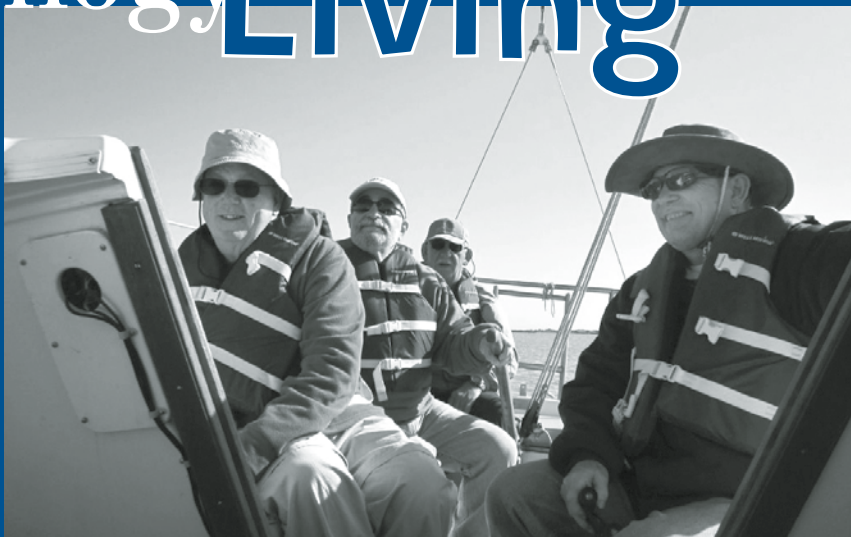


PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

March 2016

# Trilogy Living



## Put the Wind in Your Sails



Trilogy's sailing club is enjoying the coming of spring by hosting outings and events that breathe fresh air into the sails of life. Read more on page 3.

### *Index:*

Wine, Belle Voci and Visual Art Festival pg. 5

Concert: John Covert & Crystal Image pg. 6

March Spa Specials pg. 18

# Suffering From Multiple Health Problems?

## Doctors at a Loss?



Low Energy? Sleeping Problems? High Blood Pressure?  
Pain Issues? Acid Reflux? Intestinal Troubles? Arthritis?  
Skin or Rash Disorders? Weight Problems? Ulcers?  
Kidney Stones? Gout? Migraines? ... Or Other Ailments?

## Ready to Feel Better Again?

New Medical Breakthrough – Over 500 Clinical Studies!

**"Most important advancement in health  
care since Penicillin." – Dr. William Kelley**

**FREE 30-DAY TRIAL \***



**\* Call: 707-374-2013 or Text: 916-254-3737 to see if you qualify**  
Please ask for Steven or Tina Clarke, **TRILOGY RESIDENTS**

**FDA Disclaimer:** Statements found within our advertisements and/or our printed material and/or on our web site(s) and/or made verbally during any class, demonstration, seminar, consultation or conversation have not been evaluated by the Food and Drug Administration. We are not rendering cures, health, medical, or other professional advice. Results may vary depending on the individual. AAWI 2016.



# 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](http://www.wickensconstructionandmhs.com)

**Senior Discounts • Unbeatable Prices • CA #845399**



# *From the Master Association*

## **Don Love**

*President*

### **President's Report, February 9, 2016**

#### **Executive Session**

- Discussion was held and more information required of management to assess the possibility of a beer and wine license for the Vista Café.
- Under Formation of Contracts discussions were held for a Wireless Master Relay Agreement and Computer Services Proposal. Management was directed to look into RFPs.

#### **Master Board Meeting**

- Billiards tables re-felting/cushion was approved in the amount of \$2,713.48.
- Annual 2016/2017 Budget was approved.
  - Capital Improvements (Projects will need Board approval before funds are authorized)
    - Admin Office Remodel \$50,000
    - File Digitization \$60,000
    - Access Upgrade \$85,000
    - Janitorial Equipment \$15,000 (Janitorial service will be brought in-house)
  - Development Fund \$250,000

The monthly dues, not including Village dues, is projected to be \$125.60 vs \$126.51 presently.

#### **Annual Meeting**

- Master Board elections: Teresa Fraser and myself, Don Love were elected to the Board.
- Board of Directors officers were elected
  - Melissa Coleman, President
  - Patty Kohn, Vice President
  - Teresa Fraser, CF
  - Joel Auslen, Secretary
  - Don Love, Director at Large

I thank the membership for their support of the Board and me as President for the last two years. Personally, I was blessed to have wonderful Board members to work with and I thoroughly enjoyed working with many of you in your clubs, villages, amenity activities and look forward to continuing that effort.

As well I would like to thank the members of our management team for their dedication to making life in Trilogy as great as possible. Ladies and Gentlemen serving Ladies and Gentlemen.

I would ask that all of you give your support to Melissa and this Board as we go forward. I know Melissa will do an excellent job leading us as we discuss and manage important issues pertaining to our future. Always remember no matter how each member may feel about a certain subject that comes up for decision the five members of the Board are truly dedicated to your well-being and have a passion for doing their very best for you.

*Thanks, Don Love*

*President, Feb 2014-Feb 2016*

## **TRILOGY AT RIO VISTA**

### **D I R E C T O R Y**

#### **Master Association Board of Directors**

Melissa Coleman, President (707) 374-6874  
Patty Kohn, Vice President (707) 374-2737  
Teresa Fraser, CFO (415) 407-8563  
Joel Auslen, Secretary (707) 374-5808  
Don Love, Director at Large (707) 374-6882

#### **District Delegates**

Village 1 - Melissa Coleman (707) 374-6874  
Village Oakmont - Don Love (707) 374-6882  
Village Riviera - Minnie Howell (510) 866-8786  
Olympic Village - Joel Auslen (707) 374-5808  
Saddle Rock Village - Roger Kohn (707) 374-2737  
Eagle Point Village - Mark Weiss (925) 980-7249

#### **Committee Chairs**

Adult - Harish Chinai (707) 374-2643  
Administrative Policies - Melissa Coleman (707) 374-6874  
Document Revision - Bob Sather (707) 374-1384  
Emergency Action - Barry Fraser (415) 407-8529  
Access - Art Darden (707) 374-3455  
Amenities - To Be Filled

#### **Village Board Presidents**

Village 1 - Larry Mork (707) 374-3389  
Village Oakmont - Walt Manos (707) 374-2827  
Village Riviera - Donald Seyk (707) 374-6407  
Olympic Village - Richard Pettijohn (707) 374-3065  
Saddle Rock Village - Art Darden (707) 374-3455  
Eagle Point - Teresa Fraser (415) 407-8563

#### **Association Administration /HOA (707) 374-4843**

**General Manager: Ed Vitrano** (707) 374-4869  
evitrano@actionlife.com  
**Assistant General Manager: Catherine Patrick**  
cpatrick@actionlife.com (707) 374-4843  
**Activities Director: Debbie Dorn** (707) 374-4204  
ddorn@actionlife.com  
**Fitness & Spa Director: Kathy Erwin** (707) 374-4205  
kerwin@actionlife.com  
**Maintenance Director: Michael Oestreich** (707) 374-4895  
moestreich@actionlife.com  
**Member Services Coordinator: Cheryl Lucas** (707) 374-4203  
clucas@actionlife.com  
**Communications Coordinator: Andrea Stuart**  
stuarttrv@gmail.com  
**Architectural Coordinator: Debbie La Croix** (707) 374-4843  
dlacroix@actionlife.com

#### **Club Numbers**

**Vista:** Front Desk (707) 374-4200 Fax (707) 374-2422  
**Delta:** Admin Office (707) 374-4843 Fax (707) 374-4891

#### **Trilogy Living Editorial Board**

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,  
Joan Azlant, Kathy Erwin, Harish Chinai

#### **Commercial Advertising Manager**

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

#### **Resident Classified Advertising**

Kathy Nilsson, knilsson@actionlife.com (707) 374-4200

#### **Welcome Center/Front Gate** (707) 374-4306

Guest Registration - community.dwellinglive.com

#### **Café Vista** (707) 374-4202

#### **Sir Flair's** (707) 374-4400

#### **Golf Course** (707) 374-2900

#### **Shea Customer Service** 1-866-535-9989

## From the Editor



### Andrea Stuart

A joyful life is something we all aspire to. When we find joy in life we become lighter versions of ourselves. There's a sense of freedom in happiness. And it's contagious, spreading to others whom

a joyful person meets. Residents at Trilogy who participate in clubs are some of the most joyful people I know. That they come together to share their passions and educate one another is inspiring.

The Sailing Club is our feature for this month. The members spend much of their time developing their sea legs and enjoying the peace and quiet that being on the water offers. The wind is their fuel and the water is their highway.

Trilogy Sailing Club was formed in order to reach residents who love sailing but may not have sailed in a long while. The club enables members to refresh their skills. It also encourages non-sailors at Trilogy to become proficient in sailing. Several members have been certified by the local sailing school from where the club charts boats. As a result, the club can take out rental sailboats for a day sail or an overnight adventure. Anyone can be a part of a sailing community without having to own a sailboat.

The club's upcoming events include a three-hour Sunday brunch cruise and on the bay, a one-hour Sacramento River cruise aboard the Delta King, and a tour of Old Sacramento, including the Underground Sacramento experience. The club will also host two sailboat orientation meetings and a couple of club barbeques in 2016. Regular club meetings include sailing videos, sailing information, boating news, and planning for adventures such as their sailing trip in March upon the Lady Washington.

If you'd like to learn more about the Sailing Club and their future events, contact Dennis Elliot at [dc.elliott@hotmail.com](mailto:dc.elliott@hotmail.com).

Spring is on the horizon, ending the long, cloudy days of winter. May you get outside and soak up some of that much needed vitamin D and find joy this season.

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

## From the Activities Director



### Debbie Dorn

Whatever your pleasure, you are sure to find it right here in Trilogy! Mark your calendars for these upcoming events and see the club section of this issue for more selections. Did

you know that Vista Club Member Services now accepts credit card payments to register for association-sponsored events?

- **Computer Classes ~ See Page 47 for Class Schedule**
- **3/05 Wine, Belle Voci & Visual Art Festival**
- **3/06 & 3/20 Trilogy Produce Market**
- **3/13 Daylight Savings Time Begins**
- **3/13 Afterglow Dance ~ Dance Club**
- **3/17 Holiday St. Patrick's Day**
- **3/18 Open Mic Night**
- **3/19 Spring Equinox Celebration Labyrinth Walk ~ See Page 39**
- **3/19 Dance Concert – John Covert & Crystal Image**
- **3/26 Bingo**
- **3/27 Holiday Easter Sunday**
- **3/30 - 4/2 Music of the Night ~ Council for the Arts**

#### Get Ready...

- **4/09 Gift, Craft & Art Faire Plus Jewelry Show**
- **4/10 Small Business Expo**
- **5/07 Trilogy Community Garage Sale**

Employment opportunity at Trilogy for Day Porter and Facility [www.actionlife.com](http://www.actionlife.com), click "Careers" and please email [ddorn@actionlife.com](mailto:ddorn@actionlife.com) when you have applied. Your comments and suggestions are always valued. Send an email any time [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open!

### Attention Clubs ~ We Need Your Help!

**Help staff arrange your facility reservation to support the success of your events.**

- If this is your first round coordinating an event at Trilogy, team up with a seasoned veteran.
- Complete all areas of the reservation form before submitting to the Vista Club front desk. Start with a copy from the previous similar event. We are now returning incomplete forms.
- Avoid multiple updates leading up to your event in order to minimize the number of times your setups and reservations are handled.
- Submit those well in advance, including preferred layout, at least one month prior to your event. Again, begin with a copy from the previous similar event.

**For non-delivery of *Trilogy Living*, contact Member Services at (4200).**



## Computer Class Program

Farewell Harold Crean! With great appreciation for his contributions to the community's program development, we say goodbye to Harold and his wife, who will be moving from the community soon. Kathryn Querry will continue training, introducing Katie Spencer along with familiar faces of class helpers.



## Trilogy Produce Market

Sunday March 6 & 20, 10 a.m. – 3 p.m. – Delta Club



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

## Blood Pressure Check ~ Free

Thursday, March 10, 9 – 10 a.m., Library, Delta Club

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

## Open Mic Night

Friday, March 18, 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.

## Family Support Group



Family Support Group is available to organize a memorial service for any family member who incurs the loss of a Trilogy member. For more information, please call Chairperson Claudette Gartner at 707-439-6116, e-mail [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com), or call Barbara Sherison at 707-374-6845.

## Wine, Belle Voci, and Visual Art Festival

Saturday March 5, 1 - 5 p.m.

Diablo Ballroom, Vista Club ~ Free

*Charge for wine tasting ~  
Six wine tastings, \$5 payable to  
Van Ruiten Winery*

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Photography Club will display their art, delightful acapella vocals will be harmonized by Belle Voci Quartet, and there will be wine tasting. Van Ruiten Winery has been a top-quality wine grape grower for over six decades. Three generations of the Van Ruiten family now work together tending the vineyards, managing the winery and bringing the fine wines to market. Coupled with their new facility and the talents and experience of winemaker John Giannini, the Van Ruiten Family has strengthened their distinction as a leader for super premium wines from Lodi. Set your palate for an artful fun time and come on over for a charming afternoon. No registration required.



## **Dance Concert John Covert & Crystal Image**

Saturday March 19, 7 – 9:30 p.m., Diablo Ballroom



Vista Club ~ \$15 per person

John Covert (keyboards/vocal) has opened shows for War, Tower of Power, Sons of Champlin (Grammy winner Bill Champlin formerly of rock band, Chicago),

Chad and Jeremy, The Chiffons, The Coasters, Simon & Garfunkel, Gary U.S. Bonds, Dobie Gray, Lady Bo (Bo Diddley's protege), and many others. He is a grand prize winner in the Nashville Music City Song Festival and multi-finalist in the American song festival. Covert's songs have been featured on many TV shows, movies, magazines and Billboard charts. John's 1960s folk rock songs are also featured on a rare European collector's CD, "California Love in" (also featured is legendary rock band, Steppenwolf). More of Covert's original vintage Crystal Image rock music can be found on the official website at [www.crystalimageband.weebly.com](http://www.crystalimageband.weebly.com). Gear up for an evening of entertainment and dancing; and you are welcome to bring your favorite provisions! Sign up at Member Services.

## **Spring Gift, Craft, & Art Faire Including Jewelry Show**

Entertainment by Denny James 11 a.m. - 2 p.m.

Saturday, April 9, 10 a.m. – 3 p.m., Vista Club ~ Free

Don't miss out on this convenient and unique spring shopping experience at Trilogy! Denny James will entertain from 11 a.m. – 2 p.m. and Café Vista will be open until 3 p.m. Raffle sales and drawings are held throughout the event. Each merchant table will donate a prize for the raffle to benefit Meals on Wheels. Want to receive the seller registration notice next fall for the November faire? Ask Member Services at the Vista Club to put you on the email list. For questions, contact Member Services (707-374-4200) or Debbie Dorn at email [ddorn@actionlife.com](mailto:ddorn@actionlife.com).

## **Trilogy Small Business Expo**

Entertainment by the Guitar Club  
in the Grand Living Room

Sunday, April 10, 11 a.m. – 3 p.m., Vista Club ~ Free

Trilogy, discover the many services and products offering local-access convenience from Trilogy resident home businesses! Enjoy entertainment in the Grand Living Room.

Business participation with this event does not imply TRV-MA service or product endorsement. Attention resident businesses: Sign up for a \$30 table, and use this platform to inform the community of your service through face time and handouts. Your space is limited to one 6'x 3' table. Do not bring products to sell at this event, rather develop new contacts for later discussions. The Expo will not be open to the general public. Some services and products may not qualify for this type of event. Contact Debbie Dorn at email [ddorn@actionlife.com](mailto:ddorn@actionlife.com) with questions. Contact Vista Club Member Services to add your business to the emailed invitation list for future events.

