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## Don Love

President

### **An Executive Session of the Board of Directors was held on Monday, March 11.**

- At this meeting we received an update from our attorney on the transfer of the Lighting and Landscape District.
- The HOA and the city are in the final stages of the contract for the HOA to take over the LLD. The city is looking for a final decision of acceptance from us by April 1. We also received an update on the status of the agreement for the Waste Water Treatment Plant negotiations. Initially the transfer of the two projects was to happen simultaneously; however, it is quite likely that the WWTP will be subjected to a delay until we complete our due diligence.
- We have entered into a contract with AEI Consultants out of Walnut Creek to conduct a Phase 1 ESA study of the WWTP. Their technician has visited the site for the inspection and AEI will file their report with us, which we expect to receive toward the end of the month. One advantage of a successful report is that we will not be responsible for any prior activity if we are able to obtain a successful Phase 1 ESA report.

### **A Master Board meeting was held on Monday, March 11.**

- General Manager Ed Vitrano gave an update on the process and standing of the negotiations of the two projects. We will hold a special board meeting the last week in March with (time yet to be determined) for final approval of the LLD.
- The Town Hall scheduled for March 17 will be postponed and conducted prior to the special board meeting (date yet to be determined). We will email an e-alert announcing the date of the two meetings.

**The next Master Board Meeting is on April 8 at 2 p.m. in the Diablo Ballroom at the Vista Club.**

## TRILOGY AT RIO VISTA

D I R E C T O R Y

### **Master Association Board of Directors**

Don Love, President (6882)  
Noel O'Brien, Vice President (925) 348-4097  
Melissa Coleman, CFO (6874)  
Joel Auslen, Secretary (5808)  
Warren Oglove, Director at Large (3477)

### **District Delegates**

Village 1 - Tom Surh (5282)  
Village Oakmont - Leland Puryear (3510)  
Village Riviera - Barb Downs (501-5026)  
Olympic Village - Joel Auslen (5808)  
Saddle Rock Village - Roger Kohn (2737)

### **Committee Chairs**

Adult - Helen Bergoust (2436)  
Emergency Action Committee - Alan Levine (718-7907)  
Access - Andy Pestana (5154)

### **Village Board Presidents**

Village 1 - Larry Mork (3389)  
Village Oakmont - Walter Manos (2827)  
Village Riviera - Donald Seyk (6407)  
Village Olympic - Robert Sonnenburg (1460)  
Village Saddle Rock - Patricia Kohn (2737)

### **Association Administration**

**General Manager: Ed Vitrano** (4869)  
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**Assistant General Manager: Catherine Patrick**  
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**Activities Director: Debbie Dorn** (4204)  
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**Fitness & Spa Director: Kathy Erwin** (4205)  
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**Maintenance Director: Mike Oestreich** (4895)  
moestreich@actionlife.com  
**Member Services Coordinator: Cheryl Lucas** (4203)  
clucas@actionlife.com  
**Communications Coordinator: Andrea Stuart**  
stuarttrv@gmail.com

### **Club Numbers**

**Vista:** Front Desk (4200) Fax (2422)  
**Delta:** Admin Office (4843) Fax (4891)

### **Trilogy Living Editorial Board**

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,  
Joan Azlant, Kathy Erwin, Helen Bergoust

### **Commercial Advertising Manager**

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### **Resident Classified Advertising**

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### **Welcome Center/Front Gate** (4306)

trvwelcomecenter@gmail.com

### **Café Vista** (4202) **Nines** (4400) **Golf Course** (2900)

### **Shea Customer Service** 1-866-535-9989

## *From the Editor*



### **Andrea Stuart**

April has long been associated with the coming of spring, at least here in the northern hemisphere. The etymology of the name is said to derive from the Latin word "aperire," which means "to open." Symbolically, it's attributed to the blossoming life. Some attest that April was also named for Aphrodite, making it a sacred month for her. From wherever April hails, I have a penchant for the month of blossoms and new growth since my birthday is on the last day. Granted, I never know what the weather will bring this month since I live in California where April's climate is as fickle as a bonfire in a wind storm, but whether rain or shine; April seems awash in serenity and softness. Even after a little mid-spring sprinkle, the flowers eagerly sprawl out, fingering the air with their new leaves and exhaling the wild fragrances.

Celebrate April at the Spring Gift & Art Faire on April 12, where you will be able to peruse local vendors for one-of-a-kind knickknacks, artwork, and more while listening to music. Then tickle your funny bone with the clean comedy antics of Jeff Applebaum on April 18. And of course there's music on the horizon. William Florian will be here on April 26 to perform music with some '60s flare.

As usual, check out the community section to find out what's happening outside of the clubs and groups. Have a pet? Consider micro chipping them to ensure a safe return home if they ever get out. Want to change the meaning of "to protect and to serve?" Consider attending the Tip-a-Cop fundraiser where your local law enforcement becomes your wait staff. For more fun events, flip through the other sections of this issue. This is but the tip of the iceberg.

Enjoy a beautiful month!

**From the Board of Directors:** The publisher retains the right to edit articles and advertising to conform to content and space requirements. The Trilogy Board of Directors is not responsible for expressed opinions or for the authenticity of all presented facts in articles and advertisements. Viewpoints contained in this newsletter are not necessarily the opinions of the Trilogy at Rio Vista Master Association, the Board of Directors, its officers, or management.

## *From the Activities Director*



### **Debbie Dorn**

What an interactive month Trilogy has shared wine enthusiasts, artistic displays and viewing, theater, role playing, musical performances, songs and dance! Whatever your pleasure, you are likely to find the experience in your community any month and any season. What are you missing?

Mark your calendars for these upcoming events:

- **April Computer Classes (see page 38)**
- **4/03 CPR/AED/First Aid Training**
- **4/06 & 4/20 Farmers Market**
- **4/12 Gift, Craft & Art Faire**
- **4/13 Dance with Solid Gold ~ The Dance Club**
- **4/17 & 4/18 AARP Smart Drivers Course Part 1 & Part 2**
- **4/18 Comedy Night with Jeff Applebaum**
- **4/22 Enrichment Series: Life Coaching II Presented by John Lamb**
- **4/25 Bingo**
- **4/26 Concert ~ Those Were The Days starring William Florian former lead singer of The New Christy Minstrels**
- **4/29 The History of Labyrinths (see page 28)**

**Get Ready:**

- **5/03 Trilogy's Community Garage Sale**

Peruse this issue for more activities presented by the clubs or groups. A list of clubs and groups is also available with contact information from Member Services at the Vista Club. Be sure to catch TOPS' featured display at the Vista Club. Your comments and suggestions are always valued. Send an email anytime [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open!

## **ANNOUNCEMENT**

Requisitions are open for two part-time staff positions working both as a Day Porter and Facility Monitor in the Activities Department. The person will need to be service minded, work independently, and able to lift and/or move approximately 50 pounds. Apply at [www.actionlife.com](http://www.actionlife.com), click on "careers." Contact Debbie Dorn (4204) for more information [ddorn@actionlife.com](mailto:ddorn@actionlife.com).

**For non-delivery of *Trilogy Living*, contact Debbie Dorn at (4204).**





## Computer Workshops ~ Several Available in April!

Learning Center Vista Club

There are a variety of special interest workshops along with a series of introductory workshops to help you become more comfortable with common computing conveniences like email. See page 38 for more information. Limited space is available. Sign up at Member Services.

## Learn to Save A Life With CPR/AED & First Aid Instruction!

Thursday, April 3, 10:30 a.m. – 2:30 p.m., Diablo Ballroom Vista Club ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. This class provides a two-year certification in CPR/AED & First Aid at a great value. Limited space. Sign up at Member Services, at the Vista Club.

## Farmer's Market ~ Have You Experienced Trilogy's Market Place?

Sunday, April 6 & 20, May 11 & 25, 10 a.m. – 3 p.m. – Delta Club



Stock up at the Trilogy Farmer's Market! Bring your neighbors and support your locally grown fresh fruits and vegetables from our own Trilogy Farmer's Market. Petrill's Produce Farmer's Market provides wonderful produce and other specialties. It's easy to

keep a fresh supply of fruits, vegetables and specialties on hand without leaving Trilogy.

## Grapevine Chat

Tuesday, April 8, 6 pm & April 22, 5 p.m. ~ An Informal Gathering  
Grand Living Room, Vista Club

Are you new to Trilogy or a seasoned resident feeling like you want some friendly atmosphere and good conversation? Come join the informal gathering at the big fireplace. It's a warm and casual setting where you can "get the scoop" on all things Trilogy, while you get to know your neighbors. Bring wine, glasses and snacks to share with others if you'd like. No sign-up required.

## Blood Pressure Check ~ Free

Thursday, April 10, 9 – 10 a.m., Library Delta Club

Have your blood pressure checked the second Thursday of every month at the Delta Club Library between 9 – 10 a.m. Stop by and keep that blood pressure in check!



## Concert:

~ Those Were the Days ~  
**William Florian**

Saturday, April 26, 7 p.m. – 9:30 p.m.,  
Diablo Ballroom Vista Club ~ \$10 pp

The Spirit and Songs of the '60s starring the former lead singer of the famous '60s group The New Christy Minstrels! It is an upbeat musical journey of America's greatest folk and pop songs of the era, including hit songs performed with The New Christy Minstrels. Plus the music of Peter, Paul & Mary, Pete Seeger, The Mamas & The Papas, plus a special tribute to John Denver! Gear up for an evening of uplifting originals and amusing stories in a wonderfully intimate show. Bring your favorite provisions. Sign up at Member Services.



## Spring Gift, Craft & Art Faire

Saturday, April 12, 10 a.m. – 3 p.m.

Diablo Ballroom, Vista Club ~ Free

Don't miss out on this convenient and unique spring shopping experience at Trilogy! 3JB will provide entertainment from 11 a.m. – 2 p.m. and Café Vista will be open until 3 p.m. Raffle sales and drawings are held throughout the event. Each merchant table will donate a prize for the raffle to benefit Meals on Wheels. All tables are sold for this faire. If you want to rent a table, sign up at Member Services (4200) to be sent registration details in time for our fall Faire.

## AARP Smart Drivers Course

9am – 1:30pm, Monterey Room, Vista Club

**Part 1:** Thursday, April 17, **Part 2:** Friday, April 18

\$15 for AARP members and \$20 for non-members

The AARP Smart Drivers Course is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. The course is designed to help you:

- Tune up your driving skills and update your knowledge about the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes and chances for injuries.
- Qualify for a possible auto insurance premium reduction or discount. Policies vary, so please consult your insurance agent.

Trilogy resident Glen King will be offering this eight-hour course in two, four-hour sessions. To register, contact Glen (3342) or grk59@frontiernet.net.



## Trilogy Community Garage Sale

Saturday, May 3, 9 a.m. – 3 p.m.

Everyone can participate! Sellers help buyers find your sale. Simply call Member Services (4200) **prior to April 26** and provide your address to have your block highlighted on the community map. The map will be emailed to residents by May 2, and made available to visiting buyers at the Welcome Center the day of the sale. Copies will also be available at the Vista Club Saturday only. You do not have to be included on the map to sell. Advertised in local papers. Open to the public.

### There are three points all sellers need to do:

1. Obtain a garage sale permit for \$1 from the City of Rio Vista, downtown at City Hall **prior to Friday May 2**, or from Member Services at the Vista Club through Friday. Permits are a city requirement.
2. Tie an inflated balloon from your mailbox or tree.
3. Open your garage door.

When you finish selling, remove the balloon and close your garage door. The sale is open to the public, advertised in the local papers. Outside buyers will not be allowed through the gates until 9 a.m. Residents are asked to postpone their shopping until 9 a.m. in consideration of sellers setting up for the sale. The semi-annual garage sales have become enormously popular with almost half the residents either buying or selling. Some villages also use the event for fundraising. If you have questions, contact Member Services (4200) or email Debbie Dorn ddorn@actionlife.com.

## Event Rentals

Loaned tables are limited to two tables per resident. Tables and metal chairs are reserved on a first-come basis as supplies last. Submit your request to Member Services at the Vista Club. A staff member will contact you to confirm availability and arrange for your pickup and return. Please help to make sure they are clean when returned.

Thank you.





## Comedy Night Featuring Jeff Applebaum

Friday, April 18, 7 p.m., Diablo Ballroom Vista Club ~ \$10 pp

Join Jeff for a night of good, clean fun! After 20+ years in California, this New York City native is finally learning to speak English. Jeff's clean comedy examines his particular life experiences, which include being the only white kid on his Little League team in Queens, having a Chinese wife who orders from take-out menus in fluent Mandarin, and raising a teenage son who calls himself "Jewnese," because he says it sounds better than "Chine-ish." As a veteran stand-up recently performing on Late Late Show with Craig Ferguson, Jeff is credited with numerous other television, radio, film, theater, and corporate performances. Table seating invites you to bring your favorite snacks to enjoy during the show. Sign up at Member Services.



