

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

August 2015

Trilogy Living



summer **EXCITEMENT!**

Summer continues its momentum following the Biggest Mover Contest, Trilogy Triathlon, and the Model Club Live Steam Up. Check out the Activities, Fitness, and Clubs pages for more opportunities!

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From the Master Association

Don Love

President

President's Report, July 14, 2015

Master Board Executive Session

- Contract for the landscaping of the Welcome Center Entryway and Hwy 12 was discussed. The Board is considering what the ongoing contractual obligations will be for the old LLD and who will be doing the work. A proposal by Valley Crest was submitted and tabled until additional information has been investigated.
- There was an initial discussion on the process for upcoming Management Contract renewal.
- The Board reviewed and updated all of the Liens and Collection statues of delinquent accounts. Our out-spending balance continues to improve.

Master Board General Meeting

- Melissa Coleman was appointed as Access Committee Liaison
- The 2014-15 Audit was approved
- Committee reports of note indicated that the Document Revision Committee will meet on July 21 with the attorney, to be followed with a meeting of the committee, attorney, and the Master Board; date to be announced.
- California Vehicle Code: The Master Board conducted a discussion and voted to affirm the previous Board resolution to ask the City to approve the CVC upon the roadways of Trilogy.
- A discussion was held on the 2nd reading of the Wildlife Pest Management Policy before it was voted on. A lengthy discussion ensued and the policy was approved without major changes.
- Bocce Court Renovation was approved at a cost of \$28,558.40, against budgeted reserves of \$53,345, to be done in conjunction with the installation of the new courts. The work is expected to be performed in the first part of August.
- A presentation of the impending roadwork to be done this summer was made and approved at a cost of \$115,084.69, against a budgeted reserve of \$141,004.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Don Love, President (707) 374-6882
Noel O'Brien, Vice President (925) 348-4097
Melissa Coleman, CFO (707) 374-6874
Joel Auslen, Secretary (707) 374-5808
Patty Kohn, Director at Large (707) 374-2737

District Delegates

Village 1 - Melissa Coleman, (707) 374-6874
Village Oakmont - Walt Manos (707) 374-2827
Village Riviera - Ron Waite (707) 374-6714
Olympic Village - Joel Auslen (707) 374-5808
Saddle Rock Village - Roger Kohn (707) 374-2737
Eagle Point Village - Teresa Fraser (415) 407-8563

Committee Chairs

Adult - Harish Chinai (707) 374-2643
Administrative Policies - Melissa Coleman (707) 374-6874
Document Revision - Bob Sather (707) 374-1384
Emergency Action - Alan Levine (707) 718-7907
Access - Art Darden (707) 374-3455

Village Board Presidents

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Village 1 - Larry Mork (707) 374-3389
Village Oakmont - Walt Manos (707) 374-2827
Village Riviera - Donald Seyk (707) 374-6407
Olympic Village - Joel Auslen (707) 374-5808
Saddle Rock Village - Art Darden (707) 374-3455

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Delta: Admin Office (707) 374-4843 Fax (707) 374-4891

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Joan Azlant, Kathy Erwin, Harish Chinai

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From the Editor



Andrea Stuart

We all know that although Rio Vista is small in size, it's big in personality. There always seems to be something new to whet our appetites and fill our calendars. And its close proximity to

the delta and neighboring cities makes it a pretty sweet spot to live in. Summers in Rio Vista just got more exciting. On August 22 in Downtown Rio Vista, Hog August Bites is kicking off its fundraising jubilee with live music (last year Afterglow played), a BBQ Ribs and Chili Cook-off, a car show, a soap box derby, as well as food crafts and vendors. Funds benefit Rio Vista youth. Previously, Hog August Bites supported Union Baptist Church Youth Group Winter Camp Program and the Rio Vista High School Girls Softball Team. Sounds like a great way to support the community and have fun during those down times when Trilogy isn't hosting its own exciting event!

Remember, your community moves beyond its walls. Find out what's happening by logging into MyTrilogyLife.com for activities, fitness classes, clubs listings, community news, community photos, HOA updates, and more. Summer is only half over, so keep checking in with the events page of MyTrilogyLife.com for more interesting ways to spend your days!

July Cover Photo Contest Winner:

Contest Winner: Greg Anderson

Owner: Larry O'Brien

Vehicle: 1926 Model T Hot Rod

Prize: Gift Certificate for two to attend an association-sponsored event.

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.

From the Activities Director



Debbie Dorn

Trilogy's July 4th celebration of our national Independence Day brought the community together in record numbers for a great day of patriotic reflection, fellowship, and fun times!

Appreciation is given to all contributors, participants, volunteers and staff who helped to make this such an enjoyable event!

See page 12 & 13 for special acknowledgements and parade contest winners. Thank you event photographers Dennis Taylor, Linda Mitchell, Paul Peterson, and others who donated their photos. Photos are currently being shown on the slideshow now playing in the Vista Club Rotunda. Thank you everyone, job well done!

Here is the lineup for upcoming special events!

- **August Computer Classes (see page 29)**
- **8/9 Juried Art Show ~ Trilogy Art Guild**
- **8/9 & 8/23 Trilogy Produce Market...
10% discount on purchases over \$10!**
- **8/13 – 8/16 Production: Dogsbreath Devereaux ~
Drama Club**
- **8/16 Solid Gold Dance ~ The Dance Club**
- **8/21 Karaoke – Simply Spontaneous Fun**
- **8/22 & 8/23 Shibori Workshop ~ Trilogy Art Guild**
- **8/25 CPR/AED First Aid Training**
- **8/28 Bingo**
- **8/29 Concert on the Patio Featuring Tri Tip Trio**

Your comments and suggestions are always valued. Send an email anytime to ddorn@actionlife.com. My mailbox is always open!

Trilogy Residents Call To Action!

We are seeking volunteers to join the computer class development focus group. Class support aides are in demand! Computer guru status not required! As a member of the development group, you can also opt to be a trainer, a class support aide, or both! We need your help to develop an enjoyably beneficial program for the community. We need YOU! Email your interest, ideas, or questions to Debbie Dorn ddorn@actionlife.com or phone 374-4204.

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



Computer Classes

Learning Center, Vista Club

There are a variety of introductory or special interest classes to help you become more comfortable with common computing conveniences! See page 29 for more information. Limited space available, sign up at Member Services.

Blood Pressure Check ~ Free

Thursday, August 13, 9 – 10 a.m., Library, Delta Club

Have your blood pressure checked the second Thursday of every month at the Delta Club Library between 9 – 10 a.m. Stop by and keep that blood pressure in check! While you're there be sure to thank your volunteers for maintaining this service!



Trilogy Produce Market

Sunday, August 9 & 23, 10 a.m. – 3 p.m. – Delta Club

10% discount on purchases over \$10



Experience Trilogy's market place! Trilogy's Produce Market provides wonderful produce and other specialties. Bring your neighbors and stock up! It's easy to keep a fresh supply of fruits, vegetables and specialties on hand without leaving Trilogy.

Karaoke ~

An Evening of Spontaneous Fun!

Friday, August 21, 7 - 8:30 p.m., Diablo Ballroom, Vista Club ~ Free

Specially designed for your fun and enjoyment! There are no signups, Enjoy open dancing and following song lyrics on the big screen for some sing-a-long good times! No doubt there will be story tellers, special dancers, folk singers, and more. You'll find quite a variety of entertainers and one may be you! Bring your favorite snacks and beverages. Come over for a relaxed evening of spontaneous fun and entertainment. No signups required!

Learn to Save A Life With CPR/AED & First Aid Instruction!

Tuesday, August 25, 9 a.m. – 1 p.m., Diablo Ballroom, Vista Club ~ \$60

It is good to know how to help someone in trouble. It could be your spouse or it could be your grandchild. The class provides a two-year certification in CPR/AED and First Aid at a great value. Limited space available. Sign up with Member Services by August 21, at the Vista Club.



Concert on the Patio Featuring Tri-Tip Trio

Saturday August 29, 7 p.m.
Vista Club Patio

End of Season Special
\$10 per person

Lloyd Meadows' mesmerizing washboard, harmonica and soulful vocals, with Bruce Gordon's funky, bluesy accordion, and Louie Rodriguez on drums will keep you dancing on your feet or in your seat! Tri-Tip Trio is a fireball of hot dance hall music. Bring family, friends, dance shoes, outdoor attire, your comfortable lawn chair for the patio and your favorite refreshments! The patio is completely shaded by 6:30 p.m., and the Delta's breeze makes for a comfortable setting! Sorry no tables. Small trays or coolers work best. Check-in begins at 6 p.m. Limited sales so sign up early at Member Services, Vista Club.



Call to Action All Trilogy Veterans

Thank you for registering for the special Trilogy Veterans tribute project to identify all veterans in the community. The slideshow displayed during the Veterans Day activities continues to build! Pass the word - let's keep it going for those who have not yet registered and for those just moving into the community! You only need to contact us if you haven't already registered before now, or if you want to add information. To register contact Member Services at 707-374-4200 or stop by the Vista Club with your name, branch and year of entry/discharge. Also if you have a past photo in uniform along with a current photo, email or drop them off with Member Services for Debbie Dorn in an envelope along with your contact information for return. There is no need to repeat what you have already submitted. Again thank you for helping us to acknowledge all of our Trilogy Veterans!

Concert: The Best of Neil Diamond Performed by Jack Wright

Sunday, September 6, 2 – 4 p.m.

Diablo Ballroom, Vista Club ~ \$10 per person



The Heartlight Show is an intimate, powerful solo performance of music that has kept Neil Diamond in the hearts of his fans for more than five decades. Jack's natural voice and engaging onstage presence capture the essence and emotion of Neil's songs. Bring family, friends, and your favorite refreshments! The Heartlight Show is coming to Trilogy by special arrangement

for only \$10 per person. Limited sales so sign up early at Member Services, Vista Club.

Complimentary Hearing Screening and Assessment

Thursday, September 10, 1 - 3 p.m.

Monterey Room, Vista Club ~ Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and assessment to all members. Also offered are cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Please keep in mind that some repairs may have a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. They look forward to serving your needs on an ongoing basis. Depending on need, their services are offered quarterly the second Thursday of every third month. You will need to contact them directly to make an appointment at 707-428-1313, although walk-ins are welcome.

Trilogy Club Awareness Day ~ Find Your Niche

Saturday, September 12, 10:30 a.m. - 1:30 p.m., Diablo Ballroom, Vista Club ~ Free

Explore your opportunity! Discover your niche! Get connected and enjoy! Many of your community's clubs or special interest groups will be represented to share the benefits of their activities. Talk with the folks in a relaxed atmosphere. Last year there were more than 50 clubs or groups represented! And do plan for a break to enjoy the



musical entertainment in the Grand Living Room. Clubs register at Member Services. Free table space is available on a first-come basis! Light refreshments will be served. For more information contact Debbie Dorn at 707-374-4204.

Flu Shot Clinic is coming to Trilogy!

Sunday, September 13, 9 a.m. – 2 p.m., Delta Club

- FREE for Medicare Part B holders
- \$30 for all others including those with HMO coverage such as Kaiser
- Bring Required Medicare card, Identification and completed Medicare form with you on September 13
- Cash and checks will be accepted

Sign up at Vista Club Member Services and pick up the Medicare form. For more information, call Sutter Health at 707-535-5690 or email flu@SutterHealth.org.

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

Friday, September 18, 7 – 8:30 p.m.

Diablo Room, Vista Club ~ Free

The venue is set, welcoming Trilogy residents to take the stage and share their 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 check it out! Performers sign up 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.

Blood Drive

Monday, September 28, 9 a.m.- 1 p.m.

Rio Vista Room, 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 Wiskeman at 707-374-6211 or email her at wiskeman2@yahoo.com.

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Attention All Club Status Groups!

Tuesday, September 29, 10:30 a.m. – 12 p.m.

Diablo Ballroom, Vista Club

Mark your calendar, the Club Status Annual Renewal meeting is coming. All groups with club status need to be represented at the meeting. Others involved with organizing special events should also attend. RSVP with Member Services at 707-374-4200.

