is 30 mph; monitor your speed and adhere to the posted speed limit. Traffic circles are basically a one way street with those in the circle having the right of way. Please slow down as you come to the traffic circle and make sure it is safe before entering.

Right hand turns into and out of the circle only. At each traffic circle entrance/exit is an unmarked crosswalk put in place by KHOV, please watch for pedestrians who may be crossing here as well, they have the right of way. Many have witnessed vehicles and golf carts turning left in the circles as a "short cut." This puts the driver of that vehicle and others in the circle at risk of a head-on collision.

Free AED training will be Monday, Jan. 22, at 10 am. The location will be the Ballroom or RCN depending on the construction schedule. Sign up in the Lodge Lobby.

The Safety Committee is looking forward to another good year of helping to keep our community safe. We would like to wish all Four Seasons residents a happy and safe new year. If you have any safety concerns please join us our next meeting, Tuesday, Jan. 9, at 10 am in the RCN Conference Room. ~ **Donna Lewis**

COMMUNITY PLANNING & TRANSITIONING COMMITTEE

This committee is making good progress in meeting its objective to carefully plan the HOA takeover from K. Hovnanian which is anticipated will occur within the next two years. The committee continued to review the Lodge parking lot capacity study, installation

of a dog park and potential modifications to the amphitheater.

We welcome homeowners' interest. Our meetings are at 9 am on the fourth Thursday of the month in the RCN Conference Room. Please come visit us. ~ **Johanna Ballard**

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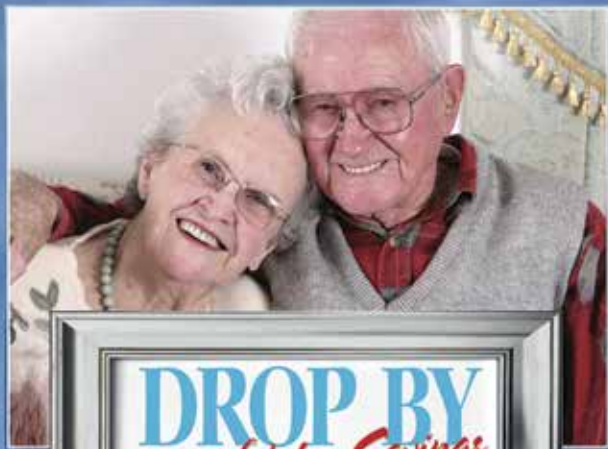
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Southwest Style Quinoa

By Irene Welker

Here is a healthful, light, easy to make one pan meal that takes less than an hour from start to finish. The recipe is vegetarian, but can easily be converted for meat eaters by substituting chicken broth for the vegetable broth and adding 3/4 pound cooked, cubed or ground, meat in step two. Serves four.



INGREDIENTS

- 2 Tablespoons olive oil
- 1/4 Cup finely chopped yellow onion
- 1/4 Cup chopped green bell pepper
- 1 small jalapeno pepper, finely chopped
- 1 clove garlic, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1 Cup uncooked quinoa, rinsed and drained
- 1 Cup vegetable broth
- 1 (14.5 ounce) can Fire-Roasted diced tomatoes, undrained
- 1 (15 ounce) can black beans, drained and rinsed
- 1 Cup canned or frozen corn, drain if using canned
- salt and pepper to taste
- Suggested toppings - any or all may be served with the completed dish: sour cream or con crema, fresh sliced avocado or guacamole, chopped cilantro, sliced green onions, shredded cheese

DIRECTIONS

Step 1. Heat oil in a large skillet over medium- high heat. Add onion, bell pepper, jalapeno, and garlic. Saute, stirring frequently, until onion is tender, about 3 to 5 minutes. Add cumin, chili powder, and salt, stirring until fragrant, about one minute.

Step 2. Stir in quinoa, broth, tomatoes, beans, and corn. Adjust salt and pepper to your taste. Bring the mixture to a boil then cover with pan lid.

Step 3. Reduce heat to simmer and cook until the liquid is absorbed, approximately 20 minutes.

Serve warm and enjoy!



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BUFFALO CHICKEN SALAD:	SALAD TOSSED WITH BLUE CHEESE CRUMBLES, CELERY AND SHREDDED CARROTS TOPPED WITH CRISP CHICKEN STRIP PIECES, DRIZZLED WITH COOL RANCH AND BUFFALO SAUCE	\$8
LOBSTER SALAD:	A PERFECT BALANCE OF LOBSTER, EGG, CELERY, GREEN ONION AND A TOUCH OF MAYO ON TOP OF CRISP SALAD GREENS AND TOMATO SLICES WITH CUCUMBERS, LEMON WEDGES AND CITRUS DRESSING	\$10
ORIENTAL CHICKEN SALAD:	A CRISP SALAD TOPPED WITH CRUNCHY CHICKEN STRIPS, PINEAPPLE, BELL PEPPERS, WON-TONS AND SWEET & SOUR DRESSING	\$8
ORIENTAL SHRIMP SALAD:	A CRISP SALAD TOPPED WITH SHRIMP, PINEAPPLE, BELL PEPPERS, WON-TONS AND SWEET & SOUR DRESSING	\$9
SOUTHWEST CHICKEN SALAD:	SALAD WITH CORN, BLACK BEANS, CHEESE, TOMATOES, CRISP TORTILLA STRIPS TOPPED WITH GRILLED CHICKEN BREAST, SALSA AND RANCH ON THE SIDE	\$8

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NEIGHBORHOOD WATCH



Thanks to the FirstService Management employees for making 2017 a successful year and supporting the numerous programs presented to our residents.

Our December program was well-attended and the presentation by the Beaumont Police Department was interesting. Our new Deputy Chief of Police for Beaumont, Anthony Onodera, was introduced. Thank you to Chief of Police Sean Thuilliez for attending and introducing Deputy Chief Onodera.

Four Seasons' Neighborhood Watch now has a Facebook page. If you would like to join the group, go to the Search area and type Four Seasons Neighborhood Watch, then click "Join." Answer one of the three questions and submit.

Once the Administrator can verify that you are a Four Seasons Beaumont resident you will be added to the group. Please read the "About" section for rules and guidelines to follow when posting or commenting on the Facebook page.

Our next general meeting is Jan. 10, and the program will be presented by the city of Beaumont Animal Control. Please put the date on your calendar.

The Neighborhood Watch Steering Committee wishes all of our residents a safe and happy New Year, and remember "if you see something, say something." ~ *Jerry Monahan*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lodge Hours: Mon. - Fri. 6am - 9pm Sat. & Sun. 7am - 9pm The Summit: Daily 7am - 9pm	1 Happy New Year! All Facilities Closed 8-Ball Club 6:30p	2 Knitting & Crocheting Billiards for Fun 10a Billiards for Fun 10:30a Billiards for Fun 1p	3 World Watch Steering Com 1p Singing for Seniors 2p Amateur Radio Club 5:45p Motorcycle Club 6p 8-Ball Club 6:30p Pack Walk (Summit) 7p	4 Take a Hike 8a Wild Bunch Billiards 11a Cue 4 Two 4p Kiwanis Club 6p Cue 4 Two 6p	5 Seasoned Solos 6p 8-Ball Club 6:30p	6 Birding Club 8a Pack Walk (Lodge) 8a Billiards for Fun 10:30a Billiards for Fun 1p Karaoke 5:30p
7 Machine Quilting Open Studio 10a	8 Curly Cues 10:30a Bereavement Group 1p Four Seasons Singers 3p Watercolor Open Studio 4p 8-Ball Club 6:30p	9 Book Club 9:30a Knitting & Crocheting 10a Computer Tech Group 10:30a Billiards for Fun 10:30a Billiards for Fun 1p Writer's Club 1:30p All Seasons RV 5p 4x4 Seasons Group 7p	10 World Watch General Mtg 10a FRS Radio Group 12p Singing for Seniors 2p Taste d'Vine Steering Comm 4p Amateur Radio Club 5:45p 8-Ball Club 6:30p Pack Walk (Summit) 7p	11 Wild Bunch Billiards 11a Board of Directors Meeting 1p Cue 4 Two 4p Kiwanis Club 6p Cue 4 Two 6p Roadrunners RV 6p Classical Music Club 7p	12 Let's Dance Party 4p 8-Ball Club 6:30p	13 Pack Walk (Lodge) 8a Billiards for Fun 10:30a Billiards for Fun 1p
14 Machine Quilting Open Studio 10a Counter Cultural Cinema Club 6p	15 Curly Cues 10:30a Bereavement Group 1p Four Seasons Singers 3p Watercolor Open Studio 4p 8-Ball Club 6:30p	16 Knitting & Crocheting 10a Billiards for Fun 10:30a Billiards for Fun 1p Camera Club 6:30p	17 Singing for Seniors 2p Amateur Radio Club 5:45p 8-Ball Club 6:30p Pack Walk (Summit) 7p	18 Wild Bunch Billiards 11a Cue 4 Two 4p Taste D'Vine 5p Kiwanis Club 6p Cue 4 Two 6p	19 Community Family Radio 10a 8-Ball Club 6:30p	20 Private Party All Day Pack Walk (Lodge) 8a Billiards for Fun 10:30a Billiards for Fun 1p
21 Machine Quilting Open Studio 10a Chavurah Film 3p	22 Curly Cues 10:30a Bereavement Group 1p Four Seasons Singers 3p Watercolor Open Studio 4p 8-Ball Club 6:30p	23 Knitting & Crocheting 10a Billiards for Fun 10:30a Billiards for Fun 1p Performing Arts Club 4p	24 Website 101 Class 10a Website 101 Class 1p Singing for Seniors 2p Amateur Radio Club 5:45p Spring Boutique Vendor Mtg 6p 8-Ball Club 6:30p Website 101 Class 6:30p Pack Walk (Summit) 7p	25 Wild Bunch Billiards 11a Cue 4 Two 4p Kiwanis Club 6p Cue 4 Two 6p	26 HAM Radio Cub 10a CERT Classes 4p Games with Gail 6p 8-Ball Club 6:30p	27 Private Party All Day Pack Walk (Lodge) 8a CERT Classes 8a Billiards for Fun 10:30a Billiards for Fun 1p
28 CERT Classes 8a Machine Quilting 10a Counter Cultural Cinema Club 6p	29 Curly Cues 10:30a Bereavement Group 1p Four Seasons Singers 3p Watercolor Open Studio 4p 8-Ball Club 6:30p	30 Knitting & Crocheting 10a Billiards for Fun 10:30a Billiards for Fun 1p	31 Singing for Seniors 2p Amateur Radio Club 5:45p 8-Ball Club 6:30p Pack Walk (Summit) 7p	<div> JANUARY 2018 </div> <div> This calendar reflects only a portion of the activities and events held at the Lodge. Every attempt possible has been made to accurately reflect times and dates of activities. However, activities, dates and times are subject to change without notice. </div>		

Below schedules may change, cancel or reschedule at any time. Check with Lodge Desk for updates.

