

Four Seasons

# BREEZE

Magazine



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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 - 9.

# In the Breeze



**Resident Spotlight:**  
**Karen Belcher P. 14-15**



**Travel Feature: New Zealand P. 16-17**

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**Amphitheater P. 45**



**Crown Divas P. 54**



*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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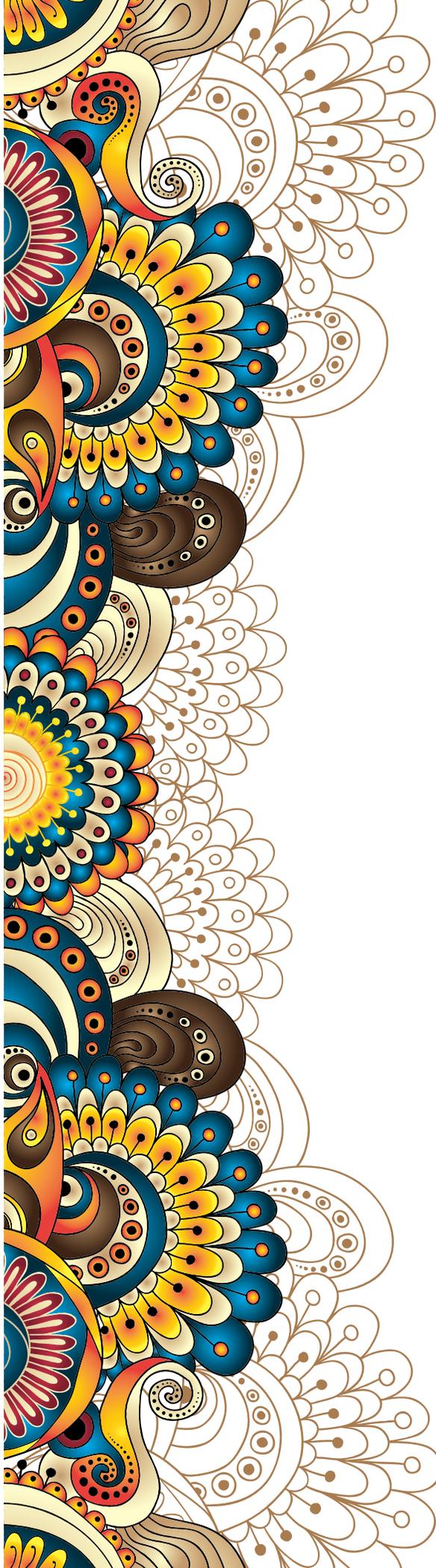
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On the Four Seasons at Beaumont website, fourseasonsbeaumont.org, you will find association financials, Board meeting minutes, activity calendar, community guidelines, and more helpful information. Register online to receive your login details. Another 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*

I cannot believe it is August already; this year has blown by so fast! As summer is in full swing, the Board and Finance Committee begin preparing the 2026 budget. We are a multi-million dollar corporation with cash and assets, and we strive to have both physical and financial health.

The Board of Directors (BOD) at Four Seasons Beaumont manages the Corporation from an annual operating budget of approximately \$5.8 million dollars, all of which comes from your HOA assessments. As you may know, the \$298 assessment is divided between our operational expenses and funding our reserves.

You may wonder what our reserves are. Our Reserve Study includes funding to replace items we own such as chairs, tables, carpet, tile, gym equipment, courts, buildings, and everything else. The study is based on the replacement cost and life expectancy of an item. We take great care not to replace an item that can be repaired to extend life expectancy, and all items are reviewed annually. This affects your monthly assessment. During the past year, reserves were used for street repairs, pool maintenance, and updates to the Ballroom.

In addition, we have an extra assessment in the Front Yard Cost Center (FYCC) and the Springdale community. The FYCC's budget includes an additional monthly assessment of \$92 per resident for the lawn, planters, and water for the front yard. And although the area surrounding the Springdale's is common area, Springdale residents pay an additional amount determined by each unit's square footage.

As we prepare the budget, we take into consideration things like cost-of-living increases, inflation, and the Consumer Price Index (CPI) for Riverside County. The BOD and Finance Committee have hit the mark on the budget for the past couple of years after K. Hovnanian no longer controlled the Board. We expect to do so again. We work diligently to factor in everything we can think of because no one wants to hear the words, "special assessment."

Did you know that of our overall budget, 82 percent is comprised of contracts with our vendors like Park West, FirstService, and insurance, to name a few? The Board of Directors works to ensure the raises in contracts are minimal and send out Request for Proposals (RFPs) at the end of a contract to ensure that we get the best price possible for our association.

Once the Finance Committee completes the budget, the BOD will vote to accept or amend it to ensure we are providing an equitable and competitive HOA assessment. The Civil Code requires completion by the end of November.

Lastly, I did some checking for comparable HOA assessments and found some of our neighboring communities currently pay \$300 to \$500 per month. What a bargain we have since we have the most beautiful community!

The BOD meets the second Thursday of the month at 1 pm in the Ballroom, and we welcome all residents to join us. For a more informal meeting, we have Meet with the Board the third Wednesday of the month at 2 pm in the Ballroom. If you want an open dialogue with a few Board members, this is the meeting to attend.

If you would like to contact the BOD about any issue, you may send an email to [theboard@fourseasonsbeaumont.org](mailto:theboard@fourseasonsbeaumont.org), or call me directly at (714) 722-1301. Take care and be kind to one another.



FOR UPDATES ABOUT FOUR SEASONS, GO TO [FOURSEASONSBEAUMONT.ORG](http://FOURSEASONSBEAUMONT.ORG)

# GENERAL MANAGER'S REPORT

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

**JUNE 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:

- Rosemary Shrub Removal (FYCC) - \$694.25 (Landscape/Operational)
- FYCC Sumac Tree Removal - \$1,575 (Landscape/Operational)
- Phase B Enhancements - \$1,533 (Landscape/Operational)

**PETS** The Association maintains a multitude of dog stations for ease of use while owners are walking their dogs in the community. Please make sure you are picking up after your pet. The only area that is an off-leash area is the Canine Corral (which recently reduced their yearly fee). Trails and park areas are not off-leash areas — they are areas you must pick up after your pet.

**DAILY REPORT** If you're not receiving Four Seasons Beaumont daily emails/Activities Blasts, email [issues@fourseasonsbeaumont.org](mailto: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: July 2025 Wolf Fire).

**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.

*\*Note: Map is not to scale. Areas to be repaired are approximate and are subject to minor adjustments without notice.*

## SEAL COAT NORTH SECTION

Phase 10 ~ Friday 8/1/2025	Phase 14 ~ Wednesday 8/13/25
Phase 11 ~ Wednesday 8/6/25	Phase 15 ~ Thursday 8/14/25
Phase 12 ~ Thursday 8/7/2025	Phase 16 ~ Friday 8/15/2025
Phase 13 ~ Friday 8/8/2025	

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**Map 2 of 2**

**STREET REPAIR & SLURRY UPDATE** Street slurry continues on Aug. 1 with seven phases in the month of August. Maps are included in the *Breeze* and also online showing the areas affected and dates. We waited 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. For updated maps, please go to [fourseasonsbeaumont.org/streets](http://fourseasonsbeaumont.org/streets).



# Activities Director's Report

I want to start out by once again reiterating how special and wonderful this community is. A great example of a community coming together was the Fourth of July festivities. We had 54 golf carts in the golf cart parade, a record for a Four Seasons patriotic parade! Everyone put so much effort into bedazzling these sparkly vehicles and much of the community came out to watch and cheer as the carts drove by with their hoots, hollers, water balloons, and super soakers (see the photo above!). It certainly ignited the excitement that would be with us the rest of that day. I think we set a record for picnic contributions in the Ballroom, as we had mounds of the most beautiful, delicious offerings brought in by all the neighbors. Lefty Martin and His Right Hand Band kept us dancing and clapping and singing. Thank you, Dave Rohrbaker, for the great recommendation! The After-Glow Party at The Summit was a beautiful way to wind down the evening with the Turtle River Band and PBJ Band. I wish I had had the energy to be up there myself, but the pictures I received were wonderful. This is the kind of community most people only dream of. Thank you for being you!

August is a month of theater and entertainment with the live Radio Show in the Ballroom on Saturday, Aug. 9. Check out the

Performing Arts Club article for all the details. We then have another awesome Amphitheater Concert on Sunday, Aug. 17 at 7 pm showcasing the music of Tina Turner. Mark Lassen has written a great article explaining all about that on page 45, be sure to check it out.

Finally, on Saturday, Aug. 23, we'll be having another Loggia "Summer Sizzle" dance concert and party. We are going to start this a little later with doors opening at 6 pm instead of 5 pm, to see if we can make it a bit more comfortable with the building shadow shading more of the Loggia. The summer evenings are terrific once we're out of direct sunlight and the cool breeze sets in. That means that we'll be going from 6 to 9 pm. I'm working now with the Bistro to provide a yummy buffet option for that event, so stay tuned for what they decide on and expect pre-sale tickets to be announced. I'm going to be decorating with summer flamingos for that party, so if you have clothing that screams flamingos, please wear it; I'm going to give a special prize for the person or couple with the best flamingo outfit. Have a great August and I'll see you around The Lodge! ~ *Cindy Graves*



## Meetings

### **BOARD OF DIRECTORS**

	<b>DAY</b>	<b>TIME</b>
Executive Session	8/14	9a
General Session	8/14	1p
Committee Chairs	8/4	10a
Meet the Board	8/15	2p

### **COMMITTEES**

	<b>DAY</b>	<b>TIME</b>
Architectural Review	8/6, 10	8:30a
Canine Corral Council	8/7	10a
Communications	7/30	10a
Community Planning	8/28	9a
Conservancy	8/6	8a
Facilities	8/7	9a
Finance	8/26	1p
Landscape	8/19	1p
Recognition	8/12	10a
Safety (includes EPC)	8/5	10a
Social	8/5	1p



# STARS, STRIPES, AND COMMUNITY SPIRIT

Every year, the Fourth of July brings with it a spirit of joy, unity, and remembrance. Across communities, neighbors come together to honor the nation's independence, sharing laughter, traditions, and a sense of belonging that transcends generations. From the waving of flags to the sparkle of fireworks in the evening sky, the holiday serves as a vibrant tapestry woven from moments of celebration and camaraderie.

This year's celebration at Four Seasons Beaumont reflected this same joy and unity with a dazzling display of community pride. The day started with an early-morning golf cart parade. More than 50 vehicles, each embracing the colors of vibrant red, white, and blue! The carts rolled through the neighborhood, their drivers beaming with anticipation— a snare drum could be heard beating a military march, banners fluttered, streamers danced in the breeze, and the sound of cheers echoed along the route as neighbors admired the creative efforts on display. Excitement mounted as participants awaited the judging for best entry, making the parade not just a spectacle, but a spirited contest that set the tone for a festive day ahead.

At 11 am, The Lodge opened its doors and welcomed residents, who were greeted by Nancy, Irene, and Regina from the 20th Anniversary Committee, selling T-shirts. This occasion also marked the final opportunity for homeowners to purchase commemorative T-shirts.



*Irene Welker and Regina Farmer manned the table to sell the 20th Anniversary Four Seasons T-shirts*

As attendees arrived, many brought potluck dishes, forming a line that extended throughout the Lobby. Once the Ballroom doors opened, a country western band began playing and many took to the dance floor. The band, Lefty Martin and His Right Hand Band is one of the best country western bands I have heard at The Lodge.

Meanwhile, the Bistro moved their restaurant outside and grilled hot dogs, hamburgers, and ribs. Inside, tables were lined with classic sides — potato salad, pasta, and baked beans. The dessert table had both homemade specialties and store-bought confections, ensuring there was something to satisfy every sweet tooth.

The afternoon continued with a pool party, highlighted by the playful involvement of “Uncle Sam,” (the blow-up floaty) who was “rescued” by community members Bonnie, Margie, and Mona.

Additional activities included a Cake Walk and concluded with a spectacular light display at The Summit.

Overall, the event was distinguished by its vibrant atmosphere, enjoyable entertainment, and opportunities for community connection. Special recognition is extended to Cindy Graves and the FirstService team for their excellent coordination and dedication to making the day memorable.

For those unable to attend, we invite you to enjoy the event's photo gallery and look forward to seeing you next year. ~ *Regina Farmer, Recognition Committee Roving Reporter and photographer*



Sept. 9, 12 noon, The Lodge Lobby: Tickets for In-N-Out burgers on sale for \$10 per person (limit six) for the Oct. 4 parade and celebration. Credit cards and checks only.

## 20TH ANNIVERSARY EVENTS



Aug. 15:  
Gail's Games



Sept. 9:  
In-N-Out  
Ticket Sales



Sept. 21:  
Amphitheater  
Grand Finale



Oct. 4: Community  
Parade & Reception



Nov. 22:  
Turkey Trot  
& Bake Off

# Voices of Celebration: Fourth of July thoughts from residents

Every year, the Fourth of July arrives in a flurry of flags, fireworks, and festivity. But beyond the glowing sparklers and parades, it is the cherished memories and words of those who have celebrated this day throughout their lives that truly bring its spirit alive. In the following interviews, residents from our community share their favorite Independence Day recollections and meaningful quotes, painting a portrait of patriotism, joy, and togetherness.



*Michael Erickson: "I served in the US Marine Corp as a Radio Operator. This is always a special day, the birth of America in 1776 and the resolution in 1775 of Tun Tavern, the resolution calling for two battalions of Marines to fight for independence at sea and on shore, officially forming the Continental Marines." We thank Michael for his service!*



*Elizabeth Westbrook: "God Bless America."*



*Michael Mac Queen: "This is our first 4th of July celebrating in Four Seasons. My wife and I have always celebrated in Lincoln California with our family. Lincoln is a small town which boasts Americana at its best. A local parade where a lady rides a Texan longhorn bull! Hometown barbecue at the local park, quaint, and beautiful hometown USA." Michael said that he and his wife would be back for many more celebrations at Four Seasons. It was a wonderful day!*



*Mary Gayle: "I am honored to be part of America enjoying our freedom."*



*Candi Bowens: "I remember when my kids were small and the special family gatherings on the 4th of July. My kids and I lived in Los Angeles then. I miss LA as I was born and raised there and worked as a government employee with the Department of Public Health for over 28 years. I miss the good times and 4th of July spirit in LA."*



*Olga Rausch: "I feel honored and blessed to have a brother who served in the United States Air Force, I am grateful to him for his service and to all of our military."*



*Phillip Westbrook: "Did you know that both John Adams and Thomas Jefferson died on July 4th, 1826, marking the 50th anniversary of the Declaration of Independence?" Phillip went on to say, "my service in the Navy exposed me to other countries and that is why this country is so special to me, the feelings are extremely hard to describe. I recall being on the ship in Yokohama, Japan on the flight deck in the early morning when the colors were presented raising up to the sky over the ocean; it was powerful and gripping and made me feel so proud." Phillip served the US Navy as Machinist Mate 2nd Class (MM2). We thank Phillip for his service; this was a very emotional and heartfelt interview.*

As the stories above reveal, the Fourth of July is more than just fireworks and festivities, they are a patchwork of memories, meaning, and unity. Community members, whether born here or newly arrived, find connection in the shared rituals of Independence Day.

In every story and every quote and memory, the spirit of Independence Day endures — vivid and bright as the fireworks that light up the July night sky. Each interview offered a unique window into the soul of the holiday, but it was the conversations with Michael Erickson and Philip Westbrook that resonated with particular depth. Their passionate, sentimental, and heartfelt recollections remind us that American heroes are found not just in history books, but among our neighbors and friends, living lives of service and sincere devotion to their country.

~ Regina Farmer, Roving Reporter at large for the Recognition Committee



## 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](mailto: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](mailto:FourSeasonsNews@yahoo.com). Be sure to include your contact information in case we need to reach you. Contact information will not be published.

