

Four Seasons

BREEZE

Magazine



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The Four Seasons Breeze Magazine is published by
Four Seasons at Beaumont HOA & Image Up Advertising & Design

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Spotlight on Sandra Lee
Nehlsen-Cannarella P. 6-7

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**For daily updates on what is going
on in Four Seasons, go to our
website at
fourseasonsbeaumont.org.**

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The HOA Board of Directors meets on the second Thursday of each month in The Lodge Ballroom or virtually by Zoom. 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, an activity calendar, community guidelines, and more helpful up-to-date information. Register online to receive your login details. Another source of current news is the Daily Report. You can subscribe to receive Daily Report emails by going to our website and filling out the form under the Daily Report blue tab.

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GENERAL MANAGER'S REPORT *By Eric Zarr*

Thank you to all who voted! I want to wish a very warm welcome to the new Board members and I hope you do as well. They work very hard for

the community as volunteers and have a busy time ahead of them!

I write this in the beginning of May and my crystal ball seems a bit faulty these days. I am sure there will have been more changes from now until when you will be reading this. Guidelines from the different agencies change continually and we will continue to respond as quickly as possible to those changes.

While we navigate those changes to the way we operate due to COVID-19, we have relied heavily on the Daily Report and website to bring you the most up-to-date information possible. I want to continue to urge everyone to sign up for the Daily Report by emailing your name and address to issues@fourseasonsbeaumont.org and we will add you to the list.

I want to thank everyone for their patience and understanding during this time. As soon as we can open up the facilities and have everyone in the clubhouses playing cards and using the facilities we will. We will get through this together.

Homeowner Insurance Problems Related To Fire Danger

If you or your neighbors are having trouble getting, or have been denied, homeowner insurance, you might want to look at the following website: <https://ia.cpuc.ca.gov/firemap/>

This is a map of the high fire threat areas within the state of California. It is a result of 12 years of studies and meetings between the California Public Utilities Commission (CPUC), California Office of Emergency Services (OES), Cal Fire and many other California stakeholders. All areas of wildfire prevention and mitigation were addressed as well utility infrastructure throughout the state. As a result of the studies and meetings, the CPUC has passed 70 resolutions, and the State Legislature has passed two Senate bills and one Assembly bill to address wildfire issues and develop the map.

The map has an address search feature whereby you can put in your address (then

hit enter or return) and your address will be "pinned" on the map. In our case, living in Four Seasons, you will immediately see that, with the exception of the fringe areas, we are definitely NOT in the designated high fire threat area as defined by the State of California even though some insurance companies are ignoring this fact.

Although this addresses the insurance

questions, you might also ask the question of why Four Seasons is subject to the mandates and protocols of the Public Power Shutoff Program. The answer is that the electrical circuits that feed Four Seasons transverse though undeveloped high fire threat areas and if they are deenergized, we are affected by the outage. ~Mike Martin



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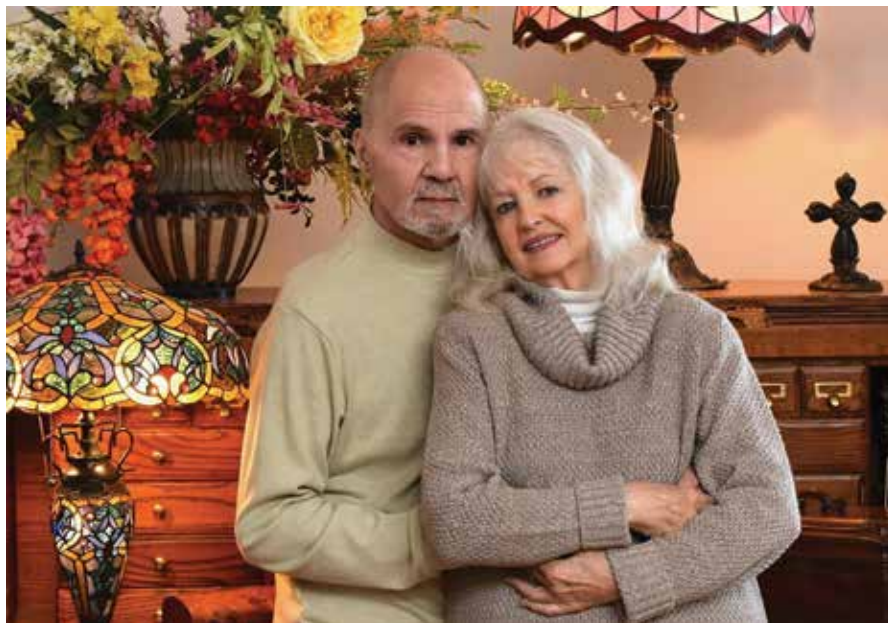
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Sandra Lee Nehlsen- Cannarella

By Sandra Lee Nehlsen-Cannarella



I grew up sewing! My mother and maternal grandmother sewed all their lives so it was one of the first things I learned to do. Grandma sewed, knitted, crocheted, and tatted (made lace) back in Belgium and then worked in many of the large fashion houses on Michigan Avenue in Chicago. She sewed some of movie star Gloria Swanson's gowns and dressed my dolls in the scraps. Mom sewed all our clothes and taught me to do the same; my first Girl Scout badge was for sewing.

Growing up, I pursued all kinds of crafts — everything was self-taught and/or learned from Mom who had no formal training. I love to draw and paint but later sculpting was a delightful discovery for me the first time I picked up a ball of clay. In addition to my artistic endeavors, I love classical music that was always being played in my childhood home. And I was inexplicably drawn specifically to the Old Masters' art, especially from Italy. When I was studying in England, I visited all the great museums, cathedrals and opera houses there and throughout much of Europe, and fell in love with all old art.

Early in my childhood, I became enamored with biology and eventually medicine so it was no surprise to anyone that I decided to enter nurse's training. I used this early career to move from Chicago to Boston where I was introduced to open heart surgery and organ transplantation. I worked at the Peter Bent Brigham-Harvard unit with some great physicians who taught me a lot of medicine and medical research. Following one of the younger docs to New York, I helped set up a transplant research unit and performed more than 400 kidney, 200+ lung and about 100 heart transplants in laboratory animals first at Cornell-Bellevue and then Montefiore Medical Center-Albert Einstein University. I decided to pursue Immunology (study of the immune system) with emphasis on transplantation. I was introduced to Sir Peter Medawar, 1960 Noble Laureate, when he lectured at Rockefeller University and was soon invited by him to study in his laboratory in England. Although I worked very hard for three years, I was able to find time to pursue my love of art and music, especially opera. Prince Phillip gave me my diploma in 1971, after which I returned to NYC to do my post-doctoral at Memorial Sloan-Kettering Cancer Center

before heading to Montefiore-Albert Einstein to direct the Clinical Transplant Immunobiology unit, the start of my formal and final career in medicine. During that time, I started photography, met my husband of 42 years, and continued my practice of singing in church, school and local clubs in many venues.

While teaching transplantation medicine for a month in China (1984), I met a physician who invited me to Southern California to consult on a proposal to use animal hearts for babies with fatal heart defects. This initial trip resulted in my participating as the Transplant Immunologist for the Baby Fae-baboon heart transplant later that year and my move to Loma Linda University Medical Center to create an Immunology Center in 1985. After 17 wonderful years of working with heart, kidney, liver and pancreas transplantation, I was invited to be the director of the Transplant Immunology service at the Detroit Medical Center at Wayne State University where we transplanted kidneys, livers, pancreases, bone marrow and stem cells, and I mapped the unique transplant markers of the African-American population to improve transplant results in their population. At the age of 69, I finally retired from this very demanding career in which I had been on-call 24/7 from 1973 through 2009. My husband had retired a year before me and surprised me with a beautiful 500-square-foot studio above the garage at our home in Big Bear Lake, CA. We lived in the mountains at 7,800 feet in the beautiful San Bernardino Forest, 90 seconds from the lake where we had a boat and kayak. In 2010, I joined our local Busy Bears Quilt Guild, produced our annual Quilt Show for three years, and taught quilting (mostly appliqué) at four local quilt shops and several guilds for four years. When we moved to Four Seasons in 2015, I joined the Citrus Belt Quilters Quilt Guild and have been photographer and editor of our monthly newsletter to date.

Over the years, I have been in multiple local, national and international quilt shows where I have earned 80+ ribbons including the National Certified Quilt Judges Achievement Award for Outstanding Quilting. I am still teaching applique through local quilt shops and guilds, and donate my quilts to community services and auctions.

~ Thank you to Tina Soeten for facilitating and assisting with this article and pictures



The surgery photo is of Sandi as she worked on the famous Baby Fae who had the heart of a baboon transplanted in her November 1984. This photo went around the world!



Her menagerie of animals: white and amber cat is Emma; black & white cat is Tux; blue and gold macaw is Bojangles; brown poodle is Coco



Sandra at her quilting machine and two of her works of art

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seeing you as soon as
this storm passes.*

Safer at Home in Four Seasons:

A behind-the-scenes look at what REALLY happens behind the gates of a very active 55+ community during social distancing

In the words of the amazing photographer: "My name is Linda Miller and I live on Glacier Park. When we received the Safer at Home order a few weeks back, I started picking up on fear and anxiety in people's voices and messages. I wanted to do something to distract people from all the gloom and doom talk, give them something safe to focus on, enable them to use their pent up creativity, and put a smile on some faces. My idea was to utilize my rarely used telephoto lens to snap photos of people in their "safer at home" settings from across the street. My incredibly fun-loving and creative friends did not disappoint."

(All photos were taken at different times during the pandemic.)



Pretty sure Sam & Carloyn Rinaldi aren't minding this stay-at-home thing one bit.



Anyone lucky enough to know Ron & Judy Jacobson know that there are ever-present real smiles beneath those taped on red vine substitutions.



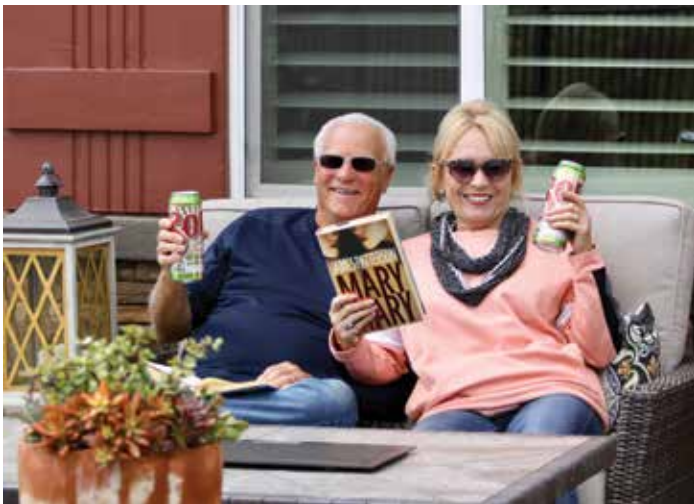
There's always that over-achieving couple who make the rest of us look bad. Thanks, Jim & Bonnie Chappel, for being THAT couple for us.



Tito Calderon seems quite content while his wife Cheryl keeps their surrogate grandchildren entertained with bubbles.



Car wash closed? John Evans doesn't let that deter him from having a clean car.



Kirk & Valerie Ritchie finished their new seating area just in time to settle in with the double Bs: books & beer.



A good bottle of wine will get us through just about anything, but Elliot & Susan Benson show that at least for a few folks in Four Seasons, 9 am IS too early to open that bottle of wine.



MJ Newcomer reminds us all that hope is certainly NOT canceled!



Paul Carrocino & Brenda Florio leave no doubt as to their favorite decade. Peace out.



We're sure AJ Reilly knows everything she needs to about cutting her husband Steve's hair, but their dog, Radar O'Reilly, doesn't appear to be as confident.



Two of our friendliest residents, Michael & Tina Canon, are once again out and about for their daily explorations and adventures.



Gary & Patti Pitts and their dog, Cooper, are ready to hit the road when the all clear sign is given.



Tip Eyler is ready to welcome and entertain appropriately social distanced friends.



Mike, Connie, & Marianne Mendoza have just what they need in their Mendoza family survival skills box: "God first - humor - dogs - hiking - good, good, food - being grateful."



PPEs? Stylish daytime pajamas? Cleaning supplies? Four-legged companions? Communication device for the outside world? Tom & Rhonda Loudon have all their bases covered.



Don Dilly's Journey From St. Regis to Four Seasons Salon

By Roberta Hokuf

You know that desperate feeling when, for whatever reason, your beautician is no longer available? It's not just about your hair — this special person is your therapist, counselor, and good friend. Your stylist is there for your occasional emergencies, pre-vacations, and all other important reasons. Somehow, beauticians know your needs, your wants, and just what it takes to make you look your best.

Resident Don Dilly, one of the original beauticians who began working when The Salon opened here, is one of those special people. But, let's start at the beginning.

At the age of three, Don, with his older siblings and mother and father, moved to St. Regis, Montana, which had a population of 300 people. He lived there through his school years. If you are from a small town, you can relate, and if not, you can't imagine.

One story Don shared from his childhood was when he was a preschooler. He accompanied his mother and aunt to the beauty salon in a nearby town. The beautician was also the barber and Justice of the Peace for the county seat. While the ladies were getting their hair set, a young couple came in, wanting to get married. A change of hats and the Justice of the Peace arranged for the two ladies, in curlers, to be the witnesses. There was also one proud guest at the ceremony — Don!

