

THE MESSENGER AT FOUR SEASONS



SEPTEMBER 2023

Lodge Hours of Operation:
Monday-Thursday 6am-9pm
Friday- 6am-10pm
Saturday-Sunday 9am-5pm

Outdoor Amenities:
Monday-Sunday
5am-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 Work Orders

Email: help@cmlandscapeinc.com

K. Hovnanian's Customer Service

Phone (877) 832-6231
service123@khov.com

Seabreeze Owner Information Portal

Commarea.cincwebaxis.com

Front Desk Email

frontdesk@fsbhoa.com

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

Leanna Cutler

General Manager, CMCA, AMS

Leanna.Cutler@seabreezemgmt.com

Saretha Headley

Property Services Coordinator

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Anwar Alshami

Lodge Attendant

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Tranece Barnes

Administrative Assistant

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Billy Collins

Lodge Attendant

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2023-2024 Board of Directors

Don Wolfe

President

Lorenzo Alvarez

Vice President

Bill Ferguson

Treasurer

Pawel Bankowski

Secretary

Rodger Barnes

Director

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In regards to the 2024 Reserves...

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Kitty DeArmond has even more tall tales for you!

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Bermuda lawns, Crepe Myrtle trees, along with other various plants. Oh to see the world through the eyes of Mike Callagy.

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Join a club, and spend your days with new people and good energy.

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Get to know your neighbor Carole Casteen, and the life she's lived!

SEPTEMBER FUN! - 46-47

Enjoy Special September fun facts, special days, and September throughout history. You can also check out a special Chai Tea Cookie recipe.

Presidents Report

Don Wolfe- BOD President

PRESIDENTS REPORT

August has been a busy and productive month for staff and the Board. The election went smoothly, and new Board Members, Committee Chairs and Committee Members have been installed and are already working hard to maintain our infrastructure and lifestyle.

The focus of the Board has turned to the development of the 2024 Reserve Study and Budget. The Board assigned Don Wolfe, Bill Ferguson, Kathy Clark and Judy West to work with the Finance Committee and the General Manager in developing the draft documents to submit to the Board of Directors for review and consideration.

Treasurer Bill Ferguson plans on doing a presentation on the Budget Development Process at a Finance Forum to be scheduled this month (September). Bill's presentation is very informative, and I urge everyone to attend.

Don Wolfe
President

PS: I assure you that all involved have their eye on the bottom line, your assessments.

Only two Directors have been involved with developing the drafts in accordance with the Open Meeting Act.

Words From Your Fellow Resident...

Back at our July BOD Meeting, resident Eileen Callagy had a few words to say about positivity! This is what was said:

“I would like to thank all of YOU who continue to remain positive about our wonderful community. It’s so common to have negative bias, we all have it. An example of negative bias would go something like this: 9 people tell you that you look nice today and one person says, ‘what are you trying to do with your hair’? Which comment do we focus on? The negative one, of course. We all do it!

A good example of turning something negative into positive is the loss of the café. Many of us loved our café and were so disappointed when we lost it. Then there were people like Mary Sullivan who started a Happy Hour, Mike and I started a Dinner Club. Taco Tuesday became a regular event. All things which resulted in turning a negative unto something positive. Are we perfect? No! For those of you who chose to dwell on everything negative, I would like to encourage you to step up and think of what we each can do to transfer those feelings into looking for solutions to make it better. Sign up to serve on a committee, ask to help at an event, or just take a moment to thank those who serve.

Thank you to our Board, Committee Chairs, Members, and our Seabreeze Staff who work many hours to make this community better, often with endless criticism.

Let’s all get involved in helping make this wonderful place even better! Let’s start turning our negatives into positives.”

Eileen Callagy

Safety Comes First!

Rodger Barnes- BOD

IN A HURRY?

Some years ago, I conducted a test to see the advantage of speeding and running the stop signs within our gated community. I chose the furthest residential street from the South gate as the starting point and the South gate, in a closed position, as the finish.

The first run was made at the speed of 25 mph per the CVC 22350 basic speed law in a residence. I then repeated the same run again, this time traveling at a speed of 50 MPH and NOT stopping at any of the stop signs.

I know we are all in a hurry to get to wherever we're are going, but the safety of our community residences should all be our top priority. Some of our residents have 'lost' the quick step to get across the street and now feel unsafe just to walk to the mailbox or take that daily healthy walk. Residents I've talked to stated they moved here to be in a safer environment and not around teen drivers who drive, well like teen drivers.

Oh yeah, the results. If you are the speeder and stop sign runner, congratulations, YOU HAVE JUST SAVED 32 SECONDS OFF YOUR DAY.

PS. I'm a retired law enforcement officer. Half of my career with the Kern County Sheriffs Dept and the other half as a State Traffic Officer with the California Highway Patrol.

Rodger Barnes

BOD August Recap

Leanna Cutler - General Manager

On Wednesday, August 30, 2023, the Board of Directors held a General Session Meeting. The following items were considered.

- Approval of Secretary's report including Executive Sessions Report from August 4, 2023, August 10, 2023, and August 30, 2023; and the General Minutes from July 26, 2023.
- July 31, 2023, Financial Statements and Treasurers report was approved.
- Committee Reports and Approved Recommendations:

Social:

a. The Board authorized the closing of the pool at 9 a.m. on Saturday, September 23rd to allow the Social Committee time to set up the Pool Party Event.

ARC:

a. The Board appointed Charles Twist to the committee due to a vacancy through resignation.

Finance:

a. The Board to roll the Reserve CD from Comenity Bank, maturing on 9/12/23, for \$100,000 into another CD for no longer than a year

b. The Board approved the engagement letter with Newman Certified Public Accountant, PC to complete the Audit and Taxes for fiscal year ending on 12/31/23.

Facilities:

a. The Board approved the painting of 11 handrails by the pool and BBQ, 50 flowerpots, and the gate entry boxes that house the call boxes, plus the south entrance hinges for a total of \$13,900. This is a Reserve Expense.

Rules & Reg:

a. The Board appointed Patty Young to the committee due to a vacancy through resignation.

Pool Sub:

a. The Board authorized Frank Blakely and Kevin Kyle, who are the emergency response members for the pump room flow detectors, emergency access to the side gates, pool gates and pump rooms in case of the water sensor goes off during after hours, they are required to notify the General Manager of the incident within one hour.

b. The Board authorized the pool sub committee to close the pool one day for 4-6 hours in September during the week to pressure was all the future and deep clean the pool area.

Under New Business the following items were approved:

1. The Board awarded the bid to Kern Floor Care to clean the carpets; clean and seal the tiles and clean the outside of the windows for \$4,071.20. This is an operating expense.
2. The Board adopted the following Lodge hours effective Monday September 4, 2023:

Lodge Hours of Operation - Interior

Monday – Thursday 6 am – 9 pm, Friday 6 am – 10 pm, Sat & Sun 9 am – 5 pm

Lodge – Outside Amenities

Monday – Sunday 5 am – 10 pm

** As soon as the lodge staffing positions are filled the Lodge hours of operation (interior) for Saturday and Sunday will change to: Sat & Sun 8 am – 7 pm*

3. The Board approved a new club called “Themed Wine Tasting” with the Club Leader Kathy Clark. The club will be working with Imbibe who is licensed and insured and will be offered different themed events. Their first will hopefully be in November.

The next Board of Directors meeting is scheduled for September 27, 2023, at 6:00 pm at the Four Seasons Ballroom, 10500 Toscana Dr. Bakersfield CA 93306.

Some Words From Your Treasurer

Bill Ferguson - BOD Treasurer

Well, eight months of this year are gone. We now have a good idea of how we're doing financially compared to our 2023 budget.

This puts us right on schedule as, by law, it has to be finalized and published sixty days prior to the end of the year. The most pressing of the prerequisites for this is to incorporate our Reserve Analysis for next year. As you should be aware, our Reserves funding for 2023 amounted to 18.7% of the total budget which was in no way insignificant. We have contracted a new vendor to provide us with the Reserve Study for 2024. It is California Builder Services which agreed to generating a full on-site reserve study for \$3,700. The first iteration of this report was delivered to us on July 31 and has forecast an 8.25% increase in contributions. It is currently being reviewed, and through this process, we expect revisions before we accept their final document.

