

# FOUR SEASONS MESSENGER

OCTOBER 2022

FOUR SEASONS LODGE AT BAKERSFIELD



Lodge  
Hours of Operation

**MONDAY-FRIDAY**  
**6AM-10PM**

**SATURDAY + SUNDAY**  
**9AM-5PM**

Upcoming  
Holiday Hours

**NOVEMBER 23: 6AM - NOON**  
**NOVEMBER 24 ; CLOSED**

Outdoor Amenities:

**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 Attn

valerie.ruiz@seabreezemgmt.com

### Saretha Headley Property Services Coordinator

saretha.headley@seabreezemgmt.com

### Haydee Rivera Temporary Administrative Help

haydee.rivera@seabreezemgmt.com

### Denise Lopez Temporary Administrative Help

denise.lopez@seabreezemgmt.com

<u>2022-2023 Board of Directors</u>	
<u>Don Wolfe</u> President	
<u>Rod Layman</u> Vice President	<u>Treasurer</u> <u>Bill Ferguson</u>
<u>Betty Romm</u> Secretary	<u>Lorenzo Alvarez</u> Director

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## **ANNUAL POOL PARTY 17-18**

Check out how awsome our Annual Pool Party was

## A MESSAGE FROM BOARD PRESIDENT: DON WOLFE

First, I would like to thank Sherry Davis, The Social Committee, and our Staff for a very successful Summer Beach Party. I have heard members say it was the best community event they have ever attended.

The newly appointed committees have gotten off to a great start working to achieve our goals for 2023. The 2023 budget will be ready to submit to The Board at the October meeting, in the meantime, Treasurer Bill Ferguson will be presenting a Finance Forum on October 11th. I encourage everyone to attend. You will learn a lot about the budget and development process.

Several good ideas were raised at the September 28th BOD meeting:

- The BOD asked The Facilities Committee to take a fresh look at solar energy. A comprehensive report was done in 2019 and it didn't "pencil out" at the time. Times have changed.
- The BOD voted to establish an ad hoc committee to review our website and report back with recommendations.
- The BOD voted to establish an ad hoc committee to review our emergency preparedness and report back with recommendations for an emergency action plan.
- The BOD agreed that while a single director can hold two officer positions it isn't a good idea for us, therefore Bill Ferguson voluntarily resigned as Vice President, retaining his Treasurer position.

The BOD appointed Rod Layman as Vice President. Congratulations Rod!

- DON WOLFE  
BOD PRESIDENT



## SEPTEMBER TREASURER'S REPORT

### Balance Sheet Summary Report K. Hovnanian's Four Seasons

As of August 31, 2022

	<u>Balance Aug 31, 2022</u>	<u>Balance Jul 31, 2022</u>	<u>Change</u>
Total Operating Funds	164,183.12	172,739.52	(8,556.40)
Total Reserve Funds	1,764,024.41	1,775,735.71	(11,711.30)
Total Account Receivables	11,384.91	48,361.33	(36,976.42)
Total Prepaid Expenses	6,364.73	8,007.34	(1,642.61)
Total Fixed Asset	87,604.34	87,604.34	0.00
<b>Total Assets</b>	<u>2,033,561.51</u>	<u>2,092,448.24</u>	<u>(58,886.73)</u>
Total Current Liabilities	47,241.18	55,217.11	(7,975.93)
Total Accounts Payable	122,481.96	130,580.45	(8,098.49)
<b>Total Liabilities</b>	<u>169,723.14</u>	<u>185,797.56</u>	<u>(16,074.42)</u>
Total Reserves Fund	1,764,024.41	1,775,735.71	(11,711.30)
Total Prior Years Equity	125,929.14	125,929.14	0.00
<b>Total Owners' Equity</b>	<u>1,889,953.55</u>	<u>1,901,664.85</u>	<u>(11,711.30)</u>
<b>Net Income / (Loss)</b>	<u>(26,115.18)</u>	<u>4,985.83</u>	<u>(31,101.01)</u>
<b>Total Liabilities and Equity</b>	<u>2,033,561.51</u>	<u>2,092,448.24</u>	<u>(58,886.73)</u>

## September BOD Meeting Recap

On Wednesday, September 28, 2022 the Board of Directors held a General Session Meeting. The following was approved or discussed:

·Approval of Secretary's report including Executive Sessions Report and General Minutes from August 31, 2022.

