

# TrilogyLiving



*Photo by Andrea Stuart*

## CELEBRATING A “FEEL GOOD” SUMMER

It's June, and that means summer is here! The Trilogy SPA team can help all of us start the summer off on the right foot. Whether you're looking for a facial pick-me-up to look your best, or a rejuvenating massage in preparation for when the grandkids come to visit, Trilogy has something for everyone. Check out page 14 for June's specials.

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# Join Us In June!



**Saturday, June 9 • 3:30 pm**  
**Saturday, June 30 • 3:30 pm**  
***Happy Hour***

Stop by for an afternoon cocktail and live music to celebrate the weekend.

*RSVP one day prior.*



**Saturday, June 16 • 12 – 2 pm**  
***USO Fundraiser and BBQ***

Help support our troops while enjoying a barbecue, door prizes and live entertainment by the *Singing Blue Stars*.

*Tickets: \$10. Proceeds go to the USO.*  
*RSVP by June 12.*



**Sunday, June 17 • 12:00 pm**  
***Father's Day Appreciation Event***

Celebrate the father in your life with a steak dinner and live entertainment by *Jeremy the Juggler*.

*RSVP by June 13.*



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*From the  
Master Association*  
**CAROL BENKIE**  
President

Residents joined together on a warm, beautiful, late spring day for the May 8, 2012 TRVMA board of directors meeting in the Diablo Ballroom at the Vista Club.

**An earlier executive session convened. The below actions were taken:**

- Executive Session Minutes for April 10, 2012 were approved, unanimously.
- Committee Formatting/Nominations:
  - CC&R Re-write: TRVMA CFO Tom Moore was unanimously appointed. Chair of the Committee; he will write the charter.
  - Amenities – Joseph Downes, Jacqueline Roche and Robert Sather were unanimously nominated to the committee. TRVMA Vice President Warren Oglove was unanimously appointed Chair of this Committee; TRVMA Secretary Bernie Dehn will represent the Master Association.
- Waste Water Treatment Plant Feasibility - It was determined to be too early to establish a Committee.
- A draft Contract with Fenceworks, Inc. was reviewed and discussed.
- A draft letter to the City of Rio Vista regarding the Waste Water Treatment Plant was reviewed and discussed and authorized to be sent. It formally, however temporarily, removes the TRVMA proposal.
- A report was given on the meeting with Lira's, General Manager Ed Vitrano and TRVMA CFO Tom Moore regarding the Financial Statement for the Cyber Café.
- An update on the Nail vs. TRVMA was given by General Manager Ed Vitrano.

**Actions taken by the board at the May regular meeting included:**

- Unanimous approval was given for the Consent Calendar; Regular meeting April 10, 2012.
- Approval was given unanimously to approve an expenditure, in the amount of \$326,860 from reserves, for the replacement of 11,000 linear feet of fencing along both sides of Summerset Drive; the contract is to be awarded to Fenceworks, Inc.
- A resolution giving management authority for expenses including reserves was tabled until June.
- Approval was given unanimously for an expenditure, in the amount of \$7,272 from reserves, to refinish the Rio Vista Room floor and award the contract to Northstar Hardwood Floors.
- Unanimous approval was given for an expenditure, in the amount of \$10,275 from reserves, to replace the Rio Vista Room partition; contract to be awarded to Partition Specialties.
- Approval was given unanimously for an expenditure, in the amount of \$3,542.50 from reserves, to replace the window trim at the Vista Track and award the contract to Spradling Construction.
- Unanimous approval was given for a Candidate's Forum to be held in the Diablo Room of the Vista Club and open it to the public; date is to be determined.
- Delta Club security was discussed with regard to evening door locking. TRVMA has forwarded long term evaluation to the Access Committee and short term evaluation to the Adult Committee; recommendations to be reported to the TRVMA.
- Discussion of alternatives for distribution of the Trilogy Living brought no change to the present structure.
- There was discussion for a proposal to establish an association-approved "Electronic Opinion Site" for exchange of opinions; the TRVMA board will not support or assist in this venture.
- Committee appointments were approved from Executive Session nominations.

The Master Association's next regular meeting is on July 12, 2012 at 2 p.m. Please attend. Your ideas and suggestions are welcomed.

# TRILOGY AT RIO VISTA

## DIRECTORY

### Master Association Board of Directors

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

### District Delegates

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

### Committees

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

### Village Board Presidents

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

### Association Administration

**General Manager: Ed Vitrano** (4869)  
evitrano@actionlife.com  
**Assistant General Manager: Catherine Patrick**  
cpatrick@actionlife.com (4843)  
**Activities Director: Debbie Dorn** (4204)  
ddorn@actionlife.com  
**Fitness & Spa Director: Kathy Erwin** (4205)  
kerwin@actionlife.com  
**Maintenance Director: Mike Oestreich** (4895)  
moestreich@actionlife.com  
**Member Services Coordinator: Cheryl Lucas** (4203)  
clucas@actionlife.com  
**Communications Coordinator: Andrea Stuart**  
stuarttrv@gmail.com

### Club Numbers

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

### Trilogy Living Editorial Board

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

### Commercial Advertising Manager

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

### Resident Classified Advertising

Kathy Nilsson, knilsson@actionlife.com (4200)

### Welcome Center, Front Gate (4306)

trvwelcomecenter@gmail.com

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

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*From the Editor*  
**ANDREA STUART**

Although we celebrate Independence Day in July, June has quite a patriotic edge. With Flag Day falling on the 14th and Juneteenth falling on the 19th, we have quite the set-up for some Americana celebrations! This is also a good time to pay homage to our forefathers, who essentially gave birth to our country. It's only fitting that Father's Day is celebrated in June.

You may have noticed the Trilogy Spa staff on the cover of this issue. Since summer emanates such high energy levels, speeding life up at near light speed and cramming our schedules full of activities, it's easy to become overwhelmed by all the wonderful opportunities. We thought it was a great time to reintroduce everyone to our dedicated Trilogy Spa staff and the specials that are designed to soothe and satiate. Check out the fitness pages for latest and greatest pampering opportunities.

In addition to all of the unique fun that Trilogy is hosting including Open Mic Night, Concert on the Patio, and the 10th Annual Chef Contest (see Activity Director Notes for details) there are a slew of events on the calendar.

June 2 marks the date for the Slow Food Festival on the Rio Vista Waterfront. If you're really interested in getting your food on, the Slow Food Festival—featuring local producers of cheese, olive oil, wine, beer, and meats—will tempt the appetite. The Trilogy Art Guild for Artists will be in attendance with art on display. For ticket information, contact (6118) or email [info@slowfoodriovista.org](mailto:info@slowfoodriovista.org).

Work off all that food by dancing the night away at the Village Riviera Sock Hop on June 9. If you'd like to continue the food extravaganza once you've worked off the calories, join Village Oakmont for their International Potluck on June 10. Realign your mantra with Mother Earth by celebrating the summer solstice on June 21. Then, if you're feeling close to nature, perhaps you'd like to take a "Walk on the Wild Side" in Lynch Canyon with the Nature Club on June 23. On a health note, Trilogy's Blood Drive is on June 25. It's a great opportunity to lend an arm.

Now, get out there, Trilogy, and make some summer memories you won't soon forget.

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

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



*From the  
Activities Director*  
**DEBBIE DORN**

Don Lewis was powerfully entertaining! The audience honored Don's performance with two standing ovations calling for his return to Trilogy. Following his show, Don was off to his next performance in Japan.

The internationally popular vocal and handbell ensemble, Tapestry, of which one of the singers is our own Trilogy resident, Sue Williams, performed here by special arrangement. The audience was mesmerized throughout the remarkable performance given by the many ringers and singers.

The Spring Community Garage Sale received an abundance of positive feedback from participants, indicating that there were many good sales made and treasures found! There were 91 resident garage sales registered for inclusion on the map. Let us hear how your experience was either as a seller or buyer.

There were clubs and village events that caught our attention this month. The Pooch Patio Party was delightfully amusing; the Table Tennis Tournament was exciting and included over 40 residents; then there was Village Riviera's April in Paris Luncheon, which was magnificent!

Mark your calendars this month for Open Mic Night, followed by the first of our Concert on the Patio series featuring The Midnight Band, and register today for the July 4th Celebration Parade! See details in this issue and the flyer insert. Do you have suggestions or comments? Call Debbie Dorn at (4204), or send an email to [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open!

## Open Mic Night

Friday, June 15, 7 p.m. – 8:30p.m.

Diablo Room, Vista Club ~ Free

Join us for a fun night of showmanship. Show off your hidden talents, whether it's singing, reciting poetry, performing stand-up comedy or playing an instrument. Let your inner star shine through! This is not the "Gong Show" or "Star Search." It's about sharing and having a great time. Bring your favorite snack and beverage. All performers sign up at Member Services at the Vista. Doors open at 6 p.m. Capacity seating: 160

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

## Farmer's Market

### Have you experienced Trilogy's Market Place?

Sunday, June 24, 10 a.m. – 3 p.m., Delta Club ~ Free

Bring your neighbors and support your locally grown fresh fruits and vegetables from our own Trilogy Farmer's Market. Petrill's Produce Farmer's Market provides wonderful produce and other specialties. It's easy to keep a fresh supply of fruits and vegetables on hand without leaving Trilogy. Plus, you'll receive a free apple with purchase for visiting the market.

## Grapevine Chat!

Tuesdays, June 12, 6 p.m. and June 26, 5 p.m. ~ Free

Are you new to Trilogy or a seasoned resident who enjoys great company, inviting atmosphere, and good conversation? Come join the gathering at the big fireplace in the Grand Living Room. It's a warm and casual setting where you can not only "get the scoop" on all things Trilogy, you can get to know your neighbors. Bring wine, glasses, and snacks to share with others if you'd like. No sign-up required.

## Complimentary Hearing Screening and Assessment

Thursday June 14, 1- 3 p.m., Diablo Ballroom ~ Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and assessment to all members. You will need to contact them directly to make an appointment at (707) 428-1313. Walk-ins are also welcome.

**June 5, The Delta Club will serve as a polling place for the Presidential Primary.**

## Concert on the Patio

### The Midnight Band

Saturday, June 23, 6 – 8:30 p.m., Vista Club Patio ~ \$10

Motown comes to Trilogy and features vocalist and exceptional entertainer Matt Applin. Join the Soul Line Dancers and dance to R&B, Motown, jazz, blues mixed with other familiar tunes of this smooth four-piece ensemble of bass, drums, keyboard, and guitar. These amazing musicians have a chemistry that comes only from years of performing together, and they never miss a beat! A spectator section will be provided to view the band. Sign up at Member Services. For more information, call Debbie (4204).

## 2nd Annual Trilogy Triathlon

Saturday, June 23

Join in the fun of this free event! Offering t-shirts and goody bags to every participant, the Trilogy Triathlon is a 3-2-1 format including 3 laps in the pool, 2 laps on bike around Summerset, and a 1-lap run or walk around summerset. Registration opens at 8 a.m. Race time begins at 8:30 a.m.

Sign up today at  
Member Services.  
For more information, contact Kathy Erwin at (2405).



## Trilogy Fourth of July Celebration

### Free Admission

Presented by Village 1, Oakmont, Riviera and Saddle Rock

Gather friends and family for a grand celebration of America's birthday. We celebrate the Fourth of July because that is our Independence Day. It marks the date when our founding fathers signed the Declaration of Independence and announced their secession from Britain. It is a shining day in our history that deserves to be remembered. Join us at the Delta Club for the party.

