

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

March 2012

# TrilogyLiving

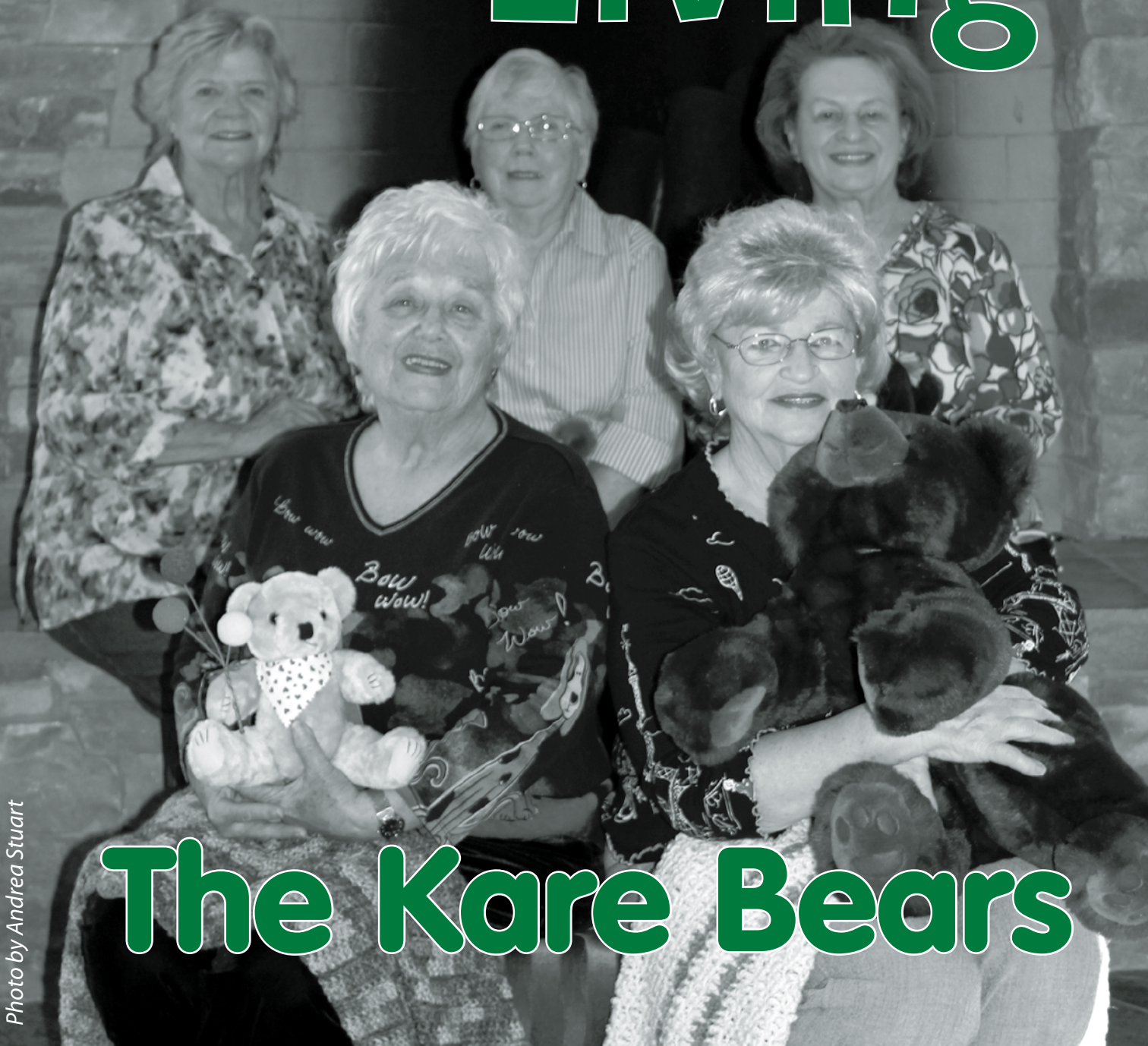


Photo by Andrea Stuart

## The Kare Bears

The Trilogy Kare Bears are a vital part of our community. Serving as a kind of Red Cross for Trilogy, the Kare Bears are a group of volunteers who are concerned about the welfare of their neighbors. Their key purpose is to assist and support residents who are ill or recuperating from illness, surgery, and/or hospitalization. We pay tribute to these groups who give so much of their time to help others in need. For information about the Kare Bears, see page 16.

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# March Madness

AT MERRILL GARDENS AT NORTH BAY

Come join our Merrill Gardens Active Living<sup>SM</sup> Program!

**Monday, March 5 • 7:45 am**

Feelin' lucky? Join us for a fun trip to Thunder Valley Casino.  
Cost is \$28. Space is limited so RSVP right away!

**Saturday, March 17 • 2:00 – 4:00 pm**

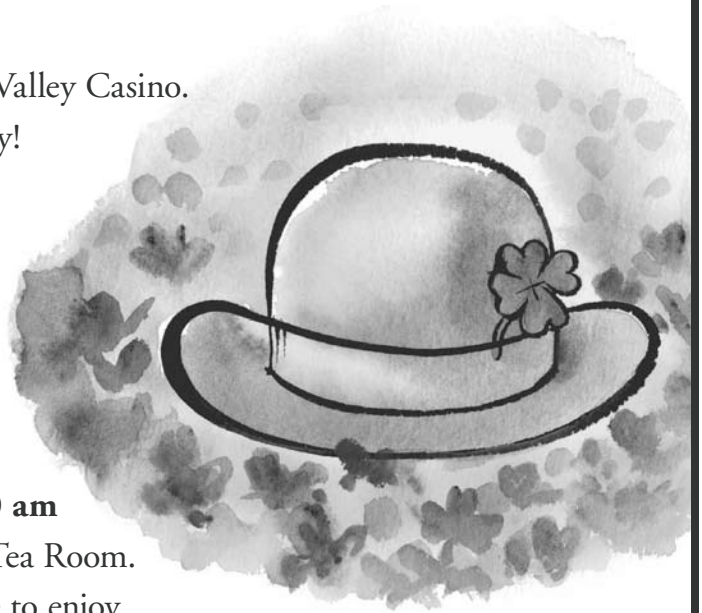
Wear your green and follow the leprechauns  
as we celebrate St. Paddy's Day. Live  
entertainment and refreshments provided.  
FREE. Please RSVP by March 12th.

**Wednesday, March 28 • Shuttle Leaves 10:00 am**

Join us for a delightful lunch at the Linde Lane Tea Room.  
Converted out of a historic firehouse, you're sure to enjoy  
the unique character of this treasure. No-host lunch.  
Please RSVP by March 23rd.

**Saturday, March 31 • 3:30 pm**

Happy hour and belly dancers! Need we say more?  
Come on over for a great time and lots of fun. FREE.  
Please RSVP by March 26th.



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*From the  
Master Association*  
**BOB SATHER**  
**Former President**

After six years on the Master Association Board, I have stepped down. It has been my pleasure and honor to serve you. I would like to congratulate Lorna Bewick and Bernie Dehn on their election to the Master Board. I know they will do an outstanding job. Congratulations to Carol Benkie who has been elected president for the coming term. Thanks also to Lee Puryear who also has stepped down from his service to the community as a member and CFO of the board.

I would like to remind everyone that this column is not intended to represent the official minutes of the Association. The Official Minutes are posted in the Delta Club. This column is only intended to give a brief outline as to what has been happening at our meetings.

The regular monthly meeting of the Master Association Board was held on Feb. 14, 2012 in the Diablo Ballroom of the Vista Club. The annual meeting of the delegates took place after the regular monthly meeting.

#### **Actions taken at the regular meeting included:**

- The approval of the Consent Calendar included the following:
  1. The minutes of the Jan. 10, 2012 meeting
  2. The filing of a lien
  3. The ratifications of several reserve expenditures
- The Adoption of the 2012-2013 Budget and Use Fees.
- Approved a proposal to the City of Rio Vista for the acquisition of the old Waste Water Treatment Plant and Marks Channel.
- Approved a three-year agreement, effective April 1, with Jani-King, which included automatically renewing yearly contracts, tied to the CPI or 3%, whichever is less.
- Approved an expenditure from reserves, for the replacement and removal of the Summerset Drive Fences.
- Approved an expenditure from Operations Contingency, in the amount of \$2,500, to match funds with the Bocce Club to install shade structures at the Cypress Bocce Courts and to reimburse the club upon receipts.

The next regular meeting of the Master Board is on March 13, 2012 at 2 p.m. in the Diablo Ballroom of the Vista Club. Attend the meeting to meet the new board members. Thanks again for allowing me to serve you these past six years.

— Bob Sather, Past President

# 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 – Dave Bewick (2093)  
Olympic Village – Joel Auslen (5808)  
Saddle Rock Village – Mary Ann Butts (3099)

## **Committees**

Adult – Barb Bieber, Chair (5777)  
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 – Warren Oglove (3477)  
Olympic Village – Robert Sonnenburg (925) 550-3832

## **Association Administration**

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

## **Club Numbers**

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

## **Trilogy Living Editorial Board**

Andrea Stuart, Ed Vitrano, Debbie Dorn,  
Cheryl Lucas, Joan Azlant, Kathy Erwin, Barb Bieber

## **Commercial Advertising Manager**

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

## **Resident Classified Advertising**

Kathy Nilsson, knilsson@actionlife.com (4200)

## **Welcome Center, Front Gate (4306)**

trvwelcomecenter@gmail.com

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

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



*From the Editor*  
**ANDREA STUART**

We may lose an hour of sleep this month due to daylight savings but we've gained a day this year thanks to leap year. Theoretically, that gives us more time to enjoy the numerous activities at our fingertips. Before you dive into all that fun though consider our theme for the month: March is recognized as Red Cross Month. In honor of helping others, we are paying tribute to the Kare Bears clubs of Trilogy. The individuals in these groups dedicate much of their time to aiding others who have been incapacitated to varying degrees by illness or injury. Performing inspiring deeds such as transporting the ill to doctor appointments, providing warm meals, and offering companionship and more to recipients, Kare Bears is about neighbors helping neighbors. Working alongside the Kare Bears, the Family Support Committee works hard to provide funeral and memorial services to family members of Trilogy residents who have passed away. The services provided by both groups offer ease of mind for those in troubled times.

The calendars are filling up! Start the month off by stocking your refrigerator and pantry with flavors of the season. The Farmer's Market at the Delta Club takes place on March 4 and 18. You'll want to build up your strength for the long days and nights ahead including Music of the Night: The Era of Our Ways on March 8, 9, and 10; Open Mic Night on March 16, Spring Equinox Celebration on March 19, Travel Talk on March 22, the Spring Gift & Art Fair on March 24; and of course, the Culinary Tour in Downtown Sacramento on March 29.

Whether you're Irish or not, embrace your inner "blimey" by taking advantage of the St. Patrick's Day Spa specials. See pg. 14 for more information.

And mark your calendars for April. It's just around the corner. Comedy Night is bringing the verbal antics of Larry "Bubbles" Brown (April 20) and a concert with crowd favorite Don Lewis (April 21). You won't want to miss these unique shows that are guaranteed to leave you wanting more.

