

Trilogy Living

October 2011



Photo by Debbie Dorn

TAG Art Show

On Aug. 27 and 28 over 200 attendees gathered for the TAG Art Show. The show was juried by two judges. Linda Fead was awarded First Place in Charcoal/Pastel, and Best of Show for her piece titled "Indian." People's Choice went to Harold Johnson for "Dawn," a piece from his "Why Fishermen Fish" series. See page 17 to learn more about TAG.

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*From the
Master Association*
BOB SATHER
President

The regular monthly meeting of the Master Association Board was held in the Diablo Room at the Vista Club on Sept. 13, 2011. Thank you to everyone who attended and voiced their opinions on a number of issues.

Actions taken at the meeting included:

- The approval of the Consent Calendar, which was larger than normal. It included:
 1. The minutes of the August regular meeting and the minutes of a special meeting that was held in July.
 2. The filing of nine liens.
 3. Accepted a Legal Services Plan with Baydaline and Jacobsen for the year beginning Sept. 11.
 4. The acceptance of the conveyance of Phase 9 Lot 478, otherwise known as "Diamante Park."
 5. Appointed Mary Ann Butts, Delegate for Saddle Rock District. She was the Alternate Delegate for the District and assumes the position vacated by Debbie La Croix, who resigned to accept a position in the HOA office.
 6. Accepted the TRVMA Insurance Policies for Oct. 1, 2011 through Oct. 1, 2012 and approved payment of an invoice in the amount of \$34,692.91 for the policies.
- Approved a motion for an increase of \$250, from Operations, to purchase 1,500 tube inserts and have staff install. (The purchase was approved at the July meeting for an amount of \$500. The revised amount is now \$750.)
- Held a discussion about a proposal regarding the feeding of Feral Cats and the related problems with other wild animals such as raccoons. There was no action to be taken on this item at the meeting.

Our next regular meeting is on Oct. 11, 7 p.m. in the Diablo Room, Vista Club. In the Vision Meeting on Sept. 15, we discussed possible uses for the drill sites and the progress being made for the accusation of the treatment plant.

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

TRILOGY AT RIO VISTA

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Warren Oglove, Secretary (3477)
Tom Moore, Director (5772)

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Village Riviera – Dave Bewick (2093)
Olympic Village – Joel Auslen (5808)
Saddle Rock Village – Debbie La Croix 707-507-5020

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Access – Dave Bewick, Chair (2093)
Disaster Preparedness – 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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Delta: Admin Office (4843) Fax (4891)

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From the Editor

ANDREA STUART

It's officially autumn; the time of year for harvest and feasting. With the holidays on the horizon, it's time to break into those seasonal fruits and veggies for some cool weather comfort. I've included a list of produce that go great in soups, sautés, and as sides. Keep these in mind: apples, pears, quince, plums, chestnuts, artichoke, broccoli, butternut squash, carrots, celery, fennel, garlic, kale, leeks, onions, potatoes, pumpkin, parsnips, chicory, and cauliflower. Combine those with delicacies still available thanks to our Indian summer such as bell peppers, eggplant, and farm fresh tomatoes. The Skinny Kitchen Harvest Festival Cooking Class with Joyce Bueker on Nov. 4 is an ideal way to learn how to incorporate the flavors, aromas, and nutritional value of harvest time into your life for a heartier, healthier lifestyle.

Start this month by showing your support for Trilogy by shopping around during the Fall Villages Garage Sale on Oct. 1. Participants are signified by the balloons attached to mailboxes. The event lasts from 9 a.m. – 3 p.m. and offers a variety of household goods.

Now that the weather is shifting gears, it's important to supplement good eating habits with exercise and knowledge. Trilogy is offering a Flu Shot Clinic on Oct. 9, and Senior Summit on Oct. 14 where you'll learn all about Aging in Place. You'll also obtain information on care-giving, health care, and mental health issues.

Add a little melody to your life on Oct. 22 with Kimberly Jackson and Urban Legend Concert plus the Soul Line Dancers Halloween Party. Kimberly is a lively flautist who offers soulful vocals to get everyone moving to the Halloween beat. Continue the music frenzy on Oct. 23 with The Espiritu Quartet who offer a variety of music styles from Latin to great American song favorites.

And we can't forget about the main holiday of the month: Halloween. Bring the kids and grandkids to Trilogy's Halloween Party on Oct. 30 where the fun never stops including a costume parade, contests, and treats.

While the days are getting shorter and evenings longer, you may also want to consider a little after-dinner exercise to keep the body rejuvenated. Trilogy is now offering evening yoga and Pilates classes as well as Evening Fusion. Read about these new additions in the Fitness & Spa section of *Trilogy Living*.



*From the
Activities Director*

DEBBIE DORN

Recently a resident asked me where I came from. Since inquiring minds want to know... Once upon a time, I was born on my family's dairy farm in Missouri. This country girl is still at home with the critters and open spaces. Today, I reside only a few country-miles from Trilogy. The lifestyle feeds my creative side and keeps me balanced. Furthermore, I have found that Trilogy nurtures my people-fix and provides an avenue to be of service.

As for how I came from Missouri to California: the tale is perhaps similar to most (at this age we all have past lives!). Born with an inquisitive spirit, the oldest of four siblings, educated and anxious to take on new frontiers, I was employed for more than 30 years in management by international corporations in the agricultural and industrial equipment industry, in the field of finance. And I was relocated a few times along the way. As the years led me to sales and marketing, event planning was common ground. I was accountable for the western half of the U.S. and Canada in my last position and I thoroughly enjoyed it. But I can't say that I miss living out of a suitcase, on a plane, or driving along more stretch of highway than some people may know exist!

I believe it's what I do today with the skills I've acquired that is important. And, let me assure you that I am committed to the development of your activities and events. I am excited to be here and look forward to hearing from you. What activities feed your soul and enrich your Trilogy Experience? Give me a call at (4204) or share your thoughts by sending an email to ddorn@actionlife.com. My mailbox is always open!

Fall Community Garage Sale

Oct. 1, 9 a.m. – 3 p.m., Free

See pg. 32 for details. (City of Rio Vista requires \$1 permit, which is available at City Hall.)

Farmer's Market ~ A Raffle Too!

Oct. 2 & 16, 10 a.m. – 3 p.m., Delta Club, Free

Petrill's Produce Farmer's Market provides local produce to Trilogy members. Purchase fresh 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 toward their next purchase at Petrill's Farmer's Market.

Just for Fun

Test your familiarity with My Trilogy Life. Find the related term from the word hints! Answers are printed on page 6.

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

1. mytrilogylife
2. news
3. financials
4. weekly
5. advertise
6. feedback
7. listed
8. minutes
9. publications
10. monthly
11. calendar
12. menu

Flu Shot Clinic

Oct. 9, Delta Club, 9 a.m. – 3 p.m. (Cost \$0 - \$25, see below)

It makes a difference where you get your flu shot. Unlike grocery stores and pharmacies, Sutter Care at Home employs registered nurses to administer your vaccination. Each nurse has years of experience administering injections, and is trained to assess the health of each individual they vaccinate.

If you're enrolled in Medicare Part B, there is no cost for your vaccination. When attending the clinic, please bring your Medicare Part B card and a second form of identification to allow Sutter Care at Home to bill Medicare for you. If you are not enrolled in Medicare Part B, the cost for vaccination is \$25. Sign up at Member Services.

If you're unsure about your Medicare coverage, please call Denise Sobel at (707) 535-5690, who can verify your coverage.

Grapevine Chat!

Tuesdays, Oct. 11, 6 p.m. and Oct. 25, 5 p.m.
Grand Living Room, Vista Club

Get to know your neighbors in a warm and casual setting where you can "get the scoop" on all things Trilogy. Bring wine, glasses and snacks to share with others (optional). No sign-ups. Everyone meets around that big fireplace!

Kimberly Jackson with Urban Legend Concert

*And the Soul Line
Dancers Halloween Party*

Saturday, Oct. 22, 7 – 10 p.m.,
Vista Diablo Ballroom \$10

The Pied Piper of the East Bay, flautist and vocalist Kymberly Jackson, brings her exciting and special brand of jazz, funk, soul and R&B to Trilogy once again. Step into an early Halloween celebration! Come dressed in your favorite costume (optional). Bring a beverage and snacks to enjoy while you dance the night away. There will be raffles, too. Sign up at Member Services, Vista Club.

Song-Strummin' Storyman: Jack Pearson

Friday, Nov. 4, 7 p.m., Diablo
Ballroom, Vista Club, \$10

Jack Pearson, Mr. Song-Strummin' Storyman, grew up in a musical midwestern family, which set the stage for the night in 1965 when Jack discovered the guitar at a campfire. From there, it was banjo, mandolin, fiddle, jaw harp, spoons, songs, songs, and more songs! A few years of studying philosophy at the University of Minnesota and Jack was off down a twisting, joyous path of musical storytelling. Since then, Jack has sung, strummed, written, read, told, fiddled, and danced his way around the United States performing over 200 concerts per year.

Senior Summit

Friday, Oct. 14, 8 a.m. – 3:30 p.m., Diablo ballroom, Free

Join in the discussion at the Senior Summit featuring Aging in Place with keynote speakers Dr. Patrick Arbore, Institute on Aging; and Sandi Fitzpatrick, California Commission on Aging. The summit also features an interactive panel discussion on resources for caregivers and “care-getters,” information on health care and mental health issues (i.e. Alzheimer’s disease, dementia, and hospice care), fall prevention and fraud protection, as well as MediCare and MediCal. AARP will provide information on pertinent subjects. Space is limited, make your reservation early. RSVP to Barbara Rodriguez at (5996) or email bjr@citlink.net before Tuesday, Oct. 11.

