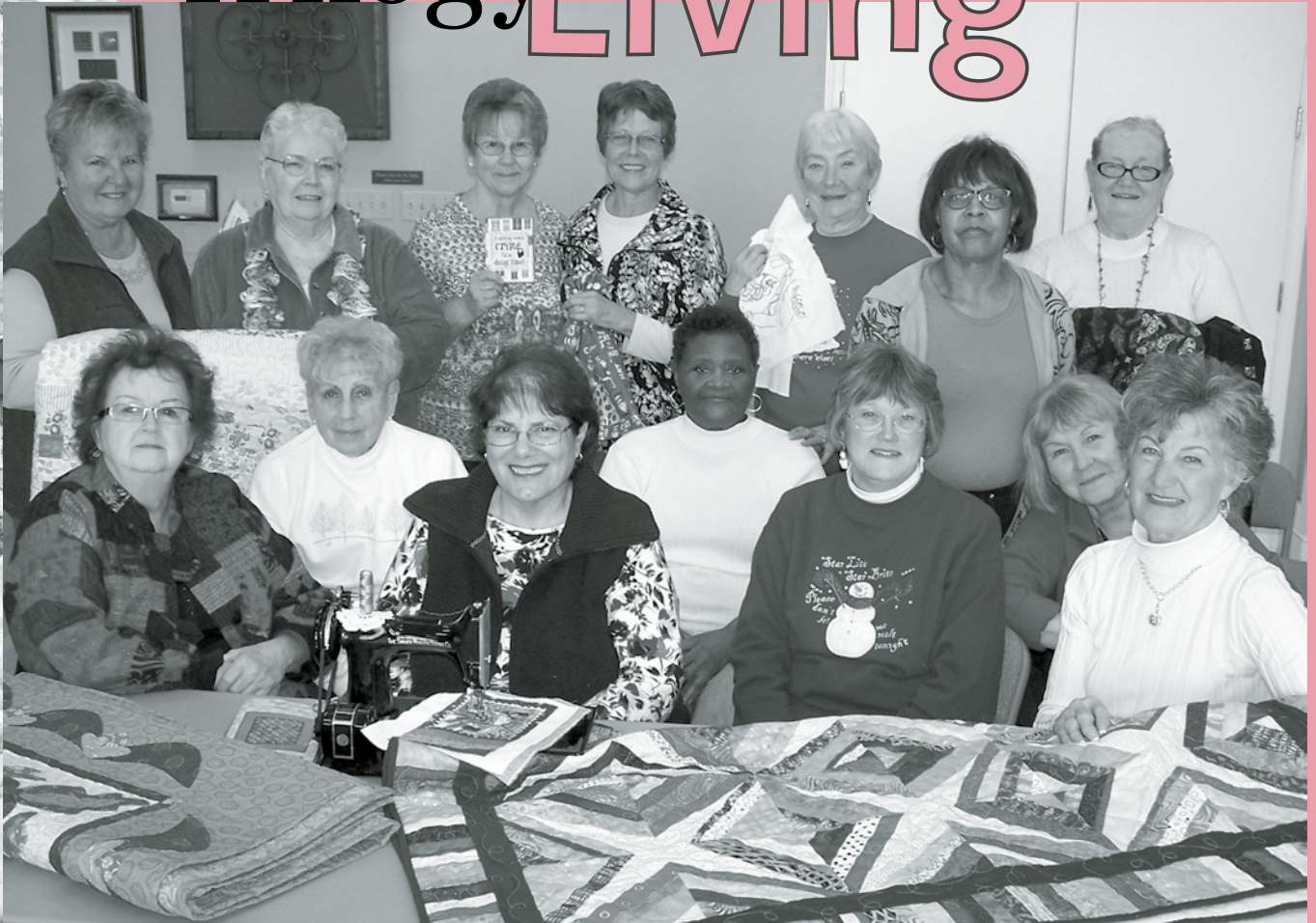


PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

February 2014

TrilogyLiving



The Fabric of Trilogy

Trilogy's Fat Quarter Quilters are busily stitching together a culture of creativity. Curious about the craft? Find them each Wednesday at the Delta Club. Read more about them in Arts.

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Warren Oglove

President

Executive Session took place prior to the Master Board meeting on Jan. 14, 2014:

The Master Board met in Executive Session on January 14, 2014. Derek Jones, the Chairman of the LLD/WWTP Committee met with us and gave details of the negotiations between the Committee and the City regarding the transfer of the Waste Water Treatment Plant to the HOA and our taking possession of the Lighting and Landscape District.

The board will provide by electronic mail on the Trilogy Living web site, prior to The Master Board's regularly scheduled meetings, Financial Statements, draft minutes of the last meetings and other pertinent information. This is scheduled to begin prior to our February 11th. Meeting.

The Board discussed problems some of the staff is having with one particular resident. The issues border on sexual harassment. A hearing on the matter is being scheduled.

Master Board Meeting took place on Jan. 14, 2014:

Derek Jones gave a report on the LLD/WWTP issue. The City wants to disband the Lighting and Landscape District. They are willing to give us the treatment plant at no cost if we take possession of the Lighting and Landscape District. The Committee feels there will be a cost savings to the homeowners. Residents pay approximately \$88 per year (shown on the tax bill) on property taxes. The assessment on the tax bill would cease and our dues would rise to cover the cost of operating the Lighting and Landscape District. It's estimated there will be a \$50,000 annual savings by taking it over. All information will be provided to residents as we move forward.

The Board adopted a Code of Conduct for The Master Board. At the February election for the Master Board, all Board Members will agree to abide by The Code.

The Board moved to pay \$16,567 out of our operating funds, instead of taking the money out of reserves.

Use of our facilities by Rite Aid Pharmacy to have a wellness clinic on Super Bowl Sunday was denied.

Delta Club renovations to the restrooms was approved. The estimated cost will be \$27,319.

The next Master Board Meeting will be on February 11, 2014 at 2 p.m.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Warren Oglove, President (3477)
Noel O'Brien, Vice President (925) 348-4097
Bernie Dehn, CFO (4764)
Joel Auslen, Secretary (5808)
Melissa Coleman, Director

District Delegates

Village 1 - Ted Bush (3365)
Village Oakmont - Leland Puryear (1301)
Village Riviera - To Be Announced.
Village Olympic - Joel Auslen (5808)
Village Saddle Rock - Roger Kohn (2737)

Committee Chairs

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

Village Board Presidents

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

Association Administration

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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 (2422)
Delta: Admin Office (4843) Fax (4891)

Trilogy Living Editorial Board

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

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Resident Classified Advertising

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Welcome Center/Front Gate (4306)

trvwelcomecenter@gmail.com

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

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From the Editor



Andrea Stuart

As many of you know, Trilogy features a plethora of activities, from events put on by the Trilogy staff to then numerous opportunities presented by the residents. The word "boredom" does not

enter most Trilogy resident's vocabulary. Year-round you will find people teeing off on the greens. The card room is full. The billiard room is buzzing. The café is alive with chatter. The computer room is stacked with lifelong learners.

This month we are happy to introduce you to the Fat Quarter Quilters. The popular patchwork method that uses generously proportioned squares of fabric. Quilters love the versatility that these square pieces provide for creativity. The patterns are endless. The Fat Quarter Quilters here at Trilogy have been going strong for years, gathering together every Wednesday at the Delta Club for camaraderie and quilting. If you have a creative side, maybe you'd enjoy a little quilting exercise.

February is chock full of activities. Football enthusiasts will enjoy the Super Bowl Party. Music lovers will enjoy the concerts, karaoke, and open mic night. And humanitarians will have the opportunity to give life at the blood drive, the ultimate gift of love 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.

From the Activities Director



Debbie Dorn

New Year's Eve was magnificently celebrated during multiple community parties by sell-out crowds! And all that celebrating didn't stop the Polar Bear Plunge folks from coming

out to welcome 2014 New Year's Day. Spectators shared a grand morning of unseasonably warm weather with the participants who braved the plunge. Look for your Polar Bear Plunge shirts to arrive by the end of the month. January activities set the community hopping into the New Year. Our own community talents, along with fascinating storyteller Phil Pezzaglia, comedian Michael Mancini, John Lamb's hints for life improvements, and internationally acclaimed musical talents from Canada and Hungary, Mimi Blais and Tamás Ittzés performed for us here at Rio Vista.

Mark your calendars for these upcoming events:

- 2/02 Super Bowl XLVIII Party
- 2/09 Trilogy Jazz Band Dance ~ The Dance Club
- 2/14 – Valentine's Day
- 2/15 Concert: Close to You ~
Tribute to the Carpenters
- 2/16 Farmers Market
- 2/17 – Presidents' Day
- 2/21 Karaoke Night
- 2/22 Black History Celebration ~
The Whist Club
- 2/28 Bingo (pg. 30)

Get Ready:

- 3/01 Wine, Jazz and Visual Art Festival
- 3/08 The Good Life Festival Simulcast:
Huey Lewis & The News

Check into what is happening in the club section of this issue for more activities. You'll find there is something for everyone within your community. Your comments and suggestions are always valued. Send an email any time ddorn@actionlife.com. My mailbox is always open!

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



Super Bowl XLVIII Party

Sunday, February 2, 3 p.m. – Diablo Ballroom, Vista Club ~ Free

Put your game face on and join the Super Bowl Party! Bring your own provisions to enjoy while cheering your favorite team on the big screen! Sign up at Vista Club Member Services desk.

Grapevine Chat

Tuesday, February 11, 6 p.m. & February 25, 5 p.m. ~ An Informal Gathering
Grand Living Room, Vista Club

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

Blood Pressure Check ~ Free

Thursday, February 13, 9 – 10 a.m., Library of the Delta Club

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

SHOWCASE YOUR CLUB!