Physical Exercise Schedule

EXERCISE

Conditioning	M/W/F	8:30a
Beginning Conditioning	M/W/F	9:30a
Zumba Gold	T/Th	9:30a
*Yoga	M/W	5:45p
*Pilates	T/Th	8:30a

	Sat	9a
*Kick Boxing	Sat	10:15a
*Water Aerobics at Lodge	M/W/F	10:30a
Summit	T/Th	5:45p

SUMMIT POOL (7 AM- 9 PM)

Lap Swimming	Daily	7-9a
Walking/Open Swim	Daily	9a-7p
(except during Water Aerobics)		

*Need to maintain 10 or more participants or classes may be canceled.

There is a fee.

COURTS POOL (7 AM- 9 PM)

Lap Swimming	Daily	9a-7p
Water Volleyball	Thurs	11a-12p

DANCE

Let's Dance!

Beginners	M	6p
Intermediate & Advanced	M	7p
Practice	Th	6p

Line Dance

Very Beginners	T (odd months)	2:30p
Intermediate	T	3p

Advanced	T	3:45p
Heart & Soul	W	4p
Heart & Soul Intermediate	W	7:30p
HORSESHOES	W (Summit)	9a

PING PONG

All Level Ping Pong	M-Sat	10a
	T	10a
Advanced Play	T	2p

TENNIS

Club Play Time	2nd, 3rd Th	5p
Tennis Meeting	3rd T	4p
Play Day: Sat., Dec. 9 (open to all -not just members)		8:30a

BOCCE BALL

T	9a
W, F	3p

LADIES PUTTERS

M	6p
F	9a

PADDLE TENNIS

M	6p
W/F	8:30a, 6p
Sat	6p
Sun	8:30a, 6p

PICKLEBALL

Entry level	M-Th/Sat	7a
	Th	6p
	W	8:30a, 4p

SHUFFLEBOARD

M & Sat	9a
Sun	12p

BASKETBALL

F	5p
---	----

Class Schedule

CLASS DAY TIME

ARTS & CRAFTS

Ceramics	W	1p
	Sat	9a
Clay Class	Th	1p
	Sat	10a
Craft Group	Th	10a
Crafty Cardmakers	1st, 3rd Fri	1p
Drawing & Sketching	M	10a
	W	6p

BIBLE STUDY

Women's Bible Study	F	10:30a
Life Guide Bible Study	T	7p

OTHER

TOPS Weigh in	T	8a
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Game Clubs

GAME DAY TIME

Bid Whist	1st, 3rd F	2p
Bridge	M	12p
Bridge for Fun	M, W	12p
Bunco	2nd, 4th F	1p
Canasta #1	Th	12:45p
Canasta #2	W	1p
Dominoes, Billiards	W, F	4p
Dominoes	W, F	5p
Duplicate Bridge	F	12:15p
Hearts	T	6p
Mah Jongg for Fun	M	12:30p
Mexican Train	M	12p
Mexican Train #2	1st, 3rd, 4th M	1p
Pan	2nd & 4th M	9:30a
Phase 10 Cards	2nd M	4p
	3rd Sat	3p
Pinochle	W, F	10a
Poker	T, Th	9a
Rummikub	Sun	2p

Meetings

BOARD OF DIRECTORS DAY TIME

Executive Session	Jan. 11	9a
General Session	Jan. 11	1p
Committee Chair Mtg	Jan. 15	10a

COMMITTEES DAY TIME

Architectural Review	Jan. 3	8:30a
	Jan. 17	8:30a
Communications	Jan. 17	11a
Comm. Planning & Transition	Jan. 25	9a
Emergency Prep (EPC)	Jan. 16	10a
Facilities Committee	Jan. 16	8:30a
Finance Committee	Jan. 30	1p
Landscape	Jan. 16	1p
Lodge Committee	Jan. 24	11a
Rules & Regulations	Jan. 9	8:30a
Safety Committee	Jan. 2	10a
Social Committee	Jan. 4	5p

OTHER DAY TIME

Breeze Editorial Board	Jan. 3	10a
	Jan. 10	10a

Calendar changes?
Please complete a Calendar Change Form found at the Front Desk in the Lodge by the 8th of the month to make it in for the following month's calendar.



COUNTER CULTURE CINEMA

Happy New Year everyone! We hope you had a wonderful holiday season. We have two well-reviewed small gems for you this month:

Our first monthly screening, on Sunday, Jan. 14 at 6 pm, is the film *My Cousin Rachel* (UK 2017, 1 hr. 46 min., English). Here is a brief description from IMDb.com: “A young Englishman plots revenge against his late cousin's mysterious, beautiful wife, believing her responsible for his death. But his feelings become complicated as he finds himself falling under the beguiling spell of her charms.”

Our second monthly screening, on Sunday, Jan. 28 at 6 pm, is the film *Maudie* (Ireland 2017, 1 hr. 55 min., English). Here is a brief

description from IMDb.com: “An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.”

All of our screenings are followed by lively discussion about the film. We'd love to have you join us. The Lodge Theatre has very limited seating. If you're interested in our screenings, come early. We hope to see you there. Please note that all films announced are subject to availability. If you have any questions about the Counter Culture Cinema Club or want to recommend a film, please email Micki Rosen at michelesrosen@gmail.com. ~ **Micki Rosen**

TASTE D'VINE

Taste d'Vine Wine Club of Four Seasons is excited to ring in our first meeting of 2018!

We start the year with a look back at some of Total Wine's most popular wines of 2017. They will go through their archives to find two of the top selling white wines and two of the top selling red wines. Some of the wines may be familiar to you, but we are hoping to introduce a new “favorite” into your wine collection.

Taste d'Vine Wine Club is pleased to bring you the Best of 2017 Wines at January's meeting in the Ballroom on the third Thursday of the month, Jan. 18 at 6 pm. Doors open at 5:15 pm. Please bring a favorite wine and an appetizer — such as crackers, cheese, desserts or anything in between — to share with your table. Members \$5, guests \$10. Info., Terry Hall, (714) 369-0828. ~ **Terry Hall**

COMPUTER TECHNOLOGY

We meet on the second Tuesday of each month at 10:30 am to discuss topics about technological tools and applications that have become part of our world. The meetings are open to everyone and we welcome questions and suggestions for future meeting topics. We try to announce the current month's topic via email in advance of the meeting. Come on out and enjoy our informative discussions. ~ **Howard Lyon**



Artist of the Month Stan Parry



Teacher Rob Kelman

CREATIVE DRAWING & SKETCHING CLASS

This is the perspective of our Artist of the Month, Stan Parry.

I thoroughly enjoy my experience in Rob's Drawing class. I have been attending his Monday morning class for more than five years. I also try to attend on Wednesday evenings when I can.

Of course, I attend for the drawing experience, but the other students make for a great social event. I have enjoyed art and took a lot of art classes years ago, back in junior high and high school.

After graduating from high school I took a display design course. This led to a career in freelancing ladies and children's speciality stores. I worked for a major department store for six years. After retiring, I began making a variety of crafts for several gift shops. Since moving here, I have participated in the Four Seasons Craft Fair.

I have learned a lot from Rob's instruction. I think Rob Kelman is a talented and very experienced teacher. Come join us and discover your hidden talents.

Classes are FREE. We meet on Monday mornings 10 am to 12 pm and/or Wednesday nights from 6 to 8 pm. Any questions, call Rob Kelman (951) 992-9156. ~ **Rob Kelman.**





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FOUR SEASONS VETERANS

The Veteran's Club at Four Seasons was formed in September 2013. Our mission is to recognize all the veterans living here at Four Seasons. To date we have 100+ neighbors recognized as veterans of the many wars our nation has endured. These veterans are recognized in our Honor Roll website, www.fourseasonsvets.org.

Our club is quite unique. We don't have structured meetings, collect dues, or costs to be involved. Your military service to our country has made you a paid up member for life.



NEW YEAR'S DAY

January 1, 1776 - During the American Revolution, George Washington unveiled the Grand Union Flag, the first national flag in America.

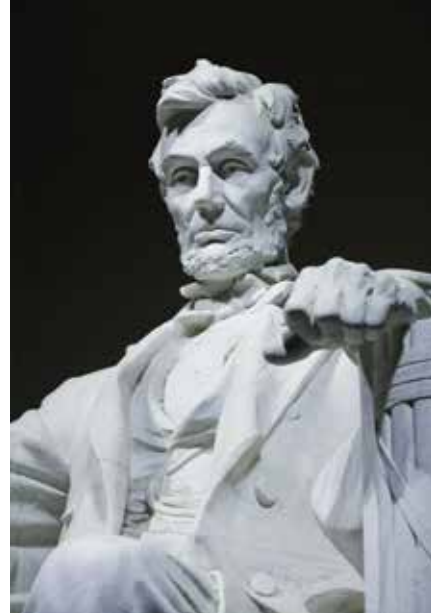
President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863, as the nation

approached its third year of bloody civil war. The proclamation declared "that all persons held as slaves" within the rebellious states "are, and henceforward shall be free."

And I further declare and make known, that such persons of suitable condition, will be received into the armed service of the

United States to garrison forts, positions, stations, and other places, and to man vessels of all sorts in said service.

And upon this act, sincerely believed to be an act of justice, warranted by the Constitution, upon military necessity, I invoke the considerate judgment of mankind, and the gracious favor of Almighty God.



Veteran sign-ups are on Wednesdays, 12 pm near the Bistro Lobby. Contact me if you plan to attend. We will take your photo at the Wednesday Interview meeting for inclusion in the "Honor Roll" www.fourseasonsvets.org. Contact Irve Sturner, irve@verizon.net, (949) 422-9969. ~ Irve Sturner





REAL ESTATE

MASTERS GROUP



I speak Mandarin Chinese!

Lisa Chan
Broker Assoc. SRES
Sun Lakes Resident
CalBre#01755347
(951) 218-3936
lisachanw@gmail.com



Pat Ranney
SRES
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CRAFT GROUP

Happy New Year! We will have our first meeting of 2018 on Thursday, Jan. 4, at 10 am in the Craft Room. We'll be sharing ideas for projects in the coming year and working on individual crafts if time permits.

Please join us, we love to welcome new crafters or make crafters out of new friends. For information please call Pam Kelley at (951) 769-7967. ~ **Barbara Paules**

CRAFTY CARDMAKERS

We have some new meetings for the New Year. We will continue to meet on the first and third Friday at 1 pm in the Craft Room for our regular cardmaking sessions. The cost is \$6 and we make three cards. All materials are included, but we ask that you bring your own scissors and glue. We always have a fun afternoon and leave with our beautiful handmade cards!

Our news is that now we will also be meeting on the second and fourth Friday at 1 pm in the Craft Room. On the second Friday, Vallerie will be having an advanced class... great fun and you don't want to miss these classes. On the fourth Friday, Patty will be having a class which will include making projects. At our last meeting, we made a Santa box holding hot chocolate and candy canes!

