

# Trilogy Living



*Dennis Dolan, the 2010 chairperson of the Senior Men's Golf Club, presents Antoinette Pestana with a check for \$8,000 for the American Cancer Society to benefit prostate cancer research.*

*Photo by June Scvorzov.*

On June 14, the Senior Men's Golf Club is holding their third annual Golf Tournament for Prostate Cancer. Join them to raise awareness and research funds for curing prostate cancer. 144 golfers will take part in this tournament beginning at 8:30 a.m. The event includes a lunch and a raffle. Their goal is to exceed last year's earnings of \$8,000. If interested in playing, please contact Dick Popham at (4701) or [rpopham@frontiernet.net](mailto:rpopham@frontiernet.net). See page 30 for more information.

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*From the  
Master Association*  
**BOB SATHER**  
**President**

The Master Association Board held its regular monthly meeting on May 10, 2011 in the Diablo Room at the Vista Club. As usual, the meeting was well attended. During the reports, it was mentioned that someone borrowed several tables from the Delta Club without checking them out. We hope that they have been returned. Please try to use the proper procedures when you want to use Trilogy equipment.

**Actions taken at the meeting included:**

- A proposal for the installation of picture rail molding was discussed and referred back to the Adult Committee.
- The passing of a motion to approve an amendment to the Reserve Fund policy regarding component life and possible participation by a group or club who wants the item replaced earlier than identified.
- Further discussion relating to a proposed resolution, which would authorize the Rio Vista Police Department to patrol and enforce the California Vehicle Code. As a result of the discussion, two motions were passed:
  1. The association requests a traffic survey for Summerset Road.
  2. Conduct an e-survey regarding the opinions of the members about the proposed resolution.
- A motion was passed approving an expenditure, not to exceed \$5,705 from Reserves, to prepare specification and bidding documents for the 2011 roadwork and to award the contract to Associated Engineering Consultants.

Our next regular meeting is on June 14, 2011 at 2 p.m. in the Diablo Room at the Vista Club. We look forward to seeing you at this and all of 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. 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

## Master Association Board of Directors

Robert Sather, President (1384)  
Carol Benkie, Vice President (3316)  
Lee Puryear, CFO (3510)  
Warren Oglove, Secretary (3477)  
Tom Moore, Director (5772)

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Village I – Carol Benkie (3316)  
Village Oakmont – Tom Moore (5772)  
Village Riviera – Dave Bewick (2093)  
Olympic Village – Joel Auslen (5808)  
Saddleback Village – Debbie La Croix (707.507.5020)

## Adult Committee (Master Association)

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## Access Committee

Dave Bewick, Chair (2093)

## Disaster Preparedness Committee

Jim Larsen (4382)

## Village Board Presidents

Village 1 - Bernie Dehn (4764)  
Village Oakmont - Walt Manos (2827)  
Village Riviera - Warren Oglove (3477)  
Olympic Village - Brent Cohn (4050)

## Association Administration

**General Manager: Ed Vitrano** (4869)

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**Assistant General Manager: Catherine Patrick**

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**Activities Director: Kersti Evans** (4204)

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**Communications Coordinator:**

**Andrea Stuart** stuarttrv@gmail.com

**Member Services Coordinator:**

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## Club Numbers

**Vista** Front Desk (4200) Fax (1099)

**Delta** Admin Office (4843) Fax (4891)

## Trilogy Living Editorial Board

Andrea Stuart, Ed Vitrano, Kersti Evans, Cheryl Lucas,  
Joan Azlant, Jo Carmichael, Barb Bieber

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trvwelcomecenter@gmail.com

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*From the Editor*

**ANDREA STUART**

Last month, we celebrated mothers in observance of Mother's Day. We honored their hard work, their roles, and their influences on society. Now, it's time to bestow our gratitude to the father figures in our lives. Father's Day is on June 19 and there are a slew of activities before and after that are just right to get Dad, Gramps, or Great Grand Dad to his feet and rolling in the fun.

Harken back to the melodious days of folk with a tribute to Simon & Garfunkel on June 3 as performers A J Swearington and Jonathan Beedle sway in and out of the poetic lyrics and mystic sounds originally created by the American duo. Then, step it up a notch on June 10 with a leave-you-in-stitches performance by comedian Jeff Applebaum. Continue the entertainment on June 17 with Movie Night where you'll see *The King's Speech*, a story about King George VI whose impromptu ascension to the throne was partly made possible by the speech therapist who helped the unsure monarch become worthy of it.

Feel like being educated? Want a little cerebral stimulation? We've got just the thing for you. Take your health into your own hands in order to live happier and healthier by attending the award-winning presentation, Chronic Disease Series from June 13 to July 25. Learn everything from relaxation techniques, nutritious eating, improving communication, medication management, and goal setting.

Take a little brain break and move out of the classroom to enjoy the Espiritu Quartet on June 18, a musical group whose eclectic song choices (from classic and opera to jazz) will soothe the soul and move the spirit. Then, kick into learning gear again with another Enrichment Lecture Series, Let the Magic of Your Life Begin, on June 23. This free seminar will teach you to harness your thoughts and make them work for you.

The big event for this month is the Fitness, Health, and Wellness Day on June 25. From 7 a.m. – 2 p.m. you and your family can enjoy myriad activities from early morning yoga and a mini triathlon to a pet parade, Zumba, tennis, golf, and cycling.

It's a good month to celebrate fathers, be they yours or someone else's. Let the calendar be your guide as you journey through June with anticipation on your heels.



*From the  
Interim Activities Director*

**JACQUIE ROCHE**

June is busting out all over! The warm sun is therapeutic as we walk around the community. For your entertainment pleasure, there are two musical events in June that you won't want to miss. Stop by the Vista Club to sign up early for events.

**Thank You:** The Rio Vista Seniors Board sent a lovely thank you note to the Trilogy Community for the donation from the Spring Art & Gift Faire. The raffle netted \$554 for our local Meals on Wheels.

**Car Show:** Bring your classic, muscle or unique car or original hog to the July 4th Parade. After the parade, participate in the "park and show" event at the Delta Club. To sign up, please see flyers in this edition of *Trilogy Living* or call Jacquie (4204).

**Golf Cart Decorations:** If you have extra July 4th golf cart decorations you are willing to share, or if you are looking for extra decorations, please contact Jacquie (4204).

**Reminder:** Please sign up early for Trilogy events. It helps planners prepare for the programs they have in store for you.

## **Simon & Garfunkel Tribute**

Friday, June 3, 7 p.m., Diablo Ballroom  
\$15 per person

A J Swearington and Jonathan Beedle have been performing a remarkable tribute to the music of Simon & Garfunkel for more than a decade and their sold-out shows prove that the effect on their audiences is undeniable. From *Mrs. Robinson* to *The Boxer*, *Sounds of Silence* and *Scarborough Fair*, this 25-song show moves quickly through the biggest hits to some lesser known songs of this once-in-a-lifetime duo. Sign up at Member Services at the Vista Club.

## **Grapevine Chat**

Tuesday, June 14, 6 p.m. Tuesday, June 28, 5 p.m.

Tuesday, July 12, 6 p.m. Tuesday, July 26, 5 p.m.

Mark your calendars for the upcoming Grapevine Chats in the Grand Living Room at the Vista Club. It's a warm and casual setting where you can not only "get the scoop" on all things Trilogy, but also get to know your neighbors. Bring wine, glasses and snacks to share with others if you'd like. No sign-ups. Everyone meets around that big fireplace!

## Important Information

If you need to borrow chairs and tables for your personal event, please pick up a reservation form from Member Services at the Vista Club. Fill it out and return it to Member Services. They will give it to our Set-Up Coordinator who will call you to confirm your request. This is very important since we use the chairs and tables for all community events, programs, classes, clubs and Village meetings. Please be sure to clean/wipe down all of your rental equipment before you return it. We appreciate your cooperation.

## Share Your Travel Experiences

Did you just return from a cruise vacation or have you recently walked the streets of Rome? Why not share your travel experiences with your Trilogy neighbors? We need guest speakers for our July 2011 Travel Talk. Share your experiences and photos with others. Call (4204) to make arrangements. Thank you to the members who volunteer their time to share their travel experiences. We've enjoyed learning about new places. You have made Travel Talk a wonderful and enlightening program.

## Farmer's Market ~ A Raffle Too!

June 12 & 26, and July 10 & 24, 10 a.m. – 3 p.m. – Delta Club, Free

Petrill's Produce Farmer's Market provides wonderful produce to Trilogy members. Why drive to downtown Rio Vista or farther to buy fresh fruits and vegetables when you can get them right here? Every member making a purchase receives a raffle ticket good for a \$10 gift certificate to be used towards their next purchase at Petrill's Farmer's Market.

## Educational Opportunities Through Computer Classes

Please see page 14 for this month's computer classes.

## Still Looking For Computer Instructors

We need more instructors! If you are interested in volunteering to teach one or more basic computer classes, call (4204).

## Hearing Assessment & Screening

Thursday, June 9, 1 p.m. – 3 p.m., Diablo, Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and assessment to all members. Advanced Instruments is also offering cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Please keep in mind that some repairs may incur a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. You will need to contact them directly to make an appointment at (707) 592-2720.

**Reminder For All Events:**  
**Please Pay By Check Only. No Refunds.**

## Comedy Night with Jeff Applebaum

Friday, June 10, 7 p.m.,  
Vista Club, \$10 per person

Come enjoy comic Jeff Applebaum who has performed on the "Late Late Show with Craig Ferguson." He's been entertaining people all around North America for over 12 years, including performances at the ARCO Arena in Sacramento and the Anaheim Convention Centre. His down to earth style has led to shows at clubs, colleges and corporate functions. He has opened for and performed with comic legends Robert Klein, Richard Lewis, Robin Williams, Kevin Pollak, Jake Johannsen, and more. Sign up at Member Services at the Vista Club.

## Movie Night — History and a Film: *The King's Speech*

Friday, June 17, 6:30 9.m.,  
Vista, Free

Gary Spear presents the Oscar winning film, *The King's Speech*, with an introduction that includes historical background and insights into the making of this film. Directed by Tom Hopper; starring Colin Firth, Geoffrey Rush, and Helena Bonham Carter, this is the story of King George VI of Britain, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.

Continued from page 5

## Chronic Disease Series

Monday, June 13 - July 25, 9:00 a.m., Vista, Free

*Chronic Disease Series* is an award-winning program developed by Stanford University to help participants manage ongoing health conditions (i.e. asthma, stroke, arthritis, chronic pain) in order to live a happier, healthier life. The program meets 2 ½ hours per week for six weeks and addresses topics such as relaxation techniques, nutritious eating, improving communication, medication management, and goal setting. The benefits of the program include more energy/reduced fatigue, improved symptom management, increase in exercise, improved health status, reduction in pain, and enhanced partnerships with physicians. This is a six-week program meeting consecutive Mondays starting June 13. Sign up at Member Services at the Vista Club.

## Espiritu Quartet

Saturday, June 18, 6:00 p.m.

Vista Patio, \$10 per person

The Espiritu Quartet is bringing its elegant music and gracious ambiance to Trilogy with musical offerings to satisfy a broad range of musical tastes from classical, light classical and opera, to pop, jazz, Latin, and show tunes. Two of its members performed with members of the San Francisco Orchestra and Opera. The Espiritu musicians are seasoned professionals who record and perform in Bay Area Orchestras, Chamber Music, Theater and Improvisational Ensembles. Check out their link: <http://www.suellen.altpro.net>. Sign up at Member Services at the Vista Club.

## Enrichment Lecture Series

***Let the Magic of Your Life Begin,  
with Sharon Brown***

Thursday, June 23, 7 p.m., Diablo, Free

You are meant to have an amazing life. The power to enable you to do this is inside you. You can change your life by changing your thoughts and feelings. Your life is made up of positive things and negative things. Each area of your life, whether it's your health, money, relationships, work or happiness, is either positive or negative. Sign up at Member Services at the Vista Club.

## Trilogy 4<sup>th</sup> of July

***Presented By All Villages***

- Parade Around Summerset Drive – 11:30 a.m.
- Hot Dogs & Ice Cream Social – 12 to 3 p.m.
- Car & Motorcycle Show – Noon
- Dancing/Singing Performances – 1 p.m.
- DJ – 12 to 3 p.m.
- And More.....

Sign-up sheets for parade entries and for BBQ/Ice cream Social are inserted with this Trilogy Living. More forms at the Vista Club.

