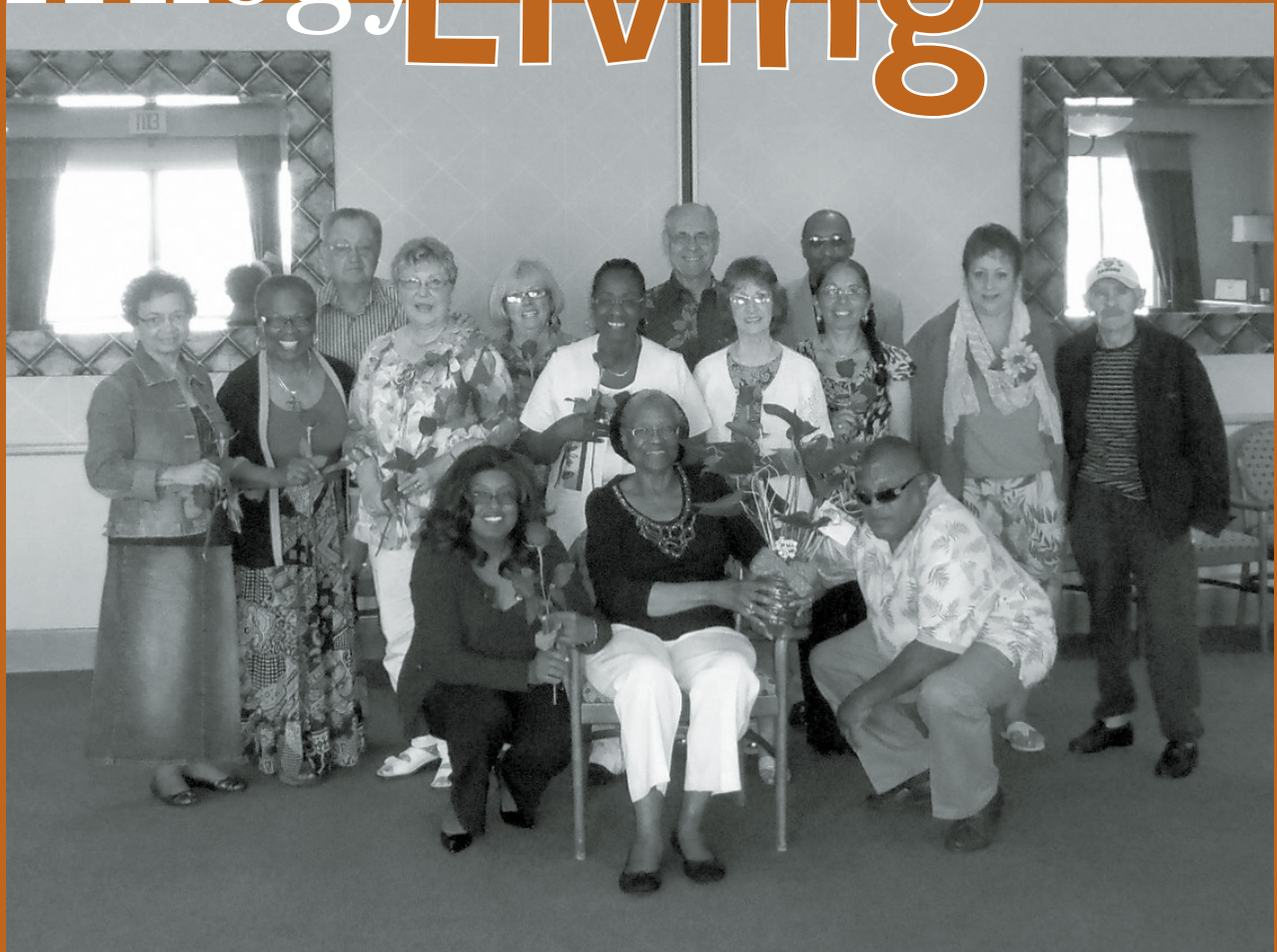


TrilogyLiving



OUR HOME, OUR COMMUNITY

A Faith-full Celebration

Join the Good Samaritans in a milestone celebration. Trilogy residents are invited to celebrate with them at their 7th Anniversary Luncheon on Sept. 27 at 1 p.m. at the Nines Restaurant. To read more information about the Good Samaritans, turn to page 28.

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Disaster Preparedness Month pg. 37

September Events

AT MERRILL GARDENS AT NORTHBAY



Labor Day BBQ

Monday, September 3

11:00 am – 2:00 pm

Celebrate the long weekend with us and enjoy live entertainment and a barbecue feast!

RSVP by September 1



Happy Hour

Saturday, September 15 and

Saturday, September 29 • 3:30pm

Enjoy live entertainment while sipping a late afternoon cocktail.

RSVP two days prior



Trilogy Health Fair

Saturday, September 22

9:00 am – 3:00 pm

Bring this ad and stop by our booth to receive a special gift!



MERRILL GARDENS

AT NORTH BAY

A one of a kind retirement community

(707) 552-3336

2261 Tuolumne
Vallejo, CA 94589

merrillgardens.com



Lic #486800120

From the Master Association



Carol Benkie

President

The Trilogy Rio Vista Master Association Board of Directors meeting was held on a beautiful warm day in the Diablo Ballroom of the Vista Club on August 14, 2012.

An earlier in-the-day Executive

Session convened. These were the actions taken:

- Executive Session Minutes for July 10, 2012 were unanimously approved.
- A review of in-house payment plans, Trustee Service foreclosures and lien reviews were discussed.
- Alan Levine was nominated to the Disaster Preparedness Committee by unanimous vote.
- Lira's has given a 90-day notice to end their Service Contract at the Cyber Café. A Food Service Feasibility Committee has been formed; two board members. Director Lorna Bewick and CFO Tom Moore were unanimously appointed; one other resident member is needed. Interested applicants were to contact General Manager, Ed Vitrano by August 17, 2012.
- Addendum (LLD) was unanimously approved.
- Authorized preparation of a draft acquisition agreement of the Trilogy Waste Water Plant – Draft cost not to exceed \$1,500.
- After contact with broker regarding sale of golf course, authorized search for consultants with expertise to review financial status, value of the golf course and potential profit and loss of operation. While not interested in purchase of the golf course at this time, the Board felt that it should at least understand its options to protect Members' interests.

Information and actions taken by the Board at the August regular meeting included:

- Budget/Financial Report for July 31, 2012 was unanimously accepted.
- Warren Oglove reported Amenity Committee positions (2 Board Members and 3 residents): Warren Oglove, President; Robert Sather, Vice President; Joe Downes, Secretary; Bernie Dehn and Jacqueline Roche. Meetings are scheduled bi-monthly and will commence September 2012.
- Unanimous approval was given for the Consent Calendar:
 - Regular Meeting Minutes of July 10, 2012
 - Filing of four liens.
 - Annual Write-Offs – Action regarding foreclosures; past owner balances etc. in the amount of \$39,631.69. The numbers were based on the delinquency report off of the March 2012 financials as well as combing over the financial statement itself.
 - Disaster Preparedness Committee Appointment - Alan Levine
 - Block party road closure request to close portion of Willow Brook Way on August 25, 2012.

New Business:

- Request for Public Attendance/Use
 - Public access for the jointly supported Veterans Resource Forum to be held Sept. 15, 2012 was approved unanimously.
 - Public access for the Olympic Village Kare Bears "Health Care Seminar" was unanimously approved.
 - Rio Vista High School Tennis Team's request for use of the Trilogy tennis courts failed; (3-2).
- Management Contract – Addendum; accounting for staff time managing landscape and lighting district (LLD) unanimously approved.
- Copy machines replacement for both Delta and Vista Clubs were reviewed. There was unanimous approved for expenditures from Reserves in the amount of \$20,095 and for replacement of two copy machines and purchase from Caltronics.
- Review was given for the Sonoma Room TV. The consideration would be for a 40" Flat Panel vs. CRT. Failed due to lack of a motion.

The Master Association's next regular meeting is on Sept. 11, 2012 at 2 p.m. in the Vista Club. Your suggestions and comments are most welcomed. Please attend.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Carol Benkie, President (3316)
Warren Oglove, Vice President (3477)
Tom Moore, CFO (5772)
Bernie Dehn, Secretary (4764)
Lorna Bewick, Director (2093)

District Delegates

Village I – Carol Benkie (3316)
Village Oakmont – Tom Moore (5772)
Village Riviera – Lorna Bewick (2093)
Olympic Village – Joel Auslen (5808)
Saddle Rock Village – Mary Ann Butts (3099)

Committees

Adult – Helen Bergoust, Chair (2436)
Access – Dave Bewick, Chair (2093)
Disaster Preparedness – Jim Larsen (4382)

Village Board Presidents

Village 1 – Bernie Dehn (4764)
Village Oakmont – Walt Manos (2827)
Village Riviera – Don Seyk (6407)
Olympic Village – Robert Sonnenburg (925) 550-3832

Association Administration

General Manager: Ed Vitrano (4869)
evitrano@actionlife.com

Assistant General Manager: Catherine Patrick
cpatrick@actionlife.com (4843)

Activities Director: Debbie Dorn (4204)
ddorn@actionlife.com

Fitness & Spa Director: Kathy Erwin (4205)
kerwin@actionlife.com

Maintenance Director: Mike Oestreich (4895)
moestreich@actionlife.com

Member Services Coordinator: Cheryl Lucas (4203)
clucas@actionlife.com

Communications Coordinator: Andrea Stuart
stuarttrv@gmail.com

Club Numbers

Vista: Front Desk (4200) Fax (1099)
Delta: Admin Office (4843) Fax (4891)

Trilogy Living Editorial Board

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,
Joan Azlant, Kathy Erwin, Helen Bergoust

Commercial Advertising Manager

Joan Azlant, joanazlant@comcast.net (707) 374-2620

Resident Classified Advertising

Kathy Nilsson, knilsson@actionlife.com (4200)

Welcome Center/Front Gate (4306)

trvwelcomecenter@gmail.com

Cyber Café (4202) Nines (4400) Golf Course (2900)

Shea Customer Service 1-866-535-9989

From the Editor



Andrea Stuart

Whenever I think of Trilogy, I am reminded of "community." A rare combination of proactive individuals and a communal desire to help others seems to radiate from the grounds. On any

given day, I might see someone in a walker opening a door for someone who is not in one. I might hear laughter mingling with the sound of cards shuffling together. I might hear music swimming through the air. I might witness bold golfers take on the nearly triple digit temperatures as they attempt birdies or eagles on the golf course. And, to top it off, I meet so many Trilogians who volunteer much of their time for various causes within and outside of Trilogy.

People seem to be coming together for all kinds of reasons. The community section of *Trilogy Living* is simply bursting this month. In addition to Trilogy's regular community group events, there is the 6th Annual Centenarian Commemoration on Oct. 4. It's not every day you get to celebrate someone's 100th birthday. Luckily, here in Rio Vista, we get to do it every year! Many of these people are your friends and neighbors. Then, on the horizon is the 2nd Annual Senior Summit on Oct. 26, which will focus on creating a plan for aging with grace and ease.

For those who get bitten by the social bug and want to meet new people, there's always the Grapevine Chat. And for those who are a little less familiar with Trilogy, New Connections is back and offers an opportunity to chat it up with others in the community who are looking for a fun reason to shoot the breeze.

Finally, on Sept. 22, you can "meet your neighbors on Brockton" at the Picnic in the Park. Music and activities meet potluck in this social extravaganza.

Enjoy the end of summer and enjoy each other. See you next fall!

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 Master Association, the Board of Directors, its officers, or management.

