



The Bench Brigade at Sunrise Park!

A great big thank you to everyone who came out to help with the benches and landscaping at Sunrise Park, whether that meant making a bench, staining, loaning equipment such as the post digger or work horses, or just offering a little guidance about moving to the left or right. Thanks to: Vibe Weber, Lil Russell-Nicolai, Len Lattiak, Tim & Rhonda Meyer, Dixon Clark, Marty Cavanagh, John Widomski, Regina Healy, Spencer Crute, Rauzelle Smith, Ken Weissman and anyone else I may have missed who donated equipment, time and sweat equity that created this wonderful respite here in Four Seasons!



Letter to the Editor

"I'm beginning to wonder if the Stop signs located here in Four Seasons might have morphed into something else and consequently, no longer require a vehicle to stop when approaching it. I've noticed this happening (more than once) at the Stop signs located at Greenecroft Blvd/Four Seasons Drive and also at (first) Mistland Drive/Four Seasons Drive.

I'm not aware of a law, but it's possible there is one, that says a vehicle can drive right through a Stop sign when there are no other vehicles on the road—no slowing down, no one second brake, just go on through as if the Stop sign wasn't there. I hope you'll let me know if there is such a rule.

So — can you put something in the next issue that deals with this? Yes, it's another complaint from me about vehicles and their owners who live, or visit, this community. One other thing -- I hope you will continue to include those reminders about the 25 mile per hour speed limit; I still see, and hear, a large number of drivers ignoring it.

Many thanks to all of you for your hard work on The Mountain Breeze; it continues to be a great read!"

Eleanor Busa
646 Four Seasons Drive

Craft Group Meetings

Thanks to Cory Ryan for sharing some photos taken at the craft group meetings from October and November. In October they made skeleton food craft and also Halloween cards. In November, they made autumn wreaths.



Welcome New Residents!

Tom and Rhea Linkous



Tom and Rhea didn't move too far, coming from nearby in Ruckersville to their new home at 94 John Rucker Drive. They have been married 52 years and have four children, six grandchildren, and three great-grandchildren.

Tom hails from Clintwood, VA, and Rhea was born in Plattsburgh, NY. Tom owned an automobile repair shop and is a licensed real estate broker. Rhea worked in the banking industry and was a bookkeeper.

Tom likes to play golf. Rhea also plays golf and enjoys playing cards and knitting.

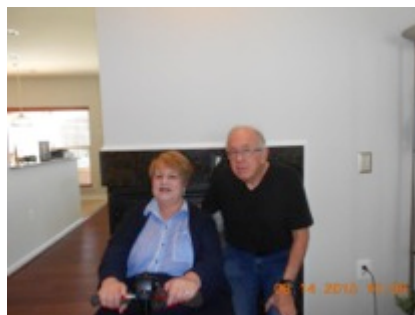
Larry and Kija Prine



The Prines recently moved into 149 John Rucker Drive, coming from San Antonio, Texas. They have been married 36 years and have a daughter and four grandchildren.

Larry hails from Darlington, Wisconsin, and Kija was born in Busan, Korea. Larry retired after 30 years in the U.S. Army as a Chief Warrant Officer. Kija was a cafeteria manager. Kija enjoys gardening, and Larry likes hunting and fishing.

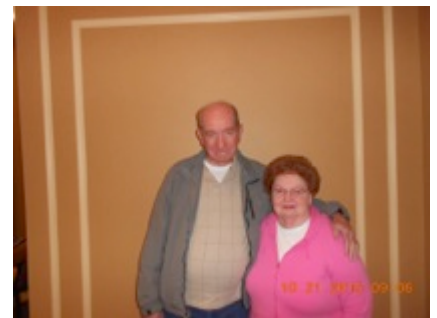
Gene and Mimi Rabois



Gene and Mimi moved into 95 Prestwood Drive, arriving here from Rockaway, NJ. They have been married 49

years and have two children and two grandchildren. Gene was born in the Bronx and Mimi in Brooklyn. Gene was a CPA, and Mimi was a school teacher. Gene enjoys playing pickle ball and racquetball. Mimi enjoys bridge and Mah-jongg.

Carl and Genny Noe



The Noes moved into 350 John Rucker Drive, coming from Manassas, VA, and South Carolina. Carl and Genny have been married 54 years and have two children and two grandchildren. Tom hails from Harlan County, Kentucky, and Genny was born in Chehalis, WA. Carl is a retired Army Warrant Officer, and then worked for a defense contractor. Genny worked in a dental office for 30 years.