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

Computer Workshops – Several Available in February!

Learning Center Vista Club

There are a variety of special interest workshops along with a series of introductory workshops to help you become more comfortable with common computing conveniences, like email! See pg. 43 for more information. Limited space available, sign up at Member Services.



Huey Lewis and The News with Special Guest Berlin Simulcast Live from Trilogy at Encanterra, Arizona

Saturday, March 8, 5:30 p.m. - 9 p.m.,
Diablo Ballroom, Vista Club ~ \$5

Join Trilogy members across the country as The Good Life Festival presents Huey Lewis and The News commemorating their "Sports" 30th Anniversary World Tour. Fans will hear the band perform the songs from "Sports," plus many other hits and surprises. "Sports" has struck a chord with audiences of all ages and persuasions. Joining Huey Lewis and The News will be Berlin, touring in support of their new album, "Animal." While Animal is Berlin's seventh album, a combination of 10 compilation albums, EPs, and live albums round out an impressive discography that so far has yielded 12 gold and platinum album awards. Light refreshments will be served and you are welcome to bring your own to enjoy during the evening. Sign up at Vista Club Member Services.



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

Sundays, Feb 2 & 16, Mar 2, 10 a.m. – 3 p.m. – Delta Club



Stock up at the Farmer's Market at Trilogy! Bring your neighbors and support your locally grown fresh fruits and vegetables

from our own Trilogy Farmer's Market. Petrill's Produce Farmer's Market provides wonderful produce and other specialties. It's easy to keep a fresh supply of fruits, vegetables, and specialties on hand without leaving Trilogy.



Concert: Close to You ~ A Tribute to The Carpenters

Saturday, February 15, 7 p.m.

Diablo Room, Vista Club ~ \$15

When Close to You takes the stage, it is as if the band has reunited and Karen is singing the songs fans know and love reminiscent of the '70s pop group. Each performer is a perfect match in their respective position for paying tribute to the Carpenters. Cozy up and enjoy love ballads such as "We've Only Just Begun," "Top of the World," "They Long to Be (Close to You)," and more. Sign up at Member Services and plan to bring your favorite provisions along for this spectacular performance!

Karaoke Night ~ An Evening of Spontaneous Fun!

Friday February 21, 7 - 8:30 p.m.

Diablo Ballroom Vista Club ~ Free

Specially designed for your fun and enjoyment, there are no signups. Open dancing and song lyrics are on the big screen for some sing-a-long good times! No doubt there will be storytellers, special dancers, folk singers – you'll find quite a variety of entertainers. One may be you! Bring your favorite snacks, beverage, and come over for a relaxed evening of spontaneous fun and entertainment. No signups required!

Wine, Jazz, and Visual Art Festival

Saturday March 1, 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. Set your palate for an artful, fun time. Sign up at Member Services at the Vista Club.

Van Ruiten Winery has been a top quality 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. Coupled with their new facility and the talents and experience of winemaker Matt Ridge, the Van Ruiten Family has strengthened their distinction as a leader for super premium wines from Lodi.

Complimentary Hearing Screening and Assessment

Thursday March 13, 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 have a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. Depending on need, their services are offered quarterly the second Thursday of every third month. Contact them directly to make an appointment at (707) 428-1313, although walk-ins are welcome.



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

Friday, March 21, 7 - 8:30 p.m.
Diablo Room, Vista Club ~ Free

The venue is welcoming Trilogy to take the stage and share their artistic expressions - in a setting as intimate as your living room with family and community cheering you to the next level! If you're a spectator, you're in for a treat! The supportive setting is about artists having a safe place to perform for the first time - It's about veteran artists having a place to experiment and try out new pieces - It's about having a place that inspires new work - It's about a lot of things. 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.

John Covert & Crystal Image ~ Returns By Overwhelming Request!

Saturday March 22, 7 p.m. - 9:30 p.m.
Diablo Ballroom Vista Club ~ \$10

John Covert (keyboards/vocal) has opened shows for War, Tower of Power, Sons of Champlin (Grammy winner Bill Champlin formerly of rock band Chicago), Chad and Jeremy, The Chiffons, The Coasters, Simon & Garfunkel, Gary U.S. Bonds, Dobie Gray, Lady Bo (Bo Diddley's protégé) and many others. He is a grand-prize winner in the Nashville Music City Song Festival and multi-finalist in the American song festival. Covert's songs have been featured on many TV shows, movies, magazines and Billboard charts. His co-written song "Smile If You Love Jesus" charted #1 on the 1999 Country Gospel Music Guild charts. John's 1960's 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: www.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.



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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 \$120.00

Master Association \$80.39

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

Village I \$5.00

Village Oakmont \$4.50

Olympic Village \$5.00

Village Riviera \$5.00

Saddle Rock Village \$0

(None until dormancy ends)

Village Riviera Board News

January 2, 2014 came upon us quickly. Our Annual Board Meeting was conducted as the required quorums were met. We talked a lot about the GC, the WWTP, and the LLD. We were brought up to date by General Manager, Ed Vitrano, on all of these issues.

The Inspector of Elections, Myra Samfeld and her appointed assistants went off to count ballots under the watchful eye of Catherine Patrick. There was a total of 220 ballots submitted. Three positions were open on the Riviera Board. Those were filled by Carolyn Azbell, Marty Plavin, and Ron Waite. The excess funds proposition was passed, so any funds left at the end of our fiscal year will roll over to the following year. Ron Waite also self-nominated to be Riviera's Alternate Delegate. Finally, our Delegate race, which had had four contenders, was brought to a halt with a tie between Dante Miles and Barb Downs. A run-off election was held, with ballots due back by January 23, 6:30 p.m. By the time you read this article, the election will have taken place and the Delegate will be announced in the March *Trilogy Living*.

President Don Seyk reported on the President's Counsel meeting, an unofficial group of Board Presidents who meet on a regular basis. Their main recent concern was that Shea is building new things that have previously not been allowed per our CC&R's. Things like exterior color, lattice work and wood fences are three examples. Please be reminded that before any exterior work is begun, you must fill out an Architectural Review Committee ("ARC") application, which can be obtained from the HOA Office or in the hallway of the Delta Club.

The new Board elected their slate of officers amongst themselves. Don Seyk will remain President, Ida May Wagner will be Vice President, Marty Plavin will remain Treasurer, Carolyn Azbell will take over as Secretary, and Ron Waite will be a Director.

Any questions or concerns, call Don at (6407).

Saddle Rock Village Board News



The Saddle Rock Village Board of Directors met December 18. Shea Homes has decided that the new homes being built across from the Delta Club will not be part of Saddle Rock Village. They will be part of a sixth village. As a result, the incorporation of our village will be delayed until building resumes on the other side of Diamond Hills Drive and the total number of homes in Saddle Rock Village is 350.

Some residents mentioned there is barbed wire on top of their back walls adjacent to an RV storage facility. The board will write a letter requesting that the storage facility remove the wire because this directly affects six homes.

Residents have many questions about how the Architectural Committee interprets the CC&Rs. A meeting will be scheduled to review the relevant CC&Rs and answer questions.

At our annual meeting, held January 15, we elected our Delegate, Alternate Delegate and decided whether to change our driveway parking regulations. More on those results next month.

Our next meeting will be February 19 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For more information please contact Patty Kohn (2737) or (pfkohn@gmail.com).



Village I

The VORC residents who attended the December 14 holiday party at the Delta enjoyed good food, good friends, and good conversations. One of the highlights of the night was the self introduction of 18 new resident members and/or first-time event participants. A special door prize was allocated to this new group. The residency of those in attendance ranged from 16 days to 16 years. The attendees' special effects version of the Twelve Days of Christmas was also a highlight. A very special thank you is extended to Sandy Dehn and Lynne Galletta for organizing and managing the event. Thank you is also extended to the various helpers, who made the event so special, so festive, and so enjoyable.

Speaking of highlights, at the January 8 membership meeting, four members of Village I volunteered and accepted nominations to the VORC board. We now have a six-member board as follows: President - Michael Mahrous, Co-Vice Presidents - Tess Felte and Jim Wichmann, Secretary - Sandy Price, Treasurer - Naomi Walker and Past President - Joe Downes. More details next month. For more information, contact Joe Downes (7520).

Oakmont Village

I hope you folks are doing better on your New Year's resolutions than I am. Got to concentrate on walking every day, not just when I feel like it! If your New Year's resolution was to get out and socialize, our Oakmont Residents Club can help you achieve your goal. We will have a Breakfast Fundraiser March 23, International Potluck June 22, Trilogy's July 4 hot dogs and parade, a Halloween party October 31, and our Holiday dinner December 7. Our Social Committee meets every first Wednesday of the month at 3 p.m. in the Monterey Room of the Vista Clubhouse. All Oakmont residents are welcome to attend and participate in the planning and execution of our events.



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Riviera Village

We hope those of you who attended the soup potluck enjoyed the yummy soups, salads, and desserts. Thanks to everyone who contributed. Like all Riviera events, all had a good time!

The Riviera Residents Club has some new officers. Patty Ramos is our new President and Susie Shockley is our new Vice President. Susan Fox and Chris Shaver, Secretary and Treasurer, will remain in office for one more year. Congratulations to you all. We look forward to a great year with you at the helm.

We have several events coming up this year. Bunco and Beans on March 8, Ladies Luncheon on May 1, Treasure Hunt on July 19, Sock Hop on August 23, and Holiday Dinner December 13. Each event will be a little different and, if possible, even better than in years past. Look for information on these events in future *Trilogy Livings*. If you would like to join our committee, have fun helping us plan our events, meet your neighbors and make some new friends, please join us. We meet on the third Thursday of the month in the Monterey Room at the Vista, 7 p.m. Contact Patty Ramos at pscramos@yahoo.com for more information.

