




Letter from the President

It has now been over ten years since I stood  looking at earth moving equipment leveling out Phase I of this community. In November of 2006, I remember wearing a hardhat as I stepped through the framework of our house as it was among the first ones being constructed. There was only the sound of construction equipment and the wind rustling through the dried leaves. As a community, we have come a long turbulent way since then.

Since this a community of senior citizens, we have had to say many goodbyes, but we have also welcomed many new residents. This has been especially true this past year. Some of our residents are quiet and keep to themselves and some are involved in the operational and social fabric of the community. I want to give another round of praise to those who volunteer their time and energy to helping the community and caring about their neighbors.

The Board has worked this past year to update the **Bylaws** and the **Rules and Regulations**. If you have not read the new versions, please take some time to look at them. A coordinated effort to update the **Design Guidelines** will soon get underway.

While the regular activities at the Clubhouse continue at a good pace, the special use of the Clubhouse by residents has been extremely rare for the past year. We encourage everyone to consider having birthday parties, anniversary parties, and other kinds of events at the Clubhouse. Even as the Association is working to maintain the Clubhouse as a benefit to the residents, it seems that residents are just not booking special use events. The revised **Rules & Regulations** has made some changes to the process, however, the Board would like to hear any ideas on how to make the process easier and keep the costs reasonable. If the process needs to be changed, the Board is open to address that.

New homebuyers after January 1, 2017, will now pay a Subsequent Member Fee that has been set at \$800. The number of homes sold in the community has peaked in 2016; we expect that trend will continue as home values are up some and residents are become more senior. While prospects for a new builder in the short term have not been that encouraging, we will not let that deter us from keeping the community vibrant and friendly.

The 2017 Budget has been approved with the same Base Assessment as the 2016 Budget. However, the Board will instigate long range planning in 2017 to examine all projected

Continued next page

Letter from the President, continued

expenses and sources of income for the next several years. The status quo will be changing as will the need to adopt good business practices in order to keep the Association financially sound.

Like the population at large, there is certainly going to be some differences of opinion among the residents on how things are done. However, we primarily need to be good neighbors to all of our fellow homeowners. No resident should ever have to come to the Board with a complaint of mistreatment or scorn by another resident. Let us just treat everyone as family; and that sometimes requires a bit of extra patience and effort.

Keep waving to each other,

Larry Miller, Association President

More CDs and DVDs Await You in the Clubhouse!

Jeanne reports that she received a donation of over 100 box-office hit movies on DVD. Those of you who enjoy checking out movies will want to come and see the additions. To borrow a movie, all you have to do is complete the sign-out sheet. There is no time limit to how long you can keep them, but you will be reminded to return a movie if you have a certain title that someone else is looking for. All movies are on the second shelf in the card room, including children's movies that are always nice to have when you have visiting grandchildren. There are also books on tape and non-fiction books that are kept in the small office space in the learning center. Truly something for everyone!

Gentlemen's Coffee Club Members Thank Outgoing Host Larry Baker

After 6+ years, Larry Baker stepped down as head of the GCC. He did a great job and his dedication and hard work has been truly appreciated.



The men wanted to acknowledge their appreciation to Larry with a gift. Since Larry always rang a bell each Friday to bring the men to order, Dave Katz and Joe Reece got together and ordered an engraved bell and presented it to Larry on October 7 on behalf of the GCC.

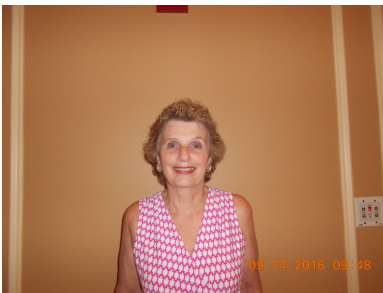
Welcome New Residents!

We would like to welcome several new residents who have recently joined our Four Seasons community!



Nick and Barbara Harlowe recently moved into 676 Four Seasons Drive, coming from Kitty Hawk, North Carolina.

Nick and Barbara have been married for 53 years. Nick hails from Mineral, Virginia and Barbara was born in Cullman, Alabama. Nick worked for DuPont and Barbara worked for the Virginia State Police in the Human Resources Department. Both enjoy playing golf!