The Espiritu Quartet

Sunday, Oct. 23, 2 - 4 p.m., Vista Diablo Ballroom \$10

The Espiritu Quartet is a group of seasoned professional musicians who record and perform in Bay Area orchestras and improvisational ensembles. Their extensive repertoire is pleasing to a broad range of musical tastes, from classical, light classical, and opera to jazz, Latin, holiday favorites, American songbook standards and show tunes. Sign up at Member Services, Vista Club.

Just for Fun Answers

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 * F * * R S * * D E V E I H C R A
 G A * * O * E * C * * E * * * * *
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 V E * * R * * * N S * M M * * * *
 I B * * N * E T * * S E I * * * * *
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 Y C * * I A * * E T * * M * T * * *
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Word Search Answers

- | | |
|-------------------------------------|-------------------------------|
| 1. mytrilogylife -- website | 7. listed -- clubs |
| 2. news -- committee | 8. minutes—meeting notes |
| 3. financials -- association report | 9. publications -- archived |
| 4. weekly -- eNewsletters | 10. monthly -- Trilogy Living |
| 5. advertise -- buy sells | 11. calendar -- event dates |
| 6. feedback -- post messages | 12. menu -- cyber cafe |

Family Halloween Party

Sunday, Oct. 30, 2 – 4 p.m. Diablo Ballroom, Vista Club

\$5 per family plus \$1 for each child participant

Plan for a great party with the family! Kids can join in a costume parade, contest, plenty of laughs, good times, and a treat bag. Cost is \$5 per family plus \$1 per child. Sign up at the Member Services Vista Club.

Skinny Kitchen

“Harvest Festival” Cooking Class

Saturday, Nov. 5, 12 – 2 p.m., Delta Club

Join Trilogy instructor and Lose2Win Facilitator Joyce Bueker for this very special autumn event: a cooking class that showcases all the flavors, colors, and aromas of the harvest season, with emphasis on fresh, healthy recipes for holiday meals that are big on taste and light on the waist. Together we’ll cook and then eat a variety of recipes including gluten-free, dairy-free, and low-sodium options that focus on the six tastes of your palette to balance appetite and enhance satisfaction through flavor rather than volume. These are fun, easy recipes that you’ll enjoy cooking again and again. Cost is \$15 for members and \$12 for Lose2Win participants who sign up least 24 hours prior to the event. Cost is \$20 for drop-ins. The price includes a meal and recipe handouts.

Sign up at Member Services. For more information, contact Joyce at (925) 768-5574.

Life Line Screening

Thursday, Dec.15, 8 a.m. – 5 p.m., Diablo Ballroom

Life Line Screening employs highly qualified healthcare professionals that bring preventive screenings to you. These non-invasive and affordable ultrasound screenings help people identify their risk for stroke, vascular diseases, or osteoporosis early enough for their physician to begin preventive procedures.

Life Line Screening scans are for potential health problems related to blocked arteries and irregular heart rhythm, which can lead to a stroke; abdominal aortic aneurysms, which can lead to a ruptured aorta; hardening of the arteries in the legs, which is a strong predictor of heart disease; and a bone density screening used to assess the risk of osteoporosis.

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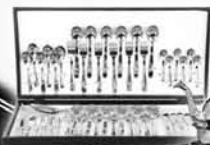
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Assessment Notice

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

Assessments for the month:

Master Association	\$15.80
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)	

Meeting Calendar

Master Association Board Meeting

Tuesday, Oct. 11, 7 p.m.
Diablo Ballroom, Vista Club

Council of Village Presidents

Monday, Oct. 17, 10 a.m.
River Room, Delta Club

Adult Committee Meeting

Thursday, Oct. 27, 1 p.m.
Rio Vista Room, Delta Club

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. to 11 p.m. for entry with keys. There is no entry from 11 p.m. to 7 a.m. The Vista Club is open from 6 a.m. to 9 p.m.

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

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

Save Your Money and the Environment - Receive Notices and Documents Electronically. There are forms available in the Administrative Office giving permission to send documents via email rather than printing them and sending them via U.S. mail. Stop by and fill one out today.

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

Parking in front of mailboxes – Please don't park in front of mailboxes. It makes it difficult for others to retrieve their mail and also makes it difficult for staff to put fliers in your tubes.

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

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

Pets in the Community – All pets must be on a leash and under strict control of the owner at all times. Please pick up after your pooches. Trilogy receives many complaints of dog waste being left on streets, walks, yards and parks.

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 the Delta pool area when you are leaving. When the wind catches the umbrellas they are damaged and often 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 shatter. Repairing or replacing table tops is costly, including the time required by the maintenance staff to clean all debris.
2. Don't put coffee, gum and/or wrappers in the plants at the clubs. Again these plants are expensive to replace.

Gardeners - Please remind your gardeners that they cannot start work before 8 a.m. and that they must pick up leaves and clippings. They are not permitted to blow them into the street, another yard, or under bushes.

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.

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.

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

Golf Carts – Remember golf carts *must*:

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

There are complaints that golf carts do not stop at stop signs on the golf path when crossing over streets. This is a serious safety issue. You are responsible to adhere to all traffic regulations.

Wildlife – Please do not feed any animals outdoors. The Administration continues to receive reports that members are feeding wild animals and pets outside. It is difficult to control the wild animal situation without the help of all members.

For Your Safety – If you are walking in the street, please yield to vehicles. Often there are groups 3-4 people deep, making it impossible for vehicles to pass. Please wear light colors and carry a flashlight when walking or biking at night or in 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 and copy Morris Barr at the city public works department (mbarr@ci.rio-vista.ca.us) on your email to Rich.

Visitors to the Vista Club

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

Signing In: For the your own safety, the safety of our employees and the protection of our assets, the Master Association Board of Directors requires that all residents and invitees identify themselves each time that they enter the Vista Club. 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 use 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 accompany guests when using 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: available for residents only.

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

Adult Committee

The Adult Committee met on Aug. 25, 2011. A new sub-committee (Aesthetic Sub-committee) was established to address requests for significant changes to plans for common areas that have been approved by the Master Board. Minutes of any meetings are posted online at MTL. Concurrently, the Landscape and Delta sub-committees were eliminated as they are no longer needed.

No decisions were made regarding a request for path lighting in some parks or for benches at the Model Club's garden railroad area. The cost for caps for mail box tubes has increased by approximately \$250 to \$750 due to confusion on the model number. By an informal vote of 7-2 the committee approved the additional cost; the matter returns to the Master Board for approval. The next meeting is on Oct. 27 at 1 p.m. in the Rio Vista Room at the Delta Club. All residents are welcome to participate.

continued on page 10

Continued from page 9

Village Riviera Board News

"Meow" was the word of the evening at our Sept. 1 Riviera Board Meeting. You may already be aware of the feral cat issue, because your garden has been dug up, your patio furniture has been torn apart or used as a toilet, or your dog just won't stop barking because there is a cat in the yard. The Village Riviera Board recently had a hearing on this topic and voted to fine homeowners feeding feral cats \$100 for every three complaints received. While we understand that there are good folks capturing these cats and having them spayed or neutered, feeding them is what brings them into the community repeatedly, and not feeding them will send them to find food elsewhere. They are wild animals and survival of the fittest is how it is supposed to be.

On this same topic, some folks are letting their domestic cats roam our neighborhoods. Cats with collars have been spotted with no owner attached to them. They also ruin yards, provoke dogs to bark, and may also sink their claws into a neighbor's patio cushions. Please be aware that you are allowed a total of two animals in your home, cats and/or dogs, and if you let them out of your yard, they must be on a leash.

Our next Village Riviera Board Meeting is on Nov. 3 at 6:30 p.m. in the Delta. Please consider running for a position on the Board. We will discuss how to get an application and deadlines for submitting them, as well as answer your questions about being on the board. Please bring these and any other questions and concerns you have to share with the board. We want your input. If you have any questions, contact Village Riviera Board President Warren Oglove at (3477).

Olympic Village Residents' Club

Due to scheduling conflicts we have cancelled both our Fiesta Potluck on Sept. 10 and our Halloween party on Oct. 29. In the meantime, we are gearing up for our 2nd Annual Holiday Party, on Dec. 10. Last year's Annual Holiday Party was sold out and we expect that it will be again. Look for more details in the November *Trilogy Living*.

To clarify, the recently adopted Olympic Village HOA resolution, which applies to dog owners, lays out a process for handling complaints regarding dog owners who allow their dog to defecate on other home owners' properties. The dog owner will receive letters advising them of the issue. If the issue is not corrected, the HOA could request a hearing. Ultimately, the dog owner could receive a fine of up to \$500.

Election of new Board Officers will be held at our November board meeting. There are several positions coming available. We need volunteers to join this fun and exciting group. Candidates for the Board may be nominated or self-nominated at the September Board meeting, or you may 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). For more information, contact Joel Auslen at (5808).

Village Oakmont Residents' Club

Oakmont Chili cook off was again a huge success. We had several entrants who brought their very best chili and shared it with all who gathered. As of this article, the name of the person with the winning chili was not available. We will inform you in the November *Trilogy Living*. Coast Guardsmen Shane Swartz and James Buford were two of our chili judges. Trilogy resident Jim McCracken and Police Chief Greg Bowman rounded out our third and fourth judge. Oakmont had an interesting surprise; Fire Chief Tom Myers brought out one of Rio Vista's rigs with a piece of steel from the World Trade Center. The afternoon was both exciting and somber. Even a guest fireman entered the chili contest with five of his co-workers in attendance supporting his efforts. Our next big event is the Oakmont Christmas dinner on Dec. 11, which will be held at The Nines Restaurant. More information will be available in our November news article.