## **Comedy, Mindreading and ESP Show!**

April 15, 7 - 8 p.m., Diablo Ballroom, Vista Club ~ \$15 per person

Mark Stone amazed Johnny Carson, Oprah and Regis Philbin when he appeared on their TV shows, and he promises to amaze you, too! Not only does Mark amaze everyone with his uncanny abilities, he will keep you laughing throughout the show. Table seating: bring your favorite beverage and snack to enjoy with the fun and thought-provoking entertainment! Sign up at Member Services, Vista Club.

## **Concert Featuring James Garner "The Cash Tribute Show"**

Saturday, April 23, **Two Shows**, Diablo Ballroom, Vista Club  
\$15/per person by Special Arrangement

**Matinee: 2 - 4 p.m. , Evening: 8 - 10 p.m.**

A classy production, James Garner's Cash Tribute Show



celebrates the life and music of the legendary "Man in Black," Johnny Cash. With strong conviction and stunning accuracy, Garner and his band perform Cash's music, combining it with historical accounts and personal anecdotes about America's most beloved singing storyteller.

The show is a fun, toe-tapping trip down memory lane honoring Johnny Cash's life and music along with the boom-chicka-boom sound of his longtime backing band, the Tennessee Three. Visit their web site at [www.CashTribute.net](http://www.CashTribute.net). Bring family, friends, and favorite provisions for this spectacular performance! Sign up today at Member Services. Vista Club now accepts credit card payments.



*Performing at Trilogy by special arrangement!*

**James Garner's tribute to Johnny Cash**

**celebrates the life and music of the**

**legendary 'Man in Black' with stunning accuracy!**

*An entertaining fun trip down memory lane - don't miss it!*



Garner and his band perform Cash's music with historical accounts and personal anecdotes about America's most beloved singing storyteller.

[www.CashTribute.net](http://www.CashTribute.net)

Bring family, friends, and your favorite provisions for this spectacular performance!

Sign up at Vista Club Member Services

**Now open in Trilogy...**

## FINALLY THE ANSWER

### Adult Care Facility for the Elderly

- 20 years experience, 24 hr. trained staff
- Hospice/respite care
- Home cooked meals served family style and shared with staff
- Special diets and Licensed Dietitian available at no extra cost
- MD house calls available
- Bedside call buttons in all rooms
- Free WI-FI, computer access, unlimited long distance, and satellite TV access in all rooms
- All Trilogy amenities are given to our residents
- Separate community room for reading, games, or family visits
- 2 fully accessible patios to enjoy the fresh air and gardening



*Residents will feel at home with our Southern hospitality*

**PLEASE CONTACT US FOR A TOUR  
707.374.6233**

Lic. #486803758

## Thinking of Selling?



### Reasons to list your home now:

- Less competition means you may sell your home faster and for more money
- It's a chance to show off your home's winter assets – cozy fireplace, non-drafty windows, newer insulation, and efficient home heating.
- Loans can be processed quicker because title companies aren't as busy.
- Advertising 'HOMES for SALE' on TV, Comcast Channel 888

The sooner you put the wheels in motion the sooner you can sell and move on with your life.



**RALENE NELSON**

REALTOR®, CDPE, GRI

CalBRE# 01503588

Direct: 707-334-0699

Rnelson@c21mm.com

[www.RioVistaHomePro.com](http://www.RioVistaHomePro.com)

Centurion Award 2013, 2014, 2015



**Call Ralene Nelson for all of your Real Estate Needs**

## 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**



**SCREEN COMPANY**

*Locally Owned & Operated Since 1994*



**Lodi Quality Tile & Granite**

LIC# 901982

**3** YEARS  
SERVING  
TRILOGY  
HOMES  
RIO VISTA



FREE ESTIMATES!

BBQ  
Concrete tops

[www.lodiqualitytileandgranite.com](http://www.lodiqualitytileandgranite.com)



You can follow us in the Houzz App.

**209.712.7536** *Marcos  
Español*  
**Partner / Owner**

Fax **209.365.1369**  
**LodiQTG@yahoo.com**

## DELTA DRAPERY DESIGNS

*30% Discount on all products*

**THANK YOU TRILOGY  
FOR A FANTASTIC 2015!**



**AUTHORIZED GRABER DEALER**

Custom-made  
Draperies, Shutters,  
Blinds And Shades,  
Owner Operated from  
Consultation through  
Installation, Award  
winning designers  
with over 1 Million  
windows covered

*"The #1 Choice for all  
my clients" - Shafer  
Real Estate*

Lic: 1007543



**FREE INSTALLATION**  
\*At time of consultation

2 Cousins, Trilogy Residents, Over 90 Years Experience, Award Winning Window Covering Designers

Low Prices, High Quality, Free Estimates

(707) 718-7907 [deltadraperies@gmail.com](mailto:deltadraperies@gmail.com)

[www.deltadraperies.com](http://www.deltadraperies.com)



Richards Real Estate (707) 374-6491

Serving Rio Vista

&

The River Delta



Sam Richards GRI  
Broker  
(707) 374-6491  
#01305588



Peg Richards GRI  
Broker Assoc  
(707) 374-6491  
#01706310



Tatyana Pool Realtor  
(707) 373-5983  
#01883675



Naomi Walker Realtor  
(707) 372-5074  
01883675



Mike Prout Realtor  
(707) 208-4903  
#01736051

We look forward to  
working with you.  
Drop by our office at  
25 South 3rd Street  
or visit our website



Crystal Taylor Realtor  
(415) 465-0514  
#01757564

[www.richards-realestate.com](http://www.richards-realestate.com)

## 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

# 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!**

**Thursday April 21st**

**2:00PM to 4:00PM**

**The Golf Club at Rio Vista - Sir Flair's Bar and Grill**

**1000 Summerset Drive**

**Rio Vista, CA 94571**

**Family and Friends Welcome**

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

**CALL NOW TO RESERVE YOUR SEAT!**

**TOLL FREE (800) 900-TRUST**

**the Law Offices of CR Abrams, P.C.**  
**[www.crabrams.com](http://www.crabrams.com)**

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





## Assessment Notice

Association Assessments are published monthly on this page of *Trilogy Living*. This is an additional vehicle for checking your current assessment. Coupons will reflect the monthly assessment for those receiving them. Those on automatic withdrawal (ACH) may check their bank statements after the 5th of the month to see the amount taken out and all members may register at [www.actionlife.com](http://www.actionlife.com) to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office 707-374-4843.

### Assessments for the month:

**Master Association \$126.51**

**Plus the appropriate**

**Village Assessment below:**

**Village I \$5.25**

**Village Oakmont \$5.20**

**Olympic Village \$5.10**

**Village Riviera \$5.25**

**Saddle Rock Village \$0**

(None until dormancy ends)

**Eagle Point \$0**

(None until dormancy ends)

## Job Posting

If you are looking for full or part-time work, jobs at Trilogy are available for viewing at <http://www.actionlife.com/careers/>. Click "jobs in Rio Vista" for more detail. In the near future, look for the following full-time positions, which will be posted:

**Communications Coordinator**

**Events and Setup Coordinator**

**Architectural Coordinator**

If you're curious about the above jobs before they're posted, contact Ed Vitrano, Trilogy at Rio Vista General Manager, by calling 707-374-4869 or [evitrano@actionlife.com](mailto:evitrano@actionlife.com).

**Association Minutes and Financials** – Minutes of the Master Board Meetings, Village Board Meetings and Committee Meetings, as well as, Financial Statements, are posted on [www.MyTrilogyLife.com](http://www.MyTrilogyLife.com) (MTL) and [www.vivoportal.com](http://www.vivoportal.com) (VIVO) for your review.

**Acceptance of Credit Cards** – Credit cards are accepted at the Café, and Member Services for events, fitness cards, personal training, and spa services, etc. They are accepted at the Administrative Office/HOA for payment of transponders, keys and payment plans. They cannot be used to pay monthly assessments at the Administrative Office but you can pay monthly assessments on VIVO with credit cards.

**Club Hours** – The Delta Club is open at 7 a.m. - 11 p.m. From 11 p.m. until 7 a.m., there is no entry. The Delta Club pool, spa and patio are open 24 hours daily. The Vista Club is open from 6 a.m. to 9 p.m.

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

**Mail Theft** – Members are encouraged to put outgoing mail in the mail box in front of the Delta Club. Putting it in your mail box and raising the flag makes it very easy for thieves to know which mailboxes to target. When away for a couple of days or longer, be sure to put a stop on mail delivery with the post office. If you see unusual activity near mailboxes, call the Rio Vista Police Department immediately. If a vehicle is involved, try to get a license plate number. Once the individual(s) leave, there isn't much that can be done. Check with the post office regarding locking inserts that can be put inside your current mailbox. Try to be at home when having parcels delivered to your front door.

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

**Street Lights** – Please report all street lights that are out to the Administrative Office/HOA. Please have the light pole number, the street and the nearest cross street when reporting lights that are out or not working properly. It is quite expensive to hire the boom truck. Therefore, until there are 10 lights needing work, we do not hire the truck. This could mean several weeks between the time you report the light and the actual repair.



**RV/Boat Passes** – You do not need to bring your RV to the Welcome Center each time you need a pass. If you have registered your RV on Dwelling Live, you can simply go to the gate and pick up the pass. You can now get a 24-or-48-hour pass for RVs/Boats. Be sure to let the Welcome Center attendant know which you need. Reminder: you may not have these vehicles in the community longer than 48 hours and they cannot be occupied while in the community. They are to be parked at your home, not in any common or undeveloped areas of the community.

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

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

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

**You have signed up for e-Alerts and Disclosure Opt-in but are not receiving them** – Some of you may notice from time to time that you stop receiving the MTL e-Newsletters and/or the TRVMA e-Alerts. If this happens, please contact Jacquie and she will work with the email team to make sure that you're on the 'active' list in the email system. Emails can be removed from the 'active' list in several ways: a user may click the 'unsubscribe' link on an email, a user may un-check the newsletter subscription box on his/her profile on MTL, or, more often, a user's email service (i.e. Hotmail, MSN, and Gmail) may confuse the e-Newsletters for junk and automatically reject all ongoing mail. This last scenario results in your email address being automatically moved off of the 'active' list in our systems. If you contact Jacquie at [jroche@actionlife.com](mailto:jroche@actionlife.com), she will have the email team move you back to 'active,' but we also suggest that you add the e-newsletter email address – [noreply@actionlife.com](mailto:noreply@actionlife.com) – to your "safe senders" or "friends" list in your email settings to reduce the odds of problems.

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

**Reserve Tables and/or Chairs** – Member Services, Vista Club (707-374-4200)

**Have Copies Made, Send a Fax and/ or Receive a Fax** – Member Services, Vista Club (707-374-4200)

**Pick up a Residents' Directory** – Member Services, Vista Club (707-374-4200)

**Submit Residential Ads for *Trilogy Living*** – Kathy Nilsen, Member Services, Vista Club (707-374-4200)

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

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

**Violations** – Please do not register complaints to the Administrative Office/HOA without making sure you have the correct address of the person in violation. Example of what not to report – two houses down from the corner of a particular street. If you receive a violation notice, please contact the HOA office.

**Your Pets – Your Responsibility** – We appreciate everyone who is being considerate of your neighbors and showing pride in your community by carrying bags with you when you walk your pets or by using the bags provided in dispensers throughout the community to pick up after your pets. Thank you for keeping your pets on a leash at all times.

**Pets in the Clubs** – No pets are allowed in either the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.



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

**Late Charges on Assessments** – Assessments are due on the first of each month. Many Members treat the 15th as the due date and then request a waiver of the late fee when payment is not received by the 15th. If you are paying your assessments through your bank or mailing a check yourself, it is recommended that you move the date of payment to the 23rd of the month so that the payment is actually received by the first when the assessments are due. Many banks are batching payments before sending them out, so even though your account may show a payment on a particular date, the payments are not being mailed on that date. In addition, the post office has closed facilities and laid off employees. This is resulting in longer times for mail to reach its destination. If you schedule payments through your bank or mail your check without adequate time allowed for delivery, you run the risk of being charged a late payment.

**Welcome Center/Dwelling Live** – Please make sure that your guests and vendors have your full name and/or address to give the Welcome Center attendants; otherwise they will not be given access. The Welcome Center attendants are grateful to those members who enter guests on Dwelling Live, call the Welcome Center or email them when expecting guests and especially when you are having a party and expecting several guests. They don't want to deny access to anyone you are expecting but have no choice if they haven't been notified and they can't reach you to get your authorization upon your guests' arrival. Instructions for using Dwelling Live are available at the Vista and Delta Clubs.

**Irrigation** – Please adjust your sprinkler system to reflect weather conditions and the Governors Executive Order to water only twice per week.

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

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

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

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

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

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

**Architectural Applications** – Important reminder: Applications must be submitted for work being done on the exterior of your home and yard. If you do not submit an application, a \$500 application fee can be charged.

**Delta and Vista Pools** – All guests must be accompanied by a resident. Children under the age of 18 are allowed in the pools during the hours of 11 a.m. and 3 p.m. and must be out of the pool area by 3:15 p.m.

**Golf Carts** – Remember golf carts and bicycle riders must abide by the California Vehicle Code.

**Bicycle Riders** – Bicycle riders must obey all traffic signs.

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

**For non-delivery of Trilogy Living** – Please contact Member Services at 707-374-4200.



## Library News

Our Trilogy library continues to grow with generous donations from residents. The goal is to provide a wide variety of current reading material that is of interest to our residents. However, the shelf space available to us is limited and we have no storage area. The following guidelines will help us manage the donations that must be sorted, labeled, and shelved by our library volunteers. Books that are duplicates or not suitable for our library are sorted and delivered to schools, libraries, hospitals, and senior centers throughout the county. Some items are not needed by our library or any of these other organizations. Please help us by taking a few minutes to look through your donations and remove the following items before dropping them off at the library. Magazines over 60 days old, Reader's Digest condensed books, obsolete text books, old computer books, encyclopedias, damaged, dirty, torn, and musty books, catalogs, brochures, professional journals. If you have questions about donations, please contact Gary Spear at 707-374-3488.

## Association Meeting Calendar

### Master Association Board

Tuesday, March 8, 2 p.m.  
Diablo Ballroom, Vista Club

### Village Riviera Board

Thursday, March 3, 6:30 p.m.  
Marina Room, Delta Club

### Olympic Village Board

Thursday, March 10, 6:30 p.m.  
Marina Room, Delta Club

### Village One Board

Thursday, March 10, 4 p.m.  
Rio Vista Room, Delta Club

### Saddle Rock Village Board

Wednesday, March 16, 6:30 p.m.  
Rio Vista Room, Delta Club

### Village Oakmont Board

Thursday, March 17, 7 p.m.  
Marina Room, Delta Club

### Eagle Point Village Board

Thursday, March 24, 6:30 p.m.  
Rio Vista Room, Delta Club

### Council of Village Presidents

Monday, March 21, 10 a.m.  
River Room, Delta Club

### Access Committee

Monday, March 28, 1 p.m.  
Sonoma Room, Delta Club

### Administrative Policy Review Committee

No meetings in March or April

### Adult Committee

Thursday, March 31, 1 p.m.  
Rio Vista Room, Delta Club

### Document Revision Committee

Monday, March 7 and 21 at 10 a.m.  
Monterey Room, Vista Club

### Emergency Action Committee

Tuesday, March 8 and 22, 7 p.m.  
River Room, Delta Club

### House Renovation Committee

Monday, March 14 and 28, 3 p.m.  
Monterey Room, Vista Club



## Access Committee

The Master Association Board of Directors has included funds in the 2016-2017 budget to implement most of the recommendations put forward by the committee. This is the first step and only means funds will be available if the new Board decides to move forward with the implementation of the recommendations.

