

August 2011

Trilogy Living



Photo by Arthur Fox

Special thanks to volunteers and many others who made this year's Salute to America celebration a success. Thanks also to member DJ Ron Covey who kept the music going at the Delta pool, to Julia Mattos for her tattooing and face painting, and to Jim Eckhardt for cooking all those tasty hotdogs. Finally, thank you to the following committee chair people: Antoinette Pestana, Joe Downes, Myra Samfeld, Connie Boulware, Valerie Krummer, Shirley Sudduth and Veronica Finch.

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Check out all the Fourth of July Parade photos on pages 12-14



*From the
Master Association*
BOB SATHER
President

The regular monthly meeting of the Master Association Board was held on July 12, 2011 in the Diablo Room at the Vista Club. Although there had been some confusion about the time of the meeting, it appeared that everyone received the message that the meeting was at 2 p.m. The next evening meeting will be in October.

Actions taken at the meeting included:

- A motion to approve the first reading of an amendment to the Rules and Regulations prohibiting any pets, other than Service Animals, on any sports court failed to pass.
- Approved an amendment to the Welcome Center Standard Operation Procedure authorizing entry, under certain restrictions, of non-residents who want to view re-sales or open houses. This procedure is to be reviewed in six months.
- Approved an expenditure, from Reserves, in the amount of \$2,521 for re-felting of the Billiards Room tables and award the work to Valley Gaming. The re-felting is to be done in October. The Reserve Study will be changed to reflect a re-felting cycle of every two years.
- Approved an expenditure, not to exceed \$217,287.22, from Reserves, and awarded a contract to JB Bostick for the 2011 roadwork.
- Approved a maintenance contract to Golden Gate Palms, for an amount not to exceed \$6,000, for the trimming and maintenance of our 27 Palm Trees for a period of one year.
- One item on the agenda was not acted on when there was no motion made by the Board.

Our next regular meeting is on August 9, 2011 at 2 p.m. in the Diablo Room at the Vista Club. As usual, your attendance at our meetings is welcome.

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

TRILOGY AT RIO VISTA

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From the Editor

ANDREA STUART

August is an extraordinary month. Notable birthdays include Neil Armstrong, Herber Hoover, Betty Boop, Julia Child, Hulk Hogan, Davy Crocket, and Bill Clinton among many others. It's also National Golf Month, and the second week is National Smile Week. So don that upside down frown as you engage in your favorite August activities.

We begin the month with Comedy Night with Grant Lyon on August 5. It will be a night of "sophisticated immaturity" that is sure to set your laughter on fire. Then, smooth out those smile lines with Movie Night on August 12 featuring "Another Year." Then, kick up your heels with the Drama Club's presentation "Trouble in Tumbleweed" on August 17 - 21. See the Drama Club article for details and ticket purchasing information.

Lively festivities around Trilogy continue with the Concert on the Patio series on August 27 featuring Rhonda Benin, a woman whose voice is described as "caramel sweetened with honey." Let your ears guide you to this promising performance; there's no better way to spend a summer evening.

Being in the midst of summer makes it easier to get outside and get moving. Camping trips, shows and concerts, amusement parks, and highways beckon us to journey through the season in high gear. Keep your motor running with a regular exercise routine. If you haven't already done so, now is a good time to get a personalized ROM (Range of Motion) from a fitness trainer. If you're new to the community, the next new member group orientation is on August 17. You might also like to check out some of the new classes Trilogy is offering: ZUMBA Toning and Getting Going are two fun classes that infuse creativity with exercise.

If you're like most of us, then good food is at the forefront of your summer indulgences. Village One is hosting its social potluck on August 14. You'll also want to read the Supper Club's article this month to learn about how you can be part of their first Trilogy party on the patio on August 27.

Before you close *Trilogy Living* and continue your day, take a moment to check out pages 12-14 for the Trilogy Fourth of July "Salute to America" Recap and photo essay.

Correction: The cover photo of last month's *Trilogy Living* was taken by Arthur Fox.



*From the
Interim Activities Director*

JACQUIE ROCHE

The dog days of summer are upon us. In ancient times, the seasons revolved around stars and planets. The dog days were a period of time when the Dog Star sinus was closest to the sun. Early July through early September, when we have sultry summer heat with consistent weather patterns, these are considered dog days. Please stay cool and hydrated and do not overexert during these hot days.

How lucky we are to live here in Trilogy at Rio Vista? We have the best of both worlds: San Francisco is an hour plus away and Sacramento is 45 minutes away. Most of us know from experience the culture and entertainment offered in San Francisco. Sacramento offers many cultural and entertaining experiences along with an easy drive and inexpensive parking. Check your e-newsletters and the flyers in both the Vista and Delta Clubs for new and exciting events in Sacramento and the Bay Area.

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

Comedy Night with Grant Lyon

Friday, August 5, 7p.m., Diablo, \$10 per person

Grant Lyon is a comedian and writer from Los Angeles. His comedic style is often described as sophisticated immaturity, blending intelligent wit with pure silliness. San Francisco Weekly describes him as "a hilariously sharp observer." He has performed in a number of prestigious comedy festivals including the Bumbershoot Music & Arts Festival, the Laughing Skull Comedy Festival, and the San Francisco Comedy Competition. In 2008, he won the Colorado Mile High Comedy Competition, which included comedians from all over the country. He has opened for names like Robin Williams and Dana Gould. In addition, Grant is a member of the sketch comedy group "Four In The Back". Sign up at Member Services at the Vista Club.



**Trilogy is happy
to welcome new
Activities Director and
Editorial Board Member,
Debbie Dorn.**

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 September 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!

August 7, and September 4 & 18, 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.

Still Looking For Computer Instructors

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

Grapevine Chat!

Tuesday, August 9, 6 p.m. Tuesday, August 23, 5 p.m.

Tuesday, September 13, 6 p.m. Tuesday, September 27, 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!

Movie Night: *Another Year*

Friday, August 12, 6:30 p.m., Diablo, Free

"Another Year" is a year in the life of a happily married couple, ironically named Tom and Gerri. Although Tom and Gerri drive the narrative plot, it's actually their boozing friend, Mary, who steals the show, thanks to a lively but mostly devastating performance by Lesley Manville. Don't miss this intimate ensemble drama about ordinary people with richly rewarding results.



Assisted Living: The Musical

Assisted Living: The Musical is a musical tribute to "growing older disgracefully." Fans of cabaret and musical theatre will feast upon the first national production of *Assisted Living: The Musical* complemented by a Dim Sum Banquet beforehand. Bay area performers Zoe Connor, Robbie Cowan, and Bob Greene sing and play a 75-minute rollicking ride through the pleasures and perils of later life. *Assisted Living: The Musical*, by Rick Compton and Betsy Bennett, has been described as: "The hit musical that asks the question.... Asks the question.... What was the question, again?" Sign up at Member Services at the Vista Club for the following dates: Saturday at noon: September 17, October 15, November 12, and December 17 or Sunday at noon or 5 p.m.: September 18, October 16, November 13 and December 18. Checks only. Refunds will be applied if tickets are unavailable. The production takes place at Imperial Palace, 818 Washington Street, San Francisco. **Tickets Available. Cost for this event is \$50.36 per person (normally \$83.27).**

Lunch in the Gardens of Sonoma

Tuesday, September 13
10 a.m. – 4 p.m.

\$40 per person includes
bus and box lunch

Conveniently located at the southern gateway to Napa and Sonoma wine country, Cornerstone Sonoma is an eclectic collection of shops, wineries and a gourmet cafe set amidst nine acres of garden installations created by the world's leading landscape architects.

Walk through an ever changing series of gardens, showcasing new and innovative designs from the world's finest landscape architects and designers. It was voted *Sunset Magazine's* Top 10 Western Gardens for 2009. Enjoy browsing through garden inspired shops.

We will enjoy a box lunch from Alsina Station Grill at Cornerstone. Lunch choices are: steak sandwich, grilled chicken breast sandwich or grilled portobella sandwich. After lunch, we will travel to Oxbow Public Market in Napa where one of the merchants will give us a brief background on the market. Then we'll shop for bakery goodies, cheese, chocolates, coffee, seafood, meat, spices, wine and much more. Sign up at Member Services by August 30.

Concert on the Patio with Rhonda Benin

Saturday, August 27, 6 p.m., Vista Patio, \$10 per person

Vocalist Rhonda Benin sings jazz, blues, rhythm & blues, big band, pop and African American folk songs. With a voice described as caramel sweetened with honey, Benin has earned a reputation for not only having a good voice but for showmanship, magnetic stage personality, humor, and dancing. "If you can't sing a song, let Benin sing it!" Sign up at Member Services at the Vista Club.

Open Mic Night

Friday, September 9, 7 p.m. – 8:30 p.m., Diablo, 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. *The reserving of chairs/tables prior to the door opening at 6:00 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.

Dive Into Free Scuba Lessons

Saturday, September 10, 8 a.m., Delta Pool, Free

Want to try scuba for the first time, or polish your skills from days gone by? 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 refresh your skills or learn for the very first time. 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

Karaoke Night

Friday, September 23, 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.

