

Four Seasons

BREEZE

Magazine

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CITIZEN VOLUNTEER PATROL



HOW MONOPOLY
HELPED WIN WWII P. 12

BE NICE TO
THESE NEIGHBORS...
THEY HAVE BADGES P. 8-9



LANDSCAPE OF THE MONTH P. 15

Table of contents

CONTACT INFORMATION	4
COMMUNITY NEWS	5-31
ACTIVITIES DIRECTOR CORNER.....	7
CITIZEN VOLUNTEER PATROL.....	8-9
DID YOU KNOW?	11
GET THE JOKE CONTEST	14
THERE'S AN APP FOR THAT	16
EXPRESSING GRATITUDE.....	18
CHEF'S CORNER.....	19
FOUR SEASONS PUZZLE.....	20
COMMITTEES	22-28
PET PARADE	29
SMITTY'S BISTRO	30
FOUR SEASONS SALON	31
NEIGHBORHOOD WATCH	33
CALENDAR OF EVENTS	33-35
CLUBS & OUTDOOR ACTIVITIES	36-61
PUZZLE SOLUTION.....	62
INFORMATION ABOUT THE BREEZE.....	63



HAVE YOU BEEN
MARRIED
55+ YEARS?
WE WANT TO
CELEBRATE YOU!
P. 10

Pets on Parade!

Check out the newest feature in the Breeze... Pets on Parade! Does your fur baby want to be a famous magazine model? Of course! See page 29 for information on how to submit photos of your little star.

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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.

For more information about Four Seasons at Beaumont, please visit fourseasonsbeaumont.org. You will find Association Financials, Board Meeting Minutes, Activity Calendar, Community Guidelines and more helpful information. Apply for your password online. **Be sure to subscribe to the Daily Report so you can stay up-to-date on all the news in Four Seasons!**

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Happy New Year!
I hope you and your family
had a joyous holiday season.



GENERAL MANAGER'S REPORT *By Eric Zarr*

HOLIDAY LIGHTS The holiday lights in the community were fantastic! I hope everyone had a chance to drive around and see the cheer. If not, you still have until Jan. 15 to do so as that is when all holiday decorations and lights need to be down by.

DUES INCREASE The new assessments increases take effect Jan. 1. The full budget packet was mailed at the end of November. To register online to pay your dues go to www.ClickPay.com/FirstService.

If you have any questions or problems please call me.

RULE CHANGES There are two sets of proposed additions to the Community Guidelines. The first involves rules and forms for any future off leash area. The second set involves rules regarding new California Civil Code 4515 and protects the association from potential abuse. There are downloadable copies online and printed copies at The Lodge.



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Activities Director Corner

By Cindy Graves, Activities Director

Happy New Year! A new year is here with new beginnings everywhere. Generally as you know, people tend to re-evaluate their involvements and perhaps decide to try something new to add value to their lives. Well, we have just the thing for you to check out. If you find yourself in this New Year process, the Club and Committee Fair is just the thing you're looking for. This event is going to be taking place in The Lodge Ballroom on Saturday, Jan. 26 from 10 am to 1 pm. There will be many of our Clubs, Groups and Classes represented along with Committees (and a few surprises). Come check out the many opportunities for meeting new friends, finding new interests and discovering group projects through committees for community building. You are a lot more important than you might think. Putting your years of experience and expertise into making your home paradise even better can be quite rewarding. Try something new in 2019; you might be amazed at how full and alive you'll feel.

Speaking of Clubs, Groups and Classes, I want to thank those Club and Group Captains who submitted their recommendations for how we could make the current matrix in the Community Guidelines more relevant for their meetings and gatherings. In the last 14 years or so, our groups and clubs have grown well beyond what they were at their inception. Some matrix items still apply to most groups, but some are needing changes. After being directed by the Association Board of Directors to review how our 80+ clubs, groups and classes are functioning, we have been diligently gathering data and suggestions

to determine exactly which criteria serves to protect the Association as well as the residents participating in these activities. I'll let you know exactly what ends up happening with this review and what the BOD approves, regarding these revisions in the next couple of *Breeze* issues, so stay tuned and find out. It will all be positive and for the good I'm sure.

Guess what great thing is happening on Friday, Jan. 11 at 6 pm in the Ballroom. You're right! It's that ever popular "Games with Gail." It's an absolutely fun and hilarious time and you're more than welcome to bring your dinners in from the Bistro or just bring in your favorite beverage. Everyone is welcome and there is no charge for admittance. You will have a blast and definitely get your money's worth. Oh and there are prizes for winners too! I dare you to come.

If you like singing or watching "Four Seasons Idol" then you'll enjoy Karaoke on Saturday, Jan. 12 at 5:30 pm in The Lodge Ballroom. Here's another new thing to try. Be brave, have a little libation for backbone strength if you're afraid the first time, and then find yourself handing in your very first song to John Noonan who runs Karaoke. It will be ok. We have one of the friendliest, most encouraging Karaoke groups ever. Folks are very forgiving if you mess up, and they will be "at the ready" to give you a tip or two to make things easier. Hey, before you know it you'll be a Four Seasons Idol too, just sitting back, singing your heart out and signing autographs.

Have a great January and I'll see you around The Lodge.

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Members of the Citizen Volunteer Patrol Are Our Neighbors

By Steve Benoff

The Beaumont Police Department has a volunteer program open to anyone who is willing to commit to at least four hours a week of assisting the police department in carrying out certain aspects of its mission.

I ran my own small electronics business for over 40 years and had no time for volunteer work. About the only thing that carried over from my working days is my love of bicycling. Since I retired, I've found several avenues of volunteer work to fill my day. I'm treasurer and newsletter editor of Congregation Shalom Bayit, the only Jewish temple in the Pass Area. I've been the leader of the Four Seasons Classical Music Club since I started it in June of 2013. And for no other reason than I thought it would be interesting, I joined the Citizen Volunteer Patrol (CVP).

I've been a CVP for five years. There's actually a volunteer academy we attend to learn the subjects we need to fulfill our obligation. We learn how to use the police radio. Volunteers broadcast on the same frequency as sworn officers. We learn about traffic control, driving patrol units, parking violations, proper uniform dress, and other pertinent subjects. As part of our initial and continuing training, we ride with sworn officers while they are on duty.

Besides myself, there are two other CVPs in our Four Seasons community – Linda Ruoff and Christina Gomer.

After working as an architectural engineer in the early 1970s at TRW, in 1980 Linda started an import and export company called Omni Express International which she ran for 24 years. She sold her company, went back to school, and became a personal fitness trainer and enjoyed educating and working with people to improve their health until retiring in 2015 and moving to Four Seasons.

As a volunteer before moving to Beaumont, Linda was involved with the Special Olympics in Los Angeles and San Diego, coaching basketball and track & field. She even took a team to the Special Olympics at UCLA in the 90s; a memory she will cherish forever. Besides her work as a CVP, Linda serves on the Landscape Committee.

Linda wanted to contribute to the community and becoming a CVP seemed a natural choice as she has family members who are involved with the police & CHP in Southern California. As a CVP, she and a partner (CVPs almost always work in pairs) patrol the city, handle traffic when there are accidents, or work when there are events requiring assistance. They write tickets, have cars towed, and basically do whatever they can to assist the Police Department. It could be a graduation, the Cherry Festival, or assisting with Animal Control. It is interesting, fun and you learn a lot about the city we live in.

Linda loves to hike and belongs to the Four Seasons 4x4 Jeep Club. In her own words, "Life is good."

Christina Gomer spent a quarter of a century in banking starting in 1979 as a teller at Bank of America, continuing on to Consumer Lending as an assistant vice president. In late 2000, Christina moved to Business Bank as Operations Manager, VP. She retired in the fall of 2013.

Christina and her husband Ken moved to Four Seasons at the very beginning of January 2006. They bought their home from blueprints, as there were no models yet. They have never regretted it; they love living here. Christina spent her first year of retirement relaxing and enjoying not having to get up at 5 am, but shortly after that she volunteered at The Lakes for a year.

In 2015, Christina decided to volunteer at the Beaumont Police Department. After training in the Sheriff's Volunteer Academy, she received further hands-on training by a Field Training Officer before being signed off to go out with a partner. They patrol the city in an assigned volunteer vehicle. They can issue citations for non-moving violations, such as handicap parking, blocking a fire hydrant, or parking in red zone. They also assist the officers in special fun events such as the Fourth of July parade, Christmas parade, and so on - also in traffic collisions or lane closures for fires. Christina didn't know her volunteer partner before becoming a CVP, but they've become great friends and thoroughly enjoy their times together.

continued on the following page

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Linda Ruoff



Christina Gomer



Steve Benoff

Being a CVP has been interesting, exciting, and a great learning experience for Christina. She is very grateful to all the Beaumont Police officers and staff. "They are incredible in how they protect and serve this city. I plan to continue this for some time."

Besides her volunteer work, Christina loves to hike the great trails here in Four Seasons. She loves to travel and Skype with family.

As rewarding as being a Police volunteer is, there are other opportunities to serve our city. Christina's husband, Ken, is an excellent example of this. He volunteers at City Hall.

Ken Gomer enlisted in the Air Force during the Vietnam era in 1966, serving with the Strategic Air Command. After serving his country, in 1970 he worked during the day and began going to school at night studying towards a business degree. In 1982, Ken started a career in the credit reporting industry with TRW Credit, Dun & Bradstreet, and Equifax Credit. After 28 years, he retired from sales executive management.

Ken had another life when he turned a hobby into a profession and joined the Professional Bowlers Association, but he had to give that up to concentrate on his business career.

After retiring in 2010, Ken started volunteering with the Veterans Hospital in Loma Linda serving his fellow veterans. In 2014, Ken joined the Beaumont City Planning Department as a volunteer. His current duties include data entry for business permits, organizing new commercial and residential blueprints, labeling files, and other projects needing support. Ken finds his volunteer work a rewarding way to keep his mind active and still learn the ways other people function.

You can be a CVP too. Our primary mission is to be a presence in the community. You may have seen us driving around Beaumont in a volunteer patrol car. We're there to reassure people that the police

department is looking out for them. And that is indeed what we do. Feel free to contact me at steve.benoff@verizon.net if you have an interest in being a CVP.

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Holy Cow! We've Been Married 55+ Years!

For the February issue of the *Breeze* magazine, we're featuring couples who have been married 55+ years. If you have accomplished that heroic feat, please complete this form and return to The Lodge lobby front desk **BEFORE JAN. 8, 2019, 12 NOON**. We will be taking a group photo on Thursday, Jan. 10 at 10:30 in front of The Lodge.



First & Last Names: _____

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of Children: _____ # of Grandchildren: _____ # of Great-Grandchildren: _____

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Did You Know Monopoly Helped Free WWII Prisoners?



By Rudy Garcia

The November *Breeze* featured a "Did you Know article" about the game of Monopoly. However, the article didn't mention what is perhaps the most interesting role, that the game of Monopoly was played during World War II.

Starting in 1941, an increasing number of British Airmen found themselves as the involuntary guests of the Third Reich, and the Crown was casting about for ways and means to facilitate their escape. Now obviously, one of the most helpful aids to that end is a useful and accurate map, one showing not only where stuff was, but also showing the locations of 'safe houses' where a POW on-the-lam could go for food and shelter. Paper maps had some real drawbacks — they make a lot of noise when you open and fold them, they wear out rapidly, and if they get wet, they turn into mush. Someone in MI-5 (similar to America's OSS) got the idea of printing escape maps on silk. Silk is durable, can be scrunched-up into tiny wads, and unfolded as many times as needed, and makes no noise whatsoever.

At that time, there was only one manufacturer in Great Britain that had perfected the technology of printing on silk, and that was John Waddington, Ltd. When approached by the government, the firm was only too happy to do its bit for the war effort. By pure coincidence, Waddington was also the U.K. Licensee for the popular American board game, Monopoly. As it happened, 'games and pastimes' was



a category of item qualified for insertion into 'CARE packages', dispatched by often fictitious, organizations like the Licensed Victuallers Prisoner Relief Fund.

Under the strictest of secrecy, in a securely guarded and inaccessible old workshop on the grounds of Waddington's, a group of sworn-to-secrecy employees began mass-producing escape maps, keyed to each region of Germany or Italy where Allied POW camps were located. When processed, these maps could be folded into such tiny dots that they would actually fit inside a Monopoly playing piece. As long as they were at it, the clever workmen at Waddington's also managed to add:

1. A playing token, containing a small magnetic compass
2. A two-part metal file that could easily be screwed together
3. Useful amounts of genuine high-denomination German, Italian, and French currency, hidden within the piles of Monopoly money!

British and American air crews were advised, before taking off on their first mission, how to identify a 'rigged' Monopoly set — by means of a tiny red dot, one cleverly rigged to look like an ordinary printing glitch, located in the corner of the Free Parking square. Of the approximately 35,000 Allied POWs who successfully escaped, an estimated one-third were aided in their flight by the rigged Monopoly sets. Everyone who did so was sworn to secrecy indefinitely, since the British Government might want to use this highly successful ruse in still another, future war. The story wasn't declassified until 2007, when the surviving craftsmen from Waddington's, as well as the firm itself, were finally honored in a public ceremony. It's always nice when you can play that 'Get Out of Jail' Free' card!

Information gathered from the following sources:

<https://abcnews.go.com/Technology/monopolys-hidden-maps-wwii-pows-escape/story?id=8605905>

<https://www.theatlantic.com/technology/archive/2013/01/how-monopoly-games-helped-allied-pows-escape-during-world-war-ii/266996/>

<https://www.snopes.com/fact-check/war-games-3/>

Cutting The Cord From Builders

By Len Tavernetti

If all goes according to plan, 2019 will be the year of build out. KHOV plans for their final sale in October and the last new-home homeowners should move in before year's end. This is a significant milestone in the development of Four Seasons Beaumont. We will not only be in charge of our own budget, but responsible for all interactions with our city and county governments. The final version of the Specific Plan will be drafted, if not already completed, and signed off by the builder and the city. It will include the disposition of the infamous 26-unit parcel on Potrero Boulevard.

