

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

September 2011

# TrilogyLiving



## The Trilogy Experience: Andre Thierry & Zydeco Magic

Andre Thierry & Zydeco Magic performed a blend of Cajun-Jazz music before over 200 members on July 30 on the Vista Club patio. The group captivated the spirit of summer...inspiring souls and soothing minds. The audience became marionettes to the music, dancing to the beat through the night. Special thanks to the Soul Line Dancers for recommending this remarkable group.

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

The regular monthly meeting of the Master Association Board was held on August 9, 2011 in the Diablo Room at the Vista Club. Attendance, including the Board and staff totaled 41. This was the lowest attendance at any recent regular meeting of the Board. There was a relatively short agenda and the meeting was over in well under one hour. If you had been looking for a short meeting and did not attend this one – you missed it.

**Actions taken at the meeting included:**

- The approval of the Consent Calendar, which included the minutes of the last meeting, filing of liens, and ratification of purchase of irrigation clock replacement in the amount of \$2,038.36 from Reserves.
- Approved a request by the Woman's Improvement Club of Rio Vista to hold its 100th Anniversary celebration in the Delta Club, and waive the rental fee and open the event to the public.
- Authorized an expenditure in the amount of \$500, from Operations, to purchase 1,500 tube inserts and have the staff install them.
- Approved an expenditure in the amount of \$4,710, from Operations, to install French Drains along Clubhouse Drive and behind the Vista waterfall and awarded the work to ValleyCrest
- Approved the acceptance of the Annual Audit Report, and approved a write-off of \$58,043.08 as uncollectable debt for the fiscal year 2010-11.

Our next regular meeting is on September 13, 2011 at 2 p.m. in the Diablo Room at the Vista Club. We look forward to your attendance and input at our meetings.

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

# TRILOGY AT RIO VISTA

D I R E C T O R Y

## Master Association Board of Directors

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

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Village Riviera – Dave Bewick (2093)  
Olympic Village – Joel Auslen (5808)  
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Dave Bewick, Chair (2093)

## Disaster Preparedness Committee

Jim Larsen (4382)

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

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## Club Numbers

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*From the Editor*

**ANDREA STUART**

It's been a temperate summer, with spring-like breezes sweeping through Rio Vista, turning sweat-inducing days into an outdoor Shangri-la. The unseasonable climate has enabled more campers to indulge in nature, sports enthusiasts to attend events in comfort, and pets to frolic along the pavement without scorching their wee paws. Although summer is nearly at our backs, the proliferation of activities continues.

September's fun begins with Open Mic Night on Sept. 9. For those of you hiding secret talents, this is your opportunity to shine. Whether you recite banging beatnik poetry, can break glass with your high e during an a cappella performance, or can get a giggle from even the grumpiest audience member with your comedy, Open Mic Night beckons your participation.

To say that the weather is still nice is an understatement. Come down to the Delta Pool on Sept. 10 for Dive Into Scuba Lessons where you can learn or relearn how to breathe under water. No gills required.

Perhaps you're a person who appreciates emotive ambience, delectable fare, and palate pleasing libations. Lunch in the Gardens of Sonoma on Sept. 13 should be right up your alley. Eclectic gardens ranging from lush to mod-inspired serve as a gateway to serenity. Complement the experience with wholesome foods cooked on an outdoor grill and sample wines that can only be described as artistry in a glass. Looking for an excuse to window shop? Look no further. Cornerstone has an array of shops that will tempt your eyes and your pocketbook.

Kick into high gear with Karaoke on Sept. 23, and put your dancing shoes on for the Concert on the Patio with Don Lewis on Sept. 24. With a repertoire that boasts working with Quincy Jones, the Beach Boys and Michael Jackson, Lewis will have your mind and body swaying to the tunes.

Finally, take a peek at the Community Corner in this issue on page 32. There are a myriad of events taking place both Trilogy-wide and in Rio Vista (too many to name here) that you'll find interesting and fun.

I'd like to close this month's column with an official "Welcome" to Debbie Dorn, Trilogy's new Activities Director, and to Anna Chunn, who is filling in as Fitness Coordinator. These are two huge endeavors, and we're grateful to have these ladies on our team.

Now enjoy the last few weeks of summer. I'll see you again when the autumn leaves have begun blanketing our lawns.



*From the  
Activities Director*

**DEBBIE DORN**

Hello Trilogy residents! I am excited for this opportunity to enhance your Trilogy Experience through events and activities. Since stepping into this position from the administrative side of your Association, I have been delighted to learn just how much your community has to offer. Don't miss out: check into the available clubs to find one that meets your special interests. There are over 80 clubs, each ready to welcome new members. Make a point to pick up a list of clubs the next time you visit the Vista Club. Then, look into the latest happenings with the Fitness Center: it is complete with carefully designed mind and body wellness programs to help you feel your best!

When you are looking for entertainment, you don't have to look far. There are a variety of monthly choices. Upcoming events can be found in this publication, highlighted in the weekly emailed newsletter, and also shown on the video screen to the right in the Rotunda as you enter the Vista Club. Special e-Alerts will be displayed there to help keep you informed. The video screen on the left highlights photos from past events, as well as showing an overview of a 2011 events slideshow from time to time.

I welcome your activity ideas, thoughts, and comments. So let me hear from you. The Trilogy Experience is a grand opportunity for everyone to be involved in an active lifestyle no matter what flavor appeals to you! Contact me at [ddorn@actionlife.com](mailto:ddorn@actionlife.com) or (4204).

## **Share Your Travel Experiences**

Have you enjoyed a recent trip or travel experience? Share your experiences and photos with others. Call (4204) to make arrangements. We need guest speakers for our September 2011 Travel Talk. Thank you members who volunteer your time to share their travel experiences. You have enriched the lives of others and have made Travel Talk a wonderful and enlightening program.

## **Farmer's Market ~ A Raffle Too!**

Sept. 4 & 18, 10 a.m. – 3 p.m. – Delta Club, Free

Petrill's Produce Farmer's Market provides fresh produce to Trilogy members. Purchase locally-grown fruits and vegetables right here in Trilogy! Every member who makes 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.



## Lunch in the Gardens of Sonoma

Tuesday, Sept. 13  
\$40 per person includes  
bus and box lunch  
Depart 10 a.m. and  
Return 4 p.m.

Celebrate the connection between art, architecture, and nature. Enjoy Lunch in the Gardens of Sonoma, where you will walk through a series of gardens showcasing a cultural and creative haven.

The unique collection of shops, wineries, and the gourmet café is set amidst nine acres of the inspiring gardens. Alsina Station Grill will provide box lunches offering gourmet choices of steak sandwich, grilled chicken breast sandwich, or grilled portabella sandwich.

We will also visit Napa's Oxbow Public Market. Ever changing, Oxbow Public Market has fun and excitement awaiting you every day: shop for bakery goodies, cheeses, chocolates, coffee, seafood, meat, spices, wine, and much more. From artichokes to zucchini, trees and wreaths at the holidays, just-caught fish and shellfish, the Oxbow specialty merchants have it!

## New Cycling Club

Do you enjoy cycling with other people, want to get into better shape, and perhaps want to shed a few pounds in the process? Join the Trilogy Cycling Club. Twenty-three Trilogy residents have signed up since the recent Fitness Day event. If you are interested in cycling, the club wants to meet you! The next meeting is on September 1, at 5 p.m. in the Vista Club Monterey Room. This is an opportunity for everyone to have input on club goals and direction. Let's make this a fun, social club for cyclists of all abilities! Contact Gary Stage at grstage@yahoo.com or Cliff Benzel at cliffbenzel@hotmail.com for more information.

## Grapevine Chat!

Sept. 13, 6 p.m. and Sept. 27, 5 p.m., Vista Grand Living Room

Grapevine Chat creates 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!

## Just for fun!

Test your familiarity with Trilogy. Find the related term from the word hints! Answers are printed on page 5.

T S E I T I V I T C A I L G  
B U L C A T S I V M R N Y K  
S A D D L E R O C K I T D R  
W E X S E M C F J P V F L V  
K N G H R L T I I J I L H B  
Q O U S O T T X R T E N X L  
U E A B A M K A N B R Y Y Q  
K G S U K P E E C C A G T G  
N A R L M L S O I L O M H U  
J L E C O S U P W L U S N N  
J L B V N H M D I N G B R Z  
L I M Y T Y I R P F E Q U G  
G V E Y L K T Y K F L R K T  
A E M O H E V E N T S A S H

### Word Search Hints:

- |                           |                                      |
|---------------------------|--------------------------------------|
| 1. Community _____        | 8. Association _____                 |
| 2. Original Village _____ | 9. 2nd Village _____                 |
| 3. 3rd Village _____      | 10. 4th Village _____                |
| 4. Wellness _____         | 11. Special Interest _____           |
| 5. Entertainment _____    | 12. Homeowners _____                 |
| 6. Member Services _____  | 13. Association Administration _____ |
| 7. 5th Village _____      | 14. Interaction _____                |

## Open Mic Night

Friday, Sept. 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. Doors open at 6:00 p.m. Capacity seating: 160

Guidelines: One performance per person, which may be flexible depending on the number of performers for the night. Limit of 15 performers for the night.

## Dive Into Free Scuba Lessons

Tues., Sept. 13, 8 a.m., Delta Pool, Free

Want to try scuba for the first time, or polish your existing skills? All About Scuba is back to offer fun, hands-on scuba classes at the Delta Pool. Their SSI-certified professional instructors provide everything you'll need including gear and instruction. Scuba swim time is determined by how many members sign up. Swimmers must be reasonably healthy. Please bring a swimsuit, towel, and a smile! 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: There is a limit of 15 performers for the night. One performance per person. There may be flexibility depending on the number of performers.

## Concert on the Patio with Don Lewis

Sat., 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. 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.

Don Lewis' concerts are described as "high energy, moving, and interactive" and cover a spectrum of music from gospel and pop to classical and jazz. 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](http://www.donlewismusic.com). Sign up at Member Services at the Vista Club.