Now, get out there and have some fun!

**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.



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

The Polar Bear Plunge T-shirts have arrived. Twenty-eight plungees qualified for a keepsake memory shirt, and there is a good chance you'll spot someone sporting their award! Member Services has a shirt on display if you would like to see the picture of the brave group.



Comedy Night with Johnny Steele filled the ballroom with laughter. Now, mark your calendar for a barrel of laughs from the Larry "Bubbles" Brown comedy show appearing the third Friday in April.

Several clubs and individuals participated in the Wine, Jazz and Visual Art Festival. There was an outstanding display of visual art and interestingly unique items. There were magnificent drawings, paintings, photographs, etchings, quilted art displays, and shadow-box arrangements. And did you catch those carved Gourds and the Chess Set made from instruments? Van Ruiten Winery of Lodi complemented the event with wine tasting. Tasters were pleased with their wines. Their selections are available locally from Lira's Supermarket. It all took place while 3JB band filled the Vista Club with musical splendor for a simply elegant experience.

We are seeking digital photographs from the New Year's Eve celebration, all types of photos of anyone and everyone. We are also interested in using empty New Year's champagne bottles for future events. If you are interested in providing bottles or photographs from this year's party, please drop them by Member Services or contact me at (4204).

Please note the upcoming events. We look forward to seeing you there. Your suggestions are always valued. Contact me at (4204) or ddorn@actionlife.com. My mailbox is always open!

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

## Don Lewis Concert

Saturday, April 21, 7 – 9 p.m. Diablo Ballroom, Vista Club, \$10

**Inspiring! Entertaining! That's Don Lewis!** Whether performing in Carnegie Hall or touring with the Beach Boys, playing concerts in European Cathedrals or jazz clubs in Chicago, Don's music brings high energy, as he interacts with his audience! Sign up at Member Services for this musical experience. For more information, call Debbie (4204).

## Farmer's Market ~ A Raffle Too!

Sundays, March 4 and 18, 10 a.m. – 3 p.m.,  
Delta Club, Free

Petrill's Produce Farmer's Market offers refreshing produce to Trilogy members. Purchase fresh fruits and vegetables right here in Trilogy! Every member making a purchase receives a raffle ticket good for a \$10 gift certificate to be used toward their next purchase at Petrill's Farmer's Market.

## Grapevine Chat!

Tuesdays, March 13, 6 p.m. and March 27, 5 p.m.  
Grand Living Room, Vista Club

Are you new to Trilogy? Perhaps you're or a seasoned resident who enjoys great company, an inviting atmosphere, and good conversation. Join the warm and casual setting of Grapevine Chat at the big fireplace. "Get the scoop" on all things Trilogy while getting to know your neighbors. Bring wine, glasses and snacks to share with others if you'd like. No sign-up required.

## Complimentary Hearing Screening and Assessment

Thursday, March 8, 1- 3 p.m.  
Diablo Ballroom, Vista Club, Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and assessment to all members. Also offered are cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Please keep in mind that some repairs may have a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. They look forward to serving your needs on an ongoing basis. Depending on need, their services are offered quarterly on the second Thursday of the month beginning March 8. Contact them directly to make an appointment at (707) 428-1313. Walk-ins are welcome.

## Open Mic Night

Friday, March 16, 7 – 8:30 p.m.  
Diablo Room, Vista Club, Free

Join Trilogy for a fun night of showmanship. Show off your hidden talents, whether it's singing, reciting poetry, performing stand-up comedy or playing an instrument, the sky's the limit. Don't hold back! Let your inner star shine through! This is not the "Gong Show" or "Star Search." It's about sharing and having a great time. Bring your favorite snack and beverage. All performers sign up at Member Services at the Vista. Doors open at 6 p.m. Capacity seating: 160. Guidelines: One performance per person, which may be flexible depending on the number of performers for the night. Limit of 15 performers.

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**We're delighted to announce....**

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*has joined the Shafer team!*

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**We're also pleased to announce...**

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## Travel Talk

Thursday, March 22, 6:30 p.m.

Diablo Ballroom, Vista Club, Free

Join Joan Greene as she takes you on a historic and cultural voyage to antiquities in Italy. You'll discover a unique experience regardless if you are a professional historian or simply interested in the history, art, myths and architecture of the ancient world also known as the origins of our Western civilization. Joan will take you on a mental journey of breathtaking archaeological treasures and the most beautiful scenery in the world, allowing you to imagine the delectable food and wines of the Mediterranean. Bring along your favorite beverage and snack to enjoy during your voyage. For more information, contact Joan Greene at (2440).

## Culinary Tour in Downtown Sacramento

Thursday, March 29, Depart at 9 a.m. and return at 4:30 p.m. in the Delta Overflow Parking Lot • \$75/person Includes Transportation & Food Tastings

Share in a wonderfully delectable experience. We'll have an easy 3.5 hour walking tour offering a large variety of tastings while visiting six to 10 specialty food shops, artisans, and restaurants. The tours focus on fresh, local, organic, seasonal, and sustainable foods and beverages. Enough food is served on each tour that most guests consider it a meal. Savor, learn, explore, and connect to an amazing community and their culinary dishes. Sign up at Member Services. Driver gratuity is an individual option. For more information, contact Debbie (4204).

## Comedy Night with Larry "Bubbles" Brown

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

Larry "Bubbles" Brown is a San Francisco based comedian who will have you rolling in laughter. He has appeared on over 25 television shows, including David Letterman and is making another appearance this year. He also appeared in the movie "The Kite Runner." Larry appears in clubs mainly in California and Las Vegas because flying terrifies him even though he was a certified glider pilot before stand-up. He has been a frequent opening act for Dana Carvey and Dave Attell. Sign up at Member Services for this fun experience. For more information, call Debbie (4204).

## Daylight Savings Time Change

Sunday, March 11, 2012

Sunday, March 11, 2012 at 2 a.m. clocks are turned forward one hour. Just as sunflowers turn their heads to catch every sunbeam, so too have we discovered a simple way to get more from our sun. Daylight Savings Time gives us the opportunity to enjoy sunny summer evenings by moving our clocks an hour forward in the spring. Regions around the globe spring ahead and fall back.

## Are you watching your blood pressure?

*Did you know?*... you can have your blood pressure checked on the second Thursday of every month at the Delta Club Library between 9 – 10 a.m. Share your appreciation for this free service when you see Ruth. She has been volunteering this service to Trilogy residents for many years.

*Get Ready, it's coming . . .*

## Trilogy Community Garage Sale

Saturday, May 5, 10 a.m. - 3 p.m. Check back next month for details.

## Spring Gift, Craft, & Art Faire

Saturday, March 24, 10 a.m – 3 p.m

Diablo Ballroom, Vista Club ~ Free

Don't miss out on this convenient and unique spring shopping experience at Trilogy! The Spring Faire brings you the 3JB Jazz Band who will fill your ears with musical pleasure from 11:30 a.m. – 2 p.m. Merchant tables are \$30 per table (two-table limit) for members. If you want to rent a table, sign up at Member Services, and designate your table location preference. Each merchant table will donate a prize for the raffle. Proceeds benefit Meals on Wheels. Raffle sales and drawings are held throughout the event. For more information, call Debbie (4204).

## Educational Opportunities Through Computer Classes

There are no classes scheduled this month. Still seeking volunteer computer instructors. If you are interested in teaching a computer class, please call Debbie (4204).

***Check out our new ad rates and options on page 35***



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It's more than the fresh meals we serve. More than the friendly environment we've created for our residents. It's the personal care we provide for those who need some help with the activities of daily living, along with a comfortable environment with trained and friendly staff. We call it **Personalized Assisted Living**. And it goes a long way toward optimizing the daily quality of life for our residents.

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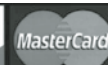
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## Assessment Notice

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

### Assessments for the month:

Master Association \$115.80

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

Village I \$3.00

Village Oakmont \$3.00

Olympic Village \$3.50

Village Riviera \$3.50

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

**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.

**Outdoor Feeding of Animals:** Other than Olympic Village, all other Villages have approved a \$250 monetary fine for outdoor feeding of animals, except suspended bird feeders. The penalty, after appropriate hearings, will double each time for repeat offenders.

**Parking in front of mailboxes-** Please don't park in front of mailboxes and inform 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 fliers in the tubes.

**Irrigation** – Please remember to turn off your sprinklers during the rainy season.

**Anonymous Notes to the Administrative Office/HOA** – The Administrative Office does not take any action on 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 that are not signed.

**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).

**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 not allowed. This includes the dumpsters at the Delta and Vista Clubs, and construction sites, on empty lots and in garbage cans at the parks. Every resident is required to have garbage service.

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

**Pets in the Clubs** – Pets are prohibited in 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.

**Pets in the Community** – All pets must be on a leash and under control of the owner at all times. Please pick up your pooches waste.

**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 other's yards.



**It's Your Money** – 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 can become damaged. They can also damage the tables. This costs time of the maintenance staff and also the expense of replacing the table tops. The table tops and umbrellas are quite expensive.
2. Do not put anything in the plant pots throughout the clubs. These plants are expensive to replace.
3. Several items are missing from the clubs including a second phone (These phones cannot be used anywhere else so it is pointless to take them.), café glasses, cups, paper towels, toilet paper, etc. Please report any theft to the Administrative Office/HOA. Remember that when someone takes something, all members pay for the replacement. We need your help in cutting down on theft.

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

**Delta and Vista Pool – Family Swim Times:** The Delta pool heater has been turned off for the winter. The pool is still open if you are a polar bear swimmer. The Delta hot tub is heated all year. 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 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.

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

## Visitors to the Vista Club

If you have guests, please remember the following rules apply to your guests using the Vista Club:

**Signing In:**

The Master Association Board of Directors requires all residents and invitees to sign in so that they can be identified when entering the Vista Club. This is for the safety of members and employees, and the protection of our assets. This may be accomplished by using your ID card or by signing in. Members who are accompanied by guests must sign in instead of using their ID card. Guests who come without their sponsoring homeowner must sign the homeowner's name on the sign-in sheet and are limited to using of the Cyber Café and Grand Living Room. Please help us keep your club private and safe by observing this policy.

**Billiard Room:**

A resident must be with their guests when they use the Billiard Room. All guests must be at least 18 years of age.

**Cyber Café:**

All guests may use the Cyber Café.

**Cyber Café computers:**

Available for residents and their guests over the age of 10. Guests between the ages of 10 and 18 must be accompanied by a member. There are no parental controls on these computers.

**Fitness Room, Group Exercise studio, walking track, and the Learning Center:**

Available for residents only.

**Pool:**

All guests must be accompanied by a resident. Guests under the age of 18 may swim during family swim time, 11 a.m. – 3 p.m. daily.

## Adult Committee

The Adult Committee met on Jan. 26, 2012. The following actions were taken:

- 1) Recommended that the Bocce Club request for \$2,500 matching funds for a shade structure at Cypress Park be approved by the Master Association.
- 2) Recommended that the suggestion to expand WiFi - WiMax service throughout Trilogy be pursued.