Concert on the Patio with Don Lewis

Saturday, September 24, 5 p.m., Vista Patio, \$10 per person

"Music is the most powerful way to inspire the human spirit." Don Lewis is a visionary who believes that music can and does make a difference in the world.

As a child in Dayton, Ohio, music became Don's "magic carpet" transporting him into a world filled with possibilities of concerts, recordings, and education. Whether performing in Carnegie Hall or touring with the Beach Boys, playing concerts in European Cathedrals or jazz clubs in Chicago, Don's music brings a message of hope, peace, and inspiration. With his musical roots in church, music became a way of life. Don has worked in the studio with the likes of Quincy Jones, Sergio Mendez, Michael Jackson, Brothers Johnson, and Marvin Hamlisch. He has also scored and produced music for television, film, and commercials. Don has several solo albums available on cd-baby.com. Don Lewis concerts cover a spectrum of music from gospel to pop and classical to jazz and are described as "high energy, moving, and interactive." His combination of classical and jazz music was labeled "CLAZZ" by a Chicago reviewer. In San Francisco, jazz critic Phil Elwood wrote, "I was wholly absorbed in Lewis' genius. Visit Don's website: www.donlewismusic.com. Sign up at Member Services at the Vista Club.

THE ARTS

Fat Quarter Quilters

Join us to work on your own quilting project in a group setting. You'll meet new friends, share ideas, and get help with your projects.

We meet every Wednesday from 12:30 to 4 p.m. at the Delta Club. There are no dues or fees. On August 17 we are taking a field trip. For more information, contact Esther Young at (2639).

Scrapbooking Club

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

Our next meeting is on Thursday, August 11. We will meet from 10 a.m. – 2 p.m. at the Delta Club. There are no dues or fees. For more information, contact Joyce Bailey at (3391) or Marti Rogers at (6859).

Council for the Arts

Get ready to audition for a spot this year in *Music of the Night*. Audition applications will be available at the Vista Club front desk in mid-September. Audition night is on Monday, October 24 from 7 – 9 p.m. in the Diablo Ballroom. There is no meeting in August. The September meeting is on Thursday, September 8 at 10:30 a.m. at the Vista Club in the Monterey Room. We hope to see some new members. *Music of the Night* dates are March 8, 9, and 10.

Trilogy Art Guild for Artists

The juried Art Show is on August 27 and 28 at the Vista Club. Join us Saturday evening at 6 p.m. for the artist reception and enjoy wine and hors d'oeuvres while you view the show. You will also have a chance to participate in the "People's Choice" award for your favorite piece of art. The show opens on Sunday with refreshments all day from 10 a.m. – 4 p.m. and "People's Choice" will be awarded at the end of the show. Pre-registration forms and guidelines for artists submitting work will be available at our next meeting on Monday, August 1 at 2 p.m. in the Marina Room of the Delta Club. Forms will also be in the information racks at both clubs. There will be a box at the Delta for artists entering the show. Entries must be in by August 22.

CJ Myers is our featured artist this month, doing a pastel chalk demonstration. We will also discuss setting up the show and gathering artistic ideas for making a great show. For more information, contact Amy at (4857) or Linda at (7590).



Pat Puryear, Lori Azzolino, Alma Renko and Judy Rumble are some of the artists participating in TAG's upcoming art show.

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 to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office (4843).

Assessments for the month:

Master Association	\$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)	

Better Communication from the Administrative Office –

Please stop by the Administrative Office and give us your email address, so that you don't miss out on important communications from the Association (e-Newsletter, e-Blasts etc.).

Saving the Association (You) Money –

Completing a "Consent to the Use of Electronic Means of Transmission for Communications" form will allow the Administrative Office to save funds that are used when mailings must be done through the U.S. Postal Service. Forms are available at the Administrative Office.

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

Thank You - We appreciate and thank all of our members who abide by the Rules and Regulations of the community.

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

Updating Your Information at the Administrative Office – It is important to let the Administrative Office know when any of your information changes. (Address, phone, email address, frequent guests, emergency contact, etc).

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

Pets in the Clubs – No pets are allowed in either the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under ADA.

Pets in the Community – All pets must be on a leash and under control of the owner at all times.

Gardeners - Please remind your gardeners that they cannot start work before 8 a.m.

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

Delta and Vista Pool – Family Swim Times – Children under the age of 18 are allowed in the pools during the hours of 11 a.m. and 3 p.m. Children must be out of the pool area by 3:15 p.m. All guests must be accompanied by members at the pools regardless of their age.

Tree/Shrub Trimming – Please keep your trees that extend onto common areas and streets trimmed so that RVs, garbage trucks and delivery trucks can clear them. Keep all shrubs trimmed neatly, and if you share a walkway with a neighbor keep the shrubs trimmed so that they do not extend on to the walk.

Dog Waste – Please pick up after your pooches. The administrative office receives many complaints of dog waste on the sidewalks and common landscaped areas on Summerset.

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

Animals – Reminder: please do not feed any animals outdoors. The administrative office continues to receive reports that members are feeding pets and wild animals outside. The wild animal situation can only be resolved with the help of all members.

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

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

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

For non-delivery of newsletter - Please contact Debbie Dorn at (4204).

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

Changes to Master Association Rules and Regulations

At their June, 2011 meeting, the Trilogy at Rio Vista Master Association (TRVMA) Board of Directors approved a 1st Reading of additions/changes/amendments to the Trilogy at Rio Vista Master Association Rules and Regulations. A 2nd Reading for final adoption will be on the September, 2011 agenda which you are welcome to attend and make comment.

Comments, in writing, can be delivered to the HOA office at the Delta Club, can be mailed to 990 Summerset Drive, Rio Vista, CA 94571, or emailed to evitrano@actionlife.com.

The following is an addition to the

Rules, Restriction and Procedures for the use of the Common Area and Facilities

1. SPORTS COURTS AND GENERAL USE COMMON AREAS:

- **Smoking is prohibited within 25 feet of any court.**

The intent of this new rule is to give the same protection against second-hand smoke already provided to the entry of Association Clubs which has a 25 foot boundary.

Adult Committee

The Adult Committee met on June 30 and voted to support the Billiards Club request to share half (\$589.50) of the total cost (purchase and installation) of a second television in the Billiards Room. The committee meets the last Thursday of every month at 1 p.m. in the Rio Vista Room at the Delta Club. All residents are encouraged to attend.

Village Riviera Board News

Our July Board Meeting was short with lots of audience vocalization on issues coming up on the Master Board agenda. The traffic survey was completed and it was recommended that the speed of all vehicles remain at 25 mph. There was an area that the company doing the survey thought could be increased to 30 mph, but then he saw numerous walkers and bicycle riders in the street. They determined 25 mph was the best for all areas. Remember, if you are walking in the street you are to walk against the traffic so that you can see a car coming towards you. Bicycles, on the other hand, must follow the same rules of the road as cars.

Applications were received for a new open position on the Riviera Architectural Review Committee (ARC) and Diane Bedsworth was unanimously appointed to ARC. We congratulated Diane on her appointment and thanked her for her willingness to serve our community, bringing years of experience in design to Trilogy.

The Kare Bears expressed their thanks to the Riviera Residents' Club for the opportunity to participate in the Fourth of July celebration; thus, reaping whatever profits would have gone to the Residents' Club. They dished out some very generous ice cream sundaes with lots of smiles.

The Residents Club reported that the Treasure Hunt was closed off with 27 teams. That will probably be a record for the number of cars running around our streets at one time. Coming up next is the soup potluck. This year, they have added back a game night to follow the soup and salad. This event will be on Saturday, October 8.

Reminder: the upkeep of mailboxes and stands is the responsibility of the homeowners. Some folks are getting creative as they repaint. The stand should be painted in flat black and rust proof paint. Our next meeting is on September 1 at 6:30 p.m. at the Delta Club.



The Delta Patio is Open for Business! Enjoy a visit with a friend and a beverage from Nines.

Olympic Village Residents' Club

Our Rock the Night Away potluck was an evening of good food and music. Our 50/50 raffle sent a lucky Olympic Village Resident home with a little cash in her pocket and the other half was donated to the Senior Center for the restoration project. We hope you all are enjoying the wonderful summer weather and activities. We are looking forward to seeing you at our next fiesta, the Olympic Village potluck on Saturday, September 10 at the Delta Club. As a 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 may either call Joel Auslen at (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 including the dates, times, and locations of OVRC and Social Club meetings. If you have problems signing in to MTL, call Member Services at (4200). Please contact Joel Auslen at (5808) if you need additional information.

Village One Residents' Club

Village One had significant involvement in the Fourth of July parade. In addition to being responsible for the parade, our own Bob Bailey was the Grand Marshall in his red, white and blue custom built choo choo; always a crowd pleaser. Daryl and Elayne Finch were special guests in the lead car, the RVPD 1951 Dodge Coronet black and white patrol car. The Finch's organized the first TRV July 4th parade in 1997 when there were only 42 homes occupied. There are now over 2,000 homes. Thanks are extended to Chuck and Carolyn Williams, Marilyn and Denny Stelter, Naomi Walker, and all VORC members for assisting in managing the parade. The golf cart parade entries were judged by Cyber Café staffers Charlene and Maria. They did a great job. Thanks to all TRV members who participated.

