

TrilogyLiving



Wine, Art & All That Jazz

Shown above is the 2014 Wine, Jazz and Visual Arts Festival which featured Trilogy Art Guild (TAG), the Photography Club and other resident visual art displays while Van Ruiten Winery provided wine tasting and 3JB Jazz Quartet entertained from the Grand Living Room. See page 5 for information about this February 28 event.

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From the Master Association

Don Love

President

Issues before the Board

LLD/WWTP

At the time of this writing the transfer agreement has been approved by both the city and the Master Board and is awaiting the final vote of the delegates. Upon approval, the process will be put into action with an expected effective date of April 1, 2015. The City will dissolve the LLD. Going forward, there will not be a fee on your property taxes and instead it will be included in your monthly dues. You are presently being charged close to \$107, which converts to \$8.91 per month and your charge on your dues will not exceed that number. The budget process shows actual maintenance cost will be below \$6 per month and the money we will be getting from the city will cover our reserve contribution. The City charged a \$50,000 administrative fee that we will not have to charge. This is a win-win situation. Members will pay for the LLD either way, so it boils down to who can manage the maintenance and the costs the best. We can.

Upon final approval we will take over the WWTP and transfer our maintenance department there. We have \$79,000 already set aside and collected for remediation and remodeling so there will be no additional costs for that action in the budget of your monthly dues.

Budget:

We are in full swing with the budget and it should be finalized by February 10.

Upcoming Issues

At our next Board meeting the Access Committee will present the results of the survey and their recommendations.

We are taking action to request the city enforcement the California Vehicle Code inside Trilogy.

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
Warren Oglove, Director at Large (707) 374-3477

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Village Oakmont - Leland Puryear (707) 374-3510
Village Riviera - Ron Waite (707) 374-6714
Olympic Village - Joel Auslen (707) 374-5808
Saddle Rock Village - Roger Kohn (707) 374-2737

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

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Village Riviera - Donald Seyk (707) 374-6407
Village Olympic - Joel Auslen (707) 374-5808
Village Saddle Rock - Patricia Kohn (707) 374-2737

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Club Numbers

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

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From the Editor



Andrea Stuart

Happy 2015! If you join the numerous people around the community who bid farewell to 2014 with a slight sigh of relief, 2015 welcomes us with a calmer, more harmonious greeting.

According to the Chinese Zodiac calendar, 2015 is the year of the sheep. It is said that the following are traits of the sheep: "I am a passive onlooker. I let bygones be bygones. Goodness brings me fortune. I believe in the human race. I understand the meaning of giving. My cup is never empty. I am loyal and just and in others I trust. I am the sheep." So, for those of us who are feeling a little discombobulated from 2014's pace and high energy (year of the horse), you'll appreciate the year of the Sheep (Goat). The sheep is a yin energy, a symbol of peace, harmonious co-existence, and tranquility.

As a symbol of the arts, the sheep relates to passive and nurturing energies. This is a time to embark on the healing process from past events so that we can come together as a community, bridging any gaps in humanity. According to zodiac astrology, it's the year of success for compassionate givers.

Maybe this is your year for expanding interests and hobbies by finding a club or group that can teach you a new skill or build on existing experience. However you see 2015, may you move forward into the new year with a zip in your step and a sparkle in your eye.

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

New Year's Eve was celebrated during multiple community parties! And all that celebrating didn't stop the Polar Bear Plunge folks from coming out to welcome 2015 New Year's

Day! Spectators shared the brisk morning weather with 61 participants who braved the plunge! We'll give you a call when your Polar Bear Plunge shirts arrive at the end of the month. January activities were hopping into the New Year gleefully as we were entertained from our own community talents during Open Mic Night. Plus, three stand-up comic headliners brought the house down with laughter from their Baby Boomer Comedy Bash, and Jim Curry took Trilogy back in time with his magnificent performance in tribute of John Denver!

Mark your calendars for these upcoming events!

- 2/01 Super Bowl Party
- 2/01 & 2/15 Trilogy Produce Market
- 2/08 Trilogy Jazz Band ~ Dance Club
- 2/14 Bake Sale ~ Model Club
- 2/14 Concert: Queen of Ragtime "Mimi Blais"
- 2/19 AARP Refresher Drivers Safety Course
- 2/20 Karaoke Night
- 2/21 Black History Celebration ~ Whist Club
- 2/27 Bingo
- 2/28 Wine, Jazz & Visual Art Festival

Get Ready . . .

- February 1 Super Bowl Party

Check out the happenings in the club section of this issue for more activities. There is something for everyone within your community. Your comments and suggestions are always valued. Send an email anytime ddorn@actionlife.com. My mailbox is always open!



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



Announcements:

Can you share your computing know-how with others?

Guru status is not necessary! Do you have experience using some of the common computing programs like internet browsing, word processing, spreadsheet, or email? Consider sharing your how-to's with others in an informal setting at the Vista Club's Learning Center. If interested, please contact Debbie Dorn at (707) 374-4204 or send thoughts and questions by email to ddorn@actionlife.com. Her mailbox is always open!

Instructor Michael Bouyer has accepted a position for his services nearby and will not be available for computer class instruction. We appreciate Michael's contributions to the class development and wish him much success.

Events:

Trilogy Produce Market

Sunday, February 1 and 15,
March 1, 10 a.m. – 3 p.m., Delta Club



New Year special: 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.

Blood Pressure Check ~ Free

Thursday, February 12, 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!



Super Bowl XLIX Party ~ Free

Sunday, February 1, 3 p.m., Diablo Ballroom, Vista Club
Pre-Game Showing begins at Noon!

Put your game face on and join the Super Bowl Party! Bring your own provisions to enjoy while cheering for your favorite team on the big screen! Sign up at Vista Club Member Services desk to be insured adequate table seating.



Wine, Jazz, and Visual Art Festival ~ Free

Saturday February 28, 1- 5 p.m.,
Diablo Ballroom, Vista Club

*Charge for wine tasting:
six wine tastings for \$5,
payable to Van Ruiten Winery*

Enjoy an afternoon of wine, music, and art. Enjoy Trilogy Art Guild (TAG) and the Photography Club's art displayed, delightful a cappella vocals harmonized by Belle Voci Quartet, and wine tasting. Set your palate for an artful fun time and come on over for a charming afternoon. No registration required.

Van Ruiten Winery has been a top quality wine grape grower for over five decades. Three generations of the Van Ruiten family now work together tending the vineyards, managing the winery and bringing the fine wines to market. Coupled with their new facility and the talents and experience of winemaker Matt Ridge, the Van Ruiten Family has strengthened their distinction as a leader for super premium wines from Lodi.



Concert: Mimi Blais “Queen of Ragtime” ~ \$15

Saturday, February 14, 8 p.m., Diablo Room, Vista Club



Witty, colorful, poetic, energetic, romantic, extraordinary, unbelievable... One of the most highly trained and gifted pianists in ragtime, Montreal's Mimi Blais is also the comedy star of the genre— a pianist to be

seen! The Queen of Ragtime returns by special arrangement on tour from Canada for a performance like no other experienced at Trilogy! Be sure to notice the special time for this concert, to begin at 8 p.m. Sign up at Member Services and plan to bring your favorite provisions along for this incredible concert.

Karaoke Night ~ An Evening of Spontaneous Fun! ~ Free

Friday, February 20, 7 – 8:30 p.m.
Diablo Ballroom Vista Club

Specially designed for your fun and enjoyment! Offering open dancing and song lyrics on the big screen for some sing-a-long good times! You are likely to find storytellers, special dancers, folk singers and more. You'll find quite a variety of entertainers and one could be you! Bring your favorite snacks and beverage and come on over for a relaxed evening of spontaneous fun and entertainment. No signups required!

AARP Drivers Safety Refresher Course

Thursday, February 19, 9 a.m. – 1:30 p.m.,
Monterey Room, Vista Club

\$15 for AARP members and \$20 for non-members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. The course is designed to help you:

- Tune up your driving skills and update your knowledge of the rules of the road.

- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes and chances for injuries.
- Qualify for a possible auto insurance premium reduction or discount. Policies vary, so please consult your insurance agent.

Trilogy resident Glen King will be offering this course. Note that you must have had the 8-hour course within the last four years. To register, contact Glen at (707) 374-3342 or grk59@frontiernet.net.

Complimentary Hearing Screening and Assessment ~ Free

Thursday, March 12, 1- 3 p.m., Monterey Room, Vista Club

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. Depending on need, their services are offered quarterly the second Thursday of every third month. Contact them directly to make an appointment at (707) 428-1313, although walk-ins are welcome.

Dance Concert: Gary Bohannon & The Bad Habits Band

Saturday, March 21, 7:00 pm Diablo Room, Vista Club ~ \$15

This amazing valley group will have you rocking through the night with R&B, Rock, Motown sounds from their versatile music selections of the Beatles, Bill Withers, Billy Joel, Creedance, Crusaders, Eric Clapton, Garth Brooks, Hall and Oates, Huey Lewis, Jackie Wilson, James Brown, Marvin Gay, Michael Jackson, Sam and Dave, Santana, Stevie Wonder, Stevie Windwood, Temptations, Three Dog Night, Wilson Pickett and more! Visit www.bobobadhabits.com/ for more information and music samples. Sign up at Member Services and plan to bring your favorite provisions along for this enjoyable evening.



Good Life Festival ~ The Beach Boys Simulcast ~ \$5

Saturday, March 28, time TBD, Diablo Room, Vista Club

The Good Life Festival at Encanterra is bringing the iconic surf rock sound of The Beach Boys back this spring for a reprise of their 2013 performance. Shea Homes invites you to share the good life at Trilogy experience! This Rock & Roll Hall of Fame band fronted by Mike Love and Bruce Johnston will perform classics like "Good Vibrations," "Wouldn't It Be Nice," "Be True to Your School," and other favorites. Light refreshments will be served and you are welcome to bring your own favorite provisions. Sign up at Member Services.

SHOWCASE YOUR CLUB!

Portions of the Vista Club display case will be available for clubs to showcase the club's activity, projects, and promote participation to join your group! Let others know your group's purpose, display items that will tell the story and invite others to join the fun! Include a sign with the club name and contact information to display for those inquiring minds. Given that the lesser-developed clubs and groups will be given priority, we will rotate those interested with a comfortable time span to share your story with Trilogy! Those interested in showcasing their club or group can have the authorized representative sign up at Vista Club Member Services desk. For more information contact Debbie Dorn at email address ddorn@actionlife.com.

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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 \$119.72

Master Association \$80.39

[Only for original residents (<200) in a developer subsidy agreement]

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)

Changes to Master Association Rules and Regulations can be found on page 39.