The cost for these classes will be the same: \$2 per project or card.

If you have any questions, please feel free to contact me at chorbaparadise@yahoo.com. ~ **Maryalice Chorba**

CERAMIC CORNER

Whether your resolution was to start something new, meet more neighbors or just do something fun, the Ceramics Class is a great way to start the New Year. We have something for the novice crafter looking for a new hobby, or someone who has experience and wants to create their own unique design or create pieces for friends and family. In addition to individual projects, we also offer class projects throughout the year to teach new techniques.

Come and join in the fun. Drop by the Craft Room to see our monthly ceramics class schedule and learn more about our upcoming class projects.

We meet on Wednesdays from 1 to 4 pm and the first Saturday of each month from 9 am to 1 pm. Please see class schedule for any exceptions.

A certified instructor and/or an experienced class team lead is available to support your crafting needs. Participation is at your own pace and frequency.

Information, contact Bob Powers at (909) 841-3293 or Elsie Fillman at (661) 414-6270. ~ **Pepsi Powers**

KNIT & CROCHET GROUP

The entire group hopes that everyone in our community had very happy and safe holidays and we wish everyone a Happy New Year. We had a nice holiday potluck brunch at The Summit in December. We have also decided that one of our projects for 2018 will again be making baby blankets for the San Geronio Hospital Women's Center. This is always enjoyable, and they are very appreciative. Come join us in the New Year from 10 to 11:30 am each Tuesday. ~ **Dorothy Payne**



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BUNCO

We play on the second and fourth Fridays of the month. Bunco is very easy to play and it's a great way to meet new friends. We meet in the Lodge Card Room at 1 pm sharp.

Don't forget to grab a drink at Smitty's or even have lunch beforehand. Come and join us! ~ **Ema Hajdukovic**

MAH JONGG

Everybody is welcome to join us for Mah Jongg at 12:30 pm on Mondays in the Rec Center North. We accept beginners and offer coaching for those who have not played in several years. A current Mah Jongg card is required but you can borrow or copy one until you get your own. You do not have to own a Mah Jongg set to join the fun, so come on out! ~ **Barbara Goodreau**

PAN

We are looking for players, substitute players, and people who are interested in learning the game. I am happy to teach anyone who wishes to learn the game, either individually or in a small group, your home or mine. Pan is a card game, much on the order of gin in some respects, and played with up to eight people at a table. It is played by both men and women, so all are very welcome. The game can be played in the day, evening, in a room in the Lodge or in private homes. If you are interested, please call Linda Mendelson, at (951) 941-9100 or email Goldtoy@earthlink.net and I will answer any questions you may have. As are all card games, it is played with both skill and luck. ~ **Linda Mendelson**

CANASTA #1

Join us for an afternoon of friendship and fun while playing a game of Hand and Foot Canasta. We meet Thursdays in the Card Room from 12:45 to 4 pm. Table assignments are distributed at 12:45 pm. Each week, you may play with someone different, giving you an opportunity to meet new friends and/or visit with old friends. We supply the cards, so just bring yourself and a desire to have fun. If you don't know how to play, we are always happy to set up a teaching table — by the end of the afternoon you will have mastered the game. Come join us. ~ **Melody Seewoster**

PINOCHLE FOR FUN

Join us! Whether you are a seasoned player or new to the game, we welcome you. Pinochle is an exciting card game where you bid and bluff to name trump and take control of the game. This stimulating game is a time-honored favorite. Winning is not just the luck of the draw; it is a thinking game which teases the mind and keeps it sharp. We play with a Pinochle double deck of cards, Ace through 10s. We meet at the Summit Mondays and Wednesdays from 10 am to 12:30 pm. Our Chair is Karen Farmer. Contact is Johanna Ballard; ballardlands@gmail.com or cell, (626) 372-7049. ~ **Johanna Ballard**

BRIDGE

Once again we welcome the New Year with the beginning of good things to come to enhance our lives here at Four Seasons. The Original Bridge group is stronger than ever and we just celebrated eleven years of enjoyment playing this stimulating game.

We invite you to join us each Monday at 12 noon in the RCN. The setting is lovely, the group congenial and it is a nice way to spend an afternoon each week. Please feel free to call Helen (951) 845-9312 or Gordon Sheppard at (714) 390-2610 for more information about the classes of instruction by a professional teacher.

May there be a "Grand Slam" in your partnership to start celebrating 2018. ~ **Helen Shoemate-Gurley**

DUPLICATE BRIDGE

We are very fortunate here at Four Seasons to be able to accommodate the very successful ACBL Sanctioned game of bridge. The facility comfortably provides room for classes, twelve tables for bridge and a convenient snack room.

The club is expanding under the direction of Barbara Revels who is a skilled instructor and director. Call her at (951) 530-1523 for further information and reservations. We look forward to meeting one another each Friday at 12:15 pm in the RCN Building. Please call Helen at (951) 845-9312 for information regarding our club. ~ **Helen Shoemate-Gurley**



Uptown Divas Bid Whist Group Annual Christmas Party & Potluck

UPTOWN DIVAS BID WHIST

At our annual Christmas Party & Potluck last month we enjoyed lots of delicious food, drinks, holiday music, conversation, laughter, a fun gift exchange (thank you Jan White) and then we played Bid Whist, of course. A wonderful time was had by all who attended. Thank you FirstService staff. We appreciate your assistance throughout the year.

We meet the 1st and 3rd Fridays in the Lodge Game Room at 2 pm. We wish you blessings and peace! ~ **Deborah Garner**



BRIDGE FOR FUN

If you are looking for a new activity in this New Year consider playing bridge. We have a great group that play each Monday and Wednesday at noon in the card room. We continue to expand our group and usually have four to five tables. If you have never played before come and watch and see if it is of interest to you. Bill Guy is available to teach the basics of the game and also help former bridge players to update and improve their game. All of us in the Bridge for Fun group wish everyone a very happy and prosperous 2018. For information on Monday or to learn the game call Bill Guy at (951) 845-5627 or Wednesday info call Verina Rector at (951) 769-1687. ~ **Tom Halley**

RUMMIKUB

Join us Sundays from 2 to 4 pm. Please try to show up at 1:45 pm as we always welcome help setting up. Have fun with new friends and old friends. Rummikub is played at a table with tiles and a holder for each player's tiles. Players begin with 14 tiles. Initially a player "goes down" putting out a group of at least three tiles totaling 30 points. If unable to play, then you must draw one tile from the remaining Rummikub tiles. Play ends when one person uses all their tiles. Remaining players then add the total numbers of their tiles for a score. Zero is the best score.

If you like Rummy and mah jongg, then you would certainly like Rummikub. We play in the Lodge Card Room. We also will set up a learning table for newcomers. Hope to see you there. If you have any questions, call Lian Lee, (951) 907-3809 or Mike Saperstein, (951) 769-7909. ~ **Mike Saperstein**



PHASE 10

We play the second Monday and the third Saturday of the month. Every week we have a training table and we welcome everyone. We start at 4 pm on Mondays and 3 pm on Saturdays. This is fun and we are friendly so come on down and check us out.

Contact: Cheri Howard (951) 756-1216 or howards1249@gmail.com. ~ **Cheri Howard**



HEARTS

All are welcome. The game is played with a single card deck, no jokers, and 52 cards. We play three, four, or five at a table. No scheduling necessary. We play on Tuesdays at 6 pm in the Card Room next to the Library. A group has played here at Four Seasons for nine years. Seating is random draw, no partners, individual scores. It is easy to learn, harder to win. Players will teach. Games last approximately two hours. Lowest points win. If you have questions call Mike Saperstein (951) 769-7909. ~ **Mike Saperstein**

DOMINOES

For the month of November we had a tie for the domino championship. Robert Turner and John Bragg both won with 15 game wins. There was no playoff held because of Thanksgiving. Nicely done Robert and John.

In December we had a short month due to Christmas and New Year's. I hope that everyone in the "Domino Group" and at Four Seasons Beaumont had a wonderful holiday.

During the holidays we take a week off from dominoes, otherwise dominoes are played every Wednesday and Friday from 5 to 9 pm in the Lodge Game Room. Come out and join us everyone is welcome. For more information call Jesse at (951) 769-2035 or Reggie at (951) 769-6463. ~ **Marvin Gaines**



November Co-Champs: Robert Turner and John Bragg

PERFORMING ARTS CLUB

We hope everyone enjoyed their respective holidays, with friends and family. Regarding the holidays, a big thank you to everyone who attended our Holiday Show. Not only has the choir been improving, but so have you, our audience. Your applause and positivity help us put on a better show. Special thank yous go out to our sound, lighting, and stage crews: Stan Sweeney, Michael Rothberg, Larry Goodreau, Andy Shipper, John Barilone, Teri Di Marino, Jeff Davidson, Pete Antoine, and Marianne Mendoza. Our accompanists were Bertsey Seim (piano), Anne Savy (flute), and Lois Farr (violin). For this fun show we have actors to thank: Tom Glover as Frosty, John Horning as The Grinch, Bruce Lewis as Rudolph and finally, Fred Weck as Santa! And yes, we are most fortunate to have Barbara Wasco as Choir Director and Cindy Graves as Activity Director. These two women put a lot of effort into making this performance special and noteworthy. Many months prior to the holidays, Barbara researches many songs, and then, it seems to the choir, she chooses the most difficult ones. She has the patience of a saint, because what the choir starts out sounding like is a far cry from where we finish. Cindy Graves is a heroine in her own right... booking the non-choir related talent portion of the show and more. This year she outdid herself by having the beautiful voice of Joanne LaPointe entertain us. Overall, it was an awesome show that everyone seemed to enjoy immensely. You can see that it takes a small village to put on a show! Thanks again!

**Radio Show
Read Through/
Audition-Lite
Jan. 17, 6 pm
Location TBD
Check with
the Front Desk**

In November, we held elections for President and Secretary. Cathy Goldsmith is taking over the Presidency from our Group Facilitator, Barbara Wasco and I am assuming the Secretarial duties from Jane White. We owe a lot to these two women who worked tirelessly to help our group grow and succeed in so many ways. Thank you both for your time and commitment. I am very confident that Cathy brings a special skill set to her new role and I will continue to write the *Breeze* article in addition to taking the meetings' minutes.

Our next show, is one of your favorites, the Olde Tyme Radio Show. It will be on Saturday, March 5. In order to do this performance we need men and women to be our actors! There is zero memorization. We read directly from the scripts. It's easy-peasy and not a lot of rehearsals! However you do need to act. At our last radio show performance we had passed out questionnaires asking for your advice on future shows. We have reviewed your responses and will be bringing you new show titles to enjoy. On Wednesday, Jan. 17 at 6 pm, we will be having a "read-through" (audition-lite) of both shows. It will be held in the Lodge but the specific room is TBD. When I have the room, I will post it in Four Seasons-NextDoor or you can check with the Front Desk. It's a lot of fun to participate. I hope to see many new faces at the read-through. If you have any questions regarding this please don't hesitate to contact me at (951) 992-8156 or terimk@verizon.net. ~ Teri Meyers-Kelman

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LINE DANCING

Our group had so much fun dancing over the holidays. Seems like any time we have the room and the music, most of the dancers come. There will be a free sock hop Jan. 12, 5 to 8:30 pm in the Ballroom. Everyone is invited. Our favorite DJ will be providing the music. Buy dinner from Smitty's and BYOB. We will provide ice, water and glasses. Of course, this all depends on Ballroom construction.