**For non-delivery of Trilogy Living,
contact Debbie Dorn at (4204).**

From the Activities Director



Debbie Dorn

Wow, July 28 was a day filled with fun and entertainment that began with the Model Club's Garden Railroad "Steam Up" interactive demonstrations. Engineers young and

not-so-young took a turn at the controls! The variety of models and stories reflected on history and future insight. Sacramento Live Steamers joined with their remarkable exhibit of steam engine trains. Later that evening, the best of Solid Gold performed for us on the patio as we all celebrated their success. That group hit the ground running and quickly took flight since their Open Mic debut here one year ago. A grand celebration it was—humor, song, and dance—what an outstanding evening for all! See pictures on pages 34-35.

Now, just take a look at what's coming! Aug. 31 Karaoke with new songs; Sept. 1 The Cash Tribute Show; Sept. 13 a 2nd Culinary Food Wine Tour to Murphys; Sept. 22 County Line Trio; and free event opportunities to enrich any lifestyle Sept. 15, 20, and 22! Concert performances will be limited by space in the Diablo Ballroom so sign up before sales close! And get registered for the 2nd Culinary Food and Wine Tour in Murphys Sept. 13! The Veterans' Resource Forum Sept. 15 will provide a wide range of programs awareness and how-to answers along with consultation services involving both veterans and their families. Sept. 20 Olympic Kare Bears Health Care Seminar includes speakers on 3-key topics. Then, the Health and Wellness Fair Sept. 22 will be packed with resources to help anyone maintain a healthy lifestyle. See more information on each within this publication. Do you have some thoughts or comments? Call (4202) or email ddorn@actionlife.com. My mailbox is always open.

The Cash Tribute Show ~ \$15/pp by Special Arrangement

Saturday, Sept. 1, 7 – 9 p.m., Diablo Ballroom, Vista Club

A classy and authentic production, The Cash Tribute Show featuring James Garner, honors the life and music of the legendary Man in Black, Johnny Cash. With strong conviction and stunning accuracy, Garner and his band perform Cash's music, combining it with historical accounts and personal anecdotes about America's most beloved singing storyteller. The show is a fun, toe-tapping trip down memory lane honoring Cash's life and the boom-chicka-boom sound of his longtime backing band, the Tennessee Three. Bring family, friends, and your favorite provisions for this spectacular performance! Sales are limited. Sign up today at Member Services, Vista Club.



James Garner as Johnny Cash in The Cash Tribute Show

Farmer's Market ~ Have you experienced Trilogy's Market Place?

Sunday, Sept. 2, 10 a.m. – 3 p.m., Delta Club ~ Free

Mark your calendar that the frequency of Farmer's Market at Trilogy is changed to monthly! Bring your neighbors and support your locally grown fresh fruits and vegetables from our own Trilogy Farmer's Market. Petrill's Produce Farmer's Market provides wonderful produce and other specialties. It's easy to keep a fresh supply of fruits and vegetables on hand without leaving Trilogy. Receive a free apple with purchase for visiting the market.

Grapevine Chat!

Tuesdays, Sept. 11, 6 p.m. & Sept. 25, 5 p.m. ~ Free
Grand Living Room, Vista Club

Are you new to Trilogy or a seasoned resident who enjoys great company, an inviting atmosphere and good conversation? Join the gathering at the big fireplace. It's a warm and casual setting where you can "get the scoop" on all things Trilogy, while you get to know your neighbors. Bring wine, glasses and snacks to share with others if you'd like. No sign-up required.

Complimentary Hearing Screening and Assessment

Thursday, Sept. 13, 1-3 p.m.
Diablo Ballroom, Vista Club ~ Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and

assessment to all members quarterly at Trilogy. You will need to contact them directly to make an appointment at (707) 428-1313, although walk-ins are welcome.

Culinary Food & Wine Tour at Murphys, California

2nd Trip Thursday, Sept. 13, Bus Departs 8:30 a.m. Returns 5:30 p.m. at Delta Overflow Parking Lot ~ \$85/pp All-Inclusive

The first trip on August 21 sold out fast! However, a second trip is brewing. Enjoy the finest wine and food in gorgeous Murphys! Trilogy and Local Roots Food Tours have teamed once again, proud to offer another food and wine adventure. Aptly named "Queen of the Sierras," and one of Sunset magazine's "Top Ten Coolest Small Towns," Murphys is a superb destination for fine dining and wine tasting, and this tour shows you the best of both worlds. Stroll along 1800s-era Italian brick and stone buildings where talented chefs and vintners now produce their mouth-watering dishes and award-winning vintages. Our easy three-hour walking tour includes up to seven stops at the best restaurants and shops. You'll eat unique dishes made from fresh, locally-sourced produce and taste fabulous, locally-made wines. Bus driver and tour guide gratuity is an individual option. Sign up at Member Services. Contact Debbie (4204)

Veterans' Resource Forum

Saturday, Sept. 15, 9 a.m. – 3 p.m.
Diablo Ballroom Vista Club ~ Free

Veterans, family members and spouses of deceased veterans are encouraged to attend. Multi-faceted benefits programs will be presented to include: service connected disability-compensation and pension, filing claims, veterans' medical care, VA burial benefits, Honor Guard burial ceremonies, VA counseling, VA insured home loans/Cal-Vet loans, and veterans care residences. A substantial segment of the program will be about benefits for widows and widowers of veterans. Learn about benefit entitlement, how to file claims, how to obtain medical care, and a variety of other topics. Forum presenters include the Solano County Veteran's Service Officer, The Sacramento Vet Center, The Dixon VA cemetery, Hospice Care, and the California National Guard Honor Guard. Help spread the word to other veterans and their families about this valuable program. Lunch will be provided and space is limited. This forum invites interested parties outside Trilogy, so sign up at Member Services today! For more information contact Richard Coleman at (5639) or RFC_1@msn.com.



Open Mic Night ~ Music, Dance, Comedy, Poets/ Spoken Word

Friday, Sept. 21, 7 p.m. – 8:30 p.m.

Diablo Room, Vista Club ~ Free

The venue is set welcoming Trilogy to take the stage and share its artistic expressions in a setting as intimate as your living room with family and community cheering you to the next level. If you're a spectator, you're in for a treat! The supportive setting is about artists having a safe place to perform for the first time. It's about veteran artists having a place to experiment and try out new pieces. It's about having a place that inspires new work. It's about a lot of things. Bring your favorite provisions and come check it out! Performers sign in at Member Services.

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

Concert ~ County Line Trio

Saturday, Sept. 22, 7 – 9 p.m., Diablo Ballroom, Vista Club ~ \$10



Captivating audiences for over 40 years, these recording artists perform their hilarious and entertaining "Salute to the Kingston Trio." County Line Trio have opened shows for troubadour Glenn Yarbrough, the late comedian Pat Paulsen and the late singer songwriter John Stewart, a former member of the Kingston Trio. This rousing show includes original arrangements of their many hit songs. Bring your favorite beverage and provisions. Sign up at Member Services.

Blood Drive

Monday, Sept. 24, 9 a.m. – 1 p.m. Delta Club.

It's time again to lend an arm and help save lives by donating blood at the upcoming Trilogy Blood Drive. Walk-ins are welcome; however, appointments have priority. To make an appointment, contact Darlene Wiske-man at (6211) or email her at wiskeman2@yahoo.com.

Trilogy Community Garage Sale

Saturday, Oct. 6, 9 a.m. – 3 p.m.

Everyone can participate! This year we added an optional opportunity for sellers to have their street highlighted on the community map to help buyers find the sellers! Sellers simply call Member Services (4200) **prior to Oct. 2** to provide your address for your "block" to be highlighted. The map will be emailed to residents by October 5, and made available to buyers visiting Trilogy at the Welcome Center Gate the day of the sale. Copies will also be available at the Vista Club Saturday only. You do not have to be included on the map to sell. Nothing else has changed. There are three points all sellers need to do:

1. Obtain a garage sale permit for \$1 from the City of Rio Vista, downtown at City Hall **prior to Friday, Oct. 5**. The license is a city requirement. City Hall is closed all Fridays and weekends.
2. Tie an inflated balloon to your mailbox or tree.
3. Open your garage door.

When you finish selling, remove the balloon and close your garage door. The sale is open to the public, advertised in the local papers and flyers are distributed. Outside buyers will not be allowed through the gates until 9 a.m., and residents are asked to postpone their shopping until 9 a.m. in consideration of sellers setting up for the sale. The semi-annual garage sales have become enormously popular with almost half the residents either buying or selling. Some villages also use the event for fundraising. The Trilogy Garage Sales attract people from surrounding areas. If you have questions, contact Activities Director Debbie Dorn (4204).

Loaned tables and chairs are limited, so will be given on a first-come basis as supplies last. Submit your request at Member Services at the Vista Club, and then someone will contact you to confirm availability and arrange for your pickup and return. Your help in ensuring they are clean when returned is appreciated. Thank you.



Comedy Night ~ World's Funniest Cop Michael Mancini

Friday, Oct. 19, 7 p.m., Diablo Ballroom, Vista Club ~ \$10

Comedy of the Right Caliber! Michael has a background in Law Enforcement and an insightful sense of humor. He has a high energy, action-packed, fun-filled show full of real-life experience comedy touring across America for almost 30 years with his hilarious stand-up, and he has been a member of the Santa Cruz Police Department since the '90s. Michael is a three-time winner of the World's Funniest Cop competition, hosted by Jay Leno. Bring your favorite food and beverage to enjoy during the performance. Sign up at Member Services.

Call to Action All Club Status Groups!

Tuesday, October 2, 10:30 – 12 p.m.
Diablo Ballroom Vista Club

Mark your calendar, the Club Status Annual Support Planning meeting is coming. All groups with club status must be represented at the meeting. RSVP with Member Services (4200).

Concert ~ Andre Thierry & Zydeco Magic

Saturday, Oct. 20, 6:30 – 9:30 p.m.
Diablo Ballroom, Vista Club ~ \$10

Trilogy's Soul Line Dancers are very proud to bring back Andre Thierry and Zydeco Magic! Join us for an evening of zydeco excitement as the magical sounds from these musicians keep us on the dance floor. These entertainers will grab your attention with a supreme musical experience that will captivate your soul. Sign up at Member Services and for more information contact Jean Robertson (0086).

Family Halloween Party

Sunday, Oct. 28, 2 – 4 p.m., Delta 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. There will be plenty of laughs, good times, family pictures and a treat bag. Cost is \$5 per family plus \$1 per child. Sign up at Vista Club Member Services.

Would you like to share your computing talents with others?

Do you have experience using some of the common computing programs like internet browsing, word processing, spreadsheet, or email? Consider sharing your how-tos with others in an informal setting at the Vista Club's Learning Center. Please contact Debbie Dorn (4204) or ddorn@actionlife.com if you are interested. Her mailbox is always open!

Mark your calendar, Life Line Screening Will Return

Thursday, Nov. 1, 8 a.m. – 5 p.m. Vista Diablo Ballroom.

Watch for registration information to be released next month!

Life Line Screening employs highly qualified healthcare professionals bringing these 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 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.

Fend Off the Flu ~ Sutter's Flu Shot Clinic is coming to Trilogy!

Sunday, Sept. 23, 9 – 2 p.m., Delta Club
Free for Medicare Part B Holders

Sutter Care at Home Flu & Wellness Program nurse will administer shots.

- FREE for Medicare Part B holders
- \$25 for non-Medicare Part B
- \$60 for Pneumonia shots
- \$60 for TDap (pertussis vaccine)

Sign up at Vista Club Member Services & fill out Medicare form for your time slot

**Bring Medicare card, ID and check with you
September 23**



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 \$118.29

Master Association \$80.39

(Only for original residents (<100)
in a developer subsidy agreement)

Village I \$4.00

Village Oakmont \$4.00

Olympic Village \$4.20

Village Riviera \$4.50

Saddle Rock Village \$0

(None until dormancy ends)

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

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

Over flights Over Trilogy – Residents that have concern regarding over flights can contact John Andoh, "Transit & Airport Coordinator, City of Rio Vista at 707-374-2716 or email jandoh@ci.rio-vista.ca.us. The City does not have enforcement powers but will forward the information to the FAA for review. Please provide date and time of incident, number of planes if visible and any other description necessary to help the FAA with their investigation.

