

Four Seasons

BREEZE

Magazine

JULY 2025 • VOL. XIV, ISSUE 11

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The Four Seasons 20th Anniversary Celebration events will be held throughout 2025! Read the Recognition Committee articles for listings and updates of all upcoming events on pages 8 - 10.

In the Breeze



The Story of the Windmill Bridge P. 9



Out of Africa P.16-17

Table of contents

CONTACT INFORMATION.....	4
MESSAGE FROM THE BOARD	5
GENERAL MANAGER'S REPORT.....	6
ACTIVITIES DIRECTOR'S REPORT.....	7
20TH ANNIVERSARY.....	8-9
DID YOU KNOW?.....	11
UNDERSTANDING THE WEATHER.....	15
TRAVEL FEATURE	16-17
DID YOU MISS IT?.....	18-19
THERE'S AN APP FOR THAT.....	21
CALENDARS	22-23
COMMITTEES	24-31
PETS ON PARADE.....	32-33
SPOTLIGHT ON AGING.....	35
HEALTH MATTERS.....	36
CHEF'S CORNER.....	37
OH, THE PLACES WE GO!.....	38-39
PUZZLES.....	40
CLUBS & OUTDOOR ACTIVITIES.....	42-71
GET THE JOKE.....	73
PUZZLE SOLUTIONS	73
INFORMATION ABOUT THE BREEZE.....	75



Tails & Trails
P. 45



Tennis Club
P. 67



Point your camera at this QR code and check out the bonus features only available in the online issue of the Breeze!

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Member Alton Gray
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Dial-A-Ride (951) 769-8532
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On the Four Seasons at Beaumont website, fourseasonsbeaumont.org, you will find association financials, Board meeting minutes, activity calendar, community guidelines, and more helpful information. Register online to receive your login details. Another source of news is the Daily Report. You can subscribe to receive Daily Report emails by going to our website and filling out the form under the Daily Report blue tab.

TO SUBMIT ARTICLES/PHOTOS: Please send to fourseasonsnews@yahoo.com. **ALL SUBMISSIONS ARE DUE BY 12 NOON ON THE SIXTH OF THE MONTH.** For more info, call Courtney at (909) 797-3647.

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MESSAGE FROM THE BOARD

By Kathy Craven, Board Vice President

With summer in full swing, a few safety ideas to share are in order.

A funny thing happened on the way to the store Sunday morning. While maneuvering the roundabout (I was already in it) near The Lodge, a friendly resident exiting The Lodge parking lot waved vigorously at me. I thought, “how friendly is our community,” and waved back. Then I realized she was not waving but rather giving me the one-finger salute. I went on to complete my errands, but started to think we could use a refresher on etiquette in our roundabouts.

Maneuvering roundabouts can be treacherous at times. There are a few things to keep in mind:

- (1) the car already in the roundabout has the right-of-way, not the one entering;
- (2) when entering or exiting the roundabout use your turn signal so everyone knows which way you are going;
- (3) and to quote Eric Zarr in every Board meeting, “Please slow down.”

Speaking of driving slowly, did you know it is essential to drive slowly over traffic spikes to prevent damage to the spikes and our tires? Traffic spikes, like the ones at all our gates, are designed to function effectively at low speeds, usually 5 mph or less. Slow speeds allow the spikes to retract properly when a vehicle is traveling in the correct direction, which prevents damage to the spikes and excessive wear and tear to your vehicle. So next time the car in front of you slows down, thank them! And the next time you are about to drive over the spikes, look to see how many are broken (missing) and consider the cost to the HOA to repair them.

The Fourth of July is coming quickly. Where did the year go? It

is always an exciting time celebrating our nation’s birthday. This year we will be celebrating our 249th birthday (sometimes I feel that old!). Happy Birthday USA!

When celebrating, keep in mind if you are in the sun all day, keep reapplying sunscreen to keep from burning. Nothing worse than paying for the fun the next day — ouch!

Fireworks are an essential part of the Fourth of July and great fun to watch. However, fireworks are illegal in both Riverside County and the city of Beaumont. This year the city of Beaumont is not providing a fireworks display, but rather a drone light display which will take place on the fourth at 9 pm. They are calling it the Red, White, and Lights display. As usual, The Summit will be open to view fireworks in the area and the drone display, so bring your chairs and enjoy! If you are interested in being up close to the drones, the best view is between 6th Street and 8th Street on Beaumont Avenue or Palm Avenue.

Let us all stay safe, have a great July, and be kind to one another!

The Board of Directors meets for the General Session the second Thursday of each month at 1 pm in the Ballroom. Meet with the Board, however, is a less formal gathering held the third Wednesday of each month at 2 pm in the Ballroom. This forum allows Board members to engage in conversation with residents on almost any subject except issues under litigation or topics discussed in Executive Board sessions. Several members of the Board attend each month.

If you have any questions, please contact me at (714) 722-1301 or kathycravenbod@yahoo.com.



FOR UPDATES ABOUT FOUR SEASONS, GO TO FOURSEASONSBEAUMONT.ORG

GENERAL MANAGER'S REPORT

By Eric Zarr, email eric.zarr@fsresidential.com, or call/text (909) 991-8337

PROJECT NOTIFICATION The Association stopped having owners complete an Exhibit B with ARC projects several years ago. Exhibit B was meant to only notify neighbors of work being done, but was often confused as owners approving their neighbor's work being done. While the form is not something that needs to be submitted, it is still good neighborly behavior to let your neighbor know if and when you are doing work to your home that may impact them.

DAILY REPORT If you're not receiving Four Seasons Beaumont daily emails/Activities Blasts, email issues@fourseasonsbeaumont.org to have your email added to the list of recipients. Having your email on the list is especially important in order to receive warnings and updates related to emergencies in our area (Example: September 2024 Record Fire).

STREET SLURRY UPDATE We will begin to slurry the streets on Friday, July 11. A map showing the areas affected and dates is on the following page and online (fourseasonsbeaumont.org/streets). We postponed until the hotter months to help the slurry dry faster. In fact, the original first day of slurry as scheduled it rained! So it is definitely good to have waited until the hotter months. Vehicles can be parked on streets not being worked on, and NPG will have a golf cart to shuttle owners to and from their cars and homes.

MAY DOLLARS AND CENTS At the Board meeting, the following projects and bids were approved. Please note in parentheses is the committee that generated the proposal and then if it's an Operational expense (which comes from this year's dues) or a Reserve expense:

- Additional Cameras - \$18,000 (Management/Reserve & Capital)
- Irrigation Change - \$48,020.86 (Management/Operational)
- Lodge Ceiling Fan Replacement - \$894.27 (Facilities/Operational)
- Courts Pool Deck Re-Surface - \$36,112.50 (Facilities/Reserves)
- Spa Building Entry Re-Surface - \$15,684 (Facilities/Reserves)
- Summit Spa Coping Re-Surface - \$3,980 (Facilities/Reserves)
- Maintenance Cart Lithium Kit Upgrade - \$4,900 (Facilities/Reserves)
- FYCC Re-Seeding of Turf - \$1,800 (Landscape/FYCC Operational)
- Rosemary Shrub Removal - \$3,452.50 (Landscape/FYCC Operational)
- Lewis Creek Plantings - \$1,194.50 (Landscape/FYCC Operational)
- FYCC Various Plantings - \$2,445.50 (Landscape/FYCC Operational)
- Pine Tree Removal - \$2,275.00 (Landscape/Operational)
- Lodge Planter Area - \$912.50 (Landscape/Operational)

REMINDERS A reminder I give at each Open Session Board Meeting is to slow down. Once you are home behind the gates, speeding or not stopping at stop signs will only "save" you a few seconds of time. Speed limits are 30 mph on the Circle, 25 mph on all side streets, and 15 mph in parking lots. Slow down and drive responsibly. Also, use the sidewalks if you're a pedestrian and wear white or reflective clothing when it's dark outside.

Make sure to fob-in each and every time you enter a facility. One, it's the rule, and two, team members rotate through the different facilities and the person that is at the desk when you return might not be the one who was there originally.



Meetings

BOARD OF DIRECTORS

	DAY	TIME
Committee Chairs	7/7	10a
Executive Session	7/10	9a
General Session	7/10	1p
Meet the Board	7/17	2p

COMMITTEES

	DAY	TIME
Architectural Review	7/2, 16	8:30a
Canine Corral Council	7/3	10a
Communications	7/2	10a
Community Planning	7/24	9a
Conservancy	7/2	8a
Facilities	7/3	9a
Finance	7/29	1p
Landscape	7/15	1p
Recognition	7/8	10a
Safety (includes EPC)	7/1	10a
Social	7/1	1p

Activities Director's Report

We start July out with a little recap of what I shared with you last month regarding the big “Red, White, and Country” Four Seasons 20th Anniversary Fourth of July event! We begin the day with a Patriotic Golf Cart Parade with line-up at The Lodge at 9:30 am. We will have secret judges to determine the three most impressive golf carts in the parade who will win prizes for their creativity at 9:45 am. The parade will take off at 10 am. Parade route maps will be available at The Lodge beforehand.

After the parade is over, we start getting ready for the “Fire-Cracker BBQ and Community Picnic.” The Bistro will be grilling hot dogs and burgers for a small fee and you all will be bringing the sides and desserts for the community picnic in the Ballroom at 11:30 am. The picnic line opens at 12 noon with the HOA providing paperware, utensils, snacks, drinks, and tons of fun! The live band starts at 12 noon and goes until 3 pm. There will also be cornhole competitions and an old-fashioned cakewalk. Don't miss the fun! One change from my article last month is that the city has decided not to do fireworks this year; instead they will be having a “Red, White, and Lights” drone display, that you should be able to see from The Summit starting at 9 pm. We will keep The Summit open until the program ends, so feel free to end the day with the after-glow party. One last reminder, the Fourth of July is the last event

offering our 20th Anniversary T-shirts, so if you need a new 20th Anniversary shirt or you haven't picked one up yet, be sure to get yours now! The last day we'll be taking orders is Friday, July 11 and we'll hope to get our shirts back by the first week of August (we'll give you a call when they come in).

On Thursday, July 11 from 4:30 to 6:30 pm in The Lodge Ballroom, our wonderful resident “Hink” the extraordinary piano player and friends will be entertaining us all while we dine on the delectable Bistro dinner being offered. Come on down and enjoy yourself while you can, because the next Piano Night won't happen until Sept. 4.

As you'll read later in this *Breeze* issue from Mark Lassen, regarding the Amphitheater concert on Sunday, July 20, is going to be a blast for all of you country music-loving individuals via “Johnny Cash” and band, in the “Ring of Fire” concert. What a terrific way to spend the evening with friends and neighbors!

Lastly, be sure to check out Lisa Johnson's article on the incredible Luau the Social Committee has planned for you on Saturday, July 26. Don't dawdle in getting your tickets for this one, because it will be a sell out!

Have a terrific July and I'll look forward to seeing you around The Lodge! ~ *Cindy Graves*

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	Phase 2 ~ Wednesday 7/16/2025	Phase 7 ~ Friday 7/25/2025	
	Phase 3 ~ Thursday 7/17/2025	Phase 8 ~ Wednesday 7/30/25	
	Phase 4 ~ Friday 7/18/2025	Phase 9 ~ Thursday 7/31/2025	
	Phase 5 ~ Wednesday 7/23/2025		

20th Anniversary FOUR SEASONS



Name That Tune!

Name That Tune has had many iterations throughout the years. First started in the year 1952 on NBC, it has gone through many changes during its existence. But not quite like the Karen Belcher's version on May 16 in our very own Ballroom as a 20th Anniversary event! Here is how it went down...

"Everyone ready? Listen. Name that tune." Karen Belcher, once again, hosted a great evening of fun, music, and community. With more than 30 songs with a Four Seasons theme, it was a great tribute to our community's 20th anniversary. Karen selected songs either performed by the group The Four Seasons, or that had a seasonal theme. Some were pretty tricky while others were musical standards. How about Anne Murray's "Snow Bird," could you name it?

Each team hurried to the front with their guesses only to hear, "um,

no," or "correct." Each table submitted one guess per song; correct responses were tallied for each group by Pat Wayne. It wasn't long before the competition heated up. And, what a competition it was! Players, at times, gathered around the tally board checking their scores. There were hoots and hollers, sighs and grunts. In the end Table 1 (pictured) was named the winner guessing all but one song selection.

All in all, another great community event on our 20th Anniversary schedule. The Recognition Committee extends a huge thank you to Karen for working so hard to present a great night for our community. Door prizes were awarded to all who wore their commemorative Four Seasons 20th Anniversary T-shirt. Be sure to watch for upcoming events. ~ Deborah Wasbotten, Recognition Committee

20TH ANNIVERSARY EVENTS



July 4: Fourth of July Celebration & T-Shirt Sales



Aug. 15: Gail's Games



Sept. 21: Amphitheater Grand Finale



Oct. 4: Community Parade & Reception



Nov. 22: Turkey Trot & Bake Off



THE STORY OF THE WINDMILL BRIDGE

By Len Tavernetti

It wasn't the Golden Spike, but it was gratefully welcomed by the new homeowners in Four Seasons. All construction traffic at Four Seasons had been directed to the Crooked Creek Gate for access. It then went around Four Seasons Circle to Green Creek Trail and to the job sites for Phases D and E early and late four days a week as the Breckenridge gate was yet to be built.

While watching a bridge being built daily proved fascinating for many homeowners, it was a great relief with the silence that followed the dedication. Construction would continue for another two years until Phase E was complete. KHOV offices and personnel started to disappear. In 2016, in accordance with the CC&Rs, control of our Board of Directors was relinquished to the homeowners and the HOA truly belonged to us.

Suggestions for a name for the bridge were solicited and voted on with "Windmill Bridge" capturing the title and ensuring the windmill would remain a permanent fixture in our beautiful community.

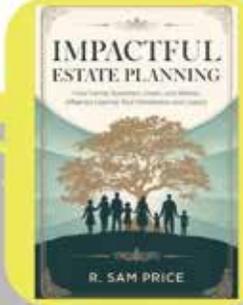
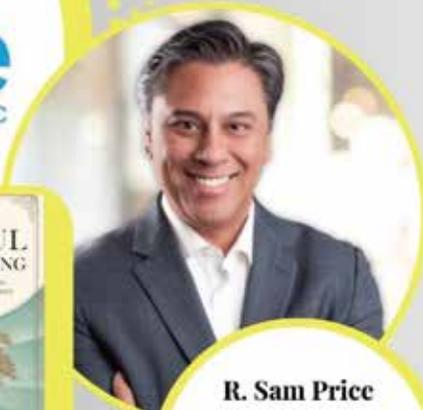


Photo Assignment: Neighborhood Shenanigans

Does your block/neighborhood have fun activities? If so, let us know and share a couple pictures for an upcoming pictorial in the Breeze. Send a photo of your neighborhood shenanigans, with a caption, to FourSeasonsNews@yahoo.com by Sept. 6 for the October issue. Questions? Call Courtney at (909) 797-3647.

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. Only one notice may be submitted. Photos are optional. Limit the remembrance to 400 words and send it to 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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Thursday, July 10, 2025
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Register Here

Registration closes 24 hours prior to dates listed

4129 Main St. Ste. 207 Riverside, Ca 92501

545 Cajon St. Redlands, Ca 92373

DID YOU KNOW?

DID YOU KNOW that recycled containers should be clean, but don't have to be spotless? According to Waste Management, "while all bottles, cans and containers should be clean, dry and free of most food waste before you place them in your recycling container, they don't need to be spotless. The goal is to make sure they are clean enough to avoid contaminating other materials, like paper, or your unlined kitchen recycling bin. Try using a spatula to scrape cans and jars, and putting recyclables in your sink among the dishes you are rinsing to share that same water to rinse and remove residue."

DID YOU KNOW when you lose your passport, you have to go to the police station to fill out a report? Then you have to go to the embassy for an emergency passport. It is always a good idea to travel with hard copies of these documents. I (Lisa Johnson) had to have a neighbor get into my house and my files and scan copies of my Passport, Global Entry, and Driver License. My hotel was kind enough to print it out to take to the police station. It was a holiday, so I had to wait until the next day to go to the embassy. I did get my emergency passport within two hours and flew home the next day. You can bet next time I will take hard copies and also take pictures on my phone!

Interest Group

The Gathering: Time flies doesn't it? We are halfway through the year already! A new Four Seasons group is being formed called The Gathering. We are coming together for faith, sharing, worshiping God, and being challenged with God's Word. Please join us July 27 at 6 pm at The Courts. Everyone is welcome and we look forward to seeing you there. If you have questions and need more info, please call Jim at (760) 486-8606 or Julia at (626) 227-3295.



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Expressing Gratitude



Dear friends and neighbors - Thank you for making our Shimmy Mob a success. The Four Seasons community donated \$1,200 to the SAFE Family Justice Center. Your contributions will enable families in crisis to obtain emergency services, fill basic needs, and break the cycle of domestic violence. Thank you for supporting us and making a difference. Words cannot express how grateful we are. Team Four Seasons Shimmy Mob 2025

To whoever left the beautiful red roses outside my front door on Green Creek Trail, thank you so much for the wonderful surprise. They certainly brightened my day. There are definitely angels among us! Big hugs, Brenda M.

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

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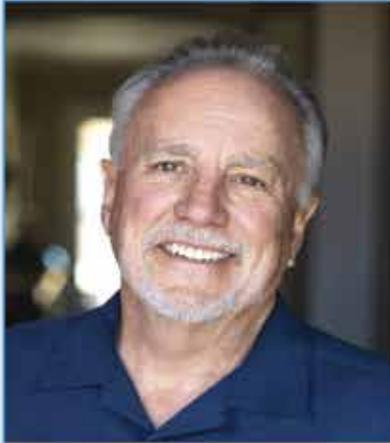
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“Understanding the Weather” – A Series by Mel Zeldin, Retired Meteorologist

Summer 2025 Weather Outlook

This past spring has been fairly normal. During May and June, we experienced a number of days with fog or low clouds which has just reinforced the nomenclature of “May Gray” and “June Gloom.” Looking forward to the summer months, outlooks for temperature and precipitation from the Climate Prediction Center are shown below.

For temperature, in Figure 1, the projections are astounding with above-normal temperatures for the entire country, including Alaska. This is a unique projection, and if it is correct, it is an indicator that global warming is in full swing. Closer to home,

Southern California is indicated to be above normal, but not as much as areas to our north. Still, this projection would indicate that we would have some periods of rather hot days this summer.

For precipitation, in Figure 2, Southern California is again indicated to have equal chances of above or below normal rainfall. This would suggest that we will likely have some days with summer thunderstorms, but not unusually more common than a typical summer. Arizona, Alaska, and the east coast are the areas indicated to be above normal in rainfall.

Enjoy your summer!