## Open Mic Night Returns

Friday, July 8, 7 p.m. – 8:30 p.m.

Diablo Ballroom, Free

Join us for a fun night of showmanship. Show off your hidden talents, whether it's singing, reciting poetry, performing stand-up comedy or playing an instrument, the sky's the limit. Don't hold back! Let your inner star shine through! This is not the "Gong Show" or "Star Search." It's about sharing and having a great time. All performers sign up at Member Services at the Vista Club. *The reserving of chairs/tables prior to the door opening at 6 p.m. is not permitted.* Capacity seating: 160.

**Guidelines:** One performance per person. Performances are limited to 3-5 minutes. Limit of 15 performers for the night. Sign up in the order you wish to appear on performance night. Karaoke is not offered this evening.

## Karaoke Night

Friday, July 15, 7 p.m.

Diablo Ballroom, Free

If your hidden talent is karaoke style singing, join us for an evening of fun. Put your own special style on your performance. All performers sign up at Member Services at the Vista Club.

**Guidelines:** One performance per person. There is a limit of 15 performers for the night.

continued on page 8



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## VETERANS PARADE



Join us for our Veterans Parade and enjoy the colorful spectacle of flags, military uniforms and patriotic music. For each participating Veteran, Cortona Park will donate \$1 for the Veterans Memorial Building. Assembly member Joan Buchanan to speak at 10 a.m. with the Parade commencing at 11 a.m. Complimentary hotdogs and beverages will be served at noon. Make plans now to be here!

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## Andre Thierry & Zydeco Magic

Saturday, July 30, 6:30 p.m.

Vista Patio, \$10 per person

Andre Thierry has been labeled as the Jimmy Hendrix of Zydeco Music, a legend before his time. He will capture your attention with his melodic fingers as they embrace the brass buttons of his accordions, creating music that will captivate your souls, soothe your minds and have your feet dancing all night long. If you like to dance, Andre will have you moving your feet all night long. Andre's love of all things musical and his passion for playing for his audiences delight dancers and music lovers everywhere. Learn more on page 35. Sign up at Member Services at the Vista Club.

## NEW SPORTS AT TRILOGY

**Horseshoes** – Time: to be determined

Contact: Verdan Zelmar at (707) 685-3272

## Dive Into Free Scuba Lessons

Sunday, July 31, 8 a.m., Delta Pool, Free

Try scuba for the first time or polish your skills from the past. All About Scuba is back to offer fun, hands-on scuba classes at the Delta Pool. Their SSI-certified professional instructors provide gear and instructions, everything you'll need to learn for the very first time or refresh your skills. Scuba swim time is determined by how many members sign up. Swimmers must be reasonably healthy. Please bring a swimsuit, towel and a smile! At time of sign-ups, fill out a waiver and bring it to the instructor on the day of class. There is a maximum of six members per time slot beginning at 8 a.m. and ending at noon. Each session runs approximately 45 minutes. For more information, please call (4204) or Kris Hanna at (707) 425-1932. Sign up at Member Services at the Vista Club.

## THE ARTS

### Council for the Arts

After a successful "Music of the Night," donations were given to the Trilogy Band, Rio Vista Community Services, and the Drama Club. The council will soon evaluate the sound system at the Vista Club.

Put next year's dates on your calendar for the next "Music of the Night," which is March 8, 9 and 10, 2012. Suggestions for the next "Music of the Night" will be presented at the next meeting. The next meeting of the council is Thurs., June 9 at 10:30 a.m. in the Monterey Room of the Vista Club. If you have any questions about this club, please call Judy Calpo at (2924).



*This year's "Music of the Night" was a great success!*

### Trilogy Art Guild for Artists

We participated in the Rush Ranch annual gathering where we were able to display a lot of art. Linda Fead won a "People's Choice" ribbon for her Indian painting. We are planning a Juried Art Show for August. It's only three months away. Our show is open to our artist members who will display original art that has not been in any of our previous shows. Pat Puryear is scheduled to do a demonstration on pallet knife painting at our June meeting on Monday June 6 at 2 p.m. She was scheduled for May and was replaced by Karen Wilson from Sacramento who showed us how she paints on Fabric. For more information, contact Amy (4857) or Linda (7590).







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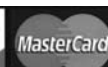
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## June Meeting Calendar

### Master Association Board Meeting

Tuesday, June 14, 2:00 pm  
Diablo Ballroom, Vista Club

Adult Committee Meeting  
Thursday, June 30, 1:00 pm  
Rio Vista Room, Delta Club

## 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 to see the amount taken out after the 5th of the month and all members may register at [www.actionlife.com](http://www.actionlife.com) to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office (4843).

### Assessments for this 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 a member key. It is open from 8 a.m. - 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. - 9 p.m.

**FREE Shredding Service** – The shredding truck will be in the parking lot near the tennis courts on **July 16 between the hours of 10 a.m. and 2 p.m.** Unlike in the past, the shredding will actually take place on site. This service will be provided through Rio Vista Sanitation but will actually be done by Shred It. In the past some members have been reluctant to use the service because the shredding was done off site. Therefore, there may be more participation than in the past. The service will be on a first-come first-serve base. Once the truck is full, no more materials will be accepted, so come early.

**Mailbox Painting** – Thank you everyone who complied after receiving reminder letters from us but especially those who have painted their mailboxes without being asked.

**Dog Waste** – Please pick up after your pooches. We are being notified that many members are not doing this and some are picking it up, putting it in bags and then leaving the bags on empty lots. This seems like a particular problem on the undeveloped lots especially along Sunset Landing.

**RV/Boat Passes** – You must enter thru the front gate with your recreational vehicle and obtain a pass. Reminder, you may not have these vehicles in the community longer than 48 hours.

**Golf Carts** – This is being repeated from last month. We are receiving more complaints of children driving golf carts. We assume this is due to the weather being nice and grandchildren being on vacation. Remember golf carts **must**:

- A. Yield to overtaking vehicular traffic
- B. Be operated by a person with a valid driver's license or at least 18 years old
- C. Be covered under sufficient liability insurance coverage

**Trash Cans** – Many cans are being left out of the garage without being behind enclosures. This is a violation of the Rules and Regulations for the community.

**Animals** – Reminder, please do not feed any animals outdoors. We continue to get reports that members are feeding pets outside and also wild animals. We cannot control the wild animal situation without the help of all members.

**For Your Safety** – Please wear light colors and carry a flashlight when walking or biking in the evenings or early mornings.

**Front Entrance Gate:** Please do not open the gate when you come up behind a car that is just sitting there. Give them room to back up and go through the guest entrance, then proceed through the gate yourself. Reports of this happening at the front gate have increased. Please do not open any gates for any cars waiting for a member so that they can gain entry to the community.

We appreciate and thank all of our members who abide by the rules and regulations of the community.

**For non-delivery of newsletter** - Please contact Jacquie at (4204).

**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 you can email him at [rich.ravin@sheahomes.com](mailto:rich.ravin@sheahomes.com) and copy Morris Barr at the city public works department [mbarr@ci.rio-vista.ca.us](mailto:mbarr@ci.rio-vista.ca.us) on your email to Rich.

## Changes to Olympic Village Rules and Regulations

At their May meeting, the Olympic Village Association (OVA) Board of Directors approved a change prior to the approval of the second reading of amendments to the Olympic Village Association Rules and Regulations.

The change to the proposed amended rules limits parking of a vehicle, under any circumstances, to one in the driveway. Whatever vehicle a resident chooses, a maximum of one vehicle is eligible for a permit.

A second reading for final adoption will be on the July 14 agenda, which you are welcome to attend and make comment.

Suggested Changes and deletions are denoted by ~~strike-outs~~ and additions by *italics*.

## Olympic Village

### ***Application Procedure: Driveway Parking Permit***

The Association recognizes that some residents *may want to park an own more than one or two or even more than three allowed vehicle* on the driveway ~~and that some residents need to park in their driveways for this reason~~ due to *desire, number of vehicles*, because they are disabled and cannot enter or exit a van unless it is in the driveway, or because their vehicle is too large for their garage. In order to enforce the governing documents while allowing reasonable driveway parking in appropriate circumstances, the Village Board has adopted a Driveway Parking Permit System.

Those residents in good standing, and in compliance with all parking regulations who find it necessary to typically park an "allowed vehicle" on the driveway, must obtain a permit to do so. *However, a maximum of one vehicle will be permitted to park on the driveway.*

A permit will be issued only under the following conditions:

- One vehicle, at a resident's discretion, without need of confirmation by the Board.
- More "allowed vehicles" are maintained, *other than one at a resident's discretion*, at the residence than the number of vehicles for which the garage was designed.
- An "allowed vehicle" is too large to fit into the garage.
- The driveway parking is necessitated by the resident's disability, and the Board has confirmed both the disability and the fact that the disability requires driveway parking in order to accommodate the disability.

Permit Application Forms are available from the Association office. Application forms must be filled out

completely and presented to the Association's office. The Association will conduct compliance verification and applications will be acted upon within 30 days. Requests for a Private Drive Parking Permit (i.e. on street parking) **MUST BE DIRECTED TO THE MASTER ASSOCIATION.**

## Adult Committee

The Adult Committee met on April 28 and welcomed new committee members Mary Buchanan, Ida Mae Wagner, Jeffrey Kennan, and Lee Durham. Elections include: Chairperson, Barbara Bieber; Co-Chairperson, Helen Bergoust; Secretary, Ida May Wagner; Landscape Subcommittee Chair, Walt Manos; Safety Subcommittee Chair, Andy Pestana; Pool Subcommittee Chair, Linda Poate; Delta Building Services Subcommittee Chair, Rod Rumble. The Committee would like to thank outgoing members Bobbylyne Rice and Lorna Bewick for their contributions and services. The Committee meets the last Thursday of every month at 1 p.m. in the Delta Club. For more information, contact Barb Bieber (5777).

## Village Riviera Board News

The Board was advised that Dennis Smith, Chairman of our Architectural Committee, resigned effective May 31. A prior member, Jeanette Saporito, agreed to rejoin the committee if approved by the Board. Since Jeanette was previously on the committee and was willing to take on this responsibility, the Board unanimously approved her appointment effective June 1, 2011. We thank Dennis for his four-plus years of dedication to this job.

Ed spoke about the police department who patrol regularly but do not ticket. A discussion ensued regarding whether a speed limit survey should be done. This would be a precursor to giving the police the ability to ticket for issues like speeding or failing to stop at stop signs.

You should have received your HOA payment coupons for the remainder of our fiscal year, which runs from June 1, 2011 to May 31, 2012. The coupon book you received in March had the coupons for the April and May payments only. The Riviera fiscal year differs from the Master Board fiscal year, which creates the need for two mailings. Your new coupons will carry you through May, 2012.

The Residents' Club announced that the Sock Hop was a success and that our Village Kare Bears are taking over our Village responsibilities for the July 4th Celebration this year. Riviera is handling the ice cream sundae tables. The Kare Bears will receive the profits that would have come to the Residents' Club for their efforts. The Treasure Hunt takes place on July 9. You will get your flyer soon with details on things to bring, menu for dinner, price, and how to sign up.

*continued on page 12*



The Kare Bears are hosting "A Place for Mom" on June 7 at 9:30 a.m. The discussion will be around appropriate living arrangements for parents. Everyone is welcome. Please see Kare Bears article for details.

Thanks to everyone who attended and for the great questions that were asked. Our next meeting is on Thursday, July 7 at 6:30 p.m. at the Delta Club. Please join us. For more information email Barbdwns8282@aol.com.

## Olympic Village Residents' Club

Our Rock the Night Away pot luck is on June 11 from 5:30 – 9 p.m. at the Delta Club. Our pot luck dinners always offer wonderful food and fun. So bring your favorite dish to share, and then sample everyone else's. If this is anything like our other pot lucks, you won't want to miss it. Hope to see you there.

Reminder: OVRC meetings are held on Saturdays in conjunction with our Social Club planning meetings. Coffee and treats are provided. All Olympic Village residents are encouraged to attend. You can either call Joel Auslen (5808) for details or look online on the My Trilogy Life (MTL) website.

The MTL website provides you with our most current information about upcoming events and the date, time and location of our OVRC and Social Club meetings. If you have problems signing in to MTL, call Member Services at (4200). Please contact Joel Auslen (5808) if you need additional information.