## Word Search Results:

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* S E I T I V I T C A * * *
B U L C A T S I V * R * * *
S A D D L E R O C K I * * *
* E * * E * * * * V F * *
* N * H * L * * * * I * * *
* O * S O * T * * T E * * *
* E * B A M * A N * R * Y *
* G S U K * E E C C A G * *
* A R L M * S O I L O * * *
* L E C O S * P W L U * * *
* L B * N * M * I N * B * *
* I M * T Y * R * * E * * *
* V E * L * T * * * * R * *
* * M O * E V E N T S * S *

```

### Word Search Answers:

1. Community - Trilogy
2. Original Village – Village One
3. 3rd Village -- Riviera
4. Wellness -- Fitness
5. Entertainment -- Events
6. Member Services – Vista Club
7. 5th Village – Saddle Rock
8. Association -- Homeowners
9. 2nd Village -- Oakmont
10. 4th Village -- Olympic
11. Special Interest -- Clubs
12. Homeowners -- Members
13. Association Administration – Delta Club
14. Interaction -- Activities

## Assessment Notice

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

### Assessments for the month:

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

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

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

**Anonymous Notes to the Administrative Office/HOA** – The Administrative Office does not take any action on notes that are dropped into the HOA Box in the Delta Club hall, slid under the door, mailed and/or submitted on an Administrative Communication Form 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 including moving from one property to another within the community. (Please include address, phone, email, frequent guests, emergency contacts, etc).

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

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

**Pets in the Clubs** – Pets are prohibited in both the Delta and 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 the ADA.

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

**Dog Waste** – Please pick up after your pooches. The Administrative Office is receiving many complaints of dog waste on the sidewalks and on lawns on Summerset.

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

1. Putting down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are leaving and no one else is around. When the wind catches the umbrellas they are often damaged and must be replaced. If they are on the glass tables in the outdoor pool area, not only are they damaged but the glass table tops are shattered. This costs time of the maintenance staff who must assure that all glass is cleaned up and also the expense of replacing the table tops. The table tops and umbrellas are quite expensive.
2. Don't put coffee, gum and/or wrappers in the plants at the clubs. These plants are expensive to replace.

**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. You must accompany all guests to 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 onto the walk.

**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.

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

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

**Animals** – Please do not feed any animals outdoors. The Administrative Office continues to get reports that members are feeding pets and wild animals outside. The wild animal situation can only be controlled with the help of all members.

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

**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 can contact him by phone at (1003) or email him at rich.ravin@sheahomes.com. Copy Morris Barr at the city public works department on your email to Rich at mbarr@ci.rio-vista.ca.us.

## Visitors to the Vista Club

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

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

Billiard Room: a resident must be with their guests when they use the Billiard room. All guests must be at least 18 years of age.

Cyber Café: all guests may use the Cyber Café.

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

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

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

## Meeting Calendar

### Master Association Board Meeting

Tuesday, Sept. 13, 2 pm  
Diablo Ballroom, Vista Club

### Village Riviera Board Meeting

Thursday, Sept. 1, 6:30 p.m.  
River Room, Delta Club

### Village 1 Board Meeting

Thursday, Sept. 8, 4 p.m.  
River Room, Delta Club

### Olympic Village Board Meeting

Thursday, Sept. 8, 7 p.m.  
River Room, Delta Club

### Vision Meeting

Thursday, Sept. 15, 2 p.m.  
Rio Vista Room, Delta Club

### Village Oakmont Board Meeting

Thursday, Sept. 15, 7 p.m.  
River Room, Delta Club

### Saddle Rock Village Delegate's Meeting

Thursday, Sept. 22, 7 p.m.  
River Room, Delta Club

### Adult Committee Meeting

Thursday, Sept. 29, 1 p.m.  
Rio Vista Room, Delta Club



## Adult Committee

The Adult Committee met on July 28 and took the following actions:

- 1) Tabled a request for path lighting at Atlantic Park (and possibly other small parks). Maintenance will provide available types/costs upon which a decision can be based. Other factors include a) this is a potential drill site and b) after dark traffic is unknown.
- 2) Voted against the proposal to prohibit outside landscapers/gardeners from operating within Trilogy on Sundays.
- 3) Voted to recommend that HOA purchase 1,400 mailbox tube caps at \$0.35 per (not to exceed \$500) and to install during normal "tubing" activities.
- 4) Tabled a request for at least three benches for seating at the Garden Railroad site for use on days the display is operational. Maintenance will determine possible locations and associated costs to be considered.
- 5) Voted to confirm the agreement with the Model Club that as long as they stay within the parameters of the original approved plan for the Garden Railroad, without deviation, they do not have to come to the Adult Committee for additional approval.

Meetings are held the last Thursday of each month at 1 p.m. at the Delta Club. Residents are encouraged to attend.

## Oakmont Village Residents' Club

Get ready...get set...go! To Oakmont Village's Annual Chili Cook-Off on Sunday, Sept. 11. Judging begins at 5 p.m. and dinner is at 5:30 p.m. at the Delta Club. All villages are welcome! Enter your favorite chili recipe and be a winner! Or bring your favorite potluck dish. Fliers will be tubed in Oakmont mid-August and extra fliers can be found at the Vista or Delta Clubs. Sign up to attend or enter your recipe by Thursday, Sept. 8 by placing your slip in Oakmont's Box #2 at the Delta Club. Remember to bring your own utensils, dishes, bowls for chili, glasses and beverages of choice. (Coffee will be provided.)

Trilogy Residents did it again! Everyone enjoyed a wonderful Fourth of July parade and BBQ. Thank you to everyone who helped. The no-host bar held for the Drama Club event "Trouble in Tumbleweed" was a success. Thank you helpers for putting on your cowboy gear.

### Upcoming Events:

- Sept. 7, Oakmont Social Committee Meeting 3 p.m. in the Vista Club Monterey Room
- Sept. 15, Membership Meeting 6 p.m. at the Delta Club
- Dec. 11, Oakmont Holiday Dinner at the Nines

Join Oakmont Village at the next membership meeting. We will be putting together a nomination committee for our 2012 elections. This is your Village, please let us hear from you! For more information, call Veronica at (3858).

## Village Riviera Board News

Hello all Riviera Residents. This is a reminder that the Board meets in an open forum on the first Thursday of every odd numbered month. The next meeting is on Sept. 1 at 6:30 p.m. at the Delta Club. Please join us.

It is also time to start thinking about running for the Board or a Riviera delegate position. What would you put on your application? Ballots will go out in December, so if you plan to run you will need to pick up an application and return it to the HOA Office beforehand. Let your voice be heard.

## Village 1 Residents' Club

Work continues on the rewrite of the Village One Residents' Club (VORC) By-Laws to better reflect the realities of today's environment. Fewer meetings, elimination of meeting conflicts, sharing of the work load, plus more member involvement in the club's business and management, are the issues. The next general membership meeting is set for Wednesday, October 12 at 7:30 p.m. in the River room at the Delta Club. Attend and make your needs and wants known.

Speaking of needs and wants, be sure to get your reservations in early for the Saturday, October 1 Luau. Details have/will be tubed. The Luau promises to be a great time for everyone, so don't miss out. Space is limited. The VORC annual holiday gathering is set for Friday, Dec. 16. Details are still being formulated and will be tubed when finalized. Reports of the Old Fashion Potluck on August 14 will be in next month. It should also be noted that the VORC treasury grew by almost \$300 thanks to the efforts of the VORC volunteers who worked on the July 4th parade. Participating Villages shared in the proceeds. Remember, this is your club, make it work for you. For more information, contact Joe Downes at (7520).



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## Village Riviera Residents' Club

Are we broiling in the heat or freezing in the cold? The weather fluctuates week by week. Whatever it is, we hope you are enjoying the summer with family and friends. The Residents' Club Committee is in resting mode building up energy and momentum for our next event. It is always hard to follow the Treasure Hunt. Thank you, Linda and George Robinette and Diane and David Griffin for a challenging and delicious evening.

The Soup Potluck on Oct. 8 will include a Game Night this year. Since you are probably sitting on pins and needles wondering if you will be asked to bring a soup, salad or a dessert, here's a peek into the future so you won't have to think about three possible recipes and can focus in on just what delectable delight you want to share with others. Here is the breakdown for the food: people whose names start with A-J will bring salads; K-S will do soup; and T-Z will bring dessert. The Residents' Club will provide rolls and butter to round out the meal. We will have games galore for you to play with old friends or new ones after the main course. Be prepared to eat a wonderful meal, enjoy good conversation, and laugh a lot. Please watch for your flyers in early September.

Planning for the amazing Dec. 18 Holiday Dinner is under way. The food will again be wonderful, and the decorations will continue to dazzle you. Dance 'till you drop at the end of an elegant evening.

Be sure to invite friends from other villages, as our events are always open to all Trilogy Residents and your friends, if you have adult guests visiting with you.

We meet the third Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. Everyone is welcome to join us in the planning. Bring your ideas and get to know some awesome folks who make Riviera events the best at Trilogy.

## Olympic Village Residents' Club

Our Social Club is gearing up for fall and hope that you will mark your calendars for these really great events. We'll kick off with our Fiesta potluck on September 10, at 5:30 p.m. at the Delta Club. We expect great fun while we dance to Salsa music. Join us October 29 for a fun Halloween Party. We will end the year with our Second Annual Holiday Party on December 10. We would like to take this opportunity to congratulate Olympic Village residents, Joe and Peggy Smith, on their 50<sup>th</sup> wedding anniversary.

Dog owners need to be aware that the Olympic Village HOA recently adopted a new resolution affecting dog owners. Dog owners may be subject to a \$500 fine if their dogs are caught off-leash on other people's property, go to the bathroom on other people's property, and/or the owner does not clean up after their dog has gone to the bathroom on other people's property.

Election of new Board Officers will be held at our November board meeting. Candidates for the board can be nominated or self-nominated at the September board meeting. Please submit your name to the OVRC Secretary 30 days prior to the November election. Please check the MTL website or call Joel Auslen at (5808) for dates and times of these important meetings.

OVRC meetings are held on Saturdays in conjunction with our Social Club planning meetings. All Olympic Village residents are encouraged to attend. You can either call Joel Auslen at (5808) for details or look online on the My Trilogy Life (MTL) website. If you have problems signing in to MTL, call Member Services at (4200). Please contact Joel Auslen (5808) if you need additional information.