- Parade Around Summerset Drive
- Hot Dogs & Ice Cream Social
- Car & Motorcycle Show
- Variety of Entertainment

Sign-up sheets for parade entries and for the Hot Dogs and Ice Cream Social are inserted with this Trilogy Living. More forms are available at the Vista Club. Mark the form if you would like to lend a hand with this special occasion. It's fun.

## Comedy Night

Friday, July 20, 7 p.m., Diablo Ballroom, Vista Club ~ \$10

Everyone enjoys a good laugh and you will find plenty of laughter here. Comedy Night has always brought the best talent for your entertainment and this will prove to be no exception! Bring your favorite beverage, snack and come prepared to roar. Sign up at Member Services, Vista Club.



### Do you have some extra time on your hands?

Volunteer for the July 4th Celebration Party! We need assistance with several different activities such as

decorating and serving the hot dogs. Call Member Services (4200) if you want to help while having some fun!

## Attention Villages and Clubs

The revised facility reservation forms list the current costs for table linen fees. Please note that the current fees are:

**Table cloths - \$2 each**

**Table skirts - \$3 each**

Reminder: Immediately following your hosted event at either Vista or Delta Club, return each room to its original condition as found. Make sure all trash is picked up and put into garbage cans and bagged, and that all tables, chairs, and counters are wiped clean and floor spills are cleaned. A staff member will take the bagged garbage to the dumpsters, remove used table linens, and return all community-owned equipment to storage.

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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](http://www.actionlife.com) to monitor their accounts 24/7. If you have questions or need help registering on-line, please call the Administrative Office (4843).

### Assessments for the month:

Master Association \$118.29

Master Association \$80.39  
(Only for original residents (<100)  
in a developer subsidy agreement)

Village I \$4.00

Village Oakmont \$4.00

Olympic Village \$3.50

Village Riviera \$4.50

Saddle Rock Village \$0.00  
(None until dormancy ends)

## Adult Committee

The Adult Committee met on April 26. No actions were recommended to the Master Board. Patty Kohn and Leland Puryear have been added to the committee as replacements for two outgoing committee members. The committee meets the last Thursday of every month in the Delta Club at 1 p.m. All residents are encouraged to participate in these meetings. Your suggestions, comments, and/or questions can be given to any committee member, left at the HOA office, or voiced during the residents input segment of each meeting. Applications to fill unexpected vacancies are accepted at any time.

The next meeting is on May 31. For more information, you may contact Helen Bergoust at [alhelenb@aol.com](mailto:alhelenb@aol.com) or (707) 374-2436.

## Village Riviera Board News

First, we apologize to everyone who tried to email Debbie LaCroix in the HOA Office to get your Opt-In form for receiving budgets, rules and regulations, etc., by email rather than mail. Her correct email address is [dlaroix@actionlife.com](mailto:dlaroix@actionlife.com). If you would rather call her, the HOA Office number is (4843). This will save both money and trees. If you have a computer and receive email, please opt in.

Did you notice that there was a large clump of green something in your tree besides the usual leaves? This is mistletoe, and it is cute at holiday time when you get to get a kiss standing under it, but it will kill your tree. Please have your gardener remove it, or carefully do so yourself. This is a parasite and will spread with our wind. Please don't delay in getting it out of your trees. It has been spotted in our village on Oakridge and Sage Meadows.

Do you have a domestic cat that is outdoors? Well, there is no such thing in Trilogy. All domestic pets, when outside of the home, must be on a leash. If you are letting your cat out to roam, it is doing just what the feral cats are doing, tearing up neighbors' gardens and attacking birds on the legal bird feeders that hang above the ground. Regarding the feral cats, it is also not acceptable to feed them in community areas, such as near the old sewage treatment plant. They are not to be fed within Trilogy.

People are still needed to volunteer for the CC&Rs Revision Committee. If you are interested in being on this committee, contact the HOA Office.

The village presidents asked to remind everyone that while we have not invited the police in to ticket, stop signs and speed limits must be obeyed. There is huge liability if someone were to be hurt. For more information, contact President Don Seyk at (6407).

**Free Shredding Day**  
**Saturday, July 21<sup>st</sup> 10 a.m. – 2 p.m.**  
**Delta Parking Lot**



## Village I

The following members were elected as the 2012-2013 board of directors: Joe Downes (7520) as president, Nancy Vickers (3946) and Sandy Dehn (4764) as co-vice presidents, Naomi Walker (1465) as treasurer, and Lynne Galletta (6079) as secretary. Plans for additional 2012 social events, after the Cafe Italiano night held on May 25, are already underway. Details will be distributed as we approach the events; however, the dates and themes are fixed: October 5 - Old Fashion Potluck; December 14 - Holiday Party. The board is also committed to supporting the community-wide July 4th celebration. We need volunteers on July 4 to check people in and distribute food tickets. This is a fundraiser for us. Call Joe Downes (7520) if you are interested in volunteering. We have also committed to providing the beverage service for the Drama Club's annual presentation.

Looking ahead to next year, we have decided to do a second Annual Crab Feed on February 15, 2013 as the first crab feed was a huge success. We have also decided that this will be our charity event for the year. We need your help in deciding on the charity or charities that will be the recipient(s) of the proceeds. We hereby issue a call to VORC members to suggest possible charities. We ask that you submit suggestion(s) to any board member (see above) by July 10, 2012 and/or attend the July 11 quarterly membership meeting in the Delta Club at 7:30 p.m. and make your suggestions known at that time. Remember, this is your club, make it work for you.

## Village Oakmont

Our International Potluck is on Sunday, June 10, 5:30 p.m. at the Delta Club. The food will be amazing with dishes from around the world. Residents are invited to share items from their family's cultures and are encouraged to decorate their tables. All Trilogy residents and their guests are invited! It's not too late to get your friends together, turn in your slip and drop it off in Box #2 in the Delta Club. If you need a flyer, extras can be found at the Vista and Delta Clubs. Don't miss out on this event. We always have a lot of fun and everyone enjoys visiting with friends and neighbors that they don't get to see very often.

Next, we are celebrating the Fourth of July with all village residents, their families and friends. We are hosting the Golf Cart Parade and are looking for a few people to volunteer to help us sign in our entrants before the parade. When you get your flyer mark, "Yes I will help."

Our next Oakmont Social Committee Meeting is on Wed., June 6 at 3 p.m. in the Monterey Room at the Vista Club. The next Oakmont Residents' Club meeting is in September. The end of summer get-together is on Sunday, Sept. 9 at the Delta Club. More details to follow. For more information or to make suggestions for our club, contact Antoinette at (5154) or [apsunflower@hotmail.com](mailto:apsunflower@hotmail.com).

## Village Riviera

Finally, the Sock Hop on June 9 is almost here. Think poodle skirts, saddle oxfords, rolled up jeans, lettermen sweaters, cardigan sweaters buttoned down the back, and whatever else you can recall that you wore back in the '50s. We hope you have signed up early, but if you delayed, and want to see if there is any room available, please email Coralie Leder at [coralieleder@gmail.com](mailto:coralieleder@gmail.com).

Our new caterer will be grilling up hot dogs and burgers, providing salad (did we eat salad in the '50s?), potato salad, chips, and to top off this fine feast, will treat us to a root beer float for dessert. The big difference you will note between the actual '50s and now is that more of the guys actually dance with the girls, but you will still see the girls getting out there with or without a male partner, swinging to great music.

The Treasure Hunt is on July 21, chaired by Linda and George Robinette, so think about your teams. Cost is \$15 per person and includes dinner. This is such a secret event that only Linda knows the puzzles. George helps with moral support and explanations to the "hunters," Diane and David Griffin help make it all happen. The members of the Residents' Club help only with the table setting for the teams, and we're off and running, scratching our heads, laughing, yelling, hiding in plain sight in our cars, and ending the evening with a wonderful dinner to share with all. Call Linda (6978) if you have questions. Flyers have been tubed and put up in the Vista and Delta Clubs.

The Residents' Club meets the third Thursday of every month at 7 p.m. in the Monterey Room of the Vista Club. Please join us. If you have questions about joining, email Coralie Leder at [coralie.leder@gmail.com](mailto:coralie.leder@gmail.com).




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# APRIL IN PARIS

Village Riviera, April 19, 2012





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

## Olympic Village

Olympic Village had a great Kare Bear meeting in March. Our new Committee provided coffee and great baked goods. We planned for our Lazy Summer Day event on July 17, 2012. Don't miss it! If you need a nice meal, someone to talk to, or someone to drive you to an appointment, Olympic Village Kare Bears is here for you. It can make a difference when you are experiencing a difficult time. If you need assistance, please contact Marian Maksimowicz (5020) or Mackie Webster (5837).

## Village Oakmont

Are you dealing with loneliness, illness, or need transportation to doctor appointments? Then you need to call your Oakmont Kare Bears Coordinator. You can reach them c/o Virginia Albertson (6823) or Ruth Joseph (0777). We are "neighbors helping neighbors." Encouragement and support is just a phone call away.

During the month of May, several of our members attended an ALDEA Mental Health Meeting. They learned a lot and can refer you to ALDEA for training classes in dealing with Mental Health issues by giving us a call.

Set aside your extra items for our big fundraising event on October 6, the Fall Trilogy Garage Sale! We had a hugely successful garage sale last year and look forward to the same support this year.

Birthday girls rejoice! We celebrated Virginia Albertson's and Janet McKimmy's milestone birthdays during the month of May with a lovely brunch hosted and planned by Penny Couser and Judy Carter. Thank you to Penny and Judy. You truly exemplify what Kare Bears is all about.

Our next meeting is on Wed., June 13 in the Delta Club. Don't forget to join us at 10:15 a.m. for coffee and delicious refreshments. There are no meetings in July and August. For more information on Oakmont Kare Bears, call Virginia (6823) or Ruth Joseph (0777).

## Village Riviera

All of our Kare Bears are excited to get on the Fourth of July bandwagon. No, we won't be in the parade, we'll be behind the table scoopin' up the ice cream.

## FAMILY SUPPORT COMMITTEE

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

The Riviera Residents' Club has graciously let our Kare Bears do the honors again and put the proceeds into our treasury for the purpose of doing what we do best - karing for others!

At our last meeting in April we were delighted to welcome three new members. We are always thrilled to see new faces, especially those who sign up to help others and provide meals. We continue to update our street coordinators list and make changes as necessary. At the present time we are looking for coordinators for Bella Vista, Foxwood and Arlington. Perhaps, this is the perfect niche for you.

Come to our June 11 meeting at 10 a.m. at the Delta Club and sign up to do some of that luscious scoopin'. Be sure to wear your red, white and blue and bring your "scoop" on the Fourth of July! Call Myra (3660) or Valerie (6942) with any questions about Kare Bears or if you need help.



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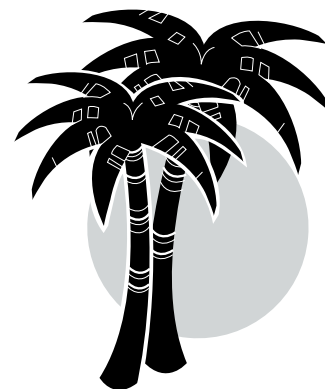
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# TRILOGY HEALTH & WELLNESS CENTER



By Kathy Erwin, Fitness & Spa Director



## Spa Specials for June, July, & August

### SUMMER SIZZLING SPA PACKAGE

#### Deep Tissue

*Works deep to decrease tightness, aids in decreasing chronic muscle fatigue and improves recovery and soreness.*

50 minutes

**Regularly \$60 now \$50**

80 minutes

**Regularly \$90 now \$80**

#### Summer Sensation



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

**80 minutes \$70**

### Biggest Mover Contest!

Over 100 members are participating in the Biggest Mover Contest! Join the fun and exercise! The contest started back in April and ends June 23! Anyone can still join in the contest. It's not too late to get a card or two entered to win. Contact Kathy Erwin, (4205) or inquire at Member Services.