## Enrichment Series ~ Life Coaching Session II

Tuesday, April 22, 6:30 – 8 p.m., Diablo Room, Vista Club ~ Free



"Life Coaching Session II" will feature a presentation by John Lamb who will share opportunities that help to maintain healthy, active minds. The interactive platform will avoid advocating for any particular activity, program, or set of beliefs or values. Come along on a journey to discover essentials to improving lives. Light Refreshments will be served. Sign up at Member Services.

## Enrichment Series: Delta Area Filmmaking History

Tuesday, May 20, 6:30 – 8 p.m., Diablo Room, Vista Club

The Genealogy Workshop has arranged another evening of local historian Phil Pezzaglia's captivating storytelling! Phil will trace the history of filmmaking on the Delta, which began in 1914 in Rio Vista with the filming of Cameo Kirby. Since 1914 scenes have been filmed locally for more than fifty motion pictures and television shows in the communities between Collinsville and Freeport. Pezzaglia is Curator and President of the Rio Vista Museum, RV Chamber of Commerce, Past President, and Sacramento River Delta Historical Society Member. Phil's books

and others of interest will be available for purchase. Table seating invites you to bring your nibbles of choice. Light refreshments will be provided. Seating is limited. Sign up at Member Services.

## Concert: '60s Folk Revival Featuring County Line Trio

Saturday, May 24, 7 p.m., Diablo Ballroom, Vista Club ~ \$10

Recording artists the County Line Trio are celebrating 45 years of performing their hilarious and entertaining "Salute to the Kingston Trio." They have opened



shows for troubadour Glenn Yarbrough, the late comedian Pat Paulsen, and the late singer songwriter John Stewart, a former member of the Kingston Trio. This rousing show includes original arrangements of their many hit songs. The County Line Trio performed here in 2012 for a sold-out performance. Don't miss their return! Bring your favorite beverage and provisions. Sign up at Member Services.

## SHOWCASE YOUR CLUB!

Portions of the Vista Club display case will be available for clubs to showcase the club's activity, projects, and promote participation to join your group! Let others know what your group's purpose is about, display items that will tell the story, and invite others to join the fun! Include a sign with the club name and contact information on display for those inquiring minds. Given that the lesser-developed clubs and groups will be given priority, we will rotate those interested with a comfortable time span to share your story with Trilogy! Those interested in showcasing their club or group can have the authorized representative sign up at Vista Club Member Services desk. For more information, contact Debbie Dorn at email address [ddorn@actionlife.com](mailto:ddorn@actionlife.com).

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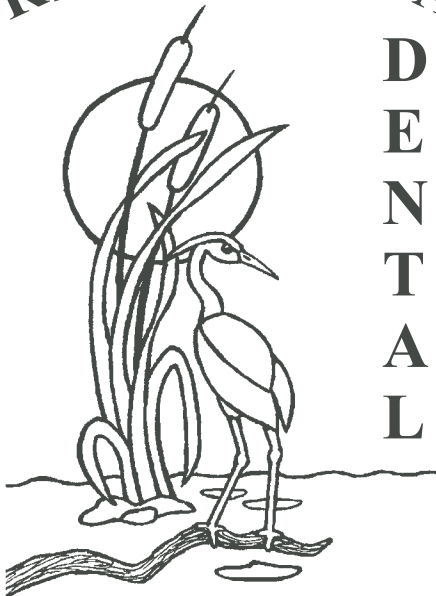
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## Assessment Notice

**Assessments have changed for the Master and Village Oakmont Associations beginning April 1, 2014**

Association Assessments are published monthly on this page of *Trilogy Living*. This is an additional vehicle for checking your current assessment. Coupons will reflect the monthly assessment for those receiving them. Those on automatic withdrawal (ACH) may check their bank statements after the 5th of the month to see the amount taken out and all members may register at [www.actionlife.com](http://www.actionlife.com) to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office (4843).

**Assessments for the month:**

**Master Association \$119.72**

**Master Association \$80.39**

(Only for original residents (<200)  
in a developer subsidy agreement)

**Village I \$5.00**

**Village Oakmont \$5.20**

**Olympic Village \$5.00**

**Village Riviera \$5.00**

**Saddle Rock Village \$0**

(None until dormancy ends)

## Adult Committee

The Adult Committee meets on the last Thursday of every month in the Delta Club at 1 p.m. All residents are encouraged to participate in these meetings. Your suggestions, comments, and/or questions can be given to any committee member, left at the HOA office or voiced during the resident's input segment of each meeting. The next meeting is April 24. For information, contact Helen Bergoust at [alhelenb@aol](mailto:alhelenb@aol) or (2436).

## Riviera Board News

As I drove through Trilogy on my way to the Riviera HOA meeting, I was delighted to see all the daffodils and other spring flowers in bloom. Our 2014 board members are Don Seyk (President), Ida May Wagner (Vice President), Marty Plavin (Treasurer), and Carolyn Azbell (Secretary), and they were all present at the March meeting.

Don Seyk expressed his gratitude to the following homeowners for a job well done as Inspectors of Election: Myra Samfeld, Don Farrell, and Minnie Howell. The possibility of having some electronic voting for next year was discussed.

If you are a homeowner in Village Riviera, there is an opening on the Architectural Committee. You can pick up an application at the HOA office. If you have any questions, call Don at (6407). Remember that in order to receive a permit from the city to do work you need to get approval from the Architectural Committee first. Also, if you get permission from the Architectural Committee, you should check to see what the city requirements are.

When you received the Master Board 2014-2015 budget electronically, you saved our village money. If you received a paper packet, you can sign up to have it sent electronically from now on by filling out the e-Alert and Disclosure-Opt-in forms that were included in your packet. You can also pick the forms up at the Vista.

The Riviera HOA meets on the first Thursday of odd-numbered months at 6:30 p.m. in the Marina Room at the Delta Club. Our next meeting is May 1. Hope to see you there. If you have any questions or concerns, call Don at (6407).

## Saddle Rock Village Board News

Saddle Rock Village has enjoyed tremendous growth over the past year. The influx of new residents is energizing and has caused us to rethink many of our guidelines and processes, including driveway parking, architectural guidelines, and the composition of our village board.

The first big change: Saddle Rock Village has new driveway parking regulations. Residents may now park one approved vehicle in the driveway at any time. Residents voted in favor of this change by more than two to one in our annual election. It was passed by the board at our February meeting. Residents must obtain a parking permit, available at the Association Office, for each vehicle that they may want to park in the driveway.

The second big change, revisions to our architectural guidelines, may take some time to reach resolution, but we are off to a good start. At our February 19 meeting, we held the first reading of the revised guidelines. These suggested changes were also included in the March issue of *Trilogy Living*. Residents are encouraged to review the proposed changes and provide feedback in writing. Please submit suggestions at the Association Office.





Finally, the Master Association Board, which appoints the members of the village board, has decided to increase the size of the board from three members to five. We have an abundance of talent among our residents, and serving on the board is an excellent way to channel all that creativity. Residents are encouraged to apply by completing a candidate statement available as an insert in the March *Trilogy Living* magazine and also available at the Administrative Office.

Our next meeting will be April 16 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For more information, please contact Patty Kohn at (2737) or email (pfkohn@gmail.com). We look forward to seeing you there.

## Meeting Calendar

### Master Association Board Meeting

Tuesday, April 8, 2 p.m.  
Diablo Ballroom, Vista Club

### Saddle Rock Village

Wednesday, April 16, 6:30 p.m.  
Rio Vista Room, Delta Club

### Council of Village Presidents

Monday, April 21, 10 a.m.  
River Room, Delta Club

### Adult Committee Meeting

Thursday, April 24, 1 p.m.  
Rio Vista Room, Delta Club

## Saddle Rock Village Architectural Guidelines Proposed Changes

At the February meeting, the Saddle Rock Village Association (SRVA) Board of Directors approved a First Reading of additions/changes/amendments to the Saddle Rock Village Association Architectural Guidelines. Following is the rationale behind the suggested changes. Comments, in writing, can be delivered to the administrative office at the Delta Club, can be mailed to 990 Summerset Drive, Rio Vista, CA 94571, or emailed to [evitrano@actionlife.com](mailto:evitrano@actionlife.com).

A Second Reading for final adoption will take place at the monthly board meeting on April 16, 2014. You are

welcome to attend and make comments.

**Committee Name** – The Architectural Committee is the name of the body responsible for review of architectural standards, application forms, and completion notices.

**Submittal Deadline** – Previously applications could be submitted at the Architectural Committee meeting. We are now requiring that the form be submitted three working days prior to the Architectural Committee meeting to allow time for the Architectural Coordinator to review the materials and prepare them for the committee's review.

**Neighbor Acknowledgment Forms** – Previously, use of the form was limited to "Hardscape" improvements. The form should be used for all landscape changes.

Neighbor Acknowledgment Signatures:

- So that neighbors are aware of intended "hardscape" improvements, (see below), signatures are required prior to submittal of plans. A Member applicant may collect the signatures themselves or ask Management to collect them. Signatures do not indicate approval or denial of plans by the neighbor.
- If a neighbor has a concern, they must make their concern known in writing, or by personal appearance, to the Architectural Committee. An applicant will be notified if a concern has been submitted. The Architectural Committee will not deny plans based on neighbor objection alone.

**"Hardscape" – Improvements of a permanent nature or vegetation 10' or taller**

- i. Front/Side Yard – Signatures of three neighbors across the street and those sharing side property lines.
- ii. Back Yard – Signatures of neighbors sharing any portion of property lines.

**40% Vegetation Requirement** – To eliminate confusion, this requirement now applies to all landscape projects, not just those designated drought tolerant. Also, because some plants are so sparse or the maturity of the plant is so long, we are requiring that the 40% green rule apply within two years of planting.

Any plans for drought tolerant yards must have 40% of the areas covered with vegetation as it would appear at maturity or no later than two years from the date of planting.

**Review by Architectural Committee** – To avoid ambiguity, applications will be either approved or denied. There will be no "conditional approval."

The Architectural Committee may approve conditionally approve, or deny any application or return it for further



information.

**Pre-Approved Improvements** – This section of the handbook proved confusing to many residents, as it was unclear what was actually pre-approved. Unchanged are the lists of plants and the requirements related to those plants. Changes to this section include: pre-approved landscape elements apply to both the front and back yards; mowing strips and rock or gravel are included in the Pre-Approved section (see below), lattice work trash/air conditioner enclosures and sheds require submission of applications in all cases.

In order to ease the process, the Architectural Committee has pre-approved certain landscape elements, which may be installed in your front or back yard landscape areas without the formality of an Architectural request or approval.

1. Mowing strips and borders around planting areas and tree wells.
2. The addition of rock or gravel that is less than ¾ inch. It must be comparable and compatible to what is existing in the Community.

### Other Improvements

The following pre-approved items do not require an application:

~~Lattice trash and/or air conditioner unit enclosures (Exhibit available in Association office.) Specifications and examples are available at the Association Office.~~

### Items Requiring Approval

#### Trash Enclosure and Storage Sheds

~~Lattice trash and/or air conditioner unit enclosures~~ Residents may install only a specific lattice product to enclose trash and/or air conditioner units. See ~~(Exhibit available at the Association Office.)~~ specifications and an example available at the Administrative Office and in Appendix A, Figure 1.

#### Storage Sheds:

- ~~• Vinyl-type storage sheds, (specifications for types and models are available at the HOA office).~~
- An application must be completed showing type, material, and dimensions of the proposed storage shed as well as where the storage shed is being placed. A picture or drawing of the shed is especially useful.
- ~~• If the selected site has a direct view from your neighbor's window, You must obtain a A neighbor acknowledgement form must be included with an application to the Architectural Committee.~~

- ~~• Install shed per the manufacturer's instructions. Sheds must be installed per the manufacturer's instructions.~~

- ~~• If the shed is to be installed on a concrete pad, a "Home Improvement Request Application" for include the details of the pad must be approved by the Architectural Committee include the details of the pad in the application.~~

**Screen Walls and Wind Breaks** – Clarification regarding when trellises are screen walls was added.

Trellises that are constructed of wood and lattice panels will be considered screen walls and must be five feet from property lines. Wood and lattice trellises may be placed against the walls of the house or garage unless they are permanent structures.

**Trellises** – The requirements related to trellises were not fully documented. Many residents are using these structures in various ways. The new trellis regulations are intended to ensure that structures do not obstruct neighbors' views and allow for maintenance on both sides of the trellis.

1. Trellises shall be no more than 12 feet in length and no more than six feet high.
2. If more than one trellis is being installed, allow at least four feet between trellises.
3. Trellises that are constructed of wood and lattice shall be considered privacy screens. As such, they must be five feet from side or rear property lines. Wood and lattice trellises may be placed against the walls of the house or garage unless they are permanent structures.
4. Trellises may be placed against the wall of the house or garage, provided they do not exceed the length and height restrictions.
5. Black or bronze steel powder coated trellises that have large openings throughout the structure (at least six square inches) may be placed two feet from the property line. This setback allows room to maintain the trellis even if a fence is on the property line.
6. Black or bronze steel powder coated trellises may be placed on the side of the house, at least six inches from the property line, but cannot extend beyond the front of the house.
7. Trellises constructed of material other than wood or steel will be considered on a case by case basis.