Carl is a sports enthusiast and loves old western movies and TV shows. Genny does scrapbooking of old photos, crafts, and cooking.

Bird's Nests

The guys bragged about Coleen Sizer's treat at the men's coffee so she has graciously shared her recipe with us! Coleen said they could be frozen and are great for portion control. The one she made for the men's meeting featured chop ham instead of bacon

Ingredients

Hash Brown Nests

- 20 oz. bag refrigerated shredded hash browns
- 4 Tbsp. vegetable or olive oil
- 1 tsp. kosher salt
- ½ cup grated sharp cheddar cheese
- Pinch ground black pepper

Instructions

1. Spray a 12-cup muffin tin with non-stick spray. Spray generously to keep the cheese from sticking.
3. Preheat the oven to 400 F.
2. Mix all of the ingredients together in a large mixing bowl until combined.
3. Scoop about 1/3 cup of the hash brown mix into each muffin tin. Press the hash browns down into the tin and up the sides. Let it come up over the top a little bit, as they will shrink down once baked.
4. Bake in preheated oven for 25-30 minutes until golden brown on the bottom.

Ingredients

Filling

- 6 large eggs
- 3 Tbsp. heavy cream or half and half
- Pinch of kosher salt and ground pepper
- ½ cup cooked and crumbled bacon
- 1 cup shredded Swiss cheese (or melting cheese of your choice)
- 1 packed cup of chopped fresh spinach leaves

Instructions

1. Scramble the eggs together with the cream and salt and pepper in a large measuring cup with a spout.
 2. Divide the egg mixture evenly among the muffin tins, filling each about ¾ of the way full.
 3. Sprinkle on a handful of bacon, then spinach, and then top with the cheese.
 4. Bake at 400 for 12-15 minutes, until the cheese has melted and the egg is no longer runny in the middle.
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Things My Mother Said and Why



“If you like it, I love it.”

“If you like it, I love it.” Those were the words I heard when I would half complete a task, thinking my mother would come along and finish it, particularly when I was ironing and wanted approval, knowing it was half done. But she would just say, “If you like it, I love it.” So, if you have any expectations of right from wrong, and good from bad, do what’s right and complete your task the best you can. Save yourself the time and frustration of having to re-do your work. I knew before I asked for approval I had done a poor job.

Lucille Stout Smith

Guess Who???

Some of our past newsletters had a fun little game called Guess Who in which we included a photo of a resident (taken at a much younger age). Residents then guessed who was in the photo and the answer would be revealed in the next issue. We’ve resurrected that challenge in this issue. See if you can guess who this cute little 5-year-old is!



Our Beautiful Lake Rucker!

Thanks to Dave Katz for sharing these spectacular fall photos of Lake Rucker. How fortunate are we to have this beautiful lake in our community!



Welcome Committee Greet Newcomers!

As a subcommittee to the Communications Committee, a Welcoming Committee has been established to greet new residents to Four Seasons. This subcommittee consists of Larry Baker, and Joe and Vera Reece.

As part of this process, a Welcome Kit has been created to provide new residents with information that we hope will make their introduction to our community easier. The kit consists of such items as our calendar, phone directory, community map, activities guide, etc. Most of the items in the Welcome Kit are available on our Community Association Website. A welcome letter from our HOA director is also in the kit. Jeanne Kibler keeps the kit at the front desk so all items are current.

Once new residents have settled in, a meeting is scheduled, usually at the Clubhouse, to “officially” welcome them to our community.

The Welcome Committee gives a brief overview of our community and Vera reviews the items in the kit. Larry then gets a short bio and Joe takes their picture. The bio and picture are submitted to Terry Pratt who puts it together and places it at the front desk so residents can get to know our new neighbors. Joe also takes a picture for the community photo directory.

New residents seem very appreciative of the process and the Welcome Committee enjoys meeting and welcoming them to our wonderful neighborhood!

Exercise 101 for Beginners!

It's no secret that the Four Seasons clubhouse has an incredible exercise room with equipment designed to work every part of your body. But if you've not exercised in a while—or not at all—you may be a little intimidated by the equipment. Rhonda Meyer, who is a physical therapist, drafted fellow resident Regina Healy to demonstrate a beginner's routine for individuals who are in fairly good health but who have not exercised in a while.