The next VORC social event is on Sunday, August 14. It is a potluck event. Details and sign-up instructions are being tubed. Get your reservations in early because this promises to be a sold-out event. Also, mark your calendar for a luau on Saturday, October 1, and a holiday party on Friday, December 16. Details to follow. Participate and enjoy; it is your club. For more information, contact Joe Downes at (7520).

Village Riviera Residents' Club

Congratulations to everyone who participated in the Treasure Hunt. Everyone is a winner because they stretched their brains and laughed a lot. Another huge thanks to Linda and George Robinette and a special thanks to Diane and David Griffin who tested the clues and helped with the logistics of making it all flow.

The Residents' Club is resting in August and September. If you are traveling during those months, we wish you a safe and fun journey. If you are sticking around the homestead, just stay cool.

The month of October brings back the soup potluck, but this year we have added a game night to it, calling it Soup, Salad and Silliness. We'll have Sequence, Rumikub, Phase 10, and Dominoes, but if that is not enough for you, just bring a game you enjoy. I guarantee you that someone will be "game" to try it with you. We know you already have October 8 marked on your calendar for this event. For the eating portion of the soup potluck, the Residents' Club will provide rolls and butter, and the flyers that are being tubed in early September will give the alphabetical breakdown showing who brings soups, salads or desserts. Your admission fee is the great food you bring to share. We'll eat our main course, then go to the games, regroup for dessert, and then call it another fun evening at Trilogy with great friends and food.

You've already saved the date of December 18 for the Holiday Dinner. Table decorations are already in the making. As always, they will dazzle you. We are using the same great caterer that we used last year. Be ready for an elegant evening of good food, good friends, and lots of dancing.

If you have suggestions for events you would like to see us put on next year, please email Maureen Talbott right away at maureentalbott@gmail.com. All ideas are welcome.

Meeting Calendar

Master Association Board Meeting

Tuesday, August 9, 2 p.m.
Diablo Ballroom, Vista Club

Adult Committee Meeting

Thursday, August 25, 1 p.m.
Rio Vista Room, Delta Club

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Diane Shafer (707) 328-5277

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- 17 Years, Design Consultant
- 7 Years Specializing in Trilogy Resale Homes



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- 5 Years, Sales Associate, Shea Homes, Trilogy
- 19 Years, Real Estate Agent
- 4 Years Specializing in Trilogy Resale Homes

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...continued from front cover

Come to the rotunda at the Vista Club for a slide show of this year's Fourth of July activities. Entertainment included the Chi and Yuan Dance Group, Delta Harmony, who did a rousing tribute to "Salute to America," and the Country Line Dancers, who inspired spectators to get up and dance.

The parade and car show was a resounding success. More than 11 cars, 15 motorcycles, and 13 golf carts participated in this year's festivities. The winners of Lira's/Cyber Café gift cards for the golf cart contest were Sue Darden, Judy Calpo, and Dee Jardine. Honorable mentions went to the Table Tennis Club; Janis Bunck, Charles & Melissa Coleman, and Bob Bailey. The folks from the Cyber Cafe, Charlene and Maria, did a fine job of judging the golf carts. Appreciation goes to Marilyn & Denny Stelter, Chuck & Carolyn Williams, and Naomi Walker from Village One for their help with the parade.



Joe Downes expresses special thanks to Daryl and Elayne Finch for leading the parade in the 1951 RVPD patrol car, and to Grand Marshall Bob Bailey. The Finch's organized the first parade back in 1997 when there were only 42 homes. The tradition has come a long way with over 2,000 homes now filling Trilogity.



FOURTH OF JULY PARADE

All photos by Arthur Fox and Karen Albanese.







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TRIPS AND TOURS

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



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

August 9-Gambler's Special-Cache Creek Casino-\$30/pp. Usual 4 hours "stay and play," with \$10 players club credit and a \$5 food coupon.

September 27-Felton Steam Train-BBQ-Gizdich Apple Ranch - \$89pp. Travel over trestles and through towering Redwoods groves along a winding narrow-gauge grade to the top of Bear Mountain. Hosted lunch at top. Afterwards, we'll proceed to Gizdich Apple Ranch for a guided tour and tasting. End the day with a slice of homemade apple pie and a scoop of ice cream.

October 7-9-The Great Italian Festival-Reno-\$298/pp. 3-days / 2-nights accommodations at the Silver Legacy Resort Casino in downtown Reno. Enjoy a festival of authentic home-made 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.

November 15-Gambler's Special-Thunder Valley Casino-\$30/pp. Usual 4 hours "stay and play," with \$10 slot/table credit and \$5 food coupon.

December 15-Shopping, Dinner and "Beach Blanket Babylon"-TBA. Time to do some special Christmas shopping in and around San Francisco's Union Square and Pier 39. Hosted dinner at the scenic Fog Harbor Restaurant and then we'll see the hilarious "Beach Blanket Babylon" Holiday Show.

December 29-January 2, 2012-New Years in Palm Springs-\$898/pp. 5-days/4-nights, featuring "Nunsense" at the Roger Rocka Dinner Theatre; the Getty Museum; "Palm Springs Follies;" Palm Springs Aerial Tramway; Desert Gardens and Zoo and a high tea luncheon at the historic Mission Inn in Riverside.

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

FITNESS & SPA

By Jo Carmichael – Fitness Director



EMPOWERMENT - *Strength & Cardiovascular*

Fitness Day may have started on a chilly morning, but it proved to be filled with warmth and a fun mix of activities. The wide variety gave participants a chance to sample outdoor yoga, a triathlon, tennis, a dance demo, cooking class, a community walk and a ZUMBA Toning class that is now on our regular schedule. The Fitness and Activities Departments would like to say thank you to all the generous volunteers and participants that helped make the day!

NOTE: I would like to use this space to express how much I have enjoyed working here for the the last four and a half years as Fitness Instructor. I am retiring on August 1 and moving to Germany to start a new adventure. Thank you all for the well wishes and the memories I will take with me.

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 onetime \$20 fee. You'll have 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 orientations: **Wednesday, August 17 at 6 p.m.**



NUTRITION - *Weight management & Nutrition counseling*

How do you decide which foods you want to eat? Do you choose by flavor, texture, convenience or simply for comfort? Many people choose the foods they eat based on immediate gratification, without much thought about the long-term effects of their selections. That often results in choosing foods that taste good, but are not good for you.

Our first thought should actually be to choose foods for their nutritional value. When you choose your foods, be sure to consider the *nutrient density* of the foods. Nutrient density refers to the amount of nutrients for the given volume of food. Nutrient-dense foods generally have fewer calories, making them a better choice than energy-dense food, which generally have more calories. A good starting place in determining your best food choices is to read the book *In Defense of Food* by author Michael Pollan. Follow the simple guideline on the first page, "Eat food. Not too much. Mostly plants" and your body and long term health will thank you.



REJUVENATION - *Recover & Relax*

If you have not tried our new **Image** skin care product line yet, now is a great time to book a facial, or get a sample of these wonderful products to try at home. Pick up a brochure in the Quiet Zone or speak to Angela about the products that are right for you. Try one of the spa's **Polishing Treatments** for exfoliated, glowing skin. Chose one or a combination for your back, hands, feet, or as and add-on to any service. *Make your appointment for any of our great SPA services today at Member Services.*



BALANCING & WELLNESS - *Body & Mind*

Kinesthetic awareness, or the ability to balance and know where your body parts are in three-dimensional space, is required for every movement we make. So it's not surprising that balance can be learned, challenged, and improved. Balance training is a progression, and can easily be done regularly with little or no fancy equipment. We can train our bodies to improve our agility and awareness within the muscles just by creating balance challenges for ourselves, such as single leg stands.

Balancing the body leads to confidence in the mind and improves our posture. Classes such as yoga, core balance and meditation focus all our senses for overall health and wellness.