We also want to welcome Maureen Macaleer. She recently moved into 692 Mistland Trail, coming from State College, PA.

Maureen has three children and four grandchildren. She was born in Saco, Maine. She worked at Penn State University as a fundraiser for the College of Engineering.

Maureen enjoys sewing, hiking and reading.

Welcome all!!

Craft Group Creations

Our Four Seasons Craft Group, headed by Cory Ryan, has been busy putting their creativity to work at both the October and November meetings.



In October, the group appropriately painted pumpkins.

While in November, they were all about constructing and baking various cinnamon rolls and a cinnamon Nutella bread ring.



Modifications Committee Processes Record Number of Compliant Modifications!

To: All Four Seasons Residents

From: Modifications Committee

On 18 June 2016 an email from the Modifications Committee was sent to all residents asking, "Are modifications to your property in compliance?" That was the beginning of our campaign to assist you to ensure the modifications to your property were compliant, and if not, we were ready and willing to assist.

The Committee sincerely appreciates your willingness and cooperative spirit to account for your modifications, for which the entire community will reap the benefits. The campaign has ended, but if you have modifications you have not reported, we strongly encourage you to submit your modification application.



The campaign ended 10 October 2016. On behalf of the Modifications Committee, I am happy to report the following results. We processed 41 applications, 8 were for new modifications, and 33 were for compliance. We cannot over emphasize that, non-compliance of modifications will be addressed when information is requested by Management Service Corporation (MSC) for resale of your property. Beware, non-compliance will delay the sale of your property.



If you have questions completing your application, or need assistance, please feel free to contact committee members for assistance. Our goal is to respond within five business days. We look forward to continuous service to our community. A special thanks to everyone for helping to make this process prompt and efficient.

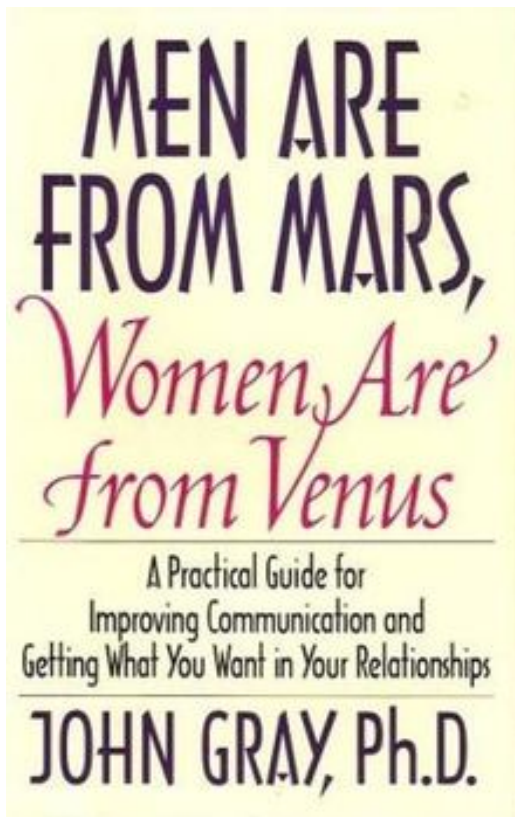
Respectfully,

Rauzelle Smith, Chair



Why a Balanced Viewpoint is so Important

In 1992, American author and relationship counselor John Gray wrote a book that changed the way we understood the relationship between men and women. *Men Are from Mars, Women Are from Venus* sold more than 50 million copies and was the highest ranked work of non-fiction of the 1990s, spending 121 weeks on the bestseller list.



What was so groundbreaking about this particular book? Simply put, it states that most common relationship problems between men and women are a result of fundamental psychological differences between the sexes. One example is men's complaint that if they offer solutions to problems that women bring up in conversation, the women are not necessarily interested in solving those problems, but mainly want to talk about them. The book asserts each sex can be understood in

terms of distinct ways they respond to stress and stressful situations.

While I won't go into details about Gary's hypothesis—you can read that for yourself if you haven't already—it does bring up an interesting point that we can consider within our interactions here in Four Seasons.