Village Riviera Residents' Club

Soup's On! So are the salads and silliness in the form of games. We are having the traditional Soup Potluck on Oct. 8, but with a twist this year. We will play games and have a raffle as well as eat ourselves silly trying as many soups as we can. If you have not already signed up for the Soup, Salad and Silliness game night, you still have a few days. The soups are delicious and different, the salads vary considerably and are all tasty (no boring chefs here at Trilogy), and desserts are always good no matter what they are. For more information, contact Barb at (707) 507-5026.

continued on page 12



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Continued from page 10

Our last event of the year will be our Holiday Dinner on Dec. 18. Plans are still being made. Just watch for your flyer in mid-November and sign up quickly, by table if you have enough folks in your group for a table of ten. If not, we will fill the table for you with other fine folks not already in large groups. Good music, good food, good friends...what a wonderful combination. And for those of you who enjoy getting all gussied up, this is the night for you. If you don't want to get all dressed up, no problem, just be ready to dance the night away. Friends from all villages are welcome, so start organizing your table so you are ready to submit your reservation when the flyers come out.

We are in the process of planning events for 2012 and would love anyone interested in joining in the fun of creating enjoyment for themselves and others to join us. We meet the third Thursday of each month in the Monterey Room of the Vista at 7 p.m. For general information about the Village Riviera Residents Club, call Maureen at (6052). All Riviera residents are welcome.

Village One Residents' Club

The August Old Fashion Potluck was a success. The food was abundant and delicious, the social interaction was great, and everyone in attendance had a good old fashion time. The event was created and managed by the following group of VORC members: Lynne Galletta, Sandy Dehn, Nancy Vickers, Pam Carlson, and Marcia Lodge. Bob Donaldson provided the music and Chris Arends donated a gift basket. Thanks to everyone who worked the food line.

The date and location for the Annual Holiday Party has changed by one day. The date is now Saturday, Dec. 17 and it will be held at the Nines. Note the change on your calendar. Details will be tubed later.

Attend the Oct.12 VORC general membership meeting and make your needs, wants, and desires known. The meeting is held in the Delta Club River Room at 7:30 p.m. The board will present and request approval of proposed by-law changes that will better reflect the realities of today's environment; fewer meetings and meeting conflicts, workload sharing, and more member involvement in the club's business. Details have been tubed. VORC is your club, make it work for you. For more information, contact Joe Downes at (7520).

Educational Opportunities
Through Computer Classes

October 2011 Computer Class Schedule



CLASS	DATE & TIME	INSTRUCTOR
Beginning Computers	Thurs. Oct. 6, 10-noon	Sue Vogtlin

Seeking Volunteer Computer Instructors. If you are interested in teaching a computer class, please call Debbie at (4204). Sign up at Member Services.



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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)**

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

For more information:
Call Ethel (7548).

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 4 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 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!

Jan. 19 – Craig Smith’s San Francisco Tour – Lunch – \$79. One of Craig’s newer tours includes a hosted lunch at the Palace Court Hotel in San Francisco. Then he will take us on a mystery tour of some of his favorite spots in the city. It’s always fun when Craig is on hand to show us the sights!

FITNESS & SPA

By Kathy Erwin Fitness Director (4205) kerwin@actionlife.com

Meet our New Fitness Director:



Kathy Erwin

Thank you to all whom have given me such a warm welcome. I look forward to working with all of you on your quest for improved health and wellness. I am truly excited to be a part of the Trilogy at Rio Vista staff team. Please feel free to contact me directly with your suggestions on how we can continually improve and serve you better.

A bit about me...I am originally from Northern Ohio and graduated from Ohio University in Athens. I have over 25 years of experience in health and wellness programming working for such organizations as the YMCA and parks and recreation. Most recently, I worked for Solano Athletic Club as a Membership Representative and Group Ex Instructor leading classes including Cycling, Aqua Fit, Aqua Arthritis, Cardio Camp, Body Works, and Step. When I'm not teaching and at work, I enjoy watching and supporting all four of my children play soccer and participate in travel baseball. I am an avid cyclist, runner, and enjoy hiking in the mountains.

Again, it is a great honor to have this opportunity to work with you and I look forward to meeting everyone!

Meet our Fitness and Spa Staff:



Lillian Garlick - Lillian teaches a class called **Tai Chi Ryu and Chi Gong** along with self-massage on Thursdays. The class focus is on breathing and posture; gentle movement classes foster relaxation, increase muscle tone and strength, lower blood pressure, improve flexibility and posture, and balance. Studies have shown that older adults who start doing Tai Chi can improve their ability to walk, lift weights, run, and do daily activities. Lillian has been teaching Tai Chi for 11 years; and has been teaching at Trilogy for several years. She is a certified massage therapist and has been a student of the martial arts (Karate and Aikido) for over 13 years. This class is offered on Thursdays at 9 a.m.



Denise Rubiaco – Denise is a lifelong Rio Vistan. She was born and raised in Rio Vista and graduated from Rio Vista High School in 1981. Denise was a car hop at the local A&W Root Beer where she met her husband David 32 years ago. She has been our main Aqua Fit teacher here at Trilogy for 12 years. Denise welcomes new participants to her fun and invigorating classes. Aqua Fit/Water Aerobics classes provide amazing exercise without a lot of pressure on joints. Come on out and give it a try!



Terry Kelly- Did you know that Trilogy has its very own swim instructor? Terry joined our staff two years ago and has been offering **one-on-one swimming classes**. She is an excellent teacher who has inspired more swimmers to use Trilogy's beautiful pools. If you would like to learn to swim or have a grandchild who needs to learn, this is a great opportunity. Members may purchase a swim card for five half hour lessons for \$40 or 10 lessons for \$80.



Joele Swift – Joele is a Massage Therapist and Group Exercise Instructor. She also teaches **Dance 101**, a beginning jazz dance class that uses ballet techniques and works on a dance combination for a month. The combination changes on the first class of the month, an ideal time to try Dance 101. **Dance Aerobics** includes a warm up, aerobic dance routines to music, and cool down/stretch. **Beginning Aerobics** is a slower tempo and a great way to get a 30 minute workout. **Simply Stretch** is designed to stretch and relax all of the major muscle groups, and includes relaxation and self massage for pain relief and keeping muscles flexible and healthy. **Core/Balance** is designed to keep the core muscles strong and to work at maintaining balance skills throughout life.

FITNESS & SPA

Next new member group orientations:

(Please sign up at Member Services or upstairs in the gym on the clipboard.)

Saturday, Oct. 8 at 11 a.m.

Wednesday, Oct. 19 at 6 p.m.

Introducing An Evening Class:

6:30 p.m. Yoga/Pilates with Deanna on Mondays. All levels of fitness are welcome to join this evening class. You will work at your own pace with simple to advanced exercises. In time, your physical condition will improve. You will have fun, develop a strong core, learn to breathe deeper and lose stiffness in the body. With each class your health, mind, and physical body will improve. As your body becomes toned, your posture will improve and correct itself. The class ends with a short meditation to clear the mind and relax the body. If you are new to yoga, Deanna will guide you very carefully to prevent injuries.

For those of you who work and have requested evening classes, please support this class with your attendance. We can always add more classes if the support is there.

Fitness Events:

Third Annual Walktober, Saturday, Oct. 22. Join your neighbors in a fun walk or run fitness event. The day starts with check-in at 7:15 a.m., warm-up with Sophie at 7:45 a.m., and the walk/run starts at 8 a.m. Raffle Drawing is at 10:30 a.m. Sign up ahead of time for the distance trail of your choice: 2.3 miles, 3.0 miles, 5.6 miles or 11 miles. Place your order for the new Walktober t-shirt. Volunteers are needed on the day of the event. Please call if you can help.

Special Edition Lose2Win: “The Coach Approach for the Holiday Season”

There is a free orientation meeting at 1 p.m. on Saturday, Oct. 22 during the annual “Walktober” event.

This is a streamlined 8-week course that helps you to keep from gaining those unwanted holiday pounds and includes weekly facilitated meetings (and new agenda topics), Monday/Friday motivational emails, logbook and fitness tips, bi-weekly small group exercise training, pre/post-measurements, discounts on special events and additional handouts to keep you on track and achieve realistic fitness goals during the eating season. Cost is \$129 or \$79 for previous L2W participants; sign up at Member Services. For more information, contact Lose2Win Facilitator Joyce Bueker at (925) 768-5574.

Mark your calendar! Saturday Fitness Classes

- STEP Aerobics - First Saturday each month with Pat, 8:30 a.m.
- Saturday ZUMBA class - 11 a.m. and 12 p.m., Oct. 8 and 22.
- Aqua Fit classes– Monday and Thursday at 10 a.m. and Thursday at 3 p.m. at the Delta (weather permitting).

10K A Day Walkers:

I want to acknowledge these two women who are still exercising with the help of their pedometers. During the month of August **Peggy Smith** walked 84,092 steps. **Victoria Lewis** walked 105,133 steps. If you are keeping track of your 10K a day steps, turn in the results each month so we can acknowledge your success.

Drama Club



The Drama Club's play "Trouble in Tumbleweed" was proclaimed a huge success! The participants worked tirelessly behind the scenes and in front of the camera to bring our community the latest production. The audience's laughter and enjoyment are truly the Drama Club's reward. Thanks to everyone for your support.

The Drama Club's first holiday play last year was also a huge success so we decided to make it a tradition at Trilogy. Please join us for our second annual holiday play on December 6, 7, and 8. Performances begin at 7 p.m. in the Diablo Ballroom at the Vista Club. More information will follow in next month's *Trilogy Living* including the reservation form. Seating is general admission (no assigned seats) for the general public. Cast members and their friends and family may reserve seats in advance. Doors open at 6 p.m.