I have had many new dancers this past year, most of them caught on after the first few weeks of instruction. This month has a very beginners class from 2:30 to 3 pm every Tuesday in the Ballroom. This is for very beginners only and you must attend each class to go

on to the next. There are five Tuesdays this month, so you have an extra week. Line dancing is taught by steps. Once you learn some basic steps, those same steps show up in other songs just in a different order.

Since you don't need a partner, line dancing is easier to learn. And line dancing has many "variations" adjusting for personal preferences or physical limitations.

Come join us and let me help you get some exercise and meet new friends all at the same time.

Information, Martha Franck, (951) 769-3889. ~ **Martha Franck**

HEART & SOUL LINE DANCE

Happy New Year to all my dancers, past and present. I hope that 2018 brings each you good health. May you get the opportunity to explore and experience new things that will keep you happy and relaxed. I look forward to another year of bringing fun dances. See you on the dance floor.

Join us for classes on Wednesdays from 4 to 5:25 pm (Beginner) or 5:30 to 6 pm (Intermediate).

See you on the dance floor! Information, Priscilla Robles, (909) 239-6464. ~ **Priscilla Robles**

LET'S DANCE

Happy New Year! Remember your New Year's Resolution to get fit and have more fun? Our group offers both. We will resume classes on Monday, Jan. 8, in the Ballroom. The featured dance for January will be the Foxtrot. The Foxtrot is the most common slow dance people use. It is a great foundation dance that helps couples learn how to dance together, i.e. lead and follow each other, learn basic footwork, and begin to learn about timing. It is easy to learn and therefore fun to do.

Our teachers are professionally-trained dancers and instructors offering top quality instruction at a bargain price. They have endless patience and understanding. We, the students, are just ordinary folks who enjoy moving to the sound and beat of the music. The exercise for our bodies and our minds is a bonus and keeps us fit. This is a

great way to meet our neighbors while learning something new and having fun!

Reminder to singles: Our Let's Dance Group has opened the class for a single resident of Four Seasons to bring a dance partner who does not live in Four Seasons. This is a new development and we encourage all singles to take note.

Our schedule is: 6:30 to 7 pm, beginners, \$5 pp (fun and easy); 7 to 7:30 pm, intermediate; 7:30 to 8 pm, advanced, \$5 pp. An hour and a half, covering basics through more advanced dance, is only \$10 pp. What a bargain!

Come join us on Mondays in the Ballroom, you will be glad you did! Contacts: Puring or Gary Stifter at (951) 922-8333 or at purings@verizon.net. ~ **Sue Condurachi**



RAINBOW GROUP

The Four Seasons Rainbow Group offers an informal opportunity for our LGBT neighbors and any other residents who are interested in meeting with us, to keep up to date, meet new members and to have a relaxing dinner together. We usually meet in alternate months on the fourth Thursday – our next meeting will be on Thursday, Jan. 25 at

6 pm. We gather at the atrium in the Lodge, order food at Smitty's and then move to the Lodge Card Room. Feel free to bring your own adult beverage, if you desire, and appropriate glassware. Everyone is welcome.

Any questions can be directed to Dale at (951) 797-0364. ~ **Dale Beckes**

SEASONED SOLOS

If you are single and enjoy a variety of activities, then Seasoned Solos just might be the group for you. We currently have 20 plus members.

At each meeting we discuss what is going on in the Inland Empire and plan activities for the coming month, from local lunches and dinners to excursions to Presidential Libraries, Redlands Bowl, Metro Link trips into LA and the beach train to San Juan Capistrano. There's not much that we won't consider doing.

We meet on the first Friday of each month in the Lodge Craft Room at 6 pm.

For further information call Joyce at (951) 850-3055. ~ **Joyce Olson**

CLASSICAL MUSIC CLUB

We are classical music lovers with an interest in sharing our love, knowledge, and interest in classical music. We meet on the second Thursday of each month at 7 pm in the Theater. We listen to and watch musical selections on the big screen. Each month we focus on a particular work or several selections of one composer. We also discuss current musical performances in the area. We welcome new members. Contact Steve Benoff at steve.benoff@verizon.net or (310) 413-4896. ~ **Steve Benoff**



"We just got home from singing at The Lakes and at The Lakes Memory Care this morning. The Four Seasons Singers gave so much of themselves at these performances. The funny thing is that my choir receives so much from the residents there - some former Four Seasons Residents themselves."

~ **Barbara Wasco**



FOUR SEASONS SINGERS

The Holiday Show is over and we hope you enjoyed our selections. We had lots of fun with Santa, Rudolph, Frosty and the Grinch.

The Singers have still been busy. We sang at The Lakes Residences and at the Lakes Memory Care. It made our hearts swell like the Grinch's did to see the smiles on the resident's faces. We also had our annual Potluck dinner at the home of Gary and Purin Stifter.

The Four Season Singers will be taking a rest, but then we will be right back at it preparing for the April Show.

If you would like to join or have questions about the Four Seasons Singers, call (951) 797-3466 or email me at bawasco@dc.rr.com. ~ **Barbara Wasco**



BEREAVEMENT GROUP

The more I learn about bereavement, grief and mourning, the more I learn about how difficult it is for most people to just have their feelings without judging themselves or worrying about how others see them, or how they are affecting those around them.

Our culture does not view death as a natural process. Not really. Of course we know that all living things will die, but that's about as far as the conversation generally goes. We often fight death as if it is a dreaded enemy, as if it is a battle to be won or lost, as if we have failed when it ensues.

Some of that is completely understandable, for death forces us to say good-bye to those we hold dear, and makes us learn how to live without them. How painful that is. But how much we add to that pain by worrying if we are crying too much, if we are crying for too long, if we should be doing something besides crying, if we are upsetting our friends and family by crying, if we should accept offers of help, if we should not accept offers of help, if we should mention the deceased, if talking about them makes others unhappy, if not talking about them makes others unhappy, if we should get rid of their belongings or keep them, if we..., if they..., if... if...if. Oh my! Our poor, tortured hearts and heads.

We talk about all of these things in the Bereavement Group. Of course the goal is for each person to do what feels right to them. It is their loss. It should be their way of grieving, without all of the voices in their heads telling them what to do or not to do.

It is much easier to achieve some internal peace when there are others to share thoughts and ideas with. And of course in every group there are some struggling with the same issues and some struggling with others. We help each other by talking out loud, not just in our heads.

It is so wonderful to watch new participants when they realize that they are not that different from the others. Week after week, as they get to know each other, peace flows in and inner discord diminishes. What gifts we can be to each other.

If you are struggling with what is the right and/or wrong way to move forward during this painful and difficult time of loss and sadness, please come join us. We will be glad to listen and glad to share what we have experienced.

Our group meets on Mondays from 1 to 3 pm in the Crafts Room in the Lodge. You may just come in and join us or you may call me first if you prefer. I can be reached at (951) 922-0934 or by email at lauriemlarson425@gmail.com. All contact is confidential. ~ **Laurie**

Larson

William Thomas, Ph.D. *Licensed Clinical Psychologist*

Dr. Thomas is an expert in psychological assessments, mental status examinations, psychotherapy with individuals, couples, and families. He has been in practice for more than 25 years. His specialties include Emotional Focus Couples Therapy (EFT), Special Education Assessment and Accommodations (PL94-142), ADHD assessment and treatment, and Employee Assistance Programs (EAP). Insurance network participation include Blue Shield, and Blue Shield of CA, Magellan, Kaiser, MHN, MHSA, Optum, United Health Care, UMR, and TRICARE.

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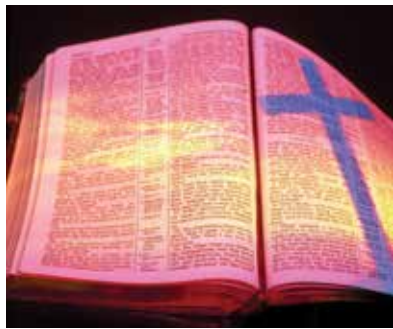
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LIFE GUIDE BIBLE STUDY

We will resume regular meetings on Tuesday, Jan. 9 at 7 pm. Due to renovation in the Ballroom, we expect to be meeting in the RCN during this month. Jim Seim will be leading a continuation of our study in Philippians, "Immersed in Christ's Joy;" the apostle Paul shares with us the secrets of a happy life that is focused on our true riches in Christ.

We invite interested residents to join us in learning from God's Word. Please contact Doc or Letha Sellars with any questions or comments at (951) 797-3302 or docletha72@gmail.com. ~ **Doc Sellars**

"BELIEVE..." WOMEN'S BIBLE STUDY

Wow! "Believe..." Women's Bible Study is beginning its fifth year on Jan. 5! It has been an interesting and hopefully enlightening and strengthening five years. We have learned a lot from each other, as we studied the Word together. In January we will have four lessons on God's love for us, and how we are to show Him love in return. We began with this topic five years ago and are going to revisit these concepts to refresh our memories and hopefully strengthen our relationship with Him.

Beginning in February we will be studying Titus, Philemon and Jude in the New Testament, and then go on to the lesser read books in the Old Testament. It will be an interesting study, and may be interspersed with studying women's issues.

However, to top off 2017, we celebrated at a potluck luncheon and party in the Ballroom on Dec. 15. We completed our "Where Jesus

Walked" series first and then dismissed for the festivities. All the ladies were able to laugh and chat together, and had a great time celebrating the wonderful Christmas season. We played a couple of really fun games and ended with something to think about: "If Jesus came to your house."

If you are looking to join a Women's Bible study, please come and meet these wonderful women and share in the study of the Word. It's a non-denominational study and any version of the Bible is acceptable. We meet every Friday from 10:30 to 11:45 am in the Card Room. C'mon over! We'll be looking for you! ~ **Eileen Gilbert-Antoine**



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"Frmmm mrrrr
grammm." ~ Al, 32

"Mrrr ar rmmmm
umr mrr." ~ Jill, 48

INTERCESSORY PRAYER GROUP

Happy New Year, Intercessors, friends, and neighbors. We made it! I pray that 2018 will bring "Peace" good will, completeness, safety, soundness, welfare, health, prosperity, tranquility, contentment and friendship to every household in Four Seasons Beaumont.

