

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

June 2014

TrilogyLiving



Albert Einstein once said, "Logic will get you from A to Z; imagination will get you everywhere." The Trilogy Writers Club is living up to that ideal by merging their creative minds to inspire the creativity within. Check out the club on page 41.

Index:

Concert: Solid Gold Anniversary Party pg. 7
Comedy Night: Kat Simmons pg. 5
Slow Food Festival pg. 18
Call for Kare Bear Volunteers pg. 22

MORE OPTIONS. MORE DISCOUNTS.



Katheryn Tuberty

175 BUTCHER RD STE B
VACAVILLE, CA 95687-5694
www.farmersagent.com/ktuberty
License #OE79487



Call 707-452-0483 today for Auto, Home, Life and Business.

Providing You With High Quality Oral Health Care



- Cleanings and Prevention
- Cosmetic Dentistry
- Children's Dentistry
- Oral Surgery/ Extractions
- Dentures
- Orthodontics
- Implants
- TMJ
- Sleep Apnea Treatment

**So, to look
better, feel
better, and
save money,
call our
office today!**



707-374-6863
139 A Bruning Ave.
www.dentistryofthedelta.com

In-House Discount Dental Plan Available



PATIO COVERS PRIVACY WALLS, AWNINGS, LATTICE COVERS



Designing and Building Backyard Living Spaces for 13 Years

Privacy Screen with Lattice Tubes • Concrete Work
We Take Care of All Your Trilogy Paperwork for Your
Association and to Obtain Rio Vista Permits
Many Local References • Bonded and Insured

QUALITY SERVICE • FREE ESTIMATES

Call: 707.447.7475

www.wickensconstructionandmhs.com

Senior Discounts • Unbeatable Prices • CA #845399



From the Master Association

Don Love

President

Executive Session

The Executive Session of the Master Board was held on May 13

- Warrior Golf Director of Operations, Trevor Tam, reviewed his obligation and intent to the community as it related to the Golf Course CC&Rs and Restaurant operation
- The Board was updated on the status of the LLD and WWTP negotiations for presentation to the General Membership at the Master Board Meeting later in the day.

Master Board Meeting of the Board of Directors

Regarding the Document Revision Committee report, this committee is charged with rewriting the CC&Rs for the HOA. There are three comments to their task:

- One is to update the documents to conform to the new or changed regulation from the state on issues governing HOA organizations
- Two, updating each of the Villages' documents as well and;
- Three, review and improve the voting method by which we elect Board Members.

The committee is constituted by having as members each of the Delegates and two members at-large, all of which will serve until the process is complete no matter how long it takes. The committee chairman is former Board President Bob Sather and the meetings are guided by legal counsel. The committee will present a draft to the Board and eventually the results of their work will be provided to the membership for discussion. The finished document will go to the entire community for a vote as outlined by law.

An update on the WWTP/LLD was presented and the Board

- Authorized up to \$5,000 for the final testing on the WWTP site.
- There are still some remaining issues on the LLD including the results of a reserve study the Board had commissioned. That study is presently underway and we expect the results shortly.
- Water usage and budget reviews of the LLD are still not yet finished.

The Board approved the installation of a new shade structure over the Vista patio, at a budgeted cost of \$60,000. Assuming normal time frames apply, we expect the project to be finished by August.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Don Love, President (6882)
Noel O'Brien, Vice President (925) 348-4097
Melissa Coleman, CFO (6874)
Joel Auslen, Secretary (5808)
Warren Oglove, Director at Large (3477)

District Delegates

Village 1 - Tom Surh (5282)
Village Oakmont - Leland Puryear (3510)
Village Riviera - Barb Downs (507-5026)
Olympic Village - Joel Auslen (5808)
Saddle Rock Village - Roger Kohn (2737)

Committee Chairs

Adult - Patty Kohn (2737)
Emergency Action Committee - Alan Levine (718-7907)
Access - Andy Pestana (5154)

Village Board Presidents

Village 1 - Larry Mork (3389)
Village Oakmont - Walter Manos (2827)
Village Riviera - Donald Seyk (6407)
Village Olympic - Robert Sonnenburg (1460)
Village Saddle Rock - Patricia Kohn (2737)

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 (2422)
Delta: Admin Office (4843) Fax (4891)

Trilogy Living Editorial Board

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,
Joan Azlant, Kathy Erwin, Patty Kohn

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)

Guest Registration - Residentguest.com
Dwellinglive.com

Café Vista (4202) **Sir Flair's** (4400) **Golf Course** (2900)

Shea Customer Service 1-866-535-9989

From the Editor



Andrea Stuart

Community. It's the very essence for which Trilogy stands. It's the foundation for every activity, organization, and process undertaken by the residents and Trilogy's governing departments. The fellowship between Trilogy residents and even the staff is abundant largely because the people who make up this community maintain a tight connection to one another by interacting on a regular basis. It's as though each person—integral parts of a working machine—is subconsciously and consciously guided to work for the greater good of the "village." This reminds me of a quote by author Marianne Williamson: "In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is power to do it." These powerful words resonate and represent what I see at Trilogy Rio Vista. Residents bond with one another through continued education, extracurricular activities, neighborhood government, community service, work, and myriad other experiences. This connection to one another is only growing and has been eliciting conversation about how we can remain connected.

Did you know that Trilogy Rio Vista has a Facebook page (<https://www.facebook.com/TrilogyatRioVista>) where you can connect with friends and family at Trilogy? You can also keep up on Trilogy and Rio Vista events, learn new recipes, get home improvement and design tips, find spa and fitness deals, see upcoming activities, and so much more! My Trilogy Life (MTL) (www.mytrilogylife.com) is another great source for staying in touch with neighbors and keeping up on happenings in the fitness, activities, and administration departments. Residents can post bulletins and events, maintain group/club web pages, and stay informed by reading articles on wellness, community, travel, and more. There are no limits to what we can achieve if we strengthen the bond of our community.

Stay in touch, Trilogy!

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

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

From the Activities Director



Debbie Dorn

Everyone was a winner at the Gift, Craft & Art Faire, while 3JB Jazz Quartet and resident vocalists entertained us through the shopping experience! Great appreciation is extended to

the Meals on Wheels raffle sale volunteers, vendors for your donations and ticket buyers. Without YOU, the \$738 raised for our local Meals on Wheels program would not have been possible! Comedian Jeff Applebaum's show and William Florian's "Those Were The Days" musical performance filled the house and received raving thumbs up for a return performance. Events are selling out ahead of time, so you may be disappointed if you wait too long to reserve your place!

Plan ahead and make early arrangements for these upcoming events . . .

- **June & July Computer Classes (see page 20)**
- **6/01 & 6/29 Farmers Market**
- **6/03 Solano County Election Poll at Delta Club**
- **6/08 Variety CD Music Dance ~ The Dance Club**
- **6/15 Holiday Father's Day**
- **6/20 Open Mic Night**
- **6/21 Trilogy Triathlon ~ Fitness & Spa**
- **6/23 Blood Drive**
- **6/24 Enrichment Series: Gary Spear presents
Mobile Devices, Your Privacy & the Internet**
- **6/26 Biggest Mover Potluck ~ Fitness & Spa**
- **6/27 Bingo**
- **6/28 Concert on the Patio ~
Solid Gold's Anniversary Party**
- **Get Ready!
Independence Day ~
An Old Fashioned Fourth of July
(see pages 7 & 31)**

You'll find more events and activities presented by the clubs or groups in their section of this publication! A list of clubs and groups with their contacts is also available from Member Services at the Vista Club. As always, your comments and suggestions are valued -- send an email anytime ddorn@actionlife.com -- my mailbox is always open!



Election Poll

Tuesday, June 3, 7 a.m. – 8 p.m., Delta Club

Computer Workshops ~ Sign up for June & July Classes!

Learning Center Vista Club

There are a variety of special interest workshops along with a series of introductory workshops to help you become more comfortable with common computing conveniences like email! See pg. ?? for more information. Limited space available, sign up at Member Services.

Farmer's Market ~ Experience Trilogy's Market Place

Sunday, June 1 & 29, July 13 & 20, 10 a.m. – 3 p.m., Delta Club



Stock up at the Farmer's Market at Trilogy! 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, vegetables and specialties on hand without leaving Trilogy.

Grapevine Chat ~ Will return in October!

Usually, the second and fourth Tuesdays each month in the Grand Living Room, at Vista Club, Grapevine Chat will resume when the weekly Tuesday BBQ events have ended.

Meanwhile, the weekly Tuesday BBQ around 5:30 p.m. at the Delta Pool is the place to be during the summer! It's an enjoyable time to meet your neighbors! After pool area use, please remember to lower umbrellas and leave the area as it was found.

Blood Pressure Check ~ Free

Thursday, June 12, 9 – 10 a.m.
Library Delta Club

Have your blood pressure checked the second Thursday of every month at the Delta Club Library between 9 a.m. – 10 a.m. Stop by and keep that blood pressure in check!



Comedy Night Featuring Kat Simmons

Friday, July 18, 7 p.m.

Diablo Ballroom at the Vista Club

\$10 per person

Lighten up with Kat Simmons! She is one funny female specializing in making people laugh! Kat is a 27-year veteran of the international comedy club circuit. You may have seen her at The Improvs, Catch A Rising Star, the Comedy Channel, Fox's Comedy Tonight, or on Candid Camera. She has a unique talent for combining physical comedy with real-life situations that everyone can relate to. Kat Simmons has been favorably compared to such masters of the craft, as Lucille Ball, Carol Burnett and Red Skelton. Table seating invites you to bring your favorite snacks to enjoy during the show. Sign up at Member Services.



Enrichment Series ~ Life Coaching

Tuesday, July 29, 6:30 – 8:00 PM
Diablo Room, Vista Club ~ Free



“Life Coaching” will feature a presentation by John Lamb who will share his broad experience to further open doors

for opportunities which help to maintain healthy, active minds and bodies. The interactive platform will avoid advocating for any particular activity, program, or set of beliefs or values. Come along on a journey to discover essentials to improving lives. Light Refreshments will be served. Sign up at Member Services.

Complimentary Hearing Screening and Assessment

Thursday, June 12, 1 - 3 p.m., Diablo Ballroom, Vista Club ~ Free

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

Blood Drive

Monday, June 23, 9 a.m. - 1 p.m., Rio Vista Room at Delta Club

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

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

Friday, June 20, 7 – 8:30 p.m.
Diablo Room, Vista Club ~ Free



The venue is set welcoming Trilogy to take the stage and share their artistic expressions - in a setting as intimate as your living room with family and community cheering you to the next level! If you're a spectator, you're in for a treat! The supportive setting is about artists having a safe place to perform for the first time – It's about veteran artists having a place to experiment and try out new pieces – It's

about having a place that inspires new work – It's about a lot of things. Bring your favorite provisions and come check it out! Performers sign in at Member Services.

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

Enrichment Series: Mobile Devices, Your Privacy & the Internet

Tuesday, June 24, 6:30 p.m. – 8:00 p.m.
Diablo Room at the Vista Club



Join Gary Spear for a discussion about protecting your privacy, keeping your information secure, and getting the most from your mobile devices. Over forty

percent of Americans own a smartphone or tablet. And we load our personal information on these mobile devices. How safe is that information? Learn how data about you is collected and shared without your knowledge. Public wi-fi concerns have developed with the growth of mobile devices. Find out how a few simple precautions can reduce your risks. Table seating invites you to bring nibbles of choice, while light refreshments will be provided. Seating is limited, sign up at Member Services.



AN OLD FASHIONED FOURTH OF JULY

Friday, July 4, 10:30 a.m. – 2:30 p.m. at the Delta Club

Free Admission

Presented by Trilogy and Villages One, Oakmont, Olympic, Saddle Rock and Riviera Kare Bears

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**
- **Entertainment Variety Inside the Club, and Poolside DJ**

Sign-up sheets for parade entries, for the Hot Dogs and for the Ice Cream Social are inserted with this Trilogy Living. Deliver your entry/order form with attached check to Box 8 found in the hall at the Delta Club. Additional forms are available at the Vista Club or Box 8 at the Delta Club. Be sure to mark the form if you would like to lend a hand with this special occasion. It's fun!



JULY FOURTH PARADE SETUP NEW LOCATION

The parade will be staged at and begin from the Vista parking lot. Participants will leave the parking lot traveling counter-clockwise around Summerset, to end up back at the Vista parking lot. The parade is a great time to promote your Trilogy groups and clubs! All residents are encouraged to participate regardless if entering the judged contests or just want to join in the fun with your family and friends! The traditional contests judge decorated golf carts without consideration of any object pulled behind the golf cart. Plus two other prizes will be awarded for decorated entries other than golf carts! All entries are judged on theme, originality, and creativity.

Concert on the Patio ~ "Solid Gold" Anniversary Party!

Saturday, June 28, 7 – 9:30 p.m.

Vista Club Patio ~ \$10 per person



Great entertainment, dancing, and celebration! Trilogy's own "Solid Gold" will perform the music we grew up with from the 50's, 60's, 70's,

even into the 80's in their signature four-part vocal harmony! The group has entertained for a variety of functions and is available for corporate, family, and private events. Bring family, friends, outdoor attire, dance shoes, your comfortable lawn chair for the patio and favorite provisions for this fabulous "Solid Gold" performance! The patio is completely shaded by 6:30 p.m., and the Delta's breeze makes for a comfortable setting! Sales are limited. Sign up early at Member Services, Vista Club.



Concert on the Patio ~ Featuring Afterglow

Saturday, July 26, 7:00 – 9:30pm

Vista Club Patio ~ \$10 per person



Dance to the Delta's premier musical group enjoying all genres of music! You may know them by their previous name Sterling Silver, before they returned to After-

glow as originally named 40 years back! Regardless, they will keep you singing and dancing for good times all evening! Bring family, friends, outdoor attire, dance shoes, your comfortable lawn chair for the patio and favorite provisions! The patio is completely shaded by 6:30 p.m., and the Delta's breeze makes for a comfortable setting! Sign up early at Member Services, Vista Club.

Save the Date!