## Village 1 Residents' Club

The April 12 annual meeting provided election results for the following slate of VORC officers for the 2011-2012 club year. They include Joe Downes, President; Lynne Galletta and Nancy Vickers, Co-vice presidents; Marilyn Stetler, Secretary; Naomi Walker, Treasurer; and Lenne Howard, Assistant Treasurer. The new officers were applauded for their community involvement. The new board endorses the recommendation of the outgoing board to review and rewrite, as necessary, the club by-laws to better reflect the realities of today's environment including the number of meetings, number of officers, number of events, etc. More to follow.

The first club event by new board members Lynne Galletta and Nancy Vickers is already scheduled. By popular demand, the event is VORC's 3rd Poker Run. It takes place Sunday evening on June 12. The event is open to all Trilogy residents. Details were tubed and are also available in

the Delta Club in a pouch above Box 3. Have questions or need answers? Call either Nancy (3946) or Lynne (6079).

The Monday, July 4th community celebration is in the planning stages. It was decided last year that the major components of the celebration would rotate between all the formally functioning Villages. VORC is responsible for the parade this year. Next year, VORC is in charge of supplies and flyers, followed by food preparations and sales, and then back to the ice cream social. We are going to need help with the parade. Please call Joe Downes at (7520) as soon as possible if you are willing to help with the parade.

## Village Oakmont Residents' Club

The International Potluck is just around the corner. All Trilogy residents are invited. The food will be amazing with dishes from all around the world. Residents will share items from their family's cultures, with ethnic music in the background on Sunday, June 12 at the Delta Club at 5:30 p.m. It is not too late to get your friends together, turn in your slip and drop it off in Box #2 in the Delta Club. If you can't find your flyer, there are copies at the Delta or Vista Clubs. Don't miss out on this one!

Next, we celebrate the Fourth of July with all Villages. We are doing registration this year and are looking for a few people to volunteer to sign in our guests at the Delta Club. When you get your flyer please mark the "yes I will help" box. It takes all of us to make these events a success. Our Social Committee meeting is on Wednesday, June 1 at 3 p.m. in the Monterey Room at the Vista Club. Our next Residents' Club meeting is on July 21 at 6 p.m. at the Delta Club.

Get out your favorite recipe and mark your calendars for Sunday, September 11 for our Chili Cook-Off, more details to come! For additional information, please contact Veronica at (3848).

## Village Riviera Residents' Club

Spring has finally arrived, the flowers around Trilogy are magnificent and summer will soon be here. This brings us to the next Riviera event, the Treasure Hunt. You already know the Treasure Hunt is on July 9, but remember how time flies when you are busy being retired. I hope you already have your team planned and have decided what vehicle you'll use to make the rounds. Have you made a study of the streets and memorized where each one is? You should be thinking of all of these things while Linda Robinette puts together the final clues for each team.

You'll see your flyer in early June giving you all of the details. Just keep holding the date, July 9. Flyers will also be available at the Vista and Delta Clubs.

A wonderful thing happened on the way to the July 4 Celebration planning meeting. Riviera Kare Bears offered to handle the Riviera task this year in place of the Residents' Club, and this year's task for Riviera is working the ice cream sundae line. The Riviera Kare Bears will also get the Riviera share of the profits from the sale of the hot dogs and ice cream, so please come out and join in the fun at the Delta pool; order your hot dog and ice cream as soon as you get the flyer. Please do not wait until the last minute to decide you want a hot dog, as we always buy extra and still sell out. A special thanks to Bob Sather and James Eckhardt who have handled the grilling of the hot dogs for at least the past three years. You can relax this year, gentlemen, and just enjoy the festivities.

What comes after summer? We cool back down with fall and enjoy the Soup Potluck with a terrific variety of soups, luscious salads and breads. I know you already marked your calendar for October 8. Finally, we end on a high note with the Holiday Dinner on December 18.



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## Delta Farmers Market

Check out the expanded sales area, new product lines and local beer and wine.  
New hours: 10 am to 6 pm. Intersection of Hwy 12 and 160



### Fresh Air Market

Right here every Saturday  
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## JUNE 2011 Computer Class Schedule

CLASS	DATE & TIME	INSTRUCTOR
Facebook	June 6 10-noon	Beth Brockhouse

If you are interested in volunteering to teach a basic computer class, please call (4204).

### KARE BEARS

#### Oakmont Village

Oakmont Kare Bears give many thanks to Marcia King for the services she has given to Trilogy residents. We also welcome two new coordinators, Noel Moore and Irene Piskura.

Oakmont Kare Bears were invited to tour and have lunch at the Cortona Park Assisted Living Facility on May 11 after the monthly Kare Bears meeting. We will report on any information provided as a resource for those Trilogy residents seeking such services. We were invited to attend a luncheon on May 18 by the Summerset Trilogy Kare Bears.

The Chronic Disease Self-Management program is set to begin on June 13 and continue until July 25 in the Monterey Room at the Vista Club from 9 a.m. to 11:30 a.m. There will be no instruction the week of July 4. The free program is six weeks and is open to Trilogy residents only. The program is open to those with chronic conditions as well as their caregivers, with all participants being able to move about as needed. The enrollment is limited to twenty participants, so sign up early at the front desk to ensure your place. Flyers are available at the front desk.

The Valley Hospital has received an abundance of hats and now has asked Kare Bears for knitters of lap robes and shawls instead. Any knitters who are interested can contact Virginia Albertson for further information.

There is a Kare Bear chairpersons meeting on elder care on June 7 from 9:30 to 11 a.m. Services will be reported for Trilogy residents who are interested.

The next Oakmont Kare Bears meeting is at the Delta Club at 10:30 a.m. on June 8. Come early to meet your new neighbors and board members.

#### Village Riviera

Please join us on June 7 in the Vista Ballroom at 10 a.m. Our topic is "The Search for Senior Care." The guest speaker is Charlotte Stackpole, MPA, who is an Eldercare Advisor. She is affiliated with A Place for Mom, a free referral service that helps families find the right senior care and housing. Light refreshments will be served at 9:30 a.m. All residents are invited to attend this enlightening one-hour seminar.

The next regular meeting is on June 13. We will honor our volunteers. As usual we will gather at the Delta Club for coffee and snacks at 9:30 a.m. and the meeting will start at 10 a.m. We always look forward to seeing you there.

If you need information or services, please call Myra (3660) or Valerie (6942).



#### FAMILY SUPPORT COMMITTEE

We are available to organize a memorial service for any family member who incurs the loss of a Trilogy member. For more information, please call Chairperson Claudette Gartner at (707) 439-6116, e-mail [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com) or call Coordinator Doreen Hammond at (2370) or Barbara Sherison (6845).



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# FITNESS & SPA

By Jo Carmichael – Fitness Director



## EMPOWERMENT – *STRENGTH & CARDIOVASCULAR*

Join your neighbors for **Fitness, Health and Wellness Day, Saturday June 25**. This event begins at 7 a.m. and goes until 2:30 p.m. Events at the Vista and Delta (*see the agenda and event locations on page 17*). the day's events include: morning yoga on the patio, a mini-triathlon, a pet parade and photo shoot, tennis and bicycle clinics, the Skinny Kitchen cooking demo, and lunch by Lira's.

We will have information on the fall **Health Fair and Disaster Preparedness Event** coming up, September 17.

To get your regular fitness program started safely, make your appointment for a personalized **ROM** (range of motion). A range of motion appointment requires a one time \$20 fee.

You'll receive one-on-one with your trainer and once you are set up, the machines will remember your settings and track your workouts.

Next new member group orientation: **Saturday, June 18 at 11 a.m.**



## NUTRITION – *WEIGHT MANAGEMENT & NUTRITION COUNSELING*

Each meal should include some protein to boost your total protein count for the day. However, understand that proteins tend to be heavier in your stomach and take longer to digest. Try to eat protein first. This can help your weight loss efforts by helping you eat less of the other calories in carbohydrates and fats. As a result, you eat fewer total calories in the day. Even if you only remove 100 calories per day using this technique, it will equal an extra pound of fat burned each month. Do it consistently and it will really add up!

Our next **Lose2Win** program starts Monday, July 11.



## REJUVENATION – *RECOVER & RELAX*

The skin rejuvenation process starts with a proper diet. Many make the mistake of underestimating the power of a daily, vitamin rich diet and at least eight glasses of water. A poor diet or inadequate water consumption can lead to dehydration of the skin and magnification of fine lines and wrinkles. The consumption of proper nutrients and liquids can help eliminate toxins and restore a vibrant look to the skin. Sleeping for seven to eight hours each night can help avoid the appearance of dark circles and bags under the eyes. In addition, thirty minutes of exercise, regular massage, and skin care treatments can help in the elimination of toxins from the body. For summer, have your brows and lashes tinted and give your look a boost. *Make your appointment for any of our great SPA services today at Member Services.*



## BALANCING & WELLNESS – *BODY & MIND*

There are two broad categories of wellness, the mental and physical elements. It is important to note that the mental or emotional components of wellness are often overlooked when we focus on physical fitness and chronic disease risk factors. In order to achieve a state of wellness in our lives, we must pay attention to both. We may not all be physically fit or free from disease; however, we can strive for increased wellness by working with what we've been dealt. Classes such as Yoga, Meditation and Stretch can improve us mentally and physically.

# FITNESS & SPA



## FITNESS CLASSES, LECTURES, AND WORKSHOPS

Classes to try:

**Mat Pilates** - A unique method of conditioning that allows you to dramatically reshape and redefine your body. Great for abdomen, lower back, and buttocks. **Pat instructs Monday at 9:30 a.m. and Allison instructs Wednesday at 10:30 a.m.**

**Dance 101** – Fun way to stay fit and learn new moves. This class offers enhanced spatial awareness, balance, coordination, posture and a great cardio workout. **Tuesday at 9 a.m. and Thursday at 10 a.m.**

**Simply Stretch** – This class focuses on breathing, relaxing and stretching to release tension, increase blood flow and decrease pain. Joele will also work with you on self massage techniques that improve flexibility. **Tuesday at 10 a.m.**

**Zumba Toning - coming in July. Try it Saturday, June 25 at the Fitness Day event.**

### **Mark your calendar! Saturday Fitness Classes**

First Saturday each month - STEP Aerobics with Pat at 8:30 a.m.

**Saturday ZUMBA class - June 18 at 11 a.m.**

Fitness Day - June 25 at 11:30 a.m.

Outdoor Aqua fit is back at the Delta – Monday and Thursday at 10 a.m.

## 2011 FITNESS, HEALTH, AND WELLNESS DAY

***Come join your neighbors on Saturday, June 25 for a fun-filled day of fitness, health and wellness for our Trilogy community.***

### **Agenda**

7 a.m. – Yoga on the Patio (*Vista*)

8 a.m. – Beginners Tennis Clinic (*Tennis Courts*)

9 a.m. – Refresher Tennis Clinic (*Tennis Courts*)

8:30 a.m. – 3-2-1 Triathlon (*Delta pool, parking lot and Summerset*)

9 a.m. – Community Walk (*Delta and Summerset*)

10 a.m. – Pet parade & photo shoot (*TBA*)

11:30 and 12:30 p.m. – **New** ZUMBA Toning Classes (*Vista*)

12 - 2:30 p.m. – Lira's Lunch

9 - 2 p.m. – All Vendors and Trilogy Club Booths open (*Delta*)

Cycling clinic (*Delta*)

Veterinarian and pet health (*Delta*)

SPA – Chair Massage (*Delta*)

Personal Training demos and testing (*Delta*)

*Look for details about the important **Health Fair and the Disaster Preparedness Event** coming September 17.*





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TrilogyLiving

Fitness Class Schedule for June 2011

All classes require either a “**Trilogy Fitness Punch Card**” (specialty class = 2 punches, all others are 1 punch. \$60 at the Member Services Desk) or an “**Unlimited Class Pass**” for \$45 which is good for a calendar month.  
Last months Card Raffle Winner – Chris Shaver. Please call Fitness Director Jo Carmichael at (4205) if you have questions.

Orientation: Saturday, June 18 at 11 a.m.