Meeting Calendar

Master Association Board Meeting

Tuesday, February 11, 2 p.m.
Diablo Ballroom, Vista Club

Council of Village Presidents

Monday, February 17, 10 a.m.
River Room, Delta Club

Saddle Rock Village Board Meeting

Wednesday, February 19, 6:30 p.m.
Rio Vista Room, Delta Club

Adult Committee

Thursday, February 27, 1 p.m.
Rio Vista Room, Delta Club

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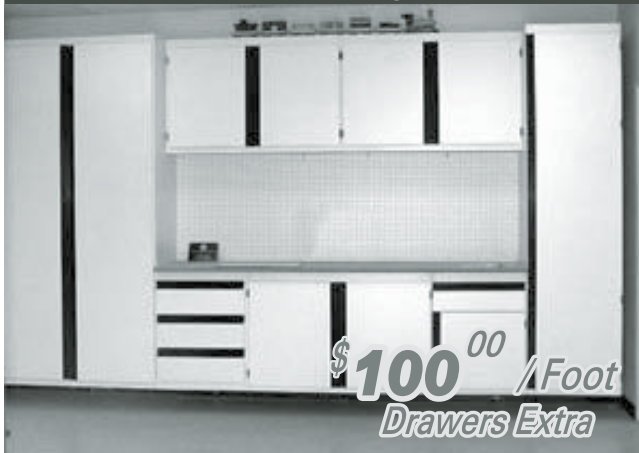


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(may be redeemed anytime)*

Strength & Cardiovascular

There are so many ways to get fit, healthy, and improve your quality of life. The secret is choosing something you like and can 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 27 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, Bev, Joele, or Frank to make sure you are properly set up for an effective and safe workout. A Range of Motion is a one-time \$20 fee, you'll have one-on-one with your trainer and once you are set up, the strength training machines will remember your settings and track your workouts.

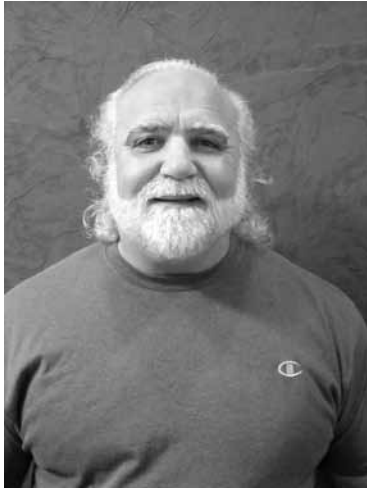
Upcoming New Member Fitness Orientations:

Saturday, Feb. 1, 11 a.m.
Wednesday, Feb. 5, 6 p.m.
Saturday, Feb. 15, 11 a.m.
Wednesday, Feb. 19, 6 p.m.
Saturday, Feb. 22, 11 a.m.



Frank Cable

New Personal Trainer



Certifications

NAFC (National Association for Fitness Certification)
CPR & AED

Experience

30 years Personal Trainer/Strength Coach

Strength Coach

Pinole Valley High School Football
De La Salle Football
Carondelet High School
Diablo Valley College

2005 Power Lifting Records:

American/World Record Squat 903 lbs.
American/World Record Bench Press 672 lbs

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

One hour 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.

Deluxe Microdermabrasion Facial

This facial combines the benefits of microdermabrasion with the benefits of hydration, firming, and moisturization. The highly concentrated hydrating mask and deep penetrating, skin specific, finishing products make this possible. It improves skin texture, evens skin tone, smoothes, softens, and cleans to create a supple, glowing face.

- Instant improved skin results
- Promotes collagen production for more elasticity
- Promotes cellular regeneration for smoothness
- Reduces fine lines and wrinkles
- Adds a glow by removed dull skin
- Reduces acne scars and enlarged pores
- Reduces and eliminates brown spots, sun spots, and hyperpigmentation
- Improves skin texture and vitality
- Removes and eliminates dead skin cells

75 Minutes for \$80

This procedure can be added onto any existing facial as a Microdermabrasion add on: \$35 (30 min)

*For more information
contact Member Services (4205)*



Holiday Fitness Potluck & Drawing a Success!

Over 100 members came to the Potluck and shared food, friendship and fun!

A special thank you to all the following individuals and local businesses that made this year's holiday fitness drawing a success:

Anna Chunn, Bellissima Fashions, Blings & Things (Kathy Meers), Bo's Beauty Salon, Brand You, BST Ink Clothing Company, Café Rio, Chef Edward's Bar-B-Que, Damsel in Distress (Penny Schardt), Deborah's Designs (Deborah Stroud), Delta Pharmacy & Gifts, Gnekow Family Winery, Graybill Pest Solutions, Hap's Bait Shop, Hong Kong Seafood Restaurant, Jeanne Brown Custom Embroidery, Jim Ludwig Photography, Lira's Super Market, Long Island Larry's, Lucy's, Mane Street Hair (Sandy Cuevas), Mary Kay Cosmetics (Andra Poffenbarger), Nails 4U, Napa Auto Parts, New Image Salon (Andrea Brimmer, New Image Salon (Amy Rankine), Oil Well Materials & Ace Hardware, Radio Shack, Raul's Striper Café, Rio Vista Auto Repair, Rio Vista Bakery, Rio Vista's Book, Rio Vista Floral Designs, Rio's Own Clothing Store, Rio Vista Pizza Factory, Rio Vista Video Coffee & Smoothie Bar, Scentsy (Kathy Meers), Social Butterfly, Taqueria Mexico Restaurant, Tortilla Flats, Trendsetters Salon & Day Spa (Kerri Lovick), Trendsetters Salon & Day Spa (Heidi Green).

Thank you for your generosity and your quality products!

And a special thank you to Cynthia Geck, who helped bring in dozens of donations.

Sincerely,

Kathy R. Erwin

Fitness Spa Director





Congratulations to: Bob Frable, Willie Stapp, Cindy Geck, Del Arsenault, Kathy Rice, Cindy Kienzle, Dee Bush, Josie Dawn, Carolyn Azbell, Christine Balaguer, Barbara Bellamy, Rose Owens, Joele Swift, Catalina Carreon, Georgette Hall, Beth Giorgi, Jean Franklin, Patty Peterson, Susan Prince, Birgit Vannier, Marilyn Cassell, Lynne Galletta, Sharon McDougall, Pat Lasusky, Jerry Washington, Kay Loux, Susan Mallett, Pam Nicoletti, Anna Trottier, Marcia Morrison, Kathy Nichols, Zeny Devera, Prescy Dela Cruz, Jennifer Spearman, Denise LaCourse, Linda Lavin, Allan Owens, Linda Cook, Ray Talpas, Sandra Wolf, Kathy Moore, Elaine Wisz, Anne Neill, Marion Stone, Wendy Manfredonia, Rachel Mares, Charlene Williams, Carol McKee, Curlye Bordelon, Bev Emery, Sue McCracken, Doris Paterick, Teri Miller, Gloria Dexter, Dorothy Busuttill, Marcia Traner, Bev Hiatt, Marilyn Nelson, Lois Benzel, Ann Sparks, Doris Noriega, Karen Cavallo, Bev Emery, Pat Denton, Carolyn Perkins, Judy Sankar, Nelly Durman, Betty Bowley, Yvonne Gardner, and a few others who won special prizes!

Over 75 gifts were graciously donated by local businesses, restaurants and some of our own community members, as well as the Trilogy Health & Wellness Center Department, and Trilogy Day Spa. Thank you!

Council for the Arts

"The Best of Music of the Night Through the Years" is the theme of the 2014 production. The dates are the evenings of March 13, 14 and 15, in the Diablo Room of the Vista Club. This memorable evening of music is presented by your friends and neighbors. Reservation forms are in this issue of *Trilogy Living* and extras are available at both clubs. Seating is limited, so please reserve early.

The meetings of the Council for the Arts are held the second Thursday of each month at 10 a.m. in the Monterey Room of the Vista Club. The next meeting is February 6. Please contact Judy Calpo (2924) for more information.

Drama Club

New year, new production. We, the hard working committee, are busy, busy, busy reading scripts for the August production and we are actively seeking members to fill those parts. The choice has to factor in the number of people interested in taking a role. Please join us at our January meeting if you would like to be a part of the fun on stage or behind the scenes. All are welcome. Preparations for our annual fund-raiser, the Pasta Feed on April 5, will be launched as well. Save the date. More event news will be coming soon. Watch for reservation flyer in *Trilogy Living's* March issue. The Drama Club meets at the Delta the last Tuesday of the month at 7 p.m. New members are always welcome. For more information please call Debby Dubrow at (6706).

Fat Quarter Quilters

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

Trilogy Theater Group

The Trilogy Theater Group has been busy preparing for the March 28, 29 and 30 production of the very funny play *Hallelujah Girls*. To quote a review from last year, "Middle age brings hard-won wisdom, regrets, longings and, with luck, self-awareness and good humor to cope with all of the above." We hope all of you can join us for this very funny play. Watch for the flyer in your March 2014 *Trilogy Living*.

Remember, we welcome all people interested in theater. There are lots of jobs to be done when putting on a production and we encourage you to pursue your interests, whether on stage or behind it. To become involved, contact

Louise Mitchell at (3541) or Kevin Kennedy at (408) 921-2606. Or join us at our regularly scheduled meetings on the fourth Wednesday of each month in the Monterey Room of the Vista Club.