As we assume complete control of the Conservancy, ownership and maintenance responsibility may or may not be resolved. The Army Corps of Engineers must approve this transfer and, as of this writing the paperwork is still being finalized with a couple of issues unresolved. Nevertheless, sometime in 2020 we will definitely be funding maintenance of the trails and trees in this habitat.

The Community Planning and Transition Committee will focus in 2019 on identifying a master "punch list" of

actions the builder must take to close out their departure. All our committees will be asked to contribute to this list and we need each committee to add members for this endeavor.

Of prime importance during 2019 will be filling two additional positions to the Board in addition to the election of one Board member in April. With KHOV's departure their two seats will be staffed by residents. The demanding work of leading a community of 2,500+ residents with 1848 houses and an \$8 million budget can not be overstated. Community involvement to maintain our investment and quality of life demands the time and effort of our homeowners. Many of us are living a well-deserved retirement, away from the pressures of commuting and meeting deadlines, yet we all need to pitch in.

Control of our own destiny started under Jacque Sneddon's leadership, setting a high mark for community service. It has continued to develop but really needs the experience, skill sets and mature understanding of our senior residents as we cut loose from the Mother Ship.

Winter Wish Enjoys Another Successful Year

By Pam Dopf

Winter Wish is a local program that began 29 years ago, helping one family of a Beaumont Unified School District student living in their car. This year, 188 families with 583 children were assisted!

The program was founded by the Beaumont Soroptimists and is still under their financial umbrella. But over the years, other service clubs, churches, businesses, senior communities and other local residents have jointed in to make Winter Wish even more successful.

Your Four Seasons community has played a major role each

year. Endless gift tags are chosen, lovingly shopped for, wrapped and returned. As more tags are received during November, you step forward once again and help to fulfill those wishes as well. Your generosity is never-ending and so appreciated.

Thanks to your donations, food purchases are augmented and we are able to give each family three bags of groceries. Parents are so very appreciative for this extra help during this season. We value our partnership with each and every one of you who participates and look forward to working with you again during Winter Wish 2019.

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Thank you for all your entries... We're getting more and more entries every month! We love all the comments, too.

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!

LAST MONTH'S JOKE

Start 2019 with the Diet Harness!

Download Diet Harness from the App Store and for only \$9.99 we'll monitor your eating! There is a set up fee to install the harness cable system in your home. After that, when you get near fattening food, we'll yank you away! For only \$1.99 extra, we'll zap you with an electric charge while you're away from home if you succumb to temptation. Results* guaranteed!
**By results we mean you'll be super annoyed.*



THIS MONTH'S WINNER: GRACY LUNA

Go to The Lodge to collect your gift card!

YOUR COMMENTS

I love the jokes and hope that I will one day win something! Gracy Luna (Congratulations, Gracy!)

If only it would work. We look forward to the Breeze every month. It's informative, entertaining and helpful. We love it! Richard L.

Do you think this will be endorsed by Weight Watchers and TOPS? Charles C.

*Great timing with all of the holiday parties goin on. Marty R.
Love these joke ads. Shows some creative thinking! Barbara M.*

I would really like to sign up for this service! LOL! Pamela M.

This diet harness system might just replace all other time-honored and famous weight loss programs. This is super exciting news. Let's celebrate with a dessert party! Shelley M.

I really need one of these, especially on Friday evening when Smitty's is serving ribs. Karen S.

This is a good idea... like a dog collar that zaps you when you bark. I like this one. Billie B.

I especially liked the electric shock treatment for an extra \$1.99! Lois B.

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!): _____



*Photos by
Laurie Larson
of her gorgeous
landscape at
425 Yellowstone*



NEW FEATURE! STARTING IN APRIL...

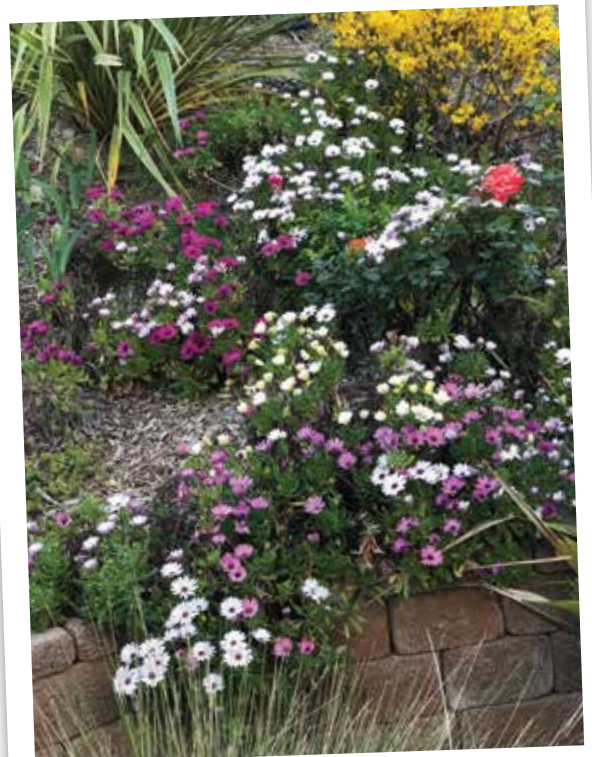
Landscape of the Month

Mary Mary quite contrary, how does your garden grow?

Wait. Why is Mary so contrary? She gets to have fun making pretty things grow in her garden! Like cockle bells. And tinkle shells. Or something like that. The point is, she should be Mary Mary quite thrilled and delighted!

Are you a happy gardener? Do you want to show off all your hard work? Front yard, back yard, garden, or interesting landscaping... wherever and however you've made your lovely mark, we want to see it and share it with your neighbors. Starting in April, we will be featuring one garden each month in the *Breeze* magazine. So start planning your spring garden and get ready to show it off!

To be considered for Landscape of the Month, please email high-resolution photos with your name and a caption to fourseasonsnews.com. If you would like your photo to be considered for a future cover, remember to take vertical shots.



Maybe It's Time To Find Newer, Better Apps



THERE'S
AN APP
FOR
THAT!

By Steve Benoff

Is it time to trade in your app? It's human nature to get comfortable using things we've used for a long time. For some things, that may mean giving up something to which we have a strong emotional attachment. Or it may be costly to make a change. Fortunately, changing an app doesn't involve that.

I'm not referring to an app you're unhappy with. I'm talking about an app you use and like. But just because an app is on your phone, you aren't prevented from seeking out a better one.

I first came to this realization with Apple Maps. That's the mapping app that comes with your iPhone. When I had an Android phone, I used Google Maps, and I got used to the green/yellow/red traffic identification routine. When I got my iPhone, I decided to stay in the Apple universe and started using Apple Maps. It took me a while to adjust to the missing green traffic lines. Apple uses yellow and red but not green. I'm sure their reasoning is that there's no need to highlight the fact that traffic is going normally. So I've been using Apple Maps for years. But have you noticed that traffic on Highland Springs is getting worse by the month? I started using Apple Maps to plan my route out of town, but found I had to expand the screen to see traffic on Highland Springs. Traffic on Beaumont Ave. was displayed but not Highland Springs in the default mode. So I thought I'd try Google Maps. Lo and behold, Highland Springs traffic was displayed on the default screen. Fortunately, with the latest version of Apple's iPhone software, Apple Carplay will now work with Google Maps. Google Maps will be my go to traffic app.

On a more obscure topic, I like to follow the prices for oil and gold. Frankly there is no reason for doing so since I make no investment decision based on those prices. But I still consult them to get a feel

for the market in general. For years I've been using an app called Black Gold. It started giving me problems that required my having to go through some extra steps to get the info I wanted. Nevertheless, I persisted in using it because I had it on my phone, and I was used to it. Finally it started giving me notices about problems retrieving prices. It dawned on me that there must be a better app for my purposes. So I searched for commodity prices at the App Store and found Commodity Prices Live. It turned out to be a much better app than the one I'd been using for years. Even when the old app was working properly, I had to push a few buttons to get what I needed. The design of Commodity Prices Live is so much better than my old app. It let's me select from 26 commodities for display on the main page. So now, at a single glance I can see the prices for oil and gold plus corn and oats if I want (which I don't actually). Furthermore, if I select a commodity, I can see its price history on graphs ranging from one day to ten years.

But sometimes I just have to live with the apps I have. Take movie reviews for instance. I love movies, but I hate going to movie theaters. I don't care if I have to wait to see a movie until it's available on DVD or streaming. In fact, in 2018 I saw every one of the nine best picture nominees and only went to a movie theater once. I would like to be able to consult an app to tell me about movies I've seen referred to in print and online media. I can't find a single app I like. So I'm stuck with IMDb, Flixster (Rotten Tomatoes), and Netflix. One day perhaps there will be a single comprehensive movie app to my liking. Of course, I'll have to remember to search for it instead of relying on the apps I already have on my phone.

Do you use an app you'd like to share with others? Let me know at steve.benoff@verizon.net.

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Hello, I'm Dr. Robert S. Krage, D.C. Are you in pain? Have you tried everything to alleviate your pain without success? Are you contemplating surgery? Tried injections? Had surgery, but are still in pain? In many cases, the operations are necessary for proper health and recovery from an injury. However, I have seen hundreds of patients who received operations they did not need and are still in ridiculous pain. Inland Empire Spine and Disc now offers a modern-day method of pain relief that is proven to be an effective alternative to surgery... simply the best for spine and disc... bar none.

Are PILLS & INJECTIONS effective, long-term solutions for pain relief? NO WAY! Until now, people have masked their pain by frequently taking prescription pain pills or by getting cortisone injections. This type of relief masks the cause, is temporary, and more often can lead to even more pain or worse yet - addiction to drugs! So many people innocently fall into abusing prescription pain pills while initially using them to alleviate real, constant pain. Did you know that prescription medications kill more people every year than do illegal

drugs? Nobody is immune to prescription drug abuse.

Due to the overwhelming response, this offer will be good for the first 25 callers. If the lines are busy, please keep trying.

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"I pinched a nerve in my lower back while moving pots on my patio. One day I was reading the local newspaper and came across the ad for the Inland Empire Spine Center. I contacted Dr. Krage and took advantage of the promised two free treatments after which my wife and I met with him to discuss my options. Each week I could feel a difference as my pain lessened. At the conclusion of the program, I was pain free. I highly recommend the Inland Empire Spine Center and their program versus surgery. I now have my life back and am again enjoying my retirement."
~ David D.

Still Want Satisfaction Guaranteed?

In a world of money back guarantees, who goes through the hassle to get their money back anyway? I'm willing to take it a step further. I'm so confident that you will find relief at Inland Empire Spine and Disc that I'm allowing the first 25 callers to receive 2 free treatments at our office. We are confident that our protocols will be able to relieve or rid ongoing pains or other limitations.

Expressing Gratitude in Four Seasons

I really think that The Lodge, Courts and Summit attendants do a fantastic job. It has been my experience that they often go above and beyond to accommodate us. Every experience I have had has been pleasant. For example, when I purchased a window sticker, instead of just selling me the sticker and telling me to read the instructions, the attendant supplied the sticker with a little tape. He (I wish I knew his name) told me to try it out because cars are different heights and to get the right spot on the windshield, put the sticker on temporarily to see if it works. Then if it does, peel off the backing and put it on the correct spot. I appreciated that very much. I see things like that happening so many times and residents don't even say "thank you." In fact, more times than not, I have seen the attendants having to "handle" a situation that should not have been a situation. Residents get angry about something that has nothing to do with the attendants but they get the backlash. So when I say I really appreciate them, I do. Thank you to the wonderful staff. HATS OFF TO THEM! ~ Cheri Howard

To The Bistro: I like to come here with my grandma and my sis. I love your food and nothing is better than your smoothies. ~ Starr Martin

The Bistro is our favorite eating place in town. Thanks for all the great food and kindness. ~ Judy Martin

I would like to thank Jeff Davidson for his challenging word search in the Breeze month after month! Janet McAdams

Thank you to Mary Alice and Patty for an awesome card making event. Thank you! ~ Eileen Downey

Thank you to the Beaumont Police Department for stopping two speeders in two days on Four Seasons. ~ Ann & Dick, walkers

My name is Laury and I think everyone should do an act of kindness every day.

I'm thankful for the rain which quenched the thirst of our beautiful landscape and for our beautiful homes which kept us snug, war and secure. ~ Anonymous

Kelly's back! ~ Anonymous



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 "The Box of Gratitude." Thank you.



Stuffed Acorn Squash

By Irene Welker

Well, dear reader, here we are at the beginning of another year. This is the time that we all decide to lose a few pounds and/or eat healthier. Meatless Monday is a no-stress way to do both. This is a growing movement that helps individuals improve their health by eating a plant-based diet one day a week. Consuming more fruits and vegetables and less meat helps in the battle against heart disease, cancer, stroke, high cholesterol, and diabetes.

Here is a flavorful and colorful heart healthy recipe for stuffed acorn squash. Each portion has less than 300 calories. Don't be afraid to make changes. You can add a ground soy product to provide the texture of meat. A mild to hot chili powder may be substituted for the cayenne. Play with the amounts and types of spices to suit your taste. If you don't like sunflower seeds, use pine nuts, sliced almonds or pecans. Use quinoa, white rice, barley or couscous instead of brown rice.