The Budget subcommittee, consisting of myself, board president Don Wolfe, Kathy Clark and Judy West met on August 11th for our first meeting. Our Seabreeze staff had prepared a preliminary budget based upon last year's financials which was a huge help to us, and gave us a real "leg up" on the process. Included in this meeting was a "Zoom" call to California Builder Services where we asked for modifications to their reserve analysis so that it could be incorporated into the 2024 budget.

We had very productive meetings on the subjects where we finalized the reserve analysis and made considerable progress on finalizing the budget. So much so that we are scheduling a town hall meeting on the 12th of this month to appraise members of our progress. I will also report these final numbers to you in my next month's "Words."

Some Words From Your Treasurer, CONT.

Bill Ferguson - BOD Treasurer

At last month's board meeting a member asked why the HOA is paying the Master Association Dues for maintenance of Canteria and City in the Hills Drive when it is also part of a homeowner's tax bill. Isn't this "double dipping?" The individual tax bills refer to the payment on bonds (AD 20-01 and 05-01) that were passed to provide "Street Improvements/Infrastructure Public (City in the Hill)." The key word is "infrastructure" which means the lighting, roads, curbing, sidewalks, storms drains, sewer lines, etc. The Master Association dues, the part that applies to us, is for the maintenance along those streets for the trees, lawns, other plantings and the irrigation required to maintain their health.

And now a new subject which we are all familiar with – the Gates. It's possible that people are beginning to understand how they work. To refresh your memory, we installed the barrier arms in 2020. The facilities committee felt it was required because the main gates closure rate was so slow that it encouraged people to tailgate in. It accomplishes its mission but with casualties. With all the signage saying "Don't Tailgate" some people still do and we suffer broken barrier arms.

I was going to congratulate all of you since we hadn't broken an arm in two weeks but, as I was writing this, I received word that one was broken that I needed to replace. Each barrier arm costs \$320, not including installation fees, so please, be aware.

Once again, thanks for reading my "words" and please send me any of your thoughts and questions. I will answer them candidly and as accurately as I can either personally or in next months "Words."

Send your responses and questions to: billfergus@aol.com. As always, I intend to offer more financial thoughts next month.

Bill

Conversation with the Rules & Regulations Committee

Kathy Clark - Committee Chair

Let's talk about our Rules and violations. We, as homeowners of this HOA, need rules to carry out our lifestyle and to conduct our daily activities. In a perfect world, we would not need these rules; however, if we want our lifestyle to be respected by others, we need to respect theirs as well. Rules are a way of helping us all to understand those expectations.

Each of us are subjected to the HOA's Rules and Regulations (R & R) which are available to you on our new web site. I'm sure you are not considering violating any of these, but let me describe what may happen to you if you do.

Let's suppose that you have a non-functional vehicle parked on your driveway. This may have been observed by the staff on one of their periodic inspections of our common areas, or it may have been a Rules & Violation Report submitted to the lodge desk signed by at least one owner representing one (1) Residential Lot. (two (2) owners representing two (2) lots for all other non-compliances). A letter will be sent to you by the Association stating the violation and the date by which it must be corrected (Unauthorized Parking is seven days.) If the violation is a safety violation it requires an immediate call to a hearing and the only letter sent will be the call to a hearing letter.

If the correction date passes and the violation still exists, then a letter will be sent to you scheduling a hearing before the Board. You may request, and be granted, an alternate date for the hearing. At the scheduled hearing, the Board, per the Bylaws (also available on our web site), may suspend your use privileges and/or assess a monetary fine. The hearing will be held in executive session.

Conversation with the Rules & Regulations Committee

Kathy Clark - Committee Chair

Here is the procedure for hearings.

At the hearing, after the board's statement of alleged violation and presentation of any evidence, you may present your rebuttal with oral and/or written evidence. Following discussion and questioning you will be thanked for your attendance and informed that you will be notified of the Board's decision within fifteen business days via written communication. At this juncture the board may impose a fine. If the violation is not corrected within 30 days the board may impose an additional fine without any further noticed hearing. If not corrected in 60 days from the date of the written notice of fine, the board may, impose an additional fine imposing and an additional daily fine until the violation is corrected. (Please refer to the Monetary Fine and Discipline Policy, Schedule of Fines on the website. www.fsbhoa.com)

In addition to, or in lieu of the foregoing monetary fines, the Board may impose against you non-monetary discipline in the form the suspension of the right to use of Association common facilities and/or other reasonable and appropriate discipline, consistent with and as authorized under Section 4.11(c) of the CC&Rs.

I know these thoughts may be daunting but my best advice for you would be to keep aware of both the rules and your responsibilities as a homeowner.

Once again, thank you for reading and please feel free to attend the Rules and Regulations Committee. The date and time of the meetings are on the monthly calendar as well as the Week at a Glance.

Kathy Clark
Chair, Rules and Regulations Committee

JULY TREASURER'S REPORT

K.Hovnanian's Four Seasons Bakersfield Financial Report - July 31, 2023

<u>ASSETS</u>	<u>Current Month</u>	<u>Prior Month</u>
Operating Cash & Investment Funds	\$ 139,767.07	\$ 140,568.67
Reserve Cash & Investment Funds	1,819,411.90	1,817,194.21
TOTAL FUNDS	\$ 1,959,178.97	\$ 1,957,762.88
Total Accounts Receivable	\$ 15,788.95	\$ 15,397.92
Total Prepaid Expenses (Insurance)	\$ 9,585.14	\$ 12,934.09
Total Fixed Assets - Lighting Conversion	\$ 77,687.34	\$ 77,687.34
Total Assets	\$ 2,062,240.40	\$ 2,063,782.23
<u>LIABILITIES</u>		
Total Current Liabilities	\$ 43,620.31	\$ 59,958.07
Total Accounts Payable	\$ 112,228.03	\$ 89,786.85
Total Liabilities	\$ 155,848.34	\$ 149,744.92
<u>PRIOR YEAR'S EQUITY</u>	\$ 18,778.41	\$ 18,778.41
<u>TOTAL OWNER'S EQUITY</u>	\$ 1,828,190.31	\$ 1,835,972.62
<u>NET INCOME / LOSS</u>	\$ 68,201.75	\$ 78,064.69
<u>TOTAL EQUITY</u>	\$ 2,062,240.40	\$ 2,063,782.23
	<u>Current Month</u>	<u>Year to Date</u>
<u>INCOME</u>		
Revenue Budget	\$ 178,967.00	\$ 1,252,769.00
Revenue Actual	180,041.91	1,257,943.88
Net Difference from Budget	\$ 1,074.91	\$ 5,174.88
	Over Budget 0.601%	Over Budget 0.413%
<u>EXPENSES</u>		
Expense Budget	\$ 178,967.00	\$ 1,252,786.00
Expense Actual	189,904.85	1,189,742.13
Net Difference from Budget	\$ 10,937.85	\$ (63,043.87)
	Over Budget 6.1%	Under Budget -5.0%
ACTUAL NET INCOME (LOSS)	\$ (9,862.94)	\$ 68,201.75
<u>RESERVE FUNDING LEVEL</u>	<u>Current Month</u>	<u>Prior Month</u>
Account Balance	\$ 1,819,411.90	\$ 1,817,194.21
Reserve Study @ 100%	4,283,163.00	4,283,163.00
Current Percent Funded	42.5%	42.4%
<u>ADDED SIGNIFICANCE</u>		
Accounts Receivable		
Allowance for Doubtful Accounts	(5,976.33)	
Delinquencies - As of 7/31	21,765.28	

RULE REMINDER

BBQ AREA

General

- BBQs may be reserved for special occasions; please contact the Lodge Staff for reservation information and policies.
- Residents using the BBQs are to complete a BBQ Reservation & Use form that is at the Lodge Desk when signing in.
- Residents must provide their own utensils, paper and plastic.
- No glass objects including Pyrex or bakeware are allowed in the BBQ Area.
- Only the BBQs installed in the BBQ Area are authorized for cooking.

Clean-Up

- A BBQ grill must be shut off and cleaned prior to leaving the BBQ Area. Please see Lodge staff for any questions or direction.
- Deposit all trash in the provided receptacles.
- All counters must be cleared and wiped down.
- Cleaning supplies will be supplied by the Lodge staff.
- After completing clean up, take the check sheet back to the front desk and submit it to a Lodge staff member.