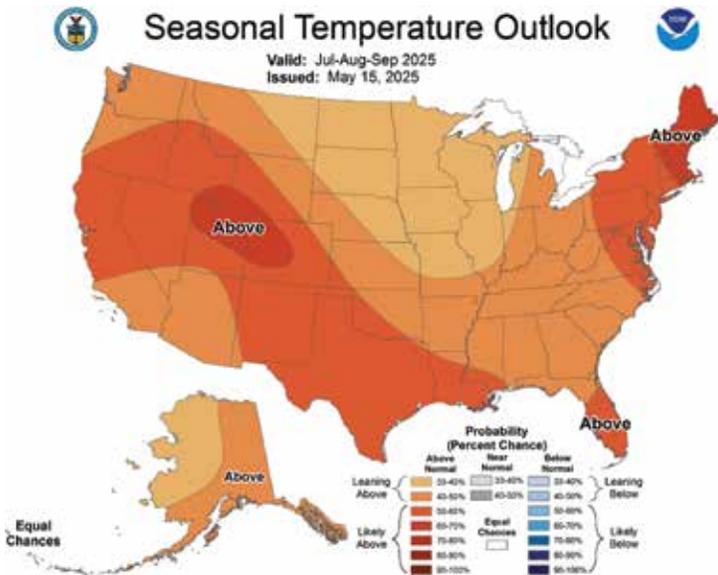


Fig 1. Temperature Outlook for Summer 2025

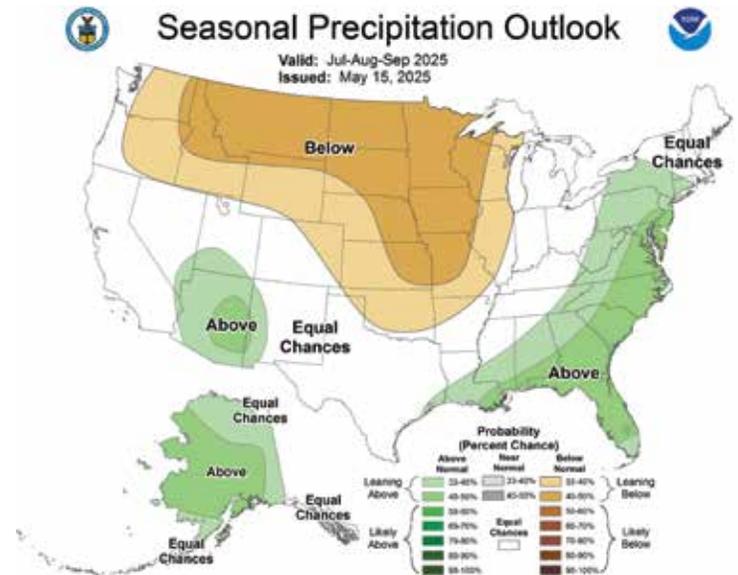


Fig 2. Precipitation Outlook for Summer 2025

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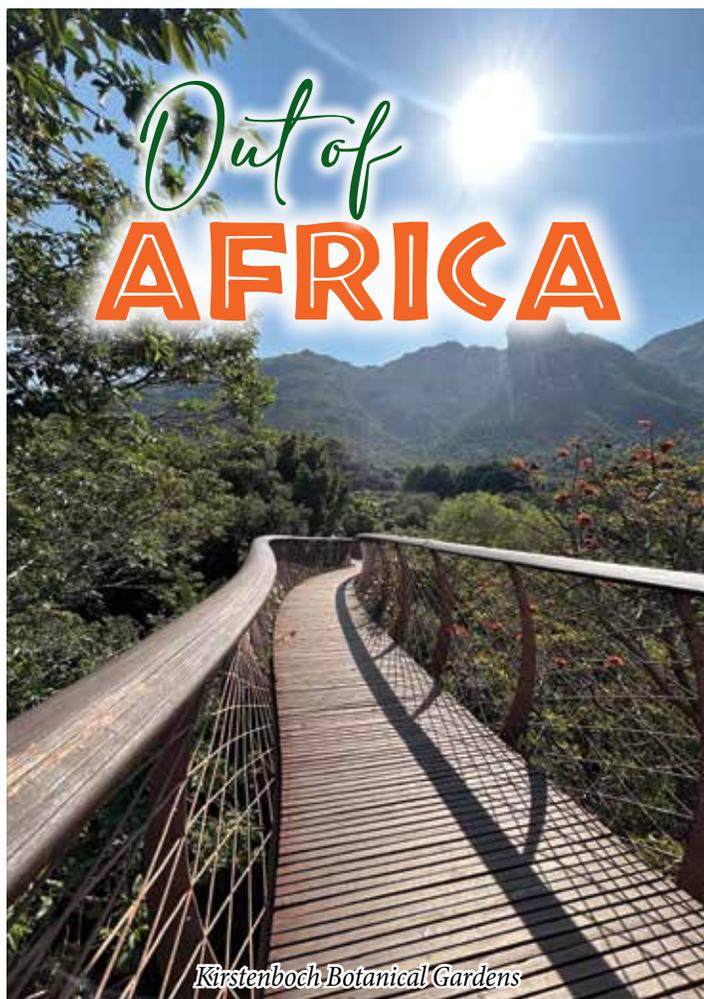
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By Elizabeth Westbrook

We were excited to see Victoria Falls after reading the adventures of David Livingstone on the Zambezi River in the 1850s. He was the first European explorer to see “the smoke that thunders” which he named Victoria Falls after Queen Victoria. Zambia honored him by naming an airport and a city after him.

After landing in Lusaka, Zambia, we took a short flight to Livingstone. Small commercial airlines traverse most of the tourist destinations and at 8,000 feet we saw patches of farmlands and listened to the hum of the plane. We were picked up and driven through the town of Livingstone to our first camp, the Waterberry Lodge.

The Lodge was located on the banks of the Zambezi River, upstream from the Victoria Falls. Across the water was Zambezi National Park of Zimbabwe. It was an unexpected pleasure to find our thatched cottage just feet away from the shore. We had been taking our pills for malaria but the insect spray for our skin and the room provided by The Lodge, along with the mosquito net over the bed, kept the pests away. Our alfresco dining room faced the river so we were continuously serenaded by the hippos. The meals were terrific and we felt so fortunate when we picnicked on a small island, complete with a bar, and watched giraffes while we ate.

Because of low water, a guide accompanied us through the gauntlet of passing immigration from Zambia to Zimbabwe. Having the correct documentation cost us \$100 in cash. Another \$100 (they

accepted credit cards) for our entrance fee to the Victoria Falls National Park. It was worth it! Above the Zambezi River between Zambia and Zambezi, we walked across the Victoria Falls Bridge.

The sunrise and sunset safaris on a guided boat were peaceful and quiet. Except for the hippos. Walking in the dark always required security. On our final evening, I finally saw the hippo I heard munching near our cottage when the security found it with his flashlight. The hippo turned to look and seemed to say, “Okay, I’m going.” That was a thrill!

Our second camp was from the Rovos Rail (we opted for the three nights) that allowed us to experience a safari straight from the train on the Hwange National Park of Zimbabwe. The meals were excellent but the noise in our suite prevented a good night’s sleep. Our train also went through a gauntlet of procedures when we crossed to South Africa. Passing by small farms and towns was enlightening. The children’s enthusiastic waves and smiles were infectious. You can’t help but wave back.

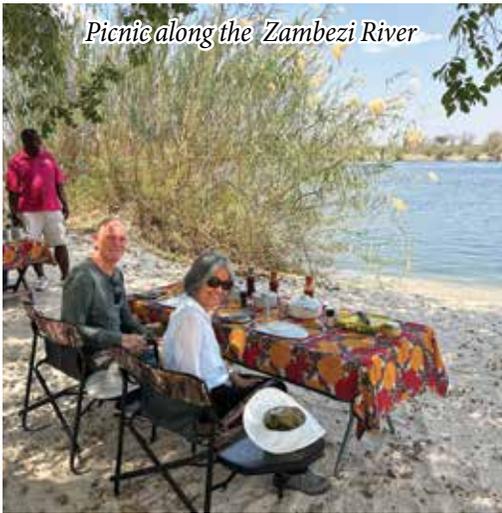
Upon leaving the train station, our driver took us to The Peech Hotel in Melrose for a relaxing evening (finally, a good night’s sleep) to prepare for our last camp. We took off from Johannesburg to Skukuza Airport (so small, one plane at a time) and traveled on a dirt road until we reached the Sabi Sands Game Reserve. This was a special location because it bordered the land with Kruger National Park and the animals were free to roam.

Our lodging faced a watering hole that was visited by animals — a pleasure to just sit and observe. You have to be aware of your surroundings because you never know if a family of elephants was passing by or if some sneaky monkeys spotted an open door. This was an all-inclusive resort that provided two safaris per day. Because it’s a private reserve, the vehicles were allowed to go off-roading. Riding over plants, hilly terrain, and soft creek sand was exhilarating! The proximity of the wild animals was attainable by our expert guides who had a goal to showcase the “Big Five” (lion, leopard, elephant, rhinoceros, and buffalo).

One final stop. We flew from Skukuza to Cape Town. We stayed in a contemporary guesthouse overlooking the Atlantic in Camps Bay. It was a walking distance to trendy restaurants which we took advantage of, sampling springbok (a small gazelle, the national animal of South Africa) and ostrich. They were delicious!

There were three highlights from this location. The Cape of Good Hope Nature Reserve perched on the edge of False Bay — where you can view the end of the continent and watched below the crashing waves whitened by winds unhindered from the Antarctic. Boulders Beach had a large colony of jackass penguins and if you’re able to withstand the cold wind and sand, you can watch them swim up the beach. Finally, the Kirstenboch Botanical Gardens on the side of Table Mountain was home to over 7,000 plant species and a favorite venue for evening concerts.

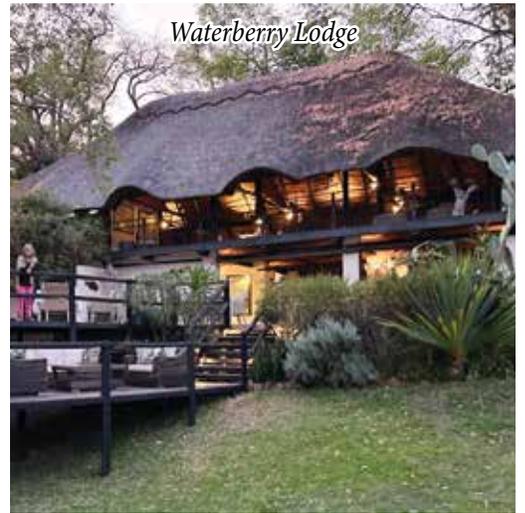
Throughout this trip in Africa, we donated our clothes which left plenty of room for artisanal fabrics and handmade crafts. We met numerous travelers who come back again and again. For us, this is a once-in-a-lifetime trip that we will cherish.



Picnic along the Zambezi River



Snack time after safari



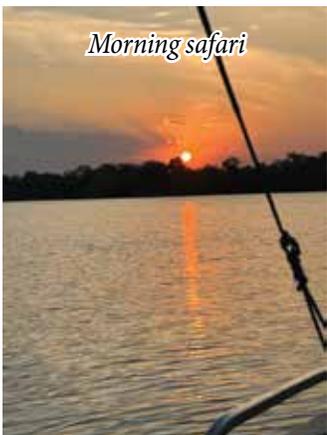
Waterberry Lodge



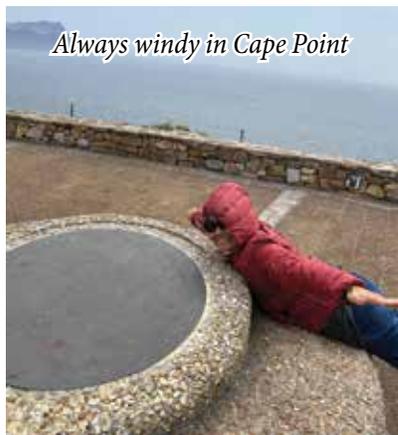
Victoria Harbor



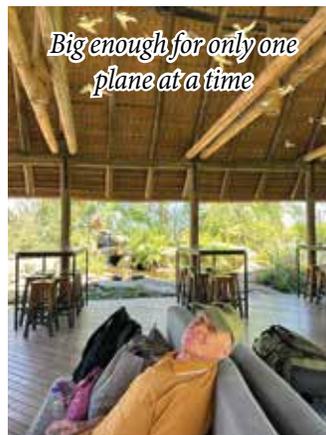
Safari vehicles in the Sabi Sands Game Reserve



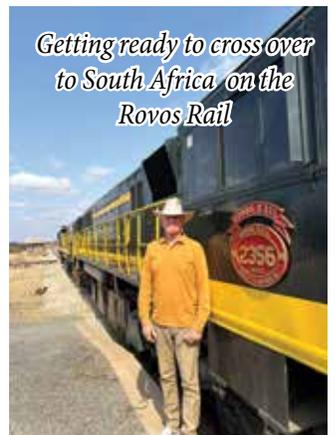
Morning safari



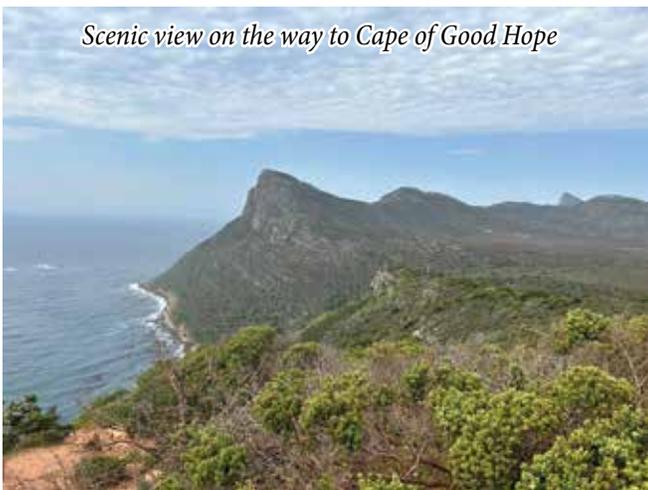
Always windy in Cape Point



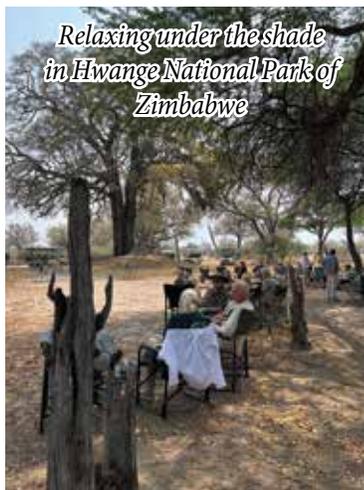
Big enough for only one plane at a time



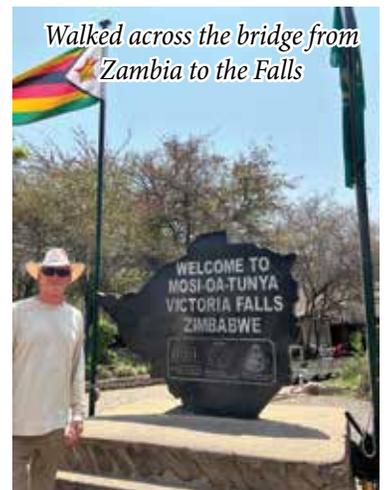
Getting ready to cross over to South Africa on the Rovos Rail



Scenic view on the way to Cape of Good Hope



Relaxing under the shade in Hwange National Park of Zimbabwe



Walked across the bridge from Zambia to the Falls

DID YOU MISS IT?

SHIMMY MOB



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GARDEN TOUR



Maryellen Barr is happily celebrating her birthday by touring the gardens in Four Seasons. Submitted by Karen Reed

Start of Summer



Four Seasons residents having fun in the sun! Submitted by Marianne Bugni

Fashion Show



Beautiful models on stage at the Social Committee's Spring Fashion Show. Submitted by Rhonda Louden

MEMORIAL DAY



Dedication of the Tiles and Tribute to Four Seasons Veterans



Len Tavernetti addresses the veterans



Residents gather at the Veterans Tile Dedication

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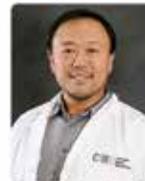
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By Steve Benoff

Tour. What does that word mean to you? Many things, right?! Touring a museum. Some think of a cruise as a tour. Or a family trip across the country. But, for me, tour, especially when it's capitalized as Tour, means only one thing. The Tour de France, the highlight of professional cycling's calendar. It comes every July as it has since it was started in 1903.

In cycling, the Tour has only one meaning. Which is kind of funny since there are many races throughout the year with the word tour in its name. The Tour de France is a professional bike race starting on the first July Saturday (sometimes late June) and ending on a Sunday three weeks later with only the two intervening Mondays as rest days. There are two other three-week tours on the calendar. The Tour of Italy (which is often shortened to the Giro) and the Tour of Spain (also known as the Vuelta). There are one-week tours like the Tour de Romandie held in the French-speaking region of Switzerland. There is even a one-day race called the Tour of Flanders which is a very important race each year. Multi-day races are referred to as stage races.

But there is only one cycling event which is known simply as the Tour. And there are several apps that will help you follow and understand all of this year's 21 stages. A stage is a single race as part of a whole tour. It's a race within a race. And even within single stages there are races within that race.

Ask anyone who hasn't familiarized themselves with bicycle racing their impression of a bike race, and you are likely to get one response — they're all racing to win. Of course, that's true. But in a stage race, there are many other competitions going on. To begin with, there are four prestigious competitions within the race. The overall leader of course — the one with the lowest total time — he wears the yellow jersey in the Tour; pink for the Giro, red for the Vuelta. The leading young rider is under 23, has the lowest time, and wears white. But time is not the only competitive measure. Within each stage there are a certain number of points assigned to specific accomplishments. Riders collect points for finishing the race, winning sprints to designated spots within the stage, and being among the first to top a mountain climb within the stage. In the Tour, the top sprinter (the one with the most points after any given stage) wears green. The top climber wears the distinctive red on white polka dot jersey. So, after each stage the leaders of each competition wear the corresponding jersey. And points aren't just for the riders. Teams accumulate points throughout the year. The team totals at the end of the year count within cycling's relegation system.



I haven't left much time for the apps. I consulted all five last July — two of which I'll dispense with quickly. One calls itself Tour de France but is not the official app and is filled with ads. Roadbook wants login info which I see no need for.

The official Tour de France app is filled with up-to-date info but is so over-the-top designed, getting to the info I want takes too much effort. I like two apps especially. Both Tour Tracker and Cyclingoo have pretty much the same info. That is, a list of all the races on the calendar, the route and profile

of each stage, and, during the race, a rundown of each of the four jersey competitions. I prefer the look of Cyclingoo, but it's easy to download both and compare for yourself.

