



Board Elections Coming Soon!

The current five-member Four Seasons Board of Directors is going to have two (2) vacancies for 2015-16. This September it will be time to vote and elect a new Board.

The Nomination and Election Committee is looking for people with new ideas and perhaps a new way of thinking about our community; people whose agenda is not personal, but represents the best interest of the community; a person who is reasonable, calm and broadminded. A new board member can help facilitate good judgment and reasonable decision-making that will benefit the entire community. If you are that person, the Committee encourages you to become part of the solution.



Anyone considering running for the Board and who has questions, please do not hesitate to contact any member of the committee for additional information.

The deadline to announce your intention to run for the board is July 31. In order to participate fully in the elections process, including the candidates' forum, please submit your resume to CJ Besanson by email to cjbaxbux@comcast.net no later than July 31. No resumes will be considered after that date.

Now is your chance to make a difference! Consider taking on this most worthy and fulfilling volunteer position.



Craft Group Re-Forming!

The Four Seasons community is hoping to restart/resurrect/reinvigorate the craft group. This group is open to anyone in the community who likes to work with their hands on any craft from needlework, woodworking, jewelry making, DIY (do it yourself) projects for kids to adults, cooking/baking crafts like cake decorating or cooking a unique item, basket weaving, scrap booking or using scrapbook paper, garden art, holiday crafting, etc. It is open-ended and any craft project is a good one to share with the group and have fun doing it together!

There will be a meeting on Tuesday, July 28th at 3:30pm, led by Cory Ryan, to discuss the group and how it will work. Cory is fairly new to Four Seasons and is interested in restarting the craft group and would like to hear what your craft interests are and how you'd like the group to proceed. Options open for consideration are having a group member act as the 'host/hostess' at a meeting who would provide the idea and supplies for the craft and everyone would work on the same thing together, OR, bring your own craft and work on it during the meeting, OR demo/teach a craft to the group and provide instructions, OR a mix of these ideas. The important thing is crafty people are getting together to enjoy each other's talents and learn something new. Once we get a consensus, we can discuss how often and when to meet starting in the fall.

Mark your calendars for the July 28th meeting! If you can't make it but are still interested in participating, please contact Cory Ryan at coryryan1106@gmail.com or call [434 260-6708](tel:4342606708) to let her know of your interest and ideas.

Please remember the posted speed limit here in Four Seasons is 25 mph. Be mindful of that as you drive through our community and make sure your guests are aware of that as well. Thank you!



Please Don't Put Your Trashcans Out Too Early!

The **Covenants Committee** wishes to remind the community that trash containers should not be kept visible once trash has been collected. It has also been reported that some residents are putting out their trashcans days before the scheduled collection.

This is contrary to the Covenants section 10.17: Trash Containers and Collection ... In no event shall such containers be maintained so as to be visible from outside the principal structure on a Dwelling Unit unless they are being made available for collection and then *only for the shortest time reasonably necessary to effect such collection.*

Please help keep our community beautiful!

Sunrise Park Gets Health Check-Up!!



Recently you may have noticed several people standing around Orv Kiehn in the middle of Sunrise Park, nodding their heads, taking notes, pouring water, digging holes, and getting muddy! Those who were there received a lesson in soil “restoration,” i.e. Ph (acidity/alkalinity) levels and nutrients in the soil, when at a healthy level, will support and sustain plants to be used in the park design.

Nine soil samples were taken and evaluated by two Ph meters. The results told us the nutrients in Sunrise Park are negligible and need a lot of attention. The Ph levels were somewhat better but still in need of additional lime. As the lime goes to work, it enables nutrients to become more available. Win win! Thanks to Orv and his accuracy it is clear what needs to be done to enrich the soil to an acceptable level.

Note: It is important for the community to know that the BOD approved funds for the Landscaping and Grounds Committee to purchase lime and GrubX for use on the common grounds. The first delivery of lime is stored in the gatehouse and may be used by those who volunteered to lime common areas (only).

If you would like to volunteer to spread an area please contact either Dianne Wilson or Vibe Weber to discuss the location. A spreader is available for this purpose.