Adult Committee

Our December meeting was packed with presentations. The following actions were taken and referred to the Master Association Board of Directors:

- A motion to approve the concept presented by the Learning Center Committee was passed (moveable tables, laptops and tablets to replace current furniture and hardware).
- A motion to prohibit the riding of bicycles, golf carts, and skateboards on sidewalks and pathways was passed.
- A motion to support the concept of two (2) additional horseshoe pits at the Cypress location was passed.
- A motion to disband the Wildlife Management Committee was passed.

Our next meeting is February 26 at 1 p.m. in the Rio Vista Room of the Delta Club. For more information please contact Patty Kohn at (707) 374-2737 or pfkohn@gmail.com.

Emergency Action Committee

Happy New Year 2015 to all residents of our community!

Our accomplishments in 2014 helped set the goals for this new year. We will continue with training in Cardiopulmonary Resuscitation (CPR), First Aid, and disaster preparedness, as well as provide community support services for events such as the Walktober and other activities.

As a team, we have grown from six members in 2012 to 26 in 2014. Expanding our membership is one of our goals for this year. Help us grow and join the team.

Our group has five areas of expertise: communications (radios), medical, counseling, logistics, and incident command. You do not need to have experience in these areas, just a desire to help others, compassion for the community where you live, and a passion to be part of something special. There are no dues or fees to join.

Thought for this month: "Preparedness is everyone's job. Not just government agencies but all sectors of society — service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, as well as every individual citizen — should plan ahead for disaster. During the first few hours or days following a disaster, essential services may not be available. People must be ready to act on their own." (From the website of the Governor's Office of Emergency Services.)

The Emergency Action Committee meets monthly on the second and fourth Tuesday from 7 - 9 p.m. in the Marina room, Delta Club. We welcome visitors and new members to the meetings. For more information, please contact Alan Levine at (707) 718-7907, Art Darden at (707) 374-3455, or Gillsa Miller at (916) 508-2758.

Oakmont Village Residents' Club

How are you doing on those New Year's resolutions? At least when we go walking in these frigid temperatures (for Californians anyway), we have



beautiful sunshine to brighten up our day. Our Social Committee has started planning for our first event of the year: our March 22 Breakfast. Any profit from this event goes to keep down our ticket price for the year-end Holiday Dinner/Dance. If you can volunteer to help put on this event, please give me a call at (707) 374-2480 or email me at cynthia.schroeder@frontier.com.

Since most of you have new 2015 calendars, don't forget to add these Oakmont events. We will have our Breakfast Event on Sunday, March 22, a Potluck with Chili Cook-off on Sunday, May 17, participate in the Trilogy Fourth of July Parade and Social, host the bar for the Drama Club in August, co-host the Halloween Party on Saturday, Oct. 31, and co-host the Holiday Dinner and Dance on Sunday, Dec. 6.

Resident Club meetings are quarterly (March, June, September, and December) and precede the Social Committee meeting on the first Monday (used to be on Wednesdays) of each month at 3 p.m. in the Monterey Room at the Vista Club. If you have questions, contact Cyndy Schroeder at (707) 374-2480.

Olympic Village Kare Bears

OV Kare Bears are participating in the Phone Buddy Program. We are hoping to have all villages involved. It provides daily phone contact for those living alone. A buddy is assigned to each participant who will phone every day to assure the well being of their buddy. Kare Bears from all villages are encouraged to support this program. There are residents throughout Trilogy who would benefit from this program. Quarterly meetings in 2015 will continue to be the first Tuesday of the month at 1 p.m. at the Delta Club. Scheduled meeting months are January, April, July and October. For more information contact Mackie Webster at (707) 374-5837.



Saddle Rock Village Board News

By the time you read this article, Saddle Rock Village will have undergone many changes. The Annual Meeting, held January 21, resulted in the election of a new Delegate and Alternate Delegate. Unfortunately, this article is due prior to all that happening and my crystal ball is unreliable, so you'll have to wait until next month to get up to date.

Thanks to our Inspector of Election Donna Benedict, for her work in ensuring that votes were properly received and counted, and thank you to all those residents who voted.

Here is something I want to share because it makes me enormously proud of our village: at our November Board

Meeting we had a demonstration by three Rio Vista Firefighters of the LUCAS 2 CPR device. The Saddle Rock Village Residents' Club subsequently donated \$1,000 toward the purchase of this \$15,000 life-saving device. As I noted last month, we are less than half the size of the other villages, but what a wonderful spirit we have shown.

Our next meeting is March 18 at 6:30 p.m. in the Rio Vista Room of the Delta Club. Hope to see you there. For more information, please contact Patty Kohn at (707) 374-2737 or pfkohn@gmail.com.

Saddle Rock Village Residents' Club



SRV Residents' Club \$1,000 donation in December, 2014 to the Rio Vista Firefighters Association to be applied towards the LUCAS 2 CPR Device.

Our Recycling program has been very successful! In December 2014, SRV Residents' Club donated \$1,000 towards the purchase of the life-saving medical LUCAS 2 CPR device. The Rio Vista Firefighters Association has purchased the first device and it will be used for Rio Vista residents.

We are asking all villages in Trilogy to help us join the campaign to raise funds for the purchase of the second device. Beginning January through March 2015, we will be donating all recycling proceeds to the Rio Vista Firefighters Association to assist in their campaign for fundraising.

To help us with this fund raising effort, all villages can drop off their donated recycling items with a CRV label to 513 Timber Creek Drive in the back of the truck in the driveway. Donations are greatly appreciated.

Elections for Residents' Club Executive Board will be held in June, 2015. If you are a SRV resident and you are interested in one of the open positions of President, Vice President, Treasurer or Secretary, please contact one of our current Executive Board members for more information.

Richard Larsen has a web site for our residents which can be found at saddlerock.tk. Information is available



for SRV, Trilogy, Rio Vista and sign up lists to volunteer for committees.

Our SRV Caring Connection is available to help residents if you have a need on your neighborhood block. Please contact Marj, marjniemi@yahoo.com.

Our Welcome committee is delivering welcome bags to our new residents. Please contact Rayno, raynoniemi@yahoo.com if you have not received one.

Dates to Remember:

Wed. Mar. 18, 7:30 p.m. SRV Residents' Club meeting, directly following our SRV Board meeting, Rio Vista Room, Delta Club. Social hour follows each meeting with wine, soft drinks, snacks and fun!

For information, please contact Kathi, kathibradley@comcast.net.

Village Oakmont Kare Bears

Happy New Year, everyone! Hope you all had a fantastic holiday season.

We want to remind all of our Oakmont neighbors of the need for helping our neighbors in need. Things you might think about helping with are: preparing a meal for a sick or recovering neighbor; transportation to a doctor or other appointment; or a visit or phone call to a neighbor in need. You need not attend Kare Bear meetings to be a helper, just be a caring neighbor. If you can help with any of these needs or need more information, please call: Kathy Russo at (707) 374-2969 or Janet McKimmy at (707) 374-5415.

It's that time of year again, and we're getting ready to nominate and elect new officers to the Oakmont Kare Bear Board. If you, or anyone you know, would like to serve on the board in any capacity, please call one of the above numbers. We will have nominations (and possibly elections) at the February meeting.

The next Oakmont Kare Bear meeting will be on Wednesday, February 11 at 10:30 a.m. in the Delta Club. Come early, visit, and enjoy coffee and goodies.

Village Riviera Kare Bears

Riviera Village Kare Bears meets the second Monday every other month at 10 a.m. at the Delta Club. The next meeting is February 9. Refreshments are served during social time starting at 9:30 a.m., a good time to visit and catch up with friends and neighbors.

Riviera Village Kare Bears is a group organized with the goal of "reaching out to our neighbors in their times of need due to sorrow, sickness, loss of a family member or

Meeting Calendar

Master Association Board Meeting
Tuesday, February 10, 2 p.m.
Diablo Ballroom, Vista Club

Trilogy Vision Meeting
Thursday, February 12, 1 p.m.
Rio Vista Room, Delta Club

Council of Village Presidents
Monday, February 16, 10 a.m.
Sonoma Room, Vista Club

Access Committee
Monday, February 23, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee
Thursday, February 12 and 26, 5 p.m.
Monterey Room, Vista Club

Adult Committee Meeting
Thursday, February 26, 1 p.m.
Rio Vista Room, Delta Club

Document Revision Committee
Tuesday, February 10 and 24, Noon
Monterey Room, Vista Club

Emergency Action Committee
Tuesday, February 10 and 24, 7 p.m.
River Room, Delta Club

House Renovation Committee
Monday, February 9 and 23, 3 p.m.
Monterey Room, Vista Club

other life challenges." This is accomplished through our network of street coordinators and other volunteers.

Riviera Village Kare Bears is a successful organization. For this we would like to thank all our volunteers, especially Myra Samfeld for her past five years of service. We wish Myra well in her new endeavors.

We are looking forward to continuing to help our neighbors in 2015. Most street coordinators are in place, the co-secretaries and co-treasurers are in place, and the organization of meal provisions is being continued by our wonderful past year's organizer.

The chair or co-chair seat remains available. Whether you are new to our community or a long time resident, Riviera Village Kare Bears could use your help and enthusiasm. For more information, contact Gerry Swan, co-secretary, (510) 507-4080.



Village One Residents' Club

Now that 2015 is in full swing, the VORC group has our planning hats on and are, as always, looking for a few good volunteers. We had our first quarterly meeting on January 7, 2015 and discussed our planned event calendar with all those present. We will start the year with a New Residents Social on February 25 to introduce all residents of Village One that have purchased their homes since January 2014 to see what VORC is all about and get them involved attending or volunteering the many events we have planned this year.

In March we will be the beverage service for the Music of the Night's event. We will be having our annual fundraising event (Cinco de Mayo) on May 2, and a Father's Day breakfast on June 20. We will be handling the parade for the Fourth of July in Trilogy and then a BBQ is planned for September 19. We will be having future quarterly meetings on April 8, July 8, and October 9 so everyone has an opportunity to be involved in the planning and execution of all of these events.

Please mark your calendars now so you can attend as many of these events as possible. If you would like to volunteer or contact VORC you can contact our email address at v1socialgroup@aol.com or you can contact Jim Wichmann at (707) 374-4870.

Olympic Village Residents' Club

Olympic Village residents met for their 2015 Kick Off and Annual Meeting on January 6. Everyone chipped in with a delicious appetizer and the club provided wine and non-alcoholic refreshments. During the short business meeting, the 2014 Board was retained for another year and a number of new signups were received from folks desiring to help with planning 2015 social events. Lee Ann Frable lead the group in a lively game of "left-right" using a hilarious script written by Pam Hayes and Donna Armanino.

