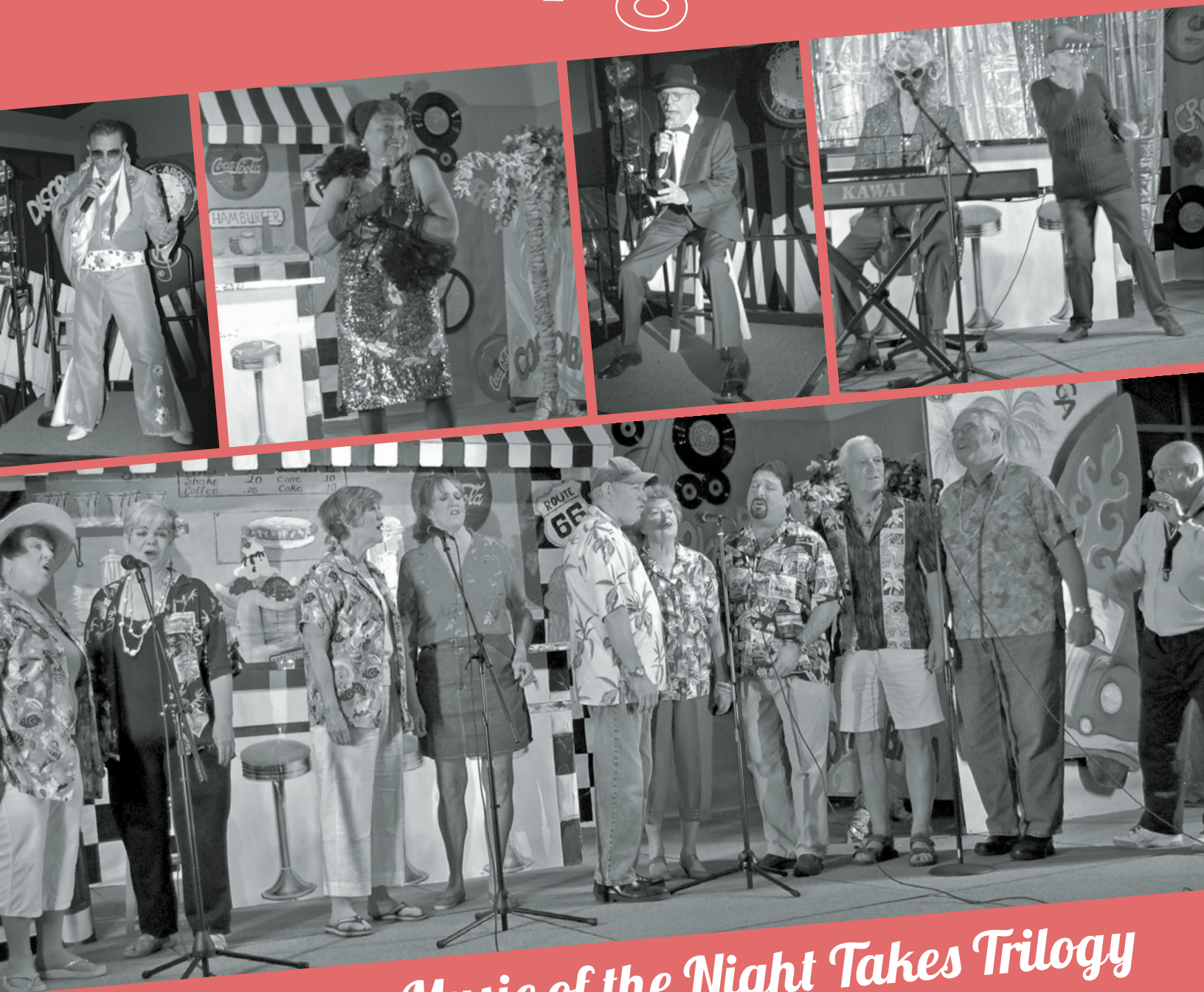


TrilogyLiving



Music of the Night Takes Trilogy

Get ready for some sing-a-long fun as Music of the Night premieres on March 7 – 9 at 7 p.m. Recall your “Senior Prom” as “Moments to Remember” take hold while you listen to music from the 50s and 60s. Read more about the event on page 24.

Index:

Wine, Jazz & Visual Art Festival pg. 4
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Prescription Take-Back Event pg. 25
Sweetheart Ball pg. 27



Insured Retirement Income

Planning to live off your 401(k) can sometimes be worrisome. How much money can you withdraw without worrying about running out of money? Or could you afford to take more and have a better lifestyle?

You probably have insurance for your home and your car. So why not consider an insured option for your retirement savings and retirement income.

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An annuity is a long term financial product which is subject to surrender charges and holding periods that vary by product and carrier.

Any transaction that involves a recommendation to liquidate funds held in a securities product, including those within an IRA, 401(K) or other retirement plan for the purchase of an annuity, can be conducted only by individuals currently affiliated with a properly registered broker/dealer or registered investment advisor. If your financial professional does not hold the appropriate registration, please consult with your own broker/dealer representative or registered investment advisor for guidance on your securities holdings.

This is a solicitation for an insurance product.

1208028

From the Master Association



Carol Benkie

President

The TrilogY Rio Vista Master Association Board of Directors meeting was held in the Diablo Room of the Vista Club on Tuesday, Jan. 8, 2013.

The following Actions were taken resulting from Executive Committee Sessions:

- Executive Session Minutes for Dec. 11, 2012 were unanimously approved without correction.
- There was significant discussion with Delinquent Trustee Service on items put on hold from the Dec. 2013 Executive Session: Lien Review Authorizations of Small Claims; Enforcement of Personal Judgment; Publication and Sale.
- Discussion regarding developing a matrix for voting regarding changes to the CC&Rs.
- Discussion regarding assignment of the Wildlife Management Committee; be it the TRVMA Board or Adult Committee.

Actions taken by the Board at the December Regular Meeting included:

- There was unanimous acceptance of the CFO Budget/Financial Report for Dec. 31 2012.
- **Consent Calendar Item:**
 - o Unanimous approval for Audit Engagement and Tax Preparation - \$3,895 (\$3,750 Budgeted). Agreement with Levy, Erlanger & Company.

Unfinished Business:

- Motion to assign the Adult Committee to form a Wildlife Pest Management Committee was approved (4-1).

New Business:

- Motion for use of the facility regarding Community Mediation Service – Kickoff Event Open to the Public did not pass due to lack of second motion for approval.

Please plan on attending our 2013 Annual Master Meeting, which will be on Tuesday, Feb. 12, 2013 at 2:00 PM in the Vista Club. Come meet and welcome your new Master Board.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Carol Benkie, President (3316)
Warren Oglove, Vice President (3477)
Tom Moore, CFO (5772)
Bernie Dehn, Secretary (4764)
Lorna Bewick, Director (2093)

District Delegates

Village I – Carol Benkie (3316)
Village Oakmont – Tom Moore (5772)
Village Riviera – Lorna Bewick (2093)
Olympic Village – Joel Auslen (5808)
Saddle Rock Village – Mary Ann Butts (3099)

Committees

Adult – Helen Bergoust, Chair (2436)
Access – Dave Bewick, Chair (2093)
Disaster Preparedness – Jim Larsen (4382)

Village Board Presidents

Village 1 – Bernie Dehn (4764)
Village Oakmont – Walt Manos (2827)
Village Riviera – Don Seyk (6407)
Olympic Village – Robert Sonnenburg (925) 550-3832

Association Administration

General Manager: Ed Vitrano (4869)
evitrano@actionlife.com

Assistant General Manager: Catherine Patrick
cpatrick@actionlife.com (4843)

Activities Director: Debbie Dorn (4204)
ddorn@actionlife.com

Fitness & Spa Director: Kathy Erwin (4205)
kerwin@actionlife.com

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 (1099)
Delta: Admin Office (4843) Fax (4891)

TrilogY Living Editorial Board

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

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Resident Classified Advertising

Kathy Nilsson, knilsson@actionlife.com (4200)

Welcome Center/Front Gate (4306)

trvwelcomecenter@gmail.com

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

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From the Editor



Andrea Stuart

February is quite a month, despite the kiss of winter still upon our cheeks. There are so many reasons to celebrate from the prospect of an early spring on Groundhog Day, to the

whooping and hollering emitted from Super Bowl parties. Mardi Gras begins breaking out around the world, Valentine's Day beckons us to be sweet to one another, and President's Day reminds us to appreciate the history of our country.

Trilogy has its own reasons to make merry. The Wine, Jazz & Art festival on Feb. 2 offers a cultured and aromatic way to begin the month. Meanwhile, the Dance Party with DJ Jose LaTorre is a nice excuse to stay out later and schmooze with your dance buddies. Plus, you can still cozy up near the big fireplace on nippy evenings and get to know your neighbors at the Grapevine Chats.

Many groups are also bursting at the seams with activity. The Kare Bears Olympic Village Prescription Take-Back event on Feb. 11 is a great way to rid yourselves of those expired or useless medications. And, if you're interested in learning to play Bridge, Beginning Bridge Class begins on Feb. 6 (see Community section for details).

A few newer clubs are emerging on the scene. Fancy yourself an ink slinger? Join the Writers Club. Got a penchant for string instruments? The Guitar Club is anxiously awaiting your nimble fingers. Caught the acting bug? The Trilogy Theater Group offers another opportunity in the performing arts. Suffer from a movement disorder such as Parkinson's? Movers & Shakers is here for support. For information about these and all other clubs, visit MyTrilogyLife.com.

Wrap that scarf another time around your neck. There are dozens of reason to get out and have fun this 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.

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

From the Activities Director



Debbie Dorn

The holidays were officially brought to a close with celebrations that moved us into the New Year. The Grand Living Room overflowed during the Dec. 19 Holiday Show, which

featured the Trilogy Jazz Band, Delta Breeze Chorus, and Delta Harmony. New Year's Eve was celebrated at the Vista Club, where the Solid Gold Band kept the dance floor filled long after the ball dropped at midnight on the big screen. We have many people to thank for their caring spirits, helpful ways, and unique talents that made all of the holiday activities so enjoyably special.

Fifty-four crazy people participated in the Polar Bear Plunge on New Year's Day! It was magnificent watching beside 50 or more spectators. All participants qualified for a t-shirt with a picture of the brave group. This was well worth making it to the Delta Club pool by 10 a.m.!

Trilogy has lined up some exceptionally entertaining events during the New Year. Don't miss these upcoming occasions! We encourage everyone to mark their calendars monthly.

- 02/02 Wine, Jazz & Art Festival
- 02/03 Super Bowl XLVII Party
- 02/07 Enrichment Series ~ A Fight To Live
- 02/11 Blood Drive
- 02/11 Prescription Drug Take Back Program by Olympic Kare Bears
- 02/15 Karaoke Night
- 02/16 Dance Party Social with DJ Jose LaTorre
- 02/23 Concert: John Covert & Crystal Image

A list of clubs and groups is also available with contact information from Member Services at the Vista Club. Your comments and suggestions are always valued. Call me at (4204) or send an email to ddorn@actionlife.com. My mailbox is always open.