Electronic Communication – The Association is no different than other organizations in leaning more on electronic communications to its members. There are two ways you can assist in reducing costs to the Master and Village Associations.

e-Alerts – Submit your email address to the Member Services desk at the Vista Club. This will provide a way for you to obtain information such as special announcements, monthly agendas and most importantly, the weekly e-newsletter, which updates you as to activities in Trilogy and the greater Rio Vista area.

Disclosure Opt-in – You may also choose to receive required documents, which must be delivered by the Association(s) such as budgets, yearly financial statement, etc. To do that, you must go to the Administrative Office and sign a form authorizing delivery by electronic methods.

Thanks for considering both options.

Where Do I Go If I Want To.....?

Reserve Tables and/or Chairs – Member Services – Vista Club (4200)

Have Copies Made, Send a Fax and/ or Receive a Fax – Member Services – Vista Club (4200)

Pick up a Residents' Directory – Member Services – Vista Club

Residential Ads to be Submitted In the Trilogy Living - Kathy Nilsson – Member Services – Vista Club (4200)

Indoor Plants – Please do not use the potted plants as garbage receptacles and do not water plants. Staff takes care of the plants and when well-meaning members decide to help, it often makes matters worse. The plants are expensive to replace and all members pay for replacements.

Violations – Please register complaints to the Administrative Office/HOA and ensure you have the correct address of the person in violation. Example of what not to report – two houses down from the corner of a particular street. If you receive a violation notice, please contact the HOA office.

Your Pets, Your Responsibility – Please accept our appreciation for everyone who is being considerate of your neighbors and show pride in your community by carrying bags with you when you walk your pets or by using the bags provided in dispensers throughout the community to pick up after your pets. We also appreciate pets remaining on leashes at all times.

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



Late Charges on Assessments – If you are paying your assessments through your bank, it is recommended that you move the date of payment to the 1st of the month when the assessments are due. Many banks are batching payments before sending them out, so even though your account may show a payment on a particular date, the payments are not being mailed on that date. If you schedule payments through your bank or mail your check after the 1st, you run the risk of being charged a late payment.

Parking in front of mailboxes – Thank you for helping our mail carrier deliver your mail, and for assisting our staff who delivers flyers and giving your neighbors easy access to their mailboxes by not parking in front of mailboxes and asking your service providers to park elsewhere also.

Irrigation – Please adjust your sprinkler system to reflect weather conditions and look for standing water as it is mosquito season again.

Welcome Center Notification – The Welcome Center attendants are grateful to those members who call the Welcome Center or email them when expecting guests and especially when having a party of many guests. They don't want to deny access to anyone who is expected but have no choice if residents cannot be reached for authorization.

Anonymous Notes to the Administrative Office/HOA – Please sign all Administrative Communication Forms. We only take action on signed forms.

Suspicious Behavior – Trilogy is a private community but not a secured one. Please keep your doors and windows locked when away from home and lock your car. If you observe unusual behavior that warrants a call to the police, please do so.

Dumping Trash – Thank you for using your own receptacles for disposing of trash rather than any others throughout the community, and for not putting soda cans, water bottles and other trash in the doggie waste disposal receptacles. Reminder to all others - All residents are required to have garbage service.

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

Pets in the Clubs – Pets are prohibited in the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them

the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.

Animals – Please avoid feeding animals outdoors whether domestic or wild. The wild animal situation can only be controlled with the help of all members.

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

1. Thanks to all members who put down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are leaving and no one else is around. When the wind catches the umbrellas they are often damaged and must be replaced. If they are on the glass tables in the outdoor pool area, not only are they damaged but the glass table tops are shattered. This costs time of the maintenance staff who must assure that all glass is cleaned up and also the expense of replacing the table tops. The table tops and umbrellas are quite expensive. Thank you for saving all members the cost of replacing them.
2. Several items are missing from the clubs. Please report any theft to the Administrative Office/HOA. Remember that when anyone takes something, all members pay for the replacement. We need your help in cutting down on theft.

Gardeners – Please remind your gardeners that they cannot start work before 8 a.m. and that they must bag all clippings and not blow them into the street, gutters and others yards.

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 may 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. and must be out of the pool area by 3:15 p.m. All guests to the pools, regardless of their ages, are to be accompanied by a member.

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

Golf Carts – Remember golf carts must:

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



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

Bicycles must also obey all traffic signs.

For Your Safety – If you are walking in the street, please yield to vehicles. Please wear light colors and carry a flash-light when walking or biking at night or early mornings.

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

Street Lights – Please report all street lights that are out to Customer Care at Action Property Management at 1-800-400-2284 or by email at lld@actionlife.com.

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

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

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

Cyber Café: all guests may use the Cyber Café.

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

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

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

Adult Committee

The Adult Committee met on July 26. No actions required the Master Board. The committee meets the last Thursday of every month at 1 p.m. in the Delta Club. All residents are encouraged to participate in these meetings. Your suggestions, comments and/or questions can be given to any committee member, left at the HOA office, or voiced during the resident input segment of each meeting. Applications to fill unexpected vacancies are accepted at any time. For more information, you may contact Helen Bergoust at alhelenb@aol.com or (707) 374-2436.

Village Riviera Board News

Did you know you could save money for Riviera by simply agreeing to receive your budget and other paperwork that we are required to send out by email attachment? To do this, you need to complete the form titled Consent to the Use of Electronic Means of Transmission for Communications. You are opting-in to receive a whole list of items by email (list is on the form). This will save significant sums of money for Riviera and you won't be overloaded with paper to store. You can save the documents in a folder on your computer.

To get the form, just call the HOA Office at (4843) and request that they email the form to you, or email Debbie at dlacroix@actionlife.com and request that she email the form to you. Once you have it, print it out (if you got it by email), fill it out and return it to the HOA Office, by hand delivery, or U.S. mail. You may even put it in the HOA box in the hallway of the Delta Club. It is so easy. If you have any questions, call Don Seyk at (6407).

Meeting Calendar

Master Association Board Meeting
Tuesday, Sept. 11, 2 p.m.
Diablo Ballroom, Vista Club

Village Riviera HOA Meeting
Thursday, Sept. 6, 6:30 p.m.
Marina Room, Delta Club

Village 1 HOA Meeting
Thursday, Sept. 13, 4 p.m.
Marina Room, Delta Club

Olympic Village HOA Meeting
Thursday, Sept. 13, 6:30 p.m.
Marina Room, Delta Club

Village Oakmont HOA Meeting
Thursday, Sept. 20, 7 p.m.
Marina Room, Delta Club

Saddle Rock Village Delegate Meeting
Thursday, Sept. 27, 7 p.m.
Marina Room, Delta Club

Adult Committee Meeting
Thursday, Sept. 27, 1 p.m.
Rio Vista Room, Delta Club



Oakmont Village

Oakmont Village Social Committee is taking some time off to enjoy summer and the beginning of fall. We thank everyone who helped with the No Host Bar in August to support the Drama Club's summer production. We will not have a potluck in September, rather the Committee has decided to begin planning our Christmas Dinner Party. More details to come in the near future. Save the Date: Sunday, Dec. 9, 2012 at the Vista Club.

Dates To Remember:

Sept. 5, 3 p.m. - Social Committee Meeting, Monterey Room, Vista Club

Sept. 20 6 p.m. - Oakmont Residents' Club Meeting, Delta Club; 7 p.m. HOA Meeting

Oct. 3, 3 p.m. Social Committee Meeting, Monterey Room, Vista Club

We are looking for new members for our Residents' Club and also for our Social Committee. If you are interested or have questions, call (5154) or email apsunflower@hotmail.com.

Olympic Village

Sept. 20 is the date for the Olympic Village Kare Bears Health Care Seminar. All Trilogy residents and their guests are invited to this important health information event in the Vista Club, Diablo Ballroom from 1:30 - 4:30 p.m. There will be three great health topics and speakers:

Rochelle Sherlock: Fall Prevention (Did you know that one out of every three seniors will fall this year? What can you do to protect yourself?)

HICAP: Health Insurance Counseling and Advocacy Program: Presenting Information and Answering questions on Medicare and your options.

Cynthia Giaquinto RN, North Bay Hospital: Joint Replacement Program.

OVRC is proud to join with our Kare Bears in presenting this important program for the entire Trilogy Community.

At our September OVRC/Social Club meeting (Sept. 19 from 7 - 9 p.m. in the Monterey Room at the Vista Club) we will work on plans for this event and our Nov. 3 Mystery Dinner and have a great time! Join us. Your ideas and energy are important. Call Linda Jensen, OVRC President (5542) with your questions or ideas.

Saddle Rock Village

Our small but growing Saddle Rock Village had our meeting on July 26. Patty Kohn was elected as president of our

Residents' Club. We had a round robin discussion concerning how our village fits into TRVMA, our wants and needs now, our plans for the future, and an opportunity to meet new neighbors. Watch *Trilogy Living* for our next meeting date. Your presence and input is welcome.

Village I

Village I (VORC's) involvement in the community-wide July 4th celebration netted our bank account just over \$300. Again, thank you to all who were involved. The next general membership meeting is set for Wednesday, Oct. 10 in the Delta Club at 7:30 p.m. The main agenda item will surround our 2013 charity activity. We are soliciting VORC members' input as to what charity or charities should be the recipient(s) of the funds generated by our February 15, 2013 crab feed event. If you have a charity in mind that you, as a VORC member, would like the board to consider, come to the meeting and present your suggestion(s). If you cannot make the October 10th meeting and have any recommendations please make them known to any board member (Joe Downes, Nancy Vickers, Lynne Galletta or Sandy Dehn) and they will be added to the agenda.

Plans are being finalized for the Oct. 5 Old Fashion Potluck event. The old fashion theme includes the food, the fun and the friendship. Information will be tubed when finalized. Get your reservation in early as this event is always a sell-out and space is limited. Remember this is your club, get involved and make it work for you. For more information, contact Joe Downes (7520).

Village Riviera

The Residents' Club is quiet right now as far as you, our guests, are concerned, but we are always working on plans for the next event and have already begun plans for events you said you wanted to have next year. We are working on dates and logistics for those events.

This year we have only one event left to put together for you, and that is our beautiful Holiday Dinner. We will talk more about that come October, but for now, save the date: December 15. Decide what wonderful clothes you will wear. It is fun to have a dress-up event when our lives are usually so pleasantly casual.

The Village Riviera Residents' Club is open to all members of Village Riviera. We meet the third Thursday of every month, 7 p.m., in the Monterey Room of the Vista Club. If you have any questions, email Coralie Leder at coralie.leder@gmail.com. Enjoy the end of summer and the beginning of fall.



Adult Grief Support

Rio Vista has an Adult Grief Support group that meets at the Rio Vista Library the first and third Wednesday of each month. The group is sponsored by NorthBay Hospice. There is no fee. This group is offered as a community service. If you are interested, please call Lynne at (6079) for more information.

2nd Annual Senior Summit

The 2nd Annual Senior Summit is on Friday, Oct. 26, 2012, between 8:30 a.m. and 2:30 p.m. at Trilogy in the Vista Club. Janith Norman is the Master of Ceremony. Keynote Speaker Dr. Kimberly Gauntlett will help us create a plan for successful aging. Senior Coalition Executive Director Rochelle Sherlock will give a presentation on the State of Seniors in California. Other programs include panel discussions on legislation and MediCare, healthcare benefits, and more. For further program information, call Janith Norman at (6118).

Continental breakfast and lunch will be served. The event is free and open to the public. Seating is limited, so make your reservation early. To RSVP call Myra Samfeld at (3660).

