

# FOUR SEASONS MESSENGER

SEPTEMBER 2022

FOUR SEASONS LODGE AT BAKERSFIELD



Lodge  
Hours of Operation

**MONDAY-FRIDAY  
6AM-10PM  
SATURDAY-SUNDAY  
9AM-5PM**

Upcoming  
Holiday Hours

Outdoor Amenities:  
Side gate access

**MONDAY-SUNDAY  
6AM-10PM**

# Important contacts

## Four Seasons Lodge

Phone (661) 873-0580  
Fax (661) 873-0579  
www.fsbhoa.com

## The Beauty Bar

Phone (661) 873-0581

## Landscape Concerns

Email: help@cmlandscapeinc.com

## K. Hovnanian's Customer Service

Phone (800) 767-1676  
www.khov.com/homeowner-services

## Seabreeze Customer Escrow Department

Phone (800) 232-7517

## California Water Service

Phone (661) 873-7260

## Animal Control

Phone (661) 326-3436

## City Solid Waste

Phone (661) 326-3114

## Fire Department

Phone (661) 326-3911

## Police Department (non emergency)

Phone (661) 327-7111

## THE OFFICE

### Emerald Newquist Interim General Manager

emerald.newquist@seabreezemgmt.com

### Valerie Ruiz

#### Activities Coordinator/lodge attendant

valerie.ruiz@seabreezemgmt.com

### Haydee Rivera

#### Temporary Administrative Help

haydee.rivera@seabreezemgmt.com

### Saretha Headley

#### Lodge Attendant

saretha.headley@seabreezemgmt.com

### Denise Lopez

#### Temporary Administrative Help

denise.lopez@seabreezemgmt.com

### 2022-2023 Board of directors

#### DON WOLFE

PRESIDENT

#### BILL FERGUSON

VICE PRESIDENT/TREASURER

#### BETTY ROMM

SECRETARY

#### LORENZO ALVAREZ

DIRECTOR

#### ROD LAYMAN

DIRECTOR

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## **AUGUST TREASURER'S REPORT- 08**

August Treasure's Report brought to you by BOD Don Wolfe.

## **MONTHLY RULE REMINDER- 10**

Our monthly Rule Reminder is the same as last month. You can always go to [fsbhoa.com](http://fsbhoa.com) and look up our full Rules & Regulations.

## **A BIT OF BAKERSFIELD HISTORY- 11-12**

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Keep track of all the upcoming events and meetings.

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Stay in the know as to when clubs are meeting.

## A MESSAGE FROM YOUR BOARD PRESIDENT

Don Wolfe

Wednesday, August 22<sup>nd</sup>, 2022, the Four Season's membership let their voices be heard casting an impressive 331 ballots for Director. There were 9 candidates running for 3 vacant seats giving the voting members a wide variety of choice. Elected to two-year terms on the Board were Lorenzo Alvarez, Bill Ferguson, and Don Wolfe. They will join current Board Members Rod Layman and Betty Romm in making up your 2023 Board of Directors. A very diverse group.

The new Board elected Don Wolfe President, Bill Ferguson Vice President and Treasurer and Betty Romm Secretary.

Leaving the Board are Kathy Clark and Mack Wimbish. Both have given us many years of outstanding service on Committees and on the Board as Directors and Officers. They have a wealth of institutional knowledge, and I am sure they will continue to contribute to our success. I will be calling them for advice.

New Committee Members, Committee Chairs and Liaisons were selected by the Board during the August 31<sup>st</sup> Meeting. The Board looks forward to working with these volunteers in maintaining and improving our neighborhood.

Electioneering wasn't the only important thing happening this month. We began the process of developing the 2023 Budget. An Ad Hoc Committee consisting of President Kathy Clark, VP/Treasurer Don Wolfe and Finance Committee Chair Judy West worked closely with Management Staff to develop a draft Budget and a draft Reserve Study. The most recent draft will now be distributed to the Ad Hoc and Finance Committees for review.

Looking towards 2023, here are a few of the many things the Board would like to accomplish:

A Budget that reflects the priorities of the membership and sets a solid foundation for the restoration of our Reserve Fund to a fiscally sound level.

A stable, well trained management staff.

CC&R's and R&R's. Let's Get 'er Done

Develop an Emergency Response Plan (draft done).

Develop a functional, well maintained web site

More frequent Town Halls

That is to name a few. Will we accomplish everything we set out to do in 2023? Probably not but let's make sure it isn't from a lack of trying.

