

TrilogyLiving



CULINARY EVENT SERIES

Those who joined the Sacramento Culinary Food Tour on March 29 are excited and ready for the next event. The day was filled with delightful eating experiences and discussions with the chefs, complemented by interesting historical facts along the tour. This was a first event of this type for Trilogy. A culinary event series is planned for this year.

The 10th Annual Chef's Challenge is on June 23. Also, watch for details about the Nevada City Culinary Food Tour scheduled for July.

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Join Us In May!



Cinco de Mayo

Saturday, May 5 • 4 – 7 pm

Enjoy a fiesta feast with
tacos and margaritas, olé!

RSVP by April 27

Happy Hour

Saturday, May 12 & May 26

3:30 pm

Start Saturday night off right
with refreshments and live music.

RSVP at least one day prior

Mother's Day • Sunday, May 13

Celebrate Mother's Day with us!

Champagne Buffet

10:30 am – 6:00 pm

Adults: \$15 without alcohol
\$20 with alcohol

Children: \$10 ages 6-12
\$5 ages 5 and under

Courtside Concert • 2 pm

Stay after brunch and enjoy a live
performance by Alcatraz.

RSVP for both events by May 9



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RETIREMENT & ASSISTED LIVING



*From the
Master Association*
CAROL BENKIE
President

Residents joined together for the first evening meeting of the year on April 10, 2012 in the Diablo Ballroom of the Vista Club.

An earlier Executive Session convened to discuss:

- Executive Session Minutes for March 8, 2012; March 13, 2012 and April 5, 2012 were approved unanimously.
- Authorized TRVMA CFO, Tom Moore, and General Manager Ed Vitrano to meet with Lira's representatives to discuss the Cyber Café.

Actions taken by the Board at the April regular meeting included:

- Unanimous approval was given for the Consent Calendar, Regular meeting March 13, 2012, and filing of two liens
- Unanimous approval was given to continue Electronic Master Association Meeting Agenda distribution vs. tubing distribution.
- Committee Appointments (unanimous):

Adult Committee – five open positions

Helen Bergoust, Patricia Kohn, Walt Manos, Lee Puryear, Rod Rumble (will complete the year for a recent resignation)

Access Committee – five open positions

Joel Auslen, Andy Pestana, David Bewick, Mary Smith, Dennis Leite

Disaster Preparedness Committee – three open positions

Art Darden – Advisor, Margaret Koehler – Triage , Gillsa Miller – Traffic and Safety

Amenity Committee

- Appointed TRVMA Vice President Warren Oglove and TRVMA Secretary Bernie Dehn to represent the TRVMA Board. Three open resident positions remain; applications are open through May 3, 2012 and may be obtained at the Administrative officethare .

CC&R Restatement Committee

- Authorized formation of a three person committee; one representative from the Master Board and two resident positions. A Statement of Duties and Responsibilities is being established. Applications are available at the Administration office.

Gary Gragg of Golden Gate Palms reported on the health and condition of Trilogy palm trees, giving recommendations and scenarios.

The Waste Water Treatment Plant/Marks Channel Acquisition was reviewed and discussed with up-to-date information.

The Master Association's next regular meeting is on May 8, 2012 at 2 p.m. We look forward to seeing you at our next meeting. Your input and ideas are welcome.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

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

District Delegates

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

Committees

Adult – TBD, Call HOA (4843)
Access – Dave Bewick, Chair (2093)
Disaster Preparedness – Jim Larsen (4382)

Village Board Presidents

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

Association Administration

General Manager: Ed Vitrano (4869)
evitrano@actionlife.com
Assistant General Manager: Catherine Patrick
cpatrick@actionlife.com (4843)
Activities Director: Debbie Dorn (4204)
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Fitness & Spa Director: Kathy Erwin (4205)
kerwin@actionlife.com
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moestreich@actionlife.com
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Club Numbers

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

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trvwelcomecenter@gmail.com

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

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From the Editor

ANDREA STUART

Raise your hand if you're ready for a splash of sunshine. Mother Nature has been taking her time between seasons lately, but that's no reason to fret. It seems like Trilogians are adept at keeping themselves occupied no matter what she throws at us. With Mother's Day upon us, you'll want to pamper every mother you know (including, perhaps, yourself) with a Trilogy Mother's Day SPA Package. Imagine 80 minutes of aromatic massage followed by a soothing facial that removes all the tension you've been harboring for months. You'll feel rejuvenated and ready for summer!

May promises many reasons for getting out of the house. As of May 1, the Delta Pool is heated once again. You can finally save those polar bear swims for a trip to the Arctic Circle. May also marks the return of Tuesday Night BBQs out by the pool, giving you a great excuse to whip up a delish dish and bring to the pot luck.

If you still prefer a little indoor activity, the Trilogy Art Guild for Artists offers an Open Painting activity on Mondays, providing just one more way to make new friends while experimenting with your artistic side. If you're still bitten by the learning bug after you're finished slapping paint on the canvas, there are three computer classes including Basic Computer and Introduction to Computers as they Relate to Photo and Video. If you perfect your craft, perhaps we'll see your name in the credits at the Sundance Film Festival someday!

Of course, Trilogy offers a variety of fun activities as well from the Farmers Market at the Delta Club (check that out!) and the evening Grapevine Chats, to Karaoke Night on May 18 and a country music performance by the acclaimed Joni Morris on May 27.

So, whether you plan to soak in the margaritas on Cinco de Mayo, spoil the mother figures in your life for being the life-affirming forces they are on Mother's Day, or honoring those who served our country on Memorial Day, May is a month for coming together and celebrating one another.

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

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



*From the
Activities Director*

DEBBIE DORN

Rio Vista Women's Improvement Club celebrated 100 years of service by extending an invitation to the community to join in their celebration at Trilogy. There was a review of their 100-year history, and an intriguing show of models donning period-dated fashions throughout the decades. It was a wonderful event!

The Gift, Craft, and Art Faire filled the Diablo Ballroom with sellers and shoppers displaying various wonderful items. 3JB and Delta Harmony performed in the Grand Room. Raffle sales for the sellers' donated prizes brought in a healthy donation for Meals on Wheels of Solano County. Participants shared that it was fun, entertaining, and charitable. Special appreciation goes to everyone involved with making the day so pleasurable and beneficial to so many.

Mark your calendars this month for Trilogy's Community Garage Sale, followed by Karaoke, and the must-see Tribute to Legendary Ladies of Country Music brought to Trilogy by special arrangement. See details in this issue. As always, your suggestions are valued. Call (4204) or send an email to ddorn@actionlife.com. My mailbox is always open.

Spring Garage Sale

Saturday, May 5, 9 a.m. – 3 p.m.

Everyone may participate! This year we are adding an optional opportunity for sellers to have their street highlighted on the community map to help buyers find the sellers. Sellers simply phone Member Services (4200) prior to May 1, provide your address, and your block will be highlighted. The map will be emailed to residents by May 4 and will be made available to buyers visiting Trilogy at the Welcome Center the day of the sale. Copies will also be available at the Vista Club Saturday only. You do not have to be included on the map to sell. Nothing else has changed. There are three points all sellers must do:

1. Obtain a garage sale permit for \$1 from the City of Rio Vista, downtown at City Hall prior to Friday, May 4. That is a city requirement. City Hall is closed on Fridays and weekends.
2. Tie an inflated balloon to your mailbox or tree.
3. Open your garage door.

When you finish selling, remove the balloon and close your garage door. The sale is open to the public, advertised in the local papers, and flyers are distributed. Outside buyers will not be allowed through the gates until 9 a.m., and residents are asked to postpone their shopping until 9 a.m. in

consideration of sellers setting up for the sale. The semi-annual garage sales have become enormously popular with almost half the residents either buying or selling. Some villages also use the event for fundraising. Popular spring sales include tools, furniture, linens, and other household items. Trilogy Garage Sales have become well known and attract people from all surrounding areas. If you have questions, contact Activities Director Debbie Dorn (4204).

Farmer's Market

Have you experienced Trilogy's Market Place?

Sundays, May 13, and 27, 10 a.m. – 3 p.m.
Delta Club ~ Free

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

Grapevine Chat!

Tuesdays, May 8, 6 p.m. and May 22, 5 p.m. ~ Free
Grand Living Room, Vista Club

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

Travel Discovery

South Africa Odyssey

Wednesday, May 16, 6:30 – 8 p.m.
Diablo Ballroom Vista Club ~ Free

Join Hema and P.C. Kumar when they present their amazing trip to South Africa. Their presentation will cover Capetown, a game lodge near Kruger National Park, Victoria Falls in Zambia (identified as one of the World's Natural Wonders), and game lodges in Botswana—there are plenty of wildlife, natural beauty and points of historical interest. After a brief introduction, they will play a DVD describing the trip and there will be time for questions. Light refreshments will be provided. You may also bring your favorite beverage and snack. For more information, contact Debbie Dorn (4204).

Karaoke Night

RETURNS NEW!

Friday, May 18, 7- 8:30 p.m.
Diablo Ballroom Vista Club ~ Free

The new Karaoke Night is specially designed for your fun and enjoyment! The event includes open dancing and a display of song lyrics on the big screen for some sing-a-long good times. You'll find a variety of entertainers including storytellers, special dancers, folk singers, and more. You might be one of them! Bring your favorite beverage and come on over for a relaxed evening of spontaneous fun and entertainment. No signups required, just come ready to enjoy yourself.

Tribute to Legendary Ladies of Country Music

Sunday, May 27, 2 – 4 p.m.
Diablo Ballroom Vista Club ~ \$10

Featuring Joni Morris! Joni is a dazzling entertainer well-known for her own tribute to the queen of country music, Patsy Cline. She will perform many of the unforgettable hit songs of legends such as Kitty Wells, Loretta Lynn, Tammy Wynette, Patsy Cline and many more. Critics love Joni, love her voice, and love her shows. "A double-barreled voice that can belt, sob, exult... We're transported back into the Golden Years of the late 50s and 60s," says Holly Johnson of the Sacramento Bee newspaper. "A loving portrait... a polished, rollicking and often soulful country-western music show," states Peter Stack of the San Francisco Chronicle in California. Joni's newest release "Joni Morris – A Tribute To Legends" will be available for sale after her performance. Bring your favorite beverage and snack to enjoy. Sign up at Member Services, and contact Debbie (4204) for more information.