**Fence Location** – This section was rewritten to remove reference to premium lots, as residents with those lots often believed that they were entirely exempt from fence





rules. Also, to avoid confusion, we specified that you may attach to any fence as long as the fence adheres to the fence guidelines.

Fence location: Permitted in rear yard only and may not extend into the side yard area beyond the rear most edge of the house. ~~except for premium lots.~~ Exceptions regarding oversized lots will be considered on an individual case basis.

Neighbors have the right to attach to any fence installed on the common property line as long as the fence adheres to the fence guidelines as illustrated.

## Olympic Village

Spring means to move forward or upward in a single quick motion. Join the fun and attend the OVRC meetings which are held the third Wednesday of each month. This month's meeting is on April 16 in the Monterey Room at the Vista Club. This is your opportunity to get involved.

We will have our famous pasta dinner on June 7, cooked by Al and Rhoda Sbranti. All volunteers are needed and welcome. You can come early and help set up, serve, or make a dessert. Final plans will be made at the April meeting, and we look forward to seeing everyone. Remember to get your tickets early. This event is open to all Trilogy residents and is sold out every year.

We would like to add more events this summer, and your ideas are welcome at the meeting: perhaps a street dance or even a progressive dinner at Christmas time. If we host these events, we will need a chairman for each one. For more information, please contact Jo Ann Banford at (770) 380-9020.

## Oakmont Village

I hope you all enjoyed our Pancake Breakfast on March 23. It is always fun to get to see our neighbors and friends from throughout Trilogy at that event. We extend a sincere thank you to every volunteer who worked on the planning, preparation, and execution of that event. The breakfast is our most labor-intensive function of the year, but, it is always fun working together to put on a successful breakfast!

Our next event, the International Potluck Supper, is Sunday, June 22. That will give you plenty of time to gather your favorite family recipe. Our Social Committee meets the first Wednesday of the month at 3 p.m. in The Monterey Room at the Vista Club. All Oakmont residents are welcome to attend and participate in the planning and execution of our events. If you have any questions or comments, please call Cyndy Schroeder at (2480).

## Saddle Rock Village



We started recycling for Saddle Rock Village a year ago. It has been very successful with the help of Reggie and Shirley Sorbet, who have done an excellent job. Unfortunately, they will no longer be leading the efforts for our recycling team, but we wanted to give them both a sincere thank you for all their hard work.

Keith Swarts has taken over as head of Recycling, with assistance from Larry Sullivan, Jerry Marsh, and Ron Barklow. He will be collecting bottles, cans, and plastic with a CRV label. All SRV and Trilogy residents can donate recycling items to support our SRV Residents' Club fund. Your recyclables can be dropped off at 513 Timber Creek Drive in the back of the truck in the driveway. Thank you to all of our past and new members of our Recycling team. We appreciate the hard work!

Our Welcome Committee has been busy delivering welcome bags to many new SRV residents. If you have not received your welcome bag after moving in, please contact Rayno at raynoniemi@yahoo.com.

The Caring Committee in Saddle Rock Village is available to help our residents. If you know of any caring needs in your SRV neighborhood, please contact Marj at marjniemi@yahoo.com. Visit our website at <http://home.comcast.net/~biskit3/saddlerock/>. Managed by Trilogy resident Richard Larsen, it offers helpful information for our village, Trilogy, and the town of Rio Vista.

On Wednesday, April 16 at 7 p.m. is the SRV Residents' Club monthly meeting, directly following our SRV Board meeting in the Rio Vista Room at the Delta Club. Social hour follows each meeting with wine, snacks, and fun! All SRV residents are welcome. For more information, please contact Kathi Bradley at (4424) or email [kathibradley@comcast.net](mailto:kathibradley@comcast.net).

The SRV Fundraiser Garage Sale is on Saturday, May 3. Please save all of your items that you would like to donate to our garage sale. The proceeds will go to SRV Residents' Club fund to support 2014 events. We are also seeking volunteers to help. Please contact Patricia Hilaire at (2664) or email [digarch@aol.com](mailto:digarch@aol.com).

## Village Riviera

Spring has sprung just in time for Riviera's third annual Ladies' Luncheon. This year, we are having an Old English Luncheon and Tea on Thursday, May 1 in the Diablo Ballroom at the Vista Club. Enjoy shopping at the Queen's Market from 11:30 a.m. to 12:30 p.m. There will be appetizers and bubbly served during this time. Tea and lunch will begin at 12:30 p.m. The lovely catered lunch will be



garden salad, mixed finger sandwiches, and scones. Of course, we will have our wonderful dessert buffet after lunch. The tables will be beautifully appointed with lace tablecloths, bone china, porcelain, vintage cut glass, and antique silverware. Period clothing is encouraged. There will be prizes for best tea party hats. Best tea party outfit will be crowned Queen of the party. We will also have a photo booth so you and your friends will have memories of this lovely event. The cost is \$28 per person. Reservations will be accepted in person on Saturday, April 19 at 10 a.m. at the Delta Club on a first come, first serve basis. If you are making multiple reservations or reserving a table for 10, all monies and names must be accompanied by a reservation form. See flyer for further details.

Mark your calendars for other Riviera events this year: There is a Treasure Hunt on July 19, Sock Hop on August 23, and a Holiday Dinner on December 13. Each event will be a little different, and if possible, even better than in years past. Look for more information in future issues of *Trilogy Living*.

If you would like to join our committee, have fun helping us plan our events, meet your neighbors, and make some new friends, please come to our meetings. We meet on the third Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. Contact Patty Ramos at pscramos@yahoo.com for more information.



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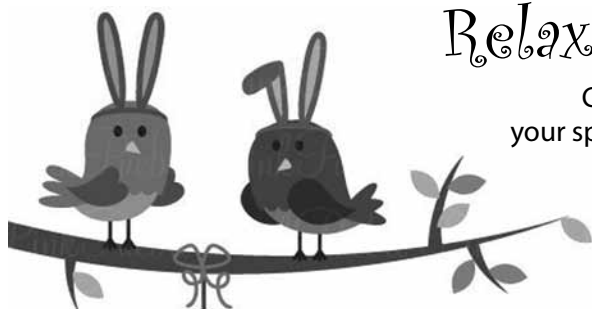
By Kathy Erwin,  
Fitness & Spa Director



## Spring Image Product Sale

Purchase two products at full price  
and receive 50% off the third product  
of equal or lesser value

**-OR-** Purchase three products at full price  
and receive the fourth one free  
(must be of equal or lesser value).



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Customized spa packages uniquely created to relax your body, renew your spirit, and restore your sense of well-being. Whether you're looking for rejuvenation for yourself or seeking the perfect gift for that special someone, you'll find just the right package here.

*Good for purchase April 1 – 30, 2014. May be redeemed anytime.*

### Spring Rejuvenator

Anti-Aging Facial that emphasizes  
exfoliation and hydration.

Normally 75 minutes for \$75

**Spring Special price is \$65**



For new  
fitness punch card  
prices, see pg. 19



### Spring Retreat

Enjoy the therapeutic experience of essential oils raining  
down onto your back for their therapeutic effect.

Reported benefits include:

- Reduction of back pain
- Relaxation and invigoration
- Increase in energy levels
- Relieves Stress

### 2 Rain Drop Massages

Normally 50 minutes each for \$130

**Spring Special price is \$120**

### April Fitness Orientations:

Saturday, April 5 at 11 a.m.  
Wednesday, April 16 at 6 p.m.  
Saturday, April 26 at 11 a.m.

Start your fitness program with a personalized ROM (Range of Motion) appointment with one of our personal trainers Susan, Joele, Bev or Frank to make sure you are properly set up for an effective and safe workout. A Range of Motion is a one-time \$20 fee, you'll have one on one with your trainer and once you are set up the strength training machines will remember your settings and track your workouts.



## Passive Joint Movement Massage



New Massage now available by Sharon Stafford decreases pain by working with that joint.

**25 Minutes for \$30**

*Available for Purchase April 1 – 30, 2014.*

### Benefits of PJM Massage:

- Promotes Relaxation
- Increases Circulation (Movement to circulate blood flow)
- Relieves Muscle Soreness (Help to move muscles so they are not tense)
- Aids in Rehabilitation
- Increases Flexibility
- Increases Range of Movement
- Reduces Muscle Guarding (Muscle tension)
- Resets Muscle Tone
- Stimulates Synovial Fluid Production
- Improves Body Alignment & Posture

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**BIGGEST MOVER**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

Each participant will receive 12 Biggest Mover Cards with 5 punches on each.

By participating you are committing to take as many classes as you wish within a 12 week period.

For every Group X class you participate in you earn 1 punch.

When your card is full, drop it off in the box at the Member Services desk. You may enter as many full cards as you wish throughout the 12 weeks (12 card maximum) No replacement cards for lost cards. At the end of 12 weeks, you could be crowned "The Biggest Mover!"

**First Prize: (\$100 value package) Select any combination:**

Any Fitness Punch Card, Trilogy Spa Gift Certificate & Favorite Restaurant Gift Certificate

**Second Prize: (\$85 value package) Select any combination:**

Any Fitness Punch Card and/or Spa Gift Certificate

**Third prize: (\$70 value package)**

\$70 Punch Card or \$35 punch card and (30 minute)

Head Neck & Back or Deep Tissue Massage

**Fourth prize: (\$50 value package)**

\$35 Fitness Punch Card & \$15 Gift Card

**Fifth prize: (\$35 value package)**

\$35 Fitness Punch Card or 30 minute HNB/DT Massage

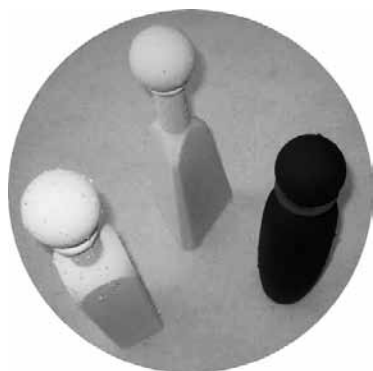
**Contest runs April 1 – June 21 2014**

**For More Information contact Kathy Erwin 374-4205**





## Ceramics Club



*Norma glazed three bottles with tops. If you look closely, you can see that there are crystals that will melt and make interesting colors once they are fired*

Happy Spring Holidays! The flowers are blooming, and some of us are creating even more beautiful things for the garden. We are working on everything from birdhouses to vases and beyond. Once we go on a shopping trip and out to lunch, we will have even more treasures to paint and enjoy. Everyone is welcome to come to our meeting to see what we gathered. Come and

see if you would like to join our laughing group. We meet every Thursday morning from 9:30 a.m. to 12 p.m. in the Marina Room at the Delta Club. For more information, please call Ann at (5122).

## Council for the Arts

The Trilogy Council for the Arts had their annual *Music of the Night* extravaganza, entitled "*The Best of Music of the Night, Through the Years*." This year, the performers and our new musical combo, "etc." performed music from past performances with much vim and vigor, creating an evening of fun, nostalgia, and as always, incredible entertainment by our own Trilogy residents. Always a hit!



Thanks to all who participated, including the behind-the-scenes people and the Trilogy staff, as well as our patrons for their support. This long running show hopes to keep our residents entertained for years to come. See you next year!

The Council for the Arts meets every second Thursday of the month in the Monterey Room at the Vista Club promptly at 10 a.m. Please join us. The next meeting is April 10.

## Drama Club

As always, the Drama Club's annual Pasta Feed was a huge success, serving wonderful home cooked food in a family style fashion while creating a fun and relaxing atmosphere. This is our only fund raiser for the year, so the support of family and friends is much appreciated. The play for the August production has been chosen and cast. We look forward to entertaining our community every year, and it's never too late to join the club and be a part of the fun. The Drama Club meets at the Delta Club the last Tuesday of the month at 7 p.m. New members are always welcome. For more information, please call Debby Dubrow at (6706).

## Fat Quarter Quilters

We are a group getting together to work on our own quilting and sewing projects. Join us, meet new friends, and share the love of sewing. We meet every Wednesday from 12:30 - 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Esther Young at (2639).

## Trilogy Art Guild for Artists

The Photography Club's members have joined our group and displayed their pictures with ours at the Art Jazz and Wine gathering last month. Some of their photographs look like paintings.

Our group has also expanded with some Stained Glass people, Glass Fusing, Ceramic and China painters.

Stop by one of our meetings at 1 p.m. on the first Monday of every month in the Marina Room at the Delta Club. You may even catch a demonstration by one of our members.

**Stay creative!**

## Trilogy Theater Group

We just finished our presentation of the play *Hallelujah Girls* on the last three days of March. We hope all that attended enjoyed the performance. Our cast and crew are just winding down from the flurry of activities involved in the production. Our plan is to continue to bring you entertaining live performances two to three times per year. We thank you for your support.