**Key**  
Reg. font = Open Classes  
*Italic* = New Class or Change  
**Bold** = Featured or New Class  
# = Free Trial Class  
(B) = Beginning  
(I) = Intermediate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) <i>10:30 Mat Pilates (Allison) New</i> 3:00 p.m. NO CLASS (Circuit Training) Inst. vacation 4:00 p.m. NO CLASS (Stretch & Flex) Inst. vacation 7:00 p.m. Meditation (B/I) (Anna)	<b>2</b> 8:00 a.m. NO CLASS (Core/ Balance) Inst. vacation 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 3:00 p.m. Aqua Fit (Denise) Delta Pool 4:00 p.m. Dance Aerobics (B) (Jolee) <i>5:00 p.m. Smooth Moves (B/I) (Jolee) New</i>	<b>3</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) 9:30 a.m. Dance Aerobics (Jolee) 10:00 a.m. Aqua Fit (B) (Denise)	<b>4</b> 8:30 a.m. STEP Aerobics (Pat) 8:30 a.m. Aqua Fit (B) (Denise)
<b>6</b> 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 9:30 a.m. Mat Pilates (B/I) (Pat) <b>New</b> 9:30 a.m. Wake Up & Move (B/I) (Anna) <b>Delta New</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> <i>10:30 a.m. ZUMBA (Sophie) New time</i> <i>11:30 a.m. ZUMBA (Sophie) New time</i>	<b>7</b> 8:00 a.m. NO CLASS (Core/ Balance) Instr. vacation 9:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Simply Stretch (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 4:00 p.m. Dance Aerobics (B) (Jolee)	<b>8</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) <i>8:30 a.m. Workout With Weights (B/I) (Pat)</i> 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) <i>10:30 Mat Pilates (Allison) New</i> 3:00 p.m. NO CLASS (Circuit Training) Inst. vacation 4:00 p.m. NO CLASS (Stretch & Flex) Inst. vacation 7:00 p.m. Meditation (B/I) (Anna)	<b>9</b> 8:00 a.m. NO CLASS (Core/ Balance) Inst. vacation 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 3:00 p.m. Aqua Fit (Denise) Delta Pool 4:00 p.m. Dance Aerobics (B) (Jolee) <i>5:00 p.m. Smooth Moves (B/I) (Jolee) New</i>	<b>10</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) 9:30 a.m. Dance Aerobics (Jolee) 10:00 a.m. Aqua Fit (B) (Denise)	<b>11</b> 8:30 a.m. Aqua Fit (B) (Denise)
<b>13</b> 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 9:30 a.m. Mat Pilates (B/I) (Pat) <b>New</b> 9:30 a.m. Wake Up & Move (B/I) (Anna) <b>Delta New</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> <i>10:30 a.m. ZUMBA (Sophie) New time</i> <i>11:30 a.m. ZUMBA (Sophie) New time</i>	<b>14</b> 8:00 a.m. Core/Balance (Jo) 9:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Simply Stretch (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 4:00 p.m. Dance Aerobics (B) (Jolee)	<b>15</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) 10:30 Mat Pilates (Allison) <b>New</b> 3:00 p.m. NO CLASS (Circuit Training) Inst. vacation 4:00 p.m. NO CLASS (Stretch & Flex) Inst. vacation 7:00 p.m. Meditation (B/I) (Anna)	<b>16</b> 8:00 a.m. Core/Balance (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 3:00 p.m. Aqua Fit (Denise) Delta Pool 4:00 p.m. Dance Aerobics (B) (Jolee) 5:00 p.m. Smooth Moves (B/I) (Jolee) <b>New</b>	<b>17</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) 9:30 a.m. Dance Aerobics (Jolee) 10:00 a.m. Aqua Fit (B) (Denise)	<b>18</b> 8:30 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA (Sophie) 12:00 p.m. ZUMBA (Sophie) 11:00 a.m. Fitness Orientation (Susan) <b>Fitness Floor</b>
<b>20</b> 7:30 a.m. Step (B/I) Pat <i>8:30 a.m. Workout With Weights (B/I) (Pat)</i> 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 9:30 a.m. Mat Pilates (B/I) (Pat) <b>New</b> 9:30 a.m. Wake Up & Move (B/I) (Anna) <b>Delta New</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> <i>10:30 a.m. ZUMBA (Sophie) New time</i> <i>11:30 a.m. ZUMBA (Sophie) New time</i>	<b>21</b> 8:00 a.m. Core/Balance (Jo) 9:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Simply Stretch (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 4:00 p.m. Dance Aerobics (B) (Jolee)	<b>22</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) 10:30 Mat Pilates (Allison) <b>New</b> 3:00 p.m. Circuit Training (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan) 7:00 p.m. Meditation (B/I) (Anna)	<b>23</b> 8:00 a.m. Core/Balance (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 3:00 p.m. Aqua Fit (Denise) Delta Pool 4:00 p.m. Dance Aerobics (B) (Jolee) <i>5:00 p.m. Smooth Moves (B/I) (Jolee) New</i>	<b>24</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) <b>New Time</b> 9:30 a.m. Dance Aerobics (Jolee) 10:00 a.m. Aqua Fit (B) (Denise)	<b>25</b> 7 a.m. – 2:30 p.m. Fitness Day Event 8:30 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA (Sophie) 12:00 p.m. ZUMBA (Sophie)
<b>27</b> 7:30 a.m. Step (B/I) Pat <i>8:30 a.m. Workout With Weights (B/I) (Pat)</i> 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 9:30 a.m. Mat Pilates (B/I) (Pat) <b>New</b> 9:30 a.m. Wake Up & Move (B/I) (Anna) <b>Delta New</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> <i>10:30 a.m. ZUMBA (Sophie) New time</i> <i>11:30 a.m. ZUMBA (Sophie) New time</i>	<b>28</b> 8:00 a.m. Core/Balance (Jo) 9:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Simply Stretch (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 4:00 p.m. Dance Aerobics (B) (Jolee)	<b>29</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) 10:30 Mat Pilates (Allison) <b>New</b> 3:00 p.m. Circuit Training (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan) 7:00 p.m. Meditation (B/I) (Anna)	<b>30</b> 8:00 a.m. Core/Balance (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Dance 101 (Jolee) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 3:00 p.m. Aqua Fit (Denise) Delta Pool 4:00 p.m. Dance Aerobics (B) (Jolee) <i>5:00 p.m. Smooth Moves (B/I) (Jolee) New</i>	<b>Classes to note in June</b> <ul style="list-style-type: none"><li><b>STEP Aerobics with Pat</b> – First Saturday of each month at 8:30 a.m.</li><li><b>Mat Pilates with Pat</b> – Mondays at 9:30 a.m.</li><li><b>Mat Pilates with Allison</b> – Wednesdays at 10:30 a.m.</li><li><b>ZUMBA with Sophie</b> – Saturdays at 11 a.m. and 12 p.m. on June 18 and June 25</li><li><b>Try Smooth Moves with Jolee</b> – a gentle alternative to fast paced aerobic classes, gentle on the joints and good for your heart. Tuesdays and Thursdays at 5 p.m.</li><li><b>Aqua Fit classes</b> in the Delta pool Mondays and Thursdays at 10 a.m. and 3 p.m.</li></ul>	

TrilogyLiving

June 2011 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis Lessons (D) 6pm Beginners Ballroom Dance Class (V) 6:30pm Soul Line Dancing (D) 7pm Billiards Club Mtg. (V)	<b>2</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 10am Village Riviera Arch. Com. Mtg. (D) 12:30pm Ponytail Canasta (V) 1pm Golf Ladies Bridge Club (D) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Drama Club Rehearsal (D)	<b>3</b> 8am Social Tennis 9am Model Club (V) 9am TAG Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) <b>7pm A Tribute to Simon &amp; Garfunkel (V)</b>	<b>4</b> 8am Motorcycle Club (Off-site) 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D) 5pm Good Times Club Special Event (V)
<b>5</b>	<b>6</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing Class (D) 12:30pm TAG Watercolor Class (D) 1pm Mah-Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Mtg. (D) 3pm Village Oakmont Arch. Com. (D) 4pm Sr. Men's Golf Planning Mtg. (V) 5pm Whist Club Planning (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D)	<b>7</b> <b>Election Day at the Delta. Don't forget to vote!</b> 7am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 9:30am Beg. Country Line Dance (D) 10:30am Int. Country Line Dance (D) 10:00am Kare Bear Event (V) 11:30am RVMEN 9-Hole Golf 12pm Dominoes (V) 12:30pm Hand & Foot Canasta (V) 12:30pm TAG Watercolor Class (D) 4pm RV Roamers (D) 5pm Billiards Club Tournament (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Rehearsal (D) 7pm San Francisco Club (V)	<b>8</b> 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) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6pm Beginners Ballroom Dance Class (V) 6:30pm Soul Line Dancing (D)	<b>9</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10:30am Council for the Arts (V) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) <b>1pm Hearing Assessment (V)</b> 3pm Disaster Preparedness Com. Mtg. (V) 3pm Golf - TRVMEN Mtg. (D) 4pm Golf - Sr. Men's Board Mtg. (D) 5pm Table Tennis - beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Drama Rehearsal (D)	<b>10</b> 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) 7pm Bunco (D) <b>7pm Comedy Night</b>	<b>11</b> 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D) 5:30pm Olympic Village Rock & Roll Party (D)
<b>12</b> <b>10am – 3pm Farmer's Market (D)</b> 5pm Village Oakmont International Potluck (D) 7pm Ballroom Dance Club (V)	<b>13</b> 8am Social Tennis 9am Chronic Disease class (V) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 10am TAG Charcoal Drawing Class (D) 12:30pm Duplicate Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Rip, Stitch & Bitch (V) 5pm Whist Club Planning Mtg. (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D)	<b>14</b> 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 9:30am Beg. Country Line Dance (D) 10:30am Int. Country Line Dance (D) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) <b>2pm Master Assoc Bd Mtg. (V)</b> 5pm Billiards Club Tournament (V) 5pm Table Tennis - beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) <b>6pm Grapevine Chat (V)</b> 7pm Gospel Singers Practice (V) 7pm Drama Club Rehearsal (D) 7pm VORC meeting (D)	<b>15</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6pm Beginners Ballroom Dance Class (V) 6:30pm Soul Line Dancing (D)	<b>16</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 10am Village Riviera Arch. Com. Mtg. (D) 12pm Dominoes (V) 1pm Golf Ladies Bridge Club (D) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg. (D) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg. (V)	<b>17</b> 8am Social Tennis 9am Village I Arch. Com. Mtg. (D) 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) <b>6:30pm Movie Night (V)</b> 7pm Whist Club (D)	<b>18</b> 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D) 12pm Juneteenth Celebration (Delta Pool ) <b>6pm Concert on the Patio – Espiritu Quartet (V)</b>
<b>19</b> <b>Happy Father's Day!</b>	<b>20</b> 8am Social Tennis 9am Blood Drive (D) 9am Chronic Disease class (V) 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing Class (D) 12:30pm TAG Watercolor Class (D) 1pm Mah-jongg (V) 3pm Villlage Oakmont Arch. Com. (D) 6:30pm Soul Line Dancing (D) 6:30pm Fishing Club (D)	<b>21</b> 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 9:30am Beg. Country Line Dance (D) 10:30am Int. Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) 5pm Billiard Club Tournament (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V) 7pm Drama Club Rehearsal (D)	<b>22</b> 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 Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6pm Beginners Ballroom Dance Class (V) 6:30pm Soul Line Dancing (D)	<b>23</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Drama rehearsal (D) <b>7pm Enrichment Lecture (V)</b>	<b>24</b> 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) 7pm Bingo (D)	<b>25</b> <b>Fitness Health &amp; Wellness Day</b> 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D)
<b>26</b> <b>10am – 3pm Farmer's Market (D)</b> 4pm San Francisco Club Potluck (D) 6pm Social Dance Club Event (V)	<b>27</b> 8am Social Tennis 9am Chronic Disease class (V) 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing Class (D) 12:30pm TAG Watercolor Class (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 5pm Whist Club Planning Mtg. (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D)	<b>28</b> 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 9:30am Beg. Country Line Dance (D) 10:30am Int. Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) 5pm Billiards Club Tournament (V) <b>5pm Grapevine Chat (V)</b> 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. (D) 7pm Triage Team (V)	<b>29</b> 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 Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6pm Beginners Ballroom Dance Class (V) 6:30pm Soul Line Dancing (D)	<b>30</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) <b>1pm Adult Committee Mtg. (D)</b> 1pm Good Samaritans (D) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V)		





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## Billiards Club

The next Billiards Club meeting is on Wednesday June 1 at 7 p.m. in the Monterey Room of the Vista Club.