6th Annual Centenarian Commemoration

Celebrating 100 Years of Life! The Solano County Board of Supervisors and Senior Coalition of Solano County will hold its 6th Annual Centenarian Commemoration on October 4 at 11:30 a.m. to celebrate remarkable individuals who are over the age of 100 years. If you know someone who is 100 years or older (or will turn 100 before the end of October), contact Rochelle Sherlock, Coordinator of the Senior Coalition of Solano County at (707) 864-3984 or email her at rochelle_sherlock@comcast.net. Names are requested even if the centenarian cannot attend the reception.

New Connections

Are you new in Trilogy? Would you like to meet new people and learn about local events? Then check out New Connections. When Village I was Trilogy and the Delta Club was the sole gathering place, Anna Chunn founded this group as a way to meet people. It has become as diverse and ever changing as the number of folks at each meeting. The participants are always different so there are opportunities for lasting friendships, access to community information and interesting events. We meet and get acquainted casually in our homes and have no officers, no money and no need for meeting rooms but we have a lot of fun. We share stories about whatever seems a good topic for the day such as favorite cities, pets, childhood friends, all kinds of memories, and silly things we have done. We talk, laugh (often raucous

laughter) and even cry. This is the "go-to" group to learn about your Trilogy community, the City of Rio Vista and the Delta at large. Open communication is the key to our success, and "former newbies" still drop in to say hello and provide wonderful stories. We've each learned from our experiences here at Trilogy. When we share them, questions are answered without ever having been asked. We even share our favorite snacks, though it's not mandatory. In fact, nothing is mandatory for this group. At times, some of us gather and venture outside the gates to visit nearby places such as Locke, Larry's Produce and Heartland Nursery, providing even more to share at subsequent meetings. After a six-month break, we're scheduling meetings again and need some hosts and alternates. For those who couldn't join us at Milian's in July, please contact Barb at (707) 637-0210 or at bjb77@aol.com if you can serve as host or alternate. With the exception of October, the calendar is clear. Mark your calendars for 1 p.m. on the third Wednesday of every month (except August) and watch this space and My Trilogy Life for updates as they occur.

Picnic in the Park ~ Meet Your Neighbors on Brockton!

On Saturday, Sept. 22, from 1 - 5 p.m., you are invited to the annual Picnic in the Park between Brockton Place and Summeret. In addition to great food, there will be entertainment, festivities, and music by D.J. Ron Covey. Please bring your own meat to barbeque (hot grills will be provided), portable chairs, and a side dish. Dish assignments are determined by last names. This year, if your last name begins with A to H - bring desserts/fruit; I to O - cool salads; and P to Z - casseroles. BYOB.

Note: If high temperatures are expected, bringing a large umbrella is a good idea!

For more information and to RSVP (by Sept. 14), call Don and Helen at (5913).

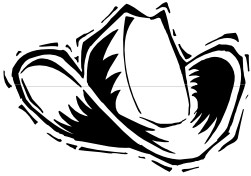
Attention All Advertisers:

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by the fifth of the month
prior to the month of publication.**



Rio Vista CARE

Cowboy Up For CARE is Rio Vista CARE's major fundraising benefit. Join in the fun on Sept. 8, 2012 at the Rio Vista area ranch of Ian and Margaret Anderson. Guests at this boot-scootin' event will enjoy western music, cowboy poetry and line dancing along with a



sumptuous barbeque dinner. The silent auction will feature one-of-a-kind items sure to tempt every cowboy and cow-girl in the crowd. Joe Gates, local auctioneer, will return this year

to entertain and encourage bidders to make the event's "live" auction extra lively. And, of course, there will be a big winner in the 50/50 Raffle, which netted last year's winner over \$500! All proceeds benefit Rio Vista CARE. Dust off your hat, put on your boots and polish your belt buckle. Tickets are \$50 each and are available at the CARE office at 125 Sacramento Street, Rio Vista. Want to volunteer your time to help with this event or other CARE activities? Call (5243).

TOPS

Take Off Pounds Sensibly (TOPS) meets at the Delta Club every Wed. at 8 a.m. We have a good support group who will encourage you to Take Off Pounds Sensibly. No diets! For more information, call Leader Minnie Howell at (5786) or co-leader Peggy Smith at (1366).



Rio Vista TOPS King Woody Woodard & Queen Lavernne Thompson were among 2,300 attendees at the 2012 California and International Recognition Days in San Diego.

Trilogy Jazz Band



The band is back, rehearsing and performing after our August break. We will play for the Dance Club's monthly dance on Sunday evening, Sept. 9, in the Vista Club's Diablo Ballroom. We always enjoy providing the music for our community's dancers.

Full-band rehearsals are held in the Vista Club Diablo Ballroom every Wednesday afternoon, 2:30 – 5 p.m., following vocal and combo practice beginning at 1:30. Observers are welcome. If you play (or have ever played) a band instrument and are interested in filling a future opening, please let us know.

For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

Volunteers Needed

Are you looking for an opportunity to help your community? The Rio Vista Library is looking for evening volunteers to help adults who want to improve their reading, writing, and English speaking skills. No teaching experience is necessary. The library provides free training and instructional materials. For details about the September training or to receive an informational packet, contact Literacy Sr. Program Assistant David Lewis at (707) 784-1526, dbLewis@SolanoCounty.com or visit us on the web at <http://solanolibrary.com/programs/literacy.cfm>. Help us serve a growing list of waiting adult learners in your Rio Vista community.

educational opportunities through computer classes

September 2012 Computer Class Schedule

Sign up for classes at the Member Services desk in the Vista Club

| CLASS | DATE & TIME | INSTRUCTOR |
|-----------------------------------|---------------------------------|-------------|
| Windows Live Photo Program | Tuesday, September 11, 7-9 p.m. | Bill Miller |
| Windows Live Photo Program | Tuesday, September 25, 7-9 p.m. | Bill Miller |

Windows Live Photo is a free program that comes on most newer computers. It has features of more expensive photo programs and is easy to learn and use.

We are always looking for volunteer computer instructors. If you are interested in teaching a computer class, please call Debbie at (4204), or e-mail Judy at jharrison@actionlife.com



By Kathy Erwin,
Fitness & Spa Director

SAVE THE DATE!



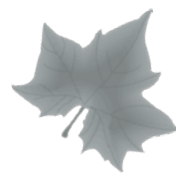
Saturday, October 20

4th Annual Walktober

Join your neighbors in this fun,
FREE walk event!

Volunteers needed to help at the event.
For more information, contact Kathy Erwin at (4205).

Spa Specials for September



Reflexology

The traditional art of pressure applied to the feet to release blockage and regain the free flow of energy and circulation.

25 minutes

Regularly \$30, now \$25

Head, Neck & Back

A massage focusing on the muscles of the back, neck and head to reduce tightness brought on by tension or stress.

25 minutes

Regularly \$30, now \$25

European Facial

Rejuvenating facial includes skin analysis, steam, exfoliation, extraction, masque and day cream. Relaxes muscles and tightens skin.

50 minutes

Regularly \$60, now \$50



Spa specials are available for purchase September 1-30, 2012. May be redeemed anytime.



Trilogy's Sixth Health and Wellness Fair



Saturday, September 22, 2012
From 9am to 2pm



**Admission is Free
Open to the Public**

Trilogy at Rio Vista Delta Club
990 Summerset Drive
Rio Vista, California 94571

Health Topics Including:

Adult Assisted Living
Alzheimer's
Family Support
Chair Massages
Chiropractic
Dental
Dementia
Hearing Services
Home Care
Meals On Wheels
Medical Supplies
Nutrition
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Senior Health Plans
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For More Information Contact: Anna Chunn achunn@actionlife.com or
Kathy Erwin kerwin@actionlife.com 707-374-4205
Volunteers and Vendors Wanted!



Ceramics Club

This year, our donation to Rio Vista C.A.R.E. for their fall auction was a beautiful hand-painted ceramic eagle with open wings. We hope it raises lots of money for their very worthy cause. September has always been back-to-school time, so if you aren't going back to school, come to ceramics where you can giggle together like little school-kids. We meet in the Marina room at the Delta Club every Thursday from 9 a.m. - 12 p.m. We hope you will join us. For more information, call Linda at (6978).

Chinese Brush Painting Class

On Sept. 15, at 2 p.m., John To will do a demonstration on Chinese Brush painting. The class will meet every two weeks, the first and third Saturdays. Class fee is \$15 per class. Register no Later than Sept. 12. For more information, call Anna Chunn (3560).

Council for the Arts

The plans for Music of the Night, 2013, are taking shape. A name has been chosen. The type of music has been selected. The dates for the performances are firm. You will love it all and the memories that come with the music. But, we are still playing it close to the vest, so you have to stay tuned until next month for the 2013 theme.

Audition slips will be available on October 1, and by then, you will know the theme for next year's performance. Actual auditions for newcomers will take place on October 22. Performances are on March 7, 8 and 9, 2013. You will want to save at least one of those dates as soon as you are able to, making plans with friends to enjoy an evening of wonderful performances.

What is the Trilogy Council for the Arts all about? Our mission, as a club here at Trilogy, is "To assist and promote current organizations devoted to the arts as well as encourage new art organizations. The organization shall also help coordinate the various art programs to maximize the arts exposure to, and for, Trilogy at Rio Vista residents." Our Music of the Night program is our annual fundraiser that allows us to assist our Trilogy community and the Rio Vista Community.

Join us at our monthly meeting, held the second Thursday of each month at 10 a.m., in the Monterey Room of the Vista Club. If you have questions, call Judy Calpo at (2924).

Drama Club

The Drama Club play, *Who Poisoned His Meatball* was proclaimed a huge success. The participants worked tirelessly behind the scenes and in front of the camera to bring our community their latest production. We would like to thank everyone for their generous donations, which enables the

Drama Club to continue bringing a great deal of enjoyment and fun to Trilogy residents. We would also like to thank Trilogy Member Services staff for their help with scheduling, not an easy task; the porters and maintenance staff for getting all the necessary equipment together and assembled in a timely fashion, and Oakmont/Village I for their serving of beverages. Thanks to all of you for your support!

The Drama Club is doing their annual holiday play in December of this year. We have made this a tradition on campus due to the overwhelming response. It is guaranteed to be a fun-filled evening of entertainment. More information will follow in next month's Trilogy Living. Dates and times will be revealed, so stay tuned!

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).

Trilogy Art Guild for Artists

Our 10th Anniversary Juried Art Show was bigger than ever with many different media on display this year. If you didn't get to the show, you may enjoy viewing the winners of our different categories on display in the Monterey Room for the next two weeks.

New Painting Workshop with Gary Bergren is on Saturday, Sept. 8 in the Marina Room at the Delta Club. It's an all day workshop from 10 a.m. to 5 p.m. and costs \$65. You are invited to bring your own picture of a seascape that you would like to paint, or follow along with him as he starts a seascape and hopefully you will finish a painting in one day! Supplies will be needed. Contact Lori at chammie@frontier.com by Sept. 5. We are going to have more all day workshops if the attendance is worth the teacher's time to come all the way out here from Walnut Creek. The next TAG meeting is Monday, Sept. 3, 2 p.m. in the Marina Room. Keep Creating! For more information, contact Anna Chunn (3560) or Marie Aquino (5151).

Trilogy Theater Group

Members of Trilogy Theater Group have been busy reading plays, discussing our fall presentation in collaboration with Olympic Village, and welcoming new members. *The Bald Soprano* by Eugene Ionesco has been selected as our spring 2013 presentation. Open auditions for this Readers' Theater production are on Sunday, Nov. 11 and Wednesday, Nov. 14 in the Monterey Room of the Vista Club. Besides acting roles, we are looking for those with "behind-the-scenes" talents to assist in bringing this production to Trilogy residents. Performances will take place at the end of March, 2013. For further information, contact Louise Mitchell, president (6876).