The Drama Club meets on the last Tuesday of each month at 7 p.m. in the Marina Room at the Delta Club. We always welcome new members. For more information, call Debby DuBrow at (6706).



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 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).

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. We meet every Wednesday from 12:30 – 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Esther Young at (2639).

Council for the Arts

We are finally ready to divulge next year's theme for Music of the Night, which is... "The Era of Our Ways." It will feature music from the 50s, 60s, and 70s. This event is our annual fundraiser that features Trilogy talent extraordinaire. The performances will take place on March 8, 9 and 10, 2012. Auditions for new performers are on Oct. 24, 2011 in the Diablo Ballroom of the Vista Club from 7 – 9 p.m. If you want to be part of this amazing production as a singer, you may pick up a form at Member Services after Oct. 1, 2011. Return it to Member Services by Oct. 19, 2011. Completion of the form is mandatory for performers. If you want to be an extra, an artist, a construction person, or an all-around helper, please fill out the form and mark it appropriately.

We hope our regulars will join us again. So, if you have performed before, you do not need to audition, but we do need you pick up a form and just include some songs from the 50s, 60s, and 70s that you would like to have in the show. The same deadline applies for returning the form.

Our club meets every month on the second Thursday of the month at 10:30 a.m. in the Monterey Room of the Vista Club. Everyone is welcome to attend the monthly meetings: be ready for fun, and bring your ideas. Our next meeting is on October 13. If you have any questions, please call Judy Calpo at (2924).

Trilogy Art Guild for Artists

Photos by Debbie Dorn



Left to right: Allyson Traba, Lori Azzolino, Anna Chunn, Shirley Aleck, and Marilyn Nelson

Trilogy Art Guild (TAG) was created for artists by Harold Johnson in July 2002. Following him as Presidents were, Alma Renko, Lori Azzolino and presently, Amy Schmidt and co-president Linda Fead. Their Art Show last month was the most successful yet, featuring six categories for competition. The show was

juried by two judges. There were over 100 pieces of art on display with 26 different awards given for first, second, third, and honorable mention in all six categories. The top winners were: Best of Show, Linda Fead's "Indian," and People's Choice, Harold Johnson for "Dawn."

The club was recently granted permission to display an art gallery in the Monterey Room. The exhibit is available year around in the new gallery. Pieces change out every six to eight weeks. The gallery displayed the winning pieces from the art show for three weeks after the show. Visit the Monterey Room to peruse the rotating display and enjoy the art created by fellow Trilogy neighbors. For more information, contact Amy at (4857) or Linda at (7590). You can also see our art hanging in the HOA office.



Anna Chunn won first place with her watercolor painting

TAG meets the first Monday of every month at 2 p.m. in the Marina Room at the Delta Club. Meetings typically involve an art demonstration, instructional film by other artists, or workshops with other artists serving as guests. TAG has their own art book library and art that members may check out.

The October meeting welcomes Joan Brantome who will be doing a presentation. The meeting is on the first Monday, Oct. 4 at 2 p.m. in the Marina Room at the Delta Club. For more information, contact Amy (4857) or Linda (7590).

Ceramics Club



Rita Kim, Vera Thygesen, Ann Rice, and Darlene McKeown holding some ceramic creations. Photo by Linda Robinette.

Here come the Holidays! It's a good time to join the Ceramics Club where you can create some lovely and useful things. The members are working on fun projects including garden art, home decor, and gifts. Please come and see what we are doing while we talk and laugh together. We meet every Thursday in the Marina Room at the Delta Club from 9:30 a.m. - 12 p.m. For more information, call Ann at (5122).



Shirley Aleck won second place for her watercolor painting



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TrilogyLiving

Fitness Class Schedule for October 2011

All classes require either a “Trilogy Fitness Punch Card” at a cost of \$60 for 20 punches or \$30 for 10 punches. Each class requires one punch except specialty classes which require two punches. Purchase the Unlimited Class Pass for \$45, which is good for a calendar month. Get your cards at the Member Services Desk. Last month’s Card Raffle: Charlene Oxoby. Please call Fitness Coordinator at (4205) if you have questions. All classes are held in the Exercise Studio and at the Vista Club unless otherwise indicated

October Orientations: Sat., Oct. 8 at 11 a.m. and Wed., Oct. 19 at 6 p.m.

Key
Bold = New Classes/Events
Italic = Specialty Class
Underline = Class Change
= Free Trial Class
(B)eginning (I)ntermediate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30 a.m. Aqua Fit (B) (Denise) 8:30 a.m. STEP Aerobics (B/I) (Pat) (First Sat. Ea. Mo.)
3 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta 9:45 a.m. Core Strength & Standing Abs (B) (Jennifer) New 10 a.m. Meditation Breathing (B) (Deanna) (Diablo) 10 a.m. Aqua Fit (B) (Denise) Delta Pool <u>10:30 a.m. ZUMBA (Sophie) New time</u> <u>11:30 a.m. ZUMBA (Sophie) New time</u> 3 p.m. Balance Basics (Susan) New 4 p.m. Stretch & Flex (Susan) 6:30 p.m. Yoga/Pilates (B/I) (Deanna) New	4 8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Step (B) Pat New <u>9 a.m. Dance Aerobics (B) (Joele)</u> 10 a.m. Simply Stretch (Joele) 10 a.m. Aqua Fit (B) (Denise) 11 a.m. Advanced Arthritis (ongoing) A.F.E.P. (Beverly) Vacation 2:15 p.m. Lose2Win Workout (Joyce) 3 p.m. Yoga 4 Balance (B/I) (Joyce) <i>3 p.m. Aqua Joint (B) (Bev)</i> <u>4 p.m. Dance 101 (Joele)</u> 5:30 p.m. Body Works (Kathy) (V)	5 7 a.m. Early Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10 a.m. Aqua Fit (B) (Denise) 10:30 a.m. Mat Pilates (Allison) 3 p.m. Circuit Training (Susan) 4 p.m. Stretch & Flex (Susan) 5 & 6 p.m. Hot ZUMBA Nights (Sophie/Jennifer) 7 p.m. Meditation (B/I) (Anna)	6 8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) New 9 a.m. Tai Chi Ryu (B) (Lillian) 9 a.m. Simply Stretch (B/I) (Joele) (Diablo) <u>9 a.m. Dance Aerobics (B) (Joele)</u> 10 a.m. Aqua Fit (B) (Denise) Delta Pool 11 a.m. Mixed Level Arthritis (ongoing) A.F.E.P. (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) <i>3 p.m. Aqua Joint (B) (Bev)</i> 3 p.m. Aqua Fit (B) (Denise) Delta Pool <u>4 p.m. Dance 101 (Joele)</u>	7 7 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. Dance Aerobics (Joele) 10 a.m. Aqua Fit (B) (Denise) 11 a.m. ZUMBA Toning (Sophie) 12 p.m. ZUMBA Toning (Sophie)	8 8:30 a.m. Aqua Fit (B) (Denise) 11 a.m. Fitness Orientation (Meet upstairs in the Fitness Center) 11 a.m. ZUMBA (Sophie) 12 p.m. ZUMBA (Sophie)
10 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta 9:45 a.m. Core Strength & Standing Abs (B) (Jennifer) New 10 a.m. Meditation Breathing (B) (Deanna) (Diablo) 10 a.m. Aqua Fit (B) (Denise) Delta Pool <u>10:30 a.m. ZUMBA (Sophie) New time</u> <u>11:30 a.m. ZUMBA (Sophie) New time</u> 3 p.m. Balance Basics (Susan) New 4 p.m. Stretch & Flex (Susan) 6:30 p.m. Yoga/Pilates (B/I) (Deanna) New	11 8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Step (B) Pat New <u>9 a.m. Dance Aerobics (B) (Joele)</u> 10 a.m. Simply Stretch (Joele) 10 a.m. Aqua Fit (B) (Denise) 11 a.m. Advanced Arthritis (ongoing) A.F.E.P. (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) 3 p.m. Yoga 4 Balance (B/I) (Joyce) <i>3 p.m. Aqua Joint (B) (Bev)</i> <u>4 p.m. Dance 101 (Joele)</u> 5:30 p.m. Body Works (Kathy) (V)	12 7 a.m. Early Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10 a.m. Aqua Fit (B) (Denise) 10:30 a.m. Mat Pilates (Allison) 3 p.m. Circuit Training (Susan) 4 p.m. Stretch & Flex (Susan) 5 & 6 p.m. Hot ZUMBA Nights (Sophie/Jennifer) 7 p.m. Meditation (B/I) (Anna)	13 8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) New 9 a.m. Tai Chi Ryu (B) (Lillian) 9 a.m. Simply Stretch (B/I) (Joele) (Diablo) 9 a.m. Dance Aerobics (B) (Joele) 10 a.m. Aqua Fit (B) (Denise) Delta Pool 11 a.m. Mixed Level Arthritis (ongoing) A.F.E.P. (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) <i>3 p.m. Aqua Joint (B) (Bev)</i> 3 p.m. Aqua Fit (B) (Denise) Delta Pool <u>4 p.m. Dance 101 (Joele)</u>	14 7 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. Dance Aerobics (Joele) 10 a.m. Aqua Fit (B) (Denise) 11 a.m. ZUMBA Toning (Sophie) 12 p.m. ZUMBA Toning (Sophie)	15 8:30 a.m. Aqua Fit (B) (Denise) 11 a.m. ZUMBA (Sophie) 12 p.m. ZUMBA (Sophie)
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24 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta 9:45 a.m. Core Strength & Standing Abs (B) (Jennifer) New 10 a.m. Meditation Breathing (B) (Deanna) (Diablo) 10 a.m. Aqua Fit (B) (Denise) Delta Pool <u>10:30 a.m. ZUMBA (Sophie) New time</u> <u>11:30 a.m. ZUMBA (Sophie) New time</u> 3 p.m. Balance Basics (Susan) New 4 p.m. Stretch & Flex (Susan) 6:30 p.m. Yoga/Pilates (B/I) (Deanna) New	25 8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Step (B) Pat New <u>9 a.m. Dance Aerobics (B) (Joele)</u> 10 a.m. Simply Stretch (Joele) 10 a.m. Aqua Fit (B) (Denise) 11 a.m. Advanced Arthritis (ongoing) A.F.E.P. (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) 3 p.m. Yoga 4 Balance (B/I) (Joyce) <i>3 p.m. Aqua Joint (B) (Bev)</i> <u>4 p.m. Dance 101 (Joele)</u> 5:30 p.m. Body Works (Kathy) (V)	26 7 a.m. Early Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. ZUMBA (Allison) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10 a.m. Aqua Fit (B) (Denise) 10:30 a.m. Mat Pilates (Allison) 3 p.m. Circuit Training (Susan) 4 p.m. Stretch & Flex (Susan) 5 & 6 p.m. Hot ZUMBA Nights (Sophie/Jennifer) 7 p.m. Meditation (B/I) (Anna)	27 8 a.m. Core Balance (B/I) (Joele) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) New 9 a.m. Tai Chi Ryu (B) (Lillian) 9 a.m. Simply Stretch (B/I) (Joele) (Diablo) <u>9 a.m. Dance Aerobics (B) (Joele)</u> 10 a.m. Aqua Fit (B) (Denise) Delta Pool 11 a.m. Mixed Level Arthritis (ongoing) A.F.E.P. (Beverly) 2:15 p.m. Lose2Win Workout (Joyce) <i>3 p.m. Aqua Joint (B) (Bev)</i> 3 p.m. Aqua Fit (B) (Denise) Delta Pool <u>4 p.m. Dance 101 (Joele)</u>	28 7 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. Dance Aerobics (Joele) 10 a.m. Aqua Fit (B) (Denise) 11 a.m. ZUMBA Toning (Sophie) 12 p.m. ZUMBA Toning (Sophie)	29 8:30 a.m. Aqua Fit (B) (Denise)
31 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout with Weights (B/I) (Pat) 9 a.m. Yoga/Pilates (B) (Deanna) (Diablo) New 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta 9:45 a.m. Core Strength & Standing Abs (B) (Jennifer) New 10 a.m. Meditation Breathing (B) (Deanna) (Diablo) 10 a.m. Aqua Fit (B) (Denise) Delta Pool <u>10:30 a.m. ZUMBA (Sophie) New time</u> <u>11:30 a.m. ZUMBA (Sophie) New time</u> 3 p.m. Balance Basics (Susan) New 4 p.m. Stretch & Flex (Susan) 6:30 p.m. Yoga/Pilates (B/I) (Deanna) New	Classes to note in October: <ul style="list-style-type: none">Yoga/Pilates with Deanna – Monday, Wednesday and Friday at 9 a.m. (Diablo)Core Strength and Standing Abs – Monday at 9:45 a.m. with JenniferBalance Ball with Susan – Monday at 3 p.m.Saturday ZUMBA with Sophie - 11 a.m. and 12 p.m. on October 8 and 22.Aqua Fit classes in the Delta pool: Monday, Thursday at 10 a.m. and Thursday at 3 p.m. (as long as weather permits).			Night Classes: <ul style="list-style-type: none">Yoga/Pilates with Deanna – Monday at 6:30 p.m.Hot ZUMBA Nights – Wednesday at 5 p.m. and 6 p.m.Meditation with Anna – Wednesday at 7:00 p.m. (Sonoma)Body Works with Kathy - Tuesday at 5:30 p.m.Evening Fusion with Joele – Thursday at 5:30 p.m.	

