



The Mountain Breeze

Four Seasons at Charlottesville

Community Newsletter

Board Members Elected

We had a very respectable sixty-five percent participation rate at the Annual Meeting and Election held on Saturday, September 19. That means that 78 of our 120 lots were represented, either in person at the meeting or by proxy.

“This is a tremendous testament to the investment and commitment shared by our homeowners in fostering positive growth and development in the community,” said Diane Caton of Management Services Corporation.



Jim Wilson

During the meeting, a vote was held to elect two (2) directors to serve on the Board for 2015-2017. Larry Miller and Jim Wilson were elected from among the roster of very strong and compelling candidates. Other currently serving directors include: Doug Miller, John Normand, and Mary Ann Mongillo.

Jim has served for the past two years on the Board holding the positions of Treasurer and Vice President. As to the future actions of the Board, Jim said, “I hope that we can repeat the past two years with few, if any, major crises and manage in a fashion that protects the investments of the residents in this community. If we can complete those actions I believe we will have earned our pay.”



Larry Miller

Four Seasons Craft Group Gets Creative!

The Four Seasons Craft Group met on August 31st and had two very creative hours together. Several ladies brought their quilting and needle working projects and eight others painted pinecones and made beautiful bouquets. A lot of fellowship and laughs was had by all!

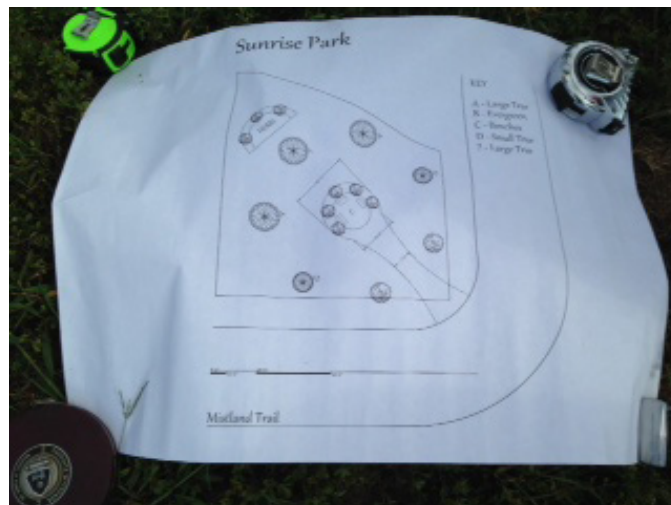
The next get together will be on Monday, October 5th at 1:00 p.m. in the learning center. Bring whatever craft project you are currently working on, or, as an option, a Halloween 'food' craft will be available to work on together.

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).



Sunrise Park Gets Benches!

Several neighbors along Mistland Trail got together to work on the further development of Sunrise Park. Following the master plan, they plotted out the entrance to the park and where the next plantings would go. Tim Meyer and Len Lattiak are working on refurbishing the benches, donated by the Lawrences, to prepare them for placement in the park. In the true spirit of cooperation, each family across the park takes turns watering the one lone tree each week. Today it may only be a dog park, but tomorrow – well, just you wait and see!!



Oktoberfest

Celebrate at the Four Seasons Clubhouse
Thursday, October 15th

Menu

Hearty Lentil Soup with Landjager (Smoked Sausage)
Schweinebraten Carving Station with
Yeast Rolls and Horseradish Sauce
Bratwurst, Weisswurst & Bauernwurst over Sauerkraut
Whipped Potatoes
Homemade Applesauce
Red Cabbage
Apfelstrudel with Vanilla Sauce



Catered by "The Bavarian Chef's Jerome Thalwitz"

Social Hour – 6:00 P.M.
Dinner served at 6:30 P.M.
'As Always BYOB'

- Price: \$20 per person due at sign-in
- Cut off for sign-up is October 8th
- Please make all checks payable to:
 'Four Seasons of Charlottesville'

Please Remember to Clean Up After Your Pets!

Here is a reminder from the Covenants Committee:

We have had numerous reports that animal excrement has been seen in places around the development. While what was seen may or may not be related to our Four Seasons neighbors' pets, we wanted to take the opportunity to remind our residents to please clean up after your pets.

If you can identify a resident not cleaning up after their pet please file a Covenants Violation Form so that the Committee can take appropriate action. Thanks for your help in keeping our community beautiful!



Arnie Silverman, Chair
Karen Orsini, Secretary
Lon Bishop
Eleanor Busa
Sue Miller
Art Pavelle
Richard Pietrzak

Aunt Barbara's Famous French Toast Bake

By popular demand, Joan Widomski shares the recipe for the French Toast that her husband John made for the Friday Men's Group!