·August 2022 Financial Report was approved.

·Committee Reports and Approved Recommendations:

Social:

a. Autumn Nights on Saturday, October 8th.

b. Halloween Party on October 29th.

c. New Year's Eve party on December 31st. Live DJ will be playing.

Landscape:

a. Replacement of dead turf in the amount of \$2,900.00

·Under New Business the following items were approved:

1. Ad Hoc Website Committee

2. Ad Hoc Emergency Preparedness Committee

3. Veterans Club Special Event on 10/12/2022

4. Community Yard Sale on 10/22/2022

5. Ballroom Reservation for Memorial on 10/21/2022

6. Ballroom Reservation for Memorial on 11/06/2022

7. Gazebo & Ballroom Rental for Wedding & Reception on 03/18/2023

8. Ballroom Rental for Wedding Reception on 10/23/2022

9. Ballroom Reservation for Memorial on 10/14/2022

10. Bill Ferguson resigned the office of Vice President and will continue to hold the office of Treasurer. Rod Layman was appointed to the office of Vice President.

# ARC Guideline/Rule Reminder

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Please do not use mirrored bird deterrents.

## Bird Feeders/Spikes

- 1. **Only metal or clear plastic bird spikes are allowed** to be installed. Homeowners are responsible for the maintenance and repair of bird spikes installed on the property.
  - Bird seed feeders are NOT permitted in the front or rear yard.
- 

## Holiday Decorations

Decorating for the Holidays really gets us in the spirit, but is there a "right time" to put up decorations? Actually there is.

- Decorations creating traffic congestion or a nuisance to neighbors shall not be allowed.
  - Decorations may be hung or set out **fifteen (15) days prior to a holiday**, and must be removed fifteen (15) days after the holiday, without ARC Committee approval.
  - Christmas Holiday lighting and decorations shall be installed no earlier than Thanksgiving and shall be removed no later than January 15th.
  - Use of exploding devices of any kind is prohibited in the community
- 

## Vehicles & Parking

We are a nation who loves our cars and RVs and golf carts and trucks.  
The problem is what to do with them  
when we're not driving them. Here are the answers.

- A recreational vehicle, which is defined as any vehicle used primarily for recreational purposes (including, but not limited to, any off-road jeep or other multi-wheeled vehicle, camper, trailer, et cetera) **may be parked in an owners driveway so long as it does not extend into the sidewalk or on the street in front of the owners lot so long as it does not obstruct the flow of traffic or present a safety hazard, for up to twenty-four (24) hours in a calendar month.**

# SAFETY FIRST OUCH, THAT HURTS!

NOBODY IS IMMUNE FROM THE OCCASIONAL FALL. SOME ARE HARDER THAN OTHERS (GOT SOME FIRSHTHAND EXPERIENCE THERE).

For seniors falling increases as we get older. According to NCOA or the National Council on Aging one out of every four seniors that are age 65 and older falls each year. Not only is it dangerous for seniors to fall it is one of the leading causes of injury, death, and hospital visits for seniors. So why do seniors fall? Let's take a look at some of the reasons.

## Why do seniors fall?

Seniors fall because of impaired vision, declining physical health, surgeries, lifestyles, and side-effects of medications that cause seniors to fall at a much higher rate than someone who is younger.

## The Top Reasons Seniors Fall

**Age and Physical decline.** As we get older our muscles start to get weaker, especially when we become less active. This will cause muscles to become weak, loss of bone mass, and stability and balance issue can happen. When this takes place falling becomes a greater risk.

- **Post-surgery.** After surgery especially in the elderly that can cause weakness and pain when moving result in a fall. Not only can falling be amplified but mobility issues can happen to result in the use of crutches, canes, walkers, or scooters.
- **Visions start to fail.** As we get older our vision starts to fail and we are more prone to eye-related diseases that make seeing and judging distances difficult. Because of these, we can easily fall on objects like door jams, corners, furniture, and more because e just can't see them properly.
- **Hazards around the home.** Hazards around the home are one of the top reasons seniors fall. Lighting issues, insufficient flooring, clutter, and lack of maintenance may increase the reasons why seniors fall.



## October Safety Tip Rodger Barnes (Four Seasons Resident)

### What Causes A Senior To Fall For No Reason?

A person, especially the elderly can fall for no reason. Meaning it can be from a medical condition like a heart issue, MS, Parkinson's disease, or other medical problems that the person suffers from.

