

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

February 2017

# Trilogy Living



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## *From the Master Association*

### **Melissa Coleman**

*President*

The Master Association annual meeting will be held on February 14 at 2 p.m. This year's annual meeting marks the biggest change since the development of Trilogy. The election of the Master Association Directors will be by homeowners, no longer an election by the Delegates. By now, you will have received your ballots. Please mark you ballots and return in the post-paid envelope. After February 11, it can be brought to the office or Annual meeting. Hope to see you there.

**Executive Session:** The Executive Session was held on January 9 in the Monterey Room. Items acted upon in General Session are reported under that session.

**Amenities Negotiations/LOI:** - the Negotiating Team met with Jason Enos January 5<sup>th</sup> and viewed a preliminary drawing of the 4<sup>th</sup> clubhouse. The Amenities Committee will be providing the Master Board with additional specifications regarding both the 4<sup>th</sup> clubhouse and the conversion of the current Design Center to a Health & Wellness Center. Approved specifications will become part of the Letter of Intent between the Homeowners Association and Shea Homes. We are happy to report that Shea has agreed to create a labyrinth on the Longspur Drive park/drill site.

#### **Formation of Contracts**

- **Management Contract** – review of the management contract with Action Property Management, Inc.
- **Legal Services** – Berding & Weil is legal counsel for the Master Association. A "Waiver of Conflict of Interests" will be signed as Berding & Weil will be representing each Village for the rewrite of their governing documents.

#### **General Session:**

- The revised governing documents have been delivered; either by email for those that have chosen to "Opt-In", or by US mail on a USB flash drive. If you have not received, your copy or wish to have a printed copy contact the Administrative Office.
- The Board has been working with Action Property Management to improve services to the members. A staff reorganization has been developed and will be implemented starting with the Administrative Office. A Village Manager will be hired to be responsible for the Villages. (ie: Meetings, Budgets, Architectural and Compliance). This will relieve the General Manager of those duties to allow him to dedicate more time to the responsibilities of the Master Association. As Trilogy accepts additional Common Area and anticipates a remodel of the Delta Club the Board expects more time needed for RFP's and project bidding tasks.

#### **Unfinished Business:**

- **Committee Appointments** – The following have been appointed: Debra Schwab – Access; Bruce McAbay – Amenities; Isi Mangiben – Community Advisory.

*(continued on p. 16)*

## **TRILOGY AT RIO VISTA**

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

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

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

#### **Village Board Presidents / District Delegates**

Village 1 - Ron Auger 707-374-3068  
Village Oakmont - Walt Manos 707-374-2827  
Village Riviera - Donald Seyk 707-374-6407  
Olympic Village - Richard Pettijohn 707-374-3065  
Saddle Rock Village - Joe Perpetuo 510-387-4517  
Eagle Point - Mark Weiss 925-980-7249

#### **Committee Chairs**

Community Advisory - Bill de Manincor 707-374-6404  
Administrative Policies - Arthur Fox 707-374-0068  
Village Document Revision - TBD  
Clubhouse Improvements, Marge Reynolds, 374-5809  
Emergency Action - Barry Fraser 415-407-8529  
Access - Art Darden 707-374-3455  
Amenities - Joe Downes 707-374-7520

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

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

#### **Club Numbers**

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

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

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,  
Joan Azlant, Kathy Erwin, Bill de Manincor

#### **Commercial Advertising Manager**

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

#### **Resident Classified Advertising**

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

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

Guest Registration - community.dwellinglive.com

#### **Café Vista 707-374-4202**

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

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

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

## *From the Editor*



### **Andrea Stuart**

We're a month into 2017 it feels like we are in high gear already. The Super Bowl is right around the corner, and Trilogy is gearing up for its annual pigskin party in the Diablo Ballroom.

While some people might be thinking of Valentine's Day, I thought it would be fun to share a couple of the other holidays that occur this month.

Most of us are familiar with Groundhog Day (February 2) and President's Day (February 20), but did you know that February 21 is National Mother Language Day? This day is dedicated to promoting linguistic and cultural diversity, and multilingualism. In addition to trying to preserve languages throughout the world, the day aims to promote worldwide education and international understanding.

Another holiday—perhaps my favorite—is National Margarita Day (February 22). Unlike some other holidays, this one does not seek to promote education, per se, except where it encourages cultivating an appreciation for the blue agave plant and its metamorphosis into the tangy cocktail known as the Margarita.

As we begin to see a little more sunshine and enjoy earlier sunrises, consider all the fun that can be had without even leaving Trilogy. Check out the Activities and Spa & Fitness sections to find out what the staff has in store for you. And don't forget to look at the Village pages to find out what the Residents' Clubs are up to. Many of them put on events that are open to the whole community. Finally, feel free to peruse the Clubs pages to see if a new hobby or pastime calls to you.

Cheers!

### **Priority List for Emergencies**

If you or someone you know has special needs (oxygen, electricity for dialysis, etc.) and wants to be placed on a priority list for assistance in the case of an emergency, please contact Member Services Coordinator Cheryl Lucas at (707) 374-4203 or [clucas@actionlife.com](mailto:clucas@actionlife.com). Please provide your name, address, phone number, and describe your special needs.

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

## *From the Activities Director*



### **Debbie Dorn**

Trilogy welcomed 2017 with multiple celebrations in the area, a record number of people enjoyed crazy times during the Polar Bear Plunge on New Year's Day, then the community got down

to business during all of the Associations' annual vote, and meetings throughout the month! Still residents found time to indulge in numerous comedy, dance and other entertaining activities along the way!

Turning to February, here are some upcoming events to mark on your calendar!

- **2/05 Super Bowl Party**
- **2/05 & 2/19 Trilogy Produce Market**
- **2/08 & 2/15 New Computer Classes (see pg 41)**
- **2/11 Bake Sale ~ Model Club's Garden Railroad Fundraiser**
- **2/12 Valentine Brunch ~ Hosted by the Dog Club**
- **2/12 Boogie Aces ~ Hosted by the Dance Club**
- **2/17 Karaoke ~ Spontaneous Fun with Stefan Barboza**
- **2/20 Enrichment Series: Age Well & Drive Smart**
- **2/25 Dance Concert Featuring the Hot Rods**
- **2/28 Travel Discovery: Realm of the Polar Bear**

**Get Ready...**

- **March 4 Wine, Belle Voci & Visual Art Festival**

Be sure to check into what is happening in the club section of this issue for more activities! You'll find there is something for everyone! Your comments and suggestions are always valued. Send an email anytime to [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open!

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





## Computer Classes - Wednesdays

February 8 & 15

NEW class offering for your iPhone! Wednesday, February 8 and 15; bring your fully charged iPhone – Level 1. Microsoft Word and Microsoft Excel are returning. See page 41 for important details. Contact Debbie Dorn with questions ddorn@actionlife.com.

## Trilogy Produce Market

Sunday, February 5 & 19, 10 a.m.–3 p.m. – Delta Club



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

## Blood Pressure Check ~ Free

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

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

## Super Bowl Party

Sunday, February 5, Diablo Ballroom, Vista Club ~ Free  
12 p.m. ~ Pre-Game Program, 3:30 p.m. ~ Kick Off!

Put your game face on and join the Super Bowl Party! Bring your own provisions to enjoy while cheering your favorite team on the Big Screen! Sign up for table seating at Vista Club Member Services desk.

## Karaoke ~ NEW Spontaneous Fun!

Friday, February 17, 7-8:30 p.m., Diablo Ballroom, Vista Club

Here's a new twist to a familiar event. Professional entertainer Stefan Barboza will bring you Karaoke fun mixed with open dancing. You are still likely to find story tellers, special dancers, folk singers and more spontaneous entertainment. Bring your favorite snacks and beverage. Come on over for an evening of good times. No signups required.