BAKE INGREDIENTS

1 loaf sliced white bread
8 eggs
1 ½ cups milk
1 cup half & half
2 Tsp vanilla extract
½ Tsp ground nutmeg
1 Tsp cinnamon

NUT TOPPING INGREDIENTS

2 ½ sticks unsalted butter
1 cup brown sugar
3 Tbsp maple syrup
1 cup chopped walnuts

- 1) Butter or PAM 13 x 9 x 2 baking pan
- 2) Blend together eggs, milk, half & half, vanilla, nutmeg, and cinnamon.
- 3) Start layering bread slices, pouring an equal portion of the egg mixture between layers. Leave enough liquid to pour over top. Gently "squeeze" the bread help the bread absorb the liquid.
- 4) Cover pan and refrigerate overnight.
- 5) Remove the pan from the refrigerator about an hour before baking.
- 6) Combine topping ingredients – put the mix in a microwave for 10/15 seconds to make it spreadable.
- 7) Spread topping over toast.
- 8) Bake in pre-heated oven @ 350°F for 50 minutes.

Mexican Train Club Celebration!

The Four Season's Mexican Train Club members celebrated the completion of their sixth season with an authentic Italian lasagna dinner provided by Vinny's New York Pizza and Pasta of Ruckersville. The highlight of the event was the plaque presentation to the 2014 - 2015 champion, Debbie Hinton, followed by a champagne toast.



The Mexican Train Club looks forward to a seventh season and would like to extend an open invitation to all residents interested in participating. The Club meets every Wednesday evening at 6:30 and drop-ins are welcome. They train on the spot for this domino-centered activity. Contact Alice Grasewicz if you have any questions.

Welcome New Neighbors!

A Four Seasons warm welcome goes out to our new neighbors, Jim and Kerry Ellwanger.

Jim and Kerry have been married 44 years and have a daughter and two grandchildren. Jim was born in Lewes, Delaware and Kerry hails from Abington, Pennsylvania.

Jim, an ordained Southern Baptist Minister, worked in the mental health field as a Christian counselor.



Kerry was a public school librarian and still works part-time as a librarian at American National University.

Jim enjoys collecting stamps and loves postal history. Kerry enjoys gardening.

What We Did On Our Summer Vacations!

Italian Adventure

From June 27 -July 4 David and Maxine Katz celebrated their 55th anniversary (actual date August 14) with their entire family (13 in all) at a villa on the Amalfi coast of Italy. They shared some of their memorable photos from that trip.



*Above,
LaFamiglia
Katz. To the left,
a view of the villa
from the ocean.
Below, sunset
from the veranda
looking east.*



Hockey Heaven

Every July, Len and Joanne Lattiak drive to Chicago so that Len can attend the Chicago Blackhawks hockey team's annual convention. Joanne enjoys spending time with family and friends, while Len stands in endless long lines getting autographs for his burgeoning collection of hockey memorabilia.



This year was unlike the others because the Blackhawks won the prized Stanley Cup. The highlight of the trip was that Len not only got to see the Stanley Cup, but he got to hold it. Granted, it took four hours of

standing in line for the chance to touch the coveted Cup for what amounted to a few seconds, but for him, this was a once-in-a-lifetime thrill!

But wait, there's more! Two weeks later, another sports convention was taking place near O'Hare Airport. Their special guests of honor? The 1980 Olympic Hockey Team. You remember them – the famed Miracle on Ice team that defeated the Russians against all odds?? Len was in hockey heaven.

While he fully intends to return next July, Joanne points out next year marks their 40th wedding anniversary and well...she'd like to go somewhere else! Len swears he'll find a way to do both!

What to Ask Your Doctor Before Scheduling Surgery

(StatePoint) If you are planning to have surgery, you may be anxious. Asking the right questions before scheduling surgery can help ensure good care and give you a better idea of what to expect.

Here are a few areas you may want to cover with your surgeon in advance of the big day.

Reviewing Your Options

The implications of your surgery will extend beyond the day you go to the hospital. Your doctor may offer you options when it comes to the type of surgery performed. Find out the length and type of recovery period for each option, as well as the expected outcomes.

For example, one option may be typically associated with shorter expected recovery time, but could carry greater risk. Another option may be associated with better long-term outcomes, but increase recovery time or leave larger scars. A third option may not involve surgery at all. The many factors at play will help you make the decision that is best for your long-term health.