Wine, Jazz, and Visual Art Festival

Saturday, Feb. 2, 1-5 p.m. Diablo Ballroom Vista Club ~ Free

*Charge for wine tasting ~ Six wine tastings \$5
payable to Van Ruiten Winery*

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Digital Photography Club will display their art, the 3JB Jazz Quartet will play delightful music, and there will be wine tasting. Come on over and get your



palate ready for an artful fun time. Sign up at Member Services.

Van Ruiten Winery has been a premier wine grape grower for over five decades. Three generations of the Van Ruiten family now work together tending the vineyards, managing the winery, and bringing the fine wines to market. Accentuating their new facility and the experience of the Van Ruiten Family is now positioned as a leader for super premium wines from Lodi.

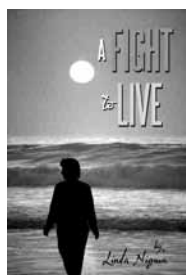
Farmer's Market ~ Have you experienced Trilogy's Market Place?

Sunday, Feb. 3, 10 a.m. – 3 p.m., Delta Club ~ Free

Mark your calendar to stock up during the next Farmer's Market at Trilogy! Bring your neighbors and support your locally grown fresh fruits and vegetables. Petrill's Produce Farmer's Market provides wonderful produce and other specialties. It's easy to keep a fresh supply of fruits and vegetables on hand without leaving Trilogy. Receive a free apple with purchase for visiting the market.

Enrichment Series ~ A Fight To Live!

Thursday, Feb. 7, 6:30 p.m. – 8 p.m., Diablo Ballroom Vista Club ~ Free



Linda Nigma is the author of *A Fight to Live: My Amazing Journey*. Let her take you on an incredible journey as she shares an inspirational story about survival over a life threatening illness. During her story, you'll discover that kidney disease diagnosis is on the rise and the importance of being a donor. Light refreshments will be served. Sign up at Member Services for this inspiring event!

Grapevine Chat!

Tuesday, Feb. 12, 6 p.m. & Feb. 26, 5 p.m. ~ Free

Grand Living Room, Vista Club

Are you new to Trilogy or a seasoned resident who enjoys great company, an inviting atmosphere, and good conversation? Join the 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-ups required.

Blood Drive

Monday, Feb. 11, 9 a.m. – 1 p.m., Rio Vista Room Delta Club

It's time again to lend an arm and help save lives by donating blood at the upcoming Trilogy Blood Drive. Walk-ins are welcome; however, appointments have priority. To make an appointment, contact Carol Benkie (3316) or carolbenkie@gmail.com.



Photo Courtesy of Martha Hoff

John Covert & Crystal Image

Saturday, Feb. 23, 6:30 – 8:30,
Diablo Ballroom Vista Club ~ \$10 pp

John Covert (keyboards/vocal) has opened shows for War, Tower of Power, Sons of Champlin (Grammy winner Bill Champlin formerly of the band Chicago), Chad and Jeremy, The Chiffons, The Coasters, Simon & Garfunkel, Gary U.S. Bonds, Dobie Gray, Lady Bo (Bo Diddley's protege) and many others.

He is a grand prize winner of the Nashville Music City Song Festival and multi-finalist in the American song festival. Covert's songs have been featured in many TV shows, movies, magazines and on the Billboard charts. His co-written song "Smile If You Love Jesus" charted #1 on the 1999 Country Gospel Music Guild charts. John's 1960s folk rock songs are also featured on a rare European collector's CD, California Love In (also featured is legendary rock band, Steppenwolf). More of Covert's original vintage Crystal Image rock music can be found on the official website: crystalimageband.weebly.com. Gear up for an evening of entertainment, and dance. You are welcome to bring your favorite provisions! Sign up at Member Services.



Blood Pressure Check ~ Free

Thursday, Feb. 14, 9 a.m. – 10 p.m., Library Delta Club

Did you know you can have your blood pressure checked on the second Thursday of every month at the Delta Club Library between 9 – 10 a.m.? Share your appreciation for this free service when you see Ruth. She has been volunteering this service to Trilogy residents for many years.

Karaoke Night ~ NEW SONGS!

Friday, Feb. 15, 7 – 8:30 p.m.

Diablo Ballroom Vista Club ~ Free

Specially designed for your enjoyment, Karaoke Night now features open dancing. Song lyrics are displayed on the big screen for sing-a-long good times! There will be a variety of entertainers from story tellers to special dancers, folk singers and more. One may be you! Bring your favorite snacks and beverage for a relaxed evening of spontaneous fun and entertainment. No sign-ups required!

Dance Party Social with DJ, Jose LaTorre

Saturday, Feb. 16, 7 – 9 p.m., Diablo Ballroom Vista Club ~ \$3

DJ Jose will take requests of your favorite music! You may also bring music CDs. Bring your dancing shoes and friends along with your favorite beverage and snacks. Sign up at Member Services. For more information, call (4200).

Complimentary Hearing Screening and Assessment

Thursday, March 14, 1 – 3 p.m.

Diablo Ballroom Vista Club ~ Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and assessment to all members. Also offered are cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Please keep in mind that some repairs may incur a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. They look forward to serving your needs on an ongoing basis. Depending on need, their services are offered quarterly the second Thursday of every third month beginning March 8. Contact them directly to make an appointment at (707) 428-1313. Walk-ins are welcome.

Open Mic Night ~ Music, Dance, Comedy, Poets/Spoken Word

Friday, March 15, 7 – 8:30 p.m.

Diablo Room, Vista Club ~ Free

Open Mic Night welcomes Trilogy to take the stage and share their artistic expressions in a setting as intimate as your living room. Family and community will cheer you to the next level! Spectators are in for a treat. The supportive environment is about novice artists having a safe place to perform for the first time and veteran artists having a place to try out new pieces. It's about having a place that inspires new work. Bring your favorite provisions and come check it out. Performers sign in at Member Services.

Guidelines: One performance per person, which may be flexible depending on the number of performers for the night. Limit of 15 performers for the night.

Would you like to share your computing talents with others?

Do you have experience using some of the common computer programs like internet browsing, word processing, spreadsheets, or email? Consider sharing your knowledge with others in an informal setting at the Vista Club's Learning Center. Contact Debbie Dorn at (4204) or share your thoughts or questions

by email ddorn@actionlife.com.

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Assessment Notice

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 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 \$118.29

Master Association \$80.39

(Only for original residents (<100)
in a developer subsidy agreement)

Village I \$4.50

Village Oakmont \$4.00

Olympic Village \$4.20

Village Riviera \$4.50

Saddle Rock Village \$0

(None until dormancy ends)

Village Riviera Board News

The Annual Meeting of Village Riviera, followed by the bi-monthly Village Riviera Board Meeting, was held on Jan. 3, 2013. Ballots received by 6:30 p.m. at the Homeowners' Administration Office were tallied by Nancy Burns who was previously appointed as Inspector of Elections. Thanks to everyone who turned in their ballots in a timely manner and who attended the meeting.

There were two vacancies on the village board for the two-year terms. Both existing officers, Don Seyk and Ida May Wagner, were re-elected automatically as they were the only two candidates for the two positions.

Village Riviera Delegate election was quite a different story. Lorna Bewick and Dante Miles both chose to run for the one-year position of delegate. Both wrote excellent candidate statements, both spoke at Meet the Candidate Night in December, and both went to the additional effort to tube flyers again discussing their platforms and what they hope to see at Trilogy. Both urged our residents to turn in their ballots, as that determines how many votes Riviera's delegate takes to the Master Board meeting to be held Feb. 12. Our delegate will take 237 votes to that Master Board Meeting. Lorna Bewick was again elected as our delegate.

The amendment to carry over excess funds passed. Regarding combining the Architectural Review Committees of all villages, we need more ballots turned in. If you still have your ballot or lost it and therefore never turned one in, please obtain a new ballot from the HOA Office and vote only on this amendment. This is a time sensitive issue.

The Village Riviera Residents' Club passed out ballots to those homeowners present at this same Riviera combined Board Meeting. Please see Village Riviera Residents' Club article for the results.

We hope the New Year started off well for all of you and good health and happiness will continue throughout 2013 and for years to come. Our next meeting is Thursday, March 7, 6:30 p.m., at the Delta Club. If you have any questions, contact Don Seyk at (6407).

Saddle Rock Delegates Report

Welcome to our new delegate and alternate delegate whose terms begin on Feb. 1. The election was held at our Annual Delegates Meeting on Jan. 24. Our village did indeed have an election for the first time this year. There were two applicants for each position; the names of our new delegate and alternate were announced at the meeting.

Two thousand thirteen promises to be an exciting and fruitful year in Saddle Rock. The building boom continues and we watch as our village transforms daily with new foundations being poured and new neighbors moving in. Welcome to our new neighbors! As for 2013 and under our new leadership, the village looks forward to refining our structure; we are improving our communication and our new website is a great tool for communication among our existing villagers. It is a wonderful resource for everyone. So much to learn yet there is plenty of time before Saddle Rock Village will transition out of its "dormant" status and become a full fledged village.

This year also promises to be an exciting one for TRVMA. Saddle Rock villagers are interested; they want to learn and be informed; many of our Villagers are willing to dedicate time and energy to promote Trilogy; they want to have a voice in their community. Hats off to everyone. For more information, contact Mary Ann Butts (3099)

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Saddle Rock Village

Saddle Rock Village has eased into the New Year amid the sounds and sights of our growing community. Houses are sprouting up at break-neck speed changing the landscape and providing us with a crop of new and interesting neighbors.

The Social Committee has begun planning our 2013 events. We will kick off the year with a St. Patrick's Day party. Start writing your limericks now! The second annual block party will be held in September followed by some scary stuff for Halloween. And yes, Virginia, there will be a holiday party.

If you moved into Saddle Rock Village on or after Dec. 1 and did not receive our welcome packet, please notify Richard Larsen (biskit3@comcast.net). To make sure we don't overlook anyone, we have instituted a process with Shea Homes whereby they will send us email notifications of new residents as part of the closing process. Thanks to Shea Homes and particularly to Ralph Bleier who championed our cause.

On Jan. 3, we held our first Candidates Night. Residents running for delegate and alternate delegate provided background information. We also reviewed the various ways residents can make their voices heard including attending Adult Committee and Master Association Board meetings.

All Saddle Rock Village residents are members of the Residents' Club. We encourage you to attend our meetings and share your ideas about how to forge a sense of community as we grow.

The next Residents' Club meeting is scheduled for Feb. 21 at the Delta Club. Hope to see you there. For more information, contact Patty Kohn (2737).