## Enrichment Series ~ Driving Awareness Seminar

Monday, February 20, 1–4 p.m., Diablo Ballroom, Vista Club ~ Free

Mobility Matters! Driving reflects our independence, lifestyle, and in some cases our self-image. Senior drivers may have to make adjustments. This seminar will enlighten your awareness, and position you with resources to increase your options. Develop an informed view of warning signs and solutions for aging well and driving longer from presentations by representatives from the Driver Motor Vehicle Department and Solano Transportation Authority. California Highway Patrol officer David Harvey will close the



~ Dance Concert ~

## The Hot Rods Band

Saturday, February 25, 7–9:30 p.m.

Diablo Ballroom, Vista Club

\$15 per person

The Hot Rods are a high-energy

oldies show band from San

Francisco. Classic Oldies of the

50s and 60s - the fun songs you

remember! From Elvis, Buddy Holly,

Chuck Berry and Fats Domino to the

Beach Boys, Beatles, Stones, and

Motown; the Hot Rods bring energy

and excitement to the greatest

songs of Rock & Roll! Bring family,

friends and your favorite provisions!

Sign up at Member Services.



seminar with discussion, questions and answers. Certificates of Participation will be available on request which may offer a vehicle insurance discount. This program is a cooperative effort between the CHP, the Department of Motor Vehicles and the older driving community. Light refreshments will be served or you are welcome to bring your own. Sign up at Member Services to reserve your place at this enlightening seminar.

## Travel Discovery Series ~ Realm of the Polar Bear

**Presented by Jennifer Collins**

Tuesday, February 28, 6:30–8 p.m.

Diablo Ballroom, Vista Club ~ Free



Jenny will take you on an adventure to Spitzbergen in Arctic Norway. Hear of encounters with polar bears and other wildlife. Explore Spitzbergen's ice-covered fjords and gaze on

breathtaking mountain scenery and glaciers. Join Jenny for an enjoyably enlightening adventure. Light refreshments will be provided. No registration is required.

## Wine, Belle Voci, and Visual Art Festival Featuring Belle Voci Quartet

Saturday, March 4, 1-5 p.m., Diablo Ballroom, Vista Club ~ Free

**Charge for wine tasting ~**

**Five wine tastings/\$5, payable to Van Ruiten Winery**

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Photography Club will display their art, delightful a capella vocals harmonized by Belle Voci Quartet, and there will be wine tasting hosted by Van Ruiten Winery. Set your palate for an artful fun time and come on over for a charming afternoon. Artists if you are interested in displaying your art, contact Debbie Dorn at ddorn@actionlife.com or 707-374-4204. No registration is required.

Van Ruiten Winery has been a top quality wine grape grower for over seven decades. Three generations of the Van Ruiten family now work together tending the vineyards, managing the winery and bringing the fine wines to market. Coupled with their new facility and the talents and experience of winemaker John Giannini, the Van Ruiten Family has strengthened their distinction as a leader for super premium wines from Lodi.

## Dance Concert: John Covert & Crystal Image

Saturday, March 18, 7– 9:30 p.m.

Diablo Ballroom, Vista Club ~ \$15 per person

John Covert (keyboards/vocals) has opened shows for War, Tower of Power, Sons of Champlin (Grammy winner Bill Champlin, formerly of rock band, Chicago), Chad and Jeremy, The Chiffons, The Coasters, Simon & Garfunkel, Gary U.S. Bonds, Dobie Gray, Lady Bo (Bo Diddley's protegee) and many others. He is a grand-prize winner in the Nashville Music City Song Festival and multi-finalist in the American song festival, Covert's songs have been featured on many TV shows, movies, magazines and Billboard charts. His co-written song "Smile if you love Jesus" charted #1 on the 1999 Country Gospel Music Guild charts. John's 1960s folk rock songs are also featured on a rare European collector's CD, "California Love-In" (also featured is legendary rock band, Steppenwolf). More of Covert's original vintage Crystal Image rock music can be found on the official website: [www.crystalimageband.weebly.com](http://www.crystalimageband.weebly.com). Gear up for an evening of entertainment and dancing, and you are welcome to bring your favorite provisions! Sign up at Member Services.

## DRIVING AWARENESS SEMINAR

Part of TRVMA's Enrichment Series Programming

**Mobility Matters!**

Driving reflects our independence and lifestyle. Develop an informed view of warning signs and solutions for aging well and driving longer.

**Presentations by:**

Driver Motor Vehicle Department

Solano Transportation Authority

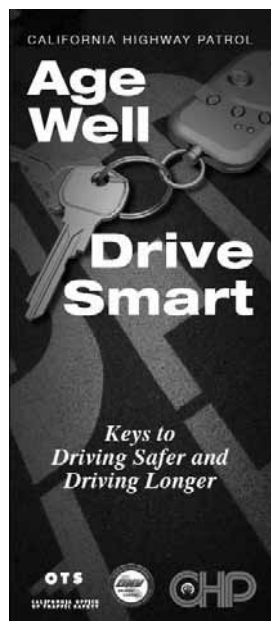
**And**

California Highway Patrol Officer David Harvey will close the seminar with discussion, questions and answers.

**February 20, 2017**

**Vista Club Diablo Ballroom**

**1:00 - 4:00 p.m. ~ Free**



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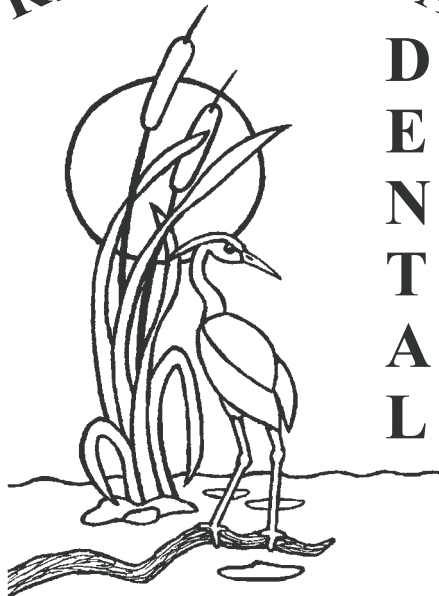
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## Assessment Notice

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 online, please call the Administrative Office 707-374-4843.

**Assessments for the month:**  
**Master Association \$125.60**  
**Plus the appropriate Village Assessment below:**

<b>Village I</b>	<b>\$5.25</b>
<b>Village Oakmont</b>	<b>\$5.20</b>
<b>Olympic Village</b>	<b>\$5.10</b>
<b>Village Riviera</b>	<b>\$5.25</b>
<b>Saddle Rock Village</b>	<b>\$6.00</b>
<b>Eagle Point</b>	<b>\$0</b>
(None until dormancy ends)	

## Emergency Action Committee

How would you like to meet a great group of residents, make friends and at the same time learn how you can help yourself and your community? Consider volunteering with the Trilogy Emergency Action Committee (EAC). The EAC's mission is to prepare the community for safe and effective responses to emergencies that affect Trilogy residents. We conduct a variety of training, community education and provide support during Trilogy events. Each spring we conduct a mock exercise responding to a staged emergency. During the fall months, we raise community awareness of important health and safety issues, such as how to shelter in place during earthquakes or other incidents. We also work with Rio Vista Fire Department on a Smoke Alarm Awareness campaign to remind Trilogy residents to change batteries twice a year and replace alarms after 10 years.