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- Place all waste in the appropriate container with the lid closed properly
- Trash, recyclables and green waste placed outside of the container will not be collected
- Put containers curbside (not on the sidewalk) no later than 6 am on your service day
- Roll containers into the street (not on the sidewalk) and place them against the curb with the handles facing your property
- Place carts at least two feet apart from other carts and objects
- Emptied carts must be removed from the curbside no later than 7 pm on your service day

## 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

My gratitude goes to the guys and gal who give residents the opportunity to both play and/or learn dominoes in an atmosphere of fun and caring. Two evenings per week, Jessie, Reggie, Frank, Pete, and Roxanne provide music, snacks, fun, upbeat conversation, and — oh yes — slammin' dominoes for our enjoyment! This takes commitment ... a lot of commitment. Thanks to all of you! Jan White

We tend to take for granted all the fine work that FirstService does for the community. There are times, however, when we need to acknowledge something outstanding. One of these occasions was the first weekend in July when Eric Zarr, our General Manager, stayed at Four Seasons to ensure the community was safe from the Wolf Fire, missing his planned family camping trip in Big Bear. Another extraordinary effort was given by Cindy Graves and her staff to make the Independence Day celebration so successful. Thank you to those who work so hard to make Four Seasons safe and special for all residents. Kirk Fryermuth



If you have seen an act of kindness or have received one, please share with the community. Let's spread gratitude! Email your gratitude to [FourSeasonsNews@yahoo.com](mailto:FourSeasonsNews@yahoo.com) or 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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By Karen Belcher

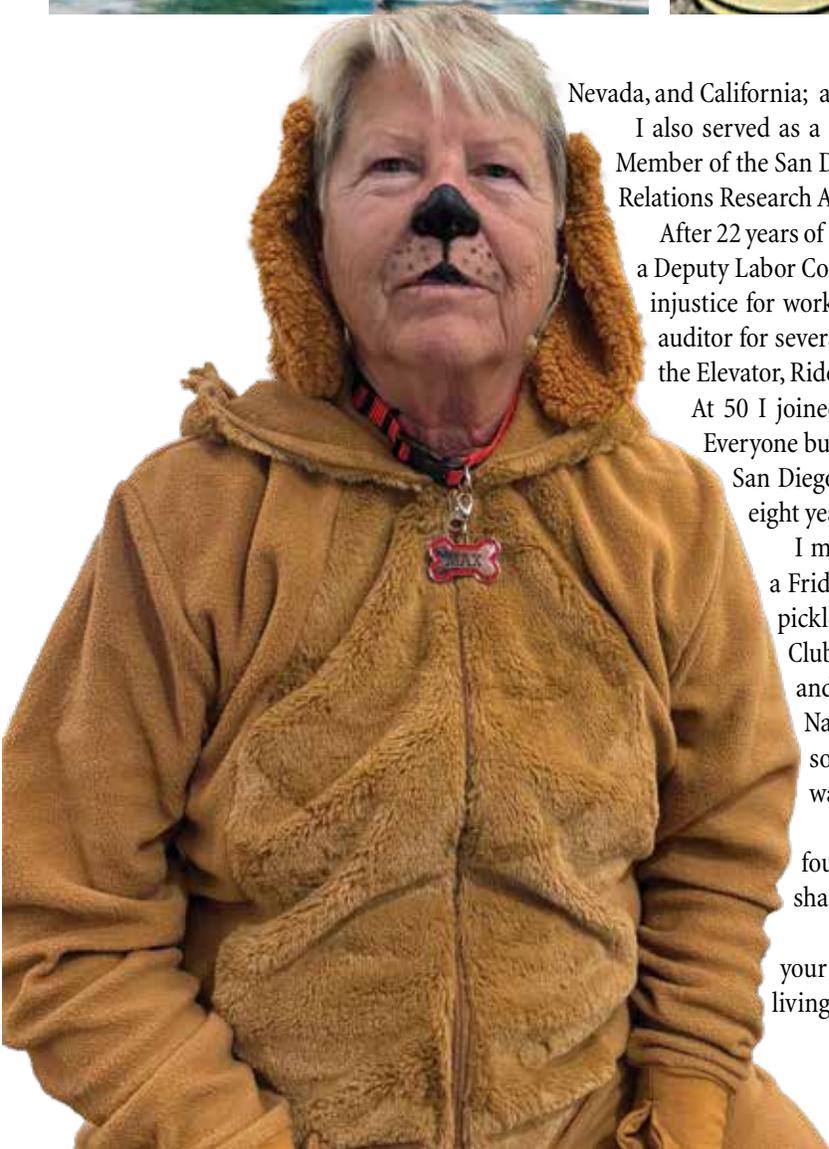
I like to think I exhausted my 15 minutes of fame when I was eight. In 1962, I was selected to appear on a popular Los Angeles children’s TV show called *Chucko the Clown*. Mom told me she submitted my name just a few months after I was born in 1954.

My mother was very creative and resourceful. She LOVED music. I think that’s where I get my passion for music. She taught herself how to play the organ and on Saturday nights the extended family would gather around with guitars and other percussion instruments and jam.

Back in the day, kids could go to cocktail lounges if they served food, and my mom and I would go and listen to all kinds of music. At times, I would stand on the bar and belt out tunes like “What Is This Thing Called Love?” and “Basin Street Blues.” Later I taught myself to play the organ, and also took violin, guitar, and clarinet lessons. By middle school, I made it to first chair clarinet in the All City Band and Orchestra, but tossed it aside in high school to be a cheerleader and play on the Varsity Tennis Team.

To my mother’s chagrin, I was a tomboy and tennis was the only sport she would let me play. That changed when my father died and I was able to attend college on his VA benefits. Arriving at Point Loma College in 1973, I was surprised to discover there were no competitive sports for women. As a Psychology and PE major, I wondered how I would ever get a teaching job if I didn’t play competitive sports? Lucky for me Title IX had just become law and I sent for my free kit from Washington, D.C. to sue my college (I still have the materials)! I marched into the Dean of Women’s office and threatened to sue if they didn’t give us women’s sports. Subsequently, I played on the inaugural women’s volleyball team as a bench warmer, but was a starting guard on the basketball team. I chose #44 after my idol, Jerry West from the Lakers.

Threatening to sue my university was just the beginning of my lifelong fight against inequality and justice. After my teaching career was derailed by Proposition 13 and massive education cuts, I found myself driving a city bus to pay the rent. I was only the fifth woman hired, and the lack of protection against harassment, pay, and job security was intolerable. I joined forces with other like-minded drivers and formed a labor union! Think Norma Rae! From that position I was able to become a voice for those who were unable to speak for themselves. Despite being a law school dropout, I found myself filing unfair labor practice claims in the Superior Court (we weren’t covered by the National Labor Relations Board), negotiating contracts, representing workers in arbitration hearings, organizing unions for private and public transportation companies in Colorado,



Nevada, and California; and teaching accident investigation and grievance handling classes.

I also served as a Transportation Commissioner for my city and an Executive Board Member of the San Diego/Imperial Counties Labor Council and the San Diego Industrial Relations Research Association.

After 22 years of union work and considerable burnout, I changed careers and became a Deputy Labor Commissioner for the State of California. I was able to help balance the injustice for workers in the state and collect well-earned wages. I also served as an auditor for several departments and went undercover to investigate internal fraud in the Elevator, Ride, and Tramway Unit, a division of OSHA.

At 50 I joined an all female rock band. We called ourselves Girls Gone Band. Everyone but me was an LPGA Golf Pro. A simple garage band — we played the San Diego private party circuit. I played bass and sang with them for about eight years.

I moved to Four Seasons four years ago with my best friend, Buffy, on a Friday. Saturday, I joined the shuffleboard group. I also started playing pickleball, sang at Karaoke, and joined the Social Committee and the Wine Club. I realized that my previous years of DJ experience, doing lights and sound, had prepared me for the Performing Arts Club and creating Name That Tune Games! I love how music is a great unifier and brings so many groups of residents together. My favorite is how everyone waves and smiles when walking or driving by.

We have so many wonderful people here and I enjoy everything. I found a small group of fun-loving friends and like-minded peeps to share my life with.

How lucky are we to live in a community where everybody knows your name? Well maybe not your name but your dog's ... I feel like I am living my best life. THANK YOU, BEAUMONT!



*At the top of Mount Maunganui. I know we don't look tired, but looks can be deceiving.*

## Discovering the Magic of New Zealand's North Island

*By Michael MacQueen*

Aotearoa is the word for New Zealand in the language of the indigenous Polynesian people, the Maori; everywhere you go in this beautiful country, you will be greeted with a friendly Kia Ora, which translates to “be well.” I had the opportunity to live in New Zealand for several years in the early 1980s and have traveled there over a dozen times since. So sit back and let me take you on a journey to a few of my favorite spots.

Although New Zealand consists of two major islands, I spent most of my time at the North Island. In 1983 and 1984, I lived in Auckland. This “city of sails” is the gateway for international travelers. Its 1,076-foot-tall “Sky Tower” rises above a vibrant waterfront, offering stunning 360° views across Tamaki Makaurau (the Maori word for Auckland). For the adrenaline junkies Sky Walk and Sky Jump are available. While you're exploring the city, you must stop at one of the many pubs to try the local “catch of the day,” or grab a meat pie. I ate at least one of those every day I lived there!

Four hours north of Auckland, is the Bay of Islands, an enclave encompassing more than 140 subtropical islands on the northeast coast of the country. It's known for undeveloped beaches, big-game fishing, and Maori cultural artifacts. It's also home to the 19th-century whaling port of Russell, whose waterfront is lined with remnants from its days as the country's first colonial capital.

A couple of hours north of Russell is Cape Reinga, at the northernmost tip of New Zealand. There you can witness the joining of the Tasman Sea to the west and the Pacific to the east. From the lighthouse I was able to watch the “tidal race,” as the two seas clashed just off the coast. A little south of Cape Reinga is 90 Mile Beach (which is actually only 55 miles long). You can drive on this beach,

which is officially designated as a highway, but I wouldn't recommend it if you're in a rental. When I visited I drove my company car, which was not 4WD, and almost got stuck in the sand. Fortunately, a few friendly “Kiwis” pulled me out with their truck.

If you travel south from Auckland for a couple of hours, you might take a boat through the caves in Waitomo, famous for their display of bioluminescent glowworms. And of course, if you are a fan of *The Lord of the Rings* film trilogy, you must stop at the Hobbiton Movie Set. It is situated on a family-run farm southwest of the town of Matamata.

From Matamata, head east for 45 minutes to the Bay of Plenty and the city of Tauranga, where my father-in-law lives. Nearby Mt. Maunganui welcomes many cruise ship passengers with its beautiful beaches and hiking trails. My wife Leah and I have enjoyed “climbing the Mount” many times, but when we're feeling not so energetic we walk around the base, which also provides beautiful views of the Bay and out to the Pacific Ocean.

A short one-hour south of Tauranga is Rotorua, where you can enjoy a guided tour of geysers and hot springs, take a dip in a natural spa, or experience a traditional Maori “hangi” feast (think luau) and cultural performance.

If you like fishing, Lake Taupo with its world famous trophy-sized trout is less than 90 minutes south. Keep heading south and you will arrive in the country's capital city of Wellington at the southern tip of the North Island. This beautiful place is widely regarded as the windiest city in the world. Wellington has a thriving movie industry and has been designated a UNESCO “City of Film.” The city is home to Sir Peter Jackson's Weta Studio Workshop, known for their work on films like *Lord of the Rings* and *Avatar*.

*Continued on following page*

The North Island of New Zealand is an ideal destination for us “oldies” who are seeking a blend of comfort and adventure. The island’s compact size makes it easy to explore without the fatigue of long-haul travel between attractions, and the variety of guided tours, cruises, and luxury lodges offers something for every mobility level and interest. The weather is temperate, not too cold in winter or too hot in summer (and don’t forget the seasons in the southern hemisphere are the reverse of here in the north). Oh, and did I mention you can also take a ferry across the Cook Strait to the country’s South Island. There you wine lovers can enjoy the Marlborough region, home to some of New Zealand’s best Sauvignon Blanc. The more adventurous among us might go bungee jumping in Queenstown. A visit to Milford Sound is a must. But stand by my fellow Four Seasons travelers, more details about those will be coming in a future article.



Clockwise from top left: Things were really getting hot in Rotorua! • Another day, another pub. And yes, that’s really my mustache. • Leah making friends with the locals. • The family visiting the Hobbiton movie set. • A traditional Māori “hangi” feast and cultural performance. You better like the food or they send this guy after you. • Meat pie, salad, and chips. Who could ask for anything more? Yum! • Kayaking near Tauranga.



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DID YOU MISS IT?

# Fourth of July in Four Seasons



First place Fourth of July golf cart parade winner  
Susan Disher



Fourth of July second place golf cart parade winner drummer Andy Papp



Residents at The Summit waiting for the Beaumont drone show



Turtle River Band at The Summit

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*Just a few of the colorful carts at the Fourth of July Parade.*



*Residents relax in the pool*



*20th Anniversary Fourth of July community picnic in the Ballroom with Red, White, and Country*

DID YOU MISS IT?



*Celebrating Juneteenth with family. (L-R): Jocelyn Doucette, JoEllen Doucette, Earl Doucette, Cissy Doucette, and Tara Parrish*



*The participants in the 2nd Annual Juneteenth Walk. Thank you to everyone who came out to walk and volunteer. You made this a wonderful holiday. See you next year.*



*Elaine Brown and Priscilla Robles*



*Lisa Johnson and Richard Gabriel*

THERE'S  
AN APP  
FOR  
THAT!



# Kaiser Care & Drug Deals

*By Steve Benoff*

I've been a Kaiser member for over 50 years, and, for the most part, I've been very happy with it. (Back then, you could easily drive from the west side of LA to Kaiser Sunset at Vermont Ave. These days it could take longer to drive to Kaiser West Los Angeles.) I find the Kaiser app quite helpful. But that's not the point I'm trying to make. One of the things I haven't liked about Kaiser since moving to Four Seasons 19 years ago is having to go to Fontana or western Riverside for urgent care. Or Fontana or Moreno Valley for emergency care. It turns out there are alternative locations much closer to home, but they're almost impossible to find on the Kaiser website.

I can't remember how I found out that I can go to Eisenhower Urgent Care in Palm Springs, but I was pleased to learn about it and that I could go as a Kaiser member. It's a closer drive and the wait is considerably shorter. I mentioned this to a friend only to learn that there was a Kaiser-affiliated urgent care much closer — All Valley Urgent Care in Calimesa.

I had a need for urgent care and made a same-day appointment at All Valley. Yes, they make appointments. (This is easily done on their website.) Now here comes the app. The "doctor" I saw was excellent. I use quotes because he was a physician assistant. PAs and NPs (nurse practitioners) to me are just as good as MDs, and I think of them as doctors.

Anyway, the "doctor" I saw prescribed an antibiotic. At checkout, I was asked which pharmacy I wanted to have the prescription filled at. I didn't want to have to drive to Redlands so I chose the local Rite-Aid even though I'd have to pay more. Except the "doctor" mentioned I could pay much less by using the GoodRx app. I downloaded the app right there, and he took my phone and most likely entered the name of the drug. When he handed back my phone, there was a code for a discounted price for the antibiotic.

I went to Rite-Aid, and when it was time to pay, I showed them the code and paid the discounted price. Alas, I won't be doing that same thing again as Rite-Aid has closed its Beaumont and Banning locations. But when I need to fill a prescription next, I won't have to travel to a Kaiser pharmacy to get a low price because I'll have

the GoodRx app on my phone. Thanks to Kaiser's mail order pharmacy, I rarely have to go to the pharmacy. But I'm keeping GoodRx on my phone just in case.

By the way, Kaiser also has affiliated pharmacies, although you'd have no way of knowing that from their website. I'll spare you how I came to know it, but the CVS in Cathedral City fills Kaiser prescriptions at Kaiser prices. Wouldn't you think the CVS in Palm Springs would do the same? Nope. Maybe there's one close by, but good luck finding out about it.