Don has spoken of summers as a child when all the kids would go swimming in the river. They all knew to stay to one side as the other side was icy all summer. Each year they were proud to display their new

swimsuits that were ordered from the Sears, Roebuck and Co. catalog. How these and all orders were delivered is also a memory of the past. The train did not stop for such a small town as St. Regis. The bundle of goods was thrown out as the train rushed by and outgoing mail was grabbed from a hook along the track. So many changes in just one lifetime.

Don had artistic talents and ambitions that a small town could not fulfill. He wanted to go to California, so he joined the Navy. After the Navy and uncertain of a profession, Don decided the G.I. Bill would best be spent on beauty school that only took two years. He learned quickly and used his talents to be employed — first in Long Beach, then Beverly Hills. Always happier by the coast, he took his talents to Corona Del Mar, Lido, and Laguna Beach. His heart was in Laguna but his home was in the more affordable Huntington Beach-Costa Mesa area. In his spare time, Don bought and flipped houses. At the end of 2005, Don retired. He then went in search of his retirement home.

Unbeknownst to each other, three beauticians moved to Four Seasons Beaumont in 2006. Each learned there would be an onsite salon. Through management employees, they got in touch with one another and the FSB Salon was born. The three stylists — Don Dilly, Carol Cassanti, and Rhonda Radzik — also became partners. That partnership also became a strong friendship and their clients grew to be part of that bond. Sadly, when Carol passed away on June 14, 2018, they lost a dear friend and partner. Don was also close to Carol's

daughter and granddaughter who visit him often.

Don might still be styling, if not for a fall early this year. The difficult decision to retire was made easier after he damaged his knee. So, nearing the young age of 84, we will now see Don (when things return to normal) at The Lodge — either at the movies or playing cards. When you see him, be sure and say hi and ask him about Rita Hayworth's hair.

He misses The Salon and his patrons. Well, Don, we miss you, too.

A footnote: as of the 2010 census, St. Regis, Montana, grew to a population of 319. However, it now has an abundance of hotels, motels, restaurants, and casinos. Don, what would your mother have said?



ACTIVITIES DIRECTOR CORNER By Cindy Graves

Are we really in June already? Oh my gosh, how time flies when you are engaged with new learning experiences. Every day is presenting new opportunities to think out of the box to figure out new ways of engaging you wonderful residents. Who knows where Riverside County social distancing restrictions will be by the time this *Breeze* magazine comes out? I'm hoping we'll be able to get the dancers "doing their thing" outside as well as some of our other groups that are chomping at the bit to get going. Thankfully, not all things are on hold.

The Pinochle Group figured out how to meet three times a week via an online pinochle virtual space where they can all come together and play with each other. The Bereavement Group has been getting together via Zoom to help each other, and Steve Edelman, our resident birding expert, has been providing all kinds of fascinating information for learning about our local birds and their habits. His virtual bird walks have been a lot of fun for folks. The Performing Arts Club has been ratcheting up the drama putting together new radio shows for everyone. A big thank you goes to Crafty Cardmakers (specifically, Maryalice Chorba) for putting together quarantine card-making kits for residents who have been missing their regular class so much.

We're all getting so inventive with virtual contests. I'm sending another big thank you to the resident photographers who participated in many of the various photo competitions. I'm excited to see what kinds of integration we'll have in June with new virtual ideas mixed in with new in-person socializing (perhaps, at a distance). My wonderful Golf Cart Parade Group, the awesome Cars and Coffee Club and the magnificent motorcyclists are all standing ready to mount their vehicles and brighten up the neighborhood with a "happy days are on the way" parade. As soon as restrictions allow, we're on it. So practice cheering from your porch and driveways so you're in perfect form for the big day!

Speaking of big days, May 13 was a day that we stopped and honored the hard work and efforts of the Board of Directors who have been working incredibly hard during the last four

years. Most people don't realize how many hours, how much work, as well as blood, sweat, and tears are involved in this huge commitment. There's nothing quite like running a multi-million dollar corporation for free. It's really a thankless job; however, on May 13 we showed the BOD a little thanks. Under the cover of darkness, my team and I snuck over to Len Tavernetti's, Ed Paule's and Jolene Cooley's houses to "flock" their yards with plastic pink flamingos (toilet papering was way out of the question, given global affairs). We also presented them, as well as the other 2019-2020 BOD members, a "hangover basket,"

since serving as a Director can oftentimes be compared to recovering from a bad hangover. Of course they don't think of it that way, but the staff sees the constant challenges they face. We'd especially like to tip our hats to Len, as he has been a fearless, loving, and tireless leader, with his colleagues, the staff, and the community. His extensive knowledge of the community and all of its moving parts has served the community well. We hope we can call upon his expertise as a resource in years to come. A big,

big thank you to all of the Directors for their incredible investment in Four Seasons! Now, a big welcome to the new Board members. Please be kind and encouraging to them as they get their feet wet in service to our community.

Have a happy June everyone and I hope to see you around The Lodge this month, fingers crossed! You are dearly missed!



For The Health Of It

Classes are done online using the Zoom app. Contact Carmen Lopez at (951) 892-5141 for more information.

EXERCISE

	DAY	TIME
*Zumba with Carmen	M/W/F	9:30a
*Conditioning w Carmen	M/W/F	5:30p

Zoom Meeting ID: 715 604 2657
Password: 865605

	DAY	TIME
*Zumba with Lily	T/Th	9:30a

Zoom Meeting ID: 886 352 10749
Password: 007389

**paid class*

Yoga videos with Sandy on Facebook group page: <http://www.facebook.com/groups/497160980811737/?ref=share>
Must join private page to participate

Meetings

BOARD OF DIRECTORS

	DAY	TIME
Executive Session	6/11	9a
General Session	6/11	1p
Committee Chairs	6/8	10a

COMMITTEES

Architectural Review	6/3, 17	8:30a
Comm. Planning	6/25	9a
Emergency Prep (EPC)	6/16	10a
Facilities	6/10	10a
Finance	6/30	1p
Landscape	6/16	1p
Safety	6/2	10a
Social	6/2	1p

OTHER

Canine Corral Council	6/4, 18	10a
Communications Board	6/3, 10	10a
Technical Operations Board	TBD	

See Daily Report

DID YOU KNOW?



Officer Mike Newmeyer



Officer Chandi Lawton



Officer Jesus "Sonny" Robles

DID YOU KNOW that we are privileged to have three very caring and capable security officers managing our 'main' gate at Potrero? These gentlemen protect our privacy as they monitor visitors and observe and patrol our community before, after, and during the time(s) our gate is open. The three of them work a 40-hour week each, at some time between the hours of 5 am and 10:30 pm daily; AND they work alone! Yes, each shift is managed by one guard at a time. So you can imagine how busy they are.

Officer Mike Newmeyer is site supervisor and his shift includes a morning patrol from 5 am until he reports to manage the gate at 6 am. Mike has worked with us for almost six years. He says that his duties are many and he stays quite busy most of the day. (Note: On the day of the interview, Mike said that he'd just spent almost two solid hours at the door of the guardhouse processing guest check-ins.)

Mike says that what he likes most about his job is "the people" here at Four Seasons. When asked what, if anything, he would want the residents to change, he said only that he would ask them to realize he sometimes has so much going on that he is unable to answer the phone. He says he would ask the residents not to hang up and call back, but to leave a full message for him regarding expected guests, etc., and he will see that their requests are taken care of. He says that if we leave a full message the first time we call, it will save him time by his not needing to sift through a multitude of hang-ups in order to handle actual messages.

Officer Chandi Lawton has worked here at Four Seasons for approximately eight years. A very interesting gentleman, Chandi is a U.S. Army non-commissioned officer, currently serving in 'reserve' status. While on active duty, he held an eclectic list of positions such as Chef, Dental Technician, and Prison SRT (Sudden Reaction Team) Guard. His duties here, however, are very much the same as the other two officers: issuing passes, managing phone calls and requests, computer input, monitoring cars, patrolling the grounds, and assisting with lock-up of The Lodge, all while assuring the safety of our late-evening staff.

When asked what, if anything, he would want the residents to change, he politely said, "For safety-sake, please 'slow your roll' when traveling through the entry area." He has witnessed mishaps!

When asked what he likes most about his job, Chandi ALSO said, "the people." He commented on the holiday treats the guards have received, along with other thoughtful "drop-offs" residents leave from time-to-time. Soooo, 'people' at Four Seasons, that's two-for-two... We're batting 100! Kudos to you 'likeable' residents!

Officer Jesus "Sonny" Robles has worked at Four Seasons Beaumont for approximately three years. He first worked in maintenance, primarily at The Summit and The Courts. After being informed that there was a security guard position available, he applied and was subsequently hired by Allied Universal. After a few months with Allied, he was assigned to his current position.

Are you ready for this? When asked what he liked most about his job, the first two words that came out of his mouth were "the people." So, my dear residents, give yourselves a pat on the back. You ARE some of the best people to work for and with! Three out of three (unsolicited) agree.

Sonny's message to our residents: First and foremost, "Thank you for your kindness," and second, "Although I'd love to be of more assistance in the time of emergency, I am unable to provide help outside of the guardhouse because I work alone and cannot leave my post."

For your safety, if you see something, please immediately call the appropriate agency, whether it is 911, the Fire Department, Police Department, or Animal Control; and then, perhaps, also notify The Lodge here at Four Seasons. ~ **Jan White**

DID YOU KNOW?

DID YOU KNOW that some amenities are now open — on a limited and restricted basis? If you haven't already read it on the Daily Report or on our website, the Board of Directors has approved the opening of our tennis, paddle tennis, and pickleball courts, the putting green, bocce, shuffleboard, horseshoes, and swimming pools. Please use the Reservation button (found on the fourseasonsbeaumont.org welcome page) that links to scheduling these amenities. Scheduling is simple and convenient and directions are provided here. If you are unable to access the online reservation system, you can also call The Lodge at (951) 769-6358, The Courts at (951) 845-4865, and The Summit at (951) 769-6444.

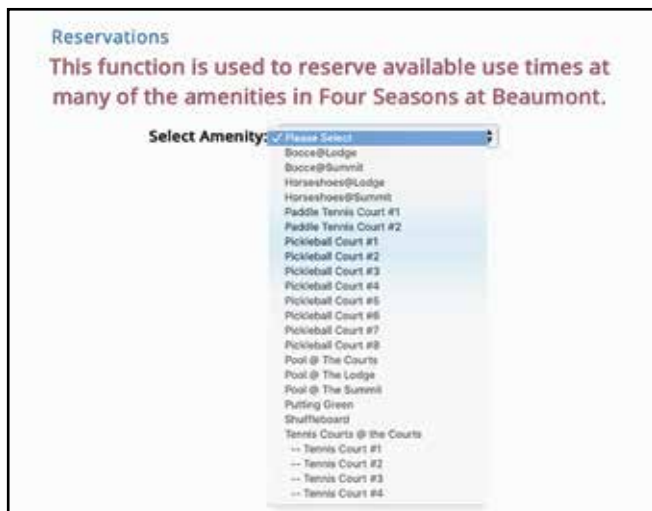
HOW TO MAKE ONLINE AMENITY RESERVATIONS:



1 First, sign into your fourseasonsbeaumont.org account (registration to the community website is required).

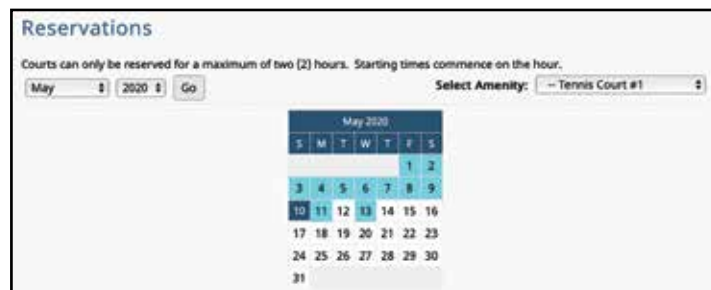


2 Once you have successfully logged in, it will take you to the welcome page and you will see the Reservations button. Click there.

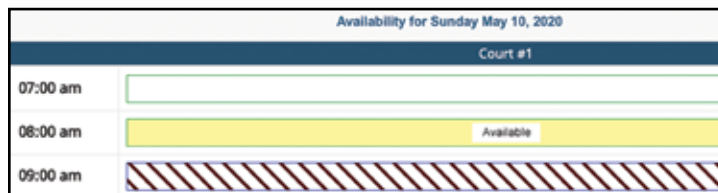


3 This opens the Reservations page. Please select the desired amenity in the drop down box.

There are strict quarantine-specific guidelines associated with the use of these newly-opened areas and they are provided on each reservation page. Residents are encouraged to read them thoroughly and understand that everyone is personally responsible for their own compliance and is assuming risk of using the association's facilities, and by using them understands and agrees that the association cannot guarantee that they will not be exposed to or contract COVID-19 by use of these facilities.



4 For example, you want to book Tennis Court 1 for May 10, 2020 at 8 am. Choose Tennis Court 1 option and the correct date on the calendar. Reservations can only be made one week in advance.



5 Then scroll down and you will see the available times for the specific time. To reserve the 8 am slot, click on that specific time slot and it will prompt you to this next page.

6 Enter your name, and email - the time and date will autopopulate from your choice on the previous page.

7 Once you have checked that name, date, and time are correct, you can enter the names of those joining you. Then click on submit. You will have now successfully entered your reservation.

NEIGHBORHOOD WATCH

This year, with the COVID-19 pandemic, the IRS has extended the filing deadline until July 15. Here are some things to know about tax-related identity theft.