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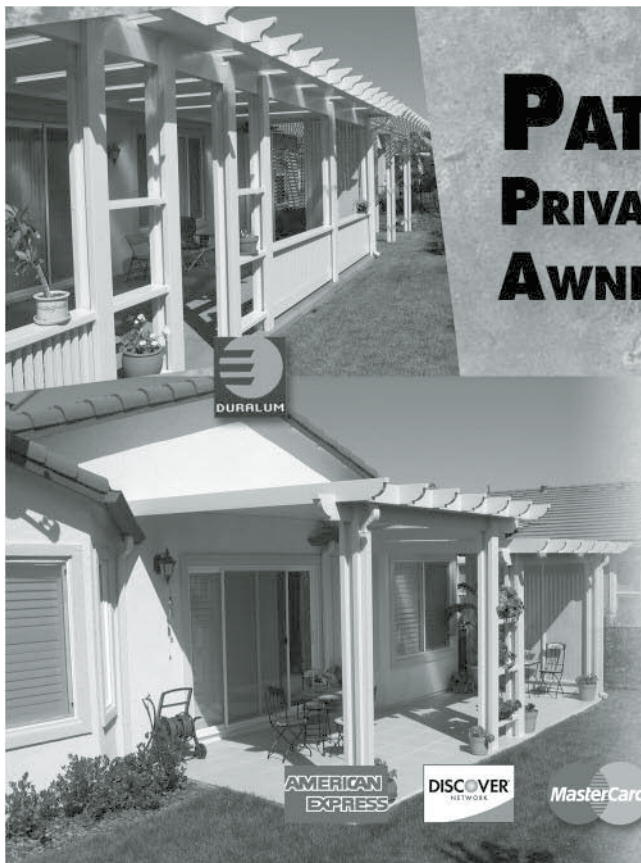
and select **Rio Vista CARE**

as your charity.

(Have the title with you.)



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Snowmobiles, Vans, Jet-skis, Motor-homes, and even Buses!*



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Kare Bears is a group of Trilogy residents organized with the goal of reaching out to our Trilogy neighbors in their time of need due to sorrow, sickness, loss of a family member or other life challenges. We have many volunteers to help, be it a phone call, visit, a hot meal, a lift to a doctor's appointment, assistance in searching for social services outside of Trilogy, or just plain tender loving care. We have divided Trilogy into sections with area coordinators for each section. Please contact your area coordinator if a need arises, either for yourself, or any other Trilogy resident. Your coordinator will contact the volunteer committee best suited to help with your problem.

Village I

It is with considerable sadness that the members of Village I Kare Bears communicate this message to you. After much discussion and deliberation, we have decided to discontinue service in our village. We are a 15-year old organization, a very active group for over 10 years. Gradually, during the past few years, many area coordinators and committee members have stopped participating, some due to health issues, family commitments, or relocation. Those faithful members who have continued their services are tired and frustrated with the general malaise in our village.

There has been a small core group of dedicated "Bears" who have prepared meals, transported folks to medical appointments, run errands, spent hours baking for our annual bake sale fundraiser in order to maintain the treasury for the purchase of flowers, gifts, and memorials for our neighbors in need. Their years of service to this community have been invaluable.

If there is anyone "out there" in Village I Land who has an interest in re-activating Kare Bears, please contact Sandy Mariant (5232), our latest chairperson of five years!

Olympic Village Kare Bears Health Care Seminar

September 20, 2012 - Vista Club, Diablo Ballroom
1:30 – 4:30 p.m.

Three Great Health Topics And Speakers!

- Fall Prevention 1:30 p.m.
- HICAP -- 2:30 p.m.
- Joint Replacement Program 3:30 p.m.

SEE THE INSERT FLYER FOR MORE INFORMATION

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).

Village Riviera

The sun is rising later and setting earlier, once again lending credence to the cliché that summer is fleeting. September has arrived, fulfilling its destiny by escorting summer's rightful heir, fall, into position. Fall is the time of harvest and abundance, when man and creatures alike prepare for the arrival of nature's next guest, winter. However; the Kare Bears, unlike their namesake animal, are preparing during the entire year. Illness and accidents do not subscribe to the rhythms of nature, and do not hibernate; they arrive as unwelcome guests in all seasons. We, as Kare Bears, have the good fortune to be able to share our abundance with those in need year round. If we have piqued your interest, please come to our next meeting on October 8 at 10 a.m. at the Delta Club, where we will share our philosophies and the inevitable tasty treats! If you desire more information, please call Myra at (3660) or Valerie at (6942).

Olympic Village

Olympic Village Kare Bears had a lovely time at the Lazy Summer Day event. We indulged in plenty of cookies and other refreshments. For more information about Olympic Village Kare Bears, contact Mackie Webster (5837), Kay Johnston (9980), or Marian Maksimowicz (5020).

Upscale Your Next Event with Table & Chair Linen Elegance!

Available in time for the holidays! Could this be the stylish addition to upscale your next event over the top? These elegant table and chair linens are available



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TrilogyLiving

Fitness Class Schedule for September 2012

All classes require either a Trilogy Fitness Punch Card at \$60 for 20 punches or \$30 for 10 punches. SPECIAL: BUY 2 \$60 PUNCH CARDS AND SAVE 10%. Each class requires one punch. Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last month’s Punch Card raffle winner was **Beverly Ebner**.

September Fitness Orientations: Wednesday, Sept. 5, 6 p.m.
Saturday, Sept. 15, 11 a.m.
Wednesday, Sept. 19, 6 p.m.

Key
Bold = New/Change
(B)eginning (I)ntermediate (A)dvanced

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|--|
| Class Locations: (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room –Delta (SR) Sonoma Room-Vista (FC) Fitness Center | | | | | 1 8:30-9:30am STEP Aerobics (B/I) (GX) Pat 11-12:30pm ZUMBA (B/I) (GX) Sophie/Morgan 12:30-1pm Pilates/Stretch (B/I) (GX) Sophie/Morgan |
| 3 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:45-10:30 am. Core Balance & Standing Abs (B/I) (GX) Sophie 10-11 am. Aqua Fit (B) (DP) Denise 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4 pm. Circuit Training / Combo Balance (B/I) (GX) Susan 4-5 pm. Stretch & Flex (B/I) (GX) Susan) 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna | 4 8-9am Body Works (B/I/A) (GX) Kathy (Sept. 11 & 25 only) 9-10 am. Simply Stretch (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Dance Aerobics (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy | 5 7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna 3-4 pm. Circuit Training / Combo Balance (B/I) (GX) Susan 4-5 pm. Stretch & Flex (B/I) (GX) Susan) 7-8pm Relax & Get Fit (B/I) (SR) Anna | 6 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10 am. Simply Stretch (B/I) (DB) Joele 9-10 am. Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Dance Aerobics (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise | 7 7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie | 8 11-12:30pm ZUMBA (B/I) (GX) Sophie/Morgan 12:30-1pm Pilates/Stretch (B/I) (GX) Sophie/Morgan |
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TrilogyLiving

September 2012 Club and Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|--|
| | | | | | | 1 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 11am Table Tennis (D) 7pm The Cash Tribute Show (V) |
| 2 10am-3pm Farmers Market (D) | 3 Labor Day Holiday HOA Admin. Office is closed 8am Social Tennis 9:30am Walk & Talk (V) 1pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 7pm Poker (D) | 4 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 12:30pm Dominoes (D) 1pm Stroke/ Head Injury Support Group (V) 3pm Village Oakmont Arch. Com. (D) 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) 6pm Tai Chi & Yuan Chi Dance (V) | 5 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis (D) 7pm Billiards Club Mtg. (V) 7pm Delta Breeze Chorus (V) | 6 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Cycling Club (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6:30pm Village Riviera HOA Mtg. (D) 7pm Photography Club (V) | 7 8am Social Tennis 9am Beginning Oil Painting (D) 9am Model Club (V) 9am Village 1 Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) | 8 8:30am Hiking Club Mtg. & Hike (V) 10am-5pm Painting Workshop with Bergren (D) 5pm Bocce Ball Club End of Season Banquet (D) |
| 9 7pm Dance Club – Grandparents Day (V) | 10 8am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 12:15pm Bridge – Duplicate (V) 1pm Open Painting (D) 1pm Rip, Stitch & Bitch (V) 2pm TAG Monthly Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D) | 11 <i>Patriot Day</i> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dance Class (D) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:15pm Canasta - Hand & Foot (V) 12:30pm Watercolor Painting (D) 2pm Master Association Board Mtg. (V) 2pm Stroke / Head Injury Support Group (D) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Grapevine Chat (V) 7pm Computer class: Windows Live Photo (V) | 12 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6:30pm Nature Club Gen. Mtg. (V) 7pm Delta Breeze Chorus (V) | 13 8am Social Tennis 8:30am-5:30pm Culinary Food & Wine Tour #2 (offsite) 8:30am Golf - Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10am Council for the Arts (V) 12:15pm Canasta - Ponytail (V) 1- 3pm Advanced Hearing Aid Service (V) 1pm Good Samaritans (D) 4pm Golf - Sr. Men's Board Mtg. (D) 4pm Village 1 HOA Mtg. (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6:30pm Olympic Village HOA Mtg (D) | 14 8am Social Tennis 9am Beginning Oil Painting (D) 9:30am Walk & Talk (V) 10:30am Country Line Dance – Advanced (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bunco (D) | 15 8:30am Hiking Club (V) 11am Table Tennis (D) 9am Veterans Resource Forum (V) 2pm Chinese Brush Painting Class (D) |
| 16 | 17 8am Social Tennis 9pm Watercolor Painting (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 6pm Soul Line Dancing (D) 7pm Fishing Club (D) 7pm Poker (D) | 18 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole Golf 12:15pm Canasta - Hand & Foot (V) 12:30pm Dominoes (D) 12:30pm Watercolor Painting (D) 1pm Kare Bears – Olympic Village (D) 5pm Olympic Village RC Potluck (D) 5pm Billiard Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V) | 19 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 7pm Olympic Village RC Mtg. (V) 7pm Delta Breeze Chorus (V) | 20 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Dog Club (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 1:30pm Kare Bears Health Care Seminar (V) 2pm Genealogy Workshop (V) 3pm Whist Club Mtg. (D) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 6pm Pinochle (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Village Oakmont RC Mtg. (D) 7pm Village Oakmont HOA Mtg. (D) 7pm Village Riviera RC Mtg. (V) | 21 8am Social Tennis 9am Beginning Oil Painting (D) 9am Village I Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance – Advanced (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing (V) 5pm Advanced Ballroom Dancing (V) 7pm Whist Club (V) 7pm Open Mic Night (V) | 22 8:30am Hiking Club (V) 9am – 2pm Health & Wellness Fair (D) 7pm Concert – County Line Trio (V) |
| 23 9am – 2pm Fall Flu Shots (D) | 24 8am Social Tennis 9am – 2pm Blood Drive (D) 9pm Watercolor Painting (D) 9:30am Walk & Talk (V) 1pm Access Committee Mtg. (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 5pm Whist Club Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D) | 25 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Country Line Dance (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 5pm Billiards Club Tournament (V) 5pm Grapevine Chat (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. (D) 7pm Computer class: Windows Live Photo (V) | 26 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 5pm Table Tennis (D) 7pm Delta Breeze Chorus (V) | 27 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Adult Committee Mtg. (D) 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6pm Saddle Rock Village Delegate's Mtg. (D) | 28 8am Social Tennis 9am Beginning Oil Painting (D) 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 10:30am Country Line Dance – Advanced (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bingo (D) | 29 8:30am Hiking Club Hike (V) 11am Table Tennis (D) 5pm Table Tennis International Potluck (D) |
| 30 | | | | | | |



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Billiards Club

The next Billiards Club meeting is on Wednesday, Sept. 5, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are 5 p.m. The first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players and for that Tuesday evening the B players will get a one-game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player.

The format for the fourth Tuesday is 8-ball and the club will split the tournament into A and B players. There will be a first and second place winner in each group.