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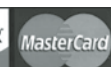
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Assessment Notice

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

Assessments for the month:

Master Association \$126.51

The Developer subsidy, as it applied to less than 200 original owners of Village I, expired as of May 2015. From June 2015 forward, all Members, including past subsidy recipients, are responsible for the Master Association Assessment of \$126.51 plus the appropriate Village Assessment below.

Village I \$5.25

Village Oakmont \$5.20

Olympic Village \$5.10

Village Riviera \$5.25

Saddle Rock Village \$0
(None until dormancy ends)

Eagle Point \$0
(None until dormancy ends)

Emergency Action Committee

Fifteen of our members assisted the Trilogy Triathlon organizers in overseeing the safety of participants during this event. Members of the Trilogy Theater group collaborated with us.

The Chief of the Rio Vista Fire Department (RVFD) invited our committee to participate in an orientation on Community Emergency Response Team (CERT) volunteer program. Fourteen members attended, committing to attend future CERT meetings. To better understand the CERT program, one of our members attended the June 30 CERT Conference in Richmond.

What is CERT? The Whittier Narrows earthquake in 1987 underscored the area-wide threat of a disaster in California. This event confirmed the need for training civilians to meet their local immediate needs. Therefore, the Los Angeles Fire Department, which in 1985 came up with the CERT concept, created the Disaster Preparedness Division with the purpose of training citizens as CERT program volunteers.

The CERT program goes hand-in-hand with the scope of our committee; our members are honored to collaborate with the RVFD and the Rio Vista Police Department in developing a CERT program for our city.

The RVFD is planning a BBQ fundraiser to support the annual Firefighter Appreciation Banquet to be held September 13, from 11:30 a.m. - 4:30 p.m. at the Veteran's Memorial Building, 610 St. Francis Way. Please purchase your \$25 ticket at the RVFD, Pets-4-All, or Books Rio Vista.

Our committee meets monthly on second and fourth Tuesdays from 7 – 9 p.m., Marina room, Delta Club. We welcome visitors and new members. For information contact Gillsa Heredia Miller, Member at Large at 916-508-2758, Alan Levine, Chair at 707-718-7907, or Art Darden, Co-Chair at 707-374-3455.

Saddle Rock Village Residents' Club



July 15 was the first meeting of our newly elected officers for the Saddle Rock Village Residents' Club. Our 2015 social committee has made a few changes to our yearly calendar. They are as follows:

Saturday, September 26 - Fourth Annual Saddle Rock Village Block Party

Sunday, October 25 - Apple Hill bus trip and tour to Camino, CA

Sunday, December 6 - Holiday Party
(co-hosting with Oakmont Village Residents Club)

Sunday, December 13 - Saddle Rock Village Annual Holiday Caroling

The bus trip to the Cache Creek Casino on June 14 was hosted by the Saddle Rock Village Residents' Club, and it was a huge success. Richard Larsen, Vice-President and Social Committee Chair served homemade, banana-nut-chocolate chip muffins with coffee and waters during the trip. Five cash prizes were raffled off as well as a bonus drawing. At the end of the trip several people came home with more money than they started out with. Check out our other outings on our website <http://saddlerock.tk>. For information, please contact Dana Hoover, President, at 707-374-3455 or time4dana@mindspring.com.



Dates to Remember:

Wednesday, November 18, 7:30 p.m. Saddle Rock Village Residents' Club will meet. This will be following the 6:30 p.m. Saddle Rock Village Board meeting in the Delta Club, Rio Vista Room. Our social hour will follow each meeting hosted by our Welcome Committee Chair Rayno Niemi. Wine, soft drinks, water and goodies will be served while we mingle.

Meeting Calendar

Master Association Board

Tuesday, August 11, 2 p.m.
Diablo Ballroom, Vista Club

Council of Village Presidents

Monday, August 17, 10 a.m.
Location Rio Vista Room, Delta Club

Access Committee

Monday, August 24, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee

Thursday, August 13, 5 p.m.
Monterey Room, Vista Club

Adult Committee Meeting

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

TRV Amenities Committee

Monday, August 17, 3:30 p.m.
River Room, Delta Club

Document Revision Committee

Tuesday, August 11, 12 p.m.
Tuesday, August 25, 1 p.m.
Monterey Room, Vista Club

Emergency Action Committee

Tuesday, August 11, 7 p.m.
Marina Room, Delta Club
Tuesday, August 25, 7 p.m.
River Room, Delta Club

House Renovation Committee

Monday, August 10 and 24, 3 p.m.
Monterey Room, Vista Club

Village Riviera Board News

Village Riviera Board meetings are on the first Thursday of odd-numbered months. Our next meeting will be on September 3 at 6:30 p.m. in the Marina Room at the Delta Club. We hope to see you there, and want you to know we welcome your questions or concerns regarding Village Riviera. Call Don at 707-374-6407 regarding any questions that need immediate solutions. Discussions from the July 2 meeting will be posted in the September *Trilogy Living*.

Village Riviera Residents' Club

Village Riviera has two more events to look forward to in 2015. Bunco and Beans will be held on Saturday, October 24 at the Delta Club and the Holiday Dinner will be held on Saturday, December 12 in the Diablo Ballroom at the Vista Club. Please look for more information about these events in upcoming *Trilogy Living* issues.

The Residents' Club meets on the third Thursday of the month at 5 p.m. in the Monterey Room at the Vista Club. Please join us. It's a great way to work with friends and neighbors while having fun planning our Village events. Contact President Patty Ramos at 707-377-4410 or pscramos@yahoo.com for more information.

Village Riviera Kare Bears

In June, after a presentation by Julie Major, Village Riviera Kare Bears voted to donate \$500 to the Rio Vista Fire Department. The Rio Vista Fire Department's professional and caring help, especially in time of family crisis is greatly appreciated. The donation will be used by the Rio Vista Fire Department's "Hot Shots" in support of Fire Department programs.

Do you live within Village Riviera on Foxwood, Laurel Place, or Oakridge Way? Would you be interested in filling the position of Block Coordinator? Come to the meeting to learn how you can help or call Valerie Krummer at 707-374-6942 or Gerry Swan at 510-507-4080 for information.

Village Riviera Kare Bears meet the second Monday every other month at 10 a.m. at the Delta Club. The next meeting is August 10. Refreshments are served during social time, which starts at 9:30 a.m.

Come enjoy a cup of coffee or tea, visit with your neighbors and join the fun.



Trilogy's Celebration



THANK YOU COMMUNITY!



Grand Marshalls
Georgette Hall, USAF Veteran
Jacqueline Jones, USAF Retired



Norman Richardson, Mayor
City of Rio Vista

Other Parade Military Veterans:

- US Army, Navy: Julius Ramey
- US Navy: Brenda Lundy, Sherman Standard
- US Marine Corps: Pat Currier
- US Coast Guard Hans Slade
- US Air Force: Ted Angus
- Catherine Goff, John Wilson

There are so many to share a hand in shaping the Trilogy Independence Day festivities, which have evolved from Villages to focus groups coming together each year to develop such a grand community event!

The 2015 Focus Group led by Activities Director Debbie Dorn, and other team members are:

- Antoinette Pestana, Historian Advisor
- Joe Downes, Historian Advisor
- Jim Wichmann, Village 1
- Cyndy Schroeder, Village Oakmont
- Myra Samfeld, Village Riviera
- Lee Ann Frable, Olympic Village
- Patricia Hilaire & Evelyn Jarland, Saddle Rock Village
- Teresa Fraser, Eagle Point Village
- Jim Eckhardt, BBQ Grill Chef

For you, your volunteer teams, military, veterans, dignitaries, escorts, photographers, participants and all staff: Your contributions are the fabric for this eventful day of fellowship and celebration!



Officer John Collondrez RVPD
1957 Dodge Dart



Rich Victor
Delta Club DJ



U.S. Coast Guard
Rio Vista Station



Ron Covey
Poolside DJ



Parade Registration - Vista Club



1st Place \$60 The Point Restaurant
"Treasure Hunt" Linda Robinette



2nd Place \$50 Lucy's Restaurant
Wil Bridges



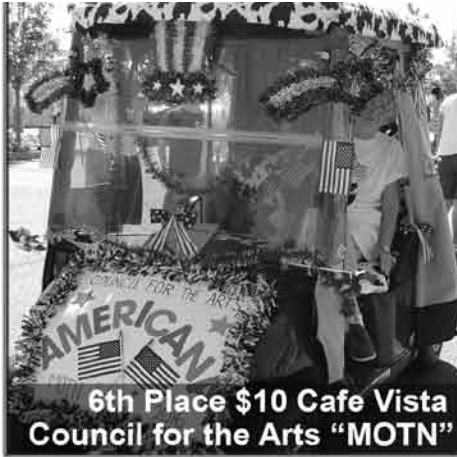
3rd Place \$40 Liras Supermarket
"Presidents" Barbara Stanley



4th Place \$30 Pizza Factory
"Tennis Club" George Sablin



5th Place \$20 Subway
"Children" Sally Feldman



6th Place \$10 Cafe Vista
Council for the Arts "MOTN"



7th Place \$10 Cafe Vista
TOPS



8th Place \$10 Cafe Vista
Dog Club



9th Place \$10 Cafe Vista
"Emma's Cart" Noel Doyle



10th Place \$10 Cafe Vista
"Independence" Shirley Fairbarn



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Emergency Action Committee

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WOW Award
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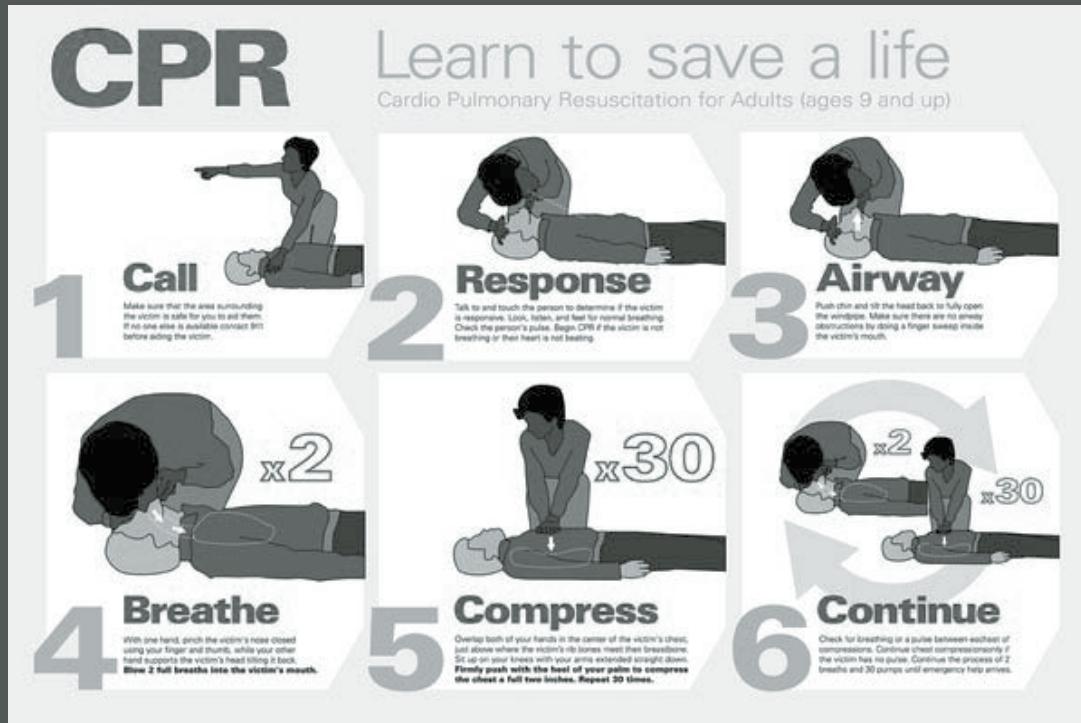
SCOOTERS



We Bill Medicare For You!

I Feel Good Medical | 1113 Texas St., Fairfield | 707-426-2211 Pictures are for illustrative purposes only.

Tuesday, August 25



It is good to know how to help someone in trouble, it could be your spouse or your grandchild.

The class provides a two-year certification in CPR/AED & First Aid. A great value. Limited Space.

Vista Club Diablo Ballroom

9:00 a.m. ~ 1:00 p.m.