ARC STANDARDS

ARC Meetings

- K. Hovnanian's Four Seasons at Bakersfield Community Association Architectural Review Committee meets monthly (please check newsletter calendar for date and time). The date and time of the meeting is subject to change as determined necessary by the ARC members and will be posted as needed. Applications are due by 2pm, four business days prior to the ARC meeting in order to be included on the ARC's agenda.

More Tall Tales

Submitted by Kitty DeArmond, Resident

In the words of Kern's most prolific local historian, William Harland Boyd, "An integral part of Kern County's pioneer culture was the art of storytelling, and the stories that were told by the old-timers ranged from factual narrative to fabricated 'tall tales'...One does not have to read far into Kern's historical literature to find that there were different versions of several of the tall tales. Doubtless, many of Kern's tall tales have been lost forever, but fortunately some were preserved in the writings of local historians and journalists."

Thanks to Dr. Boyd, a selection of those stories were published in the Kern County Historical Society's 1980 publication *Kern County Tall Tales, Selected Folk History. A sampling of such follows:*

San Emigdio Evil Eye

Soon after Alexis Godey moved to the San Emigdio Ranch, in the Tehachapi Mountains, he employed Indians to do landscaping around the headquarters. Godey's busy ranch foreman explained what they were to do around the place, and then he went away in order to take care of his many chores. Upon returning to check on their work, he found that the Indians had accomplished only about one-half as much landscaping as he had expected. Various efforts to speed up the work during his absence failed, and finally Godey, who was aware that the foreman had a glass eye, suggested that he remove the eye and place it on a fence post at the work site.

The foreman did this and, after quietly speaking a few words to the eye, he left. Under the surveillance of the "evil eye," the Indians worked furiously during his absence. They were much relieved when the foreman returned and replaced his glass eye, and they begged him not to place it on the fence post again. The "evil eye" ruse was not repeated, and the Indians worked harder while the foreman was away than when he stood watching them. (Source: Frank F. Latta, *Alexis Godey in Kern County*)



More Tall Tales

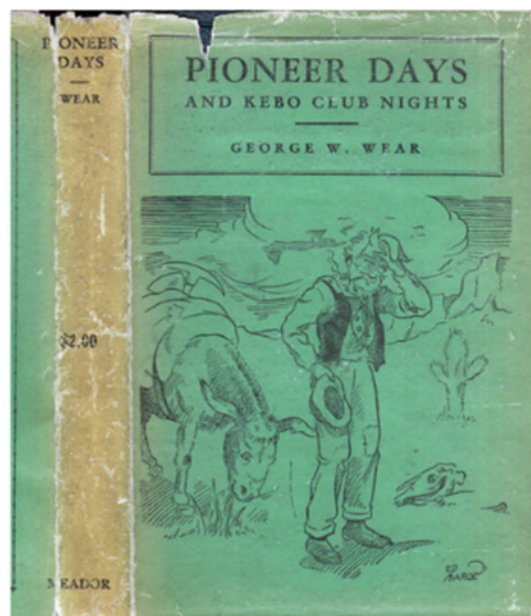
Submitted by Kitty DeArmond, Resident

Three Days of Grace

A resident of Mojave came to Bakersfield in the hope that he might be “admitted to the bar,” or in other words he wanted to qualify as a lawyer. The candidate was quite uneasy because he suspected that the lawyers were jealous of him, and he feared that they would deny him the opportunity to practice law. His examination took place in the courtroom of Judge Theron Reed, and the questions were asked by Benjamin Brundage.

The candidate was asked the meaning of the expressions “three days of grace,” and he responded with only a grunt. When Judge Reed demanded that he reply, the aspiring lawyer stated that he thought he had heard a mere pleasantry, because the answer was so simple. The “three graces, he stated, were “faith, hope, and charity.” Since Judge Reed was unhappy with the answer he denied the applicant admission to the bar. Upon hearing the decision the would-be-lawyer turned to the man sitting next to him and remarked, “Now you see how jealousy works.” Yet from the strong alcoholic odor on his breath it was apparent that the man from Mojave had been “admitted to the bar” sometime prior to his appearance in the courtroom.

(Source: George W. Wear, Pioneer Days and Kebo Club Nights)



A Word From Landscape Committee

By Mike Callagy (Landscape Chair)

I will ask the question that is probably on everyone's mind; "when is it going to cool down?" Not soon enough for me. But later in September it does look like we will get a break. If you could speak to lawn or plants, they would also tell us, "Enough is enough!" Keeping our landscaping irrigated has been an uphill battle, but, in fact, we are gaining on the irrigation issues in our community and it shows in the condition of our landscaping. Both lawn and plants have done well, and it shows.

That said, we have encountered some problems with the Bermuda lawns. They did not take off and hold up as usual. Perhaps the long spring and sudden heat up are part of the problem. Our landscape contractor has added fertilizer and weed abatement materials along with adjusting irrigation time and frequency to deal with the stubborn Bermuda. It looks, for the most part, much better.



I would like to call your attention to the crape myrtle trees throughout our community. Several residents were concerned about the pruning of these trees in the fall. They are a very hearty tree and came back full of leaves and flowers, just like they were supposed to. There are many species of trees throughout our neighborhood and their care and maintenance are not necessarily uniform. Generally, trees follow a three-year cycle for trimming and maintenance. So, we cannot expect to see, every year, the same routine for all

trees. On any given day we probably see running water in the street gutters. Mostly, the cause is a lack of line pressure in our irrigation system. The landscape contractor has a solution for the problem, but it will take some time to correct. On our east side there are parkways with as many as double the number of spray heads needed for correct irrigation. Further, the type of nozzles is outdated and are being changed for the newer, more water conservative types. Unfortunately, the removal and replacement process takes time. On the west side the old outdated Netafim system needs to be replaced. As time allows, that is happening. Over the past several weeks, I have taken the time to evaluate what our contractor is doing, how the City of Bakersfield and California water service company have structured the supply infrastructure and what the original developer installed years ago. I believe the difficulties can be solved resulting in a dependable and functional irrigation system. I also believe our contractor can make the changes needed to stabilize and regulate the community irrigation system.

Our work order system is working quite well. Please continue to submit any problems you see to the lodge staff.

Okay, enough for now, see ya soon - Mike Callagy: Landscape Committee

ACROSS

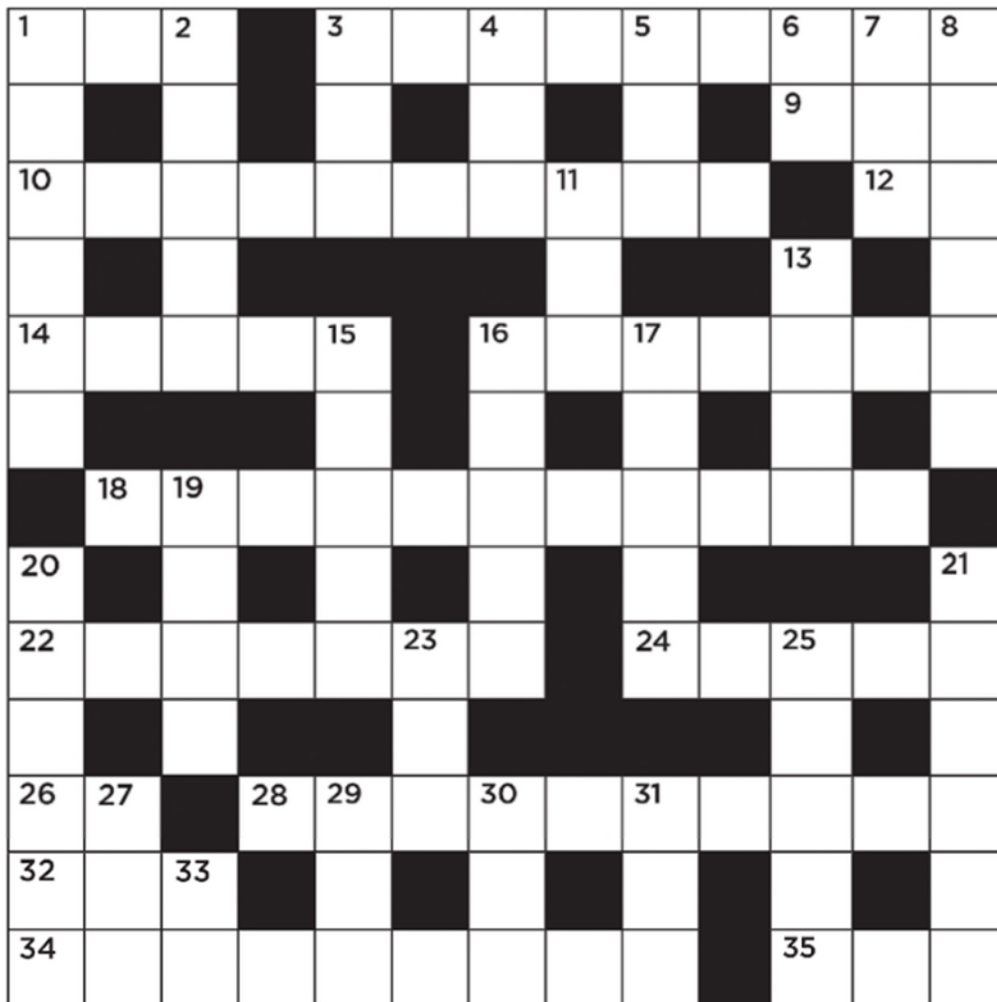
1. Half-pint
3. Sleepy
9. Sean Lennon's mom
10. Sneezy (phrase)
12. "___ apple a day ..."
14. Bloom of the Netherlands
16. Dopey
18. Grumpy
22. Happy
24. Cheap and showy
26. Physician's request
28. Doc
32. ___ Mahal
34. Bashful
35. Suitable