Another by the way. Did you know that many Target stores have Kaiser offices? We go to Palm Desert often. We get our flu and Covid shots at Target in Palm Desert. Target locations can actually be found on the website (I think it was under the vaccination appointments sections).

One more by the way. It turns out the San Geronio Emergency is available to Kaiser members. When I learned that, I was told there would be a \$90 co-pay. (When you're bleeding and hurting, it's worth \$90 not to have to drive to Fontana.) We tried it not long ago, were treated in less time than Ontario, and, so far, haven't received a bill for the co-pay.

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

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# CLASS, GAME, EXERCISE SCHEDULES

Below schedules may change, cancel, or reschedule at any time. Check with The Lodge front desk or [fourseasonsbeaumont.org](http://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
Cornhole	T	4p
Shuffleboard	M/Sat	8a
*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
*Yoga	T/Th	8:30a

### THE SUMMIT

Gym	Daily	Open
Summit Pool	TBD	TBD
Bocce Ball	Daily	Open
Horseshoes	Daily	Open
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	1p
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
Ping Pong	M-Sat	2p
Advanced	M-Sat	10a
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

### *Facilities is Celebrating the Beauty of Four Seasons Beaumont*

I would proudly compare our community to any other 55+ community; our grounds and facilities are simply stunning — a testament to collective effort and vision by all committees.

Witnessing The Summit pool being filled today and seeing the newly resurfaced spa area take shape, so inviting and fresh, serves as a vivid reminder that so much of this magic happens behind the scenes. The jacuzzi spa, though not ready for use, is filled with water and promises future relaxation.

It is easy to marvel at the finished results, but it is important to remember the countless hours of diligent effort that make it all possible. Gratitude extends to every member of the FirstService staff and our team of volunteers — their commitment and expertise ensure every detail is tended to, often without fanfare but always

with excellence.

Together, we can turn plans into realities and maintain a place that continually inspires. Thank you to the homeowners for their patience and support to help make Four Seasons Beaumont a community we are all so proud to call home.

The Facilities Committee continues to work on areas of The Summit with proposals for painting and tile which will go before our Board of Directors over the next few weeks.

Photos above show the process and progress of the indoor pool and the outdoor jacuzzi spa at The Summit.

Stay tuned to the *Breeze* and Daily Report for upcoming projects and our next meeting date. All residents are welcome to attend. Enjoy the summer and continue to enjoy all the amenities this place we call home has to offer. ~ **Regina Farmer**

## AD HOC WILDLIFE MITIGATION COMMITTEE

### *New Committee Begins Its Work*

In February of 2025, Governor Gavin Newsom signed an executive order to accelerate wildfire mitigation and community hardening strategies statewide. These changes build on legislation originally passed in 2020, but implementation was delayed due to rulemaking and funding challenges. The 2025 executive order marked a turning point, pushing long-awaited regulations into action. Our Board and staff were monitoring this situation and prepared for the forthcoming changes to the regulations. A new committee was recruited as announced in the April *Breeze* article by Kathy Craven.

The committee's charter has been approved: To prepare and reduce wildfire risk in common areas and to provide information and assistance to homeowners regarding mitigation requirements. Having had several meetings, we have set the following goals:

- Open a line of communication for homeowners regarding changes in insurance requirements and the hardening of their properties.
- Coordinate with agencies, e.g. Cal Fire for updates.
- Rework the policy and guidelines regarding the Conservancy (Conservation Easement) requirements.

- Coordinate with ARC and Landscape Committee for their actions to comply with landscape mitigation requirements.
- Develop an action plan to address insurance and state policies regarding property hardening for reducing wildfire risk, including plan, budget, and timeline.

It's understandable to feel uneasy when hearing about new fire safety regulations, but there's no need to panic. While California has announced updated rules — like "Zone 0" requirements and revised hazard maps — many of these regulations are still in the proposal or early implementation phase. That means they could face delays, revisions, or even changes based on public input, legal reviews, and funding availability. Officials have also given existing homeowners a generous grace period — three years — to comply, giving residents ample time to understand and prepare. So for now, take a breath, stay informed, and know that nothing's happening overnight. We stand ready to be your partner in making our community safer — without sacrificing the unique biodiversity that makes Four Seasons special.

We meet the first Thursday of the month at 1 pm in the RCN Conference Room. ~ **Cathy Goldsmith, cathyhg13@yahoo.com**

# COMMUNITY AWARENESS

*“If you see something, say something.”* This is the message we want everyone in our lovely community to take to heart. We need everyone to be our eyes and ears to report unsafe or unusual situations. We also would like to thank our Block Captains and Community Awareness Committee members for all they do as their commitment to help keep our community safe.

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, Aug. 13 at 10 am in The Lodge Ballroom. All are welcome!

## **IT’S NOT RANDOM ANYMORE ... YOU’RE THE TARGET**

HCN Bank, from their CyberSmart Series, has provided the following information to help you be aware of potential scams. However, it’s not just a guessing game. They’re aiming at you. What is occurring lately is more than just scams. It is targeted, and it is getting personal.

With AI tools and leaked personal data, scammers are crafting messages that feel real ... because they are built around you. This includes your name, your habits, even where you work. The following is a quick look at what is happening out there. Ask yourself, have you gotten anything like this? Warning Signs and How to Stay Safe:

### **Warning Sign: Personal Information Grab**

Scammers get access to personal data like your name, where you work, and even what you do online.

### **How to Stay Safe: Share Less Online**

Only provide details on secure, trusted platforms, and keep your social media profiles private.

### **Warning Sign: Trusted Voices**

That “urgent” message might look like it’s from your boss, your bank, or maybe an old friend ... but it’s not.

### **How to Stay Safe: Verify Requests**

Use a known contact method (like a direct call or official site) to check authenticity before responding.

### **Warning Sign: AI-Crafted Messages**

Scammers are using smarter tools to write emails and text messages that look and sound like the real person.

### **How to Stay Safe: Trust Your Instincts**

AI can write messages that sound perfect, including names, tone, and even timing. Ask yourself: Would this person normally say this? Is this how they would reach out? Context reveals what content can hide.

### **Warning Sign: Activity-Based Traps**

Ever get a message that references a site you just visited? It may not be a coincidence. Scammers may also layer emails, texts, and



calls to make their story feel real from every angle.

### **How to Stay Safe: Keep It Private**

Scammers use your recent clicks and locations to bait you. Use private browsing, limit app tracking, and go straight to the source to verify odd messages.

### **Warning Sign: Impersonating IT**

Scammers can pose as tech support or your IT department, offering help or suggesting that they need to make critical updates on your computer.

### **How to Stay Safe: Ask First, Act Second**

Always confirm with your support team through verified channels before giving any access or information.

*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. ~ **Frank Hilberg**, [hilbergfrank@gmail.com](mailto:hilbergfrank@gmail.com)



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## CONSERVANCY

The committee made an inspection walk on July 2 on Trails A and B Loop. The trails and buffer zones were well maintained with very little trash. We did notice some trees that were close to the rear wrought-iron fences of homes along the end of Trail B near the Potrero Bridge. We also noted some overhanging branches from the Conservancy trees along the sidewalk on the eastern portion of Green Creek Trail. Pictures were provided to management for followup actions. We were glad to have a large group of participants

on this walk with many providing their input and questions regarding the maintenance of the Conservancy areas.

Our next inspection walk will be on Trail B towards the Potrero parcel on Aug. 6 at 8 am. We will meet at the Potrero Trail Monument in The Lodge parking lot. Please review the Daily Report for any changes to our scheduled walks. We will recommend the Board approve AJ Reilly as our new member. ~Howard Ochi, [hmochi47@hotmail.com](mailto:hmochi47@hotmail.com)

## ARCHITECTURAL REVIEW COMMITTEE

Summer brings a lot of house-painting applications. Over the past couple of years, the ARC and the Board of Directors have clarified the painting regulations as contained in the Architectural Guidelines and Standards (Guidelines).

While Guidelines are clear, there are still misunderstandings and incorrect information circulating throughout the community about the process.

Simply put, our HOA does not have any schedules of when a particular home must be painted. We simply require that the home be in good repair and the colors are not faded, patchy, or unsightly.

Even if you want to paint your home the same color as it is now you must complete an ARC application. The form is available online at [www.fourseasons.org](http://www.fourseasons.org) or you can pick up a copy at The Lodge front desk or the management office in the RCN.

Also available at the same locations are color sample books. These contain all the approved colors including color schemes that were used when the homes were built.

If you choose to use a color scheme as shown in the book, barring any complications, the ARC will approve your request.

Should you choose to mix the color, however, the ARC will determine if the combination meets the requirements. The only fixed requirement is that the main or body color must be one of the body colors in one of the schemes.

We understand that there may be houses in the community that are not painted with the approved colors. Some of these may have been painted without the ARC approval, others may have simply faded beyond recognition, and others may have been approved in error.

We will correct these issues as homes are repainted.

While we believe we have identified all color schemes, it is possible that there are some we do not have. If your home was painted with a color scheme that is not in the books and you have documentation, please bring it to the management office or any ARC member and we will add it to the approved schemes and colors.

As has been explained in many previous articles as well as the



CC&Rs, each application is reviewed and evaluated by the ARC based on the individual merits of the proposed work on a case-by-case basis and is considered in light of specific implications of location and impact on surroundings.

The approval or disapproval by the ARC does not bind the ARC to take the same or similar action on any other work for the same or any other property owner.

The approved colors and schemes are shown as Sherwin Williams paints. You are not required to use Sherwin Williams paints; however, you must use the Sherwin Williams formulas. Every painting contractor and paint store can mix the colors from the name and color number, for example SW 9143 Cadet. They can mix all brands and grades to exact matches.

Visually comparing another company's color samples and trying to find close matches will not be exact matches and may be quite different when applied to your house. Should the ARC determine that the paint used was not mixed to match the Sherwin Williams colors, the homeowner may be required to repaint the house. It is the responsibility of each homeowner to ensure that the colors identified in their approved application are the colors applied.

If you have questions or need more information, please contact me or any member of the ARC. ~ Steve Cooley, (801) 815-5302, [cooleyaudit@gmail.com](mailto:cooleyaudit@gmail.com)

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## LANDSCAPE COMMITTEE

The beauty of summer is all around us as we step into the world of Four Seasons, with colorful flowers, lush greenery, the sweet scent of blossoms, healthy and well-maintained. Listen for the sounds of nature — birdsong, rustling leaves, the gentle hum of bees, a haven of wildlife with bobcats, coyotes, and other creatures adding

to our lively surroundings. Looking around, you see a riot of colors, from fiery reds to soft pinks, exploding in a profusion of gorgeous blooms. Enjoy the feeling of a sanctuary, a place where one can embrace the tranquility and peace in our wondrous landscape.

Yes, the beauty of summer is in full bloom! ~ *Hilario Luna*

## FINANCE COMMITTEE

The financial statements for May 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 May financial statements are: Total cash is \$11,536,568 including operating cash funds of \$2,161,581 (checking and CDs), reserve account funds of \$9,357,581, and reconstruction funds of \$17,406. Our total year-to-date current income is \$145,764.

Homeowners are welcome to join us at the Finance Committee's meetings on the last Tuesday of each month. Our next meeting will be Tuesday, Aug. 26 at 1 pm in the RCN Conference Room. The Finance Committee reviews and discusses many issues about which you may have questions. 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 [joleneaudit@gmail.com](mailto:joleneaudit@gmail.com). ~ *Jolene Cooley*





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*Here's to another successful Fashion Show!*

*The Ballroom was gorgeous!*



*Marion Herron and Joyce Tautrim*

## SOCIAL COMMITTEE

The Social Committee thanks all the ladies and gentlemen who made the Fashion Show a success. First, thank you to Marion Herron and Joyce Tautrim — without them we would not have had brilliant commentary and fabulous choreography for the models. Next, thanks to both cabi stylist, Jaci Johnson, and Lush Layne, owner Shannon Burns, for fitting and supplying the clothes for the models. They did an impressive job fitting varied sizes, styles, and ages!

We cannot thank the models enough for all their hard work. The two groups (cabi and Lush Layne) had rehearsals every other day. Their hard work paid off on the stage! Thank you to Anita Finkelstein, Carol Carter, Carolyn Rinaldi, Elaine Brown, Kathy Hyland, Lynn Jahnke, Margaret Jones, Sara Zappe, Shelene Grey, and Valerie Garcia. Becky Sanchez was there the first day to get us on track. The backstage dressers were Connie Bowen, Doris Day, and Elizabeth Westbrook, they made sure the models looked their best.

Now, to the Ballroom ... The Co-Chairs on this event were DeAne Nottingham and Alice Daugherty, they had a vision for the Ballroom. Unfortunately, Alice suddenly passed away. However, DeAne kept their vision alive with the help of our Decoration Supervisor, Elaine

Recchion. Thanks to our many volunteers: Cheryl Calderon, Meg O'Malley, Bobbie Christman, Cathleen Allen, Nancy Ginnetti, Marc Soloman (who put together both arches! Yay!), Thelma Towner, Robert Nathan, Janet Owens, Bobbie Bennett, Cindy Schwinn, and Denise Culley. If I missed anyone, I am sorry.

We would not have the beautiful photos without Bill Christleman who was not only the photographer for the event, but he also made thumb drives for each of the models to re-live that special fun day. Because of the lighting, I believe it took him 20 hours to go through the 500 plus pictures and pick the best ones. Stan Sweeney produced the "Fashion Show" music with the help of Terry Phelps, the music was perfect for the event.

Last, but not least, I would like to thank our model escorts, Phillip Westbrook and Richard Gabriel. They made the models feel safe entering and exiting the stage on this special day.

UP NEXT! Rumor has it, it is going to snow in the Ballroom on Sept. 20. Please come and join us for an amazing evening of magic and illusions. Tickets go on sale Aug. 20 from 9 to 11 am in The Lodge. Ticket price is only \$25. ~ *Lisa Johnson, lisajohnson710@gmail.com*



## COMMUNITY PLANNING

The 2025 Residential Survey asked residents to rank the following Four Seasons attributes from Poor (1) to Excellent (5). We combined rankings from 3-5 (Good, Great, and Excellent). As you can see, satisfaction with our community is very high. These findings are an excellent reflection on the hard work our residents do on committees, the HOA Board, and our supporting FirstService management team. Residents of Four Seasons have every reason to be proud of their community. ~ Jane Hopper, [janehopper@yahoo.com](mailto:janehopper@yahoo.com)

## QUALITY RANKINGS (1-5)

	Poor-Fair (1-2)	Good, Great, Excellent(3-5)
Facilities	4% (25)	96% (572)
Facility Maintenance	6% (35)	94% (568)
Safety	9% (156)	91% (545)
First Impressions	8% (46)	92% (560)
Activities	4% (25)	96% (568)
Fitness/Wellness Programs	7% (37)	93% (525)
Management Services	18% (106)	82% (491)
Landscaping Services	13% (81)	87% (521)
Opportunities Neighbors	7% (44)	93% (556)
Opportunities New Friends	10% (58)	90% (539)
Recommend Four Seasons	6% (37)	94% (568)

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# SAFETY COMMITTEE SAFETY 4 “ALL” SEASONS

The Safety Committee *Breeze* articles the last couple of months have focused on preventing heat-related illness and on protecting your skin from excessive sun exposure. These safety measures will be beneficial as we take our steps outdoors to enhance our health.

## Walk for Life — Tips for Taking Steps for Lasting Health

**Baby Steps:** The act of putting one foot in front of the other for exercise has lasting virtues as a form of movement that is accessible to most people, and one that is backed by research.

According to Panteleimon Ekkekakis, chair of the Department of Kinesiology at Michigan State University, “Walking, especially as you age, has most of the benefits that people associate with exercise and physical activity.”

These health benefits include better mental health, improved sleep, a lower risk of heart disease, dementia, and several cancers. Regular exercise can produce an immediate mood boost, and as you age, it helps you hold on to your physical and mental abilities, keeping you functional and independent later in life.