Other things to look for. Besides the four jerseys mentioned above, you may notice jerseys with three colored stripes. They designate riders who have won the most-current national race championship. The colors are those unique to each nation. The current world road racing champion wears the rainbow jersey. And if you notice a rainbow trim on a jersey, that rider won the World Champion in the past. The jersey numbers also have meaning. The last digit reflects the position within the team with the number 1 assigned to the leader. The digits before the last go to the teams associated with the top three finishers of the previous year. This year the coveted number 1 will be worn by last year's winner, Tadej Pogacar from Slovenia, who will also wear a rainbow jersey as the reigning world champion road racer.

So, what's the point of all this? There is so much more going on in a bicycle race than just the rider who finishes first. Give the Tour a try. Maybe you'll begin to appreciate the beauty of the sport.

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

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JULY		Karaoke Classic Film Group 5p 6p			4th of July Festivities 10a Seasoned Singles 6p	Birding Club Cars & Coffee 5 8a 9a
6 Trivia Night 6:30p	7 Life After Loss African American Cultural Club 1p 6p	8 Book Club Ballroom Bistro Bingo 9:30a 5p	9 Wednesday Matinee 2p	10 Exec Session Board Meeting 9a Open Board Meeting 1p Piano Night 4:30p Italian Am Club 5:30p Classical Music Grp 7p	11 Barn Burner Opera Club 5p 6p	12 Heart & Soul Workshop 1p
13 Crowned Divas Movie Night 6p	14	15	16	17 Taste d'Vine 6p	18 Opera Club 6p	19 Travel Group Karaoke 10a 5p
20 Amphitheater Concert 7p	21 Life After Loss 1p	22 Classic Film Group 6p	23	24	25	26 Social Committee Luau 5:30p
27	28	29	30	31	Calendar changes? Complete a Schedule Change Request Form, found on the website or The Lodge front desk, by the sixth of the month to make it in the following month's calendar.	

The activities, dates, and times on this calendar are subject to change at any time. Check with your club or group contact for the latest information.

CLASS, GAME, EXERCISE SCHEDULES

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

Physical Exercise

THE LODGE

Gym	Daily	Open
Hula Hoop Group	F	7:30a
Pool	Daily	Open Swim
Spa Pool	Daily	Open
Paddle Tennis	Daily	Open
Pickleball	Daily	Open
Shuffleboard	M/Sat	9a
*Beginners Conditioning	T/Th/F	8:30a
*Total Body Conditioning	M/W	8:30a, 9:30a
*Kickboxing Cardio	Sat	9:30a
*Chair Yoga	W	5p
*Yoga	T/Th	10:30a, 8:30a
*Zumba	T/Th	9:30a
*Pilates	W	7:15a
*Pound Fitness/Pilates Fusion	M	11a
Ping Pong	M/W/F/Sat	1p
	T	2p

THE COURTS

Gym	Daily	Open
Courts Pool	Daily	Open Swim
Spa Pool	Daily	Open
Tennis	Daily	By Reservation
Ladies Putters	M	4p
	F	9a
FSTTC	M-Sat	1p
AFSTTC	T	10a
Ping Pong	Daily	2p

THE SUMMIT

Gym	Daily	Open
Summit Pool	TBD	TBD
Bocce Ball	Daily	Open
Horseshoes	Daily	Open
Cornhole	T	4p
Water Aerobics (pool closed)	TBD	TBD

DANCE

*Let's Dance!	M	6p
*Heart & Soul	W	3:30p
Old School Dance	4th Th	3p
Step it up Line Dance Beginning	M	1p
Step it up Line Dance Improvers	M	2p
Step it up Line Dance in the Ballroom	W	6:30p

*A fee may apply for activity

Classes/Groups

Believe Bible Study	F	10:30a
Ceramics	W	1p
Craft Group	Th	10a
Crafty Card Makers	2nd F	1p
Handbell Choir	W	2p
Healing Craft Class	1st/3rd T	3p
Intercessory Prayer	1st M	9a
Knit & Crochet	T	10a
*Mixed Media Art	M	10a
	F	10a
Men's Bible Study	T	9a
PAC	2nd M	6p
Photography	1st Th	6:30p
Porcelain Clay	Th/Sat	1p, 10a
Quilting Enthusiasts	1st Th	1p
Sit 'n Sew	3rd Th	9a
TOPS Weigh In	T	8:30a
Talent Workshop	3rd M	6p

Activities

8-Ball Club	M/W/F	6:30p
	3rd M	1:15p
Curly Cues	M	11a
Billiards for Fun	T	10:30a
Wild Bunch Billiards	F	12:30p
Dominoes Billiards	W/F	3:30p
Bocce Ball	T/F	8a
	Th	6p
Horseshoes	W	9a
Ladies Putters	M	4p
	F	9a
Paddle Tennis	M/W/F/Sat/Sun	5p
Shuffleboard	M	9a
	Sat	9a
Tennis Play Day	Last Sat	8a
Beginners	All Sat except last	8a

Game Clubs

GAME	DAY	TIME
Bridge for Fun	W	11:30a
Bunco	F	1p
Canasta	Th	1p
Co-Ed Bid Whist	T	6p
Contract Bridge	2nd Sat	9a
Dominoes	W/F	6p
Hearts	T	6p
Mahjong	F	1p
Mexican Train	M	12p
Phase 10 Cards	2nd/4th T	2p
Rummikub	M	2p
Three Thirteen	1st/3rd Tues	2p
Uptown Diva Bid Whist	1st/3rd F	2p

FACILITIES COMMITTEE

Happy Fourth of July! May this day of celebration remind us of the values of freedom, unity, and resilience that bind us together. The Fourth of July is the official start of summer fun for most. We hope you take advantage of all the amenities the HOA has to offer including outdoor barbecues in The Lodge Loggia, the newly refreshed pool at The Lodge, the summer concerts in our Amphitheater, and the newly resurfaced Loggia. Be sure and visit the gazebos — they are brand new and will soon have the furniture repainted. This will be a delightful area to enjoy your favorite beverage or a game of cards; it's a wonderful way to spend a summer evening.

Facilities have several projects in the works. The Courts will get a new pool deck re-surfacing designed to provide enhanced comfort, with a cool-touch pavement to stand even the hottest summer days.

The Summit pool deck is currently being repaved and will be completed by July. We are reviewing contractor bids currently for tiling the indoor pool area and painting. Please check the Daily Report for updates as many of these areas will be closed for brief periods of time during construction.

The Lodge Ballroom is complete; one last step will be the installation of the sound-proofing panel pictures which we hope to decide on soon.

Recently added were new blinds, and low-profile fans. Photos below. Stay tuned for updates!

The Facilities Committee meets the first Thursday of every month in the RCN Conference Room. Everyone is welcome to attend a meeting.

If you have questions or concerns, you can contact me directly at ginajo25@aol.com or contact the FirstService team.

Hope to see you at one of our beautiful pools this summer! ~
Regina Farmer



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COMMUNITY AWARENESS

In last month's *Breeze* article, we discussed the causes, signs, and symptoms of a heart attack. We learned that coronary heart disease, which occurs when the blood supply to the heart is suddenly interrupted, is a common cause of heart attacks. While chest pain was once thought to be a universal symptom of heart attacks, symptoms may vary based on several factors including gender, age, and health of the individual. We also learned that early response and treatment for a heart attack helps reduce heart muscle damage.

SILENT ISCHEMIA, aka "A Silent Heart Attack"

A silent heart attack, also called a silent ischemia, is a heart attack which has either no symptoms, minimal symptoms, or unrecognized symptoms. Cardiac ischemia happens when an artery becomes narrowed or blocked for a short period of time, preventing oxygen-rich blood from reaching the heart. If ischemia is severe or lasts too long, it can cause a heart attack.

A routine EKG at your doctor's office may be the first notification you have had a silent heart attack. Follow-up diagnostic testing is important to help prevent future damage to your heart.

Minimal symptoms of a silent heart attack may include:

- mild symptoms of indigestion
- flu-like symptoms
- sore chest muscle
- prolonged fatigue
- ache in your jaw, neck, or arm

In comparison to the silent heart attack symptoms, traditional heart attack symptoms include severe chest pain, shortness of breath, light-headedness, cold sweats, nausea, and vomiting.

Remember to listen to your body. If something doesn't feel right, seek advice from your health care professional.

Know your numbers. Your weight, blood pressure, cholesterol levels, blood sugar levels, and minutes of exercise per day/week are all numbers we should work on.

Whether you are a woman or a man, you will reduce your risk of developing heart disease if you:

- Know the risk factors for heart disease
- Talk to your doctor about cardiovascular screening based on your family history and risk factors
- Quit smoking
- Exercise daily
- Find ways to reduce stress
- Maintain a healthy diet

CPR classes are not currently being held. However, you may arrange to schedule a CPR class for your club or committee by calling, texting, or emailing A J Reilly to set up a class at (951) 522-9975 or reilly58@me.com.

We want to extend a special invitation to our current Block Captains, as well as to anyone interested in becoming a Block Captain, to attend this month's Community Awareness Meeting on Wednesday, July 9 at 10 am in The Lodge Ballroom. All are welcome!

Remember, "If you see something, say something."

Thank you to our Block Captains and Community Awareness Committee members for all they do to help keep our community safe. ~ *Frank Hilberg, hilbergfrank@gmail.com*

NEW TRASH CAN SYSTEM ROLLS OUT AUG. 1, 2025

Per CA Senate Bill 1384*, passed Jan. 1, 2025, all homes, businesses, and other dwelling units will be issued seven (7) additional color-coded cans in order to better streamline the proper disposal of waste. Individual waste companies will distribute the new cans, which will be used in addition to existing

cans, starting Aug. 1, 2025. For residents who do not properly use the new can system, there is a first-offense fine of \$150 per can; fines increase to \$500 for second offenses, and six to nine years in jail for third offenses. Please save this reference guide so you may avoid penalties. Thank you in advance for your cooperation.



Fuchsia

Mascara, olive oil bottles, cotton balls, silk drapes, deodorant, underwear, ceiling fans



Indigo

Paper coffee cups (excluding lids), aspirin bottles, feathers, tree bark, lug nuts, Thomas Guides



Chartreuse

Fingernail clippings, box of wine boxes (excluding bladder bag), empty envelopes



Viridian

Things beginning with the letter "K," coffee cup lids, paperclips, insole inserts, tires



Azure

Light bulbs, pens (excluding Sharpies), paper towels, newspapers, wire cooling racks



Goldenrod

Mustache trimmings, broken clocks, the plastic circle thingy that comes in a pizza box



Tangerine

Peels of fruit (excluding tangerines), spatulas, top hats, scissors, patio furniture

*Inspired by Carrie Brownstein & Fred Armisen's "Portlandia - Which Bin Does It Go In?" on AMC

ARCHITECTURAL REVIEW COMMITTEE

Almost all my *Breeze* articles have addressed issues pertaining to why and how homeowners can comply with the requirements contained in the Architectural Guidelines and Standards (Guidelines), which is part of our CC&Rs.

I have written about items that have come to the ARC that were outside what could be approved. In most instances, ARC has provided alternatives that allowed the homeowner to make changes that would allow them to have the landscaping and yard that they want.

In a very few instances, what was requested was either prohibited by governmental laws or our CC&Rs. ARC is required to adhere to all city, state, and federal laws and regulations. Sometimes a request simply cannot be approved. Please be advised that ARC tries to find other options whenever possible.

On numerous occasions, ARC has been aware of unscrupulous vendors selling various products making claims about the community that simply are not true hoping to create a need in the homeowner's mind. We advise homeowners to check the validity of these claims before purchasing any item based on a claim by a vendor. Four Seasons Beaumont is a very safe community with very few instances of crime occurring within our borders.

By now you're wondering where I'm going with this article. Far too often ARC members have been asked why various items were approved when similar requests were denied. Some homeowners have also accused ARC members of giving preferential treatment to Board members and others. This is simply not true.

All ARC activities occur during regularly scheduled meetings that are open to all homeowners. No approvals are given without a full review in a public meeting. Please attend one or all of our meetings and observe how we process each application.

ARC does not look for violations of the Guidelines. All enforcement is done by the management company and the Board.

There are several reasons why you may see something that appears to be a violation of ARC Guidelines. In most cases, the work was done without ARC approval. Once the management company becomes aware of a violation, they work to resolve the issue. The resolution includes several steps which can vary depending on how

the homeowner responds to a letter from the management company advising them of the problem. Some issues can be resolved quickly. Others may take a long time to work through the process.

Some of the issues that appear not to be in compliance with the ARC Guidelines may be the result of the Guidelines changing after the work was completed. Typically changes are made in response to requirements imposed by government entities.

There have been many changes in local, state, and federal laws that have been incorporated into the ARC guidelines over the 20 years that Four Seasons Beaumont had been in existence — many more will occur over the next 20 years.

In exceedingly rare circumstances, ARC, with the approval of the Board, has granted a one-time variance and allowed work to be completed that does not meet the exact Guideline requirements. Every application is reviewed and evaluated on a case-by-case basis and specific implications of location and impact on surroundings are considered.

If you see a property that you believe is not compliant with ARC Guidelines, please bring it to the attention of the management company. In many cases they are aware of the issue and are working to get it resolved. However, it is possible that your contact is the first time they have become aware of the issue.

If you need verification that no one receives special treatment, please attend our meetings and observe our process. Every member of the current Board has made ARC applications and every application was considered in an open meeting.

ARC works hard to ensure that the Guidelines and procedures are followed and that every homeowner, regardless of how and/or if they serve on any Board or committee, is treated the same.

Finally, if you have a question or concern about any action of the ARC committee, please address it with ARC at one of our meetings. Don't assume that something underhanded was done and, more importantly, don't spread rumors that ARC is treating some homeowners differently than others.

I am happy to discuss this article or any ARC matter with you. ~ **Steve Cooley, (801) 815-5302, cooleyaudit@gmail.com**

CONSERVANCY

The committee made an inspection walk on May 14 on the eastern portion of the Edison Easement and the Sams Canyon Meadow. This portion of the Edison Easement was well maintained with no erosion or trash and very little pet waste compared to previous walks. Sams Canyon Meadow was filled with beautiful flowering grasses and native plants. We observed golden poppies and lavender blooms. We noted a couple of locations where tree branches were laying on and over the fence and some overgrown areas. Our concerns will be forwarded to K. Hovnanian and Park West.

Our next inspection walk will be on July 2 at 8 am on Trail A and B loop. We will start from the Potrero Trail Monument in The Lodge parking lot. Please review the Daily Report for details of our monthly inspection walks. ~ **Howard Ochi, hmochi47@hotmail.com**





LANDSCAPE COMMITTEE

Pollinator Garden at The Summit Even if you frequent The Summit for bocce ball, you might have missed a charming new addition: a thoughtfully-designed pollinator garden, installed to both beautify our community and support the local ecosystem.

This garden is the successor to the original pollinator garden at Veterans Park, which unfortunately failed due to overwatering issues that arose due to the entire park being on one controller. Learning from that experience, the Landscape Committee imagined, and the Board approved, a new location and plan in November, and by January, installation was completed by Park West Landscape Management, using a design inspired by committee member Patti Pitts.

The new garden is planted exclusively with native California species, carefully chosen to thrive in our climate and attract the region's natural pollinators. At the heart of the garden stands a young arbutus (strawberry) tree that will join its siblings providing striking red bark. The plants are new and the garden looks sparse but, in time, the tree will be surrounded by flowering plants selected for their beauty, drought tolerance, and ecological value.

More than just a planting bed, this space is a peaceful retreat. On a pleasant day, it offers a lovely place to relax, reflect, and take in the magnificent views that make our community special.

FINANCE COMMITTEE

The financial statements for April 2025 were reviewed and recommended for Board approval. In addition, we reviewed expenditure proposals for various recommended projects in the community. We also reviewed investment recommendations to move maturing investments to higher-yield, FDIC-insured instruments. Highlights of the April financial statements are: Total Cash is \$11,478,362 including operating cash funds of \$2,142,909 (checking and CDs), reserve account funds of \$9,318,102, and reconstruction funds of \$17,351. Our total year-to-date current income is \$192,234.

But what exactly is a pollinator garden, and why does it matter?

What Are Pollinators? Pollinators are animals — mainly insects like bees and butterflies, but also hummingbirds and even some bats — that help fertilize plants by transferring pollen from one flower to another. This process is vital for plants to produce fruits, seeds, and new plants.

Why Do We Need Pollinator Gardens? Pollinator gardens are designed to attract and support these helpful creatures by providing them with the food, shelter, and nesting spaces they need to survive. In return, pollinators ensure the reproduction of plants, contributing to biodiversity, healthy ecosystems, and even our food supply — since over 75 percent of flowering plants and about 35 percent of crops depend on pollinators.

Unfortunately, many pollinator populations are in decline due to habitat loss, pesticides, climate change, and invasive plant species. By creating pollinator-friendly spaces, we help reverse that trend locally and do our part in a global conservation effort.

Our new pollinator garden is a small but significant step toward a healthier environment, a more beautiful community, and a better future. We invite all residents to enjoy this vibrant space — and to share in the care and appreciation of the natural world that supports us all. ~ *Kirk Freyermuth, kafreyer@frontier.com*

Homeowners are welcome to join us at the Finance Committee's regularly-scheduled monthly meetings held on the last Tuesday of each month. Our next meeting will be Tuesday, July 29 at 1 pm in the RCN Conference Room. The Finance Committee reviews and discusses many issues that you may have questions about. Residents are welcome to attend one of our meetings to become more familiar with our finances. At the beginning of each meeting, we allow three minutes per homeowner not to exceed 30 minutes in total for comments. If you have any questions or concerns, contact Jolene Cooley at joleneaudit@gmail.com. ~ *Jolene Cooley*

SOCIAL COMMITTEE



We have another new member!

Carnegie Bowen (Connie), she was born in Tulsa, Oklahoma. Connie then moved to Compton, California with her parents and four siblings at the age of 10. She attended Tibby Elementary School and Enterprise Jr. High where she met her childhood sweetheart, Rodney Bowen. After graduating, Connie married Rodney. They lived in both the Gardena and the Los Angeles, California areas.

Throughout her career, Connie worked in the accounting field. She began at Ducommon Supply Company which sold forklift equipment. In 1975, they moved to Carson, California where they bought their first home. In 1987, they moved to Sunnymead Ranch in Moreno Valley, California. Connie continued working in accounting as a supervisor of payables and payroll at the following companies: Director's Mortgage Corporation, Mortgage Capital Resource, Pima Gro, and Life Bank. In 2000 Connie was hired at the County of Riverside Auditor-Controller Department processing

accounts payables, payroll, purchasing, billing, and year-end auditing until she retired in 2017.

She said, "In 2010 my husband transitioned to be with the Lord. I have five sons, 21 grandchildren, and two great-grandchildren. In 2015, I moved to Four Seasons. I love living here! In 2018, I became an active member of the African American Cultural Club (AACC). Recently, I have joined the Social Committee where I will be an intricate participant in bringing special events to the residents of Four Seasons."

Don't forget to buy your tickets for the Luau "Tropical Paradise" on July 26. The food and the entertainment is going to be awesome! You will not want to miss this event.