Art Darden of Trilogy's Emergency Action Committee presented an informational program, "Emergency Preparation by Residents and Community of Trilogy at Rio Vista." The Emergency Action Committee has been appointed by TRVMA board to work with residents and first responders here in Rio Vista to ensure a coordinated response in the event of an emergency in our area. A lively question and answer period followed the presentation and handouts provided important information for creating our own emergency plans and "survival" kits.

Next meeting of OVRC is 7 p.m. on Wednesday, February 18 in the Monterey Room at the Vista Club. Join us! Your ideas and energy are important and it is fun when we work together. Questions? Call Linda Jensen at (707) 374-5542.

Saddle Rock Village Residents' Club Fundraiser



**ATTENTION
ALL
TRILOGY
RESIDENTS**


Please join **Saddle Rock Village** in a fund raising campaign to purchase the **LUCAS 2 CPR device**.

Proceeds from recyclables with CRV labeled bottles, cans and plastic contributed from January - March will be donated to the Rio Vista Fire Department to purchase this life saving device.

Drop off your recyclables marked with a CRV label to:
513 Timber Creek Drive
(drop in the back of the pickup truck in the driveway).

The **LUCAS 2 CPR** device will be used by the **Rio Vista Fire Department** for all Rio Vista residents.

CONTACT
Keith Swarts
TELEPHONE
707-344-6829
EMAIL
kascabo@comcast.net



**This Device
could save
your life!**

Attention Clubs: We Need Your Help!

Help staff arrange for your facility reservation to support the success of your events!

- Complete all areas of your reservation forms before submission at the Vista Club front desk.
- Submit those well in advance including preferred layout -- at least one month prior to your event.
- Seek help from those club members who have handled event arrangements before your time.
- On a related note, watch your email inbox for notice regarding tubed flyer cost increase.

Send inquiries to Debbie Dorn, ddorn@actionlife.com and copy Cheryl Lucas, clucas@actionlife.com.



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PURCHASE FEB. 1 THRU MARCH 31, 2015

**FOR MORE INFORMATION CONTACT
ESTHETICIAN ANGELA HALL @ 374-4200**



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Kathy Erwin
Fitness & Spa Director

8 Steps to a Healthy Back Returns with Beverly Shilich

A progressive class based on Pilate's core engagement.

Session:

February 2 - 27, 2015

Days/Times:

Monday and Friday 1 - 2 p.m.

Location:

Group Exercise Room

Fee:

\$45 (Pay at Member Services)

February Fitness Orientations

Saturday, Feb. 7, 11 a.m.

Saturday, Feb. 14, 11 a.m.

Wednesday, Feb. 18, 6 p.m.

For those who want increased abdominal strength, improved posture, and learn spine-lengthening exercises that make your spine more flexible, this is the class for you! Exercises will be done on exercise mats on the floor. There is a minimum number of eight participants for the class to start.

Instructor: Beverly Shilich

This class is **NOT** for people who have chronic back pain due to injuries!

**For more information,
leave a message for Bev at
(707) 374-4200.**



INTRO TO YOGA CLASS

Saturdays, February 7 - March 14

Group Ex Studio 9-10:30 a.m.

Cost: \$35 (Must pre-register at Member Services)

Come dressed comfortably!

Yoga is a great way to work on your flexibility, muscle tone and strength.

Just about everyone can do it, too—it's not just for people who can touch their toes or want to meditate.



New Naturopathic Doctor Kimberly Gilmore, ND



Dr. Kimberly Gilmore, ND, integrates mind, body, and spirit to support each individual to achieve optimal health. Naturopathic medicine can help those that are already leading a healthy lifestyle or improve a particular health condition. Dr. Gilmore uses an integrative approach, using nutrition, botanical medicine, homeopathy, lifestyle changes, and specialized diets. She believes strongly in individualizing the treatment specific to each person, as each person has specific challenges and expresses a condition uniquely. Dr. Gilmore specializes in weight loss through healthy living instead of a short-term fad diet, supporting her patients to reach and maintain long-term goals.

Dr. Gilmore received her Doctor of Naturopathic Medicine (ND) from Bastyr University. Dr. Gilmore also has a degree in Human Nutrition and Food Science and is passionate about food as medicine. Dr. Gilmore combines her expertise in human physiology, natural medicine and nutritional science to empower each patient to achieve sustainable health.

Special topics of interest: optimal wellness, seasonal and chronic allergies or sinus congestion, increased energy, healthy immune function, blood sugar balancing, optimal sleep quality, regulating metabolism, proper nutrition through diet, weight loss through a specialized program, adrenal fatigue, stress management and empowering her patients.

Choose from the following services:

- Health consultation for general and specific questions according to individual needs.
- Nutrition review: are you getting the most nutrition out of your diet? Is your diet rich in antioxidants? Are you making the right choices for low-pesticide residue foods?
- Healthy weight management: achieve sustainable, long-term weight loss guidance. Overcome cravings and jump-start your weight loss with this program.
- Good nutritional supplement program: are you taking unnecessary supplements? Are you taking the right dose of the correct nutrients to prevent or decrease symptoms of a condition? Are there interactions you need to know about?
- Healthy digestion: is your microbiome in order? Do you get heartburn or stomach pain after eating certain foods? Do you have digestive health to absorb nutrients from your food?
- Sleep: is lack of sleep keeping you from living fully? Do you wake up too early or can't fall asleep?
- Individualized nutrition "detoxification" diet program: jumpstart your metabolism with this simple program.
- Optimal immune health: cold and flu prevention strategies.
- B Vitamin Injections: B12, folate, B-complex intramuscular injections for increased energy

Appointments on the Third Wednesday of each month from 11 - 5 p.m.



THIRD ANNUAL

Holiday Fitness Potluck Best Yet!

Special Thank you to all the businesses and individuals who helped make it a success:

Ace Hardware, Anna Chunn, Ann Graham, Awender Chiropractic, Belinda Silve-Attianese, Brand New You, BST Ink Clothing Company, Carino's Italian Restaurant, Chef Edwards Bar-B-Que, Dee's Novelty (Dee Bush), Delta Pharmacy, Delta Marina Store, Ellen LaVaccare, Foster's Bighorn, Galleria Bra Room, Hap's Bait & Tackle, Hong Kong Seafood Restaurant, Jan Vick, Jenan Afaneh, Jer-Lyn, Jerry Washington, Joyce Lattman, Laurie Mueller, Lillian Garlick, Lira's Supermarket, Mane Street Hair, Nails 4U, Napa Auto Parts, Radio Shack, Raul's Striper Café, Rio Vista Auto Repair, Rio Vista Bait & Tackle, Rio Vista Bakery, Rio Vista Market, Rio Vista Video, Rob Pedersen Insurance, Robin's Nest, Sheer Bliss Salon, Social Butterfly, Taqueria Mexican Restaurant, Tastefully Simple (Penny Schardt), Tiffany Hill, Tortilla Flats, and Trilogy Fitness & Spa Department.

Also, a very special thank you to Wendy Manfredonia who helped make this year a success by helping bring in dozens of the donations.



Rose Hildreth, Prescy Dela Cruz, Zeny DeKlavon & Miriam Nitenson



Sandra Eckhardt, Delores France & Belinda Silve-Attianese



Bev & Don Emery

Over 100 members came to the potluck to win over 85 gifts, share food, enjoy the camaraderie of their friends, and have a great time!



Barb Bellamy, Lee Ann & Bob Frable



Marian Stone & Wendy Manfredonia



Sharon David, Betty Bowley & Eila Ballard

Congratulations to all our winners:

Carolyn Azbell, Barb Bellamy, Jan Benner, Betty Bowley,

Pat Burkhart, Elaine Cant, Catalina Carreon, Helen

Chung, Linda Cook, Lynn Darlington, Zeny DeKlavon,

Linda Doelcher, Barb Downs, Bev Emery, Lila Faria,

Arthur Fox, Susan Fox, Bob Frable, Jean Franklin,

Marilyn Fregien, Joyce Gilstrap, Halina Gorecki,

Bev Hiatt, Linda Lavin, Jill Ledterman, Anita Lee,

Vivian Lee, Dick Leyva, Kay Loux, Julie Major, Cheryl

Mallon, Wendy Manfredonia, Ann Mayer, Nita McVay,

Paula Mezynski, Kathy Mitchell, Stephen Morton,

Noreen Mullenex, Pam Nicoletti, Miriam Nitenson,

Patty Oliva, Rose Owens, Doris Paterick, Felice Puno,

Joyce Reese, Kathy Rice, Judy Sankar, Rhonda Sbranti,

Chris Shaver, John Sloate, Janeen Small, Eileen Smith,

Joyce Steiner, Marian Stone, Jerry Washington,

Sue Williams and Sandy Wolf.

Valentine's Day Spa Packages 2015

Indulge in a little relaxation this Valentine's Day. Treat your sweetheart or pamper yourself with these Cupid-approved spa packages.

Romancing the Stone

Warm Stone with Aromatherapy Treatment

Chocolate gift (While supplies last)

\$99 (90 min)

Cupid's Arrow

2 (80 minute) Deep Tissue Massage

Chocolate gift (While supplies last)

\$165 (80 min each) OR

2 (50 minute) Deep Tissue Massage

Chocolate gift (While supplies last)

\$105 (50 min each)

Forget-Me-Not

The Forget-Me-Not package features a 50-minute European Facial and 25 minute Head, Neck & Back

\$70 (75 minutes total)

Good for purchase February 1 - 28, 2015

(May be redeemed anytime)

For More Info
contact Member
services
374-4200

Key

Bold = New/Change

(B)eginning

(I)ntermediate

(A)dvanced



TrilogyLiving

Fitness Class Schedule for February 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, color-coded differently each month, so you can attend as many classes as you want! Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (707) 374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Betty Andersen**