Trilogy

Living

October 2011 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9am – 3pm Community Garage Sale 8:30am Hiking Club (V) 11am Table Tennis (D)
2 8am – 3pm Wings & Wheels (Rio Vista Airport) 10am – 3pm Farmer's Market (D)	3 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm TAG Watercolor Class (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Mtg. (D) 3pm Village Oakmont Arch. Com. Mtg. (D) 5 pm Whist Planning Mtg (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	4 7am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11:30am RVMEN 9-Hole Golf 12pm Dominoes (V) 12:30pm Hand & Foot Canasta (V) 12:30pm TAG Watercolor Class (D) 5pm Billiards Club Tourn. (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm San Francisco Club (V) 7pm Drama Rehearsal (D)	5 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Vill Riviera Arch. Com. Mtg. (D) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis Lessons (D) 6:00pm Soul Line Dancing–beg (D) 6:30pm Soul Line Dancing–inter (D) 7pm Billiards Club Mtg. (V) 7pm Delta Breeze Chorus (V)	6 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:15pm 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 Dance (V) 6:30pm Pinochle (D) 7pm Photography Club (V) 7pm Drama Rehearsal (D)	7 8am Social Tennis 9am Model Club (V) 9am TAG Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 5pm Ballroom Dance Class (V) 7pm Comedy Night (V)	8 8:30am Hiking Club (V) 11am – 3pm Table Tennis Open House (D) 5:30pm Village Riviera RC Event Soup, Salad & Silliness (D)
9 9am – 3pm Flu Clinic (D) 7pm Ballroom Dance Club Event (V)	10 Columbus Day 8am Social Tennis 9:30am Walk & Talk (V) 10am Kare Bears–Riviera (D) 12:30pm Duplicate Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Rip, Stitch & Bitch (V) 5 pm Whist Planning Mtg (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	11 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:30pm TAG Watercolor Class (D) 12:45pm Hand & Foot Canasta (V) 5pm Billiards Club Tourn. (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Grapevine Chat (V) 7pm Gospel Singers Practice (V) 7pm Drama Rehearsal (D) 7pm Master Association Board Mtg. (V)	12 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Vill Arch. Com. Mtg. (D) 10am Kare Bears – Oakmont (D) 10am Kare Bears – Village 1 (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 Soul Line Dancing–beg (D) 6:30pm Soul Line Dancing–Inter (D) 7pm Delta Breeze Chorus (V) 7:30pm Village 1 RC Mtg. (D)	13 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10:30am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 3pm Disaster Preparedness (V) 4pm Golf - Sr. Men's Board Mtg. (D) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Drama Rehearsal (D)	14 8am – 5pm Senior Summit (V) 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)	15 8:30am Hiking Club (V) 11am Table Tennis (D) 7pm Olympic Village RC Board Mtg. (D)
16 10am Farmer's Market (D)	17 8am Social Tennis 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 12:30pm TAG Watercolor Class (D) 1pm Mah-jongg (V) 1pm Rip, Stitch, & Bitch (V) 3pm Village Oakmont Arch Com. (D) 5 pm Whist Planning Mtg (V) 6pm Soul Line Dancing (D) 7pm Fishing Club (D) 7pm Poker (D)	18 8am Social Tennis 8:30am Radio Club (V) 9am – 2:30pm Wine Tasting Lunch (off-site) 9am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11:30am RVMEN 9-Hole Golf 12pm Women's 9-Hole Golf Mtg. (V) 12:30pm TAG Watercolor Class (D) 12:45pm Hand and Foot Canasta (V) 5pm Billiards 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) 7pm Drama Rehearsal (D)	19 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Village Riviera Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:00pm Soul Line Dancing–beg (D) 6:30pm Soul Line Dancing–inter (D) 7pm Delta Breeze Chorus (V)	20 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12pm Dominoes (V) 12:30pm Women's 18-Hole Golf Club Mtg. (V) 1pm Golf Ladies Bridge Club (D) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis-beg (D) 6pm Table Tennis–inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg. (V) 7pm Drama Rehearsal (D)	21 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) 7pm Whist Club (D)	22 8:30am Hiking Club (V) 11am Table Tennis (D) 7pm Kymberly Jackson & Urban Legend (V)
23 2pm Espiritu Quartet (V) 6pm Social Dance Club (D)	24 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm TAG Watercolor Class (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 5 pm Whist Planning Mtg (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Auditions (V)	25 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Class (D) 12:45pm Hand and Foot Canasta (V) 5pm Billiards Club Tourn. (V) 5pm Grapevine Chat (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Triage Team Mtg. (V) 7pm Drama Club Mtg. & Rehearsal (D)	26 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Vill 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 Soul Line Dancing–beg (D) 6:30pm Soul Line Dancing–inter (D) 7pm Delta Breeze Chorus (V)	27 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Adult Com. Mtg. (D) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (D)	28 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 11:30am Tennis Club Tournament Luncheon (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 5pm Ballroom Dance Class (V) 7pm Bingo (D)	29 8:30am Hiking Club (V) 11am Table Tennis (D) 4pm San Francisco Club Social Party (D)
30 2pm Family Halloween Party (D)	31 Happy Halloween! 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm TAG Watercolor Class (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Vill Oakmont Arch. Com. Mtg. (D) 5 pm Whist Planning Mtg (V) 6pm Soul Line Dancing (D) 7pm Poker (D)					

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Billiards Club

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

The club hosted a tournament with Fairfield on Saturday, Aug. 27. Fairfield brought 11 players and Trilogy brought 14. Four rounds of 8-ball were played. Trilogy won 3 rounds and Fairfield won the last round. The final score after four hours of play was Trilogy 35, Fairfield 27.

The club provided coffee and donuts in the morning. After the tournament, the club provided lunch for everyone at the Bergoust residence. The main course was rice with shrimp and sausage and green salad. Water and sodas were provided with peach cobbler for dessert. Thanks again to Al and Helen for all their hard work to make this tournament a success.