Improved Therapies

While great strides have been made to operate using smaller incisions in procedures known as minimally invasive or laparoscopic surgery, controlling bleeding is still a major issue for surgeons. In fact, the task can account for 30 to 50 percent of procedure time, and for those on blood thinners, the bleeding risk is even higher.

However, new innovations are revolutionizing this process, making surgery faster and safer for patients. For example, the AC5 Surgical Hemostatic Device is being studied to see if it can one day provide a faster, more effective means of controlling bleeding during operations versus other common methods, such as cautery or the use of biomaterials.

This new device, created by Arch Therapeutics, uses AC5, which is made of a synthetic peptide, to safely and rapidly create a physical barrier in the nooks and crannies of tissue and promptly stop bleeding. Reduced fluid and blood loss during surgery can improve patient safety, free the surgical team to focus on other tasks, and lessen recovery time.

Before your surgery, ask your doctor about medical innovations that may improve your outcome.

Surgeon's Credentials

There may be few times in your life where reviewing a professional's credentials is more important than when you are picking a surgeon. Luckily, there are many impartial, online rating sites for doctors and surgeons that can help you determine whether your doctor is the best fit for you -- from the years of experience they've had to their success rates. You may even consider getting a second opinion on the necessity of surgery.

Your health is in your hands more than you may realize. Be sure to seek out the best therapies available. You can help steer the direction of your healthcare with the right questions for your surgeon.

October Festivals throughout Central Virginia

Looking for something fun to do this October? Here are just a few of the many festivals being held throughout central

Old Farm Day

Pleasant Grove Park
1730 Thomas Jefferson Parkway - Palmyra
Saturday, October 3
9:00 a.m. to 4:00 p.m.

Old Farm Day displays and demonstrates vintage farm equipment, other antique vehicles, demonstrations by heritage crafters, educational activities and games for kids, contests for all ages, and toe-tapping music, as well as great food and area vendors selling their wares. The historic Pleasant Grove House & Museum will be open for tours. \$5 adults and teens. For details, visit www.oldfarmday.org.

Apple Harvest & Apple Butter Festival

Drumheller's Orchard
1130 Drumheller Orchard Lane - Lovingson
Saturday, October 17 thru Sunday, October 18
9:00 a.m. to 5:00 p.m.

Features apples, apple butter, cider, honey, country hams, pumpkins and baskets. Food available for purchase. Apple sling shot, arts and crafts, bouncy houses, hayrides and corn maze. Free parking and entertainment. For details, visit: www.drumhellersorchard.com.

21st Annual Spirit Walk

Friday, October 23 (Oakwood Cemetery)
Saturday, October 24 (Court Square)
Sunday, October 25 (Oakwood Cemetery)
Friday, October 30 (Old Albemarle Jail)
6:00 p.m. to 9:00 p.m.

Join the Albemarle Charlottesville Historical Society and meet residents from our community's past. Come learn their stories as they are vividly brought to life for you. Advance tickets are \$12 for adults; \$8 for children 10 and younger; at the gate \$15 for adults; \$10 for kids. Purchase online at www.albemarlehistory.org or by phone (434) 296-1492.

Crozet Arts & Crafts Festival

Claudius Crozet Park - Crozet
Saturday, October 10 thru Sunday, October 11
10:00 a.m. to 5:00 p.m.

Celebrating 35 years in 2015, the Crozet Fall Arts and Crafts Festival is Central Virginia's premier fine art and craft event. 120 juried artisan exhibitors bring fine art, pottery, woodwork, fiberwork, jewelry and more to Claudius Crozet Park. Live music, great food, Virginia beer and wine. For details, visit: www.crozetfestival.com.

Fall Fiber Festival & Montpelier Sheepdog Trials

James Madison's Montpelier
11407 Constitution Hwy - Montpelier Station
Saturday, October 3 thru Sunday, October 4
10:00 a.m. to 5:00 p.m. (4 p.m. on Sunday)

Activities for all ages include workshops and hands-on craft demonstrations, animal exhibits, competitions, fiber/craft vendors, music, food and the exciting sheep dog trials. \$5 adults. For information, visit www.fallfiberfestival.org.

Annual Gordonsville Street Festival

Main Street - Gordonsville
Saturday, October 3
10:00 a.m. to 4:00 p.m.

Many booths of food, raffles, crafts and more; several groups of entertainment.

Graves Mountain Apple Harvest Festival

Graves' Mountain Lodge
205 Graves Mountain Lane - Syria
Saturday, October 3, 10, 17

Sunday, October 4, 11, 18; 10:00 a.m. to 4:30 p.m.
Graves famous food, live Bluegrass music & cloggers, arts & crafts, hayrides, horseback rides and more. Pick your own apples, pumpkins & gourds. Watch kettles of apple butter cook over an open fire and get a warming bowl of Brunswick Stew. Details at: www.gravesmountain.com.