DOWN

1. Unsullied
2. Flower part
3. August baby, probably
4. Tic-___-toe
5. Hubbub
6. Monopoly starting space
7. Barefoot Food Network star
8. Communicate
11. Santa syllables
13. Clean with a cloth
15. Concise
16. Don Draper, for example
17. Unfit
19. Compatriot

20. What a swindler does

21. Young swan
23. Unusual
25. Pause mark
27. "So there!"
29. Forever and a day
30. Shakespeare classic: Richard ___
31. *Life of Pi* director Lee
33. *Dallas* villain



GETTING TO KNOW THE SOCIAL COMMITTEE

Dear Readers,

This month, get to know your Social Committee. We asked, what is your favorite Social Event that we have had, or what is one that you would love to throw? If you could have one wish, what would it be? If you could have dinner with a famous person, who would it be? Is there something you would want to ask them, or a general topic? Cake, Cookie, or Ice Cream – you can only pick one which would it be and what kind/flavor? Where did you grow up?

SHERRY DAVIS



1. I love Tuscany Nights and Autumn Nights. The weather is perfect, and the guests are seated closer together, encouraging more interaction. The entertainment binds it all together, making it a more intimate.
2. My wish is kindness. Love God, pray, embrace life and be positive.
3. Hands down, TOM HANKS! I am so enamored with his talent and have too many questions for just dinner.
4. I love oatmeal raisin cookies and my favorite cake is triple layer carrot. But my all-time favorite dessert is fresh strawberry ice cream.
5. Born and raised in Bakersfield.

KAT ALVAREZ



1. Favorite was the Tuscany Nights. It would be to have a casino night.
2. Travel the world.
3. I would want to meet Kelly Clarkson and have dinner with her!
4. Good moist chocolate cake.
5. Bakersfield.

PAM KING



1. My favorite social committee event is Tuscany Night, and I would like to have a Casino Night event again.
2. My one wish would be for the world to be a safer place for our children.
3. I would like to have dinner with Kevin Costner and ask him why he had to mess up my Sunday night watching of Yellowstone.
4. Red Velvet Bundt cake with cream cheese frosting.
5. Bakersfield

ELLEN LINDER



1. Love the Pool Party but the Karaoke is close second.
2. That everybody would "KNOW" Jesus.
3. George and Martha Washington, what is their vision for the country?
4. Ice Cream, Vanilla because you can add anything to it, mostly chocolate.
5. Taft.

GETTING TO KNOW THE SOCIAL COMMITTEE

JUDY HUGHES



1. My favorite social event is Tuscany Night. I would like to see Wine events.
2. One wish it would be for everyone to know Jesus. Peace in The World.
3. I do not have a famous person, but I would like ask my parents what they have been doing since they're passing and what do they think of the world today, any words is wisdom.
4. I love Wedding Cake, White cake and white butter cream frosting.
5. Fernando Valley, went to Birmingham High School, in Van Nuys. - Married and lived in Van Nuys and Chatsworth.

SHARON GUTIERREZ



1. Tuscany Night.
2. To have a big beach house for my family to gather in.
3. Pope Francis, she would like to discuss birth control and having female priests.
4. Rocky Road ice cream!
5. Fresno.



PATTY BARTON



1. My favorite is the pool party! Just good old fashion fun!
2. My wish would be for all to live and love and be kind with God as our model.
3. My first choice is Jesus himself but as for an earthly soul, I would have dinner with Billy Graham and discuss how I could help the world get back on track to treat others with kindness. I would ask him how he kept walking straight!
4. I choose a hot chocolate chip cookie with pecans in it.
5. I was born in Stockton, California and raised in beautiful downtown Burbank.

SUE HOLLINGSWORTH



1. I love the pool party. And look forward to another wine tasting trip.
2. I wish there was less anger and hate and more kindness and inclusion.
3. Not famous, but I would like to have dinner with my grandfathers who I never met, and with my grandmothers who I wish I had spent more time with.
4. Not a sweets person other than a bite of chocolate anything with my morning cup of coffee.
5. I grew up in the west San Fernando Valley and then we moved to Santa Clarita to raise our 2 sons.

Not pictured: Karen Hill & Donna Tillmann but we owe our gracious gratitude to all the ladies!

CLUBS & CLASSES

SUNSET CRUISERS *Susie Yslas/Club Leader*

Welcome Golf Cart Owners to the Four Seasons **SUNSET CRUISERS**. If you have a golf cart and would like to join our Golf Cart Club, we meet, the second Tuesday of every month. Our next cruise will be,

SEPTEMBER 12TH AT 6:30PM

We will meet in the Lodge Café at that time, so bring the beverage of your choice, as well as a snack to enjoy while chatting. At 7:30 we will start our Cruise. This is a great opportunity for all of you golf cart owners to get acquainted with one another as well as getting familiar with our neighborhood. If you have an empty seat or two in your golf cart, you may want to invite a neighbor for a ride along. The more the merrier, they are certainly welcome.



See you Soon,

SUNSET CRUISERS

Computer Club

by Dave Keeney (Club Leader)

Next Meeting: Saturday, September 9th, 2023, 9:00 am

Location: The Lodge Theatre or 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.

Crafters Club

by 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 Conference Room from 1 pm-4 pm and have a lot of fun!

-Nancy McKenry
njmckenry@gmail.com



Chair Yoga Class

by Melanie Yates (Club Leader)




It's Getting Hot Out There! Join us in the air-conditioned Lodge ballroom for Chair Yoga! It's great way to stretch and strengthen your body for greater flexibility and balance. Follow along at your own pace and ability. Everyone is welcome to join us on Monday, Wednesday and Friday mornings at 9:00 am. No previous experience or special equipment required. Questions? Call or text Melanie Yates at 661.703.0740.