We have selected the drama *Twelve Angry Jurors* for our next production. We are excited to branch out into an



other genre and hope you will enjoy it as much as we do. We will hold auditions in June, start rehearsals sometime after July 4, and present the play the evenings of September 4, 5, and 6.

We are always on the lookout for new talent and welcome anyone interested in theater, whether on stage or behind the curtain. There are many jobs involved in producing these shows, so if acting isn't your thing, we have lots of other ways you can help entertain your fellow Trilogians. Please join us at our regularly scheduled meetings on the fourth Thursday of each month. This month's meeting will be on April 24. Please join us at our regularly scheduled meetings on the fourth Thursday of each month. Our next meeting is April 24, in the Vista Club Monterey Room at 7 p.m.

• • • • • **Fitness Punch Card prices (effective April 1, 2014):** • • • • •

• **Unlimited Monthly** •

• take as many classes you wish in one month = \$85 •

• **20 punch card** = \$70 •

• **10 punch card** = \$35 •

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# Trilogy Living

## Fitness Class Schedule for April 2014

**NEW Trilogy Fitness Punch Card Choices:** All classes require one of 3 card choices a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card that will be color coded differently each month because they will only be good for that given month. You may attend as many classes as you want. Get your cards at Member Services. Call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Arthur Fox and Donna Chambers**

**April Fitness Orientations: Sat. Apr. 5, 11 a.m., Wed. Apr. 16, 6 p.m., Sat. Apr. 26, 11 a.m.**

**If you plan to make a (ROM) Range of Motion appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!**

Key  
**Bold = New/Change**  
(B)eginning  
(I)ntermediate  
(A)dvanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>2</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise <b>10-11am Boot Camp (B/I/A) (GX) Joele</b> 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30pm Balance Ball (GX) Deanna	<b>3</b> <b>7:45-8:45am Body Works (B/I/A) (GX) Kathy</b> 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) ( <b>GX</b> ) Tammy	<b>4</b> 7-8am Early Yoga (B) (DB) Tammy <b>7:30-8:30am Low Impact (B/I/A) Pat</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	<b>5</b> <b>8:30-9:30am April 5 only Step Aerobics (GX) Pat</b>
<b>7</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy <b>9:45-10:45am Wake-up and Move (B/I) (RV) Anna/Pat</b> 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:15-12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>8</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>9</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise <b>10-11am Boot Camp (B/I/A) (GX) Joele</b> 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30pm Balance Ball (GX) Deanna	<b>10</b> <b>7:45-8:45am Body Works (B/I/A) (GX) Kathy</b> 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) ( <b>GX</b> ) Tammy	<b>11</b> 7-8am Early Yoga (B) (DB) Tammy <b>7:30-8:30am Low Impact (B/I/A) Pat</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	<b>12</b>
<b>14</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy <b>9:45-10:45am Wake-up and Move (B/I) (RV) Anna/Pat</b> 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:15-12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>15</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>16</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise <b>10-11am Boot Camp (B/I/A) (GX) Joele</b> 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30pm Balance Ball (GX) Deanna	<b>17</b> <b>7:45-8:45am Body Works (B/I/A) (GX) Kathy</b> 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) ( <b>GX</b> ) Tammy	<b>18</b> 7-8am Early Yoga (B) (DB) Tammy <b>7:30-8:30am Low Impact (B/I/A) Pat</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	<b>19</b>
<b>21</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy <b>9:45-10:45am Wake-up and Move (B/I) (RV) Anna/Pat</b> 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:15-12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>22</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>23</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise <b>10-11am Boot Camp (B/I/A) (GX) Joele</b> 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30pm Balance Ball (GX) Deanna	<b>24</b> <b>7:45-8:45am Body Works (B/I/A) (GX) Kathy</b> 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) ( <b>GX</b> ) Tammy	<b>25</b> 7-8am Early Yoga (B) (DB) Tammy <b>7:30-8:30am Low Impact (B/I/A) Pat</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	<b>26</b>
<b>28</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy <b>9:45-10:45am Wake-up and Move (B/I) (RV) Anna/Pat</b> 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:15-12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>29</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>30</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise <b>10-11am Boot Camp (B/I/A) (GX) Joele</b> 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30pm Balance Ball (GX) Deanna	<b>For April Only:</b>  we removed  Core Balance  & Standing Abs  on Monday  & Zumba Power 90  on Saturday only.  <b>Both will return in May!</b>		<b>Class Locations:</b> (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room–Delta (SR) Sonoma Room–Vista (FC) Fitness Center

TrilogyLiving

Club and Activity Calendar for April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 7am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10am – 12pm Canasta Potluck (V) <b>10am Computer Class – Using Computers (V)</b> 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole <b>12pm Computer Class – Working w/Photos (V)</b> 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke/Head Injury Support Group (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm Religions of the World (D) 7pm Drama Play Rehearsal (D)	<b>2</b> 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am Computer Class – 1st Time User (V)</b> <b>12pm Computer Class – The Internet (V)</b> 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Oakmont Village RC Social Com (V) 4:30pm Table Tennis (D) 5pm Backgammon/ Chess (V) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership Mtg (V)	<b>3</b> 7am Social Tennis 8:30am Golf-Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) <b>10:30am – 2:30pm CPR/AED/ 1st Aid Training (V)</b> 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Ballroom Dance-Beg (V) 8pm Ballroom Dance-Adv (V)	<b>4</b> 7am Social Tennis 9am Model Club (V) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class-Beg (V) 6pm Ballroom Dance Class-Adv (V) 6:30pm Joy Luck Mah-Jongg (V)	<b>5</b> 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 6pm Poker Club Tournament (V) 7pm Drama Club Pasta Feed (D)
<b>6</b> 10am – 3pm Farmers Market (D)	<b>7</b> 7am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 5pm Whist Club Planning Mtg (V) 6pm Soul Line Dancing (V) 6pm Poker (D)	<b>8</b> 7am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) <b>10am Computer Class – Using Computers (V)</b> 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole <b>12pm Computer Class – Working w/Photos (V)</b> 12pm Beginning Watercolor Class (D) 12pm Recipe Club (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Women's 9-Hole Golf Club Mtg (D) <b>2pm Master Association Board Mtg (V)</b> 4:30 pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) <b>6pm Grapevine Chat (V)</b> 7pm Emergency Action Committee (D) 7pm Drama Play Rehearsal (D)	<b>9</b> 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) <b>10am Computer Class – 1st Time User (V)</b> <b>12pm Computer Class – The Internet (V)</b> 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 6:30pm Soul Line Dancing (D) 7:30pm VORC Mtg (D)	<b>10</b> 7am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 4pm Golf – Sr. Men's Board Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Computer Club (V) 7pm Ballroom Dance-Beg (V) 8pm Ballroom Dance-Adv (V)	<b>11</b> 7am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class-Beg (V) 6pm Ballroom Dance Class-Adv (V) 7pm Bunco (D)	<b>12</b> 8:30am Hiking Club Mtg (V) 9am Table Tennis (D) <b>10am – 3pm Gift, Art &amp; Craft Faire (V)</b> <b>11am – 2pm Music in the GLR (V)</b> 7pm Poker Club Tournament (D)
<b>13</b> 7pm Dance Club with Solid Gold (V)	<b>14</b> 7am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 10am Kare Bears – Village Riviera (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 5pm Whist Club Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	<b>15</b> 7am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) <b>10am Computer Class – Using Computers (V)</b> 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole <b>12pm Computer Class – Working w/Photos (V)</b> 12pm Beg Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Drama Play Rehearsal (D)	<b>16</b> 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am Computer Class – 1st Time User (V)</b> <b>12pm Computer Class – Email Setup/Use (V)</b> 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Backgammon/ Chess (V) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) <b>6:30pm Saddle Rock Village Board (D)</b> 7pm Saddle Rock Village RC Mtg (D) 7pm Olympic Village RC Mtg (V)	<b>17</b> 7am Social Tennis 8:30am Golf – Women's 18-Hole <b>9am – 1:30pm AARP Safe Driver Course, Part 1 (V)</b> 9:30am Ceramics (D) 10am Olympic Village ARC (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg (V) 7pm Ballroom Dance-Beg (V) 8pm Ballroom Dance-Adv (V)	<b>18</b> 7am Social Tennis <b>9am – 1:30pm AARP Safe Driver Course, Part 2 (V)</b> 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance-Beg (V) 6pm Ballroom Dance -Adv (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) <b>7pm Comedy Night – Jeff Applebaum (V)</b>	<b>19</b> 8:30am Hiking Club (V) 9am Table Tennis In-House Tournament (D) 7pm Poker Club Tournament (D)
<b>20</b> 10am – 3pm Farmers Market (D)	<b>21</b> 7am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) <b>10am Council of Village Presidents (D)</b> 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 5pm Whist Club Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm Fishing Club (D)	<b>22</b> 7am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) <b>10am Computer Class – Using Computers (V)</b> 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole <b>12pm Computer Class – Working with Photos (V)</b> 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) <b>5pm Grapevine Chat (V)</b> 5:30pm Tai-chi & Yuan-chi (V) <b>6:30pm Enrichment Series – Life Coaching II (V)</b> 7pm Emergency Action Committee (D) 7pm Drama Play Rehearsal (D)	<b>23</b> 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am Computer Class – 1st Time User (V)</b> <b>12pm Computer Class – Email Setup/Use (V)</b> 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)	<b>24</b> 7am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) <b>1pm Adult Committee Mtg (D)</b> 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theatre Group (V) 7pm Ballroom Dance–Beg (V) 8pm Ballroom Dance–Adv (V)	<b>25</b> 7am Social Tennis 9:30am Tennis Club Mtg (D) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class-Beg (V) 6pm Ballroom Dance Class-Adv (V) 7pm Bingo (D)	<b>26</b> 8:30pm – 4pm Shibori Workshop (D) 8:30am Hiking Club (V) 9am Table Tennis (D) 7pm Poker Club Tournament (D) <b>7pm Concert – William Florian (V)</b>
<b>27</b> 8:30am – 4pm Shibori Workshop (D)	<b>28</b> 7am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 5pm Whist Club Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	<b>29</b> 7am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) <b>6:30pm History of Labyrinths (V)</b> 7pm Drama Club Membership Mtg (D) 7pm Drama Play Rehearsal (D)	<b>30</b> 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)			



# HunterDouglas



April 1–June 13, 2014

**\$25 REBATE** PER UNIT\*

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**Kare Bears** is a group of Trilogy residents organized with the goal of reaching out to our Trilogy neighbors in their time of need due to sorrow, sickness, loss of a family member or other life challenges. We have many volunteers to help, be it a phone call, visit, a hot meal, a lift to a doctor's appointment, assistance in searching for social services outside of Trilogy, or just plain tender loving care. We have divided Trilogy into sections with area coordinators for each section. Please contact your area coordinator if a need arises, either for yourself, or any other Trilogy resident. Your coordinator will contact the volunteer committee best suited to help with your problem.



### **FAMILY SUPPORT COMMITTEE**

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member.

For more information, please call Chairperson Claudette Gartner (707) 439-6116, [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com), Coordinator Barbara Sherison (6845) or Betty Bowley (5613).

## **Olympic Village**

During the March meeting, everyone got to be Irish for a day, and corned beef sandwiches were a big hit. Thanks to all who helped make it a success.

OV Kare Bears are participating in the Phone Buddy Program. We are hoping to have all villages involved. It provides daily phone contact for those living alone. A buddy is assigned to each participant who will phone every day to assure the well-being of their buddy. Kare Bears from all villages are encouraged to support this program, as there are residents throughout Trilogy who would benefit.

Elections were held in March. Please contact Mackie Webster for details. Quarterly meetings in 2014 will continue to be the first Tuesday of the month at 1 p.m. in the Monterey Room at the Vista Club. The next meeting will be held in June. For more information, contact Mackie Webster at (5837).

## **Oakmont Village**

The Oakmont Kare Bears are keeping busy and working on a number of projects for the coming year. Not the least of these is their biggest fundraiser of the year, the annual Kare Bears Garage Sale held on the first Saturday of October. We remind everyone to start saving all of your goodies and unwanted items and to donate them to this sale. Also, we are looking for anyone in the Oakmont Village who would be willing to lend us the use of their garage for our sale. It would be needed for just two days, the day before for set-up, and the day of the sale, October 3 and 4. Please contact Kathy Russo at (2969) or Janet McKimby at (5415) if you can help us with this.

