

February 2012

Trilogy Living



Get Out!
Get Active!
Join a Trilogy Club!

Photo of Bocce Ball League Members

The 2011 Night Bocce League champion team is gearing up for a new season as are many of our numerous clubs. Check out the Bocce League and the many other clubs at Trilogy by turning to page 24.

Index:

Wine/Jazz/Visual Art Festival ~ pg. 5
Karaoke Night ~ pg. 5
Black History Celebration ~ pg. 34

February Fun!

AT MERRILL GARDENS AT NORTH BAY

Sunday, February 5 • 3:00 pm

Superbowl Bash! Watch the big game with us! Please RSVP by February 1st.

Tuesday, February 14 • 6:00 pm

Valentine's Candlelight Dinner

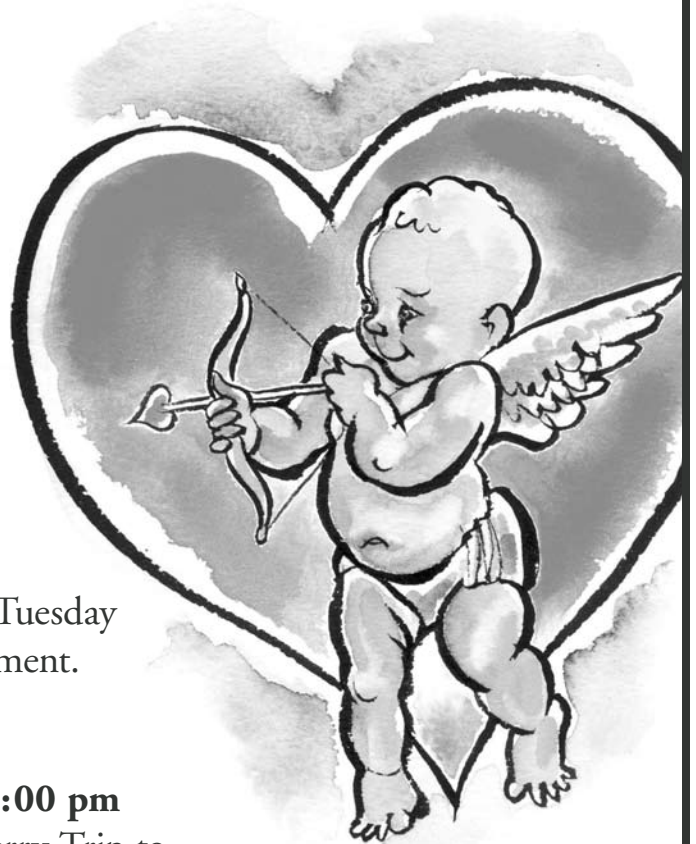
Enjoy special live entertainment.
Please RSVP by February 9th.

Tuesday, February 21 • 6:00 pm

Mardi Gras Extravaganza! Celebrate Fat Tuesday with New Orleans-style food and entertainment.
Please RSVP by February 16th.

Wednesday, February 29 • 9:30 am – 5:00 pm

Tulipmania & Lunch! Join our Annual Ferry Trip to Pier 39. We'll ferry from Vallejo to San Francisco for lunch. \$10 for ferry. Additional for lunch and purchases.



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RETIREMENT & ASSISTED LIVING



*From the
Master Association*
BOB SATHER
President

I have attempted to refrain from any personal use of this column for the five years I have been writing it. However, I must start this month with the naming of the Turkeys that have taken up residence in our community. This morning, the group that I have coffee with decided that these birds, Ben Franklin's choice for the National Bird, needed names. So, here they are. We named the Tom "Hank" and his three females' Henrietta, Hazel and Hilda. We also thought about naming the geese, but thought better of it.

The regular monthly meeting of the Master Association Board was held on Jan. 10, 2012 in the Diablo Room of the Vista Club. For a change, there was no discussion of wildlife in the community. With the absence of controversial items on the agenda, the attendance was back to a normal number.

Actions taken at the meeting included:

- The approval of the Consent Calendar, which included the following.
 1. The minutes of the Dec. 13, 2011 meeting.
 2. The filing of two liens.
- Approved a 90-day trial of delivering the agendas to members via electronic delivery. (The agendas will not be tubed during this trial period. They will still be posted in accordance with statute.)
- Approved payment, in the amount of \$1,783.72 to the City of Rio Vista, from Operations for payment of back water bills as the result of an incorrect reading by City Staff.
- Approved the termination of the contract with Rio Vista Janitorial after giving 90-day notice and approved a new contract with Jani-King to be effective April 1, 2012.

Our next regular meeting is on Feb. 14, 2012 at 2 p.m. in the Diablo Room of the Vista Club. The Annual Meeting of the Master Association will immediately follow the regular monthly meeting. Elections will be held to fill the positions of two retiring board members. As usual, we look forward to your attendance at our meetings.

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 Homeowner's Association, Inc., the Board of Directors, its officers, or management.

TRILOGY AT RIO VISTA

D I R E C T O R Y

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Carol Benkie, Vice President (3316)
Lee Puryear, CFO (3510)
Warren Oglove, Secretary (3477)
Tom Moore, Director (5772)

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Village Oakmont – Tom Moore (5772)
Village Riviera – Dave Bewick (2093)
Olympic Village – Joel Auslen (5808)
Saddle Rock Village – Mary Ann Butts (3099)

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Access – Dave Bewick, Chair (2093)
Disaster Preparedness – Jim Larsen (4382)

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Village 1 – Bernie Dehn (4764)
Village Oakmont – Walt Manos (2827)
Village Riviera – Warren Oglove (3477)
Olympic Village – Robert Sonnenburg (925) 550-3832

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Delta: Admin Office (4843) Fax (4891)

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From the Editor

ANDREA STUART



*From the
Activities Director*

DEBBIE DORN

Now that most of us are getting over our holiday guilt from indulging in those foods and habits that are not normally a part of our lives, we are ready to pull full steam ahead into February. This month brings some special meaning. Not only is it the month of love, February is Black History Month. First observed in 1976, this observance grew out of the celebration Negro History Week by historian Carter G. Woodson and his fellows. The month also brings with it the recognition of President Abraham Lincoln. Celebrate the diversity that these leaders stood for and join in the festivities this month.

Kick off the month on Feb. 4 with the Wine/Jazz/Art Festival where wine tasting and the sonic sounds offered by live music will escort you through a variety of art and enhance your experience.

Join the Whist Club for their Black History Celebration on Feb. 11 to commemorate the influence that the African culture has had on music. Follow up that with a creative evening offered by Karaoke Night on Feb. 17. This show offers a variety feel with dancing, sing-along, and rumor has it, perhaps some special dancers.

And for those of you who would like to brush up your driving skills, there is an AARP Driver Safety Refresher Course on Feb. 25. You must have taken the full course not more than four years ago to sign up.

There has been some contention around the wildlife issue. The good news is that no matter what side you stand on, we have some helpful tips on how to live safely with wildlife. Refer to page 34.

February is the just the start of the year. Remember to peek through the Villages, Kare Bears, Clubs, Arts, Community Corner, Educational Opportunities, and Fitness pages to participate in the numerous events taking place this month. And Happy Valentine's Day to everyone.

Disaster Preparedness Notice

The Triage Group, one of the most important groups of the Disaster Preparedness organization, needs a leader. The leader is also appointed to the Disaster Preparedness Committee. They meet on the second Thursday of even number months.

The next meeting is on Thurs., Feb. 9 at 2:45 p.m. in the Vista Club Monterey Room. If interested, but unable to attend, please email or call Jim Larsen at bigjay901@frontiernet.net or (4382).

Lifeline Screening came to Trilogy in December resulting in 170 preventive screening tests for 40 participants. The results from the tests are returned directly to the participants. It is a beneficial program to help identify potential health problems early in order to preventive measures can be taken. Get ready to schedule your non-invasive and affordable screenings when they return in September. It pays!

The holiday celebrations have officially moved us in to the New Year! There was overflow into the Grand Living Room during the Holiday Show on Dec. 21, hosted by the Trilogy Jazz Band, Delta Breeze Chorus, Trilogy Gospel Singers, and Delta Harmony. The New Year's Eve Celebration attracted 144 participants. The Solid Gold Band kept most people on the dance floor long after the ball dropped at midnight. We have numerous people to thank for their caring spirits, helpful ways, and unique talents. It all made the holiday activities enjoyably special.

We kicked off New Year's Day with 32 crazy people jumping into a very cold swimming pool for the Polar Bear Plunge. It was magnificent watching the site aside some 50 or more spectators. All participants qualified for a T-shirt that boasts a picture of the brave group. It was well worth it to get to the Delta Club pool by 10 a.m.

January has positioned us into the New Year and I am excited for the activities and events ahead! Your suggestions are always valued. Give me a call at (4204) or send an email to ddorn@actionlife.com. My mailbox is always open!

Farmer's Market ~ A Raffle Too!

Sundays, Feb. 5 & 19, 10 a.m. – 3 p.m., Delta Club ~ Free

Petrill's Produce Farmer's Market provides wonderful produce to Trilogy members. Purchase fresh fruits and vegetables right here in Trilogy! Every member making a purchase receives a raffle ticket good for a \$10 gift certificate to be used toward their next purchase at Petrill's Farmer's Market.

Grapevine Chat!

Tuesdays, Feb. 14, 6 p.m. & Feb. 28, 5 p.m.

Grand Living Room, Vista Club

Join your neighbors in a warm and casual setting where you can "get the scoop" on all things Trilogy. Bring wine, glasses and snacks to share with others if you'd like. No sign-up required. Everyone meets around that big fireplace!

NEW! Karaoke Night ~ RETURNS

Friday, Feb. 17, 7- 8:30 p.m., Diablo Ballroom Vista Club ~ Free

The new Karaoke Night is specially designed for your fun and enjoyment! We're putting the songs up on the big screen for some sing-a-long good times and open dancing. There is no doubt that the talent will include storytellers, special dancers, folk singers, and more. One may be you! Bring your favorite beverage and come for a relaxed evening of spontaneous fun and entertainment. No signups required, just come ready to enjoy yourself!

Educational Opportunities Through Computer Classes

See page 16 for the computer class schedule. If you are interested in teaching basic computer classes call Debbie (4204).

Are you watching your blood pressure?

Did you know...