The fifth Tuesday will be 9-ball with no handicap for B players. Officers: President Al Bergoust, Vice President Joe Mattos, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

July 3, 8-Ball

1st Oscar Grissom
2nd Ben Bautista
3rd Dave Stewart

July 10, Handicap 9-Ball

1st Geno Toscano
2nd Dave Stewart
3rd Al Bergoust

July 17, 8-Ball

1st Al Bergoust
2nd Ben Bautista
3rd Dave Stewart

July 31, 9-Ball

1st Al Bergoust
2nd Rich Garcia
3rd Jim Copley

July 24, 8-Ball A & B

A Division

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

B Division

1st Geno Toscano
2nd Jack Clark
3rd George Doner

For more information regarding the Billiards club, contact Oscar Grissom crpntrboy@aol.com.

Bingo Club

Summer is coming to an end. Join us for some fun on the fourth Friday of the month. The next game is on Sept. 28. Win money, make new friends, and have great fun. Games begin promptly at 7 p.m. at the Delta Club. 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. Everyone is welcome. For more information, call Irene (6999).

Bocce Club

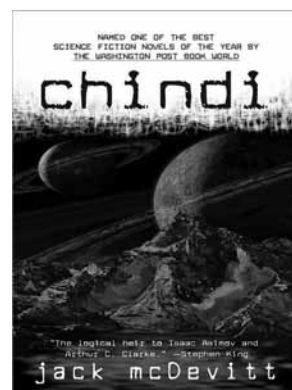
Both the MBL (Morning Bocce League) and NBL (Night Bocce League) 2012 seasons have ended. A recap of the activities will be in next month's article. The annual membership meeting is on Saturday, Sept. 15 at 9 a.m. in the Delta Club. The meeting agenda will include a "state of the club" report, a review of the 2012 season and members in attendance will elect the board for the 2013-2014 seasons. The existing board members have all expressed a willingness to continue for another term. Floor nominations will be accepted at the meeting and voted upon by the club members in attendance. All residents are invited to attend and to make their thoughts and ideas known. This is your club, make it work for you.

The Winter Bocce Federation (WBF) will begin play on Tuesday, Sept. 18. The format for this season is to play one day per week on Tuesdays at both 9 and 11 a.m. on all six courts. The season will run through Tuesday, Nov. 20 (10 x 3 game matches). The WBF will sponsor a BYOS social on Tuesday, Nov. 27, at 12 p.m. Details to follow. The WBF is a no fee, yes free, activity and is a good venue for new residents and potential members to get a feel for the game. Call Joe Downes (7520) no later than noon, Saturday, Sept. 8 if you would like to sign-up for the WBF. Also, if interested, attend the Saturday, Sept. 15, 9 a.m. annual meeting in the Delta Club for an update and information for the future.

Plans for an October/November self-funding Fall Bocce Classic tournament are in progress. Details will be in next month's Trilogy Living and posted on the Summerset bocce bulletin board as well as the Trilogy Bocce Club (TBC) site on MTL. Remember to roll often, throw straight and have fun, that's what it's all about. For more information, contact Joe Downes (7520).

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is Sept. 11. The book selection is *Chindi* by Jack McDevitt. October's book selection is *A Most Wanted Man* by John le Carre. There is no requirement to have read the selected book. Everyone is welcome to join in. Please feel free to stop by. For more information, contact Adrienne (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. There is no game in September because the director will be out of the country. However, mark your calendars for our game on the second Monday of October. July's results: 1st - Lynn Fortner and Karen Nash; 2nd - Run Wan and Betty Magnoli; 3rd - Peg Walker and Wilma Powell

Computer Club

The next meeting of The Trilogy Computer Club is Sept. 18 at 7 p.m. in the Diablo Ballroom at the Vista Club. This meeting is devoted to reviewing just what to back up on your computer for either safe-keeping or for transferring your documents to a new computer. We will talk about solid-state hard drives and also show you a preview of Windows 8.

If you wish to become a member of the club you can go to the club website at www.tccrv.org to complete and print a copy of the application and give it to any of the directors with the annual dues of \$12. Or you can sign up at any meeting. The website also provides the latest information on many computer related subjects, meetings, and other interesting items.

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. For more information, contact Lynne Hansen (4060).

Dog Club



The Trilogy Dog Club now has 132 members. This includes paid and non- paid members. Ideally, we would like to have every Trilogy dog owner registered with us for the purpose of inclu-

sion in our Lost Dog Network. Many lost dogs have been returned to their owners as a result of the information included in our database. When we can't locate the owner from this information alone, an email is sent to all registered dog owners. We have had success in locating pet owners due to this additional assistance.

Linda Solomon, club president, recently received a call from the front desk regarding a yellow lab that was found walking alone down Summerset. The only tag on the dog indicated that it was a guide dog for the blind. Linda sent an email out to all dog owners listed in our database. Soon after, one of those folks called Linda to say that she thought that she knew who the dog belonged to. Linda

then called that person and located the rightful owner. She told Linda that she had been very worried, but didn't know who to call. When asked why the pet had no other ID, the owner replied "She never leaves the house."

A dual purpose of expanding our Lost Dog Network/ Database to include more of our dog owners is to demonstrate to the association our need for a dog park. While we haven't been successful yet, we will continue to work with them in our efforts.

If you would like to become a member of our Trilogy Dog Club, please call Georgette Hall (3654). If you would prefer not to be a member but would still like to be registered in our database, call Karen Bereta (3505)

There is no meeting of our club in August. The next meeting is as follows:

Date: Sept. 20, 2012

Time: 11a.m.

Location: Delta Club

Fishing Club

Our next meeting is Monday, Sept. 17 at 7 p.m. in the Marina Room at the Delta Club. We will go over the preliminaries of our holiday brunch in November. We will discuss the possibilities of a party boat trip to San Francisco Bay, depending on the fish. The salmon fishing, here in our backyard in the Sacramento River, will be getting hot. Bill Miltimore's presentation on the techniques and how-tos in fishing for salmon in the Sacramento River was very informative and enjoyed by everyone. Thanks, Bill! Hopefully, more of us will be able to get out salmon fishing because of the new information. We have more things to go over.

We will have our usual coffee, tea and cookies. Hope to see you there. Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at (3791).

Genealogy Club

Our meetings have been a great success not only because of the wonderful people attending but also due to the valuable information we collect from the difficulties and challenges our researchers face in pursuit of their lineage. We are often asked for advice to get started with family research and we willingly pass along information about a few good, and sometimes, free sites.

Although Ancestry.com is a favorite, it's not free; there is a yearly charge. For those just starting it's not recommended when you can use the free sites to get started. FamilyTree.com is also a favorite; the software must be purchased but you also receive some free months to re-



search on Ancestry.com. A favorite free site is Heritage Quest. This is available through the Solano County Library and has a wealth of information including the U.S. Federal Census. In total, it covers more than 140 million names and all census page images are fully downloadable. It also allows access to unique Revolutionary War information. It identifies more than 80,000 American Army, Navy, and Marine officers and enlisted men from the Revolutionary War era. Also available are Vital African American records - the Freedman's Bank Records are one of the important resources for the African-American genealogy researcher. These are searchable documents on more than 480,000 bank applicants, their dependents, and heirs. Other sites you may want to try: USGENWEB, Rootsweb, and FamilySearch.net.

The Genealogy Club is open to all residents of Trilogy. There is no fee to become a member. Our regular meeting is held on the first Thursday of every month at 2 p.m. at the Vista Club Monterey room. For more information, contact Rhoda at (7542). The Genealogy Workshop is held on the third Thursday of each month at 2 p.m. at the Vista Club in the computer room. For more information about the workshop, contact Carolyn at wncbridges@comcast.net.

Good Samaritans

Good Samaritans gives honor to God for the 7th year anniversary of Bible study and events. Our goal is to reach the Trilogy community with a ministry of reconciliation by the word of God.

The Good Samaritans first event honored 9-11 and Hurricane Katrina victims in 2006 and 2007. We thank those who participated, making this event possible: The military from Travis AFB along with the honor guards, Dr. Sally Brenner, Colonel, USA (Retiree), Stanley Brenner, Colonel, USAF (Retiree), Rio Vista Coast Guards, Rio Vista Fire Dept., VFW, American Legion and to all soldiers who served in the military.

On January, 2007, the Good Samaritans sponsored the first Tribute to Dr. Martin Luther King, Jr. in the Diablo Ballroom. Thank you to the Whist Club for continuing the vision to honor the late Dr. Martin Luther King, Jr.

Our ministry, which is inspired by God, has a goal to unite the Trilogy Community through other events such as National Prayer Day, Good Friday Service, Prayer Breakfast, Thanksgiving Food Giveaway, Christmas Toys for Needy children, Christmas gifts and prayer at local care homes and visiting the sick and shut-in.

On Sept. 11, 2012 we are asking all Trilogy residents to remember the victims of 9-11 and their families. We pray that National Day of Recognition, honoring 9-11, victims will never be forgotten.

The Good Samaritans Bible Study meets every Thursday at 1 pm. at the Delta Club.

Scripture of the Month: 2 Cor. 5:17-21

Hispanic Club

All documentation necessary to become an official club of Trilogy has been submitted to the activities director. We will be notified when the decision is made; all members will be emailed. Word of mouth is making us more friends so keep on spreading the word.

On Sunday, August 5, some of us got together to plan our first social activity, a wine and appetizers gathering sometime in September. As of the writing of this article date/time or place had not been determined. Again, as soon as something is more settled we will notify all members of the details of this activity.

Our bylaws determine the need for officers in our club. We would love to hear from any of you who would like to volunteer for any of the positions: president, vice-president, treasurer, secretary and also those of you willing to act as social and membership chairs. Please email or call with your interest to the people at the bottom of this article. Target date for filling these positions should be no later than October, so hopefully by September we will have a slate.

Please be alert to your emails. We'll update you with any news until we meet again. For more information, contact Vicky Riddle, vriddle98@yahoo.com (3684); Len Latorre, n1len1@frontiernet.net (3893); Lily Martinez, lilymartinez@frontiernet.net (1345); or Ricky Martinez, ricky552913@yahoo.com (1345).

Mah Jongg

We meet every Monday except the second Monday of the month at the Sonoma (card) Room at 1 – 3 p.m. We play the Hong Kong version. If you know a different version or have never played the game, we have several good players and any one of them will help you learn this version of the game. Come join us. Call Molly Martinez (3417) for more information.

Men's Executive Nine

We held two tournaments in July. On July 10, our club hosted the women's nine hole club. We played mixed teams in a two best ball format and all played from the green tees. The winners were Stan Melby, Walter Brock, Billie Reece and Jeannie Renner. On July 24, we played our yellow ball tournament. The winners of this event were Metz, Harlod Rowe and Blind Draw. Congratulations to the winners and thanks to everyone who participated.



Our club plays every Tuesday starting at 11:30 a.m. We usually have two tournaments each month and the other Tuesdays are straight golf. On Sept. 25, we will have our quarterly meeting after golf. The meeting is in the Nines dining room. Refreshments will be served. In addition to other important business, we will be electing our new board at this meeting, so please attend and support your club. Then, on Wednesday, Sept. 26, our club is traveling to Brentwood to play in a nine-hole tournament with the Brentwood Rough Riders. Watch for the sign-up sheet on this event.

Currently, we have 86 members and are growing. If you are interested in joining our nine hole golf club, pick up an application form in the posting room or contact membership chairman Dick Talbott at (707) 225-0077.

Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday of each month for an all-day ride. Last month, August 4, the topic of the day was weather-weather-weather. There are a number of remarkable microclimates in the Bay Area and one of the main attractions of motorcycle riding is that we are in the environment, not just looking at it.