### Save the Date!

**Saturday, Sept. 22, 2012**

**6<sup>th</sup> Annual Health & Wellness Fair**

Delta Club 9 a.m. – 2 p.m.

Contact Anna Chunn at [achunn@actionlife.com](mailto:achunn@actionlife.com)  
or Kathy Erwin at (4205)

### 2 TRILOGY SIGNATURE

#### Face Lift Facials

*This revolutionary signature facelift will change the image of your skin in just one application. Vit. C, glycolic acid is gentle but has highly active enzymes to speed up cellular turnover that brightens, tightens and lightens your skin!*

**80 minutes \$70**



Spa specials available for purchase June 1 – August 31, 2012.  
May be redeemed anytime.



# TRILOGY HEALTH & WELLNESS CENTER

By Kathy Erwin, Fitness & Spa Director

## What Are the Health Benefits of Yoga?

You've probably heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. But what are the specific health benefits you can expect from doing yoga regularly?

### Physical Benefits

**Flexibility:** Stretching your tight body in new ways will help it to become more flexible, bringing greater range of motion to muscles and joints. Over time, you can expect to gain flexibility in your hamstrings, back, shoulders, and hips.

**Strength:** Many yoga poses require you to support the weight of your own body in new ways, including balancing on one leg or supporting yourself. Some exercises require you to move slowly in and out of poses, which also increases strength.

**Muscle tone:** As a by-product of getting stronger, you can expect to see increased muscle tone. Yoga helps shape long, lean muscles.

**Pain Prevention:** Increased flexibility and strength can help prevent the causes of some types of back pain. Many people who suffer from back pain spend a lot of time sitting at a computer or driving a car. That can cause tightness and spinal compression, which you can address with yoga. Yoga also improves your alignment, both in and out of class, which helps prevent many other types of pain.



Deanna Araya

**Better Breathing:** Most of us breathe very shallowly into the lungs and don't give much thought to how we do it. Yoga breathing exercises, called Pranayama, focus the attention on the breath and teach us how to better use our lungs, which benefits the entire body. Certain types of breath can also help clear the nasal passages and even calm the central nervous system, which has both physical and mental benefits.

### Mental Benefits

**Mental Calmness:** Yoga – the yoke of the body. Practicing yoga includes going within yourself to clear the mind of worries and pressure. Yoga can help you see clearly and expand your knowledge of what your body is doing. It brings a calmness to the mind. Yoga also introduces you to meditation techniques, such as watching how you breathe and disengaging from your thoughts, both of which calm the mind.

**Body Awareness:** Doing yoga will give you an increased awareness of your own body. You are often called upon to make small, subtle movements to improve your alignment. Over time, this will increase your level of comfort in your own body. This can lead to improved posture and greater self-confidence.

### Trilogy Yoga Classes:

Deanna's Adaptive Yoga Workout and Yoga/Pilates  
Tammy's Early Yoga and Yoga

## Fascial Fitness

### Essentials you need to know

When a football player is not able to take to the field because of a recurrent calf spasm, a tennis star gives up early on a match due to knee problems, or a sprinter limps across the finish line with a torn Achilles tendon, the problem is most often neither in the musculature or the skeleton. Instead, it is the structure of the connective tissue; ligaments, tendons, joint capsules, etc. These tissues have been loaded beyond their present capacity (Renström & Johnson 1985, Counsel & Breidahl 2010). A focused training of the fascial network could be of great importance for athletes, dancers and other movement advocates. If one's fascial body is well trained, that is to say optimally elastic and resilient, then it can be relied on to perform effectively, and at the same time offer a high degree of injury prevention. Until now, most of the emphasis in sports training has been focused on the classical triad of muscular strength, cardiovascular conditioning, and neuromuscular coordination. Some alternative physical training activities such as Pilates, yoga, Continuum Movement, Tai Chi, Qi Gong and martial arts are already taking the connective tissue network into account. Joele's class, Simply Stretch, is all about fascia fitness! She offers this class every Tuesday & Thursday 10 – 11 a.m.



Joele Swift

## Ceramics Club



*Ceramics Club: Club members Fran Silva, Vera Thygesen, Ann Rice, Rita Kim, Sue Carlson, Daisy Wu, Dottie King, Darlene McKeown and Linda Robinette.*

Is it June, already? This year is almost half over and we know you have been thinking of joining our happy club. Well, this is the time to do just that. We are all working on different projects and it is fun to see what each person creates. It is surprising how some people like to paint details, while others use decals. Whatever the choice, we are all happy to admire each other's finished works of art. You are invited to join us every Thursday from 9:30 a.m. - 12 p.m. in the Marina room at the Delta Club. For more information, call Ann at (5122).

## Council for the Arts

Our mission as a club here at Trilogy is to "assist and promote current organizations devoted to the arts as well as encourage new art organizations. The organization shall also help coordinate the various art programs to maximize the arts exposure to, and for, Trilogy at Rio Vista residents."

That said, we are also proud to support our local community. Our most recent contributions came from our performances of this year's Music of the Night. The net proceeds of \$800 from the first night's performance was donated to Rio Vista Community Services. The Council for the Arts also made a contribution of \$1,000, as thanks to, and support of, our own Trilogy Jazz Band.

We are currently discussing how we can help Trilogy obtain a sound system that works for all occasions, as well as starting to think about a theme for next year's show.

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

## Drama Club

"The play's the thing" per William Shakespeare, and so it is at Trilogy with evening performances of *Who Poisoned His Meatball?* on August 16, 17, 18 and an afternoon performance on August 19. The "price is right" too, (hmmm...lots of famous sayings this month), because there is no admission charge. You just have to sign up when you get your flyer in July to reserve space for the performance you and your friends want to attend. Then, you just show up.

Rehearsals began in April, went full bore in May, and by

the time you read this we will be "in character" both during rehearsal and often in our personal lives. It is an interesting metamorphosis as the characters emerge from the words on the page. We are able to do the plays because you attend our Pasta Feed, which is our annual fundraiser, you also buy raffle tickets, and you make donations. Your support makes it all possible.

Speaking of this year's raffle, we want to thank those downtown businesses that were so generous: they are Abel Chevrolet—Buick, Delta Pharmacy, Lira's Supermarket, Luxury Nails & Spa, Oilwell Materials & Ace Hardware, Rio Vet, Rio Vista Pizza Factory (three prizes), The Golf Club at Rio Vista (two prizes), and many items donated by members of the Drama Club. We also thank the Delta Divas for entertaining us while some ate and others sang along with the ladies. We thank the Trilogy Porters for the fabulous job of set-up and tear-down of the tables and chairs, and the members of the Drama Club again for the cooking, serving, set-up, and clean-up. It was a wonderful evening.

The Drama Club always welcomes new members, whether you have had any acting experience or not. You just need to want to get out there and do it, being prepared to have fun during the process, and certainly during the performances. We meet the last Tuesday of the month at 7 p.m. in the Delta Club. For information about the Drama Club, call Debby DuBrow at (6706).

## Fat Quarter Quilters

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

## Scrapbooking Club

Where are the precious photos of your family and friends and of the special times you've enjoyed? Are they in a closet, in the garage, collecting dust under your bed, still in your computer or in your camera's memory card? Join our group to work on your own scrapbook photo album in a group setting. You will meet new friends, share ideas and get help with your projects. We can help you get started. Just bring your photos. We meet the second Thursday of every month from 10 a.m. – 5 p.m. at the Delta Club. There are no dues or fees. For more information, contact Marti Rogers (6859) or Diane Andrade (0777).

## Trilogy Art Guild for Artists

Artists are creative creatures with love for expressing themselves through pictures in many different ways. Some people create to relax, some do it for the challenge, and

others enter competitions and display in galleries. The ultimate compliment for most artists is when someone actually wants a piece to decorate their home.

Many of our Trilogy artists work hard while submitting our work in juried shows and sometimes we don't get accepted. TAG members Ellen LaVaccare, Anna Chunn, Lori Azzolino and Amy Schmidt were among the 300 artists chosen to be in the Lodi 57th Annual Spring Show last month. TAG member Shirley Aleck won third place for her watercolor "Patio in Bloom" in the Discover Art League juried art show in Brentwood.

Our May meeting was delicious and entertaining. We had a potluck before our meeting and ended the event with several 10-minute videos on painting presented by Joan Brantome.

The next meeting is June 4 at 2 p.m. in the Marina Room at the Delta Club. Non-members are always welcome. For more information, contact Anna Chunn (3560) or Marie Aquino (5151).

## Watercolor Basics

This watercolor class is for beginners or those returning to the medium. Classes meet on Tuesday afternoon 12:30 p.m. at the Delta Club. If you are interested in this watercolor group, contact Anna Chunn at (3560).

## WANT TO SUPPORT YOUR LOCAL NONPROFIT AND GET A TAX DEDUCTION?

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## Adult Grief Support

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

## Disaster Preparedness

### Every Month is Preparedness Month

By the Disaster Preparedness Team

Are you ready for the unexpected? The Disaster Preparedness Committee urges residents to take simple steps to prepare for earthquakes, fires, floods, man-made disasters and other emergencies. Disaster planning consists of three simple steps: 1) Make a Plan - every family should have a plan for how they will communicate during an emergency and where they will meet if separated. Establish an out-of-area contact. This should be someone out-of-state that each family member can contact to communicate their well-being. Long-distance calls often go through when local calls don't. 2) Build a Kit - having basic emergency supplies on hand will not only keep you alive, but more comfortable during the first few days of a disaster. It is recommended to keep a minimum three-day supply of ready-to-eat food and water (one gallon per day, per person), medications, and personal hygiene items. You'll also want to pack a radio (battery-powered or hand-crank style), extra batteries, sturdy shoes, warm clothing, blanket, flashlight, whistle, dust mask. You should have emergency kits for your home, vehicle, and work. 3) Get involved! A trusted friend next door can keep an eye on your property and pets if an emergency keeps you from getting home. Find out more about the disaster preparedness efforts here in Trilogy and our response plans. Consider learning CPR and basic first aid – it can make the difference between life and death for someone close to you. Stay informed. Tune in to TV and radio stations during an emergency (if a power outage occurs, you'll be glad you have a battery-powered radio and batteries on hand). Participate in disaster preparedness drills and briefings. For more information, contact Lynne Hansen (4060).

## Hispanic Club

How would you like to become a part of a Hispanic Club? This would be a group of people who were either born in a Hispanic country; who are first, second, third generation Hispanic; who may or may not speak Spanish but who love all things Latin including music, dance, food, friends, and books. If you are interested, please contact any of the following people:

Vicky Riddle: vriddle98@yahoo.com, (3684)

Ricky Martinez: ricky5529131@yahoo.com, (1345)

Lily Martinez: lilymartinez@frontiernet.net, (1345)

Len or Nidia Latorre: n1len1@frontiernet.net, (3893)

Once we gather a few people, we'll see about setting up a meeting, getting to know each other and figuring out what we want and can do. We're already thinking parrilladas, mariachis, boleros, tangos, salsa, and folklore. WOW! It could be so much fun!