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

VILLAGES

Oakmont Village Residents Club

Welcome to 2012! We ended 2011 with our Christmas Dinner Party at the Nines Restaurant. Everyone had a great time visiting with friends, singing Christmas songs, and dancing to the music of Solid Gold. Many thanks to our Social Committee for organizing this wonderful event lead by Veronica Finch and her team Pat Kruse, Derreth Lavin, Patty Evans, Sue McCracken, Charleen Oxoby, Ruth Joseph, Milly McCoy, Dick Lyon and Antoinette Pestana.

We held our end-of-year board meeting prior to the dinner and election of officers. The results are: President Antoinette Pestana, Vice President Veronica Finch, Treasurer Patty Evans, Asst. Treasurer Ruth Joseph, Secretary Milly McCoy, Asst. Secretary Derreth Lavin, Past-President Dick Lyon. Our 2012 Social Committee is led by our VP Veronica Finch who promises to add fun and excitement to our events. She invites all Oakmont residents to come out to our events and help with those of interest. Our Social Committee meetings are held the first Wednesday of each month in the Monterey Room at the Vista Club at 3 p.m. Join us; we welcome new ideas.

Upcoming Events:

Social Comm. Meeting: Wed., Feb.1, 3 p.m., Monterey Room, Vista Club

Music of the Night: Hosting Bar March 8, 9 & 10

Breakfast Fundraiser: March 11, 8-11am Delta Club

For more information, call Antoinette (5154) or email apsunflower@hotmail.com.

Wine/Jazz/ Visual Art Festival

Saturday, Feb.4, 1 – 5 p.m. ,
Diablo Ballroom Vista Club

Free

(Charge for Wine Tasting)

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Digital Photography Club will display their art, the Trilogy Ensemble will play delightful music, and there will be wine tasting. So put on your dancing shoes and get your palate ready for an artful fun time. Six wine tastings is \$5 payable to Van Ruiten Winery. Sign up at Member Services in the Vista Club.



Olympic Village Residents' Club

We're off and running for 2012 with a new slate of OVRC officers. Volunteering to serve on the OVRC board for 2012 are President Linda Jensen, Vice President Linda Gilmore, Secretary Faye Lamb, Treasurer Christine Yurdakul, and Assistant Treasurer Constance Boulware.

The new board met for a pre-planning and organization meeting on Dec. 28. The group was in unanimous agreement that the primary goal for all events this year is in giving our members more opportunities to make friends and have a good time with one another. The OVRC board has agreed to serve jointly with the Social Committee to streamline operations this year. A big thank you goes out to the retiring 2011 OVRC board members Joel Auslen, Don and Margaret Lyle and Diane Pettijohn.

As of this article we are still in getting organized and we want to include your ideas. If you live in Olympic Village, this is your club, so come join the fun! Call Linda Jensen (5542) with your ideas or questions and to get the date of our February Meeting. News of meetings and planned activities will appear in *Trilogy Living* and online at My Trilogy Life (MTL).

Village 1 Residents Club

Details related to the February VORC crab feed have been tubed. Don't miss out, get your reservations in early. Seating is limited.

The first VORC club meeting of 2012 took place Jan. 11 and will be reported on next month. In the future, we will only meet quarterly on the second Wednesday of April, July and October. The election of officers for the 2012-2013 club year will take place at the April 11 meeting in the Delta at 7:30 p.m.

If you are interested in being involved in the management and excitement of VORC, contact any member of the existing elected board: Joe Downes (7520), Nancy Vickers (3946), Lynne Galletta (6079), Naomi Walker (1465), Lenne Howard (4997) and Marlyn Stetler (3816). If you would like to volunteer some time or you have an idea for an event, let any board members know. This is your club, make it work for you.

Village Riviera Residents' Club

As promised in the January issue of *Trilogy Living*, we are giving you all of the events for the year so you can set the dates on your calendar. We haven't decided on a theme for the wine event in October, so for now, it is called Wine Event.

Beans & Bunco - Saturday, March 3

April in Paris (a luncheon) - Thursday, April 19

Sock Hop - Saturday, June 9

Treasure Hunt - Saturday, July 21

Wine Event - Saturday, Oct. 20

Black and White Affair - Saturday, Dec. 15

Soup Potluck - Saturday, Jan. 21, 2013 (yes, we are even planning into 2013)

As has been the case for many years, the Riviera events are popular with Trilogy. We generally only tube our Riviera residents, but you all have so many friends in other villages that we welcome everyone to our events. So, get the dates on the calendar now so you don't double book for events.

We had an election of officers at the Village Riviera annual meeting held on Jan. 5. Those residents in attendance at the annual village meeting voted for the officers of the Residents' Club. The results are as follows:

President, Coralie Leder

Vice President, Maureen Talbott

Treasurer, Linda Robinette

Co-Treasurer, Dottie Pacuilla

Secretary for minutes, position to be rotated amongst attendees at meetings

Co-Secretary, *Trilogy Living* articles, Barb Downs

Our functions are chaired by various members, with the help of many people. We all have a specialty and look forward to new members joining us with lots of new ideas. We are a group that is willing to continue making Riviera events some of the most popular at Trilogy. If you wish to join in, or have questions, call Coralie Leder at (707) 666-7414.



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Assessment Notice

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

Assessments for the month:

Master Association	\$115.80
Master Association	\$80.39
(Only for original residents (<100) in a developer subsidy agreement)	
Village I	\$3.00
Village Oakmont	\$3.00
Olympic Village	\$3.50
Village Riviera	\$3.50
Saddle Rock Village	\$0.00
(None until dormancy ends)	

Club Hours – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. to 5 p.m. for entry without keys and from 5 p.m. until 11 p.m. for entry with keys. From 11 p.m. until 7 a.m., there is no entry. The Vista Club is open from 6 a.m. to 9 p.m.

Thank You – The Administrative Office appreciates and thanks all members who abide by the Rules and Regulations of the community.

Parking in front of mailboxes - Please don't park in front of mailboxes and ask that your service providers not park there. It makes it difficult for others to retrieve their mail and also makes it difficult for staff to put fliers in the tubes.

Holiday Decorations – If you still have decorations up, you are in violation of the Rules and Regulations that require decorations to be removed by Jan. 15.

Irrigation – Please remember to turn off your sprinklers during the winter months.

Anonymous Notes to the Administrative Office/HOA – The Administrative Office does not take any action on unsigned notes that are dropped into the HOA Box in the Delta Club hall, slid under the door, mailed and/or submitted on an Administrative Communication Form.

Updating Your Information at the Administrative Office – It is important to let the Administrative Office know when any of your information changes including moving from one property to another within the community. (Please include address, phone, email, frequent guests, emergency contacts, etc).

Suspicious Behavior – Trilogy is a private community but not a secured one. If you observe unusual behavior that warrants a call to the police, please do so.

Dumping Trash – Putting trash anywhere in the community other than your own garbage is not allowed. This includes the dumpsters at the Delta and Vista Clubs, construction site dumpsters, and empty lots. Every resident is required to have garbage service.

Service Provider Resource at the Delta Club – There are two business card holders on the hall wall at the Delta Club. When looking for service providers, check out this area. TRVMA/HOA does not recommend any of these vendors; this is simply a resource for members.

Pets in the Clubs – Pets are not permitted in the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not permitted in the clubs at any time. They are not service dogs and are not protected under the ADA.

Pets in the Community – All pets must be on a leash and under control of the owner at all times. Please pick up your pooches waste.

Animals – Please do not feed any animals outdoors whether domestic or wild. The wild animal situation can only be controlled with the help of all members.

It's Your Money – Please help cut down on avoidable expenses by:

1. Putting down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are leaving and no one else is around. When the wind catches the umbrellas they are often damaged and must be replaced. If they are on the glass tables in the outdoor pool area, not only are they damaged but the glass table tops are shattered. It is expensive to replace tabletops and umbrellas. When factoring in staff clean-up time, it becomes even more costly.
2. Don't put coffee, gum and/or wrappers in the plants at the clubs. These plants are expensive to replace.
3. Several items are missing from the clubs including a clock, telephone, air diffuser and café glasses, cups, etc. Please report any theft to the Administrative Office/HOA. Remember that when someone takes something, all members pay for the replacement. We need your help in cutting down on theft.

Gardeners - Remind your gardeners that they cannot start work before 8 a.m. and that they should bag all clippings rather than blowing them into the street, gutters and other yards.

Delta and Vista Pool Family Swim Times: The Delta pool heater has been turned off for the winter. The pool is still open if you are a polar bear swimmer. The Delta hot tub is heated all year. Children under the age of 18 are allowed in the pools during the hours of 11 a.m. and 3 p.m. Children must be out of the pool area by 3:15 p.m. You must accompany all guests to the pools regardless of their age.

RV/Boat Passes – You must enter through the front gate with your recreational vehicle and obtain a pass. Reminder: you may not have these vehicles in the community for longer than 48 hours and they cannot be occupied while in the community. They must be parked at your home, not in any common or undeveloped areas of the community.

Golf Carts – Remember golf courts **must:**

- A. Yield to overtaking vehicular traffic
- B. Be operated by a person who is at least 18 years old
- C. Be covered under sufficient liability insurance coverage

Golf carts must obey all traffic signs that other vehicles must adhere to, including following the directions of the arrows on asphalt in parking lots.

Architectural Applications – Important reminder: applications must be submitted for work being done on the exterior of your home and yard. If you do not submit an application, a \$500 application fee can be charged.

For Your Safety – If you are walking in the street, please yield to vehicles. Often there are groups three or four people deep that make it difficult for vehicles to pass. Please wear light colors and carry a flashlight when walking or biking at night or early mornings, especially now that our days are shorter.

Street Lights – Please call Rich Ravin at Shea Homes to report street lights that are out. You can contact him by phone at (1003) or email him at rich.ravin@sheahomes.com. Copy Morris Barr at the city public works department on your email at mbarr@ci.rio-vista.ca.us.

Visitors to the Vista Club

If you have guests, please remember the following rules apply to your guests using the Vista Club:

Signing In - The Master Association Board of Directors requires all residents and invitees to sign in so that they can be identified when entering the Vista Club. This is for the safety of members and employees, and for the protection of our assets. This may be accomplished by using your ID card or by signing in. Members who are accompanied by guests must sign in instead of using their ID card. Guests who come without their sponsoring homeowner must sign the homeowners name on the sign-in sheet and are limited to using of the Cyber Café and Grand Living Room. Please help us keep your club private and safe by observing this policy

Billiard Room: Residents must accompany their guests when they use the Billiard Room. All guests must be at least 18 years of age.

Cyber Café: All guests may use the Cyber Café.