The EAC supports several Trilogy events and activities throughout the year, including the Trilogy Triathlon, Fourth of July Parade, and WalkTober. Our volunteers conduct traffic control and set up first aid and counseling tents to help participants as needed. These events serve as great training opportunities. The EAC relies on volunteers who live in Trilogy and care about their neighbors. We hold training meetings at 6 p.m. on the second Tuesday of each month in the River Room at the Delta Club. We are always looking for new volunteers. If you have any questions, simply attend a meeting or contact Chair Barry Fraser at 415-407-8529.

## Amenities Committee (MAC)

The next meeting of MAC is scheduled for Monday, February 27 in the Vista Club's Diablo Ballroom from 2:30 to 4 p.m. All residents are invited and encouraged to attend. This is your community, make it work for you. We truly welcome community input. The committee approved two motions at its December meeting. The first motion was to move forward with plans to convert the existing Design Center into the Community Health and Wellness facility and the second motion was to increase the size of the proposed new building from 8,500 to 14,112 square feet to facilitate the suggested needs and wants of the community (more space, additional meeting rooms, expanded storage, improved kitchen facilities and other expressed needs and wants). Mark your calendar and plan to attend the next committee meeting on Monday, February 27. The committee also hosted a workshop on January 3 to discuss its plan to survey the various sanctioned clubs and entities within the community. A second workshop is scheduled for Friday, February 17 in the Vista Club from 9:30 to 11:30 a.m. Residents are invited and encouraged to attend. For more information, contact Joe Downes at 707-374-7520 or [josephdownes@citlink.net](mailto:josephdownes@citlink.net).

## Eagle Point Village Residents' Club

Well, another year is upon us and suddenly we find it's already February! On November 28, the first Social Committee was held in the Monterey Room at the Vista Club. There were 19 in attendance. The EPVRC Board led the meeting and we are pleased to report that several committees were established with appointed Chairmen. All committees will have their initial kick-off meetings and report to the Board by the next



## **Association Meeting Calendar February 2017**

### **Master Association Board**

Tuesday, February 14, **1 p.m.**

**Annual Meeting 2:30 p.m.**

Diablo Ballroom, Vista Club

### **Special Board**

Monday, February 6, 2 p.m.

Rio Vista Room, Delta Club

### **Council of Village Presidents**

Monday, February 20, 10 a.m.

River Room, Delta Club

### **Access Committee**

Monday, February 27, 1 p.m.

River Room, Delta Club

### **Administrative Policy Review Committee**

TBD

### **Community Advisory Committee**

Thursday, February 23, 1 p.m.

Rio Vista Room, Delta Club

### **Amenities Committee**

Monday, February 27, 2:30 p.m.

Diablo Ballroom, Vista Club

### **Emergency Action Committee**

Tuesday, February 14 and 28, 7 p.m.

River Room, Delta Club

### **Clubhouse Improvement Committee**

Monday, February 13 and 27, 3 p.m.

River Room, Delta Club

EPVRC meeting. That meeting will be held on Thursday, January 26 at 7:30 p.m. after the Eagle Point Village HOA Annual meeting held from 6:30 p.m. to 7:30 p.m.

This is just the beginning of the EPVRC and Committees in establishing the events and village activities that make living at Trilogy so enjoyable. As we grow as a village, we think the community feeling one receives by attending our social activities can be very heartwarming, not to mention great opportunities to meet other Eagle Point residents.

We will always need more volunteers to keep our club running and serving our village, so if you read this and want to help in any way, contact our President, Marlene Swieso at 714-317-9688 or email her at mswieso2002@yahoo.com. There is always something available for anyone to help us grow stronger.

## **Saddle Rock Village Residents' Club**



Our first meeting of 2017 was held on Wednesday, January 18. Our SRV Residents' Club President, Dana Hoover, reviewed the work of the Activities, Car-ing Connection, Tubing and Welcome committees. The Recycling Committee was discontinued in 2016 for lack of interest from residents. This income was used to sub-

sidize the Block Party. She reviewed our successful social events: High Tea in April, Bogle Winery trip in August, Indoor Block Party in September, Casino trip in November, and the Holiday Party in December. She presented a financial overview of our activities. The Executive Board for the Residents' Club will be doing a re-write of our Mission Statement-Charter-Procedures and By-laws which is needed since we are now a "true" village.

Our first SRV Chili Cook-off is Saturday, February 18 from 4 – 8 p.m. in the Rio Vista Room, Delta Club. Tasting will begin at 4:30 p.m. The cost is \$7 per person. If you are a chef, plan to cook your favorite chili recipe, and be judged by guests. We will be serving cornbread and desserts and we do need volunteers for this. Ticket and cooking information is available on the SRV website <http://saddlerock.ga>.

All Saddle Rock Village residents are welcome to participate on the Activities Committee which meets on the first Wednesday of each month at 2 p.m. in the Monterey Room, Vista Club. You are encouraged to bring your ideas and become involved in our village. Our next meeting will be Wednesday, March 15. The SRV Executive Board will meet at 6:30 p.m. It will be followed at 7:30 with the Residents' Club meeting and our social hour.

Attention Ladies of Saddle Rock Village: We are planning our spring tea for April 25. We need the ladies in our vil-

*(continued on p.12)*

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## Employment Opportunity Marina & RV Park Manager

Delta Marina Yacht Harbor in Rio Vista, CA is seeking a full-time

Marina and RV Park Manager to manage a full service 245 slip Marina on the beautiful Sacramento River. Established in 1959 this premiere Delta destination has built its reputation on giving customers a fantastic recreation experience and we continually strive to improve each and every day.

**Summary:** The Marina and RV Park Manager has the responsibility of leading a team of customer service, sales and maintenance team members whose sole purpose it is to give our guests the best possible experience while continuing to maintain a safe and guest-friendly atmosphere.

### Qualification Requirements:

- Strong communication, interpersonal and organizational skills
- Problem Solving skills
- Prior experience in managing a marina and/or RV park is desired
- Prior experience managing a staff of at least 4-6 employees
- Associate's degree from two-year College; or two to three years related experience and/or Training; or equivalent combination of education and experience
- To perform this job successfully, an individual should have knowledge of Microsoft Office programs including Office, Word and Excel
- A valid California driver's license, a reliable form of transportation, and insurable by our insurance company standards

Applicants are requested to send a resume to Delta Marina Yacht Harbor, 100 Marina Dr. Rio Vista, CA 94571 or email to [jim@deltamarina.com](mailto:jim@deltamarina.com). Candidates will be required to complete a background check.

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(continued from p.9)

lage to host the tables. If you attended last year, you know how much fun it was. So we are hoping that this year you will be interested in hosting a table for 8. Please contact Jorun Hansen, chair, at 925-437-7827 or djhansenfive@att.net. For further information, contact Dana Hoover, President Saddle Rock Village Residents' Club at (707) 374-3455 or time4dana@mindspring.com.

## Village Oakmont Residents' Club

Village Oakmont is hosting the first Oscar Party for Trilogy. A flyer explaining the event is included with this *Trilogy Living*. We are hoping for at least 10 tables of 10 people each. The Oscars will be shown live. There will also be games and prizes. If you know the movie table where you would like to sit, please write that on your reservation form along with some alternatives should that table be full.

Our new President, Ginny Glover, will be writing this article from now on. A new survey will be posted at the Delta Oakmont Mailbox for all newcomers or anyone wishing to make suggestions or volunteer. We need both. If you have any questions, please call Linda at 760-486-9178 or email at linda.bingham@gmail.com.

## Village Oakmont Kare Bears

Things have been very quiet for the Village Oakmont Kare Bears due to the holidays and no meetings in November and December because of our annual winter break. Also, because these articles for *Trilogy Living* are written one month ahead of publication, there had not been a January meeting yet.