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

SEPTEMBER 2

LODGE HOURS: MONDAY-THURSDAY 6AM-6PM
OUTDOOR AMENITIES

Sunday	Monday	Tuesday	Wednesday
<p>Due to Labor Day on Monday, Sep. 4th, trash that is normally scheduled for Monday will be collected on Wednesday, Sep. 6th</p>			
<p>3</p> <p>Water Volleyball 4pm</p>	<p>4</p> <p>Dance Fitness 8am & 5:45pm Koffee Klatch 8:30am Chair Yoga 9am Water Aerobics 10am Pinochle 1pm</p>	<p>5</p> <p>Beginners Pickle Ball 7am Water Aerobics 9am Crafters Club 1pm Bridge 1pm SOCIAL COMMITTEE 1PM Bocce Ball 7pm</p>	<p>6</p> <p>Advanced Pickle Ball Dance Fitness 8am Chair Yoga 9am Water Aerobics 9am Canasta 1pm Water Volleyball 5pm</p>
<p>10</p> <p>Water Volleyball 4pm</p>	<p>11</p> <p>Dance Fitness 8am & 5:45pm Koffee Klatch 8:30am Chair Yoga 9am IT/WEBSITE 9AM Water Aerobics 10am Pinochle 1pm FACILITIES 1PM Scavenger Hunt Planning Meeting 2pm NEWSLETTER COMMITTEE 1PM</p> 	<p>12</p> <p>Beginners Pickle Ball 7am Water Aerobics 9am Bridge 1pm Neighbor2Neighbor 1pm Neighborhood Watch 5pm FINANCE FORUM 6PM Sunset Cruisers 6:30pm Bocce Ball 7pm</p>	<p>13</p> <p>Advanced Pickle Ball Dance Fitness 8am Chair Yoga 9am Water Aerobics 9am LANDSCAPE COMMITTEE Veterans Club 11:30am Canasta 1pm RULES & REGS 1PM Water Volleyball 5pm</p>
<p>17</p> <p>Water Volleyball 4pm</p>	<p>18</p> <p>Dance Fitness 8am & 5:45pm Koffee Klatch 8:30am Chair Yoga 9am Water Aerobics 10am Pinochle 1pm</p> 	<p>19</p> <p>Beginners Pickle Ball 7am Water Aerobics 9am Crafters Club 1pm Bridge 1pm Taco Tuesday 6pm Bocce Ball 7pm</p>	<p>20</p> <p>Advanced Pickle Ball Dance Fitness 8am Chair Yoga 9am Water Aerobics 9am Ladies Luncheon 11:30am Canasta 1pm Water Volleyball 5pm</p>
<p>24</p> <p>Water Volleyball 4pm</p>	<p>25</p> <p>Dance Fitness 8am & 5:45pm Koffee Klatch 8:30am Chair Yoga 9am Water Aerobics 10am Plant Slant 10am Pinochle 1pm</p> 	<p>26</p> <p>Beginners Pickle Ball 7am Water Aerobics 9am Bridge 1pm Mosaic Pottery Workshop 1pm Dance Fitness 5:45pm Bocce Ball 7pm</p>	<p>27</p> <p>Advanced Pickle Ball Dance Fitness 8am Chair Yoga 9am Water Aerobics 9am Canasta 1pm Mosaic Pottery Workshop Water Volleyball 5:30pm BOD MEETING 6PM</p>

023 CALENDAR

POOL CLOSED

POOL CLOSED

MONDAYS & FRI

WEDNESDAY

6AM-10AM

6AM-9AM

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

Monday	Thursday	Friday	Saturday
		<p>1</p> <p>Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am ARCHITECTURAL WORKSHOP 10AM Bunco 1pm Advanced Pickle Ball 5:30pm</p>	<p>2</p>
<p>11 7am & 5:45pm</p> <p>30pm</p> 	<p>7</p> <p>Beginners Pickle Ball 7am Water Aerobics 9am SHRED EVENT 9:30AM-NOON Art Club 10:30am Bridge 1pm POOL SUB-COMMITTEE 4PM Bingo 5:45pm</p> 	<p>8</p> <p>Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Game Night 1pm NEW HOMEOWNER ORIENTATION - 1:30 PM Advanced Pickle Ball 5:30pm ARC APPLICATIONS DUE - 2PM</p> 	<p>9</p> <p>Computer Club 9am</p>
<p>11 7am & 5:45pm</p> <p>COMMITTEE 10AM 0pm</p> <p>30pm</p>	<p>14</p> <p>Beginners Pickle Ball 7am Water Aerobics 9am Art Club 10:30am ARCHITECTURAL REVIEW 1PM Bridge 1pm Bingo 5:45pm</p> 	<p>15</p> <p>Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Game Night 1pm Advanced Pickle Ball 5:30pm</p>	<p>16</p>
<p>11 7am & 5:45pm</p> <p>1:30am</p> <p>0pm</p>	<p>21</p> <p>Beginners Pickle Ball 7am Water Aerobics 9am Book Club 10am Art Club 10:30am FINANCE COMMITTEE 1PM Bridge 1pm Bingo 5:45pm Sunshine Club 6pm</p> 	<p>22</p> <p>Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Bunco 1pm Advanced Pickle Ball 5:30pm</p>	<p>23</p> <p>Computer Club 9am Annual Pool Party 6PM</p> 
<p>11 7am</p> <p>Workshop 1pm 0pm</p>	<p>28</p> <p>Beginners Pickle Ball 7am Water Aerobics 9am Art Club 10:30am Bridge 1pm Bingo 5:45pm</p> 	<p>29</p> <p>Dance Fitness 8am Chair Yoga 9am Water Aerobics 10am Bunco 1pm Mosaic Pottery Workshop 1pm Advanced Pickle Ball 5:30pm</p>	<p>30</p> <p>Mosaic Pottery Workshop 11am</p>

CLUBS & CLASSES

Social Committee

Donna Tillmann (Committee Member)

Welcome to the new fiscal year of activities. While electing new Board members the Social Committee would like to welcome our new members for this year, Patty Barton and Sue Hollingsworth. We would also like to thank Laurie Dean for all of her hard work last year.

On August 18th the Social Committee hosted the first “Wine, Suds and Songs” and what a raucous evening it was. The karaoke machine was ultimately the center of attention. Many guests sang, some well, some better. Regardless of the quality of the voices everyone thoroughly enjoyed themselves.

As summers in Bakersfield are, this year has been a hot one and the pool is one of the few places to cool off while enjoying the beautiful outdoors.

That brings me to the ever popular Four Seasons Annual Pool Party, scheduled to Saturday, September 23rd. This is one of the most popular events of the year, filled with lots of fun and laughter. This year the volleyball net will be set up for those who would like a bit of competition.

The event will be catered by Pork Chop and Bubba’s BBQ and entertainment will be provided by the River Canyon Band. This event will sell out quickly so purchase your tickets at the Lodge

Stay tuned for information on upcoming events and if you have suggestions, please let us know. We are excited to be able to get together with friends and neighbors and look forward to seeing you at these gatherings.

Hope to see you soon.



Social Committee Presents

WINE, SUDDS, & SONGS



Presented by the Social Committee



ANNUAL POOL PARTY

JOIN US FOR BBQ & SWIMMING

CATERED BY:

PORKCHOP & BUBBA'S BBQ

SATURDAY, SEPTEMBER 23RD

POOL GATES OPEN 5:30PM - 9:30PM

DINNER SERVED AT 6:30PM

Sign-up at the Front Desk

\$42
per person



NO GLASS

ADULTS ONLY

BYOB



Deadline for refunds: 9/13/23

Deadline for sign-ups: 9/15/23

CLUBS & CLASSES

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

Take a Chance and Strike It Rich!

The Neighbor 2 Neighbor Club is sponsoring a 50-50 raffle at the Four Seasons Holiday Craft Bazaar on Saturday, October 7th.



Raffle tickets cost \$1.00 each or 25 tickets for \$20.00. Or you can find a long-armed friend and purchase a “nose to finger tip” length of tickets for \$20.00.

Tickets will be placed in our Big Bowl and the winning ticket will be drawn at the end of the bazaar. The winner will receive 50% of the money collected. The other 50% will be used by the Neighbor 2 Neighbor Club to

purchase items needed by the emancipated foster youth at the Dream Center. You do not need to be present to win, but you will need to put your name and phone number on the tickets. Tickets can be purchased from club members or by contacting the club leaders. Please buy tickets early, have them filled out, and drop them in the Big Bowl at the Neighbor 2 Neighbor Club table at the Bazaar. And please tell your family and friends to purchase tickets, too. It's for a worthy cause so why not Take a Chance and Strike It Rich!



Holiday Home Tour 2023

The Four Seasons Holiday Home Tour was a big success last year. Five residents opened their homes and shared their holiday decor. After the tour, a social in the Lodge Lobby was enjoyed by all. The Neighbor 2 Neighbor Club plans to sponsor this event again this year on Saturday, December 9th. If you enjoy holiday decorating, please consider volunteering to show your home for the event this year. Just contact the club leaders if you are interested.