What is tax-related identity theft? Tax-related identity theft occurs when someone uses your stolen Social Security number (SSN) to file a tax return claiming a fraudulent refund. If you become a victim, the IRS is committed to resolving your case as quickly as possible. You may be unaware that this has happened until you e-file your return and discover that a return already has been filed using your SSN. Or, the IRS may send you a letter saying it has identified a suspicious return using your SSN. Know the warning signs. Be alert to possible tax-related identity theft if you are contacted by the IRS about:

- More than one tax return being filed for you
- You owe additional tax, have a refund offset, or have had collection actions taken against you for a year you did not file a tax return, or
- IRS records indicate you received wages or other income from an employer for whom you did not work. If you are a victim of identity theft, the Federal Trade Commission recommends these steps:
 - File a complaint with the FTC at identitytheft.gov.
 - Contact one of the three major credit bureaus to place a 'fraud alert' on your credit records:
 - www.Equifax.com 1-888-766-0008
 - www.Experian.com 1-888-397-3742



- www.TransUnion.com 1-800-680-7289
- Close any financial or credit accounts opened by identity thieves
- If your SSN is compromised and you know or suspect you are a victim of tax-related identity theft, the IRS recommends these additional steps:
 - Respond immediately to any IRS notice; call the number provided or, if instructed, go to IDVerify.irs.gov.
- Complete IRS Form 14039, Identity Theft Affidavit, if your e-file return rejects because of a duplicate filing under your SSN or you are instructed to do so. Use a fileable form at IRS.gov, print, then attach form to your paper
 - Continue to pay your taxes and file your tax return, even if you must do so by paper.
 - If you previously contacted the IRS and did not have a resolution, contact the IRS for specialized assistance at 1-800-908-4490. The IRS has teams available to assist you. More information is available at: IRS.gov/identitytheft or FTC's identitytheft.gov.
- NOTE: The IRS DOES NOT call you (I have received these calls) to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels.

Neighborhood Watch meets the first Tuesday of the month. ~
Kathy Craven kathycraven@rocketmail.com

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Korean Beef & Rice Bowl

By Irene Welker

This tasty dish is so incredibly quick and easy to make (under 20 minutes) that it may become a go to dish for a busy day. The Beef Bowl has a lovely combination of flavors- sweet and sour with just a mild hint of heat.

INGREDIENTS

- 1/3 Cup packed light brown sugar
- 1/4 Cup reduced sodium soy sauce
- 1 teaspoon siracha
- 1 to 2 Tablespoons sesame oil, enough to lightly coat the skillet.
- 1 pound 90% lean ground beef
- 3 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- 3 Cups hot cooked rice, white or brown

Garnish:

- 2 green onions, sliced on the diagonal, green part only
- Toasted sesame seeds

DIRECTIONS

1. In a small bowl, whisk together the brown sugar, soy sauce and siracha, set aside.
2. Heat a large skillet over medium high heat. Add the oil. When oil is hot, add the beef, garlic and ginger. Brown the mixture breaking it into crumbles. Cook until no longer pink.
3. Pour the brown sugar soy mixture over the beef, reduce heat to a simmer and continue to cook, uncovered for another 2 to 3 minutes.
4. Serve over hot rice and garnish with green onions and sesame seeds.



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ARCHITECTURAL REVIEW COMMITTEE

Hopefully, you have been able to get your yard just the way you want it. With this pandemic we've all had plenty of time to spend in our yards and gardens. This is just a reminder that any changes you make need to be submitted for approval.

New patios, fire pits, trees, and built in BBQs all require an application. Replacement of existing plants with the same or similar plants does not require an application.

While not difficult, it does take a little time to complete the paperwork. If you have any questions, please call or email me. I'm

willing to walk you through the paperwork, answer any questions, or even offer suggestions.

Our meetings are being held on Zoom the first and third Wednesday of each month at 8:30 am. Once we are allowed to mingle we will go back to the RNC Conference Room.

Sorry, neither I nor any of the committee members are very good at hard labor but we will cheer you on. ~ **Steve Cooley, (801) 815-5302, cooleyaudit@gmail.com**

CANINE CORRAL COUNCIL

The Canine Corral Council has been meeting via Zoom during this COVID-19 stay-at-home order. The first Thursday of the month we progress through the processes of fundraising strategies and next steps in preparation for opening. The third Thursday of the month we are working out and fine-tuning the processes of membership application and educational seminar for members. There is still a lot of work to do before we are ready to open the Canine Corral and we are managing to complete many tasks by meeting through the Zoom app.

One suggestion we have received is to spell out the features and benefits of a dog park in our community. I did some research and found some interesting information on how dog parks can have a positive effect on the community as a whole.

Why should we have a dog park? According to recent studies, over a third of households have one or more dogs. Dog parks can act as a gathering spot for pet parents. While dogs are exercising and socializing, community members are forming relationships, participating in conversations and exchanging community information such as events, doctors and veterinarians (while, of course, supervising their dogs). Dogs are social creatures and like to play with other dogs.

As leash laws and regulations have become restrictive, many public leaders are seeing dog parks as a way to let pets run free without penalty to pet owners or damage to private property. Dog parks also

promote safety because they are not walking on busy streets.

Dog parks allow dogs to get off-leash exercise and social activity with other dogs. When dogs get the adequate physical and mental exercise they need, there is a noticeable decrease in the level of troublesome behavior.

Studies show that owning a pet can be good for you. They can add love and companionship to your household and reduce stress. With a dog park you will have healthier pets and people to improve the quality of life in your neighborhood.

We have addressed any negative concerns with dog parks. Our dog park will have separate areas for large dogs and for small dogs. All dogs will be over six months old. Membership will require a process for ensuring all dogs meet vaccination and other requirements and owners meet liability requirements. Members will attend a seminar to ensure all rules will be followed and all dogs will have fun.

We have a couple of positions to fill so if you are interested in working with us, you may attend three meetings and go through the established interview process for appointment to membership. If you are interested in donating to support our dog park's fundraising efforts, you may bring cash or checks to Sapphire Rhodes at the Four Seasons management office. Also stay tuned for upcoming fundraising events. This dog park will be a self-funded amenity and we will depend on your support and the support of our community. ~ **Sandra Butler-Roberts, sandirae@icloud.com**

FACILITIES COMMITTEE

The roofing project for The Lodge, Spa building, and the RCN building is in progress.

We are working on the repair and retile of the men's and women's showers at the Summit.

The committee is working on replacing the door jambs, casings and weather stripping on the exterior doors from the inside pool area to the exterior that has deteriorated from moisture.

The committee is working to get the fountain just outside The Lodge repaired.

The Facilities Committee meets via Zoom right now on the second Wednesday of the month at 10 am. We always welcome residents to join us and share their ideas or concerns. ~ **Jim Griffin, jjimgriff08@aol.com**



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EMERGENCY PREPAREDNESS COMMITTEE

SUMMER HEAT — “IT IS NOT ALWAYS A BREEZE”

When the residents of Four Seasons receive their June copy of the *Breeze*, summer will be three weeks away. Most residents of SoCal know that the weather does not follow a calendar. The problems of heat exhaustion and heat stroke are very real. The first thing that you must do is to monitor the weather. Most newscasts will give residents of certain areas heat advisories. These advisories usually recommend limiting your activities during the hottest part of the day. You must also drink plenty of water and wear loose fitting clothing. Our bodies can adjust to the heat but it must be done gradually.

Knowing how to work safely in hot weather can help prevent heat stress injuries and heat stroke. According to the National Institute of Safety and Health (NIOSH), heat stroke is the most serious heat-related disorder and occurs when the body can no longer control its temperature. The body temperature can rise to 106 degrees Fahrenheit in ten to fifteen minutes and heat stroke can cause death or permanent disability if emergency treatment is not provided. Other heat related disorders include heat exhaustion, heat cramps, and heat rash.

Heat stroke occurs when the body can no longer sweat and body temperature reaches dangerous levels. Symptoms of heat stroke include dry, hot, reddish skin and lack of sweating, high body temperature, strong rapid pulse, chills, confusion, and slurred speech.

Heat exhaustion is the body's response to the loss of water and salt,

typically through sweating. Symptoms of heat exhaustion include excessive sweating, weakness or fatigue, dizziness and/or confusion, clammy skin, muscle cramps, or flushed complexion.

Heat cramps are painful cramps in the body's muscles due to low salt levels and are typically caused by excessive sweating. Symptoms of heat cramps include muscle pain or spasms usually in the abdomen, arms or legs.

Heat rash is an irritation of the skin caused by excessive sweating. Symptoms of heat rash include a red cluster of pimples or small blisters. They are usually on the neck, upper chest, groin area, under the breasts and in elbow creases.

It is important in this time of the COVID-19 pandemic that we all remember the basics. Do not forget to make sure that your go kit is complete and ready for any emergency that could arise. The EPC committee usually meets on the third Tuesday of the month.

The next meeting may be held on Tuesday, June 16 at 10 am in the RCN Conference Room if the quarantine allows. ~ **Michael A. Mendoza**, srmendoza@verizon.net

..... LANDSCAPE COMMITTEE

I am pleased to see so many of you wearing masks as I walk through neighborhoods. It keeps us all safe and lowers the cases of COVID-19 in our community. Thank you for practicing safe distancing guidelines.

We need your eyes! Please report any landscape problems to Shannon Alfaro at The Lodge. Although the landscape committee is walking all the different sections of the neighborhood during the pandemic, we are unable to do it as a group. We have to walk individually. Therefore, we need your help identifying any site issues.

Join us! I've been a member of this committee for over three years. In that span of time, I've noticed the importance of adding new representation. Every time we get a new member I realize how essential their perspectives are to the committee. Their input adds to our success. We are always looking for new members. Think of the beauty that surrounds us and how much you could contribute to making it better. ~ **Nancy Justice**, 92223njustice@gmail.com



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SAFETY COMMITTEE

As I sit here in my home for the second month in quarantine writing an article for the *Breeze*, I can't help but think about how much life has changed. Daily, if not hourly, new orders from the State of California and Riverside County come through and with those new orders we adapt and move on with our new normal. As we see more activities open here at Four Seasons, for example, pickleball, tennis, paddle tennis, and the swimming pools for us to enjoy, we need to stay vigilant and safe.

Summer is here and we all are all itching to get out and enjoy. Walking had been the only source of exercise and we see many more people out enjoying our beautiful community. Remember, when you walk, be sure to use the trails or the sidewalk rather than the street, and exercise social distancing of six feet or more. Wearing a mask is mandatory when passing other walkers or when going places like the grocery store, doctor appointments, or anywhere you come into close contact with others. Most of us are in the age group that is the highest

risk for illness so taking precautions is always a good idea.

The Safety Committee is committed to ensuring everyone in our community stays safe and healthy, and appreciates all our residents for doing their part in taking all the necessary precautions to keep us all safe. Riverside County is offering Covid-19 testing to people who do not display any symptoms at various locations around the county, by appointment only. You can find the information on the County of Riverside web page for locations.

Did you know that the California Highway Patrol posted information showing the amount of tickets issued to drivers driving over 100 mph has increased 87 percent? With fewer people on the road it is really easy to speed, but slow down, stay safe, and get to where you are going in one piece.

The Safety Committee meets the first Tuesday of every month at 10 am. ~ **Kathy Craven**, kathycraven@rocketmail.com

SOCIAL COMMITTEE



Hello from your Social Committee! We have been busy planning ahead so we can open up for our events in the near future. It has been a long, dry spell and we feel many are ready for a change, taking into account what we have all learned and our desire to help take care of each other.

The events we are ready to move forward on will bring positive changes for us all. We are aware of how to serve refreshments to avoid risk and contact. We're evaluating seating options (tables vs. rows at 6 feet apart, considering singles vs. couples, etc.), and how many participants can attend depending on the most current guidelines.

Our first event we plan to offer is scheduled for July 11. It will be the Mentalist show and ticket sales will begin June 16 at 9 am. The cost is \$20. At this time you can plan to BYOB while we will have raffles and serve sweets, coffee, and, of course, our entertainment.

Meanwhile, we will continue keeping current on all changes to bring you our safest and best.

Take care of yourself and each other until we see you again. ~ **Joyce Hogue**, jhogue54@gmail.com

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Note of Gratitude

To Karen Reed: Tails & Trails wants to send out a very special THANK YOU to you for sewing so many masks and donating all the proceeds to Tails & Trails Treasury. We are grateful for all the time you spent sewing, delivering and collecting \$\$\$ for the animals of Four Seasons. Bless you from all of us at Tails & Trails. May it be returned to you tenfold.
~ Connie Mendoza



If you have seen an act of kindness or have received one, please share with the community. Let's spread gratitude! Email your gratitude to fourseasonsnews@yahoo.com or, if it's open, go to The Lodge Lobby and fill out a gratitude note and put in the box marked "The Box of Gratitude." Thank you.



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GET THE JOKE

Last month we did something a bit different... we scattered 31 butterflies throughout the magazine and asked you to count them and submit your answer via email. This month we're back to the joke!

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 email your response to fourseasonsnews@yahoo.com. One correct entry will be chosen at random to win. Happy hunting!

THIS MONTH'S WINNER: KAREN SCHUMACHER

I got the joke!

Resident name (first & last): _____ Phone _____

This was the joke: _____

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

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Oh, the Places We Go!