*TOPS Chapter crowned a queen and king, Laverne Thompson and Darrell Woodard. They were rewarded for their weight loss efforts over the past year.*

## TOPS

At the Trilogy Chapter Installation Luncheon held at Nines Restaurant On April 11, Area Captain Mickey Drake honored our King, Darrel Woodard, and Queen, Laverne Thompson,

with their crowns and bandoliers and other items in recognition of their achievement following the installation of new officers. They have reached and maintained their goal weight loss and Kept Off Pounds Sensibly. Congratulations to their Majesties! The Trilogy TOPS chapter has scheduled the Second Annual Bus Trip to Red Hawk Casino on June 20. Call Leader Minnie Howell at (5786) or Co-leader Peggy Smith at (1366), for more information about the bus trip and about chapter activities. We meet at the Delta Club every Wed. at 8 a.m.

## Lions Club Seeks Donations

The Rio Vista Lions Club needs your help. We have started a refurbishing project, where we will refurbish wheel chairs, electric scooters, walkers, canes, and crutches for those in our community in need. If you have any of these items languishing in your garage, give us a call and we would be happy to pick them up. Contacts are Ron Jones (5875) or Warren Oglove (3477).

## Introducing the Labyrinth

A video introducing the Labyrinth will be shown on June 18 at 7 p.m. in the Sonoma Room at the Vista Club. The video is titled Rediscovering the Labyrinth, A Walking Meditation. This is a free event but please sign up in advance at Member Services. For more information, contact Anna Chunn (3560).

## Summer Solstice Celebration

Summer officially arrives on June 20 at 11:09 p.m., a little late for a walk. So, join Anna Chunn for a Sunrise Labyrinth walk at 5:42 a.m. on June 21. Watching the sunrise over Trilogy from our beautiful Vista patio is quite a site. After you walk and watch the sunrise, join Anna at the Cyber Café for breakfast. This is no-host. For more information, contact Anna (3560).

## Trilogy Blood Drive

It's time again to lend an arm! Save lives by donating at the upcoming Trilogy Blood Drive on Monday June 25, 2012 from 9 a.m. to 1 p.m. at the Delta Club. Walk-ins are welcome but appointments have priority. To make an appointment, contact Darlene Wiskeman at (6211) or email her at wiske-man2@yahoo.com.

## Trilogy Jazz Band

As of press time, the band has no performances scheduled in June. If you would like a "Big Band" or a smaller ensemble to play for a special event, please call us! Our repertoire is made up of happy, jazzy, mellow music, which is pleasant for listening and dancing.

Full-band rehearsals are held every Wednesday at the Vista Club Diablo Ballroom from 2:30 - 5 p.m. following vocal rehearsals from 1:30 - 2:30 p.m. Observers are welcome. The band is currently at full capacity, but we always like to meet anyone interested and qualified to be a substitute player and possibly fill a future opening. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

## Tuesday Pool Potluck

Pot luck dinners at the pool continue every Tuesday at 5:30 p.m. throughout the summer. Bring a dish to share, meat for grilling, beverages, and utensils. Please use plastic as we are not allowed to use glass at the pool. Cooking begins at 5:30 p.m. Open to all Trilogy residents.



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# Trilogy Living

## Fitness Class Schedule for June 2012

All classes require a “Trilogy Fitness Punch Card” at \$60 for 20 punches or \$30 for 10 punches. Each class requires one punch except Specialty Classes which require two punches. Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last Month’s Punch Card Raffle Winner: **Paula Mezynski**

June Fitness Orientations: Saturday, June 9, 11 a.m., Monday, June 18, 6 p.m., Saturday, June 30, 11 a.m.

Key  
**Bold = New/Change**  
*Italic = Specialty Class*  
(B)eginning (I)ntermediate (A)dvanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>SPECIAL!</div> <div>Buy 2 \$60 punch cards and save 10%</div>				<div>1</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 8-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance &amp; Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>2</div> <div>8:30am STEP Aerobics 11-12pm Zumba (BI) (GX) Sophie 12-1pm Zumba Gold Beginner (B) (GX) Sophie</div>
<div>4</div> <div>8-8:30am Balance Ball (B/I) (GX) Pat 8:30-9:30 am Workout w/Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up &amp; Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance &amp; Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold <b>Beginner</b> (B/I) (GX) Sophie 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna</div>	<div>5</div> <div>9-10 am. Dance Aerobics (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Simply Stretch (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit &amp; Get Fit (B) (GX) Beverly <b>3-4 pm. Advanced Aqua (B) (VP) Kathy</b></div>	<div>6</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up &amp; Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise <b>1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna</b> 7-8pm Relax &amp; Get Fit (B/I) (SR) Anna</div>	<div>7</div> <div>9-10 am. Dance Aerobics (B) (GX) Joele 9-10 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Simply Stretch (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit &amp; Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise <i>3-4 pm. Aqua Joint (B) (VP) Beverly</i></div>	<div>8</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 8-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance &amp; Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>9</div> <div>NO CLASSES</div>
<div>11</div> <div>8-8:30am Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up &amp; Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance &amp; Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold <b>Beginner</b> (B/I) (GX) Sophie 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna</div>	<div>12</div> <div>9-10 am. Dance Aerobics (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Simply Stretch (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit &amp; Get Fit (B) (GX) Beverly <b>3-4 pm. Advanced Aqua (B) (VP) Kathy</b></div>	<div>13</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up &amp; Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise <b>1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna</b> 7-8pm Relax &amp; Get Fit (B/I) (SR) Anna</div>	<div>14</div> <div>9-10 am. Dance Aerobics (B) (GX) Joele 9-10 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Simply Stretch (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit &amp; Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise <i>3-4 pm. Aqua Joint (B) (VP) Beverly</i></div>	<div>15</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 8-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance &amp; Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>16</div> <div>NO CLASSES</div>
<div>18</div> <div>8-8:30am Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up &amp; Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance &amp; Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie <b>3-4 pm. Circuit Training / Balance Ball (B) (GX) Susan</b> <b>4-5 pm. Stretch &amp; Flex (B) (GX) Susan</b> 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna</div>	<div>19</div> <div>9-10 am. Dance Aerobics (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Simply Stretch (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit &amp; Get Fit (B) (GX) Beverly <b>3-4 pm. Advanced Aqua (B) (VP) Kathy</b></div>	<div>20</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat <b>9-10 am. Yoga/Pilates (B) (DB) Deanna</b> 9:30-10:30 am. Wake-up &amp; Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise <b>12-1 pm. Stretch &amp; Flex (B/I) (GX) Susan</b> <b>1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna</b> 7-8pm Relax &amp; Get Fit (B/I) (SR) Anna</div>	<div>21</div> <div>9-10 am. Dance Aerobics (B) (GX) Joele 9-10 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Simply Stretch (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit &amp; Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise <i>3-4 pm. Aqua Joint (B) (VP) Beverly</i></div>	<div>22</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 8-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance &amp; Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>23</div> <div>11-12pm Zumba (BI) (GX) Sophie 12-1pm Zumba Gold Beginner (B) (GX) Sophie</div>
<div>25</div> <div>8-8:30am Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up &amp; Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance &amp; Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie <b>3-4 pm. Circuit Training / Balance Ball (B) (GX) Susan</b> <b>4-5 pm. Stretch &amp; Flex (B) (GX) Susan</b> 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna</div>	<div>26</div> <div>9-10 am. Dance Aerobics (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Simply Stretch (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit &amp; Get Fit (B) (GX) Beverly <b>3-4 pm. Advanced Aqua (B) (VP) Kathy</b></div>	<div>27</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up &amp; Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise <b>12-1 pm. Stretch &amp; Flex (B/I) (GX) Susan</b> <b>1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna</b> 7-8pm Relax &amp; Get Fit (B/I) (SR) Anna</div>	<div>28</div> <div>9-10 am. Dance Aerobics (B) (GX) Joele 9-10 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Simply Stretch (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit &amp; Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise <i>3-4 pm. Aqua Joint (B) (VP) Beverly</i></div>	<div>29</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 8-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance &amp; Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>Saturday, 30</div> <div>No Classes Today!</div>

TrilogyLiving

June 2012 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>  8am Social Tennis 9am Model Club (V) 9am Village 1 Arch. Com. Mtg. (V) 11am Morning Bocce Mid-Season Social (D) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V)	<b>2</b>  8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 11am Table Tennis (D) 5pm Olympic Village RC Pasta Feed (D)
<b>3</b>	<b>4</b>  8am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Monthly Mtg. (D) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>5</b>  <b>7am – 8pm Presidential Primary Polling Place (D)</b> 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole <b>10am Computer Class – Intro to Computers (V)</b> 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 12:30pm Dominoes (D) 1pm Stroke/ Head Injury Support Group (V) 4pm RV Roamers Annual Mtg. (V) 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Rehearsal (D)	<b>6</b>  8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis (D) 7pm Billiards Club Mtg. (V)	<b>7</b>  8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Card Stamping (D) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 3pm Theatre Group (D) 5pm Table Tennis (D) 5pm Cycling Club (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Photography Club (V) 7pm Drama Club Rehearsal (D)	<b>8</b>  8am Social Tennis 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bunco (D)	<b>9</b>  8:30am Hiking Club Mtg. & Hike (V) 11am Table Tennis (D) 5pm Village Riviera RC Social – Sock Hop (V)
<b>10</b>  5pm Village Oakmont International Potluck (D) 7pm Ballroom Dance Club (V)	<b>11</b>  8am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 12:15pm Bridge – Duplicate (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. Mtg. (D) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (V) 7pm Poker (D)  <b>RIO VISTA ROOM CLOSED</b>	<b>12</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:15pm Canasta - Hand & Foot (V) 12:30pm Watercolor Painting (D) <b>2pm Master Association Board Mtg. (V)</b> 5pm Billiards Club Tournament (V) 6pm Tai Chi & Yuan Chi Dance (V) <b>6pm Grapevine Chat (V)</b> 7pm Drama Club Rehearsal (D)  <b>RIO VISTA ROOM CLOSED</b>	<b>13</b>  8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (off-site) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 6pm Table Tennis (D) 6:30pm Nature Club Gen. Mtg. (V)  <b>RIO VISTA ROOM CLOSED</b>	<b>14</b>  8am Social Tennis 8:30am Golf - Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10am Council for the Arts (V) 12:15pm Canasta - Ponytail (V) <b>1- 3pm Advanced Hearing Aid Service (V)</b> 1pm Good Samaritans (D) 2:45pm Disaster Preparedness (V) 4pm Golf - Sr. Men's Board Mtg. (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Drama Club Rehearsal (D)  <b>RIO VISTA ROOM CLOSED</b>	<b>15</b>  8am Social Tennis 9am Village I Arch. Com. Mtg. (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing (V) 5pm Advanced Ballroom Dancing (V) 7pm Whist Club (D) <b>7pm Open Mic Night (V)</b>  <b>RIO VISTA ROOM CLOSED</b>	<b>16</b>  8:30am Hiking Club (V) 11am Table Tennis (D) 2pm Juneteenth Celebration (Delta Pool )  <b>RIO VISTA ROOM CLOSED</b>
<b>17</b>  <b>Happy Father's Day!</b>  <b>RIO VISTA ROOM CLOSED</b>	<b>18</b>  8am Social Tennis 9pm Watercolor Painting (D) 9:30am Walk & Talk (V) <b>10am Council of Village Presidents (D)</b> 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D) 7pm Summer Solstice Labyrinth Video (V)	<b>19</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole Golf 12:15pm Canasta - Hand & Foot (V) 12:30pm Dominoes (D) 12:30pm Watercolor Painting (D) 5pm Billiard Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) <b>7pm Computer Class – Intro to the Internet (V)</b> 7pm Computer Club (V) 7pm Drama Club Rehearsal (D)	<b>20</b>  8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 7pm Olympic Village RC Mtg. (V)	<b>21</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Dog Club (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 6pm Pinochle (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Rehearsal (D)	<b>22</b>  8am Social Tennis 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bingo (D)	<b>23</b>  8:30am Hiking Club (V) 11am Table Tennis (D) <b>6pm Concert on the Patio – The Midnight Band (V)</b>
<b>24</b>  <b>10am – 3pm Farmer's Market (D)</b>	<b>25</b>  8am Social Tennis 8:30am Walk & Talk (V) 9am Blood Drive (D) 9am Watercolor Painting (D) 1pm Mah-Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>26</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am RVMEN 9-Hole Golf 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) <b>5pm Grapevine Chat (V)</b> 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. & Rehearsal (D)	<b>27</b>  8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Olympic Village Arch. Com. Mtg. (D) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D)	<b>28</b>  8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) <b>1pm Adult Committee Mtg. (D)</b> 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Drama Club Rehearsal (D)	<b>29</b>  8am Social Tennis 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V)	<b>30</b>  8:30am Hiking Club (V) 11am Table Tennis (D)