February Fitness Orientations: Sat. Feb. 7 at 11 a.m., Sat., Feb. 14 at 11 a.m., Wed., Feb. 18 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
2 8:30-9:30 am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10 am Yoga/Pilates (B) (DB) Deanna 9-10 am Advanced Aqua (B/I/A) (VP) Kathy 9:45-10:45 am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11 am Aqua Fit (B) (VP) Denise 10-11 am Meditation Breathing (B) (DB) Deanna 10:30-11:15 am ZUMBA Toning (B/I) (GX) Sophie 11:15-12 am ZUMBA Dance (B/I) (GX) Sophie 4-5 am Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 am Yoga/Pilates (B/I) (GX) Deanna	3 8-9 am Body Works (B/I/A) (GX) Kathy 9-10 am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 am Aqua Fit (B) (VP) Denise 11-12 am Feel Good Class (B) (GX) Beverly 1-2 am Sit and Get Fit (B) (GX) Beverly	4 7-8 am Early Yoga (B) (DB) Tammy 8-9 am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30 am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10 am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30 am Aqua Fit (B) (VP) Denise 9:45-10:45 am Wake-up and Move (B/I) (RV) /Pat 10-10:30 am Boot Camp (B/I/A) (GX) Joele 11-12 am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 am Balance Ball (GX) Deanna	5 8-9 am Body Works (B/I/A) (GX) Kathy 9-10 am Core/Stretch (B) (GX) Joele 9-10 am Tai Chi (B/I) (GX) Lillian 9:30-10:30 am Advanced Aqua (B/I/A) (VP) Kathy 10-11 am Jazz Aerobics (B/I/A) (GX) Joele 11-12 am Feel Good Class (B) (GX) Beverly 1-2 am Sit and Get Fit (B) (GX) Beverly 2:30-3:30 am Yoga (B/I) (GX) Tammy	6 7-8 am Early Yoga (B) (DB) Tammy 8-9 am Low Impact (B/I/A) Pat 9-9:30 am Body Pump (B/I/A) Pat 9-10 am Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am Aqua Fit (B) (VP) Denise 9:45-10:30 am Core Balance and Standing Abs (B) (GX) Sophie 10-11 am Balance Ball (DB) Deanna 10:30-11:15 am ZUMBA Toning (B/I) (GX) Sophie 11:15-12 am ZUMBA Dance (B/I) (GX) Sophie	7 8:30-9:30 am Step Aerobics (GX) Pat
9 8:30-9:30 am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10 am Yoga/Pilates (B) (DB) Deanna 9-10 am Advanced Aqua (B/I/A) (VP) Kathy 9:45-10:45 am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30 am Core Balance and Standing Abs 10-11 am Aqua Fit (B) (VP) Denise 10-11 am Meditation Breathing (B) (DB) Deanna 10:30-11:15 am ZUMBA Toning (B/I) (GX) Sophie 11:15-12 am ZUMBA Dance (B/I) (GX) Sophie 4-5 am Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 am Yoga/Pilates (B/I) (GX) Deanna	10 8-9 am Body Works (B/I/A) (GX) Kathy 9-10 am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 am Aqua Fit (B) (VP) Denise 11-12 am Feel Good Class (B) (GX) Beverly 1-2 am Sit and Get Fit (B) (GX) Beverly	11 7-8 am Early Yoga (B) (DB) Tammy 8-9 am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30 am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10 am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30 am Aqua Fit (B) (VP) Denise 9:45-10:45 am Wake-up and Move (B/I) (RV) /Pat 10-10:30 am Boot Camp (B/I/A) (GX) Joele 11-12 am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 am Balance Ball (GX) Deanna	12 8-9 am Body Works (B/I/A) (GX) Kathy 9-10 am Core/Stretch (B) (GX) Joele 9-10 am Tai Chi (B/I) (GX) Lillian 9:30-10:30 am Advanced Aqua (B/I/A) (VP) Kathy 10-11 am Jazz Aerobics (B/I/A) (GX) Joele 11-12 am Feel Good Class (B) (GX) Beverly 1-2 am Sit and Get Fit (B) (GX) Beverly 2:30-3:30 am Yoga (B/I) (GX) Tammy	13 7-8 am Early Yoga (B) (DB) Tammy 8-9 am Low Impact (B/I/A) Pat 9-9:30 am Body Pump (B/I/A) Pat 9-10 am Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am Aqua Fit (B) (VP) Denise 9:45-10:30 am Core Balance and Standing Abs (B) (GX) Sophie 10-11 am Balance Ball (DB) Deanna 10:30-11:15 am ZUMBA Toning (B/I) (GX) Sophie 11:15-12 am ZUMBA Dance (B/I) (GX) Sophie	14 11-12:30 am ZUMBA Power 90 (GX) Sophie 
16 8:30-9:30 am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10 am Yoga/Pilates (B) (DB) Deanna 9-10 am Advanced Aqua (B/I/A) (VP) Kathy 9:45-10:45 am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30 am Core Balance and Standing Abs 10-11 am Aqua Fit (B) (VP) Denise 10-11 am Meditation Breathing (B) (DB) Deanna 10:30-11:15 am ZUMBA Toning (B/I) (GX) Sophie 11:15-12 am ZUMBA Dance (B/I) (GX) Sophie 4-5 am Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 am Yoga/Pilates (B/I) (GX) Deanna	17 8-9 am Body Works (B/I/A) (GX) Kathy 9-10 am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 am Aqua Fit (B) (VP) Denise 11-12 am Feel Good Class (B) (GX) Beverly 1-2 am Sit and Get Fit (B) (GX) Beverly	18 7-8 am Early Yoga (B) (DB) Tammy 8-9 am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30 am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10 am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30 am Aqua Fit (B) (VP) Denise 9:45-10:45 am Wake-up and Move (B/I) (RV) /Pat 10-10:30 am Boot Camp (B/I/A) (GX) Joele 11-12 am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 am Balance Ball (GX) Deanna	19 8-9 am Body Works (B/I/A) (GX) Kathy 9-10 am Core/Stretch (B) (GX) Joele 9-10 am Tai Chi (B/I) (GX) Lillian 9:30-10:30 am Advanced Aqua (B/I/A) (VP) Kathy 10-11 am Jazz Aerobics (B/I/A) (GX) Joele 11-12 am Feel Good Class (B) (GX) Beverly 1-2 am Sit and Get Fit (B) (GX) Beverly 2:30-3:30 am Yoga (B/I) (GX) Tammy	20 7-8 am Early Yoga (B) (DB) Tammy 8-9 am Low Impact (B/I/A) Pat 9-9:30 am Body Pump (B/I/A) Pat 9-10 am Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am Aqua Fit (B) (VP) Denise 9:45-10:30 am Core Balance and Standing Abs (B) (GX) Sophie 10-11 am Balance Ball (DB) Deanna 10:30-11:15 am ZUMBA Toning (B/I) (GX) Sophie 11:15-12 am ZUMBA Dance (B/I) (GX) Sophie	21
23 8:30-9:30 am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10 am Yoga/Pilates (B) (DB) Deanna 9-10 am Advanced Aqua (B/I/A) (VP) Kathy 9:45-10:45 am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30 am Core Balance and Standing Abs 10-11 am Aqua Fit (B) (VP) Denise 10-11 am Meditation Breathing (B) (DB) Deanna 10:30-11:15 am ZUMBA Toning (B/I) (GX) Sophie 11:15-12 am ZUMBA Dance (B/I) (GX) Sophie 4-5 am Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 am Yoga/Pilates (B/I) (DB) Deanna	24 8-9 am Body Works (B/I/A) (GX) Kathy 9-10 am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 am Aqua Fit (B) (VP) Denise 11-12 am Feel Good Class (B) (GX) Beverly 1-2 am Sit and Get Fit (B) (GX) Beverly	25 7-8 am Early Yoga (B) (DB) Tammy 8-9 am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30 am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10 am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30 am Aqua Fit (B) (VP) Denise 9:45-10:45 am Wake-up and Move (B/I) (RV) /Pat 10-10:30 am Boot Camp (B/I/A) (GX) Joele 11-12 am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 am Balance Ball (GX) Deanna	26 8-9 am Body Works (B/I/A) (GX) Kathy 9-10 am Core/Stretch (B) (GX) Joele 9-10 am Tai Chi (B/I) (GX) Lillian 9:30-10:30 am Advanced Aqua (B/I/A) (VP) Kathy 10-11 am Jazz Aerobics (B/I/A) (GX) Joele 11-12 am Feel Good Class (B) (GX) Beverly 1-2 am Sit and Get Fit (B) (GX) Beverly 2:30-3:30 am Yoga (B/I) (GX) Tammy	27 7-8 am Early Yoga (B) (DB) Tammy 8-9 am Low Impact (B/I/A) Pat 9-9:30 am Body Pump (B/I/A) Pat 9-10 am Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am Aqua Fit (B) (VP) Denise 9:45-10:30 am Core Balance and Standing Abs (B) (GX) Sophie 10-11 am Balance Ball (DB) Deanna 10:30-11:15 am ZUMBA Toning (B/I) (GX) Sophie 11:15-12 p.m. ZUMBA Dance (B/I) (GX) Sophie	28 11-12:30 p.m. ZUMBA Power 90 (GX) Sophie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10am – 3pm Trilogy Produce Market (D) 3pm Super Bowl XLIX Party (V)	2 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) 1pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 3pm Oakmont Village Social Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (V) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V)	3 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women’s 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke/Head Injury Support Group (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm Religions of the World (D)	4 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Village Riviera ARC (D) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 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) 6:30pm MOTN Rehearsal (V) 7pm Billiard Club Membership Mtg (V)	5 8am Social Tennis 8am Golf – Women’s 18-Hole 9:30am Ceramics (D) 11am Olympic Village ARC (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (D) 2pm Genealogy Club (V) 3pm Backgammon & Chess Club (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V)	6 8am Social Tennis 9am Model Club (V) 9:30am Village 1 ARC (V) 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 (V) 6:30pm Joy Luck Mah-Jongg (V)	7 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 6pm Poker – Texas Hold’em /Omaha (D)
8 9am – 1:30pm Dog Club Valentine Brunch (D) 7pm Dance Club w/ Trilogy Jazz Band (V)	9 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V)	10 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women’s 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 10:30am TRVMA Executive Session (V) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Document Revision Com (V) 12pm Recipe Club (D) 12:15pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Golf – Women’s 9-Hole Mtg (D) 2pm Master Association Board Mtg (V) 4:15pm Table Tennis (D) 5pm Table Tennis Quarterly Mtg (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6pm Grapevine Chat (V) 7pm Emergency Action Com (D)	11 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 6:30pm Soul Line Dancing (D) 6:30pm MOTN Rehearsal (V)	12 8am Social Tennis 8am Golf – Women’s 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm TRVMA Vision Mtg (D) 3pm Backgammon & Chess Club (D) 4pm Golf – Sr. Men’s Board Mtg (D) 5pm HOA Admin Policies Com (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Writers’ Club (V) 7pm Computer Club (V) 7pm Ballroom Dance Class – Beginning (V) 8pm Ballroom Dance Class – Advanced (V)	13 8am Social Tennis 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 (V) 2pm Guitar Club Beginners Workshop (V) 3:30pm – 6:30pm Shibori Workshop Prep (D) 7pm Bunco (D)	14 Valentine’s Day 8:30am – 4pm Shibori Shirt Workshop (D) 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 10am – 2pm Model Club Bake Sale (V) 6pm Poker – Texas Hold’em /Omaha (D) 8pm Mimi Blais Concert (V)
15 8:30am – 4pm Shibori Shirt Workshop (D) 10am – 3pm Trilogy Produce Market (D)	16 Presidents’ Day 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Joint ARC Mtg w/ Council of Village Presidents (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Fishing Club (D)	17 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women’s 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor Painting (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Dominoes (V) 4:15pm Table Tennis (D) 5pm Canasta – Couples (V) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V)	18 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 Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm MOTN Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Olympic Village RC Mtg (V)	19 8am Social Tennis 8am Golf – Women’s 18-Hole 9am – 1:30pm AARP Safe Driver Refresher Course (V) 9:30am Ceramics (D) 10am Village Riviera RC Mtg (V) 11am Olympic Village ARC (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 3pm Backgammon & Chess Club (D) 4pm Golf – Sr. Men’s Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Ballroom Dance Class – Beginning (V) 8pm Ballroom Dance Class – Advanced (V)	20 8am Social Tennis 9:30am Village 1 ARC (V) 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 (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Karaoke Night – Redesigned (V)	21 9am Bocce Club Annual Captains Mtg (D) 9am Table Tennis (D) 9:30am Hiking Club (V) 2pm Black History Celebration (V) 6pm Poker – Texas Hold’em /Omaha (D)
22	23 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Access Com Mtg (D) 1pm Mah Jongg (V) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V)	24 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women’s 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Document Revision Com (V) 12:15pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Grapevine Chat (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm MOTN Rehearsal (V) 7pm Drama Club Membership Mtg (D) 7pm Emergency Action Com (D)	25 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 Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6pm VORC Welcome New Residents (D) 6:30pm Soul Line Dancing (D) 6:30pm MOTN Rehearsal (V)	26 8am Social Tennis 8am Golf – Women’s 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Committee (D) 1pm Good Samaritans (D) 2pm Community Connections (V) 3pm Backgammon & Chess Club (D) 5pm Admin Policies Com (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm MOTN Rehearsal (V) 7pm Theatre Group (D) 7pm Ballroom Dance Class – Beginning (V) 8pm Ballroom Dance Class – Advanced (V)	27 8am Social Tennis 9:30am Walk & Talk (V) 10am Tennis Club Mtg (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 2pm Guitar Club Beginners Workshop (V) 7pm Bingo (D)	28 9am Table Tennis Tournament with Rossmoor (D) 9:30am Hiking Club Mtg (V) 1pm – 5pm Wine, Jazz & Visual Art Show (V) 6pm Poker – Texas Hold’em /Omaha (D)