We do have a new slate of officers to announce, however. The new and old officers are as follows:

Co-Chairpersons: Nancy Griffin and Annelie Voit.  
Co-Secretaries: Judy Carter and Jackie Jenkins  
Co-Treasurers: Patty Evans Peterson and Sue Carlson  
Co-Transportation Coordinators: Karen Katzman and Carol Pires  
Co-Food Coordinators: Pat Kruse and Dorothy Oller  
Co-Neighborhood Coordinators: Charlene Oxoby and Jackie Banga

If you, or you know of a neighbor, are in need of assistance due to medical reasons, please call one of the Neighborhood Coordinators: Charlene Oxoby at 707-374-5627 or Jackie Banga at 707-374-2339. Temporary assistance include any of the following: meals; rides to doctor or medical appointments; and help in the home.

The next Oakmont Kare Bear meeting will be on Wednesday, February 8, at 10:30 a.m. in the Delta Club. Come early and enjoy coffee, goodies, and meeting new friends.

## Family Support Group



The Family Support Group is available to organize a memorial service for any family member who incurs the loss of a Trilogy resident. For more

information, please call Chairperson Claudette Gartner at 707-439-6116, or email her at xbirdlady@myifp.com, or call Barbara Sherison at 707-374-6845, or call Betty Bowley at 707-374-5613.

## Village One Residents' Club (VORC)

February is the month of friendship and Village One Residents Club would like to extend just that to the new residents of Village One with a New Residents Get-Together on February 22. If you are new this year to Village One and have not received an invitation to the Get-Together, please contact Don Cooper at the number below.

Village One Residents' Club will be providing the beverage service for the "Music of the Night" performances at the end of March. We will need servers and ticket sellers. It promises to be a social and enjoyable evening. Think about volunteering to help out.

Our main fundraiser will be the 4th Annual Cinco de Mayo Celebration, so save the date, the 5th of May, of course! For questions or more information, contact Don Cooper at 510-909-5049 or leave an email at VillageOneRC@gmail.com.

## Village Riviera HOA News

At our January 5 Village Riviera Association annual meeting, a quorum was reached in the annual election with 187 votes. The two vacant positions on the board were filled by Don Seyk and Ida May Wagner, who ran unopposed. The Riviera board members are: Don Seyk, president; Ida May Wagner, vice president; Martin Plavin, treasurer; Carolyn Azbell, secretary; and Ron Waite, director. The amendment to carry over excess funds passed.

There were second readings regarding two architectural changes. The first eliminates the requirement to have





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- WHY a WILL requires probate
- HOW the IRS calculates the death tax

**Tuesday February 21st 2:00pm - 4:00pm**  
**The Golf Club at Rio Vista - "Sir Flair's Bar & Grill"**  
**100 Summerset Drive • Rio Vista, CA 94571**



more than one street tree because it has been a challenge to homeowners due to the climate and soil conditions in Trilogy, Rio Vista. The Village CC&R's will now read: "At least one (1) Street Tree must be planted in the yard along the private street of the house address and be between five and eight feet from the curb." The second change allows for retractable awnings because of modern construction and materials. The Village CC&R's will now read: "Awnings must be retractable, be of modern construction and be a neutral color that will blend with the structure." All other Patio Cover restrictions generally apply.

Please join us at our next meeting on March 2. We value your opinions and would like to hear from you regarding any item of concern to our Village. We meet at the Delta Club in the Marina Room at 6 p.m. If you have any questions, call Don at 707-374-6407.

## Village Riviera Kare Bears

Here is our new roster of officers for 2017: Co-Chairpersons, Joanne Stangle and Gerry Swan; Co-secretaries, Sue Williams and Clara Sisney; Treasurer, Carolyn Azbell. We are in need of a co-treasurer. If anyone is interested please contact one of our chairpersons. We had a wonderful end-of-the-year holiday luncheon and are looking forward to our first meeting of 2017 on February 13.

A reminder to everyone that Riviera Kare Bears does not provide in-home or household assistance, medical care, or hands-on assistance. However, we do have a wonderful resource coordinator. If anyone is in need of a service that we do not provide please let your street coordinator know and he/she will contact our resource coordinator for follow-up. If you do not have a street coordinator you can always call Joanne or Gerry (numbers below).

Dottie Pacuilla has asked that if you know of a neighbor who is ill or hospitalized, please contact her directly at 707-374-3089. Dottie is our food coordinator. She also takes care of sending get-well and condolence cards. You should, of course, still contact your street coordinator also.

Our next meeting will be on February 13. We will start with coffee, tea and snacks at 9:30 am. Our business meeting will follow at 10 a.m. We are hoping to have a representative from Faith in Action as our guest. If you would like to become more involved in Riviera Kare Bears please plan to join us. If you or a neighbor is in need of assistance because of illness or surgery, contact your street coordinator, or call Joanne at 707-374-4342 or Gerry at 510-507-4080.

## Wine, Belle Voci & Visual Art Festival



**Saturday**  
**March 4, 2017**  
**1:00 - 5:00 p.m.**  
**Vista Club ~ Free**  
**No Sign Up Required**



### Featuring:

Art by Trilogy Art Guild &  
 Photography Club  
 Music by  
 Belle Voci Quartet  
 Van Ruiten Winery Hosted  
 Wine Tasting (fee applies)



## R&D Termite and Pest Control

(formerly Daniel Pest Management)

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- Termite
- Bird Exclusion
- Inspections for Refinance and Real Estate

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home office: 707 320 1277

[reyocum@yahoo.com](mailto:reyocum@yahoo.com)

[RDTermiteandPestControl.com](http://RDTermiteandPestControl.com) (under construction)

\*Trilogy references on request-

\*Fully Committed to our community-

\*Competitive Pricing-

## Travel Discovery Series: REALM OF THE POLAR BEAR

**Presented by**  
**Jennifer Collins**

Jenny will take you on an adventure to  
 Spitzbergen in Arctic Norway.

Hear of encounters with  
 polar bears and other wildlife.

Explore Spitzbergen's ice-covered fjords and gaze  
 on breathtaking mountain scenery and glaciers.

Join Jenny for an enjoyably  
 enlightening adventure.

February 28, 2017

6:30 p.m.

No Fee

Diablo Ballroom

Vista Club



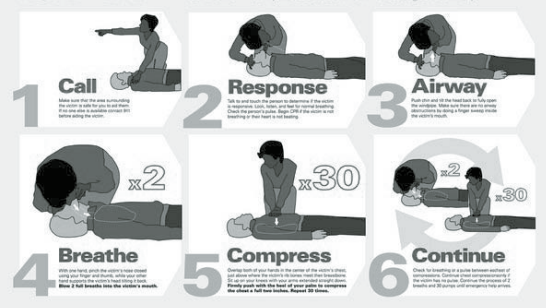
*Light Refreshments Served*

Sign up at Member Services 374-4200

**Thursday 3/16/2017**

## CPR

Learn to save a life  
 Cardio Pulmonary Resuscitation for Adults (ages 9 and up)



It is good to know how to help  
 someone in trouble. It could be  
 your spouse or your grandchild.

The class provides a two-year  
 certification in CPR/AED & First  
 Aid. A great value. Limited Space.