Cyber Café computers: available for residents and their guests over the age of 10. Guests between the ages of 10 and 18 must be accompanied by a member. There are no parental controls on these computers.

Fitness Room, Group Exercise studio, walking track, and the Learning Center are available for residents only.

Pool: all guests must be accompanied by a resident. Guests under the age of 18 may swim during family swim time, 11a.m. – 3 p.m. daily.

Meeting Calendar

Budget Meeting for Member Input

Thursday, Feb. 2, 7 p.m.
Diablo Ballroom, Vista Club

Master Association Board Meeting

Tuesday, Feb. 14, 2 p.m.
Diablo Ballroom, Vista Club

Adult Committee Meeting

Thursday, Feb. 23, 1 p.m.
Rio Vista Room, Delta Club

Adult Committee

The Adult Committee held a combined November/December meeting on Dec. 8, 2011. A report of that meeting appeared in the January *Trilogy Living* magazine. Subsequent to that meeting, the Master Association appointed Kathy Stiner to fill the committee vacancy. We are accepting applications to fill upcoming vacancies on the Adult Committee. Applications are available at the Delta Club or at the HOA office. The next meeting is on Feb. 23 at 1 p.m. at the Delta Club. All residents are encouraged to attend and participate in these meetings. For more information, contact Barb Bieber at grgsgm@yahoo.com or (707) 637-0210.

Welcome Center

Please call (4306) or email trvwelcomecenter@gmail.com when you are expecting guests, a delivery, or a service provider. The Welcome Center must know as far ahead of time as possible so that they can expedite their entry. The best time to call, if possible, is between 10 a.m. - 1 p.m. when there are two staff members on duty.

Please go to the Administrative Office in the Delta Club and update your visitor list. Having to call members slows down the line at the gate.

Village Riviera Board News

The board met prior to the annual meeting and voted to assess a fine of \$250 for a first offense for the feeding of wild animals if found guilty at a hearing (this excludes bird feeders hung above ground). The fine would be increased to \$500 for subsequent occurrences if again found guilty at a hearing. The villages are working together to try to make the fines the same, since the wild animal feeding problem is not confined to any one village.

The board wants to give special thanks to the Riviera Residents' Club tubers. These folks were kind enough to tube the Meet the Candidate Night flyer and our last minute Turn in Your Ballot flyer. They responded as a village. The board thanks each of the volunteers, who typically tube for Residents' Club events, for their extra work to help out the board.

Since we all know that change is constant, we wish to announce that Nancy Brooks has been appointed and has accepted the position of Inspector of Elections. We met our quorum and voted in three new board members. Results of the election are as follows: Lorna Bewick and Marty Plavin were elected Delegate and Alternate Delegate. The three board positions were filled by Barb Downs, Marty Plavin and Warren Oglove. The new board then voted for officers. They are Don Seyk, President; Warren Oglove, Vice President; Marty Plavin, Treasurer; Barb Downs, Secretary; and Ida May Wagner, Director. The votes on the CC&R amendment to combine architectural review committees for more uniformity between villages were not tallied because there were not sufficient ballots received for this issue. The board voted to extend the time another 30 days hoping to get more ballots turned in for the CC&R vote only. It was a long night. Thank you to everyone who attended.

Our next meeting is on Thursday, March 1 at 6:30 p.m. at the Delta Club. For more information, contact Don Seyk at (6407).

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Council for the Arts

The Council for the Arts presents the 2012 Music of the Night, *The ERA of our Ways*! Listen to the music of the 50s, 60s and 70s in the Diablo Ballroom on Thurs., March 8 (Charity Night), Fri., March 9 and Sat. March 10 at 7 p.m. Music includes The Supremes, The Beatles, The Beach Boys, Elvis, The Mamas and The Papas, and Sonny and Cher. See all the best of our Trilogy talent. Flyers for the performances are in this issue of *Trilogy Living*. Sign up early because all nights sell out quickly. The next meeting is on Thurs. Feb. 9 at 10 a.m. in the Vista Club Monterey Room. For more information, call Judy Calpo at (2024).

Drama Club

*In Memory
of
Our Beloved Friend
Rich Galletta
"A Shining Star"*

**Your friends in the
VIP Drama Club will miss you.**

Scrapbooking Club

Where are the precious photos of your family and friends and of the special times you've enjoyed? Are they in a closet, in the garage, collecting dust under your bed, still in your computer or in your camera's memory card? Join our group to work on your own scrapbook photo album in a group setting. You will meet new friends, share ideas and get help with your projects. We can help you get started! Just bring your photos.

We meet on the second Thursday of every month from 10 a.m. – 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Marti Rogers (6859) or Diane Andrade (0777).

Fat Quarter Quilters

Join our group to work on your own quilting project in a group setting. You will meet new friends, share ideas, and get help with your projects. We meet every Wednesday from 12:30 – 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Esther Young at (2639).

Trilogy Art Guild for Artists

New officers and a great potluck luncheon started our first meeting this year. We discussed many new ideas for 2012.

Guest artist and instructor Gary Bergren will be here to demonstrate an acrylic landscape painting. That will be followed by a hands-on workshop the following week. You are invited to bring a landscape picture of something you like and you can help select which one he will demo. The following week, you can come back and he will help you start your own painting. Bring your camera.

Demonstration fee: \$15 from 2 - 4:30 p.m.
on Wed. Feb. 29.

Workshop: \$20 Wed., March 7

Weekly classes after: \$25 per class or \$75 per month.

Some materials supplied, workshop list at demonstration.

For those of you who do not belong to TAG, one of the things we do is display our art in shows in various cities such as Fairfield, Vacaville, Lodi, Brentwood, and Isleton. We display art in the book store, at Luxury Nails, in the display case at the Delta Club, and in our own Gallery at the Vista Club. We paint and create for the pleasure of others to enjoy. If you would like to learn more or become a member of our group, contact Anna (3560) or Marie (5151).

Watercolor Basics

In this weekly class, you will learn the basics of watercolor. This class is for beginners or those who need to brush up on their skills. Class meets on Tuesday from 12:30 - 3 p.m. in the Marina Room at the Delta Club. Classes are small. For more information or to sign up, contact Anna Chunn at (3560).

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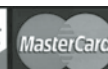
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TRILOGY HEALTH & WELLNESS CENTER

By Kathy Erwin, Fitness & Spa Director

Trilogy Health & Wellness Center Spa Specials for February

Valentine's Day Spa Packages 2012 *Relaxing Romance*


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



Romancing the Stone

Warm Stone with Aromatherapy
Treatment. Includes chocolate gift!

\$99 (90 min.)



Forget me not

The Forget-Me-Not package features
an Aromatherapy Massage, a
European Facial, and Reflexology
Pressure-Point Treatment.

\$140 (2 ½ hrs)



Cupid's arrow

Full Body Exfoliation with Full Body
Massage. Includes chocolate gift!

\$99 (90 min.)

All packages available for purchase February 1 – 29 (may be redeemed anytime)

TRILOGY HEALTH & WELLNESS CENTER

Holiday Fitness Drawing a Success!!

Thank you to the following individuals and local businesses that made this year's Holiday Fitness Drawing a success:

Angela Grinnell Hall
Delta Pharmacy & Gifts
Hello My Name is Yogurt
Jacquie Roche
Lira's Super Market
Lucy's Café
Oil Well Materials & Ace Hardware
Rio Video
Rio Vista Pizza Factory
Susan Prince
Stephanie Wilson
Taqueria Mexico
The Golf Club at Rio Vista
The Point Waterfront Restaurant

Please accept my heartfelt thanks for your donations. The event was a huge success. The raffle was a hot item with your gifts as the prizes. Thank you for your generosity and your quality products!

Sincerely,

Kathy R. Erwin
Fitness Spa Director

Congratulations to: Barb Downs, Betty Bowley, Jerry Washington, Lynn Komoda, Viktoria Mahrous, Bonnie Hidayat, Kay Loux, Sandy Eckhardt, Hema Kumar, Curlie Bordelon, Christine Shaver, Mary Trudrung, Gloria Carrasco, Georgette Hall, Karen Bereta, Emma Jones, Patricia McDonald and a few others who won special prizes! Over 30 gifts were graciously donated by local businesses, restaurants and some of our own community members, as well as Trilogy Health & Wellness Center Department, Day Spa, and Personal Training staff. Thank you!

Sit & Get Fit

We are currently accepting sign-ups on an interest list for Sit & Get Fit. If interested in taking this class, sign up at Member Services. This Class will focus on helping people who need to exercise but who are physically limited. Class attendees will sit in chairs while doing exercises. It is a perfect complement to the classes Beverly is currently teaching. All fitness levels and special needs will find the class useful.

We are 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.

Kare Bears Olympic Village

Happy New Year! The Kare Bears wish you all a prosperous, healthy, and happy New Year! Kare Bears is a program that supports Trilogy Residents in reaching their goals of having a thriving life. What is special about Kare Bears? We are right next door. We are a neighborhood organization that provides meals when you are sick, companionship/contact when you are experiencing medical difficulties, takes care of local errands, and provides transportation when you need to get to a medical appointment. Olympic Village has people who are willing to help during these times.

Our new leaders, Chair Mackie Webster and co-Chair Kay Johnston are both really excited to continue supporting you. Come to our March meeting at the Delta Club at 10 a.m. Refreshments will be served. If you need assistance, contact Marian Maksimowicz (5020) or Constance Boulware 639-7175.

Kare Bears Village Oakmont

Oakmont Kare Bears wishes each and every Trilogy resident a joyful, healthy and happy New Year! Our first meeting of the year is on Wednesday, Feb. 8, 2012 at 10:15 a.m. Come early and join us for refreshments. We are planning our 2012 activities, so bring your creative ideas and suggestions. For more information, contact President Virginia Albertson at (6823).

Village Riviera

The future is upon us since entering 2012. Let's look back briefly to the holidays. Our December meeting was very successful with several new caring people joining the Kare Bears. Myra Samfeld brought a batch of lovely handmade greeting cards for all occasions and encouraged all of us to take a couple of our choice: beautiful cards and a beautiful gesture. Thank you, Myra. Following the business meeting we had a joint soup and salad potluck with the Oakmont Kare Bears. We traded ideas for fundraisers and other Kare Bear functions. It was a lovely and warm gathering of old and new friends enjoying a truly fine meal. We thank the Oakmont Kare Bears and their president Virginia Albertson for sharing with us. We also thank the folks who joined us from the Olympic group. It was also nice to come across friends from Kare Bears at the many holiday parties, including the large gatherings at the Vista club and more intimate groups at private homes. Please consider joining us at our next meeting on Feb. 13 at 10 a.m. in the Delta Club. As always there will be tasty treats. For more information, call Myra at (3660) or Valerie at (6942).