We will not meet on Monday, Jan. 1, but, we hope to see you in February. ~ **Cookie Bonner**



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*Chavurah Jewish Social Club,
Chanukah Latke Party & White
Elephant Exchange last month*

CHAVURAH (HA-VU-RAH) JEWISH SOCIAL CLUB

The Second Annual Chanukah Latke Party and White Elephant Exchange was Dec. 17, at The Summit. A variety of delicious, fascinating, and innovative latkes, traditionally using potatoes — were enjoyed. Not only potato latkes were created, but the giant latke and veggie latkes — zucchini, sweet potato, carrot and gluten-free — were enjoyed by guests who also enjoyed homemade applesauces, jellies and jams, and flavored sour-cream. Traditional desserts included rugelach, babka, and mouth-watering jelly donuts (safganiyot), carmel apple noodle kugel, Chanukah cookies, gelt (chocolate coins), a cupcake menorah, double-deep chocolate Chanukah layer cake, holiday challah, chocolate toffee matzo crackers, pies, chocolate chip coconut macaroons, and a variety of cookies and cream truffles. A White Elephant Exchange followed the latke party with new and old treasures exchanged (many times) by the enthusiastic members.

Our next event is the monthly 'Movie Night & Bagel Bash', held the third Sunday of each month at 6 pm. Lox, cream cheese and bagels are served, along with potluck desserts and drinks. A \$2 donation is requested for each event. Events are in the Card Room, followed by

the movie at 6:45 pm at the Theatre.

The Event and Social Committee members are getting input for the Passover Seder, which starts March 30. If you are interested in serving on the Passover Committee, please contact Nancy Justice or Sandi Barletta for more information.

To find out more about our events, contact one of the Committee Members. We hope to see everyone at these amazing events of the Chavurah Jewish Social Club. If you know of others who would be interested in joining us, let us know. Those outside of Four Seasons only have to contact committee members with their names for guard gate entry for each event.

Contact chairpersons to learn more about our educational and cultural programs:

Ernie & Dr. Zee Knapp, Founders, Co-Chairs: (714) 423-4755

Nancy Justice, Social & Movie Chairperson: (951) 769-5804

Sandi & Joe Barletta, Social Committee Leads: (951) 524-023

Richard & Tsilia Hoffman, Event Committee Chairs: (310) 869-8069

~ Dr. Zee Knapp

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KIWANIS CLUB OF BEAUMONT

What happened to 2017? Hope everyone had a great December with all the holidays and parties.

In December several members of our club worked with the Winter Wish Program helping deserving families in the community. It was great to see how many Four Seasons residents got involved and supported the program with donations of gifts and food. Good job for everyone involved.

January will be a busy month, selling breakfast tickets and ads for our breakfast place mats. The Kiwanis Annual Breakfast will be held on Feb. 10 at the Beaumont Civic Center. The funds from this breakfast will go towards Beaumont High School scholarships and youth programs. Tickets for the breakfast can be purchased from any Kiwanis member or purchased at the door that morning. The breakfast will consist of pancakes, eggs, sausage, orange juice, and coffee (all you can eat) for the low price of \$6. If businesses wish to

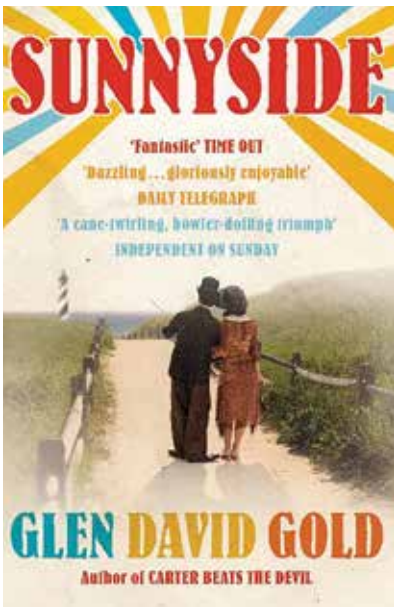


advertise and have their business card on the place mat at the breakfast, a place mat ad can be purchased for \$35, and with that purchase you also get six free breakfast tickets. Come out and join us that morning and support the Beaumont Kiwanis Club.

The Beaumont Kiwanis Club meets in the Lodge Conference Room every Thursday except for the first Thursday of the month. The meeting starts at 6:30 pm. Many of the members come early and order at the Bistro and eat prior to the meeting. You do not need to be a resident of Four Seasons to be a Kiwanis member.

If you would like to get involved in a community organization, come out and join us. We need new members who want to help our community and the children in our city.

For further information, call Buzz Dopf at (909) 208-0880. Hope you have a great New Year! ~ **Buzz Dopf**



BOOK CLUB

Happy New Year! Our first book selection for 2018 is *Sunnyside* by Glen David Gold. The main character of this book is Charlie Chaplin, the beloved actor known as the Little Tramp. In 1916, after an extraordinary mass delusion where Chaplin is spotted in more than eight hundred places at once, he finds that his inspiration for his next project is at a low, even though his fame is at its peak. He is struggling to find a film worthy of his artistic talent. As he searches, we are introduced to many amazing characters that take us from the battlefields of World War I to the Russian Revolution, from the glamour of Hollywood to the Wild West shows.

"The result is a spellbinding novel about dreams, ambition, and the birth of modern America."

We will meet to discuss this book on Tuesday, Jan. 9 at 9:30 am in the Lodge Conference Room. Everyone is invited, whether or not you have read the book. If you have been thinking about joining the Book Club, come and check us out. We always have lively book discussions and can recommend books we have enjoyed reading. We also welcome suggestions for future reading. The February selection is *A Man Called Ove*. For more information about the Book Club, please contact Doreen Sanders at (951) 769-1913. ~ **Linda Lambeth**

WRITER'S CLUB

We're baaaack! After our hiatus of writing, editing and day-dreaming, the Writer's Club is scheduled to meet on the second Tuesday of every month. The next meeting is Jan. 9 at 1:30 pm at the Lodge. Meetings generally last about an hour and half in a room that will be assigned on that date. Check with the reception desk to see where we will be meeting.

Here's a brief highlight of what some of our members accomplished over the summer:

- A second editing of a sci-fi thriller in anticipation of publishing
- Work on the sequel of a novel that a member published last year
- Graphic design accepted for a novel soon to be published
- Introduction of a new member who has published two books

Before last year, none of the listed accomplishments existed! The Writer's Club is a group of people who write. That's all. If you write, doodle, have a bucket list that includes publication or are just interested if you'll fit in, I assure you that you will. Inspiration originates from surprising sources! The Writer's Club members are inspired and excited to meet again! Come join us! ~ **Karla Noonan**

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AFRICAN AMERICAN CULTURAL CLUB

FREE EQUAL CITIZENS VOTE

It seems appropriate to start the New Year off with a glimpse of the most important amendments in American history for Black people.

The 13th, 14th, and 15th Amendments to the U.S. Constitution are also known as the Civil War Amendments.

The 13th Amendment abolished slavery and involuntary servitude, except as punishment for a crime. The Senate, on April 8, 1864, and the House of Representatives, on Jan. 31, 1865, passed this Law.

The 14th Amendment states that "all persons born or naturalized in the United States... are citizens of the United States and of the state wherein they reside. No state shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process or equal protection of the law."

The 15th Amendment to the U.S. Constitution states that "no citizens of the United States shall be denied to vote on account of their race, color, or previous conditions of servitude." This

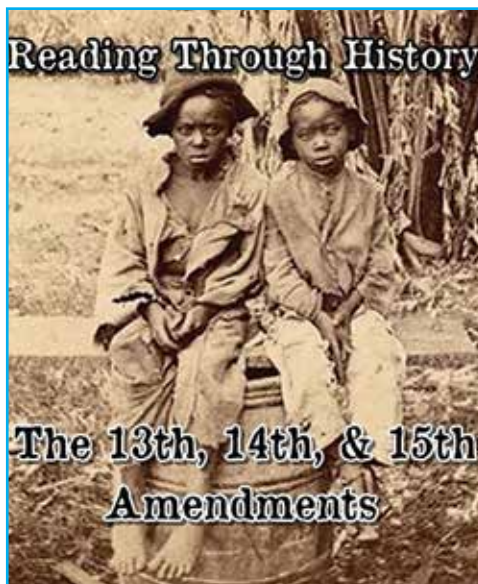
Amendment was approved by the States in 1870.

Collectively these three Amendments are the most valuable amendments for Black Americans. They freed the slaves, made all people born in the USA citizens with equal rights and protection under the law, and gave Black males the right to vote.

In 1920, the 19th Amendment granted voting rights to women, including African-American women. It wasn't until 1964 that poll taxes became illegal under the 24th Amendment, removing another major obstacle to African-American voting rights.

The legal process of incorporating slaves into society through appropriate legislation took five years after the civil war ended. However, racial discrimination from government and white supremacy groups like the KKK, Neo-Nazis, and white nationalists made it very difficult for Black people to assimilate into the American culture.

The AACC would like to encourage you to become a part of a growing group that is striving to make a difference in our community. For more information, please contact Joyce Allen at (951) 769-4354 or Roxie Elliott at (951) 769-2517. ~ *Regina Thomas*





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Scene in Bishop, California by our member Gerrie Karczynski

CAMERA CLUB

We meet the third Tuesday of each month at 6:30 pm in the RCN Main Lobby; thus, our January meeting will be Jan. 16.

Visitors are always welcome. We invite all photographers, regardless of skill level, to join us for our regular meetings, workshops, speakers, field trips, and in-house demos.

At our December meeting, the genre of Motion continued; e.g. moving car(s), bicycle rider(s), sports players, birds in flight, all involving stop and freeze action with blur movement showing the speed. We saw a YouTube presentation on this topic.

In addition, guest speaker George Johnson showed us some photographs of flowers native to Whidbey Island and gave us insight how to photograph them both in color and infrared.

I gave information to the group about a new book just published by Scott Kelby called *The Flash Book* which I read and recommend. Flash photography is both exciting and interesting and was a recent topic at our club.

In our January meeting, we will continue our discussion of motion.

For the coming year, we'll be planning more in-house demonstrations of photo equipment and use of various types of photography software and workshops, both in-house and in the field, guest speakers, and much more.

Visit us to learn some tips and tricks for those holiday portraits you just took over the recent holidays.

We hope to see you soon. ~ *Lyle Cameron*

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TOPS

I hope everyone had a wonderful holiday season. Now that the goodies are gone (hopefully), it's time to get serious about getting rid of those extra pounds-plus the few you may have put on during this season of fun and eating. TOPS (Take off Pounds Sensibly) is here at Four Seasons and we have a great group of men and women who are here to provide support and encouragement to help you reach your weight loss goal.

Our programs include discussions regarding nutrition, motivation, health, fitness and other related topics. A lot of our members have reached their goal and are enjoying their new lifestyle changes to maintain their weight. In November our biggest losers were Vivian Walker and Claudia Rozzi. Congratulations to you both. So if you

have been thinking of improving your health and maybe losing some weight along the way come and join us.