Don Wolfe

President





# Craft Bazaar

Saturday, Oct. 15th, 2022

from 9am to 2pm

Four Seasons Lodge at Bakersfield

10500 Toscana Drive

Crafts • Jewelries • Clothing • Housewares  
Plush Items • Sweet Treats • Aprons • Cosmetic  
Bags • Face Masks • Mug Rugs • Embroidered  
Blankets • Headbands & MORE

**FOR VENDOR INFORMATION PLEASE CONTACT:**

**VALERIE RUIZ / 661-873-0580 / VALERIE.RUIZ@SEABREEZEMGMT.COM**

# Laughter Along Our Path

By Manya Carney (Four Seasons Resident)



## Thoroughly Clean

A resident of Four Seasons told me how she and her grandchildren had been working on a 500-piece puzzle. About half of it was completed. The pieces were spread out all over the coffee table around the main part that had been put together.

The new cleaning lady came in, scooped up every single piece, and dutifully put each one back in the box.

"Oh my gosh! What was she thinking?"

Every person in the whole house went into shock!

That was the first and last time she ever worked in that home!!

## **NEW TEMPORARY GATE CODE**

Effective September 1st, 2022

## **ASK THE FRONT DESK**

We will put out an e-blast as usual. Please remember to never give your personal gate code out. The temporary code can be given to delivery drivers, repairmen, etc. However, if you are not comfortable with that you can always have them call you from the call box to let them in with the push of 9 on your phone.

K. Hovnanians Four Seasons at Bakersfield Presents

ANNUAL  
**Pool  
Party**



**ADULTS  
ONLY!**

**BYOB  
NO GLASS**

ENTERTAINMENT BY: DJ KEVIN RUSH

CATERED BY: PORKCHOP & BUBBA'S BBQ

.....  
**SATURDAY, SEPTEMBER 17TH**  
.....

**GATES OPEN: 5:30PM-9:30PM  
DINNER SERVED AT 6:30PM**

entry  
**\$38**

**SIGN UP & PAY AT THE FRONT DESK**

SIGN UPS AVAILABLE: 8/5/22  
DEADLINE FOR REFUNDS: 9/10/22  
DEADLINE FOR SIGN UPS: 9/10/22



## AUGUST TREASURER'S REPORT

### August Treasurer's Report K. Hovnanian's Four Seasons

As of July 31, 2022

	<u>Balance July 31, 2022</u>	<u>Balance June 30, 2022</u>	<u>Change</u>
1. Total Operating Funds (Monthly Assessments)	172,739.52	242,635.85	69,896.33
2. Total Reserve Funds (maintenance/repair/replace)	1,775,735.71	1,785,775.09	(10,039.38)
3. Total Account Receivables (Owed to us) *	48,361.33	10,381.74	(37,979.59)
4. Total Prepaid Expenses (Insurance)	8,007.34	10,295.14	(2,287.80)
5. Total Fixed Asset (LED lighting)	87,604.34	97,521.34	9,917.00
6. Total Assets (sum of 1 through 5)	<u>2,092,448.24</u>	<u>2,146,609.16</u>	<u>(54,160.92)</u>
7. Total Current Liabilities (prepaid assessments)	55,217.11	57,194.94	1,977.83
8. Total Accounts Payable (We owe)	130,580.45	144,476.87	13,896.42
9. Total Liabilities (Sum of 7+8)	<u>185,797.56</u>	<u>201,671.81</u>	<u>15,874.25</u>
9(a) Total Assets less Liabilities (6-9)	1,906,650.70	1,975,873.50	(38,286.60)
10. Total Reserves Fund Equity (2)	1,775,735.71	1,785,775.09	(10,039.38)
11. Total Prior Years Operating Funds Equity	125,929.14	141,550.14	15,621.00
12. Total Owners' Equity	1,901,664.85	1,927,325.23	(25,660.38)
13. <b>Net Income / (Loss) (14-12-9)</b>	<u><b>4,985.83</b></u>	<u><b>17,612.12</b></u>	<u><b>(12,626.29)</b></u>
14. <b>Total Liabilities and Equity (9+12+13)</b>	<u><b>2,092,448.24</b></u>	<u><b>2,146,609.16</b></u>	<u><b>(54,160.92)</b></u>

\*"Total Account Receivables" is the sum of assets due from reserves (\$39,105.27) plus Delinquent Accounts (\$44,239.36) plus misc (\$1,280.75) less an Allowance for Doubtful Accounts (- \$36,264.05) for a total of \$48,361.33. An increase of \$37,979.59 over last mont

## September Safety Tip

Lorenzo Alvarez (Board Member)

Please make sure to retrieve your mail every day the mail runs. Two weeks ago, we experienced an incident where a non resident female drove into our community and was driving erratically through our streets. She then attempted to break into the mailboxes on Summit Pass where I confronted her. She attempted to leave but some Four Seasons residents and I detained her until the Bakersfield Police Department arrived. (A big THANK YOU to those who helped!)

