

Four Seasons

# BREEZE

Magazine

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The Four Seasons Breeze Magazine is published by  
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FRIENDS,  
AND PETS  
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virtually by Zoom. The Executive Session is at 9 am and  
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# MESSAGE FROM THE BOARD

By Kathy Craven, Board Vice President



It's election season at Four Seasons. At the end of February District Delegate ballots were mailed and Board of Director ballots were mailed at the end of March. We are almost in the home stretch with one more ballot to be mailed, to eliminate Delegate and cumulative voting. Eliminating the District Delegate will be a cost savings since it will eliminate ballots mailed out with a postage

paid return envelope. The HOA also incurs a cost to draft ballots and legal costs to review. In addition, if for any reason the delegate is not available on election day, that district's votes will not be counted under our current CC&Rs. We would like all votes to count once quorum is reached for the entire community. Currently, we have cumulative voting which means you can cast as many votes to a candidate as there are open seats. By eliminating cumulative voting, you would still be able to cast as many votes as there are seats open, but just one vote per candidate. Once you receive your ballot, please vote as per the current CC&Rs; it takes a 67 percent or 2/3 majority to even open the ballots, so we are looking for an 80 percent return.

As I write this, COVID-19 numbers are dropping in Riverside County and we are moving from the state's red to orange tier. The Board of Directors was able, and HAPPY, to open most of our facilities, many at 25 percent capacity with inside dining and the movie theatre at 50 percent capacity. The gym and all spas will still require a reservation, but both The Courts pool and The Lodge pool no longer require a reservation. The Summit pool, once opened, will require reservations. Currently, no guests are permitted in any of the facilities, but hopefully this will change soon. We are anticipating to be in the yellow tier soon! Remember, masks must be worn while inside any of the facilities

On April 7, the Canine Corral opened to many excited dogs! Applications are still being accepted for new members. If you are interested in joining, please contact the Canine Corral Committee

Chairperson, Sandra Butler-Roberts, at [sandirae@icloud.com](mailto:sandirae@icloud.com) for further information.

The Landscape Committee is currently working on a project at The Lodge to replace many plantings that were at the end of their life. If you have not visited The Lodge recently, please do so and enjoy all the beautiful spring flowers. The pool area at The Lodge is also undergoing a beautification project with new plants in both the ground and in pots. It should be a pretty place to enjoy the sun. Hoping everyone will enjoy the beautiful resort atmosphere this summer!

If you are looking to meet new people and are interested in volunteering, please consider joining one of our many committees. Our committees are responsible for keeping our community beautiful (Landscape), setting a budget (Finance), reviewing any modifications to properties (Architectural Review), keeping our community safe (Safety), and many more. If you are interested in joining any committee or just visiting to see what happens, check the calendar in the *Breeze* for dates and times. Thank you to the many volunteers we currently have for all the hard work and dedication.

In addition to our monthly scheduled Board meetings, we also hold a monthly "Meet the Board" which is a more informal meeting with three Board Members. If you have any questions or concerns, it's a great time to speak directly with a Board member and receive answers in real time. Anything that cannot be answered in the meeting will be researched and responded to via email to the resident asking the question. This meeting is scheduled the second Wednesday of each month at 1 pm in the Ballroom.

Board of Director meetings are back in person again. Currently, the Ballroom can accommodate 131 people based on current COVID guidelines. Come out and watch the business of the corporation. Board of Director meetings are the second Thursday of the month at 1 pm.

If you wish to contact the Board about an issue, you may send an email to [theboard@fourseasonsbeaumont.org](mailto:theboard@fourseasonsbeaumont.org) or call me at (714) 722-1301.

We look forward to seeing many of you out and about and enjoying our wonderful amenities. Take care.



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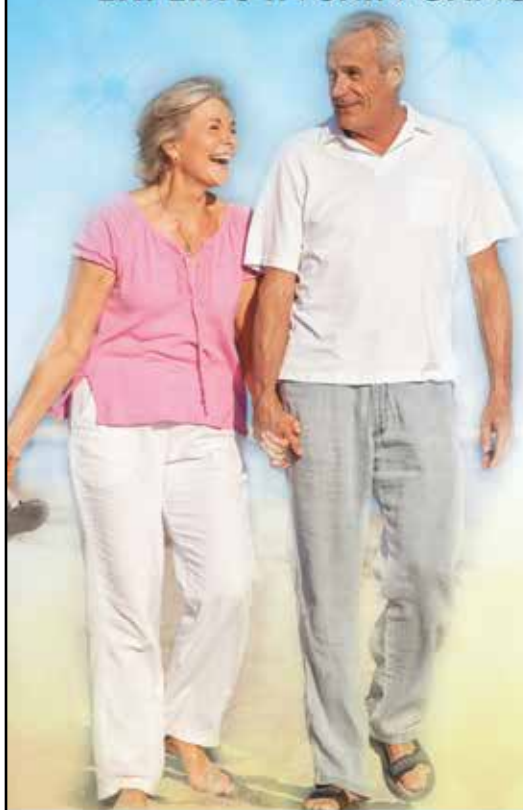
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# GENERAL MANAGER'S REPORT *By Eric Zarr*



**2021 ELECTION ITEMS** As I'm writing this a few weeks ahead of the election for the Board and don't know the outcome, I would like to thank the volunteers who help! The Inspectors take several days to tally everyone's votes and then Delegates for all 19 Districts have to cast those votes. I also wanted to thank all six homeowners who ran for Election. It's a good situation when there are more people running than seats available as some communities have the opposite situation.

**ARC** I wanted to help remind homeowners that it is the sole responsibility of the homeowner to complete all aspects of the process, especially completing the Exhibit C Notice of Completion. Many times the homeowner believes the contractor will do that, but the contractor did not. If you lost the form, it's on our website and you can also email [issues@fourseasonsbeaumont.org](mailto:issues@fourseasonsbeaumont.org) asking for another copy.

**LANDSCAPING** As another reminder, all of the landscaping that is maintained in any way by the Association can only be maintained by the Association. Yards, bushes and trees that are in the Front Yard Cost Center cannot be trimmed or worked on by an owner (unless the owner maintains their planter area and only the planter area). All of the Springdale landscaping is considered common area and cannot be worked on by an owner.

**For daily updates on what is going on in Four Seasons, go to our website at [fourseasonsbeaumont.org](http://fourseasonsbeaumont.org).**

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# Love, Friends, and Pets



*By Martha Franck*

I was born and raised in Cleveland about a mile from Lake Erie. Winters were gloomy, dark, and long. One rarely saw the sun. I lived in the city until I was 10 and then my parents moved to a small farm about 40 miles east of Cleveland. We always had dogs and cats, and then we had pigs, chickens, ducks, and a horse. We moved back to the city after I graduated. I married and my husband was offered a job in California.

It was minus six degrees in a blinding snowstorm when we left Ohio in February 1967. It took five days to drive our VW Bug to California. On the fourth day while driving through the desert and looking at the barren landscape, I felt like crying, thinking this is what I have to look forward to in our new home. On the fifth day, we came down the Cajon Pass into San Bernardino. The sun was shining and the palm trees were swaying. I fell in love instantly with the climate. It was February and the sun was warm and beautiful! We settled into our new life and by fall, we had a baby girl, followed by a baby boy two years later.

When our children were four and two, I decided to go to college. I wanted to be a registered nurse and started the pre-requisite classes at Chaffey College. A year and a half later I was accepted into the RN program and graduated two years after that. I passed the state exam and began working at Kaiser in Fontana.

Fast forward a few years. My husband switched professions and went into real estate. He convinced me to join him. I loved the thought of being outdoors while working and ultimately, took the California real estate test. I continued to work part-time as an RN at Kaiser because we had full health coverage for the family. However, as things sometimes happen, we ended up getting a divorce.

I remained single and was raising the children on my own. Then friends called and wanted me to meet someone. I was hesitant at first but a little over a year after we first met, Gary and I married. We all moved to his house in Yorba Linda — five children between the ages of nine and 18, three dogs, and five cats. We became The Brady Bunch on steroids. Today, all five children are married and doing well. I have 14 grandchildren and four great grandchildren.

In early 2006, Gary and I wanted to look for a one-story house. A friend told us about Four Seasons in Beaumont. We drove out to see the models and were impressed. We bought in July and chose the lot bordering The Paseo. Our two Labradors would love the view of the park and could watch people and dogs walk by. The house was finally ready in February of 2007 and by then, we had lost one of our dogs to old age.

There were only some 400 homes here at the time. The Lodge was new and we made friends and joined them on Fridays for dinner at the Bistro. That summer, the Social Committee had a hoedown and I talked Gary into going. It was fun, but I couldn't dance. I have always loved to dance but I just didn't know how to dance to country music. A couple of residents started a class watching dance videos. I went, but since I had never taken dance lessons of any kind and not knowing the steps at all, I just couldn't catch on. So I stuck with what I could do successfully — loving Gary and our black Labrador, Tut.

Gary and I walked Tut every day on the trails. It was peaceful and relaxing. We would see squirrels, rabbits, bobcats, coyotes, and twice we saw a mountain lion. In October, Tut passed away. We were brokenhearted. Soon, I started looking for another black Labrador. I found one in early January held by a rescue group near San Diego. We filled out the application and waited weeks for someone to inspect our yard for safety. Finally, in mid-February we were able to meet him. Sparky was a beautiful four year old that had been lost in the Devore Fire in late 2007. He had been scrounging for food and weighed only 27 pounds when he was captured. He didn't like men or other dogs so we had to be very careful when walking him. He slowly improved and became such a good dog and loyal friend — with Gary, his master of choice.

Meanwhile, I found a class for line dancing at the Cherry Valley Grange. I started going to class once a week. Ginny taught the steps one at a time — once — and then we danced. I surrounded myself with other dancers who





knew the steps and followed what they were doing. I would go home and practice over and over until I had it down. After taking lessons for about a year and a half, I went back to the class at The Lodge, which was being taught by Eileen Gilbert. She taught about five to seven dances at a time. After a couple of months, I offered to teach a few more dances and continued teaching with Eileen. In late 2009, Eileen left the class and I became the instructor. I found I had a knack for teaching the steps and had the patience to repeat whenever someone had difficulty learning them. I continued to take dance classes for several more years at The Grange.

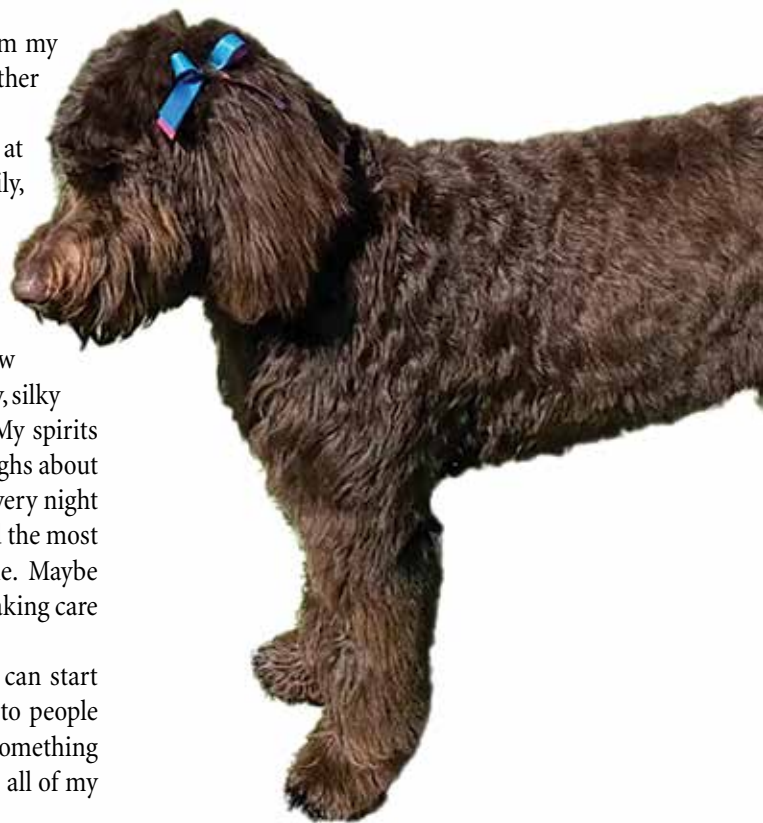
In 2012, Gary began having back pain which gradually became worse. The doctors could not find the source of the pain. In January of the following year, I took him to the hospital and three weeks later, they told us he had terminal cancer. He was in severe pain and on several powerful medications. Two weeks later he was gone. He never made it back home. I was devastated. Sparky cried every evening for about three months. Actually, we cried together. I continued to walk him daily and our bond grew strong. In April of 2019, Sparky passed away at the age of 15. Again, I was heartbroken, as I know many of you have been. Our pets become our children and our family – loving us unconditionally.

I continued to teach line dancing and have had wonderful support from my friends in the class. They became my family. My Bistro group is my other family here and continues to support me and include me in the group.

Then COVID-19 struck in March of last year. Within weeks, activities at The Lodge came to a halt. Like you, I isolated and stayed away from my family, canceled trips, and was alone. So, like any good dog lover I decided last summer to get another dog, but I wanted one that did not shed. I searched the adoption sites and most dogs were gone quickly or had problems. Then one day my daughter called from Texas. A friend of hers had just had a litter of chocolate Labradoodles and I would be able to get one. I flew to Dallas in early October to pick out my new dog. I fell in love with this tiny, silky female. I went back in late October to pick her up and flew her home. My spirits lifted and my heart became full again. Reyna is now eight months old, weighs about 55 pounds, and is a handful as puppies can be. She climbs up on my lap every night for cuddles and a nap. When she wakes up in the morning, I get kisses and the most wonderful, warm, and wiggly tail-wagging welcome you could ever imagine. Maybe I just needed something to love and take care of, but I like to think we are taking care of each other.

Now that most of us have had our COVID-19 vaccinations, I hope we can start Country Line Dancing classes again soon. I really enjoy teaching dance to people who have no dance background. I am very grateful to still be able to teach something I love so much to people in this wonderful community. A big thank you to all of my friends for helping me through this past year. See you on the dance floor!