Serves 4

Total Time, approximately 60 minutes



INGREDIENTS

- 2 medium to large acorn squash
- Extra virgin olive oil
- Sea salt
- Fresh cracked black pepper
- ¼ cup diced onion
- 2 cloves garlic, minced
- 1 ¼ teaspoon ground cumin
- 1/8 teaspoon cayenne or chili powder
- 1/8 teaspoon ground cinnamon
- ¾ cup cooked brown or white rice or other grain
- 1- 15 oz can black beans, drained and rinsed
- ¼ cup cherry tomatoes, quartered
- 3 tablespoons chopped fresh cilantro, divided
- 1 tablespoon sunflower seeds
- Heaping ¼ teaspoon fresh orange zest
- 2 tablespoons orange juice
- ¼ cup finely shredded sharp cheddar cheese
- 1 green onion, thinly sliced for garnish

DIRECTIONS

1. Preheat oven to 450 degrees. Line a baking sheet with parchment paper or aluminum foil.
2. While oven is heating cut squash in half from point to stem. Remove seeds and stringy bits from center. Generously sprinkle interior of squash with salt and pepper then drizzle with olive oil. Place cut side down on lined baking sheet. Lightly rub skin with olive oil. Bake in preheated oven for about 30 minutes or until the flesh is tender. Remove from oven. Allow to cool slightly. Leave oven on, but reduce heat to 400 degrees.
3. While the squash is roasting prepare the filling. Pour about 1 tablespoon olive oil in a 10 inch non-stick pan. Heat over medium-high heat. When the oil is hot add the diced onion and saute until tender and translucent, about 5 to 7 minutes. Be careful not to burn the onion. Add the garlic, cumin, cayenne and a pinch each of salt and pepper. Cook and stir an additional 30 to 40 seconds to cook the garlic. Remove from heat.
4. Place the rice, beans, tomatoes, 2 tablespoons of the chopped cilantro, sunflower seeds, orange zest and 1 tablespoon juice in a bowl. Add the onion-garlic mixture. Mix well. Adjust seasonings.
5. When the squash is cool enough to handle, lightly score the flesh then sprinkle the remaining tablespoon of juice equally in the four cavities. Spoon equal portions of the rice mixture into the cavity of each squash. Sprinkle a tablespoon of cheese over the top of each filled squash. Carefully place the squash back on the baking sheet, filled side up. Bake an additional 3 to 5 minutes just until the cheese melts. Remove from oven, top with remaining cilantro and sliced green onion.
6. Serve with a salad. Enjoy.

January Word Search

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

Now that we have completed a puzzle for each of the 2018 months featuring words and names of people synonymous with each month, we are going to change the month's subjects going forward starting with this month which is all 1960's popular singers. We'll try to diversify the subjects to keep it interesting. If you have any ideas, don't hesitate to pass them on.

Wishing you all a happy and safe New Year.

Q K Q G M O S K S V I M S N E V E T S E I N N O C Q K N R N
S E A N F L I E N N S E S N E V E T S T A C L F T K S O F O
R D E O H B H Q O O N E I A X T I N A T U R N E R L F S I S
Y L X L V K T E T N I A N W R B O B B Y R Y D E L L M L W I
U E C A Z E A L S N S Y N O O A G P I I G U Q H B E A I I B
T I H V F N M V E A C N R C J B H R F T K T A E R B R W L R
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H G R E E Y N S P S V T O L E S G I A F C V C W Y M Y I I Y
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E I B K T O H R L E N Z Q E Q O K N O A G V O U H C O C N R
V R O N A G O E L D F L Y G J K C C A E D H B I A N B A E N
O P B A H E J S I R E G E S B O B Y U T G M N S R E B J L B
L S B R P R Z L B J S H C O L I H P D H R M U E L L I W S B
E Y Y F C S U E R R E V N E D N H O J U C A O K E G N C O A
N T D Y M R R Y Y J A M E S B R O W N U J J G P S R S Q N R
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R D I Q Y I L B D L E C O D B O B D Y L A N K A L O M T A A
A R N P L R W I R A D D P H L I T T L E R I C H A R D B R S
D A M V C P A R B E S D D Q N O T G N I H S A W H A N I D T
B W O E J Y R R F W N Y I I M H D J O H N N Y C A S H B W R
P X A Y T A U V V V J D R D E R E K C O C E O J M R P L N E
J V G V W R O K S N Y F A R O F P A T B O O N E F M B D G I
A N D Y W I L L I A M S G L A B I L E S L I E G O R E K Q S
G N U O Y L I E N O U L W X E B M S Q D N L U Q U B A Z Q A
A R L O G U T H R I E V Z F K E T N H E L F M F U B Q A S N
Z P T O O F T H G I L N O D R O G A D E R R A C I K K I V D
A K N A L U A P C A R L P E R K I N S H R C N K P I H V N P
R I C K N E L S O N O N I M O D S T A F Z L K U S N R K R D
O T I S R E D D I N G A R E T H A F R A N K L I N G Y I K H

Al Green
Andy Williams
Annette Funicello
Aretha Franklin
Arlo Guthrie
Barbra Streisand
Barry Sadler
BB King
Billy Preston
Bobby Darin
Bobby Rydell
Bob Dylan

Bob Seger
Bo Diddley
Brenda Lee
Carl Perkins
Cat Stevens
Cher
Chuck Berry
Clyde McPhatter
Connie Stevens
Darlene Love
David Bowie
Del Shannon

Dinah Washington
Dusty Springfield
Eddie Fisher
Elvis Presley
Fats Domino
Franie Avalon
George Jones
Glen Campbell
Gordon Lightfoot
Jackie Wilson
James Brown
Joe Cocker

John Denver
Johnny Cash
Johnny Mathis
Judy Collins
Kenny Rogers
Leslie Gore
Little Richard
Lou Rawls
Marty Robbins
Nancy Sinatra
Neil Diamond
Neil Young

Otis Redding
Pat Boone
Paul Anka
Phil Ochs
Ray Charles
Ray Price
Rick Nelson
Roy Orbison
Sarah Vaughn
Tina Turner
Vikki Carr
Willie Nelson

Puzzle created by Jeff Davidson. Solution on page 62.



HAPPY Healthy NEW YEAR

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FACILITIES COMMITTEE

The roof repairs on the Lodge, Spa and RCN building have been completed.

The worn roller shades in the Lodge and the Spa building were replaced in December. Black out shades were installed on the west facing doors of The Lodge.

The craft room project is scheduled to start in January. The project entails installing new flooring and painting in the adjoining old computer room to match the current craft room. A door will be installed between the two rooms, several new cabinets will be installed in the existing Arts & Crafts Room as well as tables and chairs in the new room.

The replacement of the flooring in the fitness room (gym) in the Spa building will begin in late January, early February. The contractor is waiting for the materials to arrive.

The Facilities Committee meets in the RCN building on the second Wednesday of the month at 10 am. We always welcome residents to join us and share their ideas or concerns.

We currently have several positions open on the Facilities Committee for anyone interested in serving our community.

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

LANDSCAPE COMMITTEE

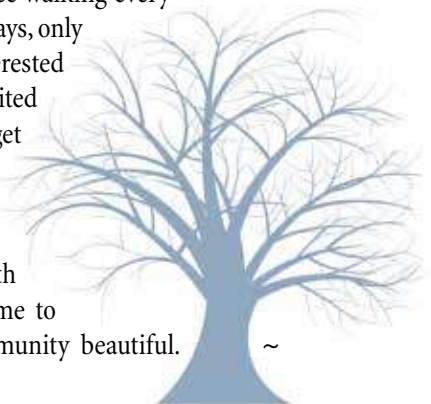
The Landscape Committee would like to wish all of our residents a Happy New Year.

January is one of our coldest and sometimes wettest months, but it is often one of the nicest times to work outdoors. So rejoice that the holidays are over, dig in, and enjoy the promise of a New Year. Good days are crisp and clear, perfect for gardening. Watch for freeze warnings and be prepared to cover citrus trees and delicate plants. A little advance preparation will be worth the effort now.

During these cold and wet weather times, it is good to minimize and even turn off your landscape water. Our plantings are in dormant stage and have no need of regular watering.

With the addition of our new neighborhoods to the east of The Courts, your landscape committee has an even larger area to cover. You will see your landscape committee walking every Friday. We walk even on the coldest days, only rain will keep us down. Anyone interested in checking out our committee is invited to join our weekly walks. Submit a "get acquainted" committee application to join us on our walks and sit in on our meetings. Our committee meets the third Tuesday of each month in the RCN at 1 pm. All are welcome to see how we work to keep our community beautiful.

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RULES & REGULATIONS COMMITTEE

As our community grows, it is sometimes necessary to revise our CC&Rs to keep up with the changes that growth can bring. And often we learn from experience and make changes that will benefit our residents. This is one of those times. The residents of Four Seasons at Beaumont have been asked to consider and vote on several changes to the CC&Rs. Two of them apply to our voting procedures and one applies to long term energy contracts.

The first proposed change is to eliminate the currently used District Delegate system. In the past, each district within Four Seasons elected a delegate who could cast the deciding vote if their district did not achieve a 50 percent turnout. Since each term is for one year, this required costly yearly elections and could result in a vote that the majority of district residents might not favor.

Another change is to eliminate cumulative voting for Board of Directors elections. Under cumulative voting, all votes per household could be cast for one candidate. This will be changed so that the votes must be distributed between the candidates. The number of votes will remain the same for each household.

Also proposed is the ability of the homeowner's association to be able to lease solar energy rather than purchasing it. Our current CC&Rs require that all contracts must be renewed yearly which means that purchase is the only option. If leasing is allowed, the association can obtain a long term lease which will reduce our energy costs.

The Board of Directors recommends a "yes" vote on all three changes.


And don't forget to complete your Age Verification Form. It must be submitted once every two years. Since we are a 55 and over community, the association is required by federal law to verify that the occupancy of the community meets the age restriction requirements.

The Rules & Regulations Committee proposed these changes which the Board of Directors then endorsed. Committee work is important to our community and we would like to welcome interested residents to join us. We meet on the second Tuesday of the month at 9 am in the RCN Conference Room. You can also meet us at the Club and Committee Fair on Jan. 26 in The Lodge Ballroom from 10 am to 1 pm. Stop by and say hello! ~ *Margie Chadburn*, mjchadburn@aol.com



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FINANCE COMMITTEE

The Finance Committee held its regular meeting on Oct. 30. The financial statement for the month of September 2018 was reviewed and recommended for BOD approval. Highlights of the September financial report follows.

Total Assets are \$8,556,629 including checking \$332,442 and reserve assets \$6,851,341. Operating money market and CDs totaled \$1,270,384. Total Liabilities at this time are \$270,853 and Total Equity of \$1,434,435. There was a net income gain for the month of \$14,792. Net Income and operating expenses have remained a key focus of the Finance Committee. Front yard cost center expenses were over budget by \$3,810 and Springdale cost center expenses were under budget by \$366.

The reallocation of the HOA fee that was instituted in July has temporarily resolved the shortfalls in the operating budget. However, this action is a short-term remedy as the funding shifted from


the reserve funds would eventually have a detrimental effect on the overall reserve funding.


The 2019 budgets were reviewed and recommended for BOD approval along with a recommendation to increase HOA fees as follows:


- Master - \$9
- Front Yard - \$5
- Springdales - \$5.36

This decision is being driven by the increase in utilities, materials and labor costs. The 2019 budget has been mailed. A more in-depth review of the budget will be provided in a future article.


Six vendor proposals were reviewed. All proposals were recommended for Board approval. Six committee persons and Jolene Cooley, Board Liaison, were present. There is an opening on the Finance Committee. If you are interested, please come to our next meeting on Jan. 29. ~ **Barry Ginnetti**



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SOCIAL COMMITTEE

Happy New Year to all of our Four Seasons residents! The Social Committee has been very busy and has an exciting calendar of events planned for 2019. To start the year off we are presenting a comedy show highlighting Ron Ruhman and Company. This show will take place on Feb. 23. Tickets will go on sale Jan. 21 in The Lodge and the cost is \$20 per person (dessert and specialty coffee bar is included). Look for the poster and flyers in The Lodge Lobby in January for further details. Get your tickets early because this promises to be a sell-out performance. Take care! ~ *Pamela Morales*



Ron Ruhman & Company will perform on Feb. 23

SAFETY COMMITTEE

The Safety Committee met on Dec. 4 and heard from a concerned resident about speeding on Green Creek, which is being used by some as a shortcut to the Portrero Gate.

The limit on Green Creek is 25 mph and is not part of Four Seasons Circle, where the limit is slightly higher at 30 mph, but the goal of all of us should be to drive safely and with due regard for our neighbors. A speed bump has been approved for the Crooked Creek exit and stop signs have been painted on Heritage/Lantern Bridge junction with

Four Seasons.

The long running project to get the crosswalk flashing lights activated by push button is still under review.

Our next meeting will be in the RCN building on Tuesday, Jan. 8 when your input on all matters safety related is welcome. In the meantime, please slow down, enjoy the holiday season, and have a Happy New Year. ~ *Geoffrey Wilson*

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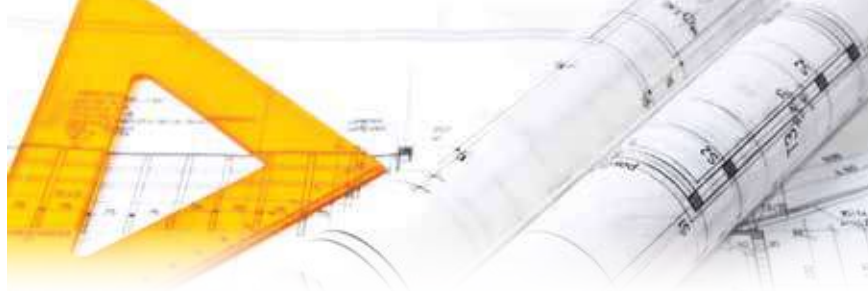
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ARCHITECTURAL REVIEW COMMITTEE

The Architectural Review Committee works under the direction of the Board of Directors. We are charged by the CC&Rs with reviewing all architectural plans for “aesthetic standpoint and adherence to established guidelines.” When needed the Board and/or management company may ask the committee to review architectural issues that have been brought to their attention.