2015 Blackberry Delight!



Blackberry lovers! Are you looking for something fun to do this summer? Nancy and Dixon Clark highly recommend that you check out Blackberry Delight!

Blackberry Delight is an annual event held at Skyland Resort each July that celebrates the sweet-tart fruit in all its glory. Skyland chefs create these special blackberry-infused dishes, and combine it with a full day of live music, dancing, Shenandoah storytelling, and kids' activities to make it a fun day for the entire family.

This year it will be held on Saturday, July 25 at Skyland Resort (mile 41.7 and 42.5 on Skyline Drive), from 10:00 a.m. to 5:00 p.m.

"We have been going there for several years and it is really a lot of fun. The food is wonderful," said Nancy. Dixon and Nancy's son will have a booth there showcasing his photography.

For many Shenandoah National Park visitors, it's all about the blackberries. Starting mid-summer, thickets of Shenandoah blackberries ripen in the open areas along the roads, trails and streams of the national park. Some are harvested and turned into local specialties such as Blackberry BBQ Pulled Pork, Grilled Chicken Breast Sandwich with Blackberry Jalapeño Sauce, Grilled Brat Sandwich with Blackberry Whole Grain Mustard and Caramelized Onions, Blackberry Cobbler a la Mode, Blackberry Ice Cream, Blackberry Short Cake, Blackberry Lemonade, and Blackberry Wine and Beer.

For more information on this and other activities in the Shenandoah National Park, visit www.goshenandoah.com.

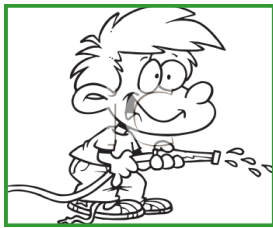
Landscaping & Grounds



RUCKERSVILLE RUMMAGE
Corner Market-Crafts & More !!



A big **“Thank You”** again to all Four Season’s Residents who supported the rummage sale held by the Landscaping & Grounds Committee in May. We took all the “stuff” and sold it and it was a big success! A little over \$800.00 was made by the committee and will be used to buy some new plantings throughout the rest of the year.



For those who water frequently during a week’s period, please be aware that damage to your lawn increases when excessive moisture is present. If the lawn is wet and/or squishy there will be ruts made by the mowers, and likelihood of turf damage increases. As a general rule our sprinkler systems do not need to be on more than two (2) times per week.



Something is missing!
Seven dead pine trees that were infected by pine blight were cut down by Frazier Tree Service during the month of May along Greenecroft Blvd. At the advice of a tree arborist, the Landscaping & Grounds Committee plan to plant several Norway Spruce in the same area in the fall. One dead pine tree was also cut down at the edge of the club house parking lot and will not be replaced.



Benefits of Volunteering

One of the greatest joys of “retirement” is having the time to share our talents and abilities with the countless non-profit organizations that are in desperate need of volunteers. But if you don’t want to go out seeking those outside groups, here at Four Seasons, we have numerous committees that are always in need of assistance to keep our community running smoothly and profitably.

There are many reasons to volunteer. Perhaps the first and biggest benefit is the satisfaction of incorporating service into our lives and making a difference in our community. The intangible benefits alone – such as pride, satisfaction, and accomplishment – are worthwhile reasons to serve. In addition, when we share our time and talents we:

- Solve Problems
- Strengthen Our Community
- Improve the Lives of our Fellow Residents
- Connect to Each Other
- Transform Our Own Lives



Over the past two decades there has been a growing body of research that indicates volunteering provides individual health benefits in addition to social ones. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.

-----Some information presented here came from the Corporation for National & Community Service

Writer's Group Gets Off to a Great Start!

A Poet. A Civil War novelist. An Illustrator. A children's book writer. An historian. And an esoteric studies author. These are just a few of the many genres and areas of special interest represented by the new Four Seasons Writer's Group!

The group is spearheaded by Chris Sauter who described its purpose. "We realize the purpose of our meetings is to help each other unlock the gems of our potential by encouragement, idea sharing and learning how to take the next step with our ideas, whether publishing or simply honing our skills. That is our objective."