Phillip and Elizabeth at Whitewater Preserve Canyon areas during self-isolation

Ever take that “perfect” travel picture or capture your significant other having a great time exploring parts of the world outside our community gates? Well, now you have a place to share it with others.

For this “Oh, the Places We Go!” column, residents may submit high-quality digital photos to fourseasonsnews@yahoo.com. While not required, we would love to see a copy of the *Breeze* in your escapades. It will be fun to see how far and to what exotic places the magazine travels. Please be sure to include information to explain your photos, especially the who, what, when, and where.

This month's selections are good examples of “travel” during the quarantine.



Mary Baer traveled to Oak Glen to enjoy the apple blossoms

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COVID-19 AFFECTS HEALTH-RELATED APPS *By Steve Benoff*

Let me start out by saying there is nothing good about the COVID-19 pandemic. That said, there are some interesting ramifications from the outbreak.

Last year I sang the praises of the Kaiser app. This year I can report the fantastic advances in the app, no doubt spurred on by the pandemic. First, some background. Kaiser for the time being is greatly limiting its in-person appointments. For example, I had been scheduled for my normal six-month checkup with my primary-care doctor. I was informed my appointment had been switched to a telephone appointment. Since my doctor had ordered lab work for me in advance of the appointment, our telephone call mainly dealt with his review of my lab results.

I also had a dermatology appointment. Since I've had two instances of skin cancer, I normally see my dermatologist twice a year for a full-body scan. At first this appointment had been canceled, but it was later rescheduled. When I called to make sure the appointment was still on, I learned that although most appointments had been switched to the telephone, mine would remain an in-person appointment since it's pretty hard to do a body scan over the phone.

I've finally reached the point of my bringing up the subject of Kaiser. The day before my appointment I received a text and an email encouraging me to check in in advance. Clicking the link brought me to the Kaiser app on my phone allowing me the check-in for the appointment scheduled the following day. I had to answer several questions relating to my current state of health and the health of those in my household. These were mainly having to do with coronavirus symptoms. Having satisfactorily answered the questions, I advanced to the next step – payment. Since I refill prescriptions online, Kaiser had my credit card information already. Had they not, I'm sure I would have been able to enter it through the app. Lastly, I was given a QR code and the option to have that code emailed or texted to me. With that code, I scanned it at an Express Check-in Kiosk at the Kaiser facility which gave me instructions on how to proceed to my appointment. (This was preceded by a temperature check and having to answer more coronavirus questions.)

This is a terrific example of getting the most out of a smartphone app. Hopefully, when things get back to normal, Kaiser will retain this advance check-in procedure.

Since we're on the subject of COVID-19-inspired apps, there

are a lot of them. They fall into three categories. Some are purely informational. A good example of this is the CDC app. Created by the Centers for Disease Control and Prevention, it has a wealth of knowledge about the subject of diseases in general and COVID-19 specifically. It's filled with links to articles on a vast variety of subjects. Actually, this app predates the pandemic so it's not really correct to say it's COVID-inspired. There are many other apps of this nature focusing specifically on the pandemic.

Another category is information/interactive. A good example is the Apple COVID-19 app. It's a screening tool that starts with a list of symptoms such as fever, chills, or sweating, and sore throat and leads you to a preliminary diagnosis and suggested action. It also has guidance information on a state-by-state basis. There is also a section on social distancing.

The last category is tracker apps. A good example is HealthLynked COVID-19. It rates 4.6 stars from 34,000 reviews. To quote the description, "HealthLynked has developed its own coronavirus tracker that allows users to self-report symptoms if they test positive for the virus, [and] alert contacts so that they can seek medical care to prevent spread." It combines its own database with information from the World Health Organization to illustrate the spread of the disease worldwide.

There is another app that should be available by the time this article is published. It's a joint effort by Apple and Google so it will work on Apple and Android phones alike. The basics, as I understand them, allow users to opt into a sophisticated tracking system using your smartphone's Bluetooth function to show your proximity to others and, thereby, create a contact-tracing database. If you report that you have tested positive to COVID-19, others with whom you've been in contact with for a certain period of time will be notified of your condition and encouraged to take appropriate action. For various reasons, this app will be referred to as exposure notification instead of contact tracing.

There have been many negative reactions to this project based on concerns for privacy and false positives, among others. It remains to be seen how effective this app will be. Time will tell.

Do you use an app you'd like to share with others, particularly those that have helped you deal with the pandemic? Let me know at steve.benoff@verizon.net.

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INTEREST GROUPS

DISABLED RESIDENTS This group aims to help anyone with a disability or who needs to assist someone with a disability. Our mission is to serve as a resource for residents with disabilities, serve as a resource for the larger community when requested, to further develop and expand resources, to help each other with and share coping strategies for our various challenges. Meeting dates, times, and frequencies TBD. Sign up at The Lodge or contact Gordon (Curt) Putnam for more information at curtputnam@gmail.com.

COMMUNITY GARDEN: Community gardens are about more than growing food. By increasing the number of local community gardeners and available garden space, families and individuals are able to grow fresh, healthy produce for very little money, green previously underused areas, increase local food security, get to know and interact with their neighbors, and work together to enhance their communities. Do you have an interest in growing your own vegetables? We are looking for anyone interested in starting a community garden here in Four Seasons. Whether you have lots of experience or the idea always sounded good, but you never attempted one, this might be for you. There are a number of potential spaces where we might do this, but our first step is to determine the interest level. If you are interested, please sign up at The Lodge. You'll be contacted for an initial meeting where we'll discuss best practices for starting a community garden, determine the number of people who want to participate, and begin the process of putting the details together for the Board.

ATTN DIXIELAND/TRADITIONAL JAZZ

LOVERS: Seeking MUSICIANS to play lead sheets and who have played Dixieland style music. Forming six to seven piece band. Rehearsals at Four Seasons. Need Cornet/Trumpet, Clarinet/Reeds, Banjo/Acoustic Guitar, Tuba or Bass, Drummer, Keyboard. Contact Bob Snyder (T-bone) at (909) 489-7108.

FOUR SEASONS BLUE*: If you are interested in how you can effectively participate in the electoral process and learn about qualified Democratic candidates running for office, then Four Seasons Blue may be the group for you. Please contact Sharon Geiser at (406) 261-4652 for more information or sign up on the interest sheet at The Lodge.

FOUR SEASONS G.L.A.D. GROUP

(REPUBLICAN)*: Get Informed, Listen, be Active, make a Difference. With our informational resources we present information and speakers regarding local, state and national issues. We meet every other month at 5:30 pm (registration) with meeting starting at 6 pm in The Lodge Ballroom. Our next meeting is planned for Aug. 6 in the Ballroom. This maybe postponed if the coronavirus restrictions are still in effect. Please contact Grace Suchowski at (951) 733-1102 for more information or sign up on the interest sheet in The Lodge.

**Note: The HOA does not have any officially recognized political club or group. However, California law changed and now requires associations to allow political interest meetings in HOA common areas.*



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AMPHITHEATER

The Amphitheater team hopes that everyone at Four Seasons is doing well and staying healthy. As of the date this article was written, the May concert was canceled due to current conditions. The June concert is still on the schedule but it has not yet been determined if it will go on. When a determination has been made, it will be announced in the Daily Report and on the website. We all look forward to the time when we can all get back together down at the Amphitheater and bring some joy into our life listening, laughing, and clapping along to some great music.

Our band for June is a good-time party band called Beach Street A GoGo. Get ready to party listening to number one hits from the sixties. They put on a show with costume changes, stories about the bands, and songs that defined a generation and audience participation. Enjoy music from the Beatles to Motown, Janis Joplin, Paul Revere and the Raiders, the Beach Boys and more. It will be

a fun night.

Remember that you can set up chairs after 10 am the day of the concert. Bring some "liquid refreshment" to enjoy but all glass

bottles must be in a protective cover. Come on down and "rock" with your friends and neighbors. ~ *Mark Lassen, lassenqa@aol.com*



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BOOK CLUB

We meet on the second Tuesday of each month at 9:30 am in the RCN Room #3. Newcomers are always welcome, even if you haven't read the book.

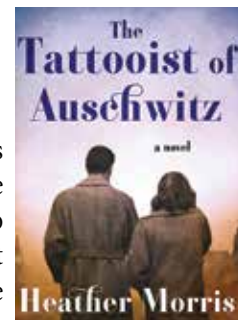
PLEASE NOTE: The book below has been rescheduled from a previous date due to the coronavirus. If the facilities remain closed, this book will be rescheduled again.

The Book Club selection for June is *The Tattooist of Auschwitz* by Heather Morris. Here is a brief description of the book from Amazon.com: "In April 1942, Lale Sokolov, a Slovakian Jew, is forcibly transported to the concentration camps at Auschwitz-Birkenau. When his captors discover that he speaks several languages, he is put to work as a Tätowierer (the German word for tattooist), tasked with permanently marking his fellow prisoners. Imprisoned for over two and a half years, Lale witnesses horrific atrocities and barbarism, but also incredible acts of bravery and compassion. Risking his own life, he uses his privileged position to exchange jewels and money from murdered Jews for food to keep his fellow prisoners alive. One day

in July 1942, Lale, prisoner 32407, comforts a trembling young woman waiting in line to have the number 34902 tattooed onto her arm. Her name is Gita, and in that first encounter, Lale vows to somehow survive the camp and marry her. A vivid, harrowing, and ultimately hopeful re-creation of Lale Sokolov's experiences as the man who tattooed the arms of thousands of prisoners with what would become one of the most potent symbols of the Holocaust, *The Tattooist of Auschwitz* is also a testament to the endurance of love and humanity under the darkest possible conditions."

Please join us when we discuss this book on Tuesday, June 9 at 9:30 am. Mary Lou Keating will be leading the discussion. For those of you who like to read ahead, our next book is scheduled to be *The Death of Mrs. Westaway* by Ruth Ware.

For more information, please contact Micki Rosen at michelesrosen@gmail.com. ~ **Micki Rosen**



COMPUTER GROUP

Our May meeting was a Zoom conference-style presentation. I would venture to say that we are getting a lot more comfortable with using Zoom video conferencing for meetings and other aspects of our life.

Francis Chao, of the Tucson Computer Society, gave an overview of using Free Cloud Storage. He discussed how to use cloud storage services to store data files and digital photos for free.

One benefit of storing data files is reducing the chance of losing

data files and photos due to hard-drive crashes and/or operator error. Another benefit is that it facilitates collaboration between multiple people working on the same project. Finally, it provides you with the ability to synchronize data files and digital photo albums between multiple computers, tablets, and cell phones.

The subject of our June 9 meeting will be, "Troubleshooting Your Computer 101." Zoom in! Or contact Larry Workman at workman.larry@gmail.com if you have questions. ~ **Larry Workman**



TRAVEL GROUP

The coronavirus quarantine has kept most residents at home. Unfortunately, it has also put an indefinite hold on travel since cruise lines, concerts, plays, theater, and events are still on hiatus with no definite resume dates. This means we all have a LOT of time on our hands.

Had your fill of TV bingeing and searching for creative ways to keep busy? There are numerous sites on the Internet to explore new venues, take virtual travel trips, visit museums, try cooking classes or explore numerous other options. To start you off, here are four websites that have links to entertainment, travel, cooking, and more to help keep your mind occupied.

www.cnet.com/news/free-entertainment-to-help-you-survive-coronavirus-social-distancing-april-27/

www.travelandleisure.com/travel-tips/fun-things-to-do-at-home-during-coronavirus-quarantine

www.insider.com/free-things-online-while-at-home-during-the-coronavirus-outbreak-2020-3

www.youtube.com/

There are also creative staycations (fun things to do at home to stay busy). I recently conducted an "archaeological dig" in my garage by opening boxes that have been stored since moving in. I discovered treasures from childhood — both mine and my daughter's — that brought back memories and experiences which I shared with my daughter.

If you have devised creative ways to keep busy and active and would like to share them with our members and residents, or if you know of other interesting websites, email your ideas and suggestions to irenewelker55@gmail.com. We will post the best on the Travel Group Facebook page and send by email.

Until our trips include more than venturing out to the grocery store and around our community, stay safe, stay well. ~ **Irene Welker**

CARS & COFFEE

Another month has come and gone and unfortunately due to COVID-19 restrictions we were unable to hold our May Cars & Coffee gathering. However, depending on who you speak with there is a light at the end of the tunnel. Hopefully it is NOT a locomotive. I have seen a few of our beautiful cars, trucks, and motorcycles cruising the area, including my wife, Pam, and me in my 1977 Corvette, and that is great! We need to put some miles on our cars, trucks, and motorcycles. I know that we are all anxious to gather with our beautiful rides and mingle with our fellow gear heads — we just have to be patient.

Hopefully, if we get the okay from the Board of Directors, we will be able to get together the first Saturday in June. Let's keep our fingers crossed.

Above is a photo (circa 1971) of me and my best friend Garey who



is now my brother-in-law. That is me on my 1970 Chevelle and Garey on his 1969 Super Bee. Wouldn't we love to have those cars today? If any of you have a picture from the past with your cars, please email them with a brief description to me at fmoralesjrinc@aol.com and I will try and post them in the *Breeze*. In the meantime, please be safe and stay healthy.

