

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

August 2014

# Trilogy *Living*

## *Roamin' the Countryside*

Summertime means the Rio Vista Roamers RV Club has taken to the road, exploring their world from the drivers side of a Winnebago. Check out their latest adventures on pg. 36.



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# *From the Master Association*

## **Don Love**

*President*

### **An Executive Session of the Board of Directors took place July 8.**

- Discussed the transfer status of the LLD from the city to Trilogy. We are still awaiting clarity on the same issues from the City and expect an answer soon. Once those issues are settled to our satisfaction we will proceed quickly to bring the WWTP/LLD transfer to a close. If we cannot settle the issues prior to late August or early September it is highly likely the transfer will not take place for another year as the City has to either transfer the property or start the process of collecting assessments for another tax year.
- A decision was made to add Master Board member Warren Oglove to the Saddle Rock Village board to replace Kathi Bradley, who resigned. Each village does not become autonomous until they reach a certain portion of build out. Patty Kohn remains President.
- Alan Levine, chairman of the Emergency Action Committee, met with the Board to discuss and review the role of the committee both from the standpoint of approved actions and limitations.

### **The regular Master Board meeting took place July 8.**

- Rio Vista police chief, Greg Bowman, gave an update on emergency notification for those who do not have telephone land lines. For those who use cell phones as their primary phone or wish to be notified on their phone please contact the police department and request information of the Tip411 program. Presently, emergency notification is distributed by the reverse 911 system only, which is limited to land line phones.
- The Board accepted the annual audit conducted by Levy, Erlanger & Company.
- The Board approved an updated Pavement Management Plan, which will review all of the roads within Trilogy to confirm or adapt the future schedule of road improvements. This review is routinely done every four years. The plan was approved for a not-to-exceed \$6,420 from the Board Operations Contingency.

## **TRILOGY AT RIO VISTA**

### **D I R E C T O R Y**

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

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

#### **District Delegates**

Village 1 - Tom Surh (5282)  
Village Oakmont - Leland Puryear (3510)  
Village Riviera - Barb Downs (507-5026)  
Olympic Village - Joel Auslen (5808)  
Saddle Rock Village - Roger Kohn (2737)

#### **Committee Chairs**

Adult - Patty Kohn (2737)  
Emergency Action Committee - Alan Levine (718-7907)  
Access - Andy Pestana (5154)  
Wildlife Pest Management - Kathy Stiner (949) 633-3792

#### **Village Board Presidents**

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

#### **Association Administration**

**General Manager:** Ed Vitrano (4869)  
evitrano@actionlife.com  
**Assistant General Manager:** Catherine Patrick  
cpatrick@actionlife.com (4843)  
**Activities Director:** Debbie Dorn (4204)  
ddorn@actionlife.com  
**Fitness & Spa Director:** Kathy Erwin (4205)  
kerwin@actionlife.com  
**Maintenance Director:** Mike Oestreich (4895)  
moestreich@actionlife.com  
**Member Services Coordinator:** Cheryl Lucas (4203)  
clucas@actionlife.com  
**Communications Coordinator:** Andrea Stuart  
stuarttrv@gmail.com

#### **Club Numbers**

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

#### **Trilogy Living Editorial Board**

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,  
Joan Azlant, Kathy Erwin, Patty Kohn

#### **Commercial Advertising Manager**

Joan Azlant, joanazlant@comcast.net (707) 374-2620

#### **Resident Classified Advertising**

Kathy Nilsson, knilsson@actionlife.com (4200)

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

Guest Registration - Residentguest.com  
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#### **Café Vista (4202) Sir Flair's (4400) Golf Course (2900)**

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## From the Editor



### Andrea Stuart

We're celebrating August as "Admit You're Happy Month." That's right! We can spend so much of our time brooding over the things that bother

us—the loud neighbor next door, our spouse's inability to chew with their mouth closed, or even loss—that we often forget the myriad reasons we have to be happy.

If you are reading this, be happy that you have your eyesight. If you are reading this and are annoyed by it, be happy you have an opinion, and the freedom to have one at that. If you have forgotten why you came into the room and picked up the *Trilogy Living* to find this article and are somewhat amused by it, be happy that life has a way of directing us to what we need most sometimes, even something as small as a trinket of happiness in the form of an editor's note.

Clouds will always appear in the sky from time to time. Rain will always fall. But if you hold your head high enough, you'll see the sun, too!

Have fun this summer, everyone! We are. Debbie Dorn and Kathy Erwin have so many plans for you. The last Patio on the Concert happens soon, so make sure you sign up early. And take advantage of those summer spa specials so you can go into fall with a glow. These are just a few more reasons to be happy this month.



## From the Activities Director



### Debbie Dorn

Trilogy's July 4th celebration of our national Independence Day brought the community together for a great day of patriotic reflection, fellowship & fun times! Special appreciation is

given to all contributors, participants and volunteers who helped to make this such an enjoyable event! See pages 30 & 31 with gratitude to photographers Dennis Taylor, Lynn Traver, Arthur Fox, and others who donated their photos . . . Thank you everyone job well done!

Here is the lineup for upcoming special events!

- **August & September Computer Classes** (see p. 43)
- **8/03 & 8/24 Trilogy's Farmers Market**
- **8/05 AED/CPR First Aid Training**
- **8/09 & 8/10 Juried Art Show ~ Trilogy Art Guild**
- **8/10 Solid Gold Dance ~ The Dance Club**
- **8/14 Blood Pressure Check**
- **8/14 – 8/17 Production: *The Groom Has Cold Feet* ~ Drama Club**
- **8/15 Karaoke Night**
- **8/22 Bingo**
- **8/30 Concert on the Patio with Jim Anderson & The Rebels**

#### Get Ready!

- **9/04 – 9/06 Production: *Twelve Angry Jurors* ~ Theater Group**

You'll find more events and activities presented by the clubs or groups in their section of this publication! A list of special interest groups with contact information is available from Member Services. As always, your comments and suggestions are valued. Send an email anytime to [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open!

#### ANNOUNCEMENTS:

**Sept. 1 – Holiday: Labor Day**

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

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



## Computer Workshops ~ Sign up for August & September Classes!

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.

## Farmer's Market ~ Experience Trilogy's Market Place

Sunday, August 3 & 24, September 7 & 21 10 a.m. – 3 p.m. – Delta Club

Stock up at the Farmer's Market at Trilogy! Bring your neighbors and support your 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.



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

Tuesday August 5, 9:00 a.m. – 1:00 p.m., Diablo Ballroom Vista Club ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. The class provides a two-year certification in CPR/AED & First Aid at a great value. Limited space, sign up with Member Services by August 1, at the Vista Club.

## Blood Pressure Check ~ Free

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

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

## Karaoke Night ~ An Evening of Spontaneous Fun!

Friday August 15, 7- 8:30 p.m., Diablo Ballroom Vista Club ~ Free

Specially designed for your fun and enjoyment! Song lyrics are on the big screen for some sing-a-long good times! There could be story tellers, special dancers, and folk singers. You'll find quite a variety of entertainers. One could be you. Fun, dancing, and entertainment. Bring your favorite snacks, beverage and come on over for a relaxed evening of spontaneous fun and entertainment. No signups required!



## Concert on the Patio Featuring Jim Anderson and the Rebels

Saturday August 30, 7:00 p.m.  
Vista Club Patio ~ \$15

Our final Concert on the Patio for the season wraps up with a magnificent show you will not want to miss! A Trilogy First, Jim Anderson and the Rebels will perform here for you! These amazing artists headline main stages everywhere entertaining Elvis, Country, Oldies, and Blues music fans alike. Their show is family friendly and crowd favorites of all ages. Bring family, friends, outdoor attire, dance shoes, your comfortable lawn chair for the patio and favorite refreshments! The patio is completely shaded by 6:30, and the Delta's breeze makes for a comfortable setting! Sign up early at Member Services, Vista Club.



## Complimentary Hearing Screening and Assessment

Thursday September 11, 1- 3:00pm  
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. They look forward to serving your needs on an ongoing basis. Depending on need, their services are offered quarterly the second Thursday of every third month. You will need to contact them directly to make an appointment at (707) 428-1313, although walk-ins are welcome.

## Trilogy Club Awareness Day ~ Find Your Niche

Saturday September 13, 10:30 a.m. - 1:30 p.m.  
Diablo Ballroom Vista Club ~ Free

Explore your opportunity! Discover your niche! Get connected! Enjoy! Many of your community's clubs or special interest groups will be represented to share the benefits of their activities. Talk with the folks in a relaxed atmosphere. Last year there were more than 40 clubs or groups represented! And do plan for a break to enjoy the musical entertainment in the Grand Living Room. Clubs register at Member Services today for free table space as available on a first-come basis! Light refreshments will be served. For more information contact Debbie Dorn (4204).

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

Friday, September 19, 7 – 8:30 p.m.  
Diablo Room, Vista Club ~ Free

The venue is set 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:** Two performances per person, which may be flexible depending on the number of performers for the night. Limit of 15 performers for the night.

## Blood Drive

Monday, September 22, 9 a.m.- 1 p.m.  
Rio Vista Room Delta Club

It's time again to lend an arm and help save lives by donating blood at the upcoming Trilogy Blood Drive. Walk-ins are welcome; however, appointments have priority. To make an appointment, contact Darlene Wiskeman (6211) or email her at wiskeman2@yahoo.com.

## Call to Action All Club Status Groups!

Tuesday September 30, 10:30 a.m. – 12 p.m.  
Diablo Ballroom Vista Club

Mark your calendar, the Club Status Annual Renewal meeting is coming. All groups with club status need to be represented at the meeting. RSVP with Member Services (4200).

### Fend Off the Flu ~ Sutter's Flu Shot Clinic is coming to Trilogy!

Sunday, September 14, 9–2pm, Delta Club ~ Free for  
Medicare Part B Holders

Sutter Care at Home Flu & Wellness Program nurse  
will administer shots

**FREE for Medicare Part B holders, others . . .**

- \$25 for Flu Shot
- \$35 for Preservative-Free Flu Shot
- \$45 for High-Dose Flu Shot (ages 65+)  
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- \$75 for Pneumonia shots

Sign up at Vista Club Member Services & pick  
up the Medicare form to reserve your time slot.