Sign Up at Member Services ~ \$60



Kathy Erwin
Fitness & Spa Director

Summer Sensation Spa Packages

LAST MONTH TO TAKE ADVANTAGE!

Good for purchase June 1 – August 31, 2015. May be redeemed anytime.



Summer Sizzling Spa Package Deep Tissue

A deep tissue massage is a powerful way of untangling those knots and easing out chronic patterns of tension deep within your muscles. It's the heavyweight hero of massage.

50 minutes, Special Price: \$50

80 minutes, Special Price: \$80



Summer Sensation

Includes 50-minute Swedish massage, with a revitalizing foot treatment that includes: foot scrub, hot towels, foot massage and hydrating moisturizer.

Special Price: \$70

Trilogy Signature Facelift Facials

This revolutionary signature facelift will change the image of your skin in just one application. Vitamin C (glycolic acid) is gentle but has highly active enzymes that will speed up cellular turnover to brighten, tighten and lighten your skin!

2 - 50 Minute Facials, Special Price: \$110

Aqua Joint with Beverly & Healthy Back with Beverly

Coming in September:

Aqua Joint and 8 Steps to a Healthy Back with Bev Shilich

Aqua Joint uses the healing power of water to improve overall health

NEW SESSION DATES

September 21 – November 9 (8 classes)

Days/Times: Mondays, 3 - 4 p.m.

Location: Vista Pool

Fee: \$45 (Pay at Member Services) **MUST PRE-PAY**
NO SWIMMING ABILITY REQUIRED!

8 Steps to a Healthy Back is a progressive class based on Pilates core engagement

NEW SESSION DATES

September 21 – October 14, 2015 (8 classes)

Days/Times: Mondays & Wednesdays, 1 - 2 p.m.

Location: Group Exercise Room

Fee: \$45 (Pay at Member Services)

For more information, call Bev at 374-4200

DEANNA'S YOGA CONTINUATION

Take Care of Your Body...

It is the Only Place You Have to Live

Relax, Replenish and Revive.

Yoga every day keeps the doctor away!

When: Saturdays 9:30-10:30am

Where: Diablo Ballroom Vista Club

Dates: August 1 – September 5, 2015

Fee: \$35

(Must pre-register at Member Services)

Strength - Muscle Tone - Pain Prevention -

Better Breathing Mental Flexibility -

Calmness - Body Awareness

August Fitness Orientations

Saturday, August 1, 11 a.m.

Saturday, August 15, 11 a.m.

Wednesday, August 19, 6 p.m.

congratulations to the Biggest Mover contest winners!

- 1st Place – Anna Trottier
- 2nd Place – Barbara Pavao
- 3rd Place – Regina Quemere
- 4th Place – Barb Downs
- 5th Place – Wendy Manfredonia



Instructors Prescy Dela Cruz, Anna Chunn, Pat Puryear, Beverly Shilich, Kathy Erwin and Joele Swift



The cook was our very own Lenny Young. He volunteered his time in Trilogy's hottest day 104 degree heat to cook our over 100 HOTDOGS!!! You are the BEST Lenny!! Thank you so much!



Carolyn Azbell and Joan Guptill



Jerry Washington and Jennifer Spearman



Ron Covey & Georgette Hall



Enjoying the Great food!!



5th Annual Trilogy Triathlon

1st Place Individual: Ed Vitrano

2nd Place Individual: Gary Stage

3rd Place Individual: Cecelia Wolfram

1st Place Team: Han Chiong & Chandler Stauffer

2nd Place Team: Pat Currier/ Mary Currier/Alan Owens

3rd Place Team: Eileen Wheeland, Fran Loiselle & Jorun Hansen

This year was our biggest yet with 50 participants. Congratulations to all who participated! A very special thank you to Alan Levine and the Emergency Action Committee for their outstanding time and efforts in helping make this year's Triathlon a much safer and successful event. Also Thank you to all my volunteers who patrolled the streets and made it safe for the bikers and runners to compete safely at all intersections and helping in so many others ways to help make this year's the BEST! Lastly, I much appreciated the Rio Vista Fire Department for their support and presentation all day during the event to make sure all was safe and sound.

Thank you everyone! I believe this year was our best year yet!

Kathy Erwin

Fitness & Spa Director



Trilogy's Triathletes for 2015: Swimmers, bikers & runners



*Rio Vista's "finest" Fire Department.
Thanks guys for your support!*



Ron Auger and John Lamb



*3rd Cecelia Wolfram,
2nd Gary Stage
1st Ed Vitrano*



Bob Azbell



Dale Miller



Dorothy Busuttil, Kathy Erwin
& Marlene Percivalle



Alan Levine



Ron Auger



Denise Rubiacco



Jorun Hansen walking with friends



Swimming for the fun of it



Summer Smart

By Dr. Kimberly Gilmore

Summer means more outdoor activities. Here are a few reminders for staying healthy this summer.

Healthy Hydration: Drink plenty of water throughout the day. Aim for approximately 64 ounces (6-8 glasses) of water a day. Drinking caffeinated or alcoholic beverages does not help with hydration, so use care and only drink these in moderation. Consider a chilled herbal tea (naturally caffeine-free) or lemon water as an alternative to sugar-loaded drinks. As a refreshing treat, put seedless chilled watermelon in the blender for a naturally sweet drink.

Seasonal Snacks: Fruits and vegetables can provide refreshing and healthy snacks. Choose produce that are in season for the freshest options and, often, the best prices. Northern California summer fruits and vegetables include apples, artichokes, asparagus, avocados, blueberries, blackberries, figs, melons, nectarines, peaches, pears, plums, raspberries, and tomatoes. Coincidentally, many of these foods are high in antioxidants. For example, anthocyanidins in berries or lycopene in tomatoes help protect our skin from the sun, so eat plenty of nutrient dense fruits and vegetables for summer health.

Party Prepared: Consider bringing a healthful dish like a vegetable salad, crudité and hummus dip, or a quinoa salad for your next barbecue or picnic. Have a healthy snack before you go or eat some fruits and vegetables as appetizers. Also, apples or a handful of nuts make great snacks and are particularly helpful in curbing the appetite.

Sun Safety: Use sunscreen to avoid sunburns while outdoors. Sunscreen choices include the mineral or chemical types. The best choices are mineral with zinc and titanium oxide at the top of the list. Zinc oxide is the best option. Use this resource for choosing a sunscreen: <http://www.ewg.org/2015sunscreen/>. As a general rule, don't spend any more time in the sun than you normally would without sunscreen. Most importantly, avoid sunburns as research shows that when skin gets damaged, it increases the risk for skin cancer and accelerates skin aging. Wear lightweight, light-colored long sleeve clothing and a wide-brimmed hat to help protect your skin from the sun. Remember to protect your eyes with sunglasses as blocking UVA and UVB rays may reduce risks of cataracts and age-related macular degeneration. Hats can also help protect your eyes from the sun.

THE DOCTOR IS IN

Naturopathic Doctor, Kimberly Gilmore, will be at Trilogy on Wednesday, August 19 for anyone interested in vitamin B shots, consultations, initial visit appointments, or follow-ups.

Sign up at Member Services for appointments & services

SAVE THE DATE!

Walktober

Saturday
October 17!



Passive Joint Movement Massage (PJM)

Benefits of PJM Massage:

- ❖ Promotes Relaxation
- ❖ Increases Circulation (Movement to circulate blood flow)
- ❖ Relieves Muscle Soreness (Help to move muscles so they are not tense)
- ❖ Aids in Rehabilitation
- ❖ Increase Flexibility
- ❖ Increases Range of Movement
- ❖ Reduces Muscle Guarding (Muscle tension)
- ❖ Resets Muscle Tone
- ❖ Stimulates Synovial Fluid Production
- ❖ Increases Kinetic Energy
- ❖ Improves Body Alignment & Posture

25 Minutes for \$30



Schedule your appointment today with:

Sharon Stafford Massage Therapist

Key

Bold = New/Change

(B)eginning

(I)ntermediate

(A)dvanced



TrilogyLiving

Fitness Class Schedule for August 2015

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

All classes require one of three card choices: a blue 20-punch for \$70, a yellow 10-punch for \$35, or an Unlimited Monthly Punch Card for \$85. Each card is good for one month. Get your cards at Member Services. For information, call Fitness & Spa Director Kathy Erwin at 374-4205. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Barb Downs & Debra Richards**

August Fitness Orientations: Sat., Aug. 1 at 11 a.m., Sat., Aug. 15 at 11 a.m., Wed., Aug. 19 at 6 p.m.

If you plan to make a (ROM) Range of Motion appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30-9:30am Step Aerobics (GX) Pat 11am – 12:30pm ZUMBA Power (GX) Sophie
3 8:30-9:30am WOW-TABATA- TABATA (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	4 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10am-11am Hot ZUMBA (I/A) (GX) Prescy 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	5 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-11AM Balance Boogie (GX) Joele 6:30-7:30pm Balance Ball (GX) Deanna	6 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10am-11am Hot ZUMBA (I/A) (GX) Prescy 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua fit (B/I/A) (DP) Denise	7 7-8am Early Yoga (B) (DB) Tammy 9-9:30am Body Pump (B/I/A) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	8 NO Step Aerobics (GX) Pat NO ZUMBA Power (GX) Sophie
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am – 5pm Table Tennis All Village Tournament (D) 6pm Poker – Texas Hold'em /Omaha (D)
2	3 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com Mtg (V) 5pm Whist Planning (V) 5pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Drama Rehearsal (D)	4 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Class: Computer Basics (V) 10:30am Counry Line Dancing (V) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor Class (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Class: Working w/Computer Files (V) 12:30pm Dominoes (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Canasta – Couples (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm Religions of the World (V) 7pm Drama Rehearsal (D)	5 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Saddle Rock Village RC Social Com (V) 5pm Soul Line Dancing (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Billiard Club Membership Mtg (V) 7pm Drama Rehearsal (D)	6 8am Social Tennis 8:30am Golf-Women's 18-Hole 9:30am Ceramics (D) 11am Olympic Village ARC (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (V) 2pm Genealogy Club (V) 4:15pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Drama Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	7 8am Social Tennis 9am Cycling Club (D) 9am Model Club (V) 9:30am Walk & Talk (V) 9:30am Village I ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge – Friday (V) 6:30pm Joy Luck Mah-Jongg (V)	8 8:30am Hiking Club (V) 9am Table Tennis (D) 5 – 8:30pm TAG Meet the Artists Reception (V) 6pm Poker – Texas Hold'em /Omaha (D)
9 10am – 3pm Trilogy Produce Market (D) 10am – 3pm TAG Art Show, Public Viewing (V)	10 8am Social Tennis 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 12pm Open Painting (D) 12:15pm Bridge – Duplicate (V) 12:30pm Rip, Stitch & Bitch (V) 3pm House Renovations Com. (V) 5pm Soul Line Dancing (V) 5pm Whist Planning (V) 6pm Poker Club (D) 6:30pm Game Night (D) 7pm Model Club Special Interest Aircraft (V) 7pm Drama Rehearsal (D)	11 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Computer Class: Discovering the Internet (V) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 10:30am TRVMA Executive Session (V) 11:30am Golf – TRVMEN 9-Hole 12pm Document Revision Com (V) 12pm Recipe Club (D) 12:15pm Beg Watercolor Class (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Computer Class: Working w/Digital Pictures (V) 2pm Master Association Board Mtg (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Committee (D) 7pm Drama Rehearsal (D)	12 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 12:30pm Fat Quarters Quilters (D) 2pm Bergren Art (D) 2pm Card Design Class (D) 5pm Table Tennis (D) 5pm Soul Line Dancing (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 7pm Drama Dress Rehearsal (D)	13 8am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Canasta – Ponytail (V) 1pm Gardening Club (V) 1pm Good Samaritans (D) 4pm Golf – Sr. Men's Board Mtg (D) 5pm Adm Policy Com Mtg (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Drama Club Production (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	14 8am Social Tennis 9am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge (V) 2pm Guitar Club Beginners Workshop (V) 7pm Drama Club Production (D)	15 8:30am Hiking Club (V) 5–9pm Annual Saddle Rock Block Party 7pm Drama Club Production (D)
16 2pm Drama Club Production (D) 6pm Drama Club Cast Party (D) 7pm Dance Club w/ Solid Gold (V)	17 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 10am Village Oakmont ARC (V) 11:30am Saddle Rock Village ARC (V) 12pm Opening Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 3pm Guitar Club (V) 3:30pm TRV Amenities Committee (D) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) (Potential Cancellation) 6:30pm Game Night (V) 7pm Fishing Club (D)	18 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Computer Class: Microsoft Word (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor Class (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Computer Class: Microsoft Excel (V) 12:30pm Dominoes (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 5:30pm Canasta – Couples (V) 7pm Theater Group Reading Activity (D)	19 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Olympic Village RC Mtg (V)	20 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Olympic Village ARC (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 5pm Village Riviera RC Mtg (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	21 8am Social Tennis 9am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge – Bridge (V) 2:30pm Veterans Day Focus Group (V) 3:30pm – 6:30pm Shibori Shirt Workshop Prep (D) 6:30pm Joy Luck Mah Jongg (V) 7pm Whist Club (D) 7pm Karaoke – Spontaneous Fun (V)	22 8:30am Hiking Club (V) 8:30am – 4pm Shibori Shirt Workshop (D) 10:30am – 2pm Trilogy/Rossmoor Tennis Luncheon (D) 6pm Poker – Texas Hold'em /Omaha (D)
23 8:30am – 4pm Shibori Shirt Workshop (D) 10am – 3pm Trilogy Produce Market (D)	24 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com Mtg 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V)	25 8am Social Tennis 8:30am Radio Club (V) 9am – 1pm CPR/ AED/ 1st Aid Training (V) 9:30am Golf – Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor Class (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Dog Club (D) 1pm Document Revision Com (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Drama Club Membership Mtg (D) 7pm Emergency Action Committee (D)	26 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 12:30pm Fat Quarters Quilters (D) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)	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 (V) 2pm Community Connections (V) 5pm Adm Policies Com Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theatre Group (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	28 8am Social Tennis 9am Cycling Club (D) 9:30am Walk & Talk (V) 10am Tennis Club Mtg (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge – Friday (V) 2pm Guitar Club Beginners Workshop (V) 7pm Bingo (D)	29 8:30am Hiking Club (V) 9am Table Tennis (D) 6pm Poker – Texas Hold'em /Omaha (D) 7pm Concert on the Patio – Tri Tip Trio (V)
30	31 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 5pm Whist Planning (V) 6pm Poker Club (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 7pm This & That Coffee House (V)					