To take advantage of these benefits, most experts recommend that adults do aerobic exercise of moderate intensity for at least 150 minutes every week. A moderate intensity walk is brisk enough that you can feel your breathing speed up, but easy enough that you can still carry on a conversation.

**Step It Up:** Walking can be a lifelong workout habit, or it can be a springboard to more vigorous forms of exercise, which bring a few additional benefits. For people who are already physically active, upping the intensity can make workouts more fun and engaging while further strengthening their heart health.

**Get Moving:** Walking is a great way of getting and keeping people active. Less than one quarter of U.S. adults get enough exercise according to the large 2020 National Health Interview Survey from the National Center for Health Statistics. As an accessible and familiar form of physical activity, walking can be a great entry point for people just getting started moving.

After you have started an exercise routine, the next most important priority is to keep it going. Ekkekakis says, “With very few exceptions, you cannot bank the benefits of exercise. Once you stop, they’re gone.” For many people, walking is good long-term exercise because it is fun.

To get started, you need a pair of supportive shoes and perhaps some sunscreen (check out last month’s article in the *Breeze*) and some headphones for listening to upbeat music. From there, Ekkekakis says, “Clear your mind from ‘no pain, no gain’ ideas



and find an enjoyable pace that will signal to your brain this is a pleasurable activity worth repeating. He concludes by saying, “At the end of the day, what counts the most is that you do a form of activity that you will come back and do again tomorrow.”

**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.

We meet 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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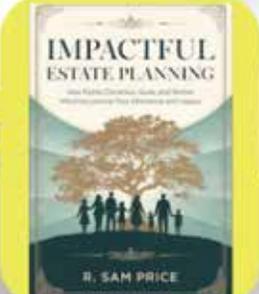
## CANINE CORRAL



I am sure you have all noticed our summer heat has finally arrived, so keeping ourselves and our pooches cool and hydrated is of prime importance during these hot summer days. That's why you may not see many dogs in the Corral during most of the day unless you are walking very early in the morning. It's hot out there! With the Canine Corral fob gate accessible from 7 am until dusk, many members are opting for early morning play times. Several members are usually there on Saturday and sometimes Sunday at 7 am until the beginning of the cooler weather. Please go to our Facebook Group, <https://www.facebook.com/groups/638146317048512>, where you can start a play-date conversation with other Canine Corral members. Whatever play time and day you select, please remember to bring water for your dog and yourself. We might also suggest

you do not feed your pet right before your play time or immediately after returning home. Let them settle down and cool off a bit before offering them their breakfast or dinner, as too much, too fast may upset some tummies.

If you have any questions or concerns about the Corral, please use our email at [fourseasonscaninecorral@gmail.com](mailto:fourseasonscaninecorral@gmail.com). Also, as the meeting times do change with the weather, we send out an email to our members notifying them of the time change. It is more enjoyable for our dogs when they have friends around, so please utilize this great amenity we have here at Four Seasons to allow our dogs to run free off-leash. Hope to see many of you at the Corral! ~ *Lynn Jahnke, Secretary, [lynnj92223@gmail.com](mailto:lynnj92223@gmail.com)*

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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](mailto:FourSeasonsNews@yahoo.com). Please put "Pets" in the subject line.



This is Percy, a rescued greyhound. He's taking a look down Trail B. Submitted by Carol Garcia



At left: Chloe and Sapphira. Submitted by Lisa Skellenger



Reesa and Rocket enjoying time on our patio. Submitted by Lynn Jahnke

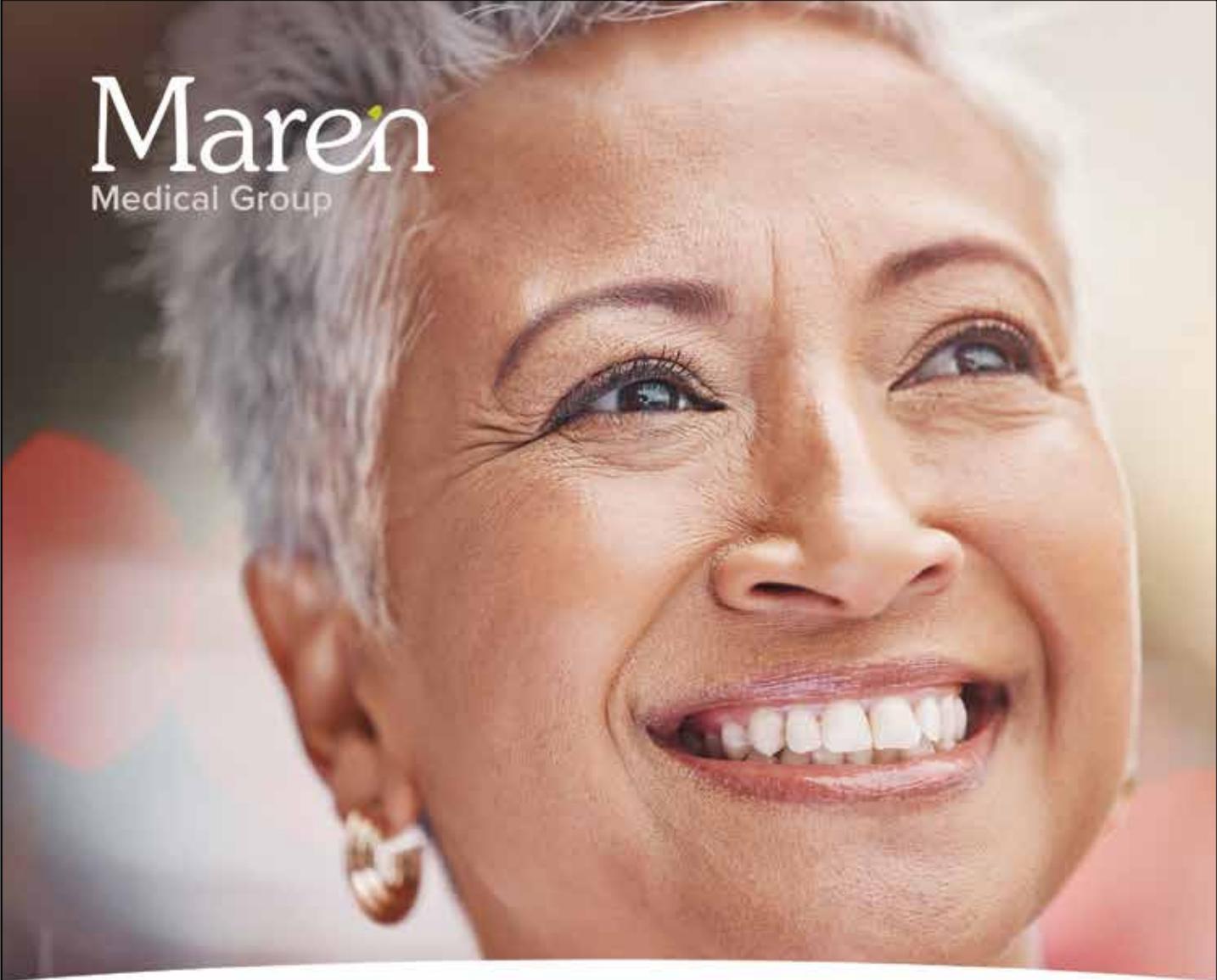


Kiwi the Yorkshire Terrier (above) and Jazzy (at right). Submitted by Pamela Hawn



Toby and Elvira ready for Fourth of July parade. Submitted by Elvira Romero

We adopted Bud six months ago. He's a seven-year-old rat terrier mix. Bud's favorite hobby when he's on a walk is chasing lizards, especially when they run up a tree. Submitted by Margi and Jack Spies



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## WHAT'S NEXT? PART 3

By Andrea Henderson

## STOP! YIELD! DANGER! EAT THIS! ONE WAY! ORDER THIS NOW!

Signs are all around us — on the road, on our phones, on TV, and even in the behaviors of those around us. But how do we recognize signs that it's the next step in a life? We see ourselves and our loved ones so often that it's sometimes difficult to recognize signs that it's time to go to the next step in healthy living. To determine whether a senior loved one needs extra care and support, you'll want to first be on the lookout for new or changed behaviors.



Some changes are easy to spot since they are physical and show immediately. You might notice memory lapses, bruises from falls, weight loss, mood alterations, lack of sleep, trouble staying on top of bills, and difficulty taking medications. A Place for Mom gives a few suggestions as a guide to considering extra care for seniors.

- Is your loved one able to care for themselves?
- Is your loved one experiencing significant memory loss?
- Is your loved one safe at home?
- Can your loved one still safely drive a car?
- Has your loved one lost weight?
- Has your loved one's mood or spirit changed significantly?
- Have your loved one's sleeping habits changed?
- Is your loved one socially active?
- Can your loved one manage their household and finances?
- Can your loved one manage their medical conditions and medications?

Adult children of aging parents need to be alert and a little “snoopy” to find signs in the home. For instance, look in the refrigerator for clues like old, expired, or lack of food that would suggest that your parent might not be caring for themselves properly. Another giveaway is personal hygiene. Some older adults may begin to have difficulty showering regularly, washing their clothes, and cleaning their living space.

One red flag to watch for is increasing forgetfulness and confusion. This is not everyday memory lapses, such as misplacing one's keys, but rather not being able to find the way home from the grocery store. Finding a parent wandering outside with little idea of how or why they got there is a warning sign of possible dementia. Other signs that dementia or Alzheimer's disease may be developing include shifts in behavior or personality, such as increased alcohol consumption, inappropriate behavior, being quick to anger, or being apathetic.

Safety is a major concern for an aging parent who may not have the mobility they once did and this may show up with some physical signs. Unexplained bruises, scrapes, or cuts could be signs that your loved one has experienced a fall and could indicate that they are having trouble with strength and balance. One more thing to check are the medications being taken. You should check with your

parent's doctor about current medications that could be making them feel dizzy or unbalanced as well.

Weight loss could be a sign that your parent is struggling to eat right. Weight loss doesn't necessarily mean that they need to move, but it does mean that they may need some help in order to stay in their home longer. Many seniors depend on food delivery services. They may also eat a lot of frozen meals

because they're easy to obtain and make, but they're not necessarily the healthiest foods for seniors, especially for those with a heart condition, diabetes, or kidney problems.

Another indicator is whether your loved one's mood or spirit has changed significantly. How your parent engages with the world around them can be an indication that their living situation needs to adjust. You may notice difficulty with concentration or comprehension, agitation and irritability, excessive fatigue, symptoms of depression, headaches, digestive issues, or worsening chronic pain.

Also, not sleeping well could point to a medical condition or anxiety, either of which can affect behavior and overall health. Over time with lack of sleep, ordinary tasks might start to feel absolutely impossible. Either they get cranky or angry. It'll have an impact on how they behave. Inadequate sleep is also associated with weight gain and can impact the immune system, causing your loved one to get sick more often.

If your loved one has always had an active social life, but you notice them starting to withdraw from friends, they may need more care than they're letting on. When at home, a person with limited mobility may find it difficult to go to the store or join in the weekly bingo game at The Lodge, and life can become very lonely.

Finally, inability to stay on top of mail, bills, and other paperwork involved with maintaining a home can be a sign that your parent shouldn't continue living alone. This is a sadly common situation, so it's best to keep an eye out for possible financial issues, such as bills that aren't being paid on time or unusual spending or withdrawals.

As your parent's challenges progress, it's probably time to have a conversation with them about their living situation. This can be a difficult topic to broach. To help keep hurt feelings to a minimum, be frank and ask questions, such as, “I know you don't necessarily need care now, but how would you like to be cared for in the future? I want to be an advocate for you and your care wishes, so I would love for you to guide me.”

Each situation is different, but trying to navigate this phase in a life must not be done alone. Contacting siblings, friends, or a medical professional before having the conversation with the parent is critical. So, watch for the signs, and if they are piling up or persist, the senior may be ready for the next step.



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364 Scarlett Runner \$535,000  
404 Saddle Rock \$499,000  
1532 Tattlesall \$485,000



*If you have any questions, please feel free to call or text me at (951) 275-7081.*

# Tomato Galette Two Ways

I recently bought the most beautiful heirloom tomatoes at a farmers' market. I knew that they would make a delicious galette. A galette is a free-form pie that starts with a pastry crust and is topped with any sweet or savory filling. The edges of the crust are then folded up around the filling. You can make your own pastry or use a good-

quality premade pie crust. If you decide to make this dish, DO NOT use tomatoes from the grocery store, as they are too bland. Use home-grown or farmers' market tomatoes.

Two 7 ½ inch galettes served with a salad was plenty for 4 people. We had two small pieces left, which I had for lunch the next day.

Cook's notes: Salting the tomatoes ahead of time and letting them release some of their liquid is essential. It will allow the tomatoes to caramelize and ensures that the crust stays flaky.

If you make two galettes, one egg will be plenty to brush both crusts. Adjust oven racks to cook one pan above the other, changing shelves when you rotate the galettes. This will ensure even cooking.



## Heirloom Tomato Galette

### INGREDIENTS

- 1 pound heirloom tomatoes, sliced 1/4 inch thick
- 2 garlic cloves, peeled and thinly sliced
- 1 teaspoon kosher salt
- 1 9-inch prepared pie dough round (1/2 package of refrigerated pie dough)
- 4 ounces firm cheese finely grated (about 1 ½ cups), such as asiago, gouda, cheddar
- 1 egg, beaten
- 1/4 teaspoon Italian seasoning, optional
- Salt and pepper to taste
- 1/2 a lemon
- 1 Tablespoon finely chopped fresh chives

### DIRECTIONS

1. Preheat oven to 400 degrees.
2. Gently toss tomatoes, garlic, and 1 teaspoon salt together in a large bowl. Let sit for 5 minutes (tomatoes will start releasing some liquid). Drain tomato mixture and transfer to paper towels, pat dry.
3. Place pie dough on a baking sheet lined with parchment paper. Carefully unroll the dough. Evenly spread cheese over the dough, leaving a 1 ½ inch border. Arrange the tomato-garlic mixture over the cheese. Fold the rim of the dough up and over the edge of the filling, making rustic pleats. Brush border with egg. Sprinkle tomatoes with Italian seasoning, salt, and pepper. Chill in freezer for 10 minutes.
4. Bake galette in the preheated oven, bake until crust is golden brown (about 40-50 minutes), rotating once for even browning. Let cool slightly on baking sheet. Finely grate lemon zest over the galette and sprinkle with chives. Cut into 4-6 pieces. Serve.