FITNESS & SPA



FITNESS CLASSES, LECTURES, AND WORKSHOPS

Classes to try:

"Gettin' Goin" - Thinking of starting an aerobics class but afraid it might be too much or too overwhelming? Or maybe you are limited by physical problems that impede movement. If you would like to ease into the fun classes offered by our diverse fitness department, try **"Gettin' Goin."** This **new** class offers a half hour of gentle aerobic movement and a half hour of stretch and relaxation. It's a great start to understanding the universal patterns of aerobic dance as well as being good for you! A gentle stretch keeps the muscles flexible and healthy. You will then enter the last half hour of **"Dance Aerobics"**, at which point we cool down, followed by stretch. Drop by and check it out! **Joele Swift - Tuesday and Thursday at 5 p.m.**

- **ZUMBA Toning** – We introduced this class on Fitness Day. It is another fun, energetic Zumba class that uses weighted toning sticks that challenge your body at the next level. Come give it a try! **Sophie - Friday at 11 a.m. and 12 p.m.**
- **Mat Pilates** – a unique method of conditioning that allows you to dramatically redefine your body, get a great workout for the abdominals as well as strengthen the lower back and firm the buttocks. **Allison - 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 great cardio workout. **Joele - 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 also works with you on self massage techniques that improve flexibility. **Joele - Tuesday at 10 a.m. and Thursday at 9 a.m.**

Mark your calendar! Saturday Fitness Classes

- **STEP Aerobics** - First Saturday each month - with Pat 8:30 a.m.
- **Saturday ZUMBA class** - 11 a.m. August 20, and 27 at 11 a.m. and 12 p.m.
- **Aqua Fit** - classes at the Delta – Monday and Thursday at 10 a.m. and Thursday at 3 p.m.

REMINDER: *Please shower before entering the pool.*





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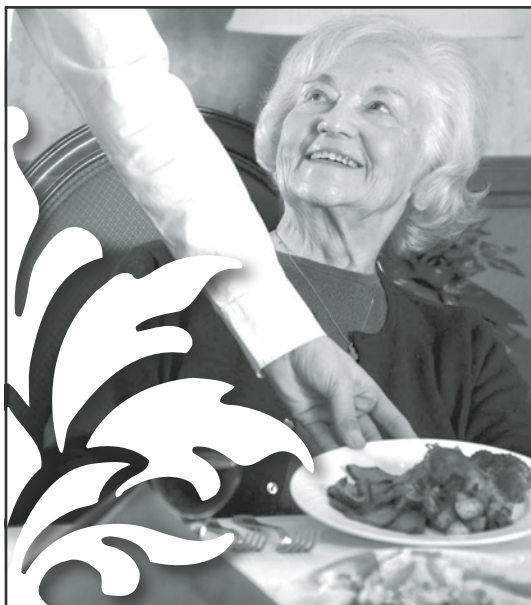
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TrilogyLiving

Fitness Class Schedule for August 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 – Jean Renner. Please call Fitness Director Jo Carmichael at (4205) if you have questions.

August Orientation: Wednesday, August 17 at 6 p.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
1 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) Ballroom 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta New 10:00 a.m. Meditation Breathing (B) (Deanna) Ballroom 10:00 a.m. Aqua Fit (B) (Denise) Delta Pool <i>10:30 a.m. ZUMBA (Sophie) New time</i> 11:30 a.m. ZUMBA (Sophie) New time	2 8 a.m. Core Balance (Joele) 9:00 a.m. Dance 101 (Joele) New 10:00 a.m. Simply Stretch (Joele) New 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 p.m. Dance Aerobics (B) (Joele) 5:00 p.m. Gettin’ Goin’ (Joele) New	3 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) Delta 10:00 a.m. Aqua Fit (B) (Denise) <i>10:30 Mat Pilates (Allison) New</i> 3:00 p.m. NO CLASS (Circuit Training) <i>Instr. vacation</i> 4:00 p.m. NO CLASS (Stretch & Flex) <i>Instr. vacation</i> 7:00 p.m. Meditation (B/I) (Anna)	4 8 a.m. Core Balance (Joele) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 9:00 a.m. Simply Stretch (B/I) (Joele) Ballroom 10:00 a.m. Dance 101 (Joele) New 10:00 a.m. Aqua Fit (B) (Denise) Delta Pool 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 3:00 p.m. Aqua Fit (B) (Denise) Delta Pool 3 p.m. Yoga 4 Balance (Joyce) 4:00 p.m. Dance Aerobics (B) (Joele) 5:00 p.m. Gettin’ Goin’ (Joele) New	5 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 (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA Toning (Sophie) New 12:00 p.m. ZUMBA Toning (Sophie) New	6 8:30 a.m. Aqua Fit (B) (Denise) 8:30 a.m. STEP Aerobics (B/I) (Pat)
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TrilogyLiving

August 2011 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm TAG Watercolor Class (D) 1pm Mah-Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Drama Club Rehearsal (D)	2 7am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 9:30am Beg. Cntry Line Dnc (D) 10:30am Int/Adv. Cntry Ln Dnc (D) 11:30am Cntry Line Dnc Troupe (D) 11:30am RVMEN 9-Hole Golf 11:30pm Hand & Foot Canasta (V) 12pm Dominoes (V) 12:30pm TAG Watercolor Class (D) 5pm Billiards Club Tourn. (V) 5pm Table Tennis – beg. (D) 6pm Table Tennis – inter. (D) 6pm Tai Chi & Yuan Chi Dnc (V) 7pm Drama Club Rehearsal (D) 7pm San Francisco Club (V)	3 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Village Riviera Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis Lessons (D) 6pm Beg. Soul Line Dance(D) 6:30pm Int. Soul Line Dance(D) 7pm Billiards Club Mtg. (V) 7pm Drama Club Rehearsal (D)	4 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) 1pm Golf Ladies Bridge Club (D) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 3pm Gospel Singers (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dnc (V) 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Drama Club Rehearsal (D)	5 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) 5pm Ballroom Dance Class (V) 7pm Comedy Night – Grant Lyon (V)	6 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 11am Table Tennis (D)
7 10am – 3pm Farmer's Market (D)	8 8am Social Tennis 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 12:30pm Duplicate Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Drama Club Rehearsal (D)	9 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 9:30am Beg. Cntry Line Dnc (D) 10:30am Int/Adv. Cntry Ln Dnc (D) 10:30am Book Club (V) 11:30am Cntry Line Dnc Troupe (D) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) 2pm Master Assoc. Bd Mtg. (V) 5pm Billiards Club Tourn. (V) 5pm Table Tennis - beg. (D) 6pm Table Tennis – inter. (D) 6pm Tai Chi & Yuan Chi Dnc (V) 6pm Grapevine Chat (V) 7pm Gospel Singers Practice (V) 7pm Drama Club Rehearsal (D) 7pm VORC Mtg. (D)	10 8am Social Tennis 8am TOPS (V) 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 Beg. Soul Line Dance(D) 6:30pm Int. Soul Line Dance(D) 7pm Drama Club Rehearsal (D)	11 8am Social Tennis 8:30am Women's 18-Hole Golf 9am AED/CPR/ First Aid Training (V) 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 3pm Gospel Singers (V) 3pm Disaster Preparedness Com. Mtg. (V) 4pm Golf - Sr. Men's Board Mtg. (D) 5pm Table Tennis - beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dnc (V) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (D)	12 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) 5pm Ballroom Dance Class (V) 6:30pm Movie Night – “Another Year” (V) 7pm Bunco (D)	13 8:30am Hiking Club (V) 11am Table Tennis (D) 3pm Private Use (V) 5pm Private Use (D)
14 5pm VORC Potluck (D) 7pm Ballroom Dance Club (V)	15 8am Social Tennis 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 12:30pm TAG Watercolor Class (D) 1pm Mah-jongg (V) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Fishing Club (D) 7pm Drama Club Rehearsal (D) 7pm Poker (V)	16 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 9:30am Beg. Cntry Line Dnc (D) 10:30am Int/Adv. Cntry Ln Dnc (D) 11:30am Cntry Line Dnc Troupe (D) 11:30am RVMEN 9-Hole Golf 12pm Joyce Bueker Sleep Enhance. & Relaxation (V) 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) 5pm Billiards Club Tourn. (V) 6pm Tai Chi & Yuan Chi Dnc (V) 7pm Drama Club Rehearsal (D)	17 8am Social Tennis 8am TOPS (V) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Village Riviera Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 6pm Beg. Soul Line Dance(D) 6:30pm Int. Soul Line Dance(D) 7pm Drama Club Dress Rehearsal (D)	18 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12pm Dominoes (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 3pm Gospel Singers (V) 4pm Golf – Sr. Men's Mtg. (V) 6pm Tai Chi & Yuan Chi Dnc (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Performance (D)	19 8am Social Tennis 9am Village I Arch. Com. Mtg. (V) 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 5pm Ballroom Dance Class (V) 7pm Drama Club Performance (D)	20 8:30am Hiking Club (V) 9am – 1pm AARP Driver Safety Refresher Course (V) 4pm Private Use (V) 7pm Drama Club Performance (D)
21 2pm Drama Club Performance (D) 6pm Drama Club Cast Party (D)	22 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm TAG Watercolor Class (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 6pm Soul Line Dancing (D) 7pm Poker (D)	23 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 9:30am Beg. Cntry Line Dnc (D) 10:30am Int/Adv. Cntry Ln Dnc (D) 11:30am Cntry Line Dnc Troupe (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) 5pm Billiards Club Tourn. (V) 5pm Grapevine Chat (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dnc (V)	24 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) 4:30pm Table Tennis Lessons (D) 6pm Beg. Soul Line Dance(D) 6:30pm Int. Soul Line Dance(D)	25 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Adult Committee Mtg. (D) 3pm Gospel Singers (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dnc (V) 6:30pm Pinochle (V)	26 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Tennis Club Mtg. (D) 11am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 5pm Ballroom Dance Class (V) 7pm Whist Club (D) 7pm Bingo (D)	27 8:30am Hiking Club (V) 9am – 6pm TAG Art Show (V) 11am Table Tennis (D) 11:30am Tennis Club Luncheon (D) 4pm Supper Club (D) 6pm Concert on the Patio – Rhonda Benin (V) 6 p.m. Art Show Reception (V)
28 9am – 6pm TAG Art Show (V) 4pm Trilogy Bocce Club Banquet (V)	29 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm TAG Watercolor Class (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	30 8am Social Tennis 8:30am Radio Club (V) 9am – 2pm AED/ CPR/ First Aid Training (V) 9am Women's 9-Hole Golf 9:30am Beg. Cntry Line Dnc (D) 10:30am Int/Adv. Cntry Ln Dnc (D) 11:30am Cntry Line Dnc Troupe (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) 5pm Billiards Club Tourn. (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dnc (V) 7pm Drama Club Mtg. (D)	31 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) 4:30pm Table Tennis Lessons (D) 6pm Beg. Soul Line Dance(D) 6:30pm Int. Soul Line Dance(D)			