Tuesday evening's tournaments start at 5 p.m. The Club hosted a tournament with Pinole on Saturday April 16 at the Vista Club. Pinole brought 10 players and Trilogy had 13 club members in attendance. The format was 8-ball. After four hours of play and 51 games, the final results were Pinole 34 Trilogy 17. The matches were all close with the winner being determined in the final minutes of each game. The club hosted lunch at the Bergoust residence. Al did a great job, as usual, with a selection of cold cuts, baked beans, potato salad, green salad, and cold drinks. All players were invited back to the club for a chance to play and challenge any opponent of their choice. It was a good time to visit and challenge their best players to a match. Some of the Pinole players actually compete in professional tournaments and all who came were great players. This was an opportunity to expand horizons and become better players.

### Latest weekly tournament winners

April 5, 9-Ball	April 19, 8-Ball
1 <sup>st</sup> Al Bergoust	1 <sup>st</sup> Oscar Grissom
2 <sup>nd</sup> Diego Cassone	2 <sup>nd</sup> Dave Stewart
3 <sup>rd</sup> Gary Larski	3 <sup>rd</sup> Bob Rice
4 <sup>th</sup> Oscar Grissom	
April 12, 8-Ball	April 26, 8-Ball
1 <sup>st</sup> Oscar Grissom	1 <sup>st</sup> Oscar Grissom
2 <sup>nd</sup> Marlin Horner	2 <sup>nd</sup> Jack Clark
3 <sup>rd</sup> Jack Clark	3 <sup>rd</sup> Al Bergoust

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

## Bingo Club

Summer has arrived! Invite your friends and neighbors to the June 24 bingo game for fun, refreshments, and door prizes. Mark your calendar for the fourth Friday of the month for bingo at the Delta Club. Games begin promptly at 7 p.m.

Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at (6999).

## Bocce Club

The TBC is hosting a one-day, self-funding community-wide bocce tournament on Saturday June 11, 9 a.m. - 5 p.m. with an hour break at noon. The format is a seven game round robin schedule. The existing TRV bocce rules will apply. The sign-up deadline is June 1 and the entrance fee is \$25 per team. Eight teams of eight members can be accommodated. Sign-up forms are available in the middle mail box on the back of the Summerset bulletin board. If more than eight teams sign up to play, a drawing will commence on June 2 at 5 p.m. at the Summerset bocce complex to decide what teams will play. Teams not drawn will receive a refund. Following the tournament is a BYOTS (Bring Your Own Team Stuff plus tableware and beverage) social and BBQ at 6 p.m. at the courts. All residents are invited to join in the tournament and BYOTS social. See the Summerset bulletin board for more details or call Joe Downes at (7520).

The new court grooming protocol of broom, water, and roll seems to be working fine. Brooming between games is having a positive impact on the courts. We are seeing fewer divots and a smoother surface. Please keep up the good work. We all benefit.

We are approaching the mid-point of the season for both the morning and night leagues. The morning league has scheduled their mid-season social and BBQ for Tuesday June 28 at the Delta. Molly Woodworth and Ursula Joens are organizing this very popular event. Details will be posted at the Summerset bocce bulletin board. The evening league's year-end social is set for Sunday, August 28. Details will be posted on the Summerset board.

## Book Club

The Book Club meets the second Tuesday of each month at 10:30 am in the Vista Club. The next meeting is on June 14. The book selection for June is *Packing for Mars* by Mary Roach. July's selection is *Water for Elephants* by Sara Gruen.

There is no requirement to have read the selected books. Everyone is welcome to join. Feel free to stop by; we would love to meet you. For further information, contact Adrienne at (5576).

## Bridge – Duplicate

Bridge – Duplicate meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, June 13. Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at (6136).

April's results: 1<sup>st</sup> - Karen and Jim Nash  
2<sup>nd</sup> - Mary Slick & Jean Corwin  
3<sup>rd</sup> - Sue Vogtlin and Lois Brusen.

## Computer Club

The next meeting of the Computer Club is on June 21 in the Diablo Ballroom at 7 p.m. This meeting is for Computer Club members only. The topic for the evening is "How to compose a PowerPoint presentation." John Shilich will be the presenter.

If you wish to become a member of the club you may come prior the start of the meeting to join. You can also go to the club website at [www.tccrv.org](http://www.tccrv.org) to complete and print a copy of the application or call Carol Smith, our Membership Director, at (3445). You may fill out an application and pay the yearly dues.

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](http://www.tccrv.org) for the latest information on many computer related subjects, meetings, and other interesting items. For more information, contact Lowell Graf at (1435).

## Digital Photography Club

*Article by Andrew L. Acquistapace. Photo by Karen Albanese.*

Thirteen members attended the April photo shoot at Filoli Gardens in Woodside. The gardens were in full bloom, and overwhelming colors were everywhere. Our May photo outing was to Mt. Diablo. There are great photo-ops in that area, and interest among club members was high. In our June meeting, Jim Ludwig will give a power-point laptop demonstration of some simple PhotoShop techniques to enhance our digital photos. For further information, call Andrew at (5737).



## Drama Club

The Drama Club is currently rehearsing for our upcoming production in August, "Trouble in Tumbleweed." Performance dates are August 18, 19 and 20 at 7 p.m. There is also a Sunday matinee on August 21 at 2 p. m. Sign up early, seating fills up quickly! Join us for an evening or matinee loaded with twists and turns and lots of fun.

The Drama Club extends heartfelt thanks to the following merchants:

Abel Chevrolet, Delta Pharmacy, Nines Restaurant, Happy Harbor Restaurant, Lira's Supermarket, Oilwell Materials, Point Waterfront Restaurant, Rio Vista Veterinarian, Rio Vista Pizza Factory, Ace Hardware, and The Golf Club at Rio Vista.

Their generous raffle prize donations to our annual fundraiser helped to ensure a successful evening. We would also like to thank our members, not only for their generous donations but also for all of their hard work.

The Drama Club always welcomes new members. Please contact Debby DuBrow at (6706) for more information.

## Fishing Club

The fishing club's next meeting is Monday, June 20 in the Marina Room at the Delta Club at 7 p.m. We have a lot on the table for this meeting. We will talk about participating in a couple of overnight trout stream fishing trips. There are a few spots left for our S.F. Bay Halibut and Striper trip on Tuesday, June 7 on the California Dawn party boat. We will drift live anchovies in S.F. Bay. We will also discuss a club barbecue at the Rio Vista Harbor private barbecue area. We have a retired professional barbecue and smoking chef doing the cooking and we will have a guest speaker. Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at (3791). Good luck fishing!

## Genealogy Club

The Trilogy Genealogy Club welcomed new members to the May meeting. Rhoda Fone brought in county history books she has collected over the years. They included The History of Lafayette, Missouri and the Lancaster County, Pennsylvania Church records. After the Civil War, each state encouraged the counties to document their histories. These books can be important in helping to locate those hard-to-find ancestors that are not always on the internet. Rhoda also stressed the value of visiting the many libraries available here in the Bay Area, specifically the Sutro library in San Francisco.



As family historians, we are happy to share our stories of locating our long lost ancestors. These searches are time consuming adventures that give us pause at the historical value of these pioneers. In our group here at Trilogy, we have a descendent of some of the pioneers who settled the Dublin, California area. We also have a gentleman whose family came across the U.S. with the Donner Party, separating from them before the fateful event, but later taking in two of the little girls that survived. Attend the next meeting and share your family history with us.

Our regular meetings are the first Thursday of every month at 2 p.m. at the Vista Club. Our monthly workshop is scheduled for Thursday, June 16 at the Vista Club. For more information, Call Rhoda Fone at (7542).

## Good Samaritans

Five years ago, the Good Samaritans honored the mothers in our community. The first Annual Mother's Day recognition for the Good Samaritans was held at the Delta Club/Marina Room. Mother's Day is a special day to recognize mothers, motherhood, maternal bonds in general and to acknowledge the many contributions that mothers have made in our society. Velma Bridges was honored as Mother of the Year 2011 by The Good Samaritans. Velma has been a resident of Trilogy for 13 years. Velma stated that she was one of the first African-American females in Trilogy. Ms. Bridges has been a mother to many of the younger women, from San Francisco to Rio Vista. Velma received honors for taking care of her sister, who survived Hurricane Katrina. Her favorite saying is, "I'm too blessed to be stressed." She has truly been an inspiration to the Good Samaritans and many other Trilogy residents.

We also honor fathers on Father's Day. The celebration for Father's Day is recognized on the third Sunday of June. This year, our focus was on the fathers and mothers who have dedicated their lives to society by serving in the military. Ruben Peña is honored as Father of the Year 2011 by the Good Samaritans. He is a man of God who started with the Good Samaritans five years ago. Ruben has helped many young men and women to better their life with his wisdom. Ruben is not ashamed of the gospel. He has been a father figure to many. His hobby is photography and his passion is football. His favorite saying is "Go Raiders!" We thank God for all fathers and mothers.

The Good Samaritans meets every Thursday at 1 pm. at the Delta Club in the Marina Room. Bring your Bible. If you need one, let us know and we will gladly provide one for you. Why drive to downtown Rio Vista or farther for Bible study when The Good Samaritans is right here? We have been meeting weekly for five years at Trilogy. You are welcome to attend our weekly Bible study.

The Good Samaritans' mission is to teach the Word, pray for one another, fellowship with one another, uplift one another through hard times and good times, visit the sick and shut-in, love our neighbors, reach out to those in need, and invite guest speakers, singers, and musicians. We also show Christian movies and sponsor special events.

*Scripture of the Month: Matthew 5: 3-12*

## Good Times Club

The Good Times Club presents a special event, Doo Wop by Request, a dinner and dancing extravaganza. Join Good Times on June 4 at 5 p.m. in the Diablo Room for registration. Dinner is served at 6 p.m. Catered by Chez Soul, the menu features an authentic taste of Louisiana including ribs, fried chicken, greens, red beans and rice, yams (vegetarian option), coffee, and dessert (BYOB). Enjoy this night on the town with doo wop sound. You'll even have a chance to win prizes. Cost is \$25 per person. For more information, contact Judy Milde at (2679).

## Men's Executive Nine

Our tournament schedule is in full swing. The April 19 four-man shamble was won by the team of Dennis Germano, Rocky Dillon, Jim Rogers, and the ever popular Blind Draw. The May 3 four-club tournament proved to be challenging. The winners by flight were: Flight 1, Joe Devilbiss with a 32; Flight 2, Jim Rogers with a 33; and Flight 3, Andy Barber with a 34. Congratulations to the winners and thanks to all that participated.

On April 26, Rio Vista High School held its second annual tournament for the benefit of the high school athletic de-



*Rio Vista High School Golf Tournament at 7<sup>th</sup> hole sponsored by the Men's Executive Nine. L-R: Club members Dennis French, Rolf Sabye, and William "Metz" Metzler.*



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## TRIPS AND TOURS

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

**June 14 & 19 trips – SOLD OUT**

**July 3–5–Reno Fourth of July Celebration–\$259/pp.** 3-days/2-nights stay at El Dorado Hotel Casino in downtown Reno. Enjoy Virginia City's Home Town Fourth of July parade. View spectacular fireworks launched from the top of the twin towers at John Ascuaga's Nugget. You'll also have time to browse among Victorian Square's holiday crafts and food booths prior to the fireworks display.

For more information and/or sign-ups, call Ethel (7548) or Eileen (2684).

**July 16–Kitchen Kut-Ups Lunch \$79/pp.** Just as the name suggests, a whole lot of "krazyness," with toe tapping music, "show biz" characters and good food.

**August 9–Gambler's Special–Cache Creek Casino \$30/pp.** Usual 4 hours "stay and play," with \$10 players club credit and a food coupon.

**Sept. 27–Felton Steam Train–BBQ–Gizdich Apples \$89/pp.** Roaring Camp steam engines date from the 1890's and travel over trestles and through towering Redwood groves along a winding narrow-gauge grade to the top of Bear Mountain. Conductors will narrate the history of the area and Roaring Camp as we enjoy the ride and scenery along the way. After leaving Roaring Camp, we'll proceed

to Gizdich Apple Ranch for a guided tour and tasting of some of the finest apples and apple juice west of the Rockies. End the day with a slice of delicious homemade apple pie and ice cream. A Fun Day!

**Oct. 7–9–The Great Italian Festival–Reno–\$298/pp.** 3-days/2-nights accommodations at the Silver Legacy Resort Casino in downtown Reno. You'll enjoy a festival of authentic homemade Italian cuisine, live entertainment and maybe even climb into a barrel of grapes and actually compete in the "Grape Stomp." Also included are reserved dinner seating for the Tony Award winning musical comedy "Hairspray" at the El Dorado Showroom and a hosted luncheon cruise on Lake Tahoe.

partment. The Men's Executive Nine Golf Club sponsored a hole and several club members participated.