Falling for no reason can also happen when dehydration happens or if a circulation issue takes place causing dizziness or other issues that would cause the person to fall. Not only is the fall itself dangerous but the underlying conditions that caused the fall can be a major problem.

### What Can Happen When A Senior Falls?

When a youth or young adult falls it typically is not that big of a deal. But when a senior citizen takes a fall that is another story. Bones are not as strong, muscles are weaker, and injury runs extremely high. Because of this, you should be proactive in trying to minimize falling, and if a fall happens to get a medical assessment to check for any serious issues. Falling for a senior can be broken bones, cuts, concussions, and even death.

Here are three extremely important reasons to check a senior after a fall.

- A senior falling can mean there are other serious medical issues that caused fall. If someone is old and falls on their own and for no reason, this could be a sign of medical issues and needs to be checked by a doctor to rule out anything serious.
- Make sure there are no broken bones or other internal issues from the fall. Seniors who fall are at a greater risk of falling again. Try and reduce this from happening to make sure they are okay from the first fall.

### How To Prevent Seniors From Falling?

Prevention for seniors falling is something that should be taken seriously. Now that we know the main reasons that would make a senior fall we can try and prevent them from happening. we need to be aware of what shoes are worn by seniors, walking devices to help with balance, and post-surgery weakness we can try and combat falling. When it comes to the our homes



## A BIT OF HISTORY: THE EMERSON GRAPEVINE

By Kitty DeArmond (Four Seasons Resident)

Far out in the southwest corner of Kern County, unremembered except by a few old residents, stands one of our country's most amazing attractions, the Emerson Grapevine. In 1914 a picture of it appeared in the Davis Commercial Encyclopedia of the Pacific southwest, with a caption beneath proclaiming it as the "World's Largest Grapevine." However, I had never heard of it until a few weeks ago when Kern County Museum Director Dick Bailey showed me a newspaper picture of the vine which he had exhumed from an old scrapbook. The yellowed clipping had no date, and we naturally wondered if the old vine was still in existence.

After a few inquiries we learned that the Emerson Ranch, on which it was located, was said to be up in the Paletto (razor-back) Hills beyond Maricopa. Armed with our clipping we set out for the West Side, wondering a bit if we weren't off on a wild goose chase. If the vine was as big as it was supposed to be, why didn't everyone already know about it?

We drove south to the Maricopa Highway, then west through the town of Maricopa and up to the top of Grocer's Grade on the route to Cuyama. Pausing at the service station there for further information, we swung south onto the excellent Mt. Pinos Road for another three miles. From this point on the highway we saw the outline of an old ranch house, standing about a quarter of a mile up a little valley to our left. The dirt wheel track leading around the shoulder of the slope didn't look too promising but we chanced it. Bouncing along the ruts we were suddenly pulled up short by a locked gate. The proverbial man with a shotgun was not in sight so we clambered over and approached the house. A closer view showed it to be unoccupied. But where was the grapevine? Turning a corner of the house at a brisk walk we almost walked into it. It was still growing! A number of green-leaved tendrils branching out from the old growth gave proof of this.



## **A BIT OF HISTORY: THE EMERSON GRAPEVINE (CONT.)**

By Kitty DeArmond (Four Seasons Resident)

We counted sixteen stout poles supporting the thick roof-like mass which extends over a space roughly square in shape. Pacing it off, we estimated the vine covers at least forty feet on a side. Later we learned it had once measured 110 feet per side. Simple multiplication reveals that the vine once blanketed over 12,000 square feet!

The enormous girth of the "trunk" is also difficult to believe without seeing it. Using a piece of rope we circled the largest section, and employing our known height as a comparative figure, we found it to be at least nine feet in circumference. This "trunk" is about twelve feet tall. I trust the accompanying photograph will clear me of any intent to exaggerate.

A few days after our trip of "rediscovery," we secured the full story of the vine's genesis from Mrs. Josephine Bush, who resides in East Bakersfield.

According to Mrs Bush, her father, Edward Simpson Emerson, came to Kern County in 1886 and settled near what is now called Paleta Springs. A native of Missouri, he lived for a time in Mexico. Later he moved to Sonoma County in California where he married Julia Dunbar. He then resided in San Luis Obispo County for eighteen years before moving to Kern.