FAMILY SUPPORT COMMITTEE

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

EDUCATIONAL OPPORTUNITIES

February 2012 Computer Class Schedule

CLASS	DATE & TIME	INSTRUCTOR
Basic Computer Class	Thurs., Feb. 9, 10 - noon	Sue Vogtlin
Microsoft Word	Tues., Feb. 2, 10-Noon	Judy Carter

Sign up at Member Services. Still seeking volunteer computer instructors. If you are interested in teaching a computer class, please call Debbie (4204).

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TRIPS AND TOURS

All trips are operated by an outside company and are not associated with Trilogy Rio Vista Master Association. Trilogy Rio Vista Master Association is not liable for any trips or tours.



**Ethel Ott
(Cupcake)
and
Eileen Griffin
(Twinkie)**

Feb. 2, Gamblers Special, Feather Falls Casino, \$30. We'll go to this recently re-modeled and upgraded casino/hotel. Enjoy four hours of "stay and play" with a \$15 bonus package.

March 9-11, Carmel and Monterey 3-day, 2-night Adventure, \$485. We'll stay at the Carmel Mission Inn adjacent to the Barnyard shopping center and across the street from Crossroads Center where you'll find an array of unique shops and award-winning restaurants. Highlights of this trip include the Scenic 17-mile

drive ending with lunch at the Lodge at Pebble Beach. We'll take a Safari-style tour at a sanctuary for exotic, wild animals where trainers will introduce you to beautiful animals that are retired television and movie stars. We'll enjoy shopping and sightseeing along Cannery Row with lunch at Bubba Gumps. We'll go to the stunning Monterey Bay Aquarium. We'll go to the National Steinbeck Center; followed by a hosted lunch and a guided tour of John Steinbeck's boyhood home in Salinas.

April 2, Daffodil Hill, Lunch, \$79. Thousand of daffodils steal the show with their awesome colors, density and variety! You will see brilliant peacocks strutting among the flowers and throughout this Sierra Wonderland. After our hosted lunch, we'll

go to Jackson for a guided tour of the Amador County Museum, where we'll enjoy exhibits and audios capturing the life of the early settlers.

April 28-May 13, 16-days/15 nights aboard the Star Princess. Roundtrip cruise from San Francisco to Hawaii. Inside and Outside staterooms are available beginning at \$2,150 per person. Balcony Staterooms and Mini-Suites are wait listed. The price includes all meals and shipboard activities, port and government taxes, a hosted cocktail luncheon, baggage handling and roundtrip shuttle from Rio Vista to the San Francisco pier. Call Ethel for the cruise brochure.

For more information: Call Ethel (7548) or Eileen (2684).

Trilogy Living

Fitness Class Schedule for February 2012

All classes require either a “Trilogy Fitness Punch Card” at \$60 for 20 punches or \$30 for 10 punches. Each class requires 1 punch **except** Specialty Classes which require 2 punches, or purchase our “Unlimited Class Pass” for \$45 which is good for a calendar month. Get your cards at the Member Services Desk. Please call Fitness Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last Month’s Card Raffle Winner... **Barb Downs.**

Fitness Orientations: Wednesday, February 8 at 6 p.m. and Saturday, February 18 at 11 a.m.

Key
Bold = New/Change
Italic = Specialty Class
= Free Trial Class
(B)eginning (I)ntermediate (A)dvanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Class Locations: (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room –Delta (SR) Sonoma Room-Vista (FC) Fitness Center		1 7:00am Early Yoga (B) (DB) Tammy 7:30am Low Impact (B/I) (GX) Pat 8:30am Workout w/Wts. (B/I) (GX) Pat 9:00am Yoga/Pilates (B) (DB) Deanna 9:30am Dance Aerobics (B) (GX) Joele 9:30am Wake-up & Move (B/I) (RV) Anna 9:30am Aqua Fit (B) (VP) Denise 3:00pm Circuit Training (B/I) (FC) Susan 4:00pm Stretch & Flex (B/I) (GX) Susan 5:30pm Hot ZUMBA Nights (B/I) (GX) Jennifer	2 8:00am Dance Aerobics (B) (GX) Joele 9:00am Tai Chi (B/I) (DB) Lillian 9:00am Simply Stretch (B/I) (GX) Joele 9:30am Aqua Fit (B) (VP) Denise 10:00am Dance 101 (B) (GX) Joele	3 7:00am Early Yoga (B) (DB) Tammy 7:30am Step Aerobics (B/I) (GX) Pat 8:30am Workout w/Wts. (B/I) (GX) Pat 9:00am Yoga/Pilates (B) (DB) Deanna 9:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) 10:30-12:00pm ZUMBA “Power 90” (B/I) (GX) Sophie	4 8:30am STEP Aerobics (Class only Feb 4) (B/I) (GX) Pat 11:00pm ZUMBA (B/I) (GX) Sophie/Jennifer
6 7:30 am STEP Aerobics (B/I) (GX) (Pat) 8:30am Workout w/ Wts (B) (GX) (Pat) 9:00am Yoga/Pilates (B) (DB) Deanna 9:30am Wake-up & Move (B/I) (RV) Anna 9:45am Core Balance & Standing Abs (B) (GX) Sophie 9:30am Aqua Fit (B) (VP) Denise 10:00am Meditation Breathing (B) (DB) Deanna 10:30am ZUMBA “Power 90” (B/I) (GX) Sophie 12:00pm ZUMBA Gold (B/I) (GX) Sophie 3:00pm Balance Basics (B) (GX) Susan 4:00pm Stretch & Flex (B) (GX) Susan 6:30pm Yoga/Pilates (B/I) (GX) Deanna	7 8:00am Dance Aerobics (B) (GX) Joele 9:30am Aqua Fit (B) (VP) Denise 9:00am Dance 101 (B) (GX) Joele 10:00am Simply Stretch (B) (GX) Joele 3:00pm Chair Aerobics (B) (GX) Kathy/Susan 6:00pm Relax Let Go (B/I) (SR) Anna NEW!	8 7:00am Early Yoga (B) (DB) Tammy 7:30am Low Impact (B/I) (GX) Pat 8:30am Workout w/Wts. (B/I) (GX) Pat 9:00am Yoga/Pilates (B) (DB) Deanna 9:30am Dance Aerobics (B) (GX) Joele 9:30am Wake-up & Move (B/I) (RV) Anna 9:30am Aqua Fit (B) (VP) Denise 3:00pm Circuit Training (B/I) (FC) Susan 4:00pm Stretch & Flex (B/I) (GX) Susan 5:30pm Hot ZUMBA Nights (B/I) (GX) Jennifer	9 8:00am Dance Aerobics (B) (GX) Joele 9:00am Tai Chi (B/I) (DB) Lillian 9:00am Simply Stretch (B/I) (GX) Joele 9:30am Aqua Fit (B) (VP) Denise 10:00am Dance 101 (B) (GX) Joele	10 7:00am Early Yoga (B) (DB) Tammy 7:30am Step Aerobics (B/I) (GX) Pat 8:30am Workout w/Wts. (B/I) (GX) Pat 9:00am Yoga/Pilates (B) (DB) Deanna 9:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) 10:30-12:00pm ZUMBA “Power 90” (B/I) (GX) Sophie	11 11:00-12:30 pm ZUMBA (B/I) (GX) Sophie/Jennifer
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TrilogyLiving

February 2012 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Qtrs Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 7pm Billiards Club Mtg. (V) 7pm MOTN Rehearsal (V)	2 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Card Stamping (D) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 3pm Theatre Grp (D) 5pm Table Tennis (D) 5pm Cycling Club (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Budget Workshop – Member Input (V) 7pm Photography Club (V)	3 8am Social Tennis 9am Model Club (V) 9am Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 12pm Bridge (V) 12:30pm Watercolor Pntng (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V)	4 8am Motorcycle Club (Off-site) 9:30am Hiking Club (V) 1 – 5pm Wine, Jazz & Art Event (V)
5 10am – 3pm Farmer's Market (D)	6 8am Social Tennis 9am Healthier Living w/ Chronic Diseases (V) 9:30am Walk & Talk (V) 10am Pastel Art Class(D) 10am Kare Bears – Village Riviera (D) 12:30pm Watercolor Pntng (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) 2pm TAG Mtg. (D) 3pm Village Oakmont Arch. Com. Mtg. (D) 5pm Whist Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	7 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Country Line Dncg (D) 11:30am Golf - TRVMEN 9-Hole 12:45pm Canasta - Hand and Foot (V) 12:30pm Watercolor Pntng (D) 12:30pm Dominoes (D) 5pm Table Tennis (D) 5pm Billiards Club Tourn. (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm San Francisco Club (V)	8 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Qtrs Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 6:30pm Nature Club (V) 7pm MOTN Rehearsal (V)	9 8am Social Tennis 8:30am Golf - Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10am Council for the Arts (V) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 2:45pm Disaster Prep Mtg. (V) 3pm Golf - TRVMEN Mtg. (D) 4pm Table Tennis Club Mtg. (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V)	10 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Pntng (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bunco (D)	11 9:30am Hiking Club (V) 11am Table Tennis (D) 2pm Black History Month Celebration (V) 5pm VORC Crab Feed (D)
12 6:30pm Ballroom Dance Club Valentine Dance (V)	13 8am Social Tennis 9am Healthier Living w/ Chronic Diseases (V) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 10am Pastel Art Class (D) 12:30pm Bridge - Duplicate (V) 12:30pm Watercolor Pntng (D) 1pm Rip, Stitch & Bitch (V) 5pm Whist Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	14 Happy Valentine's Day 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Country Line Dncg (D) 10:30am Book Club (V) 11:30am Golf - TRVMEN 9-Hole 12pm Recipe Club (D) 12:30pm Watercolor Pntng (D) 12:45pm Canasta - Hand and Foot (V) 2pm Master Assn Mtg (V) 5pm Billiards Club Tourn. (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Grapevine Chat (V) 7pm Gospel Singers of Trilogy (V)	15 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Dog Club (D) 12:30pm Fat Qtrs Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V) 7pm Olympic Vill. RC Mtg. (V)	16 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 9am Olympic Village Arch. Com. Mtg. (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 4pm Golf – Sr. Men's Mtg. (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Village Riviera RC Mtg. (V)	17 8am Social Tennis 9am Village I Arch. Com. Mtg. (D) 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Pntng (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Whist Club (D) 7pm Karaoke Night – Redesigned (V)	18 9:30am Hiking Club (V) 10am Bocce Ball Club Captain's Mtg. (V) 11am Table Tennis (D)
19 10am – 3pm Farmer's Market (D)	20 Presidents' Day 8am Social Tennis 9:30am Walk & Talk (V) 10am Pastel Art Class (D) 10am Council of Village Presidents (D) 12:30pm Watercolor Pntng (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) 3pm Village Oakmont Arch. Com. Mtg. (D) 5pm Whist Event Planning (V) 6pm Soul Line Dancing (D) 7pm Fishing Club (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	21 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Country Line Dncg (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Pntng (D) 12:30pm Dominoes (D) 5pm Table Tennis (D) 5pm Billiards Club Tourn. (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V)	22 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Qtrs Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	23 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Travel Talk – Voyage To Antiquities (V) 6pm Pinochle (V)	24 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 12pm Bridge (V) 12:30pm Watercolor Pntng (D) 4pm Beginner Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bingo (D)	25 9am – 5pm Rossmoor Table Tennis Tournament (D) 9am – 1pm AARP Driver Refresher Course (V) 9:30am Hiking Club (V)
26	27 8am Social Tennis 9am Blood Drive (D) 9:30am Walk & Talk (V) 10am Pastel Art Class (D) 12:30pm Watercolor Pntng (D) 1pm Mah-Jongg (V) 1pm Rip, Stitch & Bitch (V) 5pm Whist Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	28 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole Golf 10:30am Country Line Dncg (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Pntng (D) 5pm Table Tennis (D) 5pm Billiards Club Tourn. (V) 5pm Grapevine Chat 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Membership Mtg. (D) 7pm MOTN Rehearsal (V)	29 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Qtrs Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)			