We do not police the community looking for possible violations, or take the initiative to advise homeowners of existing problems. If you believe that your neighbor has done something that is causing you a problem and appears to be a violation of the CC&Rs or guidelines, please report it to the management company at the office. Each referral is investigated and resolved. It may take some time to complete the investigation and secure compliance by the homeowner. Please realize that this is a process and probably will not be resolved in just a few days.

What ARC does do is work with homeowners to “preserve and improve the appearance of the community and to ensure continuity in design and does not seek to restrict individual creativity or personal preference.” To accomplish this the ARC uses:

- Property Improvement Application aka Schedule A
- Neighbor Notification Statement aka Schedule B

- Notice of Completion aka Schedule C
- Meeting with each homeowner who desires to do so.

ARC works hard to keep up with changes that are made by various governmental entities that may affect our homeowners. During the past year laws were enacted by the city of Beaumont, Riverside County, the state of California and the United States Government that require interpretation and application by ARC - working with the management company and the HOA's legal counsel.

Despite new laws and changes in rules and regulations, rarely does ARC simply deny any homeowner's request. We work diligently to find a way to fit the homeowners' dream into existing regulations or help them find an acceptable alternative.

If you have a dream or just a desire that you have been told by your friend or neighbor or even your landscape contractor that can't be done because of the HOA Guidelines, please take the time to meet with ARC and discuss your project. We meet the first and third Wednesday of each month in the RNC Conference Room.

We are seeking additional members and would love to have you check us out. We aren't looking for any particular skill other than willingness to learn new information and use it to help your neighbors. ~ **Steve Cooley**

COMMUNITY PLANNING & TRANSITION COMMITTEE

The Community Planning and Transition Committee is striving to meet objectives for the HOA takeover from K. Hovnanian which is anticipated to occur at the end of 2019. The committee awaits final gas company approval for the dog off leash area. Discussions will soon take place with various other committees to help coordinate our efforts and get timely input for proposed improvements to our facilities. An exploration of the Potrero parcel issue was initiated. A Four Seasons' Master Plan is in the draft and review phase. There is

no current formal, written procedure for managing key distribution to the facilities at Four Seasons. One is needed now that HOA will be taking official control of everything shortly. Creating a procedure for key distributions has been added to the transition task list.

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**, classicalharmonies@gmail.com

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*Chewbacca enjoys belly rubs and keeping secrets.
Photo submitted by Kris Corbett.*



*Saffron listens to her cat mom, Dulcinea. Photo submitted by
Sandra Butler-Roberts*



Sunshine likes sitting. Photo submitted by Sharon Bond.



*Spensser won "Softest Coat, 2016" but the fame has not gone to
his head. Photo submitted by Laurie Larson.*



SMITTY'S BISTRO

Grilled Salmon Salad: Grilled salmon on top of mixed greens and spinach with tomatoes and cool cusabi served with citrus vinaigrette on the side. **\$12**

BBQ Chicken Salad: With corn, black beans, tossed with BBQ ranch, topped with trilled chicken, tomatoes, cheese and tortilla strips, drizzled with BBQ sauce. **\$10**

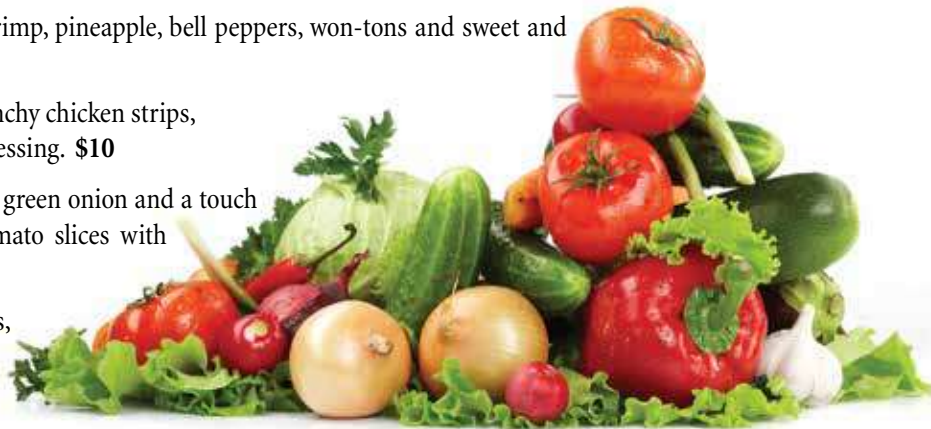
Buffalo Chicken Salad: Tossed with blue cheese crumbles, celery and shredded carrots topped with crisp chicken strip pieces and drizzled with cool ranch and buffalo sauce. **\$10**

Oriental Shrimp Salad: A crisp salad topped with shrimp, pineapple, bell peppers, won-tons and sweet and sour dressing. **\$10**

Oriental Chicken Salad: A crisp salad topped with crunchy chicken strips, pineapple, bell peppers, won-tons and sweet and sour dressing. **\$10**

Lobster Salad: A perfect balance of lobster, egg, celery, green onion and a touch of mayonnaise on a top of crisp salad greens and tomato slices with cucumbers, lemon wedges and citrus dressing. **\$12**

Southwest Chicken Salad: Salad with corn, black beans, cheese, tomatoes, crisp tortilla strips topped with grilled chicken breast, salsa and ranch on the side. **\$10**



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SUDOKU: Everywhere you look these days there is a Sudoku puzzle just begging to be solved. Heck, you might even find one in a supermarket flier. There are books galore and every newspaper has a puzzle page with one.

I'll bet you've even tried one of them and the odds are pretty good that when you first tried one you wound up throwing the puzzle across the room! That's not surprising because most of them are printed on a tiny grid that doesn't offer much "room to figure."

If you are still interested in trying to learn, I can help. I have some good basic techniques that will get you started and get you hooked. We'll start an interest group so that we can all have fun solving those addictive little puzzles. For more information, call Ray Geiser at (406) 261-3759.

CLASSIC CARS AND COFFEE: If this sounds right up your alley, please sign up at The Lodge lobby credenza or call Rick Morales for more information at (951) 797-3732.

Breeze Article Deadline

All articles are due by 12 pm on the 8th of each month to be published in the following month's issue. If you submit the monthly article for a committee, club or group - please make a note of that date and time. If your article is not received by then, it will not be printed. **We will no longer be sending reminders.**

All articles of 400 words or less must be submitted via email to fourseasonsnews@yahoo.com. Clubs may include up to three high-resolution photos with corresponding captions.

Of course, if there is a legitimate reason why you cannot meet that date, please notify our publisher at (909) 797-3647.

Thank you for your understanding and your compliance. ~ *Editorial Board*

CALENDAR CHANGES

You must complete a Schedule Change Request Form, found on the website or at the Front Desk in The Lodge, by the 8th of the month to make it in the following month's calendar.

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NEIGHBORHOOD WATCH

Our Neighborhood Watch Program on Jan. 9 at 10 am will be in The Lodge Ballroom. Captain Alvarez from the CHP, Banning Office, along with their Public Information Officer, Darren Meyer, will be our guest speakers. Captain Alvarez and Officer Meyer will discuss new California Vehicle Code laws that are effective Jan. 1, 2019.

As we ended 2018, the Neighborhood Watch Program here at Four Seasons has grown considerably. Thanks to all of our Neighborhood Watch team members, including our Block Captains, Trainer Andi Henderson, and our Lead Block Captain, Donna Lewis — the programs presented each month were informative and interesting.

Now as we begin 2019, we ask our residents to be aware of the scams that we may be facing. Reports of callers claiming to be IRS and Social Security representatives continue to be directed at mature adults. If you get these suspicious calls, do not give any of your personal or financial information to the callers. These legitimate



agencies will call you only if you first call them, and their communication is in writing. Please call the Beaumont Police Department to let them know scammers are working our area.

Be safe in the New Year. Please drive the posted speed limit of 30 MPH on Four Seasons Circle, and 25 MPH on all of our residential streets. Be aware of the location of stop signs, and please stop at those stop signs. Beaumont Police have been patrolling our community and will issue tickets when violations are observed.

If you see someone or something suspicious, report the activity to the Beaumont Police Department. Don't confront anyone and put yourself in danger. Remember, if you see something, say something.

The Neighborhood Watch Steering Committee wishes all of our residents a happy, healthy and safe 2019. ~ **Jerry Monahan**

CLASS, GAME, MEETING SCHEDULES

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

Class Schedule

CLASS	DAY	TIME
Beginner Spanish	M	10a
	M	11a
Ceramics	W	1p
	Sat	9a
Clay Class	Th	1p
	2 nd , 3 rd , 4 th Sat	10a
Craft Group	Th	10a
Crafty Cardmakers	Fri	1p
Mixed Media Art	M	10a
	W	6p
Believe! Women's Bible	F	10:30a
Women's Evening Bible		
	2 nd , 4 th Thurs	6:30p
Life Guide Bible Study	T	7p
Singing Class	W	3p
TOPS Weigh in	T	8a
Spanish Class	M	10a
Spanish Class	M	11a

Game Clubs

GAME	DAY	TIME
Uptown Diva Bid Whist	1st, 3rd F	2p
Bridge for Fun	W	12p
Bunco	2 nd , 4th F	1p
Canasta #1	Th	12:45p
Canasta #2	W	1p
Co-Ed Bid Whist	M	6p
Dominoes	W, F	6p
Hearts	T	6p
Mah Jongg for Fun	M	12:30p
Mexican Train #1	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	M, W	9:30a
Poker	T, Th	9a
Rummikub	Sun	2p

Meetings

BOARD OF DIRECTORS	DAY	TIME
Executive Session	Jan. 10	9a
General Session	Jan. 10	1p
Committee Chair Mtg	Jan. 21	10a
COMMITTEES	DAY	TIME
Architectural Review	Jan. 2	8:30a
	Jan. 16	8:30a
Communications	Jan. 16	10a
Comm. Planning & Transition	Jan. 24	9a
Emergency Prep (EPC)	Jan. 15	10a
Facilities Committee	Jan. 9	10a
Finance Committee	Jan. 29	1p
Landscape	Jan. 15	1p
Rules & Regulations	Jan. 8	9a
Safety Committee	Jan. 8	10a
Social Committee	Jan. 3	5p
OTHER	DAY	TIME
Breeze Editorial Board	Jan. 2	10a
	Jan. 10	10a

JANUARY 2019

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.

6 Private Party - Ballroom All Day Trivia Night 6p	7 Intercessory Prayer Group 9a Curly Cues 10:30a Bereavement 1p AACC Meeting 6p 8-Ball Club 6:30p	8 Book Club 9:30a Knitting & Crocheting 10a Computer Tech Group 10:30a Billiards for Fun 10:30a, 1p Writers' Club 1:30p, 6p All Seasons RV 6p 4x4 Group 7p	9 Take a Hike Neighborhood Watch General Meeting 10a FRS Radio Group 12p Taste d'Vine Steering Com 4p Spring Boutique Vendor Mtg 6p 8-Ball Club 6:30p	10 BOD Executive Session 9a BOD General Session 1p Cues 4 Two 4, 6p Kiwanis Dinner 5:30p Roadrunners RV 6p Classical Music Club 7p	11 Wild Bunch Billiards 12:30p Games With Gail 6p 8-Ball Club 6:30p	12 Billiards for Fun 10:30a, 1p Private Party (Summit) 3p Karaoke 5:30p
13 CC Cinema Club 6p	14 Curly Cues 10:30a Bereavement Group 1p 8-Ball Club 6:30p	15 Knitting & Crocheting 10a Billiards For Fun 10:30a, 1p Camera Club 6:30p	16 Meet With John 2p 8-Ball Club 6:30p	17 Cues 4 Two 4p, 6p Taste d'Vine 6p	18 Community Fam Radio 10a Wild Bunch Billiards 12:30p Line Dance Sock Hop 5p 8-Ball Club 6:30p	19 Travel Club Meeting 10a Billiards for Fun 10:30a, 1p Seasoned Solos Party 3p
20 Private Party - Ballroom All Day Chavurah Club Film 6p	21 Comedy Show Tickets On Sale 9a Curly Cues 10:30a Private Party (Summit) 1p Bereavement Group 1p	22 Knitting & Crocheting 10a Billiards For Fun 10:30a, 1p Performing Arts Club 4p	23 8-Ball Club 6:30p	24 Cues 4 Two 4p, 6p Kiwanis Club Dinner 5:30p Rainbow Group Dinner 6p	25 HAM Radio Club 10a Wild Bunch Billiards 12:30p Amateur Radio Club 5:45p 8-Ball Club 6:30p	26 Club & Committee Fair 10a Billiards for Fun 10:30a, 1p
27 CC Cinema Club 6p	28 Curly Cues 10:30a Bereavement Group 1p 8-Ball Club 6:30p	29 Knitting & Crocheting 10a Billiards For Fun 10:30a, 1p	30 8-Ball Club 6:30p	31 Cues 4 Two 4p, 6p	<p>Calendar changes? You must complete a Schedule Change Request Form, found on the website or at the Front Desk in The Lodge, by the 8th of the month to make it in the following month's calendar.</p> <p>The Lodge and The Summit Normal Hours: Mon. - Fri. 6am - 9pm; Sat. & Sun. 7am - 9pm</p>	

*The schedules below may change, cancel, or reschedule at any time.
Please stay up to date by checking the Daily AM Report, fourseasonsbeaumont.org, and the front desk at each facility*

PHYSICAL EXERCISE SCHEDULE

THE LODGE:

Facility & Pool Hours M-F 6 am -9 pm • Sat, Sun 7 am -9 pm • Guests under 18 years welcome at pool 1 - 4 pm daily

The Courts pool is open year around but is not currently heated. Heating will resume in the spring.