Village I

The stated purpose of Village I Residents' Club (VORC) is "to bring the residents of VORC together to provide community service, social interaction, informational and educational programs as well as fundraising events to further shared interests." Since VORC's beginning, a lot of good work, events, and interaction have taken place. The existing board has continued along the stated path and has provided positive input. VORC's by-laws were rewritten to allow for broader involvement on the board. The board lowered the time commitment by changing the meetings from monthly to quarterly. The financial status of the club is sound and there are a lot of positive feelings within the TRV community towards VORC and its activities. We, as a board, are looking for more VORC members to step forward and become involved in the

management of the club, its activities and its future. All the board positions are open. We encourage self nominations. The election of the board for the 2013-14 term will take place at the April 10, 2013 meeting in the Delta Club at 7:30 p.m. Remember, this is your club, make it work for you. For more information, contact Joe Downes (7520).

Oakmont Village

Happy New Year, everyone! Oakmont rested in January and now has started 2013 with lots of energy. We are happy to announce our 2013 Oakmont Village Residents Club Board: President - Antoinette Pestana, Vice-President - Cynthia Schroeder, Treasurer - Patty Evans, Assistant Treasurer - Tom Griffin, Secretary - Milly McCoy, Assistant Secretary - Charlene Oxoby, Past President - Dick Lyon. Nancy Griffin has accepted the position of historian. Welcome aboard everyone and thank you for saying yes.

Our Social Committee is already busy getting ready for our first event of the year. Our Breakfast Fundraiser is on Sunday, March 10 from 8 - 11 a.m. in the Delta Club. We will tube all villages early February as everyone is invited to attend. When you get your flyer, get your friends and neighbors together, send in your flyer and check. Our Champagne Brunch is always popular and very affordable. For more information, call Cyndy at (2480).

We are always looking for help in putting on our events and having new ideas from our residents. Everyone is invited to join our Social Committee meetings, which are held the first Wednesday of each month at 3 p.m. in the Monterey Room at the Vista Club.

Dates to Remember:

Feb. 6 ~ 3 p.m. Social Committee meeting Vista

March 6 ~ 3 p.m. Residents Club meeting/ followed by the Social Committee Meeting

June 9 ~ 5 p.m. International Potluck at the Delta Club

We want to hear from you, so don't be bashful. Call Antoinette (5154) with ideas, suggestions or anything in general. Oakmont Village wishes everyone a happy Valentine's Day.

Village Riviera

The residents of Riviera and our friends from the other villages in Trilogy did it again! You made the Soup Potluck, a humble, simple gathering of lovely people and great food, a total hit. As a rather unimaginative cook myself, I am continuously amazed at the creativity and skill our residents share in the realm of soup making,



salad inventiveness, and just wonderful desserts. We give our thanks to you, our guests, who made the event so tasty.

Now, onto the truly amazing ladies luncheon on Thursday, April 18: Husbands are jockeying for waiter slots (apparently they had as much fun serving the ladies as the ladies had being served), many ladies are already planning their tables, and vendors are being interviewed. This year, we are going to New York, New York. Lunch will be a New York style deli meal with the appropriate side dishes. Flyers will be out in early March, so get your reservations in quickly.

Next on the calendar is the Sock Hop on Saturday, June 15. Rolled up jeans, big shirts and bobby socks, poodle skirts with pumps, lettermen sweaters, sheath dresses (we wore all kinds of attire in that era) from the prim to the wild. Wear what you feel depicts your favorite memory of that time of your life, but do keep the date and get your reservation in early once the flyers are out in mid-May.

As for the business end of the Residents' Club, ballots were passed out to those homeowners present at the combined Riviera Annual and bi-monthly Riviera Board Meeting held Jan. 3. Coralie Leder was elected to a second term as president, Susan Fox was elected to a second term as secretary, and new member, Chris Shaver, was elected to the position of treasurer. Members of the Residents' Club cannot hold office for more than two years consecutively. Our thanks go to Linda Robinette, out-going treasurer, for a great job.

If you have questions about the Residents' Club, email Coralie Leder at coralie.leder@gmail.com.

Meeting Calendar

Master Association Board Meeting

Tuesday, Feb. 12, 2 p.m.
Diablo Ballroom, Vista Club

Adult Committee Meeting

Thursday, Feb. 28, 1 p.m.
Rio Vista Room, Delta Club

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TRILOGY HEALTH AND WELLNESS CENTER SPA SPECIALS FOR FEBRUARY



Valentine's Day Spa Packages 2013

Relaxing Romance: Indulge in a little relaxation this Valentine's Day. Treat your sweetheart or pamper yourself with these Cupid-approved spa packages.

Romancing the Stone

Warm Stone with Aromatherapy Treatment

Chocolate gift

\$99 (90 min.)



Cupid's Arrow

(2) 80 Minute Deep Tissue Massage

Chocolate gift

\$165 (80 min. each)

*** OR ***

(2) 60 Minute Deep Tissue Massage

Chocolate gift

\$105 (60 min. each)



Forget-Me-Not

The Forget-Me-Not package features a 50-minute European Facial, and 25-minute Head, Neck & Back

\$70 (75 min.)

Good for purchase Feb. 1 – 28, 2013 (may be redeemed anytime)



Holiday Fitness Potluck & Drawing: a Success!

Over 88 members came to the Potluck and shared food, friendship and fun (see event photos on page 16)! A special thank you goes to the following Individuals and Local Businesses that made this year's Holiday Fitness Drawing a success:

Awender Chiropractic
Bellissimi Fashions
Brand New You
Busaba on the Delta
Crepés n More
Deborah's Designs
Delta Pharmacy & Gifts
Hong Kong Seafood Restaurant
Jan Castello
Just Nails
Knitterbug
Laurie Dee Salon
Lira's Super Market
Long Island Larry
Luxury Nails

Mane Street Hair
New Image Salon
Oil Well Materials & Ace Hardware
Radio Shack
Raul's Striper Cafe
Rio Vista Auto Repair
Rio Vista Chamber of Commerce
Rio Video Coffee & Smoothie Bar
Robin's Nest
Social Butterfly
Susan Prince
Taqueria Mexico Restaurant
Tradin' Post
The Golf Club @ Rio Vista

Thank you for your generosity and your quality products!

Sincerely, Kathy R. Erwin, Fitness Spa Director

Congratulations: Bob Fable, Anita Surh, Cindy Geck, Andra Poffenbarger, Sharon Conlon, Kathy Rice, Shirley Johnson, Eileen Smith, Joyce Reese, Rosemary Beck, Celia Geraghty, Joanna Ploetz, Roger Kohn, Joelle Swift, Catalina Carreon, Barb Downs, Helen Change, Bertha Graham, Paula Mezynski, Joyce Poni, Joleen Small, Mary Trudrung, Ellen La Vaccare, Janen Afaneh, Gladys Washington, Pat McDonald, Jack Brian, Carolyn Azbell, Walda Cyrus, Jerry Washington, Kay Loux, Christine Shaver, Georgette Hall, Regina Quemere, Vicki Gonseth, Elena Woodbridge, Linda Guenther, George Donor, Elaine Love, Nancy Burns, Marlene Percivalle, Dave Falk, Don Love, Carol Love, Mary Troop, Juliet Ennis, Kathy Klessen, Kristina Rose, Freddie Ivy, Elaine Wisz, Morena Smith, Wes Earl, Kathy Nilsson, Marcia Lodge and. a few others who won special prizes! Over 65 gifts were graciously donated by local businesses, restaurants and some of our own community members, as well as Trilogy Health & Wellness Center Department, Day Spa, and Personal Training staff.

Strength & Cardiovascular

There are so many ways to get fit, healthy, and improve on your quality of life. The secret is choosing something you like and enjoy doing. Decide what is right for you. The Trilogy Health & Wellness Department can offer you so many things such as walking on the track, swimming in the pool, working out on the cardio or strength training machines, taking one of our 25 different classes, or simply relaxing with a massage. Whatever you choose, our Fitness Staff is ready to help you be successful.

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



By Kathy Erwin,
Fitness & Spa Director

The Dual Adjustable Pulley Machine allows for One-on-One Personal Training!

\$45 – one hour

Whether you are an experienced athlete or a beginning exerciser, everyone wants the ability to get a quick, easy and complete workout. And that is exactly what the Dual Adjustable Pulley is all about. It welcomes users of all levels without intimidation, while adjustments are quick and easy for efficient workouts.



Great for Rehab to sports performance training!

Pushing • Pulling • Lifting • Lunging • Squatting

Combines Upper Body, Lower Body & Core Training

1 hr with a trainer will provide you with dozens of exercises designed especially for your goals and objectives. Members will be set up on a personalized program that includes a personalized seat / weight adjustments.

The Dual Adjustable Pulley machine offers a total body exercises in one machine. Star Trac®'s robust design makes it suitable for Trilogy's Fitness Center.

It features dual pulleys that can be moved with one hand using the trigger-style adjustment. The large instructional placards detail twelve basic exercises. Countless variations of the basic exercises are possible using the included accessories (Ez-curl bar, thigh/ankle strap, and cushioned press bar). Also, attached are cushioned, multi-position pull-up bars. Dual Adjustable Pulley is the best machine offering unmatched range of motion and core training.

Upcoming new member orientations:

Saturday, Feb. 2 at 11 a.m.
Wednesday, Feb. 13 at 6 p.m.
Saturday, Feb. 16 at 11 a.m.



Holiday Fitness Potluck

Eighty-eight festive Trilogians gathered for the Holiday Fitness Potluck on Dec. 20 where several lucky people went home with prizes.







Beginning Bridge Class

Beginning Bridge class begins Wednesday, Feb. 6, 2013. Would you like to learn how to play bridge? Perhaps you are interested in refreshing your knowledge about bridge. Sign up to reserve your place for this class. Class is held weekly on Wednesday mornings in the Vista Club Sonoma Room from 9:30 – 11:30 a.m. The class will run for at least six months and is designed to allow for an occasional missed session. Each student will need to purchase a book for the class, which should cost less than \$15. For more information or to sign up, contact Sue Vogtlin (6136).

Trilogy Jazz Band



The band began rehearsing for Music of the Night in January, and this month will continue getting ready for show times on March 7, 8, and 9. This annual Trilogy event will again be a smash hit, and we

encourage everyone to get tickets early before they are sold out! In addition, we will play for the Dance Club's sweetheart dance on Sunday evening, Feb. 10, another delightful event.

If you play a band instrument and are interested in being part of the Jazz Band, please contact our Music Director Jim Lucas (7567). The band now has an opening for a guitar, and we are always interested to know of people who could fill future openings in the brass, woodwind, or rhythm sections.

Full-band rehearsals are held in the Vista Club Diablo Ballroom most Wednesday afternoons, 2:30 – 5 p.m. following vocal and combo practice at 1:30 p.m. Observers are welcome. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

Rio Vista Ministries Donations



The struggling families in our community are appreciative of the generosity offered by Trilogy residents. It is an on-going effort to assist Rio Vista Ministries by providing personal care products. Personal items cannot be purchased with food stamps. That is where these donations come in. Please remember adults as well

as children and infants in your purchases. Feel free to drop off your items to 630 Edgewood Drive. There is a basket inside the atrium near the bench. Don't forget the unopened travel size items you receive at hotels/motels/B&Bs. Plus, you can find some incredible buys at the dollar stores. If you have any questions, email benkie@myifp.com or call (3316).