## Margherita Heirloom Tomato Galette

### INGREDIENTS

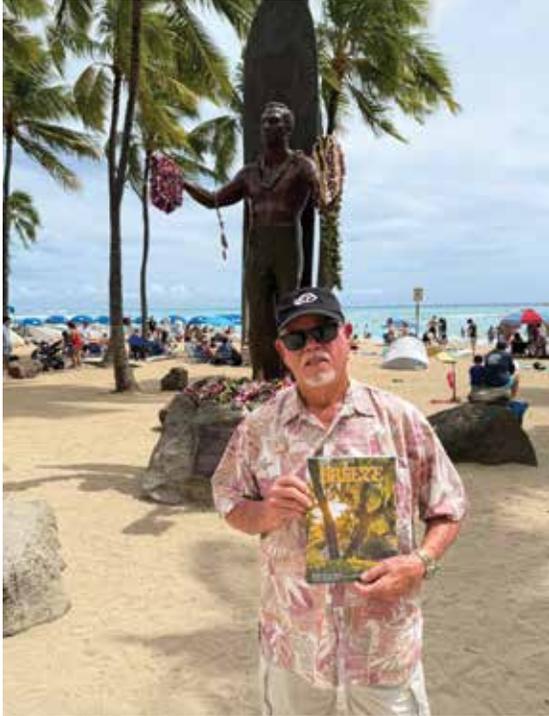
- 1 pound heirloom tomatoes, sliced 1/4 inch thick
- 2 garlic cloves, peeled and thinly sliced
- 1 teaspoon kosher salt
- 1 9-inch prepared pie dough round (1/2 package of refrigerated pie dough)
- 2-4 Tablespoons basil pesto, divided
- 1 egg, beaten
- Red pepper flakes, optional
- Salt and pepper to taste
- 4-6 ounces fresh thinly sliced Mozzarella cheese, use to your liking
- Fresh basil leaves for garnish, optional

### DIRECTIONS

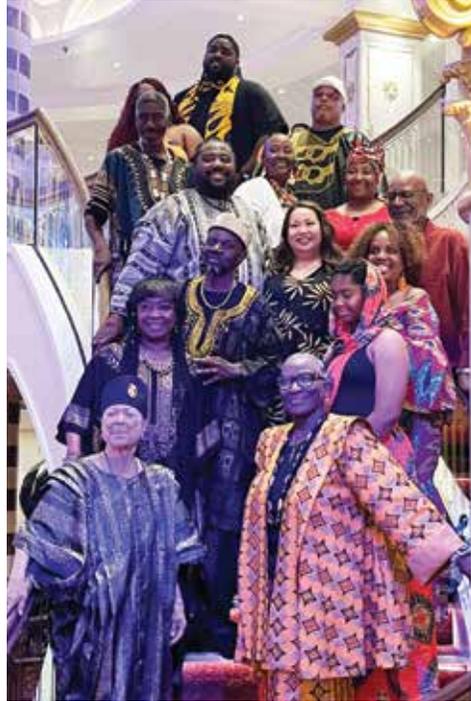
1. Preheat oven to 400 degrees.
2. Gently toss tomatoes, garlic, and 1 teaspoon salt together in a large bowl. Let sit for 5 minutes (tomatoes will start releasing some liquid). Drain tomato mixture and transfer to paper towels, pat dry.
3. Place pie dough on a baking sheet lined with parchment paper. Carefully unroll the dough. Spread 2 Tablespoons of pesto evenly over the dough, leaving a 1 ½ inch border. Arrange the tomato-garlic mixture over the pesto. Fold the rim of the dough up and over the edge of the filling, making rustic pleats. Brush border with egg. Sprinkle tomatoes with red pepper, salt, and pepper. Top with cheese. Chill in freezer for 10 minutes.
4. Bake galette in the preheated oven, bake until crust is golden brown (about 40-50 minutes), rotating once for even browning. Let cool slightly on baking sheet. Drizzle with remaining 2 Tbs of pesto or garnish with fresh basil leaves. Cut into 4-6 pieces. Serve.

# 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.



*Tim Danson on vacation with his family in Hawaii. Here he's standing in front of the world-famous statue depicting King of Surfing Duke Kahanamoku in Waikiki Beach.*



*Long-time resident Joyce Allen celebrated Juneteenth on a cruise to Mexico with several members of her family. Elaine Brown was also on the cruise. There was a stop at Bar Andalaz in Ensenada which claims to be where the margarita was invented.*



*Greg Messick, Mike Flowers, Trini Velasquez at the car show with their cars in the background; it was a great fundraiser turnout*



*Celebrating my brother's 90th birthday in Arizona. It took 23 years for all of my sisters and brother to be in the same place at the same time. L-R: Mary Baer, Margy Metzler, Kay Street, Judy Paltridge, and Ivan English*

# Oh, the Places We Go!



*Suzan Reynolds and Craig Weber took a Greenland-Iceland-Norway cruise in June. Above, we're in our Dane of Norway sweaters. We had never been to Greenland and Iceland before and wanted to see how the many Viking descendants survive in the Arctic Circle.*



*In Honningsvåg, Norway, part of the Arctic Circle. We visited some of the oldest fishing areas of Iceland and Norway, originally settled by Vikings.*



*Getting ready to board the Arctic Train on the Ofoten Railway in Narvik, Norway in the Arctic Circle. The Ofoten Railway was built in 1902 to haul iron ore from Swedish Lapland to the ice-free port of Narvik.*



*Trini and Jeanie Velasquez enjoying camping trip with truck and trailer and also enjoying the pools and the views of beautiful Mountain Lakes in Lytle Creek, California.*

# Sudoku

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

**EASY**

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

**HARD**

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](mailto:rwgeiser12@yahoo.com) or call (406) 261-3759.

*Puzzles created by Ray Geiser. Solutions on Page 77*

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

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## PERFORMING ARTS CLUB



Mark your calendar for Saturday, Aug. 9 at 6 pm in The Lodge Ballroom for An Evening of Two One Acts. Twice the Fun! Open table seating so bring your beverages and snacks. And no tickets required.

Our next meeting is Monday, Aug. 11 at 6 pm in the Game Room and is an end-of-summer ice cream social. Hope to see you there.

Auditions for “It’s a Four Seasons Christmas” will be held on Sunday, Aug. 17 at 2 pm in the RCN. Flyers are available at The Lodge. No preparation necessary. Sample scripts available at check-in. Performance dates are Dec. 5-7. The show is directed by Tom Wasco. Written by Michael MacQueen, it’s based on the beloved holiday classic. We see the gang retired to Four Seasons Beaumont — now can they convince Charlie Brown to join them? Questions? Email Tom at twasco16@gmail.com.

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, contact Pat Wayne at (949) 290-1811 or email pwayne1@outlook.com.

~ Marianne Bugni

## TALENT WORKSHOP & SHOWCASE

Our regular meetings are held on the third Monday of every month at 6 pm in RCN Activity Room #3.

The late, great Stephen Sondheim said:

*The art of making art*

*Is putting it together*

*Bit by Bit*

*Part by Part*

The auditions for the Halloween show are completed. The actors have been cast and rehearsals are in full swing. The show promises to be a spooky thrill suitable for all ages. Mark your calendars for Nov. 1. If you are interested in a nonspeaking part or backstage crew, contact us or come to the next meeting on Monday, Aug. 18 at 6 pm in RCN Activity Room 3.

The August meeting will feature our monthly Workshop which will once again be all about Improv. The best part about Improv is that anyone can do it and there are no lines to memorize! 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

## An Evening of Two One Acts Twice the Fun!

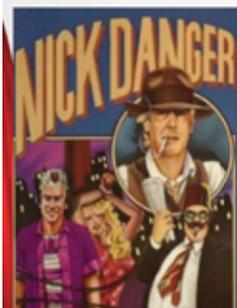
**Saturday August 9 at 6 pm**

**Lodge Ballroom**

**Open Table Seating: No Tickets**



Act I: Directed by Steve Grey, “**One Step Beyond-The Secret**” tells 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: Directed by Rich Wayne, “**The Further Adventures of Nick Danger**”, tells the story of a hard-boiled private eye and his crazy adventures including an old flame, mistaken identity, time travel and a mysterious pickle. This fast paced comedy features a variety of wacky and zany characters.

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## HANDBELL CHOIR

What I am hearing about our June Handbell Concert is that it was “the best yet.” Thanks to all who came, all who donated, and especially to those who “adopted” a bell or chime. New Handbells adopted are: C2 by Donald Chia in memory of Pauline and Gertrude, C#2/Db2 by Scott and Debbie Benson. Chimes adopted are: G4, G#4, A4 & A#/Bb4 by Wayne and Cheryl Staples, C5 - Cathy Goldsmith, E5 - Marianne Bugni, G5 - Gregg Hepner, and C6 and C#6 - Kathie Sundstrom. It is never too late if anyone else wants to adopt either a Handbell or Chime.

We would love to see you all again, and any of your Four Seasons friends and neighbors at our next concert Dec. 19. ~ *Kathie Sundstrom*, (303) 903-6850, [kathryn.buck@comcast.net](mailto:kathryn.buck@comcast.net)



*The Four Seasons Singers at our June Evening of Music*

## FOUR SEASONS SINGERS

Four Seasons Singers have been on a break. On Monday, Aug. 18, we will be starting rehearsals for our Holiday Show to be held Dec. 19. We will be singing holiday music. 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](mailto:bawasco@dc.rr.com). ~ *Barbara Wasco*

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## OLD SCHOOL DANCE

Step back in time and groove to the classic beats with us! This club brings a nostalgia-packed evening filled with music, movement, and memories from days when we were young with music from the 70s!

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 Dance has decided to showcase the most elegant and classic dance of the social dances, the Waltz. Even though it may stir up echoes of old fashioned — it is quite the opposite. Did you know that many current songs like “Open Arms” (Journey), “Take it to the Limit” (Eagles), “Vito’s Waltz” (Godfather), and “Three Times a Lady” (Kenny Rogers) are waltzes? Because we love dancing to these romantic and mesmerizing (three-beat) rhythms, it is the most popular slow dance that couples will get up and dance to ... even if they don't dance to anything else the rest of the night.

What makes a song a waltz is something unique. It is the only music that has three beats. Because of the three beats it makes it easy to learn and easy to hear the rhythm. Men tend to like this dance even more than women, so, if you've always wanted to dance

together as a couple, this is the dance to start! And, as a single, it makes it a must to know so you can easily lead or follow anyone.

Whether single or married, we all enjoy being treated well. So, give your best to your dance partner. Look for the positives and you're likely to find them. Most of all, have fun and enjoy the conversation in the language we call dancing!

Excellent professional instruction and reasonably priced at \$10 per person. Please join us in The Lodge Ballroom, Monday evenings 6 to 7:30 pm.

For more information, please contact instructor Cindy Finley at ckatfine@aol.com or Jacque Sneddon at jacquesneddon@gmail.com. ~ *Cindy Finley*

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## AMPHITHEATER

It's time for another special concert on Sunday, Aug. 17 at 7 pm at the Amphitheater celebrating Four Seasons 20th anniversary. This month our "See the Stars Under the Stars" concert features the music of the Queen of Rock and Soul, Miss Tina Turner.

Always Tina is a tribute group that delivers a stunning and heartfelt homage to the legendary Tina Turner. The band recreates the magic of Tina's iconic performances with realism and flair, from high octane performances like "Proud Mary" and "What's Love Got to Do with It" to soulful ballads "The Best" and "I Don't Want to Fight."

With the Always Tina band, you will be immersed in the sounds, costumes, and shows of a Tina Turner concert.

As usual, seats may be set up after 6 pm on Saturday, Aug. 16. Please, no blankets and do not move other people's chairs. All glass bottles must be covered for safety. The Bistro will be selling hamburgers, cheeseburgers, hot dogs, drinks, and snacks.

Get ready to have another fun evening of concert entertainment at our wonderful amphitheater. Join your friends and neighbors for a "rocking good time" enjoying our "Stars Under the Stars." ~ **Mark Lassen**

## TAILS & TRAILS - ALL PETS

Last month a beautiful, black dog was seen roaming in Four Seasons. This is Nova's story. The Four Seasons Tails and Trails Recovery Team was alerted and went out to try and find her. She was given the name Nova, was very smart and had been running loose for several days. The Team was not successful in catching her initially, so they left a



*A beautiful, black dog is seen roaming free in Four Seasons.*



*"Nova" is finally caught and soon to be in a safe foster home.*



*Beautiful Nova is on her way to her forever home.*

walking her when their neighbor, Rick, saw Nova. He said he had tried for three days to catch her. Nova was taken for a "meet and greet" with Rick's pack. It went really well, since Nova was her calm, well-behaved self. Nova had finally found her forever home! Rick is a fantastic dog dad.

big bowl of water by the Guard Gate, where she was last spotted. Animal Control was called, but they could not come out that night.

The Recovery Team decided to set a trap to catch her. Great news! Our gate guard caught Nova and placed her in the guard shack. She was then placed in a crate with the help of some kind residents and was on her way to a temporary foster home. They loved Nova, but travel a lot, and sadly they couldn't keep her.

Luckily, another resident was looking for a large dog and fell in love with Nova. There were cats in this house and unfortunately, they could not adjust to having a new canine family member.

Nova got a reprieve with another foster family. They were

They all get lots of walks and regular spa treatments from a mobile groomer.

Nova's new name is BB (short for Beatrice). The name Beatrice means "she who brings happiness," how fitting. So, after over two weeks of trying to help this beautiful dog find a permanent home, it's another happy ending.

A special thanks to Connie Mendoza and Lynne Kelly Cook for not giving up on your efforts to find this deserving dog a forever home. Also, thanks to all the Tails and Trails volunteers, residents and rescue groups who assisted in this endeavor. ~ **Vivian Walker, [vivr@sbcglobal.net](mailto:vivr@sbcglobal.net)**



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

## OPERA CLUB

On Aug. 8, the Four Seasons Opera Club presents Offenbach's *Tales of Hoffman* in The Lodge Theater. Offenbach's catchy music for *Tales of Hoffman* has made this opera, composed of three vignettes (Olympia, Giuletta, Antonina), a favorite among opera-goers. The title comes from the real-life ETA Hoffmann, a mid-nineteenth century German Renaissance man — lawyer, writer, musician, raconteur, bon-vivant. The version we will present is the 1948 film version by the Archers, the historic team of William Powell and Emeric Pressburger. This film was the follow-up to their wildly successful *The Red Shoes* that we presented in January of this year. Both films are in the pantheon of the greatest art films of all time. The Archers revolutionized the art film. Instead of using well-known actors they insisted on casting contemporary, working opera singers and ballet dancers to fill the roles. Cecil B. DeMille says this about this film: "For the first time in my life, I was treated to Grand Opera where the beauty, power, and scope of the music was equally matched by the visual presentation."

The first vignette contains a ballet version of the mechanical doll, Olympia, portrayed by the legendary Moira Shearer. This production opens with a dance specifically choreographed



*Tales of Hoffman*

for Ms. Shearer by Frederick Ashton as an inducement for her to join the cast. Other well-known dancers in the production include Ludmilla Tcherina, Frederick Ashton, Robert Helpman, and Leonide Massine. Some strict opera traditionalists may not like this Archer's version, but most opera fans appreciate it through a lens of post-WWII European high art.

The swaying barcarole in the second tale is the second crowd pleaser and is the best known melody of the opera. The barcarole also features prominently in the infectiously charming 1997 film *Life is Beautiful* as a means for Guido

to communicate "all is well" to Dora while they were in the concentration camp.

As a tie-in to the opera, on Aug. 15, our ballet presentation will be Delibes' *Coppelia*. Both share Dr. Coppelius and a mechanical doll, creations of ETA Hoffmann from his story *Der Sandman*. Both works premiered in Paris, the ballet in 1870, and the opera in 1881. *Coppelia* tells the story of a young couple about to be married when the groom's head is turned by a mysterious beauty who turns out to be a mechanical doll.

See you at the opera and/or ballet! ~ *Harvey Toyama, admin@fsbopera.org, (951) 524-3765*

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*The group has gotten so large that they had to move their meetings to the RCN.*



*14 hungry Seasoned Singles celebrated Joyce Olson's birthday at Steer 'n Stein in Hemet, a group favorite*



*Phyllis Kates (pink shirt, center), arranged a tour of Garner Holt Productions in Redlands, the world's leading creator of audio-animatronics. Sue Torkington, Joy Robeson, Mel Zeldin, Elaine Brown, and Cathy Goldsmith were among this larger group of Phyllis' friends that took the tour.*



## SEASONED SINGLES

June and early July found the Singles celebrating several birthdays, seeing *The Wizard of Oz* at Lifehouse Theatre, and taking several unique tours. The Walking Group we started a few months ago is going well with five or six singles getting their steps in twice a week with Cathy Goldsmith leading the way along our trails. Other highlights of our month were a tour of the Sam Maloof Museum in Rancho Cucamonga and a tour of Garner Holt Productions, the world's leading creator of audio-animatronics, most notably for Disney, Universal, and many other theme parks worldwide. If these sound like activities you'd enjoy, and you're single, we'd love to meet you at one of our future meetings. We meet on the first Friday of the month in the RCN at 6 pm. For more information, please contact Sue Torkington, (860) 712-3430. ~ *Phyllis Kates*

## TRAVEL GROUP

***Four Seasons Travel Group: A Year of Adventures—And We're Not Done Yet!*** What an incredible year it has been so far for the Four Seasons Travel Group. In just the first seven months of 2025, we've explored new destinations, shared laughter, and created memories that will last a lifetime. From scenic getaways to cultural excursions, each trip has been a perfect mix of adventure, friendship, and fun. And the best part? We're just getting started!