The first of our microclimates was Rio Vista. The day began with temperatures in the mid-50s and winds gusting to 30 MPH. The destination of our first break was Alice's Restaurant in Woodside. Our ride route took us south on Hwy 160 to Hwy 4, a cold and windy journey, and then south on Hwy 680 to Hwy 580. Here, we experienced the first of our climate changes. We were in the lee of the hills around the Danville area; the sun made a brief appearance; we were fooled into thinking it would warm up and become windless.

Once we turned westbound on Hwy 580 we were again riding right into the teeth of a strong on-shore wind. Crossing the San Mateo Bridge and heading south on Skyline

Blvd. we experienced the third of our microclimates. This area featured protection from the wind and persistent fog with moisture content that felt as if it were raining.

After leaving Alice's, an iconic roadhouse, we made our way to Boulder Creek for lunch and again found an entirely new environment of Cypress trees and Sequoias invoking the feeling of a rain forest. From Boulder Creek we meandered to the coast and rode Hwy 1 to Half Moon Bay. This was the fifth of our microclimates featuring salt air and sandstone cliffs. After a coffee stop in Half Moon Bay we rode home and witnessed an electrical storm that provided further appreciation of the diversity of our pockets of microclimates.

We invite motorcycle riders in Trilogy to join us on any of the monthly rides. Our next meeting is Sept. 1 at McDonald's in Rio Vista at 8 a.m. For more information, contact Bob Pastorino (6556) or Larry Nelson (2967).

Photography Club

July and August meetings concentrated on editing techniques of the photographic image. In July, a DVD presentation of Fine Art Digital Workflow featured renowned professional photographers R. Mac Holbert and John Paul Caponigro speaking on the basic approach to photo editing. Keys to a successful edited image was said to have a clear idea of the final product one wants to produce before beginning the edit. The edit could then proceed not haphazardly, but with intent in its development. A basic approach to executing the edit is to first consider the image globally and execute broad adjustments. Next, the edit continues from the perspective of regional adjustments or areas needing improving. Lastly, local, specific edits can be applied to finish the task.

August's program included a projected demonstration of Adobe Camera Raw, which is a photo editor that applies changes to the entire photo (globally) rather than at the regional and local perspectives. As has become a meeting tradition, at both the July and August meetings, members were able to project their own images for club member critiques.

All Trilogy residents are welcome to attend our meetings, which offer an opportunity to learn more on digital photography and traditional photography principles.



photo by Richard Fay



The club meets on the first Thursday of each month at 7 p.m. in the Monterey Room located in the Vista Club. There is no membership fee. For more information, e-mail Richard Freeman at RJFREEM@frontiernet.net.

Recipe Club

The theme for our Sept. 11 meeting at noon is "Food on the Go." Chefs are Elayne Finch, Patty LaFleur, Linda Walsh, and Molly Woodworth. The coffee hostess is Shirley Rogers.

The Recipe Club is open to all residents. If you enjoy cooking and sharing recipes, feel free to join us. We meet at noon the second Tuesday of each month in the Delta Club. If you have questions, please call Patty LaFleur (3159).

Monthly tip: Always buy the freshest garlic you can find; the fresher it is, the sweeter it will be. The best garlic has firm tissue-like skin and should not be bruised, sprouted, soft or shriveled. If you find cloves that have green shoots, discard the shoots — they will only add bitterness. When you're going to sauté garlic, slice it rather than mincing it. It's less likely to burn that way.

Rio Vista Roamers RV Club

In August, we were at Durango in Redding. John and Anne hosted and we thank them. We had eleven rigs join us. A group of 10 from Trilogy and another joined us on their way back from Oregon. This is an exceptional park and so handicap-friendly. Everything is flat and paved so our members that have difficulties can easily get around. There will be more news on this next month.

Rio Vista and Brentwood clubs are doing a campout together Sept. 24-28 in Quincy and Frank Reid (2259) is our wagon master. The fee for five nights is \$172.50 or four nights is \$142. Fees must be paid by Sept. 1. If you prefer to go early or stay later, the cost will be \$30.50 per day. Does a tour of the Sierra Pacific Lumber mill sound interesting? A free tour will be available on the Tuesday of this trip.

Our yearly trek to Bodega Bay is Oct. 22-25. Doyle and Erna Ellington (5276) will again be our hosts. Be sure and join us for the last camping trip of the season. In November we will all meet at the Delta Club for a potluck and our holiday dinner will be at the Nines in December. We welcome retired members and active members to our dinners and potlucks.

As always, anyone who would like to join us is more than welcome. We are a fun loving group and the first outing is a chance to see if you would like to join our club. For more information, contact Sandra Santos (3538) or Doyle Ellington (5276).

Senior Men's Golf Club

Rick Ricasata came up small during the August ad hoc tournament. Rick scored a hole-in-one on the 15th hole and claimed a sizable share of the hole-in-one pot. Congratulations Rick.

Our September tournament schedule includes the second half of the Millennium Cup tournament as we host Brentwood on Sept. 26. Our club is the defending champion and although we came up a bit short in the first half, we hope to make up the difference and then some when we play on our home course. We are also hosting the Oakmont Senior Men on Sept. 12. In addition to the monthly ad hoc on Sept. 5, we are holding the ever popular yellow ball tournament on Sept. 19.

Our club plays each Wednesday morning with tee times starting at 8 a.m. Sign-up sheets are available in the posting room or through our e-Clubhouse website at rvsmsgc.ghinclub.com. You can also find the latest news and tournament results.

We hold our general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club main meeting room. Please attend and support your club. The next meeting is on Sept. 20. If you have any other questions about our club, contact club President, George Barlesi at (4032) or e-mail George on gbarlesi@comcast.net.

Stroke, Head & Brain Injury Club

Stroke Club, with material assistance from the National Stroke Association (www.stroke.org), is sponsoring a table at the Health Fair on September 22 from 9 a.m. - 2 p.m. at the Delta Club. This fair is a community event, and open to everyone. So bring your friends. Our group will answer questions such as What is stroke? What are the symptoms of stroke? How can I prevent a stroke? We will also provide information on many other health topics, including blood pressure, atrial fibrillation, stress, etc., and how these relate to stroke.

Stroke Club supports those who have had or are living with someone who has been affected by stroke, a brain injury or one that results from a head injury (such as an assault or car accident), which subsequently caused a brain injury. We also assist those who are suffering from dementia, regardless of the cause.

Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to your situation. Since each person who experiences these maladies can suffer from feeling alone, helpless,



and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living successfully with these constraints.

Our goal is to have fun as well. We conduct various extracurricular activities for the group both within Trilogy and in nearby communities. In July, we held a "Pie" party and also watched a DVD entitled Brain Fitness Frontiers, which provided information on how the brain changes throughout life due to its neuroplasticity.

If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, please contact Dr. Cheryl Bellrose (6619). We encourage caregivers and families to join as well.

We have changed the time for meetings and are now meeting on the first Tuesday of each month from 2 - 4 p.m. at the Delta River Room. Our next meeting is Sept. 11. Hope to see you there!

Supper Club

The next Supper Club is in October. This will be the last Supper Club for 2012. If you are unfamiliar with our group, we meet every other month, five times a year beginning in February. On these occasions you can meet our members and get to know them in a small group setting (usually six to 10). We are not limited to a formal dinner menu. We may also have a brunch, a luncheon or a theme party. In addition, every year we also conduct a party for the entire group.

Everyone is welcome to join Supper Club. Please note: our club is not just for married or committed couples. We don't want to leave anyone with the impression that single individuals are not welcome. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and the friendship provided by our members.

If you are interested in joining us, or have any questions, contact either Maureen Gingrass (3803) or Cheryl Bellrose (6619). We always have room for new members, and of course, we'd love to meet you.

Table Tennis Club

Things are moving right along. Results of the Rossmoor at Rio Vista tournament held on Aug. 25, 2012 are posted on our website. Check them out at <http://trvtt.wordpress.com/>.

Since there was no need to meet in August, the general meeting calendared for Aug. 9 was cancelled. However, elections are coming up and we will be voting for new officers in the November meeting. If you are willing to take up some office in order to help our club, please let

any member of the board know of your interest. Available offices and all other pertinent information is again posted on our website.

On August 16, we had a Pizza and Bocce evening since we were "locked out" of the Delta Club due to the Drama Club performances during that weekend. Again, details appear on the website. If you want to go in depth into what we have on our website, you will need to become a member since that content is password protected. So, what are you waiting for? Join our club and enjoy the benefits of excellent exercise, fun, and camaraderie. Table tennis is a sport that fosters health and well being, improving balance and hand-eye coordination.

MyTrilogyLife.com has a hyperlink to our website. Check it out under "clubs." All you have to do is click on <http://trvtt.wordpress.com> and you will be able to transfer immediately to our website.

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

Tennis Club

New players wanted! While our Trilogy Tennis Club is doing well, it is also important to have a steady inflow of new people. Whether you are new to tennis and want to learn, played years ago and want to get started again, or are a weekend player, we welcome all levels and can help you get to the playing level you want through playing, training sessions, and working with our automated ball machine. Social tennis is always available to anyone from 8 - 10 a.m. Monday through Friday.

Team Tennis was a fun success this summer and will start up again in the spring. For the remainder of the year, we will set up a tennis ladder for ranking men's doubles, women's doubles, and mixed doubles teams. The goal is to have plenty of great internal competition among our team members.

Our last competitive match of the year is against Brentwood at our courts on Friday, October 12.

Remember, Court #2 is your recycle center for all your plastic water bottles. Thanks to all of you who continue to recycle there. For more information about our club, contact Wally Beckman at beckmanwally@hotmail.com.

Whist Club

This was the Whist Club's first time being in the 4th of July celebration. Did everyone see our golf cart? Thanks to everyone for helping with the decoration. We got 7th place, hooray!



The club gathers once each month, usually on the third Friday at 7 p.m. at the Delta Club. Please check the monthly *Trilogy Living* for any date/time changes.

Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. Those who have other board or table game preferences may share also, e.g. Scrabble and Monopoly are encouraged. We also welcome those who just want to socialize.

The Trilogy Whist Club is also the vehicle through which other cultural activities have been organized, to which the entire Trilogy community and their families are invited. The next event will be Martin Luther King Day. All events are intended to be educational, informative, and fun. You may contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

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 sheet is picked up on Sunday at noon. If you need to cancel call Ruth Almgren, Tournament Chairman 507-5244, Karen Adams (4610) or the Pro Shop (2900).

Tuesday Play Day Results.

July 3, 2012: Pars: # 1 Eila B., #5 Georgette R., and Donna B. #8 Billie R., Lynne T., Betty B. Low Putts: Judy R., Kathy M., had 17. Charr J., Lynne T., had 18 Chip-in: Ta-Duh Lynne T. Great Job.

July 10, 2012: Men's Nine Holer's Hosted. Winning Teams: 1st: Stan Melby, Walter Brock, Billie Reece, Jeannie Renner. 2nd: Ed Smith, Al Shaver, Robert Emler, Eila Ballard, Ron Kott, Bob Frable, Bob Brainerd, Karen Adams. Great turn out. Congratulations to all the Winners.

July 17, 2012: Par: #5 Nancy W., cheers! Birdie #5 Kathy M., cheers and confetti. Chip-in: #7 Betty B. Big cheer. Tournament Results: 1st: Fran S., 25 putts. 2nd: Kathy M., 26 putts. 3rd: Karen N., and Arla G., 27 putts. Great Playing Ladies.

July 24, 2012: Low Putts: Ruth A., #14 Lenne H., and Pam

C., #15. Great Putting. Chip-in: Sharon F., on hole #17. Wow and Wow.

July 31, 2012: Chip-ins: Ruth A., most amazing on #9 it was very SPECTACULAR. Pars: Ingrid C., #1 Ruth, Donna, and Billie #5, Eileen O., Lenne H., #8. Great Golfing.

If you would like to join the Women's 9-Holers, call Georgette Rodrigues, Membership Chairman at (2683).