Trilogy Art Guild for Artists



TAG sponsored two Shibori classes last year where many people enjoyed creating their own designed shirts. *Pictures shown of recent classes.*

The most dramatic shirts started out solid black. We extract color and then put other colors back in. Everyone is always excited to see what happens when you unwrap the shirt 24 hours later. There will be more classes this year taught by Amy Schmidt and Lori Azolino. Next class is scheduled for February 15 and 16 for beginners, and February 16 for experienced

students. For more information, contact Lori (6196).

As always, we have our ongoing Painting, Pastel and Card Making classes. We are working on a Pottery & Clay type of class in the future, so check our article for those dates. Stay creative and drop by one of our meetings on the first Monday of the month in the Marina Room of Delta Club at 2 p.m.

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while cheering your favorite team
on the Big Screen!**

**VISTA DIABLO BALLROOM
3:00 PM ~ FREE**

Sign up at Member Services.

Trilogy Living

Fitness Class Schedule for February 2014


Trilogy Fitness Punch Cards: All classes require one of 2 card choices either a blue 20 punch for \$75.00 or a yellow 10 punch for \$40.00. 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: **Bart Oddo**

February Fitness Orientations: Sat. Feb. 1, 11 a.m., Wed. Feb. 5, 6 p.m., Sat. Feb. 15, 11 a.m., Wed. Feb. 19, 6 p.m., Sat. Feb. 22, 11 a.m

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 8:30-9:30am Step Aerobics (B/I) (GX) Pat (Feb 1 only) 11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharon
3 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 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	4 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	5 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Dance (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30pm Balance Ball (GX) Deanna	6 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 Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	7 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 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	8 11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharon
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TrilogyLiving

February 2014 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8am Motorcycle Club (Off-site) 9am Table Tennis In-House Tournament (D) 9:30am Hiking Club (V) 7pm Poker Club Tournament (D)
2 10am – 3pm Farmers Market (D) 3pm Super Bowl XLVII (V)	3 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11am Saddle Rock ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (V) 6pm Poker (D) 7pm MOTN Rehearsal (V)	4 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke/Head Injury Support Group (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm World Religions Study Group (V)	5 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Piano Club (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Village Oakmont RC Social Com (V) 4:30pm Table Tennis (D) 5pm Backgammon/ Chess (V) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership Mtg (V) 7pm MOTN Rehearsal (V)	6 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for beginners (V) 6pm Yuan-chi & Fan dance (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Ballroom Dance Class – Beginning (V) 8pm Ballroom Dance Class – Advanced (V)	7 8am Social Tennis 9am Model Club (V) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class - Beginning (V) 6pm Ballroom Dance Class - Advanced (V) 6:30pm Joy Luck Mah-Jongg (V)	8 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 7pm Poker Club Tournament (D)
9 9am Dog Club Valentine Brunch (D) 7pm Dance Club (V)	10 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm MOTN Rehearsal (V)	11 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12pm Recipe Club (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Golf—Women's 9-Holer Mtg (D) 2pm Master Association Board Mtg (V) 3:30 pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6pm Grapevine Chat (V) 7pm Emergency Action Com (D)	12 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 10am Piano Club (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 6:30pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	13 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) 4pm Golf – Sr. Men's Board Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for beginners (V) 6pm Yuan-chi & Fan dance (V) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Computer Club (V) 7pm Ballroom Dance Class – Beginning (V) 8pm Ballroom Dance Class – Advanced (V)	14 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class - Beginning (V) 6pm Ballroom Dance Class - Advanced (V) 7pm Bunco (D)	15 8:30am – 5pm Shibori Workshop (D) 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 7pm Poker Club Tournament (D) 7pm Carpenters Tribute – Close to You (V)
16 8:30am Shibori Workshop (D) 10am – 3pm Farmers Market (D)	17 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 10am Council of Village Presidents (D) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 5pm Whist Event Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm Fishing Club (D) 7pm MOTN Rehearsal (V)	18 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beg Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 2pm Nature Club Workshop (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Fishing Club (V)	19 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Piano Club (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Backgammon/ Chess (V) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 6:30pm Saddle Rock Village Board Mtg (D) 7pm Saddle Rock Village RC Mtg (D) 7pm Olympic Village RC Mtg (V) 7pm MOTN Rehearsal (V)	20 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for beginners (V) 6pm Yuan-chi & Fan dance (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg (V) 7pm Ballroom Dance Class – Beginning (V) 8pm Ballroom Dance Class – Advanced (V)	21 8am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class - Beginning (V) 6pm Ballroom Dance Class - Advanced (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Karaoke Night (V)	22 9:30am Hiking Club (V) 10am Bocce Club Sign-Up Mtg (D) 2pm Black History Celebration (V) 7pm Poker Club Tournament (D)
23	24 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm MOTN Rehearsal (V)	25 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Grapevine Chat (V) 5:30pm Tai-chi & Yuan-chi (V) 5:30pm Hispanic Club Potluck (D) 7pm Drama Club Membership Mtg (D) 7pm MOTN Rehearsal 7pm Emergency Action Com (D)	26 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Piano Club (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6pm VORC Welcome New Residents (D) 6:30pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	27 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Committee (D) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai-chi for beginners (V) 6pm Yuan-chi & Fan dance (V) 6:30pm Pinochle (V) 7pm Theatre Group (V) 7pm Ballroom Dance Class – Beginning (V) 8pm Ballroom Dance Class – Advanced (V)	28 8am Social Tennis 9:30am Tennis Club Mtg (D) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class - Beginning (V) 6pm Ballroom Dance Class - Advanced (V) 7pm Bingo (D)	

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



FAMILY SUPPORT COMMITTEE

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

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

Olympic Village

Our next meeting will be March 3, 2014 at the Delta. We are having a St. Patrick's theme with corned beef sandwiches and sides. Watch for a tubed announcement going out to RSVP for the lunch. All villages are welcome to attend.

Elections will be held in March. Please contact Mackie Webster if you would like to run for a position. Olympic Village Kare Bears are participating in the Phone Buddy Program. We are hoping to have all villages involved. It provides daily phone contact for those living alone. A buddy is assigned to each participant who will phone every day to assure the well being of their buddy. Quarterly meetings in 2014 will continue to be the first Tuesday of the month at 1 p.m. at the Delta. For more information contact Mackie Webster at (5837).

Village Oakmont

After a short winter hiatus, the Oakmont Kare Bears are busily planning and getting ready for the New Year.

A celebration was held at our January 8 meeting for Ruth Joseph's 85th birthday. Ruth has devoted many years of time and effort, and been the mainstay and co-director of the area coordinators for Oakmont Village. And, along with other volunteer jobs and interests, she has worked tirelessly for and in our community. Congrats, Ruth!

Our next meeting will be held on Wednesday, February 12, at the Delta Club at 10:30 a.m. Come early and share your ideas and enjoy coffee and goodies. For more information, call Kathy Russo (2969) or Marti Rogers (6859).

Village Riviera

Even though it has been a rather mellow and mild winter up to this point, we still welcome the arrival of our friendly month of February. Mother Nature is rather carefree with the weather, allowing the volume of wind, rain, and heat to vastly vary within any given period of time. Meanwhile, at the same moment, She controls the amount of daylight hours in a strict and rigid fashion.

Although Her weather whims may be pleasing or painful on any given day, the amount of daylight She allows is never in question, and always appreciated. Our health is much like the weather in that we discuss it often and try to prepare and protect ourselves from its capriciousness. Unfortunately, storms in the form of disease and accidents stalk all of us everyday, fortunately the effects of these may be minimized much the same way clearing skies and sunshine ameliorate a thunderstorm. Our sunshine comes in the form of family, friends, and Kare Bears. If you or someone you know is under the weather, please contact your Kare Bear group and we will shine a little extra light into those darker days.

Riviera Kare Bears will be gathering on Monday, February 10 at 10 a.m. in the Delta Club. Flashlights optional, bright smiles mandatory. For additional direction please call Myra (3660) or Valerie (6942).

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ONE HEART
FROM BREAKING,
I SHALL NOT
LIVE IN VAIN.

[EMILY DICKINSON]

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Community Connections

Community Connections will have our next meeting on Wednesday February 19 at 1 p.m. We will meet at the home of Annette Lea, 1145 Vintage Drive. You can bring a sweet or savory snack to share if you like, or just come to enjoy the company of your neighbors. Our group is a good way to get more "connected" to the people and activities in Trilogy as well as becoming familiar with the Rio Vista community. We have lots of interesting discussions, opportunities for volunteering, and day trips coming up as well. We always welcome new people and ideas. Join us, find out all we are involved in, and get in on the fun. RSVP to Annette, (2121).

Emergency Action Committee

The Emergency Action Committee has changed its meeting and training time and location to the second and fourth Tuesday of every month at the Marina Room, Delta Club, from 7 - 9 p.m. This change takes effect on February 2014. Trilogy residents are welcome to join us at our meetings and trainings and we welcome new members. You do not have to be medically trained to be part of the group. Should you have questions please contact Alan Levine at (707) 718-7907, Dean Lattman at (707) 310-4617, or Gillsa Miller at (916) 508-2758.

Trilogy Labyrinth Walkers



We will be taking our second field trip on February 10. The Trilogy Labyrinth Walkers will travel to Kaiser Vacaville Medical Center. We will walk their

Labyrinth at 1 p.m. Meet at the Vista Club at noon and carpool. If you have room in your car to take a fellow walker or if you need a ride please call Elaine Wisz or Gerry Swan. Gerry Swan (510) 507-4080. Elaine Wisz (707) 374-4310.

TOPS (Take Off Pounds Sensibly)

The Trilogy TOPS Chapter is off to a good start for the New Year! A good many members held the line and maintained their weight, with no gain during the holidays, passing up a lot of goodies! Congrats to all! We are striving to keep up the good weight loss record we had in 2013. Hopefully, we can do even better! We welcome any of you ladies and gents to join us for that support needed to take off those extra pounds added over the holidays!