In 1890 the family moved to higher and better ground over-looking Cuyama Valley, where at an altitude of four thousand feet he ran cattle and raised wheat and turkeys. The lumber for their home was freighted in from Santa Margarita. There were seven sons and two daughters in the family.

In those days it was a three-day roundtrip to Bakersfield by wagon. On one of those trips in 1892 Mr. Emerson stopped at the ranch of his friend John White, west of the old Panama settlement. There he was given some Madeira grapevine cuttings. On his return home these were planted by Mrs. Emerson. But despite her constant care, all but two died. However these two entwined themselves about each other and within a few years had grown into the giant plant previously described.

A few years ago the ranch was sold to the J.B. Hudson family. Today [1954] the surrounding acres are farmed but the old house stands empty. We particularly noticed the sturdy brick chimney, still intact after all these years. This is noteworthy since the house stands almost atop the well-known San Andreas earthquake fault. Too long neglected, perhaps the "World's Largest grapevine" will once again receive the widespread recognition it so richly deserves.



# Craft Bazaar

Saturday, Oct. 15th, 2022

# Autumn Nights

OCTOBER 8, 2022

**SEATING BEGINS AT 5:30PM ON THE PATIO**  
FOUR SEASONS LODGE AT BAKERSFIELD

# FRIENDS & FAMILY CPR TRAINING

by DeanCPR -  
Carol Dean

*Get  
Certified in  
CPR  
Program*

Class is limited to 18  
persons - Cash or  
Check is accepted

October 19th, 2022  
2:00pm - 4:00pm

**\$20 per person**  
**Minimum of 5**  
**participants**

*Training includes:*

- What to do in Emergency Situations
- Learn Basic CPR
- CPR Manikins with Real-time Feedback

# COMMUNITY YARD SALE



**Saturday,**  
**October 22nd, 2022**  
**7 am - 1 pm**



# Four Seasons Pool Party!

2022







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

# OCTOBER

**LODGE HOURS: MONDAY**  
S

Sunday	Monday	Tuesday	Wednesday
2 Water Volleyball 4pm	3 Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am Chair Yoga 9am Pinochle 1pm Dance Fitness 5:45pm 	4 Beginners Pickle Ball 7am <b>SOCIAL COMMITTEE 1pm</b> Crafters Club 1pm Bridge 1pm Bocce Ball 7pm	5 Advanced Pickle B Dance Fitness 8a Chair Yoga 9am Canasta 1pm Water Volleyball 5 Dance Fitness 5:4
9 Water Volleyball 4pm	10 Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am <b>I.T Committee 9am</b> Chair Yoga 9am <b>RULES &amp; REGS 10AM</b> Pinochle 1pm <b>FACILITIES 1PM</b> Dance Fitness 5:45pm 	11 Beginners Pickle Ball 7am Bridge 1pm Neighbor2Neighbor 1pm Bocce Ball 7pm	12 Advanced Pickl Dance Fitness 8 Chair Yoga 9am <b>Veterans Club</b> <b>LANDSCAPE 10</b> Canasta 1pm Water Volleyba Dance Fitness 5
16 Water Volleyball 4pm	17 Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am Chair Yoga 9am Pinochle 1pm 	18 Beginners Pickle Ball 7am Bridge 1pm Crafters Club 1pm Bocce Ball 7pm	19 Advanced Pickle Dance Fitness 8 Chair Yoga 9am Canasta 1pm <b>CPR Class 2pm</b> Water Volleybal Dance Fitness 5
23 Water Volleyball 4pm Water Volleyball 4pm	24 Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am Chair Yoga 9am Pinochle 1pm Dance Fitness 5:45pm   Advanced Pickle Ball 7am Dance Fitness 8am Koffee Klatch 8:30am Chair Yoga 9am Pinochle 1pm Dance Fitness 5:45pm	25 Beginners Pickle Ball 7am Bridge 1pm Bocce Ball 7pm Dance Fitness 5:45pm 	26 Advanced Pickl Dance Fitness Chair Yoga 9a Canasta 1pm Water Volleyk <b>BOD MEETING</b>