She was under the influence of some substance and was found to be in possession of identification that belonged to someone else. She also had mail and several credit cards belonging to other people which she most likely obtained from breaking into other mailboxes. This is the same time that mailboxes in Four Seasons and our neighboring communities were broken into. She was eventually arrested by BPD and her vehicle was impounded.

I don't want to sound like a broken record, but please empty your mailboxes daily and if you plan to drop off mail in the outgoing slot, do so as close to the time that the mail carrier arrives to retrieve the mail.

As always, stay alert and stay safe!

Lorenzo Alvarez



# GUESTS

- All guests must be accompanied by a Resident at all times when using the Lodge Facilities.
- Residents are responsible for the activity and/or behavior of their guests at all times.
- Residents are financially responsible for any loss or damage to the Association Property attributable to their guests.
- Eight (8) guests per day per household are permitted use of designated Lodge Facilities.
- All guests must register with the Lodge Staff when first entering the Lodge.
- Any guest not officially registered by a Resident will be requested to do so; if he or she refuses, then they will be expected to leave the Lodge Facilities upon request.

# POOL/SPA AREAS

- Children under the age of five (5) years old are not allowed in the pool or spa area at anytime.
- Pool hours for children between five (5) years old and fourteen (14) years old are from 1:00 pm to 4:00 pm daily.

## Just Not Allowed

- Glass objects in or around pool and spa areas
- Intoxication at the pool/spa will not be tolerated due to safety and liability concerns. Violators will be asked to leave.

# A BIT OF HISTORY: BAKERSFIELD PUBLIC SCHOOLS

By Kitty DeArmond (Four Seasons Resident)

## A Brief History of the City of Bakersfield's Public Schools

*This article was written by Miss Virginia Jameson, one of Kern County's pioneer teachers. It was originally published in the annual report of School Superintendent D.W. Nelson and subsequently published in The Bakersfield Californian, on October 4, 1907.*

The people of this community have always taken a deep interest in the education of their children. Immediately after the arrival of the first settlers in the vicinity of Bakersfield, steps were taken for the establishment of a school.

In 1863, five families lived within a radius of a mile from the center of the present town. The children of these pioneers were freely taught at her own home for a term of two months by Mrs. Ferdinand A. Tracy, at that time the wife of Colonel Thomas A. Baker.

### The Roofed School House

If we could have looked into that humble home in the autumn of 1863 we might have seen eight barefooted children ranging in ages from four to twelve, seated on overturned boxes, one turning the leaves of a *Bible* searching for the "A's," another scanning the pages of a newspaper - *The Sacramento Union* - in quest of "B's," two small urchins painfully copying digits on some brown wrapping paper with pencils scarcely an inch long, while the rest of the class, leaning forward, were studying intently something hanging on the wall. The something proved to be a chart of the alphabet made by the slender little woman who is standing before the children, pointing now to one letter, now to another.

Books were few in Kern County in those days, slates fewer, so the ingenious teacher handmade her own charts: letters and figures cut from newspapers and pasted on boards. Thus were the first lessons given in Kern Island [Bakersfield].

### School In 1865

In '65 a crude log schoolhouse was built on a ridge about two miles south of Bakersfield on what was known as the Keith ranch, which seemed at the time to be the center of the settlement. The building was about twenty feet square with an earth floor. There were no windows. A great fireplace filled one end of the room. The benches were rough-hewn logs split in two, supported by sticks driven through holes bored in the curved undersurface.

P. R. Hamilton, a teacher from Los Angeles, taught a three-month term in this building beginning in the spring of 1865. There were twenty pupils, each paying a monthly fee of \$2.50. Eaton's Arithmetic, Cornell's Geography, and Wilson's Readers and Histories were the textbooks used. There were no appliances - not even a map nor a globe.

In 1866, Mr. Hamilton, rather than submit to an examination, resigned, and Mrs. Grace Ann Ranney, one of the pioneers of the place, took charge of the school. In 1867, she was succeeded by Miss Lucy Jackson an elderly lady so well qualified for the position that she held it for two years. The attendance during these years was about the same as under Mr. Hamilton, and the school is still being supported by contributions.

### A Snake In School

It was during Miss Jackson's last term that the class was thrown into violent excitement one day by a rattlesnake. He had crawled in under the logs and lay coiled up in the middle of the room when the children discovered him. Such a tumult! The youngsters rushed from the room in a panic - all but one of the biggest boys. He killed the snake and then the others were persuaded to come back. But for weeks after that, the little ones sat with feet drawn up under them on the benches, fearful of another visitation, while the teacher never recovered from the nervous shock. Her health failed soon after and she gave up teaching.