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Computer Class 90-Minute Opportunities

Sign Up At Vista Club Member Services (374-4200)

(save your place sign up today and pay by check the day of your class)

Computer Basics \$5 ea.	Aug 4, Class 10:00 a.m. to 11:30 a.m. Introduction for new computer users to learn their way around the computer. <i>This is mandatory or equivalent knowledge for all other classes.</i>
Creating, Finding & Working with Your Files ~ \$5 ea.	Aug 4, Class 12:30 p.m. to 2:00 p.m. Where to save your work, how to retrieve your files, and how to transfer your files to a USB memory stick for portability moving to another computer.
Discovering the Internet ~ \$5 ea.	Aug 11, Class 10:00 a.m. to 11:30 a.m. Explore how to navigate the internet, the giant library where you can research, shop, read news, learn, follow hobbies, bank, use social media and more.
Working with Digital Pictures \$7 ea.	Aug 11, Class 12:30 p.m. to 2:00 p.m. Getting pictures from your camera into your computer; working with pictures; organizing/finding your pictures; introduction to a free photo editing program.
Microsoft Word \$5 ea.	Aug 18, Class 10:00 a.m. to 11:30 a.m. Word processing programs use a computer to create, edit, and print documents. Of all programs, word processing is the most common.
Microsoft Excel \$5 ea.	Aug 18, Class 12:30 p.m. to 2:00 p.m. Why? Three common uses for spreadsheets are sorting data, producing graphs/charts, & budgeting since it will auto-tabulate mathematical equations.

Limited Class Size ~ Repeating classes is recommended. Class subject suggestion list available!
Interested in training or a different subject? Contact Debbie Dorn at email ddorn@actionlife.com.

TRIPS AND TOURS

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



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

Aug. 11, Castles and Wine in Calistoga, SOLD OUT

Sept. 17, Santa Cruz Follies \$98/pp

Join us for a trip down memory lane with music and dancing from the past 60 years. A Glitzy, glamorous, toe-tapping performance! Hosted luncheon at The Crow's Nest.

Oct. 13, Gamblers' Special Thunder Valley, \$30/pp

We will "stay and play" at this classy, Vegas-style casino resort for 4 to 5 hours and get a \$20 bonus.

Oct. 21, Sonoma African Safari \$135/pp

Experience an exciting African Safari-type tram tour viewing exotic animals and birds in their natural habitat. A magical place in the heart of wine country with all the sights, sounds and smells of the Serengeti! Hosted luncheon after tram ride. Surprise stopover for some Halloween shopping before returning to Trilogy.

Nov. 19, Golden Gate Fields \$82/pp

Enjoy watching the thoroughbreds race from your finish line seats in the exclusive Turf Club. A hosted gourmet luncheon is included.

Upcoming trips:

Dec. 7-8, Overnight Gamblers' Special, Tachi Casino Resort, TBA

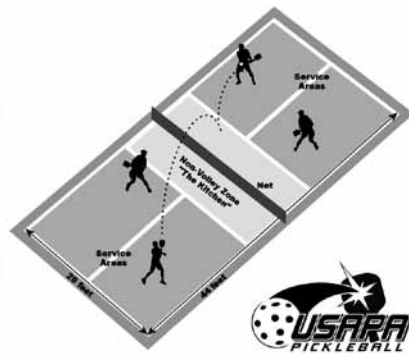
Dec TBA, Christmas Story Musical At The Orpheum Theatre, TBA

Jan. 19-Feb. 3, 16-day Hawaii/ Mexico Cruise (Brochure)

For further information call Ethel (7548) or Eileen (2684).



Pickleball Comes to Rio Vista!



Scheduled pickleball play begins on Tuesdays and Thursdays from 11 - 1 p.m. on tennis courts 3 and 4. These courts have been chalked with pickleball lines. The courts are available when-

ever they are not otherwise being used.

Not familiar with pickleball? Visit <http://www.usapa.org>, the official website for the USA Pickleball Association, to learn about this fast-growing sport.

Christmas in August?

Just imagine: on Saturday, December 5, the holiday season kicks off in Rio Vista as residents and visitors enjoy the city's new Waterfront Promenade, attend the Rio Vista Museum's annual Holiday Craft Faire, the city's Annual Christmas Tree Lighting Ceremony in front of City Hall and the Lighted Boat Parade that will once again glide along our waterway, the gateway to the Sacramento Delta. Last but not least a Holiday Home Tour sponsored

by RioVision will showcase Rio Vista's historic and contemporary holiday-decorated homes. Home Tour tickets are \$25 per person.

The home tour will be followed by a VIP Reception in a magnificent waterfront home as Home Tour Hosts are

recognized and celebrated for sharing their homes. Guests will have a front-row seat to watch the lighted boat parade while enjoying an evening of holiday delicacies, a visit from Mr. and Mrs. Santa Claus and glorious holiday music to serenade them. Tickets for the Home Tour and VIP Reception are \$50 per person. A silent auction and raffle

featuring very valuable one-of-a kind items will be the highlight of this weekend celebration. Space is limited so early reservations are suggested.

For information and reservations please contact Joyce Curry-Takara at 707-374-1374 or email edjoytak@gmail.com or Judi Kitt at 707-374-3695 or email sjkitt@frontiernet.net. Visit us on Facebook at www.facebook.com/riovisionholidayhometour.

Labyrinth Walkers



August Sonoma Walk

One of the most peaceful labyrinths in Northern California is located in Sonoma. Just an hour's drive from Rio Vista this labyrinth sits in a circle of large redwood


trees creating an outdoor room. This special labyrinth provides a quiet and relaxing environment for your meditative walk.

Please join us for a day in Sonoma where we will walk the labyrinth, have lunch, and browse the shops. The date is August 13; we will be carpooling and leaving Trilogy at 9 a.m., returning home at 3 p.m. Meet in the Vista Club parking lot near the waterfall.

For more information and to RSVP please call Elaine Wisz at 707-374-4310 or Gerry Swan at 510-507-4080 to let us know if you will be joining us and if you need a ride or are willing to drive a carpool.

Rio Vista Fire Department Hot Shot Volunteers

Last year, the Rio Vista Fire Department was thinly stretched running a busy fire department that serves not only the city of Rio Vista, but also the lower portion



BLOOD DRIVE


Monday Sept. 28, 2015

9:00 a.m. - 1:00 p.m.

Delta Club

GIVE BLOOD

GIVE LIFE





of Sacramento County. Sue McCracken was the lone administrative volunteer, working several hours every week, but only able to put a small dent in the paper work that needed to be done. Additionally, the door to the Fire Department needed to remain locked while crews were out running the 1,409 calls they responded to last year.

A call to action for the Hot Shot Volunteer Program went out and today there are 16 Hot Shots (almost exclusively Trilogy residents) pitching in with their time, talents and



Hot Shots pictured from left to right: Sherman Standard, Wayne Jardine, Marilyn Bodourian, Mike Kish, Barbara Kish, Carolyn Pyle, Jenan Afaneh, Julie Hartford, Julie Major, & Gary Lynch.

enthusiasm and they are taking the Fire Department by storm. Inspections are being done, weed abatement is getting underway, and the front door is open to the public more often than not during regular business hours.

They are now planning a BBQ fundraiser to support the annual Firefighter Appreciation Banquet on September 13, 11:30 – 4:30 at the Veteran's Memorial Building, 610 St Francis Way. Tickets are \$25 and can be purchased at the Fire Department, Pets-4-All and Books Rio Vista. Please specify beef or chicken. Call 707-374-2233 with questions.

Rio Vista Community Service Food Bank Needs Your Help!

Commit your Tuesdays (8:30 - 11:30 a.m.) one per month or any combination that works for you. Must be able to lift 40-50 pound items on occasion. Help a team pick up the weekly donated food items with a provided van. Contact 707-374-2358. Thank you.

Rio Vista Alzheimer's Caregivers Support Group

Alzheimer's Services and the Greater Bay Area Alzheimer's Association sponsor the caregivers support group to offer information, speakers and videos, as well as open discussion and social interaction for caregivers of loved ones with Alzheimer's or other dementias. The group meets the third Friday of each month from 9:30 - 11 a.m. at the Senior Center located at 25 Main Street in Rio Vista. Contact meeting facilitator Nat Marcoccio at RVALZSG@yahoo.com for more information.

Round-Up For CARE

Rio Vista CARE is rounding up fun and funds at "Round Up for CARE" on Saturday, August 8. Beginning at 4 p.m. at Veteran's Memorial Hall (610 St. Francis Street in Rio Vista), "Round Up for CARE" guests will enjoy wagon rides driven by Danielle Simpson and her World Class Simpson Percherons.

Enjoy the RV5's, Dennis and Renee Souza providing their western music, and western-style dinner catered by Texas Roadhouse. Scot and Erin Byars, local square dance teachers, bring VacaValley Ramblers for a square dance exhibition. Then you can join the fun. There will also be auctions!

Tickets for the event are \$50 and can be ordered by calling 707-374-5243 or by coming to the Rio Vista CARE offices at 628 South Montezuma Street (corner of Montezuma and 7th Street). All proceeds from this event will benefit Rio Vista CARE, the only non-profit Mental Health Counseling and Family Resources Center serving youth and families of the Lower Sacramento Delta.



Percherons and Wagon

(continued on p. 28)



This is CARE's major fund-raiser for the year, so pony up your support for this vital organization so they can provide much-needed counseling and services to our local families, adults and children.

If you would like to donate to Rio Vista CARE or volunteer your time to help with CARE activities, call 707-374-5243.