Your Exercise Card

If you look in the little alcove, you'll see a file with blue and yellow cards in it. The blue card is a strength training log; the yellow card for the weight equipment. Take one out and fill in the exercises you will be doing so you can keep track of your progress.

Warm Up

An important part of any routine is to start with a mild cardio exercise to warm up. Rhonda suggests using the NuStep.



"The nice thing about NuStep is the seat swivels so you can easily get in and out," said Rhonda.

Another option for warming up is either the stationary bike or the recumbent bike. The latter, called the Cyclone, is the one Rhonda prefers. "This is better for newcomers," she said. "It stabilizes your back and is easier to get on and off. It also reads your heart rate, which is a nice feature of this machine."



"Nothing should hurt," she said. It should be nice and casual and make adjustments so you're properly aligned. Do ten minutes with no resistance, just nice and easy, on workload 1. You're just looking to get your heart going."



Pull Down



This machine targets the lat muscles and works your trunk muscles for good posture. Sit comfortably with your head and back straight and just pull down.

Arm Curl (or Bicep Machine)



This machine is fairly self-explanatory. It is designed to strengthen your bicep muscles. Be sure to rest at least 30 seconds between reps and always check the pin to make sure the weight isn't too much for you.

Row Machine



Like the Pull Down, this machine also works the trunk muscles. Sit in an upright position. "It's important to lean into the bar because that's what stabilizes you and you use your arms," Rhonda said.

Arm Extension



This machine strengthens the back of the arms and tightens those "grandma handles."

Rhonda suggests starting at 20 to 30 minutes per session, two or three times a week (always take a day off between sessions). Work at one program for a month and then gradually adjust (longer/harder) from there. If you forget how to use a particular machine, just refer to the posted self-explanatory pictures.

Continued on next page

Exercise, cont'd

Most importantly, however, is that before starting any exercise program you get cleared from your doctor that it is safe for you to begin a cardio program. You also should learn how to take your resting heart rate.

Rhonda is a firm believer in the benefit of exercise and is enthusiastic about all of the options available at the clubhouse, especially the pool, where water aerobics is offered every Tuesday and Friday mornings. Participants stretch and swim and then relax in the spa.

“Cross training is important because you use all of your muscles, so water aerobics and walking will be helpful,” Rhonda said. “Water aerobics offers non-impact aerobic exercise for 50 minutes for both men and women. In the pool area there are kickboards and water dumbbells for arm exercises as well.”

If anyone needs additional help, you can contact Rhonda directly: rhondation@yahoo.com, or 561-573-3320.

Breakfast Buddies

Okay—I no sooner tell you all about the benefits of exercise and now I'm going to do a review of breakfast places around town that will offer you temptations to undo all your hard work!

It's no secret that Len and I enjoy going out for breakfast as often as we can. It is our favorite meal out and it sets the day for us. We go out so often that some of the servers at our regular stops automatically bring us our drinks. At Rylie's Diner, the cook starts the omelets the moment he sees us pull into the parking lot! We don't patronize fancy or pretentious places—just local diners and restaurants that know the value of good food, a fair price, and customer service.

Here are a few of our favorites!

Rylie's Diner

Located behind Goodwill here in Ruckersville, the diner is hard to find for newbies but once found, it quickly becomes a favorite. If you want down-home, southern-style cooking, this is the place to go. The servers are very friendly and attentive. They have only six booths, but quite a few tables. If you arrive and the parking lot looks full, don't despair. They have a room in the back for overflow customers. The omelets here are truly outstanding and they offer daily specials, like country ham & eggs or breakfast club sandwiches. They don't offer discounts, but their food is reasonably priced and best of all, you won't leave hungry!

Olive's Grill

Across from Rylie's in the Countryside Shopping Center containing the post office and Vinny's, there's Olive's Grill. We were first introduced to Olive's by our daughter who bragged about their sub sandwiches. When we found out they also served breakfast—and open at 7am—we added them to our list of regulars. Like Rylie's, this is a diner that will give you a simple, home-cooked meal for a reasonable price—all on Corelle dishes!

Sam's Kitchen

We were so happy when Sam's reopened a few years after his previous restaurant further up Route 29 burned down. Located in the Woodbrook Shopping Center, this is one of our favorite places because of the sheer volume of choices on their breakfast menu and their breakfast board (which changes daily). The food is delicious and served quickly. Their home fries are some of the best in town. I especially like their breakfast sandwich on a bagel and it's one of the few places that serves Polish sausage and eggs, a favorite of Len's. The restaurant is large so there's always seating. We have a favorite booth by the window and when we walk in and it's taken, Amy (one of the servers) always teases us about that.