## **FLOCK SAFETY**

By Kitty DeArmond (Four Seasons Resident)

### **Have You Noticed These Signs on Cantervia? Are Curious About Them?**

Submitted by Kitty DeArmond, Resident

The website for Flock Safety states that "It helps HOAs, Neighborhood Associations, and law enforcement work together to capture the objective evidence needed to reduce crime rates, improve neighborhood security, and protect home values."

Since the majority of crimes are committed with the use of a vehicle, the premise is to keep track of vehicles. Therefore, this security system uses high-speed, high-resolution cameras to read license plates and instantly identify suspect vehicles. The information gathered is kept for 30 days before being deleted.

Both the Kern County Sheriff's Department and the Bakersfield Police Department have installed Flock Safety in a few selected areas of Kern County. This is being done on a trial basis to monitor their effectiveness.



*Committee Meetings & Club Times are Subject to Change, Check with Lodge for most current information*

# SEPTEMBER

**LODGE HOURS:** MONDAY

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Sunday	Monday	Tuesday	Wednesday
4 Water Volleyball 4pm	5 Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am Chair Yoga 9am Water Aerobics 10am Pinochle 1pm Dance Fitness 5:45pm 	6 Beginners Pickle Ball 7am Water Aerobics 9am <b>SOCIAL COMMITTEE 1pm</b> Bridge 1pm Bocce Ball 7pm	7 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 9am Veterans Club 11am Canasta 1pm Water Volleyball 5pm Dance Fitness 5:45pm
11 Water Volleyball 4pm	12 Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am Chair Yoga 9am Water Aerobics 10am Pinochle 1pm <b>FACILITIES 1PM</b> Dance Fitness 5:45pm 	13 Beginners Pickle Ball 7am Water Aerobics 9am Crafters Club 1pm Bridge 1pm Bocce Ball 7pm	14 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 9am <b>LANDSCAPE 10am</b> Canasta 1pm Water Volleyball 5pm Dance Fitness 5:45pm
18 Water Volleyball 4pm	19 Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am Chair Yoga 9am Water Aerobics 10am Pinochle 1pm 	20 Beginners Pickle Ball 7am Water Aerobics 9am Ladies Luncheon 11:30am Bridge 1pm <b>Taco Tuesday 6pm</b> Bocce Ball 7pm	21 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 9am Canasta 1pm Water Volleyball 5pm Dance Fitness 5:45pm
25 Water Volleyball 4pm	26 Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am Chair Yoga 9am Water Aerobics 10am Plant Slant 10am Pinochle 1pm Dance Fitness 5:45pm 	27 Beginners Pickle Ball 7am Water Aerobics 9am Bridge 1pm Bocce Ball 7pm Dance Fitness 5:45pm	28 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 9am Canasta 1pm Water Volleyball 5pm <b>BOD MEETING 6pm</b>

# 2022 CALENDAR

-FRIDAY 6AM-10PM SATURDAY: 9AM-5PM  
 SUNDAY: 9AM-5PM

**POOL CLOSED**  
**MONDAYS & FRIDAYS**  
**6AM-10AM**

Monday	Thursday	Friday	Saturday
	1 Beginners Pickle Ball 7am Art Club 9:30am Water Aerobics 9am Bridge 1pm Bingo 6pm 	2 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Game Night 1pm Advanced Pickle Ball 5:30pm <b>ARC APPLICATIONS DUE</b>	3 Beginners Pickle Ball 7am
7am 9am 10:30pm 5:30pm 5pm	8 Beginners Pickle Ball 7am Water Aerobics 9am Art Club 9:30am Bridge 1pm <b>ARCHITECTURAL REVIEW 3PM</b> Bingo 6pm 	9 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Game Night 1pm Advanced Pickle Ball 5:30pm 	10 Beginners Pickle Ball 7am Computer Club 9am
7am 9am 10:30pm 4:45pm	15 Beginners Pickle Ball 7am Water Aerobics 9am Art Club 9:30am Book Club 10am <b>FINANCE 1PM</b> Bridge 1pm Bingo 6pm 	16 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Game Night 1pm Advanced Pickle Ball 5:30pm	17 Beginners Pickle Ball 7am <b>Annual Pool Party 5:30pm</b> 
7am 10:30pm 5pm	22 Beginners Pickle Ball 7am Water Aerobics 9am Art Club 9:30am Bridge 1pm Bingo 6pm 	23 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Bunco 1pm Advanced Pickle Ball 5:30pm	24 Beginners Pickle Ball 7am Computer Club 9am
7am 10:30pm 5pm	29 Beginners Pickle Ball 7am Art Club 9:30am Water Aerobics 10am Bridge 1pm Bingo 6pm 	30 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Game Night 1pm Advanced Pickle Ball 5:30pm	

# CLUBS & CLASSES

## From your friends at The ARC Committee

Sandy Moffett - Committee Member

Sometimes you have to walk the path to understand the journey.