Applications for committee membership may be submitted at any time for the file from which we would fill unanticipated vacancies. This year there may be as many as four (4) positions available on May 1, 2012 and applications for those positions are due no later than March 15, 2012.

The committee meets on the last Thursday of every month at 1 p.m. at the Delta Club. The next meeting is on March 29. All residents are encouraged to attend. Your suggestions and comments may be given to any committee member, left for us at the administration office or voiced during the resident input portion of each meeting.

For more information, contact Barb Bieber at grgsgm@yahoo.com or (707) 637-0210.

## Village Riviera Board News

Last month we thanked the Residents' Club tubers for supporting the Riviera board in distributing flyers, but we did not have space available to name these loyal folks who get your flyers into your tubes. The tuber coordinators are Bill and Dottie Pacuilla. Their loyal band of tubers are (in no particular order):

- Steve and Josie Wendling
- Susie Shockley
- Peggy and Bob Brainerd
- Barb Downs
- Karen Dozier
- Betty Roque
- Nancy Brooks
- Karen and Gary Adams
- Jane and Greg Anderson
- Andy and Heidi Barber

Thank you, everyone, for your help with board flyers. The new Riviera board has its first meeting on March 1 at 6:30 p.m. at the Delta Club. We hope you will join us. For more information, contact Don Seyk at (6407).

## Olympic Village Residents' Club

On Wednesday, March 21, OVRC is hosting a free mid-week social hour from 4 – 7 p.m. in the Diablo Ballroom at Vista Club. Join us for wine, hors d'oeuvres, and snacks (and non-alcoholic beverages, too). Come out to enjoy yourself and chat with your neighbors. Just bring yourself and a smile. Don't have a smile? Come anyway. We'll send one home with you.

You can join in the fun of planning events for our neighborhood. The OVRC board and the Social Committee have a joint meeting at 7 p.m. on the third Wednesday of each month in the Monterey Room at the Vista Club. Many hands make light work with more fun along the way. We're looking for volunteers to help with future activities including our Annual Spaghetti Dinner in June and another exciting activity in October.

If you would like more information on these or other events, want to volunteer, offer ideas, or RSVP contact Linda Jensen, OVRC President (5542). Watch for more news of meetings and planned activities in Trilogy Living and online at My Trilogy Life (MTL). See you on the 21st!

## Village 1 Residents' Club

The main topics at the January meeting included the election of officers for 2012 - 2013, the number of VORC events scheduled for next year, and our charity activities. The majority of the existing board has expressed a willingness to serve for one more year. Self and floor nominations for officers will be accepted until the quarterly meeting on April 11 at 7:30 p.m. in the Delta Club. Mark your calendar. If you are interested in being on the board, make your interest known to a current board member or call Joe Downes at (7520).

VORC is looking at hosting three to four events this year. If you have an event idea and would like to help organize and manage it, let the board members know. Right now we are planning a late-May event, a second Old Fashion Potluck in October (last year's event was a huge success), our traditional holiday gathering in December (always a sell-out) and a second Crab Feed next February (the first crab feed sold out). Our charity activities for next year will be discussed at a future meeting.

We will continue to support the community July 4th celebration as well as provide beverage service for Trilogy clubs that request this service.

## Village Oakmont Residents' Club

March is upon us and the first day of spring is closing in. Bulbs and flowers are popping up on the trees. Wow! Our Social Committee has been busy planning the 2012 events. Our first event is our only fundraiser, raising monies for our year end giving.

### *Welcome Spring with Oakmont Villages* **French Toast Breakfast**

Sunday, March 13, 8 - 11 a.m., Delta Club

Donation: \$7 per person ~ All Villages Invited!!

**Donation includes:** French toast with whipped cream and fruit, scrambled eggs, sausage, orange juice, coffee, tea or milk, and mimosas or champagne. Sign up by March 8. Place your slip and check in Box #2 at the Delta Club. Make checks payable to Oakmont Village Residents' Club. For more info, contact Veronica (3858) or Patty (1424).

Social Committee meetings are held on the first Monday of the month in the Monterey Room at the Vista Club from 3 - 4 p.m. Everyone is welcome. We encourage residents to share their ideas and to volunteer for various events.

#### **Mark your calendar for our upcoming events:**

- March 2, 3 - 4 p.m. - Oakmont Social Committee Meeting, Vista Club Monterey Room
- March 3 - Oakmont tends bar for Music of the Night Event, Vista Club
- March 13 - French Toast Breakfast, Delta Club
- March 17, 6 - 6:30 p.m. - Oakmont Village Residents Club Meeting, Delta Club River Room. (HOA meeting follows at 7 p.m.)
- April 6, 3 - 4 p.m. - Oakmont Social Committee Meeting, Vista Club Monterey Room

For more information, contact Veronica (3858).

## Village Riviera Residents' Club

Our first meeting of 2012 included a turnover of officers and welcome to our new members. Lezley Kalajian accepted the officer position of secretary. Also joining the Residents' Club was Marilyn Lamb, Susie Shockley and Peggy Jarreau. We welcome each of you. We hope to see even more of those who indicated at the Black and White Affair that you were interested in joining. We always meet the third Thursday of each month at 7 p.m. in the Vista Club. It is something you can count on. For more information, contact the president Coralie Leder at 766-7414.

Beans & Bunco is around the corner. We hope you signed up. We guarantee a great meal, lots of fun, and a good chance to win some Bunco prize money for \$11. We will also have raffle tickets for a 50-25-25 raffle. The sign-ups closed Feb. 27; however, if you forgot to sign up and would like to join us, call Barb Downs at 507-5026 to see if there have been any cancellations.

Our new event, April in Paris, is a ladies-only luncheon on Thursday, April 19. Think, Paris in the spring (without the rain). April in Paris will feature a marketplace for shopping before lunch, so bring your checkbooks. Then you will be served a wonderful lunch including champagne or sparkling cider, water and coffee, and dessert to end a delightful day. Mark it on your calendar and bring your lady friends. The flyers will be out mid-March.

The Sock Hop is Saturday, June 9, with a new DJ and new caterer to titillate and tantalize your happy feet and your taste buds. The menu will be burgers, hot dogs, green salad, potato salad, chips, and the proverbial root beer float for dessert... '50s style. Always a sell-out, so get your reservations in early when you get your flyer.

## Meeting Calendar

### **Master Association Board Meeting**

Tuesday, March 13, 2 p.m.  
Diablo Ballroom, Vista Club

### **Vision Meeting**

Thursday, March 15, 2 p.m.  
Rio Vista Room, Delta Club

### **Adult Committee Meeting**

Thursday, March 29, 1 p.m.  
Rio Vista Room, Delta Club

### **Village Riviera HOA Board Meeting**

Thursday, March 1, 6:30 p.m.  
River Room, Delta Club

### **Olympic Village HOA Board Meeting**

Thursday, March 8, 6:30 p.m.  
River Room, Delta Club

### **Village 1 HOA Board Meeting**

Thursday, March 8, 4 p.m.  
River Room, Delta Club

### **Village Oakmont HOA Board Meeting**

Thursday, March 15, 7 p.m.  
River Room, Delta Club

### **Saddle Rock Village Delegate Meeting**

Thursday, March 22, 7 p.m.  
River Room, Delta Club



## Council for the Arts

It's all about Music of the Night now. This year's performance is titled *The ERA of our Ways*. We are in final rehearsal mode, dress rehearsal, and then the audience



shows up to enjoy the amazing show while singing along with us on March 8, 9 or 10. If you did not already get your tickets, check the poster boards or box #8 at the Delta Club to see if there are any seats remaining for any of the performances. It

has sold out quickly in the past. The net proceeds of the March 8 performance will be donated to a local Rio Vista charity.

After our Music of the Night show, things calm down for about three weeks, at which time the creative juices begin flowing as we consider themes for 2013. We will also discuss performers, new talent that has moved into Trilogy and may want to join us, song selections, as well as background scenery choices. It all happens in the Council for the Arts.

We meet on the second Thursday of each month at 10 a.m. in the Monterey Room of the Vista Club. If you want to be part of making this incredible show happen, please join us. Our next meeting would typically be on March 8, but that is the first day of our Music of the Night performance, so that may be changed. If you get the bug to join after seeing what remarkable shows we put on here at Trilogy or just have questions, call Judy Calpo at (2924). Enjoy the show!

## 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).

## 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 at (2639).

## Drama Club

Last August's play, "Trouble in Tumbleweed" was hysterical. The December play, "Keep the Home Fires Burning" was a riot. Now folks are asking, "Where do they get the money to buy the plays, rent costumes, and buy the raw materials for the amazing scenery? Where does this bevy of incredible talent come from?"

The answer to the first question is our annual fundraiser, the Drama Club Pasta Feed. This year's event is Saturday, April 14. We serve a family-style meal with plenty for seconds. Dinner includes salad, pasta and sauce, rolls, and dessert. It's only \$12.50 per person. Doors open at 6 p.m. with dinner at 7 p.m. You help us raise the money we need to keep putting on the productions, and in return we feed you. A flyer is enclosed in this issue with details and will also be available at the Vista and Delta Clubs. Don't delay in signing up. There is limited seating capacity.

The answer to the second question is ... you. All performers are resident volunteers, many of whom have never performed on stage before. The artwork also comes from our residents.

We are currently deciding what play to perform in August. We look for plays that are humorous, with an occasional who-done-it thrown in. We have fun laughing with and at ourselves and allow you the opportunity to do the same. Rehearsals begin in April, so stay tuned. The Drama Club is open to all of Trilogy. If you want to get in on the amazing fun we have, call our president Debby DuBrow at (6706). We meet the last Tuesday of the month at 7 p.m. at the Delta Club. Please join us.

## Trilogy Art Guild for Artists (TAG)

We had our first meeting of the year welcoming new officers with a potluck luncheon. Anna Chunn and Marie Aquino asked us to do a survey of things we would like in our club as well as those things we might expect to get from being a TAG member. We have many new ideas and plans for upcoming meetings. As a group, we can do things while learning a new method or lesson on the use of a new medium. Anna taught us how to make a box out of scrap book paper. For March, Marie Aquino will cover the subject of watercolor wet on wet. For more information, contact: Anna (3560) or Marie (1515).

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# TRILOGY HEALTH & WELLNESS CENTER

By Kathy Erwin, Fitness & Spa Director

## *March Spa Specials*



### *Lucky 4-Leaf Clover Super Saver Massage Package*

*Three 50-Minute  
Swedish Massages*

**\$150**



### *Luck of the Irish Facial Package*

*Three 50-Minute  
European Facials*

**\$165**



### *ShamROCK Massage*

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**\$60** (50 min.)



**Available for purchase March 1 - 31. May be redeemed anytime.**



# TRILOGY HEALTH & WELLNESS CENTER

## *Exercise of the Month: Water Aerobics*

This month we are highlighting cardiovascular health with an emphasis on the benefits of water aerobics. All forms of cardiovascular exercise, performed at least twice per week for 30 minutes, will improve your health and help you to make healthier food choices. This month, aim for three to four days per week of cardiovascular exercise. Trilogy Health and Wellness Center offers many exercise options to meet your cardiovascular needs. Feel like attending one of over 20 Group Ex Land classes? How about hitting the track for a good walk or jog? Maybe you want to work out in the Fitness Center on treadmills, Elliptical and bikes. Perhaps you'd prefer to do something in the water.