Each month the Committee receives input regarding access concerns. Recently, concerns about signage at the gates, design of the medians at the unattended gates, operation of the swing arm gates, and visitors at the resident gates have been brought to the Committee.

The Access Committee will continue to provide input to the Master Board and the community regarding both the implementation of the proposed recommendations and other items affecting access to the community. Any resident who has questions, concerns, or comments regarding any items affecting community access is welcome to attend the Access Committee meetings held on the fourth Monday of each month at 1 p.m. in the River Room of the Delta Club.

## Emergency Action Committee

The Trilogy Emergency Action Committee has been busy preparing for El Nino. Thanks to the Master Board we have received much needed supplies to be used in our community in the case of winter storms or flooding. Our current focus is on the possibility of prolonged power outages. In such a case, the Emergency Action Committee may activate the volunteers and implement a specific plan to canvass the neighborhoods, going door to door to find out if the residents are okay and safe. If a resident has a need for special attention we are prepared to assist them. Trilogy keeps a "priority list" of residents with special needs, and we will check these homes first. If you or someone you know should be put on this list, please give our chairperson a call and we will gladly put you on the priority list. So, remember, if the power is out for a prolonged period of time you might get a knock at your door. Just know it is the Emergency Action Committee checking in on you. The Emergency Action Committee, or the "EAC" as we call it, is here to serve the residents of Trilogy. All of our members are volunteers. We currently have 33 volunteers and 9 board members but we can always use more! Our meetings are at 7 p.m. on the second and fourth Tuesdays of each month in the River Room at the Delta Club. Direct any questions to our Chairperson, Barry Fraser at 415-407-8529 or our Vice-Chairperson, Art Darden at 408-710-2496.

## Eagle Point Village Board News

Eagle Point Village is rapidly expanding. Currently, there are 211 homes occupied in our village. We had a great turnout at our Annual Meeting on January 28. The River Room at the Delta Club was jam-packed; at the least, 90 members attended! Thanks to Linda Pagliaroli, Paula Coombs, and Roni Kavert for their successful get-out-and-vote campaign. Congratulations to Mark Weiss and Richard Pagan. Mark is our new delegate and Richard Pagan is our new alternate delegate. Be sure to mark your calendars with the following meetings and events:

**March 24, May, 26, July 28, September 22, November 17** - Meeting of the Board of Directors 6:30 p.m.

**December 4** - Village Oakmont and Eagle Point Village - Holiday Dinner/ Dance

For more information, please contact Teresa Fraser at [terrifraser.sanfrancisco@gmail.com](mailto:terrifraser.sanfrancisco@gmail.com) or 415-407-8563.

## Saddle Rock Village Board

We've had another annual meeting and although the village is still dormant, meaning the village board is appointed by the Master Association Board, we are soon reaching the point when we become a full-fledged village. As of the last annual meeting, we have 281 homes in our village and we need 350 homes to become self-governing. I'm sure everyone has noted how quickly the homes are going up near Diamond Hills so it looks like sometime between July and October we will have a meeting to elect our first board.

We held an election to select the Saddle Rock District delegate and alternate delegate to the Master Association. We're happy to announce we had over 60% of the ballots returned, demonstrating again the involvement and concern of our community. Roger Kohn was reelected as the delegate and Evelyn Jarland as alternate delegate. Thanks to everyone who participated in the election. Special thanks to Keith Swarts, Winnie Berger, and Janice Pomper who were our Inspector of Elections, vote counters, and also helped get out the vote.

The second half of the meeting was the annual meeting of the Saddle Rock Village Board. We received the annual report of the Saddle Rock Residents' Club detailing their many activities during the past year. We are fortunate to have so many residents willing to volunteer their time and effort providing for our community.

The next Saddle Rock Village Board meeting is Wednesday, March 16 at 6:30 p.m. in the Rio Vista Room of the Delta Club. I expect 2016 will be a year of change for our community; please plan to attend the meeting and stay informed.



## Saddle Rock Village Residents' Club



As was posted last month we voted for our delegate and alternate delegate. With pleasure we announce that Roger Kohn will continue as our delegate and

joining as alternate delegate will be Evelyn Jarland. Our first Residents' Club meeting will be this month, Wednesday, March 16 in the Delta Club, Rio Vista Room at 6:30 p.m. We will once again be having our 50/50 raffle and the social hour will follow. We plan to discuss the different types of donations available for our community in Trilogy and the city of Rio Vista. We need input from our residents before final voting and decision-making can occur.

A change in the charter for the Saddle Rock Village Residents' Club Social Committee has been put in place. Our Social Committee meeting will be held on Wednesday, March 2 at 2 p.m. in the Monterey Room of the Vista Club. All residents are invited to attend to help with the planning of this year's events. We still have an opening for the facilitator of the Social Committee. Let us know if you are interested or would like more information.

Our Residents' Club has an opening for the position of Secretary. We have meetings every other month. This position is necessary for our SRV Residents' Board and would be an asset to us all. Please consider or reconsider this request. There is an alternate to cover absences in the case of travel. Our former secretary can help with any questions that may occur. For information, please contact Dana Hoover, President at 707-374-3455 or time4dana@mindspring.com.

## Village Oakmont Residents' Club

Village Oakmont will staff the no-host bar for the Music of the Night production, plus sell drink tickets. If you would like to volunteer to pour wine or sell drink tickets, contact Antoinette at 707-374-5154. She can also give you information on the Responsible Beverage Server (RBS) class to be held on March 12 from 9 a.m. – 12 p.m. at the Rio Vista Fire Station. The dates for this event are March 30-31, April 1-2.

A questionnaire was recently left in the Oakmont residents' tubes requesting assistance and input. We would love to get your ideas of social events we might do in the future. For instance, we are contemplating hosting an Oscar Party event next year.

Since Oakmont is the second oldest village we have many long-time residents, some who have been here since 1999. Oakmont became a village in 2003. This also means

that we have a lot of homes for sale and a lot of newcomers. If you are new to Trilogy, or have lived here quite awhile, and want to get involved please send back the questionnaire. For more information, call Linda Bingham at 760-486-9178 or email at linda.bingham@gmail.com.

## Village Oakmont Kare Bears

The Oakmont Kare Bears had an interesting and very informative meeting when they met in February.

A wonderful guest speaker, Julie Harford, was introduced, and, regaled us with lots of useful information. Julie is the wife of Jim Harford, the Captain of the Rio Vista Fire Department. She spoke about many issues and facts regarding the Rio Vista Fire Department, including the differences between this department and the Montezuma Fire Department. For example, when an emergency call is made to 911, a request should be made for a Rio Vista Fire Department response, as opposed to the Montezuma Fire Department. The main reason that if the Montezuma Fire Department responds, there will be a monetary charge for the call, whereas, with the Rio Vista Department there is no charge. Many other interesting facts followed, with a question and answer period as well. Many thanks, Julie, for all your time and expertise.

A reminder to all Oakmont residents: if you or a neighbor is in need of help with rides to appointments, home help, and/or meals, due to medical reasons please call Virginia Albertson at 707-374-6823; Annelie Voit at 707-374-4968; or Kathy Russo at 707-374-2969.

The next Oakmont Kare Bears meeting will be on Wednesday, March 9, at 10:30 a.m. at the Delta Club. Come early to enjoy coffee and goodies, meet your neighbors, and share your ideas.

## Village One Residents' Club

At the January 13 VORC Quarterly Meeting, the VORC Board outlined the events planned for 2016. Social events include a Cinco De Mayo Dinner in May, a Cabaret Night in October, and the ever-favorite Christmas Party in December. Fundraising events will include the July 4th Ice Cream Social, and providing beverage service in August for the Drama Club performances. Volunteers are always welcome and encouraged to join.

On February 24 the VORC Board welcomed new Village One residents at a wine-tasting event at the Delta Club's River Room. It was a great opportunity for new residents to meet their neighbors and learn about what is happening in Village One, and the casual atmosphere was enjoyed by all.



The VORC board is reaching out to Village One Residents by creating easy email access. We now have an email address: [villageonerc@gmail.com](mailto:villageonerc@gmail.com). Please feel free to email this address with any of your questions, ideas, or input. We would love to hear from you! You may also contact Tess Felte at 707-374-4778 for further information.

## Village Riviera Board

Days are starting to get longer and spring will soon be here. As mentioned in last month's issue, it is a good idea to review the HOA/notes from the administrative office, which prints only in odd-numbered months of *Trilogy Living*. Make sure you check them out this month.

If you have not gone online to [www.mytrilogylife.com](http://www.mytrilogylife.com), you do not know what you are missing. Some of the things you can do online are: read Master Board candidate statements (when elections are pending), view alerts such as road and gate closures, and register for events displayed in the Events Calendar. You can view the member directory, and even update your own profile. On the Café Vista tab, you can view the menu and party trays available, plus the hours of operation and their phone number. These are just a few of the things that can be found on the site; there are many others.

The Village Riviera HOA meetings are on the first Thursday of odd-numbered months at 6:30 p.m. in the Marina Room at the Delta Club. Our next meeting is March 3. The board would like to have you join us. If you have questions or concerns, call Don at 707 374-6407.

## Village Riviera Residents' Club

You know that old cliché that "the only constant is change"? That is true for our events. First though, we have new Officers; Barb Downs is President; Dale Springer is Vice President; Myra Samfeld is Secretary; and Chris Shaver is Treasurer.

The Ladies' Luncheon, again hosted by Patty Ramos and Susie Shockley, has been changed to September 9. Save that date for this extremely popular, elegant and delicious event. Sorry gentlemen, this is for the ladies only.

But don't fret guys, because you can show your stuff at the Treasure Hunt on July 16. Linda and George Robiette, along with the help of Diane and David Griffin and Walt and Maddie Manos, are plotting and planning to make this a head-scratching fun event for all. We wonder if they'll engineer 5-way traffic lights too?

This is the last year for this event. Get your teams set up early so when the flyers come out you can sign up your team of three to five people right away. Prizes (not based on who comes in first, but on fun games that take place after "the hunt") are all part of the evening. Dinner is also included as part of your hunter's admission.

The Hoe Down is another change; maybe someone else will sponsor it. The Sock Hop in late May is a maybe for this year. Stay tuned.

The Village Riviera Residents' Club meets the third Thursday of every month in the Monterey Room of the Vista Club, at 5 p.m. All Riviera Residents are welcome to join. For questions, call Barb Downs at 707-507-5026.

## Village Riviera Kare Bears

We had a productive meeting of our street coordinators (the core of our organization) on January 11. Our guest speaker was a representative from the fire department who discussed the Vial of Life program and answered questions. (See the February issue for more information on Vial of Life.) She also confirmed that the fire department will help replace smoke alarm batteries in your home. Just give them a call, though you'll need to supply the batteries.

You may have recently had contact from your street coordinator, just touching base and asking if you have any questions. We do have a few streets that do not have a coordinator. They are: parts of Birch Ridge, Branchwood and Black Diamond, Foxwood, Laurel Place, Magnolia Drive and Oakridge. If you would like to help with any of these streets please call Gerry Swan at 510-507-4080.

We had a great meeting on February 8. Our guest was Lisa Escobar, speaking on in-home care and Hospice care from "Kindred at Home."

A heads up for our annual fund raiser, the bake sale at the Craft Faire, which is on April 9. Start thinking of which delicious baked goods you would like to contribute.

If you live in Village Riviera and would like to become more involved in Kare Bears come to our next meeting on April 11 at 10 a.m. at the Delta Club. Arrive early, at 9:30 a.m. for refreshments. Remember, every resident of Village Riviera is a member of Kare Bears, so if you or a neighbor is in need of assistance because of illness or surgery, please contact your street coordinator or call Valerie at 707-374-6942.

# **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!**



### **Overhead Storage Racks Installation Special!**



**Open 7  
Days a  
Week**

***Same Day Installation!***

**3340 Swetzer Rd. Loomis, CA 95650**

**916-893-4116**

**Lic#: 716483**

**candocabinets.com**



Kathy Erwin  
Fitness & Spa Director

## Trilogy Health & Wellness Center Spa Specials for March

Schedule your appointments today with Member Services, Vista Club  
(707-374-4200)

### Luck-of-the-Irish Facial Package

Three ~ 50-minute  
European Facials

**For only \$165**

### Lucky Four-Leaf Clover Super Saver

#### Massage Package

Three ~ 50-minute  
Swedish Massages

**For only \$150**

*Good for purchase March 1 – 31 (may be redeemed anytime)*

#### March New Member Fitness Orientations

Saturday, March 5 at 11 a.m.  
Wednesday, March 16 at 6 p.m.  
Saturday, March 26 at 11 a.m.

Start your fitness program with a personalized ROM (Range of Motion) appointment with one of our personal trainers: Beverly, Joele and Pat. They will make sure you are properly set up for an effective and safe workout. A Range-of-Motion appointment costs a one-time \$20 fee; you'll have one-on-one time with your trainer and once you are set up, the strength-training machines will remember your settings and track your workouts.

### Coming Soon!

#### 12 weeks of the Biggest Mover 'Let's Move' Contest

For all you Fitness Enthusiasts in all our  
Group Ex Classes, Land & Water

Contest runs April 1 – June 18

Watch for the flyers in the Vista and Delta Clubs

5 Lucky Winners will be drawn at the  
Fitness BBQ Potluck in June!



## Trilogy's Spa Esthetician Angela Grinnell-Hall will be offering three brand-new Organic Skin Care Facials:

### **Phytoestrogen Facial ~ 75 minutes for \$80 {Coming in April}**

The Phytoestrogen Facial is good for combination premature or mature skin with estrogen deficiency and skin elasticity, and wrinkled skin. (This facial is not for men). This facial increases the elasticity of the skin, increases blood circulation, stimulates collagen production, and nourishes the skin. The combination of plant-based estrogen such as clover, flaxseed, hops, yucca, fenugreek and grapeseed will assist with balancing hormonal skin conditions, firming and tightening the tissues, and reducing the appearance of fine lines and wrinkles. It can also help prevent periodic breakouts.

### **Hyaluronic Time Erase Complex Facial ~ 50 minutes for \$65**

The Hyaluronic Time Erase Complex Facial is recommended for surface or deep-layer deficiency, loose skin, wrinkle lines, and works with sensitive or non-sensitive skin types. The effects of the hyaluronic acid provide surface and deep layer moisture, plumping the skin and filling the fine wrinkle lines while correcting the hydration level of the skin. The effects of the herbs are nourishing, anti-wrinkle and anti-aging. Very moisturizing.

### **Grape Stem Cell Solutions Facial Treatment ~ 80 minutes for \$85**

Stem cells are the most important cells in the skin. They are the source for continuous regeneration of the epidermis. The Grape Stem-Cell Solutions Facial is recommended for devitalized, dehydrated, dry, mature, loose, wrinkled, and environmentally stressed skin. Grape Stem Cell promotes the regeneration of skin and delays the appearances of signs of skin aging. They also protect skin stem cells against UV stress. Clinical studies show a reduction of free radical content of skin in as quick as 15 minutes, more than doubles the anti-radical capacity of the skin, and active protection of the skin for more than six hours.



## Why ilike organic skin care?



- ilike skin care is certified organic products, ingredients and manufacturing process; no use of parabens or other harmful synthetics.
- Product base is pure cold processed herbal pulps – not extracts! – to retain the full concentration and power of the herbs and to avoid hidden ingredients.
- Ingredients are harvested and processed by hand to ensure delicate plant structures are not damaged.
- Ingredients are grown on certified organic fields of nutrient-rich soil in Hungary, in the Carpathian Basin.
- GMO free. Gluten free. Nut free. All products are vegetarian or vegan.
- Never tested on animals.
- Over 55 years of experience in professional skin care.
- Present in 45 markets worldwide, only in select spas.