Latest weekly tournament winners

August 2, 8-Ball

- 1st Dave Stewart
- 2nd Oscar Grissom
- 3rd Mike Quihuiz

August 9, 9-Ball

- 1st Henry Bogucki
- 2nd Mike Quihuiz
- 3rd Bon Puno

August 16, 8-Ball

- 1st Oscar Grissom
- 2nd Dave Stewart
- 3rd Diego Cassone

August 23, 8-Ball A & B teams

- | | |
|-------------------------------|--------------------------------|
| A team | B team |
| 1 st Dave Stewart | 1 st Diego Cassone |
| 2 nd Marlin Horner | 2 nd Dallas Salomon |
| 3 rd Al Bergoust | |

August 30, 9-Ball

- 1st Bob Rice
- 2nd Al Bergoust
- 3rd Jack Clark

For more information, please contact Oscar Grissom at crpntboy@aol.com.

Bingo Club

October 28 is the last month of bingo until January 2012! Come join the fun and the end-of-year activities. There will be special drawings, 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).



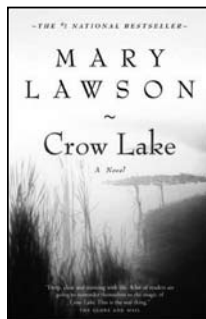
Bocce Club

Both leagues had exciting endings. The night league ended with an 8-team play off that included the following teams: Paisanos, Chili Peppers, Busy Bees, Jack Rabbits, Pallino Poppers, High Rollers, Ridge Runners, and LaDolce Vita (listed in order of their full season standings). The championship match format was best two out of three games. The Paisanos won the championship match with a 2-0 game victory over the Jack Rabbits. The fun continued the next day with a year-end social. The event—which was complemented by great food and good conversations—was created and managed by Julia Mattos with help from Judy Carter. A special thank you is extended to Nelson Gomes for photographing the festivities. The DVD was shown at the September membership meeting.

The morning league ended with the Court Jesters being named the champs. They had the best season record by one game, 78 wins and 39 losses. The final match, a 2 to 1 game match, between the Court Jesters and the Court Hogs decided the season. Second place was shared by the Court Hogs and the Bocce Blues, who had identical records of 77 wins and 40 losses. The final standings are posted at the Summerset courts. The end-of-season social was well attended. Doug and Karen Gramlow did a great job of organizing the event along with Judy Carter.

Planning has begun for the 2012 season. Dates and times will be published in *Trilogy Living*. Remember to roll often, roll straight 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. at the Vista Club in the Sonoma Room. The next meeting is on October 11. The book selection is *Crow Lake* by Mary Lawson. November's book selection is *Olive Kitteridge* by Elizabeth Strout. There is no requirement to have read the selected book. Everyone is welcome to stop by and join. 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 Mon-

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John Velyvis, MD

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Nines Restaurant | Golf Club at Rio Vista

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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

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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

All Thai food is cooked in the Palace Style, which focuses on Thai herbs and spices to create more flavor than heat.

15460 Hwy 160, Isleton — 916-777-6655

Hwy 12 East, Left @ Hwy 160, 4.5 miles to Vieira's Resort

day, Oct. 12. Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at (6136).

August results: 1st - Run Wan and Choeta Heid; 2nd - Lois Brusen and Mary Slick; 3rd - Wilma Powell and Peg Walker

Computer Club

The next Trilogy Computer Club meeting is on Oct. 18, at 7 p.m. at the Vista Club. Art Combs of Internet Frontier will give a presentation that will be of interest to all computer users. Art will tell us some of the ways to protect ourselves from identity theft. We have all heard the horror stories of people who have failed to take the proper precautions. Be there and be informed!

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

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

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

Fishing Club



Nelson Gomes and Wil Bridges salmon fishing above the Isleton Bridge August 18.

The Fishing Club's next meeting is on Oct. 17 at 7 p.m. in the Marina Room at the Delta Club. We will finalize details of our annual Holiday Brunch in November. We will sell raffle tickets for the many prizes to be raffled at our brunch. You need not be present at the brunch to win,

so get your tickets at this meeting. We are showing the photos and video of our participation in the kids trout pond at the Bass Derby. We will also discuss other upcoming activities.

Everyone is welcome to join our fishing club. We have some great events scheduled throughout the year. For more information, call Al Silva at (3791).

Genealogy Club



Photo: L-R Back Row: Diane Brickley, Bob Azbell, Melinda Sorenson, Diane Gomes, Seated, Rosita Rabello, Rhoda Fone, Carolyn Bridges

Although August attendance was somewhat small, our meetings were a success. Topics ran the gamut from DNA testing to tracing possible American Indian roots. One of our newest members Gene Way had been told for many years that he had American Indian in his family. For many who grew up in the south, especially Oklahoma and Texas, this was a common belief. Some of us who have traveled down this path—tracing and retracing families in hopes of uncovering the proof of an Indian roll number-- knew the difficulties Gene would face. It's time consuming and confusing tracing the American Indian since they were not considered citizens and do not appear on Census reports until later in the century, sometimes as late as 1910. Even in Indian Territory, where the federal government did not venture often, and where the Indian population took some rolls, the trail can be elusive. A good source is to research the Dawes Rolls along with the various other rolls taken and if you're lucky and your ancestor was in the right place at the right time you could find a trail. In 1830, our government gave to the Indians all lands west of the Mississippi river, some of which became the future Indian Territory and Oklahoma, but also the western part of Arkansas where many Indians settled. If your folks were east of the Mississippi River around 1830, begin by researching the state history. The many Indian Rolls can be found on the internet and enrollment papers can be purchased through the NRA in Fort Worth, Texas. Next month we will include tips on DNA research and results.

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and Go!**

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Pittsburg/Bay Point BART Station,
Monday – Saturday.

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door upon request!



You can board the bus at
Vista Clubhouse or at the corner of
Summerset Drive & Summerset Road
near the main gate at the yellow/black sign.

Call (707) 374-2878
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MetLife

13345

Join our next meeting and we will try our best to point you in the right direction to get results with your investigations.

Our regular meeting is on the first Thursday of every month at 2 p.m. at the Vista Club. The monthly workshop is scheduled for Thursday, Oct. 20 at 2 p.m. in the Vista Club. For more information, contact Rhoda Fone at (7542).

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 we can:

1. Renew our mind and grow spiritually. -- Romans 12:2
2. Be devoted to one another in brotherly love. -- Romans 12:10
3. Share with people in need. Practice hospitality. -- Romans 12:13
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 in Love. -- Galatians 5:13
8. Bear one another's burdens. -- Galatians 6:2
9. Be completely humble and gentle; be patient, bearing with one another in love. -- Ephesians 4:2
10. Be kind and compassionate to one another. -- Ephesians 4:32
11. Submit to one another. -- Ephesians 5:21
12. Bear with each other and forgive whatever grievances you may have against one another. -- Colossians 3:13
13. Admonish one another. -- Colossians 3:16
14. Encourage one another and build each other up. -- 1 Thessalonians 5:11
15. Love one another. -- 1 Cor. 13:13
16. Be hospitable to one another. -- 1 Peter 4:9
17. Fellowship -- 1 John 1:7

Chapter of the Month: Isaiah 58

Men's Executive Nine

For the August 23 tournament, which was a two net best ball format, the winning team was James McDermott, Rolf Sabye, Steve Leder, and Dave Hampton. They shot a 53. For the Sept. 6 two man alternate shot tournament, the Flight 1 winners were Ed Smith and Steve Leder. The Flight 2 winners were Bill Poate and George Cattey. Congratulations to all the winners and thanks to everyone who participated.

On August 23, the Men's Executive Nine elected their club officers for 2012. The new directors are as follows:

President	Ron Kott
Vice President	Rolf Sabye
Treasurer	Jack Phifer
Secretary	Bob Pitta
Handicap Director	William "Metz" Metzler
Tournament Director	Dave Hampton
Membership Director	Dick Talbott

In October we are holding our first ever club championship. You must play both the Oct. 4 and Oct. 18 tournaments to be eligible as the championship will be determined by the lowest total net score for both days.

On Nov. 5, we are holding our annual banquet in conjunction with the Senior Men's Golf Club. The banquet is in the Vista Club Ballroom. Watch for the flyer and sign up promptly as space is limited to the first 140 people. There will be a buffet followed by live music and door prizes.

If you are interested in joining our nine-hole golf club, pick up an application form in the posting room or contact membership chairman Dennis French at (4890).

Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. Nine bikes with 11 riders gathered at McDonald's for the Sept. 3 event. The day's destination was decided to be "somewhere near Clear Lake." We headed over to Fairfield and picked up Pleasant Valley Road north and took a quick stretch stop in the quaint little town of Winters. Backtracking a bit, we

headed up to the Lake Berryessa Dam for a photo opportunity at the "Glory Hole." It was nice to see the lake level was back up to normal compared to the years before. John Bereta split off at this point to return home for a family commitment. The road around the west side of the lake is a nice relaxed drive and we found a group photo-op where Pope Creek flows into the lake. While headed on up Pope Canyon Road, Jim and Dema Caldera spun off for a previous commitment and made their return through St. Helena. The remaining riders, Roger Fagan, John Oakley, Bob Azbell, Wil Bridges, Larry Nelson, Mike Oestreich and Jerry and Dottie Dale headed to Middletown and a favorite little deli. The sandwiches are good but eternity is short compared to the time it takes to get a sandwich made!

We opted for a straight forward return route down Silverado Trail and the back roads behind Napa to Fairfield. Everyone enjoyed a coffee stop at Peet's as we rehashed the ride and had preliminary discussions about the location of the year-end holiday party. Overall, it was a nice ride of just over 200 miles complemented by great weather as usual for this time of the year.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista on Oct. 1 at 8 a.m. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

Recipe Club

Moving into autumn, the theme for our Oct. 11 meeting is "orange food." Chefs for this day are Carol Dugger, Joyce Vass, and Molly Woodworth. Molly is also coffee hostess.