NATIONAL DANCE DAY

Saturday, July 26

Instructors:

Pat Puryear, Joele Swift, Sophie Imbuelten,
Sharon Roberts, Prescya Dela Cruz, Anna Chunn

Classes will be every ½ hour on the hour with a different dance routine beginning at 8 am and ending at 1:30pm!

The event will take place in the Vista Club

Diablo Ballroom Dance Floor!

If you wish to partake in this "FREE" Dance Event, please pre-register at Member Services for the classes you wish to do!

Class size will be limited to approx. 20-25.

Anyone can sign up who is a Trilogy Resident!

Refreshments, Bagels, Yogurt & fruit will be provided!

Don't miss out on a Fun Free Dance Event!!!!

For more information contact

Kathy Erwin, Fitness & Spa Director 374 - 4205

Thinking of Selling?

NOW'S A GREAT TIME - IT'S A SELLER'S MARKET!

Inventory is low and buyers are out looking. Find out what your home would sell for in today's active market.

With my proven marketing plan and track record of success, I am the full-time REALTOR® who's qualified to sell your home for the best price. I am also a Short Sale Specialist and have the experience and knowledge to help you find a solution to your housing troubles.

Give me a call today for a FREE consultation.

Ralene Nelson - 707.334.0699

Visit my website to search for homes online

www.RioVistaHomePro.com



Ralene Nelson

REALTOR®, CDPE, GRI

2013 Centurion

CalBRE# 01503588

Direct: 707-334-0699

Rnelson@c21mm.com

www.RioVistaHomePro.com



Low Cost Legal Document Preparation

(Trilogy resident and Notary Public)

Expert assistance with the preparation of legal documents for self-represented individuals.

- Wills and Trusts
- Power of Attorney
- Healthcare Directive
- Deeds
- Service of Process
- Conservatorship
- Divorce/Child Custody
- Probate
- Restraining Orders
- Notary Public

30+ years experience in legal document prep!

My Skills + Your Instruction = Substantial Savings!

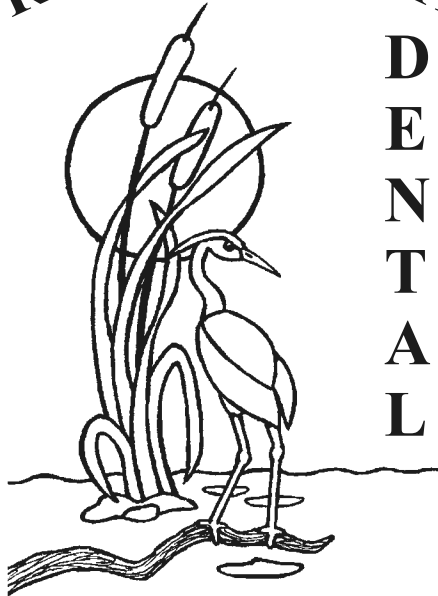
Christine Quinn, LDA

(707) 507-5265

I am not an attorney. I can only provide self-help services at your specific direction.

*Solano County LDA Registration Number 140001
Registration Expiration date: 04/23/2016*

RIVER DELTA



D
E
N
T
A
L

Old Fashion Dentistry with the Latest Technology

Norman Spalding, DDS

Cleaning & Laser Periodontal Therapy
Digital X-Rays • Whitening • Braces • Veneers
Root Canal Treatment • Extractions • Implants
Crowns • Bridges • Dentures

Latex-Free Office

New and Emergency Patients Welcome

Payment Plans Available

916.776.1235

1231 Brown's Alley, Walnut Grove

20 Minutes North of Rio Vista on Highway 160

Visit us online at www.RiverDeltaDental.com

COUNTRY CONCERT

👉 AT CORTONA PARK! 👈



Note Worthy Three

Join us June 27 at Cortona Park for a country concert hoedown you won't want to miss! Featuring the legendary local band, Note Worthy Three, this is guaranteed to be a night of great music and good times. Local vendors will be on hand with mouthwatering ribs and wine to make the evening complete. Make plans now to be there!

FRIDAY, JUNE 27 ★ 6 TO 8 P.M.

**Reservations and
Information:**
Call (925) 240-0733

Complimentary admission



Senior Living at Brentwood

 a BROOKDALE® managed community

Your story continues here...

Personalized Assisted Living

150 Cortona Way
Brentwood, CA 94513

(925) 240-0733

www.brookdaleliving.com

RCFE # 075601508

© Reg. U.S. Patent and TM Office 18700-ROP01-0614-GB





Assessment Notice

Assessments have changed for Village Riviera beginning June 1, 2014

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

Assessments for the month:

Master Association \$119.72

Master Association \$80.39

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

Village I \$5.00

Village Oakmont \$5.20

Olympic Village \$5.00

Village Riviera \$5.25

Saddle Rock Village \$0

(None until dormancy ends)

Adult Committee

Two new members were welcomed at the April meeting of the Adult Committee. They are Bill de Manincor and Carol Eckert. Following the regular meeting the committee met in executive session and elected the following officers: Patty Kohn, Chair; Helen Bergoust, Vice Chair; and Ida May Wagner, Secretary.

A resident voiced concern that it is becoming difficult to secure meeting rooms. Ed Vitrano will look into options including partitioning the Diablo Ballroom and using the Learning Center. The Aesthetics Sub-committee will present information about a veteran's memorial at our next meeting. The House Renovation Committee reported progress on the renovation of the restrooms in the Delta Club. The Wildlife Pest Management Committee is working with the Administrative Office to identify common area trash cans that may be candidates for newer trash cans that make it more difficult for animals to spill the trash into the surrounding areas.

The House Renovation Committee has openings for two members. This committee has been involved in several projects including reupholstery of the Sonoma Room chairs and Billiards Room stools and renovation of the Delta Club restrooms. Prospective members should complete an application available at the Administrative Office. No special talent or skill is required, though some background in construction, architecture, design, contract evaluation or project management would be helpful.

We encourage all residents to attend our meetings. The meetings provide an opportunity for residents to voice their concerns, to learn more about what is happening in Trilogy and to advocate for the changes they would like to see. Our next meeting will be June 26 at 1 p.m. in the Rio Vista Room of the Delta Club. For more information please contact Patty Kohn (2737) or (pfkohn@gmail.com). We look forward to seeing you there.

Riviera Board News

The Riviera HOA board would like to thank all those who attended our meeting on May 1 and let us know how they felt about allowing residents to park in their driveway without obtaining a parking permit. This will be an ongoing topic at our meetings as only Riviera and Village I require parking permits. Opinions were diverse. Some residents said that they moved to Riviera because of the uncluttered feel of the village, while others felt that it is their home and they should be allowed to park in their driveway without having to obtain a permit. Currently you may park in your driveway during the day. If you park in your driveway after 10 p.m. without a permit, a parking violation will be placed on your vehicle. In order to obtain a parking permit you need to make an appointment with the HOA office to come to your home and measure your garage to insure that your vehicle does not fit. Measurements are taken from the garage door to the wall as if the garage was completely empty. If you have three vehicles registered to you and your home only has a two-car garage you are granted a permit. Residents are not to park their cars on the street overnight.

If you would like to join in on the parking permit discussion please join us at our next meeting on July 3 at 6:30 p.m. in the Marina room at the Delta Club. If you have any questions or concerns, call Don at (6407).



Saddle Rock Village Board News



Saddle Rock Village continues to morph from a patch of homes here and there to the development of several mini-neighborhoods. We

have a new park at the intersection of Saddle Rock Lane and Silver Ridge Drive, smack in the middle of our village. The park, developed by Shea, has a pergola, bench, picnic table, shrubs and trees. The Residents' Club will soon sponsor social events at the site. The park is available to everyone; so take a walk and marvel at all the new construction.

Now that we allow one car with a permit to park in the driveway overnight, parking violations have decreased. Meanwhile, architectural committee applications and completions continue at a high rate. The new driveway parking and landscape guidelines have been tubed to all residents. We have also made available a list of drought-tolerant plants to consider when designing your landscape. The list is available at the Administrative Office.

At our April meeting the board unanimously passed a motion to begin meeting every other month. Meetings are scheduled for one hour. There will be no June meeting. Our next meeting will be July 16 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For more information please contact Patty Kohn (2737) or (pfkohn@gmail.com). We look forward to seeing you there.

Meeting Calendar

Master Association Board

Tuesday, June 10, 2 p.m.
Diablo Room, Vista Club

Council of Village Presidents

Monday, June 16, 10 a.m.
River Room, Delta Club

Adult Committee

Thursday, June 26, 1 p.m.
Rio Vista Room, Delta Club

House Renovation Committee

Monday, June 9 and 23 at 3 p.m.
Monterey Room, Vista Club

Emergency Action Committee

Tuesday, June 10, 7 p.m.
River Room, Delta Club
Tuesday, June 24, 7 p.m.
Marina Room, Delta Club

Wildlife Pest Management Committee

Thursday, June 5 and 19, 10 a.m.
Monterey Room, Vista Club

Administrative Policy Committee

Thursday, June 19, 6 p.m.
River Room, Delta Club

Aromazone Therapy Massage & Foot Zone Balance



In Your Home, for Singles or Couples
Special: First Visit \$40 per person (regular \$65)
Tom or Jeanette 925-497-7391 references available



STEVE WENDLING CONSTRUCTION

Remodel & Repairs
Hands on, Reliable, Efficient
From Small Repairs to
Complete Interior Remodels
Trilogy Resident

707.374.6693
License #914545 • Bonded and Insured



Tuesday: by appointment only
Wed, Thurs, Sat: 10am - 4pm
Friday: 10am - 5pm
Monday: closed

Karen Bryant Rogers
707.374.4780
26 N. 2nd St.
Rio Vista, CA 94571
kcgalleriabras@yahoo.com

HISTORY OF RELIABILITY

**QUALITY
MOVING
SERVICE**

4971 Allison Parkway
Suite B • Vacaville

Wheaton
WORLD WISE MOVING
We move your life®



- Open 7 days a week
- Located in Vacaville
- Residential & Commercial
- Expert Packing & Crating
- Auto Transport
- Wheaton – Official Mover for Steinway & Sons
- Local & Wheaton Interstate/International Service
- Records Management & Storage

**1 Month
Free Storage**



707.455.7186

QUALITYMOVINGSERVICE.NET
WHEATONWORLDWIDE.COM

MC 87113 • US DOT 70719 • MTR 189753



Olympic Village



The Famous Olympic Village Residents' Club Pasta Dinner will be held June 7, from 5 - 9 p.m. at the Delta Club. Al and Rhoda Sbranti and their team will be cooking again, so you know the food is going to be delightful. Dinner is only \$10, and Al's pasta

is awesome. This annual event is open to all Trilogy residents and space is limited so we might be sold out by the time you read this article. Pick up a flyer from either the Vista or Delta Clubs and turn in your reservation form to our Olympic Village Residents' Club mailbox #5 at the Delta Club. If you want to volunteer to help, call Linda Jensen (5542). There's plenty to do and you probably have a great idea that will make the evening even more fun!

Olympic Village Residents' Club is heading up arrangements for this year's Fourth of July Parade and you can help. We're looking for convertibles to carry our honored guests and military representatives, plus folks to register golf cart entries, meet the honored guests and help line up the parade. If you want to help with the planning or can assist in any of these areas, please give us a call at (5542) (Linda Jensen) or (5442) (Faye Lamb).

Join us on June 18 for our next planning meeting. The Olympic Village Residents' Club meets on the third Wednesday of each month at 7 p.m. in the Monterey Room at the Vista Club. If you would like more information on these or other events (or want to volunteer, RSVP or offer ideas), call Linda Jensen (5542).

Saddle Rock Village

Our Saddle Rock Village Residents' Club Fundraiser was a success on Saturday, May 3. We had several donations from Saddle Rock Village residents. Thank you to all residents who volunteered to help sort, price, donate and sell items at our event.

Our Recycling Team is collecting bottles, cans and plastic with a CRV label only. Residents can donate recycling items to support our club fund and can be dropped off at 513 Timber Creek Drive in the back of the truck in the driveway. Plastic milk containers and wine bottles are not recyclable items, unless they have a CRV label. Please do not include them in the items donated.

Elections for the 2014-2015 Saddle Rock Village Residents' Club officers will be held at the June Residents' Club meeting for the term beginning July 2014. The positions are President, Vice President, Treasurer and Secretary. If you would like to apply for a position, please contact one

of the current members of the Executive Officers or you can obtain information in the Administrative Office at the Delta Club.

New Saddle Rock Village Residents can contribute a one-time voluntary donation of \$10 per household to support our club. You can drop off your donation to the Saddle Rock Village box in the Delta Club. Thank you to those residents who have donated in the past.

Our Welcome Committee has delivered welcome bags to several new Saddle Rock Village residents. If you have not received your welcome bag after moving in, please contact Rayno at raynoniemi@yahoo.com.

The Caring Committee is available to help our residents. If you know of any caring needs in your Saddle Rock Village neighborhood, please contact Marj at marjniemi@yahoo.com. We have a helpful web site residents can reference at: <http://home.comcast.net/~biskit3/saddlerock/>. This is the personal web site of one of our Saddle Rock Village residents, Richard Larsen.

Our next Residents' Club monthly meeting will be Wednesday, June 18 at 6:30 p.m. in the Rio Vista Room, Delta Club. All Saddle Rockers are welcome. Social hour follows each meeting with wine, soft drinks, snacks and fun! Hope to see you there. For information contact Kathi at kathiabradley@comcast.net.

Village I

May was another great month for Village One residents. The Cinco De Mayo event was a complete success with over 110 residents in attendance. Happy people, great music, good food and lots of fun were the main ingredients in the event! Tortilla Flats catered the event and donated a gift certificate which was given as a prize to a lucky winner. A 50/50 raffle was held and one of our residents was the lucky recipient.

Village One Residents' Club is working with the other villages towards the fourth of July festivities as our next event. Village One duties include the purchasing of all food and beverages while the other villages are handling the parade, lunch, ice cream social and other activities. The rest of the year activities are a fundraiser with the Drama Club in August, Oktoberfest and finally our Christmas Party in December.