## Fitness Friends with Joele

This is a Personal Training group of participants who have committed to 8 sessions in 4 weeks.

### **Day/Time/Location:**

Tuesday & Thursday  
12 - 1 p.m.  
Group Ex Studio

### **Session:**

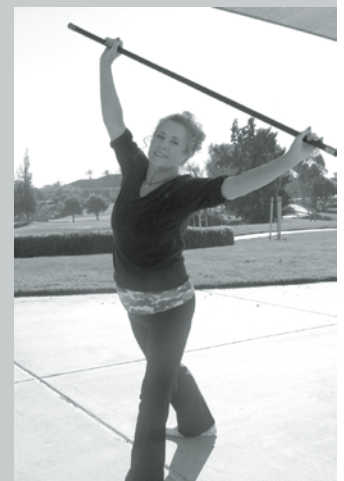
4 weeks / 8 sessions  
(March 8 – March 31)

### **Fee:**

Minimum 8 people  
for 8 sessions ~ \$45  
(Bring check to first class  
on March 8)

### **Each class involves:**

Cardiovascular Training-  
Strength & Balance Training-  
Flexibility Training





## Naturopathy

Dr. Kimberly Gilmore, ND



Dr. Gilmore is at the Vista Club on the third Wednesday of each month.

Initial visit - 75 minutes - \$175

Follow Up- 50 minutes - \$125

Brief - 25 minutes - \$65

Vitamin B Injections - \$30  
(available starting at 4:00 p.m.)

**Healthy Weight Nutrition Program  
Coming Soon**

## Trilogy Welcomes Back Massage Therapist: Heidi Mamea



Meet Heidi, a resident of Rio Vista who has recently returned to Trilogy as a massage therapist. Her responsibilities at the time included providing massages to residents, teaching classes, and setting the range of motion on the equipment for personal training services. Since then, she's been busy being a mom

to four beautiful children. She also had the pleasure of working with Olympic athletes for four years before the Summer Games in Japan, co-owned a boxing gym in Stockton, and was an on-site therapist for many MMA/Boxing sports events. She's excited to be back and feels privileged to be a part of the Trilogy team again since this is where it all started! She looks forward to seeing all the familiar faces again!

## Acupuncture

Dr. Charles Peri, Doctor of Oriental Medicine

Initial visit \$120

Acupuncture Follow Up \$90

6 Acupuncture Treatments  
(\$80 each) \$480

12 Acupuncture Treatments  
(\$70 each) \$840

Initial visits - up to 60 minutes

Follow up visits - up to 45 minutes

**Packages must be paid in full**

**No initial visit fee if package is purchased  
(\$40 to \$50 savings)**



## Spring Detox Class

Renew. Refresh. Rejuvenate.

Dr. Kimberly Gilmore, ND



### 10-Day Nutrition Detox

- Increase Energy
- Curb Carb Cravings
- Reset Hormones
- Balance Blood Sugar
- Lose Weight
- Feel Better
- Improve Sleep
- Balance Mood

This 3-hour class outlines a 10-day program designed to optimize nutrition, maximize energy, support healthy digestion, improve sleep, and balance hormones. You will also learn how some foods can sabotage your health. This class is safe for all and all are welcome.

**Instructor:** Dr. Kimberly Gilmore, ND

**Date:** Wednesday, April 27

**Time:** 9:00 a.m. - 12:00 p.m.

**Fee:** \$125 class and materials  
Minimum of 10 participants

Register at Member Services by March 15 for Early Bird price of \$99

Class includes detailed program guide with tips to succeed, nutritional information, recipes and meal plan to satisfy hunger. Optional dietary supplements are available at extra cost.

## Visiting Physician Service

*In-home medical consultations for Trilogy Residents*  
**707-419-6026**



**Raymond Donovan, M.D.**, is a Family Medicine physician with more than 40 years of experience in the Bay Area, and a Trilogy resident since 2014.

In the privacy and convenience of your own home, Dr. Donovan will be your medical advocate by listening to your concerns, and assisting you in understanding your medical options.

### A typical visit might include:

- *Assessing current health issue*
- *Providing a home safety evaluation*
- *Checking your vital signs*
- *Reviewing your medications and side effects*
- *Reviewing imaging and lab test results*
- *Assessing nutritional status*
- *Offering physician-to-physician communication*

## Shafer Real Estate

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

**(707) 374-5222**



<b>Diane Shafer</b>	<b>Debbie Werter</b>	<b>Drew Haisley</b>
Owner / Broker	Realtor/ Associate	Realtor/ Associate
<b>707-328-5277</b>	<b>707-673-7667</b>	<b>925-482-4556</b>

**121 Montezuma St. Rio Vista, CA 94571**

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

**[www.ShaferRealEstate.net](http://www.ShaferRealEstate.net)**



## The Golf Club at Rio Vista and Sir Flair's 19<sup>th</sup> Hole Bar & Grill



*Luck  
 -of-the-  
 Irish*

**RESIDENTS  
 TOURNAMENT**

**Thursday, March 17<sup>th</sup>  
 3:00pm - 8:00pm**

**9 Hole Shotgun Golf  
 \$20.00 includes Dinner & Prizes  
 Green Fees Additional**

**SIGN UP IN THE PRO SHOP OR  
 CALL 800-607-8107**

## LADIES SPRING TEA PARTY AND LUNCHEON

**SATURDAY, MARCH 19<sup>TH</sup>  
 11:30 AM ~ 2:30 PM**

**\$20.00 PER PERSON  
 ASSORTED HOT TEAS &  
 FLAVORED ICED TEAS**

**BEST SPRING/EASTER  
 BONNET CONTEST**

**GET CREATIVE LADIES, AND  
 WEAR YOUR FANCY HATS FOR  
 THE RUNWAY FASHION SHOW!**

**WINNER OF THE BEST BONNET  
 RECEIVES LUNCH FOR 2 IN SIR  
 FLAIR'S RESTAURANT**

**MAKE YOUR  
 RESERVATION TODAY!  
 800-607-8107**



**SUNDAY, MARCH 27<sup>TH</sup>  
 10 AM • 12 PM • 2 PM**

**\$24.95 ADULTS  
 \$14.95 KIDS**

**OMELET STATION • CARVED HAM  
 CHICKEN MARSALA • ASSORTED SALADS  
 SCRAMBLED EGGS • BACON • SAUSAGE  
 MUFFINS • WAFFLES W/ FRESH  
 STRAWBERRIES & WHIPPED CREAM  
 BOTTOMLESS CHAMPAGNE AND MIMOSAS**

**MAKE RESERVATIONS TODAY!  
 800-607-8107 ext. 703**



DUETTE® ARCHITELLA® HONEYCOMB SHADES



**HunterDouglas**

**ENERGY SMART STYLE** SAVINGS EVENT

**Make the smart choice today. Save energy year-round.**

Ask about rebates on energy-efficient Hunter Douglas window fashions.

**Save \$100\*** or more with rebates on qualifying purchases from January 30 – April 11, 2016

WINDOW FASHIONS  
SHUTTERS | BLINDS | DRAPERIES

**California  
Window  
Coverings**

**707.386.9992**

Vern & Patty Oliva,  
Trilogy Residents,  
Over 40 Years Experience

**FREE ESTIMATES**

\*Manufacturer's mail-in rebate offer valid for qualifying purchases made 1/30/16–4/11/16 from participating dealers in the U.S. only. Rebate will be issued in the form of a prepaid reward card and mailed within 6 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 7 months after card issuance and each month thereafter. Additional limitations may apply. Ask participating dealer for details and rebate form. ©2016 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas. WIN16MB1

5/4/17

## **FREE SEMINAR**

### **LONG TERM CARE PLANNING FOR SENIORS AND VETERANS**

An educational estate planning seminar  
focusing on:

#### **Qualifying Quickly**

- Best Methods for allocating income, spending-down assets, and transferring property.

#### **Protection from Reimbursement Claims**

- How to protect your home and estate against Medi-Cal reimbursement claims.

#### **Quality of Life**

- How to find the best nursing homes.
- How to use the Medi-Cal and Veterans Administration systems properly

**Date: March 9, 2016**  
**Seminar Begins at 3:00 p.m.**  
**Location: Sir Flair's Restaurant**  
**Trilogy, Rio Vista**  
(Seating is limited.)  
Call or email today to reserve your spot.  
**(707) 419-7281**

[cquinn@gawvanmale.com](mailto:cquinn@gawvanmale.com)



Jamie Watson  
Partner



Laura Srebro  
Attorney

Key

Bold = New/Change

(B)eginning

(I)ntermediate

(A)dvanced



# Trilogy Living

## Fitness Class Schedule for March 2016



- 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

Trilogy Fitness Punch Card Choices...All classes require one of 3 card choices a blue 20 punch for \$70.00, a yellow 10 punch for \$35.00 or an Unlimited Monthly Punch Card for \$85.00 that will be color coded differently each month because they will only be good for that given month so you can attend as many classes as you want! Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (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: **Gloria Carrasco**

**March Fitness Orientations: Sat., Mar. 5 at 11 a.m., Wed., Mar. 16 at 6 p.m., Sat., Mar. 26 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!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Cardio Sculpt (B/I/A) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>2</b> 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) (VP) Denise 10-11am Balance Boogie (GX) Joele 11-12:30pm Hot Zumba (Prescy) 6:30-7:30pm Balance Ball (GX) Deanna	<b>3</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>4</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>5</b> <b>8:30-9:30am Step Aerobics (GX) Pat</b> <b>NO ZUMBA POWER</b>
<b>7</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>8</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>9</b> 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) (VP) Denise 10-11AM Balance Boogie (GX) Joele 11-12:30pm Hot Zumba (Prescy) 6:30-7:30pm Balance Ball (GX) Deanna	<b>10</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>11</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>12</b> <b>8:30-9:30am Step Aerobics (GX) Pat</b> <b>NO ZUMBA POWER</b>
<b>14</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>15</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>16</b> 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) (VP) Denise 10-11AM Balance Boogie (GX) Joele 11-12:30pm Hot Zumba (Prescy) 6:30-7:30pm Balance Ball (GX) Deanna	<b>17</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>18</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>19</b> <b>8:30-9:30am Step Aerobics (GX) Pat</b> <b>NO ZUMBA POWER</b>
<b>21</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>22</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>23</b> 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) (VP) Denise 10-11AM Balance Boogie (GX) Joele 11-12:30pm Hot Zumba (Prescy) 6:30-7:30pm Balance Ball (GX) Deanna	<b>24</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>25</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>26</b> <b>8:30-9:30am Step Aerobics (GX) Pat</b> <b>11am-12:30pm ZUMBA Power (GX) Sophie</b>
<b>28</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>29</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>30</b> 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) (VP) Denise 10-11AM Balance Boogie (GX) Joele 11-12:30pm Hot Zumba (Prescy) 6:30-7:30pm Balance Ball (GX) Deanna	<b>31</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy		

Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubs:

- Fitness & Friends with Joele Swift
- 8 Steps to a Healthy Back with Beverly Shilich
- Continuation of Yoga with Deanna Araya
- The Practice with Meditation Anna Chunn
- Aqua Joint with Beverly Shilich

March 2016 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Watercolor Painting - Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 6:30pm Religions of the World (D)	<b>2</b>  8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Class (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm MOTN Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership (V)	<b>3</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (V) 2pm Genealogy Club (V) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) <b>6:15pm Village Riviera BOD Exe Session (D)</b> <b>6:30pm Village Riviera HOA (D)</b> 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>4</b>  8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Village I ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 6pm Joy Luck Mah Jongg (V)	<b>5</b>  8am Motorcycle Club (Off-site) 9am Model Club - Garden Railway (V) 9am Table Tennis Tournament Rossmoor (D) 9:30am Hiking Club (V) <b>1pm Wine, Belle Voci, &amp;</b> <b>Visual Art Festival (V)</b> 6pm Texas Hold'em / Omaha Poker(D)
<b>6</b> <b>10am – 3pm Trilogy</b> <b>Produce Market (D)</b>	<b>7</b>  8am Social Tennis 9am Woodcarving (D) 9:30am Walk & Talk (V) <b>10am Document Revision (V)</b> 10am Village Oakmont ARC (V) 10:30am Garden Club Planning (V) 11am Saddle Rock Village ARC (V) 12pm TAG Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Art Guild (TAG) Mtg (D) 2:30pm Pickleball (courts 1 & 2) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V)	<b>8</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf <b>10am Computer Class – Basics (V)</b> 10:15am Book Club (V) 10:30am Country Line Dancing (D) <b>10:30am TRVMA Executive Session (V)</b> 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Recipe Club (D) 12:15pm Watercolor Class – Beg (D) 12:15pm Hand & Foot Canasta (V) <b>12:30pm Computer Class –</b> <b>Working with Files (V)</b> <b>2pm Master Association Board Mtg (V)</b> 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) <b>7pm Emergency Action Com (D)</b>	<b>9</b>  8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Village Oakmont Kare Bears (D) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Oil & Acrylic Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm MOTN Rehearsal (V) 6:30pm Nature Club (V) 6:30pm Soul Line Dancing (D)	<b>10</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) <b>1pm Advanced Hearing Aid Service (V)</b> 1pm Garden Club (V) 1pm Good Samaritans (D) <b>3:45pm Village 1 BOD Exe Session (D)</b> 4pm Horseshoe Pit Play (Brockton Park) 4pm Sr. Men's Golf Board (D) <b>4pm Village I HOA (D)</b> 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) <b>6:15pm Olympic Village BOD (D)</b> <b>6:30pm Olympic Village HOA (D)</b> 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Ballroom Dance-Adv (V) 8pm Ballroom Dance-Beg (V)	<b>11</b>  8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1& 2) 12pm Watercolor Painting–Adv (D) 12:15pm Friday Bridge(V) 2pm Guitar Club: Beginners Workshop (V) 7pm Bunco (D)	<b>12</b>  9am Model Club - Garden Railway (V) 9:30am Hiking Club (V) 10am Bocce Club General Membership (D) 6pm Texas Hold'em / Omaha Poker (D)
<b>13</b> <b>DAY LIGHT SAVINGS</b> <b>BEGINS</b> 5pm Tennis Social (D) 7pm Dance Club, music by Afterglow (V)	<b>14</b>  8am Social Tennis 9am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm TAG Open Painting (D) 12pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 2:30pm Pickleball (courts 1 & 2) <b>3pm House Renovations Com (V)</b> 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm MOTN Rehearsal (V) 6:30pm Game Night (V) 7pm Model Club - RC Aircraft (V)	<b>15</b>  8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Women's 9-Hole Golf <b>10am Computer Class – MS Word (V)</b> 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Watercolor Painting - Beg (D) 12:15pm Hand & Foot Canasta (V) <b>12:30pm Computer Class – MS Excel (V)</b> 12:30pm Dominoes (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 6:30pm MOTN Rehearsal (V)	<b>16</b>  8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Class (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) <b>6:15pm Saddle Rock Village</b> <b>BOD Exe Session (D)</b> 6:30pm Soul Line Dancing (D) <b>6:30pm Saddle Rock Village HOA (D)</b> 6:30pm MOTN Rehearsal (V) 7pm Olympic Village RC Mtg. (V) 7:30pm Saddle Rock Village RC Mtg (D)	<b>17</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Sr. Men's Golf Membership Mtg (D) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm MOTN Rehearsal (V) <b>6:45pm Village Oakmont BOD Exe Session (D)</b> <b>7pm Village Oakmont HOA (D)</b> 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>18</b>  8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 9:30am Village 1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Watercolor Painting - Adv (D) 12:15pm Friday Bridge (V) 2:30pm July 4 <sup>th</sup> Focus Group (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) <b>7pm Open Mic (V)</b>	<b>19</b>  9am Model Club - Garden Railway (V) 9am Table Tennis (D) 9:30am Shirbori Workshop (D) 9:30am Hiking Club (V) 4pm Spring Equinox Labyrinth Walk (V) 6pm Texas Hold'em / Omaha Poker (D) <b>7pm Concert: John</b> <b>Covert &amp; Crystal Image</b> <b>(V)</b>
<b>20</b>  9:30am Shirbori Workshop (D) <b>10am – 3pm Trilogy</b> <b>Produce Market (D)</b>	<b>21</b>  8am Social Tennis 9am Woodcarving (D) 9:30am Walk & Talk (V) <b>10am Document Revision (V)</b> 10am Village Oakmont ARC (V) <b>10am Council of Village Presidents (D)</b> 11:30am Saddle Rock Village ARC (V) 12pm TAG Open Painting (D) 12:30pm Mah Jongg (V) 12:30pm Rip, Stitch & Bitch (V) 2:30pm Pickleball (courts 1 & 2) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Fishing Club (D)	<b>22</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf <b>10am Computer Class – Bring</b> <b>Your Own Project (V)</b> 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Watercolor Painting-Beg (D) 12:15pm Hand & Foot Canasta (V) <b>12:30pm Computer Class –</b> <b>Email Workshop (V)</b> 12:30pm Dog Club (D) 2pm Saddle Rock RC Exe Com (D) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6:30pm MOTN Rehearsal (V) <b>7pm Emergency Action Com (D)</b>	<b>23</b>  8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Oil & Acrylic Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 6:30pm MOTN Rehearsal (V)	<b>24</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Community Connections (V) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) <b>6:15pm Eagle Point Village BOD (D)</b> <b>6:30pm Eagle Point Village HOA (D)</b> 6:30pm Pinochle (V) <b>7pm Computer Class: Working</b> <b>with Pictures (V)</b> 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>25</b>  8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Tennis Club (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Watercolor Painting - Adv (D) 12:15pm Friday Bridge (V) 2pm Guitar Club - Beginners Workshop (V) 7pm Bingo (D)	<b>26</b>  9am Model Club - Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker(D)
<b>27</b>	<b>28</b>  8am Social Tennis 9am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) <b>1pm Access Com (D)</b> 2:30pm Pickleball (courts 1 & 2) <b>3pm House Renovations (V)</b> 5pm MOTN Rehearsal (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V)	<b>29</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Watercolor Painting - Beg (D) 12:15pm Hand & Foot Canasta (V) <b>1pm Document Revision Com (V)</b> 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm MOTN Dress Rehearsal (V) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Club Membership (V)	<b>30</b>  8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 6:30pm Soul Line Dancing (D) 7pm MOTN Performance (V)	<b>31</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) <b>1pm Adult Committee (D)</b> 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Music of the Night Performance (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)		