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**Eggs Benedict** \$10.95

Wed-Fri, 11 am–8:30 last seating  
Sat Sun 8 am–8:30 last seating

### Welcome to Busaba on the Delta!

**BBQ Pork Spare Ribs**—Seasoned smoked pork rib tips in a zesty barbeque sauce, with French Fries \$9.95

**Calamari Steak Dinner**—A Breaded and Grilled Calamari Steak with Steamed Vegetables and French Fries or Baked Potato \$16.95

**Pad Thai**—Stir-fried rice noodles with bean sprouts in a special Thai sauce with Chicken or Beef; add for Prawns \$12.95

**Healthy Choice Special**—Sweet and Sour Stir-fry with pineapple, tomato, yellow onions, bell pepper, zucchini and Chicken or Beef; add for Prawns \$11.95

**Pla Duk Pat Pet**—Stir-fried Catfish nuggets seasoned with Green Curry Sauce, kuffer, eggplant, bell pepper, lime leaves, fresh chili and basil \$16.95

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## Educational Opportunities Through Computer Classes

### September 2011 Computer Class Schedule

CLASS	DATE & TIME	INSTRUCTOR	Notes
Intro to Word	Tues., Sept. 13-10-Noon	Judy Carter	Bring Flash Drive or Disk
Intermediate Computers	Wed., Sept. 14 10-Noon	Sarina Magna	Some Computer skills needed

Sign up at Member Services at the Vista Club. Still Looking for Volunteer Computer Instructors. If you are interested in teaching a computer class, please call Debbie at (4204).

## THE ARTS

### Trilogy Art Guild for Artists

Grand Opening! Trilogy Art Guild now has an Artist Gallery. TAG will be displaying their art pieces for your viewing pleasure in the Monterey Room at the Vista Club following the Annual Juried Art Show. Winners of awards will be on display for at least two weeks followed by a rotation of paintings every six to eight weeks.

Artists must be members of the Trilogy Art Guild to participate. Contact Lori Azzolino at (6196). TAG meetings promise some sort of demonstration or presentation dealing with art and painting. Diane Kennedy is opening her studio for a demonstration on pottery for our next meeting. We meet on the first Monday of every month at 2 p.m. at the Delta Club Marina Room. For more information contact Amy at (4857) or Linda at (7590). Due to the Labor Day holiday, the next meeting is on Sept. 12.

### Scrapbooking Club

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

of every month from 10 a.m. – 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Joyce Bailey at (3391) or Marti Rogers at (6859).

### Council for the Arts

Auditions are coming up soon for *Music of the Night, 2012!* Get that voice ready to show off. If you are not musically inclined to the point of performing alone (or if you are just a ham and want to participate), consider joining the group as an "extra." And if you just want to come and enjoy the show in 2012, there will be another fabulous array of songs and performances to enjoy. Audition slips will be available Oct. 1 at the Front Desk at the Vista Club. The auditions will take place October 24 from 7 p.m. to 9 p.m. in the Vista Club Diablo Ballroom. Our next meeting is on the second Thursday of the month, Sept. 8, 10:30 a.m. in the Monterey Room at the Vista Club. If you are interested in joining the group, come on down. If you have any questions, call Judy Calpo at (2924).

### Fat Quarter Quilters

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

### Delta Breeze Returns

The Delta Breeze Chorus, Trilogy's own men and women's chorus, soon begins rehearsing in preparation for the 2011 holiday season. Rehearsals are every Wednesday evening from 7 – 9 p.m. in the Diablo ballroom of the Vista Club starting on Sept. 7. There are no tryouts; if you love to sing, join Delta Breeze. There is a \$10 charge for music and supplies. If you sang with Delta Breeze last year, bring your binder and music with you this year. For more information, call Cheryl at (7567).



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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)**

Sept. 27– Felton Roaring Camp:  
SOLD OUT

Sept. 7-17–Ten-day Alaska Cruise:  
SOLD OUT

April/May 2012  
16-day Hawaii Cruise:  
WAIT LISTED

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

**Oct. 7-9–The Great Italian Festival – Reno–\$298.** Three-days/two-night's at the Silver Legacy Resort Casino in downtown Reno. Enjoy a festival of homemade Italian cuisine, live entertainment and maybe even compete in the "Grape Stomp!" Enjoy reserved dinner seating for the Tony Award-winning musical comedy "Hairspray" at the El Dorado Showroom and a luncheon cruise on Lake Tahoe.

**Nov. 15–Gamblers' Special–Thunder Valley Casino–\$30.** This beautiful casino resort has achieved the rare AAA Four Diamond Award, a distinction shared by less than 4% of all hotels in North America. We'll have our usual four hours of "stay and play," with \$10 slot table credit and a \$5 food coupon. Sign up early as we may only take one bus on this trip!

**Dec. 15–Shopping–Dinner–"Beach Blanket Babylon"–\$132.** Enjoy time for some special Xmas shopping in and around San Francisco's Union Square and at Pier 39. Hosted dinner at the scenic Fog Harbor Restaurant, then off to see a hilarious "Beach Blanket Babylon" holiday production.

**Dec. 29, 2011–Jan. 2, 2012–New Year's in Palm Springs–\$898.** Five-days, four-nights, featuring "Nun-sense" at the Roger Rocka Dinner Theatre, a visit to the Getty Museum, orchestra seating at the fabulous Palm Springs Follies, a breathtaking ride on the Palm Springs Aerial Tramway, docent-led tour through the Desert Gardens and Zoo, plus a high tea luncheon at the historic Mission Inn in Riverside. What an exciting way to begin the New Year!

# FITNESS & SPA

By Anna Chunn / Fitness Coordinator

In this article I would like to address some fitness rules, introduce a few members of our staff, and highlight some upcoming fitness classes and events.

## Fitness Rules:

- Comfortable, modest, breathable clothing should be worn while working out. Closed toed shoes with rubber soles are required during your workout. No sandals or slip-on shoes.
- Please be considerate of others; do not wear perfume, cologne, aftershave or scented lotions in the fitness center, group exercise room, or pool area.
- When using the pool area, please shower immediately before entering the pool or spa. This helps with the maintenance of our filter systems and keeps our pool and spa healthy.
- Do not wear your pool shoes in from the street; please put those on after you arrive at the pool.

## Fitness/Spa Staff:

Meet some of Trilogy's Fitness and Spa staff!



**Pat Puryear** – Pat has been a staff member for eight years and is a resident of Trilogy. Pat says she is passionate about exercise and has worked out her entire life. Pat teaches *Low Impact Aerobics* (this easy class gives you 30 minutes of cardiovascular exercise), and *Workout with Weights* (this class uses weights in a pyramid method of training to work your entire body of muscles). Pat teaches Monday, Wednesday, Friday and the first Saturday. She also teaches *Step Aerobics*. This is a cardiovascular challenge choreographed to music; this class uses steps & risers. Pat is also a wonderful artist working in several mediums.

Perhaps you saw her work at the Art Show last month.

**Deanna Araya** - Yoga/Pilates returns starting September 7 and will be offered three times during the week. This class combines Deanna's skills in yoga, Pilates, and meditation. This class is a blend of beginning & advanced yoga and Pilates. *Meditation Breathing* focuses on breathing exercises, chakra balancing and relaxation. She teaches on Monday, Wednesday and Friday. Deanna has been with Trilogy for four years, and has 30 years of experience in fitness. Deanna is a member of the community. You will often see her walking her two beautiful dogs Roxy and Duke.



**Susan Prince** – Besides being a personal trainer with 28 years of experience, Susan also teaches several classes. You will find them back on our schedule this month. *Stretch and Flex* helps the body stretch out to release the tension of the day. *Balance Ball* addresses balance, one of the most important things to work on as we age, and the ball is a wonderful tool to help get you fit and strong. *Circuit Training* makes you stronger, and helps you burn fat and build muscle. Members use TRX, bands, weight bar, and dumbbells in a circuit of stations. Susan teaches on Monday and Wednesday. Susan is also an amazing photographer

and flax painter.

**Jennifer Pratt** - *Core Strength and Standing Abs* is a new class. Jennifer says "If you're going to pay attention to a certain area of your body, the core is the place to start! The core contains an array of muscles from your chest to your hips. They maintain balance, ensure stamina, keep you upright, and protect the routes between your brain and your appendages. This class is designed to increase strength and use your deep internal muscles to maintain stability in motion". This **new** class is on **Mondays at 9:45 am**. Give Jennifer a warm welcome; she is the newest staff member.





# FITNESS CLASSES & SPA TREATMENTS

## Next new member group orientations:

**Saturday, Sept. 17 at 11 a.m. and Wed., Sept. 28 at 6 p.m.** Sign up at the member's services desk or upstairs in the gym on the clipboard.

## New or Returning Classes:

- **Core Strength and Standing Abs**- *This class is designed to increase strength and use your deep internal muscles to maintain stability in motion. This **new** class is on **Mondays at 9:15 a.m.** for 45 minutes. Instructor is Jennifer.*
- **Hot Zumba Nights Continues** – Added to the September calendar. If you got a chance to check them out in August, you know the fun of Zumba. Come out to **September's Hot Zumba Nights** on **Wednesdays at 5 p.m. and 6 p.m.** These classes are taught by Sophie and Jennifer.
- **Balance Ball** – The focus is core strengthening and balance. The ball is a wonderful tool to use with exercise; it helps you get and stay fit, increases your core strength and improves your overall balance. Susan also introduces you to weights with the ball, learning basic moves. This one hour class is on **Mondays at 3 p.m.** Instructor is Susan.
- **Circuit Training** – If you want to burn fat and build muscle, this is your class. You will learn to use the TRX, weight bars, dumb bells and bands. This class targets your legs, back, chest, arms and gives all over toning of the body. Class meet **Wednesdays at 3 p.m.**
- **Stretch & Flex** – At the end of your day your body needs to be stretched out to release the tension of the day. This class will improve your relaxation, improve your sleep and improve your flexibility. This class meets twice in one week; **Mondays and Wednesday at 4 p.m.** Instructor is Susan.
- **Yoga/Pilates**- You will find this combination of beginning and advanced yoga along with Pilates to be gentle on the body while it strengthens your core. It also improves muscle tone, reduces pain and improves body awareness. You will find this class in the Ballroom on **Wednesday at 9 a.m.** Instructor is Deanna.
- **Mat Pilates** - Developed by Joseph Pilates, Pilates is a form of exercise that emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. One of the best things about the Pilates method is that it works well for a wide range of people, especially active adults. **Wednesday at 10:30 a.m.** Instructor is Allison.



## **Spa Services**

Trilogy has recently introduced a new line of skincare called IMAGE to its spa services. These products are anti-aging, detoxifying formulas for all skin types. Esthetician **Angela Hall** is happy to set a time to show you the products and design a skincare regimen that works for your skin. Contact Angela for more information at (4200).

## Mark your calendar!

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

Saturday ZUMBA class - 11 a.m. and 12 p.m., Sept. 17 & 24 at 11a.m. and 12 p.m.

Aqua Fit classes at the Delta – Monday and Thursday at 10 a.m. and Thursday at 3 p.m.



## 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](mailto:xbirdlady@myifp.com) or call Coordinator Mary Dawson (6835) or Barbara Sherison (6845).

## Oakmont Village Kare Bears

Clean out your homes, garages and yards and donate your saleable items to the Trilogy Garage Sale being held on October 1 at 328 Crystal Downs Drive [Penny, (6540)]. The sale begins at 9 a.m. If you have donations, call Devona at (3781). This is our primary fund raiser.

Ruth Joseph, Senior Coordinator, and the Oakmont Kare Bears extend a warm goodbye to Doreen Hammond and Yen Lin Li. Thank you for your great help through the years. We welcome two new coordinators, Sue Carlson and Betty Green.