Our next club meeting is Tuesday, September 12th 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



Welcome Wagon - Kathy Zuckerman (Club Leader)



I am really excited about starting a new club! When someone closes escrow, they will be assigned a person, at first me, to help them through the move. If possible, I will meet them before move in day, if not on move in day. I will do things like, notify their neighbors on each side that they are moving in and a little about them.

Introduce them to their neighbors on each side and make sure they have my phone number to answer questions or guide them in the right way. I may bring over a Crock Pot of Chili for dinner so they don't have to cook.

Can't do it myself, I need your help. Sign ups will be so appreciated. It's a good way to meet new members and help them settle in.

We will all appreciate it and learn from it.

Kathleen (Kathy) Zuckerman
zuckermank@sbcglogal.net
661-596-9808

Ladies Luncheon - Annette Harder (Club leaders)

Tina Marie's downtown Cafe on Chester Ave opened in 2003 by Tina Marie Brown. Tina knew at an early age she would be an owner while helping her Grandma at a local restaurant. The Chester Ave location was destroyed in a series of fires in December 2020. Five months later a new location at 19th and Eye opened. Tina still has the dream of rebuilding at the Chester Ave location.

What a Sunday! Hurricane was all over the news but it went east and was then down graded to a storm. Eleven ladies grabbed an umbrella and stepped over puddles to be greeted by an amazing staff. Our waitress, Taylor, seated us in a side room at a long table and went over the specials for the day. She was efficient and quick with a smile.

Wednesday, September 20 at 11:30am we will meet at Jo Jo's, 5600 Auburn St, Bakersfield 93306. Sign up at the front desk. Meet under the flagpole between 11/11:15am if you need a ride or can give one.

Annette Harder // Club Leader



CLUBS & CLASSES

Sunshine Club - Linda Hofer (Club Leader)

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!

The next meeting will be held on the Lodge patio Wednesday, September 21st at 6PM

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

NEW TEMPORARY GATE CODE

Effective September 1st, 2023

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.

We change our Temporary Gate Codes monthly for your security!

CLUBS & CLASSES

Book Club - Kathleen Reisig (Club Leader)

The Violin Conspiracy by Brendan Slocumb is our selection for September. Ray McMillian is a Black classical musician on the rise-undeterred by the pressure and prejudice of the classical music world-when a shocking theft sends him on a desperate quest to recover his great-great-grandfather's heirloom violin on the eve of the most prestigious musical competition in the world. When Ray discovers that his beat-up old fiddle is actually a priceless Stradivarius he thinks all his dreams have come true. Until the precious violin is stolen. As the competition approaches, Ray must not only reclaim his precious violin, but prove to himself-and the world-that no matter the outcome, there has always been a truly great musician within him.



The Book Club will meet on September 21st at 10:00 am in the Library.

- Kathleen Reisig Book Club Leader

Pinochle Club - Linda Hofer (Club Leader)

For those of you looking to fill an afternoon with entertainment that not only stimulates the mind, but connects you to fun people, this is the card game for you! Our group welcomes newcomers, seasoned or new to the game. We will be happy to teach you! We meet every Monday from 1 pm to 4 pm.



Please call Linda Hofer at 661-368-1995 or text 510-374- 8366.

Plant Slant - Patsy Ouellette (Club Leader)

Plant Slant, A Vegan Book Discussion Group
4th Monday of the Month, 10AM-NOON, Lodge Library
Patsy Ouellette - Club Leader (661) 205-7324, paouell@earthlink.com

Hello Four Seasons' friends.

Now that summer is over, it's "back to school." It's time for us to learn more about how to attain a healthy, vibrant life. But, before jumping in to another information filled chapter of the book, "How Not To Die," we'll be starting with a Potluck/Summer Sharing event. Please plan to share information you learned or something you experienced related to health and nutrition.

Scavenger Hunt - Stacy Davis (Club Leader)

We will be having a scavenger hunt club meeting on Monday, September 11th, at 2:00 in the Arts & Crafts Room to plan the upcoming Halloween scavenger hunt. You are invited to join us.

If you can't make the meeting, but would like to help plan or set up this event you can contact me by calling 661-319-4069 or emailing stacydavis2005@gmail.com



AROUND THE COMMUNITY

I'm looking for colored glass for craft projects. If you have anything that you would like rehome, even if it is broken, I will take it off your hands. Textured glass is especially nice.

Sandy Moffett – 661-205-1045



CLUBS & CLASSES

Art Club - Norma Neil (Club Leader)

The Art Club

Watercolor classes have continued this summer, despite vacations and other distractions. In July, rock formations were used to study great abstract spacing. Beginning skills concentrated on the "wash" techniques at the heart of all successful watercolors.

Rounding out the summer were lessons using the special effects of water, such as reflections and the splash of the surf and waterfalls.

As Fall approaches, the class will work with the special Fall palette of nature's changing color.

With the cooler weather, the Art Club will host another free plein-air outing open to any Four Seasons artist, regardless of media.

For more information regarding either the formal watercolor classes for beginning to intermediate level, or the open Art Club sessions, please contact club leader, Norma Neil.

Ph.661-204-4653 or email to nneil2@att.net.



Painting by Fran O'Brien. Fran started watercolor classes in November and continues to delight us with her bright paintings.

CLUBS & CLASSES

Laughter Along Our Path Brought to you by Manya Carney (Four Seasons Resident)

Blake was a kindergartener in my class. When I asked the children to come forward with their lunch money, he handed me three \$100 bills.

"Whoa!" Did your Mommy give you this?" I shockingly asked.

He proudly answered, " No, she told me to get it from the big can of money under her bed."

I called home and questioned Mom about the money. She laughed and told me her husband didn't believe in banks, so all their money went into a coffee can. She was quite embarrassed that Blake had chosen \$100 bills.

She raced to school and took her son aside, knelt down on his eye level and asked him, "Why?"

He said, "They had *ones* on them, and you told me to get three bills with *ones* on them for my sister's and my lunch. I got four bills & I even gave Billy one for his lunch."

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Veteran's Club - Penny Martinez (Club Leader)

Our September 13th guest speaker at Huckleberry's, located at 2673 Mt Vernon Avenue, with festivities starting at 11:30 am, will be Solera resident Dick Taylor. Dick retired from the county as Director of the Veterans Service Department in September 2018. He's kept himself very busy, wearing several volunteer hats and if you know Dick, this shouldn't come as a surprise. If you're a 'friend' of Dick's on Facebook, you've probably seen several posts of his exploits at Tejon Ranch; Dick is a docent and naturalist leader with the Tejon Ranch Conservancy. The ranch is an amazing place, you should check it out, here is their website <https://www.tejonconservancy.org/> and follow the Tejon Ranch Conservancy on Facebook <https://www.facebook.com/tejonranchconservancy/>.

Dick is the consummate 'veteran advocate' and he's very passionate about remembering and honoring those who served our country honorably. He's the current President of the Bakersfield National Cemetery (BNC) Support Committee and the committee's mission is 'dedicated to enhancing the esthetics and promoting the final resting place for our nation's heroes at the BNC'. We're blessed to have a national cemetery in Kern County and there are several ways in which you can support the committee's efforts. To learn how, visit their website at <https://bakersfieldnationalcemeterysup.com/>.

If you receive the Bakersfield Californian, in the Thursday, July 27th edition, on the front page, was an article written by Dick entitled 'Devil Pups Decamp' Dick is a Kern County Liaison representative for the program The Devil Pups Youth Program for America, <https://devilpups.com/>, created in 1954. The goal remains the same "to develop better citizens, based on our philosophy of 'Growth Through Challenge'. You hear a lot of negative press about our young people today, Dick said "Just about the time I figure we're totally screwed in regards to young people coming up to carry the banner with regard to leadership and our future, I see these young kids and I realize there is hope". We had ten young men and women in this year's program who hailed from Kern County. One of them, 14-year-old Soto, received an award for attaining a perfect score of 400 out of a possible 400 points in the Physical Fitness Test. Job well done Dick, thank you for your service to your country and to your Kern County Community; it's greatly appreciated.



Veteran's Club - Penny Martinez (Club Leader)

Our monthly luncheon gatherings are on the second Wednesday of each month at Huckleberry's Restaurant, located at 2673 Mt Vernon Ave, Bakersfield, CA 93306; festivities start at 11:30 am. If you plan on attending September 13th luncheon, please RSVP by Sunday September 10th by either calling or emailing Penny Martinez using the contact information noted below.