**For more information  
phone Sutter Health  
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- Bring Required  
Medicare card, ID  
and check with you  
September 14
- Cash and checks will  
be accepted







## Concert/Dance Featuring Buck Ford and the Pure Country Band

Saturday September 27, 7:00 p.m.  
Diablo Ballroom, Vista Club ~ \$15

Nashville recording artist Buck Ford is a young, pure country singing sensation that focuses on keeping the traditional country sound and rhythm flowing. Bucks influences consist of George Strait, Merle Haggard, George Jones and Keith Whitley, just to name a few. Gather your friends, your favorite refreshments and come ready for a great evening with Buck and the Band! Sign up early at Member Services, Vista Club.



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## Assessment Notice

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

### Assessments for the month:

**Master Association \$119.72**

**Master Association \$80.39**

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

**Village I \$5.00**

**Village Oakmont \$5.20**

**Olympic Village \$5.10**

**Village Riviera \$5.25**

**Saddle Rock Village \$0**

(None until dormancy ends)

## Adult Committee

Folks, you don't want to miss meetings of the Adult Committee. Topics recently discussed include: what to do about the turkeys, replacing the computers in the Learning Center and establishing a veteran's memorial. If you weren't there, we don't know what your thoughts are about these topics and we'd really like to know. Our next meeting is August 28 at 1 p.m. in the Rio Vista Room of the Delta Club. For more information please contact Patty Kohn (2737) or ([pfkohn@gmail.com](mailto:pfkohn@gmail.com)).

## Riviera Board News

Before I start the Riviera HOA article I would like to differentiate between what the Trilogy Master Board and the Riviera HOA board does. Trilogy's Master board handles those common area items that everyone uses. The Riviera HOA handles those things that have to do with the home owner's physical property. The village HOA board reviews violations for the month which include parking and home maintenance issues.

The Riviera HOA board meeting is on the first Thursday of odd months and the July 3 meeting was productive. Parking seems to be one of the most controversial subjects. It was decided that a nonbinding survey would be mailed to the residents of our village to find out how they feel about the parking issue. Our board voted to have Don Seyk, our president, review the surveys that other villages have sent out and develop one for Riviera. The parking survey will be mailed to Riviera residents and you should receive yours by August 15. If you have not received it by that date you can pick one up at the Trilogy HOA office. Please return them by September 1.

Please join us on September 4 at 6:30 p.m. in the Marina room at the Delta Club. If you have any questions or concerns, call Don at (6407).

## Saddle Rock Village Board News

The first phase of development of Saddle Rock Village is nearly complete. We encourage all residents, but especially our new neighbors, to attend meetings of the Board of Directors. Past meetings have covered parking regulations, architectural guidelines, noise restrictions and more. Come and get your questions answered. Our next meeting is September 17 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](mailto:pfkohn@gmail.com)). We look forward to seeing you there.

## Saddle Rock Village



Saddle Rock Village now has over 325 residents and over 240 homes! Our Welcome Committee has delivered welcome bags to several new residents. If you have not received your welcome bag after moving in, please contact

Rayno at [raynoniemi@yahoo.com](mailto:raynoniemi@yahoo.com).

We had our annual General Meeting on June 18 to elect officers for the following year, beginning their term on July 1. A vote was taken and the following officers were each unanimously elected for 2014-2015: President, Kathi Bradley; Vice President, Patricia Hilaire; Treasurer, Julie Overman and Secretary, Gayle Sullivan. We also voted and decided on having our Residents Club meetings every odd numbered month following each Board of Directors





meeting. SRV Residents Club meetings will now be held in January, March, May, July, September and November.

The July 4th Trilogy celebration was a success. Our volunteer residents served the ice cream for Trilogy residents and their families. A big thanks to all who helped out.

Residents can donate recycling items to support our club such as bottles, cans and plastic with a CRV label and dropped off at 513 Timber Creek Drive in the back of the truck in the driveway.

Richard Larsen's SRV web site can be found at <http://home.comcast.net/~biskit3/saddlerock/>. Helpful information is available for our village, Trilogy and the town of Rio Vista.

Our SRV Caring Connection is available to help residents in need. If you have a need, or if you know of a need on your neighborhood block, please contact Marj at [marjni-emi@yahoo.com](mailto:marjni-emi@yahoo.com).

The next social events will be the Saddle Rock Village Park Social on the last Wednesday of the month, 5 - 9 p.m., and our annual Block Party is on Saturday, August 16 at the end of Three Rivers Way. The theme will be 50s and 60s.

Our next Residents' Club meeting will be Wednesday, September 17 at 7:30 p.m., Rio Vista Room, Delta Club. All Saddle Rockers are welcome. Social hour follows each meeting with wine, soft drinks, snacks and fun! Hope to see you there. For information contact Kathi at [kathibradley@comcast.net](mailto:kathibradley@comcast.net).

## Village Riviera

Riviera's annual Treasure Hunt was, once again, a huge hit. This event seems to get better and better. Just when we thought it couldn't top last year's, it did. A big thank you to Linda, George, Diane and David for a job very well done!

Riviera Village Residents' Club would like to encourage everyone to support Rio Vista's community events. So this is a reminder that Riviera's Sock Hop, scheduled for August 23, has been cancelled so as not to conflict with Hot August Bites downtown. Let's all get out there, have a good time and support our city.

We would like to invite Riviera residents to join us on September 25 for an old-fashioned picnic at Sandy Beach. The cost will be \$8.50 per person and will include park entrance fee, hamburger and chips. Bring your own salads and drinks and come prepared to play silly games and have a good time with your Riviera neighbors. The picnic will begin at 11 a.m. Look for a flyer soon with all the details.

December 13 is our annual Black and White Holiday Affair. Mark your calendars for this beautiful evening and stay tuned for details in an upcoming *Trilogy Living*.

We are planning some new and different events for 2015. If you would like to have fun helping us plan our events, meet your neighbors and make some new friends, please join us. Our committee meets on the third Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. Contact Patty Ramos at [pscramos@yahoo.com](mailto:pscramos@yahoo.com) for more information.

## Village I

The Village I Resident's Club was busy again last month working with the Fourth of July committee to make sure that all of the food supplies were purchased and on hand at the appropriate location to feed the hungry homeowners. We sold around 430 meals of hot dogs, chips and sodas.

*(continued on p. 10)*

### Meeting Calendar

#### Master Association Board

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

#### Council of Village Presidents

Monday, August 18, 10 a.m.  
River Room, Delta Club

#### Administrative Policy Review Committee

Thursday, August 14 and 28, 6 p.m.  
Monterey Room, Vista Club

#### Adult Committee Meeting

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

#### Emergency Action Committee

Tuesday, August 12, 7 p.m.  
Monterey Room, Vista Club  
Tuesday, August 26, 7 p.m.  
River Room, Delta Club

#### House Renovation Committee

Monday, August 11 and 25, 3 p.m.  
Monterey Room, Vista Club

#### Vision Meeting

Thursday, August 14, 1 p.m.  
Rio Vista Room, Delta Club

#### Wildlife Pest Management Committee

Thursday, August 7 and August 21, 10 a.m.  
Monterey Room, Vista Club



(continued from p. 9)

You are about now asking yourself why did VORC buy all of this food and the answer is that VORC as well as 4 other clubs contribute their efforts to make the Fourth of July celebration a success and for that effort all 5 groups split the funds raised to fund our other programs.

We met on July 9 to start the process of VORC being the beverage service provider at the Drama Club's August performances of *The Groom Has Cold Feet* on August 14 - 17. The performances are free so get your reservations in now and save your dollars for the refreshments to support VORC. We also started the discussion of how best to hold our OctoberFest event and are still looking for more ideas and volunteers to help make this another fantastic event.

Make Village One the envy of all of the other villages and get involved with what's going on either by participating in the planning of events, volunteering at the events, or just plain having fun by attending the events. Remember VORC is your club! For any questions please contact Jim Wichmann (4870).

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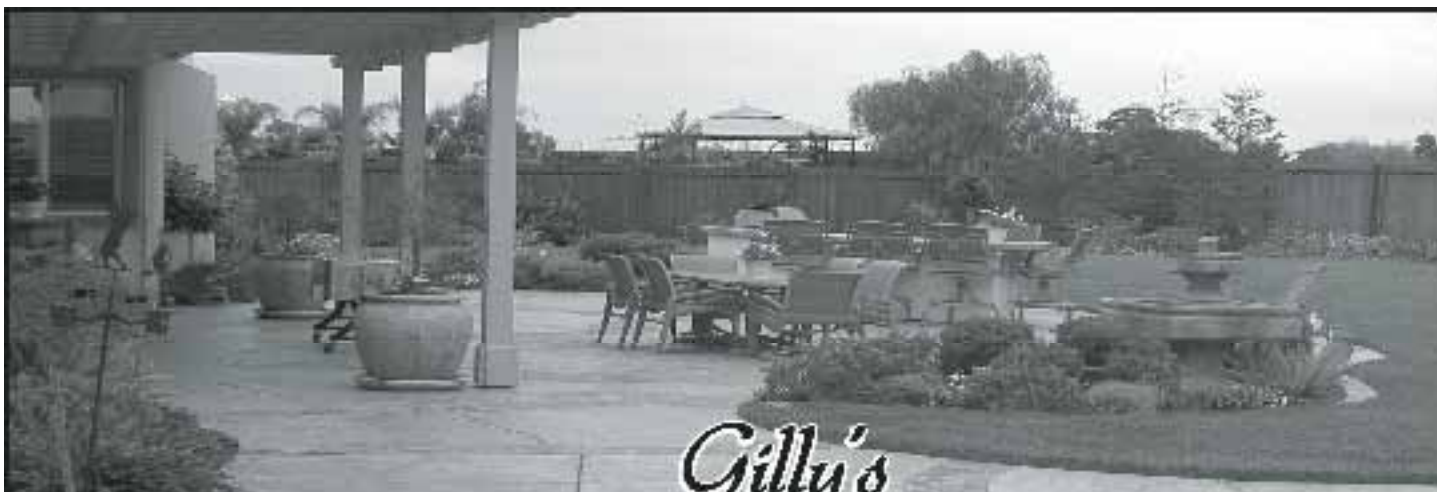
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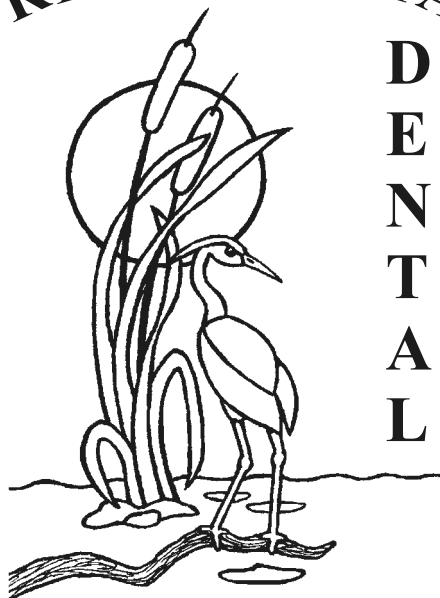
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**August 5, Tuesday**