### **Sit, Get Fit!**

Due to overwhelming response to the class interest list, Beverly is offering this class beginning April T,TH at 1 p.m. (GX).

## **Is Water Aerobics Right For You?**

***From Aqua Joint and Aqua Fit to Advanced Aqua...We have water classes for everyone!***

Water aerobics class may be the right thing for you for any number of reasons. There are many types of fitness programs and workout plans, but water aerobics has always remained unique. Water aerobics is an effective, safe, and fun workout.

### **Water classes offer the following:**

#### **A Good Start**

If you're new to exercising, think you're out of shape, or even if you're in great shape but are seeking other ways to feel even better, water aerobics is a great place to start. These classes let you go at your own pace and increase your exertion when you're ready. While the water provides resistance as part of the fitness routine, it also helps to reduce the resistance of gravity, which can be used to your benefit while your muscles get stronger.

#### **Weight and Obesity**

For some people, it is discouraging to embark on a new fitness program when already overweight. One of the best things about water aerobics is that about 85% of your body weight is supported by the water. When working out in this environment, the body burns calories while much of the physical stress is taken off the back and legs. This promotes a full workout with less discomfort.

#### **Age and Joint Pain**

As we age, arthritis and joint pain may become more prevalent. Therefore, trying to maintain a healthy level of physical fitness can seem unbearable. Water aerobics causes less inflammation and pain to joints. In addition, submersion in the fluidity of the pool may actually help relax muscles, alleviating some aches and pains.

#### **Rehabilitation**

Exercising may get you back on your feet after an injury, but that can be challenging when you're already in pain. Water aerobics is an invaluable rehabilitation tool because it can be as low-impact as needed. Some people make it a part of their fitness regimes as a form of injury prevention.

Water aerobics may be right for you whether for exercise or for fun. People who aren't strong swimmers may also enjoy water related activities because water aerobics can be done in shallow water levels. Whether you choose this form of fitness for medical reason, age, or just for your love of water, it's a great way to keep cool and have fun while burning calories.

*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

Socializing and having fun is the best cure for many physical and emotional ailments. So let's do something about it! Join Olympic Village Kare Bears for a relaxing 2012. Kare Bears is a neighborhood organization that provides meals for the sick, companionship/contact for those experiencing medical difficulties, takes care of local errands, and provides transportation for those who have medical appointments. Olympic Village has people who are willing to help during these times. Our new leaders, Chair Mackie Webster and co-Chair Kay Johnston are both really excited to continue supporting Kare Bear recipients. Come to our March 20, 2012 meeting at the Delta Club at 1 p.m. Refreshments will be served. If you need assistance, contact Marian Maksimowicz (5020) or Mackie Webster (5837).

## Village Oakmont

Our next meeting is on Wednesday, March 14, 2012 at the Delta Club, River Room. Come early and enjoy refreshments with us. We are working on various workshops regarding mental health issues. If you have ideas or suggestions, contact Virginia Albertson, President (6823).

## Village 1

Our next meeting is on Wednesday, April 11 at 10 a.m. at the Delta Club. See what Kare Bears is all about. We are currently in need of area coordinators, so please join us to see if you can help us out. Refreshments will be served. For more information, contact Sandy Mariant (5232).

## FAMILY SUPPORT COMMITTEE

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

## Village Riviera

It is March in northern California. The trees and flowers to budding and blooming, jackets are becoming optional, and nature's critters are pairing up and building nests. Yes, spring with its wonderful and inspiring re-birth is once again underway. This allows us to look beyond the petty politics and wasteful wars of mankind and bask in the warm glow of optimism. There's no better way to celebrate this wondrous season than to reach out and help those in need through becoming a Kare Bear. Supplying transportation to an appointment, a warm meal, or a warm smile will not just elevate the recipient's mood, but also the providers.

Join us at our meeting to share the joy of spring and discover how you may help your neighbors. As an added benefit, you'll also be showered with fine foods and kind words! The next meeting is on April 9 at 10 a.m. in the Delta club. For additional information, call Myra at (3660) or Valerie at (6942).



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# TrilogyLiving

## Fitness Class Schedule for March 2012

All classes require either a Trilogy Fitness Punch Card at \$60 for 20 punches or \$30 for 10 punches. Each class requires one punch **except** Specialty Classes, which require two punches. You may also purchase an Unlimited Class Pass for \$45, which is good for one calendar month. Get your cards at Member Services. 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 Card Raffle Winner: **Christine Carlson**

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

March Fitness Orientations: Saturday, March 3 at 11 a.m. Wednesday, March 14 at 6 p.m. Saturday, March 31 at 11 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Class Locations:</b> (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			<b>1</b>  8:00am. Dance Aerobics (B) (GX) Joele 9:00am. Tai Chi (B/I) (GX) Lillian 9:00am. Dance 101 (B/I) (GX) Joele 9:30am. Aqua Fit (B) (VP) Denise 10:00am. Simply Stretch (B) (GX) Joele 10:30am Advanced Aqua (B/I/A) (VP) Kathy	<b>2</b>  7:00am. Early Yoga (B) (DB) Tammy 7:30am. Step Aerobics (B/I) (GX) Pat 8:30am. Workout w/ Weights (B/I) (GX) Pat 9:00am. Yoga/Pilates (B) (DB) Deanna 9:30am. Aqua Fit (B) (VP) Denise 9:45am Core Balance & Standing Abs (B) (GX) Sophie 10:30am ZUMBA “Power 90” (B/I) (GX) Sophie 12:00pm ZUMBA Gold Beginner (B/I) (GX) Sophie	<b>3</b>  8:30am. STEP Aerobics (Class only March 3) (B/I) (GX) Pat 11:00pm. ZUMBA (B/I) (GX) Sophie
<b>5</b>  7:30 am. STEP Aerobics (B/I) (GX) (Pat) 8:30am. Workout w/ Weights (B) (GX) (Pat) 9:00am. Yoga/Pilates (B) (DB) Deanna 9:30am. Wake-up & Move (B/I) (RV) Anna 9:45am. Core Balance & Standing Abs (B) (GX) Sophie 9:30am. Aqua Fit (B) (VP) Denise 10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00am. Meditation Breathing (B) (DB) Deanna 10:30am. ZUMBA “Power 90” (B/I) (GX) Sophie 12:00pm. ZUMBA Gold Beg. (B/I) (GX) Sophie 3:00pm. Balance Basics (B) (GX) Susan 4:00pm. Stretch & Flex (B) (GX) Susan 6:30pm. Yoga/Pilates (B/I) (GX) Deanna	<b>6</b>  8:00am. Dance Aerobics (B) (GX) Joele 9:30am. Aqua Fit (B) (VP) Denise 9:00am. Dance 101 (B) (GX) Joele 10:00am. Simply Stretch (B) (GX) Joele 6:00pm. Relax Let Go (B/I) (SR) Anna	<b>7</b>  7:00am Early Yoga (B) (DB) Tammy 7:30am. Low Impact (B/I) (GX) Pat 8:30am. Workout w/ Weights (B/I) (GX) Pat 9:00am. Yoga/Pilates (B) (DB) Deanna 9:30am. Dance Aerobics (B) (GX) Joele 9:30am. Wake-up & Move (B/I) (RV) Anna 9:30am. Aqua Fit (B) (VP) Denise 3:00pm. Circuit Training (B/I) (FC) Susan 4:00pm. Stretch & Flex (B/I) (GX) Susan 5:30pm. Hot ZUMBA Nights (B/I) (GX)	<b>8</b>  8:00am. Dance Aerobics (B) (GX) Joele 9:00am. Tai Chi (B/I) (DB) Lillian 9:00am. Dance 101 (B/I) (DB) Joele 9:30am. Aqua Fit (B) (VP) Denise 10:00am. Simply Stretch (B) (GX) Joele 10:30am Advanced Aqua (B/I/A) (VP) Kathy	<b>9</b>  7:00am. Early Yoga (B) (DB) Tammy 7:30am. Step Aerobics (B/I) (GX) Pat 8:30am. Workout w/ Weights (B/I) (GX) Pat 9:00am. Yoga/Pilates (B) (DB) Deanna 9:30am. Aqua Fit (B) (VP) Denise 9:45am Core Balance & Standing Abs (B) (GX) Sophie 10:30am ZUMBA “Power 90” (B/I) (GX) Sophie 12:00pm ZUMBA Gold Beginner (B/I) (GX) Sophie	<b>10</b>  11:00-12:30 pm. ZUMBA (B/I) (GX) Sophie
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<b>26</b>  7:30 am. STEP Aerobics (B/I) (GX) (Pat) 8:30am. Workout w/ Weights (B) (GX) (Pat) 9:00am. Yoga/Pilates (B) (DB) Deanna 9:30am. Wake-up & Move (B/I) (RV) Anna 9:45am. Core Balance & Standing Abs (B) (GX) Sophie 9:30am. Aqua Fit (B) (VP) Denise 10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00am. Meditation Breathing (B) (DB) Deanna 10:30am. ZUMBA “Power 90” (B/I) (GX) Sophie 12:00pm. ZUMBA Gold Beg. (B/I) (GX) Sophie 3:00pm. Balance Basics (B) (GX) Susan 4:00pm. Stretch & Flex (B) (GX) Susan 6:30pm. Yoga/Pilates (B/I) (GX) Deanna	<b>27</b>  8:00am. Dance Aerobics (B) (GX) Joele 9:30am. Aqua Fit (B) (VP) Denise 9:00am. Dance 101 (B) (GX) Joele 10:00am. Simply Stretch (B) (GX) Joele 11:00a. Arthritis Program (A) (GX) Beverly <i>3:00pm. Aqua Joint (B) (VP) Beverly</i> 6:00pm. Relax Let Go (B/I) (SR) Anna	<b>28</b>  7:00am Early Yoga (B) (DB) Tammy 7:30am. Low Impact (B/I) (GX) Pat 8:30am. Workout w/ Weights (B/I) (GX) Pat 9:00am. Yoga/Pilates (B) (DB) Deanna 9:30am. Dance Aerobics (B) (GX) Joele 9:30am. Wake-up & Move (B/I) (RV) Anna 9:30am. Aqua Fit (B) (VP) Denise 3:00pm. Circuit Training (B/I) (FC) Susan 4:00pm. Stretch & Flex (B/I) (GX) Susan 5:30pm. Hot ZUMBA Nights (B/I) (GX)	<b>29</b>  8:00am. Dance Aerobics (B) (GX) Joele 9:00am. Tai Chi (B/I) (DB) Lillian 9:00am. Dance 101 (B/I) (DB) Joele 9:30am. Aqua Fit (B) (VP) Denise 10:00am. Simply Stretch (B) (GX) Joele 10:30am Advanced Aqua (B/I/A) (VP) Kathy 11:00a. Arthritis Program (B/I/A) (GX) Beverly <i>3:00pm. Aqua Joint (B) (VP) Beverly</i>	<b>30</b>  7:00am. Early Yoga (B) (DB) Tammy 7:30am. Step Aerobics (B/I) (GX) Pat 8:30am. Workout w/ Weights (B/I) (GX) Pat 9:00am. Yoga/Pilates (B) (DB) Deanna 9:30am. Aqua Fit (B) (VP) Denise 9:45am Core Balance & Standing Abs (B) (GX) Sophie 10:30am ZUMBA “Power 90” (B/I) (GX) Sophie 12:00pm ZUMBA Gold Beginner (B/I) (GX) Sophie	<b>31</b>  11:00-12:30 pm. ZUMBA (B/I) (GX) Sophie