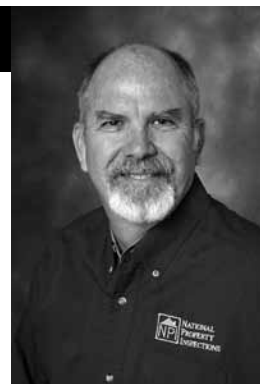
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Complimentary Hearing Screening and Assessment

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

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

Concert on the Patio The Midnight Band

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

Motown comes to Trilogy! Featuring vocalist and exceptional entertainer Matt Applin—join the Soul Line Dancers and dance to R&B, Motown, jazz, and blues mixed with other familiar tunes of this smooth four-piece ensemble of bass, drums, keyboard, and guitar. These musicians have a chemistry that comes only from years of performing together, and they never miss a beat!

A spectator section will be available for viewing the band. Sign up at Member Services. For more information, call Debbie Dorn (4204).

10th Sacramento Annual Chef Challenge

Saturday, June 23 ~ \$60
Motor Coach departs 2:30 p.m., returns 10:30 p.m.

Sign up by May 15! Is this your event? We need your sign-up prior to May 15 for this to happen! Professional chefs compete in a live culinary competition and you decide who wins! Many fantastic purveyors will supply guests with gourmet food, wine and beer samples. It is a very filling experience with the top chefs from more than 60 restaurants, 30 wineries, and 15 breweries participating in the competition. You'll enjoy classic rock, folk and country music from the 60s, raffles, and silent auction, all festival style with reserved seating for our Trilogy VIPs. This is our region's premier food, beer, and wine event! The 10th Annual fundraiser for InAlliance is a non-profit organization that supports people with developmental disabilities. Sign up at Member Services. For more information, call Debbie Dorn (4204).



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Assessment Notice

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

Assessments for the month:

Master Association \$118.29

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

Village I \$4.00

Village Oakmont \$4.00

Olympic Village \$3.50

Village Riviera \$3.50

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

Trilogy at Rio Vista Celebrates Staff



On leap day, February 29, Trilogy at Rio Vista honored the work-force by staging the annual Staff Appreciation dinner at a local eatery. Almost 50 individuals attended, a record turnout, including some of the Café and Landscape contract employees, who are all considered a part of the family.

Top prize was Employee of the Year, which was awarded to Gus Diaz, who has been with Trilogy for about four years. Gus is well-known for his can-do, cooperative attitude, whether it is the simple change of a light bulb to wading knee-deep in water to physically unplug storm drains or climbing down manholes to clear blockages. The prolonged standing ovation from his cohorts indicated the popularity of the choice.

The warm comradery was evident in that the evening didn't come to an end easily!

Club Hours – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. to 5 p.m. for entry without keys and from 5 p.m. until 11 p.m. for entry with keys. From 11 p.m. until 7 a.m., there is no entry. 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.

Help!!!! We Want to Live – Avoid putting anything in the plant pots throughout the clubs. Coffee and other beverages, gum wrappers, food, etc. kill the plants and they are expensive to replace. Guess who pays for the replacements? All members.

Your Pets, Your Responsibility – If your pet leaves waste anywhere in the community including your own yard, you must clean it up immediately. Please be considerate of your neighbors and have 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 do otherwise is a violation of the Rules and Regulations. In addition, all pets must be on a leash and under control of the owner at all times.

Shredding – We are in the process of scheduling a free shredding day at Trilogy. Start getting your old documents together. We will have more details soon.

You Might Be Missing Important Information, Electronic Notices – You are encouraged to give your email address to the Administrative Office, if you haven't already. More and more information is being disseminated through email blasts rather than tubing.

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 – If you are paying your assessments through your bank, it is recommended that you move the date of payment to the first of the month 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. If you choose to schedule payments through your bank or mail your check after the first, you risk being charged a late payment.

Parking in front of mailboxes – Please don't park in front of mailboxes and ask your service providers not to park there either. It makes it difficult for others to retrieve their mail and also makes it difficult for staff to put flyers in the tubes.

Irrigation – Please adjust your sprinkler system to reflect weather conditions.

Welcome Center Notification – Reminder: It is your responsibility to call the Welcome Center or email them when you are expecting guests and especially when you are having a party and expecting several guests. If the Welcome Center is not notified, it is possible that your guests will be denied access to the community.

Anonymous Notes to the Administrative Office/HOA – The Administrative Office does not take any action on unsigned notes that are dropped into the HOA Box in the Delta Club hall, slid under the door, mailed and/or submitted on an Administrative Communication Form.

Suspicious Behavior – Trilogy is a private community but not a secured one. If you observe unusual behavior that warrants a call to the police, please do so.

Dumping Trash – Putting trash anywhere in the community other than your own garbage is prohibited. This includes the dumpsters at the Delta and Vista Clubs, construction sites, empty lots and in garbage cans at the parks. Every resident is required to have garbage service. Avoid putting soda cans, water bottles and other trash in the doggie waste disposal receptacles under the doggie bag holders throughout the community.

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.

Pets in the Clubs – Pet are prohibited in both the Delta and 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.

Animals – Feeding any animals outdoors whether domestic or wild is prohibited. The wild animal situation can only be controlled with the help of all members.

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

1. Putting down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are 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 as well as the expense of replacing the table tops. The table tops and umbrellas are quite expensive.
2. Several items are missing from the clubs. Please report any theft to the Administrative Office/HOA. Remember, when anyone takes something, 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 must bag all clippings rather than blowing 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 may be charged.

Delta and Vista Pool – Family Swim Times: The Delta pool heater has been turned on for the spring/summer seasons. Children under the age of 18 are allowed in the pools during the hours of 11 a.m. and 3 p.m. Children must be out of the pool area by 3:15 p.m. You must accompany all guests to the pools regardless of their age.

RV/Boat Passes – You must enter through the front gate with your recreational vehicle and obtain a pass. Reminder: you may not have these vehicles in the community for longer than 48 hours and they cannot be occupied while in the community. They must be parked at your home, not in any common or undeveloped areas of the community.

Golf Carts – Remember golf carts must:

- A. Yield to overtaking vehicular traffic
- B. Be operated by a person who is at least 18 years old
- C. Be covered under sufficient liability insurance

Golf carts must obey all traffic signs that other vehicles must adhere to, including following the directions of the arrows on asphalt in parking lots.

For Your Safety – If you are walking in the street, please yield to vehicles. Often there are groups three or four people deep that make it difficult for vehicles to pass. Please wear light colors and carry a flashlight when walking or biking at night or early mornings.

For non-delivery of newsletter – Please contact Debbie Dorn at (4204).

Street Lights – Please call Rich Ravin at Shea Homes to report street lights that are out. You can contact him by phone at (1003) or email him at rich.ravin@sheahomes.com. Copy Morris Barr (mbarr@ci.rio-vista.ca.us) at the city public works department on your email to Rich.

Welcome Center

Please call (4306) or email trvwelcomecenter@gmail.com when you are expecting guests, a delivery, or a service provider. The Welcome Center must know as far ahead of time as possible so that they can expedite their entry. The best time to call, if possible, is between 10 a.m. - 1 p.m. when there are two staff members on duty.

Please go to the Administrative Office in the Delta Club and update your visitor list. Having to call members slows down the line at the gate.

Meeting Calendar

Master Association Board Meeting

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

Village Riviera HOA Meeting

Thursday, May 3, 6:30 p.m., River Room, Delta Club

Village 1 HOA Meeting

Thursday, May 10, 4 p.m., River Room, Delta Club

Olympic Village HOA Meeting

Thursday, May 10, 6:30 p.m., River Room, Delta Club

Village Oakmont HOA Meeting

Thursday, May 17, 7 p.m., River Room, Delta Club

Saddle Rock Village Delegates Meeting

Thursday, May 24, 7 p.m., River Room, Delta Club

Adult Committee Meeting

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

Village Riviera Board News

Did you know you could save money for Riviera by simply agreeing to receive your budget and other paperwork that we are required to send out by email attachment? To do this, complete the form titled "Consent to the Use of Electronic Means of Transmission for Communications." You are opting-in to receive a whole list of items by email (list is on the form). This will save significant sums of money for Riviera, and you won't be overloaded with paper to store. You may save the documents in a folder on your email.

To get the form, just call the HOA Office at (4843) and request that they email the form to you, or email Debbie DeLaCroix at delacroix@actionlife.com and request that she email the form. Once you have it, print it, fill it out and return it to the HOA Office by hand delivery or mail. You may even just put it in the HOA box in the hallway of the Delta Club. It is so easy.

Our next Village Riviera Board meeting is on May 5, at 6:30 p.m. at the Delta Club.

Adult Committee

The Adult Committee met on March 29, 2012 and recommended that The Master Board approve the request to use the PA system for the Men's Charity Golf Tournament. Following the meeting, the committee met in a private session, interviewed candidates, and submitted names to the board for appointments to the five (5) committee vacancies effective May 1. Applications to fill unexpected vacancies are accepted at any time for the file. The committee meets the last Thursday of every month in the Delta Club at 1 p.m.

All residents are encouraged to attend and participate in these meetings. Your suggestions, comments and/or questions may be given to any committee member, left at the HOA office, or voiced during the resident input segment of each meeting.

The next meeting is on May 31. For more information, you may contact Barb at bjb77@aol.com or (707) 374-5777.



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Olympic Village

The Famous OVRC Pasta Dinner is on June 2 from 5 - 9 p.m. at the Delta Club. Al and Rhoda Sbranti are cooking again, so there's going to be a stampede for these tickets! Tickets are only \$10, and Al's pasta is awesome. This annual event is a highlight of our OVRC calendar. Order your tickets by filling out the flyer that was "tubed" or get one at the Delta Club (over our OVRC mailbox #5). If you want to volunteer to help, come to our May 16 meeting or call Linda Jensen (5542). There's plenty to do and you probably have a great idea that will make the evening even more fun.

The "Wine-d Up" event on March 21 was a huge success due to the efforts of Christine Yurdakul, OVRC Treasurer, who spear-headed planning this event. An informal count found about 65 residents enjoying food, wine and one another. Thanks to the team that made this event such a success: Joel and Lynn Auslen, Connie Boulware, Suzi Cassone, Diana Dumin, Linda Gilmore, Faye Lamb, Barbara Lee, Thelma Martin, Al and Rhoda Sbranti, Joyce Steiner and Serdar Yurdakul. Yay us!

Planning these events is part of the fun and you get to meet so many nice people that way. The OVRC Board and the Social Committee has a joint meeting on the third Wednesday of each month. Join us on May 16 from 7 - 9 p.m. in the Monterey Room at the Vista Club. If you're lucky, you might get that meatball recipe from Thelma or score Christine's recipe for the delicious asparagus dip that was served last month. What about Al's secret pasta sauce recipe? Don't count on it!