Village Oakmont

Since summertime inspires people to fill their schedules and become busier than usual, the Kare Bears did not meet in July and will not meet in August. Kare Bears will resume their meetings on September 14 at the Delta Club at 10:30 a.m.

Save the date for the October Garage Sale. This is the Annual money-maker for Oakmont Kare Bears. Please call Penny at (6540) or Virginia at (6823) if you have any items or any questions.

We are still taking yarn for the shawls of cancer victims to be delivered to The Queen of the Valley Hospital in September. Please contact Virginia at (6823). Have a safe summer!!!

Village Riviera

Fourth of July was quite a celebration! Village Riviera Residents' Club gave the Riviera Kare Bears the honor of working the ice cream sundae line at the July 4th celebration. We had fun serving our friends and neighbors. What a great way to increase our coffers. We thank the Residents' Club.

The Family Support Committee deserves a big thank-you for what they do here in Trilogy. They take over where the Kare Bears leave off. We appreciate Claudette and all of the caring committee members.

The next regular meeting is on August 8. Please join us at the Delta Club for coffee and snacks at 9:30 a.m. The meeting begins at 10 a.m. We'll see you there. For more information or services, please call Myra at (3660) or Valerie at (6942).



FAMILY SUPPORT COMMITTEE

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member. For more information, please call Chairperson Claudette Gartner at (707) 439-6116, e-mail xbirdlady@myifp.com or call Coordinator Doreen Hammond at (2370) or Barbara Sherison (6845).

New Sports at Trilogy

Horseshoes – Time: to be determined

Contact: Verdan Zelmar at 707-685-3272

Billiards Club

The club received approval from the adult committee to purchase a 46-inch Sony Bravia flat screen television for the Billiards Room. The club will pay 50 percent of the purchase. The next step is to get approval from the Master Association board.

Tuesday Evening's tournament start times are at 5 p.m. The format for tournaments has changed. The second Tuesday of the month the format is 9-Ball round robin. In order to get a win a player must beat his opponent two out of three games. The club has made a list of B players and for that Tuesday evening the B players will receive a one-game handicap while playing an A player. The B player only needs one win in three games while competing against an A player.

The format for the fourth Tuesday is 8-Ball and the club will split the tournament into A and B players. There will be a first and second place winner in each group. The first, third and fifth Tuesdays the format is 8-Ball round robin with no handicaps for B players. Officers: President Al Bergoust, Vice President Joe Mattos, Treasurer Mike Quihuiz, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners

June 7, 8-Ball

1st Al Bergoust

2nd Oscar Grissom

3rd Mike Quihuiz

June 14, 9-Ball

1st Al Bergoust

2nd Jack Clark

3rd Geno Toscano

June 21, 8-Ball

1st Jim Neill

2nd Dave Stewart

3rd Mike Quihuiz

June 28, 8-Ball A & B teams

A team

1st Oscar Grissom

2nd Dave Stewart

B team

1st Geno Toscano

2nd Rich Garcia

The next Billiards Club meeting is on Wednesday August 3 at 7 p.m. in the Monterey Room of the Vista Club. For more information regarding the Billiards Club, please contact Oscar Grissom at crpntrboy@aol.com.

Bingo Club

Do something fun and meet new people! Come to bingo on Friday, August 26 at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. 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. Be sure and mark the fourth Friday of each month for bingo at the Delta. For more information, call Irene at (6999).

Bocce Ball

The night league championship play-off starts on Wednesday, August 24 at 5 p.m. The eight teams with the best season records will face off in single matches. The four winners will then play again on Thursday, August 25 at 5 p.m. with the final two winners playing for the club championship on Saturday, August 27 at 9 a.m. All matches will be played at the Summerset courts.

The night league end-of-season event is on Sunday, August 28 at the Delta Club. The event starts with a social at 5 p.m. followed by a Hawaiian-style dinner at 6 p.m. Dinner is catered by ABC Catering from Elk Grove. The cost for club members is \$7.50 per person. Non-member guests cost \$15. Sign-up details will be posted at the Summerset courts. This is a bring-your-own-beverages and team appetizers event. Seating is assigned by the team based on the total number of sign-ups.

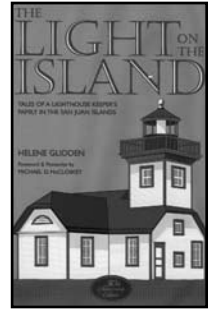
The morning league end-of-season luncheon is at the Vista Club on Friday September 2 at noon. Details are being finalized and will be posted at the Summerset courts bulletin board.

The annual general membership meeting is on Saturday, September 17 in the Delta at 9 a.m. This is the first post-season meeting of both the morning and night leagues. Please attend and make your thoughts known. This is your club, make it work for you.

The Winter Bocce Federation (WBF) is planning to start play on Tuesday, September 20. Federation play is on Tuesdays at 10 a.m. No fees. New players and new teams are welcome. More details next month. Remember to roll straight, roll often, and enjoy. That's what it's all about. For more information, contact Joe Downes at (7520).

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. at the Vista Club in the Sonoma Room. The next meeting is August 9. The book selection is *The Light on the Island* by Helene Glidden. September's book selection is *Cleopatra: A Life* by Stacy Schiff. There is no requirement to have read the selected books. Everyone is welcome to join. For further information, contact Adrienne at (5576).



Bridge - Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, August 8. 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).

June's results: 1st: Lynn Fortner and Choeta Heid 2nd: Orly Curtis and Peg Walker 3rd: Sue Vogtlin and Lois Brusen

Computer Club

The next meeting of the Trilogy Computer Club is in September since many of our members leave our compound for the summer months. We are planning some interesting meetings for the fall so stay tuned. If you wish to become a member of the club, visit the club web site at www.tccrv.org/application.pdf to complete and print a copy of the application and give it to any of the directors. Annual dues are \$12 for membership. We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software. Reminder: check the Computer Club website at www.tccrv.org for the latest information on many computer-related subjects, meetings, and other interesting items. For more information, contact Lynne Hansen at (4060).

Digital Photo Club

by Andrew Acquistapace

The Digital Photo Club met in July and had 15 attendees. The club greeted newcomer Ralph Bleier to Trilogy. The meeting consisted of photo critiques and a discussion of photo opportunity outings. Photographers in groups of two or three will decide on special projects such as photographing wildlife, barns,



by Jim Ludwig
Pictured: Trees of the Glass Moon

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by Andrew Acquistapace:
Old Wagon, Tortilla Flats, AZ

windmills, and more. Then each group will make a presentation in upcoming meetings. In August, everyone will bring his/her camera to photograph different objects/people in our meeting room. Andrew will bring some props for still-life photos. In our September meeting, we will look at some of these photos and compare results. We meet the first Thursday of each month in the Monterey Room (next to the fireplace) from 7 - 8:30 p.m. For more information, call Andrew at (5737). Photographer Jim Ludwig won several awards recently at The Dixon May Fair for Best in Show, Color Photography as well as six other ribbons (including two other firsts). He also held an exhibition of photography at the San Diego County Fair, obtaining Third Place in Digital Manipulation. He also received Second Place in Winter Landscapes and First Place in Color Abstracts. Jim competed against 4,200 other entries in 30 categories. He earned a Silver Medal in Color Landscapes and Best in Class for Color Photography at the Alameda County Fair. And he received an Award of Merit in Color Photography Prints at the California State Fair. Jim is currently showing in The Towers Gallery in Cloverdale. Club leader Andrew Acquistapace was the July Artist of the Month at the Alameda Art Gallery (Town Centre, Alameda, next to See's Candies).

Drama Club



Congratulations to the Drama Club for coming in second in the Fourth of July parade. Our thanks to Judy Calpo for working so hard to make our cart one of the best!