*“I searched the adoption sites and most dogs were gone quickly or had problems. Then one day my daughter called from Texas. A friend of hers had just had a litter of chocolate Labradoodles and I would be able to get one. I flew to Dallas in early October to pick out my new dog. I fell in love with this tiny, silky female... My spirits lifted and my heart became full again.”*



# Purposeful Pets

*Whether they bark, purr, chirp, swim, slither, or munch on lettuce leaves, there are many reasons why pets enhance our lives. It's no wonder that each year the entire month of May is dedicated to celebrate our furry (and not so furry) friends. Here are 10 good reasons to have a pet.*



**Pets help fight off allergies after being exposed to animal allergens.**



**Choosing an older pet adds to sense of fulfillment knowing you provide a home to a pet that may otherwise not be adopted.**



**Pets offer increased opportunities for exercise and outdoor activities.**



**Pets offer many health benefits — from decreasing blood pressure and cholesterol levels to reducing stress and anxiety.**



**Owning a pet teaches us the value of selflessness.**



**Pets help ease loneliness and provide unconditional love and friendship.**



**Pets provide structure and purpose to our daily life.**



**Pets boost morale, optimism, and sense of self worth.**



**Pets boost vitality by encouraging playfulness, laughter, and exercise which boost your immune system and increase your energy.**



**Pets help older folks to stay connected and maintain a social network by starting up conversations and meeting new people.**





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*Happy Mother's Day!*





# POWERING THROUGH A POWER OUTAGE

*By Phil Westbrook*

Power outages can be an inconvenience, but with the right preparations, these situations can easily be managed. Here are some simple ideas for getting through a power outage.

First, get the notifications. Sign up for SCE text notifications at [www.scepsps.com](http://www.scepsps.com) and the Daily Report (under the “Daily Report/Breaking News” tab on the website home page) so you can know when to act.

Upon receiving a notification of a possible outage, you may want to consider taking your car out of the garage before power goes out. Know how to manually open your garage door. Having your car outside opens up many potentials besides transportation. Your car can be a safe and warm refuge and a place to monitor the radio and charge your phone. Some newer cars come with 120-volt AC power. And, always keep your tank at least half full.

Portable gas-powered generators pose many problems, such as set-up, exhaust fume discharge, and noise issues. Also, gasoline storage in a residential setting has legal problems.

Here are some cheaper solutions to get you through until the power comes back on:

Consider purchasing a portable battery pack with inverter. I bought one at Walmart’s automotive section for about \$135 a couple years ago. It incorporates a battery, 110 VAC outlet, USB ports, LED service light, the ability to jump start a car, and has a 150 PSI air compressor. It recharges by plugging it in. It’s also great on road trips.

A portable USB power pack works to keep your phone charged. I had one for years and it works great. It charges from a powered USB port. It’s lightweight and convenient for long hikes as well.

The refrigerator is likely the number one reason why we think we need a generator. A spoiled gallon of milk doesn’t justify the cost of a generator. Newer refrigerators have great insulation qualities. To help this along during a power outage, keep the doors shut. Like an ice chest on a camp out, it will maintain temperatures for a reasonably long time. Keeping it fully loaded makes it even better. This is called thermal mass. Adding bags of ice and bottles of water will do the trick.

Lights are critical. Have flashlights and candles on hand. Also, a portable spotlight is great for frequently-used areas. LED lights work best for this lighting. And don’t forget to have plenty of spare batteries on hand.

Heat is right up there with lighting and can be a problem. One thing for certain, DO NOT use the stove to warm the house. Close up the house to maintain existing heat. Have a good jacket and blanket handy. Thermal (blackout) curtains work well and are great energy savers, too.

Cooking and warming up food, if needed, can easily be done outside on an existing BBQ or a portable camp stove. I found one at an Asian food store for about \$30 — and don’t forget the fuel canisters.

And last but not least, check on others around you who may need assistance.

For more information, email me at [pwestbrook9@gmail.com](mailto:pwestbrook9@gmail.com).





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# The Science of Stunning Skies

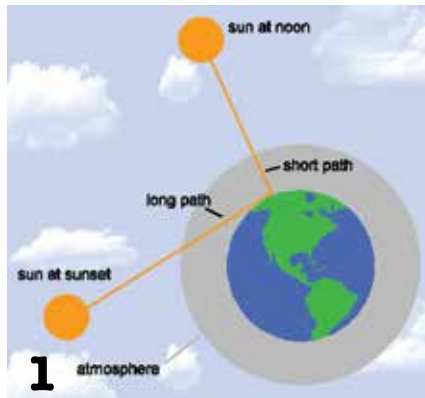
In recent months, there have been several local postings of beautiful photos taken just before sunrise by Four Seasons Beaumont residents. These feature red, orange, and yellow-colored clouds which make for beautiful skiescapes. But do you know the reason why these colors only occur during sunrises and sunsets, and also why the same phenomenon that produces these colors in the sky is the reason the sky is blue?

It has to do with our atmosphere. Viewed in space, the sky would appear black and the sun white. The light coming from the sun as white is a combination of all the colors of the rainbow, from ultraviolet and blue on one end of the color spectrum and red at the other end. Each color has a different wavelength, with the ultraviolet and blue colors having the shorter wavelengths and the red and yellow colors longer wavelengths. As the sunlight passes through the atmosphere, it interacts with randomly located air molecules. That interaction causes shorter wavelengths to be scattered much more dominantly than the longer wavelength colors in a process called Rayleigh scattering.

During the day, the shorter wavelength blue light is scattered in all directions by the air molecules, and our eyes pick up the blue light as coming from the sky. The scattering effect is akin to "painting" the sky blue.

So, what happens at sunrise and sunset, and if there are clouds, why do we get those colorful red, orange, and yellow colors off the clouds? As the sun approaches the horizon, because of the angle of the sun, the sunlight has to pass through a greater amount of the atmosphere, as depicted in Figure 1. During the day, the shorter sunlight path through the atmosphere, while scattering the blue light, does not completely scatter all of the blue spectrum. But as the figure shows, toward sunset (and also sunrise), there is a greater amount of the atmosphere through which the sunlight travels, scattering out virtually all of the blue light, leaving the dominant longer wavelength colors of red, yellow, and orange to be visible.

While the horizon tends to take a yellowish hue at sunrise and sunset, if there are clouds, especially higher-level clouds in the sky, the long-path sunlight passing through the atmosphere is reflecting off the base of the clouds, giving the clouds the red, yellow and orange colors, and natural beauty to the eye of the beholder. Often the most pronounced colors are seen shortly after the sun sets in the evening, and before the sun rises in the morning.



1: Depiction of the sunlight path through the atmosphere during the day (short path) and at sunset and sunrise (long path)

2: Blue skies over the snow-capped San Bernardino Mountains

3: Red-blazened clouds just before sunrise

4: A multi-colored sunset

5: Sunset over the Statue of Liberty



# ACTIVITIES DIRECTOR CORNER

By Cindy Graves

Holy Moly, things are moving about as fast as the Beaumont winds blow! On April 8, the BOD approved our Orange Tier opening and there is an avalanche of requests coming in for room reservations. To be honest, I have barely been able to get a solid handle on the revamping of the room arrangements, so please forgive the barely accurate activities calendar this month. Do keep a steady watch on the Daily Report and Activities Blast for the latest information.

I think that as we start reinitiating clubs, groups, and classes we'll post it on the Activities Blast through June until we can be sure the Breeze calendar at print date is more accurate than not. The good news is that HOORAY, we're feeling much more normal with some semblance of life as it was before the nasty Rona! I'm getting my planning/party hat on and you'll be noticing all kinds of fun activities around here starting with the following:

- The ever-popular **"Gail Games"** is back on Friday, May 7 at 6 pm in The Lodge Ballroom. This month's group participation game will be the TV favorite **"Match Game."** Come out and enjoy a "Match box" dinner from the Kopper Kettle (if you like, order yours directly from the Bistro on the night of), bring your favorite beverage, and play along with our Four Seasons celebrity guests. Prizes will be awarded to the winning table! There is no cost to attend and play. The event is open to the first 130 people.

- **Mother's Day** is Sunday, May 9. We want you to be prepared to make something special for the mother in your life. On the Friday, May 7 Activities Blast we'll be showcasing our fabulous bartender, Alicia Rodriguez, who will be teaching a Mother's Day Mixology Class on **"How to make Mother's Day Cookie Shots."** You heard that right! Everyone wants to know how to make some novelty shots that taste like different cookies! I can't wait to watch and learn. Save the recipes for your Girls Night Out parties, too!

- The **Rutherford Wine** orders that many of you folks ordered from the wine tasting event will be delivered Monday, May 10 at noon. Just come to The Lodge to pick up your order anytime after 12.

- **Got Blood?** Want to give to the community at large during a major blood shortage? Well, we've arranged for you to be able to give at the convenience of your own Lodge. We will have two blood mobiles in The Lodge parking lot on Friday, May 14 from 9 am to 3 pm. There will be a number provided on the Daily Report and Activities Blast for you to call to make an appointment. You can stay in the safety of your car and will be texted when it is time for you to come into the mobile for your appointment. Social distancing and all safety measures will be observed.

- Get your dancing shoes on and join Janine and Dave Rohrbacker for the first time in a long time **"Step-it-up Line Dancing" Barn Burner** in The Lodge Ballroom at 5 pm on Saturday, May 15. Feel free to bring your favorite food and beverages. There is no price of admittance, just come and have a good time! The dance will be open to the first 130 people.

- Back by popular demand is our **"Shred-It"** event! Drive on over to The Lodge on May 22 from 9 am to 1 pm with all of your backlog of shreddable documents and files. The Board of Directors has generously approved FREE shredding until the truck is full. Just drive on up, pop your trunk and we'll unload it into the giant shredder.

Here's a little something personal... cross your fingers and wish me luck... on May 29, I will be getting married and then going on a honeymoon until June 15. My assistant Rachel will be checking my voicemails while I'm gone and you may also email your requests to her at [Rachel.stone@fsresidential.com](mailto:Rachel.stone@fsresidential.com). You'll still recognize me when I return because I'm maintaining my "stage name" Cindy Graves. Love you guys and see you when I return!

## *The lazy, hazy, crazy days of summer...*

We want your photos for a special look back at summer! We're looking for photos of you, or you and your mate, as a young adult enjoying some rays in the 1950s, 60s, 70s, or even 80s! Please email a high resolution scan of the photo with a caption that includes the first and last names of those in the photo to [fourseasonsnews@yahoo.com](mailto:fourseasonsnews@yahoo.com). If you have any questions, call Courtney Taylor at (909) 797-3647.



The activities, dates, and times on this calendar are subject to change at any time. Please check with your club or group contact for the latest information if you have any questions or concerns.

***Calendar changes? You must complete a Schedule Change Request Form, found on the website or at the The Lodge front desk, by the 8th of the month to make it in the following month's calendar.***

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## Meetings

### **BOARD OF DIRECTORS**

<b>DAY</b>	<b>TIME</b>
Executive Session	5/13 9a
General Session	5/13 1p
Committee Chairs	5/10 10a

### **COMMITTEES**

Ad Hoc Power Out	5/28 1p
Architectural Review	5/5, 19 8:30a
Comm. Planning	5/27 9a
Emergency Prep (EPC)	5/18 10a
Facilities	5/12 10a
Finance	5/25 1p
Landscape	5/18 1p
Safety	5/4 10a
Social	5/4 1p

### **OTHER**

Canine Corral Council	5/6, 20 10a
Communications Board	5/26 10a
Technical Operations Board	TBD
<i>See Daily Report</i>	

## Physical Exercise

### **THE LODGE**

Gym	Daily	By Reservation
Yoga	T/Th	8:30a
Zumba	T/Th	9:45a
Pools	Daily	Open Swim
Spa Pools	Daily	By Reservation

### **THE COURTS**

Gym	Daily	By Reservation
Courts Pool	Daily	Open Swim
Spa Pools	Daily	By Reservation
Paddle Tennis	Daily	By Reservation
Tennis	Daily	By Reservation
Ping Pong	Daily	By Reservation
Pickleball	Daily	By Reservation
Ladies Putters	Daily	By Reservation

### **DANCE**

Let's Dance! Beginning	M	6p
Let's Dance! Intermediate/Advanced	M	7p
Country Line Dance Beginning	T	2p
Country Line Intermediate/Advanced	T	3p
Heart & Soul	W	4p
Step it up Line Dance Beginning	M	12:30p
Step it up Line Dance Int/Advanced	M	1:30p

## Classes

Porcelain Clay Class	Th	1-4p
	Sat	10a-2p
Craft Group	Th	10a-11:30a
Mixed Media Art	M	10a-12p
	W	6-8p
Believe Bible Study	F	10:30a
TOPS weigh in	T	8:30





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# DID YOU KNOW?

**DID YOU KNOW** The Lodge and The Courts have changed hours and are now open from 7 am to 8 pm? When The Summit reopens, it too will have the same hours.

**DID YOU KNOW** that some additional amenities have reopened and can be used by making reservations? You may either call The Lodge front desk at (951) 769-6358, click on the purple amenity reservations button in the Daily Report, or go to [fourseasonsbeaumont.org](http://fourseasonsbeaumont.org) and click on the blue reservations tab on the Welcome page.

**DID YOU KNOW** that space is still limited at each amenity? If you realize you are unable to use a reservation you've made, please be

considerate of other residents and cancel it so that others may sign up for that time slot.

**DID YOU KNOW** that the pools at The Lodge and The Courts are now heated? While reservations are no longer needed, please remember to keep socially distanced while swimming or lounging in the water. Reservations are still needed at the spas.

**DID YOU KNOW** that a 24-hour permit is needed to park your RV on the street for the purpose of loading and unloading? The permits are available from FirstService personnel. For a complete list of parking guidelines, please refer to our Community Guidelines, available at [fourseasonsbeaumont.org](http://fourseasonsbeaumont.org).