# March 2012 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12pm Golf – Women's Gen. Mtg. (V) 12:15pm Canasta - Ponytail (V) 1pm Card Stamping (D) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 3pm Theatre Group (D) 5pm Table Tennis (D) 5pm Cycling Club (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) <b>6:30pm Vill Riviera HOA Mtg. (D)</b> 7pm Photography Club (V) 7pm MOTN Rehearsal (V)	<b>2</b> 8am 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) 7pm MOTN Rehearsal (V)	<b>3</b> 8am Motorcycle Club (Off-site) 11am Table Tennis (D) 5pm Village Riviera RC Social – Beans & Bunco (D)
<b>4</b> 10am – 3pm Farmer's Market (D)	<b>5</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am Pastel Art Class (D) 12:30pm Watercolor Painting (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) 2pm TAG Mtg. (D) 3pm Village Oakmont Arch. Com. Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	<b>6</b> 8am 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 &Foot (V) 12:30pm Watercolor Painting (D) 12:30pm Dominoes (D) 5pm Table Tennis (D) 5pm Billiards Club Tourn. (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm MOTN Rehearsal (V)	<b>7</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 7pm Billiards Club Mtg. (V) 7pm MOTN Rehearsal (V)	<b>8</b> 8am Social Tennis 8:30am Golf - Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 12:15pm Canasta - Ponytail (V) <b>1pm Adv. Hearing Aid Service (V)</b> 1pm Good Samaritans (D) 2pm Genealogy Club Special Workshop (v) 4pm Sr. Men's Golf Bd. Mtg. (D) <b>4pm Village I HOA Mtg. (D)</b> 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) <b>6:30pm Olympic Vill. HOA Mtg. (D)</b> 7pm Music of the Night Performance (V)	<b>9</b> 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bunco (D) 7pm Music of the Night Performance (V)	<b>10</b> 9:30am Hiking Club Mtg. (V) <b>2pm RV Women's Improvement Fashion Show (D)</b> 7pm Music of the Night Performance (V)
<b>11</b> Spring Forward – Daylight Savings Begins! 8 – 11am Village Oakmont RC Breakfast Fundraiser (D) 5pm Tennis Club Social (D) 7pm Ballroom Dance Club – St. Patrick's Day Dance (V)	<b>12</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am Pastel Art Class (D) 12:30pm Bridge - Duplicate (V) 12:30pm Watercolor Painting (D) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>13</b> 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Book Club (D) 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12pm Recipe Club (D) 12:15pm Canasta–Hand &Foot (V) 12:30pm Watercolor Painting (D) <b>2pm Master Assn. Board Mtg. (V)</b> 5pm Billiard Club Tourn. (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) <b>6pm Grapevine Chat (V)</b> 7pm Gospel Singers of Trilogy (V)	<b>14</b> 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (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 (V)	<b>15</b> 8am Social Tennis 8:30am Golf - Women's 18-Hole 9am Council for the Arts (V) 9:30am Ceramics (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) <b>2pm Vision Mtg. (D)</b> 4pm Golf – Sr. Men's Mtg. (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6pm Village Oakmont RC Mtg. (D) <b>7pm Village Oakmont HOA Mtg. (D)</b> 7pm Village Riviera RC Mtg. (V)	<b>16</b> 8am Social Tennis 9am Village I 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 Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Whist Club (D) <b>7pm Open Mic Night (V)</b>	<b>17</b> <b>Happy St. Patrick's Day!</b> 9:30am Hiking Club (V) 11am Table Tennis (D)
<b>18</b> 10am – 3pm Farmers Mkt. (D)	<b>19</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am Pastel Art Class (D) <b>10am Council of Village Presidents (D)</b> 12:30pm Watercolor Painting (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) 3pm Village Oakmont Arch. Com. Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>20</b> <b>Naturopathy – Dr. Caban by appointment</b> 8am 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 &Foot (V) 12:30pm Watercolor Painting (D) 12:30pm Dominoes (D) 1pm Kare Bears–Vill. Olympic (D) 5pm Table Tennis (D) 5pm Billiards Club Tourn. (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V)	<b>21</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Dog Club (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 6pm Olympic Village RC (V)	<b>22</b> 8am 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) <b>6:30pm Travel Talk – Voyage to Antiquities (V)</b> 7pm Saddle Rock Village Delegates' Mtg. (D)	<b>23</b> 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginner Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bingo (D)	<b>24</b> 9:30am Hiking Club (V) <b>10am – 3pm Gift, Craft &amp; Art Faire (V)</b> 11am Table Tennis (D)
<b>25</b>	<b>26</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am Pastel Art Class (D) 12:30pm Watercolor Painting (D) <b>1pm Access Com. Mtg. (D)</b> 1pm Mah-Jongg (V) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Fishing Club (D) 7pm Poker (D)	<b>27</b> 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta–Hand &Foot (V) 12:30pm Watercolor Painting (D) 5pm Table Tennis (D) 5pm Billiards Club Tourn. (V) <b>5pm Grapevine Chat</b> 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. (D)	<b>28</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Olympic Village Arch. Com. Mtg. (D) 10am Stained Glass (D) 12:30pm Fat Qtrs 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)	<b>29</b> 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 11am Kare Bears Village Riviera (V) 12:15pm Canasta - Ponytail (V) <b>1pm Adult Committee Mtg. (D)</b> 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V)	<b>30</b> 8am 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 Beginner Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V)	<b>31</b> 9:30am Hiking Club (V) 11am Table Tennis (D)





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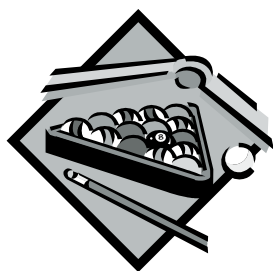
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## Billiards Club

The next Billiards Club meeting is on Wednesday, March 7 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournaments start at 5 p.m.

### Latest weekly tournament winners

#### Jan. 3, 8-Ball

- 1<sup>st</sup> Al Bergoust
- 2<sup>nd</sup> Jim Neill
- 3<sup>rd</sup> Oscar Grissom

#### Jan. 10, Handicap 9-Ball

- 1<sup>st</sup> Oscar Grissom
- 2<sup>nd</sup> Percy Osibin
- 3<sup>rd</sup> Jim Copley

#### Jan. 17, 8-Ball

- 1<sup>st</sup> Al Bergoust
- 2<sup>nd</sup> Marlin Horner
- 3<sup>rd</sup> Oscar Grissom

#### Jan. 24, 8-Ball A & B

- 1<sup>st</sup> Al Bergoust
- 2<sup>nd</sup> (tie) John Robinson
- Jim Neill
- Oscar Grissom

#### B Players

- 1<sup>st</sup> Percy Osibin
- 2<sup>nd</sup> Dallas Salomon
- 3<sup>rd</sup> Roger Paterick

The Billiards Club donated \$210 to the Cancer Society from The Games Extravaganza.

#### January 28, Eight Ball

- 1<sup>st</sup> Oscar Grissom
- 2<sup>nd</sup> Bob Rice
- 3<sup>rd</sup> Dave Stewart

#### January 31, Nine Ball

- 1<sup>st</sup> Al Bergoust
- 2<sup>nd</sup> Dave Stewart
- 3<sup>rd</sup> Geno Toscano

The top 11 tournament players for 2011 are listed below. First place for a tournament is worth three points, second place is worth two points, third and fourth places are worth one point. The point totals for each player are for all tournaments played in 2011:

- |                  |    |
|------------------|----|
| 1. Oscar Grissom | 80 |
| 2. Al Bergoust   | 55 |
| 3. Dave Stewart  | 37 |
| 4. Mike Quihuiz  | 29 |
| 5. Jack Clark    | 20 |
| 6. Bob Rice      | 19 |
| 7. Rich Garcia   | 15 |
| 8. Diego Cassone | 14 |
| 9. Marlin Horner | 13 |
| 10. Joe Mattos   | 12 |
| 11. Geno Toscano | 10 |

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

## Bingo Club

You could win leprechaun magical gold! Mark your calendar for the fourth Friday of the month, March 23, for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene (6999.)

## Bocce Club

The annual meeting sign-up activities on Feb. 18 will be reported in the April issue of *Trilogy Living*. As of now, the season begins in mid-April and will end prior to Labor Day. We are planning morning and night training sessions for new players in early April. Additional safety "T" bars have been ordered and will be installed prior to the start of league play. Please utilize the bars when entering and exiting the courts. We are planning some general maintenance, and volunteers will be needed. Contact Joe Downes (7520) if you would like to assist. Also, the roof on both storage sheds is being replaced by the HOA maintenance staff. Thank you, Mike and Gus.

We have begun the process to gain approval to add shade covers at the Cypress courts. We are proposing to split the cost with the HOA/Master Association based on a 50-50 ratio or about \$2,500 each. The Bocce Club will provide the majority of the labor, free of charge. Remember to roll often, throw straight and enjoy, that's what it's all about.



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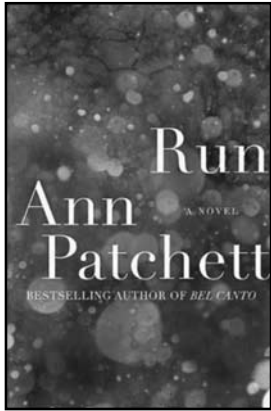
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## Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is on March 13. The book selection is *Run* by Ann Patchett. April's book selection is the Pulitzer Prize winning *The Killer Angels* by Michael Shaara. There is no requirement to have read the selected book. Everyone is welcome to join in. For more information, contact Adrienne at (5576). Happy St. Patrick's Day!



## Bridge – Duplicate

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

### January's results:

1<sup>st</sup> - Jean Corwin and Mary Slick

2<sup>nd</sup> - Bob Wiskotzil and George Kovatch

3<sup>rd</sup> - Betty Magnoli and Run Wan.

## Computer Club

The Trilogy Computer Club meeting is on March 20 at the Vista Club in the Diablo Ballroom at 7 p.m. This meeting is still in the planning stages. We can look forward to another stimulating evening of exchanging ideas and learning about our computers.

If you wish to become a member of the club, you can go to the club website at [www.tccrv.org](http://www.tccrv.org) to complete and print a copy of the application and give it to any of the directors along with the annual dues of \$12. 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.

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

## Dog Club

Our first official club meeting took place on Jan. 18. Purchase of a micro-chip reader for \$350 was approved. Walt at Pets 4 All on Main Street provided a slightly used micro-ship reader for \$100.