We have a lot of fun and welcome new members. Each month three people volunteer to prepare food. The rest of us bring recipes related to the monthly topic or theme. It is not necessary to fix food for every meeting. In fact, each member cooks only two to three times per year. We have one or two field trips each year, including lunch. Our December meeting is always a "cookie exchange." If you enjoy cooking and sharing new recipes, join us. We meet at noon the second Tuesday of each month at the Delta Club. For more information, call Patty LaFleur at (3159).

Monthly tip: Test baking soda freshness by pouring a small amount of vinegar or lemon juice over ½ teaspoon baking soda. If it doesn't actively bubble, it's too old to use. You can make self-rising flour by mixing 3½ cups flour, 1¾ teaspoons baking powder, and 1¾ teaspoons salt.

Rio Vista Roamers RV Club



Sugar Barge on Bethel Island was a great trip and four guest rigs joined us. The weather was a little warm but perfect while we enjoyed a tour of the Franks Tract area of the Delta and a barbeque on the boats. Mike, one of our guests, has been boating on the delta for years and gave us some history of the area. Did you know that after the bombing of Pearl Harbor the submarines in the area were slipped into the sloughs in the delta to protect them from the Japanese? The whole trip was very interesting and we feasted on our potluck nights! We thank John and Anne.

Bodega Bay was our destination for September, hosted by Erna and Doyle Ellington. I will have all the details of this trip next month.

Jackson Rancheria is on our agenda for Oct. 17-20 and Frank and Kris Reid will be our hosts (2259). The cost is \$30 per night. If you would like to join us, please call Frank or Kris right away so they can get reservations for everyone interested. Free shuttles will take you from your rig to the casinos for dining or gambling at any time. For day trips on your own, try fresh apple pie after a driving tour through Apple Hill. A tour of Sutter Mine or a visit to Placerville (Hangtown) is also close by.

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

San Francisco Club

On Saturday, Oct. 29 there will be pumpkins everywhere as the San Francisco Club celebrates the beginning of the fall season with cocktails, hors d'oeuvres, music, and dancing. This is a BYOB event. Members bring great treats to share. Since Halloween is just a few days away, people are invited to wear their costumes, if they choose.

The San Francisco Club welcomes all residents who were born, lived in, went to school or worked in the City to join us in sharing memories of life in the city. For more information, contact Mike & Lori Azzolino at (6196).

Senior Men's Golf Club

Just to follow up on the match play tournament, the final rounds for Flights 2 and 4 are now complete. Gene Vannucchi won Flight 2 and Fred Butler won Flight 4. Congratulations to the winners.

The big news for September was the hole-in-one by Ron Chalmers. Ron aced the 145-yard 13th hole using a 7 iron. This is Ron's second ace. His first was in 1974. Hopefully Ron will keep the pattern going and get his 3rd ace in 2048.

The Senior Men's annual banquet will be held on Nov. 5 at the Vista Club. Please look for the flyer and sign up promptly as space is limited to the first 140 people. There will be a buffet followed by live music and door prizes

Lots of good golf is happening in October. Our club will compete with Brentwood for the Millennium Cup on Oct. 5. On Oct. 12 and 14 we are hosting our annual Club Championship Tournament. On Oct. 19 we are holding our first Memorial Scramble Tournament honoring deceased past members. Beer and hot dogs will follow the scramble format. Watch for the sign-up sheets.

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

Table Tennis Club

Several things happened in September. Rossmoor decided they would in fact play Rio Vista but would only send their best six players so our president decided to hold an in-house tournament the morning of Saturday, Sept. 17, and host the six players of Rossmoor in the afternoon of the same day matching them up with our best six players. Since this article is written in advance of the event we won't be able to post the results until the November magazine. Log on to our new website <http://trvtt.wordpress.com/> and find out all sorts of information. This website was developed thanks to the skills of Kim Russell.

The website will not only give you updates and calendar changes but also provide our by-laws, minutes, agendas, activities and free lessons links. We will still try to post information in our MyTrilogyLife.com so check out information under "Clubs" as well.

Our potluck with an international flavor was held on Sept. 24. Photos will be available in November and sooner than that on our website.

We invite all villages to our Open House scheduled for Saturday, Oct. 15 between 11 a.m. - 4 p.m. Come and play a few games and see what fun this sport is.

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 Robo-Pong. If you want to use the machine, you must sign up and pick up balls for the person using the machine before you. We also have coaches available on Wednesdays.

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

Tennis Club

Results of the Rossmoor tournament are in: visitors won 91-87 in games. It's better than the last outing and we are still improving. Our need for more women players is evident and we are encouraging them to come out and participate in the clinics. You may order a Courtjesters t-shirt at companycasuals.com for style and lettering and report back to the club staff so we can place an order. Cost is approximately \$20.

The October monthly meeting is on Nov. 4 due to the tournament on the last Friday (the 28th) of the month. The tournament is against Brentwood here at the Trilogy courts, starting around 9 a.m.

Be on the look-out for cardio-tennis, a new way of playing tennis. See Chuck Williams for details. Social tennis is from Monday - Friday 8 a.m. to 10 a.m. with court four available for reservation during that time frame.

The Daylight Savings in-house tennis social is on Nov. 6. See Joe Downes for sign up and details as to the new format. Luncheon to follow, volunteers are always welcome.

Court Jesters received an official thank you from Relay For Life in response to our generous contribution made after the Relay For Life tournament.

For members who are unable to attend the monthly meetings, you can access our minutes at the address listed online <http://www.frontiernet.net/~courtjesters>, <http://dlhboat.cogia.net/courtjesters/ftp/upload.html>

Joining the Court Jesters is easy and affordable. Dues is \$24 per year plus a one-time fee of \$20 for use of the ball machine. Our Christmas dinner is a no-charge event for paid members. Guests may attend but must pay for the dinner. This year's dinner is on Sunday, Dec. 18 at 5 p.m.

All Trilogy Neighbors may help the Courtjesters in their effort to be community minded by donating their recyclable plastic at Court #2 in the bin provided.

For more information, email michaellewis270@comcast.net.

Lost Items:

Please check the Vista Member Services Desk. We have Lexus and Honda keys as well as other found items.

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).

Tuesday Play Day Results

August 2, 2011: The winner of Low Putts was Karen Nash with 16 putts. Karen Nash had a Par on Hole 12. Anne Branton had a Par on Holes 16 and 17.

August 9: We only had one Par; Nancy Whitney on Hole 8.

August 16: Helen Swarbrick had a Chip In and a Par on Hole 11. Karen Nash had a Chip In on Hole 14 and a Par on Hole 15.

August 23: Anne Branton, Billie Reece, Karen Nash and Louise Massoni all had Pars on Hole 5. Ruth Almgren, Karen Nash and Lynne Howard all had Pars on Hole 6.

This year's TOC (Tournament of Champion) winners are: Karen Nash – Low Net with a score of 110. Lenne Hoard – Low Gross with a score of 83.

August 30: Judy Rumble had a Chip-In on Hole 14, and Anne Branton had a Chip-In and a Par on Hole 15. Ingrid Cavanaugh had a Par on Hole 13 and Billie Reece had a Par on Hole 12.

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

Women's 18-Holers

July 14 - Cross Country Results:

Flight A: First Ulla Ulmonen, Second Cindy Brown, Third Vicky Riddle. Flight B: Three way tie: Debby Carroll, Trixie Roque, Ida Shannon. Flight C: First Maureen Gingrass, Second Lynn Grace, Third tie, Marilyn Rogers, Doris Sundly, Roni Teixeira. Flight D: First Terry Sutter, Second tie, Donna Bjork, Bev Dunn Carol Petronzio. Chip Ins: Bev Dunn, Carol Petronzio, Vicky Riddle. Broke 90: Linda Barlesi. Broke 100: Cindy Brown, Alma Renko, Vicky Riddle, Trixie Roque, Ida Shannon, Ulla Ulmonen. Closest to the Pin Hole #8: Cindy Brown, 9 Feet.

July 21 - Hosted the Nine Holers and we had a great time. Thanks to all the Nine Holers who joined us. Team Results:

Flight A: First Angie Jones, Ida Shannon, Lynn Grace, Carol Petronzio. Second Lucille Rhodes, Roni Teixeira, Terry Sutter, Karen Nash. Third Linda Barlesi, Marilyn Rogers, Charlotte Godsey, Fran Silva. Flight B: First Frankie Freese, Pat Kistler, Darl McCarthy, Ella Cooper, Second Marsh Loomis, Linda VanNieuwburg, Bessie Dunn, Jennifer Spearman. Chip Ins: Bev Dunn, Karen Nash, Alma Renko, Terry Sutter. Birdies: Linda Barlesi (Two), Angie Jones, Lucille Rhodes, Trixie Roque. Broke 80: Linda Barlesi. Broke 90: Lucille Rhodes

Broke 100: Ida Shannon, Judy Zelmar, Marsha Loomis, Des Javier, Alma Renko, Frankie Freese, Angie Jones, Pat Kistler, Ulla Ulmonen, Trixie Roque, Debby Carroll, Vicky Riddle. Closest to the Pin Hole #13: Ida Shannon, 5 feet 10 Inches

July 28 - Played Par threes and fives minus 1/2 handicap. Results:

Flight A: First tie Lucille Rhodes, Linda Barlesi, Second tie, Ida Shannon, Judy Zelmar. Flight B: First Debby Carroll, Second Cindy Brown, Third Trixie Roque. Flight C: First tie, Lynn Grace, Charlotte Godsey, Second Darl McCarthy. Closest to the Pin Hole #5: Linda Barlesi, eight feet six inches.