**9:00 a.m. — 1:00 p.m.**

**Diablo Ballroom, Vista Club**

## A New Kitchen... IN AS LITTLE AS ONE DAY.



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By Kathy Erwin,  
Fitness & Spa Director

## Congratulations to the Biggest Mover Contest Winners!

1<sup>st</sup> place - Kathy Nilsson

2<sup>nd</sup> place - Sharon McDougall

3<sup>rd</sup> place - Celia Geraghty

4<sup>th</sup> place - Wendy Manfredonia

5<sup>th</sup> place - Susan McCracken







## **Congratulations Trilogy Triathlon Participants!**

All Individuals Swam/Biked and Ran, and all teams  
split the responsibilities amongst one another.

### **Triathlon Results:**

1<sup>st</sup> place Individual: Gary Stage

2<sup>nd</sup> Place Individual: Mike Martin

3<sup>rd</sup> Place Individual: Moritz Keller



1<sup>st</sup> Place Team: Carmen Wong/Jim Wong/Orlando Devera

2<sup>nd</sup> Place Team: Sue Williams/Vic Thiry/Betty Bowley

3<sup>rd</sup> Place Team: Pat Currier/ Mary Currier/Peter Galton

**Congratulations to all who participated!**

**You are all winners in my book!**





August is the last month to take advantage  
of the Summer Sensation Spa Packages!



50 minute Deep Tissue \$50

80 minute Deep Tissue \$80

50 minute Summer Sensation Swedish Massage  
& Foot massage/scrub \$70

2 – 50 minute Trilogy Signature Facials \$110



### August Fitness Orientations:

Saturday, August 2, 11 a.m.

Wednesday, August 13, 6 p.m.

Saturday, August 30, 11 a.m.

## 8 STEPS TO A HEALTHY BACK

A PROGRESSIVE CLASS BASED ON PILATES CORE ENGAGEMENT.

**Session: August 5 – August 28**

**Days/Times: Tuesday & Thursday 1:00-2:00 p.m.**

**Location: Group Exercise Room**

**Fee: \$45 (Pay at Member Services)**

For those of you who want to strengthen your abdominals, improve your posture,  
and learn exercises to make your spine more flexible, this is the class for you!

Exercises will be done on exercise mats on floor.

**Minimum number of participants: 8 for the class to start.**



**Instructor:** Beverly Shilich

**NOT** for people who have Chronic Back Pain due to injuries!

**For more information,  
leave a message for Bev @ 374-4200**



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## **Alzheimer's / Dementias Caregivers' Support Meeting**

Alzheimer 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 to 11 a.m. at the Senior Center located at 25 Main Street in Rio Vista. Contact meeting facilitator Nat Marcoccio (RVALZSG@yahoo.com) for more information.

## **Rio Vista Community Service Food Bank needs your help!**

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

## **Community Connections**

Community Connections is changing our meeting day and time to the fourth Thursday of each month, beginning on August 28. Meetings will continue to take place in the Vista Club, Monterey Room at 1:30 p.m. If you want to know more about Trilogy and get to meet your neighbors, this is the place to be.

We have had much to talk about with activities such as the Biggest Mover Potluck, which was a success, and the first patio concert of the summer with the "Solid Gold" band! Wasn't that a lot of fun? Then we had a wonderful July 4th celebration enjoyed by many here at Trilogy. There is never a lack of things going on here, and our hope is to pass on information to Trilogy residents who may be interested in taking a more active part, or just simply want to be "in the know." We also plan day trips and are always open to new ideas and interests.

Join us and let us get to know you! Please bring a sweet or savory snack to share if you like, or just bring yourself. We look forward to our lively discussions and meeting new neighbors. For more information, call Donna (2461), or Pam (3161).

## **TOPS (Take off Pounds Sensibly)**

Great News! Our TOPS veggie-mobile took fifth prize in the golf cart section of the Trilogy 4th of July Parade. Good work, ladies. Our new officers will be installed by

Area Captain, Mickey Drake of Napa, at our Installation Luncheon at Sir Flaire's on July 20. Several members took the trip to Larry's Produce Stand in Fairfield on June 25. Watch for new recipes to come from their purchases. Don't forget to get out your lucky charms for our bus trip to Red Hawk Casino on August 13. Good Luck everyone!

We were saddened to hear our long-time KOPS member Peggy Walker had passed away on July 4. She had been such an inspiration to all of us for so many years. We will surely miss our dear friend.

We invite all you ladies and gents, who would like support to take off those unwanted pounds, to check out our program on Wednesdays at 8 a.m. at the Delta Club. Have a great summer everyone!

## **Trilogy Jazz Band**

The band enjoyed playing for the Dance Club's Independence Day Celebration dance in July. We are taking a break in August and will resume weekly rehearsals on Wednesday, September 10. Our music director, Jim Lucas, can play every band instrument and can also write musical arrangements. A number of the selections played by our band were arranged by Jim, with a unique part for each of our 18 band members! We are fortunate to have such an accomplished musician in our community and as director of our band.

If you play a band 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 another for a bari saxophone player. Other opportunities will develop in the future. For more information contact Jim Lucas (7567) or Marti Rogers (6859).

## **Trilogy Labyrinth Walkers**

Grace Cathedral Labyrinth Walk – Wednesday, September 10

We will depart Trilogy at 8:30 a.m., car-pooling to the Vallejo Ferry Building. The ferry ride to San Francisco is an hour of scenic wonder! (The ferry departs Vallejo at 10 a.m.; the senior cost is \$13 round trip). From the San Francisco Ferry Building we take a short walk across Embarcadero to California Street. There we board a cable car to Nob Hill (\$12 round trip). The cable car stops next to Grace Cathedral. We have about two hours to walk the labyrinths; enjoy the stained glass windows, statuary, magnificent entry doors, etc.). No entry fee is required; although a donation is suggested.

After the tranquility of Grace, we will board the cable car to Tadich Cafe; 240 California Street. Expect to pay around \$20 to \$25 for lunch. The walk to the ferry building is four



or five blocks on level ground. The ferry to Vallejo departs at 3:30 p.m., arriving at Vallejo at 4:30 p.m. The drive home is about an hour. Please advise if you need a ride, or can provide one; or if you have questions. Contact Gerry Swan at (510-507-4080) or Elaine Wisz at (4310).

## VIP Wine and Food Pairing Benefiting Meals on Wheels of Solano County

Once again Meals on Wheels of Solano County is having a wine and food pairing on August 16 from 3 - 6 p.m. at the Solano County Events Center, 601 Texas Street (patio entrance). Last year's event had a wonderful selection of wines and appetizers. Tickets are \$25 in advance or \$30 at the door. Contact Roger Wiskeman at (6211) or at [wiskeman2@yahoo.com](mailto:wiskeman2@yahoo.com) for your tickets to join in the fun and provide support to this wonderful cause!



### Rain Drop Therapy (Not a Massage)

The technique involves applying therapeutic grade essential oils to the spine, neck, and feet with very light feathery strokes.

Not recommended more than 2 times a year.

There are numerous benefits of Raindrop Technique:

- \*Balances and re-aligns the energy center or the body.
- \*Re-aligns the spine in a non-manipulative manner.
- \*Reduces stress and anxiety.
- \*Helps detoxify the body system.
- \*Reduces inflammation in the body.
- \*May increase height (1/2 to 1 inches) due to the re-alignment of the spine and detoxification along the spinal column.
- \*Relaxes muscles.
- \*Improves circulation.
- \*Stimulates energy work throughout the body.
- \*Balances the whole system revitalizing the body's natural energy flow.

**50 Minutes / \$65**

For an added treat book a 25 minute Reflexology/HNB or DT prior to Rain Drop \$30



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Country, Oldies and Blues music fans alike!

CONCERT ON THE PATIO!

Vista Club — Saturday — August 30, 2014

7:00 p.m. — \$15 pp

SIGN UP AT MEMBER SERVICES

Bring your favorite refreshments, lawn chair & dance shoes!



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



## FAMILY SUPPORT COMMITTEE

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member. For more information, please call Chairperson Claudette Gartner (707) 439-6116, [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com), Coordinator Barbara Sherison (6845) or Betty Bowley (5613).

## Kare Bears Olympic Village

OV Kare Bears continue to participate in the Phone Buddy Program. We hope to have all villages involved. It provides daily phone contact for those living alone. A buddy is assigned to each participant who will phone every day to assure the well being of their buddy. Kare Bears from all villages are encouraged to support this program. There are residents throughout Trilogy who would benefit from this program. Quarterly meetings in 2014 will continue to be the first Tuesday of the month at 1 p.m. at the Vista Club, Monterey Room. The next meeting will be held in September. For more information contact Mackie Webster at (5837).