August is here and everyone knows what that means. It is time for the Drama Club's annual production. This year's play is entitled "Trouble in Tumbleweed." Performance dates are August 17, 18, 19, and 20 (dress rehearsal is open to the public). Show time is at 7 p.m. There is also a Sunday matinee on the 21st at 2 p.m. If you haven't made reservations yet, sign up now. Please fill out the reservation form, which is available at the Delta and Vista Clubs. Place the form in Box # 8 at the Delta Club. Performances are free and seating fills up quickly. If you have any questions regarding the show, please call Karen Bereta at (3505).

The Drama Club welcomes new members. Our meetings are on the last Tuesday of each month in the Marina Room at the Delta Club at 7 p.m. For more information, please contact Debby DuBrow at (6706).

Fishing Club

The fishing club's next meeting is Monday, August 15 in the Marina Room at the Delta Club at 7 p.m. We are finalizing the details of our club's BBQ/picnic at the Rio Vista Harbor on August 27. We will have a guest speaker and discuss other upcoming activities.

Everyone is welcome to join the Fishing Club. We have great events throughout the year. For more information, call Al Silva at (3791).



The Fishing Club caught six stripers and eight halibut at the last outing.

Genealogy Club

Fifteen folks, including four new people attended our July Genealogy Club meeting. We were so pleased to welcome the 15-year-old grandson of one our new researchers. He has expressed an interest in his family history. We also welcomed two new residents of Trilogy to our meeting who have completed extensive research and have traveled to England and Scotland to find that they are officially Scottish with a family Tartan. One member brought in pictures and spoke about her ancestors who settled the Dublin-Pleasanton area. The family has a school as well as an area in Dublin designated as a historic site dedicated to them. Another individual brought in a piece of the Berlin Wall, his uncle was there when it came down. Another member brought in her grandparent's marriage license dated May, 1906. Since the great earthquake was



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Welcome to Busaba on the Delta!

Busaba (pronounced Boo Su Buh), a Thailand native, is the owner and head chef. Busaba, in Thai translates to “flowers,” thus we have Flowers on the Delta. Busaba has owned two previous restaurants—both named Busaba Thai Cuisine—in Lodi and Lockeford. The cuisine offered at Busaba on the Delta is American by nature but with an obvious Thai influence, though there are several Thai dishes on the menu as well. Thai food is notoriously known for its intense spice and heat—this is not true of Busaba on the Delta. Instead, we focus on subtle flavor through the use of Thai herbs and spices to create unique sauces and flavors that will please, rather than scorch, your taste buds.

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MetLife

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April 18, 1906 and the courthouse had been destroyed, the couple had to go across the bay to get married. It was interesting to see the handwritten changes the clerk made to the certificate to cross out Alameda and write in San Francisco.

We had one new member at the June workshop interested in beginning her search. We started her off with pedigree charts and information about the many free genealogy sites available as well as recommending a visit to the Family History Center in Oakland. We also reviewed Heritage Quest, a site available through the Solano Library. This is a valuable site where the many census reports through the years are available. The many migrations across the U.S. were usually a family affair and census reports will help reveal related names and locations down through the years.

Join our next meeting and we will try our best to point you in the right direction to get results with your investigations. Our regular meeting is the first Thursday of every month at 2 p.m. at the Vista Club. The monthly workshop is on Thursday, August 18 at 2 p.m. in the Vista Club. For more information, contact Rhoda Fone at (7542).

"Beware of the genealogy bug; its bite can be addictive."

— Anon

Good Samaritans

Living at Trilogy is a physical and spiritual blessing. Are you in shape both physically and spiritually? In our community, much emphasis is placed on physical fitness, but spiritual health is equally important. Our physical health is susceptible to disease and injury, but spiritual faith can sustain us through these tragedies. We can train ourselves to be spiritually fit and develop our faith by using our God-given abilities in the service of the Lord.

The Good Samaritans is a Bible Study group that studies the Word of God. Our vision is to learn together the hidden treasures in the Holy Bible and live a blessed life. The Bible Study group comes together with prayer requests, praise reports, songs, new visions to help our community and many other blessings seen in those attending and growing in the knowledge of God's truth. The Good Samaritans Bible Study meets every Thursday at 1 p.m. at the Delta Club in the Marina Room. Everyone is welcome to share their knowledge from the Word of God.

Scripture of the Month: 1 Timothy 4:13-16

Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. We had nine riders show up at McDonald's for the ride that was rain delayed until June 11. The weather cooperated nicely this time as we made our way down Vasco Road, across the San Mateo Bridge and down Skyline Blvd to Alice's Restaurant. It was a bit foggy on Skyline and the pine trees literally rained fog drops. Lunch in Pescadero and a stop at the dried bean store highlighted the trip.

The regular ride for July 2 was well attended with 10 bikes and 14 riders. The destination was slated to meet John Oakley on his return from a 7,000 mile trip to Georgia; Winnipeg, Canada; Montana, and finally Reno, where he met his wife Susan. We met up with John and Susan in Auburn and escorted them back to Trilogy. Welcome home John!

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. You don't have to have a big motorcycle to ride, if your bike will cruise the freeway at 65 - 70 mph for an hour or so and you can manage the back roads at posted limits, you can ride with us. The next ride meets at McDonald's in Rio Vista at 8 a.m. on August 6. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

The Windy City Riders thoroughly enjoyed participating in the Trilogy Fourth of July parade. The club proudly followed the Grand Marshall on motorcycles decorated with flags and with stereos blasting patriotic music. Loud pipes, an ooga horn, and tossed candy were great ways to signal the start of the parade.

"The best alarm clock is sunshine on chrome."

— Author Unknown



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Recipe Club

For "Hot August Nights" our August 9 noon meeting features "cold" food. The chefs are Ann Ausich, Mary Dawson, Irene Pickura, and Shirley Rogers. Ann and Irene will also serve coffee. In addition to sharing recipes this month, please bring your favorite gadget. Due to the stage setup for the drama production, we will meet in the Rio Vista Room (the large room in the Delta Club). We meet at noon on the second Tuesday of each month at the Delta Club and welcome new members. Please feel free to join us. If you have questions, contact Patty LaFleur at (3159).

Monthly tip: Many home kitchens sport a drawer filled to the gills with crumpled plastic bags. Reclaim your drawer with this space-saving solution. Stuff the plastic bags into empty tissue boxes. A box will accommodate many bags, which are then easy to remove one at a time when the need arises.

Rio Vista Roamers RV Club

Our yearly meeting was June 7 and a new slate of officers was elected. President is Sandra Santos, vice-president is Doyle Ellington, secretary is Tom Moore, and Wilma Powell will continue as treasurer. We thank you all for attending the meeting. A club is only as good as the participation of its members.

There is no outing in July. We will be at Sugar Barge on August 22 - 24. John and Anne (6129) are hosting this trip, but if you missed the July 22 deadline, give them a call anyway and they will see if they can obtain another reservation.

Bodega Bay is our destination for the September 26 - 29 outing hosted by Erna and Doyle Ellington (5276). Contact them by September 10 if you are attending this outing. This popular resort and area have numerous attractions. There is ocean fishing, hiking, horse-back riding, sightseeing, bocce and great food. Can't you already taste those great shrimp sandwiches?

Jackson Rancheria is on our agenda for October 17 - 20, so mark your calendar. It is the time of year to visit Apple Hill, take Sutter Mine tours, or visit Placerville and all the other Gold Country sights. Free shuttles will take you to the casino for dining or playing.

All RV owners are welcome on our outings. Come see if this is something you enjoy. We will certainly enjoy having you! For information, call Sandra Santos at (3538) or Doyle Ellington at (5276).

Men's Executive Nine

We played two tournaments in July. For the first time we played a yellow ball tournament. It was fun and no team lost all three yellow balls. The event was won by the foursome of Mark Tucker, Metz, Alex Winkler and Andy Barber. They blew away the field with a net 55. The individual low net was won by Dennis French in flight A with a net 3. The B flight was won by John Waggoner with a net 33. The C flight was won by Don Ballard with a net 30. Congratulations to all the winners and thanks to everyone who participated.

We held our monthly general membership meeting after the June yellow ball tournament. At the meeting, the members passed a motion to change the meetings from monthly to quarterly. The meetings will be held after that month's shotgun start tournament. The members also decided that the practice of serving refreshments at these quarterly events should continue. The first quarterly meeting is tentatively scheduled for Tuesday, August 16. Date will be confirmed by e-mail.

It is time to begin the process of finding candidates to serve on the board of directors for next year. At present, we have an opening for Membership Director. If you are interested in serving in this capacity or wish to be a nominee for any other board position, please contact Ron Kott at rkott@datasafe-sf.com.

We added four new members in July, bringing our membership total to 81. Welcome to Jim McDermott, Steve Leder, Harold Rowe, and Ed Smith. 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).

San Francisco Club

The next San Francisco Club meeting is on Tuesday, August 2 at 7 p.m. in the Diablo Ballroom. Join us and help plan our next event; it could be Italian Night with another successful potluck, or Wine and Hors d'oeuvres and Dancing, or the trip to the City.