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STYLE**

FEBRUARY 1 – APRIL 25, 2015



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Silhouette® Window Shadings diffuse the sun's rays, filling your home with soft, natural light. Which means you can rely less on electric lighting. Pretty smart. Ask for details.

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AARP Foundation FREE Tax-Aide



Free tax help is available not only for those ages 60 or older, or for those in financial need, but also for people of different ages with moderate incomes. This tax assistance service will be available February 9 through April 6, 2015.

Tax-Aide is a program of the AARP Foundation offered in conjunction with the Internal Revenue Service (IRS) and the California Franchise Tax Board. The program provides free, nationwide tax counseling services with the mission to provide high quality income tax assistance and tax form preparation. AARP Foundation Tax-Aide volunteers are trained in cooperation with the IRS to offer help with personal income tax returns and to electronically file their federal and state returns.

At a face-to-face discussion, Tax-Aide volunteers assist the taxpayers in completing an Interview/Intake Sheet. Working with that information, last year's tax returns and current tax year information, they complete both federal and California tax returns. After the taxpayer(s) has reviewed the returns and another counselor has "quality reviewed" them, the returns are e-filed, which ensures accuracy and a faster refund.

The local tax preparation site is at the Rio Vista library. Appointments are advised, while walk-ins are available if there are open time slots. Call our toll-free number, 1-888-AARP NOW (1-888-227-7669) or visit our Web site at www.aarp.org/taxaide during this tax season. Appointments may also be made at the Rio Vista library or by calling 1-866-57-ASKUS (the Solano County library system).

Alzheimer's/Dementias Caregivers' Support Meeting

Alzheimer 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 to 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.

Happy 60th Anniversary



Thomas and Irma Bush,

We celebrate your dedication of faith and love. We love you, Mom and Dad!

Love,
Judy Howard

Labyrinth Walk

December 21 was a perfect day for a labyrinth walk. Twenty-five labyrinth walkers came together and dedicated the new canvas awning over the Vista patio and celebrated the Winter Solstice. After the dedication, the walkers welcomed the Winter Solstice with a reflection of the year, contemplation of the coming year, and the benefits of walking the labyrinth.



As promised, a field trip has been scheduled to visit the Davis Labyrinth. If you are interested in going or to get more details please contact Elaine Wisz at (707) 743-4310 or Gerry Swan at (510) 507-4080.

Rio Vista Community Service Food Bank needs your help!

Commit your Tuesdays, 8:30-11:30 a.m. once 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!



For Our Dear Friends at Trilogy,

We are so deeply touched by the tremendous outpouring of love, support, meals, cards, calls, and prayers following the loss of our beloved Karen Adams. We knew that Karen was loved by so many here at Trilogy, yet we were overwhelmed by the response to her unexpected passing.



With our deepest gratitude,
Gary Adams, Donna Phelps, Nancy Fritsch, Dave Adams

(To read the full letter, please log in to www.MyTrilogyLife.com and click on "Community News").

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)**

**Feb. 10, Gambler's Special,
SOLD OUT**

**Feb. 24, Craig Smith's SF Tour,
SOLD OUT**

**March 14, Broadway's "Newsies,"
SOLD OUT**

April 7, Cache Creek Casino, \$30/pp
Since many of you missed out on our Feb.10th Trip to Cache Creek,

we're doing another one to this casino! Usual 4-5 hrs. Of "stay and play" with \$15/\$20 bonus. Don't miss out again - call and sign up early!

April 21, Ethel's Mystery Trip, \$79/pp
Mystery, history, intrigue and something both old and new on this day outing with Ethel. Hosted lunch included.

May 10-12, Southern Sierras, \$389/pp
A three-day and two-night adventure. We'll stay at the luxury Tachi Palace Hotel and Casino. Included in this trip are a hosted brunch and Broadway production of "South Pacific" at the Roger Rocka Dinner

Theatre, plus a guided tour of Sequoia National Park with a hosted lunch "in the woods."

June, TBA, Serengeti Safari in Sonoma, \$135/pp

Spend the day with a knowledgeable guide at this unique wildlife preserve and experience some of nature's most beautiful animals living in a natural habitat. Guided open-air vehicle trek through the "African Serengeti." Hosted BBQ lunch and time to explore on your own.

**** Sep. 24-Oct 3, New York/ New England/Canada**

Two nights in New York City and seven days onboard the new Regal Princess**

**Contact Ethel Ott (374-7548)
for more information and sign-ups.**



Oakmont/Saddle Rock Holiday Dinner Dance

From appetizers to buffet and an Ole fashioned sing-a-long then to dancing to Solid Gold, guests enjoyed a wonderful evening to end the year at the Oakmont/Saddlerock Holiday Dinner Dance.



Mimi Blais

"Queen of Ragtime"

*By Special Arrangement
While on Tour*

Performing for Trilogy
February 14, 2015
Vista Club Diablo Ballroom
8:00 p.m. ~ \$15

Witty, colorful, poetic, energetic,
romantic, extraordinary,
unbelievable...



One of the most highly trained
and gifted pianists in ragtime,
Montreal's Mimi Blais is also
the comedy star of the genre...



A pianist to be seen!



*Sign Up at Member Services
You are welcome to bring your own provisions!*



Billiards Club

The next Billiards Club meeting is on Wednesday, February 4 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start times are 5 p.m. The format for the first and third Tuesdays will be 8-ball round robin with no handicaps for B players. The second Tuesday of the month, the format will be handicap 9-ball with a round robin format. Usually, in order to get a win, a player must beat his opponent two out of three games. For that Tuesday evening, the B player only needs one win in three games against an A player. The format for the fourth Tuesday will be 8-ball and the club will split the tournament into A and B players. There will be a first and second place winner in each group. The fifth Tuesday will be 9-ball with no handicap for B players.

Officers: President Al Bergoust, Treasurer Jack Clark, Secretary Dallas Saloman, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

Dec. 2, 8-Ball	Dec. 9, Handicap 9-Ball
1 st Neil Brodhead	1 st Richard Gutierrez
2 nd Dallas Saloman	2 nd Nkrumba Al-Omar
3 rd Oscar Grissom	3 rd Geno Toscano
Dec. 16, 8-Ball	Dec. 23, 8-Ball
1 st Oscar Grissom	1 st Al Bergoust
2 nd Al Bergoust	2 nd Richard Gutierrez
3 rd Dallas Saloman	3 rd Oscar Grissom
Dec. 30, 9-Ball	
1 st Al Bergoust	
2 nd Richard Gutierrez	
3 rd Geno Toscano	

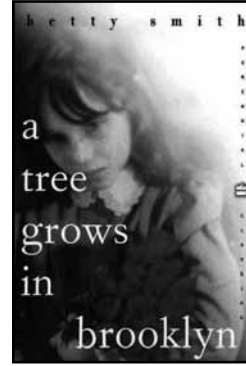
For more information regarding the Billiards club, please contact Oscar Grissom at crpntrboy@aol.com.

Bocce Club

What's synonymous with spring here at TRV? Organized bocce play, both morning and night leagues. The 2015 season is being organized as you read this article. Based on the enthusiasm expressed at the three end of season socials, we are expecting another banner year. The first scheduled event for 2015 is the annual captains' and general membership meeting which is set for Saturday, February 21 at 9 a.m. in the Delta Club. The captains will vote on any proposed changes to our club documents. Each team will have a vote so it is important that each team is represented by a captain or designate. We will review, in general terms, our plans for 2015 and the formal sign-up procedure will be discussed. All current and prospective members are encouraged to attend this meeting.

Think spring, think bocce and remember to roll often, throw straight and have fun: that's what it's all about. For more information, contact Joe Downes at (707) 374-7520.

Book Club



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is February 10. The book selection is *A Tree Grows in Brooklyn* by Betty Smith. March's book selection is *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini. There is no requirement to have read the selected book. Everyone is welcome to join in. Feel free to stop by. For more

information, contact Adrienne at (707) 374-5576. Happy Valentine's Day!

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, February 9, 2015. 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. December's winners: First: John Shick and Lynn Fortner; Second: Bruce Morrison and Nan Lowenstein; Third: Tammy Woodworth and Karen Nash.

Bridge Club - Friday

The 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 noon 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 hope you all had HAPPY HOLIDAYS. Come and join us for a fun evening of Bunco and refreshments at the TRV 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 Club



February 2015 is the month of love. You will have to wait one more year for a Leap Year, but you don't have to wait to come to our ceramic club meeting. Our fun group has been growing and getting even more interesting. Check out the little gnome that has been coming to our meetings. If you are lucky, you might see the finished gnome when

you come any Thursday, between 9:30 a.m. and 12 p.m. in the Marina room at the Delta. If you need more information, please call Linda at (707) 374-6978.