## Kare Bears Village Oakmont

Still on summer hiatus until September, the Oakmont Kare Bears are continuing to work on their big fundraiser, the annual October 4 garage sale, to be held at the Carlson home at 350 Canyon Springs Drive. The sale will run from 9 a.m. - 3 p.m.. All items to be sold should be delivered Friday, the day before the sale, starting at 9 a.m. If you need to have items picked up, please contact Janet McKimmy at (5415) or Kathy Russo at (2969). We would appreciate it if everyone could price their items before bringing them.

We are also continuing to work on plans for our spring informational seminar with topics especially meant for seniors. If you have any ideas for topics to be discussed at this seminar, please contact Janet McKimmy at (5415).

The next meeting of the Oakmont Kare Bears will be held on Wednesday, September 10, at 10:30 a.m. in the Delta Club. Come early and enjoy coffee and goodies and share your ideas.

## Kare Bears Village Riviera

As a first priority this month we would like to thank all of the Trilogy-ites and their families who attended the feast on July Fourth at the Delta Club. You folks joined in to create a festive Fourth and contributed to the funding of the Village Riviera Kare Bears. Entertainment, classic Fourth food and aiding in the performing of good deeds; sure sounds like the five-buck bargain of the year! Thanks to all, and please spread the word to assist in making next year's Fourth even more fabulous.

Last month, one of our fellow Kare Bear groups made mention of the Phone Buddy program. The Riviera Kare Bears are in the process of adapting this program as one of the means we employ to assist our neighbors. People who wish to receive a phone call to verify their well being will have a volunteer call them on an agreed schedule of days and hours. Often times pleasant conversations and even friendships are positive side effects to this bit of preventive medicine.

If you feel the desire to indulge your patriotic urges, please consider becoming a Kare Bear. Helping our neighbors is an American trait that elevates us all. Please join our August group of Riviera Kare Bear volunteers this August 11 at 10 a.m. in the Delta Club. Patriots with the desire to engage in acts of kindness, please call Myra (3660) or Valerie (6942) for further direction.



**Tuesday: by appointment only**  
**Wed, Thurs, Sat: 10am - 4pm**  
**Friday: 10am - 5pm**  
**Monday: closed**

**Karen Bryant Rogers**  
**707.374.4780**  
**26 N. 2nd St.**  
**Rio Vista, CA 94571**  
**[kcgalleriabras@yahoo.com](mailto:kcgalleriabras@yahoo.com)**



# Trilogy Living

## Fitness Class Schedule for August 2014


All classes require one of three card choices: 1) Blue 20-punch card for \$70, Yellow 10-punch card for \$35, or Unlimited Monthly Punch Card for \$85. Unlimited Cards are color coded to a specific month and are good for that month. Get your cards at Member Services. Call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Jerry Washington**

**August Fitness Orientations: Sat., August 2 at 11 a.m., Wed., August 13 at 6 p.m., Sat., August 30 at 11 a.m.**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CLASS LOCATIONS</b> (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room–Delta (SR) Sonoma Room-Vista (FC) Fitness Center				<b>1</b> 7:30-8:30am Low Impact (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 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	<b>2</b> <b>8:30-9:30am Step Aerobics August 2 only (GX) Pat NO ZUMBA Today!</b>
<b>4</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>5</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>6</b> 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) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	<b>7</b> 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) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Denise	<b>8</b> 7:30-8:30am Low Impact (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 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	<b>9</b> <b>11am-12:30pm ZUMBA Power 90 (GX) Sophie</b>
<b>11</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>12</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>13</b> 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) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	<b>14</b> 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) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	<b>15</b> 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (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 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	<b>16</b> <b>NO ZUMBA Today!</b>
<b>18</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>19</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>20</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	<b>21</b> 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) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	<b>22</b> 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (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 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	<b>23</b> <b>NO ZUMBA Today!</b>
<b>25</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>26</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>27</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	<b>28</b> 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) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	<b>29</b> 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (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 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	<b>30</b> <b>11am-12:30pm ZUMBA Power 90 (GX) Sophie</b>

TrilogyLiving

August 2014 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 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 - Beg (V) 6pm Ballroom Dance - Adv (V) 6:30pm Joy Luck Mah-Jongg (V)	<b>2</b> 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am Table Tennis (D)
<b>3</b> 10am – 3pm Farmers Market (D)	<b>4</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 6pm Soul Line Dancing (V) 6pm Poker (D) 7pm Drama Play Rehearsal (D)	<b>5</b> 8am Social Tennis 8:30am Radio Club (V) <b>9am – 1pm CPR/AED Training (V)</b> 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) <b>10am Familiar with Computer – Next Step (V)</b> 10:30am Country Line Dancing (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) <b>12pm Working with Photos (V)</b> 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke/Head Injury Support Group (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm Religions of the World (V) 7pm Drama Play Rehearsal (D)	<b>6</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am First-Time Computer User (V)</b> 12pm Ukulele Club (V) <b>12pm Using the Internet (V)</b> 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Oakmont Village RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership Mtg (V)	<b>7</b> 8am Social Tennis 8:30am Golf-Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (V) 10am Wildlife Com (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (V) 2pm Genealogy Club (V) 4pm Table Tennis Qtrly Mtg (D) 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 Drama Play Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	<b>8</b> 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 - Beg (V) 6pm Ballroom Dance - Adv (V) 7pm Bunco (D)	<b>9</b> 8:30am Hiking Club (V) 9am Table Tennis (D) 5 – 8:30pm TAG Meet the Artists Reception (V)
<b>10</b> 10am – 3pm TAG Art Show, Public Viewing (V) 7pm Dance Club – Solid Gold (V)	<b>11</b> 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) 3pm House Renovations Com. (V) 6pm Soul Line Dancing (V) 7pm Drama Play Rehearsal (D)	<b>12</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10am Familiar with Computer – Next Step (V) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12pm Working with Photos (V) 12:15pm Hand & Foot Canasta (V) <b>2pm Master Association Board Mtg (V)</b> 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) <b>7pm Emergency Action Committee (V)</b> 7pm Drama Play Dress Rehearsal (D)	<b>13</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am First-Time Computer User (V)</b> <b>12pm Using the Internet (V)</b> 12pm Ukulele Club (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 5pm Drama Play Dress Rehearsal #2 (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V)	<b>14</b> 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) <b>1pm Trilogy Vision Meeting (D)</b> 4pm Golf – Sr. Men's Board Mtg (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) <b>6pm Adm Policy Com Mtg (D)</b> 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Drama Club Production (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	<b>15</b> 8am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance - Beg (V) 6pm Ballroom Dance - Adv (V) 6:30pm Joy Luck Mah-Jongg (V) <b>7pm Karaoke Night – Redesigned (V)</b> 7pm Drama Club Production (D)	<b>16</b> 8:30am Hiking Club (V) 2 pm Annual Saddle Rock Block Party 7pm Drama Club Production (D)
<b>17</b> 2pm Drama Club Production (D) 6pm Drama Club Cast Party (D)	<b>18</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) <b>10am Council of Village Presidents (D)</b> 10am Village Oakmont ARC (V) 11am Saddle Rock Village ARC (V) 12pm Opening Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm Fishing Club (D)	<b>19</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) <b>10am Familiar with Computer – Next Step (V)</b> 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beg Watercolor Painting (D) <b>12pm Working with Photos (V)</b> 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V)	<b>20</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am First-Time Computer User (V)</b> <b>12pm Setting Up &amp; Using Free E-mail (V)</b> 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Olympic Village RC Mtg (V)	<b>21</b> 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) <b>10am Wildlife Com (V)</b> 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 Drama Play Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	<b>22</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance - Beg (V) 6pm Ballroom Dance - Adv (V) 7pm Bingo (D)	<b>23</b> 8:30am Hiking Club (V) 12pm Triligy/Rossmoor Tennis Luncheon (D)
<b>24</b> 10am – 3pm Farmers Market (D)	<b>25</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Emergency Action Training (D) 12 – 3pm Shibori Workshop (D) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) <b>3pm House Renovations Com (V)</b> 6pm Soul Line Dancing (D) 6pm Poker (D)	<b>26</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) <b>10am Familiar with Computer – Next Step (V)</b> 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11am Morning Bocce League Mid-Season Luncheon D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12pm Working with Photos (V) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) <b>7pm Emergency Action Committee (D)</b>	<b>27</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am First-Time Computer User (V) 12pm Setting Up & Using Free E-mail (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)	<b>28</b> 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) <b>1pm Adult Committee Mtg (D)</b> 1pm Good Samaritans (V) 1pm TAG – Artist Free Lecture & Demo (D) 1:30pm Community Connections (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) <b>6pm Adm Policy Com Mtg (D)</b> 6:30pm Pinochle (V) 7pm Theatre Group (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	<b>29</b> 8am Social Tennis 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg (D) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class - Beg (V) 6pm Ballroom Dance Class - Adv (V)	<b>30</b> 8am – 5pm In House Table Tennis Tournament (D) 8:30am Hiking Club (V) <b>7pm Concert on the Patio: Jim Anderson &amp; the Rebels (V)</b>
<b>31</b>						

# Trilogy Club Awareness Day

Explore Your Opportunity

Discover Your Niche

Meet Your Clubs

September 13, 2014

Diablo Ballroom, Vista Club

10:30 am - 1:30 pm

Refreshments

Live Entertainment

In the

Grand Living Room

*Clubs register at Member Services for free table space.*







## Ceramics Club



Cluck Cluck... why, it's a ceramic chicken. This is what it looked like when it was bisque and freshly fired and the glaze was shiny. You will have to come to our meeting to see the wonderful colors of this chicken. We wel-

come new people and let them have their choice of a special little ceramic bisque item that they can paint to see if they enjoy working with ceramic glazes. Don't be chicken, come to our meeting and try it out. We meet every Thursday from 9:30 a.m. to 12 p.m. in the Marina Room at the Delta Club. For more information, please call Ann at (5122).

## Council for the Arts

The 2015 theme of Music of the Night was announced by the Council for the Arts golf cart on July 4. "Cruising Around the World" will highlight songs from different countries. Auditions for the production will be held Monday, October 20 at 7 p.m. in the Vista Ballroom. Forms for new and returning performers will be available at the Vista front desk on October 1. Council for the Arts meetings are held the second Thursday of each month at 10 a.m. in the Monterey Room of the Vista Club. Everyone is welcome. Please call Judy Calpo (2924) for more information.