## MAKE A MEMORY SCRAPBOOK FROM WONDERFUL VACATIONS!

### Fresh Tracks Canada CANADIAN ROCKIES TRAIN GETAWAY

PRICES STARTING AT:  
\$1499 PP.  
DBL. OCCUPANCY



Arrive Vancouver\* The peace, beauty and tranquility of the Canadian Rocky Mountains - in the shortest time possible! Experience a night in both beautiful Vancouver and Banff with travel onboard the famous Rocky Mountaineer train through the Canadian Rocky mountains - a short but wonderfully relaxing holiday.

1 night Vancouver, 1 night Kamloops, 1 night Banff, Depart Calgary

\*trip can be done in reverse



### Homeric Tours GRECIAN DELIGHT<sup>SM</sup> 3 NIGHT ATHENS & 5 DAY CRUISE

PRICES STARTING AT:  
\$986 PP.  
DBL. OCCUPANCY

#### Tour Included Features

- 3-night hotel accommodations in Athens • Breakfast daily in Athens • 4-night cruise to the Greek Islands & Turkey including all meals and entertainment. Inside cabin with two lower beds • Athens city tour including the Acropolis and the Acropolis Museum • All transfers as per itinerary • Hotel taxes and service charges • Orientation by Homeric Tours representative at Athens hotel.



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3559 or 707.422.9777  
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## TRIPS AND TOURS

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



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

**June 10, Golden Gate Fields Turf Club, \$62/pp** Always a popular day to watch the ponies run and enjoy a hearty buffet luncheon in the exclusive upper-level Turf Club.

**July 3, A's Baseball, Dinner and Fireworks, \$69/pp** We'll enjoy seating in the Plaza Club behind home plate and a choice of dinner in the food court & bar area behind the Plaza Club. Fantastic fireworks display overhead after the game!

**July 19, Ethel's Mystery Trip, Tour and Lunch, \$69/pp**

**Aug. 23, Night Time At Red Hawk Casino, \$28/pp** A special 6-11p.m. package of "Stay & Play," with five great restaurants and an entire non-smoking floor for your comfort and enjoyment. Enjoy an estimated \$15 bonus package.

**Sept. 5-7, Reno and Virginia City, (3-days/2-nights), \$272/pp** This trip is so popular that we have hired a second motor coach and booked extra rooms and tours to accommodate the overflow of people. The highlights of this trip include: Apple Hill tour and BBQ Lunch; the "Oh What a Night" stage show, featuring the music of Frankie Valli and the Jersey Boys. We'll spend a morning at the Carson Railroad Museum and take a ride on an authentic steam train to Virginia City. We'll have plenty of free time at Silver Legacy, El Dorado and Nugget to test your skills with "Lady Luck."

**Oct. 7, Hornblower Luncheon Cruise \$127/pp** Get on-board for a delicious lunch buffet with free-flowing champagne and entertainment. Then step out onto the deck, where you'll have a front row seat to watch the Navy's amazing BLUE ANGELS perform their aerial acrobatics!

**Oct. 26, Pumpkins, Ghosts and Lunch, \$TBA** Come along for a day of fun being a kid again in a pumpkin patch, dodging scary ghosts while picking out your own pumpkin! Hosted lunch and time to take in a little drama at a local theater. A very nice prelude to Halloween!

#### Mark Your Calendars for:

Nov. TBA, Teatro Zinzanni Show  
Nov. 21, Victorian Christmas, Nevada City  
Dec. 21, Beach Blanket Babylon, Caesars and Christmas Lights

**For further information  
or sign-ups Call  
Ethel (374-7548) or Eileen (374-2684)**



## Billiards Club

The club had the annual tournament of champions on April 7. The competition was stiff with 13 players in attendance. The game was 8-ball with a round robin format. Each player competed against all participants in three games of 8-ball, the person to win the first two games of each contest recorded a win. The player who won the most games was crowned the champion for the year 2011. After five hours of play, Dave Stewart and Al Bergoust had the best records with 11 wins and only two defeats. After a two out of three game playoff was finished, Dave Stewart stood alone as the champion. Congratulations, Dave on a spectacular effort to achieve the title. Second place was Al Bergoust. Third place was Mike Quihuiz, and fourth place was Oscar Grissom. A placard will be displayed on the table inside the billiards room with the winners' names until March 2013. A brass plate will be engraved with Dave Stewart's name as the 2011 winner and added to the Tournament of Champions Trophy, which is on display in the cabinet area. The club congratulates the winners and all participants for making this event a success.

The next Billiards Club meeting is on Wed., June 6, at 7 p.m. in the Monterey Room of the Vista Club.

Tuesday Evening's tournament start times are 5 p.m.

Officers: President Al Bergoust, Vice President Joe Matos, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

### Latest weekly tournament winners:

April 3, 8-Ball	April 7, Tournament of Champions
1 <sup>st</sup> Lee Durham	1 <sup>st</sup> Dave Stewart
2 <sup>nd</sup> Al Bergoust	2 <sup>nd</sup> Al Bergoust
3 <sup>rd</sup> Oscar Grissom	3 <sup>rd</sup> Mike Quihuiz
	4 <sup>th</sup> Oscar Grissom

April 10, Handicap 9-Ball	April 17, 8-Ball
1 <sup>st</sup> Ben Bautista	1 <sup>st</sup> Oscar Grissom
2 <sup>nd</sup> Rich Garcia	2 <sup>nd</sup> Rich Garcia
3 <sup>rd</sup> Al Bergoust	3 <sup>rd</sup> Al Bergoust

### April 24, 8-Ball A & B

A Division	B Division
1 <sup>st</sup> Dave Stewart	1 <sup>st</sup> Jack Clark
2 <sup>nd</sup> Al Bergoust	2 <sup>nd</sup> Bon Puno

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

## Bingo

Mark your calendar for the fourth Friday of the month (June 22) for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12

games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. Bring a friend; the more players we have the more money we give away! This month, we are playing good neighbor money (if your neighbor wins you also get money.) For more information, call Irene (6999).

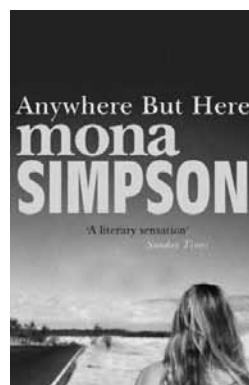
## Bocce Club

The 2012 bocce season is going well, now that the rain has stopped. The Morning Bocce League (MBL) has completed its first round, held its mid-season social (June 1), and is about to start something new, a June madness fun round. The madness round will not impact the final standings and is meant to be a fun time for everyone. The Night Bocce League (NBL) is approaching its mid-season point and will start its second round in late June. Both leagues will take some time off over the July 4th holiday. See your league schedule for details.

The bocce club has over 400 members making up 34 teams; 15 play in the morning on Tuesdays and Fridays and 19 play at night on Mondays, Wednesdays, and Thursday plus Saturday morning. The annual dues of \$25 per person has helped fund the shade covers at the bocce courts. The MBL and NBL have shared the improvement and operating expenses based on the ratio of total club individual membership, which is currently 40% - 60% (morning vs. night).

The court grooming protocol of brooming and watering, with rolling optional, seems to be doing the job. There are fewer issues with mounding and divots. Please remember to broom between games, it makes for a smoother surface. Remember to roll often, throw straight and have fun, that's what it's all about. For more information, contact Joe Downes at (7520).

## Book Club



The Book Club meets the second Tuesday of each month at 10:30 a.m. at the Vista Club in the Sonoma Room. The next meeting is June 12. The book selection is *Anywhere But Here* by Mona Simpson. July's book selection is *In the President's Secret Service* by Ronald Kiesler. There is no requirement to have read the selected book. Everyone is welcome to join in. For more information, contact Adrienne (5576).

## Bridge - Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, June 11. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Contact Sue (6136).

April's results: 1st - Lois Brusen and Sue Vogtlin; 2nd - Wilma and Peg Walker; 3rd - Betty Magnoli and Run Wan

## Computer Club

The next meeting of The Trilogy Computer Club is on June 19 in the Diablo Ballroom at the Vista Club at 7 p.m. This is a members-only meeting as we will integrate an evening of sociability and computer related topics. Bring your questions and we will try to supply the answers. The club will serve coffee, tea and dessert.

If you wish to become a member of the Club, visit the club website at [www.tccrv.org](http://www.tccrv.org) to complete and print a copy of the application and give it to any of the Directors with the annual dues of \$12. You may also sign up at this or any meeting. We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software.

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

## Dog Club

ALERT! Calling all dog owners and dog visitors! We urge you to join or register with the Dog Club. On April 13 (Friday the 13th), we found a dog that was visiting its grandma and staying for a few days. Baby slipped out and ended up at Georgette Halls' door shivering and bedraggled. With a lot



of detective work and an hour or two of time we finally found where the dog belonged. The dog had no microchip and no tag other than a license. With that number we were able to trace the owner to her grandmother here in Trilogy. The owner's phone number didn't prompt a connection.

The moral of the story is that if you have a dog visiting, please call us and give a description of the dog and a

number where you can be reached at all times. Dogs that escape often don't know the way home. If we have your dog in our registry then when we send out an email blast with a picture, people are more likely to recognize it. This is your club and this is why we exist. Please pass the word to everyone you know. When a dog is missing, it is not only scary for the dog and its owner, but frustrating and time consuming for everyone. It takes a lot of detective work. In the case above, we called the front desk and found a similar name here in Trilogy and found Grandma, a happy ending for all.

However, if the stars don't align and we can't get a good outcome we will wait 24 hours, then the dog will end up in the pound. Please put tags with name and phone number on the collar and microchip your dog. That is the best insurance you have of getting them home safely. Numbers to call: Linda Solomon (707) 225-6880 and [heunique@comcast.net](mailto:heunique@comcast.net), Cheryl Bellrose [virginsnow@frontiernet.net](mailto:virginsnow@frontiernet.net) and (6619), Karen Bereta [kbereta@frontiernet.net](mailto:kbereta@frontiernet.net) and (3505), Georgette Hall [aghall1@frontier.com](mailto:aghall1@frontier.com) and (3654), Rose Romano [rm-romano@frontiernet.net](mailto:rm-romano@frontiernet.net) and (3549). Our best friends have four legs.