Community Connections

Come join us for the February meeting of Community Connections. We will be meeting on Thursday, February 26, at 2 p.m. in the Monterey Room at the Vista Club. All Trilogy residents are welcome.

Our members are planning future trips to the Rosie the Riveter Museum in Richmond, a Wine & Chocolate Tasting at the Jelly Belly Factory, and a weekend train trip to Reno. In addition, we will explore some possible volunteer activities where we might be of help.

It's always fun to meet your neighbors and this is a great way to do it. Please bring a sweet or savory snack to share if you are so inclined...or just bring yourself! We look forward to getting to know you. If you have any questions call Donna at (707) 374-2461 or Pam (707) 374-3161.

Council for the Arts

Music of the Night rehearsals are in full swing for the voyage of 2015 on the S.S. Trilogy. Music from around the world will be highlighted. A great show is anticipated on March 12, 13 and 14. Sign up early because space is limited. The reservation flyer to book your participation is in this issue of *Trilogy Living*.

Council for the Arts meets on the second Thursday of the month at 10 a.m. in the Monterey Room of the Vista Club. For more information, please call Judy Calpo at (707) 374-2924.

Dog Club

Our third annual "Love Me, Love My Dog" Brunch is almost here. If you have not yet submitted your reservation you may call to see if space is available. Contact Linda Rowe at (925) 286-1555. The brunch is Sunday, February 8, 2015. There are 3 seatings between 8:30 a.m. and 1:30 p.m. and the ticket is \$12.50 per person. All proceeds go to the development of our Trilogy Dog Park. We will continue to hold Play Days until a park is in place. Time and location is announced at our meeting and via our email program. To be up to date on our progress, we invite all to come to our meetings. The plan is coming together with the assistance of the Master Board, Shea and the Dog Club. All are welcome to join! Meetings are at the Delta Club the last Tuesday of the month at 12:30 p.m. Being a member is the best way to be kept up to date on park progress and our doggie social events. Contact Mike Hirogoyen, (510) 917-9098, mskn964@comcast.net.

Drama Club

The Drama Club is well into preparations for the August production and the April fundraiser. Reservation forms for the Pasta Feed will be in the March issue of *Trilogy Living*. Seating is limited so be sure to get those reservations in early. We are looking forward to another year of entertaining our friends and neighbors as well as welcoming new members to our ranks. Meetings are the last Tuesday of the month at the Delta Club, 7 p.m. For more information, contact Debby at (707) 374-6706.

Fishing Club

Our next meeting will be on Monday, February 16, 2015 at 7 p.m. in the Marina Room at the Delta Club. We will be viewing our club videos of 2014 activities. If you did not sign up for a free boat inspection at the January meeting, please call or email me. It will be on the Delta parking on a Saturday, exact date to be determined. Remember your sturgeon fishing report cards were supposed to be returned to the Department of Fish & Wildlife by the end of January, so if you have not, do so ASAP. We again have a lot to go over so I hope you can make the meeting. We will have coffee, tea, cookies, and our 50/50 drawing. If anyone is interested in joining the Fishing Club, please give me a call. Good luck fishing! Al Silva (707) 374-3791

Good Samaritans

The Good Samaritans Bible Study Group is to help teaches, trains, encourages, listens and shares from the Bible. The Good Samaritans completed the book of Joshua with a deeper understanding of living a Christian life. We learned as we live the Christian life, we need to press on to possess all God has planned for us. Like Joshua, we too



need faith to begin and continue the Christian life.

The Good Samaritans Bible Study Group welcomes all residents to share the Word of God every Thursday at 1 p.m. in the Delta Club/Marina Room. We are now studying from the book of Acts.

Scripture of the month: Acts 2:14-21

Hiking Club

The Hiking Club meets on Saturdays at the Vista Club to carpool to the staging area for hikes that range from easy to difficult. A schedule of hikes with descriptions for the month is published and sent to members in advance so they can pick and choose the hikes that appeal to them. Every now and then the club takes an extended trip to places like Yosemite, Lassen or Point Reyes, and now and then a "hike" becomes a "bike" instead. If you would like to get on the mailing list for the monthly schedule, contact our fearless leader and intrepid hiker, George at geo_sasaki@yahoo.com.

Horseshoe Club

Due to the weather and the holidays we have not been playing any horseshoes, but we do plan on starting up in full swing come spring. If you would like to join the club you can do so by logging on to the Saddle Rock Village Website at www.saddlerock.tk. Click on the Horseshoe Club link and you will be able to join the club online for your convenience. See you at the pits.

Men's Executive Nine Golf Club

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, from individual "straight" golf play on the first and third Tuesdays, and, with some infrequent differences, individual and team golf tournament events on the second and fourth Tuesdays of the month. Our club currently has 95 members. We always welcome new members and golf experience is not a prerequisite. 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.

Because of the rain (thankfully) and wet course conditions, we only had one Tuesday Tournament in December. The winning team members for the "Eliminator" tournament held on December 9 were Greg Szody, Bill Runions, and Alex Winkler.

There are two Tuesday Tournaments scheduled for February. The February 10 tournament will be a "Kansas Scramble." On February 24, the tournament will utilize a "Shamble" format.

We invite you to come out and join us for a good time with a great group of guys.

Model Club

Please come and support our Annual Bake Sale on Valentine's Day, February 14 at 10 a.m. in the Diablo Room in the Vista Club. This event is held annually to allow us to obtain the new and full color plants for the 2015 season on your Garden Railroad. Come early for the best baked goods selection. Coffee and tea will also be available. Additionally, this year we will have some tasty treats for diabetics and gluten-free needs. For visual display we will have model trains, boats and a new event, "Planes." The Club has recently formed an additional Special Interest Group to investigate Radio Controlled (RC) Aircraft to go along with our RC boats. The aircraft will be exclusively battery-powered so their flight will not be noticed by anyone on the ground. We are investigating locations for safe flight which will not be overpopulated areas. These are remarkable models. Stop by and see the aircraft and film.

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. John Harder (707) 374-3646. Please join us at our monthly meeting.

Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The January 3 ride kicked off the 2015 riding season in style. 35 degrees, sun shining brightly, eight bikes and riders. Someone suggested we ride 'til we find snow! That set our direction eastward, so we headed for the Cache Ferry which we missed boarding by about 10 seconds. We backtracked and headed up the river road to Walnut Grove and out Twin Cities into the valley. We welcomed a warm-up stop in Martell. We decided on a windy little road named Shake Ridge to take us to Hwy 88 and our lunch destination at Cooks Station and their 17 page menu! A quick run on



eastward found us a photo opportunity in the snow and became our turn around point.

We topped off the day with a coffee stop in Lodi and checked fingers and toes for frostbite. With all digits accounted for, it looked like we survived a frosty kickoff for the new year and are looking forward to a great riding year in 2015.

We had a great time at the club Holiday Party with raffle prizes, food from Lira's, a video recapping the past rides (by Randy Scott) and the Wild Hogs cake compliments of Jim and Dema Caldera.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista on February 7 at 8 a.m., the destination TBD 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 movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser at (707) 374-7506.

Nature Club

Feb. 19, Nature Club will visit Grizzly Island, Suisun, for wildlife sightings. Meet at 9 a.m. in the Vista Club parking lot to carpool. Coats, gloves, water, sturdy shoes and binoculars are suggested. Thursday, Feb. 5, we will have an in-Trilogy neighborhood walk at 9 a.m. meeting at Hole #2 between Summerset and Fairbanks, with parking on Fairbanks. We will hold our monthly meeting on Wednesday, Feb. 11 at 6:30 p.m., Vista Club, Monterey Room. Call Gail at (707) 374-2718 with questions.

Photography Club

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 February 5. This month's "show and tell" focus is on still life studies. All interested Trilogy residents are welcome to attend regardless of skill and experience level.

Many of our members appreciate having a specific topic, or "homework assignment" that motivates them to get out and take pictures. Topics for upcoming "show and tell" segments are March: action!; April: macro (close-up); May: water; June: doors and windows.

We will be participating in Trilogy's annual Wine, Jazz and Visual Arts Festival on February 28. Put the date on your



Photo by Kay Young

calendar now and show your support for our dynamic visual arts community. For more details call Cecelia at (707) 374-4749 or send an email to c.a.wavrick@gmail.com.

Radio Club

The final planning for the field trip to the Mare Island Shipyard Museum is underway. We will depart from the Vista Club on a Monday afternoon. We will view the museum prior to a Radio Club meeting after our tour. The museum building was damaged during the recent Napa Valley earthquake, which caused a delay until it was repaired and returned to an inspected and declared safe area. We also intend to take a light dinner in the area prior to our return to Trilogy.

Additional radio equipment has become the property of one of our members so if you want to become a HAM radio operator, selected items are for sale to new members.

If you would like to learn more, the Radio Club meets most Tuesdays in the Vista Club Monterey Room at 9 a.m. for informal discussions. Please stop by. You may also call the Club President, Jerry Armanino for more information. He is available at (707) 374-2461.

Recipe Club

Valentine's Day isn't just for couples dining by flickering candlelight. Our theme for the Recipe Club meeting on February 10, 2015 is Valentine's Day Potluck Foods. All who attend will be the chefs for this month. This year, why not come to the recipe club meeting on Tuesday, February 10 and learn a few new recipes and cooking techniques? With these potluck dishes you will be able to invite a few friends over for Valentine's Day and have a cozy potluck. If you enjoy cooking and learning new recipes we want you to join us on February 10 at noon in the Delta



Club next to the kitchen. Please bring a potluck dish and recipe to share. Even if you are not hosting, these recipes will be easy enough to prepare ahead and bring elsewhere.

Monthly tip: Sometimes when breading scallops there is trouble getting the coating to stick. Not only does brushing both sides of the scallops with maple syrup before breading help the crumbs to adhere, but it adds sweetness too. Please note that the sweetness of the maple syrup will not work for all foods. Any questions please call Kathy at (707) 374-3345.

Religions of the World Club

The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions of the world. We meet the first Tuesday of every month at 6:30 p.m. Over the last year and a half, we have reviewed the world's major religions, learning about Zoroastrianism, Jainism, Hinduism, Judaism, Christianity, Islam, Sikhism, Buddhism, Taoism, Confucianism, Shintoism, and the Baha'i Faith. We were informed about the history, beliefs, and practices, and were surprised about the similarity of beliefs among these religions.

On Tuesday, February 3, 2015, we will explore what might be termed "alternative religions" which focus on the feminine. These religious groups may worship God the feminine, God the Mother. Others may see different spiritual forces as the center. We will talk about these "religions," their beliefs and practices, and their followers.