With five more trips still on the calendar, the excitement isn't slowing down anytime soon. This month, we're setting our sights on a unique and thrilling experience — Medieval Times Dinner and Tournament in Orange County. Get ready to step back in time as we cheer on our valiant knight in shining armor while enjoying a delicious four-course feast fit for royalty. It's not every day we get to live out our fairy tale fantasies, so come one, come all, to live your fairy tale dream!

Our monthly gathering will also feature a special guest speaker from Collette, a trusted name in guided travel. This is a fantastic opportunity to learn more about exciting future travel opportunities and to ask questions about their upcoming tours and destinations.

Whether you're dreaming of Europe, the Americas, or beyond, Collette has something to spark every traveler's wanderlust.

As always, one of the most rewarding parts of being a member of the Four Seasons Travel Group is the sense of community we've built. New friendships are formed on every trip, and familiar faces become travel companions for life. Whether you're a longtime member or just thinking about joining us, now is a great time to get involved. We have a fantastic lineup of destinations ahead — and we'd love to have you along for the ride!

So pack your bags (and your sense of adventure), and let's make the rest of 2025 just as amazing as the beginning. From castles to coastlines, there's no telling where the road will take us next — but with the Four Seasons Travel Group, it's sure to be somewhere unforgettable. Be sure to pick up the flyers for our trips in The Lodge and join us on any or all of our trips.

For membership, contact Irene at irenewelker55@gmail.com. For info on any trip, call Joni at (661) 390-5512 or email jonitruelsen@yahoo.com. ~ *Joni Truelsen*

# CARS & COFFEE

Our July Cars & Coffee meeting was fantastic! We had a gathering of 25 cars and 4 x 4s. The weather was great which seems to bring out the beautiful cars that have been hiding in our garages.

Heidi Blazer showed up with her beautiful 2021 blue Mustang. We even had some owners and their cars from Sun Lakes.

Our Cars & Coffee Club entered 10 cars in the June Carol's Kitchen car show. Four cars were awarded trophies:

- Greg Messick's 1964 Corvette Stingray, two awards
- Dale Supernaw and his Henry J
- Frank Georgi and his Ford Fairlane
- Trini Velazquez and his Dodge Ram 4 x 4 truck

We are in the early stages of planning the annual Four Seasons Veterans Car show scheduled for Nov. 8 — only four months away.

Please join fellow automobile enthusiasts for a morning of cars, coffee, and camaraderie the first Saturday of the month at 9 am in The Lodge parking lot. Our next meeting will be Aug. 2.

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



Greg Messick and his award-winning Corvette Stingray



Happy Miata



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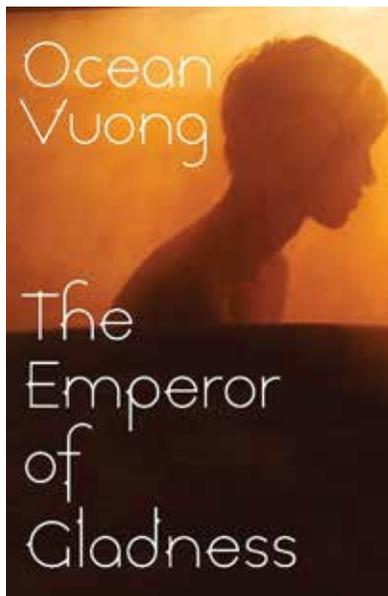
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## BOOK CLUB

Our Book Club selection for Aug. 12 is *The Emperor of Gladness* by Ocean Vuony. Here is a brief description from Amazon.com: “One late summer evening in the post-industrial town of East Gladness, Connecticut, 19-year-old Hai stands on the edge of a bridge in pelting rain, ready to jump, when he hears someone shout across the river. The voice belongs to Grazina, an elderly widow succumbing to dementia, who convinces him to take another path. Bereft and out of options, he quickly becomes her caretaker. Over the course of the year, the unlikely pair develops a life-altering bond, one built on empathy, spiritual reckoning, and heartbreak, with the power to transform Hai’s relationship to himself, his family, and a community on the brink.

“Following the cycles of history, memory, and time, this book shows the profound ways in which love, labor, and loneliness form



the bedrock of American life. At its heart is a brave epic about what it means to exist on the fringes of society and to reckon with the wounds that haunt our collective soul. Hallmarks of the author’s writing — formal innovation, syntactic dexterity, and the ability to twin grit with grace through tenderness — are on full display in this story of loss, hope, and how far we would go to possess one of life’s most fleeting mercies: a second chance.”

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](mailto:michelesrosen@gmail.com). ~ *Micki Rosen*

## BIRDING CLUB

While we might think of spring as nesting season for birds, there are some species which are late season nesters, preferring to lay their eggs in late June, July, August, or even into September. For birds which feed chiefly on seeds rather than insects, delaying egg laying into the summer means that there is more food available for their chicks. Here in Four Seasons, American Goldfinches and Mourning Doves are two of the species which may still be hatching babies at this time of the year.

That brings up the question of what you should do if you see a nest with eggs which seems to be abandoned, or a baby bird on the ground with no mama or papa nearby. First of all, it is not uncommon to see a nest of eggs with no bird sitting on it. Many birds do not start incubating their eggs until they have all been laid. The nest sitter may also be close at hand and waiting for you to leave before returning to the nest. While it is fun to see a bird’s nest with eggs, you should not give it more than a glance before moving away. Don’t be tempted to hang around to try and get a great photo. Your presence is probably stressing the nest sitter.

If you happen to find a baby bird lying on the ground, you do not need to be as concerned as you might think. If the baby is quite new, having no feathers, it has fallen from the nest. If you can see the nest, you may gently return the baby to it. If you do not see a nest, you could fill a small box with some shredded paper, nail it to the tree, and put the baby in it. Again, do not linger. Mama is waiting for you to go away. If there is a baby on the ground which has feathers, this is perfectly normal. Babies often leave the nest before they are actually able to fly. Even if you cannot see the

parents, they are most likely nearby, waiting for you to leave. It is not recommended that you attempt to feed baby birds. You will probably not be successful and in the majority of cases the situation will be resolved by the parents. Disturbing nests or nestlings is prohibited by the Migratory Bird Treaty Act. In an extreme case you should contact a licensed wildlife rescue organization. Lastly, if you have had any contact with a wild bird, wash your hands!

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

Veterans Park is now a quiet place where veterans and their families can reflect on the service to our country by fellow veterans. Most of our residents enjoyed a childhood of peace due to the military service of their parents' generation. Our childhood was filled with stories of their sacrifices defending our liberties. Future generations who make Four Seasons Beaumont home will follow in these footsteps when they pause to reflect on the residents noted on this tile tribute to their military service.

The new addition of the stone bench provides a perfect place for these reflections. ~ *Len Tavernetti, ltavernetti@hotmail.com*

## TOPS

The TOPS (Take Off Pounds Sensibly) group has wrapped up another contest. We have discovered that even if we are not the grand prize winner, just competing and doing the healthy eating suggestions makes us all winners.

Three weeks ago, we did an imaginary meal to help us eat more mindfully. We had cups, water, silverware, placemats, napkins, and plates. We chose a partner and decided on a restaurant to imagine. The waiter came and took our order (not really). We chatted and drank six to eight ounces of water to fill up our tummies a little. We ordered food according to the government's MY PLATE suggestion with 50 percent being fruits and vegetables.

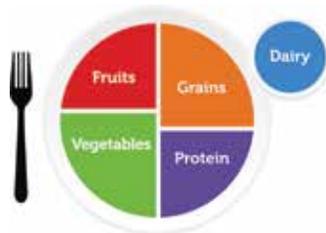
When our imaginary food arrived, we cut a piece of our meat and

chewed it at least 20 times. Then we put down our fork before the next bite. We also commented on the flavor and appearance of our food, before eating the next bite. Then we put our fork down again.

This was a fun activity that reminded us to appreciate our food and not eat mindlessly. It was a lot of fun with comments about the imaginary food and its taste or consistency.

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

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



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## RAINBOW GROUP



This month our selection for the Famous LGBT Americans series is Harvey Milk (pictured below), one of the first openly gay elected officials in the United States.



Milk was born in 1930 in Woodmere, New York. He came from a small Lithuanian Jewish family and graduated from the State University of New York in Albany.

In 1951, Milk enlisted in the U.S. Navy. He attended Officer Candidate School in Newport, Rhode Island and subsequently was based in San Diego, where he served as a diving instructor. In 1955, he

resigned at the rank of lieutenant junior grade after being threatened with a court martial because of his sexual orientation.

Milk moved to New York, working as a public-school teacher, a stock analyst, and a production associate for Broadway musicals. In 1972, he moved to San Francisco and opened a camera store. In 1977, he was elected as a San Francisco City-County Supervisor. This was

a victory for both Milk and the LGBT community. His election made national and international headlines.

On Nov. 27, 1978, former Supervisor Dan White assassinated Milk and Mayor George Moscone. Being aware of the likelihood that he could be killed, having already received multiple death threats, Milk recorded his will "to be read in the event of my assassination." His will contained the statement, "If a bullet should enter my brain, let that bullet destroy every closet door." White was acquitted of murder charges and given a mild sentence for manslaughter. He was sentenced to less than eight years in prison.

In 2009, President Barack Obama honored Harvey Milk with the nation's highest civilian award, the Presidential Medal of Freedom. In 2016, then-Navy Secretary Ray Mabus announced that the John Lewis-class of oilers would be named after leaders who fought for civil and human rights. One of these ships was subsequently named the USNS Harvey Milk. Interestingly, on the night he was assassinated, Milk was wearing a belt buckle that had the Navy diver's insignia, reflecting the pride he had in his military service.

On June 3, 2025, the Navy was ordered to remove Milk's name from the ship and rename it.

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 ([rainbowgroup@myyahoo.com](mailto:rainbowgroup@myyahoo.com)). The locations and times of Rainbow Group events are available via our Facebook page or email. ~ *Dan Hazeltine and Frank Galvan*

## TASTE D'VINE

Hot August Nights are here! Phew! What kind of wine goes with hot temperatures? Well, all of them. There is no reason to cut back on your wine consumption because it's hot outside.

With that said, our next meeting is Thursday, Aug. 21 at 6 pm; doors open at 5:15 pm. You know the drill ... bring two glasses, a bottle of wine, and something to share with your tablemates. The wines we will taste tonight can take the heat. Remember the Ballroom is air-conditioned and the electricity is paid by your association dues. Bonus!

Bob Synder will talk about gaming scams. He is very

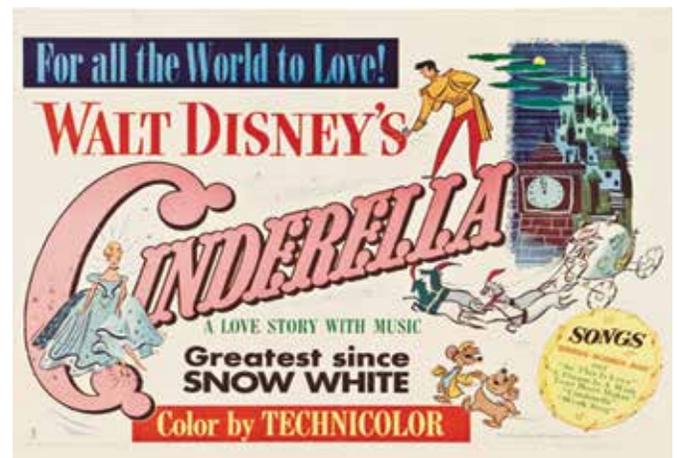
knowledgeable on this subject; he spent his career doing this stuff. He has agreed to give us all some pointers so we can up our game. At least, that is what I hope.

Michael MacQueen keeps us entertained with some humor. This will help to take our minds off the heat.

If you have four wines you would like to present at one of our meetings or have an interesting topic you would like to present, please reach out to me. ~ *Tom DePaola, [tomdepaola@roadrunner.com](mailto:tomdepaola@roadrunner.com), (714) 404-1956*

## CLASSIC FILM GROUP

The Classic Film Group presents a special screening of *Cinderella*. Join us for a summer exclusive presentation exploring the artistry behind Walt Disney's *Cinderella*. Here to set a spark in your heart and a sparkle in your eye, the world's best-loved story told with Walt Disney's wizardry! Beautiful Cinderella, a young woman with a heart of gold, sees her world turn upside down when her beloved mother dies, and her father remarries. *Cinderella* is celebrated for its fairy tale charm, iconic animation, and memorable songs. The film is praised for its well-crafted characters, particularly Cinderella and Lady Tremaine. We'll enjoy the show on Tuesday, Aug. 19 and Tuesday, Sept. 2 at 6 pm at The Lodge Theater. ~ *Paul Plamondon, [Aseasonsmoviegroup@gmail.com](mailto:Aseasonsmoviegroup@gmail.com)*



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*New Performing Arts Building, featuring a mural of Dr. Dre*



*The original Compton High School, opened in 1896, was 123 years old.*



*Dr. Dre headlined the new Compton High School grand opening ceremony in May 2025*

## AFRICAN AMERICAN CULTURAL CLUB



### *Beyond the Music: Dr. Dre's Legacy Takes Form at Compton High School*

On May 22, 2025, a momentous event unfolded in Compton, California, marking the completion of the new Compton High School. This state-of-the-art facility is redefining what a public high school can be. Primarily funded by Measure S, a \$350 million bond approved by Compton voters in 2015, this \$225 million campus stands in stark contrast to the venerable 123-year-old structure that was torn down in July 2021.

The highlight of the celebration was the presence of hip-hop legend and music executive, Dr. Dre, born Andre Young. A native of Compton, Dr. Dre made a \$10 million donation specifically to fund the Andre “Dr. Dre” Young Performing Arts Center. This impressive theater is a hub for creativity, boasting a 900-seat auditorium, rehearsal spaces, a professional-grade recording studio, and a massive mural of Dr. Dre on the building. This dedicated facility empowers students to pursue their artistic passions with tools and environments that rival professional venues, fostering the next generation of talent in music, drama, and beyond.

The new 31-acre campus was designed for contemporary learning. Its sprawling 140,000 square foot building facilitates project-based learning, and robust Career Technical Education (CTE) programs. Students will find cutting-edge classrooms with an abundance of natural light and sliding glass doors, a fully digital library (no physical books), and dedicated spaces for programs like engineering, video game design, and culinary arts.

There’s a gymnasium, an Olympic swimming pool with automatic timing devices, and impressive fields for football, baseball, and soccer. The weight room is equipped with performance-measuring sensors and iPads for personalized workout plans.

This new Compton High School is truly extraordinary. Dr. Dre articulated this sentiment at the ribbon cutting, stating, “This new campus is more than a school; it’s a launchpad for dreams.” Replacing a 123-year-old campus, it’s now considered one of the

most advanced high schools in California.

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 [cjslspeed@gmail.com](mailto:cjslspeed@gmail.com). ~ *Regina Thomas*

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# CROWN DIVAS FOUR SEASONS

Our June event was movie night. You may have seen ladies wearing red hats and sleepwear walking to The Lodge and into the Theater. Yes, it was the Crown Divas. Some wore pajamas or night shirts and slippers. Divas brought along pillows, favorite doll, or stuffed animals. There were snacks and beverages to enjoy throughout the evening. At the end of the movie, a basket filled with munchies was raffled and won by a lucky Diva. Everyone was ready for a relaxed and cozy evening, maybe even dozing off a bit. Except the movie was the comedy *Mad Money* and the plot was fun and hilarious. Laughter was heard throughout the theatre non-stop until the movie ended. The raffle basket was won by Lady Scarlet. We sang happy birthday to three Divas: Lady Jeanette, Diva Tonita and Diva Rose. With warm smiles, the Divas bid good night to one another. Our July event is going to be a train ride. No spoilers as to where. ~ *Irma Romero, (626) 733-3019, Irmabsromero@gmail.com*



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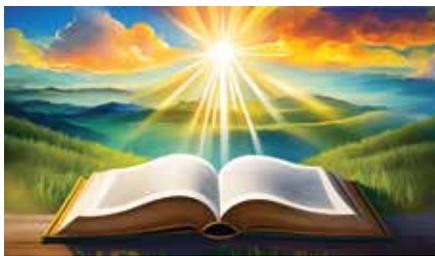
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## “BELIEVE ...” WOMEN’S BIBLE STUDY

We are in the process of studying 1 and 2 Samuel and 1 and 2 Kings, and understanding the Davidic Covenant. We have learned about the enemies of the Hebrew people, why they were enemies, and how the people reacted to being surrounded by enemy nations. We are learning that when the people cried out for a human king for the precise reason that their neighboring countries had kings, that God (as their sovereign King) stepped aside and allowed them to experience human rather than divine leadership. We looked on as the Philistines defeated the people of Israel again and again, and confiscated the Ark of the Covenant. God, however, made sure that their possession of the Ark



was not pleasant, and the Ark was returned. We are learning about human frailty in priestly leadership, and the consequences of that weakness.