Two big events are on the calendar for June. The first is the Prostate Cancer tournament on June 14. This tournament is open to all clubs and will offer numerous prizes including a car for a hole-in-one and a \$40,000 shoot-out event. The Men's Executive Nine Golf Club is sponsoring a hole for this tournament, so watch for the sign. The other big event is our first yellow ball tournament on June 21.

This shotgun start tournament should be a lot of fun and will be followed up by club-furnished refreshments.

Please plan on attending our monthly general membership meeting and participating in your club. We will continue to review common rules of golf so bring your questions to the meeting.

Welcome, new member Larry Reece. This brings our membership total to 77. If you are interested in joining our group, pick up an application form in the posting room or contact membership chairman Dennis French at (4890).

## Model Club

This month the Model Club members are working on the Garden Railroad by installing a transfer table, a Wye for turning cars or engines, and laying a second track around our perimeter. We have also been working on landscape improvements with additional plantings and removal of weeds and other certain plants. We plan to be able to show our neighbors, friends, and grandchildren a more sophisticated layout that demonstrates our enjoyment of train operations and gardening. Upcoming events include field trips, boat regattas and more model building. Other interests of the club include model making, RC aircraft and cars. Stop by one of our meetings to learn of other interesting things to see in the area. For more questions, please contact the club president Mr. John Harder at (3646) or Dean Lattman at (3967). Please join us at our monthly meeting, the first Friday of each month in the Vista Club Monterey Room at 9 a.m., to meet your neighbors and see what plans we have for your enjoyment.

## Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. On our last ride, we had nine motorcycles and 11 riders that layered up against some iffy looking weather and headed east across the Rio Vista Bridge, up to Walnut Grove and east on Twin Cities. This direction suited our group just fine; we don't seem to care where we are going, but, we enjoy talking about where we have been. We took a short break in Lone and



then headed on down Hwy 49 to Angels Camp. From there, we rode Hwy 4 to Murphy and to our lunch destination in Arnold. The Giant Burger drive-in did a pretty good job on big burgers, fries and shakes and didn't even blink at a custom order for a peanut butter chocolate shake! Upon leaving Giant Burger, the group leader decided we needed to continue to ride east to find snow and take our annual "snow picture." Just as the patience of all the riders had been pretty well tested, we encountered a decent sized patch of snow at a snow park at about 5,000 feet. The photographer had to duck snowballs while setting up the camera tripod ... what an unruly crew! By this time the weather was superbly warm, even at this altitude, and the return trip offered shirt sleeve scootering. We took another short break at a vista overlook on Hwy 4 before making the dash to Starbucks on I-5 and Eight Mile Road. Total ride distance was about 240 easy miles and the weather cooperated just fine. That is until getting back close to "Windy Rio" when the bikes decided to lean left.

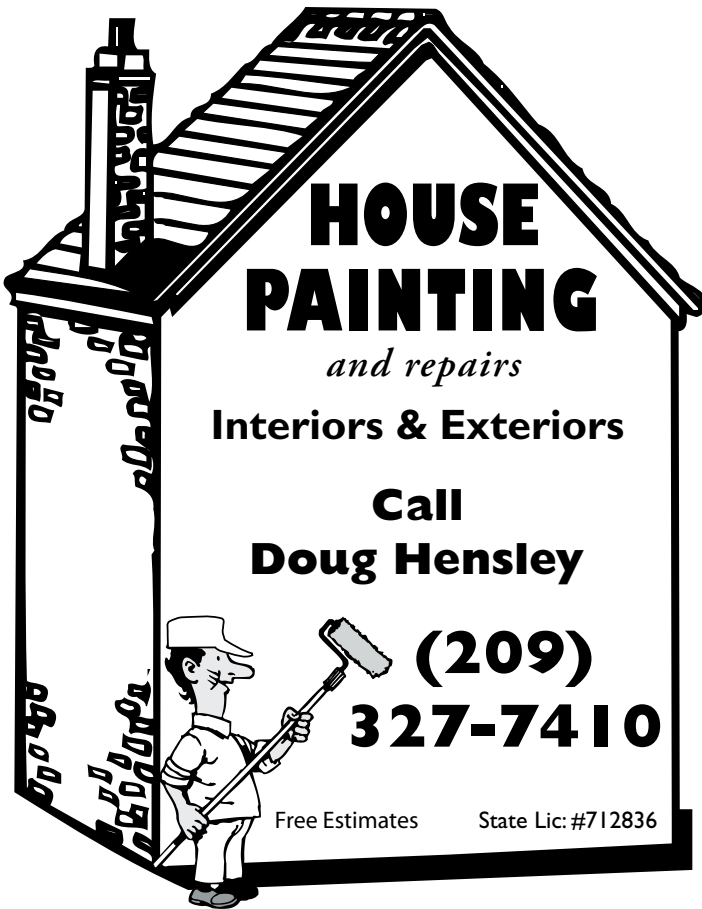
We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride meets at McDonald's in Rio Vista on June 4 at 8 a.m. The destination to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson at (2967).

*"Don't argue with an 18-wheeler."*

— Author Unknown

## Radio Club

Questions regarding the Radio Club have prompted these additional explanations of our charter, and the efforts we take to provide services. The first element of our charter is to support the community of Trilogy Rio Vista. We are geographically located adjacent to the Sacramento River, and at the very end of electri-



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cal power distribution and telephone lines. As you are aware, the closest larger cities are at the end of a 25 mile or more drive, and two of those cities, Antioch and Lodi, are only accessible by traveling over bridges. The third major route we have available is up highway 12 to Fairfield. If by these extreme distances we cannot maintain essential service, we have organized through the Disaster Preparedness Committee plans and procedures to communicate and assist members in our community by sector. We will be able to communicate with sector managers by use of a radio system called "Family Radio Service (FRS)." These hand held radios, along with emergency batteries, will be sent into the various occupied areas as needed and as directed by the Disaster Preparedness Group. With this system we will be able to request medical services, emergency power and minimum food requirements from county or state assistance agencies.

The second element is with the County of Solano organized Auxiliary Communications Service (ACS) formed under the County Sheriff's Department. This group uses "Armature Radio" equipment and operators licensed by the Federal Communications Commission that allows us to communicate with a much wider area in the event we need help in an emergency. This month, one of our members is providing emergency communications in the South to assist with the tornado disaster and flooding emergencies.

Additional information can be obtained by attending the weekly Radio Club meeting. Meetings are held each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee. The formal meeting starts at 10 a.m. Please stop by. Dean Lattman is available at (3967) if you have any questions.

## Recipe Club

With the lovely weather and beautiful produce, our June chefs Wendy Adair, Jody Grenier, and Julia Mattos are preparing their favorite fruit recipes for the June meeting.

We meet at noon on the second Tuesday of each month at the Delta Club. We welcome new members. If you enjoy cooking, bring a fruit recipe and join us for a fun get together. If you have questions, contact Patty LaFleur at (3159).

Monthly tip: Coffee Filters—better than paper towels and a lot less expensive. Protect China by separating your good dishes with coffee filters between dishes. Place chopped ingredients in a coffee filter on a kitchen scale when weighing food. Put baking soda into a coffee filter and insert into shoes or a closet to absorb or prevent odors. Use coffee filters to wrap Christmas orna-

ments or other fragile items for storage. Use a coffee filter as a spoon rest while cooking and to clean up small counter spills.

## Rio Vista Roamers RV Club

We have been off to a rough start for April and May. We did visit French Camp RV Park in April, but President Frank Reid and Vice-president Sandra Santos were our wagon masters. Ken Powell had some surgery and he and Wilma needed some help. This group will always lend a helping hand when it is needed. We thank all who attended for their assistance. We had a great time and really missed the Powells.

Our annual meeting is June 7 at 4 p.m. at the Vista Club. We have a lot to discuss, so please attend. This meeting is also open to any RV owners who would like to find out what we are all about! For more information, contact Sandra Santos at (3538)

## San Francisco Club

Giant's Game! Potluck! Memories and Moments to remember! Coming to our next event on June 19, the Giants vs. A's in Oakland. We'll have great seats. For more information, contact Ethel at (7548). Then, on June 26 the San Francisco club is having a Potluck dinner. It is open to everyone who was born in, lived, worked or went to school in the City. We will have prizes and fun for everyone. To join the San Francisco club or get more information about the activities, please contact Mike or Lori at (6196).

## Senior Men's Golf Club

The Senior Men's Golf Club sponsored the Armed Forces Day Tournament on May 4. Eighty-one golfers took part and the event raised \$2,173 for the Dixon VETS housing Program sponsored by the Fairfield-Suisun Community Action Group. This program provides transitory housing for veterans with preference to vets in the Dixon, Suisun, and Fairfield areas. Thank you to everyone who participated and donated. Special thanks to Jim Malone for all his work in arranging the event.

Mark your calendar for the Prostate Cancer Tournament on June 14. This is a premier golfing event and will offer major prizes including a car for a hole-in-one and a \$40,000 hole-in-one shoot-out. It is a popular event, so please sign up early if you want to play. If you wish to sponsor a hole or provide raffle prizes, call Dick Popham at (4701).

We continue to get more member participation in our e-Clubhouse website. If you have not yet done so, please



check it out at [www.rvsmgc.ghinclub.com](http://www.rvsmgc.ghinclub.com). Call Jerry Sundly, our Webmaster, at (3754) with any questions or problems.

Our club holds its general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club Rio Vista Room. Please plan on attending and participating in your club. If you are interested in joining our club, membership applications are available in the pro shop. For more information, contact George Barlesi at (4032) or e-mail George at [gbarlesi@comcast.net](mailto:gbarlesi@comcast.net).

## Supper Club

The Supper Club is planning a group party on the Delta Club patio this coming August. This event will replace the dinners held at members' homes for that month only. Please set aside Saturday, August 27 from 4 - 8 p.m. Also note, the June and October dinners will maintain their regular formats.

We are reserving the patio as well as the kitchen and one of the adjacent rooms for seating (for those who want to be inside in case it is too hot). Please bring your own drinks. Everyone can bring an item to share. You will receive an invitation in July. Please respond promptly so we can determine how many tables and supplies are needed.

We also have some new members to welcome to Supper Club: Georgette Hall and her friend Ron, Arnold and Ursula Joens, and Ed and Joyce Takara. We are so happy to have you.

For those who may want to join Supper Club, we meet every other month in each other's homes for a night of exquisite dining, fun and conversation. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually six or eight). We are not limited to a formal dinner menu. Options include an afternoon barbeque, a brunch or a luncheon. Everyone is welcome to join Supper Club.

If you are looking for a new adventure and/or want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and the friendship provided by our members.

Interested in becoming a member? Want to be included in the August party? Contact either Maureen Gingrass at (3803) or Cheryl Bellrose at (6619) by mid-June.

## Table Tennis Club

What a great In-House tournament we had on Saturday, April 30. We had such good display of etiquette, camaraderie, sportsmanship and fun! Very special thanks to Tom Barnes, the club's president and Tournament chair, who



did an excellent and professional job, from creating the ability ladders to making score keeping devices. Also, special thanks to Ruth Barnes and Lily Martinez for hosting

the event and providing goodies. And thanks to Ricky Martinez, our official score keeper. Below are the division winners:

A: Michael Lewis

B: Richard Mariant

C: Larry Mork

D: Kim Dong

Women's: Lydia Ponce

Congratulations to all the winners. You will receive certificates of recognition. Hopefully, we'll have another tournament before the year is over so that all of us who did not make the Winners Circle will have a chance for a re-match.

Our next social is planned for Saturday June 4. It is scheduled as a BBQ/pool side gathering with table tennis games in the River Room. There is a chance that it might become an evening "appetizers and wine social" at one of the bocce courts with some bocce games in between. We will let you know so that you can plan accordingly.

Tom Barnes had the idea of purchasing some electronic score keeping devices and some partitions to prevent balls from invading other players' spaces. To achieve this, we need funds. We welcome ideas for entertaining fundraisers that will help the club achieve its goals.

The club plays in the Delta Club on Tuesdays and Thursdays at 5 p.m., Wednesdays from 4:30 p.m. - 6 p.m. (practice with Rob-Pong), and on Saturdays at 11 a.m. The first hour of each play day (Tuesday/Thursday) and one table on Wednesday are designated for novices or those who are returning to the game. Coaching is available.