EXERCISE			PICKLEBALL		
*Conditioning	M/W/F	8:30a	Beginners	M-Sat	7a
*Beginning Conditioning	M/W/F	9:30a		T	9a
*Zumba Gold	T/Th	9:30a		Th	4p
*Yoga	W	6p	DANCE		
*Pilates	T/Th/Sat.	8:30a	<i>*Let's Dance!</i>		
*Kick Boxing	Sat	10:15a	Beginners	M	6p
*Pound Fitness	M	10:30a	Intermediate & Advanced	M	7p
	T	6p	Practice	Th	6p
*Pound Fitness	T	6p	<i>Line Dance</i>		
PADDLE TENNIS			Very Beginners	T	2p
Beginners	W	2p	Intermediate	T	3p
	F	8a, 2p	Advanced	T	3:45p
	Sat	2p	<i>Heart & Soul</i>		
	Sun	8a, 2p	Beginners	W	4p
BASKETBALL			Intermediate	W	5:30p
	F	4p	SHUFFLEBOARD		
				M & Sat	9a

THE SUMMIT:

Facility & Pool Hours M-F 6 am -9 pm • Sat, Sun 7 am -9 pm

POOL HOURS

*Water Aerobics Class	M-F	10:30-11:30a
Lap Swim	M-F	6-8a
		11:30a-1p
		5:45-7p
	Sat/Sun	7-9a
		11:30a-1p
		5:45-7p
Open Swim	M/W/F	8-10:30a
		1-5:45p
		7-9p
	Sat/Sun	9-11:30a
		1-5:45p
		7-9p

HORSESHOES W 8a

BOCCE BALL T 9a
W, F 3p

THE COURTS:

Facility Hours 7 am -9 pm

*The Courts pool is open year around but is not currently heated.
Heating will resume in the spring.*

Open Swim 7a-9p
Water Volleyball Closed for the winter season

PING PONG

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

TENNIS

Beginner's Class Th 7p
Sat. 10a
Club Play Time 2nd, 3rd Th 5p
Club Meeting 3rd T 4p
Play Day Last Sat. of Month 8:30a

LADIES PUTTERS M 6p
F 9a

**Classes have a fee associated with them and must maintain 10+ participants or classes may be canceled.
Contact The Lodge front desk for further information*



MIXED MEDIA ARTS CLASS

This is the perspective of the artist of the month, Linda Rau:
 "When I was in kindergarten, I colored a picture all in turquoise. My teacher reamed me out for only using one color, a response that today may have gotten her fired and turned any artistic ambitions on my part to naught. For me, coloring turned

into drawing. I even drew floor plans for houses I wanted to build. I took a few art classes in high school and college and continued to use pencil to draw portraits of my brother, friends and a few rock stars. For years my drawing only consisted of doodling during meetings at work, due to a short attention span.

I retired three years ago and recently moved to our beautiful Four Seasons community. There are so many options, card games, exercise classes, sports, etc. I knew from the *Breeze* that there was an art class. I finally decided to call Rob and attended my first class the next week. Our first assignment was to draw an elephant. I didn't want to draw an elephant. I grumbled under my breath. But I drew an elephant and then the other assignments and then moved on to color. I want to improve my watercolor and acrylic use. I even tried pastels. Rob has been a great help developing many techniques and challenging me. The class is not only instructional, but a lot of fun. My fellow classmates are extremely talented and generously offer suggestions from their own experiences.

"Many of them had never drawn or painted before coming to this class. If you're looking for a challenge and some fun, come join us. Classes are FREE!"

Classes are Mondays 10 am to 12 noon and/or Wednesdays 6 to 8 pm. Any questions, call Rob Kelman at (951) 992-9156. ~ **Rob Kelman**



Work by Artist of the Month Linda Rau



FOUR SEASONS VETERANS

Veterans of Four Seasons... please sign up for inclusion on our Honor Roll. I meet and greet with vets personally in The Lodge every Wednesday at 12 pm. The interview is simple and your photo is included. Our purpose and our veterans are all listed on our Honor Roll website at www.fourseasonsvets.org. Contact: Irve@verizon.net or (949) 422-9969. ~ **Irve Sturner**

CA Assembly Bill 935 – allows United States Veterans to apply for a California driver license or ID card with a "veteran" designation. Proof of military service is now literally at the individual's fingertips. This will help ensure veterans are receiving all the benefits and services they're rightfully entitled to.

Obtain a "Veteran Status Verification Form."

Closest location: Hemet: 749 N. State St, Hemet, CA, 92543. Hours: Monday to Thursday, 8 am - 12 pm and 1 to 4 pm. You must bring

your current CA Driver License. You must bring a copy of your DD-214 Honorable Discharge.

The wait time and interview process for me was less than 15 minutes.

The County Veteran Service Representative must fill out the "Verification Form" and verify your given information. The completed authorized form will be handed to you. Take this authorized form to the DMV and it is good to go.



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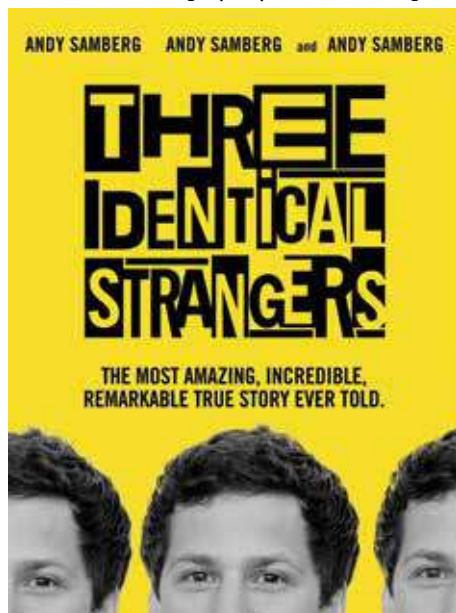
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COUNTER CULTURE CINEMA

Happy New Year, everyone! Come join us at the Cinema Club in 2019, where we will continue our tradition of bringing you high quality indie films, foreign films, documentaries and other wonderful small movies that didn't play at your local Cineplex.



Our first monthly screening, on Sunday, Jan. 13 at 6 pm, is the film *Three Identical Strangers* (UK 2018, 1 hr. 36 min., English). Here is a brief description from IMDb.com: "New York, 1980: three complete strangers accidentally discover that they are identical triplets, separated at birth. The 19-year-olds' joyous reunion catapults them to international fame, but it also unlocks an extraordinary and disturbing secret that goes beyond their own lives - and could transform our understanding of human nature forever."

Our second monthly screening, on Sunday, Jan. 27 at 6 pm, is the film *Puzzle* (USA 2018, 1 hr. 43 min., English). Here is a brief description from IMDb.com: "Agnes, taken for granted as a suburban mother, discovers a passion for solving jigsaw puzzles which unexpectedly draws her into a new world - where her life unfolds in ways she could never have imagined."

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, so 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

The Taste d'Vine Wine Club is excited to ring in 2019 with a special guest from Monte De Oro Winery in Temecula.

Monte De Oro's wines are crafted in a style to showcase the true varietal character of each grape variety, balanced with the fruit-forward territory of Temecula Valley and subtle influences from extended barrel aging in French, European and American oak barrels. This is where Old World Charm meets New World Sophistication.

Please join us at our meeting on Jan. 17 (the third Thursday of the month) in the Ballroom. Doors open at 5:15 pm with the meeting starting at 6 pm. Please bring a favorite wine to share with your table along with an appetizer such as crackers, cheese, fruit, dessert or anything in between along with two glasses for tasting.

Members \$5, guests \$10 and non-resident guests \$15. For information, please contact Terry Hall (714) 369-0828 at Terryhall005@gmail.com; or Barbara Mull at BarbaraRN1973@gmail.com. ~ **Terry Hall**



COMPUTER TECHNOLOGY

We meet on the second Tuesday of each month at 10:30 am in the RCN building. We try to announce the current month's subject via email before the meeting so, if you are on our mailing list, watch for subject announcement.

January's topic is "Two Factor Authentication" and how you can prevent unauthorized access to your accounts.

Everyone is welcome to attend the meetings and learn some valuable things about our tech devices.

We encourage discussion and suggestions for future meetings. ~ **Howard Lyon, hwlyon@yahoo.com**



CRAFT GROUP

Are you looking to try something different in the new year? Visit the Craft Group on Thursday mornings at 10 am. We are a group of friendly women who enjoy chatting and getting to know one another while working on a project. Some bring their own project to work on, others join in the project of the day and some of us take a break from any project just to chat while others create. No special abilities are

needed, only a desire to have a good time and possibly try something you never thought you would.

We look forward to welcoming you next Thursday! If you have any questions please call Pam Kelley at (951) 769-7967. ~ **Barbara Paules**

KNIT & CROCHET GROUP

We hope that everybody had enjoyable holidays. Our group had a nice catered Christmas lunch at The Summit. All were busy with personal errands and items, so a few were not able to attend. However, we enjoyed the time together. We will soon be deciding on our next project for 2019. I want to wish everyone a very happy and healthy new year. ~ **Dorothy Payne**

CRAFTY CARD MAKERS

The Crafty Card Makers meet at 1 pm on Friday afternoons in the Arts & Crafts Room. We get together and make three cards and the cost is \$6 to cover materials. You only need to bring your own glue and scissors. If you haven't tried our classes, please think about

joining us for a fun-filled afternoon!

So we will be sure to have enough kits, please RSVP for the classes.

If you have any questions, please email me at chorbaparadise@yahoo.com. ~ **Maryalice Chorbap**

CERAMICS CORNER

Ceramics class has something for the novice crafter looking for a new hobby, or someone who has experience and wants to create their own unique design 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 Arts & Crafts Room to see our monthly ceramics class schedule, and learn more about our upcoming class projects. We meet 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. For more information, contact Bob Powers at (909) 841-3293 or Elsie Fillman at (661) 414-6270. ~ **Pepsi Powers**



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November Dominoes Champion Robert Turner

DOMINOES

November was a short month for playing dominoes due to Thanksgiving. I hope that everyone in the Domino Group had a great day with their families, friends and loved ones.

Robert Turner was the domino champ for November, winning with 17 game wins. Robert, "talks the talk." Now he is "walking the walk." Way to go Robert Turner.

In December the playoffs for the personalized domino trophy will begin. It is time for someone to defeat Pete Antoine who was the first domino player to win the trophy. The results from that contest will be in the next article.

I would like to wish everyone in the Domino Group and all of the other clubs at Four Seasons Beaumont, a merry Christmas and a Happy New Year.

Dominoes are played every Wednesday and Friday from 5 to 9 pm in The Lodge Game Room on our regular schedule. During the holidays we take a week off for Thanksgiving and Xmas. Come out and join us, have some fun, and make some new friends. All are welcome. Practice is from 5 to 6 pm on both days. Jesse Dimmer is usually available to give you help and tips on the game of dominoes if needed.

For more information call Jesse at (951) 769-2035 or Reggie at (951) 769-6483.. ~ **Marvin Gaines**

TOPS



- Do you have new resolve to be healthier in 2019?
- Would you like to find others to help you along the way?
- Are you looking for something new?
- Maybe now is a good time visit a TOPS (Take Off Pounds Sensibly) meeting. Visitors are always welcome to see what we do on Tuesday morning at 8 am in the Ballroom.

This month, Jan. 26, is Club Day and TOPS will have a table at the event. We will be giving away a \$25 Panera gift certificate each hour in a FREE raffle. Just stop by and enter. You can chat with participants,

pick up some freebies, and take part in the free raffle as well.

Our biggest weight-loss members for November were Cathy Calhoun and Charles Caldera. They received recognition and a small prize.

Our meeting topics this month included a fitness questionnaire and exercises, a round table of shared weight-loss ideas, and yoga. This chapter of TOPS focuses on the core principles of nutrition, wellness, motivation and exercise to assist you in your healthy life journey. At TOPS we have ideas and support for better, healthier, eating habits. We acknowledge that we are all still struggling with this on-going battle, but we work together and have lots of fun doing it. To find out more join us every Tuesday morning at 8 am in the Ballroom. Our Jan. 8 meeting, one of rededication, will be held at the Summit. New members are welcome. ~ **Andi Henderson, (918) 497-6491**

RAINBOW GROUP

The Four Seasons Rainbow Group is an informal opportunity for our LGBT neighbors and any other residents who are interested in meeting with us, keeping up to date, meeting new members and having a relaxing dinner together.

Our purpose is connecting by social "meetin'-ya" via "face-to-face-look." We meet every month on the fourth Thursday; our next meeting will be on Thursday, Jan. 24 at 6 pm. We gather at the atrium in The Lodge, order any Smitty's food items that we want 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; or go to the Facebook site and ask to join our Facebook group by searching Four Seasons Beaumont Pride. ~ **Dale Beckes**



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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 meet in the RCN Building - Activity Room #1 on Mondays and Wednesdays from 9:30 am to noon. Our Chair is Karen Farmer. ~ **Karen Farmer**



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 RCN Lobby 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. ~ **Pam Morales**

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. Please be on time! ~ **Emajukovic**

PHASE 10

We are always looking for some new competition; so, feel free to stop by and learn the game if you don't know how to play. We always have a learning table. It's a fun game with a fun group. We meet every second Monday at 4 pm and every third Saturday at 3 pm. For more information, contact Cheri Howard at (951) 756-1216. ~ **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**

RUMMIKUB

Join us Sundays from 2 to 4 pm. Please try to show up by 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 Mike Saperstein, (951) 769-7909. ~ **Mike Saperstein**



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 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. All of us in the Bridge for Fun group wish everyone at Four Seasons a very happy, healthy and prosperous 2019. For information call Verina Rector at (951) 769-1687. ~ **Tom Halley**

CO-ED BID WHIST

Hey everyone! We have a tie for the team scoring the highest number of Bostons – three – in one night! That lead was previously held by Howard Shelton and Jan White. Now, Wondell Collins and Robert Manuel have joined the winners' circle by scoring three Bostons in one night too. That is quite an accomplishment because scoring a Boston means that a team must win all 13 books in a single round to win the game, no small feat. Well, the challenge is on to beat this record! Still, win or lose ... you will have a lot of fun and meet some great folks while playing bid whist. We offer good natured trash talking and good cheer as well as food, beverages and some great music. Folks have been known to sing their way to a win or just groove along in their seat while playing. So, if you want to learn bid whist and/or want to get your bid game on come out and check us out. We meet every Monday (except major holidays) from 6 pm to 8:30 pm in the RCN Building, Activity Room 3. For more information, contact Roxanne Williams (951) 797-3123 or Floyd Reid (951) 317-3127. ~ **Roxanne Williams**

UPTOWN DIVAS BID WHIST

Uptown Divas Bid Whist Group meets on the first and third Friday every month from 2 to 4 pm in the Game Room. ~ **Deborah Garner**

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Be in the Radio Show!