This is not a forum for recruiting members to any belief system, and all Trilogy residents of any belief system are welcome. For more information, contact Don Cooper (510) 909-5049 or Barb Bellamy (707) 374-6670.

Rio Vista Roamers RV Club

We thank Mel and Sharon Schatz for taking us to the Cast Iron Grill in Suisun for our Holiday brunch. The food was wonderful and plentiful! This was a new restaurant for the group and it seemed to be enjoyed by all.



January is traditionally our month for Chinese food. The Pineapple in Isleton was our destination and our hosts were Richard and Janice Larsen. More to come next month.

The Point is back and Tom and Nancy Shirley (707) 374-5229 will host our Valentine luncheon on February 12 at 11:30 a.m. Antonio, the owner, has been busy so we do not have a price yet. Please check our website or call Nancy or Tom for details.

Where are we going for our roaming kick-off this year? The Durango RV Park in Red Bluff from March 16-19. Man-

ny and Sandra Santos (707) 374-3538 will be our hosts. The cost will be based on how many sign up.

Sign on to www.rvroamers.tk for the next outing information. Log on to sign yourself up or call the member hosting that outing. Call Sandra Santos at (707) 374-3538 or Jan Vick at (707) 374-5025 and we will be more than happy to answer any questions.

Senior Men's Golf Club

What's on your bucket list this year? How about your first hole-in-one, or playing a full round of 18 holes with a score equal to, or better than, your age? (After all, little else in life gets easier with age.) Both milestones will undoubtedly happen for [yet to be determined] members of The Rio Vista Senior Men's Golf Club in 2015. As they say in the Publisher's Clearing House drawing, "It could be you!"

But, even if you just kick your personal bucket down the road in 2015, join the friendly camaraderie and competition with us. Enjoy weekly tournaments and an abundance of other events hosted on our own drought-breaking, green home course and at nearby courses. Golfers of all capabilities are called to join the fun. (If you have a sharp pencil and a good eraser, who's to say just how well you might score?)

Play as much or as little as you like each month, but resolve to play more golf [and optionally join in round-ending 19th hole hydration] with us. For information concerning membership and activities in the RVSMGC, contact our Membership Director, Chris Shockley at (707) 374-3603 or tshoc@cs.com.

To our returning members, remember you are only as good as your last round (or putt). So, if you were on top in 2014, expect to wear a target on your back this year. Alternately, If you were just "biding your time for a bigger payoff" last year, 2015 could be your year for redemption. We look forward to seeing old and new friends alike on the golf course.

Stroke, Head & Brain Injury Club

We are a support group who have had or are living with someone who has been affected by stroke, a brain injury or one which results from a head injury (such as an assault or car accident) which subsequently caused a 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 extracurricular activities for the group both within Trilogy and nearby communities so that we can have fun together as well. We have recently added 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 you 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. Our next meeting will be held Tuesday, February 3. Please join us.

Supper Club

For those who are unfamiliar with the Supper Club, we are a group of people who enjoy sharing a meal and conversation with new people and existing friends in a small group setting where we can get to know each other. We have five "home hosted" events a year. Members who wish to participate in any given month are assigned to the homes of volunteer hosts/hostesses on a random basis to try to mix contacts as much as possible. All meals are pot lucks and the host provides the main course. The host can make the event a dinner, brunch, or lunch, and can make it as casual or elegant as they choose. You do not have to be a gourmet cook to join us. Simple fare is fine. Your company is what we are after.

Our members are a mixed group of singles and couples. We would love to have you join us. If you would like to join the club or just have questions please contact Susan Collier at msnnomre@gmail.com or (707) 372-5489; Pam Lewis at flyprl@yahoo.com or (707) 372-1642; or Donna Armanino at nanda47@gmail.com or (707) 374-2461.

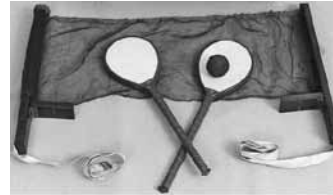
Table Tennis Club

"What's in a name? That which we call a rose by any other name would smell as sweet."

— Shakespeare: Romeo & Juliet

Serious players of Table-Tennis are offended when their sport is called Ping-Pong. They would not be amused to learn that the game was originally called Whiff-Waff.

It started in the 1880s when British soldiers, bored by the lack of action in faraway outposts in foreign lands, created the sport to keep themselves entertained. Upon returning home they introduced it to families and friends. It became popular among the elite who played it in their



Whiff Waff --> Ping Pong --> Table Tennis

after-dinner lounges. Early versions used 12-inch high nets, paddles made from parchment spread over wooden frames, and balls made of cork caps of Champagne bottles! The sounds made by the cork

ball impacting the parchment and table led to the Whiff-Waff name. The name "Ping-Pong" originated in 1900, and Table-Tennis was adopted in 1920 in the USA to avoid infringing on the Ping-Pong trademark held by a British company. The game has undergone many changes to become one of the most popular sports today. The first Olympic Table-Tennis competition was held in 1988. Trilogy club members play the modern version of the sport, Table Tennis.

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

Tennis Club

By tradition, February is the Month of Love, but as discussed in my November article, "love" means "nothing," "zip," "nada" in the game of tennis-- but that doesn't keep the people that love the game off the courts. According to Wingfield's book of Lawn Tennis, during a hard frost in 1873 besotted players in Britain erected the net on the ice and equipped themselves with skates! Even in Trilogy, winter players have been observed eagerly squeegeeing the courts between rain storms, playing in the fog, or bundling up to continue play as temperatures dip into the 40's. Now that's Love!!

Come and find out what that love is all about. Join us for daily Social Tennis Monday through Friday from 8 - 10 a.m. We welcome anyone, member of the club or not, to participate. Just be sure that your shoes are "court" shoes that don't leave marks on the court surfaces. Also, set aside March 8 on your calendar for our first Daylight Savings Tournasocial. Our socials are always a lot of fun and this one will be here before we know it.



Note for "Members Only:" When you use the ball machine, please be sure that the balls are dry, as wet ones jam up the machine.

For more information about our club, our next Club meeting is scheduled for 10 a.m. on Friday, February 27 at the Delta Club or contact Wally Beckman at beckmanwally@hotmail.com.

TOPS

Happy New Year everybody! After a short break in the action, we are up and running again! We had a good record last year in pounds lost, so let's do even better this year. Our Christmas luncheon was a real fun time for all and we hope you all had a great Christmas and New Years Eve celebration! For those of you who want to shed a few of those added holiday pounds, come and join our group. We meet every Wednesday at 8 a.m. at the Delta Club. For more info, call leader Elouise Brice at (707) 374-1499 or co-leader Barbara Bellamy at (707) 374-6690. Have a great New Year.

Trilogy Jazz Band

We're still waiting for all those bicycle riders who used to play a horn back in high school or college to pull them out of the closet. (It's just like riding a bicycle, you never forget) You don't have it anymore? Not to worry, we may have one for you. Our ranks have thinned with Marti & Jack Rogers moving from Trilogy and we wish them the best and hope to see them again. We will be entertaining you again soon, and we invite anyone interested in playing, or just to listen, to come to a rehearsal on Wednesdays at 2:30 p.m. in the Vista Ballroom. Our vocalists practice at 1:30 p.m.

Please give Jim Lucas a call! (707) 374-7567

Whist Club

Thank you for your support in 2014. We presented donations to Rio Vista Care, and the Rio Vista Fire Department. Our Annual Black History Program will be held Saturday, February 21, 2015, at the Vista Club. Our program will include the return of Akoma Arts. This group will brighten your day. Join us for a talent filled entertaining celebration. There is a \$10 per person fee, worth every penny. You are welcome to meet with us each third Friday at 7 p.m. at the Delta Club. Bring a dish to share. We are lively! We play down-home games and reflect on life stories. Listen to the music of bygone days. Come interact and share your observations/recommendations with us. For additional information, contact Madalene Turner at (707) 374-3361 or Jean Robertson at (707) 374-0086.

Women's 9-Holers



Most Improved Player of the Year, Eila Ballard, with Jan Benner

December has been an interesting month, with rain, fog, and cold. We were only able to actually play golf twice, but it was nice to see the much-needed rain come. It was so wet the grass didn't have a chance to dry out enough to be cut, so our new obstacle was trying to find our golf balls in the tall grass. An Easter egg hunt to be sure, because we often found other players' balls but not our own. Such fun!

December 9, 17 ladies braved the weather. Cart path only. The group in front had to call out when they were moving, as we couldn't see them through the fog. We still had 3 Chip-ins, Anna Bogucki, Cathy Warr and Lynn Traver. The Christmas Tree/Birthday treat Cupcakes Linda Rowe brought gave us energy. **December 10** was the annual Holiday and Awards luncheon, a great Turkey dinner at Sir Flairs. Our most improved player of the Year was presented to Eila Ballard. Great job! **December 23**, 12 ladies once again braved the fog and cold. We had two chip-ins, Suzi Masterson and Cathy Warr. What is the secret? You can Chip-in better in the Fog?

Pars for December: 5 in total. No favorites this month. Par of the Month Club Members (changes monthly): Lynn Traver (3), Georgette Rodrigues, and Barb Downs. Way to Go Ladies!

The Women's 9-Holers is a great club to join; we learn a lot (rules, etc.), have lots of fun and make many new friends. Isn't that what retirement is all about?

To join, contact our new membership chair Pam Carlson at (707) 374-2983 or pam331@gmail.com

Happy Golfing in 2015!

Women's 18-Holers

On **December 4**, we ignored the muddiness of the course and had a great time. After slipping and sliding through the course, Marsha Berry and Frankie Freeze tied for second for low net. Bessie Dunn won fourth place. Ace of the month with a low net score of 76 was Paula Davis. Closest to the pin on #10 was Lynn Grace at 13"5". Marsha Berry and Frankie Freeze broke 100.



Linda Barlesi 2014 Club Champion (Photo by Lynn Grace)

Only nine golfers braved the cold on **December 18**. Loretta Ortenblad got her first chip-in with our club on #16. Closest to the pin on #10 was Vicky Riddle at 12". Linda Barlesi broke 100. The low net winners were: First Place Marsha Berry, Second Place Diane Staley and Third place tie was with Linda Barlesi and Karenann Evans. Our Christmas luncheon was held at Sir Flair's restaurant and a good time was

had by all. We meet each Thursday at 8:30 a.m. at Sir Flairs Restaurant. If interested in joining our club please contact Linda Siatt at (707) 374-3676.

Writers' Club

Our optional topic for February is "Open Heart". Will you write about a form of jewelry, a type of cardiac surgery, or even a compassionate philosophy or attitude? This subject may imply something else entirely. Where will your imagination take you with this topic? Or would you prefer to write about something completely unrelated? Terrific! Just write! Then join us in the Monterey Room of the Vista Club at 7 p.m. on Thursday, February 12 to



read, listen, encourage, share or critique (if you'd like). Some of us write to be published, others write to share a story, and some write because we are compelled. We look forward to welcoming you to join or observe. For further information, contact Zoe at (707) 374-3676, Suzi at (925) 231-5213, or Judy at (707) 374-3973.