## Farewell to Four Seasons Friends

If you have lost a loved one and would like to let others know, you can have the information placed in this column in the *Breeze*. Guidelines are: Your loved one must have lived in Four Seasons Beaumont. Immediate family only may place the notice. No photos can be printed. Limit the remembrance to 400 words and send it to [fourseasonsnews@yahoo.com](mailto:fourseasonsnews@yahoo.com). Be sure to include your contact information in case we need to reach you. (Contact information will not be published.)

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# GET THE JOKE – WIN BISTRO BUCKS!

## LAST MONTH'S 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, and email your response to [fourseasonsnews@yahoo.com](mailto:fourseasonsnews@yahoo.com). One correct entry will be chosen at random to win a \$20 gift card to the Bistro.

## BLINDFOLDED BILLIARDS

Blindfolded Billiards was recently approved as a new club by the Board. We are excited to get together with our friends and neighbors and share this amazing sport. It’s pretty straightforward. We play billiards blindfolded. Listening to where the balls go, from the initial break to each subsequent shot, by ourselves and our opponents, is an important skill to mastering this fun game. We also allow players to have an assistant “flavor” the balls after the break. What’s that? Well, say you are playing solids. Your assistant can sprinkle one of the three pre-approved, professionally-sanctioned essential oils on the solids so those balls smell like either lavender, pickle juice, or a field of cows - all very strong, distinctive scents. When it’s your

turn, you are allowed 45 seconds to sniff the table to determine what your next shot will be. You say you don’t have a blindfold? Ha! Yes you do - you can use your face mask if you’ve been vaccinated. Waste not, want not! So join us every Tuesday and Thursday from 1 to 5 pm in the Billiards Room. We look forward to “seeing” you there!



## YOUR COMMENTS

*The snow day pictures are beautiful; I always love the Breeze photos. Linda K.*

*It's a great use for the virus face masks. It would be interesting to see the participants sniff out their balls. Helen S.*

**THIS MONTH'S WINNER: HELEN 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!): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# NEIGHBORHOOD WATCH

April showers bring May flowers, so I hope this finds all of your beautiful gardens blooming with the vibrant colors of spring! I also hope you all have received your second COVID vaccine and feel healthy.

We will have an in-person meeting on Wednesday, June 9 at 10 am in the Ballroom. We look forward to seeing all of you and encourage everyone to attend our first in-person meeting in over a year!

In March, the Neighborhood Watch Steering Committee hosted a Zoom meeting for our residents. We discussed the Neighborhood Watch Block Captain Program, and put out an invitation to those who may be interested in becoming Block Captains for their street.

Volunteering to become a Block Captain is simple, and requires very little of your time. When it is safe to gather again, we will offer a short training session for new Block Captains. As Block Captains, we keep residents abreast of safety issues, possible evacuations, planned power outages, and other pertinent information. We are always in need of Block Captains, so please contact me at [dgilbreth52@gmail.com](mailto:dgilbreth52@gmail.com) if you would like information. Thank you!

Officer Robert Loza and Volunteer Citizen on Patrol Officer George Diggs from the Beaumont Police Department presented information about safety issues in Four Seasons and in the city of Beaumont. Officer Loza advised residents of a current rash of credit card

skimmer devices being used locally, and to be very aware when using any card reader when accessing your account or funds. Also discussed were motorcycles being ridden and gunfire that occurs on weekends in the foothills south of Four Seasons. Officer Loza stated that BPD is aware of both issues, and dispatches available officers when a call is received.

Traffic gridlock on Highland Springs Avenue, 2nd Street, as well as the I-10 freeway on and off ramps was discussed. Officer Loza stated that blocking an intersection is against the law, and drivers can be cited for doing so. He advised that patience is needed, and to not enter the intersection if you can see that traffic is already congested and you will be unable to complete your left turn during the green light cycle.

The Neighborhood Watch Committee always encourages residents to follow the City of Beaumont's motto, "If you see something, say something," by contacting the Beaumont Police Department. Please never attempt to intervene, follow or make contact with someone you believe is acting suspiciously or has committed a crime! Your safety is always our primary goal! ~ *Donna Gilbreth, [dgilbreth52@gmail.com](mailto:dgilbreth52@gmail.com)*



## 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, and 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](mailto:curtputnam@gmail.com).

**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 REPUBLICANS:** We are not a club. We are a local network that provides information and resources, so that you can make more informed and educated decisions in your selection of candidates and government measures. Our mission is to present information regarding national, state and local issues. We are in alliance with other regional conservative organizations, including, San Geronio Pass Republican Women Federated, Unite Inland Empire and the Republican Party of Riverside County. For more information, contact us at: [FourSeasonsRepublicans@gmail.com](mailto:FourSeasonsRepublicans@gmail.com).

*\*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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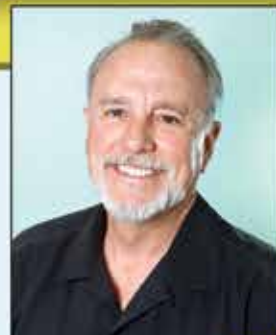


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## AD HOC CONSERVANCY

Trails A, B and F still belong to our builder. The furniture and structure (bridge) on these trails is the property of the HOA. Most of these items are in need of painting and it will be scheduled for the near future. Please respect the Wet Paint signs.

The 15th of March started the "Birding Season" in the Conservancy. It will last until Sept. 15. During this "nesting" period human activity is restricted off the trails. Maintenance activity and trash removal are curtailed unless a licensed biologist oversees the activity. This is currently the responsibility of the builder, not the HOA. There are no signs of erosion with the low rainfall this winter so no maintenance off the trail activity is likely. If trash does blow into the off-trail areas, it will probably remain there until fall. ~ **Len Tavernetti**



## AD HOC POWER OUT COMMITTEE

The Ad Hoc Power Out Committee is up and running. We will be providing information that our homeowners may find useful in the even of a power outage. This information will be distributed through *Breeze* articles, Daily Report blurbs, and flyers distributed at The Lodge, Summit, and Courts buildings. Our first article is published

in this month's *Breeze* on page 12.

We meet the last Thursday of each month. Please join us and share your concerns and or suggestions. ~ **Steve Cooley, cooleyaudit@gmail.com**

## ARCHITECTURAL REVIEW COMMITTEE

Warm weather is upon us. Hopefully, you are enjoying both the weather and your yard. To help you maximize enjoyment of your yard, ARC would like to clarify the planting requirement set forth in guidelines.

Except for some direction concerning where trees can be planted and a requirement to maintain those trees, there are no specific requirements as to what types of plants you may plant. The Landscape Committee has posted on [www.fourseasonsbeaumont.org](http://www.fourseasonsbeaumont.org) some guidelines concerning what plants should do well in our area as well a list of problem plants. However, ARC only asks that you consider how your plants may impact your neighbors and that you keep them trimmed and neat.

When I wrote this article, few of us were actively planting or even working in our yards and gardens. These articles are written more than a month before you see them. It takes a lot of time and effort to publish the *Breeze*. We need to thank Image Up Advertising & Design and the Communication Board, as well as all the writers, for their time and effort.

ARC meets the first and third Wednesday of each month at 8 am. Our meetings are open to all homeowners and we welcome you input.

Please feel free to contact me if you have any ARC questions or need help with your applications. ~ **Steve Cooley, (801) 815-5302, cooleyaudit@gmail.com**

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# CANINE CORRAL COUNCIL

In the merry, merry month of May, dogs deserve a chance to run and play!

The trees are blossoming, the birds are singing, and the Canine Corral has opened for our Pioneer Members. This has been a long time in the making, and there is still work to do. Thanks to our generous supporters and our fundraising efforts, we were able to open our own Four Seasons off-leash area dog park on April 7. We are calling this a “soft-opening” as it is not completely finished, and due to the pandemic, we will wait until a better time to hold our Grand Opening celebration. Stay-tuned for balloons and ribbon-cutting and dog cookies. Stop by and admire the beautiful Honor Plaques that have been mounted on the fence.

If you see white powder on the ground, that is food-grade diatomaceous earth used to safely treat the stubborn ant colonies. As most of our residents remember, this land had been wild, unusable land until it was recently reclassified as usable and the HOA was required to landscape it. The Landscape Committee was charged with the task of coming up with a plan to landscape that entire Lot A from Harvard Peak to the Four Seasons Circle. It was decided that this wild area would also house the proposed off leash area dog park. The entire lot was covered with weeds, stickers, thorny tumbleweeds, gophers, and a wide variety of ants. The Landscape Committee coordinated with the Finance Committee and the Board to come up with the most economical way to make this raw ground usable, safe, and attractive. Since there was a proposed plan to put the off leash area park here, they were able to save funds by deciding to cover that part of the ground with stabilized decomposed granite, rather than having to run more irrigation and buy more trees and plants. The fencing had been donated and installed so it was now clear where the plants should go and where the granite would go. The resident ant species were not deterred by the construction so they will be an ongoing challenge.

The Board created the Canine Corral Council as a committee of the Board and charged them with the job of fund-raising to make this space into an off-leash area dog park, as well as implementing the Guidelines created by the Ad Hoc OLA committee. The Corral was to be self-funded so HOA dues would not be increased to cover the costs of developing this new facility. Through fund-raising efforts and many generous supporters, the Council was able to install a new metal gate to house a fob lock system, dog waste stations, benches, straw wattle to help prevent erosion, and there are plans to permanently install the benches onto concrete pads along with shade structures. To date, over \$29,000 has been raised. (Which is amazing considering the limited fundraising opportunities during a pandemic.)

All members receive a gate fob, a Canine Corral identifying dog tag, and the first 10 members received a logo travel water bottle/dish. This is a BYOW facility (bring your own water) and essential that each dog have their own water dish to use inside the park. (Communal water bowls have been shown to potentially not be as clean and fresh as we would like for our special family members.)

If you are interested in more information about how you and your

dog can become a member of this new facility, we will be setting up our Friday Afternoons at The Lodge table again from 1 to 3 pm. We will also have information on how you can sponsor your own Honor Plaque to be placed on the fence. Check out the yellow Canine Corral button on the Daily Report to download an order form, and to keep up with current activities.

The CCC meets on the first Thursday of the month at 10 am. If you are interested in joining the CCC, attend 3 meetings, and complete an application. ~ **Sandra Butler-Roberts, sandirae@icloud.com**



*George Clooney (look at that face!) and Jagger meeting on the opening day of the Canine Corral*



*Off-leash areas are not just for the dogs*



*Signs of spring as the Corral prepared to open*

## EMERGENCY PREPAREDNESS COMMITTEE

### FOUR SEASONS BEAUMONT EMERGENCY RESPONSE TEAM

In the event of a disaster or emergency, Four Seasons Beaumont needs people to do welfare checks on their neighbors. We believe that CERT-trained people would be up to the task. We need to identify residents with CERT training and find out if they would be willing to help.

The CERT concept was developed and implemented by the Los Angeles City Fire Department in 1985. The Whittier Narrows earthquake in 1987 underscored the area-wide threat of a major disaster in California. It confirmed the need for training civilians to meet their immediate needs.

It was seven years ago when Four Seasons Beaumont still had an active Emergency Preparedness Program that they encouraged everyone to get CERT training. There were about 70 CERT-trained residents back in 2012 when I received my CERT training. Many of the CERT members became residents on the survey team who were

tasked to check homes after a disaster. Well time, apathy, and liability took their toll on the survey team. The team was disbanded when the HOA board encouraged an advisory rather than an active response role for residents.

Now in the event of a disaster we have a limited number of EPC and radio club members willing to help. The CERT program trains people in three areas: firefighting, first aid, and urban search and rescue. Firefighting may be too dangerous, first aid may be too complicated but urban search and rescue may be just right. After a disaster we will need people to check on folks and we believe that CERT-trained residents could meet that need. Anyone who has had CERT training and wants to help please contact Nelly at [nelly.alcocer@fsresidential.com](mailto:nelly.alcocer@fsresidential.com). She will compile a list of CERT-trained residents.

We meet on the third Tuesday of the month. The next meeting will be on Tuesday May 18, at 10 am on Zoom. ~ **Michael A. Mendoza**, [srmendoza@verizon.net](mailto:srmendoza@verizon.net)

## FINANCE COMMITTEE

The Finance Committee has been reviewing various vendor contracts in order to refine terms and conditions and eliminate some inconsistencies in standard clauses and contracting operating procedures. The contract sub-committee was formed and is comprised of three BOD members and three Finance Committee members with David Sweet as the Chair. The committee was tasked with developing and proposing solutions that would ensure that the business and legal interests of our HOA were consistently set forth and provide for accountability of all vendors who work and service our Four Seasons community. The outcome has ensured an efficient, practical, and thorough business-driven approach to the submission, documentation, and approval of proposals and/or contracts to the Finance Committee and Board of Directors.

The sub-committee, in concert with HOA legal counsel, updated the two contract templates used: "Basic" and "Comprehensive." The Basic is for small project work and the Comprehensive is for work that is significant in scope or cost. For example, the landscape maintenance contract would use the Comprehensive contract

template.

Additional work related to these contracts was the formulation of processes to improve the management and administration of each contract's terms and conditions as well as the scope of work, etc. The processes include project description/definition, contract renewal, bidding, and RFP (Request for Proposal) flow charts. Further, two other tools were updated. The first one is the Contract Information Sheet which captures all information relevant to contracts. Second, the Proposal Form used by the various committees for submissions to the Finance Committee was updated to reflect the contract type (Basic or Comprehensive).

These enhancements further standardize our business processes, streamline the review process for Management and Committee requests, and assist the BOD's decision-making. In doing so, these enhancements provide for the HOA's interests and effective management of project and service contracts. ~ **David Sweet**, [dslkrfan@gmail.com](mailto:dslkrfan@gmail.com).



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## LANDSCAPE COMMITTEE

“I think that I shall never see a poem lovely as a tree...” ~ Joyce Kilmer

This is Patti Pitts and as a child, growing up on the fairly treeless Great Plains, my mother would often recite this poem to us. She grew up in the 1930s and placed great value on trees and taught her children to love and value trees.

One of the first things that we noticed when we first drove into Four Seasons were the trees, so this month I am going to visit with you about trees.

You may have noticed the trimming of our Four Seasons trees over the past few months. This is an ongoing process so that these magnificent beings remain healthy and strong.