Our meetings are held at the Delta Club every Wednesday at 8 a.m. For more information, call Leader Ella Bice at (1499) or Co-Leader Pat Voelker at (5150). Happy New Year, everyone!

Trilogy Jazz Band



The band will play for the Dance Club's Valentine dance on Sunday evening February 9, 7 - 9 p.m. in the Vista Club Diablo Ballroom. We will play some special tunes for this occasion, and we look forward to this event. Check the dance club posters for more information.

Full-band rehearsals are held most Wednesday afternoons, 2:30 - 5 p.m., following vocal and combo rehearsal beginning at 1:30 p.m., in the Vista Club Diablo Ballroom. Observers are welcome.

If you play an instrument and are interested in being part of the Jazz Band, even if you're 'rusty', please contact Music Director Jim Lucas (7567). There is currently an open spot in the trombone section, and all sections offer opportunities for future players. Our goal is to provide music for our community, and we have fun. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

Wildlife Management Sub Committee



Love is in the air. Starting in January and continuing into February, skunks are out and about looking for mates. Males are confronting each other over territory. Females will also spray a male if they don't

approve of him. This means more skunk aroma is in the air than at other times of the year. We may smell them more than usual or even hear them fighting. Don't worry, this only lasts a few weeks. After that, we will only occasionally notice an odor that tells us a skunk passed through recently. Skunks are usually shy and nocturnal. Field and house mice are important sources of food for skunks. If you smell a skunk, don't worry, it will be on its way, and it may keep you from having to trap or poison unwanted rodents.

Reminder: Put a light on, check your yard, and even make a little noise before letting your pet out at night. Critters will leave your yard and leave your dog smelling sweet.

Information source: Wildcare: Living Well with Wildlife, San Rafael, CA.

Saddle Rock Village Block Party

happenings



Saddle Rock celebrated fall with a beach-themed block party on October 12. Ninety-eight partygoers attended.





Billiards Club

The next Billiards Club meeting is on Wednesday February 4, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start time is 5 p.m. The first and third Tuesdays the format will be 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format will be handicap 9-ball with a round robin format. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players and for that Tuesday evening the B players will get a one-game handicap while playing an A player. The B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday will be eight ball and the club will split the tournament into A&B players. There will be a first and second place winner in each group. The fifth Tuesday will be 9-ball with no handicap for B players. Officers: President Al Bergoust, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

Dec. 3, 8-Ball

1st Neil Brodhead
2nd Oscar Grissom
3rd Al Bergoust

Dec. 10, Handicap 9-Ball

1st Al Bergoust
2nd Chuck LaBue
3rd Dennis Pool

Dec. 17, 8-Ball

1st Jack Clark
2nd Oscar Grissom
3rd Al Bergoust

Dec. 23, 8-Ball

1st Chuck LaBue
2nd Dennis Pool
3rd Gene Ivey

Dec. 30, 9-Ball

1st Bob Powell
2nd Al Bergoust
3rd Randy Freese

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

Bingo

Bring A Friend month! Bring your friends and family and enjoy fun and laughter with a special sweetheart drawing. Mark your calendar for the fourth Friday of the month, February 28 for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene (6999).

Bocce Club

Breaking News: Both the Adult and Amenities committees have endorsed our plan to build two additional courts at the Summerset bocce complex. Shea Homes has committed to provide some funding in early 2015. It is now up to the Master Association Board and you. Make your needs and wants known to the board.

Sign-ups for the 2014 morning and night bocce leagues will start at 9 a.m. in the Delta on Saturday, February 22. Existing teams can submit a team roster. A copy of the 2013 rosters will be emailed to each of the existing captains with directions. New teams can also submit a team roster at the meeting. New players, new teams, folks without a team or who want to change teams need to attend the meeting and sign up. These three groups will also need to prepay their basic dues of \$25 per person for each league. Dues for existing teams are due by March 15. Following the 9 a.m. sign-ups, we will conduct the annual captains meeting at 10 a.m. to discuss any rule changes and other items that may require club approval. One such item is the club's proposed "Code of Conduct." Each team should have at least one representative present who can vote on behalf of the team. All members are encouraged to attend. Contact Joe Downes (7520) for the board, Carolyn Azbell (6087), Dorothy Busuttil (3246), Judy Carter (0016) and Walt Manos (2827).

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 February 11. The book selection is *The Mercy of Thin Air* by Ronlyn Dominique. March's book selection is *The Light Between Oceans* by M.L. Stedman. There is no requirement to have read the selected book. Everyone is welcome! Feel free to stop by. For more information contact: Adrienne (5576).



Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, February 10, 2014. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue (6136).



December's winners: Regular game: 1st: Sue Vogtlin and Lois Brusen; 2nd: Betty Magnoli and Run Wan; 3rd: Wilma Powell and Peg Walker. Novice game: tie 1st and 2nd: Anna Ulrich and David Ulrich; tie 3rd - 6th: Elaine Braley, Karen Nash, Cindy Schroeder and Alan Carter.

Bridge – Friday

The Friday Bridge Club meets weekly in Vista's Sonoma Room. Play starts at 12:15. This club is open to all Bridge playing Trilogy residents. Newcomers welcome. Call Larry (3511) for more information.

Bunco

Come and join us for a fun evening of Bunco and refreshments at the TRV Delta Clubhouse. We meet the 2nd Friday of the month at 7p.m. For further information please call Shirley at (9984).

Computer Club

The next meeting of the computer club will be held on February 13 at the Vista at 7 p.m. The speaker will be our own John Shilich whose topic will be, "Taking Control of Our Relationship With Our Computer." Among other subjects, he will discuss: updates, upgrades, backups, organizing documents, how to operate Windows 8?

If you wish to become a member of the club you can go sign up at any meeting or complete, print, and give an application, complete with the annual \$12 dues to any of the directors. Visit www.tccrv.org for an application. 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).

Dog Club

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

The Trilogy Dog Club's (TDC) Valentine Champagne Brunch is just around the corner. It will take place on February 9, 2014 at the Delta Club. Reservations must be in by February 1, 2014. There are seatings at 9 - 10:30 a.m., 10:30 a.m. - 12 p.m., and 12 - 1:30 p.m. Contact Linda Rowe at (925) 286-1555 for further information.

TDC is working hard on raising money and working with various committees in Trilogy to make our dog park a reality. One of our projects will be to set up temporary

dog parks in various locations throughout Trilogy and see what kind of response we receive. We encourage feedback from the residents so that we may make informed decisions going forward. Temporary dog parks will be held on four different Saturdays, so keep a look out for the TDC in your area.

With many new residents in Trilogy, we want to make sure that you are aware of the local and state laws for your canine companions. Some of those requirements are making sure your dog is licensed with the County of Solano. The other important item is if you already have your dog chipped, you will want to keep your information updated with the company of the installed chip. Please check our sites <http://www.trilogydogclub.org> and <https://www.facebook.com/TDCRV> for current information about our club's activities.

Fishing Club

Our next meeting will be Tuesday, February 18 at 7 p.m. in the Diablo Room at the Vista Club. We will be viewing a 45-minute video, "Over Troubled Waters", and the video of our kids' fish pond at the Derby and highlights from our Holiday Brunch. We will have wine, cheese, and snacks. Spouses and significant others are invited. Please RSVP by February 10. Anyone is welcome to join our fishing club. We have great events throughout the year. For more information please call Al Silva at (3791).

Genealogy Club

Our first meeting of the New Year was a great success. We were so excited to see everyone back from the holidays and ready for what's ahead. 2013 was a super year with many new members and lots of new research tools and information. We started 2014 focusing on beginning genealogy and will continue along this line for the February meeting.

We've also been very busy planning the Phil Pezzaglia event. Phil continues to bring the colorful history of Rio Vista to the Trilogy residents. Watch for Movie Night coming soon. "The McCullochs" is a movie filmed here in Rio Vista and shows the city and occupants. It should be lots of fun, and Phil will add narration to the movie.

The Genealogy Club is open to all residents of Trilogy. 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 (7542). The Genealogy Workshop is held the third Thursday of each month at 2 p.m. at the Vista Club Computer Room. For more info, contact Carolyn Bridges at wncbridges@comcast.net.



Good Samaritans

This is the month where many recognize Valentine's Day. In the first book of the Corinthians, Chapter 13, it clearly gives us the meaning of love. The Good Samaritans appreciate and thank all the people who showed love by donating Thanksgiving food items for needy families. Thank you for your generosity in providing Christmas gifts for seniors at care homes and Christmas gifts for needy children. Without love from the people who participated in donating gifts towards the Good Samaritans outreach ministry, we couldn't have reached the seniors, families, and children. What joy it was to see the young families receive their Thanksgiving food bags with much appreciation. One young lady was even in tears as she thanked the Good Samaritans. Along with a turkey and all the trimmings, we provided each family with a Bible.



For Christmas we visited the local care homes in Rio Vista. Along with the gifts of warm pajamas and blankets, we showed love by praying, fellowship and singing Christmas carols. One care home was so joyfully prepared they sang us Christmas songs along with playing their musical instruments. We didn't stop! On Christmas Eve we provided Christmas gifts to needy children in Rio Vista. The smiles on the children and the love and appreciation they showed as they sang Christmas carols was a blessing to the Good Samaritans.

Throughout this New Year, the Good Samaritans will continue to plan for greater outreach opportunities in our community. The Good Samaritans Bible Study meets on Thursday at the Delta Club/Marina Room at 1 p.m.

Scripture of Love: Deuteronomy 6:5-7

Hispanic Club

Hola amigos! We are planning a potluck for the second half of February. If you are at all interested in this club, we would like to invite you to attend this potluck, but we need your contact information. Please call or email any of the persons listed at the bottom so we can place your name on our master list. We will use this list to inform you of the date and time of the potluck. We promise we will not inundate you with emails.