Village One Residents' Club and social group is always looking for new members that want to share their ideas and participation to make Village One the happiest place on earth.....Who says we can't share that honor with Disneyland? Join us at our next meeting on July 9.



Village Oakmont

Springtime is flying by, so let's celebrate the approach of summer with our "Prelude to Summer Potluck" on Sunday, June 22 at 5 p.m. The cost of admission is for you to bring your favorite potluck dish (main dish, soup, vegetable, fancy sandwiches, salad, or dessert) that can serve at least 6 to 8 people. The offerings can be an American or International delight. Whatever the favorite dish that your family requests most often would probably be a great choice for our potluck! Come enjoy a fun meal with your friends and neighbors.

Your Social Committee has begun work with the other villages on Trilogy's fourth of July Parade and Social. Oakmont will again be responsible for reservations and dispensing of food tickets. A few volunteers are needed to staff the food ticket/sales tables.

On Friday, May 2 we prepared and served a pancake breakfast as part of Rio Vista's 15-Minute Emergency Event. We served 18 junior and senior high school students and their chaperones. We met our objectives: 1) got everyone fed in an hour's time from 6:30 – 7:30 a.m. 2) gave them a hearty, nutritious breakfast; 3) left everything in spic and span shape; 4) had fun (even if most of us were sleep deprived); and 5) participated in a very worthwhile community event. All that could not have been done without a super crew of volunteers. You were amazing! You all pitched in and got your tasks done quickly and efficiently. The volunteers from Oakmont were – Sue McCracken, Derreth Lavin, Jan Wildes, Veronica Finch; from Olympic – Jerry Armanino and Jim Fairbarn; and from Riviera – Carolyn Azbell and Dorothy Busuttil. I really enjoyed working with all of you - you were absolutely awesome!

Any questions or volunteers for Oakmont Social Events, please contact me – Cyndy Schroeder at (2480).

Village Riviera

May Day was special for Trilogy ladies this year. Those lucky enough to attend the Old English Luncheon and Tea enjoyed a Downton Abbey-style afternoon. Shopping at the Queen's Market was such a treat. There was beautiful vintage jewelry, lovely silk scarves, whimsical vintage clothing and accessories, custom purses and handmade greeting cards all being sold while bow-tied waiters walked around pouring bubbly. There were wonderful little appetizers at the tables for those who found their treasures and then decided to relax and enjoy the ambiance before lunch. The gorgeous tables were appointed with china, crystal and silver. Each table was decorated a little differently and all had magnificent centerpieces of flowers, feathers and bows. Choices of different teas were offered along with

tea sandwiches and scones. The afternoon was topped off with our always beautiful dessert buffet.

Ladies came donned in their vintage attire, hats and gloves - each one prettier than the last. Pictures were taken by Riviera photographers and their assistants at a tea table or comfy chair surrounded by a beautifully decorated stage. Throughout the afternoon prizes were given for Queen of the Tea Party, best hats and for a lady at each table who just happened to be sitting in the right chair! Our chairpersons, Patty Ramos and Susie Shockley, are to be commended for a job beautifully done. It was truly an afternoon to remember.

Our next event will be the eighth annual Treasure Hunt on July 19. You don't want to miss this. It is always a great time! The seventh annual Sock Hop is on August 23 and our annual Black and White Holiday Affair on December 13. We keep bringing back these events year after year by popular demand so don't forget to mark your calendars.

Want to have fun helping us plan our events, meet your neighbors and make some new friends? Our committee meets on the third Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. Contact Patty Ramos at pscramos@yahoo.com for more information.

ANNOUNCEMENTS

Rio Vista Community Service Food Bank Needs your Help!

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

Alzheimer's / Dementias Caregivers' Support Meeting

Alzheimer Services and the Greater Bay Area Alzheimer's Association sponsor the caregivers support group to offer information, speakers and videos, as well as open discussion and social interaction for caregivers of loved ones with Alzheimer's or other dementias. The group meets the third Friday of each month from 9:30 - 11

a.m. at the Senior Center located at 25 Main Street in Rio Vista. Contact meeting facilitator Nat Marcoccio (rvalzsg@yahoo.com) for more information.





By Kathy Erwin,
Fitness & Spa Director

June Fitness Orientations:

Saturday, June 14 at 11 a.m.

Wednesday, June 18 at 6 p.m.

Saturday, June 28 at 11 a.m.

Farewell Dr. Caban

Dr. Paulina Caban, Trilogy's Naturopathy Doctor who sees our members once a month on the third Tuesday of every month, is leaving. Her final visits are June 17 and July 15. She is moving to Austin, Texas. Trilogy is currently interviewing prospective naturopathic doctors to continue the service.

Biggest Mover Potluck

Thursday, June 26, 11:30 a.m., Delta Patio

The Biggest Mover Potluck is open to all fitness class participants and instructors. Each attendee will earn a chance to win a door prize. The Biggest Mover participants will have a separate raffle! Come join the fun! You must sign up at Member Services. Bring your spouse, friend, significant other or come alone. Limited space. We will be eating on the Delta Patio. Food set up in the River Room on Thursday, June 26 at 11:30 a.m.

Trilogy Health & Wellness Center Spa Specials for June - August



Summer Sizzling Spa Package Deep Tissue

Works deep to decrease tightness, aids in chronic muscle fatigue and recovery or soreness.

50 minutes
was \$60 now \$50

80 minutes
was \$90 now \$80

Two Trilogy Signature Face Lift Facials

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

Two - 50-minute facials
were \$130, now \$110

Summer Sensation

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

50 minutes \$70

Good for purchase June 1 - August 31, 2014. May be redeemed anytime.



Trilogy Triathlon 3-2-1

Trilogy is gearing up for the Fourth Annual Trilogy Triathlon 3-2-1 on Saturday, June 21. Come join the fun! Sign up to do all three events or grab two friends and share the experience! One person swims three full laps of the Delta Pool. One rides their bike two laps on Summerset. One person can choose to walk, jog or run one lap on Summerset. 3-2-1. It's that easy. What a way to start a summer Saturday morning! It's free! Everyone receives a Trilogy Triathlon tee-shirt, goody bag and lots of fresh fruit, snacks & refreshments!





4th Annual Trilogy Triathlon 3-2-1 Saturday, June 21, 2014



FREE EVENT

Registration opens 8am
Race start time 8:30am

Delta Pool & Delta Park-
ing Lot Start / Finish Line

Trilogy Triathlon 3-2-1

- 3 - LAPS in Pool Swim (Delta Pool)
- 2 - LAPS on Bike (around Summerset)
- 1 - LAP Run or Walk (around Summerset)



**T-shirts &
Goody Bags
to all
participants!**



**SIGN UP TODAY at Vista Club
Members Service Desk!
Sign up Individually or as a 3
person team.**



Aloha For CARE



Aloha For Care planning committee "lei-ing it on."

Aloha for CARE is the theme for Rio Vista CARE's major fundraising event on Saturday, August 9. This island affair will be held from 4 - 8 p.m. at 295 North Front Street, Rio Vista (Robin's Nest Parking Lot) and will include a delicious luau dinner and lots of local music and Polynesian entertainment. The regular price for the event is \$50 per person, but you can buy two early bird tickets for only \$75 through July 1 by contacting the Rio Vista CARE office (5243). Joe Gates, local auctioneer, will return again this year to entertain and encourage bidders at a live auction and, of course there will be plenty of music, entertainment and fun. All proceeds will benefit Rio Vista CARE.

Rio Vista CARE has been providing services at the Counseling Center and Family Resource Center for over 29 years. Through CARE's programs for youths, and at-risk children, adults and families receive services that include counseling, crisis intervention, home visitation and in-school programs such as the PALS mentoring program and Positive Action. As Rio Vista CARE is the only agency of its kind in the Delta, your support is vital to ensure they can continue to serve the community.

Mark your calendar and save the date, August 9, then get your early bird tickets (two for \$75) at the CARE office, 125 Sacramento Street, Rio Vista or by calling the CARE office (5243). Want to volunteer your time to help with this event or other CARE activities? Please call (5243) for more information.

Community Connections

Get connected to your Trilogy neighbors! Come to our meeting on Wednesday, June 25 at 1:30 p.m. We will be in the Monterey Room at Vista Club. There are so many things going on...too many to list. You can easily help and become as involved as you like, while having fun and enjoying your new friends. In addition, we are always look-

ing for new ideas for day outings. Your input is welcome as you join our active discussions on future group plans. Please join us and bring a sweet or savory snack to share if you wish. Or feel free to just bring yourself! Drinks can be purchased at Vista Café or brought from home. No matter how long you have lived here, let us get to know you.

Emergency Action Committee

In case of an emergency, do you have a communication plan? Identify a contact, such as a friend or relative who lives out of your area, for your household members to notify him/her you are safe. At times, it is easier to make a long-distance phone call than to call across town; therefore, an out-of-town contact may be in a better position to communicate among separated family members. Be sure every member of your family knows the phone number and has a cell phone, coins, or a prepaid phone card to call the emergency contact. Text messages can often get around network disruptions when a phone call might not be able to get through. Subscribe to alert services. Many communities have systems which send instant text alerts or e-mails to let you know about bad weather, road closings, local emergencies, etc. In our community, we have Citizen Observer. The system can send you emails, texts, or both. You can sign up at www.citizenobserver.com.

In our community at Trilogy, we have a great resource in our Emergency Action Committee. Committee members are prepared to respond to emergencies in our local area. Members are more than willing to meet with clubs, village associations, and neighborhood groups to help everyone in their emergency planning. The Emergency Action Committee meets monthly on the second and fourth Tuesday from 7 - 9 p.m. in the Marina room, Delta Club. We welcome visitors and new members to the meetings. For more information, please contact Allen Levine at 718-7907, Art Darden at (3455), or Gillsa Miller at 916-508-2758.

Annual Catamaran Cruise



Back by popular demand (fourth year) is the Catamaran Cruise on San Francisco Bay, on Wednesday, October 1. Meet at the Vista Club at 8 a.m. to carpool to Vallejo for the 10 a.m. Ferry. Get off at the ferry building and stroll to Pier 39 where we begin and end our cruise (<http://baylink-ferry.com/schedule/index.php>). There are several al-



ternatives to the above suggested route. Take the ferry and ride all the way to Pier 41, a short distance from Pier 39; or take BART; or drive.

We cruise aboard the Adventure Cat (<http://www.adventurecat.com/>) which leaves Pier 39 at 1 p.m. Please arrive 15 minutes prior to departure. This is a two-hour cruise. After cruising, we will hike from Pier 39 to Coit Tower. From the base at Levi Plaza to the top is 641 stairs. From there we stroll through Little Italy to China Town. If you choose not to do this, but want to join us for dinner you can use any form of transport to the restaurant.

Dinner will be at Great Eastern Restaurant (optional); Vic will put together a medium-price range menu which he will send out a week before departure. Please, no RSVPs for dinner until you receive the menu.

The ferry departs the San Francisco Ferry Building at 7:15 p.m. It is about a 10 block walk from the restaurant to the Ferry Building.

Cruise tickets are \$35 per person. Reservations are first come-first serve. Contact Vic Thiry: vic@thiry.us or (3749) to hold your spot. Reservations are non-refundable, but Vic will help you sell your seat if you need to cancel.

Slow Food Festival June 21

The third annual Slow Food Festival on June 21 is a "farm to table" event that celebrates the rich diversity of food and wine from this area. Dine on regional cuisine prepared by our own home town chefs, including members of the Trilogy Recipe Club. Taste a wonderful selection of regional wines. Enjoy presentations, entertainment, art and local vendors. Bask in the conviviality of Rio Vista friends and neighbors. To quote the River News Herald regarding last year's event, "While the food tasting opportunities were the premier draw to the event, there was no shortage of wine, music, presentations and art to round out the festival's dynamic ensemble of participants and the pleasant byproduct was the sense of community that was facilitated by the artistic mediums of the day."

Tickets for the event are \$25 and are available from the Slow Food Rio Vista web site at <http://www.slowfoodriovista.org>, online at www.brownpapertickets.com/event/620291 or Books Rio V, Pets 4 All, Galleria Bra Room, Brand You and This N That in town. Events such as the Slow Food Festival are made possible with the involvement of individuals like you! Contact Tom Surh at (5282) to volunteer or Janith Norman at (6118) for information to be a vendor or sponsor.

A Note of Thanks...

Our heartfelt thanks go to the Oakmont Kare Bears for their tremendous help after Marti's recent leg injury and the great farewell party that they gave us in May. We feel very supported and celebrated by this wonderful organization. Although our farewell celebration has taken place, our future living quarters in an assisted living community are not yet available to us. We will continue to live in our Trilogy home until a suitable apartment is open at our new location, and we are happy to have some more time in our great Trilogy community.

— Marti and Jack Rogers

TOPS (Take Off Pounds Sensibly)

On Wednesday, April 23, our area coordinator, Mickey Drake from Napa, gave our group a very good presentation on the value and necessity of an exercise regime. Mainly, Mickey discussed good walking routines, and the proper shoes to maintain healthy feet.

To coincide with the exercise program, several of our members have signed up for Joele Swift's aerobics class. We are gaining more members all the time and our gents are giving the ladies a run for their money on "Taking Off Pounds."

The bus trip to Red Hawk Casino on Wednesday, August 13, is getting off to a good start, so get your reservation in early! For more info call our leader Ellie Brice, at (1499) or Co-leader Barbara Bellamy at (6670) for the bus trip and to learn more about our chapter.

Hope you Moms and Grams had a good Mother's Day, and will have a great summer season.

Trilogy Blood Drive

Blood Source will be coming to Trilogy at Rio Vista for our blood drive on Monday, June 23 from 9 a.m. - 1 p.m. Walk-ins are welcome or to make an appointment, please contact Darlene Wiskeman at wiskeman2@yahoo.com or (6211). Please make every attempt to join us in giving this gift of life.