For more information, please contact Rick Morales (951) 797-3732 or Frank Morales (951) 203-4578. ~ **Frank Morales**



RADIO CLUB

Members of the radio club are reviewing and rewriting our emergency communications response plan this month. Our goal is to develop sufficient detail in the plan to ensure quick response to any type of natural disaster that could affect the community. During the COVID-19 pandemic, we continue to hold our regular Wednesday communications nets at 5:15 pm (Family Radio Service, channel 3) and 5:30 pm (2 meters, 145.645 MHz) where members practice radio procedures and test the capabilities of their equipment. We also continue to hold our regular meetings at 10 am on the last Friday of each

month via the Zoom teleconferencing application — our first attempt came off without a hitch and we were able to establish contact with all of our members who were available to participate.

If you are interested in joining our club or perhaps sitting in on our teleconference, contact us at the email address below. Our radio hobby is fun, full of warm camaraderie, and provides the opportunity to help the Four Seasons community in the event of an emergency. Stay safe! ~ **Jim Peterson, jim.k6jwp@gmail.com**.



Radio Club members at one of our last in-person meetings. Meetings are now being Zoomed!

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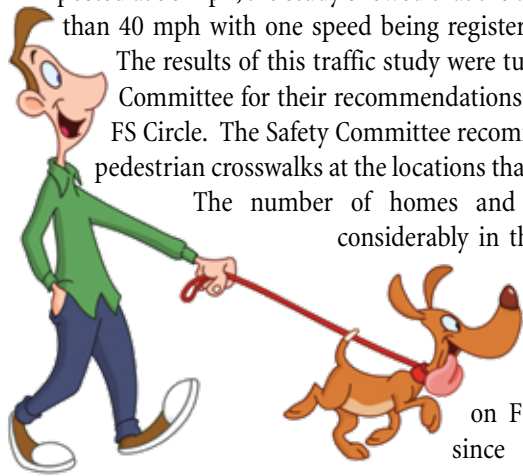
DOG OWNERS GROUP

Pedestrians And Traffic In Four Seasons

About three years ago, the Four Seasons Board of Directors sent out a survey to discover what the most important activities were to Four Seasons residents. Walking was the number one activity by far, whether walking on the trails or on the sidewalks. Also around this time, the Board of Directors conducted a traffic study on Four Seasons Circle. Although the speed limit on Four Seasons Circle is posted at 30 mph, the study showed that the average speed was more than 40 mph with one speed being registered at close to 60 mph.

The results of this traffic study were turned over to the Safety Committee for their recommendations to control speeding on FS Circle. The Safety Committee recommended stop signs and pedestrian crosswalks at the locations that exist today.

The number of homes and residents has grown considerably in the last three years and walking the trails and sidewalks is even more popular today. Although traffic safety on FS Circle has improved since the stop signs were



installed, it appears that speeding is still a problem, particularly in the southern section of Four Seasons in the vicinity of the Summit, the Courts, Breckenridge Gate and Crooked Creek Gate that have been built out in the last three years.

Now that Four Seasons has been built out and the developer has left the community, I have been told that the Board of Directors will be conducting another traffic study to determine the extent of safety on FS Circle and any mitigation measures that may be required. Commissioning this traffic study will take some time as a new Board is elected and then it will take additional time to review the report, to gain feedback and recommendations from appropriate advisory committees, and to determine appropriate mitigation measures if required.

The Dog Owners Group encourages pedestrians and dog walkers not to walk in the street on a regular basis. It may be necessary on an intermittent basis to avoid slippery sidewalks or conflict between animals but it should not be done as a common practice.

PACK WALKS – all pack walks have been canceled until further notice as a result of guidelines imposed by Riverside County due to the COVID-19 virus. ~ **Patrick and his dog, Ricky Ricardo: dog_owners@yahoo.com**

TAILS & TRAILS - ALL PETS

How to Help Your Pet: Bee Stings 101

Dogs can be trained to fetch slippers and race through tunnels in agility classes, but it's next to impossible to teach them to stay clear of bees, wasps, hornets, and other insects. That's because dogs and cats investigate the world using their noses and paws, the two prime targets of insect stings.

In most cases, there will be mild swelling and tenderness where the dog or cat was stung. If it is swollen and a little puffy, it is a localized reaction to the sting. To stop the venom from spreading, try to remove the stinger as soon as possible. The stinger can pulsate venom into a dog or cat for two to three minutes after being separated from the bee. Use a credit card to scrape the stinger out. Do not try to squeeze the stinger out with your fingers or use tweezers because the venom sac may rupture, further exposing the pet to more venom.

Monitor your pet to make sure that the swelling does not increase or spread. You should contact your veterinarian, who will most likely advise you to give your pet Benadryl, an over-the-counter antihistamine. Your vet needs to instruct you on the correct dosage, based on your pet's weight. You also need to make sure that the product contains only diphenhydramine. To reduce swelling, apply a cold compress. You can run a washcloth under some cool tap water and then wrap it around or press it onto the site of the sting.

Your pet may need emergency care. Some pets may be allergic to bee stings, and they can go into anaphylactic shock (and even die), if they don't receive immediate veterinary attention. If your dog gets stung by a bee and starts vomiting within 5 to 10 minutes and its gums become pale, that's when you know they are going into anaphylactic shock. Your vet may treat your dog with IV fluids to

prevent shock, give steroids, or start Benadryl injections into the bloodstream immediately. They may need to stay at the veterinary clinic for 48 hours, or more, before it is determined they are healthy enough to go home.

Fruit, vegetable, and flower gardens need the pollinating power of bees, but there are steps you can take so that your pet will not have a painful encounter with one of these creatures. First, you can cordon off plants with border fencing that will keep pets at a distance. You might want to plant jasmine and zinnias, which attract butterflies more than bees, or consider crimson-hued roses, or other red flowers. Bees seem to not be as drawn to the color red. When walking your dogs on a leash, try to keep them off ground cover with flowers. Chances are bees will be busy pollinating.

With a little extra care, you may be able to lessen the chance of your pet being stung by bees, wasps, hornets, and other insects. ~ **Vivian Walker, vivr@sbcglobal.net**



BIRDING CLUB

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

Because the pandemic prevented us from getting together for the May 2 bird walk, we again conducted a virtual bird walk in which we birded individually and combined our lists at the end of the day. Key sightings were reported by Tina Canon, Genie and Bill Cooper, Margaret Hosterman, Gerrie Karczynski, Sue Nash, Tom Paulek, Peter and Julie Shuttleworth, Margi Spies, and Barbara Wasco. By having many people scouring FS all day for birds we sighted a staggering 36 species, second only to the 43 species found during our April 4 virtual bird walk; the difference was that wintering birds were still around on April 4 but had left by May 2. The highlights were



Olive-sided Flycatcher. Males and females are identical. Photo by Mary Gillihan, Pinterest.

two FS first records, a Black-chinned Sparrow and an Olive-sided Flycatcher (our Bird of the Month), which bring the FS total to 98 species. Other highlights were several Cliff Swallows in their mud nests, Lark Sparrow, Warbling Vireo, Black-throated Gray Warbler, Red-tailed Hawk, Red-shouldered Hawk, American Kestrel, American Goldfinch, and Wilson's Warbler.

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

BIRD OF THE MONTH

The Olive-sided Flycatcher is a stocky flycatcher that sports a greenish vest. They spend much of their time perched high in trees, watching for large flying insects to catch by flying out in quick pursuit, seizing the prey, and returning to the same perch.

The Olive-sided Flycatcher is a long distance migrant that breeds in North American boreal forests and high elevation coniferous forests in the west. They winter in Central and South America. Their distinctive whistled song -- famously rendered as quick, three beers! -- can be heard all summer in our local mountains and in coniferous forests northward to Alaska and northern Canada. The Olive-sided Flycatcher that was sighted at the west end of Trail B on May 2 was on its way to one of these places. ~ **Steve Edelman**



This male Black-headed Grosbeak is one of many that migrated through Four Seasons in April. Photo by Margaret Hosterman, who reports the grosbeak showed no fear of the larger bird!



Lark Sparrow photographed near the Summit by John Hansen. The Lark Sparrow is a very nicely marked bird.

SEASONED SOLOS

If you are single and enjoy a variety of activities, then Seasoned Solos just might be the group for you. At each meeting we discuss what is going on in the Inland Empire and plan activities, from local lunches and dinners to excursions to presidential libraries, the 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 Arts & Crafts Room at 6 pm. For further information, call Joyce at (951) 850-3055. ~ **Joyce Olson**

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AFRICAN AMERICAN CULTURAL CLUB

Why We Celebrate Juneteenth

The history books have glorified Abraham Lincoln for freeing the slaves. But really only the slaves who lived near Union lines, where they were able to flee their plantations and take advantage of opportunities in the north, were free. Basically, the slaves freed themselves as their new-found freedom was rejected by southern and racially separatist white people.

On June 19, 1865, Union soldiers led by Major General Granger rode into Galveston, Texas with news that the Civil War was over and Texas' 250,000 slaves were now officially free.

This was two and a half years after Abraham Lincoln's Emancipation Proclamation. Major General Granger issued an order to the people of Texas proclaiming that, "All slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor."

"Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

"From its Galveston, Texas origin in 1865, the observance of Juneteenth as the African-American Emancipation Day has spread across and beyond the United States.

"Juneteenth commemorates African-American freedom and emphasizes education and achievement. It is a day, a week, and in some areas, a month marked with celebrations, guest speakers, picnics, and family gatherings. It is also a time for assessment, self-improvement, and future planning for African-American progress. Its growing popularity signifies a level of maturity and dignity in



America long overdue. In cities across the country, people of all races, nationalities, and religions are joining hands to truthfully acknowledge a sad and emotional period in US history that shaped and continues to influence our society today." ~ Juneteenth.com

Upcoming Events:

June 19 - **ATTENTION EVERYONE!** We will hold

our annual Juneteenth celebration via Zoom on Friday, June 19 at 6 pm. If you have a Juneteenth experience, we want to hear about it! You will have up to four minutes to tell your story of your Juneteenth experience. If you would like to participate, please email infotoaacc@gmail.com no later than June 1.

Oct. 3 - Jazz Under the Stars

Dec. 12 - Christmas Gala

The next AACC Meeting will be held on Monday, June 1, via Zoom. For information, please call Betty Ann James at (951) 572-5538 or email infotoaacc@gmail.com. ~ **Regina Thomas**



Billy McCrea, a former slave who remembered the Union troops coming into Texas in 1865 and being told that he was free. Photo by Ruby Terrill Lomax, September 30, 1940

ITALIAN AMERICAN CLUB

Ciao Amici Miei (Hello my Friends)

The purpose of the Italian American Club is to provide members with the opportunity to share cultural experiences, history, traditions, language, food, and fun being Americans of Italian ancestry. The club is open to all residents. We meet the second Thursday of each month at The Courts' Multipurpose Room at 6 pm.

Currently we are not meeting at The Courts due to the COVID-19 pandemic that necessitated all activities using our facility meeting rooms to be canceled.

The March Italian food potluck had to be canceled because of the potential to spread the coronavirus through the buffet-type dinner that was planned.

Unfortunately, the *Breeze* magazine article for April 2020 showed the Italian potluck dinner went off as planned. I apologize for the confusion caused by the article. The deadline for articles to be submitted to the *Breeze* is on the eighth of each month to be included in the next *Breeze* magazine. So, the article was submitted on March 8, four days before the event scheduled for March 12. Thank you for your understanding and patience.

We will meet again as soon as our HOA is able to open the facilities

for meeting such as ours under the guidelines directed by the County of Riverside and the state mandates.

Looking forward to seeing you all again. Stay safe and healthy, and please follow all the guidelines put in place for our safety.

Addio Fina Incontriamo Al Nuovo (Goodbye until we meet again). ~ **Barbara Dipoma and Jerry Monahan, (951) 212-8898**



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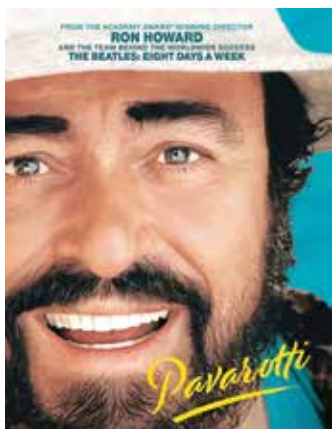
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COUNTER CULTURE CINEMA CLUB

We show films you generally won't find at the Cineplex: documentaries, foreign language films, indie films and any other smaller, well-reviewed films that don't get wide distribution.

PLEASE NOTE: Both of the movies below have been rescheduled from previous dates due to the coronavirus. If our facilities reopen and either of these movies is screened in May, there will be a replacement in June.

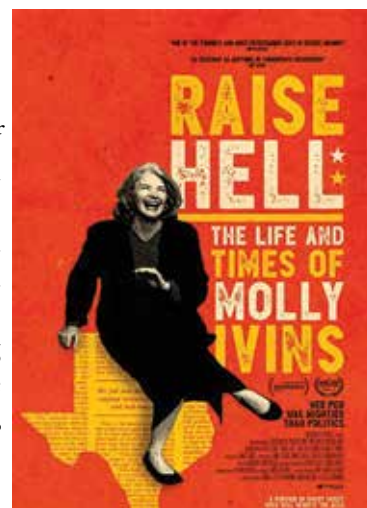


Our first monthly screening, on Sunday, June 14 at 6 pm, is the film *Pavarotti* (UK 2019, 1 hr. 54 min., English). Here is a brief description from IMDb.com: "A look at the life and work of opera legend, Luciano Pavarotti."