*Gilly's*  
**Landscape & Design**

Custom Walkways & Patios, Masonry,  
Retaining Walls & Lighting

**925-260-5780**

*Custom, Clean Crisp...It's a Great Look*  
Lic. # 752296

visit my website:  
**www.gotgilly.com**



*Jim Gilly*  
Owner/Operator  
A Trilogy Resident

**RIVER DELTA**



**D  
E  
N  
T  
A  
L**

*Old Fashion Dentistry with the Latest Technology*

**Norman Spalding, DDS**  
**Stephen P. Saffold, DDS**

Cleaning & Laser Periodontal Therapy  
Digital X-Rays • Whitening • Braces • Veneers  
Root Canal Treatment • Extractions • Implants  
Crowns • Bridges • Dentures • Latex-Free Office  
Snoring and Sleep Apnea Appliances

*Free Consultation with the Doctor*  
*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**

**1113 Texas St.  
Fairfield, CA**



# **I Feel Good MEDICAL**

**Open 7 Days A Week!  
707-426-2211**

**Ask Us About  
Internet Pricing!**

***We Deliver!***



## **WOOD Real Estate**

**Specializing in Trilogy Homes Since 1996**

**Living, Listing, and Selling at Trilogy**

If you plan on **BUYING, SELLING, or UPGRADING** your Trilogy home, just let us know. We're always here to help!

To **LIST YOUR HOME** today or for a **Personalized Tour** of Available Homes... call us at: **(707) 374-3456**



Visit our web site at: **WoodListings.com**  
Your **ONLINE** source for everything **TRILOGY!**



**Cheryl Wood**

Owner/ Broker  
Trilogy Expert  
Trilogy Resident

**510-220-1514**  
woodrealestate@gmail.com

BRE# 01002783

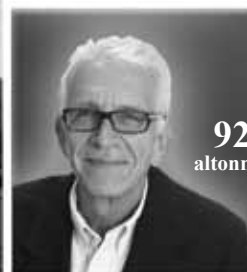


**Chris Boothe**

Realtor Associate  
Trilogy Resident

**916-798-7674**  
pigboothe@yahoo.com

BRE# 01419822



**Al Morton**

Realtor Associate  
Trilogy Resident

**925-786-3745**  
altonmorton@yahoo.com

BRE# 01960018

## 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)**

### **March 6-10, 5-day Trip to Southern CA, \$878/ pp**

Trip Highlights: Lunch and special viewing of "Vatican Splendors" at the Ronald Reagan Presidential Library; Madonna Inn Luncheon; Great American Melodrama dinner show; Fess Parker Winery Tour & Tasting; Danish Smorgasbord and Shopping in Solvang; BBQ and

Exhibition Trick Riding and Roping by the Riata Ranch Cowgirls; Dinner at the 94th Aero Squadron in Van Nays; Tachi Palace Casino Resort.

### **April 12, Gamblers' Special at Black Oak Casino, \$30/pp**

Our usual four to five hours of "stay and play," with a \$20 bonus package.

### **April 30, Golden Gate Fields, \$79/ pp**

Seating at the finish line with gourmet buffet luncheon in the exclusive Turf Club. A great day for watching the beautiful thoroughbreds compete.

### **May 23, Sacramento Educational Tours, \$89/pp**

From law makers to law breakers: A guided tour of the California State

Capitol where laws are made, followed by a visit to Folsom State Prison Museum to learn about people who break these laws. We'll enjoy a hosted luncheon on the historic Delta King Riverboat in Old Sacramento with time for some browsing and shopping afterwards.

### **Future Trips:**

June, Ethel's Mystery Trip

June, Gamblers' Special

July 2, A's Baseball and Fireworks

August, Hot August Nights in Reno

September, A 10-day Alaska Cruise

October, Fleet Week

and the Hornblower

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

# Budget Blinds

*a style for every point of view™*

**HUGE  
Shutter  
Sale!**

Add  
architectural  
style to your  
décor with  
custom shutters

We do  
closet organizers  
and home storage

From **\$17.95** / sq. ft.  
Installed

**VOTED #1** 2009 2010 2011  
2012 2013 2014  
**Best Window  
Treatment Company**

**You get more with Budget Blinds®.**

- FREE in-home consultation • Personal Style Consultant
- Great selection of brands and styles
- "Expert Fit" measuring and installation
- Over 850 consultants nationwide

**Add style and value to your  
home with Signature Series  
window coverings.**

**We have the styles you love!**

- Shutters • Panel Tracks • Woven Wood
- Wood Blinds • Roller Shades • Silhouette
- Honeycomb Shades • Vertical Blinds • And More!

[www.budgetblinds.com](http://www.budgetblinds.com)

LOCALLY OWNED AND OPERATED



### **Spruce Up & Insulate**

*with stylish composite shutters,  
draperies, blinds and more!*

**Up To 45% OFF**

Select Signature Series  
Window Treatments

*Signature  
Series*

Some restrictions apply.  
Not valid with other discounts. Exp. 7/31/15.  
Financing on approved credit.

# Budget Blinds

*a style for every point of view™*

**707.447.2494**

CA Contractors License #911005



## Billiards

The next Billiards Club meeting is on Wednesday, March 2 at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday evening and start at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. Officers: President Al Bergoust, Vice President Dennis Pool, Treasurer Jack Clark, Secretary Ken Guillory, and Membership Chairman Dave Stewart.

### Latest weekly tournament winners:

#### Jan. 5, 8-Ball

1<sup>st</sup> Ken Guillory  
2<sup>nd</sup> Dave Stewart  
3<sup>rd</sup> Geno Toscano

#### Jan. 19, 8-Ball

1<sup>st</sup> Richard Gutierrez  
2<sup>nd</sup> Al Bergoust  
3<sup>rd</sup> Dave Stewart

#### Jan. 12, 9-Ball

1<sup>st</sup> Al Bergoust  
2<sup>nd</sup> Dave Stewart  
3<sup>rd</sup> Hawaiian Al

#### Jan. 26, 8-Ball Partners

1<sup>st</sup> Al Bergoust  
2<sup>nd</sup> Ken Guillory  
3<sup>rd</sup> Dennis Pool

For more information regarding the Billiards Club, please contact Al Bergoust at 707-374-2436 or alhelenb@aol.com.

## Bingo

The Pot of Gold is waiting for you. Mark your calendar for the fourth Friday of the month (March 25) 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 707-374-6999.

## Bocce

Spring is just around the corner and so is the beginning of the 2016 bocce season. There will be a general membership meeting on Saturday, March 12 at 10 a.m. in the Delta Club. Please plan on attending so you can make your needs, wants and desires known. The actual playing schedule and timing will be discussed at the meeting. As this article is being written the rains are raining and the winds are winding, which has presented a problem with getting the bocce trellis painted. We have hired a painting contractor, however the weather has not been conducive to painting. Our goal is to have the painting done before we start league play. We are also going to be adding oyster flour to all eight courts and will be issuing a call for volunteers to help spread the flour. Stay tuned for the call. Remember to roll often, throw straight and have fun, that's what it's all about. Questions? Contact Joe Downes at 707-374-7520 or josephdownes@citilink.net, or visit the club blog on [www.MyTrilogyLife.com](http://www.MyTrilogyLife.com).

## Book – 66 Bible Books

We have completed the first book of the Bible, Genesis and are eagerly delving into the second book of the Bible, Exodus. This is an exciting book and one that contains stories that many may be familiar with. Please plan to attend our meetings to see how close the Hollywood version of "The Ten Commandments" starring Charlton Heston compares with the actual Biblical narrative.

If you have a desire to read the Bible and discuss key points in a safe and friendly environment please join us. We meet weekly in the Monterey Room of the Vista Club on Fridays from 11 a.m. - 12:30 p.m. For any additional information please contact either Gary or Deb Dunham at 707-374-5324, [gmdunham1@hotmail.com](mailto:gmdunham1@hotmail.com), or [debdunham@hotmail.com](mailto:debdunham@hotmail.com).

## Book



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 March 8. The book selection is *Station Eleven* by Emily St. John Mandel. April's book selection is *O Pioneers!* by Willa Cather. Feel free to stop by; everyone is welcome to join. For more information, contact Adrienne at 707-374-5576. Happy St. Patrick's Day!

## Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, March 14. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. For more information, contact at Sue 707-374-6136.

January's winners: Regular game: tied for 1st: Sue Vogtlin/Lois Brusen and Chandler Stauffer/Chiong Han; 3rd: Betty Magnoli and Jack Krebs. Novice game: 1st: Cyndy Schroeder and Tammy Woodworth; 2nd: Alan Carter and Marlene Suieso

## Bridge – Friday

Friday Bridge Club meets every Friday at 12:15 p.m. in the Vista Club, Sonoma Room. All levels of players are welcome. Please let us know you are coming by 12 p.m. on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of credenza at



the left side of the room. On the first Friday there will be duplicate bridge, all levels welcome. Same sign-up book. January's Duplicate winners Nan Lowenstein and Bruce Morrison tied with Jim and Karen Nash for first place. For more information or any questions please call Larry Epner at 707-374-3511.

## Bunco

The Delta Club on the second Friday of the month at 7 p.m. is the place to join, or just observe, the greatest club fun there is here in Trilogy Rio Vista. The community offers Bunco amid laughter, excitement and old-fashioned good will among neighbors. If you have forgotten the rules of play, don't worry, there are friendly neighbors who will help you out. Bunco and refreshments is the place to be; it makes for a fun and exciting evening. For further information please call Shirley at 707-374-9984.

## Ceramics



Photo by Linda Robinette

March is here and the cold winds are blowing. We stay nice and toasty at our meetings or in our homes. The photo is of George Robinette's family home in San Francisco. His grandfather built it in 1908. Most of his friends had the type of house that shared walls with other houses, so they all called his home the four-sided house. As a gift for George, Linda painted a replica of the house onto a plate. This is one way to create a family keepsake with ceramics. You are invited to come to one of our meetings to see if painting ceramics would be something you might like to do.

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

## Community Connections

Community Connections will be having two meetings in March! We are a social group and we are making changes and doing things in new ways! We hope to provide various opportunities for our seasoned members as well as new people, hoping to find what best suits most of us.

We hope you will come along on our journey and have fun participating in making this club what you want it to be. We will be discussing topics, sharing about local events and places, going on day trips, and possibly doing short-term service projects when needed. We are currently planning a trip to Rosie the Riveter Visitor Education Center. If you like meeting people, and discussing ideas, this is the club for you!

Our next meeting is on Wednesday, March 2 at 7 p.m. at the home of Barbara Hill (555 Western Hills Drive). Please RSVP to bghpeople@att.net. (preferred) or 415-407-1442. This is our first evening meeting and we hope the men will join us. Bring them along to meet their neighbors! Please bring a sweet or savory snack to share if you wish.

We will also be meeting on Thursday, March 24 at 2 p.m. in the Vista Club, Monterey Room. Again, you may bring a snack to share if you wish, but if not, just please bring yourself! We would love to meet you! For more information, contact Donna at 707-374-2461 or Pam at 707-374-3161.

## Council for the Arts

Make sure you fill out the flyer for *Music of the Night* that came in this edition of the *Trilogy Living Magazine*. The show is almost sure to sell out and you don't want to miss it! If you need an extra flyer, contact Judy Calpo at 707-374-2924.

The *Music of the Night* production is the primary source of revenue that the Council for the Arts uses to fund grants to organizations and clubs in Trilogy that are involved in the many aspects of the arts.

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

## Couples Canasta

If you want to meet, socialize and have a fun evening with other Rio Vista Trilogy couples, this is the club for you. We meet at 5:30 p.m. on the first Tuesday of each month at the Delta Club's Marina Room and the third Tuesday of each month at the Vista Club's Sonoma Room. We play the gals against the guys! Canasta is a fun card game. It's easy to learn and no experience is necessary. Beginners are always welcome! We collect \$5 club dues per couple when you play, to cover the cost of supplies. Please call or email Patt Holobowicz at 707-225-0796 or 312-420-7726 if you are interested. Email is patthalo@sbcglobal.net. We hope you will join in the fun!



## Cycling



Cycling Club meets on Fridays at 8:50 a.m. in front of the Delta Club. Ride for fitness, fun, and friendship. Rides are 20-25 miles, but riding fewer or more miles is possible. There are plenty of regroup;

no one is left behind. Helmets are required. Bring money for a coffee and snack stop. On Saturday, March 5, we are leading a longer ride (40 miles). This meeting place is on Front Street near the fishing pier and will depart at 9:30 a.m. For more information, contact Marcia or Al Morrison at 707-374-5177 or marcialsj@netscape.net.

## Dog

Five-year old Sasha is our March Dog of the Month. Sasha is a Bichon Frise that Elaine Juhola brought home when the pup was only three months old. You may remember that Elaine and Sasha rode the Dog Club golf cart during the 2015 Trilogy 4th of July Parade.