If you have any questions about upcoming veterans gathering, just give Penny Martinez a call or send her an email using the information noted below.

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

Clark Machamer
Chaplain, Veteran's Group
(661) 469-2701

★ December 16, 2023 ★

National Wreaths Across America Day

Help Bakersfield Republican Women, Federated
honor local heroes!

Sponsor a wreath today to be placed on a veteran's
grave this December at Bakersfield National
Cemetery.

Scan the QR code to make a donation online or visit
www.wreathscrossamerica.org/CA0797





RESIDENT SPOTLIGHT



The Messenger Committee is looking for neighbors in our community to interview. Let's start with resident and long-time ophthalmologist, Carole Casteen.

Sandy: What or who inspired you to want to become an ophthalmologist?

Carole: My father inspired me to become an ophthalmologist because he was an ophthalmologist, and I saw the good that he did for others, which was my primary inspiration. He and my mother encouraged me to go to medical school but did not push me. My father was a 'self-made' man, since he was on his own from age 18 (a common story of his generation). His father died when he was 13 and his mother had few resources to help him. My father told me and my five siblings that we would eventually have to support ourselves and that if we made an effort in school, we would have more choices as to career/employment.

Sandy: Which patient made the greatest impact on your life and why?

Carole: This is a difficult question. All of my patients made an impact on me in one way or another but one in particular stands out after 35 years. A gentleman in his eighties who lived in Tehachapi chose me as his general ophthalmologist. He lived alone because his only child lived in Los Angeles and he didn't want to live there. He amazed me because he had severe macular degeneration in both eyes and his vision was worse than legal blindness. (He could not read, see the details of people's faces, etc.). He told me that he played golf with his buddies and couldn't see the ball, but that he enjoyed the company and the game. I asked him one day, what makes you different from many of my patients? You have macular degeneration, yet you live alone and you pay all of your own bills (with the help of a computer that magnified the bills, very tedious and time consuming for him!). I have never forgotten his response. "I just won't let it (the macular degeneration) get me down!" Several years later, I received a hand written letter from him (written using his computer magnifier in large and irregular printing) telling me that he was moving to the coast to be with his daughter. I never forgot his positive attitude about his significant disability. His attitude enabled him to continue to live his life joyfully and independently, doing what he loved. There is a lesson there for all of us!

Sandy: Which patient's life was changed the most by having improved eyesight?

Carole: One patient had eyesight that had markedly worsened. She went to her ophthalmologist who told her that nothing could be done because she had severe macular degeneration. She told me that she started praying for help from God every night, and one night she felt prompted to get out of bed and check the Yellow Pages Listings for a new ophthalmologist. She found my name and came in for an exam. She had extremely dense secondary cataracts in both eyes, which the first ophthalmologist missed because he didn't dilate her eyes. I advised her that the likely cause of her 20/200 vision (legal blindness) was the secondary cataracts, although I couldn't be certain because they were so dense, I had great difficulty viewing her maculae. That day I did bilateral Yag Laser of her secondary cataracts in the office - a simple procedure that took less than five minutes. She returned the next day to have her vision checked and it had improved from 20/200 (legally blind) to 20/20 without correction. So, she did NOT have macular degeneration, she just needed to have her secondary cataracts treated. She was forever grateful, although I reminded her that I hadn't done anything special, just what I had been trained to do (a thorough exam!). Secondary cataracts commonly occur after successful cataract surgery, and can be easily treated in the office with a Yag laser. If you have had cataract surgery, you should ask your ophthalmologist, "Do I have secondary cataracts?" and if you have them, ask, "Do they need to be treated?"

Sandy: What is the funniest thing that happened during an exam?

Carole: When I was doing an externship prior to completing medical school I was examining a male baby that was lying on the exam table. I got "sprayed" with urine the minute I took the diaper off. Needless to say, I finished the rest of the day without a lab coat (it was taken off immediately and stored in a plastic bag until I could get home and wash it!).

Sandy: What was the hardest thing that you ever had to tell a patient?

Carole: Unfortunately, I have seen many patients over the years who had severe late-stage macular degeneration (either wet or dry) in both eyes at initial exam, and there was nothing I could offer them in terms of treatment although they were referred for Low Vision consultation as a last resort. The risk factors for macular degeneration are: smoking (10 times the risk), as well as excessive sun exposure without protective lenses, and poor diet. If you smoke, you must quit!

Wearing sunglasses with 100% UV protection is a benefit, as is a healthy diet with colorful green leafy fruits and vegetables, and an eye vitamin if your ophthalmologist recommends one. Note: cheap sunglasses will NOT protect your eyes; the lenses must provide you with 100% UV protection. Just because lenses are dark, doesn't mean that they protect your eyesight. An experienced optician will be able to determine whether or not your sunglasses are protecting your eyesight, or damaging it.

Sandy: What specific advice do you have for seniors in regard to their eye care?

Carole: Everyone over the age of 65 should have an annual comprehensive eye exam, including a dilated exam to check the maculae, optic nerves, and peripheral retina. This exam should also check the eye pressure to test for open angle glaucoma, which usually has no symptoms until there is significant loss of 'side vision' or peripheral vision. Patients who are at risk of developing acute angle closure glaucoma (which can cause blindness) can be diagnosed during this exam, using the slit lamp or microscope. (These patients usually wear thick lenses with plus power). A comprehensive exam will show any changes in the maculae which might indicate a risk of macular degeneration. Your general ophthalmologist may refer you to a retina specialist to document any changes in your maculae if they are significant.

ANY patient who is functionally monocular (meaning, you only have one useful eye because of a birth defect, trauma, or other damage) should be followed by their ophthalmologist at least every six months, even if you have no symptoms, to do preventative care of the 'good' eye.

Get into the habit of checking your vision one eye at a time every day, by reading the newspaper or watching TV, in order to make certain that you have no new change in vision. ANY distortion or crookedness of your vision should be evaluated ASAP, as this could be a very early symptom of macular degeneration.

If you have any 'flashing lights' in your vision, or notice large dark or unusual floaters in your vision that are new, please call your ophthalmologist ASAP and get in ASAP (tell the receptionist that you are having an emergency and can't wait three months!). These symptoms are common symptoms of either a retinal tear or an impending retinal detachment which is a potentially blinding condition if it is not diagnosed and treated soon after onset.

Of course, you may have only an age-related vitreous detachment and not a retinal tear/detachment, but you won't know without a dilated exam. (With age, the vitreous gel inside the eye liquifies, and sinks down and pulls away from the retina, and may cause a retinal tear when it pulls away from the retina. If fluid leaks through the retinal tear, which it usually does, the retina will detach because the retina is NOT glued to the back wall of the eye.)

The normal young vitreous gel is composed of a matrix of collagen fibers that are very organized into a grid pattern, and are held a perfect number of microns apart by a mucopolysaccharide. With age the vitreous mucopolysaccharide liquifies and there is disorganization of the vitreous collagen fibers, such that you will likely see multiple black lines and curliques/spiderwebs in your vision. Don't assume this is just a normal ageing change of the eye; it could be blood in the vitreous, and blood in the vitreous has a high risk of a retinal tear and or retinal detachment. Once you have had a dilated exam, and your ophthalmologist carefully examines your vitreous and retina, and tells you that "those are just your normal floaters because of aging changes of your vitreous", then you don't need to worry; just continue to carefully monitor them by checking your vision one eye at a time. Once your vitreous gel has separated without complication (without retinal tears or retinal detachment), the future risk of retinal detachment is minimal unless you are extremely nearsighted. Extremely near-sighted individuals (thick glasses with minus prescription) have a lifetime risk of retinal detachment, should know the symptoms of retinal detachment, and should have a thorough dilated exam by a retina specialist once a year.

More advice: if your eye hurts longer than a few hours, see an ophthalmologist ASAP. Pain is NOT to be tolerated, and if you 'pooh pooh' it, you might risk your eyesight. Even a foreign body sensation such as "It feels like something is in my eye" should be evaluated ASAP, preferably by an ophthalmologist who has the equipment and experience to give you the best care. Wear SAFETY GOGGLES when working out in the yard, changing the oil of the car, or using any power tools. If you choose to do fireworks with the grandkids, make sure you use safety goggles when picking up the 'dead' fireworks off of the street; they aren't all dead and you don't want one to go off into your eye! If you are fishing, wear sunglasses or safety goggles.