## Drama Club

*The Groom Has Cold Feet* is just around the corner. Be sure to get your reservations into Box A at the Delta. Forms can be found at both the Vista and the Delta Clubs. (Reservation form was in the July *Trilogy Living*). Audience participation plays are always extra fun for everyone. And we're going to need lots of help in catching a killer in the Old West. Performances are at 7 p.m. on August 14, 15 and 16 with a 2 p.m. performance on Sunday, August 17. There is no charge for the play. Beverages are available for purchase during a short intermission. Doors open at 6 p.m. weeknights and 1 p.m. for the Sunday matinee. Stay tuned for more exciting Drama Club news coming up soon. For more information concerning reservations contact Sharon Primeau at (6033). For club information contact Deborah 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. Esther Young (2639).

## Photography Club

The August meeting will be an important one. The club attended a field trip on July 26 to Birds Landing and will be bringing their pictures. We are hoping to meet from now on in the Computer Room as we can more easily see our pictures without lugging a lot of equipment. We will also have to choose a new chairperson for the group; I am going to have to back away from the club due to other responsibilities. I know it will be in good hands, but please come choose your new "Chief." As usual, the group will meet at 6:30 p.m. to discuss equipment, pictures we have taken and ideas for the next meeting. Jan Vick (5025).

## Theater Group

Our group is very busy getting ready for our next production. We are proud to say we are going to present the first drama by a Trilogy club. The rehearsals for *12 Angry Jurors* are coming along well and we think you'll really enjoy it. Look for the flier in this month's *Trilogy Living* Magazine.

We are also going to have a contest to select a new logo for our club. Anyone in Trilogy is welcome to submit an entry. We will award two tickets to each of our 2015 productions to the winning entry. If you have an idea about a good logo for the Trilogy Theater Group, please submit your idea, in your color choices, as a finished product, on 8 1/2 x 11 paper to: Trilogy Theater Group Logo Project, 1008 Sunset Landing, Rio Vista, CA 94571. Be sure to include your own contact information on a separate piece of paper. Entries must be received no later than September 12. Entries will be numbered and the top three choices will be made by the group's membership. Final selection from the top three will be made by the Executive Board and announced in the November, 2014 *Trilogy Living* issue.

We are always on the lookout for new talent and welcome anyone interested in theater, whether in front or behind the curtain. There are many jobs involved in putting together these shows, so if acting isn't your thing, we have lots of other ways you can help with putting on some entertainment for your fellow Trilogy-ites. Please join us at our regularly scheduled meetings on the fourth Thursday of each month in the Marina Room, Delta Club. This month's meeting will be on August 28.

# *The Trilogy Art Guild* *Presents*

THE 12TH ANNUAL JURIED

## ART SHOW AND WINE TASTING



"MEET THE ARTISTS" RECEPTION:

SATURDAY, AUGUST 9, 5 PM - 8:30 PM

TRILOGY RESIDENTS AND INVITED GUESTS



SHOW OPENS TO THE PUBLIC:

SUNDAY, AUGUST 10, 10 AM TO 3:00 PM

REFRESHMENTS; RAFFLE FOR ART AND BASKETS

DIABLO BALLROOM, VISTA CLUB, TRILOGY AT RIO VISTA



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Broker/Owner  
Trilogy Resident  
License 01305588



Peg Richards BS  
GRI Assoc.  
Broker Trilogy  
Resident  
License 01706310



Tatyana Pool  
Realtor  
Trilogy Resident  
License 01908266



Richard-Henry  
Martin  
Realtor  
Trilogy Resident  
License 01897122



Naomi Walker  
Realtor  
Trilogy Resident  
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**Monday, Sept. 22**

**9:00 am — 1:00 pm**

**Delta Club**

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# An Old Fashioned



THANK YOU COMMUNITY!



**Grand Marshall**  
**Julius Ramey, US Navy Retired**



**Norman Richardson, Mayor**  
**City of Rio Vista**

Other Honored Guests:

- Lt. Col. Dennis B. Edmondson, US Air Force; CW4(CA) – US Army
- Staff Sergeant Julie Roby, US Air Force
- Sergeant Jonathan Butler, US Marines
- Petty Officer Byung Jung, US Navy
- US Coast Guard Station at Rio Vista
- Officer Dave Hollingsworth, Rio Vista Police Department

There are so many to share a hand in shaping the Trilogy Independence Day festivities, which have evolved from Villages to focus groups coming together each year to develop such a grand community event!

The 2014 Focus Group led by Activities Director Debbie Dorn, and other team members are:

- Antoinette Pestana, Historian Advisor
- Joe Downes, Historian Advisor
- Jim Wichmann, Village 1
- Cyndy Schroeder, Village Oakmont
- Myra Samfeld & Valerie Krummer, Riviera Kare Bears
- Linda Jensen & Faye Lamb, Olympic Village
- Patricia Hilaire & Evelyn Jarland, Saddle Rock Village
- Jim Eckhardt, BBQ Grill Chef

For you, your volunteer teams, individual volunteers, military, dignitaries, photographers, participants and all staff members:

Thank you!

Your contributions are the fabric for the success of this eventful day of fellowship and celebration!



**Rich Victor, Bob Frable,**  
**& Roger Kohn**



**Denny James**



**Ukulele Club**



**Ron Covey, Poolside DJ**



**Parade Registration - Vista Club**



**1st Place**  
**Riviera Residents Club**



**2nd Place**  
**Trilogy Dog Club**



**3rd Place**  
**Carmen Martinez**



**4th Place**  
**Barbara Lee**



**5th Place**  
**TOPS Club**





*Happy  
Birthday*



*America*







## Billiards Club

The next Billiards Club meeting is on Wednesday, August 6 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 2 out of 3 games. The club has again made a list of B players and for that Tuesday evening the B players will get a one-game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday will be 8-ball and the club will split the tournament into A & B players. There will be a first and second place winner in each group. The fifth Tuesday 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:

June 3, 8-Ball	June 10, Handicap 9-Ball
1 <sup>st</sup> Mike Quihuiz	1 <sup>st</sup> Oscar Grissom
2 <sup>nd</sup> Oscar Grissom	2 <sup>nd</sup> Geno Toscano
3 <sup>rd</sup> Al Bergoust	3 <sup>rd</sup> Jack Clark
June 17, 8-Ball	June 24, 8-Ball
1 <sup>st</sup> Al Bergoust	1 <sup>st</sup> Oscar Grissom
2 <sup>nd</sup> Mike Quihuiz	2 <sup>nd</sup> Dave Stewart
3 <sup>rd</sup> Bob Rice	3 <sup>rd</sup> Mike Quihuiz

For more information regarding the Billiards Club, please contact Oscar Grissom at [crpntrboy@aol.com](mailto:crpntrboy@aol.com).

## Bingo

End of summer give away! Come join your bingo friends for some fun and a free bingo give away! Mark your calendar for the fourth Friday of the month (August 22) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early-bird special: one card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at (6999).

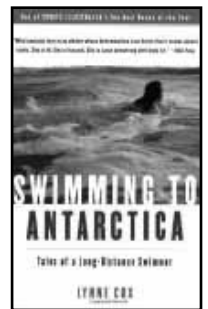
## Bocce Club

August and September are going to be busy months for the bocce community. The MBL will be hosting its end-of-season social on Tuesday, August 26 with lunch in the Vista Club starting at noon. The NBL will hold its end-of-season social and dinner on Sunday, September 7 in the Vista Room starting at 5:30 p.m. with dinner to follow. Both events will be catered by ABC Catering (as before).

The NBL play-off, between the top 8 teams, will take place on Monday, Wednesday and Thursday, August 25, 27 & 28 at the Sunnyside courts starting at 5 p.m. each evening. All interested parties are welcome to come and observe the matches. The annual meeting and election of officers is set for Wednesday, September 10 at 1 p.m. in the Vista Club. The one-day self-funding tournament will take place on Tuesday, September 16 and the Winter Bocce Federation (WBF) will begin play on Tuesday, September 23. More details to follow next month. Remember to roll often, throw straight and have fun; that's what it's all about. Contact Joe Downes at (7520).

## Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is August 12. The book selection is *Swimming to Antarctica* by Lynne Cox. September's book selection is *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.



There is no requirement to have read the selected book. Everyone is welcome to join. Feel free to stop by. For more information contact: Adrienne (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, August 11. 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).

### June's winners:

**Regular game:** 1st: Sue Vogtlin & Lois Brusen ; 2nd: Peggy Walker and Wilma Powell; 3rd: John Mount and John Fashing

**Novice game:** 1st - Tammy Woodworth and Mary Brodie; 2nd - Gloria Anderson and Mary Thompson; 3rd - Judith Havadtoy and Woody Woodard

## Bridge - Friday

Friday Bridge Club meets every Friday at 12:15 p.m. in the Vista Club, Sonoma room. All levels of players are welcome. Please let us know you are coming by 12 p.m. on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. For more information or any questions please call Larry Epner at (3511).



## Bunco

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

## Computer Club

The next meeting of the Computer Club will be held in September. It has been our tradition to dispense with meetings in July and August since so many of our members are traveling during the summer months. If you wish to become a member of the club you can go to the club web site at [www.tccrv.org](http://www.tccrv.org) to complete and print a copy of the application and give it to any of the directors. After June the dues are \$18 which covers the remainder of this year plus next year. Or you can sign up at any meeting. We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software. Lynne Hansen (4060)

## Delta Breeze

The Delta Breeze Chorus, Trilogy's own men and women's chorus, will begin rehearsing for the upcoming holiday season on Wednesday, September 10, at 7 p.m. in the Diablo Ballroom, Vista Club. Please note the date change: September 10 (not the 3rd). We will rehearse each Wednesday through December. If you like to sing, come join us; no auditions! For more information, call Cheryl (7567).

## 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. This month's meeting will be held on Tuesday, Aug. 26 at 12:30 p.m. at the Delta Club.