Our second monthly screening, on Sunday, June 28 at 6 pm, is the film *Raise Hell: The Life and Times of Molly Ivins* (USA 2019, 1 hr. 33 min., English). Here is a brief description from IMDb.com:

"*Raise Hell: The Life and Times of Molly Ivins* tells the story of media firebrand Molly Ivins, six feet of Texas trouble who took on the Good Old Boy corruption wherever she found it. Her razor sharp wit left both sides of the aisle laughing, and craving ink in her columns. She knew the Bill of Rights was in peril, and said, 'Polarizing people is a good way to win an election and a good way to wreck a country.' Molly's words have proved prescient. Now it's up to us to raise hell."

All of our screenings are followed by lively discussion about the film; we'd love to have you join us. The Lodge Theater 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**



CLASSIC FILM GROUP

The Tuesday Night Classic Film Group event on June 9 in The Lodge Theater looks like it will finally happen. Fingers crossed we can gather and watch the movie that influenced Syfy, Director Stanley Kubrick's *2001: A Space Odyssey*.

Just in case, keep checking the Daily Report for updates.

See you at the movies.

The Ultimate Trip: Storyline

"2001" is a story of evolution. Sometime in the distant past, someone or something nudged evolution by placing a monolith on Earth (presumably elsewhere throughout the universe as well).

Evolution then enabled humankind to reach the moon's surface, where yet another monolith is found, one that signals the monolith placers that humankind has evolved that far. Now a



race begins between the computer (HAL) and a human (Bowman) to reach the monolith placers. The winner will achieve the next step in evolution, whatever that may be.

The immediate reaction is that it was intentionally buried. When the point of origin is confirmed as Jupiter, an expedition is sent in hopes of finding the source. When Dr. David Bowman finds faults in the expeditionary spacecraft's communications system, he discovers more than he ever wanted to know. HAL, the ship's computer, begins to display increasingly strange behavior, leading up to a tense showdown between man and machine that results in a mind-bending trek through space and time.



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 Lodge 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**

PHOTOGRAPHY CLUB

Our mission is unchanged — to learn, share and have fun with photography. But during the “Big Chill Spring 2020” we execute the mission in a different way.

On April 22, we held an online meeting with Adobe Lightroom and Photoshop ambassador Matt Kloskowski. Matt went over some basic Lightroom tools that everyone can use as well as introduce us to his background texture swap process. I followed his instruction and reworked an old photo of an egret. The original was on a body of water that had way too much trash and distractions in the background and Matt’s texture treatment took care of that and helped me make the photo more artsy.

During May and June we are planning on releasing scavenger hunt clues to encourage our members to take cameras out and explore their environment for items to photograph.

The images showing this month:

- Steve Edelman provided an image from Organ Pipe Cactus National Monument in Arizona.
- John Baeyertz submitted a nice moon shot taken with his new Nikon mirrorless Z50
- ReNae Stueve. Egret with textured background

From all of us in the Four Seasons Photography Club to all of our wonderful neighbors, we send you a big hug. Smile and say BREEZZZEEEE, and take those pictures. I’m looking forward to seeing more porch portraits.

But first and foremost, Stay in Place – Maintain your Space – Cover your Face. ~ **ReNae Stueve**, renaestueve@outlook.com





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WRITERS' CLUB

Chasing Memories

Almost a century and a half ago, a great-grandfather of mine acquired several thousand acres of virgin lands in the Andean mountains of South America. The toil of the great-grandparents, their 17 children, and several share-cropper families turned the forest into tilled fields and pastures. Palermo, the farm, became the family larder.

During the frequent civil wars, the isolated farmstead protected the boys from conscription. It also brought shelter to political fugitives in the family. But constant partisan harassment, prison and exile, drove these ancestors near bankruptcy. Yet, the clan managed to recover –and prosper– thanks to Palermo, a bountiful land.

The patriarch intended for the estate to remain whole. But upon his death, some descendants claimed their share of the inheritance. Then, when bandits began extorting and killing landowners, the enterprise floundered. After twenty years, the heirs sold off their legacy. No longer real, Palermo became a family legend.

Forty years later, I had a chance to visit the fabled site despite myriad objections by local relatives. Concerns like bad roads, lack of horses, a haunted place, or marauding outlaws would not stop me. Eventually, I hired a guide and some hacks. Armed with rosaries, my mother, and an elderly cousin enlisted as my bodyguards.

After a strenuous horseback ride on a muddy trail, we arrived at the farmhouse. We toured the three bedrooms and the attic-granary where the youngsters used to sleep. Then came the dining room, the hidden food storage under the floor planks, the kitchen, and the servants' quarters. Outside, my mother stood quietly by a tree that,



Palermo, 1933

in her youth, had held a much-used swing. The house had endured time well, but, clearly, it had been abandoned.

Back in town, I got an earful: The place was uninhabited for a reason. Unlike ethereal ghosts of yesteryear, guerrillas were a real and present menace. My reckless foray could easily have gotten us kidnapped or killed!

On that visit to Palermo, I am quite certain that I heard the flutter of guardian angels' wings. ~ **Ricardo Suárez-Gärtner**

Interested in writing or becoming an author? The Writers' Club meetings are suspended during the COVID-19 Coronavirus Pandemic. After the quarantine restrictions are lifted, we'll continue to meet on the second Tuesday of the month at 1:30 pm in the RCN Conference Room. Email mlarchibald@mac.com or zehncorked@gmail.com.

RAINBOW GROUP



While all of us struggle with the pandemic, the Rainbow Group is optimistic that we will soon be able to resume much of our lives as before.

There are sure to be differences, but we will still support the Four Seasons LGBT community and our neighbors as best we can. We have been reminded that our friendships are vital to all of us.

As of this writing, it is uncertain when we will be able to resume our meetings, dinners and parties. We will, however, update the Rainbow Group Facebook page and email list with any late breaking developments. In the meantime, mark your calendars for Thursday, June 25 at 6 pm for our monthly meeting in The Lodge Game Room (inshallah!). Some of the group meet in the Bistro or on the patio for dinner prior to the meeting. Feel free to join us! We hope this finds our members, friends and families doing well and we look forward to seeing everyone again!

If you have any questions, please contact Dale at (951) 797-0364. ~ **Dale Beckes**

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COUNTRY LINE DANCING

As I write this article, I realize it has been two months since we have danced together. I miss all of you and the fun and laughter we share each week. Hopefully by the time you read this, we will be dancing again.

If not, dance in your own home or garage or on your patio. Remember dancing is great exercise and the music lifts your spirits in these strange times. Please watch your email for any updates on

our classes.

When we resume, we will be using the same start times for each group.

If you are wishing to join, please give me a call and I will put you on the email list for any updates.

Stay safe and healthy meanwhile. I hope to see you on the dance floor soon. ~ *Martha Franck, (714) 345-8588*

LET'S DANCE!

The Executive Committee of Let's Dance! had to make the difficult decision to cancel our Summer Fun Dance Party on Aug. 1. This is a huge disappointment for everyone, but we felt the social distancing restrictions could easily be continued for the long term. Our dance events typically sell out and because we are definitely in the most vulnerable group, we felt compelled to cancel for the health of everyone. Of course, we are thinking positively for our Christmas Dinner Dance in December... we will have to wait and see.

We are hoping to begin our regular dance classes on Monday nights sometime soon. We will post information on the Daily Report whenever we hear from the Board that it is safe to resume. In the meantime, please stay healthy!

Questions? Contact Puring or Gary Stifter at (951) 922-8333 or purings@verizon.net. ~ *Sue Condurachi*



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TASTE D'VINE

Your Taste d'Vine Wine Club is looking forward to celebrating summer! We are hoping to be able to have a June meeting, so break out some of that great wine you have been saving for a special occasion and come mix and mingle with your friends.

Please join us on June 18 (we meet the third Thursday of each 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 or fruit — along with two glasses for tasting.

The cost is \$5 for members and \$10 for resident guests.

For info, please contact Gracy Luna (951) 292-3624. ~ *Gracy Luna*

FOUR SEASONS SINGERS

Hopefully all my singers are doing their deep breathing by placing one hand on their diaphragm and one on their ribs and taking in a deep breath. If you do this correctly you can feel your chest and ribs expand. This can be a great stress reliever and you can also test how your lungs are doing by doing this exercise.

Choir members are missed greatly by their Director but I think of them constantly. We are doing our best to send around “music themed” jokes to keep spirits up.

I don't know when we will be allowed together again, but 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. ~ *Barbara Wasco*





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INTERCESSORY PRAYER GROUP

Greeting intercessors, friends, and neighbors!

I pray that everyone in your family is doing well. It has been a hard month, but we are survivors. As seniors, we could write a book about all the storms we've gone through. But without faith, we would not be able to stay in the trenches during hard shifts, and we refuse to throw up our hands and say we give up. We always face the problem head-on. We have learned to stand against circumstances beyond our control because we are warriors!

We will not give up or be defeated — defeat is not in our DNA. We will not look down but we will look up; there is a secret place we can

go in time of trouble, a resting place where we can find peace and safety. The place is found in your prayer closet.

Our prayer group and other prayer groups are praying for our communities, cities in the US, all first responders, and the world. We will not rest until a vaccine is found for the coronavirus.

We will resume our meeting at The Lodge as soon as it is safe. Until then we are praying on the conference line every Monday at 9 am. If you would like to join us, please email me at eaglewatchwb@aol.com. ~ **Cookie Bonner; eaglewatchwb@aol.com**

WOMEN'S EVENING BIBLE STUDY

"I will rejoice in the Lord, I will be joyful in God my savior. The sovereign Lord is my strength." Habakkuk 3:18-19

We hope and we pray. We wait for God to answer. Our faith may be tested as we meet the challenges of unprecedented times in our nation. We receive peace and strength as we study God's unchanging Word.

In the parable of the Prodigal Son, the father is challenged with the younger son's eagerness to leave home and experience the worldly side of life. The son returns in rags, dirty, hungry, and broke. How does the father

respond? He shows compassion, forgiveness, and love. He celebrates the homecoming by giving him new clothes, sandals, signet ring, and a party. This parable teaches us that God is compassionate and loving. We trust Him to see us through these uncertain times. We continue our study in the Parables of Jesus and invite all women of Four Seasons to join us. I have been doing the study on video. First, I send out an email with the lesson questions for the ladies to review.

We have started sharing photos with one another of activities we are doing as we

shelter at home. This has been a great way to have fun and stay connected.

To receive the lesson and video, please email me at baerhuggy@icloud.com. Also, you can participate in our photo share. Our gatherings are held in The Lodge Game Room on the first and third Thursday at 5:30 pm. We look forward to the day that we will see each other again. Hope to hear from you soon! Until we meet again, I continue to pray for you to be well and contented. ~ **Mary Baer, baerhuggy@icloud.com**

"BELIEVE..." WOMEN'S BIBLE STUDY

First, can I just say how much I miss the "Believe..." Women's Bible Study members! Even though we still meet every Friday at 10:30 via teleconference, I miss your sweet faces and miss giving you a welcoming hug! That said, I am thankful that we have a teleconference resource to still "meet" together and share the Word with each other. Thank you to all who have attended each week. We have an average of 34 women attending, and under the unique circumstances we are meeting, I am grateful for every one of you who have joined every week. You are all amazing, and I love you!

We finished our "Waiting" series (just waiting, waiting FOR the Lord, waiting ON the Lord), then we had a lesson on what it means to be a Christian, and last week began a three-week series on "Spring Cleaning." We talked about living a Martha life a Mary way — you had to be there to understand. Then we had two lessons on Spring Cleaning our spiritual lives. What does that mean? Again, you had

to be there...

Our next series (seven weeks) beginning May 29 to mid-July is entitled "Wonderful God." We will be studying how amazing it is that God simply SPOKE creation into being. We will focus on the seven natural wonders of the world and parallel with seven wonders of our awesome God. The lessons are powerful and thought-provoking, and hopefully will resonate with all the ladies. I still have the "End Times" series of eight lessons on hold until we can meet either in the game room or the ballroom.

If any of you new residents would like to join an amazing group of Godly women who love the Lord, you are welcome to join us by teleconference until further notice. Please email me for more info. In the meantime, stay well, stay safe, and be blessed! ~ **Eileen Gilbert-Antoine; egcellent@msn.com**

LIFE GUIDE BIBLE STUDY

As of this writing, we do not know when the current "shelter in place" orders might be lifted. It seems best to assume we will not resume regular meetings until September just following Labor Day. We will determine the date for our opening potluck and first session hopefully by August. Please continue to uphold each other in prayer and keep in touch by phone and email.

Come September, we will plan to continue our regular meetings on Tuesday evenings at 7 pm in the third section of The Lodge Ballroom. We invite all residents to join us for fellowship, discussion, and learning from God's Word. Please contact Doc or Letha Sellars with any questions or comments at (951) 797-3302 or docletha72@gmail.com. ~ **Doc Sellars**

BEREAVEMENT GROUP

One of our group participants wrote this poem to commemorate the second year since her much loved, dearly missed husband passed away.

MAY 2, 2020

*I call out to you; but you don't respond.
I hid your photos; they're too painful to view.
However, I sense you are here.*

*I SEE your smile in the rising sun,
And on the geraniums peeking through the hedge.*

*I HEAR your voice in the blowing wind,
And in the songs of birds on the fence.*

*Your SCENT is in the summer rain, and also
In the pine wood of your handbuilt shed.*

*Every morning I TASTE the sweet juice
Of the oranges that you carefully squeezed,*

*I FEEL your embrace in the warm sun,
And in the comfort of your worn jacket.*

*I'll resort to converse
In archaic verse:*

*With all of me,
I miss all of thee.*

*With all of me,
I miss all of thee!*

~ Jane C.