*A few of the members of the writer's group at the June 29th meeting.
From left to right: Joanne Lattiak, Chris Sauter, Hazel Sykes, Joe Brennan and Lucille Smith.*

The group engages in a lively discussion and offers many support services to each other – whether that is hearing an idea and then suggesting what to do with it; offering networking information on publicists and publishers; critiquing manuscripts if requested; and much more.

"What I love about this group is the camaraderie that was established almost from the start," said Joanne Lattiak. "There is so much positive energy and support when we get together that afterwards you just want to go home and recommit yourself to your work. Since writing is such a solitary profession, having other creative souls around you to provide that encouragement is truly a gift."

If you'd like to become a part of the Writer's Group, just show up at one of our meetings (the next one is July 13 at 11:00 a.m. at the clubhouse) or contact Chris Sauter at jcsauter289@gmail.com.

Guide to Four Seasons Activities and Activity Groups

Updated July 2015

Have you been seeing interesting activities listed in the Four Seasons Monthly Calendar? Maybe you wanted some more information, but didn't know who to call? This Guide will point you in the right direction. We have a wide variety of on-going activities and interest groups at Four Seasons.

Glance through the list and see if there is something that interests you; then come and try it out. The special interest groups are very active and diverse. You can get involved, or you may know someone who would like something new to do. Sometimes there are two things scheduled at the same time and you have to make a choice. C'est la vie, that's retirement!

This is the 2015-2016 edition of our handy guide to all the activities that you might see listed on the Four Seasons Monthly Calendar. Of course, new activities are always coming up, and the current list changes. To keep current, check out the latest version of this Guide, which we will post on the community website at our4seasons.org and keep updating regularly.

Let the Games Begin

Games are a favorite with many of our Four Seasons residents. Check out the variety of groups that get together to play games every week!

ADDICTED TO MAH-WHAT?

Mah-jongg is a game played with tiles and dice and so much fun. It's even a little addicting; no we mean a lot addicting! We play it twice a week, on Tuesday and Thursday. This website has information on the game in case you haven't played it before: www.nationalmahjongleague.org. For more information, contact **Sandi Lashbrook** at 434-985-8512.

There is also a session on Sundays, especially for beginners to learn the game. Contact **Debbie Hinton** at 434-242-3946 about Sunday Mah-jongg.

GOT TO KNOW WHEN TO HOLD 'EM

There is **poker**, usually on the 2nd and 4th Thursdays every month, where we hear that if you have matchsticks, you are welcome. For more information, **Larry Baker** (434-207-4854) is the man.

YOUR TICKET TO THE MEXICAN TRAIN

Is **Mexican Train** a game you play with dominos? The answer is yes, but these aren't your granddaddy's dominos! They go from double blanks all the way to double 15's. Fun and challenging! Come on Wednesday evenings and see if you can beat the current champion. For more information, **Alice Grasewicz** at 434-985-4199 is the person to contact.

TAKE OUT A CONTRACT

A social **Bridge** game is played Thursday afternoons. If there is interest in learning Bridge there would be teachers available for a beginner's table. **Nancy Preston** at 434-985-4253 or **Lois Feingold** at 434-985-8154.

SHOOT POOL, OR IS IT BILLIARDS?

The **pool** tables in the clubhouse are always available, so bring a friend and take an open table. The regular sessions are on Tuesday afternoons and Friday mornings after the Gent's Coffee. We have a yearly tournament if you are interested in getting competitive. If you have never played before or you would like to review your basics we have a teacher who would be happy to give some lessons. Contact **Rich Pietrzak** at 434-985-8809.

CANASTA/SAMBA AND HAND & FOOT

Wednesdays, we play **Canasta, Samba and Hand & Foot**. We are willing to learn new games. Want more information? Contact **June Drake** (434-466-4513).

PAWN TAKES ROOK

Serious **chess** player or want to learn to play? Contact **John Monaghan** (434-985-7637) or **Rich Pietrzak** (434-985-8809) for more information.