Trilogy Jazz Band

We enjoyed playing for the Dance Club's Spring Fling Dance in May. Trilogy has some wonderful dancers, and we are pleased to provide the music for some of this club's events. Our June rehearsals will focus on adding more selections to our repertoire for future programs. Full-band rehearsals are held most Wednesday afternoons, 2:30 – 5 p.m., following vocal and combo rehearsal beginning at 1:30 p.m., in the Vista Club Diablo Ballroom. Observers are welcome.

If you play a band instrument and are interested in being part of the Jazz Band, even if you're rusty, please contact music director Jim Lucas (7567). There is currently an open spot in the trombone section, and all sections offer opportunities for future players. The band's purpose is to provide music for our community, and we have fun too. For more information contact Jim Lucas (7567) or Marti Rogers (6859).

Trilogy Labyrinth: Summer Solstice

Walking the Labyrinth is an age-old meditative practice for releasing ineffectual habits and attitudes, receiving wisdom from within, and opening to growth. The summer solstice is a powerful time to bring positive, action-oriented energy to your personal goals. Join us for a unique opportunity to engage and connect the profound inner knowing of your body with your intention to effect lasting change in your daily life. Explore how connecting with the body's inner wisdom enriches your walking of the Labyrinth in a powerful ritual for personal discovery. Join us in walking the Labyrinth and welcoming the summer solstice on Saturday, June 21 at 3:51 p.m. We will gather once again at the fireplace at approximately 3:45 p.m. Other Trilogy Labyrinth walks are scheduled: autumnal equinox on September 22 at 7:29 p.m., and winter solstice on December 21 at 3:03 p.m.

The August field trip to walk the labyrinth at Grace Cathedral in San Francisco is being planned, details will follow. Any questions, please call Gerry Swan at (510) 507-4080 or Elaine Wisz at (4310).

Tuesday BBQ

BBQ every Tuesday, as always weather permitting. Please bring a dish to share, plus meat if you would like to grill, beverage and

your utensils. Please use plastic as we are not allowed to use glass at the pool. Cooking will begin at approximately 5:45 p.m. Please remember to clean up your area and return chairs and tables to the location that you removed them from before leaving. Open to all Trilogy residents.

Wildlife Management Subcommittee

In Time of Drought

From California Department of Fish and Wildlife 2012 report:

"Drought conditions negatively impact habitat through resource deterioration and wildfire causing migration and behavioral changes of animals. Wildlife becomes concentrated in remaining suitable habitat."

What does this mean for us? Animals may come closer to homes where water and food can be found. What can we do? Be tolerant of any animals you see moving around the community. Do not interfere or do anything to encourage animals to come into your yard. Place your trashcans out in the morning instead of at night. Adjust sprinklers to avoid overwatering.

The best kindness we can show to wildlife is to allow animals to remain wild. If animals become accustomed to people, they become dependent on humans for food and water. When they come into close contact with humans, it is usually bad for the animal.

If you are interested in promoting a healthy wildlife population, please work with your elected officials at all levels for habitat conservation. Source: Contra Costa Times, May 5, 2014.

Save the Date Rio Vista Rotary

Tequila Y Mas

Premium Tequila Tasting Fundraiser Event

Saturday July 26, 2014
Delta Club at Trilogy
6:30 pm - 9:30 pm

Featuring 9 tequila brands and 20 profiles

Tickets: \$35 pre-sale

For more information: email Rotaryofriovista@gmail.com



June & July Computer Class Opportunities!
Sign Up At Vista Club Member Services (4200)
(payment by check only please)

Class **Day / Time of Classes ~ Instructor Michael Bouyer**

First-Time Computer User \$3 ea.	Wednesdays ~ 10:00 to 11:30am Intended for new computer users. <i>[No prerequisite class]</i> Take as many classes as you can.
Intermediate Computer Users \$5 ea.	* Tuesdays ~ 10:00 to 11:30am Now that you can operate the computer, learn many helpful uses for the computer. Take as many classes as you can. <i>[Prerequisite: First-Time Computer User class or equivalent knowledge]</i>
Working With Photos ~ \$7 ea.	* Tuesdays ~ 12:00 to 1:30 pm <i>Introduction to a free photo editing program that is fun and surprisingly capable of fixing or enhancing your digital photos. Learn how to get your photos on and off the computer. [Prerequisite: Intermediate Computer User Class or equivalent knowledge]</i> Take as many classes as you can.
Using the Internet \$5 ea.	* 1st & 2nd Wednesdays ~ 12:00 to 1:30pm <i>Learn to explore the Internet. [Prerequisite: First-Time computer Users class or equivalent knowledge.]</i> Both classes are suggested.
Setting Up & Using Free E-mail \$5 ea.	* 3rd & 4th Wednesdays ~ 12:00 to 1:30pm <i>Learn to set up and use free e-mail accounts. [Prerequisite: First-Time computer Users class or equivalent knowledge.]</i> Both classes are suggested.

** New to computers? Attend the "First-Time Computer User" class before attending other classes. Sign up early~Classes are filled on a first-come basis. Class suggestion list available!*

To determine if your equivalent knowledge is adequate for the intermediate classes, contact the instructor Michael Bouyer by e-mail at Michael@bouyerproductions.com or cell 707-328-4977.

For interest presenting future Learning Center programs offered, contact Activities Director, Debbie Dorn at email address ddorn@actionlife.com.



CAN DO GARAGE CABINETS

Cabinet Storage

Show Special: Includes 17" Deep x 7' Tall Cabinets with adjustable shelves

Garage Cabinets Installation Special!



Custom Closets Installation Special!



Custom Pull Out Trays Installation Special!



FREE Estimate

Overhead Storage Racks Installation Special!



FREE Design

**Open 7
Days a
Week**

Same Day Installation!

3340 Swetzer Rd. Loomis, CA 95650

916-893-4116

Lic#: 716483

candocabinets.com



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



FAMILY SUPPORT COMMITTEE

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

Olympic Village

Olympic Village Kare Bears are participating in the Phone Buddy Program. We are hoping to have all villages involved. It improves daily phone contact for those living alone. A buddy is assigned to each participant who will phone every day to assure the well being of their buddy. Kare Bears from all villages are encouraged to support this program. There are residents throughout Trilogy who would benefit from this program. Quarterly meetings in 2014 will continue to be the first Tuesday of the month at 1 p.m. at the Vista Club, Monterey Room. The next meeting will be held June 3. For more information, contact Mackie Webster at (5837).

Village I

Kare Bears is an organization that provides non-medical support to those in need for themselves or for their care-providers such as daily wellness contact, visitations, running some errands, providing plants or flowers while hospitalized as well as other caring assistance.

You may have noticed that there has been no activity with Kare Bears in Village One while all the other villages have continued their Kare Bear programs. Village One Kare Bears was deactivated due to not enough volunteers to effectively provide service to all residents in Village One. With this article, we are asking for volunteers to reactivate the program. Please contact Marga Wichmann at (4870) or Tess Felte at (4778) if interested in becoming an active member or for any questions. We will need a minimum of 25 volunteers to restart the program. If enough interest is shown we will proceed with an organizational meeting to introduce all volunteers to the process and get familiar with the program.

Village Oakmont

Be sure to keep your calendars marked for the Oakmont Kare Bears' annual garage sale to be held on Saturday, October 4 from 9 a.m. - 3 p.m. This is our biggest fundraiser of the year, so come join us and shop 'til you drop. The location at this time is still undetermined. We are still in need of a

garage for the sale. If you or someone you know can donate the use of one, please let us know. It would be needed for the day before for set-up, and the day of the sale, October 3 and 4. For more information, call Janet McKimmy at (5415) or Kathy Russo at (2969). We can also use a few strong men to help on those days to pick up donated items and other heavy work. Please call the above numbers if you can help.

All residents of Oakmont Village should have received flyers regarding the proposed phone buddy system by now. We need to correct some of the contact information: Virginia Albertson's correct phone number is (6823) and in Kathy Russo's absence, please call Janet McKimmy at (5415). Please call them for any information on the program.

The next Oakmont Kare Bear meeting will be June 11 at 10:30 a.m., in the Delta Club. Come early to visit and enjoy coffee and goodies. At this meeting, we will be forming a committee for the garage sale, and also taking sign-ups for helpers and worker-bees. We will also have our usual summer break with no meetings being held in July or August.

Village Riviera

The month of June ushers in summer, which in turn invites that most favored feature of the season, "easy living." This concept was used by George Gershwin as the lovely lyrics for one of his most memorable songs. For those of us fortunate enough to live in Trilogy, it is a life style to be savored. We Trilogians enjoy comfortable homes that are wired to the world, fine friends, nice neighbors, and ongoing ample activities for all. Because we have not yet achieved full Camelot weather patterns the magic box on the wall will heat or cool our homes to personal preference with the mere flick of a switch. A proper positive attitude is mandatory to take advantage of all this good fortune, and is available to all with a little effort. Not all is simple or free, but most is attainable to those who desire it. Of course, we are all susceptible to the misfortune of accidents or illness, but fortunately our concerned community has a positive force to combat these negatives. That force comes in the form of Kare Bears, who have organized to assist those in need. Whether for a ride to a medical appointment, a hot meal or a caring conversation, the Riviera Kare Bears are there for their neighbors.

For those of you interested in sharing the good karma, please drop by our next gathering on June 9 at 10 a.m. in the Delta Club. We will also be handing out hot dogs and serving sodas at the Fourth of July celebration, a fundraising privilege that we appreciate.

Trilogy Living

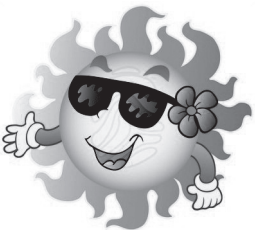
Fitness Class Schedule for June 2014

New Trilogy fitness punch card choices! All classes require one of 3 card choices: a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card **for \$85**. Unlimited punch cards are color coded differently each month because they are only good for the given month. Get your cards at the Member Services Desk. 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: **Pat Lasusky & Delores Bush**

June Fitness Orientations: Saturday, June 14 at 11 a.m., Wednesday, June 18 at 6 p.m., Saturday, June 28 at 11 a.m.
If you plan to make a (ROM) Range of Motion appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	3 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	4 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	5 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	6 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	7 8:30-9:30am Step Aerobics June 7 only (GX) Pat 11am-12:30pm ZUMBA Power 90 (GX) Sophie
9 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	10 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	11 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	12 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	13 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	14 11am-12:30pm ZUMBA Power 90 (GX) Sophie
16 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	17 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	18 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	19 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	20 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	21 11am-12:30pm ZUMBA Power 90 (GX) Sophie Trilogy Triathlon 1-2-3 is today at the Delta Clubhouse
23 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	24 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	25 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	26 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 11:30 Fitness Potluck (Delta Clubhouse, Outside Patio) 1-2pm Sit & Get Fit (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	27 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	28 11am-12:30pm ZUMBA Power 90 (GX) Sophie
30 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna		Class Locations (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room–Delta (SR) Sonoma Room–Vista (FC) Fitness Center			

TrilogyLiving

June 2014 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10am – 3pm Farmers Market (D)	2 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 5pm Whist Club Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	3 7am – 8pm Election Day (D) 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 1pm Kare Bears – Olympic Village (V) 2pm Stroke/Head Injury Support Group (V) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6pm RV City Council Mtg (V) 6:30pm Religions of the World (V)	4 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Oakmont Village RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Drama Play Rehearsal (D) 7pm Billiard Club Membership Mtg (V)	5 8am Social Tennis 8:30am Golf-Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) 10am Wildlife Com. (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (D) 2pm Genealogy Club (V) 3pm Table Tennis (D) 4pm RV Roamers Annual Mtg (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	6 8am Social Tennis 9am Model Club (V) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance - Beg (V) 6pm Ballroom Dance - Adv (V) 6:30pm Joy Luck Mah-Jongg (V)	7 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 5pm Olympic Village RC Pasta Dinner (D)
8 7pm Dance Club - CD Favorites (V)	9 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 10am Kare Bears – Village Riviera (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 3pm House Renovations Com. (V) 5pm Whist Club Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	10 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12pm Recipe Club (D) 12:15pm Hand & Foot Canasta (V) 2pm Master Association Board Mtg (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Committee (D) 7pm Drama Play Rehearsal (D)	11 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 6:30pm Soul Line Dancing (D)	12 8am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1 – 3pm Advanced Hearing Aid Service (V) 1pm Good Samaritans (D) 3pm Table Tennis (D) 4pm Golf – Sr. Men's Board Mtg (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Computer Club (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	13 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance - Beg (V) 6pm Ballroom Dance - Adv (V) 7pm Bunco (D)	14 Flag Day 8:30am Hiking Club (V) 12pm – 5pm Juneteenth Celebration (D)
15 Father's Day	16 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents & Joint ARC Mtg (D) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 5pm Whist Club Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm Fishing Club (D)	17 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beg Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Drama Play Rehearsal (D)	18 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 6:30pm Saddle Rock Village RC Mtg (D) 7pm Olympic Village RC Mtg (V)	19 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) 10am Wildlife Com. (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Tai-chi for Beginners (V) 5:30pm Table Tennis (D) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6pm Adm Policy Com Mtg (D) 7pm Village Riviera RC Mtg (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	20 8am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 11:30am Morning Bocce League Mid-Season Luncheon (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance - Beg (V) 6pm Ballroom Dance - Adv (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Open Mic Night (V)	21 8:30am Hiking Club (V) 9am Table Tennis (D) 3:45pm Labyrinth Summer Solstice (V) 6pm Night Bocce League Mid-Season Appetizers (D)
22 5pm Oakmont Village Prelude to Summer Potluck (D)	23 8am Social Tennis 8:30am Woodcarving (D) 9am – 1pm Blood Drive (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm House Renovations Com. (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	24 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm Enrichment Series: Internet Privacy (V) 7pm Emergency Action Committee (D)	25 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 1:30pm Community Connections (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Drama Play Rehearsal (D)	26 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Committee Mtg (D) 1pm Good Samaritans (V) 1pm TAG – Artist Free Lecture & Demo (D) 4pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theatre Group (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	27 8am Social Tennis 9:30am Tennis Club Mtg (D) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 3:30 – 6pm Shibori Workshop Prep (D) 5pm Ballroom Dance - Beg (V) 6pm Ballroom Dance - Adv (V) 7pm Bingo (D)	28 8:30am – 4pm Shibori Shirt Workshop (D) 8:30am Hiking Club (V) 9am Table Tennis (D) 7pm Concert on the Patio – Solid Gold (V)
29 8:30am – 4pm Shibori Shirt Workshop (D) 10am-3pm Farmers Market (D)	30 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 6pm Soul Line Dancing (D) 6pm Poker (D)					

Open 7 Days



We Deliver!