TOPS is also very affordable with a yearly membership fee of \$32 which includes a great magazine every two months; plus \$3 chapter dues per month. We meet at the Lodge on Tuesday mornings with weigh-in from 8 to 8:30 and the meeting 8:30 to 9:30. You may attend one meeting with no obligation. You really should come and see what we are all about. You have nothing to lose but maybe a little weight.

For more information please contact our chapter leader and Four Seasons resident, Cathy Calhoun at (951) 849-2614 or Rosalee Strong, TOPS Area Captain at (951) 845-9313. ~ *Cheryl Burke*

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BILLIARDS FOR FUN

As promised, we are announcing the winners of the November in-house Billiards for Fun tournament and we even have photos to prove it! First place winners are: Mike Olsen and Carlos Rivera. Second place winners are: Richard Dipoma and Mike Corbett. Kudos to our amazing winners. It was a battle heroically played!

Our next in-house tournament will be Feb. 6, followed by the tournament against the Curly Cues on Feb. 12. Since the Curly Cues are sponsoring this event, it remains to be seen if the BFFG guys will be given a handicap. Stay tuned on that one.

All in all, this has been a great year for the Billiards for Fun Group.

We welcomed several new members: Tracy Laykoff, Jim Kelly and Ernest Marable. They are all really good players, and so far have easily integrated into the group. We hope to have more people show an interest in the Billiards for Fun Group and join us in 2018!

If you are interested in finding out more about this great group of really nice people, come by the Billiards Room any Tuesday from 11 to 1 or 1 to 3 (we have two sessions of two hours each). There is also informal practice open to the community on Saturdays in the same time slots. Feel free to come check us out! ~ **Eileen Gilbert-Antoine**



First place winners Mike Olsen and Carlos Rivera



Second place winners Richard Dipoma and Mike Corbett



Play action during the tournament

THE 8-BALL CLUB

The in-house 8-Ball tournament this month was remarkable to watch and participate in. During the third round of regular play, two games against our top players were raging. Kenny Payne versus Larry Rice, two of our best, were battling it out on one table. Leo Babin and Dewey Allen, two equally talented players, were playing on another. Kenny and Leo respectively won those games and were pitted against each other. The win by Leo shot him into the final matches undefeated; while Kenny dropped down into the lower bracket. Kenny then had to eliminate Dewey Allen to jump back up to face Leo for the second time the same day. In game one of the final match Kenny prevailed setting the stage for the final game with both Leo and Kenny tied at one loss each. A long back and forth battle was fought with Kenny having several stymied attempts at the 8-Ball. Leo finally achieved a run-out advantage running the last four of his balls and dropping the 8 to conquer the tournament for this month. Way to go Leo!

There is a finite number of players in any club, so we will quite often have "repeat offenders." Kenny ripped it up during regular play at the 9-Ball tournament just like he did during 8-Ball this month. Brian Andersen meanwhile got knocked into the loser's bracket in the third round only to best three players there to once again this month land himself into the final match. Kenny Payne won this one but Brian played well enough to compete two months in a row with the best of the club.

Congratulations to Leo Babin in 8-Ball and Kenny Payne in 9-Ball, the monthly champions, to round out our fun year of in-house competition.

Speaking of rounding out the year, let's reflect upon and acknowledge the over-all winner for the year for in-house tournaments. As of this writing Larry Rice has won six of the 11 8-Ball Tournaments and three of the 11 9-Ball Tournaments.

For information regarding the 8-Ball Club contact any club officer: Captain, Del Lyles, Sr., (951) 845-5114; Co-Captain, Roland Harrah (951) 267-3793, rolandthanh@msn.com; Thanh Harrah, Secretary/Treasurer (951) 267-3793, rolandthanh@msn.com. ~ **Roland Harrah**



Leo Babin 8-Ball champ



Kenny takes a bead on the 1 ball

CURLY CUES

We had so much fun at the holiday party! Our hostesses were Joy Collins and Lois LeMottee, who did an amazing job making reservations at Tukwet and putting sweet gift bags at each of the place settings for the 23 ladies who attended. The ladies all came in their Christmas glitter-wear, and there was lots of conversation and holiday laughter to go around. We also had a \$10 gift exchange and the gifts were given and received in the spirit of this joyful season. We had a really nice time, as evidenced by the photos. After the luncheon we returned to the Lodge and had a wonderful competitive afternoon playing pool.

As of Jan. 8, Eileen Gilbert-Antoine will be stepping down as our leader, and Leta Ramirez and Pat Semler have generously agreed to be the co-leaders of the group. We have several tournaments set already: the first in-house tournament of 2018 will be held on Jan. 22. As the ladies have honed their skills, the competition is becoming more exciting. Whether winners or non-winners, fun is had by all. (Okay, it's a bit stressful too, but hey, aren't all tournaments?)

On Feb. 12, the Curly Cues will again host a tournament against the Billiards

for Fun Group. Since most members of that group are guys, it's fun to see how they do against the ladies. (Not bragging at all, but as a result of the last two tournaments the ladies have prevailed, and although the guys are committed to giving the Curly Cues their first loss, there's no revengeful intent there. We think. We hope.)

On Feb. 26, the Curly Cues will be challenging the Hemet Solera ladies billiards team, the Side Pocket Sisters. It will be fun to meet the ladies and spot check our individual expertise against (from what we hear) a pretty formidable team. Wish us luck!

If you are interested in learning the game of pool so you too can join the Curly Cues, please contact Leta Ramirez or Pat Semler so they can arrange for lessons, or if you have already conquered this frustrating... I mean really fun game, they can give you an outline of the APA rules we follow. C'mon out, we'd love to have you be part of our fun ladies group! ~ *Eileen Gilbert-Antoine*



Christmas party at Tukwet



Gifts for the exchange



Regular play at 1 pm in glitter attire



Our newest member, Bonnie McKenna, takes a shot

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L-R: Harry Henderson and Bob Cooper



L-R: Harry Henderson, 2nd Place and Ron Erickson, 1st Place



HORSESHOE CLUB

Happy New Year to one and all! Looking forward to another whole year of living here in paradise. Just to cap off last year, here are the winners of our Fourth Quarter Horseshoe Tournament with pictures: The winners of the Doubles portion were Bob Cooper and Harry Henderson and winners of the Singles portion were 1st Place, Ron Erickson and 2nd Place, Harry Henderson. Our December social event hosted by Ron and Judy Erickson was a most enjoyable evening starting with dinner at The Bistro on seasonally decorated tables in the Ballroom. This was followed by dessert, seasonal libations, fun

and a rousing game of LCR at their exceptionally well-decorated home. So, if any of this sounds good to you, don't hesitate, come out and join us in 2018. Our venue at The Summit continues to improve in the areas of safety and playability with the acquisition of score boards that are larger and sturdier with a much more professional appearance. We play every Wednesday at 9 am at The Summit. Our contacts are Ron Erickson, (951) 846-3288, rejlerickson@sbcglobal.net or Gary Christie, (951) 845-0520, goldtoy@earthlink.net. ~ **Ron Erickson**

BASKETBALL

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*Most Persistent Player award winner,
Lois White*



*Irma Petersen won the award for
Lowest Score in a Round*



*Judy Irving, LPG President, and Sharon Chase,
Scorekeeper, present Phyllis Kate her Lowest Overall
Average Score award*

LADIES PUTTERS GROUP

Not only do the Four Seasons Ladies Putters group know how to putt, they also know how to party! The LPG held their End of Season celebration on Nov. 28, at The Summit. In addition to great food, drinks, and conversation, several of those in attendance received awards for their putting accomplishments. Phyllis Kate won the award for the Lowest Overall Average Score. Most Persistent Player award went to Lois White. Irma Petersen earned the Lowest Score in a Round award (and she repeated this feat three times!). There was

a tie between Judy Irving and Pat Whalen for Most Hole in One Shots award. Also, everyone at the celebration received a very clever golf ball Santa decoration, handmade by Barbara Paules. Judy Irving, LPG President, hosted this inaugural event. She said that she was very happy that our first season had provided so much fun and excitement for all the members. Judy also mentioned that she is looking forward to January when the ladies will begin their next putting season. ~
Vivian Walker

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Don Fant and Lou Luna enjoyed driving on a beach in Mexico

4X4 SEASONS

Although the club did not run last month two of its members found their way south of the border to El Golfo for four days of off road fun. Don Fant and Lou Luna enjoyed soft, deep sand with 35 miles of beach driving available.

Come and join us if you own a 4x4 or would like to ride along with one of our members. We meet the second Tuesday each month in the craft room at 7 pm to plan the upcoming run on the third Thursday. Any questions can be answered by Rick Brower at (951) 255-7119 or Don Fant at (951)381-1972. ~ **Don Fant**

ALL SEASONS RV

Happy New Year to all and I hope your holidays were fun and safe. Time is flying by and it is not too late to join us and see the USA in an RV. We had a great time at our Christmas party with a special thank you to Katie, Luanne and Tina.

We are planning trips to Pechanga, Blythe, Las Vegas, Pahrump, Bishop, Sedona and more this year and would love to have you come along. We meet the second Tuesday at 6 pm in the Lodge, or you can contact our resident chef Bob Cooper at (909) 684-6388 or President Ron Burke at (909) 203-8005. ~ **Larry Z**

ROADRUNNER RVERS

Our RV meeting this month is a dinner at Guys Italian Restaurant followed by dessert shared by all at the Jacobsons. The next meeting will be the second Thursday of January at the Lodge at 6 pm in the Craft Room. Dinner at Smitty's at 5:15 pm. Please join us! We would love to get to know you and tell you about our activities. Any questions please call Jane Jacobson at (951) 797-3563. ~ **Jane Jacobson**



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D.O.G.

By now, you know that the “joke” in the December *Breeze* was a blurb about the “Dog Poop Committee.” While we all recognize the humor in the piece, the Dog Owners Group definitely takes the issue of keeping the Four Seasons community clean of dog waste seriously. Each week we have two pack walks with as many as two dozen dogs and owners walking various trails and sidewalks within Four Seasons. Participants carry extra dog waste bags and clean the trails and sidewalk areas of any waste that has been left by irresponsible dog owners. The Dog Owners Group wants a clean community as much as anyone. We promote responsible dog ownership including: picking up waste left by your dog; keeping your dog off the private property of other homeowners; walking your dog on leash as required by local ordinance and our Rules and Regulations; discouraging excessive barking while on the owner’s property; licensing and microchipping in the city of Beaumont; and following the schedule of vaccinations mandated by the State of California.

Anyone who sees a resident not pick up after their dog should contact the HOA office and file a “Rules Violation Report,” which can be found on the OTHER FORMS page of the community website. In fact, members of the Dog Owners Group do not tolerate irresponsible

behaviors relating to dog ownership and will file a complaint, as well. Responsible dog ownership benefits the entire community.