Making Beautiful Things

LOVELY, LOVELY, LOVELY

The artists in our community are fabulous. If you would like to spend time with your creative side (for some of us, a side we did not even know we had), come to the Friday morning **art group**. **Arline Brennan** (434-990-9913) leads this activity.

GET CRAFTY

The **crafts group** is open to anyone who likes to work with their hands. We do needlework, woodworking, jewelry making, cooking/baking crafts (like cake decorating or cooking a unique item), basket weaving, scrap booking, garden art. It is open-ended and any craft project is a good to share. For day and time and more information, call **Cory Ryan** at 434-360-6708.

COMPUTERS USERS GROUP

What is a mouse? What is a PDF/JPEG? How do I copy a file? How do I send an email to more than one person? The **Computer Users Group** is for the beginner to the more accomplished computer user. They meet on the second Tuesday of the month at 10:00 am. Contact **Don Brady** at 434-985-7524 for more information.

(Guide continues on the next page)

Guide to Four Seasons Activities and Activity Groups (cont.)

Good Reads and Good Flicks

READ IT, THEN (SOMETIMES) WATCH IT

If you like to read but never know what to read, check out our **Book Club**, which meets monthly, usually on the 4th Monday. We have interesting selections during the year and a lot of fun with the presentations. If there is a movie that can be obtained to go with a book it means an extra afternoon get-together. **CJ Besanson** at 571-271-1700 is the contact person.

FUN AT THE MOVIE MATINEE

The second Monday afternoon every month brings the wonderful **Monday Matinee** in the Clubhouse card room. **Art and Sandy Cohen** (434-985-8977) make this happen. Will there be popcorn?

CREATIVE WRITING ANYONE?

Are you a writer or a “wannabe”? Every other Monday the **Creative Writing Group** meets to share their writing skills. If you are interested, call **Chris Sauter** at 434-990-5790 for more information.

Getting Out

HIKERS UNITE

Want to get out, stretch your legs, and see some beautiful scenery? The **Hiking Group** meets at the Clubhouse every Wednesday morning for a trip to one of the great local trails. Not too long or strenuous, just fun and lots of fresh air. **Joe Brennan** (434-990-9913) is the coordinator. He can give you more information about what hikes are coming up and their difficulty level.

TRY A CAB FRANC OR VIOGNIER?

Central Virginia has become widely known for the quality of its local wines. There are several dozen wineries with tasting rooms in our vicinity, and many of them have outdoor patios with wonderful views. Sometimes there is live music. The **Wine tasting group** is a great way to spend a nice afternoon with friends. You can even bring a picnic! Contact **Sue Campbell** (434-985-8979) or **Ann Brady** (434-985-7524) to find out what is upcoming.

INTO THE POOL, THEN THE SPA

Come to the pool Tuesday or Friday mornings for **water aerobics**. We stretch and swim to music and then relax in the spa. For more information contact **June Drake** at 434-466-4513 or **Anne Childs** at 434-985-3102.

Helping Others

CARING HANDS

Our **Caring Hands group** provides assistance with household chores, transportation, and companionship in times of need. If you would like to help out or want more information, contact **Chris Sauter** at 434-990-5790.

Strictly Social

Some events are planned primarily as good places to get to know other folks in the community.

GENTLEMEN'S COFFEE

Every Friday morning, the guys meet over coffee and donuts to swap stories and bad jokes. Sometimes there is even a full catered breakfast. Later some of us end up in the billiards room shooting pool. **Larry Baker** (434-207-4854) makes it all happen.

LADIES LUNCH BUNCH

The 4th Friday of the month, the ladies usually have a special outing somewhere in the area for lunch. Sign-up is required. Keep an eye out for an email notice.

MEET & EAT

This community potluck dinner is held monthly on the first Thursday. No sign-up needed, just come with a dish to share. A different host each month. Email notices are sent as reminders.

THIRD THIRSTY THURSDAYS

Often the “biggest party in town” each month, sometimes with live music or dancing or both. Usually it includes a catered dinner in the Clubhouse ballroom. Sign up required. Just check for the email notice each month, because each party is different.