Thank you to our Meet and Greet committee: Pat Roberts, Elaine Juhola, Charlene Oxoby, Penny Couser, Erna Aparicio, Pat Day, Dorothy Ollen, Marti Rogers, and Joyce Curry-Takara. They provided refreshments, flowers and music for the meeting. Special thanks to our hosts Jack and Marti Rogers, and our pianists Jack Rogers, Grace Bos and Pat Kruse. Many thanks go to Judy Carter for the beautiful graphics that she created for our flyer and nametags, and Virginia Albertson and Ruth Joseph, our guest speakers. We had an excellent turnout for the Meet and Greet, which introduced Trilogy residents to the many services provided by Oakmont Kare Bears.

Kare Bears meetings are on the second Wednesday at 10:15 a.m. at the Delta Club. (No meetings in July, August and December.) The next meeting is September 14. The Kare Bears are visiting the Senior Center in Rio Vista for lunch. Call Virginia at (6823) for reservations or questions.

## Olympic Village Kare Bears

Olympic Village Kare Bears had a delightful Meet and Greet in May followed by a brief July meeting. The Kare Bears continue to provide services to our Village neighbors. We have a large list of people who have volunteered to help. If you feel that you can help but haven't been called, let us know. We will make sure we have your correct information on our roster. The nice thing about helping others is that it gives you a great feeling. Our members are always glad to help others and they benefit from the experience. We can all say it is great to be a Kare Bear! If you need assistance, please contact Marian at (5020) or Connie at 639-7175.

## Riviera Kare Bears

Rio Vista Community Services will have its Second Annual Rummage Sale on October 7, 8, and 9 to raise funds for the ongoing community work. Volunteers are needed to sort, price, and help customers. If any of you Kare Bears are willing to help, please let Myra know. Any amount of time you can donate will be appreciated.

Last month's article thanked the Village Riviera Residents' Club for giving the Riviera Kare Bears the honor of working in their place at this year's July 4<sup>th</sup> Celebration. We recently learned that they voted to let Kare Bears work next year's event also; more kudos to the Residents' Club.

We look forward to seeing you at the regular meeting on October 10. Please join us at the Delta Club for coffee and snacks at 9:30 a.m. The meeting starts at 10 a.m.

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





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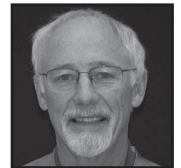
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Fitness Class Schedule for September 2011

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 month’s Card Raffle winner is Suzanne Masterson.* Please call the Fitness Coordinator at (4205) if you have questions.

September Orientations: Sat., Sept. 17 at 11 a.m. and Wed., Sept. 28 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
<div>Classes to note in September</div> <div><ul style="list-style-type: none"><li>STEP Aerobics - First Saturday of each month with Pat at 8:30 a.m.</li><li>Core Strength and Standing Abs – Monday at 9:45 a.m. with Jennifer</li><li>Mat Pilates – Wednesday at 10:30 a.m. with Allison</li><li>Balance Ball – Monday at 3 p.m. with Susan</li><li>Circuit Training – Wednesday at 3 p.m. with Susan</li><li>Stretch &amp; Flex – Monday and Wednesday at 4 p.m. with Susan</li><li>Yoga/Pilates – Monday, Wednesday and Friday at 9 a.m. in the Ballroom with Deanna.</li><li>Hot ZUMBA Nights – Wednesday at 5 p.m. and 6 p.m.</li><li>Saturday ZUMBA - Sept. 17 and 24 at 11 a.m. and 12 p.m. with Sophie</li><li>Aqua Fit classes in the Delta pool - Monday, Thurs. at 10 a.m. and Thursday at 3 p.m. New time</li></ul></div>			<div>1</div> <div>8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) <b>New</b> 9:00 a.m. Tai Chi Ryu (B) (Lillian) 9:00 a.m. Simply Stretch (B/I) (Joele) ) (Diablo) 10:00 a.m. Dance 101 (Joele) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 3:00 p.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 4:00 p.m. Dance Aerobics (B) (Joele) 5:00 p.m. Gettin' Goin' (Joele) <b>New</b> 5:30 p.m. Simply Stretch (Joele)</div>	<div>2</div> <div>7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout with wts.(B/I) (Pat) 9:30 a.m. Dance Aerobics (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA Toning (Sophie) <b>New</b> 12:00 p.m. ZUMBA Toning (Sophie) <b>New</b></div>	<div>3</div> <div>8:30 a.m. Aqua Fit (B) (Denise) 8:30 a.m. STEP Aerobics (B/I) (Pat)</div>
<div>5</div> <div>HAPPY LABOR DAY! NO CLASSES TODAY</div>	<div>6</div> <div>8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) <b>New</b> 9:00 a.m. Dance 101 (Joele) <b>New</b> 10:00 a.m. Simply Stretch (Joele) <b>New</b> 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) <b>New</b> 5:30 p.m. Simply Stretch (Joele)</div>	<div>7</div> <div>7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout with wts(B/I) (Pat) <i>9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo)</i> 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up &amp; Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) <i>10:30 a.m. Mat Pilates (Allison) <b>New</b></i> 3:00 p.m. <b>Circuit Training</b> (Susan) 4:00 p.m. <b>Stretch &amp; Flex</b> (Susan) <i>5:00 p.m. Hot ZUMBA Nights (Sophie/Jennifer) <b>New</b></i> <i>6:00 p.m. Hot ZUMBA Nights (Sophie/Jennifer) <b>New</b></i> 7:00 p.m. Meditation (B/I) (Anna)</div>	<div>8</div> <div>8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) <b>New</b> 9:00 a.m. Tai Chi Ryu (B) (Lillian) 9:00 a.m. Simply Stretch (B/I) (Joele) ) (Diablo) 10:00 a.m. Dance 101 (Joele) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 3:00 p.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 4:00 p.m. Dance Aerobics (B) (Joele) 5:00 p.m. Gettin' Goin' (Joele) <b>New</b> 5:30 p.m. Simply Stretch (Joele)</div>	<div>9</div> <div>7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout with wts.(B/I) (Pat) <i>9:00 a.m. Yoga/Pilates (B) (Deanna) ) (Diablo)</i> 9:30 a.m. Dance Aerobics (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA Toning (Sophie) <b>New</b> 12:00 p.m. ZUMBA Toning (Sophie) <b>New</b></div>	<div>10</div> <div>8:30 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Fitness Orientation (Meet upstairs in the GYM) 11:00 a.m. ZUMBA (Sophie) 12:00 p.m. ZUMBA (Sophie)</div>
<div>12</div> <div>7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout with wts. (B/I) (Pat) <i>9:00 a.m. Yoga/Pilates (B) (Deanna) ) (Diablo)</i> 9:30 a.m. Wake Up &amp; Move (B/I) (Anna) <b>Delta <b>New</b></b> <i>9:45 a.m. Core Strength &amp; Standing Abs (B) (Jennifer) <b>New</b></i> 10:00 a.m. Meditation Breathing (B) (Deanna) ) (Diablo) 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> <i>10:30 a.m. ZUMBA (Sophie) <b>New Time</b></i> <i>11:30 a.m. ZUMBA (Sophie) <b>New Time</b></i> <i>3:00 p.m. Balance Basics (Susan) <b>New</b></i> 4:00 p.m. <b>Stretch &amp; Flex</b> (Susan)</div>	<div>13</div> <div>8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) <b>New</b> 9:00 a.m. Dance 101 (Joele) <b>New</b> 10:00 a.m. Simply Stretch (Joele) <b>New</b> 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) <b>New</b> 5:30 p.m. Simply Stretch (Joele)</div>	<div>14</div> <div>7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout with wts.(B/I) (Pat) <i>9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo)</i> 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up &amp; Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) <i>10:30 a.m. Mat Pilates (Allison) <b>New</b></i> 3:00 p.m. <b>Circuit Training</b> (Susan) 4:00 p.m. <b>Stretch &amp; Flex</b> (Susan) <i>5:00 p.m. Hot ZUMBA Nights (Sophie/Jennifer) <b>New</b></i> <i>6:00 p.m. Hot ZUMBA Nights (Sophie/Jennifer) <b>New</b></i> 7:00 p.m. Meditation (B/I) (Anna)</div>	<div>15</div> <div>8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) <b>New</b> 9:00 a.m. Tai Chi Ryu (B) (Lillian) 9:00 a.m. Simply Stretch (B/I) (Joele) ) (Diablo) 10:00 a.m. Dance 101 (Joele) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 3:00 p.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 4:00 p.m. Dance Aerobics (B) (Joele) 5:00 p.m. Gettin' Goin' (Joele) <b>New</b> 5:30 p.m. Simply Stretch (Joele)</div>	<div>16</div> <div>7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout with wts. (B/I) (Pat) <i>9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo)</i> 9:30 a.m. Dance Aerobics (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA Toning (Sophie) <b>New</b> 12:00 p.m. ZUMBA Toning (Sophie) <b>New</b></div>	<div>17</div> <div>8:30 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA (Sophie) 12:00 p.m. ZUMBA (Sophie)</div>
<div>19</div> <div>7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout with wts. (B/I) (Pat) <i>9:00 a.m. Yoga/Pilates (B) (Deanna) ) (Diablo)</i> 9:30 a.m. Wake Up &amp; Move (B/I) (Anna) <b>Delta <b>New</b></b> <i>9:45 a.m. Core Strength &amp; Standing Abs (B) (Jennifer) <b>New</b></i> 10:00 a.m. Meditation Breathing (B) (Deanna) ) (Diablo) 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> <i>10:30 a.m. ZUMBA (Sophie) <b>New Time</b></i> <i>11:30 a.m. ZUMBA (Sophie) <b>New Time</b></i> <i>3:00 p.m. Balance Basics (Susan) <b>New</b></i> 4:00 p.m. <b>Stretch &amp; Flex</b> (Susan)</div>	<div>20</div> <div>8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) <b>New</b> 9:00 a.m. Dance 101 (Joele) <b>New</b> 10:00 a.m. Simply Stretch (Joele) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) 2:15 p.m. Lose2Win Workout (Joyce) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 4:00 p.m. Dance Aerobics (B) (Joele) 5:00 p.m. Gettin' Goin' (Joele) <b>New</b> 5:30 p.m. Simply Stretch (Joele)</div>	<div>21</div> <div>7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout with wts.(B/I) (Pat) <i>9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo)</i> 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up &amp; Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) <i>10:30 a.m. Mat Pilates (Allison) <b>New</b></i> 3:00 p.m. <b>Circuit Training</b> (Susan) 4:00 p.m. <b>Stretch &amp; Flex</b> (Susan) <i>5:00 p.m. Hot ZUMBA Nights (Sophie/Jennifer) <b>New</b></i> <i>6:00 p.m. Hot ZUMBA Nights (Sophie/Jennifer) <b>New</b></i> 7:00 p.m. Meditation (B/I) (Anna)</div>	<div>22</div> <div>8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) <b>New</b> 9:00 a.m. Tai Chi Ryu (B) (Lillian) 9:00 a.m. Simply Stretch (B/I) (Joele) ) (Diablo) 10:00 a.m. Dance 101 (Joele) <b>New</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 2:15 p.m. Lose2Win Workout (Joyce) 3:00 p.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> 4:00 p.m. Dance Aerobics (B) (Joele) 5:00 p.m. Gettin' Goin' (Joele) <b>New</b> 5:30 p.m. Simply Stretch (Joele)</div>	<div>23</div> <div>7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout with wts.(B/I) (Pat) <i>9:00 a.m. Yoga/Pilates (B) (Deanna) ) (Diablo)</i> 9:30 a.m. Dance Aerobics (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA Toning (Sophie) <b>New</b> 12:00 p.m. ZUMBA Toning (Sophie) <b>New</b></div>	<div>24</div> <div>8:30 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA (Sophie) 12:00 p.m. ZUMBA (Sophie)</div>
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TrilogyLiving

September 2011 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 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) 5pm Table Tennis-beg (D) 5pm Cycling Club (V) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dnc. (V) <b>6:30pm Vill. Riviera HOA Mtg. (D)</b> 6:30pm Pinochle (D) 7pm Photography Club (V)	<b>2</b> 8am Social Tennis 9am Model Club (V) 9am TAG Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 11:30am Morning Bocce End of Season Luncheon (V) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 5pm Ballroom Dance Class (V)	<b>3</b> 8:30am Hiking Club (V) 11am Table Tennis (D)
<b>4</b> 10am Farmer's Market (D)	<b>5</b> <b>Labor Day Holiday</b> <b>HOA Admin. Office is closed</b> 8am Social Tennis 1pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 7pm Poker (D)	<b>6</b> 7am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 11:30am RVMEN 9-Hole Golf 12pm Dominoes (V) 12:30pm Hand & Foot Canasta (V) 12:30pm TAG Watercolor Class (D) 3pm Village Oakmont Arch. Com. Mtg (D) 5pm Billiards Club Tourn(V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dnc. (V)	<b>7</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Village Riviera Arch. Com. Mtg. (D) 10am Stained Glass (D) 12:30pm Fat Qtrs Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis Lessons (D) 6:00pm Beg Soul Line Dance (D) 6:30pm Int. Soul Line Dance (D) 7pm Billiards Club Mtg. (V) 7pm Delta Breeze Chorus (V)	<b>8</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10:30am Council for the Arts (V) <b>12 – 4pm Hearing</b> <b>Assess. Clinic (V)</b> 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 4pm Golf - Sr. Men's Bd Mtg. (D) <b>4pm Village 1 HOA Mtg. (D)</b> 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) <b>7pm Olympic Vill. HOA Mtg. (D)</b>	<b>9</b> 8am Social Tennis 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 Bunco (D) <b>7pm Open Mic Night (V)</b>	<b>10</b> <b>8am – 12pm Scuba Diving</b> <b>Class (Delta Pool)</b> 8:30am Hiking Club (V) 9:30am Disaster Prep Briefing (D) 11am Table Tennis (D) <b>6:30pm – 9pm Rio Vista</b> <b>Care Gala (V)</b>