Ok, you get the drift! Eyesight is a precious gift: take care of it!

Anonymous Homeowner Comment



I am a resident here. I was scammed out of almost \$90,000 on 8/21/23 & 8/22/23.

These are some things to watch for:

1. Never respond to a “pop up” on your computer. Shut off or unplug your computer. Never call a number on the “pop up”. Unfortunately I received a “pop up” with a voice saying “your computer is locked call Microsoft” with a number to call. By calling this number I was talking to a scammer.
2. Never let someone tell you there is an issue with your bank account and NOT talk to the bank. I was told there was an employee at the bank giving out customers information to the scammers and the police were investigating. I thought I was talking to the banks fraud department. I pulled out \$90,000 out of my bank account as instructed by what I thought was the fraud department.
3. If a hacker or scammer takes money out of your bank account – you are insured by the bank up to the amount established at the bank. Because I made the withdrawal, I am not covered and will not get my money back from the bank.
4. NEVER put money into a “bit coin” machine where you can buy bit coins. I was told this was a government machine. I was told to put my money into the “bit coin” machine in order to help with the bank investigation. Once you put money into these machines it is gone.

I hope these tips helps someone else from being scammed.

Scams

Dave Keeney (Resident)

There has been a rash of cases where folks in our community have been caught by a scam. Be on your guard. Some really smart, smooth-talking criminals are targeting people like us in communities like ours.

Know this:

- IRS does not call you...
- FBI does not call you...
- Medicare does not call you...
- Social Security does not call you...
- Microsoft does not call you...
- Google does not call you...
- Facebook does not call you...
- McAfee does not call you...
- Your Internet Provider does not call you...
- Your Bank does not call you (unless it is a service you requested) ...
- “Health Care Provider Services” does not call you...

These are all SCAMS. If you did not initiate the conversation then it is probably a scam.

Here are some of the red flags to look out for:

- They called you. If you did not initiate the exchange, you don't know who they are.
- Do they ask for access to your computer to “check something”?
- Do they ask you to do “Anything” on your computer. Type nothing on your keyboard?
- Do they ask for money (regardless of what it might be for)?
- Do they ask for personal information, (they already have your name, phone number and age)?
- Do they threaten to destroy your reputation, your computer or your data?
- Do they ask you to request products or services, paid for by Medicare?
- Do they offer to “fix” your computer via the internet?
- Do they have some urgency in that it must be done right away?
- Do they keep calling back?

If you hear any of these things...just hang up. It is a scam.

Better yet, if you don't recognize the phone number of the caller then do not answer the call.

Scams, CONT.

Dave Keeney (Resident)

These guys are masters at manipulation and can talk you into doing really stupid things before you can think about what you are doing. More than once folks have been asked to go to the bank, withdraw a large amount of money, buy gift cards, and mail them to some address. Do not do that.

Be prepared for being scammed.

Sooner or later, you are going to slip up and get caught in one of these scams. So, make sure you are able to recover from it.

- Have a valid backup email address and cell phone number registered in your Microsoft account, Google account, and your email provider. The backup email address should be one that can be accessed if your primary email account is not accessible or blocked by the hacker.
- Turn on Two-factor Authentication on all accounts. It is a pain, but this is the feature that sends you a text message with a code that you must enter to verify that the request is really coming from you. Google and Facebook already require it.
- Use long complicated passwords and do not reuse passwords. Using a notebook to write them down is error prone. This means you will probably need a password vault to store your passwords.
- Use a password vault. A password vault is software that can generate and securely store passwords for you in the cloud and automatically fill in website logins. See 1Password.com. Just do not forget the password to the vault. As an alternative, the web browsers (Chrome, Firefox, Edge) are getting more secure in storing passwords for you.
- Frequently make off-line backups. Ransomware attacks are becoming more frequent. These attack computers by encrypting everything on your machine (including connected USB drives) and then demanding a ransom for the key to decrypt it. If you have off-line backups, you can recover without paying the ransom for all of those priceless photos.

If you think you might have been hacked or scammed and you lost money, immediately report this to the police and the front desk and change the password on your bank account.

Scams, CONT.

Dave Keeney (Resident)

But if you are just not sure about something or need help recovering from a hack, please email it@fsbhoa.com or call the front desk and ask them to have someone from IT call you. There is no charge and the earlier we get involved the less damage will be done.

Resources:

- <https://www.cisa.gov/be-cyber-smart/common-scams>
- <https://www.texasattorneygeneral.gov/consumer-protection/common-scams>
- <https://www.consumerfinance.gov/ask-cfpb/what-are-some-common-types-of-scams-en-2092/>
- <https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes>

Or search Google for: “Common Scams”.

**What's happening at our HOA Board meetings?
Check out meeting agendas, minutes, treasurer
reports and budgets at our new Four Seasons
website.**

FSBHOA.com

**If you are a first time user of this site, be sure to
login in order to see all the features of the
website.**


SEPTEMBER FUN FACTS


September from Latin Septem meaning 7. Was originally 7th month in Roman calendar.

Gem Stone - Sapphire

Flower - Aster & Morning Glory

Horoscope - Virgo The Maiden (August 23rd to September 22nd)

Traits: Logical, Practical, Systematic 

Libra The Scales (September 23 to October 22) Traits: Balanced, Harmony, Justice 

SPECIAL SEPTEMBER DAYS

National Cat Month

September 1st- Lazy Mom's Day

September 7th- Bee Lovers Day

September 9th- Wonderful weirdo's Day

September 19th- Talk Like A Pirate Day

September 30th- National Chewing Gum Day

SEPTEMBER IN HISTORY

451 BC - January & February added to calendar making September the 9th month.

1513- Spanish Explorer Vasco de Balboa first sites Pacific Ocean.

1620- Mayflower departs England with 101 passengers & crew.

1666- Great Fire of London.

1690- First newspaper put into print in the US call Publick Occurrences. British disliked it & put it to a quick end.

1774- First Continental Congress assembled in Philadelphia with 56 delegates representing every colony except Georgia.

1789- Congress creates the US Army with 100 men & officers.

1883- Northern Pacific Railroad across the United States completed.

1893- New Zealand the first country to grant women the right to vote!

CHAI SUGAR COOKIES

ingredients

- ½ cup (1 stick) unsalted butter, at room temperature
- ½ cup vegetable oil, such as canola, sunflower, or almond oil
- ½ cup granulated sugar, plus additional for sugaring tops
- ½ cup powdered sugar
- 1 large egg
- 1 packet Chai tea
- 2 teaspoons vanilla extract, or the seeds of 1 vanilla bean
- 2 cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt



directions

1. Preheat the oven to 350° f and line baking sheet with parchment paper, grease generously with butter or cooking spray.
2. Using a mixer fitted with a paddle attachment, beat the butter in a large bowl on medium speed for about 1 minute.
3. Add the vegetable oil; it may not fully incorporate with the butter, but that's ok.
4. Add the granulated sugar, powdered sugar, egg and vanilla, beating on medium speed until each ingredient is completely incorporated. Cut one chai tea packet open and empty the crushed up tea leaves into the batter.
5. Stir in the flour, baking soda and salt all at once using a wooden spoon or the mixer set on low. The dough will be soft.
6. Refrigerate the dough for 1 hour or freeze for 15 minutes just so it's easier to handle.
7. For large cookies, dollop 2 tablespoons of cookie dough onto the cookie sheet about 2 inches apart. For smaller cookies use 1 tablespoon for each cookie.
8. Press the dough evenly with your fingers or palm to 1/4-inch thickness. Generously sprinkle sugar on top of the cookie dough.
9. Bake for 12 to 14 minutes for larger cookies or 8 to 10 minutes for smaller cookies.
10. Let the cookies cool on the baking sheet for at least 10 minutes before transferring to racks to cool completely.

icing

1. Combine 1 cup powdered sugar, ¼ teaspoon nutmeg, ¼ teaspoon cinnamon, and 3 tablespoons of milk or eggnog. (The more milk/eggnog you add, the more your icing will become a glaze.)
2. OPTIONAL: top iced cookies with a few sprinkles of cinnamon

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



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