I Feel Good MEDICAL

FATHER'S DAY SPECIALS



SCOOTERS

Starting at \$1088



LIFT CHAIRS 20-40% OFF

Extra 10% OFF!

The Sale Price of
Any Product Up to \$100

With Coupon Only. Expires 6/30/14



ELECTRIC WHEEL CHAIRS 20-40% OFF

You're Our #1 Priority
We Take Care of All Medicare Claims



707-426-2211



1113 West Texas Street • Downtown Fairfield

Discounts off of retail pricing.

Pictures used are for illustrative purposes only.



Ceramics Club



June is when all the little frogs are hopping around and calling to each other. Some of our club members like to make ceramic frogs to decorate their gardens and keep the real frogs company. Once this frog is glazed and

fired, it will be another happy addition to someone's yard. Come see what's hoppin' in our club! We meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For information, please call Ann at (5122).

Council for the Arts

Got talent? The Council for the Arts is looking for you! Planning for the 2015 *"Music of the Night"* is beginning. The search has begun for new talent to be presented at the March 12, 13 and 14, 2015 production. Auditions will be on October 20 at the Vista Club. For more information, please call Judy Calpo at (2924). The Council for the Arts meets the second Thursday of each month. The next meeting is June 12 at 10 a.m. in the Monterey Room of the Vista Club.

Drama Club



The V.I.P. Drama Club was asked to participate in the *"Every 15 Minutes"* program at Rio Vista High School on May 1. The program aims to show the consequences of alcohol-and-drug-impaired driving. This was the fourth year the team made up students for the "accident" program. This year's team included Sandy Angus, Mary Buchanan, Charlene Oxoby, Brenda Robinson, Willie Stapp, and Joanne Stangl (as seen in photo). Thank you ladies for helping the Rio Vista community.

Rehearsals have begun on the August production, *The Groom Has Cold Feet*. It is a murder mystery set in the Old West. Seasoned actors, as well as new members will entertain the community. The play will be presented the evenings of August 14, 15 and 16 with a matinee on Sunday, August 17. The V.I.P. Drama Club has never charged for performances but since seating is limited, reservations must be made. Reservation forms will be available in July. For more information about the club, please call Debby DuBrow (6706).

Fat Quarter Quilters

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

Photography Club

Our May meeting was very interesting with many creative views of doors and walls. Some of our efforts were stunning. In June we will be bringing two pictures: one of a part of a larger picture and we will guess what it is; the second picture will show the entire subject. Try to fool the rest of the club and be creative. In July we will try our hand at portraits—human, non-human, or whatever suits your fancy. We discussed going on a field trip, and everyone was asked to bring ideas for locations, times, and we can decide where and when we want to go. Call Jan Vick (5025) for more information.

Trilogy Art Guild for Artists

Art shows and county fairs are here for the summer season. Our artists enter shows and fairs competing for titles given by judges to keep us stimulated in creating art or photography. It is always a pleasure to paint and create a picture, or photograph something you take pleasure in viewing. Submitting it in a show for others to enjoy is kind of a reward for doing a great job. As an art group, we like to encourage our members to get their pieces out there where others can admire them. That being said, we wish to remind you that we do have a Gallery here in Trilogy at the Vista, in the Monterey Room. Stop by to see what talent we have here in our own back yard.

Our group meets the first Monday of every month at 1 p.m. in the Marina Room at the Delta Club. Our guest speaker last month was Donna Covey from Benicia, showing her many tips for painting. You don't have to be a member to attend our meetings; come by and check us out. Card Stamping on Fridays taught by Shari Alkema (10 a.m. - 12 p.m.) has a correction contact number: 363-9752.

Any Window Screen Rescreened \$20

Your Complete Mobile Door & Window
Screen Service – We Come to YOU!

Window & Door Screens • Retractable Screens
Re-Screening • Repairs

Solar Screens

Add Privacy • Reduce Glare
Block 80% of UV Rays • Stop Fading
Reduce Heating & Cooling Costs!

Clear View
RETRACTABLE SCREENS

(800) 361-2512
or

(707) 374-6994

TOP OF THE TOWN

SCREEN COMPANY

Locally Owned & Operated Since 1994

Shafer Real Estate

Your Trilogy Resale and Rental Experts...
Nobody Knows Trilogy Homes Better!

(707) 374-5222



Diane Shafer
Owner / Broker
707-328-5277

Debbie Werter
Realtor/ Associate
707-673-7667

Drew Haisley
Realtor/ Associate
925-482-4556

121 Montezuma St. Rio Vista, CA 94571

View listings, search for properties, get Trilogy maps, & more at:

www.ShaferRealEstate.net

Gilly's Landscape & Design

Custom Walkways & Patios, Masonry,
Retaining Walls & Lighting

925-260-5780

Custom, Clean Crisp...It's a Great Look

visit my website:
www.gotgilly.com

Jim Gilly
Owner/Operator
A Trilogy Resident

Lic. # 752296

CONCERT ON THE PATIO



*Vista Club
Patio*

*June 28
7- 9:30 pm*

SOLID GOLD *Anniversary Party*

Trilogy's own "Solid Gold" will perform the music we grew up with from the 50's, 60's, 70's, even into the 80's in their signature four-part vocal harmony! Rally your family, friends, outdoor attire, dance shoes, bring your patio chair and favorite provisions for this spectacular performance!

Four-part Vocal Harmony

50s, 60s, & 70s Hits

Sign up at Member Services \$10



Serving the Delta since...
 Teddy Roosevelt was president.
 The Model A was the family car.
 The Wright Brothers were the only air carrier.

FOR 108 YEARS COMMUNITY BANKING

AS IT SHOULD BE.

www.bankofriovista.com

Rio Vista	Walnut Grove	Lodi
707-374-5711 101 Main St.	916-776-1755 14211 River Rd.	209-210-6700 2020 W. Kettleman Lane Ste. A

Member FDIC

M&E Metal

Ornamental Iron

Gates and Fences



Providing a quality product for 30 years

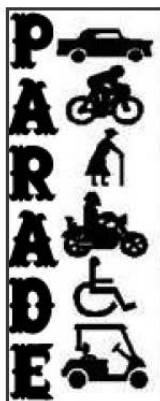
Free Estimates
(707) 428-4925
 4895 Creed Rd. • Suisun, CA 94585
 California License # 423581

An Old Fashioned

Friday, Delta Club 10:30am—2:30pm



Presented by Trilogy All Villages



10:30 SUMMERSSET (COUNTERCLOCKWISE) PARADE
Parade is Staged & Starts At Vista Club
Purchased Food Tickets Available at Delta Club

11:00 HOT DOG, CHIPS & BEVERAGE
ICE CREAM SOCIAL
(Served 11:00—1:00 Delta Club)

11:30 ENTERTAINMENT INSIDE UNTIL 1:00
DJ MUSIC AT THE POOL UNTIL 2:30

1:00 PARADE AWARDS PRESENTATION



Plan ahead, it will be a fun day of celebration for all ages!

**Additional food order forms / parade registrations can be
 picked up at either Club and deposited at Delta Club Box #8**

Contact Member Services (4200) or Debbie Dorn (4204) with questions.

Lic. #839824



Rio Vista Air

www.riovistaair.com

Your Heating & Cooling Experts for Over 20 Years!

We repair and service all brands,
residential and commercial.

We install **DUCTLESS**
systems by



**MITSUBISHI
ELECTRIC**

COOLING & HEATING

The ultra-high efficiency solution for
that one problem room or your whole home.

Financing available

707-374-5992

1003 Linda Vista Way, Rio Vista



CAN YOU RELATE? MEET KAREN

BEFORE

AFTER

"Not only was my skin sagging into my jowls,
but I was developing deep creases around my
mouth....So, I started using the REDEFINE
RegimenThe Results were stunning".

And Yours Could Be Too!

60 DAY MONEY BACK GUARANTEE
YOU HAVE NOTHING TO LOOSE
BUT YOUR WRINKLES !

Call Me Today Lupe 374-2466



**THE
TRILOGY
SPECIALISTS!**

**PERFORMANCE, STYLE,
VALUE. WE'VE GOT YOU
COVERED!**

707-374-3902

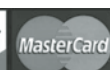
WWW.SUNBUSTERSINC.COM

LIC#936642



Basic To Custom Applications
Contractor Installed
(No Sub-Contractors)

Over 25 Years Experience
Lifetime Product Warranty
New Designs For Any Budget





Sam Richards GRI
Broker/Owner
Trilogy Resident
License 01305588



Peg Richards BS
GRI Assoc.
Broker Trilogy
Resident
License 01706310



Tatyana Pool
Realtor
Trilogy Resident
License 01908266



Richard-Henry
Martin
Realtor
Trilogy Resident
License 01897122



Naomi Walker
Realtor
Trilogy Resident
License 018897122



Gloria Jackson
Realtor
Trilogy Resident
License 01381694



Michael Prout
Sales Associate
Realtor
License 01736051



Scan with RedLaser

We live in Trilogy
We work in Trilogy

You can be confident in our experience



Richards Real Estate

Residential Sales ♦ Property Management ♦ Notary

25 South 3rd Street, Rio Vista
(707) 374-6491

www.richards-realestate.com

FREE LIVING TRUST SEMINAR

**DON'T LET THE GOVERNMENT
GET YOUR ASSETS!
TAKE CONTROL OF YOUR AFFAIRS NOW!**

**We can do a new Trust or restate
your old Trust for \$699
AND NEVER PAY ANOTHER DIME
FOR THE REST OF YOUR LIFE!**

**Wednesday July 9th
10:00AM to 12:00PM
The Golf Club at Rio Vista - Sir Flaire Bar & Grill
1000 Summerset Drive
Rio Vista, CA 94571**

Protecting American Families For 25 Years!
Married couples are encouraged to attend together.

**CALL NOW TO RESERVE YOUR SEAT!
TOLL FREE (877) 322-9778**

**the Law Offices of CR Abrams, P.C.
www.crabrams.com**

951 Mariners Island Center, #300 • San Mateo, CA 94404
Corporate Office: 27281 Las Ramblas, #150 • Mission Viejo, CA 92691





Billiards Club

The next Billiards Club meeting is on Wednesday, June 4 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start times are 5 p.m. The first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players and for that Tuesday evening the B players will get a one-game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-Ball and the club will split the tournament into A & B players. There is a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players. Officers: President Al Bergoust, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

April 1, 8-Ball

1st Al Bergoust
2nd Chuck LaBue
3rd Dave Stewart

April 8, Handicap 9-Ball

1st Oscar Grissom
2nd Jim Neill
3rd Jack Clark

April 15, 8-Ball

1st Oscar Grissom
2nd Dave Stewart
3rd Martin Horner

April 29, 9-Ball

1st Al Bergoust
2nd Dave Stewart
3rd Chuck LaBue

April 22, 8-Ball

A Division

1st Oscar Grissom
2nd Al Bergoust

B Division

1st George Doner
2nd Dennis Pool

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

Bingo

Summer is here. Enjoy a fun evening with friends and bingo buddies. Mark your calendar for the fourth Friday of the month (June 27) 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. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at (6999).

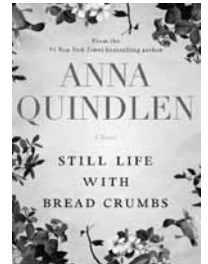
Bocce Club

We have reached the mid-point of the season for both leagues. The second half of the season, rounds

3 & 4 will begin on Wednesday, June 11. The MBL schedule will remain the same. The NBL schedule will be modified and will have the top 5 and bottom 5 teams in each group playing each other. See your captain for your new schedule and it will be posted on the Summerset bulletin board. Our traditional mid-season BYOS events are held on Friday, June 20 for the MBL and Saturday, June 21 for the NBL. Check with your team captain for full details. Looking ahead there won't be any games scheduled between June 30 and July 6 in honor of the July 4 holiday. The end of season social dates have been fixed as Tuesday, August 26 for the MBL and Sunday, September 7 for the NBL. Details to follow. The NBL play-offs will take place on Monday, Wednesday & Thursday (August 25, 27 & 28). Mark your calendar now and plan to attend all of the above. Remember to roll often, throw straight and have fun, that's what it's all about. Contact is Joe Downes (7520).

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is June 10. The book selection is *"Still Life with Bread Crumbs"* by Anna Quindlen. July's book selection is *"The Aviators Wife"* by Melody Benjamin. There is no requirement to have read the selected book. Everyone is welcome! Feel free to stop by. For more information, contact Adrienne (5576).



Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, June 9, 2014. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue (6136).

April's winners: Regular game: 1st: Chandler Stauffer and Chiong Han; tie 2nd and 3rd: Wilma Powell & Peggy Walker and Bruce Morrison & Sharon McDougall. Novice game: 1st: Cindy Schroeder and Elaine Braley; 2nd: David and Anna Ulrich; 3rd: Alan and Judy Carter

Bridge – Friday

The Friday Bridge Club meets weekly in Vista's Sonoma Room. Play starts at 12:15 p.m. This club is open to all bridge-playing Trilogy residents. Newcomers welcome. Call Larry (3511) for more info.



Bunco

Come join us for a fun evening of Bunco and refreshments at the TRV Delta Clubhouse. We meet the second Friday of the month at 7 p.m. For further information, please call Shirley at (9984).

Computer Club

The next meeting of the computer club is Thursday, June 12 at the Vista Club. This meeting is open to club members only. It has been our tradition to have a social meeting in June and this year is no exception. Lynne will see how diligently you have been listening at our meetings as she asks questions on past topics. Light refreshments are served and door prizes will be given. Come join the fun. If you wish to become a member of the club you can go to the club web site at www.tccrv.org to complete and print a copy of the application and give it to any of the directors with the annual dues of \$12, or you can sign up at any meeting. 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. Contact Lynne Hansen at (4060).