Auditions Thursday, Jan. 24, 5:30 pm
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PERFORMING ARTS CLUB

Happy 2019, everyone! I hope this year brings you just what you're hoping for. If you're hoping for some entertainment that's \$FREE\$, close to home, at a place to see and be seen, the Performing Arts Club is going to make you very happy.

Radio Show - Friday, March 15: WFSB, WF(our) S(easons) B(roadcasting), is "On The Air," again! I'm happy to announce that Tom Shelley is back from his brief hiatus, and is back as producer, with his vision of the original Radio Show format. For an evening of nostalgic, good old time radio programs, mark your calendars and save the date. This is your chance to be in the live audience for two episodes of some of the best programs from the 30s, 40s, and 50s. We will do our best to rekindle that excitement you remember from your youth when family, friends and neighbors would gather around the radio, a few minutes before the start of the show. We didn't want to miss anything.

Auditions for the Radio Show - Thursday, Jan. 24 at 5:30 pm, in The Lodge Theater: In order to provide you with the best possible show, we need good actors. While we do read from our scripts, it is very important to be able to convince the audience of your character's part.

To help achieve that goal, Tom Shelley, producer, will be including acting lessons as part of the rehearsals and is committed to offer the actors immediate direction, when needed. What a great opportunity to participate in a show whereby no memorization, is needed. You do not need to be a member of the Performing Arts Club to audition. In fact, once you're in a show, you're automatically a member. So, come on out and audition for a really fun experience.

Club Day - Saturday, Jan. 26, 10 am to 1 pm, in The Lodge Ballroom: Club Day is when Four Seasons' Clubs get together in the Ballroom, each with a table and members, to enlighten you with what they have to offer. The Performing Arts Club will be there with lots of memorabilia and information that is worthy of a stop by. Please come with your ideas for what you'd like to see in our shows. Let us know what you like and don't like. We want your feedback. Check us out. We'll see you there.

More information on future shows will be in the February Breeze.

Any questions, contact me at (951) 992-9156 or (602) 309-0919 or email terimk@verizon.net. ~ Teri Meyers-Kelman



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LET'S DANCE (BALLROOM DANCE)

Happy New Year! Our dance group is happy to announce we will begin 2019 with the East Coast Swing in the month of January and you are all invited and encouraged to come out and join us on Monday nights in the ballroom! Remember your New Year's Resolution to get fit and have more fun? Our group offers both! The Swing is one of the most fun and easy dances anyone can learn. It has simple footwork that repeats itself while you learn different ways to turn and dance with your partner to almost any fast music. It is easily one of the most diverse dances to learn because you can dance it to so many kinds of music – jazz, country, 50s, and current day music.

We aren't professionals. We're just a happy group of friendly people doing the best we can with what we have. Because we don't

take ourselves too seriously, we often laugh out loud. In other words, we have fun! We understand it takes time and patience to first learn, then improve the various dances. Dancing is good for your heart and brain and great for your health. Come on out and give it a try. You will be glad you did.

Plan to join us in the Ballroom Monday, Jan. 7 from 6 to 7 pm for Newcomers and Beginners and from 7 to 8 pm for Intermediate and Advanced.

The cost is \$10 per person with our professional instructors.

For more information, contact Puring or Gary Stifter at (951) 922-8333 or at purings@verizon.net. ~ **Sue Condurachi**

LINE DANCING

Happy New Year, everyone! 2018 proved to be a busy, fun-filled year for Country Line Dance. We had a blast at our Harvest Hoedown in November, as many of our Beginners joined in the fun, dancing the dances that they had learned. The Beginner Class has about 40 new dancers, including more than a dozen men, and we are glad to welcome them to class.

There will be a free Line Dance Sock Hop on Jan. 18, from 5 to 8:30 pm, in the Ballroom. So, come and learn some dances and join us.

Janine Rohrbacker will be starting a new session of the Beginners Class on Jan. 8, at 2 pm in the Ballroom. If you have never line danced or if it has been a while and you need a refresher, this the class for you. Janine will teach you the basic steps as well as several dances. It takes about eight weeks to master the basic steps. Please plan on regularly attending, especially the first two to three weeks of the month, to learn the basic steps. Dances will be repeated each week to make sure you are ready to move on to some new dances and steps. The classes will give you a great introduction to many of the dances we do at the Sock Hops and at Karaoke. We try to dance as often as we can.

The Intermediate Class starts at 3 pm, and is taught by Martha Franck and Janine Rohrbacker. There is less step-by-step teaching, except for new dances. A quick review of the steps will be done as needed for familiar dances.

The Advanced Class starts at 3:45 pm. New dances are introduced, but you need to know the basic steps very well, and be an experienced dancer.

Bring water and wear shoes that can slide on the wood floor.

A weekly donation of \$1 will go toward our parties and sock hops.

So if you need to work off some of those holiday indulgences and start off the New Year right, join us on Tuesdays for Country Line Dance. ~ **Cindy Schwinn; cmsausten@aol.com**

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INTERCESSORY PRAYER GROUP

Greetings friends, neighbors, and intercessors.

We start our new year with thanksgiving because we made it to the finish line and it feels good. Do you feel like giving up sometime? Or that you are alone going through difficulties, and no one understands? The good news is that you are not in the race alone there are many people running with you, and they are not going to give up or look back. If you were part of a relay team and knew that the team was depending on you, would you give up or stay in the race?

I read that there's nothing that can compare with the motivation of running with a team. An article I read said that your supporters aren't just on the sidelines; they are pounding the pavement with you. That's a comforting thought.

I wanted to learn more about relay racing so I turned to Google. What crosses your mind as you watch a relay race? For me, it is getting across the finish line. The question was asked "what is the

anchor position in a relay?" The article says that the anchor leg is the final position in a relay race. Typically, the anchor leg of a relay is given to the fastest or most experienced competitor on a team. It goes on to say the athlete completing the anchor leg of a relay is responsible for making up ground on the race-leader or preserving the lead already secured by their teammates.

So, I say to you today stay focused; don't give up and don't drop the baton, or you will be disqualified! Solomon wrote that the race is not to the swift or strong but to those who endure to the end. Don't lose focus stay in the race.

We invite you to come and join us in prayer or give us your prayer request and we will pray for you. Remember you are never alone we are here to listen, pray and agree with you. Come and join us on Monday, Feb. 4 in The Lodge Game Room at 9 am. Men are welcome. ~ **Cookie Bonner**; eaglewatchwb@aol.com

"BELIEVE..." WOMEN'S BIBLE STUDY

Hello New Year 2019! We are so excited to be starting our sixth year of "Believe..." Women's Bible Study! Individually and collectively we have learned so much from the Word of God these past five years. We are close as a group, and genuinely love and care for one another. What a joy it is to study with such amazing and Godly women. Thank you to all members for your continued attendance and support, and we pray that you have grown in the Lord.

Our December Christmas party was so much fun! After our last lesson of the year on the Praise Psalms, we dismissed to the luncheon. The theme was White Christmas (yep, everything was white!), and lunch was provided ~ no potluck this year. Yay! We had a \$10 gift exchange which is always fun. Kim Eatmon and friends from Macy's Department Store modeled clothes for us while we ate. Kim had also set up a table displaying samples of jewelry that Macy's carries for the ladies to order. After we ate, Conni Hinkle's daughter Wendy

(a professional singer) honored us with her lovely voice singing Christmas songs, accompanied by her Dad. It was a wonderful day, and everyone had a really good time.

We will resume our Bible Study on Jan. 4, with a four-week series entitled "Changes." This will require lots of group discussion and fun. "What changes?" you ask. C'mon and join us and find out! After that four-week series concludes, we will be discussing Paul's letters (encompassing most of the New Testament) and will probably take us through the rest of the year.

Start 2019 right: Come and join this amazing group of good, kind and loving women who love God and the Word. We meet every Friday morning at 10:30 to 11:45 am in The Lodge Game Room. This is a non-denominational study, with any level of Bible knowledge, and any version of the Bible is acceptable. Hope to see you on Jan. 4! ~ **Eileen Gilbert-Antoine**; egcellent@msn.com

WOMEN'S EVENING BIBLE STUDY

Happy New Year! Hope shines bright as we begin 2019. We wonder "What will the new year hold?" Our first Bible Study will be about new beginnings and serving others. We are a non-denominational group and all ladies are invited to attend. Ask a neighbor or friend to join in and share in the blessings. This will be a wonderful time of fellowship and making new friends. Please note that this year we will be meeting on the first and third Thursday evening of every month except for July and December. We gather together in The Lodge Game

Room from 6:30 to 7:45 pm. Look forward to a great year ahead. We are growing together through the word of God. You can too! Hope to see you on Thursday, Jan. 3 as we begin a new journey together. There is a sign up sheet in The Lodge, and you may contact Mary at baerhuggy@icloud.com.

"Forget the former things; do not dwell on the past. See, I'm doing a new thing!" Isaiah 43:18-19. ~ **Mary Baer**

LIFE GUIDE BIBLE STUDY

Wishing you all many blessings in this new year! This month we will resume meeting at 7 pm on Tuesday, Jan. 8, in the third section of the Ballroom. We are continuing our study of the Beatitudes facilitated by Jim Seim. We are enjoying the many wonderful insights found in this important passage of Scripture.

We invite all residents to join us for fellowship, discussion, and learning from God's Word. Contact Doc or Letha Sellars with any questions or comments at (951) 797-3302 or docletha72@gmail.com. ~ **Doc Sellars**

BEREAVEMENT GROUP

Often when others refer to this group, they call it a "grief group." And of course, it is.

But I was thinking about that terminology after one of our recent meetings, and realized that in addition to grief there are other designations, equally as descriptive, which could be used.

If we based the group name on some of the feelings engendered in the room, it could be the "I feel so welcomed" group. Most often a person walks into the room rather tentatively, looks around cautiously, then slides into a chair and sits quietly, eyes focused on the table in front of them. But not for long. Almost immediately the others introduce themselves and begin to share about what loss has brought them into the room. The newcomer starts to relax and to realize that they have walked into a very caring environment.

And then it could be called the "maybe I'm not so strange after all" group. Often new participants are fearful that what they

are feeling and experiencing is different or somehow wrong. But as sharing progresses the exclamation, "oh, you do that too?" is often heard. And right then a process called normalization has occurred. "If I'm not the only one who is doing that or feeling that, then it must be normal and I must be normal." Such relief!

Or the group designation might be "crying does not mean I'm not healing." Tears have several functions. In addition to keeping our eyes moist, they are brought about by emotion. Why is it that "I laughed so hard I cried" is perfectly acceptable, even desirable, but "I missed my spouse at Thanksgiving dinner and I cried" can be construed as a sign of weakness or lack of healing by ourselves and others? I lost my dear husband nine years ago and am well along the healing path, but yesterday I teared up as I replaced the kitchen chairs he and I used with new ones. I just allowed myself the touching moment, then continued what

I was doing.

The "I'm learning that it's okay to be happy" name would be appropriate after the group had functioned for several months. As participants take small steps leading to a new life, they begin to drop the guilt and fear they may have at the idea that life can again be pleasurable. After all, as we often discuss, who more than our departed loved one would be rooting for us to move forward and to be happy?

This idea for group names is, of course, just a way to emphasize what the grief process entails. These are just a few suggestions. There could be many more.

If you have experienced a loss and would like to try joining us, you can just show up or you can get in touch with me first. My phone number is (951) 922-0934 and my email is lauriemlarson425@gmail.com We meet in the RCN Conference Room on Mondays from 1 to 3 pm. ~ **Laurie Larson**

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AFRICAN AMERICAN CULTURAL CLUB

This is Kwanzaa: "It is out of the common values and practices of Continental African First Fruit celebrations that I began to develop Kwanzaa. But it was through the context of African-American life and struggle that I completed its creation." - Dr. Maulana Karenga.

Kwanzaa is a Swahili word that means "first fruits." It was begun in 1966 by its creator, Dr. Maulana Karenga, Chairman of Black Studies at



Cal State Long Beach. His motivation was derived from the Watts riots that broke out one year into his doctoral studies. Karenga's purpose was to encourage black people in the United States to celebrate and honor their heritage by reconnecting

them with their African culture.

The African-American holiday of Kwanzaa lasts seven days from Dec. 26 through Jan. 1. Families celebrate Kwanzaa with songs, dancing, African drums, storytelling, poetry reading, a traditional meal, and gift giving.

There are Seven Principles of Kwanzaa and a day is dedicated where a candle is lit for every one of the following principles which are represented by a Swahili word.

Umoja (Unity): To strive for and to maintain unity in the family, community, nation, and race.

Kujichagulia (Self-Determination): To define and name ourselves, as well as to create and speak for ourselves.

Ujima (Collective work and Responsibility): To build and maintain our community together and make our brothers' and sisters' problems our problems and to solve them together.

Ujamaa (Cooperative Economics): To build and maintain our own stores, shops, and other businesses and to profit from them together.