If you would like more information on these or other events (or to volunteer, RSVP or offer ideas), call Linda Jensen, OVRC President (5542). Watch for more news of meetings and planned activities in *Trilogy Living* and online at My Trilogy Life (MTL).

Village I

VORC'S creative juices continue to flow and create excitement for everyone. The club's next sponsored social is its first ever Cafe Italiano event to be held in the Vista Club Diablo Ballroom on Friday, May 25. The festivities begin at 5 p.m. with a BYOB social hour. Dinner follows at 6 p.m. Get your reservations in ASAP for this night of fun, food and friendship. There will be plenty to go around but you will need reservations in order to attend. Tables of eight and 10 may be reserved in advance. See the circulated flyer for all the details. A report on the April 11 general membership meeting and the election of officers for 2012-2013 will be in next month's issue of *Trilogy Living*. Preparations are about to begin for our involvement in the community July 4th celebration. A call for volunteers will be issued next month. Remember, this is your club, make it work for you, get involved. For more information, contact Joe Downes (7520).



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Village Oakmont

Did April Showers bring May flowers? Peek around and you will see how beautiful everything looks. The Easter Bunny has come and gone and so have the wonderful celebrations of the blessed season. Did we eat too much goodies? Of course, we did. Now we need to get busy and walk off those extra pounds. We are lucky to have so many venues here at Trilogy offering fun activities in which to participate.

Oakmont has been quiet in April and May but will pick up in June. We will kick off our Annual International Potluck on Sunday, June 10, 2012 at 5:30 p.m. at the Delta Club. All Trilogy residents and guests are invited to attend. Our flyer will be tubed in Oakmont by May 10 and extra flyers can be found for other villages in the Vista and Delta Clubs. Put your thinking caps on and bring those tasty, wonderful, family favorite dishes. Invite your friends and reserve a table and while you are at it, decorate it for all to see.

Upcoming events:

Wednesday, May 2, 2012, 3 p.m. - Oakmont Social Club meeting in the Monterey Room at the Vista Club

Thursday, May 17, 6 p.m. - Oakmont Village Residents Club meeting in the River Room, Delta Club

Wednesday, June 6, 3 p.m. - Oakmont Social Club meeting in the Monterey Room, Vista Club

Sunday, June 10, 5:30 p.m. - International Potluck at the Delta Club

Wednesday, July 4 - Trilogy Activities in the planning stages

Sunday, September 9 - End of Summer Bar-B-Que (more information to come)

Memorial Day is celebrated on May 28. We would like to thank all of you who have served in our Armed Forces as well as the men and women who are serving around the world to keep our freedom safe.

We can use your help in planning our events and putting on these functions. For information, contact Antoinette Pestana, President (5154).

Village Riviera

Who would have thought we could bring Paris to Rio Vista? But the members of the Riviera Residents' Club did it, led by Susan Fox and Coralie Leder. You truly felt like you were in Paris, from tables named after the most famous streets in Paris, to the male waiters, artists, vendors and flowers. The menu was a typical French lunch...delicious and simple, served by many husbands who were eager to be a part of this event any way they could. The desserts were elegant, and not in the least bit simple. This new event for Riviera may be as close as some of us get to Paris, and it was sure a day to remember.

As with all of our events, each one is hard to top, but we have the Sock Hop coming up on June 9, with a new caterer and new DJ, and this is always a sell-out. We only tube in Riviera, but we do invite all Trilogy residents. Our posters and flyers for the community go up when the flyers go out to our Riviera residents, so don't delay or you may be left out of the fun. You will be able to sign up as a table or just by yourself, allowing us to group you with others. The bottom line is not to delay once the flyers go out.

Have you participated in the Treasure Hunt? If not, where have you been for the last five years? This year, we are hunting on July 21, solving puzzles, scratching our heads, giving up and going back for clues, and finally enjoying the prizes and winding up of the evening with Linda and George Robi-nette and their band of merry men (and women).

That will end the fun for the summer, but we refresh and re-group for wine tasting in October and the incredible holiday dinner in December.

The next meeting is May 17, at 7 p.m. in the Vista Club. For more information, call Coralie Leder at 766-7414.

EDUCATIONAL OPPORTUNITIES THROUGH COMPUTER CLASSES

May 2012 Computer Class Schedule

Sign up at Member Services

CLASS	DATE & TIME	INSTRUCTOR
Basic Computer	Thurs., May 10, 10 a.m. - noon	Sue Vogtlin
Introduction to Computers as they Relate to Photo & Video	Tues., May 15, 10 a.m. - noon	Michael Bouyer
Introduction to Computers as they Relate to Photo & Video	Tues., May 22, 7 p.m.	Michael Bouyer

Still looking for volunteer computer instructors. If you are interested in teaching a computer class, call Debbie Dorn (4204).



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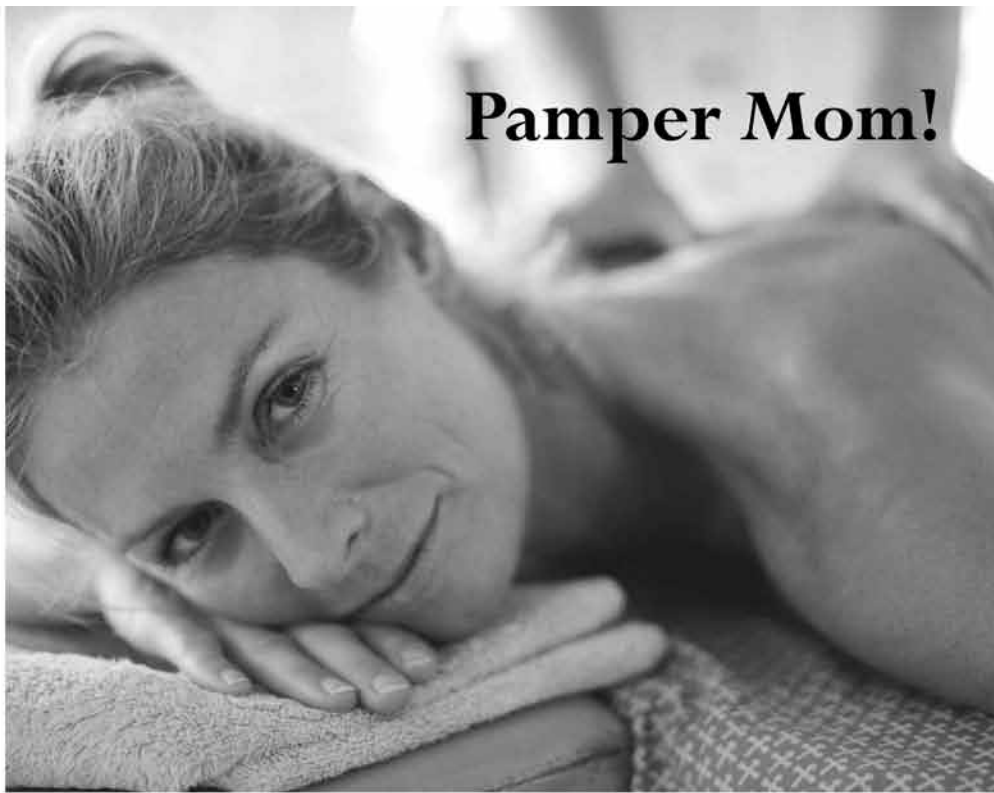
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TRILOGY HEALTH & WELLNESS CENTER

By Kathy Erwin, Fitness & Spa Director

Find your Balance

How to improve your strength and stability



Fitness & Spa Director
Kathy Erwin

Scan the pages of any fitness magazine, and you'll find a wealth of information about the benefits of aerobics, strength training, and stretching. But there's a fourth type of exercise that's equally essential: balance.

Balance exercises are important across your life span, whether you're a teen, an adult, or a senior. For older adults, working on balance can decrease the risks of falls, one of the main causes of injury and disability for people 65 and older.

A strong core or trunk area is one of the keys to good balance because it promotes good posture and creates a stable foundation for your entire body. For a quick and easy core workout, try doing heel raises while you brush your teeth.

Classes we offer to help with Balance in our Trilogy Health and Wellness Center include the following: **Deanna's** Yoga/Pilates, **Anna's** Wake up & Move, **Lillian's** Tai Chi, **Sophie's** Core Balance and Standing Abs, **Susan's** Balance Basics & Circuit Training, **Joe's** Simply Stretch, and **Tammy's** Early Yoga.

Save the Dates!

Saturday, June 23, 2012

2nd Annual

Trilogy Triathlon 3-2-1

Swim 3 – Bike 2 – Run 1

Delta Club

8:30 a.m.

Contact Kathy Erwin at (4205)

Saturday, Sept. 22, 2012

6th Annual

Health & Wellness Faire

Delta Club

9 a.m. – 2 p.m.

Contact Anna Chunn at
achunn@actionlife.com
or Kathy Erwin at (4205)

Fitness Orientations

New or never worked out in the Fitness Center? You must attend one of the fitness orientations. Offered each month, the fitness orientation is only one hour long and **free**. It gives you an overview of the Vista Club facilities available for usage including strength training machines & Fitlinxx program, cardio machines, track, pool, fitness classes, spa and more! Next orientations: Wed., May 9, 6 p.m. and Sat., May 26, 11 a.m.

Five Ways to Work Out at Home

Leg Bends: Bend one knee so your foot comes up behind you and is level with your knee. Lower your foot to the floor. Repeat using the other leg.

Knee Bends: Stand with your knees relaxed and your back straight. Your knees should face the same direction as your toes. Bend your knees gently, then raise your body back up by straightening your knees. Repeat.

Leg Lifts: Keeping your legs straight, lift one leg a few inches to the side. Hold for a few seconds. Lower your leg. Repeat on the other side.

Calf Stretch: Stretch one leg behind you, with your foot flat on the floor and your toes facing forward. Gently bend your front knee until you feel a stretch in your calf. Hold for a few seconds. Repeat using the other leg.