Huli Huli grilled chicken and Kalua pork are on the menu followed by an assorted dessert platter. There will also be a beautiful fruit platter with a hand-carved centerpiece.

For entertainment, we will have three talented Polynesian Paradise dancers, a Fire Poi dancer, and Tahitian drummers.

Dinner will be a buffet in the Ballroom and the entertainment will be outside in the Loggia.

Tickets are now on sale at The Lodge front desk. Price is \$55 per person. This is open seating. The Ballroom will have round tables and the Loggia will be theater-style seating. ~ *Lisa Johnson, lisajohnson710@gmail.com*

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COMMUNITY PLANNING

Last year, the Community Planning Committee researched comparable Active Adult Communities in Southern California and the Phoenix/Scottsdale area. We looked at amenities, facilities, age of development, HOA fees, and house prices. Our facilities, which include three clubhouses, three pools, eight pickleball courts, walking trails, etc. make Four Seasons Beaumont a truly premier resort-style community. Interestingly enough, our home price ranges and HOA fees were in the middle to lower third of similar communities.

However, I digress. To continue with the results of the 2025 Residential Survey, here is the data on Facilities.

Question 15: Which facilities do you use?

Most Used: Outdoor Pools, Bistro, Walking Trails, Ballroom for Entertainment

Least Used: Basketball Court, Paddle Ball Courts, Tennis Courts, Shuffleboard

See the chart at right for more details.

Stay tuned: Next month we will report on the results of Question 17: Satisfaction with Four Seasons.

~ Jane Hopper, janehopper@yahoo.com

FACILITY	Frequently	Occasionally	Never
Amphitheater	14% (86)	51% (306)	35% (213)
Ballroom(Exercise)	19%(110)	38% (222)	44% (258)
Ballroom (Entertainment)	30% (183)	51% (314)	19% (115)
Ballroom (Meetings)	10%(60)	50% (299)	40% (243)
Basketball Court	0.3% (2)	6% (38)	93% (546)
Billiards Room	4% *22)	21% (124)	75% (444)
Bistro	27% (170)	67% (418)	6% (37)
Bocce Ball Court	3% (19)	11% (64)	86% (504)
Business Office	2% (10)	57% (337)	41% (244)
Card/Game Room	14% (82)	27% (173)	59% (355)
Craft Room	7% (41)	16% (92)	77% (462)
Exercise Classrooms	14% (81)	26% (152)	60% (353)
Fitness Center (Lodge)	14% (80)	40% (235)	46% (276)
Fitness Center (Courts)	15% (91)	42% (250)	43% (259)
Indoor Pool	20% (118)	32% (194)	48% (288)
Library	12% (73)	42% (251)	46% (278)
Lodge BarBQ area	1% (7)	22% (130)	77% (450)
Meeting/Conference Room	10% (62)	41% (244)	49% (289)
Movie Theater	3% (21)	44% (266)	52% (315)
Outdoor Pools	30% (184)	46% (283)	3% (143)
Paddle Ball Courts	2% (11)	8% (44)	91% (531)
Pickleball Courts	8% (47)	14% (81)	78% (464)
Putting Green	2% (9)	13% (79)	85% (498)
Salon	17% (102)	9% (50)	50% (299)
Shuffle Board	3% (18)	9% (50)	88% (519)
Spa/Hot Tubs	16% (98)	41% (245)	43% (261)
Tennis Courts	3% (16)	8% (46)	89% (526)
Walking Trails	48% (296)	38% (237)	14% (84)



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SAFETY COMMITTEE SAFETY 4 "ALL" SEASONS

Last month, we discussed the importance of recognizing the signs and symptoms of heat-related illnesses and to know what to do to alleviate the potentially dangerous symptoms. This month we will be discuss how and when to use sunscreen.

PROTECT YOUR SKIN: Dermatologist Dr. Asha Patel Shah says applying sunscreen regularly is a behavioral pattern you must build, not unlike brushing your teeth. Dr. Shah goes on to say, "You have to look at it like a long-term marathon. If you want to keep your teeth, you have to brush them. If you want to protect your skin the way it is, you have to protect it."

The purpose of sunscreen is to help prevent skin cancer and photodamage by protecting yourself against ultraviolet radiation. "Photodamage" is aging, discoloration, sunspots, and fine lines. Sunscreen is really needed by everyone. Exposure to the sun will damage human skin regardless of your skin type or skin tone.

Sun protection factor (SPF) measures sunscreen's effectiveness against sunburn caused by the sun's UVB rays. SPF is becoming popular with face moisturizers and lip balms, making it easier to incorporate into your routine. Sunscreen should be used every day year-round, even on cloudy days.

Read the Label: This is the place to find information on when, how, and how often to apply and reapply sunscreen. The SPF determines how much longer it takes for the sun's UVB rays to cause sunburn when using the product as directed versus without the product. SPF 30 or higher will provide the best protection against the sun's UVB rays.

Broad Spectrum Protection: This will protect you from UVA and UVB rays. UVA rays can cause skin damage, like sunspots, wrinkling, and aging. UVB rays can cause sunburn and play a key role in developing skin cancer.

Water Resistant: This means it lasts longer in the water or if you are sweating.

Remember: 15 - 2 - 80

15 minutes: Apply sunscreen 15 minutes before going into the sun. Liberally apply sunscreen to every part of your body that is exposed to the sun. Generally, apply seven teaspoons, or about the size of a golf ball, at a minimum. Primary places for burns are the upper lip, nose, top of the ears, scalp, or back of the neck.

2 hours: Reapply every two hours.

80 minutes: If you have been swimming or sweating, reapply every 40 to 80 minutes based on the label instructions. If you are using a towel to dry off, reapply immediately.

Spray vs. Lotion: Sprays are convenient and feel lightweight and are just as good as a lotion. Since people apply these products differently, results may vary. To spray, hold the nozzle four to six inches from your skin and apply until your skin glistens. Then, rub it in. To apply to your face, spray the sunscreen into your palm and then rub it in.

Did you know? When sunscreen rubs on white, or leaves a white cast, it is due to the mineral UV filters. Chemical filters, however, do not rub on white. Mineral filters reflect and absorb UV rays. On the other hand, chemical filters turn UV rays into non-damaging wavelengths of light and heat. Both are effective and a matter of preference.

As an added safety reminder ... Unsafe driving is a common concern and theme brought up by residents. Here are a few reminders to help keep our community safe.

- **25 miles per hour** is the maximum speed limit on roadways within our residential districts.

- **30 miles per hour** is the maximum on Four Seasons Circle.

- **15 miles per hour** is the maximum in alleyways. Remember, parking in alleyways is prohibited. We need to maintain access for emergency response vehicles.

- **Stop at all designated STOP signs.**

For our pedestrians: While walking, be mindful of vehicle traffic on the streets and stay on the sidewalks whenever possible. If you need to walk in the street, always walk facing the opposing traffic, and if you are in a group, walk single file.

Remember, "If you see something, say something."

Monthly CPR Sunday classes are not currently being scheduled. However, you may arrange to schedule a CPR class for your club or committee by calling, texting, or emailing A J Reilly to set up a class at (951) 522-9975 or reilly58@me.com.

As a reminder, the Safety Committee meets on the first Tuesday of the month at 10 am in the RCN Conference Room. We encourage you to attend 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

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CANINE CORRAL

Coyote FYI. Although our committee primarily talks about dogs, this article should be read by cat owners too. Summer is upon us which means more activity, more food, and more water. This is true of humans, our pets, and coyotes.

Coyotes range in size from 18 to 35 pounds, and stand about 18 inches high, males being larger than females. They can run up to 40 miles an hour and jump up to 13 feet to get over a wall.

They breed in January and February, have their litters in March and April. They care for the pups March through August. Some pups then move on by themselves, others stay for a year or more learning how to hunt.

Coyote's diets are diverse and adaptable. Rodents and rabbits are a large part of their diet, but they will eat insects, fruits, berries, and sometimes, small household cats and dogs. Always go outside with your pet. Bring large dogs in at night. It is strongly suggested that you remove all outside food and water at night to avoid attracting wild animals.



Signs of increasingly aggressive coyote behavior:

- Increased coyote sightings on streets, parks, and yards in early morning, late afternoon and night.
- Increase in coyotes approaching adults and/or taking pets at night.
- Coyotes attacking and taking pets on a leash or near owners.
- Coyotes acting aggressively towards adults in midday.

Coyotes are often sighted in our community. If you see a coyote, make yourself large, wave arms, yell, and throw rocks. Always walk your pet on a leash, keeping it right by your side. Avoid letting your pet get 10-15 feet ahead of you. If you have a small pet, pick it up. Walk backwards watching the coyote as you move away. If you are on a trail, quickly move to a street.

An aggressive coyote needs to be reported to animal control.

This is a summary of information from *Pest Notes*, Publication 74135, University of California Agriculture and Natural Resources March 2007.

Please keep your pet safe. ~ *Martha Franck, Co-Chair, (714) 345-8588*

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Pets On Parade

To have your pet featured in *Pets on Parade*, please send a high resolution photo with a caption to FourSeasonsNews@yahoo.com. Please put "Pets" in the subject line.



Mia enjoying the sunshine in spring with her favorite toy. Submitted by Jennifer Scharnweber



Lucky is six and a half years old. Ron and I adopted him when our neighbors became ill and unable to care for him. He's been with us for two fun-filled years. He is quite the character who loves people more than other dogs and he is a true cuddler. He is definitely food motivated! Submitted by Toni Finer



Kelsey was three years old on July 25. He is so friendly and loves to greet his Four Seasons friends from his backyard. We think Kelsey is very special. Submitted by Dan & Harriet Hagens



Ginger's favorite new pastime — chasing bubbles! Submitted by Cheryl Diego



Hi, I'm Dorri, sporting my new hat. I wear it out in the "bug" (the LSV that looks like a ladybug) because I am sun sensitive. My brother Pip and I love to ride around Four Seasons in our ... ahem.. mom's GEM. We're friendly, so say hi if you see us! Submitted by Barbara Toyama



Left: Candi, our 17-year-old Maltese/poodle rescue, says "happy summer!" Right: Our granddog Chandler loves it at Noni and Grandpa Jays. Submitted by Lori and Jay Molter



Pets On Parade



These girls sharing their love for each other and they're ready to go home and relax after a long walk. Submitted by Tina Soeten



Toby, ready to celebrate the 4th of July. Submitted by Elvira Romero



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Spring Bird Adventures

By Gerri Karczynski

Even though there are many beautiful and interesting resident birds here at Four Seasons, there are also birds who just visit for awhile or are just resting as they migrate somewhere else. It is also fun to visit other birding areas to see birds that do not normally live here.

I had some birds that were just temporary visitors to my yard that were exciting. First five Lazuli Buntings (photo 1) came to visit. Beautiful little blue/orange birds that came to my feeder. They may be small but they were feisty chasing the normally aggressive House Finches away from the feeder.

Another rare visitor to my yard were three Dark Headed Grosbeaks (photo 2). They are colorful birds with dark heads and orange/yellow breasts. A small Orange Crowned Warbler (photo 3) came for a drink and a visit. Since then, they all have moved on somewhere else. A White Dove (photo 4) came by for a snack. I wonder if he is lost from some wedding celebration.

I was able to go on a real adventure to Big Bear Lake to see the Famous Eagles. Of course, people were not allowed to get near them but I ventured to Fawnskin by the lake in hopes to see them and get a photo. I was able to see the nest through a bird spotting scope that some kind person let me peer through. It is not the front of the nest you see on TV, but the view that faced the lake side. I was able to get a photo with one of the eaglets in it although it was very far away (photo 5). One of the parents was sitting about three trees down from the nest on a high up tree keeping an eye on the eaglets (photo 6). Since then, Sunny, who is one of the eaglets, has taken flight. Gizmo, the other eaglet, was hesitant but followed after her sister five days later.

Keep an eye out in your yards and an unusual bird might be passing through. Venture out and see some of the amazing birds in other places. I will post another adventure in a future issue.



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SAFELY AGING AT HOME



The Stephen Foster song “Old Folks at Home,” also better-known as “Swanee River,” evokes a sense of comfort and nostalgia making it a preferable option to assisted living for many seniors. So, what can be done to help seniors stay independent as long as possible in their own homes?

Safety is paramount, and numerous simple measures can be taken to ensure seniors are able to live independently without needing emergency assistance. AgingCare.com has many helpful suggestions. Why not take a quiz to see if your home is safe for independent seniors? If not, you may consider the following ideas for modifications and improvements that will enable senior living at home as long as possible.

HOME INTERIOR

- Move furniture to create clear walking paths.
- Replace lighting toggle switches with rocker switches.
- Improve overall lighting in the home. Light dark pathways or countertop areas with easy-to-install rope lighting. Add task lights and night lights wherever needed.
- Replace doorknobs with levered handles or pulls.
- Mark any steps or changes in floor level with tape or paint in a contrasting color, like that tiny step from the driveway into your garage.
- Remove loose carpeting and unnecessary throw rugs/mats. Secure area rugs with double-sided rug tape, making sure to focus on corners and edges.
- Remove any electric and cable cords that run across or near walkways. Place all wiring behind furniture, or secure cords neatly against walls with clips or cord covers.
- Ensure that seating throughout the home is sturdy, ideally with supportive arms to make sitting and standing easier.
- Ensure that smoke alarms and carbon monoxide detectors are changed to avoid night time alerts. Many people have them changed on the first day of the year. A handyman may be necessary to get to the detectors or light bulbs in high ceiling homes. Several handymen advertise in the *Breeze*.
- Keep a long-handled grabber to reach objects that may be out of reach, like that dryer sheet box that fell behind the washing machine.

- Adjust the height of the bed. Seniors should be able to sit on the edge of the bed with knees bent and feet flat on the floor.
- Keep a working flashlight in the nightstand for emergencies or getting up at night.

BATHROOM

- Install grab bars for additional support while on the toilet, or getting into and out of the shower or bathtub.
- Consider installing motion-activated night lights along the path to the bathroom to make nighttime trips safer and more convenient.
- Ensure showers have a step-free entry. Step-in tub models feature a door for easy entrance and exit. The shower/tub should be fitted with a seat, a hand-held showerhead, and a shelf at a convenient height so bath products can be reached easily.
- Add non-skid decals to any slippery areas in the bathroom.
- Install a comfort-height toilet, a few inches taller than standard models, or add a toilet seat riser, especially important after joint replacements.

HOME EXTERIOR

- Make sure trashcans are easily accessible and can be brought to the curb without difficulty. Waste Management will replace large cans with smaller ones and give a discount to seniors.
- Inspect all walkways for cracks, loose bricks or stones, and uneven surfaces. Provide a level walking surface free of trip hazards.
- Consider installing a doorbell with a camera or a mailbox alert to know when someone is at the door.
- Install handrails on entry stairs.
- Evaluate if there is room to install a ramp. Stepless entries make it easier and safer to gain access.
- Many stores in our area, such as Albertsons, Walgreens, and Walmart, have free home-delivery, pick-up areas, and online ordering.
- A rolling cart will help with getting large heavy items into the kitchen.

And finally, many areas in the United States are federally required to have handicapped entries and seating. That handicapped row in theaters is often necessary for those who find steps are difficult. It's also amazing how kind people can be with opening doors for a person hobbling along with a cane or walker. Seniors should also be able to swallow their pride and accept help when offered by those more able.

So, it is possible to be those “old folks at home” if just a few simple steps are taken to make senior independent living happier and safer.

Fruits & Vegetables

Fruits and vegetables are an important part of a healthy diet, and variety is as important as quantity.

No single fruit or vegetable provides all of the nutrients you need to be healthy. Eat plenty every day.

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss. Their low glycemic loads prevent blood sugar spikes that can increase hunger.

At least nine different families of fruits and vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. Eat a variety of types and colors of produce in order to give your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial plant chemicals but also creates eye-appealing meals. ~ *Tina Soeten*

BENEFITS OF EATING VEGETABLES

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.

Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.

Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.

Eating vegetables and fruits rich in potassium may lower blood pressure, and may also reduce the risk of developing kidney stones.

Eating foods such as vegetables that are lower in calories per cup may be useful in helping to lower calorie intake.

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Chicken & Rice Salad

Happy Fourth of July! Here is a great dish to take to a gathering. This salad recipe was popular in the 1990s and is making a comeback, primarily because it is gluten and dairy-free. It is also packed with flavor and is easy to make. Ingredients can be adjusted, deleted, or others may be added to create variations. For example, you can replace the chicken with chickpeas or other beans for a vegetarian dish and/or substitute lemon or lime juice for the vinegar, and change the seasonings to Mexican spices for a Mexican-style dish. Add or subtract to please your palate. The variations are endless. Enjoy playing with your food. Note: I like more dressing for the rice to absorb, so I often double the dressing ingredients. Also, this dish is much better the day after it is made. Prep time: 30 minutes; Chilling time: 2 hours to overnight; Serves 4-6 as a main dish or 12-16 as a side.

DRESSING INGREDIENTS

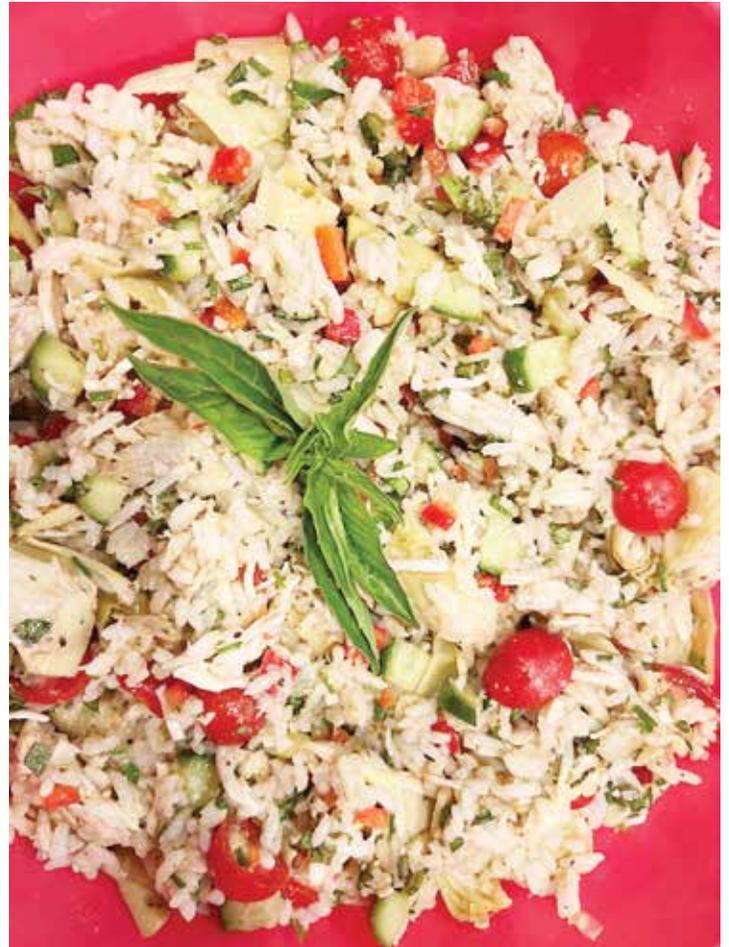
- 3 Tablespoons Balsamic vinegar
- 2 Tablespoons olive oil
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon sea salt
- 1 clove garlic, minced or grated

SALAD INGREDIENTS

- 4 cups cooked long-grain rice (about 2), sliced in half lengthwise, then cut into 1/4-inch slices
- 2 cups diced or shredded cooked chicken breast
- 1 12 or 14-ounce jar of artichoke hearts (preferably in water), drained and cut into bite-sized pieces
- 1/2 cup chopped red bell pepper
- 1 cup cherry tomatoes, halved
- 1 cup Persian cucumber
- 1/4 cup diced red onion or chives
- 1/4 cup chopped fresh oregano
- 1/2 cup chopped fresh basil
- sea salt and freshly ground pepper to taste

DIRECTIONS

1. Combine all the Dressing ingredients in a small bowl or jar with a tight-fitting lid and mix thoroughly. Set aside.
2. Combine all the salad ingredients in a large bowl, and stir to mix well. Pour the dressing over the salad and stir again to ensure everything is well combined. Taste and adjust seasonings, if necessary. The salad may be served at this point or covered and chilled in the refrigerator for several hours or overnight.