Nia (Purpose): To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

Kuumba (Creativity): To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

Imani (Faith): To believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle. Excerpted from www.officialkwanzaawebsite.org

These seven principles are applicable to all mankind.

Upcoming Events:

Martin Luther King Holiday - Jan. 21

AACC Film Festival - Feb. 1

"A Taste of Soul" - Feb. 16

We meet the first Monday of the month in The Lodge Card Room at 6 pm. For more information, contact Joyce Allen at (951) 769-4354 or Roxie Elliott at (951) 769-2517. ~ **Regina Thomas**



KIWANIS CLUB OF BEAUMONT

I hope everyone had a great Christmas season and a Happy New Year.

Last month we had our Christmas meeting with a gift exchange between members. It was a fun evening.

Club members are selling placemat ads and breakfast tickets for our Annual Pancake Breakfast, which will be held on Feb. 2 at city hall. Placemat ads can be purchased for \$40 dollars which includes six tickets to the breakfast.

Otherwise, tickets are \$6 each, and you get pancakes, eggs, sausage, orange juice and coffee.

Many of our members helped with the Winter Wish Project over the last three months. My wife oversaw the program this year. Over 600 volunteer hours were given by club members to this project. Our club adopted a family of four kids and purchased gifts and food for the family. Club members delivered the gifts and groceries prior to Christmas. The club also donated money to the Winter Wish Program to help purchase gifts and food for other families. Several trips were made to The Lodge picking up food and gifts donated by



our community. The donations provided a great number of gifts and food to help deserving families in the Beaumont area. There were also members of Four Seasons who volunteered securing and wrapping gifts.

We and the Kiwanis Family would like to thank all who donated their time this year. Have a safe and Happy New Year.

We are always looking for new members. The more members we have, the more service we can do in the community. Our focus is, helping the children of the world and the community of Beaumont.

The Beaumont Kiwanis Club meets in The Lodge Conference Room, the second and fourth 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.

For further information, call Buzz Dopf at (909)208-0880. Hope to see you there! ~ **Buzz Dopf**



This photograph of Prescott Valley Bikers was taken by camera-club member John Baeyertz during a recent trip

CAMERA CLUB

We meet the third Tuesday of each month at 6:30 pm in the RCN Main Lobby Room; thus, our January meeting will be Jan. 15.

We went dark for the November and December meetings due to the holidays.

In our January meeting, not yet held at this writing, we'll explore Bokeh, which comes from a Japanese word and roughly is defined as the out-of-focus area of a photograph. We should have lots of

examples from members' holiday pictures of ornaments, lightings, etc. Next month, I'll let you know the results.

Visitors are always welcome. We invite all photographers, regardless of skill level, to join us for our regular meetings, workshops, in-house hardware and software demonstrations, guest speakers, field trips, and more. We hope to see you soon. ~ *Lyle Cameron*; lylecameron@verizon.net

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TRAVEL GROUP

Do you like to travel? Then join us on Jan. 19 from 10 am to 12 pm in the Ballroom. We are looking forward to growing the group and enjoying our journeys. If you are not on our email list and want to receive Travel Group updates, please contact Sharon Bond at sjbond2013@gmail.com. ~ **Sharon Bond**

FOUR SEASONS SINGERS

The Four Season Singers performed at The Lakes and The Lakes Memory Care unit. Our hearts were enriched by both of these performances. We will be on break the month of January and will return tentatively the first Monday in February. Please check with the front desk.

While we work hard to learn our music, we also laugh and have a lot of fun together. Singing helps your breathing and your sinuses,

and helps you to be social at the same time. All these things are healthy for you. If you would like to join the Singers, would like to be included in my email list, or if you have questions about the Four Seasons Singers, call (951) 797-3466 or email me at bawasco@dc.rr.com. We always welcome new recruits who want to sing! ~ **Barbara Wasco**

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**

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**



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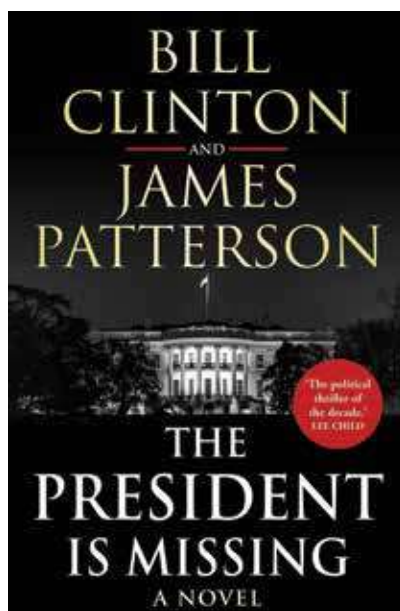
BOOK CLUB

The Book Club selection for January is *The President is Missing* by Bill Clinton and James Patterson. This is not a biography or tell-all. It is a wildly readable new novel that can only be defined as a thriller set in today's political world.

As explained by the *Washington Post*, this isn't the first work of fiction by a U S President — Jimmy Carter published a novel about the Revolutionary War called *The Hornet's Nest*. The publishers gush that it is the first novel informed by insider details that only a President can know. While there aren't any redacted secrets, it does provide insight on the former President's ego and a fair reflection on his political frustration.

As summarized by the *Washington Post*, the novel opens with the Commander in Chief, President Duncan, preparing to testify before a House select committee. Duncan thinks, "My opponents really hate my guts, but here I am just one honest man with rugged good looks and a sharp sense of humor."

Facing a panel of sniveling political opportunists intent on impeaching him, Duncan is caught in a semantic legal debate. Duncan is called by Congress to explain what he has been up to, but



he can't reveal the details of his negotiations with terrorists set on destroying the country.

While Duncan does not have the same background or foibles as Clinton, many of the details of the book are shared by both men.

The whole 500-page book takes place in just a few days as a terrorist and his beautiful partner aim to crash the internet and every electronic record and device that uses it.

Only one handsome man can stop this, but it's not easy for the President of the United States to slip out of the White House and foil international terrorists, particularly when some congressmen are intent on his impeachment. Thus the title, *The President is Missing*.

Regardless of your political point of view, please join us in The Lodge on Tuesday, Jan. 8 at 9:30 am, when we will discuss this fictional work and its possible reflections of today's political arena. Everyone is welcome. We'd love to see a few more men who read and would like an opportunity to share their insights on the books we read. If you would like more information, please call Doreen Sanders at (951) 769-1913. ~ **Steve Cooley**

WRITERS' CLUB

Happy New Year fellow writers! Are you making any New Year's resolutions? How about adding the following to your intentions?

- Organizing your journals, diaries and/or blogs for publication. Look for common themes.
- Re-read your poetry. In addition to the aesthetics, notice if the poetry underscores a historic point in time. Can you add historic references to the poetry and develop that?
- Commit to writing or reading every day. Jot down ideas, concepts or words that inspire you.

- Reflect on the previous year's challenges and life's passages. Identify feelings associated with each.
- Doodle.
- Set publishing goals (if you're so inclined.) Backward map the steps you will need to accomplish the goal. Calendar the objectives.

Come to the Writer's Group meeting on the second Tuesday of every month at 1:30 pm and 6:30 pm and share your own inspiring New Year's resolutions. Whether you're an aspiring writer or published author the Writer's Group will support you. ~ **Karla Noonan (951) 902-5407**



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PICKLEBALL

As we look back at our 2018 year, our Four Seasons Pickleball family celebrated some exciting and thrilling accomplishments. We now have exceeded 100 players on our roster. Many of us remember the day when we were in awe of having a list with 30 members. We also had three of our members become "goldies" at 2 USAPA sanctioned tournaments. In October, Jerome Leibenberg won gold for his playing in the single men's 3.0 division 70+ age group. This was a very well attended tournament in Claremont. In November, we had two more of our players earn the "goldie" title. LynnRae Dupree and her partner Kellie Boggs won gold medals while playing in the 50+ 3.5 women's doubles event in Seal Beach. We are so proud of these players!

We also welcomed our 107th "newbie" member, Lorenzo Amaya. When asked what brought him to the pickleball courts, he

commented, "I had just retired and had extra time. I was encouraged by the friendly people and it's a lot of fun. I also found it to be less stress on the body than tennis." In contrast to our newest member, our "oldie" most senior member is Lynnette Simonson. When also asked what brought her to pickleball, Lynnette said, "Some tennis players had encouraged me to try pickleball. It fits my desire to play, get exercise, and have a good time."

So, now that we are done with the festive calories laden month of December, get outside and burn off those pesky pounds! Even during the cold windy days in December, we often had 20 or more players braving those darn Beaumont winds!

Please be sure to come to our courts with water and proper playing court shoes. For further information, please contact Nancy Barnaby (951) 845-0842. Happy pickling! ~**Irma Peterson**

PADDLE TENNIS

Paddle tennis is a great game. Despite the cold and windy days our regular players are there to play a fun game. I would like to encourage all of our tennis players who are experiencing aches and pains in their knees to come out and give paddle tennis a go.

The court is smaller and you don't need to be a rollerman to move around the court. It's exciting and challenging and you feel like you have gotten your exercise in for the day.

Our winter play schedule is Monday, Wednesday, Friday, Saturday and Sunday from 2 to 4 pm. You can also get out early on Monday Friday and Sunday at 8 to 10 am. ~**Alex Castanon**



L-R: Gary Campanella, Terry Miller, Richard Carrasco, Lizzie Blackstead, and Hailu Kinde getting in some great paddle tennis



Jane Jacobson, Susie Savaglio, Larry Savaglio and Tim Jacobson at Big Horn Bar and Grill (in the Saloon) in Borrego Springs

ROADRUNNER RVERS

The Roadrunner RVers are looking forward to several trips already in the planning stages, so please join us the second Thursday of the month at 6 pm at The Lodge for our monthly meeting and get more information about our trips. We currently have excursions planned for Long Beach, Bishop and the gold country. This month's photos are from our excursions to Borrego Springs. Any questions please call Jane Jacobson at (951) 797-3563. ~**Susan Savaglio**

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First Place Pete and Eileen Antoine



Second Place (L-R) Paul Snyder and Rocket Spinosa

BILLIARDS FOR FUN

Okay, so the holidays are over, and you're bored. We totally understand! And we have the perfect solution for you: Come join the Billiards for Fun Group! If you've never played, that's okay — we'll teach you. If you're rusty, don't worry — we'll encourage you to play and increase your skill level! Think about all the fun you're missing, getting to know a great group of really nice pool-playing people! C'mon. You can do it! Formal play is every Tuesday at either the 11 am session or the 1 pm session. There is also informal practice sessions open to the community on Saturdays during the same time slots.

So we have a new year and a new in-house tournament plaque ready to display the 2019 to 2021 winners! (It's hard to believe we're headed into the 2020's!) Our last in-house tournament of 2018 was so much fun. The 11 am session winners were Paul Snyder and Rocket Spinosa. The 1 pm winners were Pete and Eileen Antoine. So there was a best two-out-of-three playoff, and the winners are: First place ~ Pete and Eileen, Second Place ~ Paul and Rocket [see adjacent photos]. A big thank you to all of the participants and especially the members who stayed to cheer on the winners!

Happy 2019 to all our amazing members, and here's hoping you all get your names on the plaque this year! ~ *Eileen Gilbert-Antoine*

HORSESHOE CLUB

Happy New Year, everyone! A little bit of advice to you all, don't make a new year's resolution you know you can't keep. You'll feel better about it. As promised last month, we have the winners of our Fourth Quarter Doubles and Singles Tournaments, which are as follows: Doubles, 1st Place was Bob Cooper and Dave Thomason and 2nd Place was Ron Erickson and Tom Herron. Singles, 1st Place was Dave Thomason and 2nd Place was Dave Roldan. (Please see photos). Our December social, which was a potluck progressive dinner involving four members' homes (mentioned last month) and consisted of appetizers, salads, main course and dessert was an absolute success. All the homes were beautifully decorated and all the foods of the holidays were absolutely delicious with 20 members in attendance. So, we're looking forward to another year of meeting new members, competitive play and just plain-o having fun. Come on out and join us in 2019 — you and your spouse will love it and have a great time with the rest of us. Our contacts are Ron Erickson at (951) 846-3288, rejlerickson@sbcglobal.net or Gary Christie at (951) 845-0520, goldtoy@earthlink.net. ~ *Ron Erickson*





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THE 8-BALL CLUB

The 8-Ball Club holds two in-house tournaments each month, an 8-Ball tournament (no surprise there) and a 9-Ball tournament. I need to make a correction to last month results. It was Robert Howard that won the 8-ball championship and Robert was also the runner-up in the 9-ball tournament. This month's 8-Ball tournament found 11 players battling it out to become this month's champion. In his last game before the final Kenny Payne beat Robert Howard to make it to the finals undefeated but that wasn't it for Robert. He won his next match to meet Kenny for the championship. Robert needed to win two games, Kenny need to win one. Robert was on his game and won the first match. Kenny looked to be the winner of the second game but hung the final ball and Robert became this months 8-ball champion with Kenny Payne as runner up. Congratulations to Robert and Kenny.

The 9-Ball tournament also had 11 players competing for this month's championship. When it got to the finals Robert Howard was in the mix again. Robert had worked his way to the finals through the loser's bracket. This time Robert was facing Leo Babin who went undefeated to get to the finals. Robert won the first game. In the second game there were lots of safeties. Finally, Robert left Leo a three ball run out opportunity with a long shot on the six ball. When it didn't fall Robert came to the table and made the last three balls to become of this month's 9-ball champion. Congratulations to Robert Howard, this month's champion, and Leo Babin this month's runner up.

The 8-Ball Club is open to Four Seasons residents who love the game of pool. If you're interested or want to know more about the club, give Del or Larry a call.