HAPPY HOUR AT THE CLUBHOUSE

Join your neighbors for a pleasant hour of drinks and snacks every Monday afternoons at 5 in the Clubhouse cyber café. Good conversation guaranteed! No organization, just drop in and stay awhile.

Beware of Paths Bearing Ticks!!

If you've walked your dog along the undeveloped area of the lake path, you may have discovered that you brought home a few uninvited guests – ticks. In fact, that path is *loaded* with ticks. After one walk in particular, my daughter pulled six off her dog.

Since it is estimated that ticks have been around for at least 90 million years, I don't hold out much hope that we will rid our path of these little bloodsuckers any time soon. We can, however, be more knowledgeable about them so we can be proactive before encountering them on our walks.

Tick bites are usually painless, but later the bite site may develop itching, burning, redness and in some cases localized intense pain. Those who may be sensitive or allergic to tick bites develop rash, shortness of breath, swelling, numbness, or paralysis. However, most tick bites produce no symptoms.

Tick bites produce a number of diseases, including Lyme disease. The first indication of Lyme disease is in the form of a rash that looks like a bull's eye. Other symptoms include weakness, nausea, fever, vomiting, palpitations, rash, joint pain, swelling, numbness and confusion.

For all tick bites, local cleansing and antibiotic cream, including Benadryl for itching, may be applied.

To remove ticks, grasp it firmly with tweezers, gently pull upward until the tick comes free. Do not crush it. Thoroughly cleanse the bite area with soap and water or a mild disinfectant. To learn more, go to: www.medicinenet.com/ticks/page5.htm

Four Seasons Artists Help "Paint the Town Greene"

Two Four Seasons artists, Sue Stover (below) and Terry Pratt, recently took part in a major new art event in Stanardsville, appropriately titled "Paint the Town Greene."



Organized by the Art Guild of Greene, the event drew 18 artists from around the region.

Artists set up easels throughout the historic district in Stanardsville, and from 8:00 a.m. to 4:00 p.m. they painted and drew whatever scenes caught their fancy. When they finished, they delivered their work to the PVCC building, where a late afternoon reception was held for the public to view the works. Attendees got to vote for their favorite and the winner took home a \$250 prize.

It was a fun event and attracted a lot of attention, including a full page spread in the Greene County Record. The Art Guild hopes to make this an annual event.

A Tribute to Bill Ray

By Hazel Sykes



God creates a few of us with a special inner glow
To help teach others how to live, to love, and to spiritually grow
These carefully crafted vessels let their love over flow
As their beams fall on life's pathways to show others where to go

They help their community and church prosper by planting God's seeds
Wisdom, kindness, love and patience help them do wonderful deeds
Their inner glow spreads a warmth that can be seen in and out
A vessel such as this is a child of the King, no doubt.

I stand to pay tribute to such a vessel as this today
He was a man we all loved, his name was William Harold Ray
In West Virginia on May 8, 1938 he was born
And sadly left us May 11, this year in early morn

Bill was tall, handsome and as gentle as a summer breeze
Always willing to lend a hand, always eager to please
An easy-going man with few words and a smile without compare
His firm handshake assured you if he said he would, he'd be there

Though his ways were kind and gentle, he was strong and steadfast too
A solid rock when making decisions on just what to do
Bill was MENSA and you could tell he was extremely smart
But his humbleness allowed you to see first his big heart

He followed the stock market watching it go up and down
When up he gave his signature smile, when down a slight frown
Bill had a variety of things he really loved to do
Reading, traveling and listening to symphonies to name a few

A skilled bridge player, he was often up for a good game
His bidding, finessing, and playing of cards put most to shame
He enjoyed huge jigsaw puzzles and for hours he would sit
Locating and maneuvering pieces so they would fit

His greatest love, though, was for Betty, his devoted wife
They worked hard and long with family in tow to have a good life
Like most, their marriage had ups and downs in those forty-one years
There were periods of joy and laughter and bouts with doubts and fears

But they were blessed to have had a strong faith added to the mix
Early on they realized---Nothing's too hard for God to fix
In good times God showed them that they could prosper too
In bad times He let them see that they could make it through

In happy times He made sure their future looked bright
In sad times He was there to make their burdens light
They were thankful for those times and for every blessing
For with God in control, there was no second-guessing

In Bill's final days, Betty was always right by his side
With a comforting word or prayer, handling things in stride
Betty could tell by Bill's struggles that he was nearing the end
And prepared her heart to set free her husband, lover and friend

To the end, this well crafted vessel kept a smile on his face
For he knew he would be going home to a much brighter place
God made a promise that Bill would spend eternity with Him
In a sweet place called heaven where his inner glow will never dim.