After a mishap with our garage door, and no, I'm not saying whose fault it was, we needed to go through the process of submitting an ARC request form.

Did you know that you can find that form in your Homeowner Handbook? Or you can print it from the Four Seasons website, or you can pick one up at the Lodge.

The form is easy enough to fill out, but if not completed, or has the appropriate supporting materials it will delay your process. Paperwork must be submitted by the first Friday of the month or it will be tabled until the next meeting. If your request is approved, please make sure that your vendor knows what stipulations there are to the approval, i.e., no conduit on the outside of the house is allowed. Photo proof is required.

Upon completion, a second form must be submitted to the ARC for closure of the request...again supporting documentation must be attached.

On a personal note; make sure your vendor's work is up to the ARC requirements. While the workers who replaced the door did a great job, the painters tried to get away with not painting under the sealing gasket. Had I not checked it, we would have had an issue.

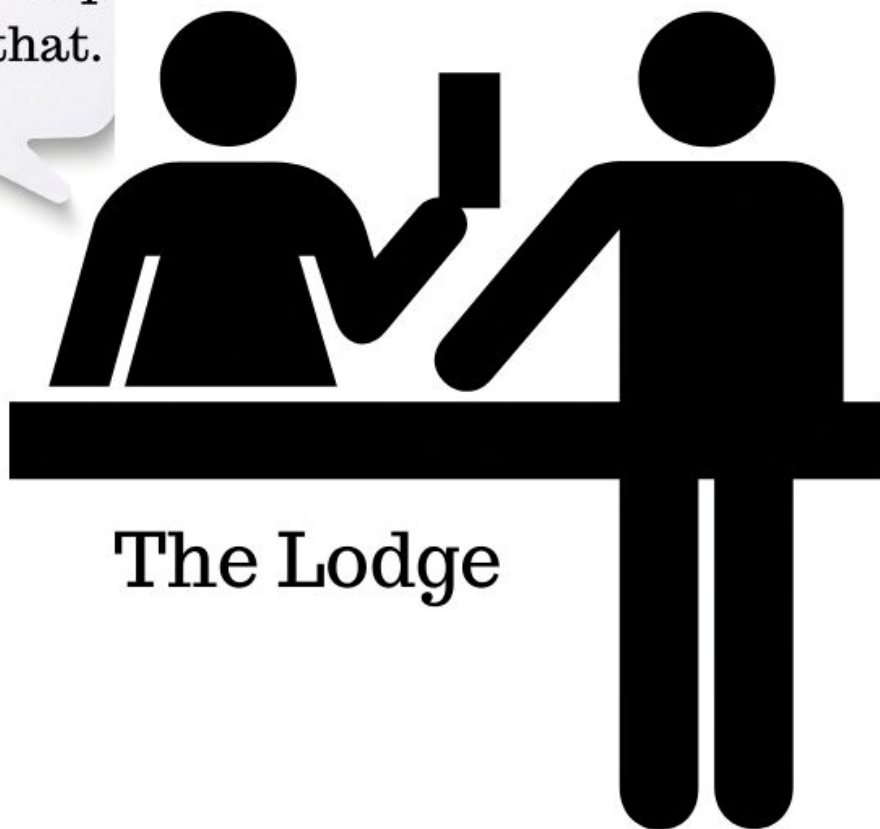
So, yes, I feel your pain, but the process is there for a reason.

Oh, and try not to back into your garage door. 😊

Blessings,  
Sandy Moffett ARC Member

## CLUBS & CLASSES

Yes! I can help you with that.



Can I please have an ARC application?

The Lodge



**ARC APPLICATIONS SUBMITTED AFTER THE FIRST FRIDAY OF THE MONTH WILL NOT BE REVIEWED UNTIL THE NEXT MONTHS ARC COMMITTEE MEETING**

## CLUBS & CLASSES

### From your friends at The Landscape Committee

Mike Callagy - Committee Vice Chair

Greetings from your landscape committee:

Vladimir Putin has boasted that Russia is planning to build a base on the moon. The idea is that astronauts will live there permanently. When the Russian astronauts were asked if they wanted to spend the rest of their lives on a barren, lifeless, empty landscape, they quickly replied: "No. That's why we want to go to the Moon".