As we continue journeying through these Old Testament books, we invite any Four Seasons women to join us to study this Biblical history in depth along with us. This is a non-denominational study, so any version of the Bible is accepted. We meet every Friday at 10:30 am in The Lodge Game Room. Please come join us, as we would enjoy your comments in our class discussions. Hope to see you soon! ~ *Eileen Gilbert-Antoine, (951) 922-6829 or [egcellent@msn.com](mailto:egcellent@msn.com)*

## LIFE AFTER LOSS

### “Being in the Present”

When someone you love dies, there is deep emotion. Your mind replays every detail of what just happened. You ponder the things you could have said, should have said, could have done, and should have done. You sob ... You reflect on the things you shared in life and the wishes you had for the future. Then, at the same time, your mind shifts to the future. How will you go on? Suddenly there is so much to do ... and you are alone ... and OMG what might happen in the future? The more overwhelmed you feel — the more upset you get — until you can feel immobilized by your thoughts.

Unintentionally, you’ve slipped into a zone of “numbness” where you’re unable to truly experience the present. Being too focused on the past or the future can rob the griever of the “here and now.”

Staying present while grieving is about finding a balance between acknowledging the pain and finding moments of peace and engagement in daily life. By staying present, individuals can better manage their overwhelming emotions and make daily decisions. Some keys involve some of the following points:

Grief is Personal. Healing ebb’s and flows. Its normal to go back and forth between acknowledging loss and finding moments of restoration. Remember ... there is no right or wrong way to grieve. Timelines and emotions vary between people.

Allow for Both Emotions. Being in the moment is not about ignoring grief. Rather, its about acknowledging the pain while also allowing for moments of peace and engagement in the present. It doesn’t have to be “all or nothing.”

Practicing Self-Compassion. Treating yourself with kindness and understanding during the grieving process is essential to healing. Not forgetting.

Seek Support. Talking to trusted friends/family can help process emotion. It’s important to acknowledge the pain while also allowing for social moments of joy and connection with others.

Find a Coping Strategy. Practices like mindful breathing can help anchor your attention in the present moment, while sensory awareness can draw attention to sights, sounds, or smells that focus an individual on the present. Gratitude can aid in recognizing and

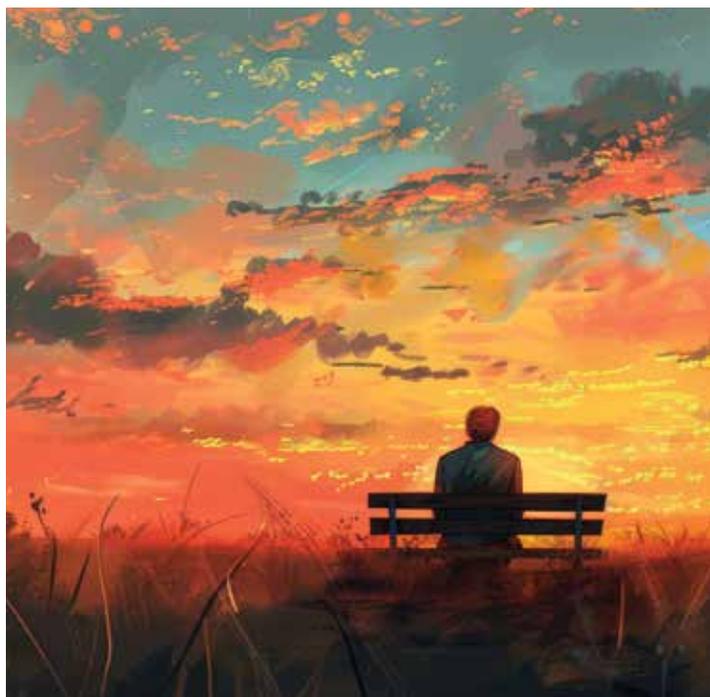
appreciating the positive aspects of the present moment.

Find a Purposeful Activity. Participating in the many activities and clubs here at Four Seasons can bring a sense of distraction, relevance, and even a new found joy.

The Life After Loss Group is about “people helping people” who have encountered any form of grief/loss. 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, you can join our monthly meeting on the first and third Monday of each month from 1 to 3 pm in RCN Activity 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](mailto:byron.thomsen@yahoo.com). ~ *Byron Thomsen*



Sunset at  
Plymouth Rock  
by Jameer Ali



## PHOTOGRAPHY CLUB

Our Second Annual Photo Show will be shown in The Lodge Lobby from Aug. 4 through Aug. 11. It will feature some of our member's favorite photos.

Our August once-a-month photo Zoom class introduced the new Adobe iPhone app, Project Indigo. It is a free app giving the ability to have more control over the camera in the iPhone replicating some of the features of a DSLR or Mirrorless camera. Future Zoom classes will cover varying topics about photography — technique, artistry, tips and tricks, style, and gear.

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 welcomed — 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 for your name to be added to our mailing list, please contact [jacquesneddon@gmail.com](mailto:jacquesneddon@gmail.com). ~ *Jacque Sneddon*



Eyes of the Evening by Mel Moncrieff



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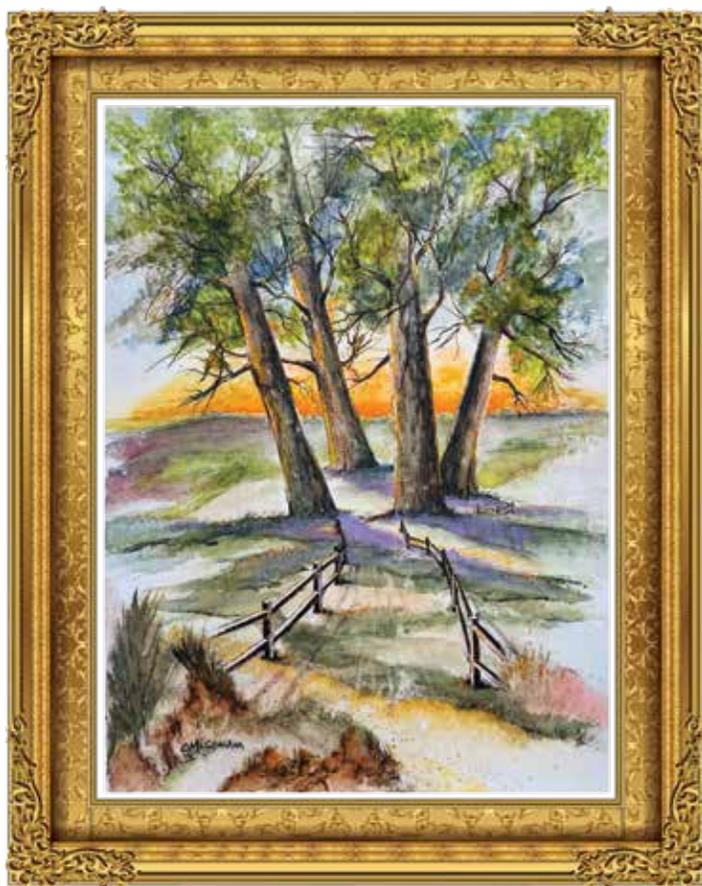
## MIXED MEDIA ARTS

This is the perspective of the artist of the month, Chuck McCracken.

*"I started going to Rob Kelman's Mixed Media Art class about six months ago. I was surprised by how many talented artists are in Four Seasons. The class is great but I especially enjoy the critique at the end. Rob and the other artists discuss and give feedback on everyone's artwork. After moving to Beaumont in 2005, I have more time to start painting again. My preferred medium is oil painting. I tried watercolor painting about 10 years ago and did not like the results I was getting. My new challenge this last year has been to learn as much as I can about using watercolor. Although YouTube videos give ideas about specific art media, a live class where you get instruction, is certainly more rewarding.*

*"If anyone is interested, I will be exhibiting my artwork at the new Art Heritage Museum in Banning, starting on Aug. 2. They are next door to the Historic Fox Theater at 42 W. Ramsey Street."*

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

Hot summer days and what to do with the grandkids? Have you thought about stimulating their talents with a class in ceramic art? We encourage you to bring them to Wednesday's fun day and, who knows, they could teach us to explore new ideas, painting techniques, and just how to have a good time. We have new students trying our

classes to see what gifts they can make. We have all the supplies needed for you to experiment with. For more information, contact Loretta Ramsey at (714) 803-6744. Looking forward to seeing you. ~ **Karen Reed.**



*Patti Negrete with her granddaughter Brooklyn trying new pieces.*



*Pat Espinosa with grandson Giovanni painting his first teapot.*



*Finished vase completed by Karen Reed and a colorful snack platter waiting for chips and salsa by Diana Sturgis.*

# 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, 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



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- Endless creativity: Explore new techniques and unleash your

artistic spirit every week.

- New and easy projects.
- A time to be social and creative.

This month is filled with exciting projects. Come, visit or join our group. We meet on Thursdays at 10 am in The Lodge Arts & Crafts Room. For more information, contact me at [christimason02@yahoo.com](mailto:christimason02@yahoo.com) or (951) 486-1091. ~ **Christi Mason**

## QUILTING ENTHUSIASTS

July has come and gone. When you read this month's issue of the *Breeze*, it will be August and fall will be just around the corner! Yikes, where did this year go?

At our July meeting, we had several ladies and members from the community attend the "Get to Know Your Sewing Machine" class. Not only did we have fun, but the ladies learn all about threads, different types of needles and their uses, and much more about their sewing machines. Just a "tidbit" for all of you out there who own a sewing machine, whether it's an old Singer featherweight, or the newest sewing machine model, you should remember to clean the bobbin case area between projects, or on every other bobbin change. Never ever use canned air like we do for our computer keyboards as it doesn't get rid of the lint and fuzz; use a brush, cotton swab, and the "crevice tool" on your home vacuum cleaner to pull the fuzz, and lint out. Once a year you should take your sewing machine in to be serviced at a reputable dealership. The ladies also got to play with their machines and tried the various decorative stitches. Much fun was had by all. Our next class will be in September and the topic will be Cathedral windows by machine. Reservations are required so that I know how many kits to prepare. Remember this is another free class offered by the Quilting Enthusiasts.

Our ladies are continuing to make donation quilts for various area groups, such as our local police department, fire department, Cal-Fire, veterans hospital, and other charities. If your group would like us to create a quilt just for your group, please give us at least six months notice and we will work with you to create something

special as raffle quilt to raise funds.

October is fast approaching as is the Four Seasons 20th Anniversary celebration. Our ladies will be making a special presentation so keep an eye out for the exact date and time in the *Breeze*. Keep on stitching ... Piece through quilting. ~ **Mary M. Moody-Cox**, (808) 430-7469, [Aseasonsquilters@gmail.com](mailto:Aseasonsquilters@gmail.com)



Barbara Martin modeling her "Jelly Roll" tote bag



Sneak Peek at the 2026 Raffle Quilt



The inside of a "dirty" sewing machine

## 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](mailto:marlened3333@gmail.com)



## PADDLE TENNIS

Senior Oldlympics is coming back. Let us know if you're interested in participating in the Paddle Tennis games. Last year's Oldlympics was a lot of fun. If we have enough teams sign up, there will be mixed doubles, men's and women's doubles, most likely played over a weekend. You can find players most nights around 6 pm. ~ *Lizzie Gallegos, ecgallegos@outlook.com*



*Past and present Paddle folks gather together.*

## TABLE TENNIS

It is great to get out of the heat and into our cool surroundings at the Courts. No sitting in the shade for us. We have seen a growth in players over the past two years. Recently we have had several new players. They are quick learners and probably played before moving here. But, I started more than 10 years ago with no experience. We have several faithful players who have a range of play from 10 to 17 years enjoying the sport of

ping pong. Age is only a state of mind and we keep playing on with no end in sight. The tables are available during the morning and evening and all residents are welcome to use them. We have extra paddles if you want to learn but be aware that our club plays Monday through Saturday from 2 to 4 pm. I keep playing because of the players, the fun, and the laughter.

Here is a fun fact: The world's best female

table tennis player ever is Deng Yaping. She earned seven Olympic Gold medals and numerous World Cup medals. And she is only 4' 11" tall. It was exciting to learn about her because I'm 4' 10" tall. It doesn't matter your height or ability, we look forward to meeting you. Come join the fun, energetic exercise, and laugh with us. See you at the Courts! ~ *Mary Baer, baerhuggy@icloud.com*

*Back row (L-R):  
Pete, Mel, Allen,  
Rob, Hailu, Niles,  
Kelly, Bob, Soo;  
Front row (L-R):  
Mary (Captain),  
Bruce, Paco,  
Scott, Jeanine  
(Co-Captain), and  
Julia*



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Maureen Myers trying for her best shot



Ron Erickson checking out who's closest to the Pallino



Marty Rotman looking to score points

## BOCCE BALL

Bocce Ball is played at The Summit twice a week. Scheduled times are Tuesday and Friday at 8 am. Summer is here and our start time is earlier. Interest is steadily increasing as new players try this game. We've been having good turnouts even as the weather warms up.

Thanks to everyone for your continued support of our group.

Bocce Ball requires no special skills and everyone is welcome. If you have any questions, contact me at (840) 234-6494 or email me at hanknegrete16@yahoo.com. ~ **Hank Negrete**

## LAWN CHAIR VOLLEYBALL

The weather may be hot, but the lawn chair volleyball action is chill. We play volleyball on The Lodge lawn area between the pickleball and paddle tennis courts on the second and fourth Thursday of every month. We will begin play in the late afternoon from about 5:30 pm until sunset.

All you need to play the sport of lawn chair volleyball is a sturdy lawn chair and a desire to laugh with your neighbors at Four Seasons Beaumont. Our club has only two rules: you can't get out of your chair during play, and you MUST HAVE FUN.

If you're looking for a club where you can partake in a bit of friendly competition with very little physical exertion, come check us out. And bring your guests along. Everyone is welcome to join in the fun. This month we are trying to recruit enough participants to form at least three teams to compete in the Four Seasons Beaumont Senior Oldlympics in September, so join us for a chance to win a gold medal. For more information, contact Dave at dave.rohrbacker@icloud.com. ~ **Dave Rohrbacker**

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# PICKLEBALL



Even with hotter temperatures here to stay for a bit, our eight beautiful pickleball courts continue to be busy, both from 7 to 11 am during club play time, and often after 5 pm as groups gather to take advantage of the early evening cool-down. One important consideration for all players, especially at this time of year, is maintaining adequate hydration. Be sure to drink enough water before, after, and in between each of your fun and fantastic pickleball games. According to the Mayo Clinic, older people (that would be us!) are less likely to feel thirsty. And, as most folks are aware, when a person starts to feel thirsty, they are already one percent to two percent dehydrated, which can mean a decline in cognitive and physical abilities. This means that very quickly, both your body and your game can suffer, and nobody wants that! Further dehydration can lead to even more serious issues, like convulsions, when it reaches about 10 percent. Per management, water is the ONLY item of food or beverage allowed on the courts. So, bring out those big water bottles, drink deeply, and stay sharp.