Dog Club

Our mission is to maintain a lost and found dog network, provide social opportunities for dog owners and their pets, and facilitate the building of an enclosed dog park within Trilogy Rio Vista. This month's meeting is Tuesday, June 24 at 12:30 p.m. at the Delta Club. We are having a guest speaker, Trudi Gold. Trudi is a resident here in Trilogy and also trains her service dog, Buddy. Trudi will demonstrate and talk to us regarding understanding our dogs' body language. Please check our sites: <http://www.trilogydoggclub.org> and <http://www.facebook.com/TDCRV>.

Doggy Tips:

If you walk your dog at night, stay safe by being more visible: Wear reflective clothing and outfit your dog with a leash and collar made of reflective material. If your dog spends time outside in areas where ticks like to hang out, a tick check should be part of your daily routine. Even the best repellents may not prevent these parasites from latching onto your pooch. And since it can take 24 to 48 hours for an attached tick to transmit an infection to its host, it's important to promptly and properly remove these parasites. First, run your fingers slowly over your dog's entire body. If you feel a bump or swollen area, check to see if a tick has burrowed there. Don't limit your search to your dog's torso: check between his toes, under his armpits, the insides of his ears, and around his face and chin.

Fishing Club

Our next meeting is Monday, June 16 at 7 p.m. in the Marina Room at the Delta Club. We will be finalizing our second San Francisco Bay party boat trip and will also be discussing our annual barbeque-picnic. A few of our members fished the Isleton Bass Derby in May; results and photos to follow at our June meeting. The Isleton chapter of the California Striped Bass Association is having their annual kids trout fishing pond on June 8. If anyone is interested in having your grandchildren participate (under the age of 12), please call or email me as it is necessary to pre-register. Hope you can make the meeting. If anyone is interested in joining the fishing club, please call Al Silva at (3791).

Genealogy Club

The Trilogy Genealogy Club and Workshop are wonderful opportunities for the beginner or experienced researcher to hone their skills as a family researcher. It's amazing the amount of family history sites added almost daily to the internet. It seems everything is online and there's nothing left to add. Then we have a class and members not only relate interesting stories, but tell of the obstacles they overcame and how they broke through the brick walls they encountered. These are the times in which we learn of different techniques or a new or different site that we hadn't thought of. Even the experienced researcher can learn a new trick or two. If you have the opportunity while researching in small towns, a great technique/tool is to walk the streets and talk to the locals. These small areas were once busy hubs. The locals are proud of their heritage and can tell you many things of the town's history that you might not find in a book or on the internet.

The Genealogy Club and Workshop are open to all residents of Trilogy. Regular club meetings take place the first Thursday of the month at 2 p.m. in the Vista Club, Monterey Room. For more information, contact Rhoda (7542). The workshop is held the third Thursday of each month at 2 p.m. in the Vista Club computer room. For more information contact Carolyn at wncbridges@comcast.net. Beginners are welcome and help is available.

Good Samaritans

Last month we enjoyed participating in the 63rd Annual National Day of Prayer. The opening speaker was Mrs. Gloria Jackson. Mrs. Jackson welcomed everyone with scripture and the history of National Day of Prayer. Brother Paul led the Bible study group with prayer from 2 Chronicles 7:14. Brother Paul's inspiring teaching has encouraged those who attend the Bible study to grow stronger in faith. We thank Brother Paul for his leadership throughout our community.



We all joined in for the Pledge of Allegiance to the flag that was led by Nevaeh Hedge. Henry & Susie Kim prayed for the churches by asking for preservation and protection. Savanna Taylor prayed for protection and strength for relationships. Nevaeh Hedge prayed asking for a solution for our local economy. Deborah Dunham prayed for wisdom and discernment for the leaders of our country.



Linda Guenther prayed for the educational system. Sister Rose prayed for the media: movies, television, radio, newspapers and magazine publishers. We are praying for the constitution to be upheld for equal rights throughout our nation. Brother Paul prayed for the Military by asking for courage, protection, and strength for the military. He also prayed for the sick & shut-in, homeless, and our community. We greatly appreciated the visitors who attended the Bible study's 63rd National Day of Prayer. Samaritans meet 1 p.m. every Thursday at Delta Club Marina Room; note a venue change for June 26, we will meet at the Vista Club Monterey Room.

Scripture of the Month: Psalm 67

Guitar Club

There are many more guitar players here in Trilogy than members of Guitar Club. We want to meet you! We get together on the first and third Monday of the month in the Diablo Ballroom at 3 p.m.

Club members have been playing at events around the community such as Third Thursday, Open Mic Night and so forth. If you play guitar or enjoy listening to others play, we can let you know when and where we will be. Contact us and sign up for email notification. For more information contact Roger Kohn (2737) or email us at GuitarclubTRV@gmail.com.

Hispanic Club

Please join us during our Spanish Circle gatherings at the Café Vista on the second and fourth Saturday of each month at 9 a.m. This is your chance to brush up on your Spanish or maybe even learn some colloquial Spanish for impromptu conversation and local use. If you are interested, please contact Allan Owens (5673), email: allanowens@comcast.net.

We hope to have another potluck possibly towards the end of June or the middle of July. Let me know if you can help organize this event by contacting me: Vicky Riddle (3684) or vriddle98@yahoo.com. I will post information regarding this in MyTrilogyLife.com as soon as it is available or I will send an email to the names in our master list. If you want to be included in that list, please email me so that I can keep you informed.

Meanwhile, keep checking the Hispanic Club in MyTrilogyLife.com website, under Clubs. We will continually update the news. For more information about our group, feel free to contact any of the following persons: Vicky Riddle (3684), email: viriddle98@yahoo.com; Cecilia Reyes Spiritosanto (1484), email: ceciliareyes77@gmail.com; Ada Parrales Stack (3406); Teresa Hamner 646-1610, email: thamner@aol.com.

Mah Jongg

We meet every Monday except the second Monday of the month at the Sonoma (card) Room from 1 -3 p.m. We play the Hong Kong version. We do not play for money. If you know a different version or have never played the game, we have several good players and any one of them will help you learn this version of the game. Come join. Contact Molly Martinez (3417) for more information

Model Club

Unfortunately our club president must suspend the monthly video presentations our club members look forward to. We will make every effort to continue as normal until his return.

Spring Cleaning: The Model Club members, prior to receiving a request from the Master Association, have completed a good cleanup of the Train Station inside and out by power washing, painting the trim and selected portions of the outside walls, cleaning windows and rearranging workbenches. This cleanup also included the attic and a thorough cleaning, trimming and planting of the garden area. We also have repaired track and replaced new track ballast. We rewarded ourselves with a field trip



to the "Rosy The Riveter" Museum exhibit in Richmond, California. We had a light lunch after the tour. This tour was intended to be an informational tribute to wives, mothers and sisters who left home to support the war effort; becoming an integral part of this nation's greatest generation.

Stop by our Model Club meeting. If you have questions, please temporarily contact the club secretary Mr. Dean Lattman at (3967), as our club president's family has suffered a serious injury. Please join us at our monthly meeting, the first Friday of each month at the Vista Club in the Monterey Room.

Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The May 3 ride began with 16 bikes, 19 riders and a direction of "east" was selected, mostly because we went "west" on the last ride. Following a familiar and easy riding route took us out of Walnut Grove to Peltier road and eventually to Valley Springs for a stretch break. Proceeding south on Hwy 49 took us to Columbia and the start of our targeted ride. Heading north on Parrots Ferry Road took us again across a leg of New Melones Lake with great views of the lake, but the exposed shoreline vividly reminded us of the lack of rain this year. Continuing north, we found time for lunch in Murphys.

Departing there on Sheep Ranch Road was an experience. One lane, unmarked and slightly pot-holed asphalt made for some slow but scenic riding. We enjoyed everything from raw mountainous countryside, to pastoral winery's and even a bison meat ranch and roadside bison meat market. We rode through old west towns with names like Sheep Ranch, Rail Road Flat, Sandy Gulch, Pioneer and an unlikely burg named West Point! By this point, we welcomed the easy cruising of Hwy 88 west back to Jackson and Lodi for a coffee stop. Starbucks had a happy

hour with frappuccinos for half price! Great weather, scenic views and about 225 miles traveled made for a super day in the wind.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. on June 7. The destination will be determined based on weather. For more info, contact Bob Pastorino at (6556) or Larry Nelson (2967).

Movers & Shakers

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

Radio Club

In the spirit of cooperation with the newly formed Emergency Action Community (EAC), the Radio Club uses this opportunity to inform the community of our capabilities and responsibilities.

Communications is the art of conveying information and confirming it is understood. The Radio Club's responsibility is just that, passing information to and from residents, community management and outside services when normal communication media are unavailable. We accomplish these aims by providing, when necessary, Trilogy resident volunteers with battery powered radios, stationing our members during an emergency in a location whereby we can exchange relevant information with an Emergency Site Manager, and finally maintaining emergency radio service with The Rio Vista Fire Station or the County of Solano Office Of Emergency Services headquartered with the Solano County Sheriff's Office.

In an emergency, 1) Look to your emergency checklist, 2) Take care of yourself and immediate loved ones, 3) Look to your neighbors to inform them of your needs and try to determine theirs, 4) If able, come to the Delta Club to see if you are needed to assist others. Come in your golf cart if you have one. Bring suitable clothing for an intermediate stay; bring your needed small food items and medication, a flashlight that uses AA batteries and most important, small bottles of water for your use. Cell and house phones might become inoperable.

If you would like to learn more, the Radio Club meets most Tuesdays in the Vista Club's Monterey Room at 9 a.m. for informal discussions over a cup of coffee, and the formal meeting starts at 10 a.m. Please stop by. Jerry Armanino is available at (2461).



Recipe Club

On Tuesday, June 10, we are going to Sonoma to visit Cornerstone Gardens which is an ever-changing series of walk-through gardens, showcasing new and innovative designs from the world's finest landscape architects and designers. The first such gallery-style gardens in the United States, the nine-acre Cornerstone Gardens was created as an inspiration and resource for people interested in gardens, garden design, and art. We can enjoy the gardens on our own or for a small fee get a docent-led 45-minute guided tour which includes interesting information and facts. Lunch is at Park 121 where we will enjoy a seasonal menu. The café is a work in progress as Chef Riezenman seeks to create dishes that truly showcase the rich diversity of Sonoma County's bounty. Wine tasting is available as well. There are also shops and galleries. For additional information, check out cornerstonesonoma.com and Park121.com.

We will meet at the Delta Club at 10 a.m. to arrange carpools and leave promptly at 10:10. If you are interested in attending and have not already signed up, please call me no later than Thursday, June 5. Contact Patty LaFleur at (3159).

Monthly Q & A: *What is the best way to store fresh basil?* All leafy (as opposed to woody) fresh herbs like the same treatment. Stand them root end down in a glass or measuring cup and fill the glass with water. If your house is cool, you may keep the pretty bouquet on the counter. If it is not, store the herbs in the glass in the refrigerator. This is also a great way to resuscitate herbs that look a little wilted when they come home from the market. Herbs that respond well to this treatment are basil, parsley, cilantro, dill, and tarragon.

Religions of the World Club



The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions of the world: their history, be-

liefs and practices. We meet the first Tuesday of every month at 6:30 p.m. in the Vista Club's Monterey Room. So far, we have learned about Zoroastrianism, Hinduism, Judaism, Sikhism, Buddhism, Jainism, Taoism, Confucianism, Shintoism, religion in the USSR, spent three months on Christianity, and one session on Islam.

On June 3 the ROW club will present an overview of the Baha'i Faith, which grew up around the teachings

of Baha'u'llah, who claimed to be the latest messenger from God. Three Baha'is from our local Trilogy community will present an early history of the faith, the teachings of Baha'u'llah, the governance and leadership of the faith after Baha'u'llah, its moral teachings and some of its formal and informal practices.

This is not a forum for recruiting members to any belief system, and all Trilogy residents of any belief system are welcome. For more information, contact Don Cooper (510) 909-5049 or Barb Bellamy (303) 898-9279.

Rio Vista Roamers RV Club

Our roaming took us to Vineyard RV Park in Vacaville and was hosted by Wilma and Ken Powell and we thank them. The group had only six rigs but enjoyed the intimate setting as newer members were able to really get to know their fellow members.

We recently visited Jackson Rancheria in May. There was so much to do that no one could get bored. Those who enjoy gambling visited the area's casinos while others enjoyed the numerous other amenities.

Our yearly meeting is June 5 at 4 p.m. and will be followed by a barbeque on the patio. The club will provide the meat and members need to bring a dish that will feed 8 to 10 people. If you would like to learn about us, please join us. There are no outings scheduled for July and August as so many will be roaming on their own. Sign on to <http://rvroamers.tk> and it will give you the next outing information. Log on to sign yourself up or simply call the member who is hosting that outing. Call Sandra Santos (3538) or any of us and we will be more than happy to answer any questions.

Men's Executive Nine Golf Club

The Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing at Sir Flair's after the game. We play each Tuesday at mid-morning. The format varies each week, from individual "straight" golf play on the first and third Tuesdays, to individual and team golf tournament events on the second and fourth Tuesdays of the month. Our club currently has 105 members. We always welcome new members and golf experience is not a prerequisite. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our membership chairman, Dick Talbott, at 225-0077.

There were two club tournaments in April. The winning foursome members for the "Four Ball / Best Low Net"



tournament on April 8 were Dennis Germano, John Waggoner, Larry Nakashima, and Mike Buckley. The winning foursome members for the "High / Low Net" tournament on April 29 were Joey Dias, Hugh Denton, Alex Winkler, and Don Ballard.

We have two tournament events scheduled for June. On June 3 we will play a "Shamble-Two Low Net" format, and on June 17 we will play a "3-3-3, Selected Player" format tournament.