<b>11</b> 12pm Tennis Club US Open (V) 5pm Village Oakmont RC Chili Cook-off (D) 7pm Ballroom Dance Club Dance (V)	<b>12</b> 8am Social Tennis 9:30am Walk & Talk (V) 11am Kare Bears–Olympic (D) 12:30pm Duplicate Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Rip, Stitch & Bitch (V) 2pm TAG Mtg. (D) 6:30pm Soul Line Dancing (D) 7pm Poker (D)	<b>13</b> 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf <b>10am – 4pm Lunch in Sonoma</b> <b>Gardens (Off-site)</b> 10 a.m. Comp. Class - Intro to Word (V) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) <b>2pm Master Assoc. Bd Mtg. (V)</b> 5pm Billiards Club Tourn. (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dnc (V) <b>6pm Grapevine Chat (V)</b> 7pm Gospel Singers Practice (V)	<b>14</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 10am Kare Bears – Oakmont (D) 10 a.m. Computer Class - Intermediate Computers (V) 12:30pm Fat Qtrs Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:00pm Beg Soul Line Dncg (D) 6:30pm Int. Soul Line Dncg (D) 7pm Delta Breeze Chorus (V)	<b>15</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12pm Dominoes (V) 1pm Golf Ladies Bridge Club (D) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) <b>2pm Vision Mtg. (D)</b> 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis-beg (D) 6pm Table Tennis–inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Village Oakmont RC Mtg. (D) 6:30pm Pinochle (V) <b>7pm Village Oakmont</b> <b>HOA Mtg. (D)</b> 7pm Village Riviera RC Mtg. (V)	<b>16</b> 8am Social Tennis 9am Village I Arch. Com. Mtg. (D) 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 5pm Ballroom Dance Class (V)	<b>17</b> 8:30am Hiking Club (V) 9am – 1pm Bocce Club General Mtg. (D) 11am Table Tennis (D)
<b>18</b> 10am Farmer's Market (D)	<b>19</b> 8am Social Tennis 9:30am Walk & Talk (V) <b>10am Council of Village</b> <b>Presidents (D)</b> 12:30pm TAG Watercolor Class (D) 1pm Mah-jongg (V) 1pm Rip, Stitch, & Bitch (V) 3pm Village Oakmont Arch Com. (D) 6:30pm Soul Line Dancing (D) 7pm Fishing Club (D) 7pm Poker (D)	<b>20</b> 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Int Cntry Line Dance(D) 11:30am Country Line Dance Troupe (D) 11:30am RVMEN 9-Hole Golf 12pm Women's 9-Hole Golf Mtg. (V) 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) 5pm Billiard Club Tourn.(V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V)	<b>21</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Vill. Riviera 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) 6:00pm Beg Soul Line Dncg (D) 6:30pm Int. Soul Line Dncg (D) 7pm Delta Breeze Chorus (V)	<b>22</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) <b>7pm Saddle Rock Village</b> <b>Delegates' Mtg. (D)</b>	<b>23</b> 8am Social Tennis 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 Bingo (D) 7pm Whist Club (D) <b>7pm Karaoke Night (V)</b>	<b>24</b> 8:30am Hiking Club (V) 11am Table Tennis (D) <b>6pm Concert on the</b> <b>Patio – Don Lewis (V)</b>
<b>25</b> 6pm Social Dance Club (D)	<b>26</b> 8am Social Tennis 9am Blood Drive (D) 9:30am Walk & Talk (V) 12:30pm TAG Watercolor Class (D) <b>1pm Access Com. Mtg. (D)</b> 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D)	<b>27</b> 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Class (D) 12:45pm Hand and Foot Canasta (V) 5pm Billiards Club Tournament (V) <b>5pm Grapevine Chat (V)</b> 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. (D)	<b>28</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Qtrs Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:00pm Beg Soul Line Dncg (D) 6:30pm Int. Soul Line Dncg (D) 7pm Delta Breeze Chorus (V)	<b>29</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) <b>1pm Adult Committee Mtg. (D)</b> 1pm Good Samaritans (D) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V)	<b>30</b> 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Tennis Club Mtg. (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 5pm Ballroom Dance Class (V) <b>6pm Storytelling Program (V)</b>	



## Billiards Club

The next Billiards Club meeting is on Wednesday September 7 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start time is 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. For that Tuesday evening, the B players will get a one-game handicap while playing an A player. The B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-Ball and the club will split the tournament into A& B players. There will be a first and second place winner in each group. On the first, third and fifth Tuesdays the format will be 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:

#### July 5, 8-Ball

- 1<sup>st</sup> Oscar Grissom
- 2<sup>nd</sup> Geno Toscano
- 3<sup>rd</sup> Mike Quihuiz

#### July 12, 9-Ball

- 1<sup>st</sup> Oscar Grissom
- 2<sup>nd</sup> Jack Clark
- 3<sup>rd</sup> Bob Rice

#### July 19, 8-Ball

- 1<sup>st</sup> Oscar Grissom
- 2<sup>nd</sup> Al Bergoust
- 3<sup>rd</sup> Ben Bautista

#### July 26, 8-Ball A & B teams

- | <u>A team</u>                 | <u>B team</u>                |
|-------------------------------|------------------------------|
| 1 <sup>st</sup> Mike Quihuiz  | 1 <sup>st</sup> Rich Garcia  |
| 2 <sup>nd</sup> Oscar Grissom | 2 <sup>nd</sup> Geno Toscano |

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

## Bingo Club

Come join the fun on September 23! There will be special activities, refreshments, and door prizes. Mark your calendar for the fourth Friday of the month for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at (6999).

## Bocce Club

The Morning and Night bocce leagues' 2011 scheduled seasons have ended. A recap will be in next month's *Trilogy Living*. The next big event for the club is the annual membership meeting on Saturday, September 17 in the Delta at 9 a.m. This is the first annual meeting for the merged bocce leagues being guided under one board. The agenda will include a review of 2011 and discussions related to 2012. Plan to attend and make your ideas for the future known. Some of the issues include: shortening or lengthening the seasons, adding or subtracting games, expanding or reducing play days, adding or subtracting teams, etcetera. Suggestions and input are welcomed.

The Winter Bocce Federation (WBF) plans to start play on Tuesday, September 20. Matches will be played each Tuesday morning starting at 10 a.m. The length of the season and the End of Season Social date will be determined by the number of teams that sign-up to play. The WBF is for all current teams and residents, whether you have played bocce or not. There is no cost to participate but you must sign up so that the activity can be organized. Sign-up as a team by submitting a team roster to Joe Downes or you sign-up as an individual by contacting Joe at (7520) or [josephdownes@citlink.net](mailto:josephdownes@citlink.net). New teams will/can be formed from the pool of new sign-ups. The sign-up deadline is Friday, Sept. 9. Remember to roll straight, roll often, and enjoy; that's what it's all about.

## Book Club



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Vista Club Sonoma Room. The next meeting is Sept. 13. The book selection is *Cleopatra – A Life* by Stacy Schiff. October's selection is *Crow Lake* by Mary Lawson. There is no requirement to have read the selected book. Everyone is welcome to join. Feel

free to stop by. For more information, contact Adrienne 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, Sept. 12. Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner; we'll find one for you. Contact Sue at (6136).

July's results: tie for 1st and 2nd: John Shick and Carole Fischer & Mary Slick and Jean Corwin; 3rd: Larry Epner and Lynn Fortner.

## Computer Club

The next Trilogy Computer Club meeting is on September 20. The meeting will feature an associate from Best Buy who will speak about and demonstrate the latest electronic gadgets, including the many pads and book readers. Learn how to speak intelligently to your grandchildren and begin your holiday and birthday wish list.

To become a member of the club, visit the club website at [www.tccrv.org](http://www.tccrv.org), complete and print a copy of the application, and give it to any of the directors with the annual dues of \$12. Go to <http://tccrv.org/application.pdf> for the membership application form.

The club welcomes 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 web site at [www.tccrv.org](http://www.tccrv.org) for the latest information on many computer related subjects, meetings, and other interesting items. For more information, contact Lynne Hansen at (4060).

## Digital Photography Club

*Article and photos by Andrew Acquistapace*



At the August meeting, members of the club brought their cameras and took still-life photographs. Photos will be shared at the Sept. meeting. Photographer Jim Ludwig won three major awards at the Solano County Fair in Vallejo for one of his prints. Groups of 3 - 4 photographers from the Photo Club have been going out to various nearby loca-

tions on photo shoots. It has been fun hanging out and learning from one another. Meetings are held on the first Thursday night of each month at the Vista Club Monterey Room from 7 - 8:30 p.m. New members are welcome. Call Andrew for more information at (5737).



## Drama Club

Once again, the Drama Club's production, "Trouble in Tumbleweed" was a great success. Thank you to everyone who attended the four performances. Your support and donations enable us to continue bringing fun plays to our community. We also want to thank the Trilogy maintenance staff for their hard work in setting up and dismantling the stage, lighting, and sound system. Thanks to all the actors for the many hours spent memorizing and attending rehearsals. Special thanks to Director Paul Stark for his patience and perseverance. Mark your calendars for the Drama Club's holiday melodrama on the evenings of December 6, 7 and 8.

New members are always welcome to the Drama Club's monthly meetings. The club meets at 7 p.m. on the last Tuesday of the month in the Marina Room at the Delta Club. For more information, please call Deb Dubrow at (6706).

## Fishing Club

The Fishing Club's next meeting is Monday, Sept. 19 in the Delta Club Marina Room at 7 p.m. The BBQ/picnic at the Rio Vista Harbor on August 27 was a huge hit. The September meeting is very important. There will be discussion surrounding the preliminaries of both the club's participation in the kids trout pond at the Rio Vista Bass Derby in October and the club's preparation, setting up committees for the November holiday brunch. A number of other items will also appear on the agenda. Everyone is welcome to join the Fishing Club where you'll enjoy great events throughout the year. For more information, call Al Silva at (3791).

## Genealogy Club

The Trilogy Genealogy Club welcomed a new member at the August meeting. The club shared hints and free web sites to help her begin her search in Oklahoma. Since August is a vacation month with many family gatherings, we will review a few of our thoughts on family reunions.

A family reunion is a great time and place to ask relatives about your family history. You may want to spread out

a large piece of butcher paper and ask family members to write down the things they remember or were told by their parents and various other family members. Ask them to include their family, birth dates and places.

#### **The seven essential points in any ancestry interview**

1. When and where they were born
2. When and where their parents were born
3. Places they moved to
4. What they did for a living
5. Ask if there is an old Bible with births, marriages and death records
6. Get them to tell you family stories
7. See if they can get copies of old family photos they may have. Digital cameras are great for this use.

The Genealogy Club's regular genealogy meetings are on the first Thursday of every month at 2 p.m. in the Vista Club. A workshop is scheduled for Thursday, Sept. 15 at 2 p.m. in the Vista Club. Genealogy Club looks forward to seeing you. For more information, Call Rhoda at (7542).