TOPS

The local chapter had a very good record for 2012, Taking Off Pounds Sensibly and maintaining their Road to Success by Keeping Off Pounds Sensibly. Our first meeting of the year was well attended, and Thelma Martin, our weight recorder, gave a brief talk on the importance of supporting our Rio Vista Senior Center by attending their lunches frequently (\$3), that are supplied by the Contra Costa Meals on Wheels.

The members are looking forward to a good year, 2013, and invite all those who would like support, to shed those extra pounds. Check us out any Wednesday at 8 a.m. at the Delta Club.

For more information, call Leader Minnie Howell at (5786) or Co-leader Peggy Smith at (1366). Have a happy Valentine's Day!

Volunteers Needed

The Rio Vista Library is looking for evening volunteers to help adults improve reading, writing, and English speaking skills. No experience necessary. Library provides free training, instructional materials, and ongoing support.

Orientations were offered in January. Call for additional dates. For information, call the Solano County Library Adult Literacy program at (707) 784-1526, email literacy@snap.lib.ca.us or visit <http://solanolibrary.com/programs/literacy.cfm>.

Help serve a growing list of waiting adult learners in Rio Vista.

Free Medical Supplies Available



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

Trilogy Living

Fitness Class Schedule for February 2013

All classes require either a “Trilogy Fitness Punch Card” at \$60.00 for 20 punches or \$30.00 for 10 punches. Each class requires 1 punch. Get your cards at the Member Services Desk. Please 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: **Chris Shaver**

February Fitness Orientations: **Saturday, February 2, 11am,**
 Wednesday, February 13, 6pm
 Saturday, February 16, 11am

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

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Class Locations (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		1 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 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 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie	2 8:30-9:30am Step Aerobics (B/I) (GX) Pat (February 2 only) 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/ Stretch (B/I) (GX) Sophie/Lisa
4 7:30-8:30am Step Aerobics (B/I/A) Pat 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 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	5 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 Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy	6 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Beginning Step (B/I/A) (GX) Pat 8-9am Back To Basics Yoga (B/I) (DB) Tammy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 8:30-9:30am WOW TABATA-BOOM (GX) 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna	7 7:30-8:30am Body Works (B/I/A) (GX) Kathy 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 Qi Dance (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) (DB) Tammy	8 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 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 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie	9 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/ Stretch (B/I) (GX) Sophie/Lisa
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TrilogyLiving

February 2013 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8am Social Tennis 9am Model Club (V) 9am Village 1 Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 10:30am Country Line Dancing (D) 12pm Bridge (V) 12pm Open Painting 12:30pm Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 6:30pm Joy Luck Club Mah Jongg (V)	2 8am Motorcycle Club (Off-site) 9:30am Hiking Club (V) 11am Table Tennis (D) 1pm – 4pm Wine, Jazz & Art Show (V) 2pm Chinese Brush Painting (D) 3pm Super Bowl Party (V)
3 10am – 3pm Farmer’s Market (D)	4 8am Social Tennis 9:30am Walk & Talk (V) 12pm TAG Mtg. (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	5 8am Social Tennis 8:30am Radio Club (V) 8:30am Women’s 9-Hole Golf 10:30am Country Line Dancing (D) 11:30am Golf – RVMEN 9-Hole 12pm Recipe Club (D) 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke, Head & Brain Injury Support Group (V) 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V)	6 8am Social Tennis 8am TOPS (D) 8:30am Golf – Senior Men’s 18 Hole 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Making Class (D) 3pm Village Oakmont Social Com. Mtg. (V) 4:30pm Table Tennis Club Play (D) 7pm Billiards Club Member Mtg. (V) 7pm MOTN Rehearsal (V)	7 8am Social Tennis 8:30am Golf – Women’s 18-Hole 9:30am Ceramics (D) 11am Triage Team (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Cycling Club (V) 4pm Table Tennis Membership Mtg. (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6:30pm Enrichment Series – A Fight to Live (V) 7pm Photography Club (V)	8 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Open Painting 12:30pm Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 7pm Bunco (D)	9 9:30am Hiking Club Mtg. (V) 11am Table Tennis (D) 2pm – 5pm Black History Month Celebration (V)
10 9am – 1pm Dog Club Special Event – Valentine Brunch & Bake Sale (D) 7pm Trilogy Dance Club (V)	11 8am Social Tennis 9am – 1pm Blood Drive (D) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (V) 10am – 2pm Olympic Kare Bear Prescription Drug Take Back (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	12 8am Social Tennis 8:30am Radio Club (V) 8:30am Golf – Women’s 9-Hole 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – RVMEN 9-Hole 12pm Recipe Club (D) 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 2pm Master Association Board Mtg. (V) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6pm Grapevine Chat (V) 7pm Fishing Club video (V)	13 8am Social Tennis 8am TOPS (D) 8:30pm Golf – Senior Men’s 18-Hole 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Walk & Talk (V) 9:30am Bridge Lessons (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 6:30pm Nature Club Gen. Mtg. (V) 7pm MOTN Rehearsal (V)	14 8am 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) 2:45pm Disaster Preparedness Com. (V) 4pm Golf – Sr. Men’s Board Mtg. (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V)	15 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Open Painting 12:30pm Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 5pm VORC Crab Feed (D) 6:30pm Joy Luck Club Mah Jongg (V) 7pm Whist Club (D) 7pm Bunco (D) 7pm Karaoke Night Redesigned (V)	16 9:30am Hiking Club (V) 11am Table Tennis (D) 2pm Chinese Brush Painting (D) 7pm Dance Party Social (V)
17	18 8am Social Tennis 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 12pm Open Painting 1pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Village Oakmont Arch. Com. Mtg. (D) 3pm Guitar Club (V) 6pm Soul Line Dancing (D) 7pm Fishing Club (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	19 8am Social Tennis 8:30am Radio Club (V) 8:30am Golf – Women’s 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf – RVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 5pm Billiards Club Tournament (V) 5pmTable Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V)	20 8am Social Tennis 8am TOPS (D) 8:30 Golf – Senior Men’s 18-Hole 8:30am Radio Club (V) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 7pm Olympic Village RC Mtg. (V) 7pm MOTN Rehearsal (V)	21 8am Social Tennis 8:30am Golf – Women’s 18-Hole 9:30am Ceramics (D) 11am Triage Team (D) 11am Dog Club, (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 & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Village Riviera RC Mtg. (V) 7pm Saddle Rock Village RC Mtg. (D) 7pm MOTN Rehearsal (V)	22 8am Social Tennis 9am Interval Art (D) 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Open Painting 12:30pm Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 7pm Bingo (D)	23 9am – 5pm Table Tennis Tournament with Rossmoor (D) 9:30am Hiking Club (V) 6:30pm Concert: Crystal Image Band (V)
24	25 8am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 1pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D) 7pm MOTN Rehearsal (V)	26 8am Social Tennis 8:30am Radio Club (V) 8:30am Golf – Women’s 9-Hole 10am Computer Class – Word (V) 10:30am Country Line Dancing (D) 11:30am Golf – RVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Dog Club (D) 5pm Billiards Club Tournament (V) 5pmTable Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 5pm Grapevine Chat (V) 7pm Drama Club Membership Mtg. (D)	27 8am Social Tennis 8am TOPS (D) 8:30pm Golf – Senior Men’s 18-Hole 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 7pm MOTN Rehearsal (V)	28 8am Social Tennis 8:30am Golf – Women’s 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Comm. Mtg. (D) 1pm Good Samaritans (D) 3pm Hispanic/Spanish General Meeting (V) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm MOTN Rehearsal (V) 7pm Writers’ Club (D)		



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Ceramics Club



This lovely scalloped platter and teapot with its ring of cherubs are ready for Valentine's.

Here comes Valentine's Day and we are getting ready with presents of love. It's always fun to find new ways to paint our

ceramic pieces so they become special gifts from the heart. What could be nicer than a beautiful vase, personalized mug, or a garden statue? Get prepared for spring with a unique humming bird feeder. Come and join us any Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, call Ann at (5122).

Council for the Arts

Trilogy Council for the Arts is in full gear planning this year's production of Music of the Night, "Your Senior Prom, Moments to Remember." Come join us for a night of wonderful memories brought to everyone through the music of the 50s and 60s. Marvel at the incredible talent we have in our community. Sit back, enjoy, and reflect on days gone by. The performance dates are on March 7, 8, and 9. Each performance will start at 7 p.m. at the Vista Club in the Diablo Ballroom. Doors open at 6 p.m. There is a reservation form in this issue of *Trilogy Living*. Sign up early, seats go quickly. For more information, contact Myra Samfeld (3660).

Drama Club

The Drama Club is gearing up for the 2013 events. The play committee is busily reading scripts for the August production and is diligently searching for that special play that will continue our tradition of tickling your funny bone and providing roles for as many members as possible.

Planning and preparation for our only annual fundraiser, the April 6 Pasta Feed at the Delta Club, is also in progress. As always, we appreciate the large turnout and generous support of the Trilogy Community. More information will be available soon, so watch for it in *Trilogy Living* and save the date.

New members are always welcome. There's ample opportunity for everyone whether it is on stage, behind the scenes, or working to make our annual fundraiser a success. We especially are looking for more good men who want to share the theater experience. Come join in the fun. The Drama Club continues to meet in the Marina Room at the Delta

Club on the last Tuesday of the month at 7p.m. For more information, contact Debby Dubrow (6706).

Fat Quarter Quilters



Join our group to work on your own quilting project in a group setting where you'll meet new friends, share ideas, and get help with your projects. 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 (2639).

Trilogy Art Guild for Artists

Alma Renko and Patty Puryear opened our first meeting of the year with a full house and several new members. It was great to see new faces and new artistic people. You don't have to be an artist to join our group. You may just enjoy art, or be into crafts. We try new things from time to time. Our next meeting we will feature a demonstration. We may also try "Zentangle," a form of doodling, demonstrated by Alma.

Keep your eyes open for some exciting shirts being worn by 15 of our ladies who attended the Shibori Shirt Dying workshop. We were allowed to do two to three shirts each so watch out for them. We plan on doing this again this year, so check our article for the next workshop.

Michael Bouyer's photography is featured in the Monterey Room for the next two months. Since his work is displayed, he will talk to the TAG members at our next meeting in the gallery about the various steps involved in creating his pieces. It's more than a photograph.

TAG membership is \$15 for one year, Jan.-Dec. You don't have to be a member to visit our meetings on the first Monday of every month at 2 p.m. in the Marina Room at the Delta Club. One exception is Feb. 11, the next meeting. Stay Creative. For more information, contact Alma Renko (3064) Pat Puryear (3510).

Trilogy Theater Group

It's the dead of winter, but the laughter you hear is coming from the cast and crew at the rehearsals for our next play, *Dearly Departed*. This comedy by David Bottrell and Jessie Jones will be presented in a readers' theater format. We look forward to sharing another entertaining evening with you on March 26, 27 and 28. For further information, contact Louise Mitchell at (3541).



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.