**Vista Club Monterey Room**  
**9 a.m. - 1 p.m.**

**Sign Up at Member Services ~ \$60**

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**Chris Boothe**  
Realtor Associate  
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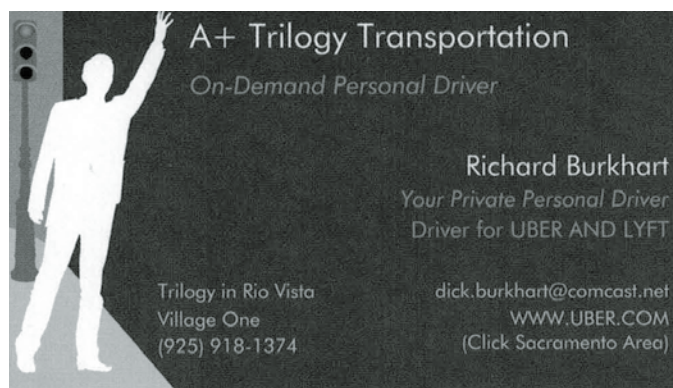
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*(notes from the Master Association, continued from p. 3)*

- **2<sup>nd</sup> Reading Election & Voting Policy** – the 2nd Reading was approved with the following changes: 1) changed the “Qualifications of Inspector of Elections” that a non-member is not paid by the Association (ie: Association Manager, Accountant or Legal Counsel) 2) the use of Association Media (ie: Print, Electronic and Signs) that was discussed and approved at the December 13 meeting. Policies are posted on MTL.
- **Website** – approved the expenditure from Board Contingency of \$8,000 for the development and implementation of a new website, contracting with Association Voice pending review of the services agreement by legal counsel. This new website will replace MyTrilogyLife.
- **Access Control** – the Access Committee reported on the research and bid responses for improvements at the gate entrances. The Board approved management to upgrade the existing computer and software and to keep the current access method of transponders.

#### **New Business:**

- **4<sup>th</sup> Clubhouse** – the Amenities Committee submitted their recommendation of the following six factors that need to drive the concept of the clubhouse: 1) the need for a space larger than the Diablo Ballroom for special events and presentations; 2) Additional meeting rooms, 3) New or additional storage; 4) Better kitchen facilities; 5) Table tennis and Pickleball are growing and

need to be addressed; 6) Flexibility and multi-use are critical factors. The Board supported the initial concept and approved the Negotiating Team to take this information and discuss considering a 14,000 sqf clubhouse.

- **Health & Wellness** – after approval of the use of the Design Center to be a Health and Wellness Center, the Amenities Committee were task to create a more detailed plan. The details submitted: the current rotunda will be used as a waiting/relaxation area; the large room with a window wall overlooking the golf course will be used for exercise equipment; current theater room will be used for “quiet” classes such as yoga and meditation; the current showroom will become a group exercise room; the current office space will house the massage therapists, acupuncturist and naturopath, as well as the Fitness Director and staff. The Board approved the Negotiating Team to take these to Shea Homes/Jason Enos to begin estimating the costs of the conversion.

Tennis Courts and Delta Pool Deck Renovation agenda items were tabled but at a later Board meeting the Board authorized bid solicitation for complete replacement of Tennis courts 1 & 2.

Minutes of all meetings are posted on MyTrilogyLife.com. If you have any questions about Agenda items, please feel free to contact me directly.

**The next meeting is February 14, 2017**

**February 5, 2017  
Vista Club  
Diablo Ballroom**



**12 PM Pre-Game  
3:30 PM Kick Off!**



**Bring your own provisions to enjoy  
while cheering your favorite team  
on the Big Screen!**

**Put your game face on  
and join the party!**

***Sign up at Member Services ~ Free***



**Kathy Erwin**  
Fitness & Spa Director

## February New Member Fitness Orientations

All new members are required to attend one of our fitness orientations: an informative overview of the fitness facility, its safety rules and to answer any questions you may have. This is also an opportunity to make an appointment for your ROM (range of motion) to get started in the right direction.

### Next Orientation Dates:

Saturday, February 4 at 11 a.m.  
Wednesday, February 14 at 6 p.m.  
Saturday, February 25 at 11 a.m.

## FITNESS SPOTLIGHT **JUDY SYLVESTER**



Judy and her husband Scott fell in love with Trilogy 13 years ago after visiting Judy's Dad (Leroy Beck) and Step-Mom (Rose) who were then living in Trilogy. Judy and Scott moved from Danville, and have lived in Trilogy about 10 years now, living a few blocks from where Rose lives today. Ten years ago, Judy first tried Personal Training at Trilogy's Fitness Center with trainer Bev Shilich. Since then, over the years, Judy has had to take breaks from working out to care for family members.

Judy has used a phone app daily for the past year, and averages 6,000 steps a day! Last September, she returned to taking care of herself by doing a Range-of-Movement Refresher with Trilogy Personal Trainer Joele Swift. From day one, Judy says Joele always gave her positive encouragement both in the gym, in her strength and flexibility class, and beginning Pilates class. Likewise, Joele says Judy works so hard towards her goals, which are to work on her bone density, gain strength and flexibility, and gain confidence in her physical abilities. Joele is the type of person who truly cares about those she helps, whether that person is a Personal Training client, a massage client, or participant in her classes. And Judy says Joele has such a positive attitude, always encouraging a better lifestyle. She helped Judy build core strength, gained flexibility and improve her physical training confidence. Now Judy says she can do so much more, her energy level has grown, and her active lifestyle continues to grow. Because Judy's busy lifestyle sometimes gets in the way of working out, and because Joele is so encouraging, Joele gave Judy a Women-Over-50 Yoga DVD to work on at home since her time at the Vista Club was so limited. Joele is helping her to modify the yoga workouts and helps Judy be the best she can be in the time she does set aside from her busy family, work, and other activities.

Judy likes to keep busy. She is the Coordinator of Women's Ministries at Windborn Church. She and many others crochets items to be given to pastors as an outreach ministry for those in need. Bible Studies, Women's Teas, Ornament Exchanges, and decorating the church for holidays are some of Judy's favorite past-times. Joele and Judy both attend Windborn Church in downtown Rio Vista. Judy and Scott's daughter Courtney lives in Alabama, whom they probably don't get to see as often as they'd like.

The bottom line is that Trilogy can help every resident build a strong and healthy lifestyle, in the gym, massage room, in a class or in the heart of our residents' lives that we touch each and every day.



## Spring Detox Class

Renew. Refresh. Rejuvenate.



**Dr. Kimberly Gilmore, ND**

### 10-Day Nutrition Detox

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

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

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

**Date:** Wednesday, March 29th, 2017

**Time:** 9:00 a.m. – 12:00 p.m.

**Fee:** \$125 class and materials

Minimum of 10 participants

Register at Member Services by March 1st for Early Bird price of \$99

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

## DEANNA'S YOGA SERIES



Reducing Back Pain - Memory Improvement – Better Breathing –  
Muscle Tone - Mental Flexibility – Pain Prevention – Body Awareness –  
Focusing on Back & Shoulder Pain – Strength - Calmness



**Instructor:** Deanna Araya

**When:** Saturdays 9 - 10 a.m.

**Date:** February 18 – March 25

**Diablo Ballroom, Vista Club, or Group Ex Studio**

**\$35 (Must Pre-Register at Member Services Desk)**

## NEW SPECIALTY CLASS SERIES

# AGING BACKWARDS

This class is perfect for beginners, seniors or anyone needing a softer approach to exercise. This one-hour class offers gentle movement both sitting and standing. No floor workout.

**Instructor Pat Puryear will work on:**

Core Activation, Balance, Alignment, Muscle Strength,  
Flexibility and Light Cardio

Class structure uses an array of balls, weights, bands, tubing & bars

**Session dates:** February 16 – April 6 (8 classes)

**Class meets every Thursday from 10 - 11 a.m. for 8 weeks**

**Fee: \$35**



# Valentine's Day Spa Specials

Indulge in a little relaxation this Valentine's Day.  
Treat your sweetheart or pamper yourself with these  
Cupid-approved spa packages.