### Recipe for Homemade Peanut Butter and Banana Dog Treats:

1 banana  
1 cup oat flour  
2/3 cup rolled oats  
1/2 cup dried parsley  
3 tablespoons peanut butter  
1 egg, beaten

Preheat oven to 300F. Put banana in a large bowl and use a spoon or potato masher to mash it thoroughly. Add oat flour, parsley, peanut butter and egg and stir well to combine. Set aside for 5 minutes. Roll mixture into 24 balls, using about 1 tablespoon dough for each, transfer to a large parchment paper-lined baking sheet. Use the

back of the spoon or the heel of your hand to press each ball into a 1 1/2 to 2-inch patty. Bake until firm and deep golden brown on the bottom, 40 to 45 minutes. Set aside to let cool completely. Storage: Store in either an airtight container in the refrigerator or freeze as needed.

**Nutritional Info:** Serving size: 1 each, 45 calories (15 from fat), 1.5g total fat, 0g saturated fat, 10mg cholesterol, 10mg sodium, 6g carbohydrate (1g dietary fiber, 1g sugar), 2g protein

Please check our sites <http://www.trilogydogclub.org> and <http://www.facebook.com/TDCRV>

## Fishing Club

Our next meeting will be Monday, August 18 at 7 p.m. in the Marina Room at the Delta Club. We will be taking sign-ups for our 4th annual picnic/BBQ at the Delta Marina patio on August 23. We will have photos from our July 16 San Francisco Bay party boat trip. We had six new members at the class on Delta fishing techniques instructed by Larry Nelson. We also had six members at the fly casting class at the clubhouse pond instructed by Ted Yarnes and his son. We will continue to have classes for new and old members who are not familiar with Delta fishing techniques. We have many events coming up the remainder of this year.

We will have our 50/50 drawing and refreshments. Anyone is welcome to join our fishing club. For more information, call Al Silva at (3791).

## Genealogy Club

The Genealogy Club and Workshop are open to all residents of Trilogy. Regular club 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 workshop is held the third Thursday of each month at 2 p.m. in the Vista Club computer room. For more information contact Carolyn at [wncbridges@comcast.net](mailto:wncbridges@comcast.net). Beginners are welcome and help is available.

## Good Samaritans

We thank the residents in our community who attend the Bible Study and the residents who read our monthly article. We all have a part in this ministry. Thank you for your prayers that keep the Good Samaritans moving forward to a higher insight. The Good Samaritans is a Bible Study group that is able to share our hurts, our needs and our wisdom. The Good Samaritans is not a church. We are a group of residents at Trilogy who come together on Thursdays to study the Bible. Reflecting back from the day we became a group called The Good Samaritans, we've had many visitors, some stayed, some came in for



prayer, some with curiosity and others came to build up their knowledge of Biblical teachings. No matter what people come in for, we welcome everyone with love and care. The Good Samaritans is preparing for our 9th Anniversary in September.

**The Good Samaritans main goals are:**

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

The Good Samaritans Bible Study meets every Thursday at 1 p.m. at the Delta Club, Marina Room.

**Scripture of the month: Psalm 23**

## Guitar Club

We had a grand time entertaining at the Fourth of July celebration at the Delta Club. Guitar Club members Rich Victor, Bob Frable, Denny Rogers and Roger Kohn performed a diverse number of tunes including many patriotic songs. We were joined by our "cousins," the Ukulele Club, that kicked off the festivities with a great 15-minute set. We hope everyone had a great time and look forward to playing at future events. The Guitar Club meets the first and third Mondays of the month from 3-5 p.m. in the Diablo Ballroom. Stop on by to listen, learn or play with us. For more information, contact Roger Kohn (2737) or [GuitarclubTRV@gmail.com](mailto:GuitarclubTRV@gmail.com).

## Men's Executive Nine Golf Club

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play on the first and third Tuesdays, and individual and team golf tournament events on the second and fourth Tuesdays of the month. Our club currently has 109 members. We always welcome new

members and golf experience is not a prerequisite. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Dick Talbott, at (707) 225-0077.

There were two club tournaments in June. The winning foursome members for the "Shamble" tournament on June 10 were Gary Bingham, Hale Conklin, Richard Cole, and Tim Kubli; and for the "Cha-Cha" tournament on June 17, they were Dennis French, John Waggoner, Bill Poate, and Bob Brainerd.

We have two events scheduled for August. On August 12 we will play a "Shamble-3 Best Net Ball" tournament. On August 26 we will have the first day of the two-day Club Championship Tournament. The format for this event will be straight golf, organized by flights. On August 26, play will be on the "back nine" (holes 10-18). The second day of the championship tournament will be on September 2, and the play will be on the "front nine" (holes 1-9).

We invite you to come out and join us for a good time with a great group of guys.

## Model Club

In order to make residents of Trilogy more aware of one of the oldest clubs in our community, we have started a new feature entitled "Meet a Model Club Member." Each month we will try to include a short article describing a Model Club member who contributes to the enjoyment and excitement of living at Trilogy.

This month's featured member is Arthur Fox. He moved to Trilogy along with his wife Susan seven years ago, coming from Pacifica. He joined the Model Club soon after moving here. Having raced sailboats in San Francisco Bay in the 70s and 80s, his primary interest in the club was building and "racing" a remote controlled sailboat. Along with help from experienced modelers in the club, his boat Renard took shape. Arthur is an attorney. He lived in France for four years when he and Susan owned a small tour company, and he has taught high school. Arthur also enjoys tennis, bocce and driving his sports car. He really likes the camaraderie in the model club. He also enjoys the Model Club's field trips. His favorite field trip was the one to Travis where, among other things, the club got to visit the control tower.

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 upcoming field trips. Any questions, please contact our president, Mr. John Harder (3646). Please join us at our monthly meeting.





## Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The July 5 ride was agreed upon as a destination ride to the Sturgis of the West Coast...Hollister! This event gets a lot of exposure and has been touted as the west coast biker event for several years. Eight bikes and riders departed promptly at 8:30 a.m. and began the mind-numbing ride down the superslab Interstate 5. It's kind of a grit your teeth and "get 'er done" thing. Luckily there was a Starbucks in Patterson to rescue us. We got to tour the Corbin seat facility just outside Hollister and found it to be an impressive business of not only seats but custom bikes, trikes and three wheelers.



The main event was much like Virginia City with thousands of bikes lining the main streets and vendors galore hawking their latest goods, services and bling. It should be mentioned the party atmosphere is a bit subdued compared to the "freedom of expression" seen at the Nevada Street Vibrations. It took about 45-60 minutes to satisfy our interests and we made a break for lunch in San Juan Bautista for some great Mexican food. It was pushing mid-afternoon by then and 92 degrees. Being reasonably intelligent sorts, we decided to begin the 3-hour trip home from this point following Hwy 101 to San Jose, Hwy 680 to Milpitas and a brief little 10-mile twisty run alongside Calaveras Reservoir, and ending in Livermore at a Starbucks for café cappuccinos to combat the now 102 degree temperature. Overall, a good day, about 265 miles of mostly easy riding and we can all strike Hollister off our bucket list!

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. on August 2. The destination is to be determined based on weather. For more info, 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



Nature Club members had a fabulous bat walk & talk in June at the Yolo Bypass. No meetings or outings are scheduled for August. However,

we will be back on schedule in September with a meeting on the second Wednesday, September 13, at 6:30 p.m., Monterey Room, Vista and a field trip on the third Thursday, September 21 (to be determined). We will be scheduling field trips to nearby areas for wildlife viewing during the fall, winter and spring months. You may want to attend the annual Sandhill Crane Festival in Lodi scheduled for November 7-9 (<http://www.cranefestival.com/>). Contact Gail (2718) for questions regarding Nature Club.

## Radio Club

One of our Radio Club members arranged a special guided tour of Lawrence Livermore National Laboratory for a limited number of members. After we each submitted information regarding our identification, we were first allowed access to the LLNC Discovery Center where we saw exhibits of past scientific contributions to world knowledge. From there we were granted special access inside the facility to The National Atmospheric Release Advisory Center which "provides atmospheric plume predictions in time for an emergency manager to decide if taking protective action is necessary..." then the National Ignition Facility with segments in National Security, Energy Futures, Fundamental Science and Natural Competitiveness. Finally, prior to our return to Trilogy, we toured the Center for Accelerator Mass Spectrometry which provides analysis for Forensics, Public Health, Atmospheric Chemistry and Earth Systems Processes to name a few. Each presentation was highly technical in nature but presented in a manner understandable by the general public. Nice to see some of our tax dollars at work. Several attendees then enjoyed a light lunch in the nearby city of Livermore prior to returning home.



If you would like to learn more, the Radio Club meets most Tuesdays in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee, and the formal meeting starts at 10 a.m. Please stop by. Club President, Jerry Armanino, is available for questions at (2461).

## Recipe Club



It's time for our annual trip to Larry's Produce. We will meet at the Delta Club on Tuesday, August 12 at 10:10 a.m. and leave promptly at 10:20. We will have an early lunch at Fud-

drucker's in Fairfield and then go to Larry's. Please note that Larry's takes cash only. There is an ATM available for your convenience. If you are interested in attending and have not already signed up, please call me no later than Thursday, August 7. Patty LaFleur at (3159).

Monthly tip: The sugar in corn starts to convert to starch as soon as the corn is picked. The longer the corn is off the stalk, the higher the starch concentration becomes. This reduction of sweetness is a telltale sign of old corn. When the corn is boiled, the high temperature will also cause the conversion rate to increase. Refrigeration slows it down somewhat. Also, never salt the water the corn is being cooked in since the minerals in salt will toughen the kernels. Salting after it is cooked does not have a negative effect. Yellow corn contains more vitamin A than white corn. When you purchase it, be sure that the silk is not brown.

## 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. We started reviewing the world's major religions over a year ago in approximately chronological order. We have learned about Zoroastrianism, Jainism, Hinduism, Judaism, Christianity, Islam, Sikhism, Buddhism, Taoism, Confucianism, Shintoism, and the Bahai Faith.