We are still planning and working on our Phone Buddy project. Other Kare Bears groups in other villages are

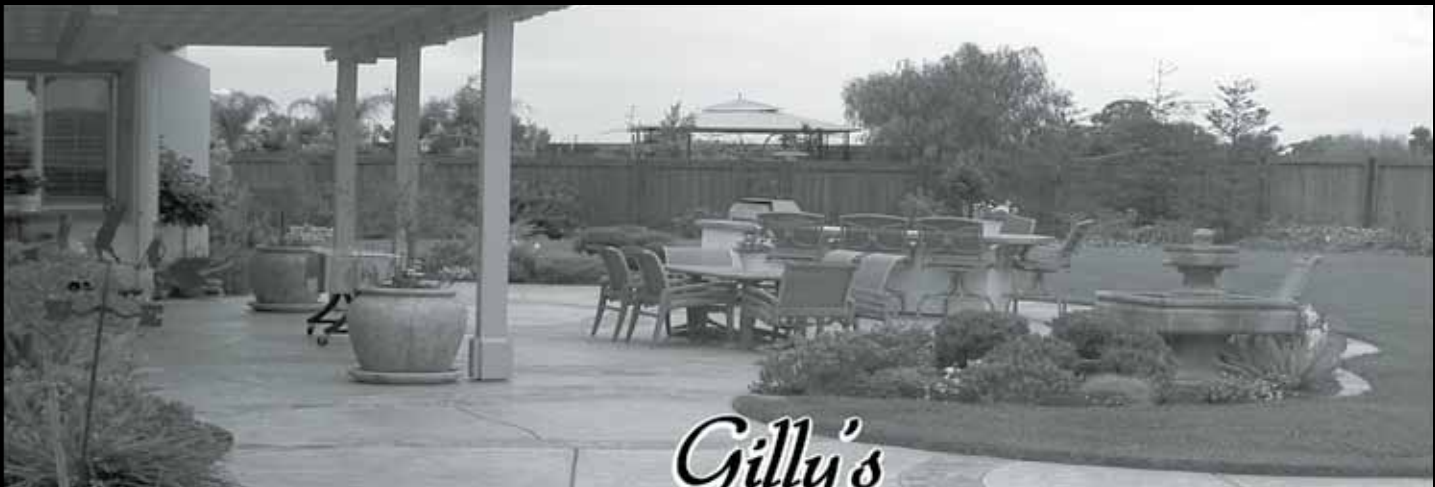
working with us on this, and more information will be available soon. For any information or questions on this, please contact Virginia Albertson at (6823). We are also working with other Kare Bears groups on rewriting and updating the by-laws of the Kare Bears. The committee has finished one draft, is fine-tuning it, and is hoping to have it done soon.

Our next Kare Bears meeting is Wednesday, April 12 at 10:30 a.m. at the Delta Club. Everyone is welcome. Come join us early for coffee and goodies and see what Kare Bears is all about. For more information, contact Janet McKimby at (5415).

## **Village Riviera**

Spring's arrival last month was even more special than usual for me, mainly because of the two weeks prior that were spent being a Kare Bear and assisting a professional Kare Bear to recover from surgery. By professional, I am referring to the 40 years this woman has spent giving extraordinary medical care/caring to heal the bodies and minds of patients and their families. This experience caused me to pause and ponder the amazing benefits to be gained from being an active Kare Bear: feeling privileged just to be able to assist; forming friendships with associates and recipients; being proud yet humble (a tad ironic but truly satisfying); lending warmth and wisdom to enhance today and tomorrow; garnering the strength that others display and applying it to our own encounters with life's untimely travails; and spreading joy in abundance to fuel future celebrations of life's heady highs. I have also noticed a tendency to smile more frequently, which brings its own benefits. These ideas and emotions distill into a simple but potent formula: Action + Introspection = Rewards. Life is fleeting, so we must live it fully every day.

New faces are welcomed and appreciated at our bi-monthly gatherings, with the next one taking place on Monday, April 14 at 10 a.m. at the Delta Club. I would also like to spread the fine fact that the Riviera Kare Bears are once again having a Bake Sale during the Crafts Faire at the Vista Club on April 12. This event is well attended, and we have been sold out by noon in the past, so purchase your treats early. Further knowledge concerning these events may be had by calling Myra at (3660) or Valerie at (6942).



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## Community Connections

We have had a busy few months with outings to Linde Lane Tea Room, lunch at The Nines, and planning more day trips, including a possible excursion to the Western Railroad Museum. We have branched out to help our city of Rio Vista, providing food for the visiting Rio Vision team. Please join us at our next meeting on April 17 at 1 p.m. at the home of Jan Boscacci, 360 Edgewood. To RSVP, call (925)289-3849. Bring a sweet or savory snack to share if you like, or just bring yourself! Our group is a great way to get more "connected" to your neighbors and Trilogy community. We always welcome new ideas and active discussions. Please join us and get involved in all the fun!

## Emergency Action Committee

The Emergency Action Committee helps our community prepare for a safe and effective response during an emergency. Come and join us at our meetings and learn how to prepare. We meet on the second and fourth Tuesday of every month in the Marina Room at the Delta Club, from 7 - 9 p.m. If you are active or retired in the medical or mental health field, you may find that there is an important role for you in this committee. However, we welcome all Trilogy residents to join us at our monthly meetings and learn about how you could become active in this committee. Should you have questions, please contact Alan Levine at (707) 718-7907 or Gillsa Miller at (916) 508-2758.

Tips on preparing your family for a natural disaster before it happens: prepare an emergency plan and regularly conduct drills; identify an emergency evacuation for your home and include an alternative way to escape in case the main entrances into rooms are blocked; establish a place where your family can reunite after an emergency; establish an alternative way to contact others who are not home, such as an out-of-the-area telephone contact, as completing local telephone calls during emergencies may be more difficult than contacting someone out of the area; maintain an emergency preparedness kit with enough supplies on hand to be self-sufficient for at least three days (preferably up to one week); and ensure to have a gallon of water per person per day. If you have battery-operated smoke-alarms, test them every month using the alarm test button. Keep fire extinguishers in high-risk areas such as in the kitchen and garage, and know how to use them.

## Labyrinth Walk

Trilogy Labyrinth Walkers will present a film on April 29 at 6:30 p.m. in the Sonoma Room at the Vista Club. The film details the history of labyrinths in general and of San



Francisco's Grace Cathedral labyrinth specifically. The film also describes health benefits of walking the labyrinth pattern. In addition, Anna Chun will give a five to 10-minute talk on the design and development of Trilogy's labyrinth. Anna conceived, coordinated, and implemented the

labyrinth on the Vista Club patio. She will share stories of the original chalk pattern and the folks who joined in to finalize the project. Light refreshments will be served. Please call Elaine Wysz at (4310) or Gerry Swan at (510) 507-4080 to let us know you will be joining us, or for further information.

### Other Trilogy Labyrinth walks:

**Sunrise Walk:** May, 2014 Date and time to be scheduled

**Summer Solstice:** June 21, 2014, 3:51 p.m.

**Autumnal Equinox:** September 22, 2014, 7:29 p.m.

**Winter Solstice:** December 21, 2014, 3:03 p.m.

An August field trip to walk the labyrinth at Grace Cathedral in San Francisco is being planned. Details to follow.

## Pet Microchipping

Animal Services at 2510 Claybank in Fairfield is offering pet owners a very good deal to help your lost pets get back to you. They are charging only \$10 to microchip your cats or dogs. For further information, please call (707) 784-1357.

## Tip-A-Cop Fundraiser



The Rio Vista Public Safety Alliance and the Rio Vista Police Officers' Association will be hosting a fundraising dinner at a time to be determined.

The RVPSEA is a non-profit 501(c)3 organization whose mission is to enhance public safety in our Rio Vista community. They have previously been able, through tax-deductible donations, to purchase a "Wrap" for the police department that has been instrumental in protecting officers and arrestees in physical confrontations. They also provided fire resistant sheet rock for the "burn house" that the fire department uses for live fire training exercises.

"The Rio Vista Public Safety Alliance is happy to assist the Rio Vista POA in starting a new Police Explorer program.





All our proceeds from Tip-A-Cop will go toward this effort," said Diane Thiel, President of the RVPSSA. The Explorer program is designed to provide local youth with exposure, training, and experience in a law enforcement career. The Nines will donate all profits from a selected entrée to the fundraiser as well as the tips that are collected.

Officers from the police department who have sworn "to protect and serve" will be on hand to serve as your waiters and waitresses. This will be a great opportunity for you to meet them as well as an opportunity to go home with a little extra cash in your pocket from the 50-50 raffle that will be held. For additional information, please contact Bill Garvin at (6656).

## TOPS (Take off Pounds Sensibly)

Our Club is proud of the TOPS display located in the display case, opposite the ATM at the Vista Club. Leader Ella Brice did a super job setting it up! We are saddened that our Co-leader, Pat Voelker, will be moving away. We will truly miss her. Our thanks and best wishes go to Pat and her husband, Bernard. Barbara Bellamy has graciously stepped forward to be our new Co-leader.

There are tentative plans for another Casino bus trip, possibly in August. Keep watching our TOPS news for further info. We welcome all who would like to take off those unwanted pounds with our help and encouragement. For more information, call Leader Ella Brice at (1499) or Co-leader Barbara Bellamy at (6690). Hope you all had a great St. Patrick's Day!

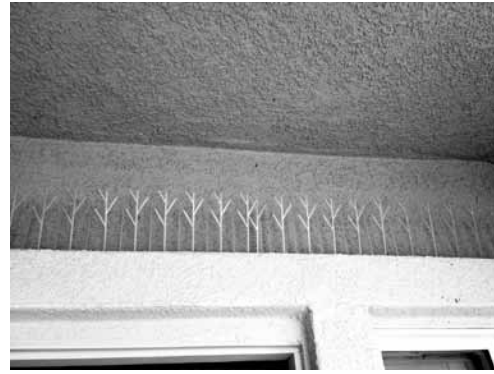
## Wildlife Management

### Feral Pigeons

Most of our Trilogy pigeons can trace their ancestry to Europe and the Middle East. Apparently, they came over to North America as early as the Pilgrims and are now found everywhere. Pigeons don't migrate. Instead, they adapt to varied conditions, from cold Alaska to hot Arizona. Pigeons mate for life and produce a beguiling coo when perched on a drainpipe with their beloved. That said, pigeon droppings could be unsanitary. As with other wild creatures we have discussed, the best residential management lies in denying them access to food and shelter. Please be sure pigeons are not eating birdseed that has been put out for other birds.

### Keeping Them off the House/Exclusion Methods

Chicken wire and/or netting can be placed under overhangs and into openings created by dwelling design. Bird spikes may also be used to exclude pigeons from narrow areas such as window frames. Bird spikes are narrow



twig shaped strips of clear plastic about six inches high that can be attached to the top of a window or door frame. Because they

are clear, they blend in with the color of the house. Bird spikes prevent pigeons from landing and gaining a foothold on the house without harming the bird. Chicken wire and bird spikes do work, but pigeons also try to roost on gutters, on roof tiles, and near solar panels. We have heard that pigeons don't like WD-40 sprayed on roof tiles, possibly because of the odor it creates or because it is slippery. We don't know for sure. If you try it with success, please let us know by filling out a communication form at the HOA office. Thank you for choosing humane methods of wildlife management. Sources: Blechman, Andrew D. Pigeons, and feralpigeonproject.com.

## Spring Gift, Craft & Art Faire

*Saturday, April 12, 2014*

*Vista Club 10 a.m. — 3 p.m.*

*No Entry Fee & Public Welcome*

☀ *Raffled Prizes*

☀ *3JB Jazz Quartet 11-2 p.m.*

☀ *Café Vista open till 3 p.m.*

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## Backgammon & Chess Club

Greetings, prospective Backgammon and Chess Club members! We are playing the first and third Wednesday nights at 5 p.m. of each month, in the Sonoma Room at the Vista Club. This month, we will be there Apr. 2 and Apr. 16, etc. The doors are always open. Just walk in and join us! Bring your backgammon and chess boards so that we can all play at the same time.

Question: Which game is older, backgammon or chess? We want everyone to have fun by learning the correct way to play. We love playing anyone, anywhere, online or in person, using any of my boards or yours! Learn the simple rules of a basic game, and then try to add the doubling cube, which can make backgammon the "Cruellest Game" in the world, as we play five point matches! Winners advance and losers play again. For more information, contact Tom Watson 507-5249.

## Billiards Club

The next Billiards Club meeting is on Wednesday, April 2, at 7 p.m. in the Monterey Room at the Vista Club. Tuesday evening's tournament start times are 5 p.m. The first and third Tuesdays, the format will be 8-ball round robin with no handicaps for B players. The second Tuesday of the month, the format will be handicap 9-ball with a round robin format. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players, and for that Tuesday evening, the B players will get a one game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday will be eight ball, and the club will split the tournament into A and B players. There will be a first and second place winner in each group. The fifth Tuesday will be 9-ball with no handicap for B players.

Officers: President Al Bergoust, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

### Latest weekly tournament winners:

#### Feb. 4, 8-Ball

1<sup>st</sup> Al Bergoust  
2<sup>nd</sup> Marlin Horner  
3<sup>rd</sup> Chuck LaBue

#### Feb. 11, Handicap 9-Ball

1<sup>st</sup> Jack Clark  
2<sup>nd</sup> Jim Neill  
3<sup>rd</sup> Dennis Pool

#### Feb. 18, 8-Ball

1<sup>st</sup> Dave Stewart  
2<sup>nd</sup> Larry Meers  
3<sup>rd</sup> Bob Powell

#### Feb. 25, 8-Ball

##### A

1<sup>st</sup> Al Bergoust  
2<sup>nd</sup> Dave Stewart

##### B

1<sup>st</sup> Chuck LaBue  
2<sup>nd</sup> Geno Toscano

For more information regarding the Billiards club, please contact Oscar Grissom at crpntrboy@aol.com.