For instance, the Communications Committee currently consists of two men and four women. For the past few months, we have been reviewing the Four Seasons website, offering insights as to how it can be improved. What we found so interesting was that the men gave a completely different perspective than the women. The men were more into the mechanical and technological aspects of the site, while the women focused on the aesthetics and presentation of the copy on specific pages. Because both were providing insights from their particular perspectives, we had a balanced, well-rounded approach as to what would make our website easily understood and maneuverable by both men and women in our community.

So why do I bring this up? In the last two elections, there have been women nominated to board positions and in neither case were elected. As a result, our current board is comprised of all men. While women have been elected to the board in the past, and certainly our present board is filled with competent, experienced men who we can trust to safeguard the community's interests, it does lack the wisdom of the feminine perspective. Hopefully, residents will keep that in mind when the next election cycle comes along. Yes, men are from Mars, but having some Venetian women on the team would be a good thing, too!

---Joanne Lattiak

Writer's Group Hosts Special Guest

On October 4, 2016 at the regular meeting of the Four Seasons Writers Group, the group hosted special guest, Andi Cumbo-Floyd. Andi is a writer, editor, writing coach, and author. She provided the group with great insight on what it takes to be a good writer and how to get your book published.

Andi recently published the book, *The Slaves Have Names*. The book tells the stories of the people who were enslaved on the Bremo Plantation in Fluvanna County where she was raised. She shared her wonderful journey of getting to know them through her writing. She also recently published, *Writing Day In and Day Out*, a book with some tips, reflections, and personal stories about the life of a writer.

During the session, Andi asked members to provide an overview of their writing style and interests. She went on to provide us a wealth of information on: 'From Beginning to End: Draft to Publication' knowledge of writing. We discussed drafting, revising, editing and the publishing of a book.



Andi teaches writing, coaches writers, edits manuscripts for other writers, and runs writing retreats at her farm in the town of Radiant in Madison County, Virginia. She holds an MFA in Creative Writing and an MA in Literature, and has taught at several colleges and universities around the country, including George Mason University, Cecil College, Stevenson University, Santa Clara University, and Solano College.


It was a very successful and rewarding day for the blooming Four Seasons writers, as they had an opportunity to ask questions and receive answers on their quest to someday become published authors.

--- Lucille S. Smith

Resident Has Book Signing at Barnes & Noble



Speaking of published authors, resident Joanne Lattiak had a book signing at the Charlottesville Barnes & Noble on October 8. Joanne, who writes under her maiden name of DiMaggio, was there to promote her third and newest book, *Karma Can Be a Real Pain*. Many Four Seasons residents came out in support of Joanne, who gave a 45-minute talk about the research that went into the book and then stayed to sign copies.



**You are invited to a Four
Seasons Art and Craft
Show and Sale**

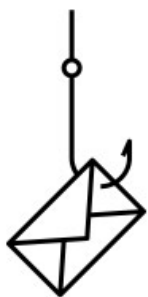
Friday, November 18th

**1pm—4:30pm
at the clubhouse**

Your creative neighbors participating are:

**Nancy Clark
Ann Brady
Cory Ryan
Dave Katz
Sue Stover
Dianne Ferrante
Toni Tucker
Diane Wilson
Regina Healy**

Drop in to shop for the holidays!



Once upon a time.... *the Internet was a benign and wonderful place...*

Well, it's still wonderful, but in the years since it was a government-funded military / scientific network and became the commercial behemoth that we know today, very creative criminals have directed their attention to cyberspace.

As users of email, we're probably on the lowest -but largest- level of targets of phishing, hacking, and fraud. It costs virtually nothing to send email messages, and any return makes the effort worthwhile. Horror stories abound so it's not surprising that many of us are reluctant to even use email—but a close look at our messages can keep us reasonably safe.

1. *Check the sender.* Who is it, really? The sender's address is usually shown next to the name. Look carefully.

2. *Read the subject and message text.* Bad grammar is a bright red flag, especially if the message is from the FBI or the IRS or the White House and not a Nigerian banker or an Egyptian Customs agent or UK lawyer or

3. *See where the link goes.* The screenshot shows a typical attempt to get you to click on a link. While the text here shows Sign in to Online Banking put your mouse/cursor over the link - don't click!- to see where the link goes. hseggelsberg.com?? On that site there could be a form for your personal information or possibly a piece of malware intended to infect your computer. (Note: Any message, website, or document loaded from outside your own system is an open door. Be Sure Your Antivirus is current!)