Trilogy Resident Tournament



We have had four very successful golf tournaments. Our tournament for June was held on the 28th, with a Father's Day theme. It was a huge success with golf, raffles and a great dinner at Sir Flairs. Everyone was a winner. We had ice cream floats and homemade cookies. Each of the men took home a personalized Father's Day golf ball and the golf ball dog centerpieces went home with

someone from each table. Plus there were money prizes from the game of play, and two raffle prize winners. So

much fun! The tournament for July was held on the 19th, with a Fourth of July theme. The game of the day was Red, White and Blue. Hot Fudge Sundaes followed the BBQ Tri-Tip and Chicken Dinner.

The Resident Tournament is open to all golfers with a GHIN number and handicap. It is recognized and supported by all the Golf Clubs here at Trilogy. There is also a pairing party on the Friday before, at 4 p.m., in Sir Flairs Restaurant, to see with whom you are playing. Come enjoy the festivities, and then stay for dinner. The next tournament is scheduled for August 16, with a Hawaiian theme. Three Little Pigs will be the game of choice. Be sure to sign up before August 9. Flyers are in the Posting Room in the Pro Shop. For more information, call Linda Rowe at 925-286-1555 or Harold Rowe at 925-818-1124.



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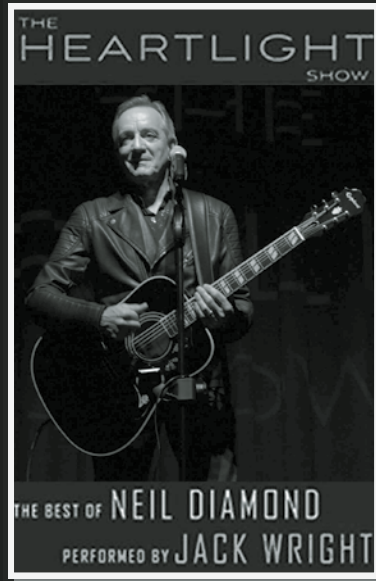


Friday, August 21

7:00 PM ~ FREE

Vista Club

Diablo Ballroom



Sunday September 6, 2015

2:00 - 4:00 p.m.

Vista Club Diablo Ballroom

By Special Arrangement \$10

Bring family, friends, & favorite provisions for this
spectacular performance! Sign Up at Member Services.

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Billiards

The next Billiards Club meeting is on Wednesday, August 5 at 7 p.m. in the Monterey Room of the Vista Club. Tournaments are every Tuesday evening and start at 5 p.m. The first and third Tuesdays the format will be 8-ball round robin. The second Tuesday of the month the format will be 9-ball. The format for the fourth Tuesday will be 8-ball partners. One A player will be paired with one B player.

Any fifth Tuesday will be 9-ball. Officers: President Al Bergoust, Vice President Dennis Pool, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

June 2, 8-Ball

1st Dave Stewart
2nd Neil Brodhead
3rd Dennis Pool

June 9, 9-Ball

1st Richard Gutierrez
2nd Ken Guillory
3rd Dave Stewart

June 16, 8-Ball

1st Al Bergoust
2nd Neil Brodhead
3rd Ken Guillory

June 30, 9-Ball

1st Dave Stewart
2nd Jack Clark
3rd Al Bergoust

June 23, 8-Ball Partners

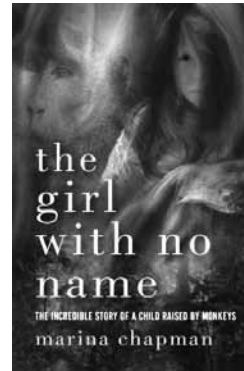
1st Ken Guillory & Ken
2nd Dennis Pool &
John Daniels
3rd Richard Gutierrez &
Nkrumbah Al-Omar
4th Jack Clark

For more information regarding the Billiards Club, please contact Oscar Grissom at crpntrboy@aol.com.

Bocce

The mid-season socials for the Morning Bocce League (MBL) and Night Bocce League (NBL) were a huge success. Special thanks are extended to Carolyn Azbell and Dorothy Busuttil for the magic they performed to make the event so enjoyable for so many. Based on the mid-season member participation and space available, we have made a date change in the Night Bocce League end-of-season dinner event, originally scheduled for Sunday, September 20. The new date for the NBL dinner event is Saturday evening, September 5. Full details will follow. The MBL end-of-season luncheon event will remain as scheduled, on Tuesday, September 1. Remember to roll often, throw straight and have fun, that's what it's all about. Contact Joe Downes at 707-374-7520 for information.

Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. at the Vista Club in the Sonoma Room. The next meeting is August 11. The book selection is *The Girl with No Name* by Marina Chapman. September's book selection is *All the Light We Cannot See* by Anthony Doerr. There is no requirement to have read the selected book. Everyone is welcome to join. Feel free to stop by.

For more information contact Adrienne at 707-374-5576.

Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, August 10. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at 707-374-6136 for more information.

June's winners: Regular game: tie 1st and 2nd: Lynn Fortner and John Fashing, and Larry Epner and Xiao Gong; 3rd: Cyndy Schroeder and Lois Brusen. Novice game: 1st: Karen Nash and Tammy Woodworth; 2nd: Judit Havadtoy and Terry Kelly.

Bridge – Friday

Friday Bridge Club meets every Friday at 12:15 p.m. in the Vista Club, Sonoma Room. All levels of players are welcome. Please let us know you are coming by 12 p.m. on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of the credenza at the left side of the room. On the first Friday there will be duplicate bridge, all levels welcome. Same sign-up book. For more information or any questions please call Larry Epner at 707-374-3511.

Bunco

We invite new and veteran residents alike to join us for a fun evening of Bunco and refreshments at the Delta Club. We meet the second Friday of the month at 7 p.m. For further information please call Shirley at 707-374-9984.



Ceramics



Rita Kim and her grape creation

Is it August already? We have members working on Halloween decorations as well as things for the garden and home. It is always fun to see what new and exciting items people will be glazing. Sometimes, we don't like how something turns out, so we glaze it again to try and make it better. We are just flying through summer this year. If you want to stay out of the wind and heat, and make a bowl for your fruit, or a gnome for your yard, or

whatever you like, come to one of our meetings.

We meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, please contact Ann at 707-374-5122.

Community Connections

There will be no meeting in August! We are taking some vacation time. Our next meeting will be on Thursday, September 24 at 2 p.m. in the Monterey Room of the Vista Club. Please join us and get to know your neighbors! If you have any questions, call Donna at 707-374-2461 or Pam at 707-374-3161.

Council for the Arts

The 2016 theme of *Music of the Night* was announced by the Council for the Arts golf cart on July 4th. "Americana" will be the theme, highlighting American music and composers. Auditions for the production will be held in October and forms for new and returning performers will be available at that time. Council for the Arts meetings are held the second Thursday of each month at 10 a.m. in the Monterey Room of the Vista Club. The next meeting will be August 13 and everyone is welcome. Please call Judy Calpo at 707-374-2924 for more information.

Couples Canasta

If you want to meet, socialize and have a fun evening with other Rio Vista Trilogy couples, this is the club for you. We meet at 5:30 p.m. on the first Tuesday of each month at the Delta Club's Marina Room, and the third Tuesday of

each month at the Vista Club's Sonoma Room. We play the gals against the guys! Canasta is a fun card game. It's easy to learn and no experience is necessary. Beginners are always welcome! We collect \$5 club dues per couple when you play, to cover the cost of supplies. Please call or email Patt Holobowicz at 707-225-0796 or 312-420-7726 if you are interested. Email is patthalo@sbcglobal.net. We hope you will join the fun!

Cycling

The club cycles for fitness, fun, and to meet new friends. Meet on Fridays in front of the Delta Club at 9 a.m. Total mileage will be 20-25 miles. Pace varies depending on wind and terrain. The more you ride the faster you get and become more comfortable with riding more miles. Come out and ride! Helmets are required. There will be plenty of regroupings; no one will be left behind. For more information, contact Marcia or Alan Morrison at marcialj@netscape.net or 707-374-5177.

Dog

Nancy Fortner tells us how she and her husband Lynn brought Kira (pictured) to her Forever Home. "This small coppery-tan dog leaped into my lap and covered me with frantic kisses. She and her six-month-old nursing puppy had been picked up on the streets in starving condition. We adopted her and another family took her son. The shelter had dubbed her "Kisses," but we changed her name to Kira."



Kira

Joan and Mike Guptill are the newest members and volunteers of the Dog Club. Joan has agreed to be the single point of contact (SPOC) for Eagle Point. If a dog is found in Eagle Point or lost from that village, Joan is the person to contact. The Guptill household has two new members in their family since Olivia and Chester, both Yorkies, had a litter.



Six golf carts in the 4th of July Parade represented Trilogy's Dog Club. Special thanks to Don Grass and Anna Stevens for the use of their carts and to Lars and Loretta Ortenblad, Tom and Sharon McDougall, Rita Meyer,

Sharon Primeau, Vicky Scott, Maggie Treadway and Elaine Weiss, club members who participated. Steve Chesser



and Boomer were our side-kicks, with Boomer wearing an Uncle Sam's costume.

For information or questions, call Mona Elliott at 707-374-4057. To enter your dog in Dog of the Month, call Sharon McDougall at 435-669-5137.



Dates to Remember: Play Day at the Vista Club on Saturday, August 15, and our monthly meeting at the Delta Club, on Tuesday, August 25, at 12:30 pm.

Drama

It's less than two weeks until the curtain goes up for *Dogs-breath Devereaux: The Dastardly Doctor or Nurses! Foiled Again*. There will be three evening performances August 13-15; doors open at 6 p.m. and the performance begins at 7 p.m. There is one matinee performance August 16; doors open at 1 p.m. and the play begins at 2 p.m. There will be beverages available for purchase. Reservations are required as the seats go quickly. You will find a reservation form in the August issue of *Trilogy Living* or you may get one at either the Vista or Delta Clubs. Completed forms are to be placed in Box A at the Delta. This is a no-charge event funded by the Drama Club's Pasta Feed in April. All residents are invited to join. The Drama Club meets the last Tuesday of the month at the Delta Club, 7 p.m. For reservation information contact Sharon at 707-374-6033. For club information contact Debby at 707-374-6706.

Fat Quarter Quilters

We are a group getting together to work on our own quilting and sewing projects. Join us, meet new friends, and share the love of sewing. We meet every Wednesday from 12:30 – 4 p.m. at the Delta Club. There are no dues or fees. Contact Esther Young at 707-374-2639 for information.

Fishing

Month by month we continue to pursue the wily fish on the waters of the delta, bay and ocean. Trilogy Fishing Club has added three new members and continues to grow and develop. We will have our annual BBQ at the Delta Marina this September. We will also have our annual brunch this November. Many of our members have had recent success ocean fishing for salmon. The salmon season begins mid-July for area inland waters. So, we will be able to fish locally for salmon through November-December.

The 68th annual Striped Bass Derby will be right here in Rio Vista October 9-11. This is one of the longest-running fishing derbies in the country. Get ready for a great Rio Vista celebration! Local fishing continues to be our focus. If you are interested in joining, come to our next meeting in the Marina Room at the Delta Club on Monday, August 17 at 7 p.m. For more information, contact Noel O'Brien at obriennoel@rocketmail.com or call 925-348-4097. Tight Lines!

Genealogy

We are so fortunate to have so many knowledgeable people in our club. Just recently we talked about the old-style handwriting and printing as early as 1801. Rhoda brought us information that will be so helpful when transcribing those old wills and other legal papers. We've also been reviewing the migration trails. Wayne Monahan provided numerous maps of not only the trails but of the railroad routes. We were also reminded of The Great Wagon Road by Darryl Groves.

Organizing and storing can be tedious and tiring. Patty Kohn provided us with additional information that she collected on Facebook for this purpose. We have a great group of helpful people and invite you to visit with us.

The Genealogy Club and Workshop are open to all residents of Trilogy. Regular club meeting take place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. For more information, contact Rhoda at 707-374-7542. The Genealogy Workshop is held the third Thursday of each month at 2 p.m. in the Learning Center, Vista Club. For more information, contact Carolyn at wncbridges@comcast.net or 510-334-0912.