Speaking of staying sharp, we have representatives from our Four Seasons Pickleball Club who have qualified for National competitions! John Schafer, Sandra Terry, and Steve Roa (formerly of Four Seasons) qualified for the National Senior Games, held in Des Moines, Iowa, with John and Steve competing in men's doubles, and John and Sandra in mixed doubles. Those games will have already been completed by the end of July, but the results are unknown before this article's deadline. John and Steve also recently qualified for the Association of Pickleball Players (APP) National Championships held in San Diego in early November. They lost their match for gold by the thinnest of margins, 10-12, 10-12, and so won silver to qualify. Kudos to these three for all of the hard work they are putting in to improve their game to qualify for national competitions.

Whether you want to hone your pickleball skills to compete in tournaments, play for the fun of it, or just to start learning how to play pickleball, come out to the courts in court shoes and comfy clothing (and bring a water bottle!); no other equipment is necessary. Our awesome Nancy Hessin welcomes new and emerging players every Saturday at 8:30 am at the pickleball courts for helpful and encouraging instruction. Pickleball is fun! ~ Gayle Wardenski, gmew@hotmail.com



*Hydration for all!*



*John Schafer and Sandra Terry after qualifying with Silver for the National Senior Games.*



*John Schafer (far left) and Steve Roa (at John's right) qualify with Silver for the APP National Games.*

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# BEAUMONT BAGGERS CORNHOLE GROUP

The Beaumont Bagger Cornhole Group has continued to heat up over the summer. We gather on Tuesdays at 5 pm at The Lodge grassy area. All are welcome, legends, rookies, couples, and singles!

We will pick names to give you a teammate. Bring a chair to relax between games but that's all you need. We supply the equipment

and the fun.

Our Pack Your Bagger T-shirt game continues. When our members travel, they pack their bagger T-shirts and send us pictures.

Come and join our fun and friendly group. ~ Pat Barry



Beaumont Baggers Group enjoying the summer sun.

John and Pat Barry on an Alaskan cruise.



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## BILLIARDS FOR FUN GROUP

As the summer temperatures rise, why not come on down to the Tuesday Billiards For Fun Group? Enjoy some “HOT” billiard games in the “COOL” Billiards Room. The (BFFG) meets every Tuesday. We have two sessions: 11 am to 1 pm and 1 to 3 pm. See you there! For more info, please contact Paul Snyder at (909) 214-9464 or Donna Snyder at (909) 435-6589. ~ *Donna Snyder*

## CURLY CUES BILLIARDS

Curly Cues is gradually getting new players and we welcome any ladies at any level of playing. 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.

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

## 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 Monday 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, Jone, et al).

The 8-Ball Club is always looking for new members who would like to learn to 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

This month, the Ladies Putter Group would like to give a big “shout-out” to Four Seasons staff member, Marta Villavicencio. If she is working at The Courts on our putting days of Monday or Friday, she always opens the storage building and even pulls our equipment wagon out before we get there. Since the storage building has gotten pretty full, this thoughtful gesture has been very helpful to our co-groundskeepers, Elaine Brown and Phyllis Kates. On July 30, we held our mid-year Potluck and Awards celebration. Awards were given in the following categories: Lowest Overall Scoring Average, Lowest Single Round Score, and Most Total Hole-In-Ones in both Division A and Division B. We are going to participate in the Four Seasons Oldlympics and it will be open to ANY resident of Four Seasons so we’re hoping that some guys will come out and join us this time. The new cabana cover that was recently installed at the putting green came just in time as the temps have started to rise.

As always, we’d love to see more ladies coming out and giving our 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 Ladies Putting Group held their mid-year potluck and awards on June 30, and because we had two Divisions and a number of categories, everyone received an award.*



*Four Seasons staff member, Marta Villavicencio has become our “fave” for always opening the storage building and pulling our equipment wagon out for us.*



# 4X4 SEASONS

Happy August! With the summer heat, our group will be heading to the higher altitudes of our local mountains; please come join us at our meeting and introduce yourself.

Our local runs often end at a nice and cool coffee shop.

We meet on the second Tuesday of the month in the RCN Conference Room; we plan a day run for the following Thursday. We manage a few RV trips each year also.

For more information, contact Brian Fusilier at (909) 215-2778, [bfusilier@verizon.net](mailto:bfusilier@verizon.net) or Scott Snyder at (562) 714-7252, [scottdonaldsnyder@gmail.com](mailto:scottdonaldsnyder@gmail.com). ~ *Brian Fusilier*

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# TENNIS CLUB



“You can’t be SERIOUS,” bellowed John McEnroe when he heard that the FSB Tennis Club was holding a pre-Wimbledon tournament and that the players would be taking on the names of actual Wimbledon champions. (Source: Associated Press.) In 1977, McEnroe at the age of 19 was the youngest male semifinalist in 100 years, and in his career, he became a three-time champion, as well as a well-known cranky pants. When McEnroe found out that it was going to be Steve Hovey, an aging and aged lefty and cranky pants in his own right, who was tagged with his name, he really popped his cork. Which is exactly what the tournament winners were able to do with their large bottles of champagne, in keeping with Wimbledon’s traditions. After four rounds of “Tiebreak Ten” matches, four teams qualified for the semi-finals: Stan Lam (Stan Smith)/Tracy Mahan (Lindsey Davenport), Thekla Seigman (Billie Jean King)/Randy Haemmerle (Carlos Alcaraz), Larry Martin (Jimmy Connors)/Chikako Ferguson (Elena Rybakina), Bernadette Lombardo (Simona Halep)/Richard Carrasco (Rafael Nadal). It’s not an oversight that McEnroe’s namesake isn’t on that list; he was left to grumble on his own. In the match for third place, Bernadette and Richard defeated Larry and Chikako 10 – 6, and in the championship contest, Tracy and Stan prevailed over Randy and Thekla, also by 10 – 6. And then we all celebrated with barbecued burgers and hot dogs, not a Wimbledon tradition, followed by strawberries and (whipped) cream, suitable for a London day at The Courts. If we do this again next year, maybe someone will pick the name of Althea Gibson, who in 1957 became the first Black tennis player to win the Wimbledon singles title by defeating fellow American Darlene Hard in the championship match.

The Tennis Club does not have any special activities scheduled for the hot month of August, but we will look forward to watching the U. S. Open tournament running from Aug. 24 through Sept. 7.

Play early or play late but be sure to hydrate.

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](mailto:sahovey47@hotmail.com)



*Wearing Wimbledon White*



*Wimbledon Winners: Richard, Tracy, Stan, Randy, Thekla, Bernadette*



*Larry Z. — Grill, baby, grill*



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# SHUFFLEBOARD

Since summer is now here, we are playing 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 and start your day by joining our shuffleboard family in an outdoor activity while getting a little exercise and fresh air.

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 in an



Kirk Baacke is ready for the challenge.

enjoyable activity with lots of friendly residents, please just show up on a 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



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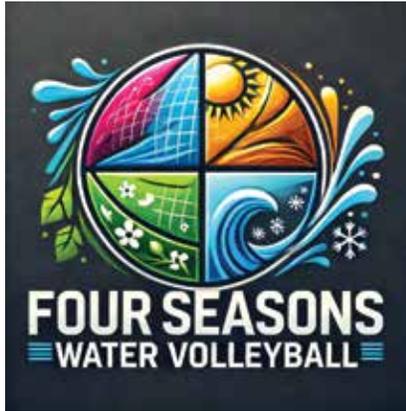
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# WATER VOLLEYBALL CLUB



The Water Volleyball Club summer session is in full swing with action in the pool at The Courts on Monday, Wednesday, and Friday from 10 am to 12 noon. We've been hosting approximately 24-30 players each day for general competition. As noted in a previous month's message, we had hoped to designate Saturday's indoor games (10 am to 12 noon) at The Summit specifically for beginner play; the pool, however, has been closed for refurbishment. When the pool reopens this month, we will try to get this experiment off the ground (or in this case in the water) again.

If you ever thought you'd like 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 beginner 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. So no excuses, come out and give it a go. Also, at that time, Monday and

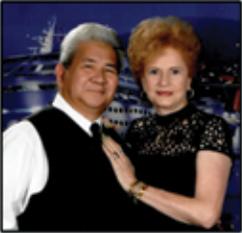
Friday outdoor games will be designated for general play with participants of all levels welcome to join in. Wednesdays (10 am to 12 noon) will be set aside specifically for advanced play (one-handed serves only, spiking and blocking at the net allowed, etc.).

In September we will set up teams to compete in our annual end-of-summer tournament and potluck, which will coincide with the Senior Oldlympics. If you'd like to participate in this event, come out in August to get in some practice!

Water volleyball is a great way to get out of the house for some low impact exercise. Everyone is welcome. You don't need to be a member of the club to play. All ages, heights, and skill levels can participate! For more information, contact Craig Korotko at Korotko@msn.com. ~  
**Craig Korotko**



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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](mailto: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](mailto: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](mailto:Terryhall005@gmail.com). ~ *Terry Hall*



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## CO-ED BID WHIST

Hey everyone, I am inviting more folks to come out and play Bid Whist. We have 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.

We 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 music from artists like the Temptations, Herbie Hancock, Aretha Franklin, Paul Simon and Adele — to name a few — in the background.

I strongly encourage new players to come out. We will teach you

how to play the game. 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. Whether you are new to the game or a veteran player, I invite you to come out and play with us! Win or lose ... you will have a lot of fun and meet some great folks while playing Bid Whist.

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

For info, contact Frank Turner (562) 922-9737. ~ *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*

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# DOMINOES



Vernon Bell, beloved dominoes player

On a somber note, the Dominoes Club bids farewell to one of its best players, Vernon Bell. Vernon passed away in June. His memorial service was heartfelt and joyful as his life was remembered and celebrated. We love and will miss you deeply, Vernon.

Our announcement of the Spring Quarter — April, May and June — winners includes the same three players, Frank Turner, Jesse Dimmer, and Reggie Fuqua. This time, however, Frank vanquished all with a truly

impressive 71 wins! Jesse came in second place with 55 wins, while Reggie came in third place with 52 wins. What a fun time we had during the last quarter. Congratulations to Frank (#1), Jesse (#2) and Reggie (#3).

Our next announcement for Summer Quarter winners will be October, and will post in the November *Breeze*.

While we enjoy the competition, we do also offer relaxing sets where the aim is playing the game, win or lose.

Our sets are joyful and fun-filled 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.

Our club is actively encouraging more players, experienced and novice, to come out and join us on Wednesday and Friday evenings.

So, come on out and join us for a rousing evening “slamming bones.”

The Dominoes Club plays every Wednesday and Friday from 6 pm until 9 pm in the Game Room. Novice players are encouraged to come out from 5 to 6 pm, on Wednesday and Friday, to learn the game. For more information, contact Reggie at (951) 743-3594 or Jesse at (714) 474-1365. ~ Roxanne Williams



Spring quarter winners, Frank (center), Jesse (L), and Reggie (R)

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# 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 Friday in the RCN and on the second, fourth, and fifth Friday 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*



# 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.

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# 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

I hope that it's the summer and this time of travel that has led to the precipitous decline in attendance at the scheduled Duplicate Bridge sessions here at Four Seasons. I did not get enough interest to hold games in either June or July. In fact, only two pairs signed up for July. We clearly cannot hold a *Duplicate* Bridge session with only *one* table.

I'll attempt to schedule sessions for both August and September. If, however, there is not enough interest in serious Bridge at Four Seasons, I'll have to consider if it's worthwhile to play this form of the game in our community. ~ *Kirk Freyermuth, kfreyer@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*

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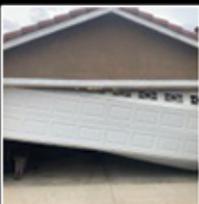
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# GET THE JOKE – WIN \$20!

“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

### NEW TRASH CAN SYSTEM



## YOUR COMMENTS

- Which trash can do I put my old mop heads? Mary B.*
- I saw this and said, “You have got to be kidding me! Seven cans!” Then when I started reading what goes into each can, I said to myself, “The Breeze must be kidding me!” Robert L.*
- Funny article especially since we are all struggling to do it right! Thanks for the humor! AJ Reilly*
- This one was extremely creative. I loved it so much it made me cry everywhere! Nellie C.*
- This was too easy — from the fuschia mascara to the tangerine peels of fruit — but clever! Betty E.*
- I love a challenge! Bring it on! Tina C.*
- I so appreciate all the work it takes to put the monthly Breeze together! Gayle W.*

**THIS MONTH'S WINNER:**

**NELLIE CASTILLOVEITIA**

## 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!): \_\_\_\_\_

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Solutions of puzzles on page 40

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

**EASY**

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

**MEDIUM**

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

**HARD**

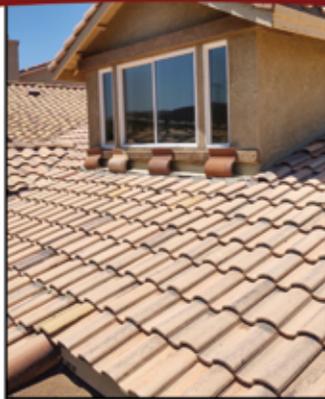


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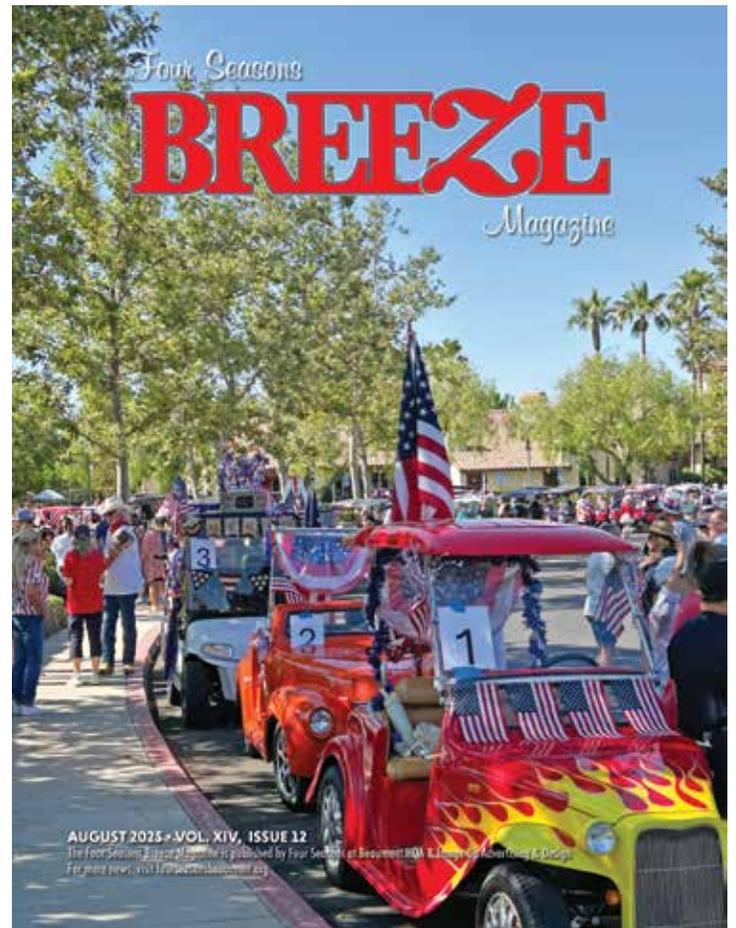
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- Simple, uncluttered photos work best
- Digital photos are requested at high resolution, 4 megapixels or higher, 300 dots per inch (dpi) or at least 1536 x 1024 pixels; a high-res photo will be 2-10 megabytes (MB)
- Send jpeg format photos to [FourSeasonsNews@yahoo.com](mailto:FourSeasonsNews@yahoo.com)
- 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](mailto: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 Elizabeth Westbrook*

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If you would like to advertise in the *Breeze*, please contact Image Up Advertising & Design at (909) 797-3647 or email [imageup1@verizon.net](mailto:imageup1@verizon.net).

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