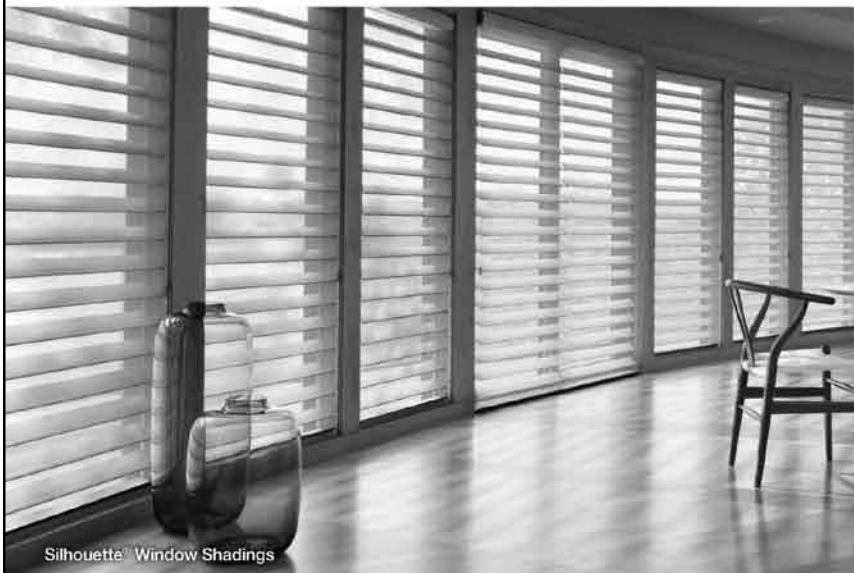
Sit and Stand: Sit in a chair, with the chair against a wall. Stand up without using your hands. Repeat.

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

Olympic Village

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

Village Oakmont

Eight Oakmont Kare Bears enjoyed lunch at the Senior Center. We continue to support Meals on Wheels by having lunch there occasionally. According to Ruth Joseph, we have a new coordinator. Her name is Jackie Jenkins. Please be sure to say hello. We thank Ann Rice for her many years of service. She leaves big shoes to fill. Faith in Action continues to grow and, along with the other Trilogy villages, we encourage and support them with our mutual effort of "neighbors helping neighbors." Many of our members attended the Care Program sponsored by ALDEA in late April. We learned about their Mental Health Support group. They also offer special training sessions on a variety of mental health issues. If you would like to participate please call Virginia (6823). Be a good neighbor; tell everyone you know about Kare Bears. They could have a Rio Vista friend in need of TLC and we are here to help!

Our next meeting is Wednesday, May 9 at 10:15 a.m. at the Delta Club. Join us for coffee, refreshments, and a fun-filled morning.

Village Riviera

The Riviera Kare Bears were presented with an unexpected opportunity this past March. We were invited and offered space to hold a bake sale at the annual Gift, Craft & Art Faire on March 24. Although it was very short notice, some of our members began the task of baking their many wonderful recipes. Knowing from personal experience the delicious, high quality delights that this group is capable of creating, it came as no surprise that we sold out early in the day. Once again, the caring, can-do attitude and spirit of the Riviera Kare Bears came

through. While fundraising is not our raison d'être, it is a necessity. A successful fundraiser, as this one was, is always cause for celebration. Please join us for our next meeting on June 11 at 10 a.m. in the Delta Club to learn more about the wonderful programs that we fund and execute. Some of those previously mentioned baked goods will be available gratis to tempt you, so come a little early and enjoy! For more information, call Myra at (3660) or Valerie at (6942).

FAMILY SUPPORT COMMITTEE

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

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Ceramics Club



It's May! We have some forward-thinking people in our Ceramics Club working on Halloween and Christmas projects. Some have even started on their Easter goodies for next year. We are firing garden frogs, flower pots, cat statues, and more. We can give you ideas on things to create and there

are even some small pieces that you can paint on the first day. You are invited to join us every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, call Linda at (6978).

Trilogy Council for the Arts

How many times can we say that this year's Music of the Night, The ERA of Our Ways was the best show ever? Well, we just did it again. Now we have to try and top that. We make it harder and harder for ourselves each year, and yet we somehow manage to accomplish what seems impossible.

New people move into Trilogy with genuine talent, old residents come back to us after brief hiatuses, and we plan amazing musical (and sometimes comedy) acts for you to enjoy.

We discuss a theme for March, 2013 at our next few meetings and would love for you to join us in the thought process. Join in the performance as well. It truly takes a village (about 75 of us) to put on the performances you enjoy so much. If you are not musically inclined, maybe you are artistic, or just a ham and want to get in on the fun. There is a place for everyone. We need many people with a variety of skills, willingness, and eagerness to be part of something totally awesome.

We meet the third Thursday of every month at 10 a.m. in the Monterey Room of the Vista Club. Please join us. For more information, contact Judy Calpo at (2924).

Drama Club

Thanks to everyone who attended the Pasta Feed, which is our annual fundraiser for the Drama Club. The food was great and plentiful as always, and the entertainment was an added treat. The family-style food service makes it easy to enjoy an evening with friends and good food while supporting a wonderful group of thespians.

Rehearsals are in progress now for the upcoming play

Who Poisoned His Meatball? This who-done-it will tickle your fancy and get you guessing as well as laughing. Evening performance dates are August 16, 17, and 18 plus an afternoon matinee on August 19. As always, the admission price is perfect, because there is no charge, but donations are always welcome. Pencil it in on your calendar so you don't miss the highlight of the summer fun at Trilogy, and be sure to sign up for the night of your choice as soon as you get your flyer.

Newcomers to Trilogy or those of you who suddenly have the desire to be on stage and no longer worry about what others think are welcome to join this group of fun-loving folks. Who knows, you may have missed your calling for the stage and we are here to help you find it. If you are concerned that we have already chosen characters for the summer play, don't fret, as we will be doing a second play in December, and those characters will be selected in the Fall. It is not too late to join in the fun.

We meet the last Tuesday of every month at 7 p.m. in the Marina Room of the Delta Club. Our next meeting is on May 29. If you have any questions, call Debby DuBrow at (6706).

Fat Quarter Quilters

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

Scrapbooking Club

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

Trilogy Art Guild for Artists

All artists are welcome to Open Painting, a forum for those who don't have a place to paint or just need some inspiration. Some of our artists have been meeting at the Delta Club in the Marina Room on Mondays to just

paint and visit. The room is open for TAG to use from 9 a.m. – 4 p.m. almost every Monday except the first Monday of the month when we have our TAG meeting at 2 pm. All media is welcome to join us for Open Painting or meetings. We welcome any suggestions for helping us enrich the community's art experience. Visit our next meeting and see if you would like to explore art, even if you can't draw, you can paint.

Ann Jacobs, a new member and resident gave a presentation at our last meeting called "Maps and Messages" using mixed media on travel maps to record your personal journeys. Ann is a member of the Art Divas, a group of six women who formed a collage/mixed media co-operative seven years. The group has exhibited in various sites throughout the area. She was asked to create an ornament for the White House holiday tree in 2009. We are proud to have her in our group.

Joan Brantome will share a video on oil painting for our May meeting. Each of our meetings has some sort of presentation, and sometimes a "hands-on" mini workshop. TAG Meetings are on the first Monday of the month at 2 p.m. in the Marina Room at the Delta Club. TAG Membership is \$15 for Jan. to Dec. For more information, contact Co-Chairpersons Anna Chunn (3560) Marie Aquino (5151).



Join Trilogy residents Karen and John Bereta, and others on Senior Discount Thursdays for a 10% discount on all yogurt treats at Hello My Name Is Yogurt!



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TrilogyLiving

Fitness Class Schedule for May 2012

All classes require either a “Trilogy Fitness Punch Card” at \$60.00 for 20 punches or \$30.00 for 10 punches. Each class requires 1 punch except Specialty Classes which require 2 punches. Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last Month’s Punch Card Raffle Winner: **Carol McKee**