## Romancing the Stone

Warm Stone with  
Aromatherapy Treatment

Chocolate gift

**\$99 (90 min.)**

## The Forget-Me-Not

50-Minute European Facial  
and 25-Minute Head,  
Neck & Back Massage

**\$70 (75 min.)**

## Cupid's Arrow

(2) 80-Minute Swedish Massage  
and Chocolate Gift

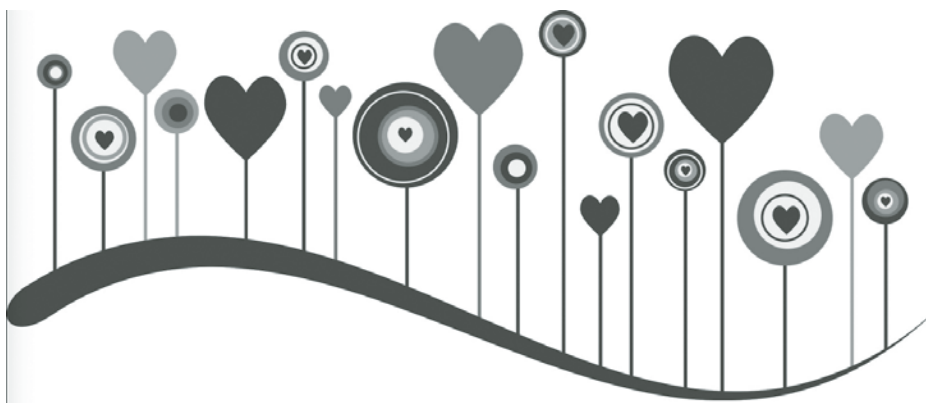
**\$150 (80 min. each)**

**OR**

(2) 60-Minute Deep Tissue Massage  
and Chocolate Gift

**\$105 (60 min. each)**

*Good for purchase February 1 – 29, 2017  
(may be redeemed anytime)*



## Dr. Charles Peri Doctor of Oriental Medicine

### Acupuncture Information:

For your first appointment, Please arrive 15 minutes early to fill out health history paperwork provided at the front desk. Same day appointments may be available. For cancellations, advance notice of 48 hours is requested to avoid any fees. Dr. Peri is available every Thursday from 9 a.m. - 6 p.m.

### Acupuncture Prices:

Initial visit (up to 60 minutes) **\$120**

Acupuncture follow up (up to 45 minutes) **\$90**

6 Acupuncture treatments (\$80 each) **\$480**

12 Acupuncture treatments (\$70 each) **\$840**

*Packages must be paid in full*

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



## Dr. Kimberly Gilmore, ND Rio Vista Naturopathic Doctor

Dr. Kimberly Gilmore is at the Vista Club Spa on the Third Wednesday of each month, offering naturopathic and nutritional consultation appointments.

Please contact Member Services

**(707-374-4200) to make an appointment.**

**Schedule will vary depending on demand.**

# Health Challenges of Aging and How Acupuncture Can Help

by Dr. Charles Peri, Doctor of Oriental Medicine



"Old age, believe me,  
is a good and pleasant thing.  
It is true you are gently  
shouldered off the stage,  
but then you are given  
such a comfortable  
front stall as spectator."

-- Confucius, ancient Chinese  
teacher and philosopher.

Could this be the fate of the aging as Confucius decreed? To be able to enjoy the golden years of life implies a life well lived, and that a good, if not excellent, standard of health was maintained. How to live a life with vitality and exuberance, one that can last until the time of death is not a foolish quest, but one that is recognized by practitioners of acupuncture and Oriental medicine as realistic and completely within reach.

For those of us who have grown up in the west, our attitudes towards the elderly and aging, in general, are not always so encouraging. As the American actress/comedian Lucille Ball humorously put it: "The secret of staying young is to live honestly, eat slowly, and lie about your age."

The earlier an individual can start using a practitioner of acupuncture and Oriental medicine, the better. This is because there is a huge emphasis on disease prevention. Historically speaking, practitioners of ancient China did not profit from their patient's sickness, but from their wellness. Payment was rendered only when the patient exhibited good health. Of course, not even the great physicians of ancient China were able to find the proverbial Fountain of Youth. Growing old gracefully requires wisdom in order to properly manage expectations.

There is an adage describing the philosophy of acupuncture and Oriental medicine: "The superior doctor prevents sickness, the mediocre doctor attends to impending sickness, and the inferior doctor treats actual sickness." A superior practitioner can catch the subtleties within the body that, if left untreated, can manifest as illness. These warning signs can be detected in several ways, such as pulse diagnosis.

Pulse diagnosis allows a practitioner of acupuncture and Oriental medicine to 'listen' or 'feel' the state of a patient's internal organs. This is done by asking the patient to relax

and rest their arms comfortably with the palm-side up. The practitioner generally uses three fingers to press on the delicate area of the radial artery pulse. Each finger lies over an area representing different internal organs.

Each time the heart beats, blood is pushed out through the arteries. The resulting pressure from the surge of blood flowing can be easily palpated at the radial artery. A practitioner feels for more than just the heart rate, or what is termed beats per minute (bpm). Qualities such as the strength, width, rhythm, and depth of the pulse provide valuable information. In addition to being able to assess individual organs, a patient's blood quality and state of Qi may be ascertained. Qi is the most fundamental energy necessary for all life to exist.

If you experience a waning in your Qi as you approach your golden years, or have concerns about conditions associated with aging, consider an appointment with a practitioner of acupuncture and Oriental medicine. As long as someone has a pulse to be palpated, it is never too late to start treatment!

## PERSONAL TRAINER ON FLOOR

Every WEDNESDAY from 10–11 a.m.

Meet Personal Trainer Joele Swift



Do you have a question about how to work out or use the fitness equipment at the Vista Club Fitness Center? Ask our "Personal Trainer on Duty" and get tips from a trained professional—at no extra cost to you! You can find our Personal Trainer on Duty in the Fitness Center at certain peak times. Every month will be a different trainer with a different Day/Time for that given month.

You have a goal: Get your body in better shape, or go to the next level of fitness. Where to start? The Vista Club Fitness Center has certified personal trainers who know how to help you get the best results out of your workout. They can lead you on your quest to gain energy, increase endurance and strength, lose weight or sculpt your body, and just feel better about yourself. Did you suffer an injury? Our certified personal trainers can help you recover. You can get help no matter your age or your current condition. Personal trainers work with you to set appointments that fit your schedule. Package rates also are available.

To schedule an appointment call 374-4200  
or email [kerwin@actionlife.com](mailto:kerwin@actionlife.com)





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**JONI MORRIS**

***Award Winning Entertainer!***

***Star Performer of the Year  
2016!***

Audiences love Joni's tributes to the music of Patsy Cline, Connie Francis, and Legendary Ladies of Country Music. She is a dazzling entertainer with a double-barreled voice. Joni adds comedy, eye-catching costumes, and lots of audience interaction to each performance.

Visit <http://www.jonimorris.com>

**Saturday January 28, 2017**

**Diablo Ballroom, Vista Club**

**7:00 PM - 9:00 PM**

**Sign up at Member Services \$20 pp**

*Table Seating Bring Your Favorite Provisions*



UBER and LYFT now have multiple drivers who live and are based here in TRILOGY, Rio Vista. Schedule a private and personal driver from your smart phone. Convenient, safe and reliable personal transportation at reasonable rates. Download the UBER and LYFT Apps from the Apple iTunes store or Google Play store. Call Richard at (925) 918-1374 for help and FREE Training on installing and using the UBER and LYFT smart phone applications.