Trilogy Art Guild for Artists

We now have new co-chairs for TAG: Donna Benedict and Heather O'Brophy are making some great new venues for our meetings and our members, who for the first time number more than 60.

We are going to have projects and guest artists and take road trips to art galleries and museums scheduled as often as we can.

Our annual Membership dues are \$15 for the year. Meetings on the first Monday of the month in the Marina Room at the Delta Club.

The Genealogy Club

Sometimes we forget that we are a country of immigrants, but we get reminded of this more and more in our genealogy meetings. There was a huge influx of immigrants especially from the early 1800's to 1900 and these people can be somewhat difficult to find. The following informational tips are gleaned from a recent Family Tree magazine article:

Hungarians commonly put their family names before their given names, the reverse of most western cultures.

Czechs and Slovaks followed a pattern of chain migration. You should take note of church, immigration and tax records of your ancestors' US neighbors.

Polish children often were named after a saint whose feast day was near the child's birth or baptismal date. Sometimes children were named after their godparents.

To find a Jewish ancestor's town of origin look to the person's final resting place and local synagogue. If your ancestor was buried in a society-owned plot, he likely came from the town the society represented.

Scottish first names typically follow a traditional pattern. The first son is named for the father's father; the second son, for the mother's father; the third son, for the father; the first daughter, for the mother's mother.

The Genealogy Club and Workshop are open to all residents of Trilogy. Regular club meetings 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 by phone at (510) 334-0912.

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with Gary Bohannon and the

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Saturday, March 21, 7:00 pm ~ \$15

Diablo Ballroom, Vista Club

Sign up at Member Services and plan to bring your favorite provisions along for this enjoyable evening.

Changes to Master Association Rules and Regulations

At its January 14, 2015 meeting, the Trilogy at Rio Vista Master Association (TRVMA) Board of Directors approved a 1st Reading of additions/changes/amendments to the Trilogy at Rio Vista Master Association Rules and Regulations. A 2nd Reading for final adoption will be on the March 10, 2015 agenda which you are welcome to attend and make comment.

The following is an addition (#6) to the General Rules and Regulations:

The intent of this new rule is to give protection to pedestrians who are forced to give way to overtaking/oncoming bicyclists, skateboarders, etc. The width of the community's sidewalks/walkways prohibit multiple users with different needs.

Riding bicycles and skateboards and operating scooters, golf carts or other similar methods of transportation/recreation, are prohibited on walkways/sidewalks within the community. This regulation does not apply to motorized vehicles used for disabilities.

Changes to Village Rules and Regulations

At their January, 2015 meetings, each Village Board of Directors approved a 1st Reading of additions/changes/amendments to the Trilogy at Rio Vista Village Association Rules and Regulations. A 2nd Reading for final adoption will be on the March, 2015 agendas, which you are welcome to attend and make comment.

The following is an addition (#6b) to the General Regulations:

The intent of this new rule is to give freedom for political expression as provided in California Civil Code, yet give reasonable time-frames and number of political signs to be placed on private property.

Political signs campaigning for a specific candidate or measure may not be placed in a yard more than sixty (60) days prior to an election and be removed within one week following the election. Each property is limited to one (1) sign per candidate or measure and must follow state law in that they may not be more than 9 square feet in size.

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

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ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: March 2015 ads and checks are due by February 5, 2015. All late submissions will run in the April 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 |
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| • 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 | |
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| • INSIDE FRONT COVER | 7.5" wide X 10" tall | \$445/month |
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| • 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.



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40 years professional
experience. Anna (6900).

Caregiver

Trilogy resident, Registered
Nurse specializing in home
medical care. Daily or long term.
CPR certified. Medications,
surgical recovery, wound care,
injections. Call Kathy 374-7587.

Caregiver

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



SERVICES

Cleaning

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

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 (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 (5129).

Computer Doctor

Woody Woodard will fix PC's/ Mac's, install, teach, create web pages, coordinate with Frontier, Best Buy, Comcast. 707-416-6067

Faux Finishing @ Its Best

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

All Real Estate Services

Friendly, Caring, Responsive. Independent Broker, Certified Senior Specialist, Bonnie Bowen, Broker/Neighbor 322-5875 (License #00926244)

Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, disposals, toilet maint., and more. Free estimates. City bus. license #1654. Bob Bailey (3391).

SERVICES

Handyman

For those projects that you can't or don't want to do: plumbing (leaking faucet, garbage disposal), electrical (install ceiling fans, light fixtures), household repairs, hang window treatments, mirrors, and pictures. Call Scott Sylvester (6013).

Home Repairs

No job too small: plumbing, electrical, doors, windows, fans, lights, water filters. Call Bob Coons 628-0889.

Housecleaning

Nita & Company Housecleaning Services: Trilogy resident for 14 years. Many housecleaning & homemaking services provided. Windows by Victor at 510-334-9667. All satisfaction guaranteed. Call Nita 315-6670.

Housecleaning

Dust Company: 20 years' experience in housecleaning. Reliable. Excellent references. Pet care also. Pat 916-247-5742.

House Maids

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

Hypnotherapy

I'm a Master Hypnotherapist since 1986. In one pleasant session I can teach you to change your mind in ways that enable you to control your life and become the person you want to be. Trilogy residents pay only \$75. Totally confidential. Call Karen Lamberto at (2938).

SERVICES

Impeccable Improvements & Repair

Established retired general contractor. . .Tile, wood floors, water leaks, drywall damage, kitchen & bath remodels/repairs, privacy walls, iron fences/French doors, storm doors, fireplace mantels, Jacuzzi tubs. 10 year resident. Big or Small—I Do Them All! References. Dominic, 322-9476

Income Tax Preparation and Notary

Individual, partnership and corporate tax returns. Notary Public. Reasonable prices. Jim Castress (3590).

Income Tax Services & Planning

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

Mobile Marine Service

Inboard, outboard, stern drive, oil filter service, water pump service, electrical, trailer lights, trailer repairs. Call Bob Coons 628-0889.

Mobile Sharpening

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

Notary & Legal Document Preparation

Trilogy resident & Independent Paralegal. Low Cost Professional Services. (Not an Attorney) Please call Christine Quinn 507-5265.

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.



SERVICES

Notary

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

Notary Public

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

Notary to Go

Only \$8 per notarization at Trilogy. Discounts for numerous documents. Since 1984. Call Warren at (3477).

Notary Services

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

From minor touch up to complete painting, including market preparation to sell, tenant and owner transition. Pressure washing and rinsing if needed. References. Trilogy resident. 415-710-2590 Christopher.

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 (5954).

Paper pArts Cardmaking

Cardmaking, stamping, heat and dry embossing, fancy folds, die cutting and more. Unique cards, new techniques and fun for all! Contact Janet 925-200-5554 Or Aldridge.j@sbcglobal.net. Classes at my Trilogy home.

SERVICES

Pet Care

Kitty care and small dogs (no walking) services. Includes play, feed, meds, trash out/in, newspapers, mail, and house plants. Call Mimi (4343). . .Trilogy resident.

Pet Care

"J Walker Pets!" (2546), for all your pet care needs: boarding, housesits, care, visits, long term. Certified vet assistant.

Photography and Video Services

Video transfer your VHS, Hi-8 and digital tapes to DVD. Video editing. Photography for family events, portraits of people and pets. Call Jerry Hallett at 628-5109. jerry.hallett@hotmail.com. Website: www.hallettphotos.smugmug.com

Piano Lessons

In your home learn chords with big notes \$20 per 45 minute session. Start your New Year's resolution in 2015. Phone Kelly (6363).

Pressure Washing & Rinsing

Diligent and conscientious. Exterior walls, patios. Great rates. Painting services also available. References. Trilogy resident. Christopher 415-710-2590.

Rain Gutters Cleaned

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

Sliding Door & Screen Repair

Stop Fighting Your Sliding Door and Screen!...If it does not Slide, I will make it Glide...Replacement or Repair of all Patio Door and Screen Rollers, Patio Door and Window Screens, Locks, Handles, Shower Door Enclosures and Wardrobe Doors. For a Free Estimate, please call Jonathan (2736).

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.

Streaming Video

Will set you up to watch movies in your home instantly from Netflix or Amazon. Woody Woodard 707-416-6067

Transportation

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

Water Filter

Drink purest, cleanest, tastiest water from your tap. Install reverse osmosis filter under sink system. Save bottled water costs of \$250+ per year. Trilogy resident discounted \$150 plus installation (2643).

Window Cleaning

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

Your Personal Travel Concierge

Put yourself in our hands and let us arrange your travel from door to door, cruise, train, resort, hotel, villa, rental cars, drivers, activities, sightseeing, excursions, fine dining, shows. Call Joan Greene, All Occasion Travel (2440) or email alloccasiontrvla@aol.com. Let's talk it over.

HunterDouglas ENERGY SMART STYLE

FEBRUARY 1 – APRIL 25, 2015

\$100 REBATE*

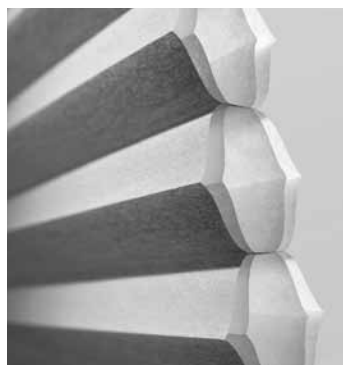
ON ANY OF THE FOLLOWING PURCHASES:

4 Duette® Honeycomb Shades
(plus \$25 rebate each additional unit)

4 Solera® Soft Shades
(plus \$25 rebate each additional unit)

2 Silhouette® Window Shadings
(plus \$50 rebate each additional unit)

2 Vignette® Modern Roman Shades
(plus \$50 rebate each additional unit)



Duette® Architella® Honeycomb Shades

Save energy and add beauty.

Duette® Architella® Honeycomb Shades offer superb energy efficiency. Their patented honeycomb-within-a-honeycomb design creates extra insulation, which can help lower energy bills. Style makes them an even smarter choice. Ask for details.



**Window
Fashions of
Northern
California, Inc.**



Window Fashions of Northern California

125 Grobic Court, Suite A

Fairfield CA

Call (707) 429-5156 for your in-home consultation

Mon - Tue: 10:00 AM - 5:00 PM

Wed - Fri: 10:00 AM - 6:00 PM

Sat: 10:00 AM - 3:00 PM; Closed Sunday

www.WFNC.gallery

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HunterDouglas Gallery

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