If you would like to join the Women's 18-Holers, call Alma Renko, Membership Chair at (3064) for more information.

Center of Movement

Center of Movement is a 501(C)3 not-for-profit organization dedicated to teaching essential life skills to our underserved community through the art of Yoga.

The Center of Movement is looking for new board of director members. Please call Tammy Trujillo at (707) 344-6683 if this sounds interesting to you.

Center of Movement is also collecting spent printer cartridges; they are sold back to the distributor for the purpose of buying office supplies. Call Lynne Galletta at (6079) for pickup, or drop cartridges off in the "cartridge box" on the front patio at 471 Cypress Drive.

Fall Community 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. 29.

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).

Faith in Action Needs Volunteers

Volunteers are needed to help Rio Vista neighbors in need! Serving the homebound elderly throughout Solano County since 1998, Faith in Action, a local non-profit agency, is seeking volunteers to build up these services in Rio Vista.

Volunteers may offer their services with transportation, grocery shopping, friendly visits, help with gardening, "Phone Buddy" calls, meal preparation, senior peer counseling, or respite care. You may even sign up to be an "on-call" volunteer, helping as needs arise.

The people that we serve often times live alone and have limited access to many of the basic services that the rest of us take for granted. You can be that special connection in an elderly person's life. If you feel that you can donate the gift of time to assist a neighbor in need, stop by our table at the Senior Summit on Oct. 14 or call (707) 469-6675. For more information, visit www.faithinactionsolano.org.

Hurricane Irene Preparedness

By the Disaster Preparedness Team

Recent weather events such as Hurricane Irene, the earthquake on the East Coast, and other natural disasters highlight the need for Americans to prepare for emergencies. The Federal Emergency Management Agency (FEMA), the American Red Cross, the Ad Council, and Google Crisis Response are collaborating to launch a new preparedness web resource called Get Tech Ready at <http://www.ready.gov/america/getakit/tech.html>. They are doing this on behalf of the Ready Campaign at <http://www.ready.gov/>. For more information, contact Lynne Hansen (4060).

Relay for Life

When: Saturday October 22, 2011

Where: 371 Glenn Lakes Dr

Time: 2pm - 4pm

The Divas and the Trilogy Terminator Relay For Life Team are hosting a Jewelry Show Fundraiser to help beat cancer "one bead at a time." All Trilogy residents, friends, neighbors, and family are invited. Your presence helps to support Relay For Life, an American Cancer Society signature event; as well as our own Trilogy Jewelry Crafters,

The Divas pick up some great gifts for the fall and holiday seasons. These items are great hostess gifts as well. For additional information, call Antoinette at (5154). Looking forward to seeing you all!

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Pictures used are for illustrative purposes only.

Thank You

With the loss of our son, Josh Farris, we wish to thank everyone for their prayers, words of support, cards, flowers, and the meals that were provided. Please know that your kindness during this difficult time has meant so much to us.

Judi & Steve Kitt

TOPS

Take Off Pounds Sensibly (TOPS) is announcing the last call to sign up for our tops sponsored bus trip to Redhawk Casino on October 12. The bus will depart from Delta Club at 9:30 a.m. Come along!! Our group has had a very good summer and is keeping on track to shed those extra pounds that crept up with all the summer activities. Congratulations to our new KOPS, Lavernne Thompson, who reached her Goal weight! Now she will join our other KOPS as an inspiration to our fellow members to Keep Off Pounds Sensibly. We invite all gents and ladies who want

to take off those unwanted pounds to join us. We meet at the Delta Club every Wed. morning at 8 a.m. For more information, call Leader Minnie Howell at (5786) or Co-leader Peggy Smith at (1366). Have a great fall season!

Trilogy Jazz Band

October is a busy month for the band, beginning with Wings and Wheels Airport Day on Sunday afternoon, Oct. 2. We will also perform at the Bass Festival on Friday evening, Oct. 7, and provide the music for the Ballroom Dance Club's monthly dance on Sunday evening, Oct. 9.

Full-band rehearsals are held every Wednesday from 2:30 to 5 p.m. following vocal rehearsals from 1:30 to 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, contact Jim Lucas at (7567) or Marti Rogers at (6859).

KARE BEARS

Village Riviera

One of the ongoing challenges that the Kare Bears volunteers face is keeping the residents of Trilogy aware of the services that we offer. We want them to know that Kare Bear assistance is available in all of the villages. We would also like them to be educated about how easy it is for them to assist in the good works that Kare Bears do. With these goals in mind, Myra Samfeld will briefly speak to the attendees prior to the feast at the Riviera Soup Pot Luck on Oct. 8. The timing of this is advantageous because our next regular Riviera Kare Bears meeting follows within a few days. This allows anyone who had their interest piqued by Myra to come and learn just how easy and pleasant it is to be a Kare Bear, or at least find out what form of help we offer. The inevitable serving of coffee and pastries is an excellent bonus for all involved!

The regular meeting mentioned above takes place on Oct. 10 at 10 a.m. in the Delta Club. However, most people arrive at 9:30 a.m. to socialize and enjoy gourmet treats. Please try to participate, and know that the rewards are exponential to your efforts, a great bargain for your well being.

For additional information, call Myra at (3660) or Valerie at (6942).

Olympic Village

Being a Kare Bear is a rewarding experience. Our members are always glad to help others. 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.

Village One

Our next meeting is Wed., Oct. 12, 10 a.m. at the Delta Club. Come meet your neighbors and learn what Kare Bears is all about. We will discuss the November fundraiser. Anyone that would like to bake or donate crafts is welcome. No date is set at this time. For more information, contact Sandy Mariant at (5232).



FAMILY SUPPORT COMMITTEE

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

Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

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

Avon

For Campaign Booklet,
Contact Dawn or Claire
Cell 707-628-4235 Home (5239)
www.youravon.com/
sunnydeltadawn

Cremation Plan

You can eliminate your loved ones' financial burden and at the same time receive additional valuable benefits simply by pre-paying through one of Trident Society's Pre-need plans. Call Henry (6982).

Cruise Adventures Unlimited

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

Mary Kay

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

Mary Kay Beauty Consultant

Skin Care Products &
Complimentary Facial
Fae Scott (3873) or cell
707-803-8299
www.marykay.com\naomirenee

ANNOUNCEMENTS

Christian Fellowship

Nondenominational Christian Small Group for Couples: Bible Based Study and Fellowship Wednesday night at 7 p.m. Snacks and drinks provided. Please call Mary at (5174) for more information.

Darts

Darts and beer at the Nines.
Anyone interested contact
Jimmy at (3908) or cell
580-9005.

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

Carmel model 2br/2ba \$950 rent,
\$1400 security. Pets negotiable.
New carpeting. Immediate move in
possible. HOA paid. 510-290-2915.

Home for Rent

2br/2ba plus den on 18th 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 SALE

Chair

Upholstered Chair, lemon
colored floral, like new, \$100
OBO. Call Shirley (6045).

Children's Books

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

Power Chair

Aspire Power Chair, excellent
condition. Used indoors only.
\$750 OBO. Call (6791).

Vehicle

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

Vehicle/RV

2006 Cardinal 30 ft. 5th 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).

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

SERVICES

Airport Transportation

Clip & Save: I'll get you to any airport or SF Port on time and pick you up on return. 6 years experience, Trilogy residents only. Here's how I charge: IRS mileage + tolls + \$7.50/hr my time. This equates to SFO \$106; Oakland \$87; Sacramento \$67; SF Port \$93, all one way. Call Ralph (3941).

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.

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.

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.

SERVICES

Cleaning

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

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).

Cooking Lessons

Cooking Lessons in the comfort of your home. Chef George Burghardt will teach almost anything from Sushi to homemade matzo. \$25 per person plus food cost. Contact at (4428). Catering available.

SERVICES

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@hotmail.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).

Financial Services

Medicare Supplement and Advantage Plans. Long Term Care Insurance, Securities, Life Insurance Annuities and Retirement Planning. Call Wally Beckman 925-286-9235. CA Insurance #OE73335.

Hairstyling

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

Handyman

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).

SERVICES

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 or too close. Victor 398-6610.

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

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

Knife Sharpening

"O So Sharp" It's About Time a knife and scissor sharpening service has come to Trilogy. I can do European/American blades, Asian blades and serrated blades. Kitchen & Sewing scissors. Call (3663), ask for Rich G. 556 Birch Ridge Dr.

SERVICES

Landscape Maintenance

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

Mobile Notary Services

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

Notary

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

Notary Public

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

Notary to Go

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

Painting

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

Patio Covers Washed

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

SERVICES

Personal Organization

ClutterNOT can help you increase your productivity, reduce stress, and gain more control over your time, space, and activities. Trilogy resident, Carol Kern, works with you to declutter your home, your office, whatever you need. See my WEBSITE: www.clutternot.com for more info and call me at 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.

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.

Pet Care

Trilogy home owner offering my services to neighbors/pets. Walks, drop-ins, overnights, allowing your pet(s) to stay home. Pet first-aid/CPR trained. Cell 330-6010. thedeetails@yahoo.com

SERVICES

Photography

Affordable high quality photography: events, portraits, web page photos, passports, you name it! Photo & slide restoration. 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

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 sales or donations. Call Nita 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).

SERVICES

Window Cleaning

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

Window Cleaning

Windows washed inside and outside. Tracks and screens washed. Front door and patio washed 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.®



EMERITUS
at Rancho Solano

(877) 404-0319

**Call today to schedule a
tour and see what all the
excitement is about!**

Retirement, Assisted Living & Alzheimer's Care
3350 Cherry Hills Court, Fairfield • www.Emeritus.com

Lic. #486801162