Our Valentine's Day Brunch was a smashing success. Once again Linda Rowe did a flawless job in chairing an awesome team of volunteers from the Dog Club. Arvell Howell was in charge in the kitchen and we thank him for his continued support.

If you should ever find a lost dog or lose yours, remember to call the point of contact person for the village you live in. Village One: Judy Ayers 707-374-2677 or Marilyn Fregien 707-374-3285. Oakmont: Karen Katzman 707-374-3355 or Linda Rowe 925-286-1555. Riviera: Eve Collins 707-374-7529. Olympic: Linda Solomon 707-374-1905 or Karen Bereta 707-374-3505 or Rose Romano 707-374-3549. Saddle Rock: Ron Barklow 707-374-5047 or Jean Galbraith 626-447-3077. Eagle Point: Joan Guptill 925-449-1987. Report abandoned animals, animal abuse or dog bites to the Solano County Sheriff, Animal Control at 707-449-1700.

With the rainy weather this season, we have not had a Doggie Play Day for several months. Our own Dog Park cannot come soon enough. Weather permitting we have scheduled one for Saturday, March 19; large dogs: 9:30 - 10:45 a.m., small dogs: 10:45 a.m. - 12 p.m. (note the time change.)

Want to join the Dog Club, or renew your yearly membership? Call Linda Solomon at 707-374-1905.

Our next monthly meeting is Tuesday, March 29 at 12:30 p.m. at the Delta Club. Call Mona Elliott at 707-374-4057 with questions.

## Dominoes

You turned out with enthusiasm to our last notice. Unfortunately the author of this article erred in claiming play each week. In spite of the error you doubled the number of players and the phone calls indicate there will be more in the future (players not errors). By the way, the error was not Shirley's. New players were patiently helped with the rules, and a voice vote indicated more players and fun in the immediate future. Mexican Train Dominoes (likely the most popular variation) is played at the Delta Club, with a starting time of 12:30 p.m. on the first and third Tuesdays of each month. Come one-come all. For further information please call Shirley at 707-374-9984.

## Drama

Now that we have seen the New Year in and have new officers installed, we are in the process of selecting our next play for August, and, getting ready for our upcoming Pasta Feed on April 16. It is our only fund raiser for the year, and always a hit with Trilogy residents (it is the secret sauce!). Priced at \$12.50 per person, it is served family dinner style which includes pasta, salad, bread, and dessert. Reservations are required as space is limited. Doors open at 6 p.m., with dinner being served promptly at 7 p.m. The flyer is in this issue of *Trilogy Living*. Reserve early through our box system (Box #3) at the Delta Club. The Drama Club meets the last Tuesday of the month, 7 p.m. at the Delta Club. New members are always welcome. We encourage all interested Trilogy residents to stop by and see what we are all about. No experience necessary. Please contact Debby Dubrow for more information at 707-374-6706.

## Fat Quarter Quilters

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



## Fishing

Spring is in the air! The sturgeon bite has been outstanding and the Striped Bass are on the move. The rains we have been experiencing will definitely improve the chances for some good fishing throughout this year. There will be more charter boat fishing planning throughout the year. Shark fishing has become an interest to some of our members; that might be fun. We are also gearing up for ocean and bay fishing. There is a Sturgeon Derby planned for March 12, contact us for details. This is a local derby and should be a great event. On another note, those interested in developing a fishing derby for our community, please get in touch for details. We need boats and people. You can also visit us at our next meeting in the Marina Room at the Delta Club on Monday, March 15 at 7 p.m. For more information, contact Noel O'Brien at obrien-noel@rocketmail.com or call 925-348-4097. Tight Lines!

## Garden



*Kathleen Klessen teaching a workshop*

February was a busy month for the Garden Club! We learned about pollinators, and drought resistant plants. Then we helped the Model Railroad Club with their annual bake sale. Finally, we learned about using succulents to make wreaths in our monthly workshop.

With all that, what could possibly be left for March and

the months after, you ask? The Garden Club has many plans for the months ahead! However, let's take it one month at a time!

Our March 10 meeting will showcase square-foot gardening. This approach to gardening is particularly useful for small gardens, gardens with poor soil or gophers, or to just make your garden look neat and tidy. Mr. Gene Ekenstam of Benicia, a Solano County Master Gardener, will present a program detailing square-foot gardening and then will give a practical demonstration of a raised garden bed. The program will conclude with a question and answer session.

Trilogy's Garden Club isn't just for experienced gardeners! It's neighbors sharing their knowledge and love of gardening with each other through education and network-

ing. Our meetings are held the second Thursday of the month at 1 p.m. in the Diablo Ballroom at the Vista Club.

With over 2,500 homes here in Trilogy, and more being built, the Garden Club would love to see more of our neighbors joining in to share, learn and participate in the upcoming events that are being planned. For more information, or if you have any questions, please email Robie Williams at robiew@hotmail.com.

## Genealogy

There can be a lot of guesswork and uncertainty in genealogy. Old records might contain errors, either from genuinely not knowing, to guessing, or from someone having something they wanted to hide. Mistakes can be made in transcriptions of documents; tombstones can have wrong dates. Census takers make mistakes in names and dates. Those who publish family genealogies often rely on legend, gossip and even erroneous stories handed down in the family. There is a lot of room for human error in genealogy research and you are undoubtedly going to come across it, either in the work of others, or through mistakes you make in your own work. Even the best genealogist will once in a while discover they made an error based on one incorrect assumption, misinterpretation of a record, or by obtaining a faulty record. Here are a few ways to be as sure as possible that your research reveals the correct family relationships and information.

1. You have found the same information in more than one set of records.
2. Your research matches the research of other people.
3. Reverse engineer someone else's work. Check the documentation and footnotes and validate them yourself.
4. Look for confirmation for your assumptions.
5. Get DNA evidence; DNA can definitely put you in a suspected ancestor's family or take you out of it without a doubt. It might seem daunting, but with good research discipline and using the many documents and tools available, an accurate family tree can be constructed.

Club meetings take place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. For more information, contact Rhoda at 707-374-7542. The Workshop is held the third Thursday at 2 p.m. in the Learning Center, Vista Club. For more information, contact Carolyn at wncbridges@comcast.net or 510-334-0912.

## Good Samaritans

Happy Easter / Resurrection Day. The Good Samaritans Club will teach on The Seven Last Words of Jesus on the Cross, Death, Burial and Resurrection. The scriptures come from the Bible's Four Gospels; Matthew, Mark, Luke and John. The Resurrection gives authority to the church's witness in the world. The Resurrection helps us find meaning



in tragedy. The Resurrection gives us hope for the future.

All residents are welcome to share knowledge and wisdom of scriptures from the Bible. We meet every Thursday at 1 p.m. in the Delta Club, Marina Room. Check the calendar for events or changes.

On Easter Sunday, Christians celebrate the Resurrection of the Lord, Jesus Christ. It is typically the most well-attended Sunday service of the year for Christian churches.

For the month of March we plan to reach out to those in need of food to prepare an Easter Dinner. We also plan to visit the local care homes to pray and encourage the residents with The Resurrection Story. For more information, email 9fellowship@gmail.com.

## Guitar

Our next This 'n That Coffee House will be in April. Look for an announcement of the day and time in the April edition of *Trilogy Living*. The Club is also making plans for an early-afternoon weekday Coffee House concert on the patio in May.

If you can't wait until April, plan on coming to the Trilogy Open Mic night on March 18. You're sure to hear some of our members there.

T'nT Coffee House is not an Open Mic event. If you are interested in taking to the stage, come to any of our Guitar Club meetings or workshops to audition.

The Guitar Club meets regularly on the first and third Mondays of the month in the Diablo Ballroom from 3 - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome at all our meetings. Consider coming to our Beginners Workshops on the second and fourth Fridays of the month in the Diablo Ballroom from 2 - 4 p.m. if you are interested in learning to play, or just need advice or help changing strings. If you have questions about the club or events, contact Roger Kohn at 707-374-2737 or email Rich Victor at thatsrich@gmail.com or email us at guitarclubTRV@gmail.com.

## Men's Executive Nine

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and, with a few exceptions, individual and team tournament events on the alternate Tuesdays. Our club currently has 91 members. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye, at 707-374-5053.

Due to the (thankfully) wet weather, there was only one Tuesday Tournament held in January. The winning foursome members of the "Green Tee" tournament on January 12 were Mike Warr, Hugh Denton, David Larsen, and John Santry.

There will be an additional Tuesday Tournament in March. On March 8, the club will hold a "Two Man/Alternate Shot" tournament. On March 15, the Women's Nine Hole Golf Club will host our club for a "Traditional Scramble." Play on this day will be followed by a luncheon. The final tournament will be on March 29. The play format for this tournament will be "Four Ball/Low Net." We invite you to come out and join us for a good time with a great group of guys.

## Model

Apologies to all who read our article last month and missed the baked goodies for our Garden Railroad Bake Sale, and arrived on Sunday instead of Saturday. To all who noted the correct date on our flyers and advertising, we sincerely thank you for the baked donations and participation. The proceeds will go a long way towards bringing a new look and spring color to one of the Club's most enjoyed hobbies.

Our next monthly meeting of the Model Club is March 4 at 9 a.m. in the Monterey Room, Vista Club. We will be making final plans for a rail trip to Old Town Sacramento to visit the Railroad Museum, shopping in the Old Town shops and having a delicious lunch. We will car pool to Suisun City, ride Amtrak to Sacramento, and lunch and shop prior to our train ride back.

In April we are planning a bus trip to Golden Gate Park in San Francisco to enjoy model boat and train exhibits along with a spring flower show, followed by lunch. Call Ted or the Garden Club for details. We hope to see you all there. Any questions, please contact our president, Mr. Ted Tome at 925-691-4676.

## Motorcycle

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The February 6 ride started as an unseasonably warm morning and just kept getting better as the day wore on. A destination of "points north" was selected. Ten riders headed for Fairfield, connected with Highway 121 to Lake Berryessa and Turtle Rock for a spring roll and stretch stop. As we headed on northward to Middletown, we encountered burned forest areas from last year's fires. Logging was in process to salvage the damaged trees. Lunch was a bit south of there in Calistoga and we avoided the traditional tri-tip in favor of the world's best burger.



A half pound of ground sirloin/chuck on a Kaiser type roll, ice tea and tip, for only \$24.....Yikes! We headed south through St. Helena to Oakdale where we detoured onto Oakdale grade and Dry Creek Road to Napa. Fortunately, arrival in Napa presented a Peets Coffee opportunity to reflect on the day's activities and wonderful weather. We still needed a photo-op; Jelly Belly caught our attention in



Suisun and we couldn't resist a quick stop. Note that jelly belly makes no inference as to the rotund appearance of any particular rider. At a comfortable 185 miles, this ride reminded us of why we live in California, with year-round riding and yet we get to experience the transition of the four seasons.....what a tough life!

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 March 5. The destination to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson 707-374-2967.

## Nature

Nature Club members have had some interesting and diverse outings these last two months. Looking ahead to March 17, we will travel to Sausalito to tour the one-of-a-kind scale model of the San Francisco Bay, Sacramento, and San Joaquin River Delta system. This 1.5 acre model was built by the U.S. Army Corps of Engineers to reproduce the rise and fall of the tides. Meet in the Vista Club parking lot, west side, to caravan or carpool, at 9 a.m. It will take at least an hour for the free tour and we will return at about 12:30. We may stop for lunch or eat on the grounds, depending on the weather and time. Please call Gail at 707-374-2718 to RSVP, or attend our March 9, 6:30 p.m. meeting in the Monterey Room, Vista Club to sign up.

March 7, we will gather by the pond outside the Shea Design center to begin an in-house walk around Trilogy looking at flora and fauna. We have had some surprise sightings, such as river otters in the past. Depending on weather we may visit other sights within Trilogy. Call Gail at 707-374-2718 with questions.

## Photography



*Photo courtesy of Doris Noriega*

We meet on the first Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. This month's meeting is on March 3.

If you plan to share your photos during the "show and tell" portion of the meeting please arrive by 6:45 p.m. to upload your pictures. Many of our us look forward to getting the next "homework assignment" that motivates us to get out and take pictures. Topics for upcoming "show and tell" segments are: This month: umbrellas, benches, footwear; April: reflections, hats, musical instruments;

May: gates, playgrounds, vegetables; June: cats, bicycles, roofs and arches. For more information about our club activities, email [c.a.wavrick@gmail.com](mailto:c.a.wavrick@gmail.com).

## Pickleball

At the January Master Board meeting, \$400 was approved to offset our start-up costs for pickleball equipment, and funds were approved to cover the cost of taping our courts. We now have new paddles and a new portable net to allow easy set up and play any time the courts are available. Remember you must sign up on the board between the courts for after-hours play. Our new paddles are stored in the tennis shack and are available for new players and those members who don't have their own paddles. Please note the new net has easy lock wheels and rolls easily on and off the court. Please make sure the outside wheels are locked when stored near the fence. All four wheels should be locked when on the court. As we move into spring we'll start clinics for new players and skill drills for players who want to improve their game. Remember safety first, wear court shoes and appropriate clothing. For more information, contact Linda Pagliaroli at 916-835-3801.



## Radio

The Radio Club is gaining in reputation by attracting more members monthly with our interest in emergency communication and our ability to provide hands-on training, general guidance and explanations to others in the geographical area. If you feel you would like to join this worthy organization, or if you would like to learn more, the Radio Club meets most Tuesdays in the Vista Club, Monterey Room at 9 a.m. for demonstrations and technical discussions. Please stop by. We also conduct a radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President, Jerry Armanino for more information at 707-374-2461.

## Recipe

Are you a fabulous home chef or a novice looking to try new techniques and learn some new tricks? Welcome to the Trilogy Rio Vista Recipe Club! We are a group of home cooks who meet to share recipes, share experiences and talent, and to sample a bit of the "theme dish" of the month as contributed by our member cooks. We are a group interested in exploring all areas of cooking, from classics to ethnic-influenced foods, to more specialized themes like gluten-free and vegan. All cooks and "wanna-be" cooks are encouraged to join us.

It is amazing the great tips and techniques we can pick up from each other, and in trying and learning about new things and trends. If you have questions, please contact Gary Swieso at 707-374-5859, or just stop by our meeting at 12 p.m. on Tuesday, March 8 (second Tuesday of the month) in the River Room of the Delta Club. Our member chefs for March will be preparing dishes with the theme of Mardi Gras, *Laissez les bons temps rouler!* The theme for April will be "Crock Pot Cookery," to include anything but a soup. Bring your favorite crock pot recipe and join us.

Every time we meet, it is often heard "I didn't know that." Here are some of the things we learned this month: Baking soda, (1/2 to 1 tsp.) can be added to bean soups, etc., to tame the gas beast. Psyllium can be used to thicken homemade gluten-free breads to help keep them from falling apart.

## Religions of the World



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, beliefs and practices. For nearly three years, we have been informed of the history, beliefs and practices of these religions, and have been surprised about the similarity of beliefs among them.

We hope you can join us March 1, when we will have the second program from guest speaker, Jim Haslip, a retired educator who lives in nearby Napa. He has been a teacher, principal, and school district superintendent. His doctorate dissertation was on Moral and Spiritual Education, and he has conducted over 40 workshops for public school teachers on this topic. The March topic is the "The Lost Gospels." In 1945, there was a Bedouin discovery of 46 different texts near a former monastery in Egypt that included many gospels that were unknown. This talk will highlight a few of them and several others that had been important to the early Church but had fallen out of favor. Included will be the Gospel of Mary Magdalene, the Gospel of Thomas (purportedly written by the brother of Jesus), and the Gospel of Peter. There were also Gnostic works that have created a renewed interest in early mysticism.