# 022 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 Kern County 3rd District Supervisor Meet & Greet 1 pm
all 7am  :30pm 5pm	6 Beginners Pickle Ball 7am Art Club 9:30am Bridge 1pm Bingo 6pm 	7 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Game Night 1pm Advanced Pickle Ball 5:30pm ARC APPLICATIONS DUE By 3pm 	8 Beginners Pickle Ball 7am Computer Club 9am Autumn Nights 5:30 pm
e Ball 7am am BBQ 11:30am AM ll 5:30pm :45pm	13 Beginners Pickle Ball 7am Art Club 9:30am Bridge 1pm ARCHITECTUAL REVIEW 3PM Bingo 6pm 	14 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Game Night 1pm Advanced Pickle Ball 5:30pm	15 Beginners Pickle Ball 7am Craft bazaar 9 am—2 pm
Ball 7am m l 5:30pm 45pm	20 Beginners Pickle Ball 7am Art Club 9:30am Book Club 10am Ladies Luncheon 11:30 pm FINANCE 1PM Bridge 1pm Bingo 6pm 	21 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Bunco 1pm Advanced Pickle Ball 5:30pm	22 Beginners Pickle Ball 7am Computer Club 9am Community Yard Sale 7am - 1pm
le Ball 7am 8am all 5:30pm 6pm	27 Beginners Pickle Ball 7am Art Club 9:30am Bridge 1pm Bingo 6pm 	28 Advanced Pickle Ball 7am Dance Fitness 8am Chair Yoga 9am Game Night 1pm Advanced Pickle Ball 5:30pm	29 Beginners Pickle Ball 7am HALLOWEEN PARTY 5pm



# Four Seasons Pool Party!

2022





## CLUBS & CLASSES

### From your friends at The Landscape Committee

Mike Callagy - Committee Chair

Greetings from your landscape team. Whew, the summer heat went to Iowa and left us alone. The cooler temperatures have left both landscape and us in recovery mode. It actually feels like spring out there. Things are improving slowly and steadily. Although we are still watering on a reduced, conservation cycle, green is starting to spread across our community.

Our landscape contractor, C & M Landscaping, has replaced north of 500 nozzles on our lawn sprinklers and is fine-tuning them as I write this message. Weed control has begun, both chemical and manual, and is being pursued vigorously. Unfortunately, like us trying to lose weight, killing these pesty weeds won't happen overnight. They are also removing numerous dead plants and turf in preparation for re-seeding and re-sodding.

C & M expects to have our community back to it's healthy, normal condition by November. Please remember, we have halted any new planting, trees or shrubs, until conditions will allow successful rooting and growth. Please also remember that those weeds will take time to die and therefore we will still see evidence of them for a while.



## CLUBS & CLASSES

Our first team meeting, although a bit unstructured, went very well. We got to know each other, our expectations and concerns. All in all we have the same goal: “add value and leave our community in better shape than we found it”. A challenge, yes, but given the expertise, experience and zeal of your team, doable.

Your landscape team will begin considering and setting projects and priorities for the upcoming year. Five of our team members have been assigned to separate areas of our community to monitor our landscaping maintenance and to consider repair and replacement of tired or missing landscape. We have a big job ahead of us and your support and prayers are appreciated. That said, we are focused upon our goal.

SO, THAT'S IT FOR NOW.  
MIKE CALLAGY, TEAM LEADER



## CLUBS & CLASSES

### From your friends at The Social Committee

Donna Tillman - Committee Member

It seems like, just maybe, the hot weather is leaving us and we are getting a glimpse of some cooler, fall-type weather.

The Annual Pool Party was held on September 17th and proved to be a big success. The weather was perfect, and the evening seemed to be enjoyed by everyone in attendance. We had great food, great music, and great fellowship throughout the evening. A big thank you to everyone that came and to those that stayed to help clean up. A special thank you to Valerie for her hard work and assistance in helping this evening to be a magical one. The pool and surrounding grounds were beautiful and we are truly blessed to live in such a beautiful, resort-like setting.

We are now getting ready to host our Autumn Nights on the lodge patio. This event will take place on Saturday, October 8th. This evening will be much like our Tuscany Nights that were held in April. See details on the flier that is posted at the lodge, or that was emailed to you recently. Be sure to get your monies in soon to assure your spot at a table, as there is limited seating.

After the Autumn Nights evening, we will be jumping right into planning our Halloween Party which will be held on Saturday, October 29th. We will be having a Table Decoration Contest along with prizes for the best Male and Female costumes, so start thinking about those winning costumes now. Stay tuned for more information regarding this fun-filled evening. This night always proves to be filled with some "spooky" fun and laughter.