These are the "dog days of summer" and we along with our landscapers are trying to survive summer in Bakersfield. The moon, at times like these, might have possibilities. We should not be surprised or alarmed over our summer heat or weather. Our city and community hide from the rain, it seems like, because of what Thinkin people call a rain shadow. Rain clouds pass right over us or the rain falls and before it hits the ground, is pushed back up into the sky, a phenomenon called, "virga". With only an average of 6 inches of rain per year in this valley, we should be trying to implement whatever reasonable water conservation measures we can. Our landscape contractor has our front yards and common areas watered at the maximum allowed by the State.

Problem: That's still not enough. We have removed some trees that needed removing, but we are holding off replanting until less water is required to get them rooted and going. We all must remember that the men maintaining our community are affected by the heat as well. I am very pleased that there are men who will deal with this heat to keep our grounds looking as good as possible. You might consider brewing up a jug of tea or lemonade to give to them. If you do, make sure it's not overly cold.

A famous man (oops, I'm in Calif.) person once famously said, "there is a season for everything" and the season I'm looking forward to is fall and cooler temperatures. Oh, and so is our landscaping. Our contractor is doing well. They have 8 workers and are hiring another to keep up. Our irrigation system has been the focus lately, making sure we don't get dry from an equipment failure.

Okay, that's it for now.

Mike Callagy  
Landscape Vice Chair.



### From your friends at The Social Committee

Donna Tillman - Committee Member

Praying this finds everyone healthy and staying cool during this heat wave we are experiencing! The pool is a great place to go when you want to cool off and enjoy yourself.

Speaking of that...we are looking forward to seeing you all at our Annual Pool Party on Saturday, September 17th. We will have food catered by Pork Chops & Bubba's BBQ and a DJ to help us keep the party going! This event always proves to be a fun-filled event for the folks here at Four Seasons. Please remember that no glass is permitted in the pool area. Stay tuned for more information regarding this event.

In October we will be having our Autumn Nights Party out on the patio! This event will be much like our Tuscany Night. Good wine, good food, and good neighbors, always amount to lots of fun! Keep your eyes open for details on this event!

Can you believe we are so far into this year already? Time sure passes a lot faster in our golden years I tell ya! But...we live in a great community with great people to enjoy this time in our lives with one another! Let's get out there and have some fun, everyone! Life is too short so let's make the best of it. I look forward to more Four Seasons FUN!

Until next time... see you around the neighborhood ♥

Donna Tillmann



## CLUBS & CLASSES

### Ladies Luncheon - Annette Harder (Club Leader)

It has been a year since our last visit to Olive and Orange Bistro at Rio Bravo Ranch. Owners, Kelly and Becky were just getting used to their new business and 24 ladies showed up for lunch. What a learning experience for this first-time venture. They survived, made changes along the way, and added live music and catering, still following the dream of serving fresh and healthy food in unforgettable surroundings and very friendly service. During this visit, we were treated to a pre-set menu that included the best banana split cake ever! The owners were so happy to see us we felt like family. Check out the website for hours and fun events or give them a call. Job well-done ladies.

Tuesday, September 20, 2022, at 11:30 am we will return to real Bakersfield roots and have lunch at Ethel's Old Corral, 4310 Alfred Harrell Hwy, 93308. If you are not from this area and live at 4 Seasons and have not been to the horse stables now will be your chance. Yes, I said horse stables and maybe snakes. Don't forget your boots. Sign up sheet at the front desk. If you need a ride or can give one meet at the flagpole between 11/11:15 am.

- Annette Harder//Club Leader



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### Book Club - Kathleen Reisig (Club Leader)

Remember: "The Science of Memory and the Art of Forgetting" by Lisa Genova is our selection for September. What do we remember and why do we forget? This book is a fascinating exploration of the intricacies of how we remember, why we forget and what we can do to protect our memories.

Written by the Harvard-trained neuroscientist and bestselling author of Still Alice, Remember is a beautiful, fascinating and important book about the mysteries of the human memory, what it is, how it works and what happens when it is stolen from us. A scientific and literary treat that you will not soon forget.

The Book Club will meet on September 15th at 10:00 a.m. in the Library.

-Kathleen Reisig Club Leader



## CLUBS & CLASSES

### Sunshine Club - Linda Hofer (Club Leader)

SUNSHINE CLUB: Compassion.....Care..... Concern

The Sunshine Club is here to help our neighbors and our community.

In addition to providing cards and small gifts for those who are ill or hospitalized, the Sunshine Club maintains the plants in the Lodge. Not only are the plants getting proper care, but we also save the community over \$3,000 annually!