Good Samaritans

The Good Samaritans Bible Study Group believe in studying the *Bible* for some of the following reasons:

1). God is the author. 2). The Word of God is true. 3). It gives adequate and complete information about life and godliness. 4). It equips us. 5). It makes us wise with regard to salvation. 6). It helps us distinguish good from evil. 7). It warns us by example. 8). It provides guidance and direction. 9). It leads to purity. 10). Teaches us Freedom from sin. -- Gal. 5:13

11). Learn contents of scripture. 12). How to be a doer of the Word of God. 13). Meditate on the Word of God. 14). Memorize and put scripture in your heart. 15). Trust the Word of God. 16). Obey the Good News of God.



We are open to all residents of Trilogy. The Good Samaritans meet every Thursday at 1 p.m. at the Delta Club, Marina Room. We invite residents to email us for further information or prayer requests at 9fellowship@gmail.com. Special events and outreach ministry will be announced throughout the year. Be Blessed!

Scripture of the Month: 2 Chron. 7:14

Men's Executive Nine Golf

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and, with a few exceptions, individual and team tournament events on the alternate Tuesdays. This month we would like to welcome new members Tom Kim, Ron Kurth and Stan Lacy. Our club currently has 115 members. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye at 707-374-5053.

There were two Tuesday Tournaments held in June. The winning team members of the June 9 "Shamble" tournament were: Dennis French, Gerard Eremian, John Waggoner, and Andy Barber. The winning players, by flight, of the "Low Net + Putts" tournament on June 30 were: (A) Jeff Culshaw, (B) Jim McDermott, (C) Bob Brainard.

There will be one regular Tuesday tournament in August and the first of the two tournament days to determine the three flight club champions. The play on August 11 will be a regular Tuesday tournament day, utilizing a "Shamble-Best 3 Net" format. The first day of play for the Club Championship will be held on August 25. The second day of the championship play will be on Tuesday, September 1. We invite you to come out and join us for a good time with a great group of guys.

Model

The Model Club would like to thank our Activities Director, Debbie Dorn and her staff, for their outstanding support and encouragement in relation to our "Steam Up" of the Garden Railroad. Without her help we would not be able to present this event each year for our residents and guests. We think it is an outstanding example of cooperation and individual dedication of Model Club members.



We recognize that the inconvenience of the disruption of the parking area causes a bother, but it would be impossible to unload and then reload the equipment otherwise. Most of

all we would like to thank you the residents of Trilogy Rio Vista, and your families for enjoying the day with us. Please consider joining our club and participating in the monthly meetings where we plan for social events (field trips), garden improvements and maintenance, and general good will. Thank you one and all.

Our Model Club meeting is held on the first Friday of each month in the Vista Club, Monterey Room. We will be presenting ideas and talking about upcoming field trips. Any questions, please contact our president, Mr. Ted Tome at 925-691-4676. Please join us at our monthly meeting.

Motorcycle

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride.



The July 4 ride was deferred to July 11 so the club could participate in the Trilogy community parade celebrating our country's independence. The

parade followed the 2.5-mile Summerset loop and was filled with cheerful noises, jubilant spectators and backyard parties acknowledging our country's history. United States of America.....what a great country to live in!

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. on August 1; the destination will be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967).

Movers & Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser at 707-374-7506.



Movie

Those of you who attended the May, June and July movie nights were informed the Trilogy Movie Club was being floated as a three-month test of Trilogy's community interest. Those who came enjoyed the films and were supportive of the concept. We numbered fewer than 15 each month. Perhaps a different night or time would have drawn a larger crowd; that is unknown. The cost of licensing to allow movies to be shown other than in the home is significant. Licensing is required even if movies are shown in a private facility in communities such as our clubs, and even if shown at no charge. Typical licensing costs could be \$2,500 per year, possibly more. Therefore, the Trilogy Movie Club will not apply for club status at this time. Thank you to those who attended, and thanks to the staff for allowing this trial period. Call Gerry Swan at 510-507-4080 with questions.

Nature

Battling ants around your house this summer? A few helpful tips include keeping counters and shelves clean and washing dirty dishes. Wash surfaces with soapy water or use a vinegar/water solution. Keep tempting foods like sugar and honey in water bowls or zip-closing bags. Ants send out scouts, so if you see a few, try to find the opening, wash it with diluted vinegar to hide their scent trail, and fill in the crack with caulking in a thin line. Bay leaves, diatomaceous earth, real white chalk, petroleum jelly, cayenne or red chili pepper, turmeric and cinnamon are distasteful to ants so spread at the entrance you found. Arriving ants can be sprayed with Windex or soapy water to kill them, not leaving a harsh residue for your pets and you. Keep all food in tightly closed containers or the refrigerator. The Nature Club's next meeting is Wednesday, September 9, 6:30 p.m., Monterey Room, Vista Club. Looking forward to seeing everyone and beginning the Fall migration trips and walks. We hope to add some new destinations this year. Contact Gail at 707-374-2718 for information.

Photography

We meet on the first Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. The next regular membership meeting is on August 6. All interested Trilogy residents are welcome to attend (whether you shoot with cutting edge photography equipment or your smart phone, it's all about the image). The next time you're in the Vista Club check out our free-standing exhibit near the fireplace. Thanks to Karen Albanese for getting this project on its feet so everyone can enjoy the works of Photography Club members.



Photo by Robert Roncaglio

Three carloads of photographers recently set out from the Vista Club for a sunset field trip to Grizzly Island. In spite of the Suisun gusts we managed to capture a number of interesting views while keeping a lookout for the elusive tule elk. Here's a helpful photography hint, courtesy of club member Doris Noriega: the best light to shoot photos with is in the morning or late afternoon.

Many of our members appreciate having a specific topic, or "homework assignment" that motivates them to get out and take pictures. This month's focus is on "baskets, boats, branches." More topics for upcoming "show and tell" segments are: September: ladders, leaves, luggage, October: harvest, signs, tables, November: tables, clocks, fences.

If you plan to share your photos during the "show and tell" portion of the meeting, please arrive a few minutes early so they can be uploaded on the computer. For more details call Cecelia at 707-374-4749 or send email to c.a.wavrick@gmail.com.

Pinochle

The Pinochle Club still meets during the summer every Thursday at 6:30 p.m. in the Sonoma Room of the Vista Club. Depending on attendance, we play single deck or double deck pinochle. Bring your skills or your desire to learn Pinochle and join us. For more information contact Shirley Grijalva at shirleygrij@frontier.com or 707-374-6752.

Radio

With the improved radio antenna we described last month, we were able to re-activate a radio repeater installed in the exercise area in the Vista Club. This repeater now allows handheld HAM radios anywhere in Southern Solano County and some portions of Sacramento the ability in our community to pass emergency communica-



tions to the Office of Emergency Services (OES) located adjacent to the County Sheriff's office in Fairfield. This repeater and antenna fills a gap that has existed for years and now enhances our ability to pass traffic regarding our possible needs in the event of earthquake, flood, fire and road closure emergencies. Sleep better tonight.

The Radio Club meets most Tuesdays in the Vista Club, Monterey Room at 9 a.m. for these and other technical discussions. Please stop by. Call Club President, Jerry Armanino for more information at 707-374-2461.

Recipe

The day for our annual outing to Larry's Produce in Suisun Valley is Tuesday, August 11 for the freshest produce at bargain prices. We will meet at the Delta Club at 10:10 a.m. and leave promptly at 10:20 a.m. to carpool to Fairfield. We will take a vote at the July meeting as to where to have lunch. Larry's Produce accepts cash only. There is an ATM available for your convenience. If you are interested in attending and have not already signed up, please call me no later than Thursday, August 6. Recipe club welcomes all Trilogy residents to join us at this fun event. Contact Kathy Nakashima at 707-374-3345 for more information.

Monthly Tip: If your soup or stew has been overpowered by garlic, just place some parsley in a tea ball and swirl it around for a minute or so. Garlic is attracted to parsley and you can then discard the garlic-laden parsley.

Rio Vista Roamers RV



There are lots of activities in store for our club for the last half of the year! Casa de Fruta in Gilroy was our destination in July. It was hosted by Wilma and Ken Powell and we thank them.

All the fun details of our trip will be in next month. August will be an individual roaming month but in September we are off to Jackson Rancheria. Carolyn and Dave Thomas (707-374-4364) will be our hosts. This trip will start on Sunday, September 13 through September 16. They will need a \$35 deposit by August 10 and this price will hold as long as we have at least 10 rigs. This will be their first time hosting our group and the theme is "Farm to Fork." Sounds delicious!

October 19-22 will find us at the 49er Park in Plymouth. Kathy and Joe Russo (707-374-2969) will be our hosts. Your deposit will be \$35 for the first night and is needed by September 10. If you want to go up on Sunday, the cost will be \$55, paid directly to the park for that day. Apple Hill time! I can already taste those apple cider doughnuts. This is also their first time hosting.

For further information, call the monthly host, or Richard Larsen at 707-580-8122 or Nancy Shirley at 707-374-5229.

Senior Men's Golf

The Rio Vista Senior Men's Golf Club concluded a very successful Charity Golf Tournament for the Battle against Prostate Cancer on June 17 and immediately followed up again last month on July 22 with the RVSMGC Armed Forces Day Golf Tournament.

This tournament supports veterans programs in Solano County. Proceeds benefit the Dixon V.E.T.S Housing Program for which the Fairfield-Suisun Community Action Council provides 12 beds for Homeless mail veterans in two group homes located in Dixon. Through this program, Solano County veterans are provided with long-term alternatives to shelters and the streets. Trilogy resident and longtime RVSMGC member, George Barlesi, provided leadership for this tournament as Tournament Director.

Based on the tournament turnouts and golfing enthusiasm evident in both charity tournaments, the RVSMGC continues to champion causes near and dear to its members, as well as the entire Trilogy community.

Other RVSMGC golfing activities during July included away tournaments at the Oakmont Golf Club in Santa Rosa and the Mare Island Golf Club in Vallejo in addition to local tournaments, including the start of the annual RVSMGC Match Play Championship Tournament.

The RVSMGC welcomes all Rio Vista men 50 and older to join our club. For information concerning membership and activities, contact our Membership Director Chris Shockley at (3603) or tshoc@cs.com.

Stroke, Head & Brain Injury

We are a support group of people who have had or are living with someone who has been affected by stroke or brain injury. We also assist those 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 each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we provide each other can be very important to adapting and living. Each month we discuss a new topic and try to learn more about subjects that are of interest to members. We also conduct various extra-curricular activities for the group both within Trilogy and



nearby communities so that we can have fun together as well. We have a Game Day where we meet at a member's home and play a variety of games to increase memory and brain function. This program has been a great success. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join or have any questions, please contact Dr. Cheryl Bellrose at 707-374-6619. We encourage caregivers and families to join as they need support as well. We usually meet on the first Tuesday of each month from 2 - 4 p.m. at the Vista Club in the Monterey Room unless there is a holiday or schedule change. We will not maintain our regular schedule at the Vista Club during August, but will have other activities as yet not scheduled, but which anyone can attend. Please call Dr. Bellrose 707-374-6619 for more information.

Table Tennis



Sandy and Richard Mariant

This article commemorates our dear friend Richard Mariant, who passed away in May. Richard was one of the club founders in 2007. Although one of the eldest members, Richard was a top player until his stroke in 2013. Richard was determined to return to the sport that he loved so much. Notwithstanding physical limitations, his perseverance in achieving this goal was inspiring.

Richard's competence in the sport made him an expert coach, always ready to help members improve their skills. His persistent advice to move the paddle from "low-to-high" when striking the ball became ingrained in the consciousness of members. He was knowledgeable about the various types of paddles and rubbers, and his craftsmanship made him a unique resource to assemble professional quality paddles for members. Beside table tennis skills, Richard was a champion Bocce player. He

also enjoyed gardening and was generous in sharing his bountiful crop.

Richard will be remembered as the fortunate husband of Sandi. She supplemented his contributions by her active role on the social committee, often preparing delicious baked items and other delights for our functions, and bestowing her love and caring. Richard and Sandi also hosted numerous memorable ice-cream socials at their home to celebrate the 4th of July.

To learn about our club please visit <http://trvtt.wordpress.com> or contact Ruth Barnes, President (707-812-7112); Len Latorre, Vice President (707-374-3983); Rod Armas, Treasurer (707-374-5989); Tom Surh, Secretary (707-374-5282); Kim Russell, Tournament Director (707-374-2046), Larry Mork, Member-at-large (707-374-3389); or Brenda Hom, Social Director (925-915-2828).