On August 5 the ROW Club will revisit the Zoroastrian Religion in the River Room of the Delta Club. The presentation will be given by a practitioner of this first and oldest surviving monotheistic religion. This was the state religion of ancient Persia which flourished for 2000 years, since its inception. The Zoroastrian Achaemenian Empire at its greatest extent was the largest empire in recorded history at 3 million square miles (480 BC). Under Cyrus' rule it extended approximately from Macedonia (now Greece) in the West to the Indus River (India) in the East, from the Caucasus Mountains (Russia) in the North to Egypt in the South. In general, the presentation will cover the life of Prophet Zarathushtra (aka Zoroaster), the history, its influence on Christianity, Judaism and Islam, beliefs, symbols and practice, Zoroastrian migration from Persia and the present day Parsis and Iranis who still follow this ancient faith.

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 (510) 909-5049 or Barb Bellamy (303) 898-9279.

## Rio Vista Roamers RV Club

Our yearly meeting was June 5 and the turnout was great! Our June meeting is always open to anyone interested in finding out about our club; this year's was followed by a barbeque on the patio. The club provided the meat and members brought a dish to share. So much delicious food! There will be no outings in July or August but we'll be back on the road in September.

Rich and Pat May are taking us to the 49ers RV Ranch in Columbia. The dates are September 8-11 and will be \$40/night. They need your reservation by August 8, and if you plan on going up Sunday, they will need that information at that time. Please check our website to see more information about this outing. Jan and Gene Vick (5025) will host us at Pomo RV Park at Ft. Bragg on October 19-23. This time of year should give us great weather. They will need your first night deposit of \$47 by September 10 and whether you are going up early. All the information is again on the website where you may also sign up or call the wagon master to reserve your spot.

Sign on to <http://rvroamers.tk> or [home.comcast.net/~biskit3/rvroamers](http://home.comcast.net/~biskit3/rvroamers) and it will give you the next outing information. Log on to 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.



## Senior Men's Golf Club

**"It's a smile, it's a kiss, it's a sip of wine.  
It's summertime, sweet summertime."**

— *Summertime!* by musician Kenny Chesney

June brought summertime, the season's first triple digit temps and a no-see-um attack that caused us to itch and scratch but did not keep us off the course. 28 members traveled to Yocha Dehe. They found the course in great condition, as they expected. As for the final condition of their wallets, well, what happens in Brooks stays in Brooks.

Congratulations to the teams of Ken Ausich/Gary Bingham and Joe Freeman/Hans Slade who advanced in NCGA's 4-Ball Qualifier. Good Luck in the next round. In addition to our weekly Wednesday tournaments, always fun and imaginative, and our monthly Sunday Residents' Tournament, now an official RVSMGC event, July featured travel to Oakmont Golf Club in Santa Rosa. The Home & Home series, the Away tournaments and specials such as our charity events are also official Club events. It's time to check your calendar to be sure you will have played in at least six (6) Club events in order to be eligible to enter our October Club Championship.

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

## Stroke, Head & Brain Injury Club

We are a support group who have had or are living with someone who has been affected by stroke, a brain injury or one which results from a head injury (such as an assault or car accident) which subsequently caused a brain injury. We also assist those suffering from dementia, regardless of the cause. Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living. Each month we discuss a new topic and try to learn more about subjects that are of interest to members.

We also conduct various extracurricular activities for the group both within Trilogy and nearby communities so that we can have fun together as well. We have recently added a monthly "GAME DAY" where we meet at a member's home and play a variety of games to increase

memory and brain function. This program has been a great success. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join or have any questions, please contact Dr. Cheryl Bellrose (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 or schedule change. Our next meeting will be held Tuesday, August 5. Please join us.

## Supper Club

Supper Club meets every other month from February through October in each other's homes for tasteful (and tasty) dining, fun and conversation. On these occasions you can meet your neighbors and get to know them in a small group setting (usually 6 to 10). We are not limited to a formal dinner menu only. We may have an afternoon barbeque, a brunch or a luncheon. Our membership consists of those whom have participated for several years as well as our many newer members.

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

Everyone is welcome to join. 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. 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 group.

Our next club dinner will be held in August. For further information please contact Cheryl Bellrose (6619). Looking forward to hearing from you.

## Table Tennis Club

Be sure to read the article on [www.mytrilogylife.com](http://www.mytrilogylife.com) about the history, activities, and goals of our club. Besides their passion for playing one of the most popular and fastest growing sports, members often devote time to social functions that provide opportunities for mingling, bonding and fun. 22 members and guests attended the annual picnic held on June 21 at the Cypress Bocce courts. Following a hearty pizza lunch the group played friendly Bocce games and engaged in lively socializing.

What do Table Tennis and Bocce have in common? How do they differ? Both require accurate ball control and placement. Skillful manipulation of ball speed, spin and bounce are important for mastering both games. Table





Tennis uses a small ball, with a 1.5 inch diameter weighing 1/10th ounce, while Bocce requires 8 large balls, 4.2 inch diameter weighing 32 ounces each, plus the palino ball. Regardless of likenesses and differences both bring people together to fulfill a desire for active living.

Yet another event, a tournament with the Villages of San Jose, is scheduled for July 19. It has been in the planning phase for over a year. Highlights will be reported in a future article.

To learn more about the club, please access our website at <http://trvtt.wordpress.com>, or contact any Board Member for information: Larry Mork, President (3389); Richard Laswell, Vice-President (2479); Vicky Riddle, Treasurer (3684); Tom Surh, Secretary (5282); Michael Mahrous, Tournament Director (3216), Tom Barnes, President Emeritus (4395); Ruth Barnes, Social Activities (4395).

## Tennis Club

Announcing the 2014/2015 Tennis Club Board: President Sandy Price, Vice-President Claude Trottier, Secretary Carmen Wong, and Treasurer Claudia Solis. We also recognize those who continue to serve the club in various positions: our tournament coordinator, Wally Beckman; historians, Cora Velasco and Carmen Wong; Web Master, Dave Hinders; Player Development, George Sablan; and our Tournasocial Advisor, Joe Downes.

Serving on the board is a great way to get involved and meet the other members of the club. It's particularly good if you are new to the community. Please keep that in mind when the positions become available. We need you!

Now suit up and warm up your rackets for our coming events: August 15 is our next Friday Night Tennis and Potluck. To play tennis, be on the courts at 5 p.m. If you are not up for playing, bring a dish of food to share and join us for the potluck afterwards at the Bocce picnic tables. August 23, we host the next Rossmoor Tournament here at the Trilogy courts. We invite all who are not playing (club members or not) to drop by to watch the matches and share in the fun. For more information on the potluck and tournament, contact Wally Beckman (email below).

As always, daily Social Tennis is Monday through Friday from 8 – 10 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that don't leave marks on the court surfaces. Our next club meeting is Friday, August 29 at the Delta Club. Also contact Wally Beckman at [beckmanwally@hotmail.com](mailto:beckmanwally@hotmail.com).

## Whist Club

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. We also have a potluck at that time. You may contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

## Women's 9-Holers



Connie Eremian, and her Team, First Place Winners Lockeford PWGA Play Date

June has been another busy month with the Eclectic. The weather has been tolerable, with some wind to keep it cooler.

We have had no Chip-in Winners for the month!

Pars have been many, **June 3:** Karen Nash, #11,

#13, Lynn Traver, #12, #16 and Eileen Owen, Ingrid Cavanaugh, #12, Pam Fashing, Georgette Rodrigues, #13, Nancy Griffin, #15.

**June 10:** Pars, by Nancy Griffin, Linda Rowe, Eileen Owen, #15, Eila Ballard, Lynn Traver, Marilyn Rogers, #8, Suzi Masterson, #9.

**June 17:** Once again we were working on our Eclectic scores. 31 players and several Pars, Denise Sargent-Natour, Ingrid Cavanaugh, Eila Ballard, #13, Elaine Owen, Marj Niemi, #11, Pam Fashing, Anna Stevens, #12 and Sharon David, #15.

**June 24:** Lockeford Play Date, 16 went. Connie Eremian came home with First Place Award for her team and Lois Dutcher won for most accurate to a line (2"). Congratulations ladies on a job well done! At home, Eclectic continued, 14 ladies played. With Pars, by Gay Fortier, #8, Lynn Traver, #1, Anna Stevens, #5 and new member, Diane Olvera, #5.

Playing on the 9-Holers, is fun and challenging. It is great to see the progress of new members and improvement of some of the more seasoned players. It just goes to show, on a good day, anyone can be lucky enough to get par, but even more importantly have a great time with great ladies.



To join, contact Fran Silva (3791), [alfran70@comcast.net](mailto:alfran70@comcast.net)

**Fact: (True or False?)** Provisional Ball cannot be played if: (1) Ball is in water hazard, or (2) the player has gone forward to search for the ball. From Do I Get A Drop, by Doug Anderson.

## Women's 18-Holers



*Lucille Rhodes receiving award as she won the Low Gross PWGA Super Senior Championship for 2014*

Four ladies from our golf club competed in a tournament at Poppy Ridge to qualify for the Northern California Championship.

They placed second and

will be going to the Championship Tournament in September. The four members of the team are Cindy Brown, Marsha Berry, Vicky Riddle and Lucille Rhodes. They will be tuning up their game for the big event.

Some tournament winners for the month of June were:

**June 5:** Low Putt Day. Flights A, B, and C first place winners were: Vicky Riddle, Bessie Dunn and Suzi Masterson. Vicky Riddle was the Ace of the month. She had the lowest net score of the field and becomes eligible to play in the end of year Ace of Aces Tournament.

**June 12:** Only the par 4s counted subtracting ½ handi-

cap. First place winners in Flights A, B and C were: Debby Carroll and Donna Nunes tied, Loretta Ortenblad and Linda VanNieuwburg. **June 19:** A team event. Cha-Cha-Cha. The first place team was Pat Kistler, Diana Staley, Suzie Masterson and Diane Scholz. **June 26:** Flag Tournament. Plant your flag when you run out of strokes plus your handicap. Winners of Flights A, B, and C were: Linda Siatt planted her flag on the 18th hole by the water. Alma Renko planted her flag on the 19th fairway and Linda VanNieuwburg also planted her flag on the 19th fairway. It was a fun day.