Olympic Village

Safely dispose of unwanted, out-of-date, and unused medications. Bring them to the Prescription Take-Back event on Feb.11 at 10 a.m. – 2 p.m. at the Delta Club, Marina Room. The Rio Vista Police Department will accept prescription drugs and over the counter medications. Remove pills from container and place them in a plastic bag. Seal all liquids and creams. Remove all personal information.

Elections: All of the current officers have agreed to continue in their positions. One nomination for secretary will be placed on the ballot. Constance has agreed to be the alternate. Nominating Ballots will be available on Feb. 11 during the Prescription Drug Take Back and votes will be counted that evening. If you need assistance, contact Mackie Webster (5837) or Marian Maksimowicz (5020).

Village Oakmont

Happy New Year! Oakmont Kare Bears welcomes in the New Year with new officers to take their positions at the February meeting. Nominations and elections were held at the January meeting. We look forward to their new ideas and plans for 2013. We look forward to being able to give a donation to a children's group in Rio Vista. We also want to encourage all of our area coordinators to attend our monthly meetings and offer any suggestions for projects for the coming year.

Our next meeting is Wednesday, Feb.13 in the Delta Club at 10:30 a.m. Come early for coffee and a treat. For more information, call Virginia Albertson at (6823).

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, Coordinator Barbara Sherison (6845) or Betty Bowley (5613).

Village Riviera

We are now beginning another fabulous February. A time when beautiful northern California treats us all with a Valentine made up of blooming flowers against a backdrop of green hills. Unfortunately, for a few of us, the wayward winds will blow clouds of misfortune across this sunny scenario. This becomes an opportunity for the rest of us to extend a helping hand and assist in sweeping the dark clouds away: a little Kare Bear housekeeping, metaphorically speaking. So, please contact us if you, a friend, or neighbor could benefit from our services. To our fellow Olympic and Oakmont Kare Bears who joined us for a prodigious potluck luncheon over the holidays, we extend a hearty "Thank You!" Our next meeting is Feb. 11 at 10 a.m. at the Vista Club in the Monterey Room. For more information, contact Myra at (3660) or Valerie at (6942).

educational opportunities through computer classes

February 2013 Computer Class Schedule

Sign up for classes at the Member Services desk in the Vista Club

CLASS	DATE & TIME	INSTRUCTOR
Microsoft Word	Tuesday, February 26, 10 a.m.	Judy Carter

We are always looking for volunteer computer instructors. If you are interested in teaching a computer class, please call Debbie at (4204), or e-mail jharrison@actionlife.com



Billiards Club

The next Billiards Club meeting is on Thursday, Feb. 6 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start times are at 5 p.m.

The first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is 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. For that Tuesday evening, the B players will get a one-game handicap while playing an A player. The B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-Ball and the club will split the tournament into A& B players. There will be a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players. Officers: President Al Bergoust, Vice President Richard Garcia, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

Dec. 4, 8-Ball

1st Al Bergoust
2nd Chuck Lebue
3rd Ben Bautista

Dec. 11, Handicap 9-Ball

1st Chuck Lebue
2nd Jack Clark
3rd Rich Garcia

Dec. 18, 8-Ball

1st Oscar Grissom
2nd Dave Stewart
3rd Mike Quihuiz

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

Bingo Club

Bring your sweetheart or friends and join us on Friday, Feb. 22 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. Bring a friend and enjoy the company. For more information, call Irene (6999).

Bocce Club

The first official Trilogy Bocce Club (TBC) event of 2013 takes place on Saturday, March 2 in the Delta Club. We will be holding our annual meeting, along with team and individual sign-ups. Morning Bocce League (MBL) sign-ups start at 9 a.m. and Night Bocce League (NBL) sign-ups start

at 11 a.m. New members and new teams are welcome. Training for new players is scheduled prior to the start of the season for both leagues. The annual meetings for both leagues (TBC) are called to order at 10 a.m. We will discuss the 2013 season formats, and the business of the club. This is also the meeting where rule changes are discussed and voted upon, as outlined in the club's regulations. Plan to attend and make your needs, wants and desires known.

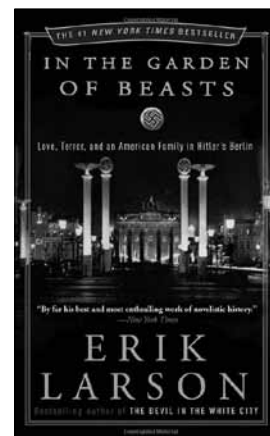
The play-off committee has recommended that the top six teams, in the NBL, based on the final standings, participate in a three-round tournament to decide the NBL champions for 2013. The format is based on the final seeding of the teams. The first round ensures the third seed plays the sixth seed and the fourth seed plays the fifth seed. Seeds one and two get byes. The winners of the first round play team one or two based on their seeding, highest versus lowest. The third round sees that the winners of round two compete for the championship. The committee has also endorsed the past policy of a party award (cash) for the final two NBL teams of \$100 (first) and \$50 (second). No changes in the MBL have been suggested. The team with the best record is the MBL champion.

Based on the success of last year's first Fall Classic tournament, the TBC board has agreed to sponsor additional "one day self-funding tournaments." We have the format but we need a few members to "step on the court" and assume the management of these one-day events. If you are interested in volunteering, call any member of the board.

Remember to roll often, throw straight and have fun, that's what it's all about. For more information, contact Joe Downes (7520).

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 Feb. 12. The book selection is *In the Garden of Beasts* by Erik Larson. March's book selection is *Cutting for Stone* by Abraham Verghese. There is no requirement to have read the selected book. Everyone is welcome to join. Feel free to stop by. For more information, contact Adrienne at (5576). Happy Valentine's Day!





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, Feb. 11, 2013. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Contact Sue (6136) before the game so that we can make sure we have full tables for the game. No game was held in December.

Computer Club

The next meeting of The Trilogy Computer Club is Feb. 19 in the Diablo Ballroom at the Vista Club at 7 p.m. This meeting is devoted to illustrating how to perform proper computer maintenance in order to prolong the life of your machine. To some members this will be a review. Remember, like a car, without proper maintenance it is guaranteed to slow down.

For the latest information on computer related subjects, meetings, and other interesting items or to become a member visit the club website at www.tccrv.org. To become a member, complete and print a copy of the application and give it to any of the directors with the annual dues of \$12. You may also 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 (4060).

Dance Club

Hope you all had a wonderful holiday season! We appreciate your attendance at the dances. It is always great to see the gang "dressed to the nines" at these events.

You are cordially invited to our Sweetheart Ball (Valentine's Day Dance) on Feb. 10. For this occasion, everyone loves to wear their best "sweetheart red" or if you prefer another sweetheart color, go for it. We are always looking for new ways to encourage more people to join us at our dances. Invite your friends to come along.

There will be some changes in our music this year. We will be having D.J. music three times this year in addition to the Big Band and Solid Gold. The music starts at 7 p.m. and ends at 9 p.m. Bring drinks and snacks and party hearty. Hope to see you there. For more information, call Rich at (7595) or Bonnie at 322-5875. Thanks.

Dog Club



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

Our club members are currently focused on our upcoming Valentine's Brunch on Feb. 10. Details of the event are included in our flyer, which is available at both the Vista and Delta Clubs. If you'd like to attend, call Linda Rowe at (925) 286-1555.

In the last couple of months, our club has elected new board members and completed the first of many fundraising activities. Our new board members are as follows: President Karen Bereta, Vice President Karen Katzman, Secretary Rose Romano, and Treasurer Linda Solomon.

Our club had our first ever bake sale in November. We also completed our first membership drive/raffle on Dec. 20. As a result of that effort, we now have 170 households registered with our club. We also awarded raffle prizes to two residents. First prize of a \$100 gift certificate for Peter's Steakhouse went to Sally Thomas. Second prize of a \$25 gift certificate for Pets 4 All went to Susan Stevens. Details of future fundraisers for 2013 will be provided in a future issue. Profits from current and future activities will be set aside for dog park development costs. While we have not yet been given a location for a dog park, we remain optimistic. When a location becomes available to us, we would like to have funds available to assist with development costs. Thanks to our membership, and to many of you, we are off to a great start in working toward that goal.

We'd love to have all Trilogy dog owners join our club. However, if you prefer not to join our club, you might prefer to register your dog with our lost and found dog database. We have returned many pets to their owners due to this network. There is no fee for this service. To join our club, or just register your dog, call Karen Bereta at (3505) or Karen Katzman at (3355).



Fishing Club

Our next meeting is Monday, Feb. 25 at 7 p.m. in the Marina Room at the Delta Club. We will have a guest speaker. We are very fortunate to have renowned Delta sturgeon fisherman Casey Ament. He will talk on sturgeon fishing. You don't want to miss this meeting.

We have scheduled the viewing of our club fishing and activities videos of 2012 for the big screen in the Diablo Ballroom at the Vista Club on Tuesday, Feb. 12 at 7 p.m. We will have wines, cheeses, crackers, and snacks. Spouses and significant others are invited. Please RSVP by Feb. 5.

Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at (3791). Good luck fishing!

Genealogy

The Genealogy Club kicked off the New Year with a great January meeting. We started 2013 with a few new members as well as many returning members. Rhoda brought in some books that she has collected over the years in researching her family in Virginia around 1700. She stressed that not all the answers are on the internet. Check the local library for ideas or try the inter-library loan from Salt Lake City. County genealogy clubs usually have booklets with reference material and through their email you can ask for suggestions on where to look and purchase items. Check the National Archives in the state you're working on and also try Amazon.com. Many books have been written about the states as well as the counties within those states. Recently, we purchased a book written on Jasper County, Missouri.

Here are some ideas to get us started:

- Seek a fresh set of eyes - ask someone else to review your brick wall problems, and return the favor later. A genealogy pal can help you spot missed details and suggest new solutions.
- Mark key events in your ancestors' lives on a map or in chronological order on butcher paper. You may gain new insights on where to search for records or uncover a pattern to help your research.
- Study your ancestors' hometown histories - learning about the places your ancestors lived gives hints to what their lives were like and helps you find new resources.
- Cull clues from your ancestor's occupations - employment opportunities have always been one of the main factors determining where and how people lived. Run web searches and read social history books to learn more about your ancestor's jobs, also check www.cyndislist.com/occupations.

The Genealogy Club is open to all residents of Trilogy. There is no membership fee. Regular meetings take place the first Thursday of the month at 2 p.m. in the Vista Club Monterey Room. For more information, contact Rhoda at (7542). The Genealogy Workshop, held the third Thursday of each month, welcomes beginners. Meet us at 2 p.m. at the Vista Club Computer Room. For more information, contact Carolyn Bridges at wncbridges@comcast.net.

Good Samaritans

Love One Another

During the month of February, the Good Samaritans Bible Study Group will study from the book of John in the Holy Bible. We will cover 21 chapters to get a full understanding on what John was writing about.

You are invited to participate in our Bible Study lessons. We welcome you to share your knowledge and wisdom of scriptures from the Bible.

During the month of February, the Good Samaritans will also focus on the Bible teaching of love. "Love is patient, Love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always preserves. Love never fails." We focus our attention about love according to what we study in the Bible from 1 Corinthians, Chapter 13.