A couple of people in the club have already held small gatherings of four to eight people where conversation flows unrestricted by multiple distractions. We will continue to post information and updates on MyTrilogyLife.com, under the Clubs section.

Contacts:

Cecilia Reyes Spiritosanto, (1484)
Email: ceciliareyes77@gmail.com

Teresa Hamner 646-1610. Email: thamner@aol.com

Vicky Riddle (3684). Email: viriddle98@yahoo.com

Ada Parrales Stack (3406).

Mah Jongg

We meet every Monday, except the second Monday, of the month at the Sonoma Room at 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 and any one of them will help you learn this version. We do not play for money. Come join us. Call Molly Martinez (3417) for more information.

Model Club

Model Club members decorated our Garden Railroad train site with holiday lights in an attempt to increase your enjoyment of the season. We hope we were successful. We would also like to thank those who participated in the January bake sale. This sale is our only opportunity to recover from the harsh winter and replace plants damaged by the cold, and to try to bring more color and an element of realism to the site. Thank you for all your kind words regarding our efforts.

Stop by our Model Club meeting held on the first Friday of each month in the Vista Monterey Room. We will be presenting ideas and talking about other field trips we are anticipating this spring. Any questions, please contact the Club President, Mr. John Harder (3646). Please join us at our monthly meeting prepared by Model Club Secretary Dean Lattman.



Motorcycle Club

The Trilogy Motorcycle Club meets the first Saturday of every month for an all-day ride. The January 4 ride could not have started off any better, first ride of the year, brilliant clear skies, 40 degrees and 12 bikers ready to kick off the New Year. Our route took advantage of easy cruising to Walnut Grove, out Thornton Road to New Hope Road (now that's a good road name for starting out the new year), and on over to Galt and Martell, just outside Jackson.



The destination was a great little highway north of Placerville. Hwy 193 leads to Georgetown and then heads west to Cool. Upon leaving Placerville on this road, one is greeted with a sign stating 11 percent down grade and curves that are posted as 10 MPH. We then had lunch and a well-earned stretch break was taken in Georgetown. There had been previous snow that was melted off and the road was lightly sanded in places that required one's attention but was not unduly stressful.

Randy Scott was the dealer for a first ever poker run for the group. Five cards dealt over five stops and everyone chipped in a buck for the pot. The winning rider held a 3-4-5-6-7 straight and spent his winnings buying coffee for several folks! Total mileage was about 215 miles through great winter scenery in the foothills. There is just something especially nice about winter rides when the sun is bright and the air is crisp.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista February 1 at 8 a.m. The destination TBD based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

Movers & Shakers

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

Nature Club

Bird Watching Tips

Winter bird migration is in full wing. The California Department of Fish and Wildlife offers these tips:

- * Go early in the morning or near sundown, not midday when birds are less active.
- * Keep voices down, car doors quiet, and movement to a minimum.
- * Don't walk up to birds quickly or directly, as doing so will cause them to fly.
- * Be patient, giving birds time to show themselves.
- * If you don't see birds in the first location, move on.
- * Be careful parking on the sides of country roads.
- * Staying in your car with the windows down, engine and radio off, and quiet is often the best way to see and hear many birds. Your car does not look dangerous to them.

For more information, contact Gail (2718)

Photography Club

In January, club members showed their holiday pictures, and they were all different and interesting. Many took pictures of the beautiful lights and we were able to have a good discussion on how best to take pictures of lights. Michael Bouyer gave us numerous suggestions, the primary being to use a tripod.

During our discussion, there were several questions on how to work our cameras to get the best shots. As a result, we are bringing our cameras to the February meeting to allow everyone to learn more how to set their camera or smart phone for better results. It would be helpful if everyone brought one or two prints to illustrate what issues they may have.

On March 1, the Photography Club has been invited to participate in the Trilogy Wine, Jazz, and Visual Art Festival along with the Trilogy Art Guild. Several people were interested, and this will be discussed at the February meeting. Some had questions about the quality of print that would be acceptable. If you are interested, please call Jan Vick at (5025) or email seawingjan@gmail.com.



Piano Club

Dust off those keys and join us in 2014 for our second meeting of the New Year. The new piano club will meet on Wednesday, February 5th in the vista club Diablo Ballroom 10 a.m. offering one another encouragement and support in a group setting. We hope to see you there for a great year of music and fun. For more information, email pianosam48@yahoo.com.

Radio Club

The new year brings the club an opportunity to make new advances in equipment and techniques. Antenna design, radio operations, and some efforts in circuit design tools should give us new opportunities to learn and demonstrate our proficiency. If you are a new resident and curious about what we do, we will be pleased to share our hobby with you. If you are a resident, stop by and get acquainted.

If you would like information on becoming a trained volunteer or an amateur radio operator, additional information can be obtained by attending the weekly Radio Club meeting, which is held each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee. The Radio Club formal meeting starts at 10 a.m. Please stop by. Dean Lattman is available at (3967) if you have any questions.

Recipe Club

Our February 11 meeting has an expanded theme of "Cheese, Chocolate, and Fruit." The chefs are Elayne Finch, Jan Hunter, Shirley Rogers, Ruth Shephard, and Linda Walsh. Molly Woodworth is the coffee hostess.

We meet the second Tuesday of each month in the Delta Club at noon. We have a fun group and everyone is welcome. If you enjoy cooking and like to try new recipes, please join us. Men are welcome too. If you have any questions, contact Patty LaFleur at (3159).

Monthly Tip: The shelf life for whole dried spices is two years; shelf life for ground spices and dried herbs is one year. Buy spices whole, versus ground, whenever possible and grind them just before using. Grinding releases the volatile compounds that give a spice its flavor and aroma. The longer the spice sits around, the more compounds disappear. Don't store spices and herbs on the counter near the stove. Heat, light, and moisture shorten their shelf life. To check for freshness, crumble a small amount of the dried herb between your fingers and take a whiff. If it releases a lively aroma, it's still good to go. If the aroma and color of a spice have faded, it's time to restock.

Religions of the World Club

The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions of the world, their history, beliefs, and practices. We meet the first Tuesday of every month, at 6:30 p.m., in the Vista Club's Monterey Room. So far, we have learned about Zoroastrianism, Hinduism, Judaism, Sikhism, Buddhism, Jainism, Taoism, Confucianism, Shintoism, and religion in the USSR. Our current study is Christianity.

During our last meeting we began the study of Christianity from inception through the posting of the 95 theses by Martin Luther on the door of the church in Wittenberg, Germany. Our meeting for February 4 will begin with the Reformation, covering the major Protestant denominations through current day.

This is not a forum for recruiting members to any belief system and all Trilogy residents of any belief system are welcome. For more information, contact Don Cooper at (510) 909-5049, or Barb Bellamy at (6670).

Rio Vista Roamers RV Club

Our holiday gathering in December was brunch at the Lone Tree Golf Course. If you missed this, you missed a real treat! The champagne brunch was absolutely delicious and had everything from breakfast items to prime rib with all the extras and dessert you could possibly want. Our thanks to our hosts Rich and Pat May.

January was our yearly jaunt to Tao-San-Jin restaurant for some fabulous Chinese food. This is the outing hosted each year by Katie and Bob Emler.

Grab your sweetie and join us at Peter's Steak House on February 14 at 12 p.m. for a Valentine lunch. We will have a choice of a prime rib sandwich, a chicken sandwich, or fish and chips. Cost will be \$18 all inclusive. Tom and Nancy Shirley (5229) will be our hosts and will need your money by February 4.

March is just around the corner and with it comes itchy feet. Where will we go for our first trip? We are going to Durango RV Park in Red Bluff March 17-20. I love this park because it is so well laid out that even our members, who no longer get around easily, can traverse with no problems. The cost is \$43 per night unless we have 12 rigs going, which then lowers to \$38.70. Sandra and Manny Santos (3538), as usual, will be celebrating St. Pattie's Day on that Monday, March 17. We have a new link to our website! It is www.rvroamers.tk. Log in and it will give you the next outing information. Sign yourself up or call the member hosting that outing. Call Sandra Santos (3538) or any of us and we will be more than happy to answer any questions.



Men's Executive Nine Golf Club



The Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing at the

Nine's after the game. We play each Tuesday midmorning. The format varies each week, from individual straight golf play on the first and third Tuesdays, and individual and team golf tournament events on the second and fourth Tuesdays of the month. We always welcome new members, and golf experience is not a prerequisite. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Dick Talbott, at 225-0077. (Current members are also reminded to renew their annual club membership if they have not already done so.)

Because of the holidays, there was only one team tournament event in December. The winning team for the December 17 traditional scramble game was Harold Rowe, Jim Copely, and Rocky Dillon. We have two tournament events scheduled for February. On February 11 we will play a Kansas Scramble with a different designated putter for each hole. On February 25, the tournament will be a "Shamble-Best Two Scores" format. We invite you to come out and join us for a good time with a great group of guys.

Senior Men's Golf Club

"I hear a rooster crowin', it's a frosty mornin'..."

— *Ozark Mountain Jubilee*, written by Anders and Murrah, sung by the Oak Ridge Boys, from the album 'Deliver', 1983.

December brought frosty mornings and delayed start times but warm and sunny afternoons. The New Year got off to a running start with 12 new faces in the club: John Aleck, Gary Bingham, Gunner Danielson, Joey Dias, Rocky Dillon, Marc Dubau, Randy Freese, Dennis Germano, Charles Hoffman, Dennis Jones, William Smith and Greg Szody. If I missed anyone, please contact me. The Board also has several new faces, including new Tournament Director Harold Rowe. Thanks to Harold for taking on this task, and to Joe Devilbiss for his service the past two years.