We will be taking a break from any Social Club events in November. This is a month filled with extra thankfulness for the many blessings in our lives. On behalf of the Social Committee, I want to express our thankfulness to this community and the other volunteers that strive to help make Four Seasons the best place ever to live. Thank you also to the board members and the office staff for always having this community's best interest at heart. May each of you have a blessed Thanksgiving with friends and family.

That's all for this month. Praying everyone stays happy and healthy. Until next month...see you all around the neighborhood!

Sincerely,

Donna Tillmann  
Social Committee Volunteer



## CLUBS & CLASSES

### From your friends at The ARC Committee

Sandy Moffett - Committee Member

Could it be? Could we be close to the end of the furnace that is Bakersfield summer? I almost – almost opened a window last night but thought better of it...not quite yet.

I look forward to seeing green grass and flowers in bloom again, and I know that our landscapers and the board have been working hand in hand to keep things as beautiful as possible. If your front yard has been impacted to the point of plants needing to be replaced, please use the email that we have been given for that purpose.

I hope that as the weather cools, you will proceed with any necessary painting or repair projects that are under the umbrella of the ARC. We have two new ladies on our board, and as always we and the front office are anxious to walk you through the process.

Be Safe – Be Blessed.

Sandy Moffett – Resident



## CLUBS & CLASSES

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

Next Meeting: Saturday, October 8th, 2022, 9:00 am

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.

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### 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



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

Chair Yoga is a great way to gain flexibility and strength, even if you have a limited range of motion. You're encouraged to go at your own pace and ability. No previous experience is required! No special equipment is needed. Just wear comfortable clothing and join us on Monday, Wednesday, and Friday mornings at 9:00 am.

Any questions text or call Melanie Yates, at 661.703.0740.



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

The Four Seasons Holiday Craft Bazaar is Saturday, October 15th in the Lodge Ballroom. The Neighbor 2 Neighbor Club will have a table at the Bazaar with a fantastic item to be raffled. You can purchase a ticket to win this raffle drawing at the Bazaar for \$1 or 6 tickets for \$5 or 25 tickets for \$20. The drawing will take place at 2:00 pm and you do not need to be present to win. Please stop by our table to learn about the Neighbor 2 Neighbor Club activities and also get information about the Dream Center.

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Neighbor 2 Neighbor Club Presents  
A Dream Center Fundraiser  
**THE FOUR SEASONS HOLIDAY HOME TOUR**  
December 10, 2022  
5 Decorated Homes ~ Refreshments/Social  
Only \$10.00



Tickets can be purchased in advance from club members or  
on December 10th in the Lodge Lobby



**CASH ONLY**

1:00 - 1:30 pm Lodge Lobby to receive home tour map  
1:00 - 3:30 pm Visit decorated homes  
3:00 - 4:30 pm Refreshments & Social in the Lodge Lobby

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Our next club meeting is Tuesday, October 11th, 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

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

These days restaurants come and go but every so often one dishes up the right mix of food and ambiance. Ethel Beeson's family opened Old Corral in the 1940s. The business with its signature rustic decor attracts a very diverse customer base. It is a destination for motorcycle riders and car clubs, and cowboys and cowgirls tie up their horses at the hitching post behind the building. On Sunday, live music and dancing make this the place to be. In the parking lot, we were welcomed by a 26-foot-tall Native American Indian that found its new home at Ethel's in 2001.

Over half of the 22 ladies that attended the lunch had never been out to the Old Corral on Alfred Harrell Highway. I do not think it was a disappointment to any of the first-timers. What a neat part of Bakersfield history almost right in our backyard.

Now that we were out at the stables lets get back to town. On Thursday, October 20, 2022 at 11:30am we will be going to KC Steak House, 25151 F Street, 93301. They will offer a limited menu and have requested payment in cash. Sign up sheet is at the front desk. If you need a ride or can give one meet at the flagpole between 11/11:15am.



Ladies  
Luncheon

### 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



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### 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

## CLUBS & CLASSES

### 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.



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

Is there a doctor in the house?

Hello Four Seasons' Friends. Because I had to submit info for the newsletter so early, I don't have an update on the Sept. meeting. Therefore, I will take this opportunity to give you some other information.