Bill, we loved you and will miss you much.

Rest in peace, dear friend.

Batter Up!

Len Lattiak umpires kids' baseball for the pure love of the game!



Umpires usually get a bad rap, even in kids' leagues. Parents and coaches yell at them constantly and kids cry when they're called out. It takes a special kind of person to deal patiently with all the volatile emotions out on the field. Luckily, Len Lattiak is that kind of guy.

Len has been umpiring softball and baseball games since 1990. A former certified umpire for the United States Specialty Sports Association (2001-2008) and now certified through Cal Ripken Baseball, a division of the Babe Ruth League, Inc., Len umpires girls and boys in the 8-and-under and the 14-and-under divisions.

Len's love of sports goes back to his own childhood. As a teenager and young adult, he played hockey and had aspirations to go to the NHL camp in Canada to become a goalie until he got that fateful letter from Uncle Sam in 1968. While that ended his playing career, ten years later he was refereeing youth hockey leagues in Naperville, Illinois. When he couldn't do that anymore, he focused his attention on baseball. Today he umpires for leagues in both Greene and Albemarle counties.

"I enjoy the atmosphere where the kids are having a good time and I get to see their happy faces when they play," he said. "I want to make sure they have a good experience playing baseball." To do that, he takes the time to explain certain calls and help the kids improve not only their skill, but also their understanding of the game. That's one of the reasons both parents and coaches like him so much. "I wish I can clone you because you are such a good umpire," one parent told him.

The relationship between coaches and umpires can be challenging at times, but it's rare when Len has had to throw a coach out of the game. "Ninety-five percent of the coaches are great to work with," he said. "I get along with them and enjoy umpiring their games. They seem to be glad to see me because they know I'll do the right thing."

More than anything else, Len gets a kick out of the kids. "During the game they carry on a conversation with me about their sister or where their parents are going afterwards. I have to gently remind them that we're there to play ball."

While the kids are entertaining, so are the parents and grandparents. "One time a grandmother was watching the game and kept telling her grandson to 'Pay attention and stop looking in the air.' After a long pause, I heard her say – 'Oh now look at him. He's dancing.' I couldn't help but laugh."

The season, which runs from April through the beginning of July, has come to an end for the summer, but will resume with fall leagues in September and October. And that's fine with Len because that means hockey is right around the corner!

Happy 4th of July!!

Residents gathered on the patio at the clubhouse to celebrate our nation's birthday in style. Some friendly competition was had in horseshoe and corn hole tosses. Larry Miller and Joe Brennan (lower right) took home first place honors in horseshoes, while Bob and Doris Lauffenburger (upper left) proved unbeatable in the corn hole toss.



The Seven Most Dangerous Do-It-Yourself Projects

Did you know that one in five DIY-ers tackling home renovations ends up in the hospital each year due to accidents, according to the Home Safety Council. Don't become a statistic. Here are the seven most dangerous DIY home projects you should leave to the experts!

- Tree Trimming & Removal
- Asbestos Removal
- Roof Repair
- Electrical Repairs
- Gas Appliance Repairs
- Knocking Down Walls
- Pest Control

Tell Us About Your Vacation!!

What part of the globe are you exploring this summer? We'd love to hear about your travels in the next newsletter. Take photos and keep notes and then share your adventures with us! Send your stories to lattiakj@gmail.com.



PHONE NUMBERS TO REMEMBER!

Club House
434-990-2012

Emergency
911

Greene County Sheriff's Office:
434-985-2222

Identity Theft Hotline
877-438-4338

National Do Not Call Registry
888-382-1222

**Better Business Bureau of Central
Virginia**
804-648-0016

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