He is also offering members a 20% discount on all items except pet food on Mondays. More discounts to come. If you haven't paid your dues, please send \$10 to Georgette Hall at 500 Anglebrook. This enables us to pay for the reader and other club items.

We are hosting Data Day on Saturday, March 10 from 11a.m. – 2 p.m. at the Delta Club patio where we offer micro chip reading and data processing; each dog will be placed in the Trilogy database for future reference. With your dog's chip number, address, phone number, email, name and breed, and maker, the Dog Club hopes to have all dogs in Trilogy on this data base so our beloved pets can be returned home quickly. Karen Bereta ([kbereta@frontiernet.net](mailto:kbereta@frontiernet.net)) manages this database. If a dog gets loose, an email alert will be sent to [heunique@comcast.net](mailto:heunique@comcast.net), which should enable us to find and return them quickly. Micro chip implantation may also be offered at the event. Look for an email for event details.

A veterinary technician is coming to clean Fido's teeth in March. An email with the date will be sent. This is low cost teeth cleaning compared to the vet. He uses no anesthetic or tranquilizers. The cost is \$120 with a \$10 discount for card holding members. If you are interested, please contact [heunique@comcast.net](mailto:heunique@comcast.net). We need at least ten dogs for the first visit.

Notice: we recently noticed a large dog running loose in the evening without his owner nearby. Please obey the leash laws. Please also pick up after your dog(s). If this continues it could result in more stringent rules and penalties.

Our next meeting date (evening) is to be determined. A notice is forthcoming. For more information, contact Linda at (707) 225-6880, [heunique@comcast.net](mailto:heunique@comcast.net), or Cheryl at (6619). See you walkin'.



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## Fishing Club

Our next meeting is on Monday, March 26 at the Delta Club in the Marina Room at 7 p.m. Note: this is one week later than normal. We are having a guest speaker and there is a lot to go over for the upcoming season. We are raffling off a spiral sliced ham for Easter. Hope to see you there. We will have our usual coffee, tea and cookies. 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

Our February meeting was a great success. We welcomed two new people and 10 regular attendees. Some of our members are native Californians, and their families go back for generations. Some interesting California history can pop up every now and again. We all love a mystery and the following qualifies.

We heard a story of a grandfather that owned a grocery store in Oakland around 1860. A Hispanic man would come about once a year to the store. He loved lemon drops and would help himself to some while sitting on the porch, sucking on the lemon drops and running up a tab. He never told the owner exactly where he lived; only that it was in some caves and only mentioned his first name was Joaquin. One time, Joaquin followed the owner to the barn and learned from the owner about the benefits of feeding carrots to horses. Joaquin ordered a wagon load to deliver to a spot near a certain oak tree in Dublin. This prevented the owner from finding where the mystery man lived, but the grandfather somehow concluded this man was Joaquin Murrietta. When Murrietta's head was on display in San Francisco in a bottle, he went to see it and became furious that he had paid so much because he said it wasn't the real Murrietta.

Another of our members has letters from her great grandmother who had helped Murrietta's wife when she was ill. They tell of Murrietta sitting in her kitchen when a Sheriff came by the homestead in search of Joaquin. She also states that the head in the bottle was not that of Joaquin Murrietta since he did not have dark hair.

The Genealogy club is open to all residents of Trilogy whether new or experienced. Our regular club meetings are the first Thursday of every month at 2 p.m. in the Monterey Room at the Vista Club. Our genealogy workshop is held the third Thursday of each month at 2 p.m. also at Vista. For more information, contact Rhoda at (7542).

## Good Samaritans

The Good Samaritans believe in encouraging one another. We have a weekly prayer list for all those in need of prayer. It was a blessing to pray for three January birthdays at a luncheon at a local restaurant. The Good Samaritans enjoy encouraging monthly birthdays by blessing them with prayer and fellowship on the last Thursday of every month. Everyone is welcome to participate.

The Good Samaritans meets every Thursday at 1 p.m. in the Marina Room at the Delta Club. You are welcome to e-mail The Good Samaritans for prayer request at [goodsamaritansbiblestudy@hotmail.com](mailto:goodsamaritansbiblestudy@hotmail.com)

*Scripture of the Month: Acts 1:8*

## Men's Executive Nine

For the last two months the weather has been great. We had two tournaments in January. The green tees low net winners are: Flight A, Ed Smith; Flight B, Jim McDermott; Flight C, Bob Bard. There was a first place tie for the team scramble tournament. The winners were Tom Lamb, Bud Brock, Ron Kott, Joe Lopez, Mark Tucker, Ed Smith, and Bob Bard. 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 March 6 tournament is a two-man alternate shot format and the March 20 tournament is a four-club individual low net format. Watch for the sign-up sheets and join in the fun.

The March 20 tournament is a shotgun start and will be followed by our quarterly general membership meeting. Meeting time is around 2 p.m. at the Nines banquet room. We will discuss important club business, rules, and the results of the member survey. A keg of beer will be available, so you may want to attend even if you are not playing in the tournament. Remember, every member's input is important.

If you are interested in joining our 9-hole golf club, pick up an application form in the posting room or contact membership chairman Dick Talbott at (6052).

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## Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The Feb. 4 ride began with a bright sunny day. It was 44 degrees, and we had 18 bikes carrying 22 riders. Larry Nelson suggested that we ride to the top of Mount Tamalpais (Mt. Tam), then to the coast for lunch. We took Hwy 160 south to Hwy 4 west for a Starbucks warm-up stop in Richmond. The clear weather afforded a great view of the bay while crossing the Richmond-San Rafael Bridge. A quick trip south on Hwy 101 to Hwy 1 brought us to the twisty climb up Mt. Tam. As expected, views of the bay and ocean were spectacular even though it was a bit hazy. The group photo was taken at the summit parking lot with the summit in the background. The photo is courtesy of the self timer on Wil's camera.

We continued the trip down to the coast via Panoramic Highway, another twisty little ride that demanded us to pay attention to road conditions. We ended up in Stinson Beach. We had lunch at the Sand Dollar restaurant where we enjoyed the usual fare of seafood, chowder, and burgers. The return ride took us a bit further north on Hwy 1, then east around the north shore of Nacasio Lake, into Novato, and eventually to a Peet's coffee stop in Fairfield. All in all, it was a good 180-mile ride. The weather was a balmy 72 degrees by ride's end.

We invite all motorcycle riders in Trilogy to join us on our monthly rides. The next ride is on March 3. We meet at McDonald's in Rio Vista at 8 a.m. to determine the next destination, which is based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

***"Never trade the thrills of living  
for the security of existence."***

— Author Unknown



## Photography Club

March's meeting brings the opportunity for members to share photos by projection with a 1080p projector. Bring photos to the meeting on a USB flash drive or email them to [rjfreem@frontiernet.net](mailto:rjfreem@frontiernet.net). All residents of Trilogy are welcome. The club meets on the first Thursday of the month at 7 p.m. in the Monterey Room at the Vista Club.

## Recipe Club

Our monthly meeting is Tuesday, March 13, 2012 at noon, in the Delta Club. The theme this month is Chef's Choice, so bring your favorite recipe in any category to share.

If you enjoy cooking and like to try new recipes, please join us. If you have any questions, contact Patty LaFleur at (3159).

*Monthly tip:* Try roasting a chicken or roast on top of long slices of celery or carrot sticks. The vegetables act like a roasting rack plus add flavor to the meat. You can eat the vegetables too. An added bonus is there's one less item to wash.

## Rio Vista Roamers RV Club

In January, we enjoyed our usual Chinese dinner. The food is always delicious. We thank Bob and Katy Emler for making that event enjoyable. In February, Ron and Pauline Crews took us to the Riverboat on Brannan Island for an early Valentine's Day brunch. I will give you the details next month.

The time has now come to hit the road again. On March 19 - 22, Gary and Sharon Frederick (4022) are taking us to River Point Landing in Stockton. This is a new spot for our club and is right on the river. The cost is \$104 for three days. If you would like to go a day early the cost is \$126 for four days. Your choice and money (paid in-full) must be sent to Sharon by March 1. You should have received a flyer so check your emails. If you have not, and would like to join us, please call Gary or Sharon right away.

April 16 - 19 will find us at Marina Dunes RV Park in Marina. The cost is \$40 per night. Tom and Noel Moore (5772) will be hosting. French Camp is on the agenda for May 28 - 31. Wilma and Ken Powell (4034) will be hosting at \$37.50 per night. Both outings will need a first night deposit. 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. The first outing is a chance to see if you would like to join our club. For more information, contact Sandra Santos (3538) and Doyle Ellington (5276).

## San Francisco Club



Our January meeting brought some new people to our club along with some ideas for another potluck on April 22. Members will receive an invitation by e-mail from our list of San Franciscans. We also have plans for a Giants game in the fall.

For those who attended our potluck last year and would like to share your wonderful dish in our future SF Cookbook, submit a recipe by sending to SFCookbook@aol.com.

Joan Green will put together a cookbook for our club.

Remember, anyone born, grew up in, lived, or worked in the city, is welcome to join. Our meetings are approximately every three months. For more information, contact Lori and Mike Azzolino.

## Senior Men's Golf Club

The New Year started out great for Mike Gingrass. On Jan. 2, Mike aced the 8th hole using his five wood. Congratulations Mike!

The March tournament schedule includes the NCGA Senior Net Qualifier to be held on March 14. There are some conditions for this tournament, so please watch for the sign-up sheet for details. Also, on the schedule is a 9 a.m. shotgun start Irish 4-Ball tournament. This is a new format for our club and should be interesting. The sign-up sheet will have more details.

Ad hoc play started in February and will continue on the first Wednesday of each month. Next date is March 7. The sign-up is different than our normal Wednesday tournaments so look for the sign-up form next to the club bulletin board and follow the instructions.

Golf cart maintenance service is available during the first two weekends of April. Look for a sign-up schedule in the pro shop.

Our club plays each Wednesday morning. Sign-up sheets are available in the posting room or through our e-Clubhouse website. Check out our e-Clubhouse website on [rvsmgclub.com](http://rvsmgclub.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 main meeting room. Show up to support your club. The next meeting is on March 15. If you have any other questions about our club, contact President George Barlesi at (4032) or e-mail George on [gbarlesi@comcast.net](mailto:gbarlesi@comcast.net).

## Supper Club

The brunch we held on Jan. 15 was a huge success. There was so much food and drink we ran out of room on the counter tops. Several new members came and enjoyed themselves. We are growing and having a really great time.

We have resumed our regular schedule and 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 or eight and sometimes 10). We are not limited to a formal dinner menu. We may also host an afternoon barbeque, a brunch, or a luncheon.

Everyone is welcome to join Supper Club. The club is not just for married couples. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and the friendship provided by our members. We'd love to meet you. If you are interested in joining us or have questions, contact Maureen Gingrass (3803) or Cheryl Bellrose (6619).

## Table Tennis Club

"The best tournament ever!" was a comment made by several Rossmoor team members. Our players tied 24/24 matches. Held at Rossmoor on Jan. 28, this tournament served as preparation for when they visit here on July 28. Members may watch videos of the tournament.