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Billiards Club

The next Billiards Club meeting is on Wed., Feb. 1 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are 5 p.m.

The first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to get a win, a player must beat his opponent two out of three games. The club has again made a list of B players and for that Tuesday evening the B players will get a one-game handicap while playing an A player. This means that the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-Ball and the club will split the tournament into A&B players. There will be a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players.

Officers: President Al Bergoust, Vice President Joe Mattos, Treasurer Mike Quihuiz, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners

Dec. 6, 8-Ball

- 1st Al Bergoust
- 2nd Richard Garcia
- 3rd Oscar Grissom

Dec. 13, Handicap 9-Ball

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

Dec. 20, 8-Ball

- 1st Bob Rice
- 2nd Oscar Grissom
- 3rd Mike Quihuiz

Dec. 27, 8-Ball A&B

- 1st Al Bergoust
- 2nd Dave Stewart
- 3rd Mike Quihuiz

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

Bingo Club

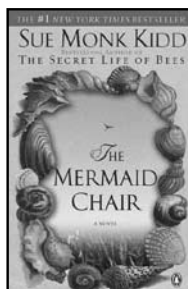
February is a great month to make new friends or bring a friend to bingo! The more people we have, the more money we give away! Mark your calendar for the fourth Friday of the month, Feb. 24, for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information email ifossberry@aol.com.

Bocce Club

The club's annual meeting and sign-up activities are set for Saturday, Feb. 18 in the Diablo Ballroom. The meeting begins at 10 a.m. with sign-ups to follow. Existing teams, new teams, and individual residents are invited to attend and sign up at the meeting. Both morning and night leagues should sign up at the meeting. Dues, yet to be determined (\$25 in 2011) will be due prior to the start of the season in mid-April. Experienced and non-experienced players are welcome to sign up. We will host training sessions for new players and new teams before the start of the season. League play is scheduled to end prior to Labor Day.

The number of teams that sign up drives the actual playing schedule for all leagues. The morning league plays on Tuesday and Friday mornings at 9 a.m. and 11 a.m. The night league alternates play on Monday, Wednesday and Thursday evenings at 5 p.m. and Saturday morning at 9 a.m. Each team plays, on average, twice a week. Both leagues will schedule social activities during the season. The Winter Bocce Federation and other bocce activities will be discussed at the annual meeting. Remember to roll often, throw straight and have fun, that's what it's all about. For more information, contact Joe Downes at (7520) or josephdownes@citlink.net.

Book Club



The Book Club meets on the second Tuesday of each month at 10:30 a.m. in the Vista Club Sonoma Room. The next meeting is on Feb. 14. The book selection is *The Mermaid Chair* by Sue Monk Kidd. March's book selection is *Run* by Ann Patchett. There is no requirement to have read the selected book. Everyone

is welcome to join in. Feel free to stop by. For more information, contact Adrienne at (5576).

Happy Valentine's Day!

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Bridge - Duplicate

Duplicate Bridge meets on the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, Feb. 13. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. For more information, contact Sue at (6136). December's results: 1st - Wilma Powell and Peg Walker; 2nd - Bob Wiskotzil and George Kovatch; 3rd - Betty Magnoli and Run Wan

Computer Club

The next meeting of the Computer Club is on Feb. 21 in the Diablo Ballroom at the Vista Club. This meeting is for members only. We will have a presentation on Skype, which is voice over Internet protocol. Using Skype, one can see and talk with friends and family over the Internet. What a great tool for enabling you to see that new grandchild who lives with family many miles removed.

If you wish to become a member of the club, go to the club website at www.tccrv.org, complete and print a copy of the application, and give it to any of the directors with the annual dues of \$12. You may also sign up at any meeting.

We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software.

Reminder: check the Computer Club website at www.tccrv.org for the latest information on many computer related subjects, meetings, and other interesting items. For more information, contact Lynne Hansen at (4060).

Dog Club

The dog club is growing by leaps and bounds. By the time you read this we will have had our first official meeting.



nier the better.

We have had so much positive response to starting the club that we are convinced we are on the right track. We are hoping to have some interesting speakers for our meetings. If you know of someone you would like to hear,

Meetings thereafter are on the third Wed. of each month at the Delta Club at 11 a.m. We have received several fun pictures of our lovable friends and I will include one with each article. Keep sending them, the fun-

please email us and we will try to coordinate with them. Due to the *Trilogy Living* schedule, we will rely on email to notify members of upcoming events that may be planned for the next month such as walks, work days, etc. If you are not on our list and would like to be part of this effort, let us know.

Remember, if you find a dog or lose one, use this resource to return them to their happy home. If you wish to adopt a dog or have one up for adoption, you may want to send out an email blast to accomplish this. We may know of someone who has a dog or someone who is unable to care for their friend any longer. What a great way to get the word out. Please bring a lunch dish to share to the next meeting for a potluck lunch. Someone will need to bring plates and silverware as well. We will supply coffee, water and sodas. This is a good way to get to know each other and create a support system. Tell any friends you know that have dogs and have not found us yet. We have a dog population in Trilogy that must number in the high hundreds. We need to hear from you. See you at the meetings or walkin'. For more information, contact Linda at 225-6880 or Cheryl at (6619).

"Our perfect companions never have fewer than four feet."

~ Anonymous

Fishing Club

Our next meeting is on Monday, Feb. 20 in the Delta Club Marina Room at 7 p.m. We will discuss our upcoming activities for the New Year. We will choose guest speakers and discuss our group fishing trips. We have a lot to go over, so it will be worthwhile to attend. We will have our usual coffee, tea, and cookies.

The DVD presentation of our club activities at the January meeting was thoroughly enjoyed. Everyone is welcome to join the Fishing Club. We have great events throughout the year. For more information, call Al Silva at (3791).

Genealogy Club

Our January meeting was a great success with the attendance of two new members and 10 regulars. It seems that everyone was ready to get back to work after the holidays.

We have some exciting things planned for the coming year. To get us started, we have scheduled Mr. Ralph Dugger to speak on DNA research. Ralph is brought to us by Carol Dugger and will explain basic genetic genealogy, the various tests available, and the expected results. He will also discuss the DNA projects in which he and Carol

continued on page 28

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have been involved. Ralph also uses PowerPoint as his presentation method and there will be hand outs available. If you've been curious about how DNA testing works and how it will benefit your family search, this is a don't-miss opportunity. The date is Thursday, March 8 and we will send around an email reminder. A flyer for the Vista and Delta Clubs is in the works.

We may have a great find from one of our new attendees. Many years ago, companies sold census records, land records, birth records, etc. for specific states. In those days, they were quite expensive and results were not guaranteed. Ebay has a genealogy section where you can now purchase these records for very little, sometimes as little as \$1. Take a look; it may be worth the time to check this resource out and we can discuss the benefits at the next meeting.

The Genealogy Club is open to all residents of Trilogy whether new to genealogy or experienced. There is no fee to become a member, just a curiosity about family lines. Our regular club meetings are the first Thursday of every month at 2 p.m. in the Monterey Room at the Vista Club. Our Genealogy Workshop is held the third Thursday of each month at 2 p.m. at the Vista Club. For more information, contact Rhoda at (7542).

Good Samaritans

"In Honor of Dr. Martin Luther King, Jr."

One could say that Rev. Dr. Martin Luther King, Jr. was the Moses of our generation. He didn't live long enough to become the first African-American President but he lived long enough to preach love for one another. The words today, from his "I Have a Dream" speech still ring loud (written Aug. 28, 1963):

"Now is the time to make real the promise of democracy."

"Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice."

"Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood."

"Now is the time to make justice a reality to all of God's children."

"When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and gentiles, protestants and Catholics, will be able to join hands and sing in the words of the old negro spiritual, "Free at last! Free at last! Thank God Almighty we are free at last!"

His dream for equality still lives on. Dr. King sought to forge common ground on which people of all walks of life could join together to address important issues. Working alongside individuals of all ages, races and backgrounds, Dr. King encouraged Americans to come together to strengthen communities, alleviate poverty, and acknowledge dignity and respect for all human beings.



(2007) Jim Lucas accepts the Dr. Martin Luther King, Jr. award from Paul Narcisse, Sr. of the Good Samaritans.

The Good Samaritans visited local care homes in our community. Our ministry brought love, joy, peace, and gifts at Christmas. We all joined together in prayer and the songs and gifts brought smiles to all the residents at the care homes. A blind lady sang Amazing Grace, which brought tears of joy to her eyes. We saw Christmas through the eyes of the blind.

The Good Samaritans Bible Study is every Thurs. at 1 p.m. at the Delta Club Marina Room. For more information, contact goodsamaritansbiblestudy@hotmail.com.