For more information, contact: Tom Barnes, President (4395); Jeff Kennan, Vice-President (7541); Ricky Martinez, Treasurer (1345); Jim Breen, Secretary (3775); Richard Mariant, At Large (5232); Vicky Riddle, Publicity (3684).

## Tennis Club

Thanks to the supporters of the Relay for Life/Cancer Society Tourna-social where we raised money for research. The BSTS (bring stuff to share) pot luck and raffle raised additional monies for the cause. A detailed announcement will appear in the July *Trilogy Living*.

Tennis is one of the best ways to stay healthy, keep the mind sharp, stay informed, and socialize with your neighbors and friends. Monday thru Friday from 8 – 10 a.m. is open play done on a rotational basis. To join the Court Jesters, contact any of the board members for information. Dues are \$24 per year with a one-time fee of \$20 for use of the ball machine.

Want to brush up on old skills or are you just learning the game? The tennis clinic is held on Saturday mornings 8 a.m. sharp by international tennis coach George Sablan, who is featured on the cover of the May issue of *Trilogy Living* along with Joe Downes. He is a resident here and has selflessly given of his time, knowledge and talent. Many of the tournament players are students of his. We are sorry to report that as of June 25 George is giving his final Saturday clinic, so come out and give thanks and glean from his wealth of knowledge.

Players are currently practicing for the Rossmoor tournament on May 14. We should have the trophy and the final match count for the July issue of *Trilogy Living*. A tennis clinic will be held at the courts at 8 a.m. June 25 during the health and wellness fair. If you would like to support the tennis effort, we ask all residents to bring their plastic recyclables to the courts and place them in the container inside of Court 2. Your clubhouse key will give entry to the courts. A big thank you goes to Chuck Williams for his help with this.

Cora Velasco has become a superb racquet re-stringer. She or Coach Sablan can be reached at the courts. For more information, contact Judy at stinson\_lucky2@yahoo.com, Patti at psorg@citlink.net or Sandy at sandyprice03@frontiernet.net. For news, contact Mike at michaellewis270@comcast.net.

## TOPS

Last month was a great milestone for our group. We had our Installation Luncheon at The Nines, and after installing our Officers for the year we honored four new KOPS, who reached their goal weights by Keeping Off Pounds Sensibly. Our new queen is Sally Brenner, who was presented with a bouquet of Roses. Runners up were LaTrelle Chiplin, Pat Voelker, and Gloria Jackson. Congratulations! As you can see, we have a very ambitious group, and we've been setting records! If any Trilogians want to see how we achieve these goals, come on over to the Delta Club any

Wednesday, at 8 a.m. You may also call Millie Howell at (5786) or Peggy Smith at (1366) for more information.

## Whist Club

Juneteenth is a celebration of freedom. The Emancipation Proclamation was signed two and a half years prior to the news reaching Texas on June 19, 1865. Juneteenth honors the saga of African Americans. To an African American, Juneteenth has come to symbolize what July Fourth symbolizes to All Americans. June 19 is celebrated in more than two-hundred cities in the United States and is a holiday in several states. On June 18, 2011 the Whist Club is putting on a Juneteenth Celebration at the Delta Pool area. Come join us for good food, dancing, and great entertainment. Look for our flyer in this issue of *Trilogy Living*.

## Women's 9-Holers

We meet at The Nines every Tuesday at 8:30 a.m. for a 9 a.m. tee time. Sign up for golf in the Pro Shop by Sunday. The sign-up sheet is picked up Sunday afternoon. Your tee time will be e-mailed to you by Monday evening. To cancel, call Pam Carlson at (2983) or the Pro Shop (2900).

### Tuesday Play Day Results

#### April 5

Carol Petronzio had a Par on Hole 8  
Karen Anderson and Fran Silva both had Pars on Hole 5  
Karen Nash had the only Chip-In on Hole 9

#### April 12 – Cha Cha Golf

Chris Sabye was the winner with 11 points  
Chris Sabye had Par on Holes 14, 15, and 16  
Nancy Whitney had a Par on Hole 14  
Anne Branton had a Par on Hole 15  
Sally Thomas had a Par on Hole 13  
Karen Nash had the only Chip-In on Hole 15



Womens' 9-Holers receive new shirts.

L-R: Sylvia Vannucchi, Joan O'Conner, wearing new shirt, Chris Sabye, holding coordinating sweater, and Ruth Almgren

*April 19*

Lenne Howard had a Par on Hole 1  
Nancy Whitney had a Par on Hole 5  
Georgette Rodrigues had a Par on Hole 8  
Lynne Galletta had a Par on Hole 8  
Lois Dutcher had a Par on Hole 8  
Pearl Martinez had a Par on Hole 8  
Fran Silva had a Birdie and a Chip-In on Hole 5

*April 25 – Diddle Ball with Shot Gun Start. Winning team members all received a sleeve of golf balls. Four out of five teams returned their balls.*

Aral Gustafson had Chip-In Hole 17  
Anna Bogucki had a Par on Hole 14  
Carol Petronzio had a Par on Hole 14  
Blaine Foltz had a Par on Hole 15

General Meeting and luncheon followed golf.  
If you would like to join the Women's 9-Holers, please call Lynne Galletta, Membership Chairman at (6079).

## Women's 18-Holers

Welcome new members: Anne Branton, Terri Henderson, Joanne Smith, and Sally Thomas.

### Straight golf results:

*April 7 - the start of the Captain's Cup tournament played for three weeks.*

A Flight: First, Debby Carroll; Second, Sue Clark.

B Flight: First, Paula Davis;  
Second (Tie), Bev Dunn and  
Maureen Gingrass. Chip Ins: Linda  
VanNieuwburg, Anna Stevens.  
Broke 90: Linda Barlesi. Broke 100:  
Trixie Roque, Angie Jones, Des  
Javier, Judy Zelmar. Closest to Pin  
8: Carol Petronzio.

*April 14:*

A Flight: First, Sue Clark; Second,  
Joan O'Connor.

B Flight: First, Bev Dunn; Second,  
Chris Sabye. Broke 90: Linda  
Barlesi. Broke 100: Angie Jones,  
Des Javier, Ulla Ulmonen, Sue  
Clark. Closest to the Pin 13: Terri  
Anisko.

*April 21:*

A Flight: First, Vicky Riddle; Second  
Tie: Alma Renko/  
Sue Clark.

B Flight: First, Bev Dunn; Second  
Tie: Donna Bjork/Anne Branton.  
Chip Ins: Charlotte Godsey, Lynn

Grace. Broke 90: Linda Barlesi. Broke 100: Diane Staley,  
Vicky Riddle, Ulla Ulmonen, Des Javier. Closest to the Pin  
5: Des Javier.

*April 28 - General Meeting where the Captains' Cup winners were announced.*

Linda VanNieuwburg won the Captain's Cup.

A Flight: First, Des Javier; Second, Angie Jones.

B Flight: First - Diane Staley; Second, Trixie Roque.

C Flight: First - Charlotte Godsey; Second, Terri Anisko.

Congratulations to all.

### Straight golf results:

A Flight: First (Tie), Vicky Riddle/Ulla Ulmonen: Second,  
Ida Shannon: Third, Linda Barlesi.

B Flight: First, Alma Renko; Second - Maureen Gingrass;  
Third, Pat Kistler; Fourth, Trixie Roque. Fifth - Linda  
VanNieuwburg.

C Flight: First (Tie), Helen Swarbrick/Donna Bjork;  
Second, Terri Anisko; Third, Carol Petronzio; Fourth, Terry  
Sutter. Chip In winners: Angie Jones (Two), Trixie Roque,  
Linda VanNieuwburg, Anna Stevens, Ulla Ulmonen.  
Birdies: Angie Jones. Broke 90: Linda Barlesi. Broke 100:  
Angie Jones, Judy Zelmar, Marsha Loomis, Ida Shannon,  
Ulla Ulmonen, Alma Renko, Des Javier, Vicky Riddle.

For any woman golfer who would like to join us, we  
meet at the Nines at 8:30 a.m. every Thursday. Please  
call Alma Renko at (3064).



L-R: Terri Anisko - Flight C, 2nd Place; Des Javier - Flight A, 1st Place; Linda VanNieuwburg - Captain's Cup Winner; Charlotte Godsey - Flight C, 1st Place; Diane Staley - Flight B, 1st Place; Trixie Roque - Flight B, 2nd Place; Angie Jones - Flight A, 2nd Place



## Blood Drive Reminder

Dear Friends and Neighbors,

I just want to remind you of how important it is to donate blood to our local BloodSource Blood Drive. The next date is June 20 at the Delta Club. Friends of yours need blood transfusions on a regular basis; you can help keep the general blood supply abundant with your regular donation. Thanks for your consideration, and hopefully your donation of life-saving blood.

Sincerely,  
*Your Neighbor Down the Street*

## Neighborhood Resource List (NRL)

*by the Disaster Preparedness Team*

The Trilogy Disaster Preparedness team keeps computerized records about the needs for our residents in case of an emergency. It is important that the information be kept up to date. Each resident should keep the committee abreast of any changes they have on the items listed below. Just go to the HOA On-site Office to get the form to edit or create a new record. This list is updated regularly. Listed below is what records we keep.

- Do you have a permanent or temporary non-ambulatory status?
- Is a golf cart available to use because the 12V DC could help after a power outage? Do you have means of generating 120V AC in case of a power outage? Does anyone require oxygen? Do you maintain a supply of oxygen at your home?
- Is anyone vision impaired or hearing impaired?
- Does anyone require electricity due to health problems?

Let us know if anyone has taken Basic First Aid, Advanced First Aid, CPR, AED, First Responder, Paramedic training (with your current certification expiration date). Are you or have you been an EMT, RN, RPN, MD, or DDS? For more information, contact: Lynne Hansen at (4060).

### ***Save the Date***

The Disaster Preparedness Committee is hosting a fair that includes health and wellness. The fair is open to the public at the Delta Club on Saturday, September 17 from 10 a.m. - 2 p.m. There will be a free raffle. Please save the date. For more information, contact Carol Benkie at (3316) or trvfair@gmail.com.

## Parkinson's Group

If you are interested in a Parkinson's, Essential Tremor, or Dystonia Support Group, please call Pat Robinson at (3663) or Audrey Kinser at (7506).

## New Connections

Are you looking for a change? Check out New Connections, a diverse group with opportunities for lasting friendships, access to community information, and exciting events. This is the place to come learn about your Trilogy community, the City of Rio Vista and the California Delta at large. We enjoy meeting in the privacy of our homes; it's a great way to pick up decorating tips! Open communication is the key to our success and "old timers" still drop in to say hello and provide wonderful stories. We've each learned from our experiences here at Trilogy. When we put them together through sharing, questions are answered without being asked. We even share our favorite snacks, though it's not mandatory. In fact, it's doubtful if anything is mandatory for this group.

Our founder, Anna Chun, rejoined our group with a wonderful program on "everything you ever wanted to know about scarves." It was a wonderful meeting in which Anna shared so many of her tricks and ideas, even using a scarf for a "jacket" (or vest) with sleeves! We also received an education on silk. Thank you, Anna. Don't be such a stranger. We love having you join us as your busy schedule permits. A trip to Filoli will probably not be on our agenda this year due to distance and time constraints. If you're interested, call Lynne Liptz for information. Note: New Connections activities are open to everyone, so join in when you can. Mark your calendars for 1 p.m. on the third Wednesday of every month (except August). Call Lynne Liptz, at (2361) for meeting location and directions. Nancy Fortner is recovering at home and by this time should have had her last surgery (we hope). Please keep her in your thoughts. Nancy plans to be with us very soon now and we're looking forward to seeing her happy face among us once again. Our other Nancy, Nancy Jar-ske, is recovering from her broken wrist and is doing so well she is off on another RV excursion!



## Spotlight ~ 5<sup>th</sup> Annual High School Tournament

The Golf Club at Rio Vista, the Nines Restaurant, and Lira's recently sponsored a golf outing for the Rio Vista high school golf team. The 5th Annual High School Tournament was put on by Trilogy residents Doug Littrell and Judy Zelmar, members of the Senior Men's and Senior Woman's Golf Clubs.



The event was open to all Trilogy residents with an emphasis on the four Trilogy golf clubs: Rio Vista Men's Executive Nine, Senior Men's, Women's 9-Holers, and Women's 18-Holers.

Eight members of the high school golf team and their coach participated in the tournament, playing in four-somes with Trilogy residents. The tournament was held at the Golf Club at Rio Vista and helped show our community's support for the high school golf team. Each of the players received a goody bag of golf balls, tees and more. Several sets of golf clubs were donated to the team.