If you have suffered a loss, please come join us. All of us have lost someone close, and we get together to talk, listen, cry, and laugh and to help each other heal. We currently are meeting on Tuesdays via Zoom. For instructions on how to join us, please call me at (951) 922-0934. All contact is confidential.

~ Laurie Larson Zeldin



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MIXED MEDIA ARTS

Classes are normally on Mondays, 10 am to 12 noon, and/or Wednesdays, 6 to 8 pm. There is a nominal \$5 fee per person, per session. We look forward to our return to the Arts & Crafts Room at The Lodge. If you have any questions, call Rob Kelman at (951) 992-9156. ~ **Rob Kelman**

This is the perspective of the Artist of the Month, Linda Ra: *As I hunker down in my house, avoiding crazed toilet paper shoppers and their possible virus droplets, I searched for something challenging and creative to occupy the infinite hours, minutes and seconds of my day. But who's counting? Fortunately, Rob Kelman, our art instructor in the Mixed Media Art Class has continued with direction and encouragement, albeit virtually. This painting was a challenge for me, as I've struggled with depicting foliage. But, nothing*



ventured nothing gained. It's not like I don't have some extra time to practice. As Rob says, "if you can see it, you can paint it."

I studied the photo from which this is painted and practiced mixing the yellows, oranges and reds. I am now happy with the results. Thank you, Rob, for your input. Our lives become enriched in many ways when we experience tragedy, chaos and confusion.

We are bound to come out of this with a new view on life and what it has to offer. When the world is once again open for business, consider joining us in Mixed Media Art Class. It will challenge and enrich you and provide you opportunity to express some of the emotions we've experienced in the past few weeks. I miss my fellow artists and look forward to seeing what they've been up to.



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KNIT & CROCHET GROUP

As of this writing, we still have no word on when we may start to reopen groups, but hope by the time this issue comes out there will be new guidelines to allow meeting again. I will notify all those within the group when I have any news. We will still meet on Tuesday mornings from 10 to 11:30 am. Happy knitting and crocheting in the meantime. ~ *Dorothy Payne, dpayne001@dc.rr.com*

CRAFTY CARDMAKERS

I have missed our classes and seeing all of you but we must stay safe. Safe is fine but not making cards is IMPOSSIBLE! So I have a solution... I have been making card kits and I can deliver them to your house — on the porch to be safe! The kits are all occasion

cards and the cost for materials is three for \$6. You will get a picture and all the materials to make the cards. If you like, I can stamp the sentiments or you can stamp them if you have your own stamps. I've been doing Thinking of You and Happy Birthday but I

can do any other sentiment you might like (Get Well, Sympathy, Happy Anniversary). If you have any questions, please contact me. ~ *Maryalice Chorba, chorbaparadise@yahoo.com, (951) 849-6336*

QUILTING ENTHUSIASTS

Our wonderful group — full of talented ladies — meets on the first Sunday of the month at 1 pm in The Lodge Arts & Crafts Room. If you had wished for a great, fulfilling hobby during these trying times, please join our group. We are always eager to help others with

quilting. We will be planning projects, both charity and group in June.

For information, please contact Mary Christelman, ferndalemary@gmail.com. ~ *Mary Christelman*

CERAMICS CLASS

We will also announce when classes will resume in the future. Stay safe and we look forward to seeing everyone when classes resume.

Ceramics class has something for both the novice crafter looking for a new hobby and anyone who has experience and wants to create their own unique design and create pieces for friends and family. In addition to individual projects, we also offer class projects throughout the year to teach new techniques.

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. Please see class schedule in for any exceptions.

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

Call Loretta Ramsey at (714) 803-6744 or Brenda Ystrom at (909) 910-1100 for more information. ~ *Brenda Ystrom*

CRAFT GROUP

If the pandemic is behind us and we are permitted to meet, the Craft Group will resume meeting on Thursdays at 10 am, in the Arts & Crafts Room. For additional information, please call me at (951) 845-3608. ~ *Barbara Paules*

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PINOCHLE FOR FUN ONLINE DURING COVID-19

Join us and play pinochle from the comfort of your own home via any online device. Whether you are an experienced player or brand-new, we can help you log in and enjoy this stimulating card game. Winning pinochle is not just luck of the draw, but is a thinking game which teases the mind and keeps it sharp.

We previously played in the RCN every Monday, Wednesday, and

Friday from 9:30 am to noon. We still honor our usual time frame and found this blessing to be a welcome diversion to all that is going on. There is no need for shuffling, dealing, and trying to hold 20 cards in your hand, which is a bonus for those who may love to play, but may be dealing with physical difficulties. If you are interested in joining us, please email me at zmike2668@gmail.com. ~ **Mike Zehner**

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 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**

CO-ED BID WHIST

Greetings everyone! We hope that everyone is doing well during this pandemic. These have certainly been challenging times. As we look forward to the coming months, may the time you've spent with loved ones/yourselves be restorative, thoughtful and positive.

When it is safe to congregate once again, we invite you to come out sometime and join us to learn bid whist and/or 'to get your bid game on.' We meet on Mondays (except major holidays) from 6 to 8:30 pm in the RCN Building, Activity Room 3. We offer a satisfying game environment filled with good cheer, good natured 'trash talking' and some great music. And, win or lose... you will have a lot of fun and meet some great folks while playing bid whist. New players, whether new to the game or veterans, are always welcome! We look forward to seeing you at the tables.

For more information, contact Roxanne Williams at (951) 797-3123 or Floyd Reid at (951) 317-3127. ~ **Roxanne Williams**

DUPLICATE BRIDGE GROUP

With the crisis affecting our community and our country (and the world for that matter), we have far more important issues than our ability to gather around the card table to enjoy our favorite pastime.

We will get through this time of trouble, however, and when we do, the Four Seasons Duplicate Bridge group will resume meeting on Saturday mornings in

the RCN building. We will want to resume a friendly environment to enjoy the best form of the game as happens at other senior communities.

As always, send an email to me if you're interested in discussion of duplicate bridge activity or would like to learn to improve your game, or are interested in duplicate bridge at Four Seasons. ~ **Kirk Freyermuth, kafreyer@frontier.com**

20,000 CANASTA

We hope those of you who joined us to play 20,000 Canasta last month enjoyed it as much as we enjoyed that you came. Please join us again this month and bring a friend. We play the first and third Fridays of each month from 1 to 4 pm. If you never played 20,000 Canasta we can set up a teaching table. Hope to see you there. ~ **Leona Davisson, (951) 489-7745**

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 Game 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 welcome help setting up. Have fun with new and old friends. Rummikub is played at a table with tiles and a holder for each player's tiles. Players begin with 14 tiles. A player's first move is a group of at least three tiles totaling 30 points. 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 Game Room. We 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**

QUARANTINE GAME

The current pandemic has inspired this fun new group. The object of the game is to earn 10 points by noon each day. Each of the following is worth two points: get out of bed before 10 am • take a shower • put on shoes • eat breakfast at the dining room table • do a load of laundry • read 20 pages of a book • exercise for 30 minutes.

Subtract one point for the following: watch cable news for more than two hours • argue with someone on social media • touch someone who isn't part of your household. When you've reached 10 points, give yourself a round of applause, eat a block of cheese, and take a nap.

DOMINOES

Well, May has come and gone and the coronavirus is still with us. At this time, we do not know when we can play dominoes or shoot pool again. Both of these games are difficult to play with social distancing and having to wear masks. I know that many of you just like me miss playing the games and interacting with one another. But until this virus stops killing, infecting, and making us sick, we all have to stay home as much as possible. Hopefully, in time things will get better but for now everyone just has to be patient. Until then follow the rules, be safe, wear your masks, and pray like me. God bless everyone.

For more information, call Jesse at (951) 769-2035 or Reggie at (951) 743-3584. ~ **Marvin Gaines**



Marvin masked at home (not at the beach)

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,** kenyakiki@aol.com



THREE THIRTEEN

At this point, I wonder if we'll ever be back playing cards the way we used to — you know, the old-fashioned way? Four people sit at a table, shuffle the cards, deal them, and play. When we do get back together again, will our civil behavior remain intact or will we be crazed and looney? Oh wait, that sounds like our group before COVID-19. How I miss the good old days. Hopefully soon, group members, hopefully soon. Until we can meet again, stay safe, stay healthy.

In case you want to try the game at home, the rules of the game are simple. The game is played in 11 rounds, from threes to Kings. Players meld, using sets and runs of at least three cards. Starting with round one, each player gets three cards and threes and jokers are wild. With each subsequent round, one more card is added. So in round two, each player receives four cards and the fours and jokers are wild. Round three, five cards and fives and jokers are wild. This repeats through round 11 in which players receive 13 cards and Kings and jokers are wild. Aces are low and never played as a high card.

In each round, the player to first lay all cards down (and a discard) receives no points. The remaining players then lay down their cards — either on the first player's cards or with their own runs and/or sets. Any cards left in a player's hand are then counted. Aces are one point, threes to nines are face value, and 10s and face cards are 10 points each. The player with the least amount of points wins the game.

Hopefully you will give Three Thirteen a try, either at home or in the Game Room at 3 pm on the first and third Tuesday of this month. If the stay-at-home order is still in effect or if we are advised it's not safe to congregate, then we won't. If you have any questions or want a score sheet emailed to you, contact Mike Corbett at micedcor1@gmail.com. ~ **Mike Corbett**

BRIDGE FOR FUN

These sure are challenging times we live in. I'm sure none of us ever thought we would be quarantined in our homes. Hopefully, by the time this issue of the *Breeze* is published, we will be resuming many of our activities here at Four Seasons. All of us in the Bridge for Fun group are looking forward to the time we can once again play bridge and enjoy each other's company. Once things get somewhat back to normal we hope you will join us for a friendly game or come by and check it out to see if it is a game you would like to learn. We meet in the card room on Wednesdays at noon. For more information contact Verina Rector at 951-769-1687. ~ **Tom Halley**

CANASTA

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

BUNCO

We play every second and fourth Friday at 1 pm in the RCN Main Room. Bunco is very easy to play and it's a great way to meet new friends. For more information, contact Bre Moreland at Bredyluv@gmail.com. ~ **Bre Moreland**

PHASE 10

We meet every second Monday and every third Saturday at 3 pm in The Lodge Game Room. For more information, contact Cheri Howard at (951) 756-1216. ~ **Cheri Howard**

ALL SEASONS RV

It is a beautiful May Day and we are still waiting for some normalcy to return. Unfortunately, like all other Four Season's clubs, we have not been able to meet for our monthly club meeting. We did not travel anywhere in April. Fortunately we had nothing planned for that month. However, we do have an active schedule planned for the rest of this year. We will see how this plays out. Five rigs took a planned trip to Paradise by the Sea in Oceanside in May. The RV Park is open as well as walking and biking trails. Access to the beach varies according to government regulations. If nothing else, we will have a change of scenery for a few days

The pictures I have included this month are from a prior trip to the Alabama Hills located outside of Lone Pine, California. This area is known for many movie and TV series being filmed there. They have a museum in town specifically dedicated to the films shot there.

Hopefully we will be able to start our monthly meetings soon. If so, we will be getting together the fourth Tuesday of the month at 6:30 pm in The Lodge. If you have any interest in our club and future outings, please feel free to stop in or you can contact Bob Cooper at (951) 769-6352 or Larry Z at (909) 552-2798 for more information.
~ Ann Williams



A few photos from our trip to the Alabama Hills near Lone Pine, CA

POOL VOLLEYBALL

The sun is shining, air temperature is over 75 degrees, pool water temperature is 84 degrees; it must be time for pool volleyball! Maybe, maybe not as we have all learned to take one day at a time. The Daily Report will keep us posted as to when our pools are open for more than one person at a time in a pool.

Soon we will be struggling to place the net poles in the pool deck, players will be stretching and warming up, and the games will begin. Looking forward to seeing all players once again. ~ Barbara Miller, babsmiller00@gmail.com

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4X4 SEASONS

Our most recent 4x4 trip was a descent down Burns Canyon Rd. We took the 20 mile trail from Baldwin Lake at 6,700' down to Piñon Canyon at 4,000'. Great day for this adventure. The snow from two weeks prior had melted. Minimal dust, water in the streams, and a couple puddles along the way. We found a clearing with some shade where we took a break for lunch and some exploring. Such spectacular views along the way.

With the summer heat in the desert, we'll be exploring the higher elevation mountain trails for the next few months. Looking forward to the next adventure.

Welcome to our new members, Sal and Lily Vega. This was their first trip with the Four Seasons 4x4 Club.

Anyone not in the club who lives at Four Seasons and has a four wheel drive vehicle that they don't mind getting dirty and maybe a little desert pinstriped, is welcome to come to our monthly meetings. The meetings are the first Tuesday of the month, 6 pm in The Lodge Arts & Crafts Room. The official club outing is on the following Thursday. Prior to our excursion, we meet at The Lodge at 7:45 am and roll out at 8 am. Hope to see you there. ~ **Scott Snyder, scottdonaldsnyder@gmail.com**



Burns Canyon with Baldwin Lake in the background



Healthy, gigantic Joshua trees up above 6000'.



Our group (L-R) Sal and Lily, Grace and Pat, Lynette Simonson, Robin and Doug, Joette and Scott and Monroe, the wonder dog

MOTORCYCLE CLUB

Like so many other activities at Four Seasons, the motorcycle club (MC) has suspended group rides until further notice due to the coronavirus.