Scripture of the Month: Mark 13:5-8

Men's Executive Nine

The 2012 golf year is now underway. We had one tournament in December, a low net plus putts. The winners are as follows: Flight A Joe Devilbiss, Flight B Mike Gorman, Flight C Bob Bard. Congratulations to the winners and thanks to everyone that participated.

Although the winter season is still with us, we have weekly Tuesday play starting at 11:30 am. The February tournaments include a Kansas scramble and a four-man team shamble. Watch for the sign-up sheets and join in the fun. Also, the annual Sadie Hawkins Day Tournament is scheduled for Thursday, Feb. 23. Be on the lookout for that sign-up sheet.

If you are interested in joining our nine-hole golf club, pick up an application form in the posting room or contact membership chairman Dick Talbott at (6052).

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Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The January 7 ride started with a bright sunny day, 42°, 23 bikes and 27 riders! What a turnout to kick off the riding New Year. John Bereta suggested a ride over to San Andreas to visit his friend who collects and restores old cars, pick-ups and even tractors. The route lead up to Walnut Grove, east on Thornton Road to Blossom Road and over to Hwy 88 via Peltier and connected with Hwy 12 into Valley Springs for a welcomed stretch break and coffee stop. The temperature had dropped to a foggy 38° and fingers were getting a bit frosty. We lost the fog prior to arriving in San Andreas and were able to enjoy the car collection consisting of about 20 beautifully restored vehicles from the 30s, 40s, and 50s.



The photo shows two shiny models from the 40s. The return trip found us lunching at Mel's Diner in Jackson (ya gotta try the Miners Special) and following Stoney Creek Road over to Camanche North Shore and into Lodi for a Starbucks stretch break/coffee stop. It wasn't a long ride at around 150 miles, but we had great weather, riding companions, and the car collection made for an enjoyable ride for everyone.

The Windy City Riders Holiday Christmas Party at the Vista Diablo Ballroom was a huge success. Thirty six riders and spouses brought pot luck dishes including baked beans, ribs, great tasting desserts and plenty of holiday cheer. We also enjoyed a slide show of the monthly club rides courtesy of John Oakley and watched our favorite motorcycle movie. We are however, looking for a 'fresher' movie for this coming year.

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 on Feb. 7 at 8 a.m. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

Nature Club

The next Nature Club meeting is on Feb. 8, 2012 in the Monterey Room at the Vista Club. Spring babies will be here soon. Want to be a foster mom or dad? Suisun Marsh Natural History Association has training for in-home care. Contact the Wildlife Center at (707) 429-4295 to register.

Field Trip Schedule:

Picnic Brunch at Jepson Prairie Reserve: UC Davis provides staff for a very easy walking tour of some remaining vernal pools with a glimpse into rare creatures and plants found only in the West. Light brunch is provided after the walk. For more information, do a web search for Jepson Prairie Reserve. The date is Saturday, March 24, 2012. Call or email regarding reservations for brunch at (707) 416-8849 or trvnatureclub@gmail.com.

Audubon Canyon Ranch, Bolinas: former Audubon Ranch Docent Cynthia Oglove has offered to lead an easy to moderate walk to view nesting habitats. This is a rare opportunity for birding with an expert. Group is limited to 25. No host lunch follows walk. We will caravan from the Vista Club on May 5, 2012 at 8:30 a.m. Reservations are required by contacting (707) 416-8849 or trvnatureclub@gmail.com. In addition, TRVNC offers both hands on and educational assistance with wildlife questions or problems. Call (707) 416-8849.

Recipe Club

Our regular February meeting is on Valentines' Day this year. As such, we are sharing our favorite Valentine's Day recipes. Our chefs for February are Ann Ausich, Elayne Finch, and Julia Mattos. Janice Welch has volunteered to serve coffee.

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

Monthly tip: this month we are featuring a couple of healthy cooking ideas. To make a delicious steak without a lot of butter or oil, cook it in a skillet sprinkled with kosher or other coarse salt. The salt crystals keep the meat from sticking, and they create a great crust on the finished steak. Resist the urge to move the steak while it's cooking. Once it develops a nice sear, it will release from the pan. Roasting vegetables brings out their natural flavors and sweetness, and you barely need any fat. Just toss them with a touch of oil, and roast them in a single layer on a baking sheet in a hot oven (400° to 450°) until tender.

Rio Vista Roamers RV Club

In our "off the road" months, we still meet once a month to do something together. Our holiday dinner at the Nines was delicious. Jerry and Barbara Cauthens made the arrangements and their choice of food was great! January is our yearly trip to Tao San Jin in Antioch. Bob and Katy Emler have been hosting this for a few years now and we literally could roll out of there at the end of our evening. We have lots of food and a great variety to choose from. Ron and Pauline Crews (3050) will be taking us to the Riverboat on Brannan Island for an early Valentine's Day brunch on Feb. 12 at 10 a.m. The cost is \$20 each and they will need your reservation and money by Feb. 3. Treat your sweeties, guys!

Finally, the time has come to hit the road again. Gary and Sharon Frederick (4022) are taking us to River Point Landing in Stockton. This is a new spot for our club and is right on the river. The cost is \$104 for three days or, if you would like to go a day early, \$126 for four days. Your choice and money need to be paid in full to Sharon by March 1. You should have received a flyer so check your emails.

San Francisco Club

Our January meeting was full of ideas for us to travel to the City. We would like to attend a Giants game and maybe take in a play with dinner. If you have any desire to chair a committee for any of our events or trips, please let us know. All San Franciscans who were born in, attended school, or worked in the City are welcome to attend our next meeting in a couple of months, which is to be announced. For more information, contact Mike and Lori Azzolino at (6196).

Senior Men's Golf Club

The holidays are behind us and the 2012 golf year is in full swing. Speaking of swing, although the weather may keep you from playing as much as you would like, it's a good idea to keep working on your game.

The February tournament schedule includes a few new formats. The ABCD Chicago and Blind Nine Scramble should be fun. Correctly completing your scorecard will be an additional challenge. Watch for the beginning of the monthly Ad Hoc Tournament play, which starts on Feb. 1 and continues on the first Wednesday of each month. Also, watch for the sign up sheet for the Feb. 23, Sadie Hawkins Day Tournament put on by the ladies 9-Holers. Our club plays each Wednesday morning. Sign-up sheets are available in the posting room or through our e-Clubhouse website. Check out our e-Clubhouse website on www.rvsmgc.ghinclub.com for the latest news and

tournament results. We hold our general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club main meeting room. The next meeting is on Feb. 16. If you have any other questions about our club, contact club President George Barlesi at (4032) or e-mail George on gbarlesi@comcast.net.

Supper Club

Happy Valentine's Day everyone. We are resuming our regular schedule this month and will meet every other month through October. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually six to 10). We are not limited to a formal dinner menu. We also consider afternoon barbecues, brunches or luncheons.

Everyone is welcome to join Supper Club. Our club is not just for married or committed couples. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and friendship provided by our members.

If you are interested in becoming a member, or have any questions, contact either Maureen Gingrass (3803) or Cheryl Bellrose (6619). We'd love to meet you.



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Table Tennis Club

May 2012 be the best ever for all table tennis fans and players! Sorry this did not get published last month; there was a little bit of a mix-up.

Elections were held at our last general meeting: Tom Barnes, President; Jeff Kennan, Vice-President; Tom Silverman, Treasurer; Kim Russell, Secretary; Mike Lewis, At Large. Appointed positions were as follows: Ruth Barnes and Sandy Mariant, Co-Chairs Social Committee; Michael Mahrous, Membership Chair; Larry Mork and Michael Mahrous, Tournament Co-Chairs.

At that meeting, we also approved the 2012 Calendar. Included were dates for the Rossmoor/Trilogy tournaments on Jan. 28 at Rossmoor and on July 28 at Trilogy. Trilogy and Fairfield Clubs will meet in friendly competition and practice on the second and fourth Saturdays of each month. Results of the Rossmoor Tournament will be in next month's article.

Our last social in 2011 was our Christmas party on Dec. 17. Ruth Barnes and Sandy Mariant organized this catered event, which was a tremendous success. We are looking forward to the next social on March 14. Details posted on our website. Our next general meeting is on Feb. 9 at 4 p.m.

Remember to pay your annual dues of \$15. The money is earmarked for supplies. This year that may include a new table, which would offer more play space.

Please continue to visit <http://trvtt.wordpress.com> for up-to-the-minute information on calendar changes and other issues, such as availability of the rooms. Thanks to Kim Russell for this job. Check out the hyperlink to our website on MyTrilogyLife under "Clubs." Just click on <http://trvtt.wordpress.com>.

Remember to give preference to beginners from 5 - 6 p.m. on Tuesdays and Thursdays. On Wednesdays from 4:30 - 6 p.m. we have practice with the Rob-Pong. If you want to use the machine, sign in your name and pick up balls for the person whose name appears directly above yours in the sign up list. Coaches are available on Wednesdays.

For more information, contact Tom Barnes, President (4395); Jeff Kennan, Vice-President (7541); Tom Silverman, Treasurer (318-4620); Kim Russell, Secretary (2046); Vicky Riddle, Publicity (3684), Mike Lewis At Large (4823).

Tennis Club

January weather could not have been nicer to start the month. Enthusiasts are playing as though it was spring-time. Our overall level of play has risen across the board. No meeting was held in December due to the holiday schedule, but coffee and hot cocoa and other goodies were available courtside for everyone to enjoy on the last Friday of the year. Talk of gates on the street side of the courts for access to retrieve balls has been discussed among players and may be something worth looking into. Membership dues, which are \$24 per annum, are being accepted. See Treasurer Patti Sorg and make checks payable to Court Jesters Tennis Club. To everyone who has had some issues to deal that kept you from playing, we are praying for your speedy return to play. Remember to sign up for court #4 if playing during the social hours of 8 - 10 a.m., and other courts from 10 a.m. and on each day of the week when needed. New balls are placed in the ball box on each Monday for the week. If new balls are needed you will need to supply those. We need to have our courts maintained so that we can be proud of them especially when our guests come to play. Each person can play a part by reporting what we see for discussion and improvements. For instance, the bench on court #2 is not bolted down, there are some cracks in the surface, there is paint peeling in various areas, and the banding of the net is tattered. For information or to be included in the Trilogy Living, email michaellewis270@comcast.net. Please continue to place your recyclables in the bin on court #2; use your clubhouse key and lock gate upon departure. For more information about the our club you

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may contact President Nancy Whitney, Vice-chair June Skorovoz, Treas. Patti Sorg, Rec./Sec. Sandy Price, Social-chair Joe Downes, and Bruce Stirling, Parliamentarian. Dave Hinders is our webmaster, Wally Beckman is the tournament director, and George Sablan is our director of player development.