Senior Men's Golf Club

We visited Marin Country Club on April 9. At 7:15 a.m., Novato's temperature was in the 40's with a marine layer, but the buffet breakfast began the warming process, and by mid-morning the sun was shining and we were jettisoning clothing. The facility, the course and the hosts were first-class. The par 4 opening hole, a long and steeply uphill dogleg left, is a first-class bear. Nevertheless, our egos were ultimately soothed by a fabulous buffet lunch. If we get another chance to visit Marin, don't miss out.

On April 23 we traveled to Crow Canyon Country Club. The course was in great condition, and the weather was perfect. They have installed forward tees, in line with the "Play It Forward" program recommended by the USGA and the NCGA. The idea is to make golf more fun and encourage more folks to become or remain golfers. Wouldn't you have more fun if you could reach the green in regulation? Attention women! - Ask your local club management/ownership to get on board. All it takes is a couple of tee markers in the ground. The NCGA is happy to rate the new tees. On April 29, 32 of us visited NCGA's Poppy Ridge in Livermore. The staff was accommodating, the sandwich at the turn was sustaining, and the course and surrounding vineyards/ranches provided a spectacular canvas. The wind felt just like home. Go to Poppy, show your NCGA card, and ask what they can do for you.

Since we have no practice facility, have you tried Paradise Valley in Fairfield? The grass surface is open Friday - Sunday (the mats, Monday - Thursday), and the pastoral setting naturally slows your backswing. 50 balls cost \$6, or 100 balls for \$9. The club maintenance shop is open daily except Mondays. Enjoy lunch at the grill, and it's easily worth the 23-mile drive. Maybe a stop at the Clay Bank pet shelter will tempt you?

Our newest member is Bill Langenhuizen. Our regular membership meeting is on the third Thursday at 4 p.m. at the Delta Club. For more information, contact our membership director Chris Shockley at (3603) or tshoc@cs.com. We invite you to join us for a good time with a great group of guys.

Stroke, Head & Brain Injury Club

We are a support group who have had or are living with someone who has been affected by stroke, a brain injury or one which results from a head injury (such as an assault or car accident) which subsequently caused a brain injury. We also assist those suffering from dementia, regardless of the cause. Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living. Each month we discuss a new topic and try to learn more about subjects that are of interest to members. We also conduct various extracurricular activities for the group both within Trilogy and nearby communities so that we can have fun together as well. We have recently added a monthly "Game Day" where we meet at a member's home and play a variety of games to increase memory and brain function. This program has been a great success. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, or you have any questions, please contact Dr. Cheryl Bellrose at (6619). We encourage caregivers and families to join as they need support as well.

We usually meet on the first Tuesday of each month from 2 - 4 p.m. at the Vista Club in the Monterey Room unless there is a holiday or schedule change. Our next meeting is Tuesday, June 3. Please join us.

Supper Club

Supper Club meets every other month from February through October in each other's homes for tasteful (and tasty) dining, fun and conversation. On these occasions you can meet your neighbors and get to know them in a small group setting (usually six to ten). We are not limited to a formal dinner menu. We may have an afternoon barbeque, a brunch or a luncheon. Our membership consists of those whom have participated for several years as well as our many newer members.

We also have an annual New Year's brunch where all members can participate at one location. They are able to meet some of the people they may have not been able to participate with during the rest of the year. It is a festive affair which our members truly enjoy.



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. Everyone is welcome to join. If you want to make new friends, give Supper Club a try. Take the opportunity to experience the delectable menus and friendship provided by our group. Our next club dinner is held this month (June). For further information please contact Cheryl Bellrose (6619). We look forward to hearing from you.

Table Tennis Club

The third Table Tennis Tournament of 2014 and accompanying social event were held at the Delta Club on Saturday, April 19. Twenty players, divided into groups according to skill level, competed in singles and doubles



matches. We also had an enthusiastic gallery of spectators cheering from the sidelines. After the morning ses-

sion, players and spectators took time for a delicious and nutritious pot-luck luncheon. Playing resumed in the afternoon, culminating in an exhibition match enjoyed by all. Results are posted on the club's website noted below. First place winners in the singles categories were: (A) Tom Barnes, (B) John Camacho, (C) Joe Slobodzien, and (D) Xuan Brewer. Winning teams in the doubles matches were: (A) Tom Barnes + John Camacho, (B) Vicky Riddle + Len Latorre, (C) Jim Breen + Xuan Brewer. Before adjourning a group photo was captured to commemorate this fabulous event.

Special thanks are due to our tournament director Michael Mahrous and social activities director Ruth Barnes for organizing the event. Club photographer Kim Russell, score keeper Abaan Shumays and hospitality coordinator Gudrun Kat all contributed to a wonderful and joyful event.

To learn more about Trilogy Table Tennis Club please access our website at <http://trvtt.wordpress.com>, or contact any board member for information: Larry Mork, President (3389); Richard Laswell, Vice-President (2479); Vicky Riddle, Treasurer (3684); Tom Surh, Secretary (5282); Michael Mahrous, Tournament Director (3216), Tom Barnes, President Emeritus (4395); Ruth Barnes, Social Activities (4395).

Tennis Club

Fun tennis fact for June (courtesy of Wimbledon Facts, Figures and Fun by Cameron Brown): Rackets were originally small "paddles" of solid wood. By 1500 they were no longer completely made of wood but consisted of a wooden handle with a sheep gut strung head. Today, gut has been replaced by synthetic materials, including nylon, to the relief of sheep everywhere. A wooden racket was last used at Wimbledon in 1987 and 1981 was the last year in which both men's finalists (Borg & McEnroe) used wooden rackets.

Coming Events: June 20 is our next Friday Night Tennis and Potluck. To play tennis, be on the courts at 5 p.m. If you are not up for playing, bring some appetizers and join us for the potluck afterwards at the Bocce picnic tables. Also, this month is our first tournament with Brentwood, Friday, June 13, at their courts. For more information contact Wally Beckman (email below).

The Saturday tennis clinics are a great success. George is a patient and creative teacher. The next classes are scheduled for June 14 and 28 at 8 a.m. Be sure to ask him about "the pancake" and "the flashlight."

As always, daily Social Tennis is Monday - Friday from 8 - 10 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that don't leave marks on the court surfaces. Members Only: When you use the ball machine, please be sure that the balls are dry, as wet ones jam up the machine.

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

Whist Club

Our Annual Juneteenth Celebration is held on June 14 at the Delta Club house. Everyone is invited to join us and enjoy the food and entertainment - the Gospel Hummingbirds will entertain us. Their style of music is "Rhythm and Gospel." They have successfully taken their music to rock, blues and R&B fans in nightclubs, blues and jazz festivals here in the U.S., Canada, Australia, Japan, Italy, France and Belgium. Arvell Howell is catering this event.

We hope all fathers have a wonderful Father's Day.

The club gathers once a month, usually on the third Friday at 7 p.m. at the Delta Club. Please check the monthly *Trilogy Living* for any date/time changes. Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. We



also welcome those who just want to socialize. We usually have a potluck at that time. Contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

Women's 9-Holers



The La Contenta play date was April 15. Jeanie Renner, Sharon David, Eila Ballard, Lynn Traver, Betty Bowley, Linda Rowe.

April has been a busy month, starting with April Fool's day, when we got rained out.

Chip-ins, Jeanie Renner, **April 8**, Karen Adams, Jan Benner, **April 15**, the pot grows. Pars were hard to come by. **April 8**-Marilyn Rogers, #13, and guest (18 Holers) Marsha Berry, #13, #14. April 15-Lois Dutcher, #3; Marilyn Rogers, #5, Karen Nash, #8. April 22-Fran Silva, #12; Jeanie Renner, Lynn Traver, #13. April 29-Eila Ballard, Marilyn Rogers, #5. "Low Putt Day" took place, **April 8**-First Place, Karen Adams (14); Second Place, tie, between Marilyn Rogers, Ingrid Cavanaugh and Jan Benner (17); Third place, Fran Silva (18). **April 15**-"Net Play Day", Winners of Flight A, Billie Reece, Second Place, Lois Dutcher, Third Place, Jan Benner. Flight B, First Place, Gay Fortier, Second Place, Anne Frenette, Third Place, tie, Karen Adams, Barb Downs. Six from the 9-Holer's Women's, went on **April 15**-to La Contenta, for Play Date. Third Place team winners included, Sharon David, and Fourth Place, Linda Rowe. **April 18**-Play Date with 18 Holers. Flight A Winners, First Place, Chris Sabye, Loretta Ortenblad, Nancy Griffin. Second Place, Marsha Berry, Linda Van Nieuwburg, Linda Rowe. Flight B, First Place, Pat Kistler, Diana Staley, Eila Ballard. Second Place, Ladell Manion, Jan Benner, Kathy Moore, Anne Frenette. Closest to Pin #5 Winner, Terri Anisko. Closest to Pin #10, Nancy Biles.

The general meeting and lunch was held April 22, at the Vista Club. Thank you, Suzi Masterson, for the great lunch, and to Nancy Griffin for an informative meeting. To join, contact Fran Silva (3791), or alfran70@comcast.net.

Trivia: Why is it so tough to drive a golf ball?

Fun Fact: Caution: Golfer at Wheel-Driver in Trunk

Women's 18-Holers

Our ladies are enjoying the nice early summer days and playing a lot of golf. PWGA (Pacific Women's Golf Association) is our mother organization. They host a variety of tournaments this time of year, such as the Senior/Super Senior Tournament, and Spring Partners Tournament. Also a Mixed Partners Tournament which is held in Reno,

Nevada and we can invite our husband or male partner to participate. There is also a Champion of Champions Tournament which our Club Champion and Handicap Champion are invited to play in. It is an opportunity to meet other ladies and enjoy other golf courses.

Some winners from the April tournaments were: **April 3** - Low Putt Day. The first place winners in Flights A,B,C,D were: Linda Barlesi, Vicky Riddle, Ladell Manion, Helen Swarbrick and Jan Benner.

April 10 - Step Aside Scramble Event with the 9-Hole Ladies. The first place winners Flights A and B were: Chris Sabye, Loretta Ortenblad, Nancy Griffin, Pat Kistler, Diana Staley, Eila Ballard, Anne Frenette. **April 18** - Low Net. The first place winners in Flights A,B,C,D were: Linda Barlesi, Ladell Manion, Sue Clark, Linda VanNieuwburg, Helen Swarbrick. **April 24** - Odd Holes, Half Handicap. The first place winners in Flights A,B,C were: Ulla Ulmonen, Roni Teixeira, Loretta Ortenblad, Anna Bogucki.

We meet each Thursday at 8 a.m. at Sir Flairs Bar and Grill. If you are interested in joining our club please contact Linda Siatt at (5364) for information.

Writers' Club

It is said that whatever doesn't kill you makes you stronger. Do you experience trepidation before speaking in public? Are you dreading your next visit to the dentist? Do you panic when you must climb a ladder? Are you frightened by thunder? Do spiders, rodents or reptiles terrorize you? We all have fears. Some, we are able to overcome. Others, we learn to accept and/or avoid. This month's optional topic, as I'm sure you may have surmised, is fear. On Thursday, June 12, some of us will share what we have discovered about this subject. Others may be inspired to write about something entirely different. Don't be afraid - just write.

We are a group of non-judgmental, aspiring writers, poets, lyricists, and authors who encourage each other in our literary endeavors. We look forward to you joining us at 7 p.m. in the Monterey Room of the Vista Club to read what you have written, to listen to others and to share in the experience.

For further information, contact Zoe (3676) or Suzi (925-231-5213).

Sailing Club is forming for the new enthusiast or experienced. If you would enjoy sailing the Delta and Bay contact Dennis Elliott (925) 876-3629 or email dc.elliott@hotmail.com. Or, join us June 5, at 1:00 pm meeting the first Thursday of the month at the Delta Club River room.

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)**

May and June trips are **SOLD OUT!**

**July 3, A's baseball
and fireworks, \$79/pp**
Choice seat between home plate
and first base and fantastic fire-
works after the game. A \$10
food coupon is included.

July 21-24, Laguna Beach/Pageant of the Masters, \$715/pp

Tour the California Science Cen-
ter and see The Endeavor Space
Shuttle. You will enjoy a guided tour
and luncheon at the Ronald Rea-
gan Library and Museum in Simi
Valley and a narrated trolley tour
of Beverly Hills and Rodeo Drive.
We'll have some free time at the
Universal City "Walk." We'll also
have reserved seating at the world-
renown Pageant of the Masters!

August 16, Golden Gate Fields/ Turf Club, \$60/pp

We'll have a fun day watching the
thoroughbreds run, from choice
seats in the exclusive Turf Club. A
gourmet buffet lunch is included.

September 5, Black Oak Casino Resort, \$30/pp

Located in the beautiful Sierra Foot-
hills, this Mi-Wuk Indian casino
has options for everyone! Four res-
taurants, a bowling center, arcade
and gift shops – as well as 1,200
slots, 24 game tables, a poker room
and the largest smoke-free gaming
area in California. Movies will be
shown onboard the motor coach
both to and from the casino.

October 11, Fleet Week, SOLD OUT

**October 31, Craig Smith's
Mystery San Francisco Tour
and Lunch, \$87/pp**

**For further information or sign-ups, please call
Ethel (7548) or Eileen (2684).**

Trilogy's Original Resale Brokerage

Wood Real Estate

~ Dedicated Trilogy Resale Specialists Since 2001
~ Your Trusted Resource For All Things Trilogy!

~ Personalized Service
~ Insightful Market Advice
~ Proven Results

Chris Boothe
Realtor Associate
Trilogy Resident
916-798-7674
pigboothe@yahoo.com
DRE# 01419822

Cheryl Wood
Owner/ Broker
Trilogy Expert
510-220-1514
woodrealestate@gmail.com
DRE# 01002783

Call Us Today! **707-374-3456**
Visit us at **www.woodlistings.com**

A SPECIAL FOR TRILOGY RESIDENTS

TRANSFORM A WINDOW, A ROOM, OR YOUR ENTIRE HOME.