*"Crafts make us feel rooted, give us a sense of belonging and connect us with our history. Our ancestors used to create these crafts out of necessity, and now we do them for fun, to make money and to express ourselves."*

— Phyllis George

## **The Good Samaritans**

The Good Samaritans meet every Thursday at 1 p.m. at the Delta Club in the Marina Room. We gather together for Bible Study because together we can:

1. Renew our mind and grow spiritually -- Romans 12:2
2. Be devoted to one another -- Romans 12:10
3. Honor one another -- Romans 12:13-14
4. Be of the same mind as one another -- Romans 15:5
5. Accept one another -- Romans 15:7
6. Instruct one another -- Romans 15:14
7. Serve one another -- Galatians 5:13
8. Bear one another's burdens -- Galatians 6:2
9. Be patient with one another -- Ephesians 4:2
10. Be kind and compassionate to one another -- Ephesians 4:32
11. Submit to one another -- Ephesians 5:21
12. Forgive one another -- Colossians 3:13
13. Admonish one another -- Colossians 3:16
14. Build-up one another -- 1 Thessalonians 5:11
15. Love one another -- 1 Peter 4:8
16. Be hospitable to one another -- 1 Peter 4:9
17. Fellowship -- 1 John 1:7

— Matthew 28:18-20

*Chapter of the Month: Isaiah 58*

## **Model Club**

The Model Club has been busy the last two months. Several members made an overnight trip to Tehachapi Pass to view and photograph the Trains traveling north and south through the loop. This is one of the busiest sections of railroading in California. The next trip was via Vallejo Ferry to San Francisco for a guided tour of the San Francisco Muni Railway's maintenance facilities, plus lunch in the city. A third trip followed to Sacramento Convention Center to attend the National Train Show. This show is sponsored by the National Modeling Railroad Association. There were several manufacturers displaying their newest products and services. There were about 25 modular train layouts from "Z" scale to "G" scale. Several times a year (about every month) we try to do a field trip to someplace that is of interest to the members. These trips are open to all residents of Trilogy. The next Model Club meeting is on Friday Sept. 2 in the Monterey Room at the Vista Club. All Trilogy residents are welcome. Bring your sailboats. Happy Sailing! For more information, contact Rod at twoshays03@gmail.com.

## **Motorcycle Club**

The Motorcycle Club meet the first Saturday of every month for an all-day ride. Nine bikes with 12 riders gathered at McDonald's for the August 6 event. Two other riders, Larry Nelson and Roger Fagan, showed up for the coffee/breakfast social hour but couldn't make the day trip. Lloyd Hoffmeister was missing due to an annual trip to Sturgis. Bikers who made the ride were Jim and Dema Caldera, John Wilson and Judy, John Oakley, Wil Bridges, Jack and Dodi Phifer, Mike Oestreich, Bob Azbell, John Correia, and John Bereta.

The chosen destination was Lick Observatory atop Mt. Hamilton. The route took us down Highway 160 to pick up Vasco Road to Livermore. We headed south on Mines Road and traveled up San Antonio Road to the observatory. The weather cooperated nicely and offered us huge views of San Jose and the Bay Area. Backtracking on San Antonio Road to the Junction Cafe, we sampled buffalo burgers and fries before heading out to Patterson at Interstate 5 to fuel up. Mines Road is a fun, twisty little drive but San Antonio Road offers a bit more of a technical challenge with several 10 mph hairpin turns and a few straight-a-ways. If you are looking for Christmas decorations, the road out to Patterson has some of the biggest pine cones lying alongside the road one can imagine.





Other motorcycle riders in Trilogy are invited to join us on monthly rides. The next ride meets at McDonald's in Rio Vista at 8 a.m. on September 3. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson at (2967).

*"The line of the open road seems to tug a little harder for those who have traveled it by motorcycle. For only we know there is no better view of the country than over a pair of handlebars. And no matter how we view the beginning of our tours, they all end the same way...with plans for the next one!"*

— Anon

## Bicycle To The Airport

Sunday, October 2, 2011

Airport Day this year will include a Family Fun Bicycle ride. Watch for details.

## Recipe Club

It's "Back to School" time, and our noon meeting on Tuesday, Sept. 13 will feature Sandwiches. Docia Geri, Peg Walker, and Molly Woodworth have volunteered to prepare food. Coffee hostess is Carolyn Williams. We meet at noon on the second Tuesday of each month at the Delta Club. New members are welcome. If you have questions, contact Patty LaFleur at (3159).

Monthly tip: Recipes often instruct the cook to "dot" the top of casseroles, fruit pies, and other desserts with butter for extra richness and browning. Cutting the butter into small pieces and then sprinkling them over the dish can be a messy situation.

Instead, try one of these tips: 1. Keep a stick of butter, in its wrapper, in the freezer. When a recipe calls for dotting with a certain quantity of butter, peel back the wrapper and use a paring knife to mark the proper amount. 2. Using the large holes of a flat grater, grate the frozen butter directly over the baking dish, distributing it evenly. 3. Use a vegetable peeler to shave the desired amount from a frozen stick of butter, letting the pieces fall onto the food in fine curls.

## Rio Vista Roamers RV Club

We were at Sugar Barge August 22 - 24. John and Anne hosted this trip and details will be in the next article.

Bodega Bay is the destination for the Sept. 26 - 29 outing, hosted by Erna and Doyle Ellington (5276). They will need your reservation by Sept. 10 if you will be attending this outing. September by the ocean is always so beautiful! 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 the agenda for Oct. 17 - 20, so mark your calendar for this outing. It is the time of year to visit Apple Hill, go on 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 to our outings to see if this is something you enjoy. We will certainly enjoy having you! For more information, call Sandra Santos at (3538) or Doyle Ellington at (5276).

## Men's Executive Nine

It's getting very crowded at the top. In our last two tournaments we had three-way ties for first place. In the July 19 low net plus putts Jim Rogers, Alex Winkler and Dick Talbott each had a total of 49. In the August 2 alternating team tournament three teams tied with a 61 and included Joe Devilbiss, James McDermott, Mike Gorman, Dick Talbott Bill Poate, Bud Brock, Dave Hampton, Stan Melby, Tony Peters, Steve Leder and George Aquino. Congratulations to all the winners and thanks to all that participated.

There are three interesting tournaments scheduled for September. On Sept. 6 is a two-man alternating shot format. On Wednesday, Sept. 14 we will travel to Brentwood to play a tournament with the "Rough Riders." Watch for the sign-up sheet on that one. And on Sept. 20 we are hosting the women's Nine Hole Invitational. Mark your calendars.



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Welcome to our newest member Tony Peters. If you are interested in joining our 9-hole golf group, pick up an application form in the posting room or contact membership chairman Dennis French at (4890).

## San Francisco Club

This month the San Francisco Club is planning to visit the Ferry Building via the ferry from Vallejo. We will tour the Ferry Building and enjoy the Farmer's Market for some take home goods. We are making arrangements with a tour company to visit San Francisco and see some plays and enjoy some good meals while we leave the driving up to someone else. Remember, if you are from San Francisco, grew up, worked in or lived in the city, we would love to know you.

Our next event will be in Oct. and we will probably not meet again until after the first of the year. We correspond by e-mail, and if there are any questions about our club, contact Mike or Lori Azzolino at (6196).

## Senior Men's Golf Club

July and August featured the Senior Men's Match Play Tournament. Although all the matches were not completed by article submission deadline, two flights did finish. Flight 1 was won by Hans Slade and Flight 3 was won by Tom Brown. Congratulations to the winners and thanks to everyone who participated. August also featured the annual member guest tournament, which turned out to be a fun event.

Upcoming September events include two ad hoc tournaments on the 7<sup>th</sup> and 28<sup>th</sup>. Also, our club will host Oakmont on Sept. 14 and we will travel to Rossmoor on Sept. 21. Another event to watch for is the Senior Men's Club Championship. This two-day tournament is in October so watch for the sign-up sheets.

Senior Men's Golf Club holds its general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club main meeting room. Please plan on attending and participating in your club. Also check out our e-Clubhouse web site on [www.rvsmgc.ghinclub.com](http://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 on [gbarlesi@comcast.net](mailto:gbarlesi@comcast.net).

## Stroke/Brain Injury Support

Are you interested in participating in this kind of group? Several people who live in Trilogy have had strokes. It might be nice to have a group that can share stories and get help or useful tips on the effects of stroke/brain injury and coping with the permanent effects. Unfortunately, brainstem strokes and other brain injuries are becoming more common among younger people. So, please let Cheryl Bellrose know if you or someone you know might be interested in forming a group. This group would also be open to the families of stroke sufferers who need support. If you are interested, contact Cheryl (6619).

## Supper Club

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. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually 6 - 10). We are not limited to a formal dinner menu. Supper Club may have an afternoon barbeque, a brunch or a luncheon.

Everyone is welcome to join Supper Club. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and friendship provided by our members.

The next Supper Club is in October. This will be the last Supper Club of 2011 and we will commence once again after the New Year. Supper Club will report on our first Annual Party held in August in the upcoming October Trilogy Life. If you are interested in becoming a member, contact either Maureen Gingrass at (3803) or Cheryl Bellrose at (6619). We'd love to meet you.

## Table Tennis Club

Table Tennis Club held its first out-of-Trilogy tournament with Rossmoor, in Walnut Creek on July 23. They had some of their best players there and the whole affair ended up with an exhibition game between their number 1 player, Jim Cembura and our own Wing Liu. Wing won three of five sets with the third tie breaker set being decided on a triple deuce! Congratulations Wing. Our next tournament with Rossmoor will be here sometime in September or October. More information will follow via e-mails.

The club is also trying to update the club's news on My Trilogy Life. We encourage all of you to log on to [mytrilogylife.com](http://mytrilogylife.com) and search under clubs to find news and information. It would be fun to participate in the blogging. We will see if we can post photos, agendas and minutes of our meetings there.



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**MetLife**

13345

Mark your calendar and start preparing for our third Social of the year on Saturday, Sept. 24 between 11 a.m. - 4 p.m. This will be an International Potluck. It is possible that we may combine this activity with the Rossmoor Table Tennis Club visit to Trilogy. The next activity to prepare for is our Open House scheduled for Saturday, October 15 from 11am - 4 pm.

Please remember to give preference to beginners from 5 p.m. to 6 p.m. on Tuesdays and Thursdays, although they are encouraged to stay on and practice with more advanced players. Remember that on Wednesdays from 4:30 p.m. to 6 p.m. we have practice with the Rob-Pong. When using the machine, please sign in and pick up balls for the person using the machine before you. We have also coaches available on Wednesdays.

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

## Tennis Club

Things went smoothly as new Tennis Club President Nancy Whitney chaired the hour long meeting with all officers in attendance; June Skvorzov, Patti Sorg, and Sandy Price. The tournament with Rossmoor was on August 27 at Trilogy. Results will be in the October issue. This is Wally Beckman's maiden voyage as tournament director. The Brentwood Tournament will also be here on Oct. 21, which is a Friday. Place this date on your calendar.