Women's 9-Holers

We meet at the Nines every Tuesday at 9 a.m. for a 9:30 a.m. tee-time. Sign up in the Pro Shop Tuesday through Sunday. The sign-up sheet is picked up Sunday afternoon. Tee-times are e-mailed by Monday evening. To cancel, call Ruth Almgren, Tournament Chairman, at (3867) or the Pro Shop (2900).

Tuesday Play Day Results

December 6, 2011: chip-in on #10 - Ruth A.

December 13, 2011: Par on #6 & #8 - Lenne H., Par #5 - Donna B., chip-in on #1- Blaine F., Par #4 chip-in on #3 - Lois D.

December 20, 2011: It was cold and foggy. Par on #15 - Lois D., Par # 15 - Arla G., low putts 16 for nine holes (Winner) - Karen N.

December 27, 2011: Par #5 - Arla G., Par #8 - Ruth A.

2011 Summary

December 12, 2011: Holiday Lunch & Year End Awards.

Pars - Karen A., Ruth A., Anne B., Ingrid C., Marnie D., Lois D., Blaine F., Lynne G., Pearl M., Louise M., Karen N., Eileen O., Carol P., Billie R., Jeanie R., Georgette R., Judy R., Chris S., Fran S., JoAnne S., Helen S., Sally T., Nancy W. Birdies - Anna B., Anne B., Lenne H., Eileen O., Chris S., Fran S.

Chip-Ins: Karen A., Ruth A., Anne B., Marnie D., Blaine F., Anne F., Lynne G., Arla G., Lenne H., Karen N., Eileen O., Billie R., Georgette R., Judy R., Fran S., Helen S., Sally T., Nancy W. Club Champion - Karen Nash, Low Gross. Low Net - Lenne Howard. Broke 70 - Eila B. Broke 60 Blaine F., Karen A., Ingrid C. Broke 50 - Chris S., Anne B., Karen N. Most Improved Player - Karen N. Honorable Recognition - Donna B., for Pars Joan O., for Pars and Birdies, Charr J., Chip-in, Pars, a Birdie and broke 70, Suzi M., Par, a Chip-in and broke 70, Kathy M., Par Congratulations to all of our award recipients.

Rio Vista Food Ministry: Women's 9-Holer's donated \$232 and 16 bags of groceries for the holidays to Rio Vista Food Ministry.

To join the Women's 9-Holers, call Georgette Rodrigues, Membership Chairman, at (2683).

Women's 18-Holers

Hopefully everyone had a great holiday. Our golfers are looking forward to a great year both on and off the course. Our Christmas luncheon was held Dec. 15 at the Nines. We received our pins and awards for the year. The décor and food was great. Linda Barlesi loaned us her festive collection of nutcrackers as table decorations.

Dec. 8: Eenie-Meenie. Players chose three par 3s, three par 4s and three par 5s.

Winners in A Flight - first Des Javier, second Linda Barlesi, third Frankie Freese, fourth Ladell Manion. B Flight first was a tie between Debby Carroll and Lynn Grace, second Terry Sutter, third Trixie Roque. C Flight winner Marilyn Rogers, second place tie Karen Nash, Charlotte Godsey, Carol Petronzio. Closest to the pin was Des Javier.

Dec. 22: Straight golf. First place Ladell Manion, second Ulla Ulmonen and third place Lucille Rhodes. Closest to the pin Roni Teixeira.

Dec. 29: Straight golf. First place in A Flight was Cindy Brown, second Vicky Riddle and Ida Shannon, third Alma Renko. B Flight first place Karen Nash and Carol Petronzio, second Pat Kistler, third Terri Anisko. Closest to the pin: Alma Renko.

Birdies: Linda Barlesi, Pat Kistler, Ladell Manion and Ulla Ulmonen. Chip-ins: Karen Nash and Ida Shannon. Broke 100: Linda Barlesi, Cindy Brown, Frankie Freese, Des Javier, Lucille Rhodes and Ida Shannon.

To join us, contact Marilyn Rogers, Membership Chair, at (5746).



Maureen Gingrass, Women's 18-Holers Co-Captain with Rio Vista Fire Dept. after delivering toys to the dept. for Christmas.

AARP Driver Safety Course

There is an AARP Drivers Safety Refresher Course at the Vista Club from 9 a.m. - 1:30 p.m. on Feb. 25. Attendees must have taken the full course within the last four years. Cost is \$12 for AARP members and \$14 for non-members. For more information, contact Glen King at (3342) or grk59@frontiernet.net.

Black History Celebration

Mark your calendars for Feb. 11 from 2 p.m. – 4 p.m. for the Black History Celebration “The Music.” This year the Whist Club will explore the influence of African American culture on music. You will hear the music of pioneer greats such as Mahalia Jackson, Muddy Waters, Little Richard, Cab Calloway and many others. We will also provide interesting information about each artist showcased at the event. Snacks, coffee, and tea will be served. For more information, contact mad4tl@comcast.net.

Living Safely with Raccoons and Other Wildlife

Raccoons are valuable scavengers that consume mice, insects, dead animals and unwanted vegetation. They are an important part of the eco-system. Below are some tips for living in harmony with them and other wildlife.

In the Yard

- Remove food outside or inside near a door
- Clean rain gutters: raccoons may harvest grubs growing in leaf litter
- Trim trees and shrubs away from house
- Remove cushions from patio furniture at night and when away
- Clean barbecue grills after each use

In the Neighborhood

- Avoid direct contact
- Walk away from wildlife in common areas
- Close trash cans: do not fill to overflowing
- Remove trash and report to HOA office
- Report outside feeding to HOA office

In the House

- Remain calm
- Confine pets in another area
- Turn off lights
- Leave the area, open a door, raccoons will exit

Sources:

- SPCA Monterey County
- Dr. Cheryl Bellrose
- Washington State Department of Fish and Wildlife

Relax, Let Go!

A new class is forming and is on our new February schedule. Learn relaxation skills each week that will improve your health. Class meets on Tuesday's from 6 p.m. - 7 p.m. Class is held in the Sonoma Room at the Vista Club. For more information, contact Anna Chunn at (3560).

Relay for Life

The Trilogy Master Association has again given the teams of Trilogy their support for upcoming fundraising events. We thank the TRVMA. Our supporters have been busy this fall getting us off to an early start with our fundraising. The Women's 9-Holers held a raffle for breast cancer at their recent international tournament in October and raised \$270. Thank you. The Diva's held a fundraiser boutique in October to fight cancer “One Bead at a Time” and raised \$400. Thank you to everyone who came to support our cause. We also send thanks to Donna Martella, Charlene Perry, Norma Donaldson and Sylvia Vannucchi.

The Games Extravaganza Playing for a Cure Event was held on Saturday, Jan. 28. Details to come in the March issue. For more information, contact Antoinette Pestana at (5154) or apsunflower@hotmail.com

Upcoming Events:

- March 24 - Craft Faire Bake Sale
- Sausage and Mash Get-together

It doesn't matter how gorgeous California is, there is always someone a little homesick for “sausages and mash” and rain. Anyone interested in a “Brit-style” get-together, call Jeanette at (4004).

Stroke/Head Injury Group

If you live in Trilogy and have had a stroke or some type of head injury that has left you disabled, this group is for you. We provide help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects of your injury. Since each person who experiences a stroke or head injury can suffer from feeling alone, helpless, and/or impairment from some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living successfully with these constraints.

Our first meeting was a great success. One of the new members provided information on using a Swedish cane that provides additional support for the arm, unlike a standard cane, which does not. We also spoke to issues related to spasticity, a typical side effect which everyone had in common. One individual told the group about a spasticity luncheon in Sacramento on Dec. 14.

Our goal is to have fun, too. We are planning extracurricular activities for the group. If you or someone in your family has had a stroke or some type of head injury and would like to join, contact Cheryl Bellrose (6619). We are open to the families of stroke/head injury victims who need support as well. We meet on the first Tuesday of each month at 1 p.m. at the Vista Club.

TOPS

Our group has really proved that you can Take Off Pounds Sensibly by the results of our holiday contest from Nov. 23, 2011 to Jan., 4, 2012. There were nine members who either lost or maintained their weight for this period. Congrats to each of you! During this time we also had a turkey contest, and the winner was Horace Reese. The prize was a turkey. Joyce said Horace better cook it! We're still waiting to learn if he did or not. We invite all Trilogy ladies and gents who would like a little support to shed those unwanted holiday pounds to come on over to the Delta Club any Wed at 8 a.m. and check us out. For more information, contact our leader Minnie Howell at (5786) or co-leader Peggy Smith at (1366). Have a great 2012!

Trilogy Jazz Band

The band is practicing romantic tunes for the Ballroom Dance Club's Valentine's dance held on Sunday, Feb. 12. The band is also preparing for its big part in the Music of the Night show on March 8, 9, and 10.

This month, we introduce our bass player Bob Jacobs. Bob's first experience with music was during his sophomore year in an American high school in Japan (his family was able to go with his Air Force father on overseas assignments). He learned the basics of music from friends by playing guitar with them in a rock and roll band. The leader of the band decided that four guitar players were too many and the worst player (Bob) had to go. Bob took on the role of a bass player. He made a bass from a large Japanese guitar and bass strings, and was able to stay in the band. He has played bass ever since. In the 60s Bob played in a show band that opened the first night club in Fairfield. He took a brief hiatus from music in the 70s (he was a manager with Pacific Bell and at the time they frowned on managers playing in bands). Later, he played with the Dave Tysei Quartet for 16 years. After retirement, Bob joined several musical groups and in 2005 began playing with Trilogy Jazz Band as a volunteer guest performer. Bob and his wife Ann moved to Trilogy last November, and he is now a regular member of the band.



He also plays with the jazz quintet 3JB and the rock group Solid Gold. Both of these groups perform frequently in the local area, including Trilogy's latest New Year's Eve Celebration. Bob also plays with two other big bands and The Kupunas Hawaiian music group. We are delighted to have Bob's talent and enthusiasm in our midst.

Full band rehearsals are held every Wednesday from 2:30 - 5 p.m. following vocal rehearsals from 1:30 - 2:30 p.m. Vista Club Diablo Ballroom. Observers are welcome. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

Trilogy Theater Group

The Trilogy Theater Group (aka TTG) is being formed. The group plans to perform plays of various kinds including small cast plays, arena theater, musicals, readers theater, and more. An informational meeting is on Thursday, Feb. 2 at 3 p.m. in The River Room at the Delta Club. If you are interested in all facets of theater, please join us. For more information, call Louise Mitchell at (6876).