## Thank You

A big thank you for all the cards, flowers, and best wishes regarding the passing of my dear husband, Hank Smit. Claudette Gardner saw to it that 130 people were taken care of during the memorial service. She is to be commended for her professionalism. The piano music by Grace Bos and the singing by Eileen Butler added to make for a beautiful service.

*Gerda Smit*

## Trilogy Jazz Band

The band's next performance is on Sunday, June 12 in the Diablo Ballroom for the Ballroom Dance Club's monthly dance. Our vocalists are rehearsing some great songs for this event.

Last month, we sadly said goodbye to guitarist John Sares, who has, with his wife Susan, moved to Georgia to be near family. John has contributed so much to music in Rio Vista, not only as a band member but also as a guitar teacher and performer at many community events. He will be missed. We wish John and Susan much happiness and success in their new home.

Full-band rehearsals are held every Wednesday from 2:30 - 5 p.m. following vocal rehearsals from 1:30 - 2:30 p.m. in the Vista Club Diablo Ballroom. Observers are welcome. We currently have an open spot in the trombone section, and we are always interested in meeting folks who are interested in filling this or any future opening. For more information, contact Jim Lucas at (7567) or Marti Rogers at (6859).

## Pool & BBQ Night

The traditional Pool BBQ Night has been permanently changed to Thursdays! Once again, we are hosting our annual pool BBQ at 5 p.m. Cooking begins at 6 p.m. Bring a dish to share, meat if you'd like to BBQ, beverages, and set up equipment. Please use plastic; glass is not allowed in the pool area. This BBQ is for all residents. Tell your Trilogy friends and neighbors. Please remember to clean the tables when you leave. If you have any questions, call Claudette at (707) 439-6116. The event continues through the summer.

## Zydeco Music on the Patio

Do you enjoy Zydeco music? Join Trilogy's Soul Line Dancers for an evening of good music and dancing on the Vista Patio. Andre Thierry & Zydeco Magic are providing the entertainment. This hot group was here two and a half years ago. Save the date: Saturday, July 30, from 6:30 - 9 p.m. Cost: \$10. Sign up at Member Services.

## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

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

### Amway

Beauty, Health & Home Products  
Laura Sanders (5641)  
Amway IBO  
Email: laurasanders@frontiernet.net  
www.amway.com/laurasanders

### Avon

For Campaign Booklet Jacci (5873)  
www.avon.com/chall4587  
Jacci Hall

### Cruise Adventures Unlimited

A Proud Member of the Signature  
Travel Network  
Terri Anisko (374-6277)  
Accredited Travel Specialist  
oceans@myifp.com

### Mary Kay

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

### Gold Canyon

The World's Finest in Candles,  
Body and Home Products  
Suzi Cassone 925-231-5213  
E-mail: aromatime@hotmail.com  
www.aromatimecandles.com

### Partylites!!

Hot Hawaiian Lites Candles &  
Simmers  
Lurline Mattos (0247)  
Partylite.biz/hothawaiianlites.com

## FOR RENT

### Home for Rent

Atherton, 1557 sq. ft., 2br/2ba,  
open floor plan with flex area. No  
neighbors. Custom patio cover.  
HOA/gardener paid. \$1250/mo.

### Home for Rent

Carmel 2BR: Long term lease  
available. All appliances, dues,  
landscaping included. \$1000/  
mo. Unfurnished or \$1150/mo.  
Furnished. Available June 1. Call  
925-786-3725.

### Home for Rent

Yountville 2541 sq.ft. elegant home  
on corner lot: 3BR/2.5BA, 3-car  
garage. Many upgrades. Includes  
HOA. Call Harry 650-588-1801. Pets  
may be considered.

### Room For Rent

Room in my Trilogy home with  
private bathroom for rent \$555.  
monthly with \$550 deposit. Must  
enjoy living with dog/cat. Female  
only. 925-354-7392

## FOR RENT

### Room For Rent

Room \$500, utilities included. Nice,  
quiet home. No pets, no smoking.  
Leave Message. 650-922-3716

### Home for Rent

Spinnaker model 2BA/2BA with  
fireplace. Includes gardener and  
HOA. \$1100/mo. Call Pat 426-1218.

## FOR SALE

### Children's Book

New book by Trilogy Resident  
author Shirley Grijalva: *Marshall's  
Big House on the Hill*. For children  
8-13. Order from xlibris.com or  
directly from author (6752).

### Furniture

Recliner sofa and loveseat \$900;  
Queensize sleeper sofa with airbed  
\$500; 13" iMac \$500; 13" MacBook  
Pro Laptop \$800. Call (1363).

### Golf Cart

2002 G.E.M. golf cart for sale.  
Original cost \$6500. Good  
condition, 2-speeds. Asking \$2200  
OBO. Call 386-3196 for test drive  
any time.

## FOR SALE

### Lazy-Boy Sofa

Brown pebble leather Lazy-boy  
sofa. The best of leathers. Saddle  
stitching. Dual recliner. 5 yrs.  
old. Excellent condition. Cost  
over \$2000; now \$995. We are  
redecorating. Call (3789).

### Office Furniture

Scandinavian design office set. 8  
pieces: files, desks, and cabinets.  
Maple color. Asking \$2200. Call  
(1363).

### Wheel Chair

Tracer IV heavy duty wheel chair  
with 24" wide seat & swing-away  
aluminum leg rests \$200. Like new.  
See on Spinlife.com. Call (6937).

## SERVICES

### Appraisals

Real Estate Appraisals by Trilogy  
homeowner with 40 years exp.in  
commercial and residential. For your  
home valuation in estate planning or  
estate purposes, call Randy Carlson  
(Certified Appraiser AG007039) at  
(2288) or agroup@msn.com.

## FOR SALE

### Assistance w/ Heavy Lifting

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

### Audio/Visual

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

### Carbon Monoxide Detectors

Service & Installation. California law requires all homes to have carbon monoxide detectors by July 1. Professional installation of California compliant First Alert detectors. Call Gary (3488).

### 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.

## SERVICES

### Cleaning

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

### Clock Repair

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

### Computer Instructor

Computer & Digital Photography instructor offers private instruction in basic, intermediate & advanced applications. 30 years experience and Trilogy resident. Call Michael (2189) or email michael@bouyer productions.com.

### Computer Doctor

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

### Computer/Wireless

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

### Countertops Galore

Granite—Corian—Marble : Specializing in kitchen & bath installation. Trilogy Resident Larry Reece, 30 years experience, free estimates. (3338) home or 707-208-3703 cell "You can take Larry for granite."

### Crown Molding

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

## Attention Commercial Advertisers Deadline Information

Final commercial ads and checks are due by the fifth of the month *prior to the month of publication*. For example: January ads and checks are due by December 5. Late submissions would run in the Feb. issue.

### REGULAR RATES AND SIZES:

- 1/4 page: 3.667" wide X 4.5" tall: \$140/month
- 1/2 page: 7.5" wide X 4.5" tall: (*horizontal only*) \$220/month
- Full page = 7.5" wide X 9.25" tall: \$345/month

*Specific Page Requests: Add \$50 to ad rates above*

### PREMIUM POSITIONS RATES:

- Back Cover 7.5" wide X 10" tall: \$500/month
- Inside Covers 7.5" wide X 10" tall: \$445/month  
(*Front or Back*)

### DISCOUNTS:

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



## SERVICES

### Custom Cabinets

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

### 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).

### Entertainment

Professional live entertainment for parties or events. Hawaiian, country, vintage, 50's themes. Costumes, comedy, dance contests, singalongs. Also memorial services. Reasonable rates. [www.amyfranklinsings.com](http://www.amyfranklinsings.com) (3999)

### Faux Finishing @ Its Best

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

### Hairstyling

Spring is here, ladies. Need a new look? Colors, cuts, perms. Professional and reliable stylist for all your hair needs. 35 years experience. Call me. Get that smart new look! Myrna (3725) or cell 408-309-0083.

### 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).

## SERVICES

### Handyman

Help with household repairs. Will hang curtain rods, pictures and mirrors. Assembling and installing products—crown molding, closet makeovers, etc. Call Ron (2227).

### 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).

### Hauling/Moving

Pick-up and delivery, hauling, moving. Also available to transport you in your car or mine. Call Victor 398-6610.

### Home Maintenance

Windows washed, dryer vents cleaned, smoke detectors replaced. Call Victor 398-6610.

### Home/Pet Sitting

J-Walker Pets: House and pet sitter. See flyer on Delta Center Bulletin Board. 925-858-4682 [jwalkerpets@yahoo.com](mailto:jwalkerpets@yahoo.com) Low rates! Lots of love!

### Income Tax Preparation

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

### Knife Sharpening

"O So Sharp" It's About Time a knife and scissor 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.

## SERVICES

### Landscape Maintenance

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

### Lawnmower Repair

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

### Mail Boxes Painted

Single mailbox \$10; Double mailbox \$20; Sets of 3 to 6 mailboxes \$30. Service includes numbers and always half price repaints. Call (6839).

### Notary

Mobile Notary Services—Notary signing agent: \$10 per signature per page, discounts for multiple pages. Offering prepaid Legal/Identity Theft Protection Services. Elaine Wisz (4310)

### Notary Public

Notary Public Professional, fast and reliable service. State approved fees. Please call Jeffrey, certified notary (7541). Discount for low income residents.

### Notary

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

### Painting

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

### Painting & Drywall Repair

Exterior and interior color and texture are our specialty. Free estimates; 35 yrs. experience. R.P. Painting. Trilogy resident. CA St. Lic.#422737. Call today (5954).

## SERVICES

### 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 my WEBSITE: [www.clutternot.com](http://www.clutternot.com) for more info and call me at 925-286-2398 for a free consultation.

### Pet Care

I'll make a donation to the Leukemia and Lymphoma Society while taking care of your dogs, cats and house. Carol Kern 925-286-2398 or email [cajkern@comcast.net](mailto:cajkern@comcast.net).

### Pet Care

Let your pet remain home when you're away. Lots of love & attention. Will also bring in mail, newspapers, tend to trash and water plants. Three 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.

### Photography

Affordable high quality photography: events, portraits, web page photos, passports, you name it! Photo & slide restoration. [www.digitaldreemz.com](http://www.digitaldreemz.com)  
Call June: (6830)

### Rollout Shelves

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

## SERVICES

### 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).

### Stained Glass

For special occasions, give your loved ones handmade to order unique gifts by Jan. 40 years experience as a stained glass artisan. Trilogy resident. Call Jan at (3612).

### Transportation to Airports

Clip & Save this one time ad. I'll get you to any airport or SF port on time and pick you up on return. 6 years experience. Trilogy residents only. Call Ralph (3941).

### Transportation

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

### Transportation

Driver available for airport trips and medical appointments. SFO, Oakland, Sacto. Also Pittsburg BART. 14 year resident. Call Pete. Cell 386-3196 or (4955).

## SERVICES

### Water Softener Service

No more lifting heavy bags of salt. GE water softener maintenance including: delivery and adding Diamond Crystal salt and complete system check. Call Gary (3488).

### Weeding

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

### Window Cleaning

Professional window care. Windows and screens cleaned. Stage 1 glass restoration. Years of experience. Call Gary (3488).

## VACATION RENTALS

### Kauai Rental

Beautiful mountainside home on Kauai's eastside. Available after mid May for weekly or longer rentals. 1400 sq.ft. newer 1BR w/ stunning views. 30% discount to Trilogy residents. [www.ourkauai.com](http://www.ourkauai.com) (3999)

### Tahoe Rental

Incline Village: Fully equipped condo near Diamond Peak. Sleeps 6. Starting at \$125/night plus cleaning fee. Call Blaine (0717) or [letsgotahoe@aol.com](mailto:letsgotahoe@aol.com).

## WANTED

### Books

Will pay cash for books and media. Call Kelly 330-7228.

**Attention All Advertisers:**  
**All ads and checks are due by**  
**the fifth of the month prior to**  
**the month of publication.**

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Eskaton Lodge Brentwood offers independent living, assisted living and memory care. Voted "Best of Brentwood" every year since it opened in 2007, Eskaton Lodge Brentwood is managed by Northern California's premier provider of services for older adults.

Conveniently located, new construction and a staff that is really more like family. Now featuring all-day dining —  
What are you waiting for?

ask about **respite** and  
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### Eskaton Lodge Brentwood

450 John Muir Parkway  
Brentwood, CA 94513-5186  
925-516-8006

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



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