From: Bank of America <zulken.filif@gator4026.hostgator.com>
Subject: Notification for verify your account
To: info@charlesedwin.com

Bank of America 

Dear Valued Customer :

As part of our security measures,:

Our system requires further account verification.

To restore your account, please [sign in to Online Banking](#).

but - if you mouseover the link, you see
<http://hseggelsberg.com/logs/jss/sippi/>

That's one very common example of a phishing expedition; there are countless variations but this basic inspection method will help identify them. The appeal is invariably based on simple greed, like the one at the left allegedly from Bernie Madoff who now wants to give back. There are no links to click but the sender was bernard.maadoff@gmail.com.

From: Bernard Madoff <bernard.maadoff@mail.com>
Subject: Help Me Make a difference 10:41 A
Reply to: bernard.maadoff@gmail.com
To: Recipients <bernard.maadoff> Other Actions

Hello Dear

I am Bernard Madoff the founder of wall street firm Bernard L. Madoff investment securities LLC in 1960 and was the former chairman of NASDAQ.I was accused of fraud worth over \$170 billion dollars and was arrested on Dec 11,2008 and on march 12,2009.I pled guilty to 11 federal crimes and admitted to operated the largest ponzi scheme in history.

Let me not go into much details.I have more than (20,000,000.00)Twenty Million Euros

Other approaches are intelligent and creative and might lure in victims that wish to avoid having their email discontinued or to reschedule a package delivery, but most are pretty transparent. Some are so pathetic they're hilarious but all are dangerous.

You've heard it before: to avoid being phished and hacked and infected, ***don't EVER click on any links from strangers.*** If you're not sure, have a close look at the email, trash it, and then delete it from trash to be sure it's neutralized.

Finally: at our age we've pretty much learned to trust our instincts. If you're unsure about any email, website, message, or alert that comes through the web, just ignore it. You have nothing to lose!

---Jill Probst

Good Things To Know About Drinking Water and Aspirin

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night? A cardiologist determined that heart attacks could be triggered by dehydration. Drinking one glass of water before going to bed avoids stroke or heart attack.

Ever wonder why people need to urinate so much at night time? Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.



Drinking water at a certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack

Water at bedtime will also help prevent nighttime leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin

Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of *the Journal of the American College of Cardiology*. Most heart attacks occur in the day, generally between 6:00 a.m. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. Aspirin has a 24-hour "half-life;" therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
2. Aspirin lasts a really long time in your medicine chest; for years. (When it gets old, it smells like vinegar).

Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside? There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. **Note:** There may be NO pain in the chest during a heart attack. The majority of people (about 60 percent) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and**DO NOT LIE DOWN!**

Do forward this message. It may save lives! "Life is a one time gift" (Let's forward and hope this will help save some!!!)

---Jill Probst

Lattiaks Celebrate 40th Anniversary...Twice

Len and Joanne Lattiak marked their 40th wedding anniversary with two celebrations. First they traveled back to Downers Grove, IL where they were married in 1976. They invited several members of their wedding party to dinner at Carriage Greens Country Club in Darien, IL where they held their reception.



A month later they drove to New York, boarded the Norwegian *Breakaway*, and took their first cruise, this one a seven-day excursion to beautiful Bermuda.



Both trips were very special and filled with many wonderful memories.

Landscaping & Grounds Committee News

The Landscaping & Grounds Committee would like to thank all those in the community who donated items for the Silent Auction held on the night of the Oktoberfest.



We also would like to thank all those who bid on the items and made the event a success. We will be using some of the funds to decorate the grounds for the upcoming holidays. The remaining funds will be used in the next planting season.

The L & G Committee recently planted two Norway Spruce in Northside Park. We also planted a River Birch for Sunrise Park. These plantings should complete the plans for both parks.



Mums were planted in pots at the gates and in areas throughout the community and were a real hit with everyone.

Holiday Festivities in Central Virginia

Looking for something different to mark the holiday season? Luckily for us, central Virginia abounds in holiday events. Here are just a few!