Zumba for Your Heart Second Annual Fundraiser

Your love and support was overwhelming last year. Let's dance our hearts out again this year! Allison Harris is planning the second annual fundraiser for the American Heart Association in cooperation with the Go Red For Women campaign. She is a wife, a mother, a daughter, a sister, a personal trainer/fitness instructor, and a heart attack survivor.

Women's awareness of heart health is very important to her. This is the best way she knows to give back. Join her and Delta Valley Athletic Club in the fight against heart disease by saving the date:

Saturday, Feb. 4, 2012, 3 p.m. – 5 p.m.

More information to come. If you have questions, call Allison Harris at (510) 604-2216.

Thank You, Trilogy

Dear Friends and Neighbors,

Sincere thanks to each of you who were so gracious and caring to my husband Rich Galletta during his recent illness. He loved the cards, calls, and caring you gave him. Let's not forget the humor and light heartedness you shared with him over the years. Heartfelt thanks for the many condolence cards I have received. Trilogy is a wonderful community!

Blessings to you and yours,

Lynne Galletta

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ANNOUNCEMENTS

Jewelry Party

Purse & Jewelry Party: Come and experience Silpada designer sterling (necklaces, bracelets, earrings, watches) along with designer inspired handbags and sunglasses. Email mdistinti77@yahoo.com for available dates in February and March or call 330-0808. Appetizers served.

FOR RENT

Home for Rent

Calistoga with casita on the park with covered patio. 3br/3.5, fenced yard. Includes gardener & HOA. \$1500/mo. Freestanding new gas stove. Fans all rooms. Call 209-603-6765.

Home for Rent

Corner home for rent 2br/2ba. View lake and golf course, covered backyard & porch. HOA and gardener included. \$1150/mo, \$1000 deposit. Evelyn (6321).

Home for Rent

Furnished or unfurnished: Belmont on golf course. Rent one bedroom/bath (\$750.) or rent entire house (\$1350.) Contact 925-285-9162 for showing.

Home for Rent

Pebble Beach model on golf course: 215 Oakridge Way. HOA dues included. \$1195/mo. \$1000 deposit. Available now. Week, day rent OK. Call Jian at 510-333-6812.

FOR SALE

Chair

Office chair (Serta) with two year warranty. Bought recently for \$299; for sale for \$199 OBO. Call Grace (3910).

FOR SALE

Children's Books

Trilogy resident author Shirley Grijalva: *Just Read About It* and *Marshall's Big House on the Hill*. Children 8-13 Call (6752).

Fine Art

Wyland "Lion King" Toujour on Bamboo; 2009 Limited Edition, #60 of 75 numbered in Arabic. 24 x 32 in large frame, ready to hang. \$2300. Call Karen @ (5181) or 628-3586.

Gas Cooktop

GE Profile 36" Gas Cooktop model JGP-970. Originally \$900-1000. Very good condition, \$500 OBO. Call John (2183).

Patio Set

New patio set \$200. Four chairs, two ottomans, cushions, glass table. Small refrigerator \$25. Small storage cabinet \$20. Call Andy (5737).

Personalized Gifts

Personalized poems for anniversaries, weddings, birthdays or love. A card, etched glass, or marble for angels above. Memorable gifts all will treasure. Sure to bring a lifetime of pleasure. Jody (5735).

Refrigerator

Black Kenmore Refrigerator for sale. Slightly used, only \$199. In very good condition. 2 door, water and ice cubes outside freezer door. 415-515-9651

Scarves

Knitterbug Designs—A scarf for all seasons! Wrap yourself in a lovely scarf of cashmere, silk or ribbon or just a touch of warmth with the perfect choker. \$20-\$25. Contact Jamie at 386-7921 or knitterbugdesigns@yahoo.com.

FOR SALE

Scooter

Four wheel Scooter, used 4 times. \$1000 OBO. Call (3613).

SERVICES

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Sewing and alterations. 30 plus years experience. Call Ruth (5883).

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Garage door maintenance and/or minor repairs. Also flush hot water heaters to prevent leakage. For appt., call Dick Dawson (6835).

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

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We will install your audio system, DVD, TV, or VCR to your specifications. We will also custom wire your home per your specifications. All installers are ON-Q certified. Call Michael (2800).

Auto/Home Detailing

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

SERVICES

Baking & Cake Decorating

Cake and cookie baking and Decorating. All occasions from party to wedding. Email Ruth at designsbyr@hotmail.com or call (5883).

Caregiver

Need a few hours respite when caring for a loved one? Anticipating upcoming surgery or hospitalization? I'm a registered nurse. Reasonable rates. Call Sherry at (4864).

Carpet and Upholstery Cleaning

B&B Carpet and Upholstery Cleaning. Trilogy resident will clean carpets and upholstery in your home, mobile home, RV, boat, or car. Home carpets: \$30 per room, \$15 per hall. For the best service, call Bill (6125) or cell (707) 718-4994.

Carwash

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

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House cleaning with an expert eye to details. We offer one-time cleaning, budget cleaning and full service cleaning. Moving in & out cleaning & special projects also available. All work satisfaction guaranteed. Twelve year resident. Call Nita 315-6670.

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We will custom install your computer or wireless network per your specifications. We will also do custom wiring and software downloads. Call Michael (2800).

Crown Molding

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

Custom Cabinets

Specializing in new custom cabinets, entertainment centers, bookcases, media niches. Roll out shelves. Trilogy Resident. Free estimates. Call Bob (4902)

DJ Available

DJ music available for private party or fund raising events. Form a group of 20 or more for fun dancing at \$5 each. Jose (5248).

Electrical

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

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Established Retired General Contractor. Tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels... Big or small—I do them all! 7 year resident/ references. Dominic 322-9476

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)

Guitar Lessons

Beginners welcome. 45 years experience. First lesson free. \$30 per one hour lesson. Call (6816). Ask for Eddie.

Gutters Cleaned

Rain gutters cleaned and patio covers washed. Call Trilogy Resident Danny at 209-570-0302.

SERVICES

Hairstyling

Are you homebound and unable to leave your home to get a nice cut or style? I will come to you in the comfort of your home! Over 35 years experience. Just call me for your hair needs. You will look and feel great! I also cut men's hair. Call Myrna (3725) or cell 408-309-0083.

Handyman

Assembling & installing products, closet makeovers. Help with window treatments, picture hanging, pantry makeovers. Call Ron (2227).

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, garbage disposal change-outs. Free estimates. City business license #1654. Call 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).

Home Services

Window cleaning—including screens & tracks; Hauling and Moving—help also available; Dryer vents cleaned for fire safety and energy efficiency. Thank you. Please call 398-6610.

Housecleaning

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

Impeccable Improvements & Repairs

Established Retired General Contractor...tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels... Big or small—I do them all! 7 year resident/ references. Dominic 322-9476

Income Tax Preparation

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

RESIDENT CLASSIFIED ADS

SERVICES

Income Tax Preparation and Bookkeeping Services

With over 30 years experience including personal, corporate and partnership returns. Income tax preparation. Fast, efficient, reasonable. No job too small. Call Lesley (3377).

Income Tax Services and Planning

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

In-Home Care

For male or female. We are sensitive, caring, discreet and dependable! We are Trilogy residents with 8 years combined experience and would like to assist you too. 12 year resident. Call Nita 315-6670.

Knife Sharpening

O So Sharp—A Knife & Scissor & Gardening Tool Sharpening service has come to Trilogy. I can do European/American blades, Asian blades and Serrated blades, Kitchen & Sewing Scissors. Call (3663) & ask for Rich G. 556 Birch Ridge Dr.

Landscape Maintenance

Call StarShine of Rio Vista for all of your yard and homecare needs. 410-7070

Mobile Notary Services

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

Notary

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

Notary Public

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

Notary to Go

Only \$7.50 per notarization. Discounts for numerous documents. Since 1984. Call Warren (3477).

Painting

Ron the Painter for Hire. Quality work at a good price. All types of painting: fences, mailboxes, interiors, homes. References. Trilogy resident 707-580-6616.

SERVICES

Painting and Drywall

Repaint exterior & interior. Color and texture our specialty. Free estimates. 38 years experience. R. P. Painting, Trilogy resident CA St. Lic. # 422737. Call today (5954).

Personal Organization

ClutterNOT can help you increase your productivity, reduce stress, and gain more control over your time, space, and activities. Trilogy resident, Carol Kern, works with you to declutter your home, your office, whatever you need. See www.clutternot.com for more info and call 925-286-2398 for a free consultation.

Pet Care

Loving care for your small pet in your home. Includes walking, feeding, mail brought in, plants watered, etc. Trilogy resident 209-201-8143.

Pet Care

Let your pet remain home while you're away. Lots of love & attention. I'll bring in mail, newspapers and tend to trash. Over four years of Trilogy references. Kathleen Montemayor (4750)

Pet Care

Kitty care services while you are away. Includes feline's play, feed, meds, clean litter, trash out/in, newspapers, mail, and water plants. Call Mimi (4343) or cell 707-567-5910. Since 2007.

Pet Sitting

Dog Walking. Call "Pups on Parade" for safe and loving pet care. Octavia, Trilogy resident (5141) or cell 510-813-1929.

Photography

Preserve your memories. Photo and slide restoration, retouching. Photography for events, family portraits, advertising or passports. www.digitaldreemz.com Call June (6830).

Roll out Shelves

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

Sliding Door and Screen Repair Stop

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

SERVICES

Remodel/Repairs

Trilogy resident and contractor Steve Wendling. License #914545. No job too small. 10% off labor for residents. Call (6693). Free estimates.

Stained Glass

Jan's Custom Stained Glass Windows, Panels or gifts. Your design or mine made to order. 40 plus years experience. Call (3612).

Streaming Video

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

Transitions

Assisting families to a smoother road with the passing or moving of a loved one. Includes: packing, organizing, down-sizing, cleaning and hauling. Also assistance with labeling items to be sold or donated. Call Nita 315-6670. 12 year resident.

Transportation

Anywhere, anytime. Thank you. Please call 398-6610.

Transportation

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

Window Cleaning

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

VACATION RENTALS

Tahoe Condo

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

WANTED

Laptop

Used free laptop or computer, working or not. We can fix it up but cannot afford one. Thanks. (3366) or 707-334-3865.



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- > Learn ways to generate dependable income that could last through your whole retirement.

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