Dr. Benjamin Ha, of Kaiser Permanente, has restarted his Plant-based Workshop. Dr. Ha is so passionate about his mission to get this information to people that he volunteers his time to put on these Workshops. With this opportunity, you have a chance to hear this information and to ask questions directly from a doctor. Dr. Ha is involved in nutrition research studies and has had several scientific papers published in medical journals. Additionally, Dr. Ha was recently quoted in a June 30, 2022 Time Magazine article addressing the "Benefits and Challenges of Cutting Back on Meat." Dr. Ha is highly respected in this field and we are fortunate to have him here in Bakersfield.

The Workshop is free and open to the public, including non-Kaiser members.  
When: 3rd Sunday of the month. 10:00Am-Noon  
Where: Ming Ave Kaiser Permanente Office

Patsy Ouellette  
Plant Slant Vegan Book Club leader  
6008 Sandwell Place  
(661)205-7324



## CLUBS & CLASSES

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

On Sept. 16th The Art Club met downtown for an Art Gallery Hop, starting at Dagny's Coffee Shop which featured 14 watercolors by Norma Neil, then a stop at Bakersfield Art Association Art Center filled with art by local artists.

Future art activities were the topic of a recent Art Club planning meeting via Zoom which generated several suggestions including some activities for the weekend enjoyment.

Plans are underway for a Christmas card workshop , possibly Nov. 5th. any card makers who would like to share their creative card making skill are encouraged to share at the card making workshop.

Costs for each activity will be free or minimal.  
If you have suggestions email Norma Neil [rneil2@att.net](mailto:rneil2@att.net).

The watercolor students are making great progress, says thrilled teacher Norma Neil. "There is so much positive energy and enthusiasm in the group as each week they are producing art which they didn't know they could do. Though the basic skills are stressed, the natural creativity is coming out in their work and going even beyond any class assignments."

The Art Club is also sponsoring a one day drawing and watercolor workshop by guest instructor, Barbara Mattick on Oct. 6th. Previous experience or painting supplies are not required and you are encouraged to bring a class.. Contact Barbara Mattick at 619-5900 for more information.

¶ Norma

Norma\_Neil@mac.com  
Ph. 661-204-4653  
Let's Create Today



PICTURED, LINDA BURNS, BESIDE JUST A FEW OF THE PAINTINGS SHE HAS DONE THIS SUMMER.

## CLUBS & CLASSES

### Veteran's Club - Penny Martinez (Club Leader).

#### FOUR SEASONS VETERANS' OCTOBER BBQ @ THE LODGE

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 @ Kern Canyon 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 Avenue; however, for the months of October & November, we'll be gathering at different locations. Read on!

In October, we're having a potluck BBQ at our Four Seasons Lodge. Our BBQ is on Wednesday, October 12th and the festivities start at 4 pm. Yup, it's a potluck which means we're asking all attendees who sign-up to bring a side dish or salad and it's \$5.00 a person. The \$5.00 pays for the meat, dessert, and cutlery and we'll have water and iced tea available; however, it's BYOB if you want something else to drink with your meal. Seabreeze Management is pulling out all the stops for our group to have a good time, let Penny Martinez know what you would like to bring to the BBQ by giving her a call at (661) 873-7615 or sending her an email to figment5802@gmail.com by Monday, October 3rd.

In November, our veteran group will be given a private tour of the Portrait of a Warrior's Galley located at 1925 Eye Street; on Wednesday, November 9th @ 11:30 am. After the tour, we'll enjoy breakfast/lunch across the street at Tina Marie's. We're looking at carpooling, so let Penny Martinez know if you can be a driver or if you would be more comfortable riding with someone and she'll work on coordinating our transportation needs. If you would like to learn more about the Portrait of a Warrior Gallery, check out their website at <https://kern-warrior.org/>; it's an amazing place and it honors our Kern County's fallen service members. God Bless them all!



## CLUBS & CLASSES

### Veteran's Club - Penny Martinez (Club Leader)

Our September 13th guest speaker was Arlene Aninion, Community Outreach Coordinator with 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. 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. They're currently accepting applications on a first-come, first-served basis for their upcoming Spring 2023 flight 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 lifetime 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 upcoming veteran's gatherings 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.

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

Clark Machamer  
Chaplain, Veteran's Group  
(661) 742-1902



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



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