We meet the first Tuesday of every month at 6:30 p.m. in the Delta Club's River Room. 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 at 510-909-5049 or Barb Bellamy at 707-374-6670.

## Rio Vista Roamers RV



Our New Year got off to a great start with many new members who joined our group last fall. Welcome to all of you and prepare for some fun outings!

We started with a Chinese dinner at Tao San Jin Chinese Restaurant in Antioch. Our thanks to our hosts Pauline and Ron Cruz. The food was wonderful and plentiful!

February found us celebrating Valentine's Day at a very impressive champagne buffet at the Lone Tree Golf Course in Antioch. It is always a treat to dine there and we thank our hostess Nancy Shirley for making those arrangements.

This month we will be celebrating St. Patrick's Day with corned beef and cabbage at the Laguna Seca Raceway campgrounds in Salinas. Our hosts, Sandra and Manny Santos (707-374-3538), and Laurel and Gordon Dean, have reservations for March 14-18. The cost will be \$37/night, payable to Sandra by March 3. If we have more than 10 rigs the cost will drop to \$35/night. This spot overlooks the valley leading to Monterey and is beautiful.

In July Richard and Janice Larsen have reserved campground sites at Casa de Fruta for us during the Gilroy Garlic Festival. Other events are scheduled for the rest of the year and more events will be added. Janice Larsen, Treasurer, announced dues are \$4 until June 2016, so we encourage those who have not yet joined the Roamers to call Richard Larsen at 707- 580-8122, and he will get the forms to you.



## Sailing



The Sailing Club will next meet on March 3 at 1 p.m. at the Delta Club. Red sky at night, sailor's delight. Red sky in the morn, sailor's take warn. Do red skies really predict fair or foul weather? Come and sit in with the Trilogy Sailing Club and find out. The sailing club meets the first Thursday of every month, and schedules fun side adventures on top of our regular monthly meetings.

From experienced sailors to 'never set foot' on a sailboat before, the club is open to all. There are no monthly dues and the club charters sail boats from a local sailing school for Sacramento or San Joaquin River sails whenever we want to hone our skills or just learn new ones. This means there are no monthly costs for sailboat maintenance, insurance, dock fees, and all the other surprise costs of owning a boat.

This year we are also scheduling trips to the Bay Area for Fleet Week, the arrival of the Tall Ships, and hands-on half day bay sails to Sausalito and Tiburon. In March we will carpool to Old Sacramento and take a one-hour riverboat ride on the Delta Queen paddle wheeler, and then explore Old Sacramento Underground, and the Western Railway Museum. Since there are many great restaurants in Old Sacramento, I'm sure we won't leave hungry.

If you feel the call of the sea and want to be on the water this year, while hanging out with fun neighbors and new friends, why not get in touch with us for more details, or come to one of our monthly meetings. See you on the water. Contact Dennis Elliott at 707-374-5840 or dc.elliott@hotmail.com.

## Senior Men's Golf

Whoever said, "All work and no play makes Jack a dull boy," did not have the Senior Men's Golf Club in mind. In February, members took a well deserved break from their normal weekly golfing labors to enjoy the most improbable of all things, a free lunch, at a club-hosted "burgers and brew" 19th hole blow-out following a mid-month Wednesday tournament. And, in typical fashion, more than a few participants poured on the catsup in a veiled attempt to cover up various degrees of on-course "bleeding" earlier in the morning. February also saw the first Away Tournament of 2016 when a stalwart group traveled (by land) to the nearby Cypress Lakes Golf Course at Travis Air Force Base.

Meanwhile back at home, mid-season form was shown by three individuals who led their respective flights with low-net scores at the year's first Ad Hoc Tournament. Bill

Ament (Palmer Flight), Ski Sinosky (Nicklaus Flight) and Dave Staley (Trevino Flight) each carded a very respectable three under par, 69. (Of course, these results brought about the usual carping about whether the play was so good or the handicaps were too generous.) In closest-to-the-pin competition, Hans Puppig came in with 2' 7" of owing each Ad Hoc player a drink.

The Senior Men's Golf Club welcomes all Rio Vista men 50 and older to join our club. If you are not playing with us currently, come be part of the fun. Membership forms can be found in the club room of the Pro Shop. For all other information concerning membership and activities, contact our Membership Director, Eric Bromell, at 925-685-7237 or ebmixer@yahoo.com.

## Supper

Wondering what Supper Club is all about? Our members are a group of people who enjoy sharing a meal and conversation with new people and existing friends in a small group setting, where we can get to know each other. We come from all walks of life and the group is made up of couples and singles. We meet five times during the year. The host/hostess makes the entrée and the guests bring a dish to compliment the meal. It is a casual setting and the get-together can either be a brunch, lunch or a dinner. If you would like to join us or need more information, contact Susan Collier at 707-372-5489/msnnomre@gmail.com; Pam Lewis at 707-372-1642/flyprl@yahoo.com; Donna Armanino at 707-374-2461/nanada47@gmail.com.

## Table Tennis



The rapid growth of the Trilogy community is adding new members to our club, especially those interested in the benefits the sport brings to their health and wellbeing. We welcome them all. 2016 promises to be an eventful year. On January 30, twenty-five members participated in the first in-house tournament. Players were divided into five groups based on skill levels. While all players demonstrated improved skills, the winners in each group were Mike DeWynter, Susan Zhang, Diego Cassone, Len Latorre and Jim Breen. Congratulations. Thanks goes to Tom Barnes and Bill Holst for organizing this tournament



and to Brenda Hom and Ruth Barnes for providing nutritious snacks. Our playing skills will be tested again on March 5 when we compete against Rossmoor's Table Tennis Club.

Other events scheduled for this year include weekly round-robin games and monthly in-house tournaments. Two general meetings of members will be held in May and November. The annual picnic in the park, featuring a pot-luck luncheon, accompanied by Bocce games, will be held in June. A second tournament against Rossmoor is scheduled in August. In September, we will repeat the popular Sadie-Hawkins Tournament, when lady members choose their male partners in doubles competition. Our last event of the year, the Holiday Party, is planned for December 17. All members are invited to participate in these activities.

To learn more, please visit <http://trvtt.wordpress.com> or contact Len Latorre, President (707-374-3893); Mimi Petersen, Vice President (707-374-2219); Rod Armas, Treasurer (707-374-5989); Saiman Hui, Secretary (707-374-4883); Tom Barnes, Tournament Director (707-812-7112), or Ruth Barnes, Member-at-Large (707-812-7112).

## Tennis

Last month we talked about a very common tennis ailment called the Tennis Serving Shoulder and discussed one of two exercises that can help defeat this problem. This month we will discuss the second exercise which is called Across the Shoulder: start with the right shoulder, take the right hand and gently stretch it across the left shoulder and stop when you feel the right shoulder muscle stretching. Do this about three times within less than 20 seconds. Then do the same thing with the left shoulder. Both exercises can be done at the courts to limber up before play.

Upcoming events include the Daylight Savings Tournasocial on March 13; tennis for the men will start at 9 a.m. and the women at 1 p.m. Whether you play or not, please join us at 5 p.m. for dinner. Bring a soup, appetizer or dessert to share. Next, mark your calendar for May 14 when we will start the 2016 tournament year by playing our friends at the Rossmoor Tennis Club.

As always, daily Social Tennis is Monday - Friday from 8 - 10:30 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 do not leave marks on the court surfaces. Members, for help with the ball machine, please call Chuck (707-374-6808) or George (707-863-1082). George is also available for lessons if you want to pick up your game.

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, March 25, at the Delta Club, or contact Claude Trottier at [crtrottier92@gmail.com](mailto:crtrottier92@gmail.com). You can also visit our website at [www.frontiernet.net/~courtjesters](http://www.frontiernet.net/~courtjesters).

## Theater Group



Our regular membership meetings are held on the fourth Thursday of each month at 7 p.m. in the Delta Club, River Room. We meet this month on March 24. All interested Trilogy residents are welcome to drop in and hear about our current activities.

Our first 2016 season production, *Play On*, is a "play within a play" by playwright Rick Abbott. This fun, entertaining comedy will open on the evening of April 28 and close with a matinee performance on May 1. Seats for all four performances are expected to sell quickly so you'll want to get your reservation forms in as soon as possible. Look for our familiar billboards with reservation forms in both club's lobbies.

In September we will present Arthur Miller's *All My Sons*, winner of the New York Drama Critics Circle Award for Best Play. One of Miller's earliest plays, this intense drama focuses on the relationship between fathers and sons. Watch for more information and announcements of open audition dates in upcoming *Trilogy Living* issues. For more information, contact Louise Mitchell at 707-374-3541 or [sspm1939@gmail.com](mailto:sspm1939@gmail.com).

## TOPS (Take Off Pounds Sensibly)



Wow! We are growing! We now have 63 members, and have almost outgrown our meeting room. See attached picture and notice how

crowded we are. And we are all making progress. Last year, we as a club, lost over 240 pounds. Now is the time to get on board and join our TOPS meetings Wednesday mornings at the Delta Club. Weigh-ins are from 8 - 8:45 a.m., with our meeting from 9 - 9:45 a.m. We have ten KOPS (Keep Off Pounds Sensibly) members encouraging the rest of us to join them and expand our KOPS ranks. For more information about TOPS, call Leader Elouise (Ella) Brice, 707-374-1499 or Co-leader Jim Hodges, 925-368-5795. We look forward to seeing you at our next Wednesday morning TOPS meeting.



## Trilogy Art Guild



*Beginning Watercolor Class*

Many of our Trilogy Art Guild (TAG) artists are preparing to show some of their art at the Wine, Belle Voci and Visual Art Festival on March 5. There will be many pieces in several different mediums for your viewing enjoyment and they will be available for purchase. For more information, call Shari at 707-363-9752.

Our next TAG meeting will be held on March 7, at 1 p.m. If you are an artist or art lover, please join us. For TAG members there will be a demonstration following the meeting; Jan Radesky will be sharing her handmade cards and Chinese brush paintings.

Now is a good time to learn a new art or craft right here in Trilogy; there's no need to travel out of town. Many of our talented members offer various classes; all Trilogy residents are invited to attend, no experience is required, and beginners are welcome. Classes are held at the Delta Club.

**Beginning Watercolor** on Tuesdays at 12 p.m. with Anna at 707-374-3560.

**Oil and Acrylic Painting** with Gary, first and third Wednesdays from 2 - 4:30 p.m. Contact Alma at 707-374-3064.

**Card Design** with Wilda on Wednesdays from 2 - 4 p.m. Contact Alma at 707-374-3064.

**Rubber Stamp Card-making** on Fridays at 10 a.m. with Shari at 707-363-9752.

**Advanced Watercolor** on Fridays, at 12 p.m. with Anna at 707-374-3560.

**The next Shibori Workshop** is scheduled for March 19. Contact Lori at 707-374-6196.

## Trilogy Jazz Band

We continue to meet each Wednesday for practice at 2:30 p.m. in the Diablo Ballroom of the Vista Club. We are very happy to welcome a new alto sax player to our saxophone section, Kim Frizell. We would now love to find a baritone sax player to compliment our group. Anyone out there with a baritone sax hanging around?

We thought with all the "youngsters" moving into all those new houses, there might be someone who has a horn they found when they were unpacking. With sickness and traveling of our members, we have had some holes in our brass and sax section. But we continue to carry on and still enjoy our Wednesday practices.

If you'd like to join us or just come for a listen, we'd love to have you. And if you found that old horn, call Jim Lucas at 707-374-7567 and let him know.

## Trilogy Labyrinth Walkers Group

### Celebrating Spring Equinox

If you are an admirer of warm weather you are no doubt looking forward to the first day of spring, bringing the early promise of warmth, beauty, rebirth and rejuvenation. Sunshine yellow daffodils will be lifting their crowning glory; the air will be scented with floral perfumes; smiles will be bright as sunshine. Astronomically the spring or vernal equinox occurs on March 19, but depending on time zones occurs on either the 19th or 20th.

All are welcome to join Trilogy Labyrinth Walkers Group for the spring equinox walk, on Saturday, March 19 at 4 p.m. Let's gather at the Vista Club fireplace starting at 3:45 p.m. We can dream of spring's promise while walking the Vista labyrinth. In addition, the Vista Club patio labyrinth will be available for solo or group walks from Friday afternoon, March 18 through Monday morning, March 21. See you there!

Please contact Gerry Swan at 510-507-4080 or Elaine Wisz at 707-374-4310 to let them know you will be joining the group spring equinox walk.

## Ukulele



Listen for the happy strumming sounds coming from the Vista Club's Diablo Ballroom; you'll find the Ukulele Club members there every Wednesday. Our beginners' class meets at 11 a.m. followed by the performance group at 12 p.m. All Trilogy residents are welcome to drop by, listen, play and sing along with us.



You don't need any prior experience with musical instruments. Bring your ukulele if you have one and get ready to have some fun! Find out why so many people of all ages and walks of life, from all over the world, are taking up the ukulele - it's easy to learn and a great way to make new friends and keep those brain cells tingling!

Contact club coordinator Claire McKean at 510-301-0479 or instructor Loren Iversen at 209-477-9753 for more information.

## Whist

We are looking forward to a great spring. May we be blessed with a perfect amount of rain and plenty of sunshine to keep our community looking beautiful. We thank you for your attendance at our recent events. There was a large crowd at both the January and February affairs. The social event was sensational.

Our next outing will be a casino bus tour in May. Please watch for our flyer in the *Trilogy Living Magazine*. In order for our organization to accomplish aspirations, and be effective, each one of us has to be willing to contribute time and talent. Come interact and share your thoughts with us on designated Mondays at the Vista Club at 5 p.m. See the Activity Calendar. You are welcome to meet with us each third Friday of the month at 7 p.m. in the Delta Club. Bring a dish to share. The food is always good and plentiful. We play cards, Dominos, and any game that you may bring to share. Some people sit and exchange information and their thoughts on world events. We offer encouragement and support for one another. Contact Madalene Turner, Chairperson at 707-374-3361, or Hattie Walker at 707-374-3699 for information.

## Women's 9-Holers



Our 2015 Overall Winners are Lynn Traver (Gross) and Jan Benner (Net). Congrats! January has been one heck of a month; the rain is wonderful and we need it so bad, but we have been unable to play golf through most of it. Talk about climbing the walls. It has been crazy. Everyone who wants to play golf has jumped out

to play when it was clear, but of course the ground stays wet and it has been cart path only. All this adds up to when the rains calm down, the course is going to be beautiful.

The landscapers are working to do as much as they can when they can, including filling in some of those nasty mud/sand traps, that have been so bad for so long. Thanks to Byron, the GM and his crew.

In the meantime, when we have been able to play we have had a few pars and one fun net play day. The winners of the fun net play were Flight A, Anna Bogucki; Flight B, Sharon David; and Flight C, Blaine Foltz. Pars for January (5 total), #13, favorite. Par of the Month Club Members; Lynn Traver (3), Pam Fashing, and Barb Bellamy. Congratulations! Chip-ins: Barb Downs.

Here are some tips to speed up play: Wear Pants with pockets; carry two balls, extra tees and a ball marker. Pull your cart within five yards of your ball when safe. Play ready golf: the first one ready hits the ball, even if someone else is further out. Watch each other's golf balls and know where they land.

More tips next month. Come join us. For more information, contact Debi Petteruti at 707-374-5797 or nsdme2012@gmail.com,

## Writers



According to researchers, many adults don't recall any events before they turned three years old. Freud called it "childhood amnesia." A few of us would refute that. Though we have lived for several decades, some of us have very vivid recollections

from the distant past. This month, the Trilogy Writers' Club will take a stroll down Memory Lane as we reminisce about our earliest memories (before or after the age of three). What do you remember from "way back when"? Are you drawing a blank concerning our topic? That's perfectly acceptable. Just write about anything you feel like sharing. We hope that you'll join us. Our monthly meeting will take place at 7 p.m. on Thursday, March 10, in the Monterey Room of the Vista Club. While some in our group have been published or are working toward that goal, others choose to write for the experience of freely expressing themselves and sharing in a safe environment. For further information, call Judy 707-374-3973; Zoe 707-374-3676 or Suzi 925-231-5213.