If you live in the Front Yard Cost Center, you must contact Shannon Shelton at [shannon.alfaro@fsresidential.com](mailto:shannon.alfaro@fsresidential.com) with any issues that you may have about your trees as they are part of the HOA and maintained by the HOA. There is a blue button on the Daily Report

for Landscape concerns and it is a handy shortcut for reaching Shannon. Trees may not be trimmed or altered in your yard except by HOA-authorized people.

If you live outside the Front Yard Cost Center and maintain your own yard, be aware that changes must go through the Architectural Review Committee. When it is time to trim your trees, please remember that topping your tree will result in weak new growth that can break and can ultimately cause the tree to die. If your tree is staked, you may want to discuss removing those stakes with a professional tree person. Because it is windy here, stakes can be left on longer than normal but watch so that girdling does not damage the bark of the tree and that the tree does not grow into the stakes. Be sure to check with FirstService or the ARC about the city of Beaumont ruling about the number of trees you must have in your yard before removing a tree. There is also a list of HOA-approved trees on the Four Seasons website. ~ **Patti Pitts**, [pattipitts@gmail.com](mailto:pattipitts@gmail.com)

## FACILITIES COMMITTEE

The Facilities Committee is reviewing proposals for repainting the trim and metal on the Springdales and the low pony walls that need repair and fresh paint.

We are also working on proposals for repainting all the metal gates including the pedestrian gates and metal fencing in need of fresh paint.

The pedestrian gates also need some repair and that will be part of the gate project.

The construction of new shuffleboard courts is progressing well and should be completed or near completion.

The Facilities Committee meets 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](mailto:jjimgriff08@aol.com)

## SAFETY COMMITTEE

Hello friends! As we move into summer, the Safety Committee wants you to know we are committed to making our community a safe environment in which to live.

### ***We care about you:***

- Additional benches will be installed around Four Seasons Circle for the convenience of our walkers.
- As a reminder, driver and pedestrian safety should be a top priority as you travel in our community.

### ***Electric & Gas-Powered Cart Safety Tips:***

All residents should be familiar with the operation of your electric or gas-powered cart prior to operating the vehicle.

In addition, please follow these guidelines:

- Check or inspect your electric or gas-powered cart prior to operation to ensure that:

Brakes are functioning properly.

Tires are in good condition, not worn or under inflated.

Horn and lights are operational.

Mirrors (and windshield, if equipped) are clean and in good repair.

Power supply cord and plug are not damaged.

*Note: Do not operate the cart if it is not in good operating condition!*

- Ensure that all passengers are sitting in designated, permanently installed seats.
- Prior to starting the cart, look over both shoulders and check the mirrors to make sure that all passengers are fully and properly seated and ensure that pedestrians are away from the sides of the cart.
- Do not load equipment on the cart bed so that it obstructs your vision (not stacking above provided guardrails is a good guideline). Ensure that all equipment and materials are secured

and will not shift while the cart is in motion.

- Obey all traffic signs and pavement markings. Never drive faster than it is safe and only as fast as conditions allow.
- While the cart is moving, ensure that all passengers are fully and properly seated and that all parts of their body remain inside the cart.

*Note: Do not exit the cart until it is completely stopped.*

- Avoid standing water, potholes, bumps, loose gravel, or sand.
- Yield to all vehicle and pedestrian traffic.
- Slow down and yield to cross traffic at all unmarked or blind intersections.

### ***Additional Reminders:***

- Drivers: please refrain from eating or using phones or handheld devices while driving.
- When leaving your cart for extended periods of time, it is a good idea to install a locking device on your steering wheel...many cart keys are interchangeable and could be used to drive off with your cart.
- It is recommended only licensed drivers operate electric or gas-powered carts.
- Do not forget... this isn't Mr. Toad's Wild Ride! Children should never be allowed to drive these vehicles.

The Safety Committee wants you to know we are concerned for your safety and continue working to enhance the safety of our community. As a reminder, Safety Committee meetings are held on the first Tuesday of the month at 10 am via Zoom or in the RCN Conference Room. We encourage you to join the meeting should you have any concerns or if you would simply like an update on our ongoing safety projects. ~ **Frank Hilberg**, [hilbergfrank@gmail.com](mailto:hilbergfrank@gmail.com)

## SOCIAL COMMITTEE

Although we've all been hibernating during the pandemic, please know that your Social Committee has been meeting on a monthly basis. We've had you at the forefront of our minds and have planned and canceled countless activities. However, now that some restrictions have been lifted, we're proud to say that we have the following events "tentatively" planned for 2021!

Bagels & Paint, June 26, 11 am

Mentalist Show, Aug. 14, 6 pm

Comedy Show, Sept. 18, 6 pm

Rock & Roll Show, Oct. 23, 6 pm

New Years Eve, Dec. 31, 5 pm

Flyers and event details will be on the Activities Blast and in the flyer racks in The Lodge Lobby, several weeks prior

to each event. So, remember to sign up early as we believe our residents will be anxious and ready to purchase tickets.

As a special treat, in lieu of this year's Fashion Show and in preparation for our Four Seasons 2022 Fashion Show, we have partnered with Chico's and White House Black Market to provide the following retail opportunity for you... good for purchases this May 1 - 22, 2021!

So if you're wanting a new frock for Mother's Day or the latest casual wear for the upcoming summer season, this is your chance for retail therapy. Enjoy!

We look forward to seeing you at this year's planned events. ~ **Loretta Ramsey**, [lorettaramsey@aol.com](mailto:lorettaramsey@aol.com)



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## PODCASTS

*By Steve Benoff*

Podcasts! Surely by now you've heard about podcasts. The dictionary definition of a podcast is: "A digital audio file made available on the Internet for downloading to a computer or mobile device, typically available as a series, new installments of which can be received by subscribers automatically." You can think of podcasts as radio for the modern age. Except you're not limited to local radio stations. And podcasters don't need broadcast equipment to create and distribute their podcasts. There are even podcasts about how to make your own podcast.

There are podcasts on just about any subject you can think of. For example, I just finished a podcast series entitled History of The Great War. It's a weekly series that started in June of 2014 and ended in December of 2019 covering World War I in great detail. Of course, I could have read a book on the subject, but I found the podcast a more enjoyable way to absorb the material.

After watching the show Hamilton on Disney+, I wanted to know more about the War of 1812. Sure enough, there is a podcast series (quite concise, thank you) on the subject. Hardly a day goes by that I don't listen to a podcast on my iPhone. I subscribe to podcasts about sports, the stock market, current news, history, and legal issues.

But to listen to a podcast, you need a podcast app, and that's the subject of this month's column. There are many of these apps, and they are mostly the same. They enable you to download individual podcasts, subscribe to a podcast so that it downloads automatically, and, of course, to listen to podcasts.

Because podcast apps are mostly the same, I'll highlight the unique features. Consider these features when choosing a podcast app.

**Selection** – All apps have a search feature into which you enter the podcast you're looking for or enter a subject. The good news is that most shows (that is, podcasts) are available on most apps. But some apps may make exclusive arrangements with certain shows. Some apps stick strictly to a search bar. Others show featured apps. Some help searching for apps by dividing them into categories.

**Syncing** – I only use my phone for podcasts so this feature is irrelevant for me. But if you use your phone and your tablet for podcasts, syncing is a handy feature. Shows added to one device will appear on the other. Delete an episode from your phone, with syncing it will be deleted from your tablet.

**Playlists** – All podcast apps allow you to create a playlist where you assemble multiple shows you have subscribed to. As each episode of a show is released, it is automatically listed in the playlist. You can listen to episodes as you stream them or you can have them automatically downloaded to your device. While there are some podcasts with video as well as audio, most are audio only and don't take up much storage on your device. If you want multiple playlists, make sure the app can handle more than one. Since episodes are downloaded in order, you may also be able drag episodes up and down the playlist to change their playback positions.

**Cost** – Many apps are free. Some charge a fee. Some are free with ads. My preferred podcast app is Overcast for which I'm happy to pay \$10 a year. It's kind of unique in that it's the product of one person, not a large corporate podcast producer.

**Playback Features** – You can substantially increase playback speed and somewhat slow it down. This feature may apply to all podcasts and, in some cases, you can set a separate speed for an individual podcast series. There is a feature that shortens periods of silence within a show. There may also be a voice boost feature.

OK. You've chosen a podcast app; you've downloaded and installed it. Now what? There will be a search feature which may also display some popular podcasts. Choose or search for some you like. When you select a show, you will see a list of episodes stretching from the most current to the first episode of the show. You can select and play any of them. If you like what you hear, you can subscribe to the show, and that will likely result in receiving automatic downloads of episodes as they come out. You can also scan past episodes and download them. Next, you will want to create one or more playlists. The first time you do this, after creating and naming your playlist, you'll have the option to add podcasts by selecting from those you've subscribed to. Once you've created a playlist, you can delete any podcasts you've included or add more from your subscribed shows.

Don't forget to look at old podcast episode titles. Some shows have hundreds of old episodes you may find of interest. Just select the show and download particular episodes.

I hope you enjoy podcasts as much as I do.

If you use an app you'd like to share with others, let me know at [steve.benoff@verizon.net](mailto:steve.benoff@verizon.net).



# WINNER WINNER, CHICKEN SHEET PAN DINNER

By Irene Welker



Sheet pan dinners are incredibly easy to make, versatile, delicious, and best of all there is only one pan to clean up. The spices can be adjusted for individual preferences. Ingredients may also be adjusted to serve as few or as many as necessary. I prefer to make twice as much as I need so I have leftovers for another meal. What's not to like about these easy peasy dinners? Serves 6.

## INGREDIENTS

- 2 Tablespoon olive oil
- 2-3 cloves garlic, minced (about 1 ½ teaspoons)
- Salt and pepper to taste
- 1/2 teaspoon paprika
- 1/8 teaspoon chili powder, optional
- 1 teaspoon Italian seasoning
- 1-pound red or Yukon Gold potatoes cut in quarters or halves depending on size
- 5 to 6 carrots (peeled, if desired) cut into 1 to 2-inch pieces
- 6 chicken thighs, about 2 pounds (bone-in, skin on)
- 1 large onion, cut into 8ths, from crown to stem

## DIRECTIONS

Place rack in the center of the oven, preheat to 400 degrees. Line a 12" by 18" rimmed baking sheet with aluminum foil.

In a small bowl, combine the olive oil, garlic, salt, pepper, paprika, chili powder, and Italian seasoning. Set aside.

Wash the potatoes and carrots. Pat dry. Cut into pieces. Potatoes should be cut into pieces about 2-2 1/2 inches. Cut carrots into 2-inch lengths at the narrow end and 1-inch at thicker part.

Pat the chicken dry with paper towels. Place the chicken, potatoes carrots and onion on the baking sheet. Drizzle the olive oil mixture over all items on the baking sheet. Use your hands to evenly coat everything with the mixture.

Place in oven, uncovered and roast until the vegetables are tender and the chicken registers 165 degrees at the thickest part of the thigh. Cooking time will vary depending on the size and thickness of the chicken. Start checking after 30 minutes. If the chicken and vegetables are ready, but don't have a nice brown color, place under the broiler for 3 to 5 minutes. Watch closely as they can burn easily. Remove from oven and serve from pan or transfer to a serving plate.

NOTE: Chicken legs may be used instead of thighs

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# APRIL PUZZLES

If you are a beginner at playing Sudoku, here is brief tutorial.

Sudoku is played on a grid of 9 x 9 spaces. Within each row and column are 9 squares made up of 3 x 3 spaces. Each row, column, and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column, or square.

If the instructions above are not sufficient, simply Google "Sudoku for beginners." There are loads of instructions from novice to expert.

*Puzzles created by Jeff Davidson. Solutions on page 62.*

			6		8		7	5
7		5		1	3			
1		4				3	9	
4					5	6	2	
	3			8			5	
	5	9	3					7
	7	6				9		2
			5	6		7		8
8	2		4		9			

**MEDIUM**

	5	4	7			1	8	
	6							3
			3	6	5	9		7
		3	6				7	
4			8	7	9			2
	7				1	5		
1			5	8	7			
8							1	
	4	2			6	7	3	

**EASY**

		6	5					
	5	3		8			4	
8					3		9	5
2			4	5				3
		8				6		
3				7	9			2
6	3		1					7
	8			4		2	3	
					5	8		

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# Oh, the Places We Go!

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](mailto: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.






The Neon Museum in Las Vegas. Photo by Elizabeth Westbrook



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## Expressing Gratitude

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](mailto: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.

*I am grateful for Tom and Barbara Wasco. They are wonderfully talented in choir, acting, and drama. I have enjoyed your wonderful and handmade personal cards. They are appreciated and so much more than store bought ones. They bring a smile to my face and warm my heart!*

*Love, MaryLou Keating*

*Thanks to the kindest Block Captains in our Neighborhood Watch program who came by my house on Easter and dropped off a very thoughtful goodie bag of chocolates. I was so touched when my son said one of you dressed up as a bunny. I apologize for not answering the door myself as I was in the midst of serving lunch. I very much appreciate your kindness and thoughtfulness.*

*Theresa Lee and family*



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## PHOTOGRAPHY CLUB

The Photography Club continues its efforts to reestablish in person meetings. We are actively working to reopen our monthly meetings. As soon as we have a date, the members will receive an email notice. If you have not been receiving our emails, please contact Jacque Sneddon at [jacquesneddon@gmail.com](mailto:jacquesneddon@gmail.com). She will be glad to add you to the mailing list. You may also check the Daily Report for information.

We are continuing the twice-a-month Work Study Group via Zoom meetings. These meetings primarily cover photo editing in Adobe Photoshop and related programs. However, anyone who has a photography question is welcome to join us. These meetings are twice a month via Zoom. Again, contact Jacque for meeting times and dates of both the Club Meeting and the Work Study Group. We hope to meet in person in the future.

We are also working to develop an online site where members will be able to post photos and share them with other members. The Work Study Group is evaluating one location and will report results.