The Good Samaritans main goals are:

1. Teaching the word of God from the Holy Bible
2. Fellowship with one another
3. Uplifting one another through hard times and good times
4. Visiting the sick and shut-in
5. Welcoming guest speakers to discuss topics from the Bible
6. Giving away emergency food
7. Reaching out to those in need in our community
8. Continuing outreach ministry
9. Planning special events
10. Living by the word of God
11. Praying for one another

All Trilogy residents are invited to participate in the Bible Study every Thursday at 1 p.m. in the Delta Club Marina Room. Prayer request and fellowship is also encouraged. All Trilogy residents are able to submit prayer requests by e-mail to goodsamaritansbiblestudy@hotmail.com.

Scripture of the month: John 1:1-18



Guitar Club

The Guitar club meets the first and third Monday of the month from 3 – 5 p.m. in the Monterey Room. Bring your guitars or other string instruments and jam with us.

For more information, contact Zoe at (3676) or Roger Kohn (2737).

Hispanic/Spanish Club

At our first holiday gathering we were very glad to hear that many of our members are part of our group because of their spouses' Hispanic background. This is why we don't limit membership to Spanish speaking individuals. This is also why we will continue to be known as the Hispanic Club of Trilogy at Rio Vista. We know that the word Hispanic is a lot more encompassing than the word Spanish.

As a club, we want to do things that require not only people resources but also financial resources. So, please try to pay your dues before Jan. 31. Dues are \$12 for singles and \$20 per couple. You do not need to speak Spanish to belong to the club. You only have to like all things Spanish and the incredible variety of Spanish culture around us. To pay your dues, contact any of the board members. Arrangements will be made.

Thanks so much to Mirna Meza for volunteering to be the treasurer for our club. However, since personal reasons prevent her from fulfilling the office, the board has appointed in her stead Teresa Hamner, who will be our club's treasurer.

Based on the surveys received regarding dates for general meetings, the preference is for Thursday or Friday in the afternoon. Based on these results we will set the general meeting for Thursday, February 28 at 3 p.m. in Monterey room at the Vista Club. More information will be emailed to you. We need as many of you to participate in these general meetings as possible since they will guide the direction of the club.

If you have any questions or need to hand in dues, call or email any of the following board members.

Ricky Martinez (President): 209-552-9131, email: ricky5529131@yahoo.com. Ricky will be away for a couple of months but still reachable through email.

Ada Parrales Stack (vice-President): (3406), email: chana1447@comcast.net

Cecilia Reyes Spiritosanto, (Member At Large): (1484) email: ceciliareyes77@gmail.com

Teresa Hamner (Treasurer): 646-1610 email: thamner@aol.com

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

Mah Jongg

We meet every Monday except the second Monday of the month at the Sonoma Room (card room) from 1 - 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. Any one of them will help you learn this version of the game. Come join us. For more information, contact Molly Martinez (3417).

Men's Executive Nine

The 2013 golf season is now under way. It's time to try out the new golf equipment you received for Christmas and entering a Men's Nine tournament is a good way to put your game to the test. The sign-up sheets are posted on the bulletin board and are picked up each Monday afternoon for play on the following Tuesday.

Between the December rain and Tuesday holidays we were only able to get in one tournament. The Dec. 11 scramble was won by the team of Dennis Germano, Harold Rowe, John Waggoner, and George Aquino. Congratulations to the winners and thanks to everyone who participated.

The February tournament schedule includes the Feb. 2 Kansas scramble where the team must designate a putter before each hole, and the Feb. 19 shotgun Shamble where the two best net scores are used. Please pick up your copy of the full tournament schedule and plan your playing schedule accordingly. For your easy reference, a copy of the schedule is always posted on our club bulletin board.

Although the annual membership renewal period is now closed, you can still renew your membership by paying a small late fee. If you are interested in becoming a new member, pick up an application form in the posting room or contact membership chairman Dick Talbott at 225-0077.

Motorcycle Club



Caption: R-L: Bob Azbell, John Oakley, Bob Pastorino, Jerry Dale, Randy Scott & Wil Bridges.



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The Jan. 5 New Years ride was kicked off by eight hardy riders on seven bikes and bundled against 39-degree weather and the threat of rain. The decision to "ride into the face of the rain and then let it chase us home" resulted in a destination to Half Moon Bay in search of clam chowder. The group headed down Hwy 113 to Brentwood, Vasco Road, over to the San Mateo Bridge, and Hwy 92 to a stretch break at Peets in HMB. We stopped once in Livermore to warm the fingers and toes, the temp was still frosty.

Lunch at Sam's Chowder House provides us with an impressive menu including Dungeness crab and of course excellent clam chowder. We enjoyed lunch on an enclosed heated patio with a superb view of the ocean and beach. Due to the rain looming just off the coast, our return route was back Hwy 92 and the San Mateo Bridge. We did sidetrack a bit to pick up the scenic little Niles Canyon Road from Fremont and stopped in Sunol for a photo-op, courtesy of John Oakley. Along for the ride but not pictured are John Wilson and Judy Taylor. They elected a return route through San Francisco and we are waiting to hear if they got their bike washed. The rain did catch us in Brentwood and accompanied us all the way home. Round trip was only about a 200 mile ride, but was quite enjoyable given the sights and smells of winter riding.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride meets at McDonald's on Feb. 2 in Rio Vista at 8 a.m.. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

Movers & Shakers

This is a support group for Parkinson's, essential tremor, dystonia, and other movement disorders. We meet once a month at 7 p.m. For date and location, please call Audrey Kinser (7506).

Nature Club

Birders and nature watchers have been spotting our winter visitors, which include Sandhill cranes, Tundra swans, and snow geese seen on Highway 12 east of Rio Vista. The ponds and lakes have had many visitors, including Goldeneye, Great and Snowy Egrets, mallards, and geese. Say's and black phoebes, goldfinches, and Cedar Wax wings have also visited. Our next meeting is Feb. 13 at 6:30 p.m. in the Monterey Room at the Vista Club. See you there. For more information, contact Gail (2718).

Recipe Club

Our noon meeting on Feb. 12 in the Delta Club will feature special guest, wine educator and Trilogy resident Bruce Stirling. He will explain how sparkling wine is made at Domaine Carneros Winery using the methode champenoise. What better way to prepare for a romantic Valentines' Day with your special someone?

Our food this month will be Valentines' Day favorites that complement the wines. Chefs are Janen Afaneh, Patty LaFleur, Julia Mattos, and Shirley Rogers. Docia Geri will serve coffee. Because we have a special speaker and want to have enough handouts, please RSVP to Patty LaFleur (3159) by Feb. 8.

Monthly tip: Difference between puff pastry and phyllo dough - Puff pastry is a light dough layered with butter that "puffs" when baked. Available in the freezer section, puff pastry is perfect for making filled pastries and is also a great base for small appetizers, flaky pizza or for topping pot pie. Phyllo (also fillo or filo) are tissue paper thin sheets of dough. Unfold thawed dough and keep covered with a damp cloth when using or it will dry and crack into pieces. To create crisp layers, the dough is traditionally brushed with melted butter between each layer. It's great for desserts or appetizers. The well-known Greek dessert, Baklava, is made with phyllo dough. You can usually find it in the freezer section.

Rio Vista Roamers RV Club

We had a great turnout at the Nines for our Christmas dinner. Pat and Leonard Roberts were our wonderful hosts and we thank them. The meal was excellent and the company was even better!

The New Year starts each year with Chinese food at Tao San Jin. Katie and Bob Emler were our hosts and we usually have many past members join us. I am sure it was wonderful as always, but there will be more on that next month.

Peter's in Isleton is on the agenda for Feb. 12. Nancy and Tom Shirley (5229) will be our hosts. The price is \$17 per person and was due Jan. 17. This price includes tax and tip. Did you miss the deadline? Call and I am sure you can be added to the group. The menu is salad, soft drink, and your choice of prime rib sandwich, chicken sandwich, or fish and chips.

March starts our roaming. Laguna Seca is on the agenda for March 18 - 21. Sandra and Manny Santos (3538) will be your hosts. Your first night deposit of \$35 is needed by March 1. April 15-18 will find us at Morro Bay also hosted by Sandra and Manny. Help with either of these outings is greatly appreciated.



Our potlucks and dinners are a great way for past members and future members to join us and we would love your company. We are a fun-loving group and the first outing is a chance to see if you would like to join our club. For more information, contact Sandra Santos (3538) or Doyle Ellington (5276).

Senior Men's Golf Club



Joe Devilbiss, Tournament Director
Photo by Jim Nash

"He hates these cans! Stay away from the cans!"
– Navin R. Johnson

The rain continued to fall in December, with an accumulation for the month of over six inches. Although the practice range was open from time to time,

cart-path-only was the prevailing course condition for the final month of 2012. The rain did wonders for the luxuriant rough, however, and we joked about hosting the U.S. Open (when we weren't grousing about lost balls). Remember to carry seeded sand in your carts; the course is a bit gouged up.

We did catch a break with a beautiful day at Mare Island on Dec. 13. First-timers to this historic spot were fascinated by the many now-empty buildings that stand as sentinels to a time when the Naval base played a central defense role in WWII. Half the course is very old and tree-lined in the traditional manner. The other, newer nine has dramatic elevation changes and sweeping views of Vallejo, the Bay and the Golden Gate Bridge. There were some good scores among the 31 members who braved the chilly morning and delighted in the midday sun. Congratulations to the winners! Others had trouble with the trees and should have heeded Navin's warning: "Stay away from the trees!"

January opened dry, sunny and frosty. The schedule offered several interesting tournaments, a Member Appreciation Day and a trip to Roddy Ranch. Ad Hoc opens its season on Feb. 13, not Feb. 6 as previously announced. Newest members are Lee Durham and Richard Torres. Welcome! We hope that members old and new will come out often. Our regular membership meeting is on the third Thursday at 4 p.m. at the Delta Club. For more information, contact our Membership Director Ray Ulmonen at (4070) or rayauu@gmail.com, or our President Ron Chalmers at (2522) or ronaldchalmers27@gmail.com.

Note: No one recognized last month's song, "Mandolin Wind" by Rod Stewart. The winner of this month's contest is

the first to recall the name of Navin's dog. Send your entry to jimnash@fastmail.fm. The winner will be recognized in next month's column.

Stroke, Head & Brain Injury Club

February is upon us. We are entering our second year and have a wonderful group of members. Nevertheless, we are always hoping to increase our membership.

Stroke Club supports those who have had or are living with someone who has been affected by stroke or 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 person's situation. Since individuals 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 in nearby communities so that we can have fun together as well. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, please contact Dr. Cheryl Bellrose (6619). We encourage caregivers and families to join.

We meet on the first Tuesday of each month from 2 - 4 p.m. at the Vista Club in the Monterey Room. Our next meeting is Tuesday, Feb. 5. Please join us.

Supper Club

Our first event for 2013 will be held this month. We hope everyone had a wonderful holiday since we last met in October.