The experiment with two court times for social tennis was abandoned after a one month trial period and reverted back to the original slot of 8 - 10 a.m. with those opting for a 7 a.m. start. Court Four can be reserved during that time slot. The overall quality of play is constantly improving as beginners become intermediate and the intermediate become more proficient.

The Iris Lucero memorial tournament on July 24 was a great success, with many Lucero relatives in attendance and playing in the games. Bottles of wine were donated from the family winery. A social was held afterwards at the Delta Club. George Sablan headed up this event. A new tennis ball program will be in effect ASAP; see e-mail from Chuck Williams for details or find out at the next club meeting. It is basically one new ball set for each court a week, then new balls are set out the following week. If there is a need to change before the week is up, use personal balls.

Those wanting to help the Court Jesters may donate their plastic at Court #2; just use your key to open the gate and place items in the bin provided. You don't have to be a member to donate.

Joining the Court Jesters is easy and inexpensive; yearly dues is \$24 with a one-time fee of \$20 for the use of the ball machine. See any club member for information or contact michaellewis270@comcast.net.

Some of our members are going through some form of difficulty. Let's stay sociable and check on them. Minutes of meetings can be viewed at [www.frontiernet.net/~dlhboat](http://www.frontiernet.net/~dlhboat) and pictures of events/tournaments at [www.frontiernet.net-courtjesters](http://www.frontiernet.net-courtjesters). For information to be included in the articles, e-mail michaellewis270@comcast.net.

**Tennis Social:** The tradition continues with the Trilogy Tennis Club hosting a showing of the US OPEN men's tennis finals on the BIG screen in the Vista ballroom on Sunday Sept. 11. The live event, broadcast from New York, will begin at 1 p.m. and should end before 5 p.m. Bring your own beverage of choice plus a snack to share. This is a free event, open to everyone.

## TOPS

TOPS opted not to enter the Fourth of July parade due to the number of activities going on this summer. The club is staying on the path of a "Slimmer You" with the program. Our recent Skinnier Bride & Groom Contest was won by Groom-Woody Woodard, with an impressive weight loss and Bride-Joyce Vass. Everyone is vowing to follow their lead, by shedding those unwanted pounds. Keep up the pace, gang. The Trilogy TOPS/KOPS chapter is sponsoring a bus trip to Redhawk Casino on October 12. We leave the Delta Club at 9:30 a.m. Anyone wanting to join us either for the bus trip or to check out our fine group may call Leader Minnie Howell at (5786) or Co-leader Peggy Smith at (1366). TOPS meetings are held at the Delta Club every Wednesday at 8 a.m.

## 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 to play golf in the Pro Shop 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).



*Photo by Nancy Vickers. (L to R): Betty Bowley, Pam Carlson, Carole Dolan, Danny. Sitting: Fran Silva and Mystery Game winner, Ella Ballard*

## Tuesday Play Day Results

July 5: We had 16 ladies play. Welcome to Anne Frenette, a new member. Welcome back to Betty Bowley and Ella Ballard.

Ruth Algren had a Chip-in and a Par on Hole 17.

Ingrid Cavanaugh and Karen Nash both had Pars on Hole 13.

July 12: Mystery Game - What a fun day with delicious donuts, great gabbing and golf. We had three Chip-Ins; Marnie on Hole #3, Judy on Hole #4 and Fran on Hole #8.

There were many pars; Lynne on Holes #2 and 4, Nancy, Arla and Fran on Hole #8, and Ruth of Hole #9. Winner of the Mystery Game: Tee to Green; subtracted putts from each score posted. Winner was determined by then taking that score minus half of your handicap. Ella Ballard won \$25; see her picture accepting winnings from Pam Carlson.

July 19: We had 21 players and three Pars; Chris Sabye on Hole #10, Ruth Algren on Hole #13 and Arla Gustafson on Hole #15.

July 26: Fran Silva had our only Par today.

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

## Women's 18-Holers

### June 23: Straight golf.

Results: Flight A: First Frankie Freese, Second Linda Barlesi. Flight B: First Angie Jones, Second Alma Renko, Third Tie Cindy Brown/Roni Teixeira. Flight C: First Terri Anisko, Second Ladell Manion, Third Doris Sundly, Fourth Diane Staley. Flight D: First Karen Nash, Second Terry Sutter, Third Lynn Grace, Fourth Darl McCarthy. Chip Ins: Donna Bjork, Linda VanNieuwburg, Vicky Riddle, Judy Zelmar, Chris Sabye. Birdies: Linda Barlesi, Sue Clark, Angie Jones. Broke 100: Frankie Freese, Vicky Riddle, Ulla Ulmonen. Broke 90: Linda Barlesi, Angie Jones. Closest to the Pin 5: Cindy Brown

### June 30: Straight golf.

Flight A: Linda Barlesi, Second Angie Jones, Third Marsha Loomis, Fourth Vicky Riddle.

Flight B: First Tie Donna Martella/Ladell Manion, Second Tie Pat Kistler/Alma Renko.

Flight C: First Tie Charlotte Godsey/Darl McCarthy, Second Doris Sundly, Third Linda VanNieuwburg.

Flight D: First Karen Nash, Second Bev Dunn, Third Terry Sutter.

Chip Ins: Judy Zelmar (Two), Linda Barlesi, Paula Davis, Darl McCarthy. Birdies: Marsha Loomis (Two), Linda Barlesi (Two), Donna Martella.

Broke 100: Lucille Rhodes, Angie Jones, Vicky Riddle, Ida Shannon, Judy Zelmar. Broke 90: Marsha Loomis. Broke 80: Linda Barlesi.

Closest to the Pin 8: Alma Renko

### July 7: last week of Eclectic and the General Meeting.

Flight A: First Angie Jones, Second Vicky Riddle, Third Marsha Loomis.

Flight B: First Tie, Ladell Manion/Trixie Roque, Third Cindy Brown.

Flight C: First Terri Anisko, Second Pat Kislter, Third Tie, Doris Sundly/Paula Davis.

Flight D: First Terry Sutter, Second Charlotte Godsey, Third Lynn Grace.

New Members Flight: First Carol Petronzio, Second Judy Zelmar, Third Chris Sabye.

Chip Ins: Sally Thomas, Marilyn Rogers, Judy Zelmar. Birdies: Marsha Loomis (Two), Linda Barlesi, Ladell Manion, Sally Thomas, Paula Davis, Judy Zelmar, Lucille Rhodes.



*Eclectic Game B Flight Winners (L to R): 2nd place Cindy Brown, Tied for 1st - Trixie Roque and Ladell Manion*

If you would like to join us, we meet at Nines every Thursday at 8 a.m. For more information, contact Alma Renko at (3064).

## Women's Improvement Club

The Women's Improvement Club of Rio Vista (WIC), presently having 59 members, will celebrate its 100<sup>th</sup> year of continuous service next year. WIC is a non-profit public benefit corporation. Our philanthropic social club was formed for the "improvement of the city of Rio Vista and the surrounding areas and to engage in any other lawful activities, such as to promote the educational, social, literary, and the advancement of the public welfare of the community." We meet socially for lunch and a short business meeting in the months of September, December, March and June. If you are interested in learning more about the Woman's Improvement Club, or are interested in joining, please contact Carol Benkie at (3316) or Benkie@myifp.com.



## Trilogy Blood Drive

It's time to lend an arm and help save lives by donating blood at the upcoming Trilogy Blood Drive on Monday, Sept. 26, 2011 from 9 a.m. - 1 p.m. at the Delta Club. Walk-ins are welcome but appointments have priority. To make an appointment, please contact Darlene Wiskeman at (6211) or email [wiskeman2@yahoo.com](mailto:wiskeman2@yahoo.com).

### Event Cancellation

The Disaster Preparedness/Health and Wellness Fair scheduled for Sept. 17 has been cancelled.

## National Disaster Preparedness Month

*By the Disaster Preparedness Team*

September is National Emergency Preparedness Month. Here are steps that you can take to prepare for an emergency.

**Step 1: Get A Kit.** You may need to survive on your own after an emergency. Stock enough food, water, and other supplies in sufficient quantities to last for at least three days. Local officials and relief workers cannot reach everyone immediately. Help may come within hours or days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.

**Step 2: Make A Plan.** Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another, how you will get back together, and what you will do in different situations. Formulate a Family Emergency Plan. Identify an out-of-town contact. It may be easier to make a long distant phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.

**Step 3: Be Informed.** Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take.

Learn more about the types of potential emergencies that could happen here and the appropriate way to respond to them. In addition, learn about the emergency plans that have been established in your area and community. To assist in this effort, the Trilogy Disaster Preparedness Committee will conduct a briefing that covers community preparedness efforts and response plans. This briefing is on Saturday, Sept. 10 from 9:30 - 10:30 a.m. in the Rio Vista Room at the Delta Club. If you plan on attending, please register at the Vista Club Front Desk so that adequate handouts and demonstration props can be prepared. For more information, contact Lynne Hansen at (4060).

## Relay Thank You

I must first acknowledge the dedication of our team members who work harder each year to be more successful. Thank you one and all; without you we couldn't make it work. The Team would like to send out a big thank you to all of our friends and neighbors here at Trilogy as well as throughout the country for supporting us in our Relay For Life efforts. To all of you who helped to support our fundraising efforts, and volunteered hours to support each event, you are awesome.

Our fundraising events were over the top this year. The Senior Men's Golf Club had two golf tournaments for Prostate Cancer. Bingo, Bunco, Billiards and Poker held their annual "Playing Games for a Cure." The Tennis Club held its Memorial Day Tournament "Swinging for a Cure," and Stan Katzman organized a Cribbage Tournament to help fight cancer. We had our Bake Sale at the Spring Craft Faire. To the bakers, golf marshals, residents who donated gifts for our raffles, those who wrapped them, servers at the Game Night who served pizza from our sponsor (Rio Vista Pizza Factory) and all the businesses in downtown Rio Vista, your support continues to amaze us as we move forward fighting the battle against cancer.

Relay For Life was held on May 14 at the Rio Vista High School track with wind and rain to boot; but we persevered. We will remember those who have lost their lives to this disease, will celebrate the survivors and caretakers, and fight back with gusto so no one has to hear, "you have cancer."

Trilogy Terminator III Team raised \$34,500. Our goal was \$25,000. We take a break to celebrate the upcoming seasons, but pray for those who are continuing their journeys fighting cancer. You are all in our prayers. See you in 2012.

*Antoinette Pestana*

## Rio Vista CARE Gala

Rio Vista CARE is holding their 11<sup>th</sup> Annual GALA benefit on Sept. 10 at 6 p.m. at the Trilogy Vista Club. The evening's activities begin with wine tasting and a "strolling supper." You'll taste fine wines from six 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 purchase mystery gift balloons. Every balloon will contain a surprise gift. 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 Jazz Band

The band is looking forward to a busy year following our August vacation. Regular weekly rehearsals will resume on Sept. 7, and we will play for the Ballroom Dance Club's monthly dance on Sunday Sept. 11. Posters in the club houses have details on this dance event. If you like to dance to live band music or just watch some great dancing and listen to big band music and good vocalists, you are sure to enjoy these sessions!

Full-band rehearsals are held every Wednesday from 2:30 - 5 p.m. following vocal rehearsals from 1:30 - 2:30 at 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).

## Clubs, Groups and Organizations Support Planning

Mark your calendars for September 22, Vista Diablo Room 1:00 – 2:30 p.m. for a 2012 support planning meeting that must be attended by one of your representatives if you plan to reserve rooms during the upcoming year. ***Pick up your room reservation forms from Vista Member Services ahead of time to be submitted at the meeting.***