## Bingo

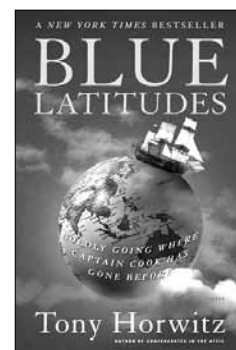
Bunny money is back for this month! Mark your calendar for the fourth Friday of the month, April 25, for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at (6999).

## Bocce Club

We had a great showing of players, new and old, at the February 22 annual captains meeting. Approximately 60 new players have signed-up to play in the 2014 morning and night leagues. The membership voted to make some changes in the playing schedule, which have yet to be finalized as of the writing of this article. Formal details will be posted at the courts and circulated to the members. The membership also adopted a code of conduct that has been posted at both the Summerset and Cypress courts. There was much discussion about additional courts, and it should be noted that the plans are still being formulated. More to follow. League play will start in early April. Again, details will be posted on the Summerset bulletin board and circulated to the membership. The Summerset AED device has been serviced and new pads have been installed. Remember to roll often, throw straight, and have fun. That's what it's all about!

## Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is April 8. The book selection is *Blue Latitudes* by Tony Horwitz. May's book selection is *The Goldfinch* by Donna Tartt. There is no requirement to have read the selected book. Everyone is welcome! Feel free to stop by. For more information, contact Adrienne at (5576).





## Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, April 14, 2014. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at (6136).

February's winners: Regular game: 1st - Sue Vogtlin and Lois Brusen.; 2nd - John Mount and John Fashing; 3rd: Lynn Fortner and Bob Wiskotzil. Novice game: 1st - Elaine Braley and Bruce Morrison; 2nd - Peter and Bonnie Caretti; 3rd - Judy Rumble and Ronnie Teixeira

## Bunco



Come and join us for a fun evening of Bunco and refreshments at the Delta Club. We meet the second Friday of the month at 7pm. For further information, please call Shirley at (9984).

## Computer Club

At the Thursday, April 10 meeting at 7 p.m. in the Diablo Ballroom at the Vista Club, Craig Erbert of HYTEK Computer Solutions in Fairfield will be our speaker. He will talk about the many things that can happen to your computer, and there will be an open forum so you can ask him other computer questions. He is back by popular demand again due to his computer knowledge. This meeting is open to all Trilogy residents.

If you wish to become a member of the club, you can go to the club website at [www.tccrv.org](http://www.tccrv.org) to complete and print a copy of the application and give it to any of the directors with the annual dues of \$12. Or, you can sign up at any meeting.

We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software. For more information, contact Lynne Hansen at (4060).

## Dog Club

Our mission is to maintain a lost and found dog network, provide social opportunities for dog owners and their pets, and facilitate the building of an enclosed dog park within Trilogy Rio Vista.

The Trilogy Dog Club's (TDC) Valentine Champagne Brunch took place on February 9, 2014 at the Delta Club. Linda Rowe and her volunteers made the event a success. Thank you Linda and dedicated volunteers. Our brunch

was a successful event to raise money to help assist in the building of our community dog park.

We hope that you and your companion made it out to one of our Dog Park Test Sites. Thank you to all the volunteers that assisted with our Dog Parks. As a community, we hope that you got a taste of what it would be like to have a dog park in our community. Please let the Adult Committee and the HOA know how you feel by emailing or writing in to show your support. Our monthly meeting in April will be on Tuesday, April 22, 2014 at the Delta Club. Check our sites [www.trilogydoggclub.org](http://www.trilogydoggclub.org) and [www.facebook.com/TDCRV](http://www.facebook.com/TDCRV) for more information.

## Fishing Club

Our next meeting will be Monday, April 21, at 7 p.m. in the Marina Room at the Delta Club. We will be setting up a number of trips, SF Bay party boat, trout lakes, striper bank fishing, and others. We will have a guest speaker from the California Department of Fish and Wildlife. I hope to see you there, as we have many things to go over. Anyone is welcome to join our Fishing Club. We have many great events throughout the year. For more information, please call Al Silva at (3791).



## Genealogy Club

We are so pleased to have made the March cover of *Trilogy Living* and hope everyone got to see it. Our club and workshop have grown so much in the past year. We are also pleased to have organized the Phil Pezzaglia presentations, and we were so happy to see our overall efforts recognized.

With the success of our clubs and the resulting new members, we are making some changes in the workshop format. Beginning in the next month, we will begin to highlight researching individual states, starting with California, Oregon, and Washington. This will include concentrating on historical events, timelines, and free research sites. We will attempt to find the best research sites for these states, including the location of where to find almost anything. Some of the sites will not be state specific but will cover subjects such as military, immigration, and land grants. We will be asking everyone to complete a questionnaire on the geographical location of their research to more closely align and assign resources to help individuals in that research. Free site of the month: [Familysearch.org](http://Familysearch.org)

The Genealogy Club and Workshop are open to all residents of Trilogy. Club meetings take place the first Thursday of the month at 2 p.m. in the Monterey Room at the Vista Club. For more information, contact Rhoda





at (7542). The Workshop is held the third Thursday of each month at 2 p.m. in the Computer Room at the Vista Club. For more information, contact Carolyn at wncbridges@comcast.net.

## Good Samaritans

### Happy Resurrection Day!

The Good Samaritans is thankful for a new season where many people will acknowledge the "Easter Story."

The Bible explains Jesus' early story including his identity. It also outlines the Gospels, which expounds on Easter by detailing Jesus' experiences from The Last Supper to his resurrection.

The Good Samaritans Bible Study is every Thursday at 1 p.m. in the Marina Room at The Delta Club. During the month of April, we will reach out to needy families with food to prepare an Easter dinner.

**Scripture of the Month: John 14:6**

## Hispanic Club

Our potluck held on February 26 was a success. Twenty-six persons showed up with superb food. We will be planning another get together in a couple of months, and all those in our list will be notified. If you want to be included, please contact any of the persons listed at the bottom of this article. In the meantime, keep checking the Hispanic Club on the MyTrilogyLife.com website, under "Clubs." We will try to continually update the news.



Nuestro "potluck" del 26 de Febrero fué todo un éxito. ¡Tuvimos 26 personas que se presentaron con comida deliciosa!. Vamos a planeear otra reunión en un par de meses y todos aquellos en nuestra lista serán notificados. Si quieren ser incluidos, por favor contacten a alguna persona indicada en la parte baja de este artículo. Mientras tanto

sigan viendo la información en el sitio de la red : MyTrilogyLife.com, bajo la etiqueta de "Clubs." Allí trataremos de mantener la información al día.

### Contacts:

Cecilia Reyes Spiritosanto (1484)

email: ceciliareyes77@gmail.com

Teresa Hamner 646-1610, email: thamner@aol.com

Vicky Riddle (3684), email: viriddle98@yahoo.com

Ada Parrales Stack (3406)

## Mah Jongg

We meet every Monday except the second Monday of the month at the Sonoma (card) Room at 1 p.m. - 3 p.m. We play the Hong Kong version. If you know a different version or have never played the game, we have several good players, and any one of them will help you learn this version of the game. We do not play for money. Come join us. Call Molly Martinez (3417) for more information.

## Men's Executive Nine Golf Club

The Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing at The Nines after the game. We play each Tuesday mid-morning. The format varies each week, from individual "straight" golf play on the first and third Tuesdays, and individual and team golf tournament events on the second and fourth Tuesdays of the month. Our club currently has 104 members. We always welcome new members, and golf experience is not a prerequisite. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Dick Talbott, at 225-0077.

There were two club tournaments in February. The winning foursome members for the "Kansas Scramble" tournament on February 11 were Harold Rowe, Chick Cicchetti, Alex Winkler, and Bob Bard. The winning foursome members for the "Shamble" tournament on February 25 were Ron Kott, Al Shaver, Al Sbranti, and Dave Hampton.

We have two "foursome" tournament events scheduled for April. On April 8, we will play a "Four Ball / Best Low Net" format, and on April 29, we will play a "High/Low Net" format. We invite you to come out and join us for a good time with a great group of guys.

## Model Club

One resident asked, "Why do you enjoy modeling?" I feel that prior to our retirement, most residents of Trilogy Rio Vista held a position of responsibility, requiring organizational and people skills to complete their working day, often working in medium to large organizations, with little opportunity to develop items of beauty and community pride. Modeling seems to bring out the best latent skills of individual imagination and workmanship, plus teamwork and vision. The feeling of accomplishment we get from planting selected plants to give a pleasing and realistic scene to our garden is tremendous. When our friends and neighbors stop by and comment to us what a great job we are doing for our community, it is with great pride others see beauty in our efforts. Your suggestions for how a scene might be improved are very welcome. Now, we are nearing the end of our present



phase of track building and moving into a phase of selected gardening and scene refinement. We hope these efforts will encourage others to attend our Model Club meeting and bring new encouragement and skills to our attention. Why model? Because it gives us great satisfaction to provide enjoyment to the residents of Trilogy.

Stop by our Model Club meeting. Please contact the Model Club President, Mr. John Harder, at (3646) with any questions and join us at our monthly meeting on the first Friday of each month in the Monterey Room at the Vista Club.

## Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The March 1 riders were greeted with a dismal, rainy start to the day as they assembled at McDonald's. Three or four folks showed up out of curiosity, but six determined riders arrived in rain gear, and the negotiations of a destination began. Bodega Bay was selected as the most probable dry possibility, and the ride began. By the time we hit Fairfield, the weather cleared, and we were in for a wonderful day. The Napa/Petaluma wine country is always a great ride. The bright sun shining on emerald green hillsides, dotted with sheep and moist from recent rain, made it feel as if we were in good ol' Ireland.



We lunched at the Spud Point Crab Co. on big bowls of clam chowder, and the marina offered a great photo op. Pictured from the left are Wil Bridges, John Stapp, John Oakley, Bob Sparks, Bob Asbell, and Randy Scott. We had an easy cruise down Highway 1, with green hills on the left and wide open ocean views on the right. Eventually, we made the eastward turn to go back through Petaluma with the thoughts of a coffee break in Suisun. The day's travel was only about 190 miles, but fresh air, bright sunshine, and debriefing the ride over a cup of coffee made for a nice day.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. on April 5, and the destination is TBD based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson at (2967).

## Movers & Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser at (7506).

## Nature Club



Nature Club members continue to enjoy a variety of bird outings around our area, despite some wet weather. We hope everyone is enjoying those cute yellow furry "footballs" walking and swimming around with their proud duck and goose parents.

We will meet April 9 at 6:30 (a.m. or p.m.?) in the Monterey Room at the Vista Club to discuss future outings, including a Delta Loop trip to see many nesting birds. This trip last year was exciting and memorable. Hope you will join us. Contact Gail at (2718) for more information.

## Radio Club

This month, the Radio Club meets at the Rio Vista Fire Station to check proper operation of the communication equipment in storage there. Periodic checks are necessary to ensure that the equipment works and is available during local emergencies. This site is a primary communication lifeline to Solano County headquarters in the event that we need outside assistance and our phone system is down. Assistance requests could range from emergency manpower, material, food and water, and medicines necessary should a major disaster strike. Things we hope to be properly prepared for could range from fire, flood, earthquake, or a major transportation disaster on the well-used Highway 12. A major event could cut us off from lifesaving relief without an official means of communicating with the Solano Office of Emergency Services. In this event, you and other volunteers will be able to help us aid Trilogy residents until formal help arrives. You can help by establishing and maintaining your emergency food, clothing, and medicine stocks to support your household members. This emergency stockpile should allow you to be self-sustaining for at least three days in the event of a disaster situation. For further information, contact the Radio Club. Additional contact information can be found in the Monthly My Trilogy Life,



or by contacting me at the below number. The Radio Club meets each Tuesday in the Vista Club Monterey Room at 9 a.m. For informal discussions over a cup of coffee and the formal meeting, please stop by at 10 a.m. . Dean Lattman is available at (3967) if you have any questions.

## Recipe Club

On Tuesday, April 8, we are going to Fairfield to visit the Sepay Olive Oil Company, where we will learn about, and sample, some of their products. Lunch will be at the Dynasty Chinese Restaurant. We will meet at the Delta Club at 10 a.m. to arrange carpool and leave promptly at 10:10 a.m. If you are interested in attending and have not already signed up, please call me no later than Thursday, April 3, or contact Patty LaFleur at (3159).

**Monthly Q and A:** *Do I need to refrigerate frosted cakes and cupcakes?* The type of frosting you use makes all the difference. Cream cheese and whipped cream frostings contain a high percentage of perishable dairy and should be refrigerated within about two hours. Buttercream, ganache, and simple glazes can usually sit out at room temperature for a day or two, even if they contain a bit of milk or cream (sugar acts as a preservative when used in high concentrations). If you do refrigerate your treats, bring them to room temperature about an hour before serving.