The New Year inevitably brings resolutions. Here are a few:

1. I will support my club. (Many opportunities present themselves.)

2. I won't lollygag on the course. I'll be ready and will get on with it.
3. I'll be quiet and still while the other guy plays.
4. I'll watch my ball and everyone else's too.
5. I won't talk about my game. (Only a mother is interested. Maybe.)
6. I'll put trash in trashcans. (No cigarette butts in bunkers or orange peels.)
7. I won't leave putts short, especially for birdies. (Tough one.)
8. I'll fix pitch marks and divots. (You carry sand and a divot tool, don't you?)
9. I'll return found clubs. (Keeping them is not an option.) (No, it really isn't.)

Our regular membership meeting is on the third Thursday at 4 p.m. at the Delta Club. Join us and get the news. For more information, contact our Membership Director Chris Shockley at (3603) or tshoc@cs.com.

The sign? It's on the Trilogy grounds. Be the first to locate it and thrill to your name in print.

Stroke, Head & Brain Injury Club

We are a support group that has had or are living with someone who has been affected by stroke or a brain injury. We also assist those suffering from dementia.

Our group provides help, useful tips, and current information on how to cope with the various short and long-term physical and emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, or impaired by some physical or emotional limitation, the support that we can provide each other can be very important to adapting and living. Each month we discuss a new topic and try to learn more about subjects that are of interest to members.

We also conduct various extracurricular activities for the group both within Trilogy and nearby communities so that we can have fun together as well. If you or someone in your family has had a stroke, any kind of brain malfunction, or dementia, and would like to join or have any questions, please contact Dr. Cheryl Bellrose (6619). We encourage caregivers and families to join, as you need support as well. We usually meet on the first Tuesday of each month from 2-4 p.m. at the Vista Club in the Monterey Room, unless there is a holiday. Our next meeting will be Tuesday February 4th. Please join us.



Supper Club

If you are interested in participating, Supper Club meets every other month from February through October in each other's homes for tasteful (and tasty) dining, fun and conversation. On these occasions you can meet your neighbors and get to know them in a small group setting (usually 6, 8, or sometimes 10). We are not limited to a formal dinner menu only. You might also want to have an afternoon barbeque, a brunch, or a luncheon.

Please note that 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 the delectable menus and friendship provided by our members.

For further information about this event and our regular schedule, contact Cheryl Bellrose (6619). Looking forward to hearing from you.

Table Tennis Club

Forty-one people attended our Christmas dinner, which was a success thanks to the efforts of Tom Suhr and Ruth Barnes. We look forward to our next event.

Dues are due no later than January 31. Our new officers are busily planning all the activities for this year. As soon as a calendar is developed, it will be posted on the official website for your information.

Saturday, February 1 is scheduled for our first in-house match to prepare for Rossmoor's visit to Rio Vista. Results will be posted on the website. The Rossmoor tournament is scheduled for Saturday, March 1.

The club is still planning a friendly match with The Villages Table Tennis Club in San Jose, and both clubs are working out the possibility of renting facilities in Pleasanton so that neither has to travel too far. Currently, it would cost \$5 per person to play there. More information will be posted on the website.

The availability of the Rio Vista Room is posted weekly on the website, so be alert to these postings. To subscribe to notifications, provide your email when you visit <http://trvtt.wordpress.com>. There's also a link to this site in the MyTrilogyLife.com under clubs.

If you need any information on any subject related to our Table Tennis Club, please contact any of the following persons: Larry Mork, President (3389); Richard Laswell, Vice-President (2479); Vicky Riddle, Treasurer (3684);

Tom Surh, Secretary (5282); Michael Mahrous, Tournament Director (3216), Tom Barnes, At-Large (4395); Ruth Barnes, Social Activities (4395).

Tennis Club

It is February, so "love is in the air." We hear it a lot on the tennis courts. Those of us that play on a regular basis love the game and the opportunity to get out and get some good exercise. The fact that the word 'love' is one of our scoring terms makes it an even better reason to come out in February and start playing. Soon you will be playing for the love of it as well.

It is only three more months until our competitive season starts with our match against Rossmoor at their new complex in Walnut Creek on May 17. That gives us 90 days to work out the creaks from winter and start honing the skills needed to be successful and keep the trophy for another year.

We are always on the lookout for new players to join our club. Experienced or not, we want to help you reach the level that is right for you. Come out and join us for some fun in 2014. For more information about the tennis club, contact Wally Beckman at beckmanwally@hotmail.com

Whist Club

Thank you for coming to our Dr. Martin Luther King, Jr. celebration. Dr. Patricia Mitchell, one of our residents, was wonderful.

Please save the date February 22, 2014 for our Black History Program, starting at 2 p.m. in the Diablo Ballroom. Miss Carolyn Jones will be with us again. The cost will be \$10 per person. You will receive a flyer soon. We will have refreshments at the end of the program.

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

Women's 9-Holers

2013 ended on a great note. Anna Bogucki won the TOCC Low Gross Award. Fran Silva owns the TOCC Low New Award and Jeannie Renner received an award for Most Improved. Congratulations, ladies. Job well done. Also, December was a very cold and short month for the



9-Holers, due to the holidays and blackout dates, but we prevailed. December 3, in the freezing cold, 14 ladies played. Gay Fortier had a par on hole 8, Barb Downs on hole 5 and Suzi Masterson on hole 6. There were no chip-ins, so our chip-in pot grows. December

10 - was even colder, but 11 brave golfers came out bundled up. Once frost delays were lifted, we ventured out onto the back nine. Lois Dutcher had a par on hole 13 and Anna Bogucki on hole 14, but still no chip-ins.



Our last play date for the year was December 17 when we had 16 golfers and still no chip-ins, which means a big pot to start out the New Year. We played for low putts and Kathy Moore won with 17. Then, Kathy Moore, Lois Dutcher and Georgette Rodrigues had pars on hole 5. What a great hole for some! Suzi Masterson put together a gift drive for needy kids in Rio Vista. No names were provided, but it was set up so appropriate gifts could be purchased. A lot of effort went into the organizing. Thank you Suzi and Tammy Trujillo, our contact with the school. It has been a great year and here is a little trivia question for you: Who was the first woman to break 60 in a professional round of golf, and what year? See the March Issue of *Trilogy Living* for the answer.

Women's 18-Holers

The Women's 18-Hole Golf Club wrapped up the year with a Christmas luncheon and awards ceremony at the Nines Restaurant on December 12. Awards were given for birdies, chip-ins, and low individual scores for the year. A trophy was also given to Joanne Smith who was the most improved golfer of the year. We would like to welcome two new members. Joanie Latrell was a member of our club a few years ago and has rejoined. Jan Benner has joined our Club and is also a member of the Women's 9-Hole Club.

The winners for the December Play Days were:

December 5 - Only the holes beginning with a T or F counted using half the handicap. A Flight: 1st - Lucille Rhodes, 2nd - Marsha Berry, 3rd - Linda Siatt. B Flight: 1st - Debby Carroll, 2nd - Trixie Roque and Alma Renko. C Flight: 1st - Anna Bogucki, 2nd - Roni Teixeira, 3rd - Paula Davis and Karenann Evans.

December 19 - Choose three par 3s, three par 4s and three par 5s, use half handicap. A Flight: 1st - Angie Jones, 2nd - Trixie Roque, 3rd - Debby Carroll, B Flight: 1st - Maureen Gingrass, 2nd - Roni Teixeira, 3rd - Fran Silva.

We meet at the Nines Restaurant at 8:30 a.m. Thursdays before play. If you are interested in joining our club, please contact Linda Siatt at (5364) for information.

Writers Club

About 20 years ago, a big, purple dinosaur sang, "I love you. You love me." This month, members of the Trilogy Writers Club will compose a romantic story. It could be factual or fictional. You may choose to write poetry, lyrics or a short story. It might be funny, tragic, or touching. Or, you could choose to write about an entirely different topic. Just write!

The Trilogy Writers Club meets at 7 p.m. on Thursday, February 13 in the Monterey Room of the Vista Club. You are invited to join us to share, listen, support and encourage aspiring authors, poets, lyricists or any others who enjoy writing. For further information, contact Zoe (3676) or Suzi (925) 231-5213.



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ANNOUNCEMENTS

Gambling Trip

Red Hawk Casino Saturday Feb.15.
Boarding 3:45 p.m., leaving 4 p.m.
from Delta Clubhouse tennis
courts. Red Hawk 5 p.m. to 10
p.m.—5 hour stay. Cost: \$30 per
person. Host: Carmen Martinez
(3259). Bonus pkg included.

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Trilogy resident, retired registered
nurse specializing in medical post-
operative care. Clean background,
dependable, responsible. First Aid,
CPR, AED certified wound care,
medication, therapy treatment
plan. Call Kathy (7587). References.

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Caregiver with experience as
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papers and can help in all areas.
Call Janeth 916-270-5549.

Carpet & Upholstery Cleaning

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clean carpets and upholstery in
your home, RV, boat, or car. Home
carpets: \$30 per room, \$15 per hall.
For the best service, call Bill (6125).

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

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clocks. No cost if I can't fix; low cost
if I can. Call (6782). Ask for Rod.

SERVICES

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

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pages, coordinate with Frontier,
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do custom wiring and software
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Shopping, medical appointments,
day trips, multi stops, whatever
you can think of, give me a
call. We'll work out the details.
Jan/Trilogy 787-8104.



SERVICES

Electrical

Certified electrical contractor (#819067) will install chandeliers, fans, lights, outdoor receptacles, RG6 cable for broadband service, telephone lines and wiring for Ethernet or wireless. Call Michael (2800).