Jacque Sneddon continues her support in planning, scheduling meetings, and keeping everyone informed. Lyle Cameron is our Zoom master. John Levine will be setting up photo outings. I have temporarily taken over writing these articles and selecting photos for the *Breeze*. Our thanks to those who sent in photographs for the Photography Club section of the *Breeze*. ~ **John Baeyertz, [ohnbz1453@gmail.com](mailto:ohnbz1453@gmail.com)**



*John Baeyertz - First Iris of Spring*



*Vivian Walker – Serene Reflective Pool*



# BIRDING CLUB

Spring is in the air at Four Seasons as migrant breeders arrive, highlighted by the March arrival of our very own endangered species, Bell's Vireo. Nesting is starting among the newly arrived migrant breeders as well as among our resident species, including very conspicuous Cooper's Hawk and Common Raven nests along Trail B.

There was anticipation leading up to the April 3 bird walk because every April bird walk since the club began has produced a new record number of species, most recently in April 2020 when we set the current record of 43 species. April is the birdiest month at Four Seasons (and anywhere in So Cal except in the mountains) because there are more birds that winter here than summer (breed) here. In early April, when our bird walks occur, all our wintering birds are still around. In addition, new migrants are arriving to add to the total.

During the morning bird walk our masked group saw a total of 25 species, including two singing Bell's Vireos. During the day, Tina

Canon, Tom Paulek, Nanette Scott, Barbara Wasco, and I spotted 16 additional species, bringing our total to 41 species for the day, second only to the 43 species seen last April. The highlight was Tom Paulek's sighting of a Violet-green Swallow, a Four Seasons first record and FS bird #111! ~ **Steve Edelman**, [steve.h.edelman@gmail.com](mailto:steve.h.edelman@gmail.com)



*Lark Sparrow, like the one seen by the Birding Club during the April bird walk.*

*Photo by Club member John Hansen, taken last year on a Four Seasons fence*



*Adult male Lawrence's Goldfinch, like one seen by Barbara Wasco during the April bird walk. Photo by Club member Gerrie Karczynski, taken on April 3 at nearby Whitewater Preserve*



**BIRD OF THE MONTH** Violet-green Swallows are small sleek birds with long pointed wings. Their iridescent green and violet upper parts contrast with white underparts that wrap around to the upper side of the rump creating white "saddlebags" easily seen in flight. Violet-green Swallows are graceful aerial acrobats that fly at various heights, often over water, in search of flying insects.

Violet-green Swallows are year-round residents in central Mexico. In winter, part of the population migrates south as far as Nicaragua. In summer, much of the population moves north into northern Mexico, the western U.S. and Canada, and southeastern Alaska, where they nest in old woodpecker holes or naturally occurring cavities in dead trees and sometimes in cliffs and nest boxes. They nest in small colonies of up to 25 pairs, often near water. The Violet-green Swallows that Tom Paulek saw over Four Seasons on April 3 were migrating from their Mexican wintering quarters to their nesting sites somewhere between here and Alaska. ~ **Steve Edelman**

*Violet-green Swallow, like the ones sighted by Tom Paulek over Four Seasons on April 3*

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## AFRICAN AMERICAN CULTURAL CLUB



### **Welcome Madame Vice President! Kamala D. Harris – 49th Vice President of the United States of America**

In November 2020, Kamala Harris made history as the first woman, the first African American, and the first Asian American to become Vice President of the United States.

Kamala Devi Harris was born Oct. 20, 1964 in Oakland, Calif. She was the first-born child to her Jamaican father and Indian mother. Her parents met while pursuing their doctorate degrees at UC Berkeley. Her father, Donald Harris, was a Professor of Economics (now Emeritus) at Stanford University and her mother Shyamala Gopalan, a Breast Cancer Researcher.

Kamala lived with her mother and younger sister Maya after her parents divorced in 1971 when she was seven years old. Her mother made sure both of their cultures were embraced. Kamala attended a Black Baptist Church and a Hindu Temple. She also spent her summers in India visiting family and learning about her culture. Her grandfather, P.V. Gopalan, was a high-ranking government official in India and had a heavy influence on Kamala. Her experience and relationship with blackness came from being raised in the Black communities of Berkeley and Oakland. At 13, she became an activist by leading a successful demonstration at her apartment building to protest kids being unable to play on the lawn.

Kamala attended Westmount High School in Canada before returning to the United States to attend Howard University in Washington, D.C. where she majored in Political Science and Economics. She is also a member of the Sorority Alpha Kappa Alpha. After Howard, she attended UC Hastings College of Law in San Francisco and became a lawyer.

In 2003, she became California's first Black District Attorney in San Francisco. In 2010 she became Attorney General of California and in 2016, she became the first South Asian to become a US Senator of California. Today, as the 49th Vice President of the United States, Kamala is the highest-ranking woman elected official in U.S. history.

Kamala married her Jewish husband, Douglas Emhoff, an entertainment lawyer in 2014. Her sister, Maya, officiated the wedding at a Santa Barbara Courthouse after a five-month engagement.

Harris has no children and Emhoff has a grown son and daughter from a previous marriage. They reportedly met on a blind date set up by a close friend. Kamala has written three books: *Superheroes are Everywhere*, *The Truths We Hold*, and *Smart on Crime*. Her hobbies are cooking, reading, and collecting Chuck Taylor® (Converse) shoes.  
~ Regina Thomas, [infotoaacc@gmail.com](mailto:infotoaacc@gmail.com)



*Kamala Harris (back row left) in an undated family photo. Next to her, from left, are her grandmother Rajam Gopalan, grandfather P.V. Gopalan and sister, Maya Harris. With them are Maya's daughter, Meena, left, and Harris' cousin Sharada Balachandran Orihuela.*

*(Courtesy of Sharada Balachandran Orihuela)*



*Kamala's parents: mother Shyamala Gopalan, father Donald Harris, and maternal grandfather P.V. Gopalan*



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## TASTE D'VINE

Hello all! This May, as your Taste d'Vine Wine Club gears up for summer, we will be visiting a different varietal as a refresher course or a beginning course!

We went to Thrillist.com to give you a judgment-free, non-pretentious explainer on every major white wine varietal. To help us navigate through these murky, off-white waters, they enlisted the help of Tracy Jenkins, the beverage director at Nicky's Coal Fired, a Nashville based Italian eatery with an extensive and exhaustive wine list.

**Chardonnay:** You know, a lot of people consider Chardonnay to be a safe bet, something light and easy and comfortable," Jenkins said, "But in reality, it's a lot more full-bodied and aggressive than you may think. And the profile can also vary greatly depending on the region. There's a lot to be

considered, here."

Chardonnay is thought by many to be "standard" white wine. On the whole, it will usually be fruity, velvety, and full. But American Chardonnay will typically be creamy, and more "buttery" than blends that come from the Burgundy region of France. For what it's worth, an "unoaked chardonnay," meaning not aged in oak barrels, will often have a much lighter body, and carry some stronger, fruitier flavors that might be absorbed during the process.

**Best foods to pair it with:** New-school, American Chardonnay will definitely pair well with anything creamy, along with seafood and lightly seasoned chicken or pork dishes.

Take care all; we look forward to getting together soon. For info, please contact Gracy Luna (951) 292-3624. ~ **Gracy Luna**

## COUNTER CULTURE CINEMA CLUB

As of this writing, our Cinema Club screenings continue to be on hold due to COVID restrictions. When we are able to resume, we will catch up on the films that have been previously scheduled.

Normally, our screenings are the second and fourth Sunday evenings of each month at 6 pm in The Lodge Theater. We typically screen smaller films, foreign films, indie films and documentaries.

If you want to get on the Cinema Club mailing list and receive information about future screenings, send me an email at [michelesrosen@gmail.com](mailto:michelesrosen@gmail.com). Don't forget the "s"!

Thank you for your continued support. If you have any questions about the Counter Culture Cinema Club or want to recommend a film, please email me at [michelesrosen@gmail.com](mailto:michelesrosen@gmail.com). ~ **Micki Rosen**

## CLASSIC FILM GROUP

The Tuesday Day Classic Film Group at The Lodge Theater is back on for May 11 and May 25. Our group will screen movies on the second and fourth Tuesdays of the month at 10 am and 3 pm. As we reopen Four Seasons check the Daily Report. Regular members look for an email from me with info on our Classic movie showings.

We will be showing Director Ron Howard's *Cinderella Man*. This movie is a true story of one man's extraordinary fight to save the family he loved. When America was on its knees, he brought America back to its feet.

This is the truly inspiring story of James J. Braddock. His story is about more than boxing. It is about a man and his wife trying to raise a family in the tough times of the 1920s, and the integrity and example he shows his children in those times.

During the Great Depression, former successful boxer James J. Braddock loses all of his possessions and savings with the crash of the stock market. His beloved wife Mae Braddock and their three children survive starvation and lack of heating and the daily difficulties supported by their love. In 1934, when James' Coach and Manager Joe Gould offers to him a chance to return to boxing, he becomes the symbol of hope for hopeless people in a ruined nation.

Check the Daily Report and weekly movie schedule. See you at the movies. Email me with any questions. ~ **Paul Plamondon, [4seasonsmoviegroup@gmail.com](mailto:4seasonsmoviegroup@gmail.com)**



## BOOK CLUB

As of this writing, we are meeting in a section of the Ballroom, with up to 15 people allowed with masks. If the status changes, I will email everyone on the book club mailing list to let you know.

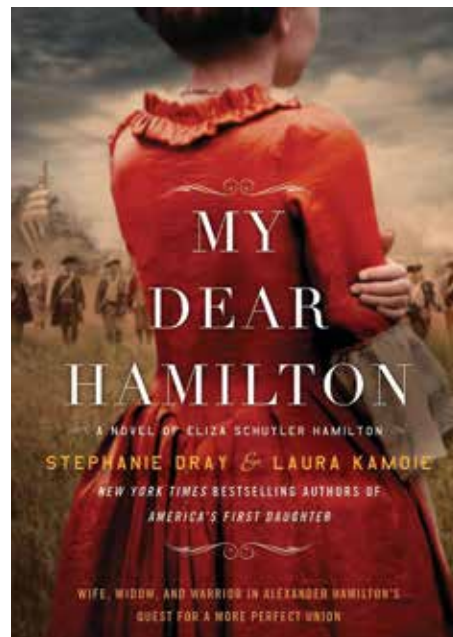
The Book Club selection for May 11, postponed from April, is *My Dear Hamilton* by Stephanie Dray and Laura Kamoie. Here is a brief description of the book from Amazon.com: "Coming of age on the perilous frontier of revolutionary New York, Elizabeth Schuyler champions the fight for independence. And when she meets Alexander Hamilton, Washington's penniless but passionate aide-de-camp, she's captivated by the young officer's charisma and brilliance. They fall in love, despite Hamilton's bastard birth and the uncertainties of war. But the union they create — in their marriage and the new nation — is far from perfect. From glittering inaugural balls to bloody street

riots, the Hamiltons are at the center of it all—including the political treachery of America's first sex scandal, which forces Eliza to struggle through heartbreak and betrayal to find forgiveness. When a duel destroys Eliza's hard-won peace, the grieving widow fights her husband's enemies to preserve Alexander's legacy. But long-buried secrets threaten everything Eliza believes about her marriage and her own legacy. Questioning her tireless devotion to the man and country that have broken her heart, she's left with one last battle — to understand the flawed man she married and imperfect union he could never have created without her."

Our meetings are normally held on the second Tuesday of each month at 9:30 am in RCN Room 3, and someone volunteers to lead the discussion about the book we have chosen for the month.

For more information about the Four

Seasons Book Club or to get on our mailing list, please contact me at michelesrosen@gmail.com. ~ **Micki Rosen**



## VETERANS WALK GROUP

VE-Day: Following news of the German surrender, spontaneous celebrations erupted all over the world on 7 May, including in Western Europe and the United States. As the end of operations officially was set for 2301 Central European Time on 8 May, that day is celebrated across Europe as V-E Day.

+1 Point for each month of service  
(between 16 Sept 1940 - 12 May 1945)

+1 Point for each month overseas  
(between 16 Sept 1940 - 12 May 1945)

+5 Points for first & each award received:  
DSC, LM, SS, DFC, SM, BS, AM, PH

+5 Campaign stars worn on theater ribbons

+12 Points for each child (< 18 yrs) up to three children.

At the end of the war in Germany and Italy, a total of 85 points were required for a soldier to be allowed to return to the States. Otherwise, if you had less than 85 points, you could expect to continue to serve in the Army and most likely be sent to fight the Japanese. When the

Japanese surrendered, the Point System was used to determine who was sent home and who remained as occupation troops. The points were lowered to 75. ~ **Len Tavernetti**

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No. of months served overseas <u>22</u>	1	22
<b>3. COMBAT CREDIT</b>		
No. of decorations and Bronze Service Stars <u>5</u>	5	25
<b>4. PARENTHOOD CREDIT</b>		
No. of children under 18 years old <u>0</u>	12	0
<b>TOTAL CREDITS</b>		<u>87</u>

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## RAINBOW GROUP



As the effects of the pandemic are gradually decreasing and many activities are beginning to resume, we are hopeful that we will be able to meet again soon. In the meantime, we hope that our members, friends, and families are doing well and safely returning to our pre-pandemic lives.

At the time of this writing, it is unknown when we will be able

to resume our usual monthly meetings or activities, but we will update our Facebook page and email list with any late-breaking developments! We're almost there!

For any information, please contact Dale at (951) 797-0364 or dalebeckes@gmail.com. ~ **Dale Beckes**



# WRITERS' CLUB

## *A Close Call*

It was 1948; my sister, Gloria, and I were 11 months apart in age. My birthday is in April and my sister's was in May. So on that Saturday, May 1, 1948, we were the same age... five.

Mom was especially busy with our baby sister, so daddy decided to take us to the local park as he often did for a fun time in order to give mom a rest from two rambunctious girls.

On that memorable May day the lake in the park looked especially beautiful because there were so many ducks swimming around with their babies following right behind.

"Higher daddy" we squealed as he pushed us on the swings. I spotted the ducks on the lake as I was flying high up and squealing with glee. Then my dad rested on the grass tired from pushing us, and as our swings slowed to a stop I asked him if we could run over to the lake to see the cute baby ducks. He said okay, but cautioned us not to stay too long.