May Fitness Orientations: Wed., May 9, 6 p.m., Sat., May 26, 11 a.m.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	1 9-10am Dance Aerobics (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Simply Stretch (B) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly <i>3-4pm Aqua Joint (B) (VP) Beverly</i>	2 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (B/I) (GX) Pat 8:30-9:30am. Workout w/ Weights (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Wake-up & Move (B/I) (RV) Anna 9:30-11:00am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 3-4pm Circuit Training (B/I) (FC) Susan 4-5pm Stretch & Flex (B/I) (GX) Susan 7-8pm Relax & Get Fit (B/I) (SR) Anna	3 9-10am Dance Aerobics (B) (GX) Joele 9-10am Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Simply Stretch (B/I) (GX) Joele 11-12pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B) (DB) Tammy 3:00-4:00pm Aqua Fit (B) (DP) Denise <i>3-4pm Aqua Joint (B) (VP) Beverly</i>	4 7:00-8:00 am. Early Yoga (B) (DB) Tammy 8:00-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12pm ZUMBA Power 90 (B/I) (GX) Sophie 12-1pm ZUMBA Gold Beginners (B/I) (GX) Sophie	5 11-12:30 pm. ZUMBA (B/I) (GX) Sophie
7 8:00-8:30 am. Balance Ball (B/I) (GX) (Pat) 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10:00-11:00 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10:00-11:00 am. Meditation Breathing (B) (DB) Deanna 10:30 -12:00 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12:00-1:00pm. ZUMBA Gold (B/I) (GX) Sophie 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	8 9:00-10:00 am. Dance Aerobics (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10:00-11:00 am. Simply Stretch (B) (GX) Joele 11:00-12:00 pm. Arthritis Program (B) (GX) Beverly 1:00-2:00pm Sit & Get Fit (B) (GX) Beverly <i>3:00-4:00 pm. Aqua Joint (B) (VP) Beverly</i>	9 7:00-8:00 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11:00am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 7:00-8:00pm Relax & Get Fit (B/I) (SR) Anna	10 9:00-10:00 am. Dance Aerobics (B) (GX) Joele 9:00-10:00 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am. Aqua Fit (B) (DP) Denise 10:00-11:00 am. Simply Stretch (B/I) (GX) Joele 11:00-12:00 pm. Arthritis Program (B) (GX) Beverly 1:00-2:00pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B) (DB) Tammy 3:00-4:00pm Aqua Fit (B) (DP) Denise <i>3:00-4:00 pm. Aqua Joint (B) (VP) Beverly</i>	11 7:00-8:00 am. Early Yoga (B) (DB) Tammy 8:00-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12:00 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12:00-1:00 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie	12 8:30am-9:30am STEP Aerobics (GX)
14 8:00-8:30 am. Balance Ball (B/I) (GX) (Pat) 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10:00-11:00 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10:00-11:00 am. Meditation Breathing (B) (DB) Deanna 10:30 -12:00 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12:00-1:00pm. ZUMBA Gold (B/I) (GX) Sophie 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	15 9:00-10:00 am. Dance Aerobics (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10:00-11:00 am. Simply Stretch (B) (GX) Joele 11:00-12:00 pm. Arthritis Program (B) (GX) Beverly 1:00-2:00pm Sit & Get Fit (B) (GX) Beverly <i>3:00-4:00 pm. Aqua Joint (B) (VP) Beverly</i>	16 7:00-8:00 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11:00am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 7:00-8:00pm Relax & Get Fit (B/I) (SR) Anna	17 9:00-10:00 am. Dance Aerobics (B) (GX) Joele 9:00-10:00 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am. Aqua Fit (B) (DP) Denise 10:00-11:00 am. Simply Stretch (B/I) (GX) Joele 11:00-12:00 pm. Arthritis Program (B) (GX) Beverly 1:00-2:00pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B) (DB) Tammy 3:00-4:00pm Aqua Fit (B) (DP) Denise <i>3:00-4:00 pm. Aqua Joint (B) (VP) Beverly</i>	18 7:00-8:00 am. Early Yoga (B) (DB) Tammy 8:00-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12:00 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12:00-1:00 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie	19 11:00-12:30 pm. ZUMBA (B/I) (GX) Sophie
21 8:00-8:30 am. Balance Ball (B/I) (GX) (Pat) 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10:00-11:00 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10:00-11:00 am. Meditation Breathing (B) (DB) Deanna 10:30 -12:00 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12:00-1:00pm. ZUMBA Gold (B/I) (GX) Sophie 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	22 9:00-10:00 am. Dance Aerobics (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10:00-11:00 am. Simply Stretch (B) (GX) Joele 11:00-12:00 pm. Arthritis Program (B) (GX) Beverly 1:00-2:00pm Sit & Get Fit (B) (GX) Beverly <i>3:00-4:00 pm. Aqua Joint (B) (VP) Beverly</i>	23 7:00-8:00 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11:00am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 7:00-8:00pm Relax & Get Fit (B/I) (SR) Anna	24 9:00-10:00 am. Dance Aerobics (B) (GX) Joele 9:00-10:00 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am. Aqua Fit (B) (DP) Denise 10:00-11:00 am. Simply Stretch (B/I) (GX) Joele 11:00-12:00 pm. Arthritis Program (B) (GX) Beverly 1:00-2:00pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B) (DB) Tammy 3:00-4:00pm Aqua Fit (B) (DP) Denise <i>3:00-4:00 pm. Aqua Joint (B) (VP) Beverly</i>	25 7:00-8:00 am. Early Yoga (B) (DB) Tammy 8:00-8:30 am. Balance Ball (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12:00 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12:00-1:00 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie	26 11:00-12:30 pm. ZUMBA (B/I) (GX) Sophie
28 8:00-8:30 am. Balance Ball (B/I) (GX) (Pat) 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10:00-11:00 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10:00-11:00 am. Meditation Breathing (B) (DB) Deanna 10:30 -12:00 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12:00-1:00pm. ZUMBA Gold (B/I) (GX) Sophie 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	29 9:00-10:00 am. Dance Aerobics (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10:00-11:00 am. Simply Stretch (B) (GX) Joele 11:00-12:00 pm. Arthritis Program (B) (GX) Beverly 1:00-2:00pm Sit & Get Fit (B) (GX) Beverly <i>3:00-4:00 pm. Aqua Joint (B) (VP) Beverly</i>	30 7:00-8:00 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:00-10:00 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11:00am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 7:00-8:00pm Relax & Get Fit (B/I) (SR) Anna	31 9:00-10:00 am. Dance Aerobics (B) (GX) Joele 9:00-10:00 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am. Aqua Fit (B) (DP) Denise 10:00-11:00 am. Simply Stretch (B/I) (GX) Joele 11:00-12:00 pm. Arthritis Program (B) (GX) Beverly 1:00-2:00pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B) (DB) Tammy 3:00-4:00pm Aqua Fit (B) (DP) Denise <i>3:00-4:00 pm. Aqua Joint (B) (VP) Beverly</i>	Don’t forget your biggest mover punch card! They are free! Chance to win \$100 in prizes!	PUNCH CARD SPECIAL! Buy two \$60 punch cards and save. Previously \$120, now \$108.

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May 2012 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 12:30pm Dominoes (D) 1pm Stroke/ Head Injury Support Group (V) 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Rehearsal (D)	2 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 7pm Billiards Club Mtg. (V)	3 7am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Card Stamping (D) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Cycling Club (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6:30pm Village Riviera HOA Mtg. (D) 7pm Photography Club (V) 7pm Drama Club Rehearsal (D)	4 7am Social Tennis 9am Model Club (V) 9am Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V)	5 9am – 3pm Community Garage Sale 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 11am Table Tennis (D)
6	7 7am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Monthly Mtg. (D) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	8 7am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dance Class (D) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:15pm Canasta - Hand & Foot (V) 12:30pm Watercolor Painting (D) 2pm Master Association Board Mtg. (V) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Grapevine Chat (V) 7pm Drama Club Rehearsal (D)	9 7am Social Tennis 8am TOPS (D) 9am Sr. Men's Armed Forces Golf Tournament 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 6:30pm Nature Club Gen. Mtg. (V)	10 7am Social Tennis 8:30am Golf - Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10am Council for the Arts (V) 10am Basic Computer Class (V) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 4pm Golf - Sr. Men's Bd. Mtg. (D) 4pm Village 1 HOA Mtg. (D) 4pm Table Tennis Club Mtg.(D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6:30pm Olympic Village HOA Mtg. (D) 7pm Drama Club Rehearsal (D)	11 7am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bunco (D)	12 8:30am Hiking Club Mtg. & Hike (V) 11am Table Tennis (D)
13 Happy Mother's Day 10am – 3pm Farmer's Market (D) 7pm Ballroom Dance Club – Mother's Day Dance (V)	14 7am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 12:15pm Bridge – Duplicate (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	15 7am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10am Computer Class – Basics Photo & Video (V) 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole Golf 12:15pm Canasta - Hand & Foot (V) 12:30pm Dominoes (D) 12:30pm Watercolor Painting (D) 5pm Billiard Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V) 7pm Drama Club Rehearsal (D)	16 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6pm Soul Line Dancing (D) 6:30pm Travel Discovery – South Africa (V) 7pm Olympic Village RC Mtg. (V)	17 7am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Dog Club (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 6pm Pinochle (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Village Oakmont RC Mtg. (D) 7pm Village Oakmont HOA Mtg. (D) 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Rehearsal (D)	18 7am Social Tennis 9am Village 1 Arch. Com. Mtg. (D) 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing (V) 5pm Advanced Ballroom Dancing (V) 7pm Whist Club (D) 7pm Karaoke Night – Redesigned (V)	19 8:30am Hiking Club (V) 11am Table Tennis (D)
20	21 7am Social Tennis 9pm Watercolor Painting (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 1pm Access Committee Mtg. (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D)	22 7am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand & Foot (V) 12:30pm Watercolor Painting (D) 5pm Billiards Club Tournament (V) 5pm Grapevine Chat (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Class – Basics Photo & Video (V) 7pm Drama Club Rehearsal (D)	23 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D)	24 7am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Drama Club Rehearsal (D) 7pm Saddle Rock Village Delegates' Mtg. (D)	25 7am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 5pm VORC Dinner Dance (V) 7pm Bingo (D)	26 8:30am Hiking Club (V) 11am Table Tennis (D)
27 10am – 3pm Farmer's Market (D) 2pm Concert – Legendary Ladies of Country Music (V)	28 Memorial Day Holiday HOA Office Closed 7am Social Tennis 8am – 4pm Tennis Tournament 11:30am Tennis Club Tournament Luncheon (D) 1pm Mah Jongg (V) 7pm Poker (D)	29 7am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am RVMEN 9-Hole Golf 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 1pm Village Oakmont Arch. Com. (D) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. & Rehearsal (D)	30 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12pm Grief Support Group (V) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D)	31 7am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:15pm Canasta – Ponytail (V) 1pm Adult Committee Mtg. (D) 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Drama Club Rehearsal (D)		

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Billiards Club

The next Billiards Club meeting is on Wednesday, May 2 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are 5 p.m. On the first and third Tuesdays of the month, the format is 8-ball round robin with no handicaps for B players. On the second Tuesday of the month, the format is handicap 9-ball with a round robin format. In order to get a win, a player must beat his opponent two out of three games. The club has again made a list of B players. For that Tuesday evening, the B players will get a one game handicap while playing an A player. The B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-ball and the club will split the tournament into A & B players. There will be a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players. Officers: President Al Bergoust, Vice President Joe Mattos, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

March 6, 8-Ball	March 13, Handicap 9-Ball
1 st Al Bergoust	1 st Joe Mattos
2 nd Oscar Grissom	2 nd Jim Neill
	3 rd Dave Stewart

March 20, 8-Ball

1st Al Bergoust
2nd Joe Mattos
3rd Ben Bautista

March 27, 8-Ball A & B

A Division	B Division
1 st Oscar Grissom	1 st John Robinson
2 nd Bob Rice	2 nd Diego Cassone

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

Bingo

Spring is a time for new growth with all things. Come to bingo! Renew friendships and meet new people. Mark your calendar for the fourth Friday of the month. The next game is on May 25 at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene (6999).

Bocce Club

Both the Morning Bocce League (MBL) and Night Bocce League (NBL) are off to a rolling start. Looking ahead, the MBL will host a mid-season BYOS gathering at the Delta Club on Friday, June 1. The End of Season Luncheon at the Vista Club is on Tuesday, August 28. The NBL is planning an END OF SEASON Social Saturday evening, September 8 at the Vista Club. Full details will be posted. Mark your calendar now so that you don't miss out on these club happenings.

A big club thank you is extended to all the club members who helped with the construction of the new shade covers at the Cypress courts. The project came in under the financial budget and over the estimated shade budget: a win-win for everyone.

We are considering a one-day self-funding competitive tournament for members who want to participate in such an event. It will be held on a Sunday and limited to eight teams with an entrance fee of between \$25 and \$50 per eight-person team. Prizes will be awarded based on the funds collected, less any tournament expenses. The format is round robin and the activity will be followed by a BYOS social. We need volunteers to organize and co-ordinate. Contact Joe Downes (7520) for additional details or to volunteer. Remember to roll often, throw straight and have fun. That's what it's all about.

Book Club



The Book Club meets the second Tuesday of each month at 10:30 a.m. at the Vista Club in the Sonoma Room. The next meeting is May 8. The book selection is *The Forsaken* by Tim Tzouliadis. June's book selection is *Anywhere but Here* by Mona Simpson. There is no requirement to have read the selected book. Everyone is welcome to join in. Feel free to stop by. For more information, contact Adrienne at (5576).