November 25-26 **Thanksgiving Open House at Horton** **Vineyards in Gordonsville**

Stop by for hot soup and Horton Norton chili. Browse for gifts for the wine lover and stroll through the vineyard. Special holiday wine discounts. \$10 includes glass

November 26-27 **Deck the Halls 2016 at Early Mountain** **Vineyards in Madison**

Virginia wine, seasonal food and local artisans. Santa's village, hayrides and cookie decorating for the kids. Pet friendly.

Holiday Events at Monticello! **November 25-28, 30; December 1-4** **Wreath Workshops**

These ever-popular workshops, in their 29th year, produce a gratifying and tangible end product: a beautiful holiday wreath. Materials are provided. Visitor Center. \$75.

November 27 **Holiday Open House** **9:00 a.m. to 4:30 p.m.**

Celebrate the beginning of the holiday season at Monticello's FREE Annual Holiday Open House. Be the first to see Monticello decorated as you stroll through the first floor at your own pace. Discover unique holiday gifts at the Shop, which will be offering tastings and treats.

December 9-10, 16-23, 26-30 at 5:15 p.m., 5:30 **p.m. and 5:45 p.m. each evening** **Holiday Evening Tours**

These small-group house tours, which include the Dome Room, offer visitors an intimate look at how the holidays were celebrated in Jefferson's time, plus the rare opportunity to experience Monticello after dark. \$55. Visit www.monticello.org for ticket info.

December 3
Louisa Christmas Festival and Parade
10:00 a.m. to 3:00 p.m. in Courthouse Square.
Christmas vendors. Parade starts at 2:00 p.m.

December 3
Christmas Open House at James Madison's
Montpelier; 10:00 a.m. to 5:00 p.m. in Orange.
Relax with a bit of history, tradition, and family-friendly activities, including visits with James Madison and Santa Claus, holiday music, decorating stations, cookies and hot cider. Open house mansion tours available until 4. Beer, wine, full menu at the Exchange Café available for purchase.

December 10, 14 & 17
After Hours at James Monroe's Highland
4:30 p.m. to 6:30 p.m.
Open-hearth cook Pat Willis will lead participants in making an apple pie and steamed pudding, which guests will enjoy by candlelight. While the desserts are cooking, guests will visit the Presidential guesthouse and museum spaces decorated for the holidays. Each session is limited to ten guests. Admission is \$28 per participant. Register at: highland.org/after-hours-at-highland.

December 31 **First Night Virginia – Charlottesville** **Downtown Mall.**

The mission of First Night Virginia is to bring families together and unite the community in all its diversity through the visual and performing arts in Charlottesville on New Year's Eve. Throughout the night, there are fabulous musicians, magicians, storytellers, puppet shows, and entertainers galore. First Night Virginia, a self-supporting nonprofit organization, is dedicated to high quality programming that is affordable, accessible, and alcohol-free. See infofirstnightva.org.



For more holiday festival ideas, visit
www.virginia.org.

**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*

Jill Probst, Vera Reece

Arnie Silverman, and Dianne Wilson

Next issue deadline: January 15

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.

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**

Greene Care Clinic Rental Issue

Many residents have asked "why the Greene Care Clinic's request to rent the clubhouse was turned down. For those who did not read the minutes of the special meeting the Board called to discuss this on September 13, here is a summary.

Greene Care Clinic is the free clinic in Greene County using only volunteer physicians to provide health care and medicines to low income uninsured residents of Greene County. The last two years the clinic has had a fundraiser at PVCC in Stanardsville complete with appetizers and a band. They wanted to have a catered dinner here on November 19th because PVCC did not have fully adequate facilities. They anticipated a max of 100 advance tickets sold to mostly Greene County residents. The Clinic has their own liability insurance for the event and intended to pay any service/cleaning charge fees.

Since the Greene Care Clinic request was only an inquiry for Clubhouse use, and no application had been submitted, a motion was made by Doug Miller that the Board consider for approval any actual request that might be submitted from them to use the Clubhouse. Jim Wilson seconded the motion.

Then the Board entertained input from Members in attendance before voting. After all was said and done, the Board voted 0-3-1 to **not** entertain a request from Greene Care Clinic for using the Clubhouse, despite expressing their support for charity and community support in the future utilizing the Clubhouse.

According to the minutes, a majority of the approximately 15 Members in attendance "*objected to this or any other event at the Clubhouse that supported the Greene county community at large. There were objections to having non-residents in the Clubhouse.*"