Although the issue of random dog waste still requires vigilance, those of us who keep an eye out for that sort of thing have seen a big improvement over the last year. The Dog Owners Group, however, will continue to educate our members and others about the imperative of a clean community and we will continue to pick up any waste we see, both as individuals and on our pack walks.

We encourage everyone, whether you own a dog or not, to join us on one of our pack walks to see what we do and what we are trying to accomplish. Pack walks last about 30 to 45 minutes, but participants are free to peel off at any time to shorten their walk. Our winter pack walk schedule is as follows:

- Saturdays, 8 am leaving from the parking lot in front of the Spa building
- Wednesdays, 4 pm leaving from the parking lot at The Summit (rain and/or wind cancels)

Patrick and his dog Ricky Ricardo, Dog Owners Group, dog_owners@yahoo.com. ~ **Patrick Gerety**

TAILS & TRAILS – ALL PETS

When Dogs Need Space There is no doubt that Four Seasons residents enjoy walking their dogs in our beautiful community – at least most of them! We’ll bet you didn’t know that some dog guardians are not so comfortable and go out of their way to take their pups at crazy hours of the morning and late night. Why? Well, for some, it has to do with their dog’s temperament and how OTHERS approach or attempt interaction with their dog.

Sometimes, a canine’s need for space is nothing more complicated than the human guardian wanting to control the environment while a dog is in training. Then there is the consideration that dogs can be like people in some respects; they have distinct personalities and dispositions that may or may not be related to experience. Sometimes, it’s purely genetic when dogs are fearful or exhibit anxiety when interacting with people or other dogs. Dogs with illness or physical discomfort may have little tolerance for human or canine interactions. It’s not something that can be trained out of every dog; rather, it’s the guardian’s challenge to help an anxious dog to be more comfortable while getting some exercise. We all need to respect their space.

There are cases where achieving comfort for the dog just isn’t going to happen – no matter how hard the guardian and the canine



companion have worked on the issue. Four Seasons Tails and Trails is doing something about this to ease the burden for anxious dogs and their guardians and we need everyone’s help. For 2018, we are going to make available some yellow I NEED SPACE ribbons for our residents with

dogs who need just a bit more consideration and a lot of space from others when walking the community.

We are asking all residents who encounter dogs during their walks to respect this designation and avoid approaching the dog and his/her walker. For those members of our pet-loving community who need a strip of ribbon to affix to your dog’s collar or lead, please contact us at fsbtailsandtrails@gmail.com and we will get you fixed right up.

Our next Tails & Trails meeting will be Wednesday, Jan. 24 at 7 pm in RCN 3. Meanwhile, to join our fun with a purpose, visit us on Facebook at Four Seasons D.O.G. / Tails and Trails or email us at fsbtailsandtrails@gmail.com. ~ **Martha Baumgarten**

SHUFFLEBOARD

Saturday and Monday mornings start at 9 am, Sundays at 12 noon, for the winter and spring. We often use a dust mop and spray to add ease and speed to disks. One game had four ends play and zero points. Defense skills are sometimes very good.

Beautiful flowers, trees and shrubs are the setting for shuffleboard play. Great game, fun, exercise with friends, all a few steps south of RCN Building at the Lodge. Everyone is welcome and learning. Who goes first? Which color disks go? How do we strategize to block, kill other teams' points, and score for our own team. Players use a cue (cue-stick), to push their colored disks down the court. The scoring diagram is divided by lines, into six scoring zones, with the following values: 10, 8, 8, 7, 7, 10-off. You hope not to land on 10-off.

All are welcome. Come join in the fun and learn. A few weeks ago, a 100-point game took just nine minutes. Often a 100-point game can take 40 minutes. Players have learned defense. One player earned the nickname "The Terminator." Each time we play, we draw for "random mix" teams. For more information, call Mike Saperstein at (951) 769-7909, or Larry Anderson at (951) 846-3123. ~ **Mike Saperstein**



(L-R) Patricia Harper, Bill Baker, Emile Pelletier, Marty Rotmen enjoy a great early December morning. Score minus 3 red, minus 10 black. Oooops!



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(L-R) Jim Samples, Ron Erickson, Mike Saperstein, Bill Struwe, Bill Baker, Jim Johnson -
Very windy cold early December morning, only seven hearty players



BOCCE BALL

Bocce Ball is played at The Summit. Play is 9 am Tuesdays, 3 pm Wednesdays and 3 pm Fridays. Hours will remain constant until the days are too warm. Many players and new residents come to play. Everyone is welcome, including guests and family.

Play is now on beautiful, tournament grade, smooth, accurate courts and sideboards. A small step-in makes it easy to enter. Smooth concrete surrounds the courts. All players are learning accurate and careful throws.

The game is easy to learn and we mix and match players, so no team is expert. We also change numbers on a team so no one is left out.

Bocce Ball is played several times a week at The Summit. Play times change based on weather. Many groups play at various times.

Call The Summit desk (951) 769-6444 and ask the attendant for current times of play.

The game of Bocce Ball requires no specific skills or previous experience. You will get a little exercise and enjoy a beautiful view and breezes at The Summit, all while having a great time with a great group of people. If you are interested in learning the game, please join us at The Summit. Call for times.

If you are interested in playing we will be happy to meet with you about 15 minutes before the game to go over the rules and let you have a little pre-game practice. If you would like to schedule your first practice session or if you have any questions, please call any of the contacts: Mike Saperstein: (951) 769-7909; Larry Anderson: (951) 846-3123; Jeannine Baker: (951) 797-0833. ~ **Mike Saperstein**

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PICKLEBALL

Exciting times at the NEW pickleball courts. Our opening day was Nov. 25. We had a wonderful turnout. A total of 35 players came and went on our first day. Spirits were high with so much room to play without sitting around. There was a great variety of players and more and more coming each day! The courts are beautiful. Our new open play hours will be EVERY day at 7 am until we run out of players or collapse from exhaustion. Great dilemma to have-don't you agree? Our beloved instructor, Jeromee Liebenberg, has new hours to help

the new players. He will be holding class for beginners on Tuesday mornings at 9 am. He will also have a class at 4 pm on Thursday evenings. These classes are for anyone who wants to work on different skills and those of you who are new to the game.

So come on out and join us on our brand new courts! Hope to see you soon and remember... keep pickling!

For more information contact Nancy Barnaby at rbarnaby38@verizon.net or (951) 845-0842. ~ **Marty Key**



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TENNIS CLUB

Thank goodness we have gotten through the holiday season. It's not that I am all that much of a Grinch, but I am so tired of all of the versions of "Little Drummer Boy" that played incessantly from Thanksgiving to Christmas. What troubles me about the d#\$@ song is that it reminds me of when I was about eight years old, and I got referred to during the Christmas Pageant as "The Little Dumber Boy." (Barumpa bump bump.) That was not very nice of Sister Mary Elizabeth. Maybe I should not have mentioned her fish breath during Catechism. But holy mackerel, it was nasty!

Oh, right. This is supposed to be about the Tennis Club, not my unhappy childhood. The club's committee is really working on trying to grow membership and participation. Among the ideas have been the revamped monthly play days, including a very workable and fair method for setting up the initial teams and matches, along with a rotation plan that provides players with constant playing time and a chance to play with and against many different participants. This helps the developing players improve their games and gives the stronger players the opportunity to be gracious and instructive.

Speaking of instructive, the committee is also working on a plan to provide some structured lessons and practice drills. Some of us remember how beneficial it was to have Cheryl Smith teaching lessons and helping those of us who had left the great game behind for years get back on the court as senior players. Details will be shared here when they are finalized.

Another new idea is to have a bracket competition in which players will compete to make it to a final championship match that has linespersons and a referee or whatever they call the person in the tall chair who speaks unintelligibly during the match. The linespersons will be the same visually-impaired seniors who made bad calls while they were losing their elimination matches. It should make for some opportunities to demonstrate integrity or vindictiveness, either of which will make the final match exciting and fun for the players and throng of spectators.

In the meantime, play days will revert back to the last Saturday of the month and Bernadette Martin will continue to arrange for Thursday evening doubles matches. ~ *Steve Hovey*



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*Lian, Don,
Lois, Bruce,
Bernie,
Donna having
a fun time
practicing for
tournament*

PING PONG

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Improvements are in progress for The Courts facility. As with any new construction, actual daily use provides identification of items needing correction or refinement. The first item could be corrected with effective window tinting. The east and west facing windows allow for intense and uncomfortable glare, as well as solar penetration, despite light shades and drapes. The glare actually poses a health and safety concern for age 55+ eyes attempting to focus on fast-moving, spinning ping pong balls. There are also concerns for significant energy costs for

cooling. Apparently there have been similar concerns from residents using the fitness room as well.

Representatives from the Ping Pong Club shared these concerns with the Facilities Committee at their November meeting. The request for window tinting was accepted by the committee and it will move forward. The next step in the process will be for the Committee to acquire cost estimates and then present a proposal to the Finance Committee. The request will finally be brought before the Board of Directors for approval.

The Ping Pong Club held a mixed doubles

tournament and dinner to celebrate the success of our CA CRV recycling program on Dec. 9. Players could be seen actively practicing for the competition.

Trivia questions of the month: Why does the sport of table tennis now use 40mm balls? What color(s) and materials are regulation balls? Why is the choice of rubber on the paddle blade key to your style of play? (Answers to these frequently asked questions will appear in next month's article!)

See you at the tables! ~ **Sandra Butler-Roberts**

FISHING CLUB

As I am writing this article, it is raining. In my last article, I stated that we were not going to get much rain this winter. Go figure! Hopefully, the rain will stop and we can get out and do some fishing.

In this article I want to write a little about trout fishing and how to put these babies on your stringer.

Most people want to know where to fish around Beaumont. I will talk about two places and where I go to catch fish.

The first place I like to go fishing is Yucaipa Regional Park. Yucaipa Regional is the closest place to our home to go fishing. It is stocked with trout every winter and the fishing there is pretty good. There are three lakes located at Yucaipa Regional Park. I have found that the top lake is the best lake to fish. For some reason they always stock the top lake and it has more fish in it than the other lakes. For the fishing gear, always use as light a line as possible. Four pound test line is a really good line to use for trout. Put a number 16 treble hook and a quarter ounce sliding weight on your line. For bait, I use Berkley Power bait. The best Berkley Power bait is rainbow color. Cast out

as far as you can and get ready to catch some fish. If you want to use lures, then go to the pink color trout magnet. You can find all the equipment you need at our local Walmart.