If you were born and went to school in San Francisco, or worked and lived in the City, we would like to know you. We have been a club for six months and already have almost 50 members. Come share stories and memories with us. For more information, contact Mike or Lori at (6196).



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for information and reservations!

Senior Men's Golf Club

The Prostate Cancer Tournament sponsored by the Senior Men's Golf Club was held on June 14 and was a huge success. While no one walked away with a new car or the \$40,000 "shoot out" prize, the American Cancer Society did come out a winner as a total of \$11,675 was donated from the proceeds of the tournament. Thanks to all that participated and donated with special thanks to Dick Popham and his committee for all their fine work in prize gathering and organizing the tournament.

In August, we will wrap up our match play tournament and will have a winner in each of four flights. We will also host a guest tournament on August 10, so get your partner lined up and signed up. On August 17, our weekly tournament will feature a "closest to the line" on hole 18. This will require a drive of at least 140 yards as measured from the white tees. Watch for the sign-up sheets for these and all the Wednesday tournaments.

Our club holds its general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club's main meeting room. Please attend and participate in your club. Also, check out our e-Clubhouse website on www.rvsmgc.ghinclub.com for the latest news and tournament results. If you are interested in joining our club, membership applications are available in the pro shop. If you have any other questions about our club, contact George Barlesi at (4032) or e-mail George at gbarlesi@comcast.net.

Supper Club

The Supper Club's first party is on August 27 from 4 – 8 p.m. on the Delta Club Patio. Mark your calendars; it's going to be great! If you haven't already received an invitation and would like to come, please contact Maureen Gingrass at (3803) or Cheryl Bellrose at (6619) as soon as possible. If you did receive an invitation and haven't contacted us yet, please call ASAP so we can determine how many tables and how much food is needed. 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. It should be fun to enjoy an afternoon and evening together. We will provide glasses, plates, napkins, and silverware.

For those who are new to Trilogy and 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 (except for the August party). 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. We also consider afternoon barbecues, brunches and luncheons.

Supper Club is for everyone. If you 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? Contact Maureen Gingrass at (3803) or Cheryl Bellrose at (6619) as soon as possible. We'd love to meet you.

Table Tennis Club

This is the first year that the Table Tennis Club participated in the Trilogy July 4th event. Thanks to everyone



who helped decorate three golf carts: Michael and Viktoria Mahrous, Abaan Abu-Shumays, Ruth Barnes, and all of you who participated. The slogan "Unity in Diversity" emphasized the many

different countries represented in our club: Australia, Azerbaijan, Chile, China, Costa Rica, Egypt, England, Germany, Holland, India, Italy, Ireland, Japan, Korea, Lebanon, Panama, Peru, Philippines, Poland Russia, Vietnam. We received an honorable mention worth \$25.00 at Lira's. This will go towards treats for the club. Way to go!

The club has also held its first out-of-Trilogy tournament. On July 23, we met with the table tennis players of Rossmoor in Walnut Creek. They selected their 12 best players and we sent 20 of ours. Results are coming.

On June 25, the club participated in Fitness Day. We played some awesome table tennis and impressed some of the viewers and visitors. We even signed up a new member. On that same day, we had a potluck at the Cypress bocce courts and had a lot of fun with many of our members playing bocce for the first time.

Mark your calendars for our general meeting on Thursday, August 11 at the Delta Club at 4:30 p.m. We will follow up with regular play. As soon as the agenda is set, we will email it to the members.

Reminder: please give preference to beginners from 5 - 6 p.m. on Tuesdays and Thursdays. They are also encouraged to stay on and practice with more advanced players. Also, remember that on Wednesdays from 4:30 - 6 p.m. we have practice with the Robo-Pong. If you want to use the machine, you must sign in your name and pick up balls for the previous person. We have coaches available on Wednesdays. 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

Relay for Life winners were Orlando Devera and Jim Wong (men), June Skvorzov and Charlene Oxoby (women), and Len Latorre and Zenny Devera (mixed). Because of the effort of all who played, food preparers, ticket sellers, gift donors, guests, and visitors, we donated the sum of the event \$1567. Special thanks to Joe Downes and staff.

The results of the Rossmoor tournament were a slight let down, but the event was enjoyable. They are a great community and tennis club. The final score was 8 - 16; not as bad as it seems, with four more wins we could have tied. On August 27, Rossmoor will play here. We're asking members to support this event.

The Brentwood tournament was held June 10. With a 1 to 24 deficit because of injuries, we had an uphill battle and still surged ahead to win 135 -112. Our next tournament with them is on October 28 at 9 a.m. at Trilogy.

Fitness Day resulted in increased membership as residents saw this sport and how it can condition the body. Thanks to all volunteers and George Sablan for the clinic. This was his last clinic after nine years.

Election of officers: our new officers are President Nancy Whitney, Vice President June Skvorzov, Treasurer Patti Sorg, Recording Secretary Sandy Price, Director of Social Activities Joe Downes, Parliamentarian Bruce Stirling, and Tennis Coordinator Wally Beckman.

Summer socials for July, August, and September are held on the third Thursday with a potluck or dine-out to follow at 4:30 p.m. Place of gathering will be decided for each.

Donate your plastic for recycling through the Tennis Club. Use your key to enter Court 2 where there's a bin. It's an easy way to help the Court Jesters and those they help.

Always wear proper tennis shoes, drink plenty of water, use sun block and complete a stretching regimen before play. Minutes of meetings can be viewed at www.frontiernet.net/~dlhboat and photos may be viewed at www.frontiernet.net-courtjesters. For more information, contact michaellowis270@comcast.net.

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 anytime between Tuesday and Sunday. The sign-up sheet is picked up Sunday afternoon; your tee time will be e-mailed to you by Monday evening. If you need to cancel, call Pam Carlson at (2983) or the Pro Shop at (2900).

Tuesday Play Day Results

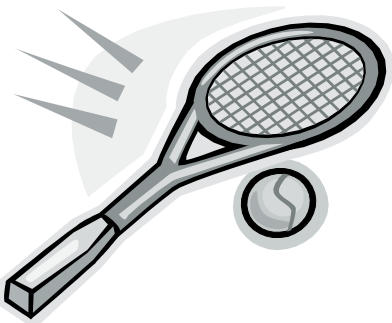
June 7: Eileen Owen had a Chip-In on Hole 18, Anne Frenette had a Chip-In on Hole 10, Anna Bogucki had a Birdie on Hole 13, Anne Branton had Pars on Holes 13 and 16.

June 14 Play Day was changed to Wednesday, June 15 due to Prostate Cancer Tournament. Chris Sabye had Pars on Hole 5 and Hole 7. Chris had her best score ever of 46. Congratulations Chris!

June 21: No Chip-In or Par's this week.

June 28: Eleven ladies came out to play and the last group made it in just as it started to rain. Very good timing! Nancy Whitney had a Par on Hole 5.

Work is in the final planning stages for the Women's 9-Holers Golf Invitational "Driving Around The World" scheduled for Tuesday, October 11. Entry form deadline is September 10, 2011. Please contact Chris Sabye for more information at (5053). If you would like to join the Women's 9-Holers, please call Lynne Galletta, Membership Chairman at (6079).



Women's 18-Holers



Diablo Creek Invitational in Concord on June 7-Left to right: Sue Clark, Trixie Roque, Lynn Grace, Carol Petronzio.

May 26: we played straight golf. Results –

A Flight: First Lucille Rhodes, Second Des Javier

B Flight: First Cindy Brown, Second Ida Shannon, Third Debby Carroll, Fourth Tie Sue Clark/Diane Staley.

C Flight: First Karen Nash, Second Terri Anisko, Third Charlotte Godsey, Fourth Donna Bjork. Chip-Ins: Angie Jones (three chip-ins), Marsha Loomis, Joan O'Connor, Cindy Brown, Lucille Rhodes, Maureen Gingrass, Donna Bjork. Birdies: Angie Jones (two birdies), Marsha Loomis, Ladell Manion, Linda Barlesi. Broke 90: Lucille Rhodes, Linda Barlesi. Broke 100: Marsha Loomis, Des Javier, Debby Carroll, Ida Shannon, Sue Clark, Cindy Brown. Closest to the pin Hole #5: Sue Clark

June 2: we went to Brentwood for our Home on Home tournament. RVWGC winners - First Alma Renko, Second Angie Jones, Third Linda Barlesi. Birdies: Linda Barlesi. Closest to the Pin Creekside: Paula Davis. Closest to the Pin. Hillside: Roni Teixeira

Winners for a try at \$40,000 at the RVSMGC Prostate Cancer Tournament on June 14 (From Left to Right winners are): Mark Tucker, Karen Adams, David Orlando, Linda Barlesi, Katherine Young, Gene Bloczynski, Georgette Rodriques, John Grace, Marsh Loomis, Yates Kindrick, Teri Anisko, James Owen