Bridge - Duplicate

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

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

May 29, Gambler's Special, Cache Creek, SOLD OUT

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

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

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

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

Sept. 5-7, Reno and Virginia City, (3-days/2-nights), \$272/pp The highlights of this trip include: Apple Hill fritters; a loop tour and BBQ at High Hill Ranch; a scenic ride around Lake Tahoe and on the way to Reno. You'll see the "Oh What a Night" dinner show, a musical tribute to Frankie Valli and the Jersey Boys. We'll spend a morning at the Carson Railroad Museum and take a ride on an authentic steam train between Carson City and Virginia City.

We'll have time for lunch and shopping in the old western town of Virginia City, and, of course, plenty of free time in downtown Reno for testing your skills with "Lady Luck."

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

Mark Your Calendars for:

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

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

(continued from page 26)

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

Computer Club

The next meeting of the Computer Club is May 15, at 7 p.m. in the Diablo Room at the Vista Club. This meeting will be devoted to reviewing all of the aspects of maintaining our computers in order to get the greatest speed and efficiency possible. To some of us, it will be a review, while others will find some important information on how to keep our computers humming.

If you wish to become a member of the club, visit the Club website at www.tccrv.org to complete and print a copy of the application. Give it along with the annual dues of \$12 to any of the directors. You may also sign up at any meeting.

We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software. A reminder: check the Computer Club website at www.tccrv.org for the latest information on many computer related subjects, meetings and other interesting items. For more information, contact Lynne Hansen (4060).

Dog Club



This picture of Katie Wright, a Cavalier King Charles Spaniel who owns Linda Wright, says it all. Yes you heard correctly, they own us, right? Anyone who thinks otherwise is just deluding themselves. Please let us know what you want from your dog club.

We need volunteers to organize and help. If you have the time and wish to contribute, let us know. We owe a big thanks to Jim Ludwig for the photo on the cover of the April Trilogy Living, wonderful job! Sue Clark was our speaker in April. She is a flight instructor at our local airport and flies dogs from foster homes or rescue organizations to their new homes. She does this at her own expense and time. Even though she doesn't have a dog of her own at this time, she often fosters one for a short time while they are between homes and /or flights. This is truly a labor of love. We welcome your suggestions for future speakers.

The club has grown by leaps and bounds. We would like to have everyone who has a dog to be on our mailing list. If we have this information, we can help return or find lost dogs. Be sure and update your dog tags with a large print phone number. Many of our tags have become so worn they can't be read. The next meeting is May 17 at 11 a.m. at the Delta Club. We have changed our date from Wednesday to Thursday. If you would like to join us, membership is \$10 per year and entitles you to discounts at Pets 4 All and Bubbles and Bows. Send your information to Georgette Hall at 500 Anglebrook. If you have questions for the next issue, send those to Linda Solomon heunique@comcast.com. Remember, you can reach our lost and found dog hot line at heunique@comcast.com, (707) 225-6880, or by contacting Karen Bereta at kbereta@frontiernet.net and (3505).

Fishing Club

Our next meeting is Monday, May 21 at 7 p.m. in the Marina Room at the Delta Club. We will have a guest speaker and will plan our San Francisco Bay party boat trips. We will also discuss future group fishing trips and plans for our annual barbecue/picnic.

Our usual coffee, tea and cookies will be served. Hope to see you there. Everyone is welcome to join the Fishing Club. We have great events throughout the year. For more information, call Al Silva at (3791).

Genealogy Club

At our April meeting, many of the attendees joined in reviewing difficulties of the release of the 1940 census. As exciting as the event was (after all we've waited 72 years for the opportunity to find our families and solve some of the mysteries) there were some issues. On the first day, April 2, the National Archives was brought down by 37 million researchers. Rhoda Fone had no trouble finding her family in Missouri but she was the exception. Ancestry.com was limited to a few states including California and New York. The National Archives.gov was a great resource for those southern states such as Oklahoma and Texas. Don't be discouraged. The information is still available we just have to look a little harder than we're used to. Remember to locate the Enumeration District (in the right hand corner of the census) on the 1930 census as well as the state and county. You may have a considerable number of pages to look through, but the hunt is worth it.

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A new member, Patricia Kohn, brought to our attention a seminar she recently attended that highlighted a color coding system used when documenting families. We also covered DNA research and wish to thank Carol Dugan and her cousin Ralph for the informative meeting on their research. The meeting was very informative and explained the finer points of DNA.

For those of you who continue to research immigration records, try this one: stevemorse.org. Stephen P. Morse has put together a site for researching Castle Garden, Ellis Island, Boston, New Orleans and many more. The years 1892 to 1924 are covered.

The Genealogy Club is open to all residents of Trilogy. There is no fee to become a member. Our regular meetings take place the first Thursday of every month at 2 p.m. in the Vista Club Monterey room. For more information, contact Rhoda at (7542). The genealogy workshop is held the third Thursday of each month at 2 p.m. at the Vista Club. For more information about the workshop, contact Carolyn at wncbridges@comcast.net.

Good Samaritans

May 3, the first Thursday of the month, is "National Day of Prayer." The annual day is designated by the United States Congress. The "National Day of Prayer" calls on all people of different faiths in the United States to pray for the nation and its leaders. The theme for this year is, "One Nation Under God." All residents are invited to attend.



The second Thursday of the month of May, the Good Samaritans will honor Velma Bridges for "Mother of the Year" for Mother's Day. Ms. Bridges is a 14-year resident of Trilogy and the first African-American Business Woman who retired with great honors. Along with working in the business world and real estate, she always had

time to help all people. In the past, Ms. Bridges worked with unwed mothers as a counselor at Boys Home and Girls Home, helping lead children in the right direction of life. She was raised by Christian parents and had three brothers and five sisters. Velma was always encouraged to

teach her many nieces and nephews. Velma cared for her elder sister for six years after the Katrina flood. The Good Samaritans has also been encouraged by Ms. Bridges with her prayers.

The Good Samaritans Bible Study First Annual Mother's Day event took place on Sunday, 2006, six years ago at the Delta Club in the River Room. Marcella Pena, Hattie Walker, Nita Ruiz-Simmons and Rose Narcisse were presented with a beautiful plant to honor them.

The Second Annual Mother's Day honors were Judy Aquila, Ollie Nicodemus, Betty Ellis, Rose Narcisse, Linda Guenther and Carol Horner.

On the Fourth Thursday of May we will pray for the May birthdays and fellowship luncheon after the Bible Study.

The Good Samaritans meet every Thursday at 1 p.m. in the Marina Room at the Delta Club. The Good Samaritans' main focus is to reach the sick and shut-in with prayers and fellowship. For more information and prayer requests, e-mail our group at goodsamaritansbiblestudy@hotmail.com

Scripture of the Month: Matthew 28:1-7

Library News

The library continues to grow with the generous donations from residents. Our 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 only have a very small temporary storage area. Duplicate books or those not suitable for our library are sorted and delivered by our volunteers to schools, libraries, hospitals, and senior centers throughout the county. Some items are not needed by our library or any of these groups. Please help us by taking a few minutes to look at your donations and remove the following items:

- Magazines over 90 days old
- Reader's Digest condensed books
- Obsolete text books, old computer books, encyclopedias
- Damaged, dirty, torn, and musty books
- Home recorded videos (copyright violation)
- Catalogs, brochures, professional journals

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fifth of the month prior to the
month of publication.

Men's Executive Nine

We had two tournaments in March and one in April. In the two-man alternate shot, the group one winning team was Dennis French/George Aquino and the group two winning team was Dennis Germano/Sherman Standard. The March 20 four-club tournament winners were Joe Devilbiss, Dennis Jones and Bill Price. In the April 3 four-ball tournament, the group one winning team was Ed Smith/Bob Bard. Group two was a tie between the teams of Ron Kott/Bob Brainard and Dale Moore/Bob Frable, and the group three winning team was Rolf Sabye/Al Sbranti. Congratulations to the winners and thanks to everyone who participated.

Our club plays every Tuesday starting at 11:30 a.m. We have two tournaments each month and the other Tuesdays are straight golf. The May 5 tournament is a Mutt and Jeff format. This is a new format and should be interesting. On May 22, our club will host a tournament with the Brentwood Rough Riders followed by a buffet lunch. Please watch for the sign-up sheets and join in the fun.

Our club had its quarterly meeting on March 20. The club members decided to hold our own award and induction banquet instead of joining with the Senior Men's golf club. The awards and induction banquet will be held after our October shotgun tournament. Watch for further details as the date gets closer.

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

Model Club

The last month allowed us to take over 20 Members, friends, and families to the Travis Air Museum at Travis Air Force Base. As with our usual tour arrangement, interested individuals met in the Delta Parking Lot to car pool up to the Visitors Reception Center on base. We were allowed on base, and met with our arranged tour guide. From 10 a.m. to 12:30 p.m. we enjoyed a very informative tour of the museum facilities and exhibits. I am sure many of us will be back again with grandkids and other family members. Great lunch was served on base for a very modest fee. We then returned to Trilogy. By the time you read this, we will have completed our tour of the Richmond Shipyard to see the Battleship USS Iowa prior to its final departure from the Bay Area. We will share our experiences with you next month.

Time is running out for you to sign up for the bus tour of Reno, Carson, and Virginia City, Nevada. We will take a tour of the Virginia and Truckee Railroad and ride the historic rails up the mountain and back. This trip is in Sep-

tember; however, you must make advance reservations.

Cooperation with the Bocce Club here in Trilogy allowed us to receive some badly needed fill dirt for the Garden Railroad and allowed them to dispose of this material without charge. The Roundhouse and Turntable is really shaping up. Stop by and see the progress.

The Model Club Sailing Group is scheduling an invitational regatta on May 20 from 10 a.m. to early afternoon, weather permitting. This is your chance to see our finest sailors compete. Stop by and cheer on your favorites.

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

Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The April 7 ride kicked off with a dozen bikes, 14 riders and a beautiful, clear, cold day that had promise of warming up nicely. The route selected was up Hwy 13 through Vacaville and out Pleasant Valley Road to the dam at Lake Berressa with a stretch break at the Glory Hole. Rumor has it, this direction was chosen because of a free pancake breakfast at the Turtle Rock Bar and Grill, sponsored by a local motorcycle dealer. Let's just say the pancakes were tasty! Continuing northward, we cruised over to Silverado Trail and made our way eventually to Calistoga for lunch at a favorite tri-tip grill. The photo-op is at Castello di Amorosa Winery just down the road from Calistoga, a great looking castle that would do any English countryside justice.