IHOP

Okay—this is a chain and the only chain you'll see on this list—but what we like about IHOP is that it has a senior menu with many of the same items and the same size as those on the regular menu, except for less money. They have a very large selection of menu items and daily specials. Plus, if you fill out the online survey when you get home, you get a code number and then can use your receipt for a free short-stack of pancakes on your next visit.

Note: If you want a booth, you need to ask for it because 9 times out of 10 they'll try to seat you at a table in the back!

Cavalier Diner

Len and I affectionately refer to this restaurant as, "the Republican hangout" because when we first started going there, we noticed that a Republican political group met there on a regular basis. They also had a server who always brought an anti-Clinton joke to our table without bothering to ask our political preference! One of the owners, Ritzy, is a hockey fan and always engages Len in conversation about the Blackhawks...so you have to know it's one of his favorite breakfast stops now! The Cavalier Diner has an enormous breakfast menu, with daily specials and discounted items before 10:00 a.m. The food is always hot, delicious and served quickly and breakfast is served all day!

The Villa

This is about as close to UVA that we will go while classes are in session. Its menu is similar to the Cavalier Diner in many ways, but the restaurant is a little older, a little larger and has all booth seating. The Villa features a large all-day breakfast menu, including early morning specials, all of which come out quickly. Servers here are very friendly and attentive. Because of its close proximity to the university, it attracts a more intellectual crowd, so while eavesdropping is normally rude, at the Villa, it's an education!

Tip Top

If you are so inclined to drive up to Pantops, then Tip Top is a definite stop for breakfast. This is a favorite among seniors who live in the 55+ communities in that area, as well as for hospital staff or outpatients coming from Martha Jefferson. The place is always crowded, but because it's so large, seating happens quickly. Tip Top has an enormous breakfast menu and like the others we've highlighted, has very friendly, attentive servers who get to know their customers and make you feel like you've come home for breakfast every time you're there. Food is delicious and served quickly. You won't go wrong here!

Bluegrass Grill & Bakery

Going even further into town, if you happen to have an appointment at UVA Medical Center or are headed downtown for any reason, you should stop at the Bluegrass Grill & Bakery at 313 2nd Street SE. This is a very small restaurant, so it's normal to have to wait for a table. Bluegrass is a homey café with some very unique dishes with names like The Hungry Norman, Gia's Revenge, or Pig Candy. They have traditional breakfast items and quite frankly, their Denver Omelet is the best I've ever had. Parking is a problem, though. Expect to find street parking or park in the adjacent garage. Also, bring cash or a check---they don't take credit cards.

Do you have a favorite restaurant you'd like to review? We all love to go out to eat and to find a new gem in and around Four Seasons, so if you have a special place you found, tell us about it and we'll print it in the next newsletter! Send to: lattiakj@gmail.com.

Volunteers Are Life Blood of Four Seasons

One of the many reasons why Four Seasons is such an exceptional community to live in, is because of the selfless dedication of residents who volunteer to serve on our various committees. We definitely know how to step forward and take responsibility for our own well being. We thought we would tell you a little about a few of our committees in the hope you'll volunteer should an opening occur. It is a great way to meet people and by serving your community, you get the satisfaction of knowing you played an important role in maintaining the high standard of living we've come to enjoy here in Four Seasons.

Landscaping & Grounds Committee

The Landscaping & Grounds Committee is responsible for the maintenance, preservation and enhancement of the grounds of the community. The L & G committee meets once a month on the third Monday of each month at 9:30 a.m. (During the winter months, the committee may choose to not meet in a particular month). **Currently there is one opening on the committee.**

Nominating and Election Committee

The Nominating and Election Committee is the only committee that has Policies and Procedures that shall govern the election of directors.

1. Call for Nominations
 - Establish a Timeline no later than 90 days prior to the election
 - Committee will verify the number of vacancies
 - Members will be notified of the opportunity to submit nominations by email
 - Meet the Candidates Forum
2. Candidate Eligibility
 - Member is in good standing with no delinquent payments or has no violation of rules, regulations, or covenants.
3. Nominating Process
 - May self-nominate
 - Members may nominate other members as long as that person is willing to stand for election.
 - Interested nominees shall be required to notify the Chairperson of their intent to stand for election by email.
 - Nominees are invited to submit a resume of no more than 200 words.
 - Slate of candidates and resumes are submitted to the Managing Agent (MSC) for distribution with the timeline.
4. Proxies
 - MSC will distribute the proxies according to the Bylaws of Four Seasons at Charlottesville Community Assoc. Inc.
5. Voting Eligibility
 - Each dwelling will get one vote
6. Counting of Ballots
 - MSC will have 2 inspectors or representatives for counting
 - N&E Committee will have 2 representatives for counting

7. Announcement of Results of Election

The inspectors will submit certified tally of all votes cast in person or by proxy.