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SERVICES

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Need a glamorous do? Call Dee for a fabulous you. She will give you the do you want. Hairdo—Let Dee do! You are in a beauty contest every day of your life. Let Dee handle your style and bring out the fabulous you—makeup upon request too! Call Dee (Delia) 925-726-5996.

Handyman

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

Handyman

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

Helping Hands

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

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I can help you sell items through Craigslist and other channels, sheltering you from all screenings, negotiating and dealing with the public. I can do it all or help you do your own ads and photos. Experienced and trustworthy. I also buy your items outright. Christopher 415-710-2590.

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

Income Tax Prep & Notary

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

Landscaping

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

Notary

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

Notary Public

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



SERVICES

Notary to Go

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

Notary Services

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

Painting & Drywall

Repaint exterior & interior. Color and texture our specialty. Free estimates. 40 years experience. R. P. Painting, Trilogy Resident CA St. lic. #422737. Call today (5954).

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

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

Plantation Shutters

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

Pressure Washing & Cleaning

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

Rain Gutters Cleaned

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

SERVICES

Sliding Door & Screen Repair

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

Solar System Installation

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

Spiritual Director

Do you want to discover your own spiritual path? As a certified Spiritual Director, I can accompany you on that journey. There is much more to the nature of the Holy that can ever be disclosed within any one religion. Nourish that relationship with the Sacred that's already within you. Doug Monroe (5993).

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

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.)

Water Filter

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

Weed Pulling

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

Window Cleaning

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

Your Personal Travel Agent

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

WANTED

Golf Carts

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

Announcements

Rio Vista Community Service Food Bank needs your help!

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



Alzheimer's and Dementia Caregivers' Support Meeting

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

Glaucoma Support and Resource Group

Have you been tested? Do you know what tests to ask for? Did you know there is more than one type of glaucoma and each is treated differently? It is important to understand the ins and outs of living with glaucoma. If you want to become more informed about saving your eyesight, join our group. If you or someone you know has been diagnosed with this disease, contact Kathy Qualls at kathyqualls@frontier.com or (5859).

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 2014 ads and checks are due by February 5, 2014. All late submissions will run in the April 2014 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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

Changes to Olympic Village Architectural Guidelines

At their January meeting, the Olympic Village Association (OVA) Board of Directors approved a 1st Reading of additions/changes/amendments to the Olympic Village Association Architectural Guidelines.

Following is the rationale behind the suggested change. Comments, in writing, can be delivered to the Administrative office at the Delta Club, can be mailed to 990 Summerset Drive, Rio Vista, CA 94571, or emailed to evitrano@actionlife.com.

Submittal Deadline

In the past, plans were sometimes submitted at the committee meeting itself and were woefully inadequate. The suggested three days advance submittal allows time for staff to review plans, which sometimes requires additional documentation or neighborhood acknowledgement.

Landscape

While the Board supports the 40% rule regarding drought tolerant landscape, past experience has shown that some plantings are so sparse, or the maturity of the plant is so long, that the property looks stark for far too long. Two years seemed to be a reasonable time for plants to mature.

A 2nd Reading for final adoption will be on the March 13, 2014 agenda, which you are welcome to attend and make comment.

Suggested Changes – If applicable, deletions are denoted by ~~strikeouts~~ and additions by highlights.

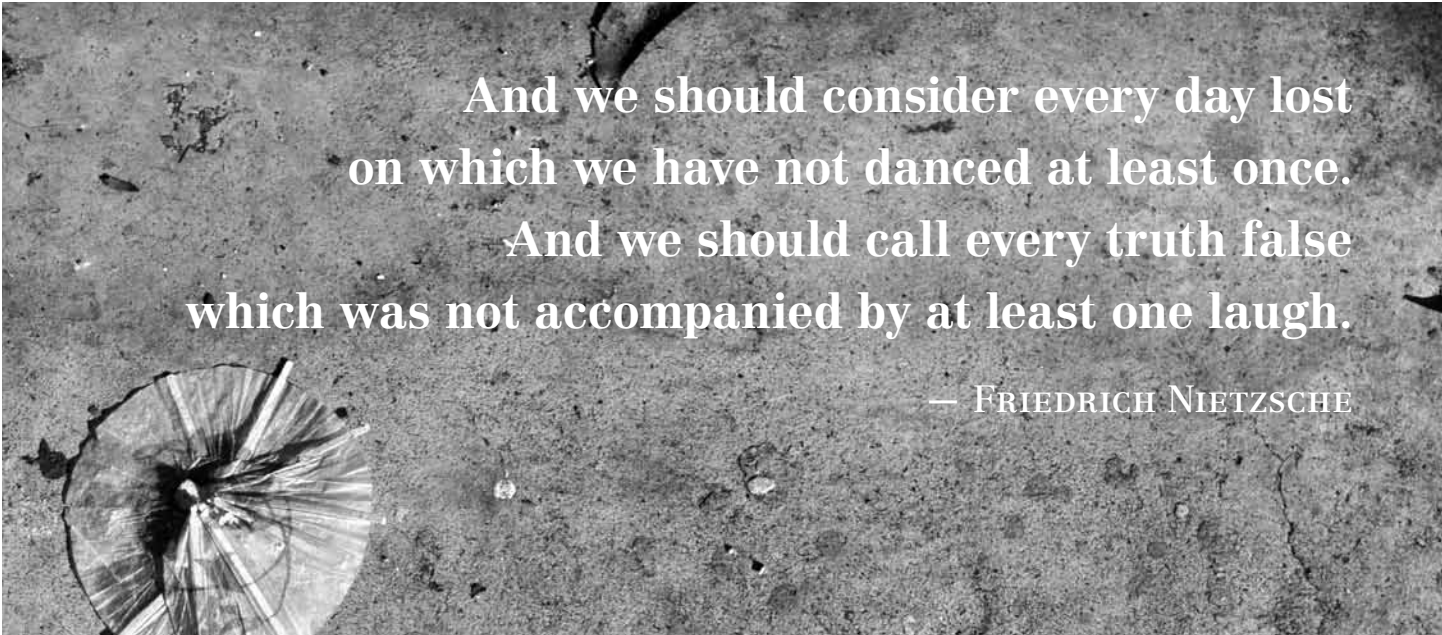
OLYMPIC VILLAGE APPLICATION PROCESS

Plans must be submitted to the Village Association prior to commencement of any work. Submit plans, and at least three (3) days prior to a Committee meeting, to:

Trilogy at Rio Vista Homeowners Association
990 Summerset Drive
Rio Vista, CA 94571

9. Landscaping:

- Plans submitted shall indicate in detail the proposed elevations and locations of all plant materials. Pursuant to Article 5.4 of the CC&Rs regarding “consistent with the standards of design and quality as originally established by Declarant . . .”, any plans for drought tolerant yards must have 40% of the areas covered with vegetation as it would appear at maturity of no longer than two (2) years in length.



And we should consider every day lost
on which we have not danced at least once.
And we should call every truth false
which was not accompanied by at least one laugh.

— FRIEDRICH NIETZSCHE

You are invited to a Free



Lunch & Learn with Dr. Matt
Every Monday at 12:30
at the Beautiful Nine's at Trilogy

Lunch with the Doctor

R.S.V.P.
707 374-7575



122 Main Street
Rio Vista, CA 94571
(707) 374-7575
DELTA-WELLNESS.COM

deltawellness@gmail.com

We'll talk about:

- **Reversing Aging and Arthritis**
- **Increasing General Wellness**
- **Increasing Motion in Neck and Back**
- **Weight Loss**

February Computer Workshop Opportunities!

Sign Up At Vista Club Member Services (#4200)

(payments by check only please)

<u>Workshops</u>	<u>Date / Time of Classes</u>	<u>Instructor</u>
Introduction to Computers ~ \$3 ea. Take 1 Class or All	**Tues. Feb 4, 11, 18, 25 ~ 10:00 to 11:30am Intended for beginners who want to understand the computer for use with e-mail, internet browsing, researching, collecting, cataloguing, and saving images or documents. <i>[No prerequisite class; take one or all classes]</i>	Michael Bouyer
Introduction to Working With Photos ~ \$5 ea. Plan for All Classes	**Tues. Feb 4 & 11 ~ 12:00 pm to 2:00 pm <i>Two related classes are intended for beginners who want to learn how to use the computer to collect, catalog, edit and save photos. Students will be introduced to Picasa*. [Prerequisite: Introduction to Computer or equivalent knowledge] Students interested in more involved image editing are recommended to follow this workshop with Intermediate Digital Photo Editing.</i>	Michael Bouyer
Intermediate Photo Editing ~ \$5 ea. Take 1 Class or Both	Tues. Feb 18 & 25 ~ 12:00pm to 2:00 pm <i>Two similar classes working with PICASA* students can work with their own digital images, to correct or enhance them and experiment with artistic editing. [Prerequisite: Introduction to Working with Photos or equivalent knowledge.]</i>	Michael Bouyer
* PICASA is a free basic photo cataloging and editing program from Google **NOTE: IF TUESDAY CLASSES FILL WEDNESDAY 5, 12, 19, 26 CLASSES WILL OPEN To determine if your equivalent knowledge is adequate for the intermediate or advanced workshops, contact the instructor Michael Bouyer by e-mail at Michael@bouyerproductions.com or cell 707-318-3209.		

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



When Close to You takes the stage, it is as if the band has reunited, and Karen is singing the songs fans know and love reminiscent of the '70s pop group. Each performer is a perfect match in their respective position for paying tribute to the Carpenters.

Cozy up and enjoy love ballads such as We've Only Just Begun, Top of the World, (They Long to Be) Close to You and more.



Bring family, friends, and your favorite provisions for this spectacular performance!