An update on our Feb. 9 general meeting will be posted on our website as will the results of our Feb. 25 in-house tournament. Please check them at: <http://trvtt.wordpress.com>.

Come watch some of the players from Fairfield who come on the fourth Saturday of each month. They are very good and are willing to share their skills with our members. And mark your calendars for March 14. We are having our first social of the year. Details will be posted on our website where you can also find up-to-the-minute information on calendar changes and other issues such as room availability. MyTrilogyLife.com now has a hyperlink to our website under "Clubs." Simply click on <http://trvtt.wordpress.com>.

Our club mourns the passing of one of our favorite players: Karl Muesenberg. Karl's life and experiences were shared during his memorial held at the Delta Club on Jan. 21. Karl, wherever you are, you are missed.

Please give preference to beginners from 5 - 6 p.m. on Tuesdays and Thursdays. We have practice with the Rob-Pong on Wednesdays from 4:30 - 6 p.m. If you want to use the machine, sign in your name and pick up balls for the person whose name appears directly above yours in the sign-up list. We also have coaches available on Wednesdays.

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

Winter is ending and spring is in bloom. Racquets are swinging and balls are zinging and sometimes the net gets in the way. Laughter and play starts off the day, which is why we call it social tennis. Social tennis is from 7 - 10 a.m. Monday through Friday. Court #4 can be reserved during this time by signing up on the board in advance. Director Wally Beckman is contemplating the possibility of more tournaments and social play. Sign-ups are being accepted online or at courtside. Our upcoming tournaments are at Rossmoor on May 19, at Brentwood on June 8, and at Trilogy on Aug. 11 and Oct. 12. Brentwood tournaments are on Fridays. The inception of team tennis is being brought back by our chair as well as the addition of more structured competitive play to help hone our skills and prepare for tournaments. Rules and teams will be announced when scheduling and sign-ups are completed, so everyone interested should join. The daylight tourna-social is on Sunday, March 11 at 8 a.m. The social starts at 5 p.m. at the Delta Club. Contact Joe Downes, tourna-social chair. Volunteers are needed for the food committee. Anyone may join. No prior experience necessary.

Many have seen the new "breeze-way" between courts #2 and #3. At this juncture it's not complete, so hold off until then. Some work has been done with a few of the trees adjacent to the courts, which should help eliminate some of the debris that drops onto the courts making it both safer and easier to maintain.

Club dues of \$24 annually are payable to Treasurer Patti Sorg. Dues may also be payable to other cabinet persons. Please continue to leave your recyclable plastic in the bin at court #2. To recycle, use your clubhouse key, place the items in the bin, and lock the gate upon departure. This allows the club to accomplish some of the things it does in the community. This is Mike Lewis signing off for the final time. It's been nice writing for you.

## Women's 9-Holers

We meet at the Nines every Tuesday at 9 a.m. for a 9:30 a.m. tee time. Sign up to play golf in the Pro Shop Tuesday through the following Sunday. The sign-up sheet is picked up Monday at noon. The teams are picked as players arrive on the day to play. If you need to cancel, call Tournament Chairman Ruth Almgren at (3867) or the Pro Shop (2900).

## Tuesday Play Day Results

**January 3, 2012:** Special day, the sun was shining, no wind or fog. Judy R. 15 Low Putts. Way to go, Judy! Fran S. Chip-in #3, Maureen L. Chip-in #4, Jeanie R. Chip-in #6, Maureen L. Par #4, Donna B. Par #5.

**January 10, 2012:** Team #6 was our wow team. Fran S. Chip-in #11, Karen N. Chip-in #13, Lois D. Par #11, Ingrid C. Par #11, Karen N. Par #11, Fran S. Par #13, Karen N. Birdie on #13. *Way to go ladies. Very awesome golfing.*

**January 17, 2012:** Crazy play day – there were lots of pars. Ruth A. Par #4; Karen N. Par #5; Lois D., Fran S., Karen N., Par #8; Lois D., Blaine F. *Great job, ladies.*

**January 24, 2012:** What a day, yucky, mucky, muddy and wet. Jennifer S. fabulous Chip-In. No Pars, Birdies, or Hole-in-one.

**January 31, 2012:** Cold, cold and foggy day. Lois D. Par #5, Chris S. Par #6, Jennifer S. Par #8. Great golfing.

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

## Women's 18-Holers

We have been able to play every Thursday because the weather has been cooperating. We did have a few days that were cold.

**January 5: Low Putt – Charm Day.** Winner of the charm: donna bjork. Flight A - First place: Lucille Rhodes. Second place tie: Vicky Riddle, Ida Shannon. Flight B - First place: Chris Sabye. Second place: Karen Nash. Third place tie: Debby Carroll and Alma Renko. Flight C - First place; Terri Anisko. Second place: Terry Sutter. Third place: Linda Van Nieuwburg. Fourth place: Lynn Grace. Flight D - First place: Maureen Gingrass. Second place: Darl McCarthy. Third place: Bev Dunn. Fourth place: Donna Bjork.

**January 12: Best Nine – either front or back nine.** Flight A - First place tie: Sue Clark, Angie Jones, Frankie Freese. Second place: Judy Zelman. Flight B - First place tie: Trixie Roque, Roni Teixeira. Second place: Lynn Grace. Flight C - First place: Darl McCarthy. Second place tie: Maureen Gingrass, Terry Sutter. Closest to the pin: Angie Jones.

**January 19: Even Holes.** Flight A - First place: Ida Shannon. Second place: Vicky Riddle. Third place: Frankie Freese. Flight B - First place: Carol Petronzio. Second place: Maureen Gingrass. Third place: Lynn Grace. Closest to the pin: Lucille Rhodes.



**January 26: Straight Golf.** Flight A - First place: Cindy Brown. Second place tie: Ladell Manion, Ida Shannon. Third Place: Angie Jones. Fourth place: Lucille Rhodes. Flight B - First place: Debby Carroll. Second place: Joan O'Connor. Third place: Diana Staley. Flight C - First place: Terri Anisko. Second place: Marilyn Rogers. Third place: Darl McCarthy. Flight D - First place: Maureen Gingrass. Second place: Donna Bjork. Closest to the pin: Diana Staley.

**February 2: Low Putts/Charm Day.** Winner of the charm: Pat Kistler! Flight A - First place: Lucille Rhodes. Second place: Des Javier. Third place: Vicky Riddle. Flight B - First place: Pat Kistler. Second place: Ulla Ulmonen. Third place:

Ladell Manion. Fourth place: Chris Sabye. Flight C - First place: Marilyn Rogers. Second place tie: Darl McCarthy, Diana Staley. Flight D - First place: Donna Bjork. Second place tie: Charlotte Godsey, Maureen Gingrass. Closest to the pin: Angie Jones. Birdies: Sue Clark, Vicky Riddle, Judy Zelmar, Ladell Manion, Roni Teixeira, Pat Kistler and Diana Staley (2 on same day). Chip-ins: Paula Davis, Ladell Manion, Cindy Brown, Debby Carroll, Lucille Rhodes, Ida Shannon, Angie Jones, Paula Davis, Ida Shannon. Broke 100: Lucille Rhodes, Angie Jones, Des Javier, Vicky Riddle, Cindy Brown, Debby Carroll, Ladell Manion, Ida Shannon.

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

## COMMUNITY CORNER

## Thank You

Family Support volunteers send a sincere thank you to Robert McGahey for his dedication to Trilogy's Family Support Group as we assist Trilogy residents' bereaved family members through holding memorials for their loved ones. Robert works at Lira's and manages the Cyber Café. He supervises the preparation and delivery of most of the food served at our memorials. He also advises us about the quantities and kinds of food that would work best. Because he so often goes beyond the call of duty to ensure that everything goes smoothly—even standing by phone—we want to acknowledge his contributions not only to us but to the Trilogy community at large. We send our sincere thanks to you, Robert McGahey. You do a great job!

## 2012 Relay For Life Games Extravaganza

The Third Annual Games Extravaganza - *Playing Games 4 a Cure* was another successful event. The Trilogy Terminator III Team partnered with other Trilogy Clubs including Bingo (Irene Foss), Bunco (Shirley Rogers), Billiards (Al Bergoust). The teams to orchestrated the games. Dennis Dooley of D & S Press provided the printing of our fliers and Diane Shafer of Shafer Real Estate underwrote our expenses. Diane and Dennis always go the extra mile to support our team events. Thank you to the Trilogy residents who donated the great prizes for our raffle. Thank you also to Ace Hardware, Peter's Steak House, Pineapple Restaurant, Delta Pharmacy, Andrea who gives wonderful Swedish massages, and Andy Pestana for being our bingo caller again this year.

Our team members and volunteers pitched in to ensure the event ran smoothly for our guests. Many new residents volunteered to help. We sent a special thank you to the Trilogy staff including Activities Director Debbie Dorn for meeting all of our needs. Congratulations to everyone! We raised \$2000! Join our team or be a volunteer and help us fight this terrible disease. Everyone is welcome. For more information, contact Team Captain Antoinette Pestana at (5154) or [apsunflower@hotmail.com](mailto:apsunflower@hotmail.com).

## Introducing the Labyrinth

A video introducing the Labyrinth will be shown on March 19 at 7 p.m. in the Sonoma Room at the Vista Club. The video is titled "Rediscovering the Labyrinth, A Walking Meditation." This is a free event. For more information, contact Anna Chunn (3560).

## Spring Equinox Celebration

The spring equinox begins on March 19 at 10:14 p.m. We will have our celebration on March 20. Join Anna Chun to honor the Spring Equinox and celebrate the beginning of spring. Begin with a gentle meditative walk at 10 a.m. at the Trilogy Labyrinth on the patio at the Vista Club. For more information, contact Anna Chunn (3560).

### *In Memoriam*

Our condolences go to the family of Midge Kloch, our long-time member and first ever Communications Coordinator. She was a bright spot in all our lives. We will miss her.

~ The V.I.P. Drama Club

## Living Safely with Raccoons During Breeding Season

by Cheryl Bellrose



The breeding season is upon us. Raccoons and other animals may attempt to use homes or nearby areas to raise their young. This occurs most often during March through August. Learning about raccoon behavior during this time may help in understanding their activities.

### As the breeding season commences:

- Raccoon kits and their mothers will forage together.
- Once mating begins, female offspring from the previous year may stay in the area near their mothers, but will no longer forage with her.
- Male offspring from the previous year leave and move out into new areas.
- Breeding males are promiscuous and nomadic. They may travel to other female home ranges during this time.
- Females may temporarily den with the males during mating.
- After mating, there is no association between males and females.
- Young are born in a tree den, but the mother may also use a woodchuck burrow, caves, mines, deserted buildings, barns, garages, rain sewers or houses.
- Gestation is 63-65 days.
- Number of offspring: 3-7 kits (average 4).
- Kits weigh about three ounces at birth.
- Born blind and helpless, their eyes open at about 18-24 days.
- Mothers nurse their young, and kits wean at about 70 days.
- By 20 weeks of age they forage with their mother at night and stay in the den with her during the day.
- Males do not participate in any parental care.