Tennis

Fresh from the celebration of our own successful revolution last month, here is a fun fact (courtesy of Mental Floss June 2015) about another famous rebellion. Just before the French Revolution members of the Third Estate (those that were considered commoners) took their oaths on a tennis court because they had been locked out of a meeting hall and had nowhere else to meet. This just shows that more great things can happen on a tennis court than a thrilling match.

Speaking of thrilling matches, after postponing the Brentwood Tournament due to rain (really), it was successfully held the next Wednesday and enjoyed by all the players. This month our rematch with Rossmoor is scheduled for August 22 on the Trilogy Rio Vista courts.

Also, be sure to set aside August 14 for our next Friday Night Tennis and Eats. Join the play at 5 p.m. Then after the games, whether you play tennis or not, you are welcome to join us for a potluck at the Bocce picnic tables. For more information on the food theme for the potluck, contact Al Banga (email: bangatog@gmail.com). As always, daily Social Tennis is Monday - Friday from 8 - 10 a.m. and we welcome anyone, member of the club or not, to join us.

Tennis Club Board correction: please note that Wally Beckman will continue as the Tournament Coordinator for the coming year. We appreciate all the work he puts into each tournament that we play.

For more information about our club, join us at the Delta Club for our next club meeting scheduled for Friday, August 28 at 10 a.m. Contact Wally Beckman at beckman-wally@hotmail.com with questions.



Trilogy Art Guild

It's time for the annual Trilogy Art Guild (TAG) art show! Come to the reception on Saturday, August 8 from 5 - 8 p.m. Meet the artists, taste some wine and enjoy some hors'd oeuvres. Saturday is for Trilogy residents and invited guests. The show opens to the public on Sunday, August 9 from 11 a.m. to 3 p.m.

Art will include acrylic, oil and watercolor paintings, photography, mixed media, graphics, 3-D works, pastel and printmaking. With over 50 members, it is sure to be an outstanding show. In addition to the art, TAG will have a raffle drawing for baskets on Sunday; tickets available both days. Awards are given out for each art category: first, second, third and honorable mention. Last year a painting titled "Prosperity" by John To won best of show, and Ellen LaVacarre won the People's Choice award for her whimsical portrait titled "Henrietta." Much of the art is available for sale. Non-juried art, usually unframed works or art that has been in prior shows, will also be available. This is a "don't miss" event, and we hope to see you there! For more information, contact Alma at 707-374-3064

Theater Group

Trilogy Theater Group (TTG) membership meetings are held each month on the fourth Thursday at 7 p.m. in the Marina Room at the Delta Club. Our next meeting is August 27. We encourage and warmly welcome all interested Trilogy residents to attend.

Director Kaye Thompson and cast are busy with rehearsals for our next production: Agatha Christie's "The Unexpected Guest." This mystery/thriller, set in a South Wales estate, originally premiered at the Duchess Theater in the West End of London in 1958. Mark your calendar now. There will be three evening performances, on Thursday through Saturday, September 24-26, and a matinee on Sunday, September 27, in the Vista Club's Diablo Ballroom. You'll find a reservation form in the next issue of *Trilogy Living* and forms will be available on the performance billboards in the Vista and Delta Club lobbies. Make your reservation early as seats sell out quickly.

In 2014 we were granted 501c(3) non-profit status. This allows us to accept donations by our Trilogy supporters and others who follow our activities and share our vision and goals. Your tax-deductible gift helps us continue to grow and to bring you new and exciting theatrical experiences right here in our own community. Donation forms



Rehearsal, from L to R: John Thompson, Kaye Thompson, George Doner

are available by contacting TTG President Louise Mitchell at 707-374-3541 or sspm1939@gmail.com.

TOPS (Take Off Pounds Sensibly)

Take advantage of these last days of summer to lose those extra unwanted pounds sensibly with a little help from TOPS here in Trilogy. We meet every Wednesday morning in the Delta Club with weigh-in from 8 - 8:45 a.m. followed by our meeting from 9 - 9:30 a.m. TOPS is a support group where ideas and practical information are shared. A contingency of our TOPS group recently attended a California state recognition forum in Modesto. We are proud to announce our club won \$50 for recruiting the most new members. Another contingency of members recently attended the International TOPS Convention in Reno. A trip to Thunder Valley Casino is planned for Wednesday, August 19. The cost is \$30 with slot play credit of \$15, and a food credit of \$5. This also includes one free raffle ticket. All are invited. Make checks payable to TOPS and place in BOX 8 at the Delta Club. For more information about TOPS, call Leader Elouise (Ella) Brice, 707-374-1499 or co-leader Barbara Bellamy, 707-374-6670. We look forward to seeing you at our next Wednesday morning TOPS meeting.

Trilogy Jazz Band

Our wonderful Jazz Band filled the Vista Club with "Big Band" sound in July, for the Dance Club. With a colorful Patriotic July 4th theme, the dance floor was jumpin' and the non-dancers just sat back and enjoyed. A fee of only \$5 was charged per person to help with decorations and to furnish the delightful music. Where were you? All are invited to the Dance Club dances, to dance or to just enjoy the music and each other. Everyone brings their



favorite beverages and snacks which are always shared around the table as well as with the band members during their break.

The band took the month of June off for summer break and will be practicing during the month of August on Wednesdays in the Vista Club. Our fantastic vocalists are there from 1:30 - 2:30 p.m. and the Band from 2:30 - 5 p.m. We would love to have you just come listen to us and enjoy a Wednesday afternoon of great sound. Perhaps you may have played an instrument many years ago and would like to dust it off. For more information, please call our director, Jim Lucas at 707-374-7567.

Whist

We had a great time at our Juneteenth celebration, we thank you for your support. Scholarships were given to Maenetta Green and Mariah Schenck, Rio Vista High School students. Both of these young ladies had an above 4.0 GPA. Arvelle and Minnie Howell catered the delectable barbeque dinner. There will be a memorial for our beloved member, Paul Starks. Paul was an original member of Trilogy Whist Club. Contact Madelene Turner at 707-374-3361 for additional information. In September, we will have our second old-fashioned fish fry. Look for the flyer in this month's *Trilogy Living*. The Whist Club is in need of new and inspiring members. You are welcome to meet with us each third Friday at 7 p.m. at the Delta Club. Bring a dish to share. We play down- home games, reflect on life stories, and listen to Motown music of by-gone days. Come interact and share your thoughts with us on designated Mondays (see the Activity Calendar) Bring new ideas for fun and informational events. We offer encouragement and support for each other. Contact Madalene Turner, chairperson at 707-374-3361 or Jean Robertson at 707-374-0086.

Women's 9-Holers

Summer has finally hit. It is getting hotter, thank you Delta Breeze for the winds. The Eclectic continues through the month along with regular golf games.

June 2- Fun Net Play. 29 played. Winners, Flight 1, 1st Lynn Traver, 2nd Fran Silva, 3rd Kathy Moore. Flight 2, 1st Georgette Rodrigues, 2nd and 3rd Tie-Sharon David and Karen Nash. Flight 3, 1st Patty Harrison, 2nd Cathy Warr, 3rd Anna Stevens. June 9. Low putt day. 29 to play. Winners, 1st- Pam Fashing, 2nd-Lois Dutcher, 3rd tie- Lynn Traver, Cathy Warr and Jan Benner. Congrats! June 16. 28 ladies played straight golf and the Eclectic. Had a great weather Day. June 23. Another Eclectic Day. 24 played straight golf. June 30. 15 ladies braved the heat. Straight golf. Pars for June, (33 total), #3, #5, #12, #15 favorites. Par of the Month



First place winners from the Play Date held at Rio Vista, May 2015: Pam Fashing, Kathy Moore, Jeanie Renner and Georgette Rodrigues

Club Members; Lynn Traver(7), Debi Petteruti(3), Nancy Griffin(2), Marnie Doody(2), Diane Scholz(2), Pam Fashing(2), Nancy Biles(2), Georgette Rodrigues, Kathy Moore, Eila Ballard, Karen Nash, Patty Harrison, Marilyn Rodgers, Sharon David, Connie Eremian, Betty Bowley, Anna Bogucki, Barb Bellamy, Linda Rowe, Fran Silva. Congratulations! Birdie - Kathy Moore on #5, Lynn Traver #13. Nine Chip-ins this month - Diane Scholz(2), Jeanie Renner(2), Eila Ballard, Sharon David, Linda Rowe, Karen Nash and Ingrid Cavanaugh. Kathy Moore and Nancy Biles broke 50.

To join us, Pam Carlson (2983), pam331@gmail.com

Bathroom Golf companion quote "Talking to a golf ball won't do you any good, unless you do it while your opponent is teeing off"-Bruce Lansky

Why do they call it Golf? All the other four letter words were taken!

Women's 18-Holers



Lynn Grace made hole-in-one in tournament at Diablo Creek in June (Photo by Paula Davis)

Many of our members went to Diablo Creek for a Guest Day invitational. While there, Lynn Grace made a hole in one where they were offering a free set of Adams Irons. Maureen won the Ace of the Month with a Net 67. Chip-Ins for the month: Darl, Eila B, Connie, Diane S, Donna N and Charr. Birdies: Joanne, Lucille, Doris, Alma, Diana S (two), Paula, Elaine, Linda B (three), Helen and Roni. Broke 80: Linda S and Linda B (twice). Broke 90: Lucille, Donna N, Marsha, Maureen, Cindy, Linda



B and Linda S. Broke 100: Lucille, Marsha (three), Maureen, Linda S (three), Elaine, Bessie, Alma, Cindy, Loretta, Donna N, Karenann (twice), and Roni (twice). Closest to the Pin: Sharon D (twice) Loretta, and Judy R. **June 4**, (Low putts): Flight A: 1st-Lucille and Linda B (tie). 3rd-Marsha and Linda S (tie), Flight B: 1st-Maureen, 2nd-Roni, 3rd-Loretta. Flight C: 1st-Alma, 2nd-Donna M, 3rd-Pat. Flight D: 1st-Jan, 2nd-Joani, 3rd-Helen. Flight E: 1st-Marilyn, 2nd-Connie and Darl tied. June 11, (Dice Game) 1st Place Team: Linda S, Roni, Lynn G and Carol P, 2nd-Linda B, Diana S, Eila B tied with Marsha, Denise S-N, Terry S and Connie. 3rd-Karenann, Alma, Paula and Darl. June 18, (Flag game) Flight A: 1st-Karenann; 2nd-Linda S; 3rd-Marsha. Flight B: 1st-Ulla; 2nd-Judy; 3rd=-(tie) Maureen and Doris. Flight C: 1st-Denise; 2nd-Linda V; 3rd-Terry S; Flight D: 1st-Suzi; 2nd-Sharon; 3rd-Darl. June 25, (O-S-E-N game) Flight A: 1st-Linda S, 2nd-Karenann, 3rd-Donna N. 4th-Ladell. Flight B: 1st-Denise; 2nd-Lynn G; 3rd -Roni; 4th-Paula. Flight C: 1st-Joane; 2nd-Darl; 3rd-(tie) Helen, Char, Linda V and Jan.

We meet each Thursday at 8 a.m. If interested in joining our club please contact Linda Siatt at 707-374-5364.

Writers

Years ago, while compiling submissions for a church cookbook, we were advised not to copy recipes already in print (to avoid plagiarism), but to add or subtract ingredients to make each one our own. To erase is to leave something else behind. This is what we will do in August, as we exercise "Literary Erasure." Using this exaggerated form of writing, we will create anew by selecting text from an out-of-print book, newspaper or a work in the public domain. Decide which words to erase, revealing a new work composed of the remaining phrases. Sounds intriguing and challenging, doesn't it? For further inspiration visit www.pw.org/content/blackout_poetry or www.authorspublish.com/writing-prompt-erasure/). If this is not what you had in mind, just write about anything, in whatever style suits your fancy. Then join us as we share our essays and poems on Thursday, August 13 at 7 p.m. in the Monterey Room of the Vista Club. Zoe (707-374-3676), Judy (707-374-3973) or Suzi (925-231-5213) will be glad to answer any questions you may have concerning our optional topic or the Trilogy Writers' Club.