## The Ultimate Body Lift



Get that extra help beyond diet and exercise!

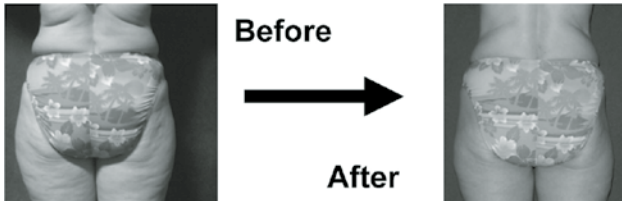
### FREE TRIAL TREATMENT

925-301-7389, 707-374-2049,

SynergieByLO@aol.com

www.SynergieByLO.com

### Synergie Cellulite Reduction Program



Appts available 7 days a week

223 Montezuma St, Rio Vista, CA 94571

Rio Vista / Trilogy 707.374.6747

Don't Stress Call Chess!

916.777.7847

Delta Area

916.776.4404

Elk Grove / Sacramento

209.334.0140

Lodi / Galt



SOLAR PV • HEATING • AIR CONDITIONING  
SALES SERVICE INSTALLATION

PO Box 545 • Rio Vista, CA 94571

Lic. # 810690 • Family Owned & Operated



RAMIREZ  
CUSTOM OVERHEAD DOORS

615 Merchant St.

Vacaville, CA 95688

(707) 451-2700

ramirezdoors.com

ramirezrd@sbcglobal.net

RUDY RAMIREZ  
owner



For more than 11 years C & C Cleaning has been serving clients in Trilogy Homes in Rio Vista. We are known for the quality of our work, for our honesty and for building strong relationships with our customers. Our reward is your recommendation. You will be pleased. We will make your house the cleanest it's ever been.

#### Our Services:

Residential  
Cleaning  
Deep House  
Cleaning  
Empty Houses  
Window Cleaning

#### Contact us:

Carina Carreno  
(916) 519 7505

[www.cleaningcandc.com](http://www.cleaningcandc.com)

[www.facebook.com/cleancandc](http://www.facebook.com/cleancandc)

[sales@cleaningcandc.com](mailto:sales@cleaningcandc.com)

We ♥ Pets!

Call Now for Free Estimate!!

References available in [www.cleaningcandc.com](http://www.cleaningcandc.com)

## We called HomeLife.

Happy at home  
in Rio Vista!

Reputable &  
Accredited  
24-Hour  
In-Home Care

Call about our Free  
"Family Caregiver Training"  
and  
"Fall Prevention Workshop"

Meals on Wheels Certified Fall Prevention Partner

No Cost, No Obligation In-Home Assessment • No Minimum Hours • Always Available



HomeLife  
SENIOR CARE  
PERSONAL & DEPENDABLE IN-HOME CARE

925-240-5770

For all our services and details visit: [HomeLifeSeniorCare.com](http://HomeLifeSeniorCare.com)





# Abel

**Chevrolet - Buick**



Abel Chevrolet Buick  
Proudly Welcomes  
Trilogy Resident  
**Calvin Jones**  
to our Sales Team

*Stop by and see Calvin or  
Call and He'll Bring the  
Test Drive to you*

Call Today (707) 374-6317 or Cell (925) 301-7088

280 North Front St, Rio Vista, California 94571

***We Service All Makes & Models • Courtesy Pick Up & Delivery Available to Trilogy***

**[www.DriveAbel.com](http://www.DriveAbel.com)**



## 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



## ADVERTISING INFORMATION

**DEADLINE:** All final ads and checks are due by the fifth of the month prior to the month of publication. For example: April 2016 ads and checks are due by March 5, 2016. All late submissions will run in the May 2016 issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

• 1/8 page ad	3 1/2" wide X 2" tall	\$90/month
Scan your horizontal business card at 300 dpi, and e-mail it as a pdf, jpg or tiff file to Tania Fardella at <a href="mailto:indigodesign@att.net">indigodesign@att.net</a> .		
• 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](mailto:joanazlant@comcast.net) or 707.374.2620. If you need ad design, contact Tania Fardella at [indigodesign@att.net](mailto:indigodesign@att.net) or 925.377.0335. Additional fees will apply for design, scanning, and edits.



## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

Full Service Travel Agency  
Joan Greene, CLIA, ARTA, 707-374-2440  
Certified Travel Specialist  
www.alloccasiontravel.net

### Angel's Housekeeping

We clean your house to your satisfaction  
Two Angels 707-673-6608  
dwstreak@yahoo.com

### Mary Kay

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

### Nuskin/Pharmanex

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

### Rodan & Fields Skin Products

Anti-Aging Products for Wrinkles & Brown Spots  
Call for FREE mini facial  
Lupe Finch, Independent Consultant  
707-374-2466 or LupeandMarcy@gmail.com

## FOR RENT

### Home for Rent

Hillsborough model (1673 sq.ft.),  
Park views, 2Bd/2Ba. Great room  
plus den/dining room, extended  
garage, washer/dryer, outside patio:  
\$1575 per month. 707-374-0068

### Maui Kaanapali Condo

2 Kaanapali Beach Whaler condos:  
1) 1Bd/2Ba oceanfront, sleeps 5  
from 6/24/2016 thru 7/8/2016, \$350  
per night. 2) Studio sleeps 3 from  
7/11/2016 thru 7/25/2016, \$150  
per night. Jill or Pat 707-374-5598.

## FOR SALE

### Lawnmower

Cordless, new, Greenworks  
electric lawnmower with  
charger and warranty. \$175.  
Call Don 707-673-6608.

### Sewing Machine

Pfaff sewing machine for sale:  
HD Impression in excellent  
condition \$1300. (New  
\$2300.) Call 707-374-5332.

## SERVICES

### Table & Chairs

Oak table with 6 chairs: measures  
48 inches round or 72 inches  
oval with leaf. Custom table pads  
\$400. /OBO. Call 707-422-7954.

### Wood Flooring

Hartco wood flooring: 4 1/2' x  
3/8" oak wood, curry color. 707-  
374-5624 Stephen Novotny

## 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 \$115, OAK  
\$90, SMF \$65, PORT \$100/ Call  
Ralph Hatch 707-374-3941.

### Audio/Video

Certified on-Q Installer working  
with Trilogy customers for over  
10 years under license 819067.  
Estimates are free. Give us a  
call. Michael 707-374-2800.

## SERVICES

### Bookkeeping

Manual or automated  
bookkeeping. No job too small  
or too large. Organizational skills.  
Experienced 20 plus years and  
bonded. Call 707-374-6264.

### Caregiver

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

### Computer Aid

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

### Computer A+ Assistance

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



## SERVICES

### Computer Doctor

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

### Cleaning

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

### Clock Repair

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

### Cosmetologist

Cuts, Color, Perms and Highlights, Manicures, Pedicures, Braiding, Styling for all occasions. Your home or appointment at salon. Call Valentina Owens 801-898-6515.

### Dog Walking

Loving care and dog walking. I will spend at least 30 minutes three times a day to walk and care for your dog. \$20 a day. Ken 707-374-3842.

### Electrical

Licensed electrical contractor working with Trilogy customers over 10 years under license 819067. Estimates are free. Give us a call. Michael 707-374-2800.

### Faux Finishing @ Its Best

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

### 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.

## SERVICES

### Handyman

Save water; Install Watts hot water recirculation systems; electric repairs, plumbing, knick knacks, curtain rods, ceiling fans. Call Bob Coons 707-628-0889.

### Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, disposals, toilet maint., and more. Free estimates. City bus. license #1654. Bob Bailey 707-374-3391.

### Hypnotherapy

Explore your inner mind to become a happier, healthier you in 2016. One guided meditation opens new worlds. \$50-\$75. Karen Lamberto 707-374-2938 master hypnotherapist since 1986.

### Impeccable Improvements & Repair

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

### Income Tax

Income Tax Preparation Individual Partnership and Corporate Income Tax Returns. Jim Castress 707-374-3590 samster.cas@gmail.com

### Income Tax Services & Planning

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

## SERVICES

### Moving?

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

### Moving Furniture

Arranging and moving furniture and appliances in or out of your home or storage. No job too small. Reasonable and careful. Call Neal at 707-624-9374.

### Notary

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

### Notary Public

Certified Notary, fast, professional and reliable service. Discount for multiple documents. Please call Jeffrey 707-374-7541. Thank you.

### Notary to Go

Only \$8 per notarization in Trilogy. Loan documents signing no additional charge. Since 1984. Call Warren at 707-374-3477.

## Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run. Cost is \$10 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue. All classified advertisers must be current Trilogy residents or current Trilogy homeowners.



## SERVICES

### Painting

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

### Painting & Drywall

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

### Pest & Termite Services

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

### Pet Care

Desiree's (Desi) Personalized, Loving Dog & Cat Care: Going out of town? Need overnight house pet sitting? Compassionate & Caring Pet Nanny. Daily dog walks, medication as needed, water plants, mail in. Ph 707-374-3245, cell 925-822-8342

### Pet Care

Loving kitty and dog care includes play, meds, mail-in. Hourly pet sitting available. Short notice ok. Serving Trilogy pets since 2007. Accepting advance vacation reservations. Mimi 707-374-4343.

### Photography

Family photography for all occasions. I live in Trilogy and I am a professional photographer available to photograph your family gatherings and parties. I have extensive experience in many types of live photography. To see some of the things I have done, go to my website kenatkinsimages.com. You can contact me at 707-374-3842 or email me at kenatkins7@aol.com.

## SERVICES

### Rain Gutters Cleaned

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

### Sprinkler Repair

Tune-up and repair of irrigation systems. Trilogy resident specializing in water conservation. Free analysis of your sprinkler system. Dennis 707-374-5816.

### Transportation

We do pick up and delivery service with runs to BART station and Sacramento Airport. How to request a ride/rates: <https://www.uber.com> 707-507-5249.

### Transportation

Husband and wife team will drive Trilogy residents to and from area airports, trains, and cruise ships. Safe and reliable. Call Betty or James 707-374-3221.

### Transportation

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

### Window Cleaning

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

### Weed Pulling

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

## SERVICES

### Your Personal Travel Concierge

Put yourself in our hands and let us arrange your travel from door to door, cruise, train, resort, hotel, villa, rental cars, drivers, activities, sightseeing, excursions, fine dining, shows. Call Joan Greene, All Occasion Travel (707-374-2440) or Email [alloccasiontrvl@aol.net](mailto:alloccasiontrvl@aol.net). Let's talk it over.

## WANTED

### Golf Carts

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

### Partner

I buy income real estate. Occasionally I need a business partner. Interested in looking at a deal with me. [Qtranx@gmail.com](mailto:Qtranx@gmail.com), Hunter. 775-750-6627.

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

## THINKING OF SELLING? HERE'S YOUR COMPETITIVE EDGE....

- Alain Pinel Realtors is ranked 5th largest independent real estate broker in the nation, for the 5th consecutive year.
- Over 30 offices to serve YOU, throughout the area including Sonoma, Napa, Tahoe & San Francisco.
- Offering personalized marketing plans for each home, including Professional Photography, Virtual Tours, Custom Marketing Materials, Staging and more.
- On-Line Marketing includes Property Websites, Domestic & International.

## HOME PRICES CONTINUE TO RISE!!! CALL TODAY FOR A MARKET ANALYSIS OF YOUR HOME.

- Truly a real estate expert with 35 years EXPERIENCE, I have earned Real Estate Designations including the GRI, CRS, CRB, as well as Manager, Broker, Trainer, President's Council Member and Top Producer. I can help you.
- As a Trilogy and Saddlerock Village resident for almost 5 years, I am fully committed to our community.
- For every closed sale, I donate \$100.00 to the Rio Vista Food Pantry.



Kathie Bleier  
925.683.7084  
KBLEIER@APR.COM  
BRE 01063281



*If you, or anyone you know is thinking about moving, please call me. I LOVE referrals!*

### Computer Class 90-Minute Opportunities

#### Class Instruction by Kathryn Querry and Katie Spencer

Sign Up At Vista Club Member Services (374-4200) Pay by Check or Credit Card

<b>Computer Basics</b> \$5 ea.	<b>March 8, Class 10:00 a.m. to 11:30 a.m. ~ NEW CONTENT</b> Introduction for new computer users to learn their way around the computer. <b><i>This class is mandatory or equivalent knowledge for all other classes.</i></b>
<b>Create, Find &amp; Work with Files or Pictures ~ \$5 ea.</b>	<b>March 8, Class 12:30 p.m. to 2:00 p.m.</b> Save documents & pictures so you can find them. This knowledge is required to transfer either from phone/camera to computer or USB drive, attach to email or social media, and organize everything! <b><i>(USB memory stick available \$5)</i></b>
<b>Microsoft Word</b> \$5 ea.	<b>March 15, Class 10:00 a.m. to 11:30 a.m.</b> Word processing programs use a computer to create, edit, and print documents. Of all programs, word processing is the most common.
<b>Microsoft Excel</b> \$5 ea.	<b>March 15, Class 12:30 p.m. to 2:00 p.m. ~ NEW CONTENT</b> Navigate in Excel and learn to use math operations by creating a simple household budget.
<b>Bring Your Own Project! ~ \$7 ea.</b>	<b>March 22, Class 10:00 a.m. to 11:30 a.m. **NEW**</b> Bring your project on a flash drive for help with one of the software programs taught here. <b>Prior to class, you create a short list of what help is needed.</b>
<b>Email Workshop</b> \$7 ea.	<b>March 22, Class 12:30 p.m. to 2:00 p.m. **NEW**</b> <b>Come prepared</b> to log into your email account, on either the classroom computers, or your own device. <b>Come prepared</b> with one or more specific things you want help with. <b>If using your own computer, public wireless network cautions apply!</b>
<b>Working with Pictures ~ \$7 ea.</b>	<b>March 24, EVENING CLASS 7:00 p.m. to 8:30 p.m.</b> Getting pictures from your camera into your computer; working with pictures using Picasa 3, a free photo editing program; finding & organizing your pictures.

***Computer Basics class is mandatory or equivalent knowledge for all other classes.***

***Limited Class Size ~ Repeating classes is recommended. Class subject suggestion list available!***

***Interested in training or helping others during class? Email Debbie Dorn at [ddorn@actionlife.com](mailto:ddorn@actionlife.com).***



It moves your shades, so you don't have to.

**INTRODUCING POWERVIEW™ MOTORIZATION FROM HUNTER DOUGLAS.**

A remarkable new system that automatically moves your shades throughout the day, according to your schedule and activities. Just program your personalized settings with your smart phone or tablet, and let PowerView do the rest.\* You can even activate a pre-programmed setting with a touch of our brilliantly designed PowerView Pebble™ Scene Controller. How smart—intelligent shades that simplify your life. To see PowerView in motion, contact us today.



The PowerView Pebble is available in seven colors.

**HunterDouglas**



**Window Fashions of Northern California**

125 Grobic Court, Suite A  
Fairfield, CA 94534  
Monday - Friday: 10:00 AM - 5:00 PM  
Saturday: 10:00 AM - 3:00 PM  
Sunday: Closed  
(707) 429-5156  
[www.wfnc.gallery](http://www.wfnc.gallery)



**HunterDouglas** *Gallery*

\*The PowerView App and additional equipment required for programmed operation. © 2015 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

54953