## Fishing Club

Our next meeting is Monday, June 18 in the Marina Room at the Delta Club at 7 p.m. We will have a guest speaker and photos of our San Francisco Bay party boat trip. We will discuss upcoming trips and events along with our usual coffee, tea and cookies. The club thanks Ed Moreland's Lawn Service for another donation to the club. Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at (3791).

## Genealogy Club

Our May meeting was a great success. We had 15 of our regular researchers, and new attendee Carolyn Rogers joined us for the first time. Our members are continuing to search the 1940 census reports from all over the U.S. with varying results. Diane Gomes continues to have difficulty in finding her family in San Leandro since the street names have changed in the past 50 years. Diane Brinkley had great luck in Washington State and was happy to finally find her mom listed. Rhoda Fone has had some great luck in finding her family in Missouri. One technique used in locating those hard-to-find folks is to look for old family friends or other relatives. Ancestry.com continues to update its 1940 census and has completed three states located on the east coast.

Melinda Sorenson mentioned the program Who Do You Think You Are? and how it helped her find valuable information about her family. It was the program with Rob Lowe and his trip to Germany. It just so happened to be the same area

that Melinda's family had come from and provided valuable hints for her. We highly recommend these programs for hints on researching different areas. On occasion, you could be lucky to gain valuable information relating to your family.

Attention beginners, Patty Kohn is working on a beginner's packet that will help get you started and take some of the mystery out of researching. The packet will include how to get started, pedigree chart, family group sheet, website information and recommendations on different programs for recording your work.

The Genealogy Club is open to all residents of Trilogy. There is no fee to become a member. Our regular meeting is held on the first Thursday of every month at 2 p.m. in the Rio Vista Room. For more information, contact Rhoda at (754)2. The genealogy workshop is held on the third Thursday of each month at 2 p.m. at the Vista Club in the Computer Room. For more information about the workshop, contact Carolyn at [wncbridges@comcast.net](mailto:wncbridges@comcast.net).

"I shook my family tree and a bunch of nuts fell out." - Anon

## Good Samaritans

### Happy Father's Day

Father's Day greetings to all fathers and father figures at Trilogy. Most of all we want to give Thanks to Our Father, who art in Heaven. We also would like to honor the men who didn't know their father.

This month we have selected Mr. Ruben Pena as one of the fathers of the year. Mr. Pena was the son of a preacher and



had a mother who wasn't ashamed of the gospel. Through the ministry of his parents he was taught to "love one another," which is his ministry today. The three words that he uses the most are faith, hope and charity.

Ruben Pena and his wife Marisella are 10-year residents of Trilogy. He is an encouragement to many people in the community including The Good Samaritans. He has a kind word,

advice and a word of encouragement for others.

Being a union representative for the Ford Company for over

20 years gave him an opportunity to help young men and women start their careers on a straight and narrow path. He was a man who stood up for righteousness for the employees when they were right. When they were wrong he wasn't afraid to let them know they were going in the wrong direction. As of today he is still letting his "yeh" be "yeh" and his "ney" be "ney." He's not a man who's tall in statue but he's a giant when it comes to love and wisdom. He is a man of God.

Mr. Ruben Pena has four children and seven grandchildren. It was a beautiful sight to see when his youngest daughter and grandchildren from New York visited The Good Samaritans Bible Study. Mr. Pena's favorite colors are silver and black, which is evidence in the color of his truck and his jogging suits. He is a Raider fan and can tell you the history of the Raiders.

The Good Samaritans Bible Study is every Thurs. at 1 pm. at the Delta Club in the Marina Room.

Scripture of the Month: Deuteronomy 5:16

## Men's Executive Nine

Although April showers hindered play, we were able to squeeze in one tournament. The high/low net four-man team tournament was won by the team of Larry Reece, Ed Smith, Earl Smith and Bob Brainerd. Congratulations to the winners and thanks to everyone who participated. The rained-out play date with the Women's 9-Hole Club is being rescheduled, so watch for the announcement.

Our club plays every Tuesday starting at 11:30 a.m. We have two tournaments each month and the other Tuesdays are straight golf. The June 5 tournament is a 3-3-3 (AB+CD, AC+BD, AD+BC) format. The June 26 tournament is a low net plus putts and will be followed by our quarterly general membership meeting.

With regard to the membership meeting, we are looking to fill a few Board of Directors positions that will become vacant next year. If you are interested in serving please see Ron Kott for details. Also, we will be having a "basic rules of golf" refresher. As usual, free beer will be available, so please try to attend even if you are not playing in the tournament.

If you are interested in joining our nine-hole golf club, pick up an application form in the posting room or contact membership chairman Dick Talbott at 225-0077.

## Model Club

Last month was Navy month with two great tours of ships of great historical significance. The first, USS Iowa, the great battleship that was retired in the "Ghost Fleet" in Suisun bay is undergoing the last touchup of its exterior prior to being moved and becoming a permanent exhibit in San Pedro, Ca. Members of the Model club were able to go aboard





and witness the ongoing work, and say goodbye to a grand piece of our history. The second tour was of the USS Hornet in conjunction with the commemoration of the air raid on mainland Japan flown by the Doolittle Raiders in April 1942. The present USS Hornet, built after the original was sunk, is now open as a maritime museum at Alameda and hosted three of the remaining original flyers. The Model club enjoyed the tour of this ship and the honoring of the 70th anniversary of this event. Pictures provided by John Harder.

Time is running out for you to sign up for the bus tour of Reno, Carson and Virginia City, Nevada. We will be taking a tour of the Virginia and Truckee Railroad and riding the historic rails up the mountain and back. This trip is in September; however, you must make advance reservations.

Don't forget the Model Club Sailing Group is scheduling an invitational regatta on May 20 from 10 a.m. to early afternoon, weather permitting. This will be your chance to see our finest sailors competing. Stop by and cheer on your favorites.

For more information, contact the Club President, John Harder (3646). Join us at our monthly meeting, the first Friday of each month in the Vista Club Monterey Room.

## Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The May 5 ride destination was decided to be the Bay Model constructed by the Army Corp of Engineers in the late-50s early-60s; this is a scale working model of the bay and delta including all levees and tidal flows. Nine bikes and 10 riders departed west on Hwy 12 to Fairfield, then west on Hwy 80 to Richmond and across the Richmond-San Rafael Bridge and to the model in Sausalito. At the marina, we noticed a huge mountain of flotsam that had been removed from the bay by a skimmer vessel. It was both encouraging seeing it was being removed and saddening that there was a need to do so. After an interesting hour walking through the model, we continued north on Hwy 1 along the coast. Weather was spectacular as were

the coastal beach views. Lunch was at Tony's Oyster Bar with the usual array of seafood and of course, BBQ oysters. The photo-op was in the Marina and there was some photo-shopping going on to get everyone in the picture!

The return route was a bit further up Hwy 1, across Marshall-Petaluma Road for a stretch and fuel stop in Petaluma. From there, a quick run via Napa and to a Starbucks in Suisun for a coffee stop. It's great to re-hash the day's trip and humorous events over a beverage of choice.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride meets at McDonald's in Rio Vista on June 2 at 8 a.m. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).



"A clear view of the open road is infinitely superior to staring at tail lights in front of you." -Anon

## Nature Club

As you know, wildlife does not wait for the next club meeting or newsletter. We need to have a way to broadcast the presence of interesting birds and other events quickly so that we can all pull off the road, grab the binoculars, and take a look. Let's use [mytrilogylife.com](http://mytrilogylife.com). Log in with your username and password. Click the "Bulletin" tab at the top and scroll down to "Nature." You can read the posts of other residents and post your own information. This way, we can be up-to-the-minute on club activities and other opportunities. While there, check out the other great information available.

### Upcoming Events:

June 13 - Next Meeting is at 6:30 p.m. in the Monterey Room at the Vista Club.

June 23 - Walk on the Wild Side

Our very own Deborah Bartens, Solano Land Trust docent and instructor, will lead an easy walk into Lynch Canyon to view the fascinating creatures that live there. The walk begins at 9:30 a.m. and goes until 12 p.m. Parking is \$5.

Please go to [Solanolandtrust.org/events](http://Solanolandtrust.org/events) calendar for what to bring and directions. Deborah says this will be an easy walk with lots of stops for natural wonders.

## Radio Club

Residents should be assured to know the checks are complete for the Family Radio Service. These devices are held in reserve in the event of an emergency loss of our telephone and internet services. These have happened on an historically regular basis with the loss of AC power and/or phone service due to weather, equipment failure or accidents. Your Master Association has put in place a volunteer communications group which can assist the community in the event of a major disaster to our area. The remaining equipment checks mentioned last month are nearly complete. If you would like to become a trained volunteer, or an amateur radio operator, additional information can be obtained by attending the weekly Radio Club meeting held each Tuesday in the Vista Club Monterey Room at 9 a.m. Join us for informal discussions over a cup of coffee. The formal meeting starts at 10 a.m. Dean Lattman is available at (3967) if you have any questions.

## Recipe Club

The theme for the June 12 noon meeting is Outdoor Entertaining. Our chefs are Wendy Adair, Ann Ausich, Julia Mattos, and Carolyn Williams. The coffee hostess is Elayne Finch.

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

Monthly tip: Refrigerating whole onions can help keep the tears away and has no effect on potency or flavor. Cold temperatures slow down the chemical reaction that produces tear-inducing molecules in onions, and the chill limits their ability to disperse into the air. Refrigerate only a few onions at a time; however, because moisture inside the fridge can make them spoil faster. And keep them in the vegetable drawer, far away from any foods that might absorb their aroma. You can also throw an onion in the freezer for 10 to 20 minutes before chopping. Always use a sharp knife; that will help reduce tears too!

## Rio Vista Roamers RV Club

Tom and Noel Moore hosted our April outing at Marina Dunes RV Park in Marina. We were hoping for nice weather and we were not disappointed. Marina Dunes beach was close, many went to the aquarium, Carmel, and cruised 17-mile drive, enjoyed lots of seafood, and one rode his bike from the campground into Monterey. Not too bad for a bunch of old folks, huh. Thanks for a great outing!

Wilma and Ken Powell took us to French Camp in May. Golf was right there to enjoy and places to explore were close by; more on this next month.

Our yearly meeting is on June 5 at 4 p.m. in the Diablo Room at the Vista Club. If you would like to learn more about us, please join us.

Bob Pasterino is taking us to Casini Ranch in Duncan Mills on June 11. This spot is east of Sebastopol on the Russian River. Fishing, golf, and sights along the coast will keep us busy. If you are not already signed up and would like to join us, give Bob a call at (6556).

We are staying close to home in July at the KOA camp out on the delta loop. Sandra and Manny Santos (3538) will be your hosts for July 16 -19 and will need your first night's deposit of \$35 by July 1. August will be at Durango in Redding. This is an exceptional park and is close to Shasta and Lassen Park so keep this in mind.

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

## San Francisco Club

We have left our hearts in San Francisco once again. Due to circumstances beyond our control, we are no longer able to keep this club going. We invite anyone who is interested to take over the club. We would be happy to assist you, and work with you, but we can't chair the club any longer. Please contact [chammie@frontier.com](mailto:chammie@frontier.com).

If someone doesn't take it over, we will have one last event and dissolve the club.