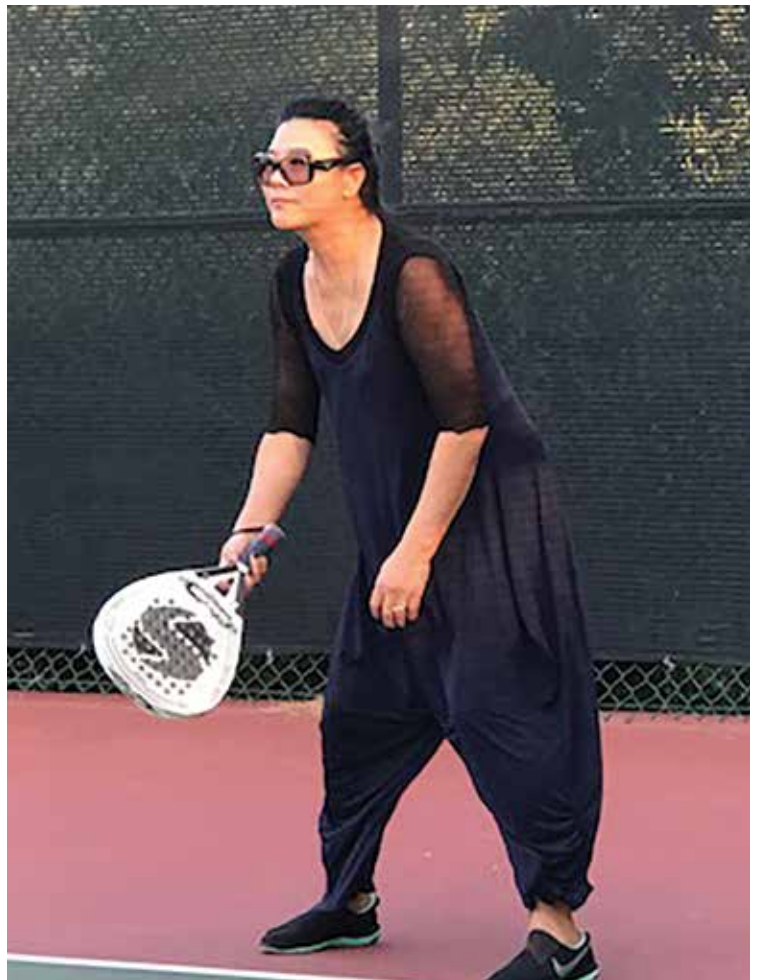
The other lake I like to fish is Diamond Valley Lake in Hemet. I rent a boat on Wednesday because that is senior day and you can get the boat at half price. Start fishing near the dock and work your way around the lake until you find the fish. Try fishing one spot for fifteen minutes and if you don't get a bite, move to another spot. Use the same equipment that you would use at Yucaipa Regional and you should be just fine. Please note that Diamond Valley has several types of fish. If the trout are not hitting on a certain day, try catching some bluegill or stripers.

Tight lines to all my friends and remember some days you don't catch fish and other days can be epic. The more you go fishing the better chance you have of getting into that epic day. ~ **Richard Carrasco**

PADDLE TENNIS

I started playing paddle tennis about two years ago. I first tried tennis. However, I did not like it because the court was too big. Then, I went out to the paddle tennis court and realized that it was the perfect size for me to play and have a good time. I then practiced with my husband for a couple of months before I actually played with the rest of the players. At the start I wasn't very good, but after a few more months I became a little better at the game. Now, as a great deal of the players will tell you, I have become a real force out on the courts. I mostly enjoy laughing and joking with the other players while I'm playing. You know when I'm playing because you can hear me yell throughout the complex. I enjoy working and I have a full-time job. I would be out on the court every day if I were not working. I would like to see more ladies out on the court so that they can have a good time socializing. Now, I try to be the first out on the courts and the last to leave. I have a great love for the sport and I want more players to come out and enjoy all the fun and good times that can be had when playing paddle tennis. ~ *Shao Carrasco*

Shao Carrasco



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MOTORCYCLE CLUB

Happy New Year! We are looking forward to a New Year of riding. During the cooler months we can ride in the desert and, when it gets warmer, we head for the mountains. Beaumont is such a great place for motorcyclists.

Our last overnight ride of 2017 was to Jacumba Hot Springs Resort. It was a beautiful two-day ride, totaling just over 400 miles, almost all of which were non-freeway miles. The riders were Bob Howard, Jim Ayala, Bernie Albanese, Paul Bricker and Chuck Price. The photo was taken at Desert View Tower on the way to Jacumba. All of the riders thought so much of Bob's route that they intend to visit Jacumba again, reversing the route next time for variety.

In 2018 we will continue our weekly "Day Rides" leaving the Lodge at 9 am on Thursdays. We are also putting the final plans together for a multi-day trip to Utah in May. This trip will include several National Parks, Monument Valley and parts of northern Arizona.

If you ride, come attend one of our monthly meetings to meet and socialize with your motorcycling neighbors. Our meetings are held on the first Wednesday of each month at 6 pm in the RCN Conference Room. Join any Thursday day ride by just showing up in the Lodge parking lot before 9 am on Thursdays. ~ *Howard Lyon*



*Bernie Albanese, Bob Howard, Jim Ayala
and Charles Price at Desert View Tower*

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BIRDING CLUB

We welcome beginning and experienced birders to start or hone bird identification skills. Our main activity is a monthly bird walk along Four Seasons' beautiful nature trails, which follow native riparian woodlands. We also take field trips to local birding hot spots, discuss backyard bird feeding, and share information on unusual species and behaviors.

On Nov. 19 we joined the L.A. Audubon Society for a field trip to the San Jacinto Wildlife Area near Lake Perris. We saw many ducks and other water birds and lots of raptors (hawks), including about a half dozen Golden Eagles soaring overhead. Our Dec. 2 bird walk was our first during winter and the 20 species identified in about an hour set a new record. (This added two birds to the FS bird list, which now numbers 65.) A highlight was a flock of about 15 Cedar Waxwings (pictured), which is a beautiful flycatcher that summers in northern and mountain streamside habitats and winters throughout the U.S. in distinctively tight flocks.

During our next bird walk we'll see if higher numbers are maintained through the winter, which is the best season for birding SoCal lowlands.

We meet on the first Saturday of the month at 8 am in the Lodge RCN Lobby, to talk about birding. Then, we go on our bird walk directly from the Lodge (good exercise!). Bring your binoculars or just come to a meeting and ask about birding gear. For more information and to receive club communications, email Steve Edelman at steve.h.edelman@gmail.com. ~ **Steve Edelman**



Cedar Waxwing
Photo by Phillip Hardy

Bird of the Month

Last month's Bird of the Month was the Lesser Goldfinch, which is the most common bird at Four Seasons. This month we feature the rarest bird at Four Seasons, the Gray Catbird. The only evidence for this bird's visit is this photograph, taken by Gayl Swinehart in October 2016. Gray Catbirds breed in the eastern and central U.S. as far west as central Texas, northeastern Utah, and eastern Oregon and Washington. They winter from the southeastern U.S. Gulf Coast to eastern Mexico and Central America. The bird pictured here (one of two observed by Gayl) was most likely a Washington or Oregon breeder that veered more westerly than it should have on its southward fall migration to Latin America. "Vagrant" Gray Catbirds show up in California annually and are "reportable" on California rare bird alerts. If reported, the Swineharts' Gray Catbird would have drawn birders from throughout southern California.

The Gray Catbird is named for its cat-like call, and because of its well-developed syrinx, it is able to make two sounds at the same time. Like many members of the Mimidae family (mockingbirds and thrashers), the Gray Catbird mimics the songs of other birds and also mimics the sounds of frogs and even mechanical sounds. Catbirds prefer a dense vegetative substrate, including scrublands, woodland

edges, overgrown farmland and abandoned orchards. About half of the Gray Catbird's diet is fruit and berries and the other half is worms, beetles, ants, moths, and other insects.

Part of the excitement of birding is that you never know what to expect and the next bird in your binoculars could be the next big rarity. Even here at Four Seasons! ~ **Steve Edelman**



Gray Catbird -- Four Seasons' Rarest Bird
Photo by Gayl Swinehart, Birding Club Member

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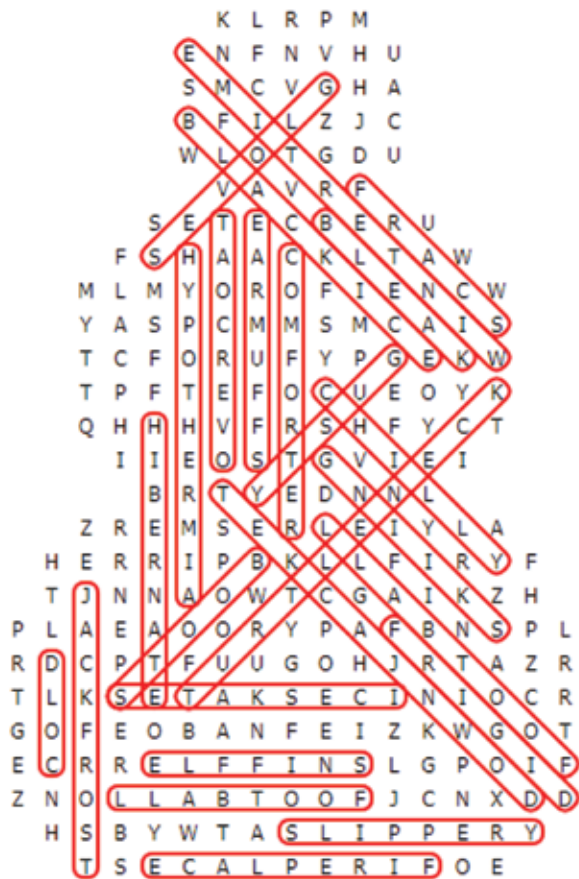
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On the Breeze

Photos Wanted

If you would like to submit a photo for the cover of your community magazine, please keep the following guidelines in mind:

- Vertical portrait format is preferred
- Simple, uncluttered photos work best
- Digital photos are requested at high resolution, 4 megapixels or higher, 300 dots per inch (dpi) or at least 1536 x 1024 pixels
- Send jpeg format photos to FourSeasonsNews@yahoo.com
- If you have any questions, please call Courtney Taylor at (909) 797-3647.

Submission Guidelines

The *Breeze* Editorial Board requires all committees, clubs and groups to submit their article *no later than 12 noon on the 8th of each month*. Maximum article length is 400 words. Email Microsoft Word document (.doc), Rich Text Format (.rtf) or simply include your article in the body of an email message to FourSeasonsNews@yahoo.com. Articles submitted as PDFs or in hard copy will not be accepted.

Please include committee, club, or group name, writer's contact information, and organization's contact information. Within the article, include upcoming event details and general contact information. Photographs must be clear, in focus, and submitted as high-resolution jpegs with captions including the first and last name of everyone in the photo. Photos and articles will be printed at the discretion of the *Breeze* Editorial Board.



Visit Facebook for the interactive, on-line version of the *Breeze* magazine!



COVER PHOTO

Irene Welker's Stapeliad.

Photo by Four Seasons resident Laurie Larson.

To Advertise in the Breeze

If you would like to advertise in the *Breeze*, please contact Stacey Parr at Image Up Advertising & Design at (909) 435-5042 or email her at staceyimageup@yahoo.com.

Other inquiries about this publication may be directed to the Image Up office at (909) 797-3647.

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