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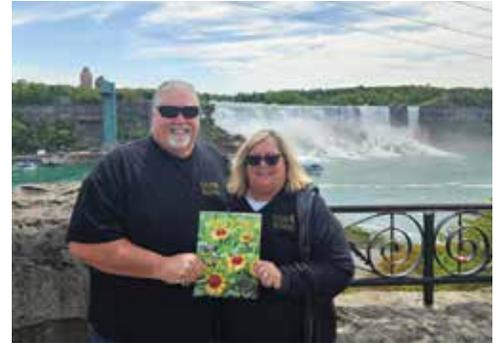
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Oh, the Places We Go!

For this “Oh, the Places We Go!” column, residents may submit high-quality digital photos to FourSeasonsNews@yahoo.com. While not required, we would love to see a copy of the *Breeze* featured with you in the photo of 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.



We would like to share our 25th wedding anniversary with our friends at Four Seasons. Recently, we went back to Niagara Falls Canada to celebrate! We were there on our honeymoon and it is as beautiful as ever. Everyone should experience it once in their lifetime. Submitted by Jay and Lori Molter



Allen and Helen Koblin enjoyed a trip to England and Stonehenge.



Lisa Johnson and Rich Gabriel at the base of Blarney Castle, Southern Ireland



Tulips in Rotterdam



After 110 steps, Rich kisses the Blarney Stone!



Jocelyn Doucette recently traveled to some unique cities in Mexico such as Tequila and Cocula (cradle of mariachi).



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Sudoku

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

EASY

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

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

If you're new to Sudoku or have questions, message us at rwgeiser12@yahoo.com or call (406) 261-3759.

Puzzles created by Ray Geiser. Solutions on Page 73

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

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AMPHITHEATER

Our Amphitheater season of “See the Stars Under the Stars” continues on Sunday, July 20 at 7 pm with the next “Star,” the music and show of the legendary country singers Johnny and June Carter Cash. Our July concert will feature the “Ring of Fire,” an L.A. based Johnny Cash tribute band.



The premier Johnny Cash tribute band Ring of Fire recreates the timeless music of Sun records Johnny Cash all the way to the long and enduring music of House of Cash records. They recreate the music with raw energy, deep baritone and a heartfelt authenticity. Ring of Fire is dedicated to preserving the spirit of country music’s most iconic outlaw. We will also enjoy the music of June Carter

Cash singing some of her music and the songs she and Johnny sang together. From “Hello I’m Johnny Cash” to the last song of the evening you will be highly entertained down at the Amphitheater.

The Bistro will be selling hamburgers, hot dogs, snacks and drinks. Residents may set up chairs on Saturday, July 19 after 6 pm. Please remember that all glass bottles must be safely covered, no blankets on the ground and please do not move anyone else’s chairs.

Get those cowboy boots and hats and be ready to enjoy some classic country music with your friends, neighbors down at the “See the Stars Under the Stars” Amphitheater concert. ~ *Mark Lassen*

TALENT WORKSHOP & SHOWCASE

Auditions for the Halloween Spooktacular are now over and we look forward to starting our rehearsals. The show is creepy and it’s spooky, mysterious and kooky, it’s altogether ooky and it’s coming on Nov. 1. If you are still interested in being in the show or if you want to work behind the scenes, join us for our monthly meeting and Workshop on July 21 at 6 pm in RCN Room #3.

Our July workshop will be an Introduction to Improvisation. It promises to be fun and informative. You are welcome to join us for the Workshop even if you are not participating in the show! We hope to see you there. All are welcome!

For further information, contact Paula Drake at pdrakelaw@aol.com or John Horning at prestoguy@gmail.com. ~ *John Horning*



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PERFORMING ARTS CLUB

The summer is off to a great start and PAC members are rehearsing for the next fabulous show, *2 One-Act Plays* to be Aug. 9 at 6 pm in the Ballroom. No tickets required and feel free to bring your own refreshments with open table seating.

Act I: Steve Grey is directing "One Step Beyond-The Secret." A cast of six characters tell the story of Silvia, an unhappy woman in a loveless marriage, befriended by a man, or is he something else? This moving episode is based on true, supernatural events that defy scientific explanation in the spirit of the *Twilight Zone*.

Act II: Rich Wayne is directing "The Further Adventures of Nick Danger Third Eye." This fun radio show is about a hard-boiled private eye and his crazy adventures including an old flame, mistaken identity, time travel and a mysterious pickle. There's a variety of wacky characters including the dangerous dame (of



course). There's even a U.S. President. Remember those old detective shows? This is a zanier version. Come see and hear the fun! No tickets are required, but you might want to bring some rot-gut and a fedora.

We are pleased to announce the December holiday show auditions for *It's a Four Seasons Christmas, Charlie Brown* written by Michael MacQueen. Auditions will be held on Aug. 17 at 2 pm in the RCN. Watch for further information in the *August Breeze*.

PAC offers free entertainment to our Four Seasons community with various shows and events throughout the year. All interested residents are welcome. We have bi-monthly meetings for all residents interested with no dues needed. For any additional information about the club, contact Pat Wayne at (949) 290-1811 or email pwayne1@outlook.com. ~ *Marianne Bugni*

FOUR SEASONS SINGERS

The Four Seasons Singers hope you enjoyed our June concert with the Handbell Choir. We look forward to bringing you more evenings of music in the future.

The Singers will be taking off the month of July and the first few weeks of August. We will be starting rehearsals for our Dec. 19 Holiday Show on Monday, Aug. 18. This would be a good time to

join as you won't have missed any rehearsals and will be starting fresh with all the choir members.

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

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OLD SCHOOL DANCE

Step back in time and groove to the classic beats at the Old School Dance & Activity Club! This club brings a nostalgia-packed evening filled with music, movement, and memories from days when we were young with music from the 70s like Frankie Avalon, Venus, and Rock 'n Roll with Mick Jagger!

Join us on the fourth Thursday of every month at The Lodge Ballroom from 3 to 5 pm and let the good times roll. We will also educate you about the history of those old-school songs we all know and love. It's not only about dancing and loving every minute, but also it's about understanding the roots and stories behind the music that shaped an entire generation. For more information, contact Willa Harris at (951) 550-3453. ~ *Willa Harris, willaharris89@gmail.com*



LET'S DANCE!

Let's Swing into July. Swing has been a favorite dance style since its beginnings in the 1920s with the Charleston to today's single and triple swings. It's a lively party dance, easy to learn, and can be danced to a variety of music.

We welcome all levels of dancers — with or without experience.

Our professional instructor adjusts the material for all levels.

Classes are every Monday from 6 to 7:30 pm in The Lodge Ballroom. We welcome couples and singles to join us. There is a \$10 cost. We look forward to you joining us. ~ *Jacque Sneddon*

HEART & SOUL LINE DANCE

Hooray, I'm back on the dance floor! We celebrated with a surprise "Thank You" potluck for our substitute dance instructor, Martha Quintero. We also celebrated birthdays from January to June. As always, the food was delicious and abundant. Thank you to all who came out.

Tuesday's class is still on hold but keep an eye out for restart date.

Wednesday's class is from 3:30 to 5:30 pm in the Ballroom.

Our next event is the Red, White & Blue Soul Line Dance Explosion on Saturday, July 12, from 1 to 5 pm. Get information on registration in class

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



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TAILS & TRAILS - ALL PETS



Here's What to Do If You See a Coyote in Your Yard

Follow these tips by wildlife experts Michel Kohl, PhD, Certified Wildlife Biologist and Megan Owen, Ph.D.:

- Keep your dog on leash during walks, especially at dawn and dusk. Coyotes will attack small dogs, though attacks on medium and large dogs are uncommon.
- Watch pets when outdoors, even in a fenced area. Coyotes are good climbers and can scale a 6-foot fence.
- Don't allow cats to roam. Research has found that both domestic and feral cats are food sources for coyotes.
- Don't leave pet food outside. Like other types of wildlife, such as raccoons, opossums, and skunks, coyotes love an easy meal and will quickly learn where to find one.

- Keep garbage cans and compost bins covered so they don't become food sources.
- Ensure pets are up to date on medications. That includes preventive treatments for fleas, ticks, and heartworm as well as vaccinations for parvo, distemper, and rabies.
- Make sure chicken coops and livestock are protected. If using fencing, an electric wire at the top and bottom of fencing can discourage coyotes but won't harm them.
- Use hazing techniques to chase a coyote out of your yard. If you see a coyote passing through, bang pots and pans, yell, or use an air horn to scare it off. They typically are skittish and will flee. A startling device, such as a motion-activated water sprinkler, also may work. "The goal is to keep them afraid of us," says Kohl.
- Forget about repellents or essential oils. These have questionable or no effectiveness. In fact, the coyote may just pee on any scent repellents you use.
- Contact your state's local wildlife agency if you have concerns about frequent wildlife visitors.

Here at Four Seasons, we have many wild animals roaming freely throughout our community. Small pets can be prey in their own fenced yards, and be carried away within minutes. All residents here should remain vigilant if they have pets. ~ *Vivian Walker, vivr@sbcglobal.net*

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OPERA CLUB

On July 11 the Four Season Opera Club will present the Puccini opera, *Turandot*. A week later, on July 18, we will present an encore showing as we expect overflow interest. Although you may not have the music of *Turandot* on the tip of your tongue, you had to be hiding under a rock if you never heard the Three Tenors singing “Nessun Dorma” for the 1990 World Cup opening celebration. Indeed, every good tenor has taken a turn at this well-known aria. Even the pop singer, Russell Watson has been dogged by drunken pubsters in Ireland to “sing that ‘No-one’s Doorstep’ song.”

But there’s more to the opera than a single heart-stopping tenor aria — drama. This opera is Puccini’s final foray into exoticism and his last opera. In fact, Puccini was diagnosed with throat cancer while composing *Turandot*, and died before his act four sketches were orchestrated. He had begged his friend, Arturo Toscanini, to “not let my *Turandot* die.” Toscanini and Puccini publisher Riccardi worked with Franco Alfano to finish the work.

While that drama had to do with Puccini’s mortality, there is also a bit of off-overlooked drama in the story itself. The soprano role of Liu is genuinely heroic but seemingly ignored in the impatience to hear Calaf sing *Nessun Dorma*, which follows shortly after Liu’s death. Liu is a slave servant to Timur, Calaf’s father. She has been devoted to them both all her life and has been in love with Calaf for most of it. When the Princess’ soldiers begin torturing Timur, Liu deflects their attention from him by declaring that she also knows the princes’ name. The torture goes to her. She reprimands the Princess with her rationale

for protecting Calaf, “Principessa, amore!” Before the torture escalates, Liu grabs a soldier’s dagger and impales herself. She would rather die than betray Calaf. Look for Liu’s heroism when you experience *Turandot*, this time with fresh eyes and ears.

Turandot is a well-known and popular opera and we expect a larger than normal interest. With that in mind, we recommend an RSVP via text to the phone number below. The 24th request and beyond will be scheduled for the showing on July 18. If you are interested in attending the pre-show lecture, plan on arriving at 5:45 pm.

For more background, synopses, and librettos visit fsbopera.org. See you at the opera. ~ *Harvey Toyama, admin@fsbopera.org, (951) 524-3765*



The 1998 production of Turandot in Beijing was staged at the Imperial Ancestral Temple, which is just south of the Forbidden City.



CLASSICAL MUSIC CLUB

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

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SEASONED SINGLES



May was very busy for the Singles. We celebrated several member birthdays, enjoyed a San Bernardino Symphony Chamber Concert and started a bi-weekly walking group. We also attended LifeHouse Theatre's production of *Esther* and a concert by the Pass Chorale. On our schedule for June was another musical at LifeHouse Theatre, a tour of The Sam Maloof Museum, and a tour of Garner Holt Productions as well as several birthday celebrations.

If you're single and would like to join us for outings like these, we meet the first Friday of the month at 6 pm in the RCN. For more information, please contact Sue Torkington at (860) 712-3430. ~ *Phyllis Kates*



Seasoned Singles members, Sue Torkington and Cathy Goldsmith, formed a bi-weekly walking group. Our walks vary from day to day. Sometimes we walk the trails, sometimes we stay on the sidewalks but regardless of where we walk, we keep movin'!

TRAVEL GROUP

Join the Fun: Travel Group Adventures Await!

If you haven't joined one of our Travel Group outings yet, you're truly missing out! Each month, members come together to enjoy delicious food, laughter-filled moments, and unforgettable adventures — and there's always room for more to share in the fun.

One of the greatest joys of organizing these trips is seeing our members connect, relax, and simply have a great time. Whether it's exploring a charming town, visiting a unique attraction, or dining at a local favorite, each day trip offers something new to experience. These outings are designed to be enjoyable, low-stress, and packed with opportunities to create lasting memories with friends old and new.

Our Travel Group embarks on a day trip once a month, departing bright and early from The Lodge. We travel in comfort aboard a spacious motor coach equipped with a restroom, which makes the journey even more enjoyable. No need to worry about traffic or directions — just sit back, take in the scenery, and leave the driving to our experienced and friendly motor coach driver. From start to finish, your safety and comfort are our top priorities.

The best part? These trips are not just about the destination — they're about the journey. The conversations, the shared laughter, and the sense of camaraderie make the travel time just as fun as the place we're headed. Every trip is carefully planned to include something for everyone — whether you're looking to explore, shop, dine, or simply take in the sights.

If you're looking for a way to break your routine, try something new, and enjoy life a little more, we invite you to hop on board.



Seasoned Singles members Phyllis Kates, Sue Torkington, Cathy Goldsmith and Lynette Simonson attended a San Bernardino Chamber concert featuring the Pacific Trio at San Bernardino Valley College.



The Singles celebrated Cinco de Mayo with a great lunch at LaCocina.

Joining the Travel Group is a wonderful way to stay active, meet new people, and explore exciting places — all without the hassle of planning or driving.

So mark your calendar, and get ready for the next adventure. We promise you won't regret it — and once you've experienced your first Travel Group journey, you'll be counting down the days until the next one!

Come to one of our meetings (always held the third Saturday of each month at 10 am in the Ballroom) and find out more about our trips. Plus see which travel agent is here and what trips they have planned for us.

For membership, email Irene at irenewelker55@gmail.com; all other info, contact Joni at (661) 390-5512. ~ *Joni Truelsen*



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CARS & COFFEE

Due to the Carol's Kitchen Car Show we did not hold our June Cars & Coffee meeting at The Lodge Parking lot. Most of our members participated in the show. I will have the full results in next months article.

We couldn't be more excited to hear that Classic Car shows are back in full swing. There is something special about a classic car show. Older enthusiasts recall vehicles they grew up admiring or owned while the younger onlookers get a chance to view pieces of history. That is why you should take good care when preparing your vehicle for a car show.

Here are five tips to ensure your classic car or truck is show ready:

1. Vehicle body condition: A good hand wash and wax is a must. Look for any scratches or small dents in the body. Polished chrome bumpers and trim sparkle and shine in the sun and make a positive impression on the judges.
2. Thoroughly clean the interior: You may want to stay away from cleaners and protectants that leave a shiny or glossy film on your dash, seats, panels, etc.
3. Engine Compartment: Even if you don't have a lot of shiny chrome engine components. You still want to show off what's under the hood. That is why it is imperative to keep your motor and other mechanical components as clean as possible.
4. Pay attention to the small details: If you really want to bring home the trophy, you need to have a keen eye to detail. Make sure your front grill, bumpers, window trim, wheels, headlights,



taillights, mirror, license plate should all be cleaned.

5. Be sure to display everything correctly: Roll down your windows so people and judges can get a good look inside. Put the hood up and down throughout the day, that way spectators and judges can view your engine compartment but can also see the clean lines your vehicle was designed with. You may want to display trophies or accolades your vehicle may have previously earned.

Please join fellow automotive enthusiasts for a morning of Cars, Coffee, and camaraderie the first Saturday of each month at 9 am at The Lodge parking lot. Our next meeting will be July 5. For more information, please contact Frank Morales at (951) 203-4578 or fmoralesjrinc@aol.com or Rick Morales at (951) 255-4710 or onemth53@yahoo.com. ~ Frank Morales



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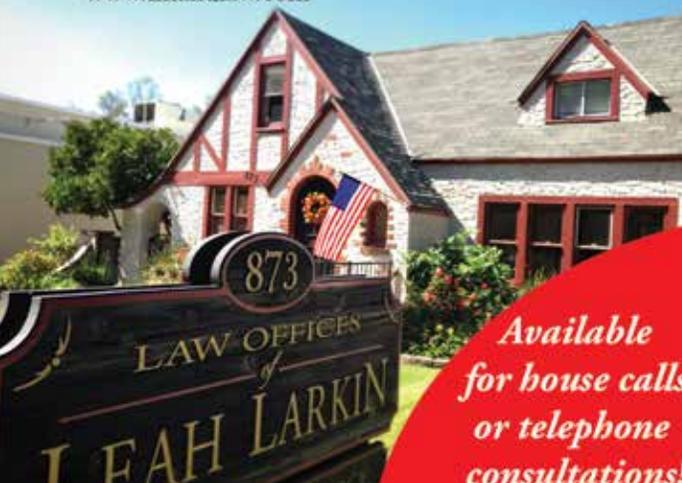
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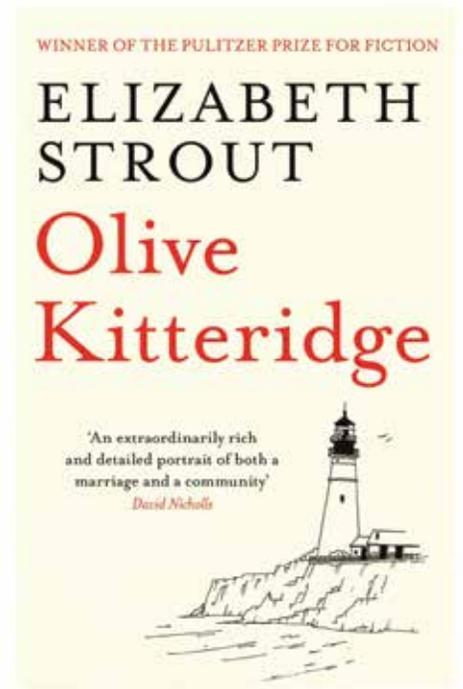
BOOK CLUB

Our book selection for July 8 is *Olive Kitteridge* by Elizabeth Strout. Here is a brief description from Amazon.com: "At the edge of the continent, Crosby, Maine, may seem like nowhere, but seen through this brilliant writer's eyes, it's in essence the whole world, and the lives that are lived there are filled with all of the grand human drama—desire, despair, jealousy, hope and love. At times stern, at other times patient, at times perceptive, at other times in sad denial, Olive Kitteridge, a retired schoolteacher, deplores the changes in her little town and in the world at large, but she doesn't always recognize the changes in those around her: a lounge musician haunted by a past romance; a former student who has lost the will to live; Olive's own adult child, who feels tyrannized by her irrational sensitivities; and Henry,

who finds his loyalty to his marriage both a blessing and a curse. As the townspeople grapple with their problems, mild and dire, Olive is brought to a deeper understanding of herself and her life—sometimes painfully, but always with ruthless honesty. *Olive Kitteridge* offers profound insights into the human condition—its conflicts, its tragedies and joys, and the endurance it requires."