June 9: we played straight golf. Results -

A Flight: First Lucille Rhodes, Second Ida Shannon, Third Des Javier

B Flight: First Cindy Brown, Second tie, Trixie Roque/Joan O'Connor

C Flight: First Linda VanNieuwburg, Second Paula Davis, Third Maureen Gingrass

D Flight: First (tie) Terry Sutter/Joanne Smith, Second Karen Nash. Chip Ins: Angie Jones, Karen Nash, Charlotte Godsey, Paula Davis, Joan O'Connor. Birdies: Angie Jones, Linda Barlesi. Broke 90: Lucille Rhodes. Broke 100: Angie Jones, Linda Barlesi, Frankie Freese, Judy Zelmar, Cindy Brown, Des Javier. Closest to the Pin 8: Lucille Rhodes

June 16: we played straight golf. Results -

A Flight: First tie Vicky Riddle, Des Javier, Second Ulla Ulmonen

B Flight: First tie Pat Kistler/Donna Martella, Second Trixie Roque

C Flight: First Darl McCarthy, Second tie Diane Staley/Linda VanNieuwburg

D Flight: First Terry Sutter, Second Karen Nash, Third Joanne Smith. Chip Ins: Maureen Gingrass, Paula Davis, Ulla Ulmonen, Roni Teixeira. Birdies: Des Javier, Donna Martella. Broke 90: Linda Barlesi, Des Javier, Vicky Riddle. Broke 100: Ulla Ulmonen, Marsha Loomis, Donna Martella, Trixie Roque, Angie Jones, Pat Kistler, Judy Zelmar, Ida Shannon, Joan O'Connor. Closest to the Pin 13: Pat Kistler.

If you would like to join us, contact Alma Renko at (3064).



AARP Drivers Safety Course

An AARP Drivers Safety Course is offered on August 20 from 9 a.m. - 1 p.m. in the Vista Club. This is a refresher course. You must have taken the eight (8) hour course within the last four years. The cost is \$12 for AARP members and \$14 dollars for non-members. For more information call Glen at (3342) or email grk59@frontiernet.net.

Maintain or Replace Your Smoke Detectors

by the Disaster Preparedness Committee

All homes should have multiple smoke detectors installed in various rooms to protect occupants from fire and flame. The battery should be changed yearly. The unit itself (both battery operated and hard-wired models) need to be replaced every 8 - 10 years.

Your smoke detector monitors the air in your home 24-hours a day. Experts estimate that in 10 years, a detector goes through 3 - 4 million duty cycles. Components wear out, become clogged with dust, and other air contaminants. If you are unsure just how old your unit is, look on the label on the back of the unit for a manufacturing date. To make it easy to tell when a replacement is due, write the replacement date on the back on your unit, or on a new one you install. So, when it's time to change the battery, you'll be reminded when the unit should be replaced.

Note: Carbon Monoxide detectors were required by law to be installed in homes July 1, 2011. For more information, contact Lynne Hansen at (4060).

Trilogy Jazz Band

The band has just one rehearsal and will play for a private party in August. During the rest of the month we will be on our summer vacation. Regular weekly rehearsals will resume in September.

This month's full-band rehearsal is on Wednesday, August 10 from 2:30 - 5 p.m. following vocal rehearsals at 1:30 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, please contact Jim Lucas at (7567) or Marti Rogers at (6859).

Rio Vista CARE Gala



Rio Vista CARE is holding their 11th Annual GALA benefit on September 10 at 6 p.m. at the Trilogy Vista Club. The evening's activities will begin with wine tasting and a "strolling supper." You'll taste fine wines from six of our local wineries and sample the delicious fare available from many of the delta's best eateries.

Throughout the evening, guests will have the chance to bid on silent auction items and to purchase mystery gift balloons. Every balloon will contain a surprise gift. What will you find when the auctioneer gives the go ahead to pop your balloon? You might also win the big prize from the 50/50 Raffle. Last year's winner took home over \$500!

Local auctioneer Joe Gates is bringing his irresistible style of entertainment to the auction program. There will be a tantalizing array of auction items including a weekend get-away trip at a luxurious Lake Tahoe home, tickets and tours, merchandise and more.

All proceeds from the Gala benefit Rio Vista CARE, celebrating 26 years of service to delta communities. Rio Vista CARE has served thousands of children and families through professional counseling, the PALS mentoring program, grief interventions, parent support groups and more. With cutbacks in government funding and increasing needs due to the current financial downturn, Rio Vista CARE faces a substantial budget shortfall in the coming year. You can play an important part to help maintain the current level of services for children and families in our community. Plus you'll enjoy a lovely evening!

Tickets are \$50 each. For gala tickets, please call (5243) or stop in at the Rio Vista CARE office at 125 Sacramento St., Rio Vista. Donations are tax deductible.

Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

Amway

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

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ANNOUNCEMENTS

Free Cat

Russian Blue Cat free to good home. Friendly, around 9 years old, desperately needs home. Call Dottie (4902).

Lost

Female cat, black with long hair. Has slightly deformed right ear. Last seen 8th hole, front gate. If found please call (5266) or 916-777-6447.

FOR RENT

Home for Rent

Hillsborough model, 1670 sq.ft., 2br/2ba/den, backyard privacy wall. Owner pays HOA & water/sewer. Refrigerator, washer & dryer provided. \$1100/mo. No pets/no smoking. Call Claude (3964).

Home for Rent

2ba/2ba home with fireplace. Includes gardener and HOA. \$1100/mo. Call Pat 426-1218.

Room for Rent

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

FOR SALE

Dining Table

Table 40 x 72 plus 6 upholstered seat chairs. Excellent condition \$600 OBO. Call Pat (2879).

Vehicle

2008 Mazda Miata MX5 in excellent condition. 12,000 miles \$18,500. Please call 925-639-2990.

Vehicle

1996 Corvette, super charged 6-speed under 28,000 miles. Hunter green with leather interior. Super clean, like new, sacrifice at \$14,950. Call 634-7051.

SERVICES

Annual Service

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

Appraisals

Real Estate Appraisals by Trilogy res. w/40 yrs 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.

SERVICES

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).

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).

Caregiver

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

FOR SALE

SERVICES

SERVICES

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

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.

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.

Cleaning

Diamond House Cleaning Provisions. House cleaning with an expert eye to details. Includes: scrubbing, sanitizing, polishing and buffing. Cutting corners is not in our vocabulary! We offer one time cleaning, budget cleaning and full service cleaning. Moving in/ out, special projects also available. All work satisfaction guaranteed! Call Nita (5459) or 315-6670.

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 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 installs. Trilogy Res. 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).

Custom Cabinets

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

DJ Available

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

Electrical

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

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).

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).

RESIDENT CLASSIFIED ADS

SERVICES

Home/Pet Sitting

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

Impeccable Improvements

Established/Retired general contractor. . . tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio redesign, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 7 year resident/ references. Dominic 707-322-9476.

Income Tax Preparation

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

Income Tax Services and Planning

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

In-Home Care

Available for male or female. We are sensitive, caring and discreet. Most of all we are dependable! We are Trilogy residents with 8 years combined experience and would like to assist you too! Call Nita 707-315-6670.

Landscape Maintenance

Tosh Bonsai Landscaping: Full and partial garden service, design, installation and specialty pruning. Trilogy Resident, Robert (3427)

Landscape Maintenance

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

SERVICES

Lawnmower Repair

Service and repair on lawnmowers, weedeaters, blowers, rototillers, etc. Sharpen garden tools. 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 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).

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 Rich G (3663), 556 Birch Ridge Dr.

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.

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 for more info and call me at 925-286-2398 for a free consultation.

SERVICES

Pet Care

Will care for your small dog in your home or mine. Includes walking, feeding, mail brought in, plants watered, etc. Trilogy resident. 209-201-8143.

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.

Pet Care

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

Pet Care

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

Photography

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

Remodel/Repairs

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

RESIDENT CLASSIFIED ADS

SERVICES

Roll out Shelves

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

Sprinkler Repair

Repair, replace & install irrigation system. Tosh Bonsai Landscaping. Trilogy resident, Robert (3427)

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

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

SERVICES

Transitions

Diamond House Cleaning & Transitions. Assisting families to a smoother road with the passing or moving of a loved one. Includes: packing, organizing, down-sizing, cleaning and hauling. Also assistance with cleaning and labeling items to be sold or donated. Call Nita (5459) or 707-315-6670.

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.

VACATION RENTALS

Window Cleaning

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

Cancun Resort Las Vegas

Near strip furnished 1 bedroom, sleeps 4 maximum, available 4 pm, Dec. 29, 2011 through 10 am, Jan. 2, 2012. \$100/night. Call cell 510-517-8010 or home 510-569-4447. Enjoy all resort amenities.

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.

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 February 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 (*Front or Back*): \$445/month

DISCOUNTS:

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

Our Family is Committed to Yours.®



EMERITUS SENIOR LIVING

Emeritus Senior Living offers a wide range of services from retirement living, assisted living and memory care. Whether you are looking for a new place to call home without the hassles of daily living or you have a loved one who requires a little extra care such as dressing, bathing and medication management, Emeritus Senior Living is committed to helping you and your family find the right fit.

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