If you are interested in participating, Supper Club meets every other month from February through October in each other's homes for exquisite dining, fun and conversation. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually 6 to 10). We are not limited to a formal dinner menu. We may also have an afternoon barbeque, a brunch or a luncheon.

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 Supper Club. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and friendship provided by



our members.

If you would like to become a member, contact either Maureen Gingrass (3803) or Cheryl Bellrose (6619) as early as possible this month so we can add you to the February schedule. We'd love to have you join us.

Table Tennis Club

We hope you had great holidays and all of you are looking forward to a 2013 filled with good health, hope, prosperity and peace.

On Saturday, Dec. 15, we had our holiday dinner at The Nines. It turned out fantastic. We had more than 40 attendees. Food was excellent, the interactions were friendly and warm, and we even had some impromptu singing performances by some of our members. Kim posted some videos on our website. At the same time the outgoing board members were recognized for their service to our club. Big thanks to all of them, Tom Barnes, Jeff Kennan, Tom Silverman, Mike Lewis and Ruth Barnes. We also wish to recognize the assistance of Sandy Mariant in support of our club's social activities.

We began collecting the 2013 dues in November and the last day for this collection is January 31. For the convenience of our members, we now have a drop-box, located on the back of the Robo-Pong enclosure, where checks can be dropped. Checks should be made out to TRVTTC in the amount of \$20 for the year. We're trying to make access to our club's activities and information as easy as possible.

With that intention, Kim, our web master, updates our website regularly with all sorts of information about activities, tournaments, videos, schedule changes, and more. Check out our website at <http://trvtt.wordpress.com>. If you are a user/browser of the My Trilogy Life, visit MyTrilogyLife.com, click on "Clubs" and click the hyperlink to this website. However, some of the website's content is password protected and only available to members.

Plan to attend our general meeting scheduled for Thursday, Feb. 14 at 4 p.m. Also, remember that there's a tentative date for Rossmoor-TRVTTC tournament at Rio Vista for Saturday, Feb. 23, 2013.

For more information, contact Larry Mork, President (3389); Ricky Martinez, Vice-President (209 552 9131); Vicky Riddle, Treasurer (3684); Kim Russell, Secretary (2046); Tournament Director: Michael Mahrous (3216), Tom Barnes, At Large (4395).

Tennis Club

When you think of February, you think of Valentine's Day and love. What if I told you that tennis is full of love? In fact, one of our terms for scoring is love. It seems that February is the perfect time to take up tennis. With all of that love going around this month, you may find that tennis is a sport that you can love all year. Come out this month and find out if you can't find some love on the tennis courts.

It may be early in the year, but we have a full schedule of tennis for all of our members. Starting off on Sunday, March 10, we are having our first Tournasocial of 2013. We will test a new format that will have each player playing each person who signs up. Formal sign-ups will take place Friday, Feb. 22 at our monthly tennis club meeting at the Delta Club at 10 a.m. For those of you who are ready for some competitive tennis, we will be going to Walnut Creek on Saturday, May 18, to take down the Rossmoor Tennis Team. In this match, we are not looking for love, but for some payback.

It's never too early to go into training. On Jan. 1, seven of our supposedly smart club members jumped into the water at the Polar Bear Plunge. Zeny and Orlando DeVera, Carmen and Jimmy Wong, Claude Trottier, Kathy Barker, and Wally Beckman were all toughening up for the coming year. Any new members will not be required to do the plunge, so come out for the love. Hope to see you soon. For more information about our club, contact Wally Beckman at beckmanwally@hotmail.com.

Whist Club

The Club's annual African American History Celebration is on Feb. 9 at the Vista Club from 2 – 6 p.m. This year's activities feature Akoma, a multi-ethnic group of musicians, singers, dancers and storytellers, whose mission is to "help bring communities together through performances reflecting Africans' American heritage. The African based Akoma's performances sends out message of love, peace, and unity through song, dance story-telling, and drumming that are universal to all cultures.

Other activities will include a film and plenty of refreshments. We look forward to having a fun afternoon with our entire Trilogy Community. The cost is \$10 per family. Please put your money in Box #8 at the Delta Club. Make your check payable to The Whist Club. The deadline is Feb. 1.

The club gathers once each month, usually on the third Friday at 7 p.m. at the Delta Club. Please check the monthly *Trilogy Living* for any date/time changes.

You may contact Madalene Turner (3361) or Jean Robertson (0086) for more information.



Women's 9-Holers

The Women's 9-Holers meet every Tuesday morning at 9 a.m. for a 9:30 a.m. tee time. Sign-up sheet is collected Sunday at noon. If you need to cancel, please contact Suzi Masterson (6149) or Betty Bowley (5613).

Our Holiday luncheon and installation of new officers was a great success! New Officers for 2013 - Captain: Sylvia Vanucchi, Co-Captain: Kathy Moore, Secretary: Barb Downes, Treasurer: Carole Dolan, Tournament: Suzi Masterson, Handicap: Fran Silva, PWGA Rep: Ingrid Cavanaugh, Membership: Rowena Jefferson. Non-Voting Chairs: Asst. Tournament: Betty Bowley, Sunshine: Norma Donaldson, Historian: Lynne Galletta, Rules: Not filled as yet.

Twenty-nine players were awarded pins for making pars last year, 21 awards for Chip-ins, 4 Birdie pins, 6 broke 70, and 4 broke 60!

Trophies were awarded for two TOC winners: Low Gross - Ruth Almgren and Suzi Masterson for Low Net. Fran Silva was declared the "Most Improved Player" for the year. Congratulations to all of our winners!

Happy New Year To You & Yours!



Women's 18-Holers

Another year has come to a close for the Women's 18-Hole Golf Club with a festive Christmas Party and a wonderful luncheon at the Nines Restaurant. Awards were given out for achievements such as breaking 100, 90, and 80. There were also awards for the Birdies and Chip-ins that were made throughout the year. Linda Barlesi received an award for "The Most Improved Golfer." A couple of the highlights for 2012 were the holes-in-one by Trixie Roque and Terry Sutter. Trixie got hers on hole 15 and Terry on hole 13. Congratulations to both ladies. We also thanked our retiring board and introduced our new board for 2013. We are looking forward to a new year of sunny days and long drives.

The December Play Day winners were:

Dec. 6: Flight A - First: Lucille Rhodes, Second: Frankie Freese, Third: Marsha Berry. Flight B - First: Bessie Dunn, Second: LaDell Manion, Third: Alma Renko. Flight C - First: Marilyn Rogers, Second: Paula Davis, Third: Anna Bogucki.

Dec. 20: First: Lucille Rhodes, Second: Terry Sutter, Third: Lynn Grace.

Dec. 27: First: Debby Carroll, Second: Vicky Riddle, Third: Alma Renko.

The 18-Hole Women's Golf Club meets on Thursdays at 8:30 a.m. in the Nines Restaurant. If you are interested in becoming a member of the 18-Holers, contact Marilyn Rogers at (5746).

Attention All Advertisers:

All ads and checks are due

by the fifth of the month

prior to the month of publication.



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In order to qualify for a reverse mortgage you must be 62 years of age or older. In the case of a married couple the youngest spouse must be 62 years old. No other credit or income requirements are reviewed. No minimum or maximum asset requirements. Simply your age qualifies you.

The second qualification is your home. It must be your primary residence and can be a single family home, condo or mobile home. In the case of a condo, the HOA must be HUD approved (Rossmoor is a HUD approved complex.) Finally, it must pass an FHA appraisal. This appraisal will look at not only the value of the home, but also the basic “health and safety” condition of the home. These include a working hot water heater, stove, and heating system. Other things they inspect for are leaking roofs and trip hazards. We work with clients to help them meet these minimum health and safety standards.

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ANNOUNCEMENTS

Thanks Santa

Dear Santa, Thank you for that nice Target gift card you left me in my mailbox. That was very thoughtful of you. Bob

Gambling Trip

Feather Falls Casino Friday March 1, 2013, 11:30 a.m. to 3:30 p.m.
Depart Trilogy 9 a.m. for 4 hour stay.
Cost \$28. Bonus play \$12, Food \$3.
Contact Carmen Martinez (3259).

FOR RENT

Home for Rent

Furnished or unfurnished
Belmont home on golf course.
HOA and gardener included in rent. Must have good references.
\$1400/month plus security.
925-285-9162

Home for Rent

Big Sur former model near Vista Club: 1400 sq.ft., 2br/2ba, landscaped, 2- car garage, \$1195/mo. No pets. Owner pays HOA.
Call Harry 650-588-1801.

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Home for Rent

Comfortable home, 2br/2ba, furnished or unfurnished, with washer/dryer & refrigerator. HOA dues & gardening service included. 1450 sq. ft. Trawler model. \$1250/mo. Contact Alex 925-566-5757.

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\$500 a month. No smoking
Call Jan 688-9338

Room for Rent

Large bedroom and private bath \$400 per month including utilities. No smoking/No pets.
Call Tom Price (2571) for details.

FOR SALE

Moving Sale

Sofa, chairs, dining room set, shelves, collectibles, bedroom furniture. House full and all must go. Call Ethel 408-504-8498 or (4912).

FOR SALE

Scarves

Lovely scarves for warmth and fashion. Faux fur chokers with gorgeous new Czech buttons! Design your scarf. Choose from yarns and patterns. Jamie 386-7921 knitterbugdesigns@yahoo.com

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Brand new reverse osmosis water filtration under the sink system plus one year replacement filter pack with active carbon absorption treat 3 kinds of contaminants (2643).

SERVICES

Airport Transportation

I'll get you to any airport or SF port on time and pick you up on return. TRV residents only. Here are the fares:
SFO \$105, OAK \$85, SMF \$65, PORT \$90/ Call Ralph Hatch (3941).



SERVICES

Appliance Repair

Service and repair of most makes and models. 30 years experience. Now serving the residents of Trilogy. Call Gary (4945).

Assistance w/ Heavy Lifting

When you need an extra pair of strong arms for projects such as rotating mattresses, hanging holiday lights, we can help. We are experienced, reliable, motivated and properly equipped. No job too small. For hire with or without truck. Call 707-410-7070.

Audio/Video

Music on records and cassettes upgraded to CD's. Video on VHS and Video 8 cassettes upgraded to DVD's. Copies of music CD's made. Contact Jose at 510-364-0025.

Auto/Home Detailing

Star Shine Mobile Detailing is now providing auto, motorcycle, boat, RV and upholstery detailing. Also offering home driveway pressure washing services to Trilogy residents 410-7070.

Carwash

Ray's Mobile Carwash. Let me come to you to clean and wash your vehicle. Reasonable rates for detailing and waxing also. Call Ray (7598) or 707-249-1492.

Cleaning

By Fluff & Buff. Reliable, trustworthy house cleaning. Several years in Rio Vista. Excellent references. Bonded, Licensed. Flexible: move-ins/outs; weekly, bi-weekly, monthly, etc. Kali 925-451-9655 anytime.