The return trip continued back through wine country along Silverado Trail and to Napa. A stretch break at Peet's in Vacaville provided an opportunity to re-cap the days

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ride and engage in a delightful international conversation with some young Italian tourists. They too, were motorcycle enthusiasts. This was a very enjoyable ride, only about 180 miles, but the spring countryside, nice weather, and road conditions were ideal.

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 May 5. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

"An exceptional rider has the ability to foresee and avoid situations that require exceptional skills."
– Anon

Nature Club

Next Meeting: May 9 at 6:30 p.m. in the Vista Club Monterey Room.

Alternative to May field trip: Field Trip to Audubon Ranch has been canceled; however, Deborah Bartens, former Naturalist with the City of Palo Alto, has offered to take a group out to the Delta Loop to see the nesting herons and cormorants. To arrange a date and time, contact Deb at dbartens@comcast.net.

Plastic Poop: At our last meeting, Deb Bartens brought examples of plastic scat. Members had fun learning to identify just who may travel through the common areas and surrounds of Trilogy. We feel sure this event can be brought back by popular demand. Deb loves to teach, so we look forward to more learning opportunities for wildlife identification.

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

Radio Club

As mentioned last month, members are well underway with the equipment checks and documentation supporting our communications hobby. Our club members

formed teams and are diligently working on completion of these efforts. Once complete, we can look forward to another year of safe and reliable communications capability with, and for, our community friends.

Two of our Club members have recently completed a rigorous study and examination routine, which yielded each of them an Extra Class Radio License. This is the highest class of licenses in the amateur bands administered by the Federal Communications Commission. A third club member, taking the first step, prepared for and passed the Technician Class license test. Stop by one of our meetings and meet the new communicators, and offer your congratulations.

Additional information can be obtained by attending the weekly Radio Club meeting, which is held each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee. The formal meeting starts at 10 a.m. Please stop by. For more information, contact Dean Lattman at (3967).

Recipe Club

The theme for our May 8 noon meeting is "produce." Linda Costa, Shirley Rogers, and Joyce Vass have volunteered to prepare the food, and Linda Walsh will serve coffee.

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

Monthly tip: We are fortunate to have the availability of many fresh fruits and vegetables. In fact, asparagus is grown in the Delta. Freshness is key for asparagus. Look for asparagus with firm, tight tips, fresh-cut ends, and no "off" odor. Asparagus will keep up to a week if you store them properly. Wrap the bottom of the bundle in a damp paper towel (secure with a rubber band), leaving the tips exposed. Put the bundle, towel end in first, into a plastic bag and refrigerate.



Rio Vista Roamers RV Club

Gary and Sharon Frederick took us to River Point Landing in Stockton last month. You have read in past articles about finding jewels on the delta. This spot is one of those special places. It is located right on the deep water channel going into the port of Stockton. Huge ships sailed just feet from us and a seal entertained us. We all really enjoyed ourselves and this park is on the agenda for a short, laid back, relaxing time.

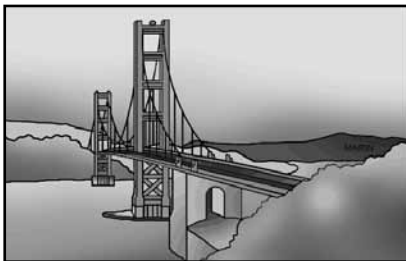
April 16 - 19 found us at Marina Dunes RV Park in Marina. This was a fun, busy trip, which you will learn about next month.

French Camp is on the agenda for May 28 - 31 and Wilma and Ken Powell (4034) are hosting at \$42.50 per night. Golf is right there to enjoy and places to explore are close by. This outing will need the first night deposit.

Our annual meeting is on June 5 at 4 p.m. in the Diablo Room at the Vista Club. Bob Pastorino is taking us to Casini Ranch on June 11. A flyer is coming out soon. Please put these dates on your calendars.

As always, anyone who would like to join us is more than welcome. We are a fun loving group and the first outing is a chance to see if you would like to join our club. Sandra Santos (3538) or Doyle Ellington (5276) can answer any questions.

San Francisco Club



We had a great turnout for our Spring Potluck in April. The food was excellent as usual. Those of you who attended, remember to send Joan Green your

recipe to share so that we can get our San Francisco cookbook started. Thank You Terry Sutter for organizing the dishes and keeping track of attendance.

We are scheduling a Giants Game in September, so watch this article for more information. Members will be notified as soon as we have a confirmed date. For more information, contact Mike and Lori Azzolino (6196).

Senior Men's Golf Club

We have a busy schedule in May. It starts with the May 2 ad hoc tournament followed by the Armed Forces Day tournament on May 9. Then on May 18, you can either play the Rotary tournament here at Rio Vista or travel to Brentwood to play in the first part of the Millennium

Trophy challenge. The last two Wednesdays of May feature a Las Vegas Scramble and an ABCD best and worst tournament. Watch for the sign-up sheets.

The monthly Sunday Residents tournaments started in April, so watch for the flyers on these fun events.

The May 9 Armed Forces Day tournament is a fundraiser to benefit the Veterans housing program. This program is run by the Solano Community Action Group. Last year, this event raised \$2,175 and we hope to top that amount this year. The tournament will feature a \$5,000 hole-in-one prize for an ace on the 8th hole as well as other hole-in-one prizes for the other par three's.

Our club plays each Wednesday morning. Sign-up sheets are available in the posting room or through our e-Clubhouse website. Also, check out our e-Clubhouse website on rvsmgc.ghinclub.com for the latest news and tournament results.

We hold our general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club. Please attend and support your club. The next meeting is on May 17. If you have any other questions about our club, contact club President George Barlesi at (4032) or e-mail George on gbarlesi@comcast.net.

Stroke, Head and Brain Injury Club

May is National Stroke Month. Did you know that there are over seven million survivors of stroke in the United States? A stroke occurs every 40 seconds, and 80% of strokes are preventable. Despite this, knowledge of the symptoms and prevention knowledge remains low.

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

Our goal is to have fun, too. We are planning various extracurricular activities for the group in the surrounding areas. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, please contact Cheryl Bellrose (6619). We encourage caregivers and families to join as you need support as well.

We meet the first Tuesday of each month from 1 - 3 p.m. at the Vista Club in the Monterey Room. Our May meeting takes place on May 1. Hope to see you there!

Supper Club

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

We meet every other month through October. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually six to 10). We are not limited to a formal dinner menu. We may also have an afternoon barbeque, a brunch or a luncheon. This year, to start it off right, we also had a party for the entire group in January.

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

Table Tennis Club

Our Pizza Night Social was a great success. It was held on March 29 at the Delta Club and about 60 people participated including members, friends, and families. We held a raffle and had a "match the person to their baby picture contest." The most unrecognizable baby was Tom Barnes!

The April 28 in-house tournament had 40 members signed up to play for singles and doubles team matches. For this last tournament, we had six groups of members playing on six tables, each group consisting of four to seven people. Scores of the matches were projected on a six foot screen so everyone could see the progress in real time. Results of this tournament will be available next month in this magazine but will be immediately posted in our website at <http://trvtt.wordpress.com/>.

Because of the growing number of members enjoying these tournaments, we will be holding them every other month. They last most of the day and some snacks are provided (donations are accepted). Members are grouped by similar skill level to enhance their enjoyment. Interested residents are welcome to watch the tournament from 9 a.m. – 4 p.m.

Upcoming events:

Thursday, May 17, at 4:30 p.m. General meeting at the Delta Club

Saturday, May 26, at 10 a.m. Fundraiser: Bake Sale.

Saturday, June 30, 9 a.m. to 4 p.m.

Saturday July 28, 9 a.m. to 4 p.m. Rossmoor at Rio Vista. Don't miss this opportunity to see talented players in action.

The club now has 74 dues-paying members. Players at all skill levels are welcome to join for \$15/year.

Residents of Trilogy are welcome to attend games on the fourth Saturday of each month.

For club details, updates, play schedules, and more, check out <http://trvtt.wordpress.com>. Go to "Clubs" and click on the link <http://trvtt.wordpress.com>.

For more information, contact Tom Barnes, President (4395); Jeff Kennan, Vice-President (7541); Tom Silverman, Treasurer (318-4620); Kim Russell, Secretary (2046); Vicky Riddle, Publicity (3684), Mike Lewis At Large (4823).

Tennis Club

Team tennis started off with a bang on March 21. We all had a great time, the tennis was good and the substitute players were terrific. On March 28, we were rained out, but the next two weeks look fine. Current standings in order of first to last are Team Wally, Team Eddie, Team Don, and Team Orlando is trying to figure out what went wrong. We have five more weeks of play. The lead will likely change several times during that period.



We can get you to Fairfield, Suisun City, Isleton, Antioch and Pittsburg/Bay Point BART Station, Monday – Saturday.

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for information and reservations!

RIO VISTA
DELTABREEZE

On April 27, we are hosting a tennis match with the Brentwood Tennis Team. Sadly, we could not get The Vineyards to be part of this early season competition. This will be a good warm-up for the upcoming tournament season. Our goal this year is to get back the tournament trophy we lost to Rossmoor last year. The Rossmoor Tournament is on May 19, at the Rossmoor courts in Walnut Creek.

Club elections are approaching as quickly as an Alice Hill serve. To date, there have not been any major fundraisers by any candidate. That means the field is open to any of you who would like to be a part of this tennis democracy. Remember that board members get front row seating and also get priority standing in the coffee and snack line at our meetings.

Thanks to all of you who continue to recycle your plastic bottles at court 2. Our current recycle fund is \$159. Thanks Chuck, for taking care of the recycling. For more information about our club, contact Wally Beckman at beckmanwally@hotmail.com.

Women's 9-Holers

We meet at The Nines every Tuesday at 9 a.m. for a 9:30 tee-time. The sign-up sheet is picked up on Mondays at noon. If you need to cancel, call Ruth Almgren, Tournament Chairman at (3867) or the Pro Shop (2900).

Tuesday Play Day Results

March 6, 2012: Tornado winds, freezing cold and a little sun. Karen N., won low putts with an incredible 16 putts. Lois & Ruth had 18 putts. Great Job. Karen N., Par #12 Donna B., Par #13 Lois # 10.

March 13, 2012: Hosting The 9-Hole Men's. The weather did not cooperate. It rained.



March 20, 2012: No chip-ins this day. Karen N., Georgette R., Pars on #13 Rowena J., Par on #15.