3DAYBLINDS™
YOU'LL LOVE THE TREATMENT

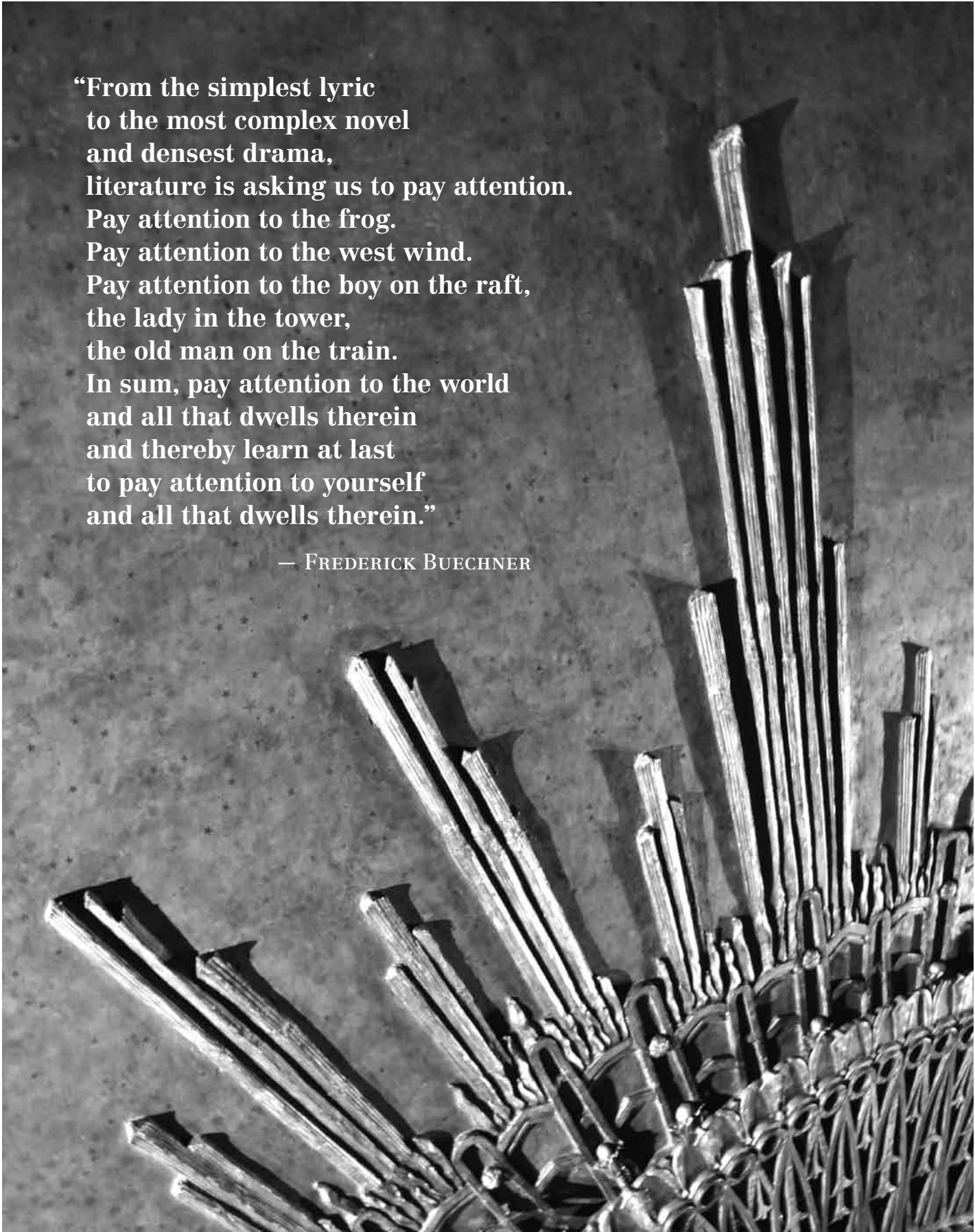
Serving clients for over 35 years, 3 Day Blinds will manufacture and install custom window coverings designed specifically for your home.

Call Alan Levine, your local 3 Day Blinds consultant, and Trilogy resident, to schedule your **FREE** in-home consultation.

707.290.0576

I have designed over half a million window treatments. 3 Day Blinds has authorized a special Trilogy discount with fast delivery from a trusted brand.

YOU'LL LOVE THE TREATMENT!



“From the simplest lyric
to the most complex novel
and densest drama,
literature is asking us to pay attention.
Pay attention to the frog.
Pay attention to the west wind.
Pay attention to the boy on the raft,
the lady in the tower,
the old man on the train.
In sum, pay attention to the world
and all that dwells therein
and thereby learn at last
to pay attention to yourself
and all that dwells therein.”

— FREDERICK BUECHNER



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

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

Amway

Products & Services
10% discount for residents
Tom Spivey 209-986-5758
LtSpivey@hotmail.com

Divas

Unique Jewelry & Accessories
www.divaswithpizzazz.com
Char (3806) Donna (3212)
Norma (2779) Sylvia (2226)

Mary Kay

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

Mirna's Gourmet Mexican Food

Tamales, Enchiladas, Tostadas, Flautas,
Burritos, Spanish rice, Frijoles rancheros
and more delivered to Trilogy Residents
Call 673-6608

Mirna's Professional Hair & Nails

Style, Cut, Color, Manicure, Pedicure
Men and women. 30 years' experience
Mirna 673-6608
dwstreak@yahoo.com

Rodan & Fields Skin Products

Call for a free mini-facial.
Please see new large ad in this issue.
Lupe Finch, Independent Consultant (2466)
LupeandMarcy@gmail.com

Save \$\$\$ on Legal Document Prep

Legal Documents prepared by
Experienced & professional LDA
Email: christineaquinn@yahoo.com
Call 707-507-5265

ANNOUNCEMENTS

Bible Study

Bible Study currently studying
Rick Warren's *Transformed*. Video
followed by discussion, fellowship
and prayer time. Study guide will
be provided free. Wednesday
6:30 p.m. 725 Michelbook
Lane. Contact Kaye (2103).

FOR RENT

For Rent

2br/2ba, dining room, den,
large San Carlos model. Bright
and sunny, 1907 sq.ft. Landlord
pays HOA, lawn. Non-smoking.
Move-in special: \$1195/mo.
first 3 months; then \$1295
thereafter. Available now. Trilogy
resident Bob 310-322-5849.

Room for Rent

Master bedroom with private
entrance. All utilities, use of kitchen
\$500 per month. Call 631-3889.

FOR RENT

Room for Rent

Room for rent: Share home,
utilities included, furnished
bedroom and bath \$550/mo.
Credit check. Call 480-4942.

FOR SALE

Gluten Free Bread

Homemade to order, gluten free
bread in a variety of grains, nuts,
seeds, spices. Call for list. Prices \$4 -
\$6 for large loaves. Barb. 507-5026.

Power Chair

Selling power chair. Needs new
battery. Original cost \$6000.
Good condition. For sale \$225.
Buyer pick up. Call Diane (2236)

SERVICES

Airport Transportation

I'll get you to any airport or SF port
on time and pick you up on return.
TRV residents only. One way fares:
SFO \$105, OAK \$85, SMF \$65, PORT
\$90/ Call Ralph Hatch (3941).

SERVICES

Cardmaking

Paper pArts cardmaking and
more. Learn paper techniques
including die cutting, dry and heat
embossing, stamping, fancy folds
and more. Janet 925-200-5554 after
10 a.m. Aldridge.j@sbcglobal.net. Join
the fun at my Trilogy residence!

Car Wash

Ray's Mobile Car Wash. Let me
come to you to wash and clean
your vehicle. Cars, pickups,
SUV's. Reasonable rates. Call
Ray (7598) or cell 249-1492.

Caregiver

Trilogy resident, retired registered
nurse offering in-home medical
care. Daily or long term. CPR/
AED certified. Medications,
surgical recovery wound
care. Call Kathy (7587).

Cleaning of RV's

Boats, RV's, trailers, autos
cleaned inside and out, except
oversized. Call for details.
Dawn, "Jerry the sprinkler guy's"
daughter. 628-4235 or (5239).



SERVICES

Clock Repair

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

Computer Aid

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

Computer Assistance

PC, Laptop and iPad troubleshooting. Install software, wireless networks or DVD players. Patient tutor for basic or advanced help. Technical expert—Robert (5129).

Computer Doctor

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

Errands

Transport Services: grocery, drug, gifts, shopping, library visits. Rides: town & beyond, doctor, dentist, anywhere! Save time & money. My car, my gas! Karen (5129)

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! 8 year resident/ references. Dominic 322-9476

Family History Research

Over 30 years' experience in genealogy research. Will research for you or one-on-one instruction. Reasonable hourly rates. Contact Carolyn 510-334-0912.

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)

SERVICES

Garage Door Insulation

Garage door insulation installed. Reasonable rates. Call Bill for a free estimate. Call (2454).

Gardening/Landscape Maintenance

Complete care of your yard by expert horticulturist. Servicing Trilogy residents on Tuesdays. Reasonable rates. Satisfaction guaranteed. Scott Bowers 916-683-1406

Gun Repair

Gun repair and gun cleaning, scope mounting, stock and pistol grips. Inspection and estimates, parts and installation. Call Bob (7587). Senior discount!

Hair & Beauty

Beauty from head to toe! Haircut & styling in the comfort of your home. I can also do your makeup as well as help you put together your wardrobe & accessories for a great new look for any occasion. You'll be set to go! Call Myrna (3725). 35 years' experience.

Handyman

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

Handyman

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

Helping Hands

Personal assistant providing light housekeeping, cooking, transportation to appointments or shopping. Moving assistance with packing/unpacking and organizing. Contact Kim 209-914-5458.

SERVICES

Housecleaning

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

Housecleaning

Nita's Diamond Housecleaning is back, satisfaction guaranteed! A Trilogy resident for 14 years, 10 years' experience offering many housecleaning services. Window cleaning, including courtesy hosing of front and back. Call Nita 315-6670 or Victor 510-334-9667.

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! 8 year resident/ references. Dominic 322-9476

Income Tax Preparation & Bookkeeping Service

Over 30 years experience with bookkeeping and personal, corporate and partnership income tax preparation. Fast, efficient, reasonable. No job too small. Call Lesley (3377).

Income Tax Services & Planning

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

Income Tax Prep & Notary

Individual Partnership Corporate Tax Return Preparation, Notary Public. Reasonable prices. Jim Castress (3590)

Landscaping

Hello Trilogy residents, new & established: I'm Jim Gilly, a fellow resident looking to help you with re-designing and installing your front or back or both yards. Visit my web @ www.gotgilly.com. Lic. 752296. Call 925-260-5780.



SERVICES

Lawnmower Repair

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

Notary

My home or yours. Servicing Trilogy for the past 12 years. Please call Eileen Griffin at (2684). Thank you.

Notary Public

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

Notary to Go

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

Notary Services

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

Want to Run a Classified Ad?

Pick up an ad application form at

Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run.

Cost is \$10 for 25 words. Additional words are \$.25 per word. Checks only.

Late ads will run in the next issue.

Prices change effective April 1.

SERVICES

O So Sharp

Time to get those knives sharpened. A dull knife is a dangerous knife. I can sharpen most anything inside or outside the house. Call Rich G. (3663) at 556 Birch Ridge Dr. Pick-up and delivery available.

Painting & Drywall

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

Pet Care

Dee-tails: Vacation pet care. Offering: walks, day-time checks, overnights, TLC. Allowing pets to remain home. Pet first-aid/ CPR trained. Call Dee 330-6010; email: thedeetails@yahoo.com. License #3958

Pet Care

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

Plantation Shutters:

My name is Jim Gilly. Some of you know me as Gilly's Landscape. Allow me to apologize. Typically winter months are slow. Given this I chose to offer another service, plantation shutters. Well, I stayed busy thus the time I would normally offer to my new customers for shutters was not available, and I was not able to devote my time for you as I do in my other business. I was able to help others but not all. I'll need to suspend my shutter business until I know I can give you all of my attention.

Pressure Washing & Cleaning

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

SERVICES

Rain Gutters Cleaned

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

Sliding Door & Screen Repair

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

Solar System Installation

Existing Home Solar System Installation: Add solar to reduce your electric bill and receive the 2014 federal tax credit. Cal Rich for free consultation (3065).

Streaming Video

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

Transportation

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

Travel

Make your travel dreams come true. . . I can take you anywhere you want to go. . . 100's of tours across seven continents awaiting you. Call or email Roz Endriga, Travel Group Coordinator for Goaheadtours. (4985) or 707-853-1002 roselynd@att.net

Water Filter

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



SERVICES

Weed Pulling

Get rid of those ugly weeds. Don't break your back. Keep your yard tidy. Trim, prune, pull weeds, clean up dead leaves, plants. Plant new plants. Laurie (6305) or cell 925-301-7389.

Window Cleaning

Clean inside, outside, screens, tracks and sills. Quality work, reasonable prices. Call Dawn, "Jerry the sprinkler guy's" daughter. 628-4235 or (5239).

Window Cleaning

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

SERVICES

Your Personal Travel Agent

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

WANTED

Golf Carts

Cash paid on the spot. Carts can be running or not. Call (3338) or 208-9096.

Attention Advertisers: New Ad Rates Effective April 1

Home Based Businesses \$15
Resident Classified Ads \$10

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

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: July 2014 ads and checks are due by June 5, 2014. All late submissions will run in the August 2014 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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



Duette® Architella® Trielle™ Honeycomb Shades Provide
Energy Efficiency in Every Climate, Every Season.

80%

SUMMER BENEFIT

Duette® Architella® shades can reduce unwanted solar heat through windows by up to 80%.

45%

WINTER BENEFIT

Duette Architella shades can reduce heat loss through windows by up to 45%.



HunterDouglas

DUETTE®

Architella® Honeycomb Shades

© 2014 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

Visit our New
HunterDouglas
Gallery

**125 Grobric Court
 Fairfield, CA 94534**

Open:

Monday – Tuesday 10-5
 Wednesday – Friday 10-6
 Saturday 10-4
 Sunday Closed

**FREE In-Home Consultations
 707. 429. 5156**

CA Lic # 982292