There was a small crowd of parents and



children standing by the edge above the lake. I imagine now that the shallow part of the lake was about five feet deep. Some children were throwing food to the ducks, so that they would come closer to the edge. I wanted to get a better look at the ducks so I made my way between and around the crowd, but I stepped too close and SPLASH! I fell in!

All I remember as I think back on that day were the bubbles below the surface, the clear blue water, and the ducks' feet coming toward me. So as the water buoyed me to the surface once, twice, I was struggling, all the time watching the ducks coming toward me. The third time I came to the surface, a

hand grabbed me and pulled me up and out. Whew!

My dad, in the meantime, came looking for Gloria and me and wondered what all the commotion was about. My sister was standing nearby and she told my dad, "Norma fell in." Thanking the man who saved me, he quickly bundled me up and took us home.

My mom? Well, I guess he had a lot of explaining to do. ~ Norma Ferrales

We meet the second Tuesday of the month. Contact [andreazehner20@gmail.com](mailto:andreazehner20@gmail.com) for further details. ~ **Andrea Zehner**

## TAILS & TRAILS – ALL PETS

Seems trivial, but a leash is one of the most important tools you will use with your dogs during their lifetime. Buying a leash should be an easy task when you walk into your favorite pet supply store. However, you may be overwhelmed with the variety of choices you have.

There is the standard flat leash with a clasp at the end. They clip onto your dog's collar and come in many materials and lengths and should be staple item in your dog's ensemble. Bungee/stretchable leashes constantly bounce back and forth and teach the dog nothing and totally negate your ability to manage your dog. Gentle leader leashes while resembling more of a collar than a lead, promotes itself as a lead. The head collar, also known as the gentle leader or haltis, loops around the dog's muzzle. It's kind of like a horse harness.

Retractable leashes are very ineffective in a controlled environment. We can't recommend strongly enough that responsible dog owners should not use retractable leashes. Their functionality does not assure a quick, response. The resulting lack of control can lead to an extremely dangerous situation. Retractable leashes can extend up to



30 feet in length, a distance between human and dog, without any capability of pulling the dog closer to avoid dangerous situations such as the dog running into the road, attacking or being attacked by another dog.

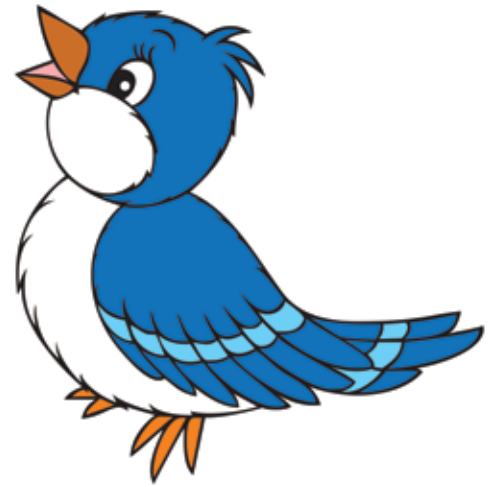
It is important to remember dogs are animals, and thus unpredictable. It's much easier to control and protect the dog on a standard leash which are usually less than 6 feet in length. You also run the risk of allowing your dog to approach another dog that isn't too friendly, something we see a bit too often with retractable leashes. Another thing, the small thin rope attached to the dog's collar often tangles around dog legs and heads as well as owner's fingers and legs and

may cause an even more dangerous incident. There are many reports of rope burns and actual amputations as a result of these types of entanglements. Allowing your dog to have too much freedom will influence them into thinking that they are in control of your walks and doesn't set clear boundaries for your them. For the safety of both dogs and their owners, we do not recommend the use of the retractable leash because, plain and simple, they are dangerous. ~ **Vivian Walker, [vivr@sbcglobal.net](mailto:vivr@sbcglobal.net)**

## FOUR SEASONS SINGERS

Getting excited to get the gang back together and sing again. It looks like it may still be a while and that we will have to mask while we are singing, but there is hope that we will be together again. All the singers have become my friends and I miss them.

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**



## TRAVEL GROUP

Is it safe to travel again? Yes... No... Maybe... things are changing fast. As of this writing, about one third of Californians have been vaccinated against COVID-19. Governor Newsom has announced that the state will be fully reopened by mid-June.

If you choose to travel, bear in mind you will be in close contact with others who may or may not have been vaccinated. Frequently touched surfaces may be cleaned or not. The bottom line is be

cautious, wear a mask, and carry hand sanitizer.

For current travel information check the following websites:

Center For Disease Control: [cdc.gov](https://cdc.gov)

World Health Organization: [www.who.int/immunization/programmes\\_systems/procurement/market/en/](https://www.who.int/immunization/programmes_systems/procurement/market/en/). ~ **Irene Welker**, [irenewelker55@gmail.com](mailto:irenewelker55@gmail.com)

## 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](mailto:steve.benoff@verizon.net) or (310) 413-4896. ~ **Steve Benoff**

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# COUNTRY LINE DANCING

Welcome back, dancers! It has been a long time coming. Although most of us are a little rusty, after a few steps it seems so normal and such great fun. We are currently limited to 52 people in the Ballroom, including instructors. Everyone must wear a mask and observe social distancing guidelines. Hopefully, soon we will be allowed more dancers. Right now, I am only reviewing dances with the existing classes. We will be holding a VERY BEGINNER line dance class in the future. Watch the Daily Report for information. You can also email me and I will add your name to the very beginner list, so you will be

notified of upcoming classes.

I want to announce that Elizabeth and Phillip Westbrook have joined me in teaching, especially for the advanced class. They have been dancing “country” for years and bring a wealth of new dances and more challenging dances to the classes.

Country dancing is great exercise physically. Remembering the steps and the order of them in each dance is a mental challenge and stimulates the brain. As our facilities reopen, consider giving it a try. ~ **Martha Franck**, [marthafrack@icloud.com](mailto:marthafrack@icloud.com), (714) 345-8588

## STEP IT UP LINE DANCING



Can you believe it?!?!? We are open and back to line dancing again. It has been such a long time and we have all missed each other and the fun times but we are ready to get the train back on the tracks and have fun again.

Calling all beginner line dancers, now is the time to get back into the social fun and get some post COVID exercise. We all need to get our bodies and minds working again to regain our youthful attitudes and appearance. You can do this! It's a lot of fun and there are some awesome people who really like to have fun.

Classes are held on Mondays from 12:30 to 1:30 pm for basic beginner classes and from 1:30 to 2:30 for Beginner/intermediate dancing. Every three months we have a “Barn Burner” dance party which is a chance to get together with everyone and dance the dances that you learned in a party atmosphere. You have nothing to lose, other than weight, by giving this a try. Come on out on Mondays at 12:30 pm and have fun with us. We laugh and joke around as much as we learn dances. Bring your water bottle and come join us in the Ballroom.

If you have any questions, you can call me at (949) 326-3133. ~ **Janine Rohrbacker**

## LET'S DANCE!

WE'RE BACK! The Let's Dance Group is thrilled to announce we restarted our Ballroom Dance Classes in April. As of this writing, we are following the guidelines of the Executive Board of a maximum of 52 people in the Ballroom per class. No reservation is required, but will be on a first come first served basis. Masks are required and temperatures will be checked as you enter The Lodge.

Because The Lodge is closing at 7 pm daily as of this writing, we have adjusted our times: Beginners & Newcomers 5 to 6 pm and Intermediate & Advanced 6 to 7 pm. We all understand these are very changeable times, so please check the Daily Report for updates on times and thank you in advance for your understanding as we resume our activities.

The featured dance for May is the Waltz. The Waltz is a graceful dance characterized by its rise and fall. It has flowing, slower movements that couples always enjoy, almost as if floating around the ballroom floor. It is easy to learn and is danced to music that lingers in your spirit.

So plan to join us in the Ballroom on Monday Nights. The cost is \$10 pp with our professional instructors. We especially encourage any newcomers to Four Seasons to come and give Ballroom Dancing a try! You will meet a group of your neighbors just having fun and getting a little exercise at the same time. Please check the Daily Report for any possible changes for the month of May. For more information, contact Puring or Gary Stifter at (951) 922-8333, or [purings@verizon.net](mailto:purings@verizon.net). ~ **Sue Condurachi**

## FORTNITE DANCE

Have your kids, grandkids, or even great grandkids gotten into playing the video game Fortnite? Now is the time to show them how “cool” you really are by learning the Fortnite dance moves. They won't believe their eyes when they see you doing the Floss, the Tidy, the Squatkick, the Hootenanny, the Worm, and the Wiggle, just to name a few. There is only one rule, you must dress in character. Since we aren't a sanctioned dance group, we have to meet in my garage, and probably when it's dark out. To sign up, email me at [youshouldseemedotheworm@aol.com](mailto:youshouldseemedotheworm@aol.com). ~ **Worm O'Rama**



*These are the dances we will be learning in May*

# RADIO CLUB

## FAMILY RADIO SERVICE (FRS)

The Family Radio Service (FRS) is a radio system that uses walkie talkies. As the name implies, it is specifically for families or small groups to use because of its short range capability. We will talk a little this month about how these radios could be used here in Four Seasons Beaumont.

FRS was approved by the FCC in 1996. There are seven other Citizens Band Radio Services besides FRS that operate on UHF. The General Mobile Radio Service at 460 MHz is one of these. One of the great things about the UHF bands is that it does not have interference that citizens band at 27 MHz or 49 MHz that are used by baby monitors, cordless phones, and other radio-operated devices have.

A permanent antenna must be attached to the walkie talkie or radio, although base stations that sit on a table are available. These whip antennas can pick up many channels. Certain communications are prohibited over the FRS such as broadcasting music.

Channels on FRS are shared with others much like old-fashioned



party lines that were used in the US 50 years ago. When you turn the walkie talkie on you need to listen to see if another user is currently on. If so, you are obligated to get off the line until the current user is finished. If a person is on the walkie talkie and an emergency message comes over the line, emergencies will always take priority.

FRS radios are fairly inexpensive and range from \$10-100 in most places. There are stories of these radios reaching a range of around 40 miles from mountain tops but the expected normal range is around one mile. It is possible to buy Family Radio Station radios or walkie talkies at specialty stores or websites that sell radio devices. This article was taken from the FRS-radio primer article online.

The Four Seasons Beaumont Amateur radio club meets on the last Friday of the month at 10 am. The next meeting will be held in ballroom number three on May 30. If you're interested, check our website at [w6fsb.org](http://w6fsb.org). ~ **Michael A. Mendoza**, [srmendoza@verizon.net](mailto:srmendoza@verizon.net)

# COMMUNITY GARDEN CLUB

We hope to have a location approved soon and are working on our budget to make it a great addition to our community. Although still in progress, a steering committee is now meeting regularly and we welcome Martha Tureen as the president. Martha is a master gardener for Riverside County and we have several other master

gardeners who have joined the group. We hope to have a location approved soon and are working on our budget to make it a great addition to our community!

If you are interested and have not yet signed up, please email Pat Wayne at [pwayne1@outlook.com](mailto:pwayne1@outlook.com). ~ **Pat Wayne**



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## CARS & COFFEE

Our Cars and Coffee gathering for April was a huge success. Thanks to the beautiful, warm weather and the Board of Directors for allowing us to hold our outside gathering. We had a fantastic turnout of over 25 cars and their owners (photo below).

We had two newcomers who arrived with their beautiful rides. Al Hankins (top right photo) arrived with his absolutely gorgeous light blue 2016 Bentley “Flying Spur” with supple cream colored leather interior. Powered by a 500 horsepower turbo engine. It attracted quite a crowd. Al and wife Georgia have lived in Four Seasons for two years.

Vince Chacon (bottom right photo) showed up in his almost all original white and blue 1972 Mustang convertible. It is powered by a 302 cubic inch engine, automatic transmission, all original blue interior. Vince and Salpy have lived in Four Seasons for six months.

Come and join us the first Saturday of each month 9 am at The Lodge parking lot (weather permitting).

For more information, please contact Rick Morales at (951) 797-3732 or onemth53@yahoo.com or Frank Morales at (951) 203-4578 or fmoralesjrinc@aol.com. ~ **Frank Morales**



## 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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## CRAFT GROUP

If restrictions have been lifted, the Craft Group will resume meeting on Thursdays at 10 am. For more information, please call me at (951) 845-3608.  
~ **Barbara Paules**

## KNIT & CROCHET GROUP

We are now meeting every Tuesday from 10 to 11:30 am in Section 3 of the Ballroom. Anyone interested in learning how to knit or crochet is welcome to join us. Our members are working on various projects including blankets, hats, scarves, sweaters, socks, and potholders. If you have any questions, feel free to email me at marlened3333@gmail.com. ~ **Marlene Doyle**

## CERAMICS CLASS

We will announce when classes will resume in the future via email. 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 the Arts & Crafts Room 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**

## CRAFTY CARDMAKERS

Since we cannot meet in our Arts & Crafts Room, please join me in creating cards. Twice a month, you can see pictures of cards that you can complete easily at home. You will receive a kit with all the supplies you need to complete the card. You will only need glue and scissors!

If you are interested, let me know and I will add your name to the email list.

If you have any questions, contact email me at chorbaparadise@yahoo.com or call (951) 849-6336. ~ **Maryalice Chorba**

## QUILTING ENTHUSIASTS

Are you a quilter? A “wanna-be” quilter? Someone who admires quilts? Then come check us out as COVID is almost over. We will start our first meeting on May 2, at 1 pm in the Recreation Center North (RCN). We can have a maximum of eight people at our first meeting, following the rules of social distancing and masks. As the different “tiers” change we will return to The Lodge for our monthly meetings. We have lots of exciting things coming up and we would love your input, suggestions, and help. One of the things we have planned is making Banners using the Four Seasons Theme. The second big item is a “Quilt Show and Hand Work Show” featuring your quilts, and hoping that the knitting and crochet club will join us. Come to the meeting to learn more about us and the various projects.