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Key

**Bold = New/Change**

(B)eginning

(I)ntermediate

(A)dvanced

TrilogyLiving

Fitness Class Schedule for February 2017


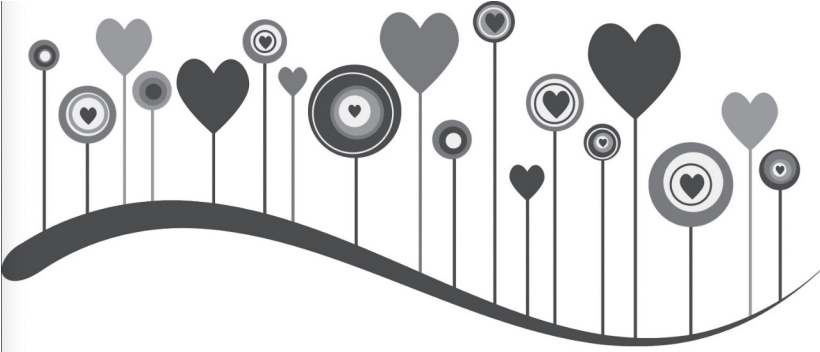
- CLASS LOCATIONS
- (GX) Group Exercise Studio
- (DB) Diablo Ballroom
- (VP) Vista Pool
- (DP) Delta Pool
- (RV) Rio Vista Room–Delta
- (SR) Sonoma Room–Vista
- (FC) Fitness Center

All classes require one of 3 card choices: a blue-20 punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card for \$85 that will be color coded differently each month and will allow you to attend as many classes as you want! Get your cards at Member Services. Please call Fitness & Spa Director Kathy Erwin at 707-374-4205 if you have questions. All classes are held in the Vista Club Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winners: **Hema Kumar & Deborah McKee**

**February Fitness Orientations: Sat. Feb. 4 at 11 a.m., Tues. Feb. 14 at 6 p.m., Sat. Feb. 25 at 11 a.m.**

**If you plan to make a (ROM) Range of Motion appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele (February 1 & 15) 9:30-10am Stretch (B/I) Joele (February 8 & 22) 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deann	<b>2</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B/I) Joele	<b>3</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>4</b> 8-9am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Sophie
<b>6</b> 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	<b>7</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B) (GX) Joele	<b>8</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele (February 1 & 15) 9:30-10am Stretch (B/I) Joele (February 8 & 22) 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>9</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B/I) Joele	<b>10</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>11</b> 8-9am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Prescy
<b>13</b> 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	<b>14</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B) (GX) Joele	<b>15</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele (February 1 & 15) 9:30-10am Stretch (B/I) Joele (February 8 & 22) 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>16</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B/I) Joele	<b>17</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>18</b> 8-9am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Sophie
<b>20</b> 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	<b>21</b> 8-0am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B) (GX) Joele	<b>22</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele (February 1 & 15) 9:30-10am Stretch (B/I) Joele (February 8 & 22) 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>23</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B/I) Joele	<b>24</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy	<b>25</b> 8-9am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Sophie
<b>27</b> 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	<b>28</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B) (GX) Joele				

**Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubhouses:**  
**Aging Backwards with Pat Puryear, 8 Steps to a Healthy Back with Beverly Shilich, Continuation Intro to Yoga with Deanna Araya, Balance N Motion with Anna Chunn, Aqua Joint with Beverly Shilich, The Practice of Meditation Anna Chunn**



February 2017 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>  8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9am Men's Fellowship (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Horseshoes (Brockton Park) 11am Pickleball (Tennis Courts 1 & 2) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 6:30pm MOTN Rehearsal (V) 7pm Billiard Club Membership (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>2</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>3</b>  8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30 Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor Painting (D) 12:15pm Friday Duplicate Bridge (V) 6pm Joy Luck Mah Jongg (V)	<b>4</b>  8am Motorcycle Club (Off-site) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D)
<b>5</b>  10am – 3pm Trilogy Produce Market (D) 12pm – 6pm Super Bowl LI (V)	<b>6</b>  8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10:30am Garden Club Planning Com (D) 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Monthly (D) 2pm TRVMA Special Board Mtg (D) 2:30pm Pickelball (Tennis Courts 1 & 2) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V)	<b>7</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (V) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2:30pm Theater Group Acting Academy (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6:30pm Religions of the World (D)	<b>8</b>  8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9am Men's Fellowship (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 10am Computer Class – iPhone (Level 1) (V) 11am Horseshoes (Brockton Park) 11am Pickleball (Tennis Courts 1 & 2) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 12:30pm Computer Class – MS Word (Level 1) (V) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Admin Policies Com (V) 6:30pm Nature Club (V) 6:30pm MOTN Rehearsals (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>9</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10am Council for the Arts (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 1pm Good Samaritans (D) 3:30pm Sr. Men's Golf Board (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>10</b>  8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (D) 7pm Bunco (D)	<b>11</b>  9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 10am – 2pm Model Club Bake Sale (V) 10am Bocce Existing Captain Sign-ups (D) 6pm Texas Hold'em / Omaha Poker (D)
<b>12</b>  9am Dog Club Valentine's Day Brunch, 1 <sup>st</sup> seating (D) 10:30am Dog Club Valentine's Day Brunch, 2 <sup>nd</sup> seating (D) 7pm Dance Club with Boogie Aces (V)	<b>13</b>  8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 9:30am Kare Bears – Village Riviera (D) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 12:30am Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2pm TRVMA Executive Session (V) 3pm Clubhouse Improvement Com 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Model Club RC Aircraft (V)	<b>14</b>  Valentine's Day 8am Social Tennis 8:30am Radio Club (Offsite RV Firehouse) 9:30am Women's 9-Holers Golf 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Women's 9-Holers Golf 1pm TRVMA Board Mtg (V) 2:30pm TRVMA Annual Mtg (V) 2:30pm Theater Group Acting Academy (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6pm Emergency Action Com Training (D)	<b>15</b>  8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9am Men's Fellowship (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Computer Class – iPhone (Level 1) (V) 11am Horseshoes (Brockton Park) 11am Pickleball (Tennis Courts 1 & 2) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 12:30pm Computer Class – MS Excel (Level 1) (V) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 6:30pm MOTN Rehearsal (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>16</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 5pm Table Tennis (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>17</b>  8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Walk & Talk (V) 9:30am Amenities Comm (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Writers Club (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Karaoke – Spontaneous Fun (V)	<b>18</b>  9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 1pm Whist Club Black History Month Celebration (V) 4pm SRV Great American Chili Cook-Off (D) 6pm Texas Hold'em / Omaha Poker (D)
<b>19</b>  10am – 3pm Trilogy Produce Market (D) 6pm Singles Club Barbeque (D)	<b>20</b>  8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents & Joint Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Enrichment Series: Driver Awareness Seminar (V) 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Fishing Club (D) 7pm Hiking Club (V)	<b>21</b>  8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2:30pm Theater Group Acting Academy (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 6pm Olympic Village Party (D)	<b>22</b>  8am Social Tennis 8am TOPS (D) 9am Men's Fellowship (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Horseshoes (Brockton Park) 11am Pickleball (Tennis Courts 1 & 2) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 6pm VORC New Residents Party (D) 6:30pm MOTN Rehearsal (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>23</b>  8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Community Advisory Com (D) 1pm Good Samaritans (D) 2pm Community Connections (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>24</b>  8am Social Tennis 8:50am Cycling Club (D) 9am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10am Tennis Club (D) 10:30am Country Line Dance (D) 11am Pickleball (Tennis Courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (V) 6:30pm Bingo (D)	<b>25</b>  9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D) 6pm Village Riviera RC Soup Potluck (D) 7pm Concert – Hot Rods Band (V)
<b>26</b>  3pm – 9pm Village Oakmont RC Oscar Party (V)	<b>27</b>  8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2:30pm Amenities Com (V) 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm Clubhouse Improvement Com 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Havurah Friends (V)	<b>28</b>  8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 2:30pm Theater Group Acting Academy (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6pm Emergency Action Com (D) 6:30pm Travel Discoveries – Realm of the Polar Bear (V) 7pm Drama Club Membership (D)				