A couple of our gals have offered to walk a sick neighbor's dog and occasionally we have supplied meals to neighbors when an unexpected illness or hospitalization has occurred. We have offered rides to the Beauty Bar and special events at the Lodge. Recently we committed to delivering the Newsletter to those who are homebound. Last, but not least our club assists with memorial services in our Ballroom providing linen for the tables and coffee set up. As always, we need the help of the community to identify neighbors in need!

Please contact Linda Hofer (Club Leader), via phone, text, or email, with information or requests.

Home: 661-368-1995 Cell:510-374-8366 Email: hofer1951@gmail.com

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### Dinner Club - Eileen & Mike Callagy (Club leaders)

We had a great turnout of 70 people for our June get together. The barbequed chicken and tri tip by Fernando Verde was enjoyed by all!

Mark your calendars: We are planning on having our last dinner of the year on Saturday, November 12th.

We are in the process of checking out more possibilities for caterers and will keep all our friends and neighbors informed as the process evolves.

Thanks to all of you who support the dinner club.



## CLUBS & CLASSES

### Chair Yoga Class - Melanie Yates (Club Leader)

Chair Yoga is a great way to improve your flexibility and strength. You don't need any prior experience or equipment to join us. Follow along with the instructional video at your own level and see what it can do for you!

We meet at 9:00 a.m., Monday, Wednesday and Friday. If you have any questions, please text or call Melanie Yates, 661.703.0740.



### Crafters Club- Nancy McKenry (Club Leader)

Do you love crafting and getting together with friends? If you do, consider joining the Crafters Club meetings every 1st and 3rd Tuesday. We meet in the Arts & Crafts room from 1 pm-4 pm and have a lot of fun!

-Nancy McKenry  
njmckenry@gmail.com



### Computer Club - Dave Keeney (Club Leader)

Next Meeting: Saturday, September 10th, 2022, 9:00am  
Location: Zoom



Any questions about computers or technology will be discussed. These meetings are intended for non-techies so if you have a question, would like to learn how to do something on your computer or are just curious about something technical, please come join our meetings.

## CLUBS & CLASSES

### Neighbor2Neighbor Club -Margaret DeArmond/Donna Holtzclaw (Club Leaders)

The Four Seasons Annual Holiday Craft Bazaar is scheduled for Saturday, October 15th. The Neighbor 2 Neighbor Club will have a booth with a lovely basket to be raffled. You can purchase a ticket for the raffle drawing at the Bazaar and you do not need to be present to win. Please stop by our booth to learn about the Neighbor 2 Neighbor Club activities and also get information about the Dream Center.

The Neighbor 2 Neighbor Club is sponsoring a Christmas home tour on December 10th. Several Four Seasons community members have already offered to show their Christmas decor and will graciously open their homes. If you are interested in sharing your holiday decor on December 10th, please contact the club leaders.

Our next club meeting is Tuesday, September 13th, at 1:00 pm in the Lodge Craft Room. All community members are always welcome to attend.

Margaret DeArmond, 661-304-0093, mdearmond@mac.com

Donna Holtzclaw, 661-303-6649, donnaholtzclaw@yahoo.com



## CLUBS & CLASSES

### A Plant Slant Vegan Book Discussion - Patsy Ouellette (Club Leader)

Last November, Wayne State University announced that its School of Medicine will introduce a Plant-based nutrition requirement in its curriculum. Why?

The Detroit-based university revealed that studies have shown that whole food, and plant-based diets present significant health benefits.

"Advances in preventive medicine have demonstrated the crucial role of whole food, unprocessed, plant-based nutrition in reducing disease burden," the statement reads:

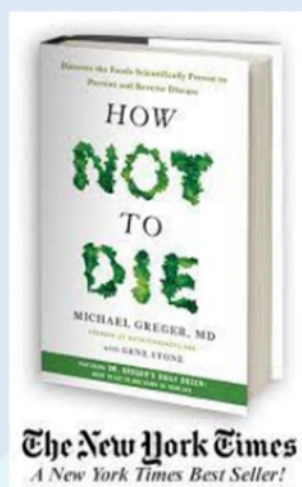
Exactly. "Remember, it's never too late to take charge of your health."

Last month, the Plant Slant discussion group enjoyed getting to know each other better. We learned that most doctor visits are for lifestyle-related diseases, which means preventable diseases, and that the underlying problem is that most pharmacologic strategies do not address the root causes of ill health, which are not drug deficiencies. Treating the cause is not only safer and cheaper, but it can work better...

Kaiser Permanente states, "Further research is needed to find ways to make plant-based diets the new normal."

The next meeting is Monday, September 26, 10:00 am, in the Library. Please bring your book, "How Not to Die," by Michael Greger, MD. And, please bring a notebook, and prepare by reading chapter One. See you there.