Our meetings are held on the second Tuesday of each month at 9:30 am in the RCN Room #3. All our book selections are recommended by book club members. 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 your name on our mailing list, please contact me at michelesrosen@gmail.com. ~ **Micki Rosen**



BIRDING CLUB

Greetings birders! We have officially arrived at the time of summer birding doldrums. Many of our feathered friends feel the heat as we do, and it may be difficult to see much bird activity as we walk the trails. You should still be able to spot our most common species such as Lesser and American Goldfinches, House Finches, Song Sparrows, Spotted and California Towhees, California Quail, American Crows, Common Ravens, Nuttall's Woodpeckers, Bewick's Wrens, Mourning Doves, Anna's and Costa's Hummingbirds, Oak Titmice, Yellow Warblers, Black Phoebes, Mallards, Cooper's Hawks, and the occasional Great-Horned Owl.

If you are looking to expand your horizons, however, you might want to consider a trip to Big Morongo Canyon Preserve, a 31,000 acre nature preserve located at 11055 East Drive, Morongo Valley, CA. It is about a half hour drive from Four Seasons. It can be hot there in the summer but there are many shaded paths which are pleasant to

walk, especially if you are prepared with a hat, sun screen and plenty of water. Highly recommended is the Marsh Trail which leads to the Education Center where there are picnic tables and numerous bird feeders. These attract some of the preserve's most interesting birds, many of which we do not see at Four Seasons. Be sure to go early in the day for the best, most comfortable sightings. They have guided bird walks every Wednesday from 7 to 9:30 am. You can find out more information on their website, <https://bigmorongo.org/>.

The Birding Club walks the trails as a group on the first Saturday of the month. We gather at 8 am by the Potrero Creek sign at the edge of The Lodge parking lot. We walk at a leisurely pace, taking time to see as many species as we can. Please feel free to join us. We love to see new faces. If you have any questions, please call or text me. ~ **Genie Cooper (269) 930-0310**

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FS VETERANS CLUB

The Tiles Tribute was dedicated on Armed Forces Day, May 17. There are 109 tiles inscribed on the platform and 21 blank tiles for future inscriptions. Six tiles are marked for the services and two mark the FSB Veterans Club and the dedication date. Veterans who want to be included in the future must attend a Veterans Club meeting to submit and verify the spelling for their tile. The price is \$40. Thank all of you who helped make this a reality.

Veterans who would like to represent the club during the Oct. 4 parade should also attend a meeting to fill out the form identifying their vehicle.

The company that engraved the tiles, Oak Tree Engraving and Monuments, is donating a bench for the Veterans Park. It should be installed prior to the Fourth of July. ~ *Len Tavernetti, ltavernetti@hotmail.com*



The Tile Tribute was decorated for the celebration. Veteran Elizabeth Gallegos who served in the Army, Navy, and Air Force and has three tiles, cut the red ribbon marking the dedication.

TOPS

The TOPS (Take Off Pounds Sensibly) group has started another contest. This time we are trying to earn little fish to keep them away from a large shark. For every quarter pound lost we can claim a fish. Attending meetings or being the best loser for the week also gains each contestant a fish or two. It seems we will do any silly thing to encourage us to stay healthy.

We had several meeting topics this month. One topic was “Changing the Narrative” that we feed into our brains. The fancy name is Cognitive Distortions or the hecklers in our heads. Professional athletes often hire coaches or special psychologists to help them feed their brains only good thoughts for each event in which they participate.

When it comes to living a healthy life, negative inner speech can bring progress being made to a screeching halt. So, we reviewed some of the things we often say to ourselves in hopes of turning them off or turning them to good narratives.

- Overgeneralizing: Everything healthy tastes terrible.
- Personalization: It’s the fault of others that I am stressed.



- Catastrophizing: I’ll have a heart attack if I walk up that steep hill.
- Comparison: This is so much easier for everyone else.
- Jumping to Conclusions: My doctor will lecture me again.
- Should or Must statements: I should be thin.
- Labeling Yourself: I’m an idiot because I can’t do this.
- Black and White Thinking: Things are either perfect or I am a complete failure.

• Mind Reading: My family is going to think this is a joke.

We are our best cheerleaders. We need to be aware of that trash talking tyrant in our heads. We need to recognize that internal monologue, and fill our minds with positive thoughts instead of that propaganda that defeats us. We are worth it!

You may find that a group like TOPS can help you as well.

We meet Tuesdays at 8:30 am in the Ballroom. For more information, call Andi Henderson at (918) 497-6491. ~ *Andi Henderson*



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RAINBOW GROUP

The locations and times of Rainbow Group events are available via our Facebook page or email (rainbowgroup@myyahoo.com).



In 1969, Warren ran in the 1969 Boston Marathon. At that time, marathons were almost exclusively male pursuits. She ended up completing the race. It was during this time that she acknowledged being lesbian.

Afterwards, Warren wrote *The Front Runner*, a novel about a college coach and one of his athletes, a runner. Fearing her husband's reaction to the book, Warren later stated that she wrote the book "in secret, in fear and terror, on my lunch hours at work, keeping it locked in my desk at night." She subsequently divorced her husband. *The Front Runner*, published in 1974, became a best-selling gay novel. She left *Reader's Digest* in 1980 and moved to California, where she wrote other novels and nonfiction books.

Writing in 1998 in *The Advocate*, Warren spoke of the struggle of gay and lesbian athletes in the late 1960s to be open about their sexuality: "Closeted college jocks of both genders were electrified by that dual challenge — coming out and long-distance running. Students came flooding into the big road races. ... Some of these young gay and lesbian runners ... dared to be more socially visible." She also observed how things had changed for gay and lesbian athletes. She quipped, "The city of Palm Springs, California, has stopped pretending that 10 million lesbians don't come to town for the weekend of the Dinah Shore golf classic every year."

Warren died in 2019 in Santa Monica at the age of 82.

For more information and for the sources for this article, please go to the Rainbow Group's Facebook page or request a copy via our email. ~ **Dan Hazeltine and Frank Galvan**

Inset photo by John Selig, used with permission



This month, our selection for the Famous LGBT Americans series is Patricia Nell Warren. Warren was born in 1936 and grew up in Montana. She received an AA from Stephens College in Missouri and a BA in English from Manhattanville College in New York.

Warren worked at *Reader's Digest* as a copy editor and book editor. In the 1960s, *Reader's Digest* stationed her in Spain. While there, she wrote her first gay novel about a Spanish bullfighter and a peasant, publishing the book in 2001 under the title, *The Wild Man*.

In 1957, Warren married Yuriy Tarnawsky, a Ukrainian poet. She learned the Ukrainian language and wrote poetry in Ukrainian.

TASTE D'VINE

Our monthly meeting is Thursday, July 17 at 6 pm (doors open at 5:15 pm). This month, we're thrilled to welcome back one of our favorite presenters, Heidi Daniels from Michael David Winery. Heidi is renowned for her expertise and for consistently delivering wines that exceed expectations.

Colin Taylor will give an engaging talk on wine and alcohol, including how alcohol is produced in wine and what its percentage means. This will be a very informative presentation.

As always, please bring: two glasses, a bottle to share (your

choice), and something to share with your table (snacks or a dish to complement the wines).

If you have four wines (two red and two white) that you'd like to present to the group, please reach out to me by email or phone. We encourage our members to share their insights and contribute to the experience.

Looking forward to seeing everyone there! ~ **Tom DePaola**, tomdepaola@roadrunner.com, (714) 404-1956

CLASSIC FILM GROUP

Our next screening on July 29 will be Walt Disney's 1940 classic *Fantasia*, a groundbreaking movie that combines classical music with animation. It is divided into eight segments, each inspired by a different piece of music. Discussion of the movie will follow. ~ **Paul Plamondon**, 4seasonsmoviegroup@gmail.com





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Boyz II Men singing group will headline ESSENCE Festival 2025



The movie "Girls Trip" was filmed during ESSENCE Festival 2016



AFRICAN AMERICAN CULTURAL CLUB



We Are Made Like This: The Spirit and Theme of ESSENCE Festival 2025

The ESSENCE Festival of Culture® began in 1995 to commemorate *Essence Magazine's* 25th anniversary. It instantly became an annual tradition due to overwhelming demand for a dedicated space where Black women could come together and unapologetically celebrate themselves. New Orleans, Louisiana, has remained its home, fostering a thirty-year partnership thanks to the city's unique culture and hospitality.

During the day, the Ernest N. Morial Convention Center vibrates with attendees enjoying live music, shopping for African artwork and fashion, and engaging with speaker panels on topics ranging from health and wellness to finance, cultural heritage, and community building. Attendees also savor the city's delicious cuisine.

Evenings shift to the Mercedes-Benz Superdome, hosting iconic R&B, funk, gospel, soul, and Hip-Hop artists. Past headliners include Stevie Wonder, Prince, Beyoncé, and Mariah Carey. This year features Boyz II Men, Maxwell, and Master P, alongside a special tribute to Quincy Jones, curated by Jermaine Dupri.

Beyond the main venues, the festival coincides with National Black Restaurant Week and permeates throughout the French Quarter and the entire city. It typically draws half a million Black people from around the world every Fourth of July weekend. More than just a concert series, ESSENCE Festival is a "party with a purpose," offering a vital platform for discussions on beauty, fashion, finance, and entrepreneurship relevant to Black women. It is truly the ideal "girls' trip."

This powerful expo highlights Black talent, ideas, and entrepreneurship. It has been faithfully held in New Orleans every year except one, when the Superdome underwent repairs due to Hurricane Katrina. Three decades strong, the ESSENCE Festival of Culture® is the epitome of Black joy, with every moment designed to inspire, empower, and elevate. This year, *Essence Magazine* is 55 years old, what an empowering cultural impact!

Upcoming AACC Events:

The next AACC event will be Jazz Under the Stars on Saturday, Oct. 11. Save the date!

The AACC meets on the first Monday of the month at 6 pm in The Lodge Game Room. For more information, contact Jocelyn Doucette at cjs1speed@gmail.com. ~ *Regina Thomas*

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CROWN DIVAS FOUR SEASONS

How do the Crown Divas celebrate Cinco de Mayo?

Decorations: As you entered the room, you saw beautifully decorated tables with red white, green, and blue table piñatas, burros, hats, baskets, and streamers.

Music: A Mariachi video played the traditional Cinco de Mayo songs. Some Divas sang along while others cheered and clapped, enjoying the performance.

Attire: The Divas wore embroidered, loose-fitting blouses with skirts or pants. Some wore vintage embroidered long dresses and sandals. Also worn were pretty colorful flower headbands.

Menu: Mexican cuisine prepared by the Divas. All the favorites from tacos and enchiladas to desserts like Mexican rice pudding.

Games: Cornhole is as much fun to watch as playing it. If you play Pin the Tail on the Burro, make no mistake you will not only be blindfolded but turned around a few times before being directed to the

burro. Loteria is Mexican bingo. The Divas are very serious when playing this game so I tiptoe around them to take their photos. Prizes were given to the winners of each game.

Chosen for the most traditional apparel was Diva Tonita. Congratulations! The Crown Divas celebrated Cinco de Mayo once again by joining in the festivities, showing great cooking skills, talents, and sportsmanship. But most of all, we celebrate each other at each meeting or event. ~ *Irma Romero, (626) 733-3019, Irmabsromero@gmail.com*



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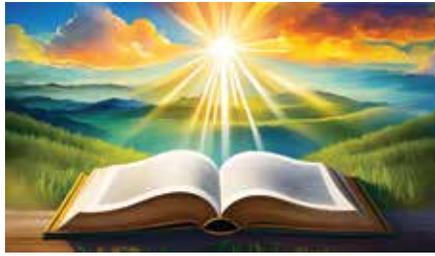
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“BELIEVE ...” WOMEN’S BIBLE STUDY

Our final lesson on the Synoptic Gospels and their parallels was held on June 13, also the day of our summer party. At the beginning of this series, I played “You Say,” a song by Lauren Daigle and challenged the ladies to “hear” Christ’s message to each woman as we studied His parables, miracles and other events. After the lesson, each woman received a plaque with reminders of what Christ thinks we are — which is the only opinion that matters, and is a guidepost for us to follow. There was also a short quiz about what we had studied, with a resulting prize for the winner.

After our lesson was complete, we adjourned to the RCN building for our summer party. This year’s party theme was “Hello, Summer!” While everyone enjoyed the lunch provided, the ladies had a chance to chat with one another as well. I had collected photos of each of the women taken 30+ years ago, and that became the next challenge.



Everyone had to guess which photo went with which member of the class. Wow was that difficult but so much fun! There was a prize for the photo that most everyone guessed, a prize for the photo no one could name, and several more prizes in between. So much fun!

On June 20 we began our next series: 1 and 2 Samuel followed by 1 and 2 Kings. During our study of the Synoptic Gospels, Jesus was often referred to as the “Son of David.” In this series we will enjoy an in depth study of the Davidic Covenant and what it means in relation to our Savior.

If any of you Four Seasons women are interested in joining a group of amazing Christian women as we study God’s Word, we meet every Friday at 10:30 in The Lodge Game Room. Since this is a non-denominational study, any version of the Bible is acceptable. Come join us! ~ *Eileen Gilbert-Antoine, (951) 922-6829 or egcellent@msn.com*

LIFE AFTER LOSS

“The Dog Days of Summer”

The phrase “dog days of summer” traditionally refers to a period of intense heat and humidity and is often associated with the summer months of July and August. In Southern California, this period is extended through mid-October. However, the phrase can also be used more broadly to describe any hot, oppressive period. Metaphorically, in the context of grief, the phrase can mean any time of hardship or adversity — like mourning the loss of a loved one or the loss of health.

According to a recent psychiatric study published in the *Journal of the American Medical Association* (February 2022), hotter days are linked to higher emergency department visits related to mental health. The mentioned cases included depression, suicide, aggression, alcohol or substance abuse, anxiety, and domestic violence.

The Basics of Personal Summer Care:

Stay hydrated: Drink plenty of fluids in the day, even if you’re not thirsty. Older adults may have a reduced sense of thirst.

Seek cool environments: Spend time in air-conditioned places.

Dress appropriately: Wear loose, lightweight, light-colored clothing that allows for proper ventilation and breathability.

Avoid strenuous activity: Limit your walking during the hottest parts of the day.

Use sunscreen (SPF 30 or higher) at least 30 minutes before going outdoors and reapply regularly.

Guard your mental health: Extreme heat can have a psychological impact on older adults, causing anxiety or confusion. Recognize the signs of heat exhaustion and heat stroke, which may include dizziness, nausea, headache, and rapid pulse. If symptoms are experienced, seek medical attention immediately.

Check medications: Some medications can increase the risk of

dehydration or heat-related illness, so consult with your doctor or pharmacist.

Stay connected with friends/family: Maintaining social connections and mental well-being are crucial during the summer, especially when dealing with grief/loss, heat waves and potential restrictions on outdoor activities.

The Life After Loss Group is about “people helping people” who have encountered any form of grief/loss in their life. Should you desire a deeper understanding of what it means to live a more meaningful “life after loss” we invite you to join us.

Unless otherwise notified, we meet the first and third Mondays of each month from 1 pm to 3 pm in RCN Room #3. All information is kept confidential.

If you have experienced a form of grief/loss and would like to join the group, please text/call Byron Thomsen beforehand at (909) 936-7097 or email him at byron.thomsen@yahoo.com. ~ *Byron Thomsen*

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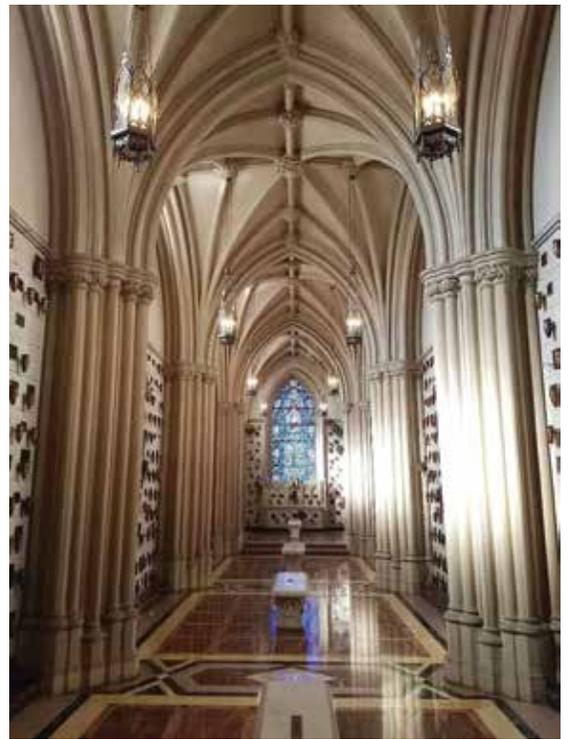
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Paul Plamondon, "Symmetry"

PHOTOGRAPHY CLUB

Our July once-a-month photo Zoom class covered RAW file basic editing. A RAW file can be compared to the film negative. This negative/digital file is often flat, not reflecting the actual vibrancy of the scene photographed. However, this file holds all the information about the scene, it only needs to be developed. Editing the digital negative brings out the actual shadows, highlights, color, etc. Future Zoom classes will cover varying topics about photography — technique, artistry, tips and tricks, style, and gear. We've also incorporated a segment during the Zoom class where we discuss how to make an average photo into a better photo.