The Trilogy Board of Directors is not responsible for expressed opinions or for the authenticity of all presented facts in advertisements. The Board of Directors recommends verifying authenticity of advertisers by requesting contractor license numbers and references, and checking with the California Contractors State License Board and Better Business Bureau (BBB) prior to using the services listed herein.

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: September 2015 ads and checks are due by August 5, 2015. All late submissions will run in the October 2015 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

• 1/8 page ad	3 1/2" wide X 2" tall	\$90/month
<i>Scan your horizontal business card at 300 dpi, and e-mail it as a pdf, jpg or tiff file to Tania Fardella at indigodesign@att.net.</i>		
• 1/4 page ad	3.6" wide X 4.5" tall	\$140/month
• 1/2 page ad	7.5" wide X 4.5" tall	\$220/month
• Full page ad	7.5" wide X 9.25" tall	\$345/month

PREMIUM SIZES AND RATES:

• 1/4 page ad Inside Front or Back Cover	\$185/month	
• 1/2 page ad Inside Front or Back Cover	\$285/month	
• INSIDE FRONT COVER	7.5" wide X 10" tall	\$445/month
• INSIDE BACK COVER	7.5" wide X 10" tall	\$445/month
• OUTSIDE BACK COVER	7.5" wide X 10" tall	\$500/month

DISCOUNTS:

- 5% off pre-paid ads for 3 months or more
- 5% off for businesses owned by residents of Trilogy at Rio Vista

To place an ad, contact Joan Azlant at joanazlant@comcast.net or 707.374.2620. If you need ad design, contact Tania Fardella at indigodesign@att.net or 925.377.0335. Additional fees will apply for design, scanning, and edits.



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

Angel's Housekeeping Service

Your house will look heavenly.
Best service, best price.
Call 707-673-6608

At Your Service

Enjoy your retirement --
Leave cleaning to our qualified staff
Excellent References
Carmen Martinez 707-398-8345

Mary Kay

Independent Beauty Consultant
Sueann Novotny 707-374-5624
snovotny@citlink.net

Nuskin/Pharmanex

Look and feel years younger
Guaranteed anti-aging products
Diane King, Consultant US8301618
erasewrinkles@att.net 925-324-1062

Rodan & Fields Skin Products

Anti-Aging, Wrinkle, Brown Spots,
Sensitive Skin & Acne Products
Lupe Finch, Executive Consultant
707-374-2466 or LupeandMarcy@gmail.com

ANNOUNCEMENTS

Fishing Trips

Come fish the Mendocino coast line out of Fort Bragg for ling and rock cod, salmon, albacore. All equipment furnished. Fish cleaned. Discount for Trilogy. Call Fish Hookers 916-870-4225 or 707-374-6486.

SF Sail/Sightseeing Excursion

It's our 5th consecutive year. Come and join us Sept. 17, 2015. Leave from the Vista Club at 8 a.m., carpool to the Vallejo Ferry or drive to Pier 39 on your own, ride the ferry to San Francisco, Private 2 hour Catamaran Sailing Charter seeing the San Francisco Bay sights (including going under the Golden Gate). Optional sightseeing and dinner before returning home. Price for 2 hour sail is \$40. per person. Voted the best Trilogy Excursion by participants 4 years running. For detailed information contact Vic Thiry. Email vic@thiry.us or phone 707-374-3749

FOR SALE

Golf Clubs

Adams Idea a-12 OS Hybrid golf clubs, senior shafts. Very good condition 4 thru PW. Asking \$200. Call 707-374-5557.

Patio Furniture

48" glass top table, four chairs, two lounge chairs. Cream colored. Great quality and condition. \$200. 707-374-9963

Sauna

Far Infrared 2 person model TL-2 hightechhealth.com. New \$3500. Asking \$1200. Jim 408-718-8807

Vehicle

1988 Nissan 300zx ODO 64,933. \$2500 or best offer. 1955 World Series Brooklyn Dodgers reversible jacket, men's medium: New \$75. Two bike rack \$45. 707-374-5871

SERVICES

Acting Class

Trilogy Theater Group is now forming another beginning acting class. If interested please call Louise Mitchell at 707-374-3541 to let her know your preference of time/day.

FOR SALE

Airport Transportation

I'll get you to any airport or SF port on time and pick you up on return. TRV residents only. One way fares: SFO \$115, OAK \$90, SMF \$65, PORT \$100/ Call Ralph Hatch 707-374-3941.

Audio/Video/Computer

Old records/tapes to CD, website work, photo work, photo galleries, updates, backups, upgrades, installs, music backgrounds, home theater TV. Msg. 707-364-7499.

Audio/Video

Certified ON-Q Installer operating in Trilogy for over 10 years under license 819067. Estimates are free. Give us a call 707-374-2800.

Caregiver

Experienced male caregiver: Drive your car to appointments, grocery, etc. Trilogy resident. Flexible hours and days. Prepare meals. References upon request. Call Sam 707-750-1195.



SERVICES

Caregiver

Loving Caregiver. Retired social worker, English/Spanish speaking. CPR/First Aid certified, fingerprinting clearances. Take to appointments and recreation. Lite housekeeping, grocery shopping. Call Gillsa 916-508-2758.

Cleaning AAA

We clean beautiful homes for nice people. Excellent references, 5 star service, highly trained personnel. Guarantee satisfaction. For free estimates, please call Carmen Martinez 707-398-8345.

Cleaning

Angel's Housekeeping Service: Special rate for Trilogy residents. Best cleaning. Best price. Our customers are number one. 707-673-6608.

Cleaning

Complete housecleaning! Quality cleaning at affordable prices. Weekly, bi-weekly, or once. Rental cleans. Call Dawn, "Jerry the Sprinkler Guy's" daughter at 707-628-4235 or 707-374-5239.

Clock Repair

Thirty years collecting and repairing clocks. No cost if I can't fix; low cost if I can. Call 707-374-6782. Ask for Rod.

Computer Aid

I can fix your PC, including removing viruses and malware. New PC setup with file transfers and tutoring on Windows 8. Wireless printer, wireless connections for Netflix. Home theatre. Kathy Barker 707-374-6850.

Computer A+ Assistance

PC, Laptop, iPhone, iPad troubleshooting. Install networks, software. Virus removal. Wireless connections to printer, computer, home theater, Netflix. Technical expert—Robert 707-374-5129.

SERVICES

Electrical

Licensed electrical contractor operating in Trilogy for over 10 years under license 819067. Estimates are free. Give us a call 707-374-2800.

Faux Finishing @ Its Best

Enhance the beauty of your home with faux finishes for your walls, columns, fireplaces and doors. Call Susan Prince/Oddo 707-374-2167.

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 707-374-3391.

Handyman

Watt hot water recirculating systems installed. Save water. Electrical, plumbing, shelving, décor items, pictures, ceiling fans. Call Bob Coons 707-628-0889. Free estimates, reasonable rates.

Hypnotherapy

Take charge of your life now and become your best self. Eat better, sleep better, cope with everything better. Don't keep putting it off. One session changes your future. \$75. Karen Lamberto, master hypnotherapist. Confidential 707-374-2938.

Impeccable Improvements & Repair

Established retired general contractor. . .Tile, wood floors, water leaks, drywall damage, kitchen & bath remodels/repairs, privacy walls, iron fences/French doors, indoor/outdoor Jacuzzi tubs, storm doors, fireplaces, dog/cat doors, mantels. 10 year resident. Big or Small—I Do Them All! References available. Dominic, Your One Stop Shop in Trilogy 707-322-9476

SERVICES

Income Tax Services & Planning

Serving Trilogy since 1999; individual, trusts, business. Consultation in your home or my Trilogy office. Ron Auger, CPA 707-374-3068.

Mobile Sharpening

We come to you! Knife and scissor sharpening 512-948-5177. Call John for an appointment.

Moving?

Let us do the heavy lifting for you. We are local, strong, reliable, careful and affordable. 10 plus years' experience. Call Taylor 925-262-6827.

Notary

My home or yours. Servicing Trilogy for the past 13 years. Please call Eileen Griffin at 707-374-2684. Thank you.

Notary Public

Certified Notary, fast, professional and reliable service. Eight dollars per signature per page for Trilogy residents. Please call Jeffrey 707-374-7541. Thank you.

Want to Run a Classified Ad?

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 \$10 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue. All classified advertisers must be current Trilogy residents or current Trilogy homeowners.



SERVICES

Notary to Go

Only \$8 per notarization at Trilogy. Discounts for numerous documents. Since 1984. Call Warren at 707-374-3477.

Notary Services

\$10 per signature per page/ discounts for multiple pages. Offering LegalShield™ /Identity Theft Protection Services. Trilogy Resident. Elaine Wisz 707-374-4310.

Painting

Ron the Painter, a Trilogy resident and painter for 10 years is back. Interior painter, fences, mail boxes. Good price, good work. Call Ron 707-430-3135

Painting & Drywall

Repaint exterior & interior. Color and texture our specialty. Free estimates. 40 years experience. R. P. Painting, Trilogy Resident CA St. lic. #422737. Call today 707-374-5954.

Pest & Termite Services

Trilogy resident and owner operated. General pest control services include quarterly or bi-monthly services to meet your needs. Termite inspections specializing in real estate and refinance. Please call Ron Yocum, Owner, Daniel Pest Management 925-323-5211.

Pet Care

Kitty care and small dogs (no walking) services. Include play, meds, trash, mail and plants. Hourly "dog sitting" available in your home. Short notice OK. Call Mimi 707-374-4343.

Rain Gutters Cleaned

Also pressure wash driveway, walkway, patio and outside of house. Trilogy resident Danny 209-570-0302.

RO Water Filter

Water Filter System only \$150. Best, cleanest, healthiest drinking water. Save on bottled water. Installation extra. Call for water test 707-374-2643.

SERVICES

Small Engine Repair

Service and repair on lawnmowers, weed eaters, blowers, rototillers etc. Sharpen garden tools. Call Stan at 707-374-3163.

Transportation

Have Van Will Travel. Husband/ wife team will drive Trilogy residents to and from area airports, etc. Safe and reliable. Call Betty or James 707-374-3221.

Transportation

Dave's Transportation Service. I transport Trilogy residents only to trains, boats, planes. No medical services, shopping or casinos. Reliable. Call 707-374-3192. Thanks

Weed Pulling

Don't break your back; keep your yard tidy. Trimming, weeding, general clean up, plant new plants. Laurie 707-374-6305 or cell 925-301-7389.

SERVICES

Window Cleaning

Professional window cleaning. Years of experience, licensed, and complete background check. For a free estimate and appointment, call Gary 707-374-3488.

WANTED

Golf Carts

Cash paid on the spot. Carts can be working or not. Call 707-374-3338 or cell 707-208-9096. Also call regarding rebuilt golf carts.

Sporting Goods

Equipment wanted, especially fishing rods, reels, lures and other paraphernalia. Cash paid on the spot. Free appraisals. Call Ed 707-374-1349 or 925-216-6300.

YOU'RE INVITED! to the
Picnicⁱⁿ the Park
for 2015!



OPEN TO ALL TRILOGY RESIDENTS AND THEIR GUESTS!

Saturday, September 12th

Note New Time: 4 to 8 pm 

Our neighborhood will bring you:

- ✓ Entertainment
- ✓ Music—D.J. Ron Covey
- ✓ Festivities

(Note: If available, bringing a large umbrella might be a good idea for your comfort)



Please bring your own:

- ✓ Meat to barbeque
(HOT GRILLS WILL BE PROVIDED)
- ✓ Chairs
- ✓ A side dish:

IF YOUR LAST NAME BEGINS WITH

- ★ A-H: Desserts/Fruit
- ★ I-O: Cool Salads
- ★ P-Z: Casseroles
- ★ All: BYOB

BROCKTON PARK NEAR RUTLAND DR.

Trilogy Club Awareness Day

**Explore Your Opportunities
Discover Your Niche**



Meet Your Clubs

September 12, 2015

Diablo Ballroom, Vista Club

10:30 am - 1:30 pm

Refreshments

*Clubs register at Member Services
for free table space.*



PLUS ...

**Denny James Performing
in the Grand Living Room**

Café Vista Open Till 3:00



Special Financing Offers!



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