If you are interested in joining our club, we meet at Sir Flairs Restaurant every Thursday at 8 a.m. Please call Linda Siatt (5364) for membership information.

## Writers' Club

Throughout our lives, we experience or witness many valuable connections. This month we will explore a unique relationship. What constitutes a unique relationship? Might it be the love between a grandparent and grandchild? Does it describe the bond between those of different faiths, ages, races, circumstances, or locations? Could it involve a pet and its owner? That is entirely up to you. Or maybe you'll write about something else that is special to you. Compose a poem, letter or essay. Just write! Then come to our monthly meeting at 7 p.m. on Thursday, August 14 to share your impressions. We'll meet in the Monterey Room of the Vista Club to read, share, encourage, critique (if you desire) or just to listen. Join us! For further information, contact Zoe (3676) or Suzi (925-231-5213).

## Private & Group Swim Lessons 2014



**Instructor: Terry Kelly**

### Adult Fees:

\$80 for 10 thirty minute Lessons

\$40 for 5 thirty minute Lessons

### Youth Fees:

\$15 per child for a 30 minute lesson.

\$25 for multiple children in a family (two).

These lessons are only during family swim time (11am-3pm).

### Group Lessons • Adult/Youth

\$35 for 4 lessons per month (Minimum 4 / Maximum 6)

(4) Tuesdays 3-3:45pm Adult

(4) Thursday 8-8:45am Adult

(4) Saturdays 1-1:30pm Youth



## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

Full Service Travel Agency  
Joan Greene, CLIA, ARTA, (2440)  
Certified Travel Specialist  
www.ALLOCCASIONTRAVEL.COM

### At Your Service

Enjoy your retirement --  
Leave the cleaning to us!  
Excellent References/Bonded  
Call for appt. 398-8345

### Bonnie Bowen, Independent Broker

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(Fees Negotiable, Ask Me!)  
707-322-5875  
bonniebowen@comcast.net

### Divas

Unique Jewelry & Accessories  
www.divaswithpizzazz.com  
Char (3806) Donna (3212)  
Norma (2779) Sylvia (2226)

### Hair & Beauty

Myrna Martinez Licensed Professional  
All Services/Men & Women  
35 years' experience  
Myrna (3725) Cell 408-309-0083

### Mary Kay

Independent Beauty Consultant  
Sueann Novotny (5624)  
E-mail: snovotny@citlink.net

### Rodan & Fields Skin Products

Call for a free mini-facial.  
Please see new large ad in this issue.  
Lupe Finch, Independent Consultant (2466)  
LupeandMarcy@gmail.com

## FOR RENT

### Room for Rent

Studio/Master Bedroom with private entrance. All utilities included. Has refrigerator and microwave. Request references. \$550/month. Winnie Musick 631-3889

## FOR SALE

### Lift Recliner

Beige oversize lift recliner with head pillow, side pockets and battery back-up. Weight capacity 300 lbs. Two months old. \$800 OBO. Call (5455) after 5 p.m.

## SERVICES

### Car Wash

Ray's Mobile Car Wash. Let me come to you to wash and clean your vehicle. Cars, pickups, SUV's. Reasonable rates. Call Ray (7598) or cell 249-1492.

## FOR SALE

### Bicycle

Ten speed bicycle with all gear \$150. Call Gene (5025).

### Golf Cart

Yamaha golf cart with custom paint, high speed motor, shield all around, new batteries. \$3000 /OBO. Call Renato (5520).

### Golf Cart

GEM 2002 Golf Cart, only 250 miles, new batteries, yellow, fully equipped for street and 18 holes. \$3700. Call Bob Pastorino (6556).

## SERVICES

### Airport Transportation

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

### Cardmaking

Paper pArts cardmaking and more. Learn paper techniques including die cutting, dry and heat embossing, stamping, fancy folds and more. Janet 925-200-5554 after 10 a.m. Aldridge.j@sbcglobal.net. Join the fun at my Trilogy residence!

### Caregiver

Trilogy resident, registered nurse offering in-home medical care. Daily or long term. CPR/ AED certified. Medications, surgical recovery wound care. Call Kathy (7587).

### Clock Repair

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

### Computer Aid

I can fix your PC, including removing viruses and malware. New PC setup with file transfers and tutoring on Windows 8. Wireless printer, wireless connections for Netflix. Home theatre. Kathy Barker (6850)





## 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

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

### Faux Finishing @ Its Best

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

### For Sale by Owner Help

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

### Gun Repair

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

### 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).

## SERVICES

### Health and Wellness Products

Now in Trilogy, Natural botanical solutions for weight-loss, balanced nutrition, personal care, hair, skin. Alternative remedies! Distributors wanted also! Greg 364-7499.

### Housecleaning

Complete housecleaning! Quality cleaning, affordable prices. Weekly, bi-weekly, or once. Rental cleans. Call Dawn at 628-4235 or (5239).

### Housecleaning

Nita's Diamond Housecleaning is back, satisfaction guaranteed! A Trilogy resident for 14 years, 10 years' experience offering many housecleaning services. Window cleaning, including courtesy hosing of front and back. Call Nita 315-6670 or Victor 510-334-9667.

### Impeccable Improvements & Repair

Established retired general contractor. . .Tile, wood floors, water leaks, drywall damage, kitchen & bath remodels/repairs, privacy walls, iron fences/French doors, indoor/outdoor Jacuzzi tubs, storm doors, fireplaces, mantels. 10 year resident. Big or Small—I Do Them All! References available. Dominic, YOUR ONE STOP SHOP IN TRILOGY. 322-9476

### Income Tax Services & Planning

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

### Landscaping

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

## SERVICES

### Lawnmower Repair

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

### Notary

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

### Notary Public

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

### Notary to Go

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

### Notary Services

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

## Want to Run a Classified Ad?

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

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

Late ads will run in the next issue.

**Prices change effective April 1.**



## SERVICES

### 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

Dee-tails: Vacation pet care. Offering: walks, day-time checks, overnights, TLC. Allowing pets to remain home. Pet first-aid/ CPR trained. Call Dee 330-6010; email: thedeetails@yahoo.com. License #3958

### 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.

### 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

Also pressure wash driveway, walkway, patio and outside of house. 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).

### 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. I transport Trilogy residents only to trains, boats, planes. No medical services, shopping or casinos. Reliable. Call (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. Keep your yard tidy. Trim, prune, pull weeds, clean up dead leaves, plants. Plant new plants. Laurie (6305) or cell 925-301-7389.

## SERVICES

### Window Cleaning

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

### Your Personal Travel Agent

Put yourself in our hands and let us 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 at All Occasion Travel (2440) or email alloccasiontrvl@aol.com. Let's talk it over.

## WANTED

### Golf Carts

Cash paid on the spot. Carts can be running or not. Call (3338) or cell 208-9096. Also call regarding rebuilt golf carts.

### Part Time Senior Helper

We are looking for that special person who likes to cook to help with meal preparation and service for lunch and dinner. Other services may be available as needed. Please call Christy at 925-212-0992.



**August & September Computer Class Opportunities!**  
**Sign Up At Vista Club Member Services (4200)**  
*(payment by check only please)*

<u>Class</u>	<u>Day / Time of Classes ~ Instructor Michael Bouyer</u>
<b>First-Time Computer User</b> \$3 ea.	<b>Wednesdays ~ 10:00 to 11:30am</b> For new computer users to learn the purpose for a mouse, & how to operate a computer. <i>[No prerequisite class] Take as many classes as you can.</i>
<b>Familiar with Computer - Next Step</b> \$5 ea.	<b>* Tuesdays ~ 10:00 to 11:30am</b> Now that you can operate the computer, learn many helpful uses for the computer. <i>Take as many classes as you can.</i> <i>[Prerequisite: First-Time Computer User class or equivalent knowledge]</i>
<b>Working With Photos ~ \$7 ea.</b>	<b>* Tuesdays ~ 12:00 to 1:30 pm</b> <i>Introduction to a free photo editing program that is fun and surprisingly capable of fixing or enhancing your digital photos. Learn how to get your photos on and off the computer. [Prerequisite: Intermediate Computer User Class or equivalent knowledge] Take as many classes as you can.</i>
<b>Using the Internet</b> \$5 ea.	<b>* 1<sup>st</sup> &amp; 2<sup>nd</sup> Wednesdays ~ 12:00 to 1:30pm</b> <i>Learn to explore the Internet. [Prerequisite: First-Time computer Users class or equivalent knowledge.] Both classes are suggested.</i>
<b>Setting Up &amp; Using Free E-mail</b> \$5 ea.	<b>* 3<sup>rd</sup> &amp; 4<sup>th</sup> Wednesdays ~ 12:00 to 1:30pm</b> <i>Learn to set up and use free e-mail accounts.</i> <i>[Prerequisite: First-Time computer Users class or equivalent knowledge.] Both classes are suggested.</i>

*\* New to computers? Attend the "First-Time Computer User" class before attending others. Sign up early ~ Classes are filled on a first-come basis. Class suggestion list available!*

To determine if your equivalent knowledge is adequate for the intermediate classes, contact the instructor Michael Bouyer by e-mail at [Michael@bouyerproductions.com](mailto:Michael@bouyerproductions.com) or cell 707-328-4977.

For interest presenting future Learning Center programs offered, contact Activities Director, Debbie Dorn at email address [ddorn@actionlife.com](mailto:ddorn@actionlife.com).

## ADVERTISING INFORMATION

**DEADLINE:** All final ads and checks are due by the fifth of the month prior to the month of publication. For example: September 2014 ads and checks are due by August 5, 2014. All late submissions will run in the October 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 <a href="mailto:indigodesign@att.net">indigodesign@att.net</a>.</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:

- 5% off pre-paid ads for 3 months or more
- 5% off for businesses owned by residents of Trilogy at Rio Vista

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





**Duette® Architella® Trielle™ Honeycomb Shades Provide  
Energy Efficiency in Every Climate, Every Season.**

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**WINTER BENEFIT**

Duette Architella shades can reduce heat loss through windows by up to 45%.



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