## Religions of the World Club

The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about



the different religions of the world: their history, beliefs, and practices. We meet the first Tuesday of every month at 6:30 p.m. in the Delta Club River Room, where the meet-

ing has moved. So far, we have learned about Zoroastrianism, Hinduism, Judaism, Sikhism, Buddhism, Jainism, Taoism, Confucianism, Shintoism, religion in the USSR, and three months on Christianity. On April 1, the ROW Club will present the first of two monthly sessions in an overview of the world's second most popular religion, Islam. The early history, theology, major Islamic sects, the spread of Islam, the "Golden Age" of Islam, and some myths and misconceptions about Islam will be discussed in this session.

This is not a forum for recruiting members to any belief system, and all Trilogy residents of any belief system are welcome. For more information, contact Don Cooper at (510) 909-5049 or Barb Bellamy at (303) 898-9279.

## Senior Men's Golf Club

**"And it seems like, and it feels like/ Yes it seems like, yes it feels like/ A brand new day, yeah/ A brand new day!"**

— Van Morrison/Moondance; Warner Brothers, 1970

After January's record high temps, a great turnout at Paradise Valley, but continued drought, the weekend after the February Ad Hoc brought a Pineapple Express. This eased the pressure on the aquifer and greened up the course. More welcome rain arrived during the last



week of February and the first week of March. The course began to breathe again. The course changed ownership on Valentine's Day; Warrior Custom Golf of Irvine, CA purchased it. Improvements and upgrades were apparent by the end of the month. GPS devices were installed in the company carts, and a new computerized watering system was in

operation. The bunkers were being drained, the greens were smoother, and the fairways were becoming lush. Indeed, it felt like a brand new day. A silent auction of golf equipment brought a good turnout to the monthly General Membership meeting. Unfortunately, a lot of members were later seen lugging their sale items back to their respective garages. At least we had fun telling lies. Donate it to the high school, guys.

New members: Ron Lanoue, Thomas Doelcher, Pierson Evans, and Doug Monroe. Holes in One: Ron Chalmers (#3) on Jan. 7, on hole #13 with a seven iron; Doug Littrell during tournament play on Feb. 12, on hole #13 with an eight iron. Poor #13 gets no respect. In the Notable Achievement category, along with the aforementioned holes in one, member Don Love was elected President of the Home Owners Association Master Board. Don's energy and dedication will surely be felt by the HOA.

Our regular membership meeting is on the third Thursday of each month at 4 p.m. at the Delta Club. For more information, contact our Membership Director, Chris Shockley, at [tshoc@cs.com](mailto:tshoc@cs.com) or (3603).





## Stroke, Head, & Brain Injury Club

We are a support group who have had or are living with someone who has been affected by stroke, a brain injury, or victims of an assault/car accident which subsequently caused a brain injury. We also assist those suffering from dementia, regardless of the cause.



Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or

impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living. Each month, we discuss a new topic and try to learn more about subjects that are of interest to members.

We also conduct various extracurricular activities for the group, both within Trilogy and nearby communities so that we can have fun together as well. We have recently added a monthly "Game Day," where we meet at a member's home and play a variety of games to increase memory and brain function. This program has been a great success. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join or have any questions, please contact Dr. Cheryl Bellrose at (6619). We encourage caregivers and families to join, because you need support as well.

We usually meet on the first Tuesday of each month from 2 – 4 p.m. in the Monterey Room at the Vista Club unless there is a holiday. Our next meeting will be held on Tuesday, April 8. Please join us.

## Supper Club

Supper Club meets every other month from February through October in each other's homes for tasteful (and tasty) dining, fun, and conversation. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually six or eight and sometimes 10). We are not limited to a formal dinner menu only. You might also want to have an afternoon barbeque, a brunch, or a luncheon. Our membership consists of those who have participated for several years as well as our many newer members.

We also have an annual New Year's brunch, where all members can participate at one location. They are able to meet some of the people they may have not been able to participate with during the rest of the year. It is a festive affair that our members truly enjoy.

Our club is not just for married or committed couples. We don't want to leave anyone with the impression that single individuals are not welcome. Everyone is welcome to join. If you want to make new friends, give the Supper Club a try. Take the opportunity to experience the delectable menus and friendship provided by our group.

Our next Supper Club dinner will be held this month (April). For further information, please contact Cheryl Bellrose at (6619). Looking forward to hearing from you!

## Table Tennis Club

Rossmoor players came to Trilogy on Saturday, March 1, but unfortunately, not enough of them to make the tournament fully competitive, so our very imaginative tournament director, Michael Mahrous, revised the format, creating two hybrid teams each composed of both Rossmoor and Trilogy players. This change turned out to be fun and friendly. We had an incredible exhibition match between Jim Cimbura and Mike DeWinters. The end result is that we get to keep the trophy at least until May, when we play Rossmoor at Rossmoor. More information and details have been posted on our website. Also posted are the minutes from our last general meeting held on February 13 and all upcoming events and activities. For more information, visit our website at <http://trvtt.wordpress.com> and provide your email. You may opt out at any time. There's also a hyperlink to this site at [MyTrilogyLife.com](http://MyTrilogyLife.com) under "Clubs."

Note the following: There have been some changes to the in-house tournament dates in April. This date is now April 19 instead of April 26. Also, the August in-house tournament previously scheduled for August 23 has been moved to August 30. Please mark your calendars.

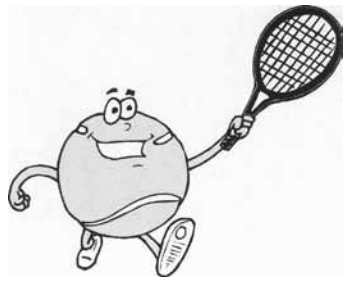
For more information, please contact any of the following persons: Larry Mork, President (3389); Richard Laswell, Vice-President (2479); Vicky Riddle, Treasurer (3684); Tom Surh, Secretary (5282); Michael Mahrous, Tournament Director (3216); Tom Barnes, At Large (4395); Ruth Barnes (4395) Social Activities.

## Tennis Club

Fun tennis fact for April (courtesy of Google): The game of tennis comes from Great Britain, was played on grass in an enclosed court, and was called Real (or Royal) tennis.



Today, Wimbledon, although played on an outdoor court, is the only major tennis tournament still played on grass. Guess the Brits can't get too far away from their "roots!" Sorry, I just had to put that in. The point is, tennis has been around for a long time and was the sport of kings and queens. Today, it's a game for everyone and April is the perfect time for you to give it a try, particularly since George Sablan (our tennis instructor) is starting his clinics during the latter part of this month. If you are interested in participating, contact George at [gsablan\\_guam@yahoo.com](mailto:gsablan_guam@yahoo.com) for more information.



**Coming Events:** Please note that the Tuesday Night Tennis and Eats have been changed to Fridays, with the first one coming up in May. May is also the start of our competitive tennis season, with a match on May 17 at

Rossmoor. In addition, make sure to reserve Sunday, November 2, on your calendar for the next Daylight Savings Tournasocial. Hopefully, you did not miss the fun in March).

Daily Social Tennis is Monday - Friday, from 8 a.m. - 10 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that don't leave marks on the court surfaces. For members only: When you use the ball machine, please be sure that the balls are dry, as wet ones jam up the machine.

Our next club meeting is scheduled for Friday, April 25 at the Delta Club. For more information, contact Wally Beckman at [beckmanwally@hotmail.com](mailto:beckmanwally@hotmail.com).

## Whist Club

April is here, and the flowers are in bloom. Please enjoy them! We are getting ready for our Annual Juneteeth Celebration, so save the date for June 14 at the Delta Club. The Gospel Hummingbirds will be with us. Their style of music is "Rhythm and Gospel."

They have successfully taken their music to rock, blues, and R&B fans in nightclubs, blues, and jazz festivals here in the U.S., Canada, Australia, Japan, Italy, France, and Belgium. Look for our flyer in the May *Trilogy Living*.

The club gathers once a month, usually on the third Friday at 7 p.m. at the Delta Club. Please check the monthly *Trilogy Living* for any dates/time changes. Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. We also welcome those who just want to socialize and join us for a potluck. Contact Madalene Turner at (3361) or Jean Robertson at (0086) for more information.

## Women's 9-Holers



*Ready to Play, Nancy Griffin, Judy Dye, Billie Reese, Connie Eremian*

**February 28:** We had 52 golfers, in Club. We experienced extreme cold, soggy grounds, short sleeve weather, and rain. We prevailed, in total 86 played.

**February 11:** Our Second Net Play

Date, 2-Flights. Flight-1, Winners, Denise Sargent-Natour, Jan Benner, and Kathy Moore. Flight-2, Winners, Blaine Foltz, and tie with Jeannie Renner and Georgette Rodrigues. **February 18:** Played a game called Ones, (only holes 1,6,7,8, and 9 counted). Winners of Flight-1, Denise Sargent-Natour; Flight-2, Kathy Moore; Flight-3, Linda Rowe. Pars for month, consisted of 22 total; Elaine Love-5, Denise Sargent-Natour-3, Nancy Whitney-3, Fran Silva-2, the following had 1 during month, Anna Bogucki, Judy Dye, Connie Eremian, Gay Fortier, Suzi Masterson, Karen Nash, Jeanie Renner, Georgette Rodrigues, and Anna Stevens. Something to strive for, ladies! Well Done. Chip-ins was split-pot won by Anna Stevens and Karen Nash, **February 25.** Fran Silva brought cupcakes for birthday treats (yummy). We are a social group on and off the field.

As Barb Downs has taken a position of Delegate for Riviera, we have welcomed Marnie Doody as new secretary. We will miss Barb. Eleven attended the workshop at Spanos in Stockton on February 25. They had a very informative day and met golfers from other clubs. Some stayed to play a round. In March, we hosted the Men's Executive Nine Golf Club, with golf and lunch. It was fun and educational. For more information about the club, contact Fran Silva at (3791) or email [alfran70@comcast.net](mailto:alfran70@comcast.net).

**Answer to March Trivia:** Mary Queen of Scots.

**April Trivia:** Do you know where to get lighted golf balls (other than online) to play in the dark?

## Women's 18-Holers

Although the weather does impact our play, it certainly is helping to green up our fairways. There are a few ladies braving the elements.

Periodically, our club has tournaments to benefit local organizations, who are in need. We recently gave the Rio Vista High School \$1400 for their sports program. This month, our club is having a tournament to benefit the Rio Vista Community Services. All four golf clubs have been invited to participate.



Although some of our play days have been rained out, we still managed to play two Thursdays in the month of February. Some play day winners were: **February 13:** A team event. Two best balls of the foursome. First: Linda Siatt, Trixie Roque, Loretta Ortenblad, and Jan Benner. Second: Donna Nunes, Alma Renko, and Denise Natour. **February 20:** Only the holes starting with T and F counted using half handicaps. A Flight: First: Vicky Riddle, second: Angie Jones. B Flight: First: Alma Renko, second: Roni Teixeira. C Flight: First: Linda VanNieuwburg, second: Elaine Love. D Flight: First: Jan Benner, second: Diane Scholz. Jan Benner was the Ace of the Month, having had the lowest net score of the field on Ace Day.

We would like to welcome our new golf course owners. We hope to have a long and happy relationship with them. We wish them success. Our golfers meet each Thursday at 8:30 a.m. in The Nine's Restaurant. If you are interested in joining our club, please contact Linda Siatt at (5364).

## Writers Club

As writers, we are wordsmiths. Finding the precise word is crucial to creative expression. Certain words may roll off your tongue with great delight. After learning a word which is new to you, is it sometimes difficult to restrain yourself in anticipating the opportunity to use your recently acquired verbiage without appearing officious or verbose? Or, are you writing for adults but discover that you are using only elementary terminology? This month, you're invited to share some of your most delicious utterances in lyrics, a poem, essay, or short story. We'll meet in the Monterey Room of the Vista Club at 7 p.m. on Thursday, April 10. Join us to share and encourage each other as we present our unique reflections. For further information, contact Zoe at (3676) or Suzi at (925) 231-5213.

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Then you may find the sweetness in every heart."