March 27, 2012: Rain, Rain. No Golf.

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

Women's 18-Holers

The 18-Holers were able to play a couple of Thursdays in March.

March 1: Straight golf – no winners, just a day on the golf course.

March 8: Hosted Ladies Nine Holers

First Place: Debby Carroll, Diana Staley, Joan O'Connor, Mary Popham. **Second Place:** Tie between Ladell Manion, Karen Nash, Lois Dutcher, Bev Dunn and Judy Zelmar, Roni Teixeira, Lynn Grace, Fran Silva. **Third Place:** Lucille Rhodes, Terri Anisko, Charlotte Godsey, Judy Rumble.

March 22: Straight golf

Flight A: First place: Ida Shannon. Second place: Lucille Rhodes and Ulla Ulmenon. Third place: Judy Zelmar. Fourth place: Debby Carroll.

Flight B: First place: Pat Kistler and Diana Staley. Second place: Karen Nash.

Flight C: First place: Charlotte Godsey. Second place: Lynn Grace. Third place: Darl McCarthy. Closest To The Pin: Ida Shannon.

March 29: OSEN (holes #1, 6, 7, 8, 9, 11, 16, 17, and 18)

Flight A: First place: Des Javier. Second place: Frankie Freese and Trixie Roque. Third place: Ida Shannon.

Flight B: First place: Karen Nash. Second place: Pat Kistler and Diana Staley.

Flight C: First place: Charlotte Godsey. Second place: Bessie Dunn. Third place: Terry Sutter. Birdies: Judy Zelmar, Trixie Roque, Donna Martella, Ulla Ulmonen, Pat Kistler, Ladell Manion. Chip-Ins: Karen Nash, Diana Staley, Bessie Dunn, Terry Sutter, Donna Martella, Charlotte Godsey, Ida Shannon, Pat Kistler. Broke 100: Judy Zelmar, Ida Shannon, Ulla Ulmonen, Debby Carroll, Lucille Rhodes, Des Javier, Debby Carroll, Pat Kistler, Diane Staley, Vicky Riddle.

We meet every Thursday at 8:30 a.m. If you would like to join us, contact Marilyn Rogers at (5746).

Adult Grief Support

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

Every 15 Minutes



The Every 15 Minutes program took place at Rio Vista High School, challenging students to think about drinking, driving, personal safety and the realities and effects of their decision-making. The program took its name from the fact that every 15 minutes in the United States someone dies of drunk driving related circumstances. This is the third year that the make-up team of the V. I. P. Drama Club has been involved. This year Karen Bereta, Lynne Galletta, Willie Stapp and Charlene Oxoby creatively did the make-up for the realistic accident simulation in addition to making up the "living dead."

Critters in the Chimney

The smoke shelf in a fireplace flue is a common den and nesting site for raccoons and other wild animals. Uncapped chimneys are a fire hazard and an open invitation for raccoons to nest as well as for other wildlife including rats, tree squirrels and birds. You need to make a visual inspection to determine if your chimney is already capped. If your chimney is already capped—no need to worry, but make sure it is tightly secured to prevent raccoons from pulling the cap loose.

Warning: Never try to "smoke out" animals from a chimney—they may be overcome by smoke or gas inhalation and die inside. Then you will have to deal with physically removing them yourself. Once it is determined that raccoon babies are present, you will need to wait until they are old enough to accompany their mother on her evening foraging forays. It's best to wait until everyone is out of the chimney for good. You may need your flue

cleaned to remove flammable nesting material before capping the chimney as well. Obtain a spark arrester cap that meets the fire code of your area. These caps will keep our animal friends out of your chimney.

References: SPCA of Monterey County, Friends of Monterey Wildlife, University of California Publication 74116

Thank You

Once again, a big "Thank You" goes to all the residents of Trilogy for their donations in support of the Meals on Wheels program of Solano County. Your contributions help to ensure that "no senior goes hungry."

Sincerely,

Roger Wiskeman
President - Board of Directors
Meals on Wheels of Solano County

TOPS

In March, 18 members of Taking Off Pounds Sensibly (TOPS) Trilogy Chapter 2357 met at the Cyber Cafe for a luncheon in honor of Mae Church who has served our group for 10 years. The Installation Luncheon was held at Nines Restaurant on April 11 with 32 members and guests present. In attendance were Leader Minnie Howell, Co-Leader Peggy Smith, Assistant Woody Woodard, Treasurer Horace Reese, Assistant Sally Cicka, Co-Assistant Izzie Starks, Secretary Lynn Richards, Assistant Faye Ford, Mae Church, Anna Stevens and Thelma Martin. Weight Recorders were installed by Micey Drake, Contra Costa Area Coordinator. Each one received a very special charge of office. Special recognition was given to the 10-year charter members still serving our Trilogy Chapter. Doris Perry started the group in March of 2002 with Mae Church, Anna Stevens, Joyce Vass, Mary Mead, and Carolyn Williams. Also honored were new KOPs Hattie Walker, Daryl Woodard, Lavernne Thompson, Yvonne Gardner. Our group meets every Wednesday at the Delta Club at 8 a.m. Come by to check us out, or for more information, call Minnie Howell at (5786) or Peggy Smith at (1366).



Trilogy Jazz Band

Happy Mother's Day to everyone! The band will play for the Ballroom Dance Club's Mother's Day dance on Sunday evening, May 13. We are currently rehearsing some special music for that event.

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

Tuesday Night BBQ

Once again we are starting up our weekly BBQ on the first Tuesday in May continuing throughout the summer. Last year, we tried Thursday; however, many people wanted us to go back to Tuesdays. Please bring a dish to share including meat if you'd like to grill, beverages and your utensils. Please use plastic ware. We are not allowed to use glass at the pool. Cooking begins at 5:30 p.m. Open to all Trilogy residents. For more information, contact Claudette Gartner (707) 439-6116.

ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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

TRILOGY SPECIALS
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Donna Hoenie, Sr. Beauty Consultant
650-454-7275, dhoenie@marykay.com

ANNOUNCEMENTS

Parkinson's Support

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

FOR RENT

Home for Rent

Spinnaker 2br/2ba, den on golf course, lake view, patio, fenced yard, pet ok. Owner pays HOA, gardener. \$1150/mo. \$1000 deposit. Available June 1. Call Ann (2847).

Home for Rent

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

FOR SALE

Audio/Video Equipment

New Equipment: 3 Pioneer Kuro speakers, 30", 36" and 59", Audio/Video 6-way distribution amplifier, Niles volume controllers, video clarifier for dubbing, Channel Plus model, Modulator. Also new microwave. For sale at Trilogy Garage Sale May 5. Mike (6196) 320 Rivercliff Dr.

FOR SALE

Banjo

Deering Banjo: Golden ERA 3-ply Maple Rim 20-hole Bronze Toning Zinc Flange Nickel plated high gloss finish. Paid \$4559, will sell for \$3000 OBO 209-712-0813

Furniture

3-piece living room set: couch, loveseat, chair & pillows. Tan with light colors. Excellent condition \$800 OBO. Call (4810).

Harley Davidson

2001 Harley Davidson Screamin' Eagle Roadglide 38,000 miles, cruise control, Tourpak 12 disc CD player, Security alarm, custom Thunderstar Wheels. Lots more \$10,000 Call 209-712-0813.

Scarves

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

Sewing Machine

Super Zigzag Sewing Machine, like new, \$65; horizontal Freezer 5' x 2'. Good running condition, \$50. Call Dick Dawson (6835).

FOR SALE

Vehicle

2003 Thunderbird Convertible with removable hardtop. Gray, 5-speed automatic, heated leather seats. Very clean & well maintained. Always garaged, 60,000 miles \$17,000. Call 209-712-0813.

SERVICES

Annual Service

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

Assistance w/ Heavy Lifting

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

Assistant for Females

Available Monday -Thursday 9-5: Meal preparation, errands, transporting to pharmacy, post office, groceries, appointments, shopping, visiting friends, movies, etc. Contact Brenda (4617) or cell 816-0964 tmbweed5000@aol.com

SERVICES

Audio/Video

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

Audio/Visual

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

Auto/Home Detailing

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

Caregiver

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

Carpentry

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

Carpet and Upholstery Cleaning

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

SERVICES

Carwash

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

Cleaning

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

Cleaning

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

Clock Repair

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

Computer Doctor

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

Computer Help

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

Computer/Wireless

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

SERVICES

Countertops Galore

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

DJ Available

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

Electrical

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

Enhanced Improvements & Repairs

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

Faux Finishing @ Its Best

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

Gardening

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

Hairstyling

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

SERVICES

Handyman

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

Handyman

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

Handyman

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

Home Maintenance

Wash windows, including tracks & screens. Wash patio & patio cover. Clean dryer vents, rain gutters, most honey-dos. Some hauling. Victor 398-6610.

Household Assistance

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

Impeccable Improvements & Repairs

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

SERVICES

Income Tax Preparation

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

Income Tax Preparation and Bookkeeping Services

With over 30 years experience including personal, corporate and partnership returns. Income tax preparation. Fast, efficient, reasonable. No job too small. Call Lesley (3377).

Income Tax Services and Planning

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

In-Home Care

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

Knife Sharpening

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

Landscape Maintenance

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

Lawnmower Repair

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

SERVICES

Mobile Notary Services

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

Notary

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

Notary Public

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

Notary to Go

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

Painting

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

Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run. Cost is \$5 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue.

SERVICES

Painting and Drywall

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

Personal Organization

Spring Cleaning is just around the corner. Let ClutterNOT help you through the process. I'll make the "hard decisions" of what to keep and what to donate/discard. Experienced, confidential and sensitive de-cluttering. References available. Trilogy resident, Carol Kern, 925-286-2398 or www.clutternot.com for free consultation.

Pet Care

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

Pet Care

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

Pet Care

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

Pet Care

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

SERVICES

Photography

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

Rain Gutters Cleaned

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

Real Estate

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

Reverse Mortgage

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

Streaming Video

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

Transitions

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

Transportation

Your car or my car. Anytime, anywhere. Victor 398-6610.

SERVICES

Transportation

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

Weed Pulling

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

Window Cleaning

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

VACATION RENTAL

Tahoe Condo

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

WANTED

Recipes

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

501 Levis

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



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WEDNESDAY, MAY 16, 2012

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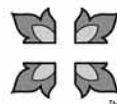
PRESENTATION: 6:30-8:00 PM

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Seating is limited.

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If you haven't been by in awhile, stop by and see what all the excitement is about. We know you'll be just as excited about the changes as we are.

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