It has been a pleasure getting to know you this past year and a half while we played Trivia games, ate delicious food together, and enjoyed the City stories, remembering the good 'ole' times.

## Senior Men's Golf Club



*Senior Men's Golf Club: Ron Kott, Aaron Briones and Ron Chalmers*

The rain required some schedule shifting but we were able to get in our NCGA 4-Ball qualifier. Congratulations to the teams of Gary Larski/Dave Stewart and Don Grass/Bob Powell who won the qualifier and will move on to the NCGA event. The June tournaments include an "eliminator" format, a Florida Scramble and an away tournament to Oakmont on Monday, June 25. Our club will also have a guest tournament on June 20, so check your list of friends to invite. Watch for the sign-up sheets.

Our club, in conjunction with the Men's Nine Hole Club and many individual members of all four golf clubs, presented Aaron Briones with contributions to help him in his quest to play in various professional golf tour events throughout the year. We will keep everyone posted on his progress.

Our club plays each Wednesday morning. Sign-up sheets are available in the posting room or through our e-Clubhouse website. Check out our e-Clubhouse website on [rvsmgc.ghinclub.com](http://rvsmgc.ghinclub.com) for the latest news and tournament results.

We hold our general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club Diablo Ballroom. Your attendance and support is welcome. The next meeting is on June 21. If you have any other questions about our club, contact club president George Barlesi at (4032) or e-mail George on [gbarlesi@comcast.net](mailto:gbarlesi@comcast.net).

## Stroke, Head and Brain Injury Club

Did you know that strokes can occur at any age? Twenty-five to 40 percent of stroke survivors have pseudobulbar affect (PBA). People with dementia, traumatic brain injury, Parkinson's, Multiple Sclerosis or Alzheimer's can also suffer from this as well. Symptoms include unpredictable

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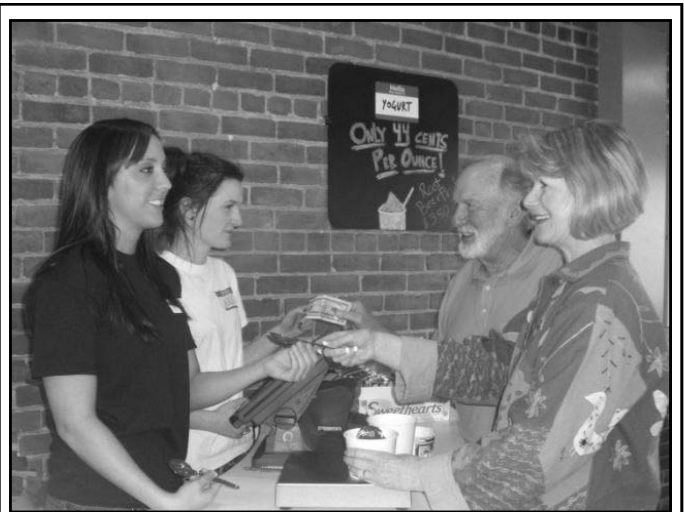
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episodes of crying or laughing that come on suddenly, appear exaggerated or different from a person's real feelings and, oftentimes can be mistaken for depression. This is only one of the many issues that we address.

Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to your situation. Since each person who experiences these maladies can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living successfully within these constraints.

Our goal is to have fun, too. We are planning various extracurricular activities for the group in the surrounding areas. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, contact Cheryl Bellrose (6619). We encourage caregivers and families to join as well. We meet the first Tuesday of each month from 1-3 p.m. at the Vista Club in the Monterey Room. Our June meeting is on June 5. Hope to see you there!

## Supper Club

Welcome to summer! Many of you signed up to be a host and/or hostess for this summer. You must be thinking barbecue. We are heading into the hot season so get ready with cool summer menus.

If you are unfamiliar with our group, we meet every other month through October. On these occasions, you can meet our members and get to know them in a small group setting (usually six to 10). We are not limited to a formal dinner-menu only. We may host brunch, a luncheon or a theme party. This year, to start it off right, we also had a brunch party for the entire group in January at a member's home.

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

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

## Table Tennis Club

Our second in-house tournament held April 28 was a success. We played from 9 a.m. - 4 p.m., eating continuously. We thank social chair Ruth Barnes, her co-chair Sandy Mariant, and their helpers Gudrun Kat and "Swan" Brewer as well as many members who brought food and drinks. The technology provided by Kim Russell was outstanding. Results of this tournament were as follows:

### Doubles:

Group A 1st Place Tony and Bui; 2nd place Mike and Li; 3rd place Ahmad and Tong.

Group B: 1st Place: Kim and Ricky; 2nd place: Richard M and Tom S; 3rd place, Vicky and Ruth B.

Group C: 1st Place Kari R. Dieter M.; 2nd Place Larry M. and Larry A. 3rd place Sue H and Doug M

Group D: 1st Place: Chuk Y and Abaan; 2nd Place: Swan B and Bill B; 3rd Place: Rod A and Richard L.

Group E: 1st place Mike S and Bonita S; 2nd Place Kathy and Tomoye; 3rd Place Woo L and David U.

### Singles:

Group A: 1st Tony L, 2nd Mike L, 3rd N. Bui

Group B: 1st Kim R, 2nd Tonk K, 3rd Ricky M

Group C: 1st Larry A, 2nd Len L, 3rd Larry M

Group D: 1st Anita L, 2nd Kim D, 3rd Rod A

Group E: 1st Abaan, 2nd Bill B, 3rd, Tom S

Group F: 1st Mike S, 2nd Tomoye, 3rd Vic T

Our next in-house tournament will probably be sometime after the Rossmoor tournament in July.

### Upcoming events:

Saturday, June 30: 9 a.m. - 4 p.m.

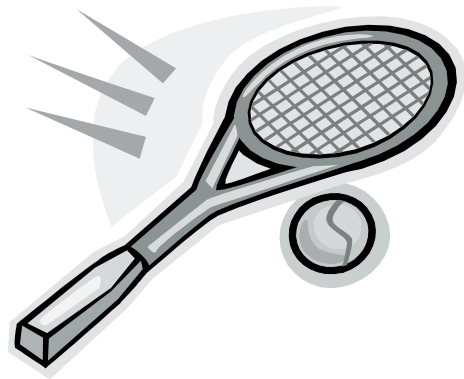
Parade participation - Wednesday, July 4th

Rossmoor at Rio Vista - Saturday July 28, 9 a.m. - 4 p.m.

Residents of Trilogy are welcome to watch the games on the 4th Saturday of each month.

For calendar updates, event details, upcoming activities, and club information visit <http://trvtt.wordpress.com>. A link can be found on MTL under "Clubs." Only members have full access. For more information, contact Tom Barnes, President (4395); Jeff Kennan, Vice-President (7541); Tom Silverman, Treasurer (318-4620); Kim Russell, Secretary (2046); Vicky Riddle, Publicity (3684), or Mike Lewis, At Large (4823).

## Tennis Club



Our social tennis match with Brentwood on April 27 was a great success. There was plenty of good competitive tennis and time to socialize with the nice

people from Brentwood. Did I mention that they brought donuts? Playing tennis is a great way to work the calories off.

Our first competitive tournament of the season was against Rossmoor on May 19. Results will appear in the July Trilogy Living. Our next match will be against Brentwood at their facility on Friday, June 8. This will not be a social match, so there is no Mr. Nice Guy for this event. The struggle for tennis dominance continues.

Our Tennis Bulletin Board had been refurbished. One hundred and one spiders of various sizes were evicted from their homes by a power washer, new paint was applied, and Sandy Price provided some great tennis fabric for the background. We will be adding a player bio to the board each month, so we have an opportunity to know more about the interesting people we play tennis with on a daily basis. Upcoming events and other tennis related information will also be listed on the board.

Team Tennis has been a success with the exception of the rainy days that seem to happen on Wednesdays. After completing this round of matches, we are making some additional changes to the format to keep it interesting. The ladies are choosing teams when we start the next round of matches in June.

For more information about our club, contact Wally Beckman at [beckmanwally@hotmail.com](mailto:beckmanwally@hotmail.com)

## Whist Club

The Trilogy Whist Club was organized for those residents interested in learning the game, which is based on the Hoyle's Rules for card games, and/or improving their skill levels. The club is also for those who feel they play well and enjoy bragging that they "wrote the book of rules for the game." The club gathers once each month, usually on the third Friday at 7 p.m., at a common facility provided for residents of the Trilogy

community (usually the Delta Club). Please check the monthly Trilogy Living for any date/time changes.

Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. Those who have other board or table game preferences may share also, e.g., Scrabble and Monopoly are encouraged. We also welcome those who just want to socialize. The Trilogy Whist Club is also the vehicle through which other cultural activities have been organized, to which the entire Trilogy community and their families are invited. These include the African American History month, Martin Luther King Day, and Juneteenth Celebrations, among others. All events are intended to be educational, informative, and fun. We encourage anyone who wishes to assist with the planning and implementing of these events to do so. Our Planning Committee meets at the Vista Club each Monday at 5 p.m. Contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

**Save The Date:** Our annual Juneteenth Celebration this year (our 10th) takes place on June 16. Juneteenth recognizes the date that slaves in Texas and surrounding states received word (one year later) of the Emancipation Proclamation, after which time great celebrations took place throughout these states. Descendants of those slaves took these celebrations with them as they migrated to other states. This year's celebration will include karaoke music from Motown's greatest artists as well as a surprise guest. Stay tuned for more information on this and other activities for that day. Proceeds generated from this event helps to fund our scholarship and other community support efforts. We look forward to enjoying this and other Whist Club activities with all in our Trilogy community.

### Attention All Advertisers:

**All ads and checks are due  
by the fifth of the month prior to  
the month of publication.**

## Women's 9-Holers

We meet at Nines every Tuesday at 8:30 a.m. for a 9 a.m. tee- time. Sign-up sheet is picked up on Sundays at noon. If you need to cancel, call Ruth Almgren or Karen Adams Tournament Chairman (4610), or the Pro Shop (2900).

### Tuesday Play Day Results

#### April 3, 2012: Drum Roll, Great Golfers this day

Arla G., Kathy M., Donna B., won low putts

Kathy M., Chip-in & Par on #14 Way to go Kathy Fran S., Chip-in on #15 very, very long chip-in.

#### April 10, 2012: Hosting The 9 Hole Men's

The weather did not cooperate. Rain.

#### April 17, 2012: Beautiful Day for the golfers

Our winners for the day were: Third Place - tie between Kathy and Fran score of 24. Second Place - Ruth with a score of 22. First Place - Karen N with a score of 21. Fourth Place winners did not want their names mentioned (Rowena, Anna, Georgette and Karen A.) Just saying!

Margaret K., Par on #15. Way to go, Margaret.

#### April 24, 2012: We had a very exciting day

Carole Dolan had a Chip-in on #6 – ta-da! Congratulations! Gay F., Par #9 That is a very long hole. Great golfing. Lois D., Par #3 Suzi M., Par #7, really nice shots. Great Golfing!

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

## Women's 18-Holers

Congratulations to Trixie Roque. She had a hole-in-one on number 15!

### April 5: Low Putt/Charm Day

The Charm Winner was Bev Dunn.

Flight A - First place: Lucille Rhodes. Second place: Vicky Riddle. Third place: Angie Jones.

Flight B - First place: Debby Carroll. Second place: Alma Renko. Third place: Ladell Manion. Fourth place tie: Pat Kistler and Ida Shannon.

Flight C - There was a tie for all three places: Bessie Dunn, Terry Sutter, and Linda Van Nieuwburg.