— RUMI

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<u>Workshops</u>	<u>Date / Time of Classes</u>	<u>Instructor</u>
<b>First-Time Computer User</b> \$3 ea.	<b>Wed. April 2, 9, 16, 23 ~ 10:00 to 11:30am</b> Intended for new computer users. Learn how the computer does what you need it to do. <i>[No prerequisite class]</i> <b>Take one or all classes.</b>	<b>Michael Bouyer</b>
<b>Using Computers</b> \$3 ea.	<b>*Tues. April 1, 8, 15, 22 ~ 10:00 to 11:30am</b> Learn many helpful uses for the computer. <b>Take one or all classes.</b> <i>[Prerequisite: First-Time Computer User class or equivalent knowledge]</i>	<b>Michael Bouyer</b>
<b>Working With Photos ~ \$5 ea.</b>	<b>*Tues. April 1, 8, 15, 22 ~ 12:00 to 1:30 pm</b> <i>Introduction to a free photo editing program that is fun and surprisingly capable of fixing or enhancing your digital photos. Learn how to get your photos on and off the computer. [Prerequisite: Using Computers Class or equivalent knowledge]</i> <b>Must take all classes.</b>	<b>Michael Bouyer</b>
<b>Using the Internet</b> \$3 ea.	<b>*Wed. April 2 &amp; 9 ~ 12:00 to 1:30pm</b> <i>Learn to understand how to use Browsers to maneuver through the Internet. [Prerequisite: First-Time computer Users class or equivalent knowledge.]</i> <b>Take one or all classes.</b>	<b>Michael Bouyer</b>
<b>Setting Up &amp; Using e-Mail</b> \$5 ea.	<b>*Wed. April 16 &amp; 23 ~ 12:00 to 1:30pm</b> <i>Learn to set up and use free e-mail accounts. [Prerequisite: First-Time computer Users class or equivalent knowledge.]</i> <b>Take one or all classes.</b>	<b>Michael Bouyer</b>

**\* If you are new to computers, attend the "First-Time Computer User" class BEFORE attending other classes.**  
 To determine if your equivalent knowledge is adequate for the intermediate or advanced workshops  
 contact the instructor Michael Bouyer by e-mail at Michael@bouyerproductions.com or cell 707-328-4977.

For interest with future Learning Center programs offered, contact Activities Director, Debbie Dorn at email address ddorn@actionlife.com

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**DEADLINE:** All final ads and checks are due by the fifth of the month prior to the month of publication. For example: May 2014 ads and checks are due by April 5, 2014. All late submissions will run in the June 2014 issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

• 1/8 page ad	3 1/2" wide X 2" tall	\$90/month
<i>Scan your horizontal business card at 300 dpi, and e-mail it as a pdf, jpg or tiff file to Tania Fardella at indigodesign@att.net.</i>		
• 1/4 page ad	3.6" wide X 4.5" tall	\$140/month
• 1/2 page ad	7.5" wide X 4.5" tall	\$220/month
• Full page ad	7.5" wide X 9.25" tall	\$345/month

### PREMIUM SIZES AND RATES:

• 1/4 page ad Inside Front or Back Cover	\$185/month	
• 1/2 page ad Inside Front or Back Cover	\$285/month	
• INSIDE FRONT COVER	7.5" wide X 10" tall	\$445/month
• INSIDE BACK COVER	7.5" wide X 10" tall	\$445/month
• OUTSIDE BACK COVER	7.5" wide X 10" tall	\$500/month

### DISCOUNTS:

- 10% off pre-paid ads for 3 months or more
- 10% off for businesses owned by residents of Trilogy at Rio Vista

To place an ad, contact Joan Azlant at [joanazlant@comcast.net](mailto:joanazlant@comcast.net) or 707.374.2620. If you need ad design, contact Tania Fardella at [indigodesign@att.net](mailto:indigodesign@att.net) or 925.377.0335. Additional fees will apply for design, scanning, and edits.



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## ANNOUNCEMENTS

### **Gambling Trip**

Feather Falls Casino Sunday April 6, boarding 7:45 a.m., leaving 8 a.m. from Delta Clubhouse tennis courts. FF Casino 10 a.m. to 4 p.m., 6 hour stay \$30/per person plus \$15 bonus. Host: Carmen Martinez (3259).

### **Group Forming**

Forming new group for sharing Courses our members have bought from the www.theGreatCourses.com web site. Please call Ron (3050) or Woody (6334) for more info.

### **Adult Trikes**

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Looking for final expense insurance? Retired registered nurse offering individuals and Trilogy organization information on final expense and life insurance as well as Medicare Supplement. Phone quotes also available. Call Dennis 866-789-4197.

### For Sale by Owner!

Homeowners, if you have a buyer with agreed to price and terms, I will write the sales contract (only) for \$500. I am a local, licensed, independent broker at your service! Full services only 1.5% of sale price. Call Bonnie Bowen 322-5875.

### Gal Friday

Multi-tasker with variety of service skills, personal/administrative assistant with office and home organizing, clerical, and computer skills. No project too large or small. Organizing, packing and help with move, staging, housekeeping. Some cooking and baking. Call Veronica 415-710-2595. Trilogy resident.

### Garage Door Insulation

Garage door insulation installed. Reasonable rates. Call Bill for a free estimate. Call (2454).

### Gardening/Landscape Maintenance

Complete care of your yard by expert horticulturist. Servicing Trilogy residents on Tuesdays. Reasonable rates. Satisfaction guaranteed. Scott Bowers 916-683-1406

### Gun Repair

Gun repair and gun cleaning, scope mounting, stock and pistol grips. Inspection and estimates, parts and installation. Call Bob (7587). Senior discount!

**Attention Advertisers:  
New Ad Rates Effective April 1**

**Home Based Businesses \$15  
Resident Classified Ads \$10**

**All ads and checks due by the fifth of the  
month prior to the month of publication.**



## SERVICES

### Hair & Beauty

Beauty from head to toe! Haircut & styling in the comfort of your home. I can also do your makeup as well as help you put together your wardrobe & accessories for a great new look for any occasion. You'll be set to go! Call Myrna (3725). 35 years' experience.

### Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, disposals, toilet maint., and more. Free estimates. City bus. license #1654. Bob Bailey (3391).

### Handyman

For those projects that you can't or don't want to do: plumbing (leaking faucet, garbage disposal), electrical (install ceiling fans, light fixtures), household repairs, hang window treatments, mirrors, and pictures. Call Scott Sylvester (6013).

### Helping Hands

Personal assistant providing light housekeeping, cooking, transportation to appointments or shopping. Moving assistance with packing/unpacking and organizing. Contact Kim 209-914-5458.

### Housecleaning

Complete housecleaning: Quality cleaning at an affordable price. Rental cleans 628-4235 of (5239) Dawn, "Jerry the Sprinkler Guy's" daughter.

### Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run.

Cost is \$10 for 25 words. Additional words are \$.25 per word. Checks only.

Late ads will run in the next issue.

Prices change effective April 1.

## SERVICES

### Household Assistance

Organize, arrange, put in place, Enjoy home with happy face! Build stained glass windows, etch shower doors too, I can make or will teach you! Many repairs, walls I'll paint, Professionally pack, Flexibility's great! Yard work and cleaning A to Z, Dogs I love, Laughs are free! Jody 386-7896

### Impeccable Improvements & Repairs

Established Retired General Contractor . . .tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 8 year resident/ references. Dominic 322-9476

### Income Tax Preparation & Bookkeeping Service

Over 30 years experience with bookkeeping and personal, corporate and partnership income tax preparation. Fast, efficient, reasonable. No job too small. Call Lesley (3377).

### Income Tax Services & Planning

Serving Trilogy since 1999; individual, trusts, business. Consultation in your home or my Trilogy office. Ron Auger, CPA (3068)

### Income Tax Prep & Notary

Individual Partnership Corporate Tax Return Preparation, Notary Public. Reasonable prices. Jim Castress (3590)

### Landscaping

Hello Trilogy residents, new & established: I'm Jim Gilly, a fellow resident looking to help you with re-designing and installing your front or back or both yards. Visit my web @ [www.gotgilly.com](http://www.gotgilly.com). Lic. 752296. Call 925-260-5780.

## SERVICES

### Lawnmower Repair

Service & repair on lawnmowers, weedeaters, blowers, rototillers, etc. Sharpen garden tools. Call Stan (3163)

### Notary

My home or yours. Servicing Trilogy for the past 12 years. Please call Eileen Griffin at (2684). Thank you.

### Notary Public

Certified Notary, fast, professional and reliable service. Lowest fees for Trilogy residents. Please call Jeffrey (7541). Thank you.

### Notary to Go

Only \$8 per notarization at Trilogy. Discounts for numerous documents. Since 1984. Call Warren at (3477).

### Notary Services

\$10 per signature per page/ discounts for multiple pages. Offering LegalShieldTM /Identity Theft Protection Services. Trilogy Resident. Elaine Wysz (4310).

### Pet Care

Trilogy home owner offering my services to neighbors/pets. Walks, drop-ins, overnights, allowing your pet(s) to stay home. Pet first-aid/CPR trained. Cell: 330-6010; email: [HYPERLINKmailto:thedeetails@yahoo.com](mailto:HYPERLINKmailto:thedeetails@yahoo.com) "mailto:thedeetails@yahoo.com"thedeetails@yahoo.com

### Pet Care

Kitty care and small dogs (no walking) services. Includes play, feed, meds, trash out/in, newspapers, mail, and house plants. Call Mimi (4343). Trilogy resident. Accepting holiday reservations.

### Plantation Shutters

Measured & installed by Jim Gilly. Check prices from Costco & others, then call me. You'll be happy you did. Allow 6-8 weeks from order date. Jim Gilly 925-260-5780



## SERVICES

### Pressure Washing & Cleaning

Diligent and conscientious. Exterior walls, patios, driveways. Great rates. Other services also available. References. Trilogy resident. Christopher 415-710-2590.

### Rain Gutters Cleaned

Patio covers washed and rain gutters cleaned. Pressure wash driveways and patios. Trilogy resident Danny 209-570-0302.

### Sliding Door & Screen Repair

Stop Fighting Your Sliding Door and Screen!...If it does not Slide, I will make it Glide...Replacement or Repair of all Patio Door and Screen Rollers, Patio Door and Window Screens, Locks, Handles, Shower Door Enclosures and Wardrobe Doors. For a Free Estimate, please call Jonathan (2736).

### Solar System Installation

Existing Home Solar System Installation: Add solar to reduce your electric bill and receive the 2014 federal tax credit. Cal Rich for free consultation (3065).

## SERVICES

### Streaming Video

Will set you up to watch movies in your home instantly from Netflix or Amazon. Woody Woodard 707-416-6067

### Transportation

Dave's Transportation Service will drive to airports, Amtrak, BART, Medical appointments, shopping, casinos. Trustworthy and reliable. For Trilogy residents only. Call David (3192.)

### Travel

Make your travel dreams come true. . . I can take you anywhere you want to go. . . 100's of tours across seven continents awaiting you. Call or email Roz Endriga, Travel Group Coordinator for Goaheadtours. (4985) or 707-853-1002. roselynd@att.net

### Water Filter

Drink purest, cleanest, tastiest water from your tap. Install reverse osmosis filter under sink system. Save bottled water costs of \$250+ per year. Trilogy resident discounted \$150 plus installation (2643).

## SERVICES

### Weed Pulling

Get rid of those ugly weeds. Don't break your back. Clean up weeds, dead leaves, plants, prune, trim. Keep your yard tidy. Laurie (6305) or cell 925-301-7389.

### Window Cleaning

Professional window cleaning. Years of experience, licensed, and complete background check. For a free estimate and appointment, call Gary (3488).

### Your Personal Travel Agent

Put yourself in my hands and let me arrange your travel from door to door: air, cruise or train, hotel, villa, rental cars, drivers, activities, sightseeing, excursions, fine dining, shows. Call Joan Greene, All Occasion Travel (2440) or email [alloccasionstrvl@aol.com](mailto:alloccasionstrvl@aol.com). Let's talk it over.

## WANTED

### Golf Carts

Cash paid on the spot. Carts can be running or not. Call (3338) or 208-9096.

## Announcements

### Free Medical Supplies

The Rio Vista Lions Club has refurbished medical supplies available at no charge. Items include wheelchairs, walkers, canes, crutches, and more. Contact Lion Ron Jones at (5875) or Lion Warren Oglove at (3477).

### Rio Vista Community Service Food Bank Needs Donations

Commit your Tuesdays (8:30 - 11:30 a.m.) once per month or any combination that works for you. Must be able to lift 40-50 pound items on occasion. Help a team pick up the weekly donated food items with a provided van. Contact (2358).

### Alzheimer's and Dementia Caregivers' Support Meeting

Alzheimer's Services and the Greater Bay Area Alzheimer's Association sponsor the caregivers support group, offering information, speakers, and videos, as well as open discussion and social interaction for caregivers of love ones with Alzheimer's or other dementias. The group meets the third Friday of each month from 9:30 - 11 a.m. at the Senior Center located at 25 Main Street in Rio Vista. For more information, contact meeting facilitator Nat Marcoccio at [RVALZSG@yahoo.com](mailto:RVALZSG@yahoo.com).







**WARNING:** Life will  
be back in balance.

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Coon Joint  
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Diane Livingston | Vintner

**Less Pain. Faster Recovery.** Learn how new minimally invasive surgical techniques for knee and hip replacement can get you back to doing the things you love.

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**JOIN US FOR A FREE SEMINAR  
REGISTER TODAY**

**MONDAY | APRIL 7, 2014**

REGISTRATION: 6:00 PM

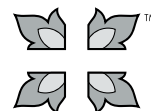
PRESENTATION: 6:30-8:00 PM

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[www.napavalleyjointcare.org](http://www.napavalleyjointcare.org)



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