Piece through quilting. ~ **Mary M. Moody-Cox**, (808) 430-7469, [marymoodycox@gmail.com](mailto:marymoodycox@gmail.com)



Sally Peterson with her Tie Quilt made from her husband's ties



## MIXED MEDIA ARTS



This is the perspective of the artist of the month, Robert Isava: *This image is titled "The Gardner's Fence", 30"x30", acrylics on canvas. This painting took a total of 14 months to paint due to Covid-19. Although it took me all this time to finish, I continued exploring the art of blending colors and how to use different brushes for a more realistic finish. It doesn't matter how simple a painting might appear to be, by achieving the right color tones and perspective, it makes the painting more pleasant to the eyes. Painting to me is a learning process that allows the exploration and expression of life around me. This is only my third year of painting and it has become a part of my life. Although we haven't gathered in a classroom for the past year, we continue to be*

*in touch with our mentor Rob Kelman. I would not be painting if it wasn't for Rob. His efforts have taught me how to go beyond my own visions. He challenges me and all of my classmates to draw and paint. I also enjoy the chat room created by Rob in order to keep in touch and post our progress to my fellow classmates and learn from each other during the pandemic. It looks like classes are starting soon and I can't wait to see everyone. Be safe and explore the artistic side in you.*

Classes are Mondays 10am- 12noon and/or Wednesdays 6-8pm. There is a nominal \$5 fee per person, per session. Masks are required and social distancing is implemented in each class. If you have any questions, call Rob Kelman at (951) 992-9156. ~ **Rob Kelman**

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## INTERCESSORY PRAYER GROUP

Greeting intercessors, friends, and neighbors! I pray all is well. I am happy to inform you that we will be moving back to The Lodge. We meet every first Monday at 9 am (except holidays) in the Game Room.

I am looking forward to meeting face to face with the intercessors. Please contact me at eaglewatchwb@aol.com. I will not turn down any prayer request so please send them to me via email and the group

will come in agreement for you, your spouse, and your children.

It has been hard for all of us ever since the COVID-19 was declared a pandemic in 2020; separation from our children family, and friends, was a burden but, if we will continue to follow the guidelines that have been put in place for us, we will slowly return to enjoying life as we knew it. So, please be safe and be careful; we are praying for you.  
~ **Cookie Bonner**

## LIFE GUIDE BIBLE STUDY

“Finally brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.” Philippians 4:8.

Spring has arrived and with it more hope for the return to normal activities. Since we do not typically meet during the summer

months, we will be contacting regular participants and interested residents regarding plans for the fall. We will continue to be in touch by phone or email, sharing praise reports and prayer requests. Small group gatherings are encouraged. Contact Doc or Letha Sellars with any comments or questions at (951) 797-3302 or docletha72@gmail.com. ~ **Doc Sellars**

## “BELIEVE...” WOMEN’S BIBLE STUDY

It’s been so amazing to meet together again! We started meeting in the Ballroom on Friday, April 2. The chairs were placed six feet apart, all the ladies wore masks, and even though there was elbow-bumping, we’re not at the hugging level yet. I used my cell phone to dial in on the conference call for the ladies who preferred not to attend in person.

It was so appropriate that we convened on April 2, as that date we began the in-depth study of the Book of Hebrews. We anticipate concluding this study at the end of July. It’s exciting to be studying

this amazing, beautiful book, since it is Christ-centered in its theme and content.

We also have a tentative summer party scheduled on June 11 in the RCN building. Hopefully we will be able to meet together for a lesson, followed by a lovely luncheon and lots of hugs and laughter.

If any of you Four Seasons ladies are interested in attending this Bible study, please contact me for updated attendance details. We hope to see you soon! ~ **Eileen Gilbert-Antoine, (951) 922-6829 or egcellent@msn.com**

## BEREAVEMENT GROUP

Over the past year I have received many phone calls inquiring about this group. When I have said that we are meeting on Zoom, only one person was willing to try to join us. Briefly. And that is completely understandable. Trying to join a group like this using only a computer screen is daunting.

I said “join us” because there is an ongoing group that has been meeting on Zoom before and during this time of restriction.

But the Bereavement Group group is opening up, just like so many other entities at Four Seasons are.

There are changes, starting with our meeting time and place. The Bereavement Group now meets at 3:30 pm on Monday, not at 1 pm. As of this writing, we will be in the first section of the Ballroom, not in the Conference Room.

And after eight years of facilitating this group by myself, I am delighted to introduce a co-chair. Her name is Becky KG, and like me she is a retired mental health care professional. Both of us have experience facilitating groups, and both of us agree that the

Bereavement Group is not a therapy group or a social group. It is to help people walk the path that both of us have walked, learning how to cope with the pain of loss and learning how to structure a new life.

This past year has been exceptionally difficult. Experiencing loss is always extremely painful, and having to do it when your family and social contacts are greatly limited is even more distressing. But the good news is that social interaction is becoming safer and we can reach out to our fellows and enjoy the warmth and comfort from them and our family.

But often that is not enough. If you are struggling with loss and would like to be with others who will welcome you and share with you and light the path ahead of you, please come join us. You can call me at (951) 922-0934 or email me at lauriemlarson425@gmail.com; or you can call Becky at (951) 524-0215 or email her at beckykg\_1@yahoo.com.

All contact is confidential. We look forward to having you join us.  
~ **Laurie Larson Zeldin**



# MOTORCYCLE CLUB

The Four Seasons Motorcycle Club (MC) recently enjoyed a three-day ride to Kernville. Nine members plus two guests made the ride; it was the largest group participating in one of our multi-day rides. Getting in on the fun were Terry Humble, Jim Ayala, Joe Bert, Scott Snyder, Tim Mixon, Bill Steele, Charles Price, Rick Brower, Dave Burchartz and two guests. Terry led the ride; on day one, he took us to Kernville via Barstow and Mojave where we stopped for lunch then on to Kernville. Day two was a two-hour scenic ride after which everyone kicked back and enjoyed the rest of the day doing whatever (and maybe drinking a little beer). On day three Terry led us out of Kernville toward Bakersfield. The highlight was a stop at the Bakersfield National Cemetery located in Arvin. Needless to say, it was an emotional experience. Three club members, Rick Brower, Bill Steele and Charles Price, are veterans. Kudos to Terry Humble for making a stop at the cemetery and giving us the opportunity to share the experience with our veterans. The rest of the ride home was smooth sailing until Charles' trike started having cooling issues and had to be transported the rest of the way home. The problem was minor and his trike is now back on the road. All things considered, it was another memorable multi-day ride. Thanks Terry for planning the trip!

Before the summer heat is upon us, the MC is planning one more spring multi-day ride. In the works is a three-day ride to Ojai that is tentatively scheduled for mid-May. The exact route is in the planning stages but we know that day one will take us to Ojai. Day two will be a day ride that may include lunch at Jalama Beach (near Lompoc) and a tour of the Vintage Motorcycle Museum in Solvang. Day three will take us back home.

Speaking of multi-day rides, we are also talking about heading to the Grand Canyon for a five- or six-day ride. This would happen, perhaps, some time early next year. You can never start planning these rides too soon!

The MC isn't just about multi-day rides. Weather permitting, we also head out on a ride every Thursday. We depart from The Lodge parking lot at 9 am and these rides are generally 150 to 200 miles in round-trip length. Depending on the weather and our mood, our route for these rides varies greatly and we have lots of options. For example, one Thursday we may head up to Big Bear, the next week we

may ride to San Clemente, the next time we may ride to Julian. Where we go doesn't matter; it's all good.

If you ride and are thinking of joining the MC and you have questions, feel free to call Terry Humble at (909) 706-2298, Jim Ayala at (951) 392-6259, or Joe Bert (909) 767-1484. We would love to chat!  
~ Jim Ayala, [jimrayala95@gmail.com](mailto:jimrayala95@gmail.com)



*Getting a briefing as we prepare to ride to Kernville*



*Proud Veterans Bill Steele, Charles Price and Rick Brower at the Bakersfield National Cemetery*



*All packed and getting ready to head home from Kernville*



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# ALL SEASONS RV

Spring has sprung and we are all getting travel fever. Time to hit the road and discover new and interesting destinations. Some of these trips take us to places that were at one time growing towns with people who had high hopes of prospering. There are many such places across the United States. We found one such town when we were traveling through Idaho several years ago. Driving and exploring through Idaho, we came across an old mining town in Challis, Idaho. There were several buildings left standing including

the outhouse, brothel, saloon, and church. These are unique finds as it gives us the opportunity to have a look into the past.

If you have an interest in joining our club, traveling and exploring various locations, and finding a piece of history, please feel free to contact us.

We wish you all a happy, healthy spring and hope to see you soon.  
~ Ann Williams, [annwilymz@yahoo.com](mailto:annwilymz@yahoo.com)



*An old deserted mining town in Challis, Idaho*



*Rich and Ann Williams with Sooner and Meadow in front of the hotel*

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# SHUFFLEBOARD

Spring is here and COVID cases are decreasing, so let's play shuffleboard. Play has begun again, as long as we wear our masks and do our best at practicing social distancing. I am excited because construction has finally begun on our four new shuffleboard courts at the old horseshoe pit area at The Lodge. See the photos below.

Anyone interested in joining a fun, competitive activity with many fellow residents, please join us on Mondays and Saturdays at 9 am at the existing shuffleboard courts at The Lodge. If there are any questions or concerns, please contact me. ~ **Marty Rotman**, [mrtmj@aol.com](mailto:mrtmj@aol.com), (310) 948-1693



# PING PONG

*Happy Days are Here Again  
The skies above are clear again  
So lets sing a song of cheer again  
Happy Days are here again!*

Nope, not another false alarm here, Pong Boy!

Indeed with many of our fellow Riverside County residents now fully vaccinated, and with the county now positioned to move to yet another low-risk tier, we remain confident that the sound of ping pong balls hitting rubberized rackets should continue for the long term. Indeed all the tables are currently available on a reservation basis only, and it remains a bit weird that the space between the indoor tables remains empty as one unit was moved outdoors to accommodate the maskless, but we remain eternally grateful that we are once again playing our favorite sport.

For the uninitiated, or whose brains are frozen from a year spent in our living rooms, the Courts Multipurpose Room is available for ping pong from 7 am to 7 pm Monday through Sunday, with the exception of those hours where another club has reserved the space. The Four

Seasons Table Tennis Club, a loosely knit gang of ping pong fanatics who sign up for things like holiday parties and logoed t-shirts, welcomes players of all stripes, including those who have never played the game, or perhaps those who had a table gathering spider webs in their garage back in the 60s.

Although the room is available for table tennis at all open hours, these days we usually have a group of “intermediate to advanced” players who arrive at 2 pm each day to play singles only (don’t forget social distancing!) on a rotating basis. Of course, we are all looking forward to pre-COVID conditions when we will have the opportunity to resume playing doubles, a completely different format that tends to be more social and allows the opportunity to strategize with a partner to claim victory.

In the interim, it is important that we do not become complacent and continue to wear our masks and social distance. But you have to be optimistic that the continued downward trajectory of the COVID numbers suggests that better days are ahead.

Stay safe. ~ **Bob Rubenstein**, [brube88@gmail.com](mailto:brube88@gmail.com)

# PADDLE TENNIS

Spring is here and we have been getting a great turnout of players. I want to write in this article about the “lob” in paddle tennis.

Lobbing is to hit a ball so that it goes over your opponent’s head beyond his reach and lands just before the back line.

It is a defensive play and especially effective when your opponents are at the net in an offensive way. When a lob is done correctly it

forces your opponent to retreat to the back line and thereby enabling you to advance and get back into position. A good lob needs practice and it is a good tool to add to your repertoire of paddle strokes. It will increase your chances of winning your game.

See you at the courts. ~ **Alan Chan**, (310) 251-9269

# TENNIS CLUB

For those of us who play tennis, we all know that the serve is just part of the tennis game. Unlike any other shots in the game which are often reactive, the serve is the only shot that you have total control of the timing and execution. For beginners, it can be a difficult shot to learn and master, but for the more advanced players or the pros, the serve is a crucial part of the game and can often give the server an advantage in winning the match. The following is a brief breakdown of the four types of serves.

**The Flat Serve:** For the flat serve, the server usually uses a Continental or an Eastern grip and hits directly through the ball with no spin, the main advantage of which is power. Some pros can hit a flat serve at over 160 mph.

**The Slice Serve:** For the slice serve, the server normally uses a Continental or Eastern backhand grip and brushes the racket across the side of the ball making it spin. The side spin makes the ball curve and dip slightly before hitting the ground. The slice serve can be used to go for an ace, to push the receiver out of position, or to make the ball bounce up at the receiver's body.

**The Kick Serve:** For the kick serve, the ball is tossed up over the server's head and the racket brushes up and through it. When done properly, the ball would arch over the net and hit the service box with topspin and bounce up towards the receiver. A variation of the kick serve is the American twist which would bounce up and away from the receiver instead of straight at them.

**The Underhanded Serve:** The underhanded serve, although legitimate at all levels, is rarely used. It is often used to surprise an opponent. A well-known example of an underhanded serve at the pro level occurred when Michael Chang defeated Ivan Lendl in the 1989 French Open.

So, now that you have all this knowledge in your head, go out and put them to use. As for me, it's always a good day any time my serve clears the net and drops into the opponent's service box!

Stay safe and see you all at The Courts!

Visit our website at <https://sites.google.com/view/tennis-fourseasons/home>. ~ **Stan Lam**, (714) 757-2141, [slamcpa@gmail.com](mailto:slamcpa@gmail.com)



*Tim Jones hitting a flat serve*



*Padoo Peralta hitting an ace with a slice serve*



*Garrett Warman serving a kick serve*



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# PICKLEBALL

## 10 Pickleball Tips to Quickly Improve Your Game

1. Be ready always: Ensure you are flatfooted, that you have your paddle on the right side and your feet are in the best position so you can swiftly make a shot. Most players lose because they relax between shots, which catches them unaware. Always stay alert! Always keep your knees in a slightly bent position and feet shoulder-width apart. Your upper body and shoulders should be relaxed. The pickleball paddle should always be out in front of your body pointing up.