8-Ball Club Officers: Captain Del Lyles Sr. (951) 845-5114, Co-Captain Larry Rice (951) 236-1156. ~ **Larry Rice**



8-Ball Champion (R) Robert Howard and Runner up (L) Leo Babin



9-Ball Champion Robert Howard and Runner up Kenny Payne

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*Leona Davisson, Phyllis Kates and Judy Irving
enjoying the evening*



A fun night for the Ladies Putters Group



*Phyllis Kates celebrating her
multiple LPG awards*

LADIES PUTTERS GROUP

The Ladies Putters Group held their Awards Dinner in November at the Tukwet Canyon Golf course. Awards were given to members to recognize their efforts and accomplishments. It looks like the LPG members will really have to up their game, to compete with Phyllis Kates. Phyllis set the tone, for the evening, by winning four awards, including:

- Lowest single game score (16).
- Lowest season average of (18).
- Most Hole-on-ones season (13).
- Most Hole-in-ones per game (3).

Judy Irving was the winner of the Closest to the Pin award.

Congratulations to both Phyllis and Judy on some great putting.

The Ladies Putter Group meets at The Courts putting green, on Mondays at 6 pm and Fridays at 9 am. You don't have to be a golfer to participate and the LPG has equipment for anyone to use.

The next session for the LPG begins in January. There are lots of new and exciting things planned for 2019. Come and join us. All ladies are welcome!

For additional information, or any questions, please contact Judy Irving at (951) 922-2525.

Happy New Year everyone! ~ *Vivian Walker*



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Tails and Trails wishes everyone a wonderful 2019!

Resolutions are nothing new and have received some well-deserved criticism. We feel, however, that it can never hurt to make the most of any special thought and initiative that come with worthwhile goals for the new year. Here are some great resolutions for pet owners – tailored especially for our Four Seasons households.



I will take the time to double-check the registry information on my pet's microchip to make sure that my address and phone are current. It's the best protection I can give my pet in the event they get lost.

I will read and follow all the community guidelines regarding pets

When walking my dog(s), I will make sure that other residents feel comfortable and unthreatened by shortening my lead, blocking my dog, and asking my dog to sit quietly while others pass. I will not allow my dog to greet other dogs without first requesting permission of the other dog's walker.

I will make sure to engage in plenty of play time and mental stimulation with my pet(s), especially when weather extremes keep us inside.

Tails and Trails next general meeting will be Tuesday, Jan. 22 at 4 pm in RCN 3. For additional information or help keeping your resolutions, please contact us at (951) 295-7209. ~ **Martha Baumgarten**



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TENNIS CLUB

Wow, it's 2019 already — so Happy New Year. With the November and January holidays behind us (except the bills), we're ready to have another great year on The Courts. And if overindulging in merriment and sustenance during the holidays isn't enough to motivate a renewed enthusiasm for getting out to play some tennis, how about the opportunity to add years to your life. According to a New York Times article shared by Robin Low, playing tennis can add 9.7 years to your life, compared to more sedentary folks. The most interesting part of the research is that tennis provided the greatest number of years of additional life, more than other activities such as badminton and significantly more than the benefit of participating in more solitary exercise such as jogging, swimming, and cycling. The researchers attributed the difference in additional years to the social nature of tennis. The research was based on studying Danish men and women over a period of 25 years. The lesson for us is that

to live a longer and healthier life, try going back 25 years, becoming Danish, and playing tennis with friends.

While rolling back the calendar a quarter of a century and changing your national origin may be unlikely, you can do the playing tennis piece. And while we may not be quite as social as our Pickle Ball friends (Pickle Ball was not mentioned in the study), we can enjoy the social engagement we get playing doubles, and if we can catch our breath, singles. Live long and prosper!

Free lessons and practice are held at 10 am on Saturdays that are not Play Days or other planned Club events. Play Days are open to all residents of Four Seasons Beaumont on the last Saturday of the month starting at 8:30 am. Sometimes there are donuts or muffins, but always there's some low-stress tennis (the scores are never reported here, unless by chance someday I actually win) and life-extending camaraderie. ~ **Steven Hovey**, sahovey47@hotmail.com



PING PONG

Live action "medical treatment"

According to a recent study in Japan, playing ping pong reduced Alzheimer sufferers need for medication, improved long-term memory, and dramatically decreased brain deterioration. Through this study MRI scans on the participants' brains showed that

ping pong can activate up to five different sections of their brains simultaneously. In effect, the subject's awareness of cognitive thinking ability showed great improvement. If you or any of your loved ones are afflicted with this condition you may wish to try this

sport. It's also a lot of fun. Our facility is the multi-purpose room located in the Courts building, open every day. Hope to see you there. ~ **Don Fant**, dlilfant@yahoo.com

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Jeeps lined up after completing Hells Revenge Trail



All the Jeeps lined up on Fins N Things Trail



Bob & Sue Cooper

4X4 SEASONS

In November, eight Jeeps met in Moab, Utah. Some came in their motorhomes, some rented trailers at the RV Park and others stayed at a local Hotel in town. The weather was a little brisk but the sun was out every day. We met every morning at the Moab Café to plan our day. Some of the trails we explored were, Fins N Things, Onion Creek, Hells Revenge, Poison Spider and Golden Spike. Rick Brower led part of the group and the more experienced Jeepers went on more challenging trials, and challenged they were. These folks ran out of time and day light and had to spend the night on the trail

in their vehicles. When the sun rose in the morning they were able to finish the trail and had an experience they wont forget and don't want to repeat any time soon.

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 of each month in the Arts & Crafts 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. ~ **Jamie Brower**



Richard holding two rainbows



*Three rainbow trout caught at local lake
by Richard Carrasco*

FISHING CLUB

In this article I promised to give you a few tips on how to catch Rainbow Trout.

1. Location, location, location. You can only catch fish if they are in the lake. Call the local lakes to find out when they will be stocking fish.
2. Use light line like two to four pound test line. Believe it or not the fish can see your line if it is too big.
3. Take plenty of different baits when you go fishing. Power bait comes in different colors and I usually have 10 to 15 bottles of power bait in my tackle box.
4. Use treble hooks size 12 or 14.
5. When you see another fisherman or lady catching fish find out what kind of bait they are using.
6. If you don't catch a fish in 15 minutes, move to another spot on the lake. Sometimes you can find fish in different areas of the lake.

7. Most of the trout you are going to catch are two to three pounds. You can use a real light pole and a small reel.
8. If you have never fished for trout before then go to google and see some of the videos that they have on trout fishing.
9. If you can go with someone who knows how to fish for trout, he or she can show you how to set up your equipment and how to put on the different baits.
10. Ask the ranger at the lake where is the best place to fish for trout. Also ask what is the best bait to use.
11. Never give up. Some days you will catch your limit and other days you won't even get a bite.

If you do get lucky and catch some nice trout don't forget to invite your friends over for a trout dinner. Tight lines to all my fishing friends and have a great new year of fishing.

PS: Don't forget to get your new fishing license. ~ **Richard Carrasco**



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The Birding Club on Trail A during the Dec. 1 bird walk.

Photo by an anonymous dog-walker



BIRDING CLUB

The Birding Club welcomes beginning and experienced birders to start or hone bird identification skills. Our main activity is a monthly bird walk along Four Seasons' nature trails, which follow native riparian woodlands. We keep a list of all species observed at Four Seasons and take field trips to nearby birding hot spots.

Some Four Seasons first records were recorded as winter birds arrive: on Nov. 3 I detected a Fox Sparrow among the other finches/sparrows at my feeder, on Nov. 9 Barbara Wasco reported a Green-backed Heron at the pond in front of The Lodge, and on Dec. 1, I had a Golden-crowned Sparrow at my feeder. These sightings bring the

Four Seasons total to 85 species.

Our Dec. 1 bird walk produced 25 species, which ties our previous record. Highlights included about 10 Mountain Chickadees, a flock of at least 50 Bushtits (our tiniest bird), the first Greater Roadrunner and American Robins we've seen on a bird walk, and the first Cedar Waxwings of the winter season (our Bird of the Month).

We meet on the first Saturday of the month at 8 am at the Trail A trailhead (Lodge parking lot). Email steve.h.edelman@gmail.com for current schedule and information. ~ **Steve Edelman**



Cedar Waxwing. Photo by FSBC member Jesse Martinez during our Dec. 1 bird walk

Bird of the Month

The Cedar Waxwing is one of North America's most striking birds. They are a type of silky flycatcher, with a crest, a yellow-tipped tail, a black mask neatly outlined in white, and red waxy tips to the wing feathers that are not always visible (thus "waxwing"). Cedar Waxwings breed in southern Canada and the northern half of the U.S., and winter in the U.S., Mexico, and Central America. Cedar Waxwings love berries, which they swallow whole, and with the spread of ornamental berry trees in landscaping these birds are increasingly common in towns and suburbs.

During courtship, males and females hop towards each other, sometimes touching their bills together. Males often pass a small item like a fruit to the female, which hops away and then returns giving back the item to the male. The female Cedar Waxwing selects the nest site and does almost all the nest building, occasionally saving time by taking nest materials from other birds' nests.

Four Seasons birders welcome the first Cedar Waxwings of the season in November and say "so-long" in April. Look for a very tight flock that zig-zags then disappears into a tree. Listen for their high-pitched calls, which will be inaudible to some of us "active adults!" ~ **Steve Edelman**

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*Cool and crisp December
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BOCCE BALL

Bocce ball is played at The Summit, 9 am Tuesdays, 3 pm both Wednesdays and Fridays. Everyone is welcome.

Play is on beautiful, tournament-grade, smooth, accurate courts and sideboards. Easy small step-in and ramps for wheel chairs or scooters. Smooth concrete surrounds courts.

The word “bocce” comes from an Italian word which is plural, meaning “to bowl.” The small white ball, the pallino, is thrown first to start game. Rules are very simple. Get your ball as close to the pallino as possible in order to score a point. If more balls of same color

get closer, these additionally score points.


Much like pool, bocce requires players to take turns. This makes it an ideal game for socializing in between turns. Often cheers, or laughter can be heard. No one has an edge in bocce ball unless of course they have played for years.

We generally play games to 12 points. Two games are played and take approximately 1-1/2 hours. First court winners stay and are challenged on second game by winners from the second court. We mix and match so no team is expert, and we change numbers on a

team so no one is left out.




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.

If you have questions, contact one of the following: Mike Saperstein: (951) 769-7909; Larry Anderson: (951) 846-3123; Jeannine Baker: (951) 797-0833. ~ **Mike Saperstein**



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We have three newly painted courts! They are the far east courts at The Lodge and they look amazing. Games are scheduled at 9 am on Saturdays and Mondays. All are welcome to come play, learn, cheer, moan, and enjoy. Shade trees and flowers surround The Courts and nearby benches.

Some of the questions an interested player might ask are, which color disc goes first? How do you score? How do you keep opponents away from scoring? What equipment is needed?

Play begins after drawing playing cards for partners. For more information call Mike Saperstein at (951) 769-7907, or Marty Rotman (310) 948-1693. ~ **Mike Saperstein**



A wet December morning at the shuffleboard courts

BASKETBALL



Everyone is welcome. We meet at the basketball court starting at 5 pm on Fridays. Bring your energy and be prepared to have some fun. ~ **Richard Hoffman**

CONCENTRATION CLUB

Is one of your resolutions to improve your focus and concentration? Studies show that improved concentration has a radical impact on a person's health and poker skills. The five biggest benefits include:

- Lowered blood pressure
- Deeper sleep
- Winning at Jeopardy

- Never being late again
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We meet every Monday at 6 pm at Windmill Bridge. The first hour we quietly stare, without blinking, at a rock. The second hour we stare at a partner. Join us! ~ **Miles Davis**

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62 FOUR SEASONS BREEZE | JANUARY 2019

On the Breeze

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If you want to submit a photo for the cover of the *Breeze*, follow these guidelines:

- 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; a high-res photo will be 2-10 megabytes (MB)
- Send jpeg format photos to FourSeasonsNews@yahoo.com
- Include a brief description of the photo including the location
- If you have any questions, please call Courtney Taylor at (909) 797-3647

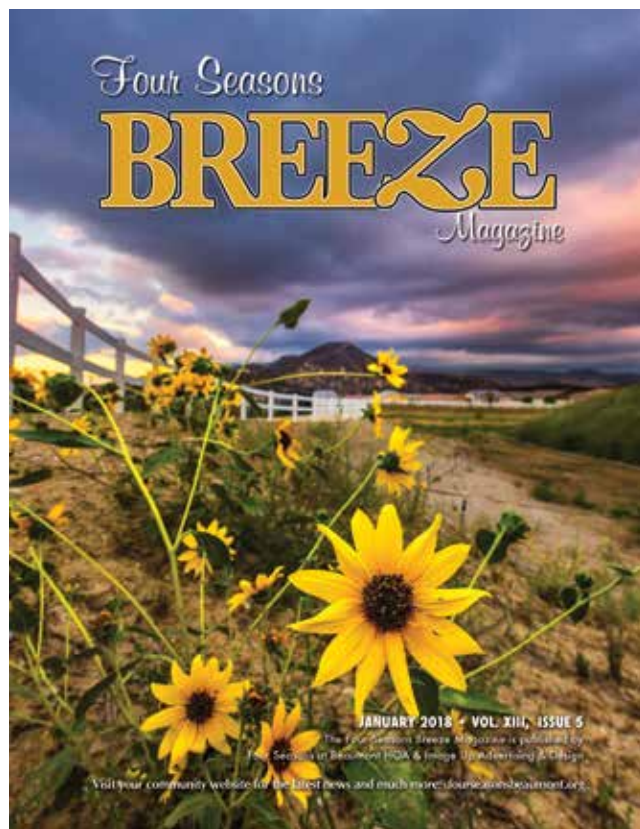
Submission Guidelines

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 and maximum number of photos per club/group is three. 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 (maximum three) 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.



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COVER PHOTO

Photo by Four Seasons resident Yana Whittinghill

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

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