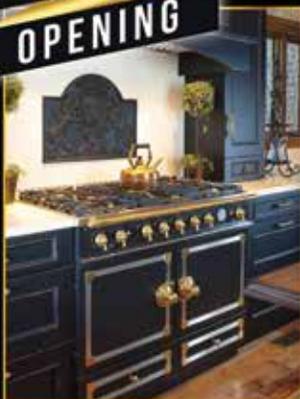
If you want to share your love of photography, please join us. We meet the first Thursday of each month, 6:30 to 8:30 pm in the RCN Main Room. Photographers of all skill levels are welcome. Cell phone users are welcome — many photo and editing techniques can be incorporated into cell phone photography and there are times the cell phone is the best option.

If you have questions or wish to be added to our mailing list, please contact jacquesneddon@gmail.com. ~ *Jacque Sneddon*

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MIXED MEDIA ARTS

This is the perspective of the artist of the month, John Horning.

“As a child, I had little interest in art. I was a math and science kind of guy. In college, I majored in math and went on to a long career as a financial mathematician. In my 40s, I got the urge to branch out and diversify my interests. I decided to take a drawing class at the local community college. It was a lot of fun and surprising; I turned out to be pretty good at it. I remember that the tuition was \$28 per semester so that had to be the best entertainment value ever!”

“I had so much fun that I went on to take about every art class the school had to offer and I know for a fact that they really do use nude models in the life drawing classes! Drawing classes, painting classes, design classes and sculpting classes, I took them all.

“During this period, I got interested in plein air painting. That involves packing all your equipment into a backpack, going for a hike, and painting whatever catches your eye. I saw many beautiful places and met many interesting people and have lots of paintings to serve as mementos.

“When I moved to Four Seasons in 2008, they had a painting class in need of an instructor, so I volunteered for that position. I led that group for several years until Rob Kelman came along. Rob

is a real art teacher with long years of experience and has led the Mixed Media Art group for many years. Several people from my original class are still participating in Rob’s class and it makes me feel so good how much they have improved. Try this group out. If you are a beginner, Rob will get you started on the right path.”

Classes are Mondays and Fridays from 10 am to 12 noon. If you have any questions, call Rob at (951) 992-9156. ~ **Rob Kelman**



CERAMICS CLASS

Happy Independence Day to our beautiful country. Hard to believe we are halfway through the year of creating many beautiful pieces for gifts for family and friends. We are discovering so many different techniques and experimenting with colors and ways to mesh paints.

We welcome new ideas and curious artists to join us on Wednesdays from 12 to 4 pm in our Arts & Crafts Room. Pablo Picasso, Monet, and DaVinci may have started like this. Who knows for sure? I’m

sure they had doubts but were willing to explore.

What budding artist awaits in this community to freely express their talents? We shall see! Join us for laughs, music, and terrible jokes as we pick up our brushes. For further information, contact Loretta Ramsey at (714) 803-6744.

Happy Fourth of July and we look forward to seeing you. ~ **Karen Reed**



HEALTHY CRAFTING

Please join us for Healthy Crafting classes: Create, Relax, and Enjoy. Take a break from the heat with some cool fun. Imagine crafting your own soothing spa products, designing a unique piece of jewelry, or painting a mandala rock to bring mindfulness into your space. At Healthy Crafting, you can do all this and more. Held on the first and third Tuesday of every month from 1 to 3 pm in the Arts & Crafts Room at The Lodge, this hands-on workshop is perfect for anyone looking to explore their creativity while making sustainable, healthy products. Classes are \$20 cash with all materials and instruction included.

Crafting isn't just about making something beautiful — it's a form of self-care. When you create with your hands, you engage your mind, relieve stress, and boost your overall well-being. That's why Healthy Crafting focuses on projects that nourish both body and soul. This month we will be making canvas poolside bags, customized perfume, a favorite, mandala rocks and more.

If you love artistic expression, try your hand at designing jewelry, painting intricate mandala rocks, or if you're just into trying new things, this is the place for you. Whether you're a seasoned crafter or a total beginner, this class is designed for all skill levels — no



experience needed. Instruction and all supplies are included, so you only need to bring your enthusiasm and a friend or two.

One of the best parts of Healthy Crafting is the sense of community it fosters. You will meet like-minded individuals who share an appreciation for handmade, eco-friendly creations. There's something truly special about learning a new skill together, sharing ideas, and leaving with a finished piece that reflects your personality. And fun!

So why not take a break from your usual schedule? Come unwind, get creative, and make something you'll love. Join us at Healthy Crafting and experience the joy of creating with intention.

For more information, call Barb Toyama, owner of Banning Bath and Body, at (909) 855-3842. The sign-up sheet is located on the credenza, just outside The Lodge Theater. We look forward to crafting with you. ~ *Barbara Toyama*

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CRAFT GROUP

This month is filled with more exciting projects. Come and visit or join our group! If you're not crafty, we'll help you. It's a time to be social and creative on Thursdays at 10 am in The Lodge Arts & Crafts Room. For more information, contact me at christimason02@yahoo.com or (951) 486-1091. ~ *Christi Mason*



QUILTING ENTHUSIASTS

Summer is in full swing and so are our quilting ladies. Our 2026 raffle quilt is almost done, so watch for pictures of the finished quilt soon. Our ladies have been busy working on a unique surprise for the Four Seasons 20th Anniversary. We hope to have it on display real soon. I can tell you that these ladies have been "burning the midnight oil" to complete this beautiful one-of-a-kind piece! Watch for an announcement soon as to where you will be able to see it. Our next class will be July 10, a "get to know your sewing machine." This is a free class for anyone in Four Seasons who has a sewing machine and would like to know more about it — what the tension disk does, how all the stitches work, how to adjust the stitch length and width, as well as how to clean an oil your machine, and don't

forget, I will discuss sewing machine needles and thread.

We have room for five more people for the July 10 class. Please RSVP at marymoodycox@gmail.com. In the subject line please put "get to know your sewing machine." You do not have to be a member to come to the class. It's free!

We had four beautiful quilts shown at our last meeting. Enjoy the pictures and remember the second Thursday of each month is our meeting in the Arts & Crafts Room #2, 1 to 4 pm. We have several classes planned so keep your eyes open. All are welcome!

Piece through quilting. ~ *Mary M. Moody-Cox, (808) 430-7469, 4seasonsquilters@gmail.com*



Created by Susan Hagerman for one of her great-grandchildren



Created by Penny Key from scraps for her guest room



Mickey Mouse, created by Glenda Timms

KNIT & CROCHET GROUP

We meet on Tuesdays from 10 until 11:30 am in the Arts & Crafts Room. We welcome all levels of knitters and crocheters to join us. We also welcome anyone who is interested in learning how to knit or crochet. Please email me if you have any questions. ~ *Marlene Doyle, marlened3333@gmail.com*



PADDLE TENNIS

Paddle tennis has no doubles alleys, we use a solid paddle made of composite materials with holes to reduce air resistance, the ball used is a depressurized tennis ball. Underhand serve only, scoring is the same as tennis (15, 30, 40). Points are usually quicker due to the smaller court. You will currently see folks playing anywhere from 4 or 5 pm on. We would love to show you how much fun you'll have, playing paddle tennis. ~ *Lizzie Gallegos, ecgallegos@outlook.com*



TABLE TENNIS

Table Tennis is a fun sport for all ages and abilities. There are many physical and mental benefits that are achieved by playing this sport. Here are three taken from the website rachetinsight.com: 1. Relieves stress and improves mental health; 2. Stimulates the brain, improves mental acuity, and memory; 3. Improves balance, coordination, and motor skills.

In the photo you see a tiny ball, paddle and player. That's all you need to play. It's not difficult to learn to hit the ping pong ball over the net and onto the table. All it takes is the willingness to try and practice, practice, practice. I have talked to friends about playing ping pong and the usual response is "I haven't played since I was a kid." Don't let that stop you. We are happy to be in the The



Playing doubles takes concentration. Nancy Van keeps her eye on the ball while Lisa, her partner, steps back to give her space.

Courts Multipurpose Room after six months in the Aerobics Room.

Come out on any Monday through Saturday from 2 to 4 pm and meet others that haven't played since they were kids. Enjoy the fun, laughter and reap the benefits. One

more exciting benefit: you will be out of the gale force winds and summer heat. Think about it! If you have questions or concerns, please email me at baerhuggy@icloud.com. See you soon at The Courts! ~ *Mary Baer*

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BEAUMONT BAGGERS CORNHOLE GROUP

Our season is in full swing and we continue to meet on Tuesday nights at The Summit. Beginning July 1, we will be meeting at 5 pm.

An article in the *Costco Connection*, states that cornhole has “gone from the backyard to center stage in North American recreation.” The American Cornhole Organization boasts there are “5,000 hard-core players involved in competitive play across 42 cities.” Our Cornhole Group is a great way for you to try

this sport, get exercise, meet neighbors, and have fun!

Our Pack Your Baggers contest continues with our players and their shirts, making it to England this month, pictured above.

Remember to mark your calendars. Our starting time changes as of July 1 at 5 pm at The Summit. No cost, no equipment needed. All singles or couples are welcome. Bring a chair and join us! ~ Pat Barry



Rick and Brenda Steckler in London, England




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PICKLEBALL



As a welcome to summer, the Four Seasons Pickleball Club, organized by Tournament Director David Martin, held its first-ever White Out Tournament on May 10. Nearly everyone who participated wore all-white attire, which turned out to be ever so appropriate for an unseasonably hot day. Each white-clad pickleballer got one raffle ticket for a special drawing, with Carol Ward winning and taking home a Bistro gift card and FSPB logo mug.

The tournament featured two divisions for women's doubles and two for men's doubles. With the help of scorekeepers/court monitors Colleen VanNordheim, Kelly Boggs, Gino Domico, and Jeromee Liebenberg, all divisions started playing at the same time, using all eight courts. By the end of the tournament, water bottles and jugs had been emptied, and the winners were found to be:

Women's Division One: Gold- Shelley Allard/Julie McGrath, Silver- LynnRae Dupree/Kelly Vucinic, Bronze- Tracey Mahan/Yana Whittinghill

Women's Division Two: Gold- Lori Crosse/Bev Haller, Silver- Nancy Ginnetti/Carol Ward, Bronze- Laura Burton/Gayle Wardenski

Men's Division One: Gold- Tony Greicius/John Schaefer, Silver- Jimmy Conner/Robert Mahan, Bronze- Lou Luna/Syed Ali

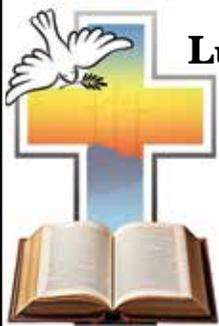
Men's Division Two: Gold- Richard Carrasco/David Thomason, Silver- Flip Baldwin/Barry Ginnetti, Bronze- Tracy Maxwell/Perry White

What looks to be a simple list of winners cannot show how hard-fought and close many of these games were. Our relatively new bleachers are shaded in the morning, so watching the games from there was quite comfortable and convenient. At the end of play, sandwiches made by the Bistro folks and snacks for all to enjoy were provided by the club. Many thanks to Bob Mendenhall for the pre-game birthday donuts and Maggie Domico for her special post-game refreshments. The 50/50 raffle winners were Tom DePaola and Bev Haller. All in all, we had a hot day, good games, and fun times.

Four Seasons Pickleball Club play is daily from 7 to 11 am. This is club time for players to paddle up and enjoy games with one another and any of their guests. As our club is growing, many mornings, all eight courts are totally full, and there are players queued and waiting. Any newcomers are cordially invited to paddle up and join in the game play. Those who want to drill or practice amongst themselves may need to do so anytime outside of the morning club playing time, unless there are open courts available and no one is waiting to play a game.

Please come out and join us. Pickleball is easy to learn and fun to play; we're playing every Saturday at 8:30 am. Nancy Hessin provides lessons for those who want to begin playing pickleball. No equipment is required; no prior experience is necessary. Just wear comfortable clothing, court shoes, and show up. Without exception, everyone loves working with Nancy. So, come on down to The Courts, introduce yourself, and join the fun. ~ *Gayle Wardenski, gmew@hotmail.com*





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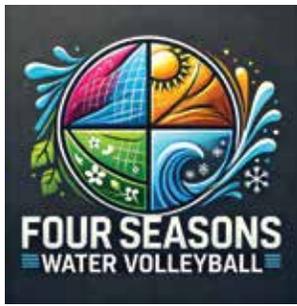
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WATER VOLLEYBALL CLUB



The weather report is in and is predicting this month will be hot, hot, hot! So why not get “cool in the pool” by joining the members and guests of your Four Seasons Beaumont Water Volleyball Club at The Courts every Monday, Wednesday and Friday from 10 am to 12 pm. We also anticipate the renovation of The Summit pool to be completed in July.

Upon completion, we will resume our play on Saturdays at The Summit from 10 am to 12 pm with the previously announced changes to game play. We are designating Saturdays specifically for beginner play (Division 3). If you ever thought you'd like to try water volleyball, but were intimidated by the level of competition, this is your chance to participate. There will be no spiking or blocking in Division 3 play and the ball we use indoors is softer than what is used

outdoors. Also, The Summit pool is shallower than the one at The Courts. Wednesdays will be scheduled for Division 1 play, devoted to advanced play. All players will have to serve with an overhand hit (no throws allowed). This is “advanced play,” but participants must still play with the safety for themselves and others in mind.

Our summer season is a great time to get out of the house and enjoy the sunshine! So, if you're looking for a club where you can get a little low impact exercise while having lots of fun and laughs, come check us out. And bring your guests along. All ages, heights and skill levels are welcome to join in the fun! For more information, contact Craig Korotko at korotko@msn.com. ~ *Craig Korotko*



Scan QR code for membership application

SHUFFLEBOARD

Summer has started and, by now, we have started our summer hours. This means that on Monday and Saturday mornings, we start our shuffleboard play at 8 am at The Courts behind the swimming pool and next to the paddle tennis courts at The Lodge. So, wake up early to get an early start to your day and come out and join our shuffleboard family, by participating in an outdoor activity, while getting a little exercise and enjoying some fresh air with other Four Seasons residents.

Shuffleboard is an easy game to learn and almost anyone can quickly become proficient at this sport. Our games usually last a little more than an hour and we choose up different teams each time that we play. This allows us to keep the competition challenging and the games more interesting. We play for fun, but of course, everyone likes to win. We have no losers, only non-winners.

We have a great group of players, who play regularly, but we are always looking to welcome new players. So if you are interested in joining a fun activity with lots of friendly residents, please just show up on Monday and/or Saturday morning a little before 8 am. We will give you an introduction to shuffleboard if you have never played before, or a refresher, if needed.

If you have any questions or concerns, please contact me. Otherwise, I hope to see you at the shuffleboard courts. ~ *Marty Rotman, (310) 948-1693, mrtmj@aol.com*

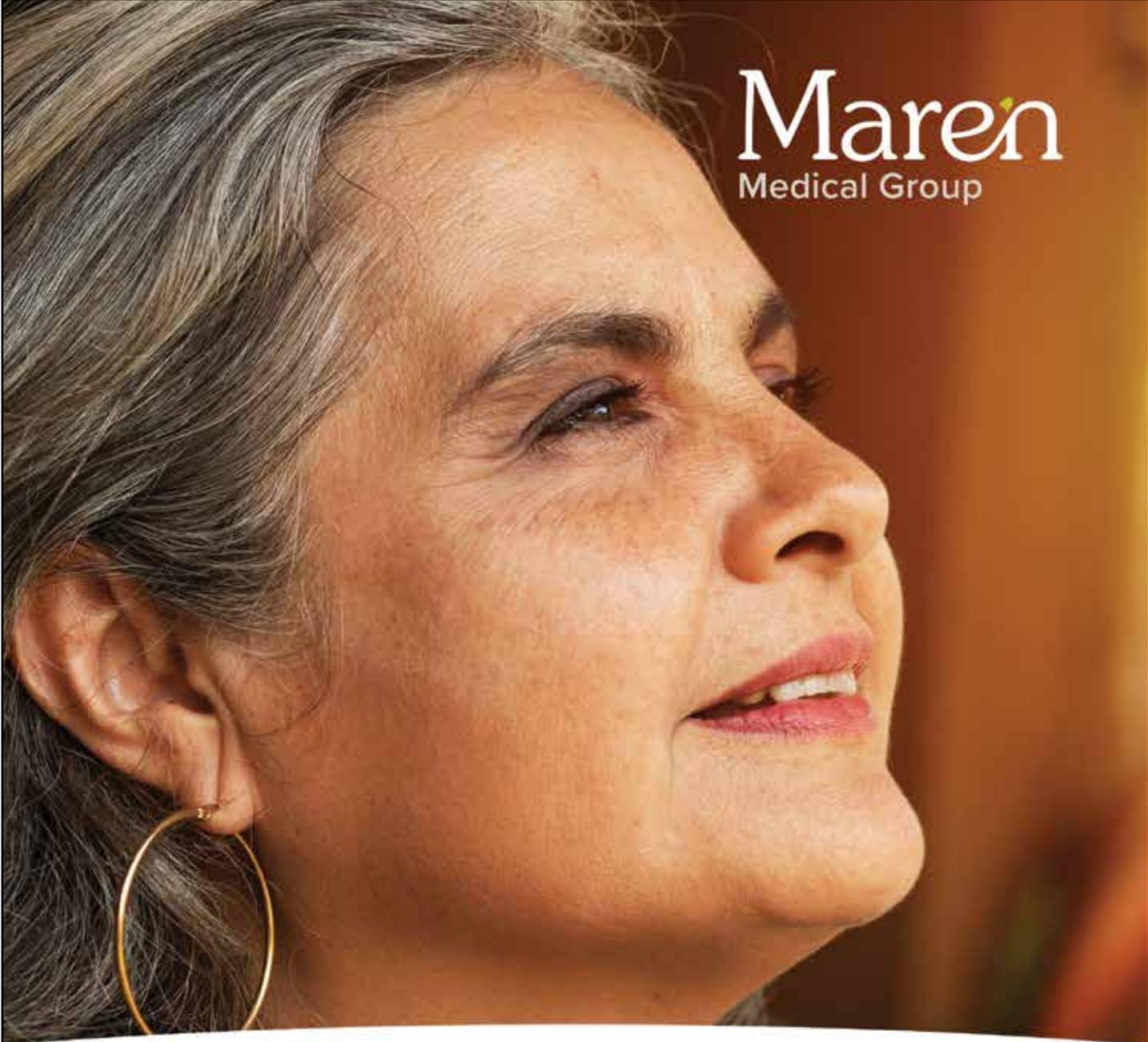


BOCCE BALL

Bocce Ball is played at The Summit twice a week. Scheduled times are Tuesday and Friday at 9 am. Once the weather warms up we'll start earlier.