Looking for a Reliable Service Provider?

Look no further than our website (www.our4seasons.org). There you will find resident recommended service providers who handle a multitude of jobs including:

- Additions/Remodeling
- Appliance Repair
- Auto Repair Shops
- Cleaning – Carpet & Upholstery
- Decks & Patios
- Dentists
- Doctors
- Electricians
- Gifts & Art
- Hair Salon/Barbers
- Handyman Services
- Handyman/Construction
- Heating and Air
- Home Care
- Home Improvement
- Landscaping/Lawn Maintenance
- Painting
- Photography
- Plumbers
- Siding Replacement

This list includes only service providers recommended by at least one Four Seasons resident. For each service provider, the number of resident recommendations is shown if more than one (and if any residents have reported negative experiences with that provider, that is also shown).

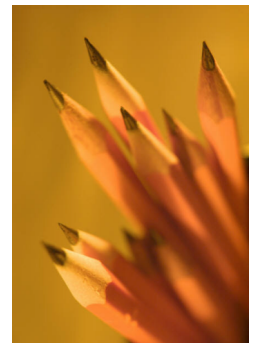
The accuracy of the contact information is not guaranteed to be correct. Let Terry Pratt (twpratt@aol.com) know if you find errors or if you want to add other providers to the list.

Writer's Group Provides Encouragement for Creative Souls

"We are all apprentices in a craft where no one ever becomes a master."

Those words by Ernest Hemingway capture one the reasons why the Four Seasons Writer's Group is such a valuable outlet for wordsmiths in our community. Writing is a solitary endeavor. Having a gathering of other like-minded souls to share ideas, review pages from an undone masterpiece, explore ways of presenting new material...or just planting a seed by saying, "Hey, that would make a GREAT book!" – is such a shot in the arm to anyone who knows what it's like to put pen to paper (or fingers to a keyboard!).

The Writer's Group meets every other Monday at 10:00 a.m. in the clubhouse. Each week we have an informal conversation about what we're all working on – or what we'd *like* to be working on!! We are a very eclectic group of men and women – some published, some not; poets; novelists; historians; fiction writers; non-fiction writers; children's writers; and everything in between.



If you have ever toyed with the idea of writing, whether for fun or for profit, then this is the group for you!

Contact Chris Sauter for more information:
jcsauter289@gmail.com

Is Your Glass Half Empty or Half Full?

Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one's surroundings are good.
It's not true that good exists
I'm sure you can agree that
My reality
Creates
My attitude
It's all beyond my control.
And you'll never in a million years hear me say that
Today was a good day

--Author Unknown

Now read the poem from the bottom to the top!

Quite an interesting perspective, isn't it? When read from top to bottom, the poem focuses on the misery of life and tells readers that today is "the absolute worst day ever." But read the poem from bottom to top, and its message is one of hope and creating your own destiny.

We've all heard the phrase "The Power of Positive Thinking," and it turns out that optimism can actually improve your health. Researchers at the Mayo Clinic continue to explore the effects of positive thinking and optimism on health. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

Thanks to Larry Miller for providing this inspiring piece!

Classifieds

For Sale

Lovely, lady's metallic lavender Trek Cruiseline bike; 26 inch with white-walled Bontrager tires; Shimano 3-speed easy-hand-shift with coaster brakes; rides well on the roads in our community.

Schwinn bike helmet included.

\$175.00 or best offer.

Call Larry Miller at [434-990-1161](tel:434-990-1161).



The posted speed limit throughout Four Seasons is 25mph. Please remember to slow down when driving through our community and remind your guests to do the same. Thanks!

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

The Mountain Breeze **at Four Seasons Charlottesville**

*Published bimonthly for the
Four Seasons Charlottesville Community
by the*

Communications Committee

Don Brady, chairman

Joanne Lattiak, newsletter editor

Larry Miller, Terry Pratt, Vera Reece

Arnie Silverman, and Dianne Wilson

Next issue deadline: November 1

Any fact, opinion, or information expressed in an article is that of the author and not of the Four Seasons at Charlottesville Community Association, Inc. The representations, opinions, facts, or information set forth in the articles are not binding on the Association nor are the views and opinions expressed in the articles the views or opinions of the Four Seasons Community Association. This publication is provided for information purposes only. All content is copyright protected, copyright 2015 by the Four Seasons at Charlottesville Community Association, Inc.