Patsy Ouellette  
Club Leader  
paouell@earthlink.net  
(661)205-7324



### Art Club - Norma Neil (Club Leader)

The Art Club is maintaining an active schedule with art-centered events and classes.

Aug. 19th the ART and BOOK clubs joined together for a matinee movie of "Words and Pictures" followed by a discussion on the communication values of art and literature.

The Watercolor class, taught by Norma Neil, is making rapid progress. Currently, they are learning to control color mixes while painting subjects that provide the chance to practice their color mixing skills. Using only their yellows and blues they have learned to mix a range of beautiful greens to use for foliage, and even some green chili peppers. Delving deeper into mixing the blues and greens they painted a peacock with its magnificent plumage. Next came the mixed purples, useful for lavender fields to deep purple grapes.

During the two-week break on Sept. 8th and 15th, they will be able to work with nature journalist Barbara Mattick. Mattick's two classes will focus on understanding the underlying structure of a butterfly and in the second class, a rose. These two classes are open to anyone interested and are suitable for beginners. Ph. Barbara Mattick 619-5900 for more information.

**\*\*The Butterflies and Roses classes with guest artist, Barbara Mattick are being re-scheduled to Oct. The butterfly class will be Oct. 6th at the Lodge. All information on the class is the same. The Romantic Soft Roses" will be later in the month TBA.\*\***

The Watercolor class with Norma Neil will be continuing with re-start for previous students. New students are being welcomed.

There is currently room for a few new students starting in late September. Anyone interested in art is encouraged to sign up, even if still working, as some future events may come during your free time.

For information contact:

Club Leader Norma Neil at 661-204-4653 or via email at [norm\\_neil@icloud.com](mailto:norm_neil@icloud.com)



## CLUBS & CLASSES

Veteran's Club - Don Bearden (Club Leader)

### FOUR SEASONS AND SOLERA VETERANS' SEPTEMBER LUNCHEON @ HUCKLEBERRY'S

Are you a Veteran of the Armed Services? If so, we've formed a veteran's group between our Four Seasons community and those veterans living in our sister 55+ community Solera and we'd love to have you join us.

Our combined group meets on the second Wednesday of each month at 11:30 am at Huckleberry's restaurant, located at 2673 Mt Vernon Ave. Our September 13th guest speaker will be Lili Marsh, Executive Director, Honor Flight Kern County. "Honor Flight Kern County (HFKC) is one of 136 hubs from around the country that is part of the Honor Flight Network. HFKC is an all-volunteer non-profit created to honor veterans of Kern County and surrounding areas and veterans as far away as the San Fernando Valley. There are approximately 46,000 veterans in Kern County with over 8,000 of them being World War II and Korean Veterans.

Our mission is to honor and send America's veterans to Washington D.C. to see the memorials built in THEIR honor for their service to our country – at no cost to the veteran. Top priority is given to our most senior veterans – World War II veterans – and those from any conflict that is terminally ill – followed by Korean and Vietnam veterans. Every veteran accepted by HFKC for this honor travels at no cost to him/her due to the generosity of tax-deductible donations from our community. The trips include all air and ground transportation, meals, overnight accommodations, and guided tours."



## Veteran's Club - Don Bearden (Club Leader).

The Fall flight is scheduled for October 18th – 20th and HFKC is currently accepting applications on a first-come, first-served basis for WWII, Korea, and Vietnam veterans in that order! If you're a veteran and you fall into one of those eras, you need to take this opportunity of a life time and sign up to take an honor flight to Washington D.C. to view in person your memorial; words are just inadequate to describe the emotions that you will feel. If you're interested in learning more about HFKC, take a few minutes to review their organizational website at <http://www.honorflightkerncounty.org/>; they're always looking for volunteers and donations from the community and it's an awesome way to give back to those who served their country honorably.

If you have any questions about the HFKC, upcoming veterans gathering, or need a ride to Huckleberry's, just give Penny Martinez a call or send her an email using the information noted below. Looking forward to a blessed year, with the opportunity of meeting fellow brothers and sisters in arms and hearing from guest speakers.

Don Bearden  
President, Veteran's Group  
(661) 703-5314

Clark Machamer  
Chaplain, Veteran's Group  
(661) 742-1942

Penny Martinez  
Secretary, Veteran's Group  
Email: [figment5802@gmail.com](mailto:figment5802@gmail.com)  
(661) 873-7615



# K. Hovnanian's Four Seasons Lodge at Bakersfield Community Association



10500 Toscana Drive  
Bakersfield, CA 93306  
Phone (661) 873-0580 Fax (661) 873-0579

[www.FSBHOA.com](http://www.FSBHOA.com)