All are welcome to join. No special skills or previous experience needed. We have a good time playing and socializing with a great group of people. If you have any questions, contact me at (840) 234-6494 or email me at hanknegrete16@yahoo.com. ~ *Hank Negrete*





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Jane lining up her shot



Karen taking aim on the 8 ball

CURLY CUES BILLIARDS

We are always looking for new players and welcome any ladies at any level of playing skill. We play on Mondays from 11 am until 1 pm in the Billiards Room. Come on down and start your Mondays with a fun group of ladies enjoying the game and the easy camaraderie. You don't need to be an expert pool player in order to enjoy our group of

ladies. Also, welcome back Kim, who is now on summer break and we will be seeing a lot more of her this summer.

For more information, contact Barbara Morton at (559) 269-0908 or barb93720@yahoo.com. ~ **Barbara Morton**

BILLIARDS FOR FUN GROUP

We meet Tuesdays with the first session from 11 am to 1 pm and the second session from 1 to 3 pm. Come to the Billiards Room and join us! For more info, please contact Paul Snyder at (909) 214-9464 or Donna Snyder at (909) 435-6589. ~ **Donna Snyder**

8-BALL CLUB

The 8-Ball Club presents pool lovers with lots of opportunities for practice and tournaments.

The 8-Ball Club practices or plays tournaments Mondays, Wednesdays, and Fridays from 6:30 to 9 pm.

The monthly 8-Ball Club business meeting is held on the first Wednesday of each month.

In-house tournaments include an 8-Ball tournament on the second Wednesday of the month and a 9-Ball tournament on the fourth Wednesday of the month.

The club also competes in team events with Solera Oak Valley and Solera Diamond Valley (see addresses below) on the first, second, third, and fourth Mondays of each month: two here and two away.

Solera Oak Valley, 1615 Fairway Drive, Beaumont, CA 92223

Solera Diamond Valley, 1645 Paseo Diamante, Hemet, CA 92545

If you're new to the game or have played it before, don't be shy, stop by, pick up a stick, and give us a try.

Walk in and ask for Del or any of the

members playing about the club (David, Captain Kirk, Doug, Augie, Larry, Bella, Claudio, Rick, Scott, Leo, Jones, et al).

The 8-Ball Club is always looking for new members who would like to learn and play pool to join us.

There is a calendar of all our events each month plus sign-up sheets in the Billiard Room at The Lodge, on the 8-Ball Club bulletin board.

If you have any questions about your 8-Ball Club, please contact the 8-Ball Club Captain, Del Lyles, at (951) 267-1752.

WILD BUNCH BILLIARDS

Four Seasons Billiards Room is the place to be! The Wild Bunch is in full swing, and looking forward to having those who are serious and competitive billiards players join us. We enjoy playing 8 Ball, 9 Ball, and Scotch Doubles. You don't have to be the best player, just a player who wants to improve their game in a more competitive setting.

The Wild Bunch consists of some of the best players in the league,

and we are always looking for great competition.

If you want to play serious, competitive pool, we invite you to come by Friday afternoons from 12:30 to 2:30 pm in the Billiards Room and join in the stimulation of competitive play.

Looking forward to seeing you! ~ **Gracy Luna, gracyluna@aol.com, (951) 292-3624**

LADIES PUTTERS

The weather is warming up making it perfect putting weather. Per our request, the Facilities Committee installed a new cover for the cabana at the putting green just in time for the expected rise in temperatures. A few weeks ago, a “first” occurred during our “closest to the pin without going in” competition. The first two gals who tried to get as close as possible from 35 ft. actually drained their putt. Per our rule, it was “nice putt, but you’re out of the competition” for that day. Not surprisingly, this “after our rounds” competition has become very competitive as trying to get the ball close to draining the putt isn’t as easy as it sounds. As always, we’d love to see more ladies coming out and giving our Ladies Putting Group a try as this is a low-impact, “high fun and very social” activity. The best part is no experience is necessary. We have extra putters and balls if you’d like to join us. Our nine-hole putting green is located at The Courts, behind the pool area. Our putting days/times are Mondays at 4 pm and Fridays at 9 am. For more information, please contact Elaine Brown at (626) 589-9791 or Phyllis Kates at (909) 227-0037. ~ *Phyllis Kates*



The newly-installed replacement cabana cover was a welcome sight to the Ladies Putter Group as the temperature soared into the high 80s.



It was good news/bad news for both Claudia Rozzi and Phyllis Kates. They both drained their 35 ft. putt which knocked them out of the “closest to the pin without going in” competition for that day’s play.



Roy and Linda Ortiz paused for a photo at Toquerville Falls.



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4X4 SEASONS

4x4 Seasons is a local group of four wheelers who go on day and sometimes overnight trips. If you have a 4x4 and want to check us out, we meet on the second Tuesday each month at 6:30 pm in the RCN Conference Room.

At right are some photos from our latest run to Toquerville and Hurricane, Utah. Toquerville and Hurricane Utah are often referred to as Sand Hollow. We enjoyed some beautiful scenery, two National Parks, and some evening card games. For information, contact Brian Fusilier, at (909) 215-2778 or Scott Snyder at (562) 714-7252. ~ *Brian Fusilier*

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Mike Olson crushes the backhand



Larry Martin stretches for the return



Waiting for pizza at Sun Lakes

TENNIS CLUB

“Your pizza delivered in 30 minutes or it’s free!” What you get when it’s 90 minutes late is just cold pies and hungry tennis players, at least for those who stayed. Our tennis colleagues at Sun Lakes hosted our Four Seasons Tennis Club members to an afternoon of friendly matches that paired up players from both communities in a rotation of mixed doubles matches. The plan was to follow up the games with pizza, salads and margaritas, but unfortunately, despite the availability of advanced GPS technology, the local pizza purveyor botched the delivery. By the time the pizzas arrived, the margaritas were drained and many of the attendees became departees from the party. Nonetheless, FSBTC participants greatly appreciated the gracious hosting of this inaugural event and look forward to reciprocating after we get through the summer heat. But we won’t order pizzas.

The club was scheduled to have another “Tiebreak Ten” tournament on Saturday, June 28. As the Wimbledon tennis championships in England were set to begin on June 30th, our plan was to incorporate the theme of that Grand Slam tournament, though we don’t have the famous grass courts. The format was to be like the April event, but with only 20 players to make the rotations move a bit faster. A BBQ was planned for after the competition. The outcomes will be reported in the August edition of the *Breeze*.

For many of us, The Courts are our second home here in Four Seasons. So, let’s do our part to take good care of The Courts. For example, if you have trudged through the bushes looking for a ball, please make sure to knock the mud and dirt from your shoes before



going back on the court. And who knows why those kinds of bushes and thorn-bearing roses were planted around The Courts! Also, remember to close the court gates when you’ve finished playing, because no matter how well or crappy you played, the coyotes like to poop on The Courts. Ick!

Saturday FUNDamental drills and gentle coaching will start at 8:30 am on court 1. Regular last-Saturday-of-the-month Play Days will have sign-ins at 8 am and play beginning at 8:30 am during the summer months.

Website: <https://sites.google.com/view/tennis-fourseasons/home>. ~ Steve Hovey (951) 712-5319, sahovey47@hotmail.com



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(L-R): Frank
Turner, Reggie
Fuqua, and Pete
Antoine

DOMINOES

In recognition of our HOA's upcoming 20th Anniversary celebration in July, our club has recognized the following players for the first, second, and third place trophies. Our selections include Reggie Fuqua for first place, Pete Antoine for second place and Frank Turner for third place.

They are amongst our club's best players and these gentlemen are all super nice guys!

While we enjoy the competition, we do also offer relaxing sets where the aim is playing the game, win or lose. Our club is actively encouraging more players, experienced and novice, to come out and join us on Wednesday and Friday evenings.

We offer joyful, fun-filled sets where players match their wits and gaming styles while attempting to "domino" — or play their last bone before other players can do so. There is soulful music in the background, and (often) goodies to munch on.

So, come on out and join us for a rousing evening "slamming bones." The Dominoes Club plays every Wednesday and Friday from 6 to 9 pm in the Game Room. Novice players are encouraged to come out on Wednesday and Friday from 5 to 6 pm to learn the game.

For more information, contact Reggie at (951) 743-3594 or Jesse at (714) 474-1365. ~ *Roxanne Williams*



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THREE THIRTEEN

Three Thirteen is a fun and fast-paced card game, played in 11 rounds. A variation of Rummy, players meld runs and sets of at least three cards. The first player to lay all cards down receives no points. Then the remaining players lay down their cards, on either the first player's cards or their own. Each round uses a progressive, new wild card, from 3 to kings. The lowest score wins. Not a lot of rules to remember and it's quick and easy to learn. Everyone is welcome and we will always have a learner's table, if needed.

We meet the first and third Tuesday of each month at 2 pm in The Lodge Game Room. Everyone is welcome to join us. If you have questions or want your name to be added to the group email list, contact Simone at simone@bissada.net. ~ *Simone Bissada*

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 to play Pan, 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, that is played with up to eight people at a table. It is played by both men and women, so all are welcome. The game is played during the day or in the evening in The Lodge or at a private home. If you are interested, please contact Linda Mendelson at (951) 941-9100 or email Goldtoy@earthlink.net, and I will answer any questions you may have. As with all card games, it is played with both skill and luck. ~ *Linda Mendelson*



MAH JONGG

Hello all! We are now playing Mah Jongg every Friday from 1 to 3 pm in the RCN Main Room. I hope you can join us. The great part is that you do not have to commit to every Friday. If you are interested in learning this game, we arrange periodic lessons and have a table designated for new players. If you have any questions or would like to arrange an introductory lesson, contact Terry Hall at Terryhall005@gmail.com. ~ *Terry Hall*

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CO-ED BID WHIST

In recognition of our HOA's upcoming 20th Anniversary celebration in July, our club has recognized two of our best players for 1st place and 2nd place trophies. Our selections included Frank Turner for 1st place and Bill Palmer for 2nd place.

Frank and Bill remain the team to beat with five Boston wins in one night! Both gentlemen are quite talented card players and both are super nice guys.

Whether you are new to the game or a veteran player, we invite you to come out and play Bid Whist. Bid Whist is a variation of the original game of Whist, and it involves trick taking, strategy, card counting, and careful communication with a partner. It is similar in play to Bridge and Spades.

We typically have an enjoyable time socializing while applying our individual team strategies to win the hand or stop the opposing team from winning. You can hear the excited voices of the victors around the tables, as well as a variety of mellow tunes in the background. Win or lose ... you will have a lot of fun and meet some great folks while playing Bid Whist.

We have paper flyers available at The Lodge, and our electronic flyer can be viewed on the E-boards in all the facilities and online in the Activities Blast.

The Co-Ed Bid Whist club meets on Tuesdays from 6 to 8:30 pm in the RCN Room #3. We look forward to seeing you at the tables!!

For more information, contact Frank Turner at (562) 922-9737. ~
Frank Turner



Bill Palmer and Frank Turner

UPTOWN DIVAS BID WHIST

The Uptown Divas Bid Whist Group meets on the first and third Friday of every month from 2 to 4 pm in The Lodge Game Room. ~
Deborah Garner, kenyakiki@aol.com

CANASTA

Join us for an afternoon of friendship and fun while playing a game of Hand and Foot Canasta. We meet on Thursdays from 12:45 to 4 pm in the RCN Main Room. 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 to visit with existing 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. Join us. ~ *Pam Morales, pamelamoraes26@gmail.com*

HEARTS

We play Hearts every Tuesday at 6 pm in The Lodge Game Room. We welcome new players. If you don't know how to play, we'll be happy to teach you. Seating is done by random card draw. Try your luck at getting all the hearts plus the queen of spades. That takes 26 points off of your score, or, if you choose, adds 26 points to all the other players at the table. The jack of diamonds takes 10 points off of your score. The lowest score wins. It is lots of fun and we look forward to seeing you on Tuesday evenings.

An advertisement for 'The Cart Guy Golf Carts Plus'. The top part features a silhouette of a golf cart against a sunset background. Below this, there are three circular icons: a white golf cart, a red and white golf cart, and a person working on a golf cart. The text includes: 'GOLF CARTS PLUS', 'FREE PICK UP AND DELIVERY FOR BEAUMONT - BANNING AREA (included with a service)', 'GREAT SERVICES AND FAIR PRICES', 'RENTALS SALES REPAIRS', 'Over 150 Rental Carts for family or special events. Carts from 2 - 14 passengers or utility carts', 'New, Used, and Refurbished Golf Carts for sale Available or customize your cart to your needs', 'Trained on site and in house service techs Licensed Drivers provide transport when needed', 'Second Generation Family owned for over 35 years serving Southern California'. At the bottom, there is a green banner with a phone icon and the text: 'HAVE A QUESTION? GIVE US A CALL 951-849-2278 OR STOP BY - MON - FRI 992 E RAMSEY ST, BANNING, CA 92220 BAM - 4PM'. On the right side of the banner is the 'The Cart Guy' logo and the text 'service | sales | rentals | storage | parts'.

RUMMIKUB

Rummikub (rummy cube) is one of the most popular games in the world. It is a tile-based game for two to four players combining elements of the card game rummy and mahjong. Rummikub was invented in the 50s by Ephraim Hertzano, a Romanian-born Jew. He had made the first sets with his family in the backyard of his home and sold them door to door. Over the years, the family licensed it to other countries. In the 1970s, it was brought to the United States. We welcome you to come and join us on Mondays from 2 to 4 pm in The Lodge Game Room. It's no problem if you have never played before. We love to teach! If you have any questions, call Sherry Mounts at (323) 810-0632. ~ *Sherry Mounts*



DUPLICATE BRIDGE

Please join us if you are interested in playing a form of the game where you don't have to get "good" cards to do well. We meet on the second Saturday of the month when there is sufficient interest. If you have any questions, please contact me. ~ *Kirk Freyermuth, kafreyer@frontier.com*

BRIDGE FOR FUN

If you are thinking of new activities and have a basic knowledge of how to play the game of Bridge, come join us on Wednesdays from noon until 3:30 pm in The Lodge Game Room. We are a fun and easy-going group; come play with us. For more information, contact Verina Rector at (951) 769-1687. ~ *Lois L. Butler*

BUNCO

Let the good times roll! Join us on Fridays for laughter, fun, and friendship as we roll the dice to see who will throw the most Buncos, Wins, Baby Buncos, Losses, Last Bunco, and even Wipe-Outs! We are always adding new twists to keep you on your toes as we celebrate special days. Everyone is welcome. We play on the first and third Fridays in the RCN and on the second, fourth, and fifth Fridays in the Card Room. Be sure to check in by 12:45 pm so we can begin playing by 1 pm. If you have any questions, please contact Cheryl Diego at kinderbear@msn.com or Linda Supernaw at supernaw4@sbcglobal.net. ~ *The Crazy Bunco Ladies*



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GET THE JOKE – WIN \$20!

“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, email your response to FourSeasonsNews@yahoo.com. Or you can cut out and complete the box below and take it to The Lodge front desk. One correct entry will be chosen at random to win a \$20 gift card. Please get your entry in no later than the sixth of the month. Thanks!

LAST MONTH’S JOKE



My dad came to visit me when I was going through Jedi training school. We had a complicated relationship.

Submitted by Luke S.

YOUR COMMENTS

Darth Vader is Luke’s dad! Spoiler alert! Scot S.

THIS MONTH’S WINNER:

BOB BEEGLE

I got the joke!

Resident’s Name (first & last): _____ Phone _____

This was the joke: _____

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

Solutions of puzzles on page 40

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

EASY

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

MEDIUM

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

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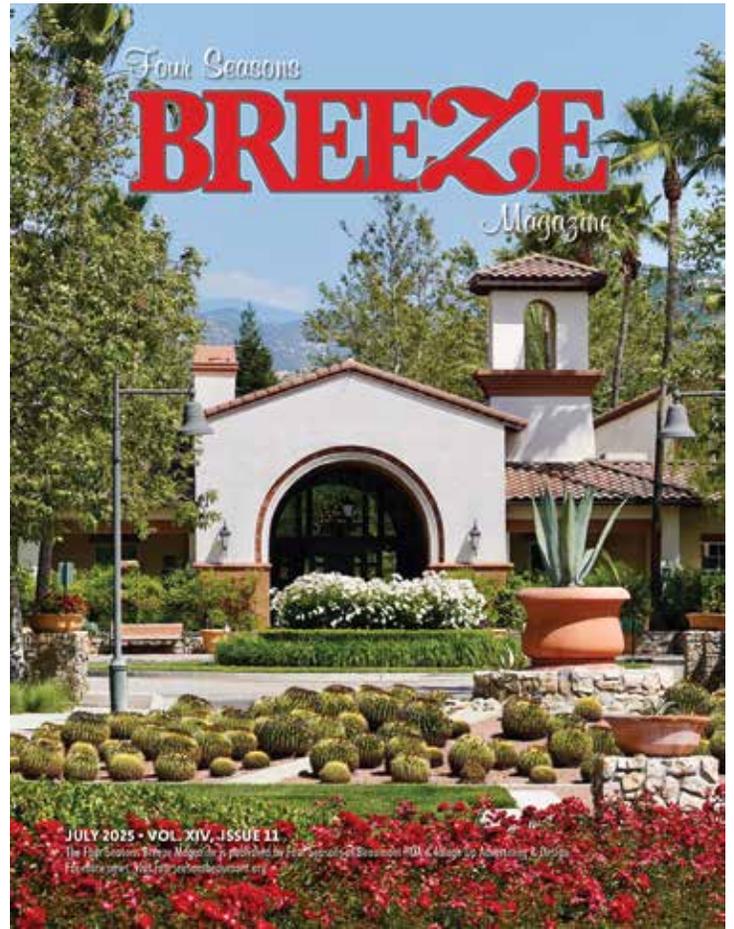
If you want to submit a photo for the cover of the *Breeze*, follow these guidelines:

- Vertical portrait format is preferred
- Simple, uncluttered photos work best
- Digital photos are requested at high resolution, 4 megapixels or higher, 300 dots per inch (dpi) or at least 1536 x 1024 pixels; a high-res photo will be 2-10 megabytes (MB)
- Send jpeg format photos to FourSeasonsNews@yahoo.com
- Include a brief description of the photo including the location
- If you have any questions, please call Courtney Taylor at (909) 797-3647

Submission Guidelines

The *Breeze* Communications Committee requires all committees, clubs, and groups to submit their article **no later than 12 noon on the sixth of each month**. Maximum article length is 400 words and maximum number of photos per club/group is three. Photo collages are not accepted. Email Microsoft Word document (.doc), Rich Text Format (.rtf) or simply include your article in the body of an email message to FourSeasonsNews@yahoo.com. Articles submitted as PDFs or in hard copy will not be accepted.

Please include the 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. **NO COLLAGES**. Photos and articles will be printed at the discretion of the Communications Committee.



COVER PHOTO

Photo by John Goolsby

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