Clock Repair

Thirty years collecting and repairing clocks. No cost if I can't fix; low cost if I can. Can do house calls. Call (6782). Ask for Rod

SERVICES

Clutter

Clutter? Not! Let me help you tackle your nagging problems. An overflowing closet? Moving boxes still unpacked? Car won't fit in the garage? Call or email me for free consultation. Trilogy resident Carol Kern. 925-286-2398 or www.clutternot.com

Computer Assistance

PC, Laptop and iPad troubleshooting. Install software, wireless networks or DVD players. Patient tutor for basic or advanced help. Technical expert—Robert (5129).

Computer Doctor

Woody Woodard will fix PC's/Mac's, install, teach, create web pages, coordinate with Frontier, Best Buy, Comcast. 707-416-6067

Computer Help

PC or laptop repair, including optimization and virus removal. Extend life of old computer or set up a new one. Wireless setup, add new devices and tutoring. Kathy Barker (6850).

Crown Molding

Specializing in crown molding, mantels, all interior trim, front door installation. Trilogy Resident. Free estimate. Call Bob (4902).

DJ Available

DJ music for indoor and outdoor events. Contact Jose. Discounts for Trilogy clubs and residents. 510-364-0025

Enhanced 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! 7 year resident/ references. Dominic 322-9476

SERVICES

Errands

Grocery shopping, errands of all types. Save money, save time. My car, my gas! Library trips: books, DVD's. I'm helpful! Karen (5129)

Errands/ Transportation

Your car: \$15 per hour, one hour minimum in town and two hour minimum out of town. Call Brenda (5455) or cell 707-816-0964 tmbllweed5000@aol.com

Faux Finishing @ Its Best

Enhance the beauty of your home with faux finishes for your walls, columns, fireplaces and doors. Call Susan Prince/Oddo (2167)

Gardening

Need garden pruning or sprinkler repairs? Trilogy resident and former Golden Gate Park gardener offers 25% discount to Trilogy residents. Call Mike (2349).

Guitar Lessons

Beginning guitar, baritone ukulele lessons. All ages. Call Zoe (3676).

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 \$5 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue.



SERVICES

Hairstyling

Haircuts & styling done in the comfort of your home. Over 35 years experience. Call for appt. Myrna home: (3725) cell: 408-309-0083. Men also. Trilogy resident.

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).

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).

Housecleaning

Sit back & relax. Leave the cleaning to me. (4902).

Household Assistance

Clean house, wash car, cook meals, drive far. Be friends, frown fix, organize clutter, pet sit. Paint walls, small repairs, pack house, relieve cares. 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! 7 year resident/ references. Dominic 322-9476

Income Tax Preparation

Notary Public Services; Individual and Corporate Income Tax Preparation. Reasonable prices. Trilogy resident Jim Castress (3590). CTEC Registered #A141120.

SERVICES

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)

Landscape & Design

My name is Jim Gilly, owner of Gilly's Landscape & Design. I have had the pleasure of working with several residents of Trilogy which makes it that much more fun because I am also a resident of Trilogy since April of 2012. We not only install landscape but install your patios, walks, outdoor tile, masonry and more. Please visit my website: www.gotgilly.com Lic#752296. Cell: 925-260-5780

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\$10 per signature per page with discounts for multiple pages. Offering LegalShield™ /Identity Theft Protection Services. Elaine Wisz (4310).

Moving Help

Moving? Need help? Call us. Reliable, experienced, affordable. In Trilogy/Rio Vista or anywhere in Northern California. Brandon 707-410-7070.

Notary Public

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

SERVICES

Notary

I offer notary services in my home or yours. Trilogy resident Eileen Griffin (2684).

Notary to Go

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

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: thedeetails@yahoo.com

Pet Care

Loving care for your pet while you are away. Includes walking, feeding, mail brought in, garbage out, etc. Call Trilogy resident Andrea 831-278-1173.

Pet Care

Pet Sitting for Trilogy residents since 2007. Care for your pet and tend to basic home care when you're away. Not taking new dogs at this time. References. Kathleen Montemayor (4750). Email: kamont1953@yahoo.com

Rain Gutters Cleaned

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

Roll out Shelves

Make your life easier with roll out shelves. Save your knees and back. Call Bob (4902) Trilogy Resident.

Sliding Door and Screen Repair

Stop Fighting Your Sliding Door and Screen!... If it does not Slide, I will make it Glide... Replacement or Repair of Rollers, Handles and Locks on all Patio, Screen, Shower Enclosure and Wardrobe Doors. For a free estimate, call Jonathan (2736).



SERVICES

Spiritual Direction

Do you want to discover and nurture your own spiritual path? With a post-graduate education in Counseling Psychology, a Masters Degree in Theology, and certification as a Spiritual Director, I can guide you on that path. I offer Spiritual Direction from an interfaith perspective. There are many more ways of experiencing the Sacred than can ever be disclosed within any one religion. It's not about correct doctrine or orthodox belief; it's about nourishing that relationship with the Sacred that's already within you. Call Doug (5993)

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.)

Weed Pulling

Get rid of those ugly weeds. Don't break your back. We'll keep your yard tidy. Cheap. Call Laurie (6305) or cell 925-301-7389.

SERVICES

Window Cleaning

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

VACATION RENTAL

Tahoe Condo

Tahoe rental Incline Village: Fully equipped condo near Diamond Peak, sleeps 2-4 comfortably. Starting at \$125/night plus cleaning fee. Call Blaine (0717) or letsgotahoe@aol.com

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: March 2013 ads and checks are due by Feb. 5, 2013. All late submissions will run in the April 2013 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

• NEW: 1/8 page ad	3 1/2" wide X 2" tall	\$90/month
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 .		
• 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:

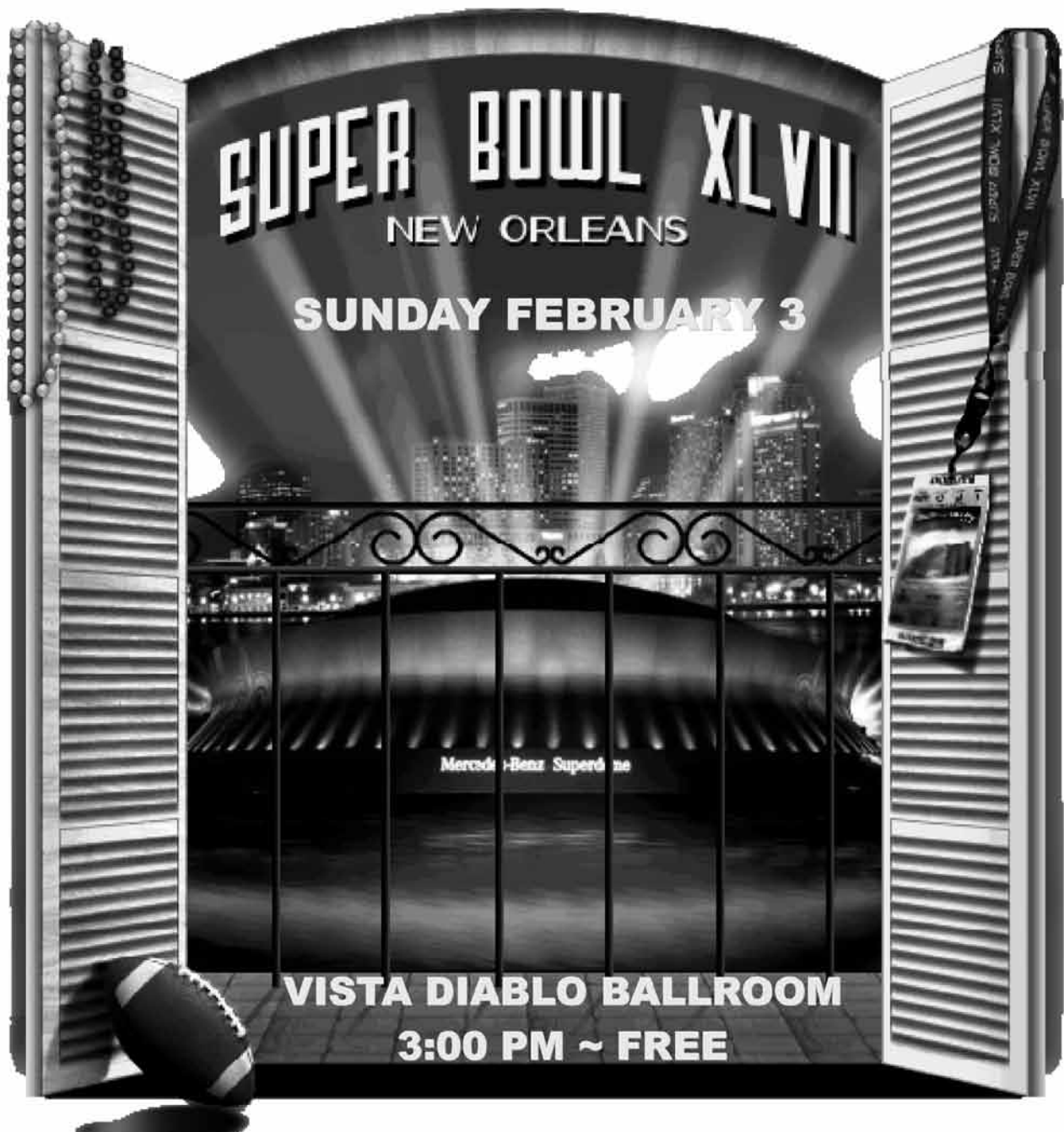
• NEW: 1/4 page ad Inside Front or Back Cover	\$185/month	
• NEW: 1/2 page ad Inside Front or Back Cover	\$285/month	
• INSIDE FRONT COVER	7.5" wide X 10" tall	\$445/month
• INSIDE BACK COVER	7.5" wide X 10" tall	\$445/month
• OUTSIDE BACK COVER	7.5" wide X 10" tall	\$500/month

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 or (707) 374-2620. If you need ad design, contact Tania Fardella at indigodesign@att.net. Additional fees will apply for design, scanning, and edits.

PUT YOUR GAME FACE ON AND JOIN THE PARTY



**Bring your own provisions to enjoy
while cheering your favorite team
on the Big Screen!**

Sign up at Member Services.



Safely Somewhere

Emeritus Senior Living's commitment is to ensure all seniors are safely somewhere.

EMERITUS SENIOR LIVING

We understand that each senior's circumstances can be unique. Whether it's assisted living, independent living, homecare or adult day care, we promise to find the best solution for each individual, even if an Emeritus community is not the best fit.

As part of our commitment, Emeritus partners with other local senior providers and organizations to find the safest place to call home.

Call us today to learn more about our Safely Somewhere commitment and to help us ensure that all seniors are safely somewhere.

Our Family is Committed to Yours.®



EMERITUS
— at Rancho Solano —

(888) 718-9317

**Join our Alzheimer's Support Group every
3rd Tuesday of the month at 6:00pm. Next
meeting is Tuesday, January 15th.**

• *Voted 2012 #1 Senior Living
Community in Solano County* •

3350 Cherry Hills Court, Fairfield • www.Emeritus.com

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