## Rummage Sale

Rio Vista Community Services is committed to finding resources to help those in need. This year we will sponsor the Catch of the Day Rummage Sale during the BASS Derby & Festival on October 7, 8, 9, 2011. Last year was a huge success! Your generosity helped us offer useful items to the community and raise funds to continue the programs offered by Rio Vista Community Services and Christmas 94571. We are hoping that you will join us again by donating clothing, small electronics, furniture, tools, sporting equipment, and household goods.

Rio Vista Community Services tries to adapt to the needs of the community. We gave out 4,939 bags of food in 2010. This is almost 500 more food bags than in 2009. We are on pace to distribute even more bags this year. Christmas 94571 is another big event and the number of recipients for toys and clothing continues to grow. In 2009, a fund was established to help low income individuals pay a portion of their water and sewer bill. This fund has had a zero balance since February 2011, leaving callers without a resource to help them continue basic services during difficult times.

Please consider helping us make this event a success! We need people to help us find donations, pick-up donations, sort and price items and help with sales during the event. If you are interested in donating items or volunteering call the RVCS office at (5706).

## Senior Center Bake Sale

Don't miss the annual Senior Center Bake Sale on October 8, 2011. Come early and get some great dessert to enjoy during the BASS Derby and Festival. If you are interested in donating cakes, pies, cookies, dessert breads, muffins, brownies, candies or jams and jelly, drop them off at the Senior Center on Friday, October 7 between 8:30 a.m. and 6 p.m.

## Volunteer Recruitment Coordinator Needed

The City of Rio Vista is looking for a volunteer recruitment coordinator to search for and screen volunteers to support the City's operational needs.

Why does the City need a Volunteer Recruitment Coordinator? Volunteerpro states, "Volunteers want a leader who they can trust, a leader who quite literally "walks their talk, and a leader that is committed to the mission of the organization and to the volunteer program." Commitment inspires and draws people to you.

- Experience and education are required.
- Education and Training
- Recruitment coordinator with a bachelor degree.
- Candidates with specialized knowledge in City Government
- Applicants with a business or interdisciplinary background and a strong human resources foundation
- Experience and/or Human Resources certification.

If you are interested in volunteering for this position send your Resume to Constance Boulware at [cboulware@ci.rio-vista.ca.us](mailto:cboulware@ci.rio-vista.ca.us). If you have questions, please call (707) 639-7175.

## Villages Fall Garage Sale

The twelfth annual garage sale is on Saturday, Oct. 1, 2011. The sale is from 9 a.m. – 3 p.m. All Trilogy residents are eligible to participate as sellers and/or buyers. To participate, simply tie helium balloons to your mailbox or tree to signify that you are selling items.

You may use your garage, driveway, and lawn to display sale items on the sale day, but all unsold items must be removed from the driveway and lawn by the close of the day. When you are through selling, just take down the balloons and shut your garage door so buyers know you are closed.

Popular items during the fall sale include tools, furniture, linens, Christmas items, and other household goods. The past two years, clothes have also become hot items. These annual garage sales have become enormously popular with almost half the villages either buying or selling. Some villages are also using it as a fundraiser.

**Currently, there is a city ordinance requiring a \$1 registration permit for a garage sale. These permits may be purchased at City Hall prior to the sale. City Hall is closed on Fridays, so the permit must be purchased by Thursday, Sept. 30.**

This sale is open to the public. Maps are available at the welcome center. The annual Spring Garage Sale will be held at Trilogy on the first Saturday of May. Good luck! For more information, contact Judy Taylor at (4036).





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### Support Group

Ongoing support group for  
Parkinson's, Essential Tremor or  
Dystonia. If interested, please  
call Audrey Kinser at (7506).

## FOR RENT

### Home for Rent

\$995 2br/2ba Schooner: Air  
condition, fireplace, landscaped  
yard. No smokers, dog negotiable.  
Call 707-236-5500 or 510-910-2693.  
Gardener included. Available now.

### Home for Rent

2br/2ba plus den on 18<sup>th</sup> hole.  
Backyard on leeward side.  
Call to see what is included  
in rent. \$950/mo. Contact  
Yvonne Wood 209-327-5037

### Home for Rent

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

## FOR RENT

### Home for Rent

Big Sur model home, 2br/2ba,  
2 car garage. Landscaped,  
many upgrades. \$1250/  
mo. Harry 650-588-1801.

### 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).

### Dog Kennel

New dog kennel 5" x 10'  
x 6' high, \$175. Please call  
Mike 510-917-9098.

## FOR SALE

### Gas Grill

Brinkman gas grill: 4 burners,  
mint condition—never been  
used. Asking \$200. Call (4626).

### Golf Cart

EZ Go Golf Cart, excellent  
condition, new cover w/ doors,  
lights, turn signals & horn. Gray w/  
black cover \$5000. Ping G15 Hybrid  
\$100; ProVs 150 \$90. Call (4921)

### Golf Cart

EZ Go Golf Cart, new batteries,  
new tires & wheels \$3350. 2 rocker  
recliners, \$450 for both; 20"TV \$50;  
36" Console TV \$250. Call (4921).

### Vehicle

2002 Toyota Camry XLE V6,  
excellent condition. Only one  
owner, very clean. fully loaded,  
navigation system, sliding roof.  
Silver. Must see. Only potential  
buyers. \$9,950. Call (2044).

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All ads and checks are due by the fifth of the  
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## FOR SALE

### Vehicle

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

### Vehicle/RV

2006 Cardinal 30 ft. 5<sup>th</sup> Wheel towed by 2004 Diesel Dodge Ram, both like new & have low mileage. Sold as a tow package or separately, \$51,000 for both OBO. Call Alicia or George for full details (3599).

## 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 a Trilogy homeowner with 40 years experience 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.

### 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).

## SERVICES

### Auto/Home Detailing

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

### Belly Dance Lessons

Ladies only. Come celebrate your inner goddess! Experience, Encouragement, Enjoyment, Empowerment! Zills (finger cymbals) and music CD are provided. Call Sarina 337-5148.

### 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).

### Carpentry

Custom carpentry: fireplace mantels, crown molding, book cases, window sills/casings/trim... Call Randy Updegraff 334-3460 or 260-2821. References & samples available.

### 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.

## SERVICES

### 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. Move in/ out, special projects also avail. 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 Help

Need help with your PC? I can troubleshoot, repair and upgrade your current computer, or help you choose a new one. In-home tutoring available. iPad knowledgeable. Kathy Barker (6850).

## SERVICES

### 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).

### Counseling

Life Coaching and Counseling. Trilogy is a new beginning with wonderful changes. Sometimes knowing the support system and resources around you is the key to a happy transition. If you need a little support on your new path here, general counseling for couples or individuals, dealing with health or age issues, call Ruben (1417) or 514-9421 (bilingual).

### Countertops Galore

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

### Crown Molding

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

### Custom Cabinets

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

### Designs by Ruth

Cake and cookie baking and Decorating. All occasions from party to wedding. Sewing and alterations. You may contact me at designsbyr@hotmai.com or (5883).

## SERVICES

### Electrical

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

### 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).

### Hauling

Hauling & moving: Nothing too big or small; nothing too far. Victor 398-6610.

## SERVICES

### Home/Pet Sitting

DEE-TAILS Animal Lover! Trilogy resident. Walks, visits, feedings, TLC, etc. Prior pet first-aid/CPR classes. Flyer on club bulletin boards. 330-6010 dan-dea@sbcglobal.net

### 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.

### Jewelry Making

Let's make jewelry! Necklaces, Bracelets, Anklets, Earrings! Recycle, redesign your old or broken jewelry too. Tools, beads, supplies and guidance will be provided. Call Sarina 337-5148.



## SERVICES

### 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

### Lawnmower Repair

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

### Mail Boxes Painted

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

### Notary 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).

### Notary to Go

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

### 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.

## SERVICES

### Patio Covers Washed

Rain gutters cleaned and patio covers washed. Trilogy Resident Danny (3665).

### Personal Organization

ClutterNOT can help you increase 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. [www.clutternot.com](http://www.clutternot.com) Call 925-286-2398 for a free consultation.

### 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](mailto: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.

## SERVICES

### Photography

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

### Photography

Portraits. Remember the beautiful and romantic time of family and individual portraits? You remember that gorgeous painting of Great Aunt Martha playing the piano. Well true beauty never goes out of style! Call for individual portrait appointments and have a creation that your family will enjoy for many years to come. Call Ruben (1417) or 514-9421.

### Remodel/Repairs

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

### Roll out Shelves

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

### Sliding Door and Screen Repair

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

### Sprinkler Repair

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

## RESIDENT CLASSIFIED ADS

### SERVICES

#### 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).

#### 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.

#### Translations & Tutoring

I am a former teacher who has helped students of all ages to learn Spanish or those from Spanish backgrounds to learn English. Learning a new language can be fun and a key that opens the door to many opportunities. Call Ruben (1417) or 514-9421.

### SERVICES

#### Transportation

Transport you in your car or mine anywhere anytime. Better rates than the taxi co. Victor 398-6610.

#### Transportation

Ruben's Safe Driving Services will drive to medical appointments, shopping, Amtrak or Bart. A previous driving instructor for commercial services, I also have 20 years experience with disabled clients so they can keep their active lifestyles. Call Ruben (1417) or 514-9421.

#### Transportation

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

#### 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).

### SERVICES

#### Window Cleaning

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

#### Window Cleaning

Windows washed inside and out, tracks and screens cleaned, front door & patio washed down at no extra cost. Victor 398-6610.

### VACATION RENTALS

#### 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

ANNOUNCING...

A million reasons  
to live at

Emeritus at  
Rancho Solano



## EMERITUS SENIOR LIVING

Emeritus Senior Living is committed to providing quality services to seniors. As part of our commitment to enhance our residents' lives, we will be undergoing a million dollars in renovations; paint, carpet, internet cafe, continental club, 9-hole putting green, life-size chess board and much, much more. Our commitment to providing quality senior care at an Emeritus Senior Living can be seen first hand.

If you haven't been by in awhile, stop by and see what all the excitement is about. We know you'll be just as excited about the changes as we are.

*Our Family is Committed to Yours.®*



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—at Rancho Solano—

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