During the mating and breeding season, one should avoid using methods such as smoking a chimney, putting in a chimney cap, or closing off an attic, which may result in killing offspring and preventing the mother from returning to the nest. It is better to wait until mother and babies are out of the nest for good (six to eight weeks) because dead animals may become trapped in chimneys, attics, etc. and may be difficult and costly to remove. Methods for preventing raccoons and other animals from nesting in inappropriate locations around your home will be discussed in detail in a subsequent article.

## Stroke/Head Injury Group

If you live in Trilogy and have had a stroke or some type of head injury that has left you disabled, this group is for you. We provide help, useful tips, and current information on how to cope with the various short and long term physical and emotional effects of your injury. Since each person who experiences a stroke or head injury 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 extracurricular activities for the group as well. If you or someone in your family has had a stroke or some type of head injury, and would like to join, contact Cheryl Bellrose (6619). We also welcome caregivers and families of stroke/head injury victims who need support. We meet the first Tuesday of each month from 1 - 3 p.m. at the Vista Club in the Monterey Room.

## Garden Railroad Bake Sale Success

The Model Club's Trilogy Garden Railroad group sends a very big thank you to all the bakers, workers, and patrons who made this benefit a huge success. We could not have accomplished all that we had without you. You can now look forward to seeing the future progress at the Garden Railroad this spring and throughout the year. Thank You, Cynthia Oglove

## TOPS

Taking Off Pounds Sensibly (TOPS) started the month with a new member joining us and a monthly weight loss for the group. If you would like help shedding those unwanted pounds, we invite all Trilogy residents to join us. Come to the Delta Club any Wednesday at 8 a.m. and check us out. For more information, contact our leader Minnie Howell at (5786) or our co-leader Peggy Smith at (1366).

## 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.

## Trilogy Jazz Band

The band has had a busy February. The first part of March will be busy as well with rehearsals for Music of the Night and our performances on March 8, 9, and 10 in the Vista Club Diablo Ballroom. This will be a great show!

We are fortunate to have so many talented musicians living in Trilogy. Music Director Jim Lucas has put in countless hours writing special musical arrangements for many of the instrumental backgrounds to the songs in the show. All of the performers are devoting many hours to rehearsals, and a small army of supporting volunteers is ready to help make the event a smashing success.

Full-band rehearsals are held every Wednesday from 2:30 - 5 p.m. following vocal rehearsals from 1:30 - 2:30p.m., at the Vista Club Diablo Ballroom. Observers are welcome. The band is currently at full capacity, but we always like to meet those 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).

## Free Tax Assistance

Free federal and state income tax help is again offered through the Volunteer Income Tax Assistance (VITA) program at the St. Joseph Church parish hall in Rio Vista. Free basic income tax return preparation and electronic filing is offered to individuals of low to moderate income (generally, below \$50,000) and seniors who need assistance with or cannot prepare their own tax return. Appointments will be scheduled for each Saturday, starting on Feb. 4 through April 14 from 9 a.m. to 1 p.m. in the St. Joseph's Church parish hall, 220 South 4th Street, Rio Vista. If you are interested in other VITA locations open on different days, please dial 2-1-1 and ask for the VITA information. If you need assistance with your 2011 income tax returns in Rio Vista, please call Carlos Zepeda at (510) 301-5182 to schedule an appointment. Appointments are scheduled on a first-call basis. Please bring your records of income and deductions, including Forms W-2, 1099-R, statements showing interest and dividends, and a copy of your 2010 tax return to the scheduled VITA appointment.







# Holland America Line

*A Signature of Excellence*

## ZUIDERDAM—17 DAY PANAMA CANAL

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**OCTOBER 12, 2012**

**STARTING AT**

**\$1899 PER PERSON**

*(DOUBLE OCCUPANCY)*



**LINDA FEINS, TRILOGY RESIDENT**

**707-422-9777 (DAYS) • 3559 (EVENING)**

**Full Service Travel Agency**

Fares are shown in \$USD. The company reserves the right to reinstate the fuel supplement for all guest up to \$9 per person per day if the NYMEX oil price exceeds \$70 per barrel. Govt. fees are not included in above price. Prices are subject to availability

## 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 April issue are due by March 5, 2012). Late submissions will run in the following issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

• <b>NEW:</b> 1/8 page ad	3 ½" 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 Lisa Spencer at <a href="mailto:ls Spencer@astound.net">ls Spencer@astound.net</a>.</i>		
• ¼ page ad	3.6" wide X 4.5" tall	\$140/month
• ½ page ad	7.5" wide X 4.5" tall	\$220/month
• Full page ad	7.5" wide X 9.25" tall	\$345/month

### PREMIUM SIZES AND RATES:

• <b>NEW:</b> ¼ page ad Inside Front or Back Cover	\$185/month	
• <b>NEW:</b> ½ page ad Inside Front or Back Cover	\$285/month	
• INSIDE FRONT COVER	7.5" wide X 10" tall	\$445/month
• INSIDE BACK COVER	7.5" wide X 10" tall	\$445/month
• OUTSIDE BACK COVER	7.5" wide X 10" tall	\$500/month

### DISCOUNTS:

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

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

## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

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

### Amway Business

Amway Products, Private Labels  
& Affiliate Shopping Sites  
Personal Franchise Opportunities Available  
209-986-5758  
www.amway.com/tomspivey

### Avon

Have Dawn or Claire fulfill all of your Avon needs  
Cell 707-628-4235 • Home (5239)

### Cruise Adventures Unlimited

A Proud Member of the Signature Travel Network  
Terri Anisko, Accredited Travel Specialist  
374-6277 • oceans@myifp.com

### Mary Kay

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

## ANNOUNCEMENTS

### Parkinson's Support

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

## FOR RENT

### Home for Rent

Gorgeous Pebble Beach floor  
plan, 1139 sq.ft., 2br/2ba, den, tile  
flooring, fireplace, corian counter,  
washer, dryer, refrigerator. Owner  
pays HOA, lawn. \$1150/mo.  
Available April 1 Call 330-0808.

### Home for Rent

Furnished or unfurnished home  
on 7th green golf course. 2br/2ba,  
great room, office. 1879 sq.ft.  
Belmont model, \$1400/mo.  
Call 925-285-9162.

### Home for Rent

710 Turnberry Terrace,  
2br/2ba. Asking \$1100. HOA  
dues paid. Call 246-3936.

### Home for Rent

Pebble Beach model, 2br/2ba, den.  
Bright & sunny. 1440 sq.ft. Landlord  
pays HOA, lawn. Nonsmoking.  
Move-in special: \$995/mo. for first  
3 months, then \$1095 thereafter.  
Bob 310-322-5849. Available now.

## FOR RENT

### Home for Rent

Pebble Beach model on golf  
course: 215 Oakridge Way.  
HOA dues included. \$1195/mo.  
\$1000 deposit. Available now.  
Week, day rent OK. Call Jian at  
510-333-6812.

### Room for Rent

Share house with owner  
who is gone 3-4 days a week.  
Will discuss rental cost. If  
interested, call 925-639-2990.

### Room for Rent

Room with bath for rent,  
immaculate decorator.  
Perfect, lovely garden. \$500/  
mo. Call Jan 688-9338.

### Room for Rent

Olympic Village: room for rent  
\$500 including utilities. Some  
furniture available. No smoking.  
Clean, quiet. Entire house for rent  
also. Call Sandra 650-922-3716.

### Room for Rent

Room for rent in Calistoga  
model home. Current resident is  
organized, active. \$500 all inclusive.  
Call (5324). You'll have your part of  
the house. No lease. Call (5324).

## FOR SALE

### Golf Cart

Western Electric 4-seater Golf Cart,  
great condition, new batteries just  
installed. \$3400 OBO. Call (3576).

### Grill

Glass top table 44x60, 4 chairs  
\$100; char-broil grill & Rhino  
tank \$50. Fire-rated 2-drawer  
metal file cabinet \$35. OBO.  
Call Ron (650) 464-2071.

### Music CD's

Free CD's to Trilogy residents only:  
89 songs of the 20th century.  
For info: dvpiano@gmail.com  
or call Dick 415-251-3395.

### Personalized Gifts

Personalized poems for  
anniversaries, weddings,  
birthdays or love. A card, etched  
glass, or marble for angels  
above. Memorable gifts all will  
treasure. Sure to bring a lifetime  
of pleasure. Jody (5735).

### Printer

HP Photosmart 7350 Color  
Printer, 9 years old, but works  
great. Have manual, ink  
cartridges & cables. Originally  
\$135, asking \$50. Call (6703).

## FOR SALE

### Scarves

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

### Sewing Machine

Singer "Touch & Sew Deluxe Zigzag Sewing Machine" Model 600 circa mid 60's. All attachments & manual. Works like new! Plus wood foldaway table. \$60 OBO Call (6703).

### Sewing Machine

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

### Vehicle

'92 Mercedes SL300 soft top convertible. As is. \$4500 OBO Call (3576).

## 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 [tmblweed5000@aol.com](mailto:tmblweed5000@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).

### Carpet and Upholstery Cleaning

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

### Carwash

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

### Cleaning

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.

## SERVICES

### 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. All Nita 315-6670.

### 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).

## 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

### Crown Molding

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

### Custom Cabinets

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

### DJ Available

DJ music available for private party or fund raising events. Form a group of 20 or more for fun dancing at \$5 each. 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)

### Firearm Appraisals

Trilogy resident offers Firearm Appraisals. Collector and NRA member. Confidential and within the law. Pistols, rifles, shotguns. Call Andy (3025).

### Gutters Cleaned

Rain gutters cleaned and patio covers washed. Call Trilogy Resident Danny at 209-570-0302.

## SERVICES

### 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).

### Handyman

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

### Housecleaning

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

### House-sitting

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

### Impeccable Improvements & Repairs

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

### Income Tax Preparation

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

## SERVICES

### 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.

### 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).

### 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).

## SERVICES

### 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.

### 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](http://www.clutternot.com) for free consultation.

### Pet Care

Loving care for your small pet in your home. Includes walking, feeding, mail brought in, plants watered, etc. Trilogy resident 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.

## SERVICES

### Pet Care

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

### Pet Sitting

Dog Walking. Call "Pups on Parade" for safe and loving pet care. Octavia, Trilogy resident (5141) or cell 510-813-1929.

### Photography

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

### Rain Gutters Cleaned

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

### Real Estate

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

### Roll out Shelves

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

### Sliding Door and Screen Repair

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

## SERVICES

### Stained Glass

Jan's Custom Stained Glass Windows, Panels or gifts. Your design or mine made to order. 40 plus years experience. Call (3612).

### 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

Driver available for local airports, BART, medical appointments. Your car or mine. 15-year resident. Reasonable rates. Call 386-3196.

### 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 RENTALS

### Tahoe Condo

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

ANNOUNCING...

A million reasons to  
live at  
Emeritus at  
Rancho Solano



## EMERITUS SENIOR LIVING

Emeritus Senior Living is committed to providing quality services to seniors. As part of our commitment to enhance our residents' lives, we will be undergoing a million dollars in renovations; paint, carpet, internet cafe, continental club, 9-hole putting green, life-size chess board and much, much more. Our commitment to providing quality senior care at an Emeritus Senior Living can be seen first hand.

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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