Women's 18-Holers

Our club had an Eclectic Tournament and the winners were: Flight A - 1st place: Vicky Riddle. 2nd place tie: Linda Barlesi and Lucille Rhodes. 4th place: Linda Siatt. Flight B - 1st place: Diana Staley. 2nd place: Pat Kistler. 3rd place: Angela Jones. 4th place: Roni Teixeira. Flight C - 1st place tie: Maureen Gingrass, Charlotte Godsey and Terry Sutter. 4th place: Karen Nash. Flight D - 1st place: Bessie Dunn. 2nd place tie: Charr James and Joanne Smith. 4th place: Helen Swarbrick.

July 5: Straight Golf. Flight A - 1st place: Lucille Rhodes. 2nd place: Joan O'Connor. 3rd place tie: Vicky Riddle and Linda Siatt. Flight B. 1st place: Diana Staley. 2nd place tie: Maureen Gingrass, Trixie Roque and Chris Sabye. Flight C - 1st place: Charlotte Godsey. 2nd place: Bessie Dunn. 3rd place: Terry Sutter. 4th place: Lynn Grace. Flight D - 1st place: Marilyn Rogers. 2nd place Donna Bjork. 3rd place: Helen Swarbrick

July 12: Straight Golf. Flight A. 1st place: Linda Siatt. 2nd place: Linda Barlesi. 3rd place tie: Vicky Riddle and Judy Zelmar. Flight B. 1st place: Diana Staley. 2nd place: Chris Sabye. 3rd place: Doris Sundly. Flight C - 1st place: Paula Davis. 2nd place: Terri Anisko. 3rd place: Maureen Gingrass. 4th place: Bessie Dunn. Flight D - 1st place: Donna Bjork. 2nd place: Lynn Grace. 3rd place tie Darl McCarthy and Helen Swarbrick

July 19: Hosted Nine Holers. 1st place: Vicky Riddle, Charlotte James and Karen Adams. 2nd place tie: Linda Siatt, Maureen Gingrass, Georgette Rodrigues, Judy Zelmar, Terry Sutter, Ella Cooper, Cindy Brown, Terri Anisko, Judy Rumble. 3rd place: Linda Barlesi, Chris Sabye, Suzi Masterson.

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Best of Solid Gold

On July 28, Solid Gold celebrated their first birthday on the Vista Patio. They played music from the '50s, '60s, and '70s and are comprised of members who are affiliated with Trilogy. Band Members: Claire McKean, vocals; Bonnie Granados, keyboard; Harry Pluth, guitar; Jim Lucas, sax; Joe Pepper, drums; Bob Jacobs, bass



Model Club's Garden Railroad **STEAM UP**

Joined by the live steam group from Sacramento, the Model Club exhibited dozens of live steam locomotives and models on the Vista Lawn.



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RIO VISTA
DELTABREEZE

September is National Preparedness Month



September is National Preparedness Month sponsored by the U.S. Department of Homeland Security. Throughout September, activities across the country will promote how to prepare for an emergency precipitated by natural disasters, mass casualties, biological and chemical threats, radiation emergencies, and terrorist attacks. Be prepared by, at a minimum, securing a disaster supplies kit and by making a family emergency plan.

A disaster supplies kit should include basic items you may need to survive on your own after an emergency. The kit should be ready to take with you should you have to evacuate at a moment's notice, and should include three-day supply of water—one gallon of water per person per day (do not forget water for pets), and a three-day supply of non-perishable food.

Basic services such as electricity, gas, water, sewage treatment and telephone may be cut off for days. Your supplies kit should contain items to help you manage outages; including a portable battery-powered radio, flashlight and extra batteries, a first aid kit and manual, sanitation and hygiene items, matches in a waterproof container, a whistle, extra clothing appropriate for weather, blankets, kitchen accessories and cooking utensils including a can opener, photocopies of credit and identification cards, cash and coins, prescription medications, eye glasses, contact lens solutions, hearing aid batteries, and other items to meet your unique family needs. For more information on how to prepare an emergency supplies kit, please visit: [HYPERLINK "http://www.Cal.gov/EMA/PlanandPrepare"](http://www.Cal.gov/EMA/PlanandPrepare)

A family emergency plan should include: how you will get in contact with each other, where you will go, what you will do in an emergency, and contact information for a family member or friend out of the area or in another state who everyone can contact to check in. Keep a copy of the plan in your emergency supplies kit or another safe place and review plan regularly with your family. For information on how to make an emergency plan, visit www.ready.gov/FEMA.

The Trilogy Disaster Preparedness Committee can also answer questions regarding preparedness. Contact Lynne Hansen at (4060) or email LYNNEH10@aol.com.



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ANNOUNCEMENTS

Gambling Trip

Red Hawk Casino: Night time
6-11 pm Saturday. September
22. Cost \$28. Contact
Carmen Martinez (3259).

Parkinson's Support

Support Group "Movers
and Shakers" is a group for
Parkinson's essential tremor
dystonia that meets once a
month. For more information
call Audrey Kinser (7506).

FOR RENT

Home for Rent

Beautiful 3br/2ba, 2053 sq.
ft. Trilogy residence. \$1300/
mo. Upgraded kitchen with
granite counter tops. Stainless
steel appliances. Like new.
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Call Yaoqi 415-407-4971.

Home for Rent

Belmont model golf course home,
furnished or unfurnished: rent one
bedroom or whole home. Non
smoker, no pets. All appliances
included. 925-285-9162 for details.

FOR RENT

Home for Rent

Big Sur former model near
Vista Club: 1400 sq.ft., 2br/2ba,
landscaped, 2- car garage, \$1250/
mo. No pets. Owner pays HOA.
Call Harry 650-588-1801.

Home for Rent

Spinnaker model with gas
fireplace, den, covered patio.
HOA and gardener included. No
smokers. Call Pat 208-1788.

Room for Rent

No pets, non-smoker, 55+
years. Call for details. (6045)

Room for Rent

Room for rent: \$500 per month.
Call Jan at 688-9338. No smoking.

FOR SALE

Freezer

Free 5.4 cubic foot freezer. 15 years
old but works fine. Lynne (3566)

Golf Cart

EZ Go golf cart 2011 \$8500
firm. Golf balls Pro V1 100 for
\$100; Bridgestone 100 for \$100;
Titelist 200 for \$100; Nikes
200 for \$100. Call (4921).

FOR SALE

Golf Cart

Mint condition Yamaha golf cart:
canvass cover with drop down
zippered doors. Rear plastic
window blocks our wind and
rain. Asking \$1500. Bill (6823).

Grill

Weber CNG Summit S-650
Grill, 2 years old. When new
over \$2000. \$650. OBO.
Also Mercury 3.5 HP two stroke
outboard motor. Never used, brand
new. \$500. OBO. Call John at (2183).

Inversion Table

Teeter Hang Ups #EP-550+
with exercise guide. Like
new \$150. Call 507-5250.

Keyboard

Yamaha keyboard with stand,
foot pedal, instruction manuals.
61 keys, 36" high. Excellent
condition \$50. Call 533-6148.

Mixer

Stand mixer. Cover red. Includes
FPPA Pack-grand, slice, shred, puree.
Ice cream attachment, extra beater.
Used twice. \$300. OBO Call (6744).



FOR SALE

Scooter

Power Scooter Jazzy 1103 Ultra. Red, \$500. OBO. Call David (4810).

Scarves

Bonita Stewart Designs: I make hand knitted scarves, cowls, hats and fabric handbags. See my complete inventory at www.etsy.com/shop/bonitastewart or call (4368).

Window Coverings

Custom Designed window coverings for Calistoga model. Includes blinds and shades, \$500. for all. Call 510-396-0009 for further info and details.

Window Glass

Back bedroom door window glass: 64" high x 20" wide x 7/8" deep \$50. Call Lynne (3566).

Wine Storage Cooler

Temperature controlled wine storage unit, 66 bottle capacity. \$135. Excellent condition. (4708)

SERVICES

Airport Transportation

I'll get you to any airport or SF port on time and pick you up on return. TRV residents only. In previous issues, I explained HOW I charge. Here are the fares: SFO \$105, OAK \$85, SMF \$65, PORT \$90/ Call Ralph Hatch (3941).

Appliance Repair

Service and repair of most makes and models. 30 years experience. Now serving the residents of Trilogy. Call Gary (4945).

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.

SERVICES

Assistant for Females

Available Monday –Thursday 9-5: Meal preparation, errands, transporting to pharmacy, post office, groceries, appointments, shopping, visiting friends, movies, etc. Contact Brenda (4617) or cell 816-0964 tmblweed5000@aol.com

Audio/Visual

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

Auto/Home Detailing

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

Bilingual Assistant

English/Spanish speaking retired social worker would love to assist you in enjoying life in Trilogy. Will do errands, transport to shopping, appointments, friends, light housekeeping. 320-1995

Caregiver

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

Carpet and Upholstery Cleaning

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

SERVICES

Carwash

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

Cleaning

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

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/ Mac's, install, teach, create web pages, coordinate with Frontier, Best Buy, Comcast. (6334)

Computer Help

Trilogy resident will come to your home to correct computer problems and help with learning new programs including photo, email, etc. Call Bill 650-430-7680

Computer Help

PC or laptop repair, including optimization and virus removal. Extend life of old computer or set up a new one. Wireless setup, add new devices and tutoring. 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).



SERVICES

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).

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).

Enhanced Improvements & Repairs

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

Faux Finishing @ Its Best

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

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Gardening

Need garden pruning or sprinkler repairs? Trilogy resident and former Golden Gate Park gardener offers 25% discount to Trilogy residents. Call Mike (2349).

SERVICES

Guitar Lessons

Beginning guitar, baritone ukulele lessons starting September 5. All ages. Call Zoe (3676).

Hairstyling

Haircuts & styling done in the comfort of your home. Over 35 years experience. Call for appt. Myrna Home: (3725) Cell: 408-309-0083. Men also. Trilogy resident.

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).

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, disposals, toilet maint., and more. Free estimates. City bus. license #1654. Bob Bailey (3391).

Home Design

Gypsy Cowgirl Designs: Call Patty for help with redesigning your home or for staging. (4410)

Housecleaning

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

Household Assistance

Clean house, wash car, cook meals, drive far. Be friends, frown fix, organize clutter, pet sit. Paint walls, small repairs, pack house, relieve cares. Jody 386-7896

Housesitting

Be happy to housesit while you are on vacation. Call 925-642-6980. Responsible person.

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Income Tax Services and Planning

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

In-Home Care

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

Knife Sharpening

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

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Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run. Cost is \$5 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue.



SERVICES

Landscape & Design

My name is Jim Gilly, a new Trilogy resident. www.gotgilly.com. An easy and pretty website to browse. I will visit your home, consult, and install. Ask how you can save money by you being the contractor if you so choose. 925-260-5780

Landscape Maintenance

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

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Notary

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

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Painting

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SERVICES

Personal Organization

Haven't seen the top of your desk lately? Can't close the closet door anymore? Let ClutterNOT help you make the "hard decisions" of what to keep and what to donate or discard. Experienced, confidential and sensitive de-cluttering. References available. Trilogy resident, Carol Kern, 925-286-2398 or www.clutternot.com for free consultation.

Pet Care

Pet sitting in Trilogy since 2007. Lovingly care for your pet as well as basic home care (mail, papers, trash, plants) while you're away. References. Due to injury, unable to walk dogs at this time. Call Kathleen Montemayor (4750) email: kamont1953@yahoo.com

Pet Care

Loving care for your pet while you are away. Includes walking, feeding, mail brought in, garbage out, etc. Call Trilogy resident Andrea 209-201-8143.

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.

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).

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Window Cleaning

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

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Tahoe Condo

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

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Recipes

Recipes that incorporate foods grown or raised in the California Delta region for a new Discover The Delta Foundation cookbook. Contact Blaine (0717) bfoltz@yahoo.com



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