We were scheduled to go on a three day ride in late March that would have taken us to Lone Pine and Las Vegas; this ride was planned several months ago. However, in accordance with the governor's stay-at-home order, we canceled the ride. Additionally, our weekly

Thursday rides and our monthly club meetings are suspended until further notice.

For now we remain optimistic that life will soon get back to normal and we are grateful that our club members, along with their loved ones, remain healthy and safe. ~ **Jim Ayala, jimrayala95@gmail.com**

HORSESHOE CLUB

With the coronavirus threat bringing everything to a halt, this will be my generic *Breeze* article until things get back to normal again and I have something to write about. Our club has 16 members with an average of 10 players participating each week. We have relaxed rules about throwing distances, pretty much where you are comfortable throwing, so everyone can participate and have fun. We have Quarterly Tournaments both Singles and Doubles with the winners' pictures being included in the *Breeze*.

We have quarterly social events, which consist of dinner at The Kopper Kettle Bistro at 5 pm followed by dessert at one of our

member's homes. This gets our spouses and significant others involved and makes for a fun evening of fellowship and camaraderie. We usually cap the evening off with a rousing game of LCR (left/center/right).

We're always looking for new members, so while you are hunkered down in your homes for the next several weeks, be thinking about joining us. We meet at The Summit every Wednesday at 9 am, fall through spring, and 8 am in the summer. Our contacts are Ron Erickson at (951) 846-3288, rejlrickson@sbcglobal.net or Gary Christie at (951) 845-0520, goldtoy@earthlink.net. ~ **Ron Erickson**

PICKLEBALL

This past month has been a very trying time for all of us at Four Seasons with unprecedented restrictions, food hoarding, and panic among our citizens. But here in our community we rose to the occasion and made the best of it by helping our neighbors, supporting the Bistro, and being compliant with the regulations set before us.

This is also true of the Pickleball group. Pickleball ground to a halt as did all the other activities here but our group kept in touch with each other to give encouragement and support.

Pickleball courts are open again with restrictions. The restrictions didn't stop players from getting out on the courts, even though masks and social distancing of at least six feet were required. They happily complied to get a chance to play again!

Information regarding the restrictions are posted outside of the courts for your safety and convenience. There is also a disinfectant station that is in place in front of the courts for you to use on your equipment prior to and after playing.

On a fun note, this is a great time to buy the paddle you've always wanted, shoes that need replacing, and apparel that you have had your eye on as there are great sales on all types of Pickleball equipment.

Come on out and get to know this wonderful group of people and play one of the best paddle games around.

Stay safe and healthy. Hope to see you soon. ~ **Yundell Montalbo-Linton** Yundell@aol.com



Above: Pickleball players practicing social distancing

Right: Masks won't detour these ladies from playing a vigorous game of Pickleball



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TENNIS CLUB

By the time this article is in print, some hardcore tennis fans will have gone back out to the courts playing like there's no tomorrow, as we all have been cooped up for weeks on end due to the coronavirus stay-at-home mandate.

Just like many of you, I did my share of surfing the Internet during this unexpected "jail time" in the house, reading up on everything about COVID-19, and yes, about tennis as well (Oh, come on, you have too. Just admit it). While doing so, I came across an article on the longest match ever played in the history of professional tennis. Some of you trivia fanatics might already have all the details in that match memorized. For the rest of us, here are some rather interesting tidbits for us to chew on:

When: June 22, 2010 – June 24, 2010

Where: Wimbledon, England

Who: John Isner (US) vs Nicolas Mahut (France)

Winner: John Isner

Total Play Time for the Match - 11 hours and 5 minutes over a period of three days

Total Play Time for the fifth (final) Set – 8 hours and 11 minutes

Total Games Played in the Match – 183

Total Games Played in the fifth (final) Set – 138 (no tiebreak)

Total Aces Served: 216 (113 by Isner and 103 by Mahut)

Here are a couple of other stats you might also find interesting:

On Sept. 24, 1984 at a tournament in Richmond, VA, Vicki Nelson and Jean Hepner had the longest rally ever in professional tennis history – 643 shots that lasted 29 minutes. Incidentally, that was also the longest match in women's professional tennis history (by time) which lasted 6 hours and 31 minutes. Nelson won both the long rally

PING PONG

During this time of great self-discipline and restraint in order to protect ourselves and our neighbors from this new virus, we are also missing one of our favorite activities — joining our friends at The Courts playing ping pong. It is an indoor sport, and many of us prefer playing doubles, which brings us even closer together. Plus, it would be difficult to play a match without touching ping pong balls that have been touched by other players and pass on cooties.

So, while we are staying home and staying safe, we are doing what we can to stay in shape. Playing a challenging ping pong match requires stamina and flexibility. If we are just sitting around, we could risk injury when it is time to get back to the tables. Now is a good time to be doing daily stretching, cardio, hand weights and even yoga to be ready when the time comes. Let's watch what we eat so we don't come back sluggish and slow. Nothing can lose a point faster than a partner who can't move out of the way when you need to hit a spinning angle shot. Some players have discovered virtual ping pong apps to entertain, but it is just not the same. Stay home, stay safe, but be ready for when those doors open again! For more information, contact Bob Rubenstein, brube88@gmail.com.
~ Sandra Butler-Roberts

and the match, 6-4, 7-6 (11).

On the other hand, in 1946 at the Surrey Open Hard Court Championships, Jack Harper defeated J. Sandiford in just 18 minutes with a score of 6-0, 6-0. Harper lost just one single point, making it the shortest men's professional singles match on record.

So, there you have it. Now that we are all pumped up by these unbelievable records in tennis history, let's get back out to the courts and try to break them. Who knows? Some of you young whippersnappers may just do it one day.

See you all at The Courts!

Website: www.sites.google.com/view/tennis-fourseasons/home.
~ Stan Lam, (714) 757-2141, slamcpa@gmail.com



Plaque displayed at Wimbledon



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FISHING CLUB

I have not gone fishing for three months. I would like to say I am okay with that, but I am not. I have followed the stay-at-home order to the letter. I hope by me staying home I helped to save lives, especially mine.

The harbors are now open along the coast. If you have a private boat you can set sail now and go fishing. You would be violating the stay at home order, but nothing will happen to you because the sheriff is not enforcing the stay-at-home order. In fact some of our local lakes are now open for fishing. To tell you the truth, nothing is going to stop you from fishing. I guess you have to follow your own conscience.

I have bought another fishing rod and I am

really chomping at the bit to try it out. Most of my fishing friends here at Four Seasons are not ready to go fishing yet. I am in the at risk group and I don't think I want to chance it yet. I guess life will go on as long as you don't do something stupid.

My son keeps asking me to go fishing with him in the Coachella Valley. He has a secret place he wants to take me to. He told me where it was and I didn't have the heart to tell him that I took him there when he was a kid. It has always been a honey hole and I can't wait to go fishing with him.

Tight lines to all my fishing friends and remember good fishing trips are going to happen again. Have faith. ~ **Richard Carrasco, ricarrasco52@gmail.com**



Richard's new fishing pole

Our May outing was a return to a favorite trail close by in our local San Jacinto foothills



TAKE A HIKE CLUB

We hike the second Wednesday of the month. Contact Lynette Simonson (951) 377 0392 or email lynette.simonson@gmail.com for more information about the club or the next hike location. ~ **Lynette Simonson**

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BILLIARDS FOR FUN

Pete and I are sure missing our BFFG members! When the two of us have a 10-game competition at home (we have an awesome pool table), we wonder if any of you are practicing? Have you found a pool table to practice on? The Internet? Virtual games? (Pete is so skilled, that I have asked for mercy, and he agreed to play "last pocket" so I have a tiny, slim chance to win! We have a really good time.)

It's so hard not seeing all our BFFG friends, though. We hope you are doing well, staying safe, and taking a day at a time until we can polish off our dusty sticks and dormant skills, and once again compete against and with each other. It will happen. Someday. Please take time and reminisce at the adjacent photos. We will be together once again laughing, encouraging and honing our skills, just like these photos demonstrate. Please know we think about you often, your health and safety. Be patient, stay safe and we'll see you all soon.

If you are wondering how the quarantine has thrown off our quarterly tournaments, we were supposed to schedule a tournament in May. However, it doesn't look like we will be having tournaments in the billiards room anytime soon. So, the tournament schedule is on hold and possibly we will have to condense the schedule when The Lodge reopens so there are three more tournaments in 2020. Or not. We'll see.

All non-BFFG members who are reading this article, if you are interested in joining our amazing group of fun-loving, pool-playing people, please contact me for more info. When The Lodge reopens, we'll be happy to include you at either the 11 or 1 session each Tuesday or you can join an informal practice session every Saturday convening during the same time-slots. Hope to see you all soon! ~ **Eileen Gilbert-Antoine**, egcellent@msn.com



Our group at play



Leta Ramirez strategizes her play



Paul Snyder prepares a perfect shot

WILD BUNCH BILLIARDS

The "Wild Bunch" 8-Ball Billiards Group would like to wish everyone a safe and healthy journey as we continue to shelter in place and enjoy watching pool on YouTube. We are striving to become a billiards legend in our own mind.

The "Wild Bunch" consists of some of the best players in the league: Joe Spinella, Lucas Don, Robert Howard, Bob Rector, Mike Corbett, Carlos Rivera, LeRoy Wright, Rocket Spinoso, and Gracy Luna.

Once this beast has died and the crisis is over, if you want to play serious, competitive pool, we invite you to come by the Billiards Room and join in the stimulation of competitive play. We will keep you updated on when we can safely go into the Billiards Room, which we are hoping will be sooner than later!

In conclusion,

Practice does NOT make Perfect

Practice makes Permanent

Perfect Practice makes Perfection Permanent. ~ **Gracy Luna**, gracyluna@aol.com

BASKETBALL

Everyone is welcome. We meet at the basketball court Fridays starting at 4 pm. Bring your energy and be prepared to have some fun. ~ **Richard Hoffman**



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OH NO! The country is going to reopen, and I'm not ready. I have to lose that 10 pounds that was given to me by a generous benefactor, COVID-19.

Actually, I gave it to myself, and can't blame anyone else. I kept rewarding myself for not going mad during "shelter in

place." I gave it to myself when I was bored. I gave it to myself when I was tired of cooking three meals a day and ate junk food instead. I gave it to myself when the gym was closed, and I didn't take the time to replace that activity with some other kind of exercise.

So, what to do now? Well, for members of TOPS, Take Off Pounds Sensibly, it signals a return to that which we already know. Maybe we need to start watching our portion size. Maybe eating mindlessly in front of the TV is a bad idea. Maybe those on-line exercise programs should be looked at again. Maybe we should join the Tops Zoom meeting Tuesday morning at 8:30 am for some motivation to get out there and walk a few miles. Maybe we should go back to intermittent fasting. It worked before, and maybe we need it again.

Well, whatever your plan for eating a balanced diet that will help you lose that 10-pound gift you received, get started now.

By June or July, our country may have a better outlook, and when we are ready to come back as a supportive group again, we at TOPS pray that you will be happy and healthy.

When safe, why not join us, and make a healthy difference in your life today? We meet Tuesdays at 8 am in The Lodge Ballroom. ~ **Andi Henderson, (918) 497-6491**



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On the Breeze

Photos Wanted

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

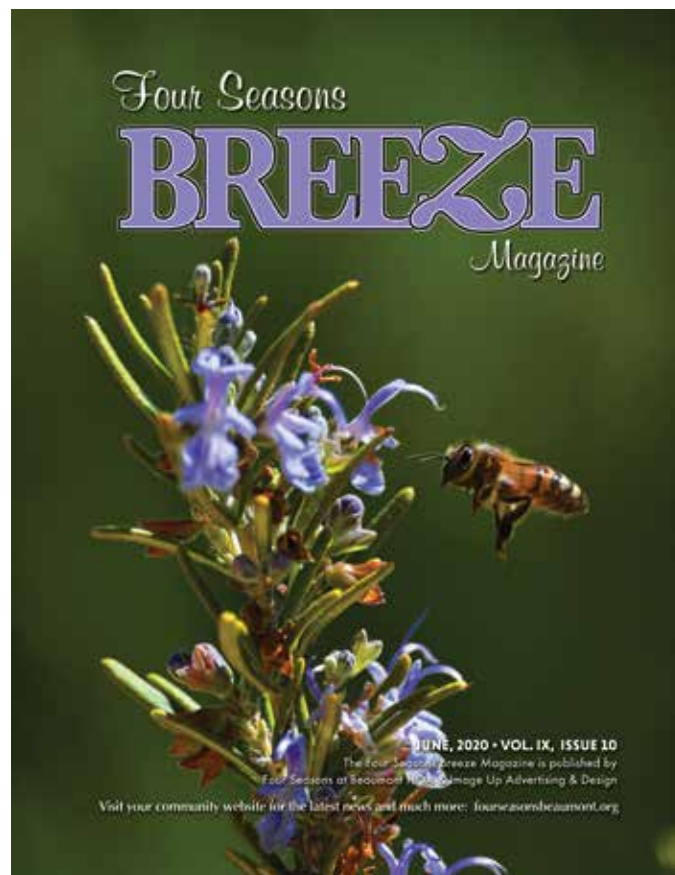
Submission Guidelines

The *Breeze* Communications 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* Communications Board.



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COVER PHOTO

Pollinators love Four Seasons.

Photo by John Baeyertz

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Just in case: Check with your club contact to confirm meeting place, date, and time.

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