Flight D - First Place: Maureen Gingrass. Second place: Bev Dunn. Third place: Donna Bjork. Fourth place: Charlotte Godsey. Closest to the Pin: Lynn Grace.

#### April 12: Play cancelled.

### April 19: Partners Blind Draw

First place: Vicky Riddle and Karen Nash. Second place: Roni Teixeira and Char James. Third place: Lucille Rhodes and Linda Van Nieuwburg. Fourth place: Frankie Freese and Maureen Gingrass. Fifth place tie: Cindy Brown and Darl McCarthy, Ida Shannon and Doris Curie. Closest to the Pin: Trixie Roque.

### April 26: Straight Golf

Flight A - First place: Des Javier. Second place: Lucille Rhodes. Third place: Alma Renko.

Flight B - First place: Ladell Manion. Second place: Terry Sutter.

Flight C - First place: Charlotte Godsey. Second place tie: Bessie Dunn and Paula Davis. Closest to the Pin: Terri Sutter. Birdies were made by: Lucille Rhodes, Ladell Manion, Karen Nash, Vicky Riddle. Chip-ins were made by: Alma Renko, Pat Kistler, Judy Zelmar, Marilyn Rogers, Paula Davis. Breaking 90: Des Javier, Lucille Rhodes, Vicky Riddle. Breaking 100: Angie Jones, Des Javier, Donna Martella, Alma Renko, Ida Shannon, Ladell Manion, Frankie Freese, Lucille Rhodes.

If you would like to join us, call Marilyn Rogers at (5746). We meet Thursday mornings at 8 a.m. at the club.







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## EDUCATIONAL OPPORTUNITIES THROUGH COMPUTER CLASSES

### June 2012 Computer Class Schedule

Sign up at Member Services

CLASS	DATE & TIME	INSTRUCTOR
<b>Beginning Photoshop Class</b>	Monday, June 4, 10-noon	Bill Miller
<b>Introduction to Computers</b>	Tuesday, June 5, 10-11:30 a.m.	Michael Bouyer
<b>Beginning Photoshop Class</b>	Monday, June 18, 7-9 p.m.	Bill Miller
<b>Introduction to the Internet</b>	Tuesday, June 19, 7-9 p.m.	Pamela Stage

Sign up at Member Services (4200).

Still Looking for Volunteer Computer Instructors.

If you are interested in teaching a computer class, please call Debbie (4204).

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*Photos by Andrea Stuart*



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## ADVERTISING INFORMATION

All ads and checks are due by the fifth of the month, prior to the month of publication (for example: ads and checks for the June issue are due by May 5, 2012). Late submissions will run in the following issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

- |   |                        |             |
|---|------------------------|-------------|
| • <b>NEW:</b> 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 <a href="mailto:indigodesign@att.net">indigodesign@att.net</a>.</i> |                        |             |
| • 1/4 page ad   | 3.6" wide X 4.5" tall  | \$140/month |
| • 1/2 page ad   | 7.5" wide X 4.5" tall  | \$220/month |
| • Full page ad  | 7.5" wide X 9.25" tall | \$345/month |

### PREMIUM SIZES AND RATES:

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

### DISCOUNTS:

- 10% off pre-paid ads for 3 months or more
- 10% off for businesses owned by residents of Trilogy at Rio Vista

*To place an ad, contact Joan Azlant at [joanazlant@comcast.net](mailto:joanazlant@comcast.net) or (707) 374-2620. If you need ad design, contact Tania Fardella at [indigodesign@att.net](mailto:indigodesign@att.net). Additional fees will apply for design, scanning, and edits.*

## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

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

### Amway Business

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Home (5239)

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### Mary Kay

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E-mail: snovotny@citlink.net

## ANNOUNCEMENTS

### Parkinson's Support

Support group for Parkinson's,  
Essential Tremor Dystonia  
or any movement disorder.  
For information, contact  
Audrey Kinser (7506).

## FOR RENT

### Home for Rent

Would you like grandchildren  
close by? How about five minutes?  
4br/2ba in Homecoming. Near park.  
Mature fruit trees. Available July 1.  
(3396) Owner Trilogy resident.

### Home for Rent

Nice 2br/2ba home. Owner  
pays HOA, gardener. \$1250/  
mo. \$1000 deposit. Available  
now. Call Kent 510-284-9611.

### Home for Rent

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

## FOR RENT

### Home for Rent

2br/2ba plus den \$1000/  
month. Washer/Dryer/Fridge.  
HOA paid. 707-246-3936.

### Room for Rent

Furnished or Unfurnished large  
bedroom with own bath. Golf  
course home. Quiet. No pets,  
no smoking. Must be quiet  
& clean. 925-285-9162.

### Room for Rent

Room for rent: \$500 including  
utilities. No smoking. Call  
for details 650-922-3716.

## FOR SALE

### Scarves

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

## FOR SALE

### Window Coverings

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

## SERVICES

### Acting Class

Ever wanted to be on stage? Ever  
been on stage but wanted to do  
better? Join an acting class and  
learn how. Contact Louise Mitchell  
at (6876) for more information.

### Airport Transportation

I'll get you to any airport or SF  
port on time and pick you up on  
return. TRV residents only. 7 yrs.  
experience. Here is how I charge:  
IRS mileage + tolls + \$7.50/  
hr. Call Ralph Hatch (3941).

### Annual Service

Garage door maintenance and/  
or minor repairs. Also flush hot  
water heaters to prevent leakage.  
For appt., call Dick Dawson (6835).

## SERVICES

### Assistance w/ Heavy Lifting

When you need an extra pair of strong arms for projects such as rotating mattresses, hanging holiday lights, we can help. We are experienced, reliable, motivated and properly equipped. No job too small. For hire with or without truck. Call 707-410-7070.

### Assistant for Females

Available Monday –Thursday 9-5: Meal preparation, errands, transporting to pharmacy, post office, groceries, appointments, shopping, visiting friends, movies, etc. Contact Brenda (4617) or cell 816-0964 tmbllweed5000@aol.com

### Audio/Video

Music on records and cassettes upgraded to CD's. Video on VHS and video 8 cassettes upgraded to DVD's. Copies of music CD's made. Contact Jose (5248).

### Audio/Visual

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

### Auto/Home Detailing

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

### Caregiver

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

### Carpentry

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

## SERVICES

### Carpet and Upholstery Cleaning

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

### Carwash

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

### Cleaning

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

### Cleaning

By Fluff & Buff. Reliable, trustworthy house cleaning. Several years in Rio Vista. Excellent references. Bonded, Licensed. Flexible: move-ins/outs; weekly, bi-weekly, monthly, etc. Kali 925-451-9655 anytime.

### Clock Repair

Thirty years collecting and repairing clocks. No cost if I can't fix; low cost if I can. Can do housecalls. Call (6782). Ask for Rod

### Computer Doctor

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

### Computer Help

PC or laptop repair, including optimization and virus removal. Extend life of old computer or set up a new one. Wireless setup, add new devices and tutoring. Kathy Barker (6850).

## SERVICES

### Computer Help

Help with your computer one-on-one in your home day or evening. Resident of Trilogy. Call Bill at 650-430-7680.

### Computer/Wireless

We will custom install your computer or wireless network per your specifications. We will also do custom wiring and software downloads. Call Michael (2800).

### Countertops Galore

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

### Crown Molding

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

### Custom Cabinets

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

### DJ Available

DJ music available for indoor or outdoor events. Contact Jose (5248).

### Electrical

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

### Enhanced Improvements & Repairs

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



## SERVICES

### 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)

### Free Classifieds

<http://www.theriovista.com>  
Totally free during our test trial. Try us out! Feedback is appreciated! 707-340-3788

### Gardening

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

### Hairstyling

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

### Handyman

Assembling & installing products, closet makeovers. Help with window treatments, picture hanging, pantry makeovers. Call Ron (2227).

### Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, garbage disposal change-outs. Free estimates. City business license #1654. Call Bob Bailey (3391).

### Housecleaning

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

### Household Assistance

Clean house, wash car, cook meals, drive far. Be friends, computer fix, organize clutter, pet sit. Paint walls, small repairs, pack house, relieve cares. Jody (5735)

## SERVICES

### Housesitting

Make sure your house is safe and secure while on vacation. I would be delighted to house-sit for you anytime. Call Ann (0252). References available.

### Impeccable Improvements & Repairs

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

### Income Tax Preparation

Notary Public Services; Individual and Corporate Income Tax Preparation. Reasonable prices. Trilogy resident Jim Castress (3590). CTEC Registered #A141120.

### Income Tax Services and Planning

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

### In-Home Care

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

### Knife Sharpening

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

### Landscape Maintenance

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

## SERVICES

### Lawnmower Repair

Service & repair on lawnmowers, weedeaters, blowers, rototillers, etc. Sharpen garden tools. Rates moderate. Call Stan (3163).

### Notary

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

### Notary Public

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

### Notary to Go

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

### Painting

Quality work at a good price. All types of painting: fences, mailboxes, interiors, homes. References. Trilogy resident 707-580-6616.

## 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 \$5 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue.

## SERVICES

### Painting and Drywall

Repaint exterior & interior. Color and texture our specialty. Free estimates. 38 years experience. R. P. Painting, Trilogy resident CA St. Lic. # 422737. Call today (5954).

### Personal Organization

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

### Pet Care

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

### Pet Care

Let your pet remain home while you're away. Lots of love & attention. I'll bring in mail, newspapers and tend to trash. Over four years of Trilogy references. Kathleen Montemayor (4750)

### Pet Care

Kitty care services while you are away. Includes feline's play, feed, meds, clean litter, trash out/in, newspapers, mail, and water plants. Call Mimi (4343) or cell 707-567-5910. Since 2007.

### Pet Care

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

## SERVICES

### Photography

Preserve your memories. Photo and slide restoration, retouching. Photography for events, family portraits, advertising or passports. [www.digitaldreemz.com](http://www.digitaldreemz.com) Call June (6830).

### Rain Gutters Cleaned

Patio covers washed and rain gutters cleaned. Call Trilogy resident Danny at 209-570-0302.

### Real Estate

Selling, Buying and/or Property Management. No obligation evaluation on current Trilogy market. Short sale consultation. Maggie, Broker. Delta Bridge Homes Trilogy office (6395). [maggiecatt@frontier.com](mailto:maggiecatt@frontier.com). Cal DRE #00789865.

### Reverse Mortgage

Expert advice and explanation about this important financial solution by a Trilogy resident. If you are 62 or better and want accurate information, call Larry Thompson cell 408-370-3606.

### Roll out Shelves

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

### Sliding Door and Screen Repair

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

### Streaming Video

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

## SERVICES

### Transitions

Assisting families to a smoother road with the passing or moving of a loved one. Includes: packing, organizing, down-sizing, cleaning and hauling. Also assistance with labeling items to be sold or donated. Call Nita 315-6670. 12 year resident.

### Transportation

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

### Weed Pulling

Get rid of those ugly weeds. Don't break your back. We'll keep your yard tidy. Cheap. Call Laurie (6305) or cell 925-301-7389.

### Window Cleaning

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

## VACATION RENTAL

### Tahoe Condo

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

## WANTED

### Recipes

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

### 501 Levis

Levis 501 Button Front, straight leg, boot cut. Any condition, any size (1349) or 925-216-6300.

*“Give so much time  
to the improvement of yourself  
that you have no time  
to criticize others.”*

— THOMAS JEFFERSON







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