2. Avoiding scooting up when you serve or return serve: Keep in mind that there is the double bounce rule you must observe so you cannot serve the third shot.

3. Play with better players: Playing with people who are better than you are can help to improve your game. You will understand your weaknesses better and hence learn how to improve.

4. Change your pickleball paddle: You might have got used to a paddle that is not up to the game or one that does not give you the best performance.

5. Serve deep. When you serve deep, you push your rival away from the kitchen which gives them a hard time to return the serve

since they are far away.

6. Train hard, play smarter: Slow down and think, know where the ball will go and block your opponent from finding opportunities.

7. Interact with more experienced players: You must play with people who are more qualified than you, ensure to network with as plenty of experienced players as you can.

8. Accept criticism: Accepting criticism is one of the huge steps you can take in learning the pickleball game. You must be ready to admit mistakes when they are pointed out. They are not telling you that you aren't the best player, but they are helping you to improve to become the best.

9. Attend clinics: Attending clinics put on by pickleball teachers is also another way to quickly improve your game. There you can learn the game properly.

10. Read more and practice more: The internet is full of content related to the pickleball game. Use YouTube videos to learn how to play the game and apply the tips and tricks you learn when you go to the courts. ~ **Karen Rose, kr6565@gmail.com**



## HORSESHOE CLUB

With the coronavirus having everything shut down, 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 consists of dinner at The Kopper Kettle Bistro at 5 pm followed by dessert at one of our member's homes, which 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, think about joining us. We meet at The Summit Wednesdays at 9 am fall through spring, and 8 am in the summer. Our contacts are Ron Erickson at (951) 846-3288, rejlerickson@sbcglobal.net or Gary Christie at (951) 845-0520, goldtoy@earthlink.net. ~ **Ron Erickson**

## LADIES PUTTERS GROUP

With spring upon us and a great summer ahead, it's just the perfect time to join the Ladies Putters Group! We are hoping to start our 2021 Season soon. We will continue putting on Mondays at 6 pm and Fridays at 9 am at the completed nine-hole putting green at The Courts.

In addition to putting, the Ladies have planned special events such as the Flamingo Follies, Mystery Holes and other themed play days and events.

If you would like to practice or if you haven't putted here before, please call the desk at The Courts for new updates for getting on the course.

Be sure to bring your own putter, ball, mask, and hand sanitizer. A good practice exercise is putting the ball into the hole from three feet, six feet, and 12 feet. This exercise gives you a feel for the force and speed you'll need to get those "Hole in One" shots from these distances. ~ **Judy Irving, pli42pli42@gmail.com**

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## 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**

# FACTS MYTHS

## TOPS

We are all looking for that “magic pill” to help us lose weight. In our search we often latch on to any crazy idea, but many of them are just that... crazy. Oprah said that if that pill existed, we know she would get it. It's just a matter of eating in moderation and eating the right foods.

The Nutrition Action Health newsletter gave some examples of different theories that we have heard of in the last year.

After doing a case study they found that losing weight faster has an advantage over losing it slowly. It is motivating to the person, but in the long run it did not help people keep the weight off. Both methods regained weight at the same rate.

Another theory is that drinking water before a meal helps us to feel fuller and thereby causing us to eat less. This was found to be true. It did increase the weight loss, but

it took longer to see results. Another factor was that eaters may drink less of calorie filled liquids since they were drinking water instead.

Also, nuts are touted as being helpful when dieting. Most studies of this theory are funded by the nut industry, and are therefore suspect to interpretation. In one of their studies people did lose weight when snacking on a handful of nuts, but the control group also lost weight.

It seems to come down to whether people are being careful about what they eat. If we do “mindful” eating and write down what we eat, then we can lose. If we keep trying wacky methods, we get disappointed and give up. So, the adage about “calories in, calories out” seems a better way to stay healthy.

You may even find that a group like TOPS (Take Off Pounds Sensibly) can help you

as well. We meet now on Tuesdays at 9 am in the Ballroom. We have eliminated our monthly \$3 fee. For more information, call Andi Henderson (918) 497-6491. ~ **Andi Henderson**



*Congratulations to Steve Roa for winning the 12-week Weight Challenge with an amazing grand total of 9.8 pounds! Great job and great inspiration!*



*Richard said no fish in this lake*

## FISHING CLUB

I promised you a fishing story so here it is:

About three weeks ago three fishing buddies and I went to Yucaipa Regional Park. They told me they were going to do a double plant of Trout. When we got to the lake they told us that they changed the plant date so they did not allow us to fish. Bummer.

The next week we went to Diamond Valley Lake. We could see the fish in the water. So we hiked to our fishing spot and set up for some epic fishing. We did not get a bite. I did get a couple of fish that washed up on shore. I buried them in my garden. We went and had lunch at a great Mexican food place. Vito said the food was only fair. Bummer.

We are going to Diamond Valley lake on April 21. I will let you know how we did.

Tight lines to all my fishing buddies and remember that sooner or later, you are going to have a epic fishing trip. ~ **Richard Carrasco, ricarrasco52@gmail.com**



## WILD BUNCH BILLIARDS

Once again, we are excited to announce we are back “live” in the Billiards Room. We hope everyone is able to get your desired reservation time and table. There may be some inconvenience in having to make reservations but, hopefully, being able to play pool again outweighs the minor inconvenience. Thank you for adhering to the guidelines and making the Billiards room a safe and healthy environment.

The “Wild Bunch” consists of some of the best players in the league: Joe Spinella, Robert Howard, Bob Rector, Mike Corbett, Carlos Rivera,

LeRoy Wright, Rocket Spinosa, 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](mailto:gracyluna@aol.com)

## BILLIARDS FOR FUN

I would like to take this opportunity to introduce you to Dave Martin and Mike Fisher, two of the long-time BFFG members. These handsome men are the BFFG “D” guys. Let me explain: They are a very dedicated, determined, disciplined, dynamic, daring, and devoted duo. They regularly play a challenging game of pool together in the billiards room, laugh often, and, yes, sometimes trash talk each other (minimally, of course). And they complain about having to wear masks, but, hey, it’s not going to be forever! Someday (hopefully in the next few months) we can resume our regular Tuesday BFFG sessions from either 11 to 1 or 1 to 3. Think about it. Wouldn’t you like to meet this amazing duo? C’mon out and join us... when all restrictions are lifted, of course! In the interim, the billiards room is open for daily play, so make your practice reservation today. And, hey, you just might run into the “D” boys! ~ **Eileen Antoine**



*Dave Martin's dynamic*



*Mike Fisher's determined*



*Meet the “D” guys!*

## TAKE A HIKE CLUB

The photo at right is from an earlier hike with lots of sunshine! Our March 2021 was rained out. We have a hike in Indian Canyons, Palm Springs scheduled for April. ~ **Lynette Simonson** (951) 377-0392 (cell/text), [lynette.simonson@gmail.com](mailto:lynette.simonson@gmail.com)



## 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](mailto: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](mailto: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

We hope that everyone is doing well. These have 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

Remember, we can still play duplicate bridge online as outlined in a prior article.

Sadly, online play will be the only available method to enjoy our favorite pastime until the current health crisis abates.

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 at Beaumont. ~ **Kirk Freyermuth, [kafreyer@frontier.com](mailto:kafreyer@frontier.com)**

## BRIDGE FOR FUN

This pandemic has been challenging times for all of us. Hopefully by the time you read this, we are once again able to play Bridge. We all sure do miss seeing our friends and enjoying their company as we play. So once restrictions are lifted and you are thinking about new activities, consider learning to play Bridge. We play each Wednesday at noon in the Game Room. For more information, contact Verina Rector at (951) 769-1687. ~ **Tom Halley**

## 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**

## MAH JONGG

ONLINE DURING COVID-19

A bunch of us have been playing Mah Jongg online, using either the Real Mah Jongg app on a tablet or logging in through the <https://realmahjongg.com/> website. It is a great representation of the face-to-face game without risking one's health. We have not settled on a regular day or time yet. Anyone interested in playing online with us, please email me at [crosselc1@verizon.net](mailto:crosselc1@verizon.net) and I will help coordinate the games. ~ **Lori Crosse**



# DOMINOES

Hello everyone, I hope that you are all safe and well. This month I would like to give some recognition and praise to three ladies who organize and plan activities, fundraisers, and parties for the Domino Group. The three ladies are Wondell Collins, Shirley Cadwell, and Roxanne Williams. They have done an outstanding job over the years. Hopefully they will have a party planned when the COVID tier goes to yellow and we can play dominoes again.

Unfortunately my friends, I will not be able to join you all when that happens. This is my last rodeo and article that I will be writing for the *Breeze*. After losing my best friend and partner Debra Holmes to cancer this past August, I will be moving to Colorado Springs, Colo. I will miss Four Seasons Beaumont and all of the friends that I have made over the 17 years that I have been here. God bless you all, peace out.

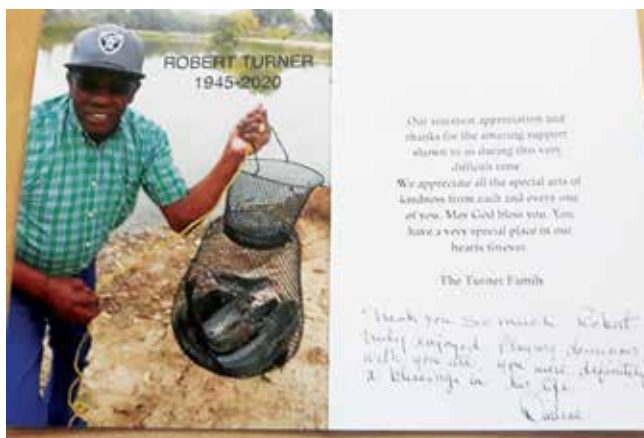
For more information about dominoes, call Jesse at (951) 769-2035 or Reggie at (951) 743-3584. ~ **Marvin Gaines**



*Marvin Gaines and Debra Holmes in San Clemente*



*L-R: Shirley Caldwell, Roxanne Williams, and Wondell Collins*



*Thank you letter from the family of Robert Turner*



## 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](mailto:kenyakiki@aol.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

## 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**

## 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**

## 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](mailto:Bredyluv@gmail.com). ~ **Bre Moreland**

## THREE THIRTEEN

Three Thirteen is played in The Lodge Game Room on the first and third Tuesdays of the month at 3 pm. When pandemic protocols change and allow for safe social gathering, we will notify you here and by email. If you have any questions, contact Mike Corbett at [micedcor1@gmail.com](mailto:micedcor1@gmail.com). ~ **Mike Corbett**

3	5	4	7	9	2	1	8	6
7	6	9	1	4	8	2	5	3
2	8	1	3	6	5	9	4	7
9	2	3	6	5	4	8	7	1
4	1	5	8	7	9	3	6	2
6	7	8	2	3	1	5	9	4
1	3	6	5	8	7	4	2	9
8	9	7	4	2	3	6	1	5
5	4	2	9	1	6	7	3	8

**EASY**

3	9	2	6	4	8	1	7	5
7	6	5	9	1	3	2	8	4
1	8	4	2	5	7	3	9	6
4	1	8	7	9	5	6	2	3
2	3	7	1	8	6	4	5	9
6	5	9	3	2	4	8	1	7
5	7	6	8	3	1	9	4	2
9	4	1	5	6	2	7	3	8
8	2	3	4	7	9	5	6	1

**MEDIUM**

7	1	6	5	9	4	3	2	8
9	5	3	2	8	1	7	4	6
8	4	2	7	6	3	1	9	5
2	7	1	4	5	6	9	8	3
5	9	8	3	1	2	6	7	4
3	6	4	8	7	9	5	1	2
6	3	9	1	2	8	4	5	7
1	8	5	6	4	7	2	3	9
4	2	7	9	3	5	8	6	1

**HARD**

## WORDS OF WISDOM

*Be a first rate version of yourself instead of a second rate version of somebody else. ~ Judy Garland*

*If you want to fly, give up everything that weighs you down. ~ Buddha*

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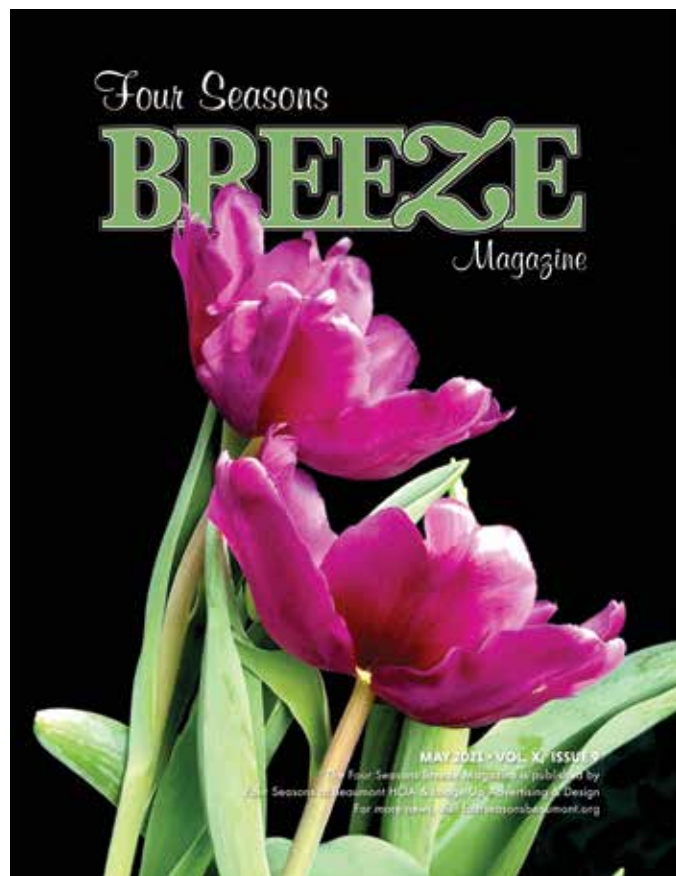
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Please include committee, club, or group name, writer's contact information, and organization's contact information. Within the article, include upcoming event details and general contact information. Photographs (maximum three) must be clear, in focus, 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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*Backyard tulips. Photo by Nancy Van*

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