Names of the officers will be announced in alphabetical order by last name.

All ballots and proxies are available for inspection by members.

All ballots and proxies will be stored by the Association for one year.

8. Term of Office

All members elected to the Board will serve for two years.

“This may look really regimented but it is a lot of fun,” said chair, CJ Besanson. “We only meet three times a year from April to September. After the election we do a Lesson Learned meeting within two weeks after the election, which would be the fourth meeting. **At the present time we do not have any openings.**”

Budget & Finance Committee

The Budget & Finance Committee advises the Board and informs HOA members as to financial matters. We review and comment on monthly management reports (including the balance sheet and income statement). We make recommendations about investment options, the replacement reserve study and the proposed annual budget. We meet once a month, with two additional budget-related meetings in October.

Peggy Tennison suggests that members [a term she prefer to “residents”] attend a meeting, and then read the charter, of any Committee to which they believe they can contribute. “I don’t think I can make a stronger argument in favor of joining a Committee than to point out that the Committees advise the Board about the rules and limitations imposed on us, the services and amenities provided to us, and funding for everything that the HOA must do,” she said. “Every member is affected by the decisions made by the Board in consultation with the Committees.” **There’s no opening on the Budget & Finance Committee right now.**

Buildings and Streets Committee

The Buildings and Streets Committee has responsibility for oversight of maintenance of the Clubhouse, Gatehouse, and Entry Tower (the “buildings”) in Four Seasons and also the streets, walking paths, sidewalks, mailboxes, street signs, curbs and storm drains (collectively, the “streets”). We work closely with MSC to determine what maintenance is needed and the priority and timing and cost. This is an interesting committee to serve on if you have an interest in being sure that all these elements of our physical infrastructure at Four Seasons are maintained well and cost-effectively. No special expertise is needed. We provide oversight and occasionally help with some minor maintenance issues, but mainly we serve as additional eyes to note maintenance issues that need to be addressed around the community, and then bring them to the attention of the MSC staff.

Currently we have six members and are looking for one additional member. Please apply if you are interested. We meet monthly for an hour or less, and also exchange emails if needed, so the amount of time involved in serving is modest. Contact the Chair, Terry Pratt, if you would like more information.

FOUR SEASONS HIKING GROUP

By Joe Brennan

On, Nov. 17, Sharon Schinstock, our current leader, suggested that our little group might explore the open spaces behind the Clubhouse. Joe Brennan, the only other hiker there, readily agreed. And off we went.

This is the first time the group hiked the closest available trail. However, the word "trail" is used advisedly as we tried (and most of the time, succeeded) to follow old construction paths. When those ran out, we usually found ATV tracks to walk in. When those ran out, there were always deer trails for us. Well, almost always. Twice we found ourselves wishing we had brought our machetes (neither one of us owns a machete, but that's another story).



On our 1½ hour hike we estimate the distance was about 2 ½ miles, clearly demonstrating that we were not in any hurry. However, we did discover some interesting items, such as:

1. The fenced in area in which the construction crew for FS stored their working vehicles.
2. An old porta-potty lying fore-lonely on its side.

3. Unused sewer pipe parts hiding in the growing weeds.

4. A short stout fellow we could not approach as he was guarded by tough growth. Later we saw his brother at a retention pond.

5. The device previously used to fill the tank of a water truck from a retention pond.



In the 4½ years that we have been hiking in this area, we have visited a long list of parks, forest preserves, and natural areas. We usually walk about 2 or 3 miles, and the longest hike was probably about 5 miles. Most of these adventures happened in Albemarle County. They have an extensive system of open and well-cared-for parks, both in and out of the town of Charlottesville. We have hiked trails off Skyline Drive and in nearby counties.

We are happy to welcome both new prospective hikers and those we haven't seen for a while. We carpool from the clubhouse at 9:00 a.m. every Wednesday.

For more information, contact Sharon Schinstock at (cell phone) 520-234-7507, or Joe Brennan at 990-9913.



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

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