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## Billiards

The next Billiards Club meeting is on Wednesday, February 1 at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday starting at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. Officers: President Al Bergoust, VP Mike Quihuiz, Treasurer Jack Clark, Secretary Victoria Munoz, Membership Chairman Dave Stewart. Recent winners:

### Dec. 6, 8-Ball

1<sup>st</sup> Geno Toscano  
2<sup>nd</sup> Al Banga  
3<sup>rd</sup> Richard Gutierrez

### Dec. 13, 9-Ball

1<sup>st</sup> Al Bergoust  
2<sup>nd</sup> Geno Toscano  
3<sup>rd</sup> Richard Gutierrez

### Dec. 20, 8-Ball

1<sup>st</sup> Richard Gutierrez  
2<sup>nd</sup> Geno Toscano  
3<sup>rd</sup> George Doner

### Dec. 27, 8-Ball

1<sup>st</sup> Billy Kemp-Adam Tavis  
2<sup>nd</sup> Richard Gutierrez-Roy  
3<sup>rd</sup> Al Bergoust- Diego Cassone

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

## Bingo

Bring your sweetheart or friends and enjoy a fun-filled night with laughter and treats. Mark your calendar for the fourth Friday of the month (February 24) 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 a \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at 707-374-6999.

## Bocce

Sign-ups for the 2017 bocce season are underway. New players and any existing team-less player, there are application forms at the Delta Club near the drop boxes in the hallway next to the Marina Room. Sign-ups will be accepted during the entire month of February for new players and any existing players that are changing teams, aka team-less. Complete the sign-up form and return it to the designated box in the Delta Club hallway. Please include your annual dues check; \$30 per person, along with the application (see the application for additional details). Free training will be offered to new players prior to the start of the season, which is scheduled for mid-to-late April. Training sessions will be placed on both www.MyTrilogyLife.com and the bocce court bulletin boards.

Sign-ups for existing teams will be held on Saturday, February 11 (10 a.m. - 12 p.m.) in the Marina Room at the Delta Club. Existing team captains or an existing team representative must attend the February 11 meeting so that they can declare their team's intention to play and

make the board aware of any player needs that may exist. Dues for existing teams will be due no later than the annual meeting on Saturday, March 18 at the Delta Club from 10 a.m. - 12 p.m. More details, regarding the annual meeting, will be in next month's article. Think Spring and Dream Bocce, plus remember to roll often, throw straight and have fun, that's what it's all about. Contact Joe Downes at 707-374-7520.

## Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is February 14. The book selection is *The Little Paris Bookshop* by Nina George. March's book selection is *The Language of Flowers* by Vanessa Diffenbaugh. There is no requirement to have read the selected book. Everyone is welcome to

join; feel free to stop by. For more information contact Adrienne at 707-374-5576.

## Book - 66 Bible Books

During January we continued with our study of Numbers, gleaning many revelations from the scripture contained within. Continuing through February and March we will be transgressing through the Book of Numbers as we are averaging two chapters a week. We have found that covering two chapters a week works best for the group, not rushing through the chapters nor dwelling too much on any one. However, if we get in good group discussions we have been known to cover only one chapter, or less than one per meeting. It is not a hard and fast rule, but we always come prepared for our meetings by having read and studied two chapters.

We desire for everyone to experience the joy that all the members of the 66 Bible Books Club members experience. We have had some new members join our club in January and we look forward to how our club can continue to grow thereby enriching the lives of many. We will continue meeting on Fridays from 11 a.m. - 12:30 p.m. in the Monterey Room of the Vista Club.

We encourage and look forward to having anyone who would like to attend our club meetings join us. It is never too late to join in on the fellowship enjoyed by everyone attending the 66 Bible Books Club.

Please contact either Gary or Deb Dunham at 707-374-5324 or gmdunham1@hotmail.com, debduham@hotmail.com for any additional information.



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## Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room in the Vista Club. Please mark your calendars for our game on Monday, March 13. 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 707-374-6136.

**December's winners:** Regular game: 1st: Sue Vogtlin and John Mount; 2nd: Lynn Fortner and John Fashing; 3rd: Bruce Morrison and Nan Lowenstein. Novice game: 1st: Jim Nash and Jim Rostek; 2nd: Cyndy Schroeder and Alan Carter.

## Bridge - Friday

Friday Bridge Club meets every Friday at 12:15 pm in the Vista Club, Sonoma Room. All levels of players are welcome. Please let us know you are coming by noon on the Wednesday of that week. The sign-up book is in the Sonoma Room in the middle top drawer of the credenza on the left. On the first Friday there will be duplicate bridge. Same sign-up book. For more information or any questions, please call Larry Epner at 707-374-3511.

## Bridge Lessons

A new beginning bridge class is starting on Wednesday, February 1 at 9:30 - 11:30 a.m. in the Sonoma Room in the Vista Club. Class size is limited and only pre-registered residents may attend the class. Classes continue every Wednesday morning until we have covered as many topics as you want to learn. The first two or three weeks cover a few basics about the game of bridge and consist of instruction only. In subsequent weeks, the first hour of class is instruction and in the second hour you will be playing hands that you deal and play as if you were playing at home. There is no charge for the class, but each student must buy a textbook. Please call Sue Vogtlin, Certified Bridge Instructor, at 707-374-6136, with any questions, or to reserve your place in the class.

## Bunco

We'd like to start by wishing everyone a Happy Valentine's Day! Are you looking for some Friday fun? Join us for Bunco! It's a fun, easy game to learn; just a roll of the dice. We meet at the Delta Club on the second Friday of the month at 7 p.m. We start at tables of four players at each table. At the end of each round, two players from each table move to another table and we play again. It's a great way to meet new friends, and have some laughs. We have refreshments at the break. We look forward to seeing you there. For further information, please call Anna Hoerz at 707 374-2239.



*Darlene McKeown's cute ceramic duck. Photo by Linda Robinette.*

## Ceramics

It's February and the rain might be keeping you indoors, so this would be a good time to go to a Ceramic Club meeting at the Delta Club where it is warm and dry. Since our club has been growing, we get to see many more projects that people are glazing. In the picture is a sweet little duck. It is the brightest yellow with an orange beak and feet. It also has blue eyes and really should

be seen in color. There is a very intricate design in this ceramic piece that makes it particularly interesting. Why not come to a meeting, try something new? We meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, please contact Ann at 707-374-5122.

## Community Connections



Community Connections is off to a New Year with new ideas and plans. We hope you will join us on February 23 in the Monterey Room of the Vista

Club to share your ideas and thoughts for the upcoming year. Light refreshments will be provided. If you would like to bring a sweet or savory to share, please feel free to do so. We look forward to meeting you! For more information, contact Robie at 650-454-4299 or robiejw@hotmail.com.

## Cooking

Greetings from the members of the Trilogy Cooking Club. We meet once a month to sample examples of the month's theme ingredient as decided by the group, or style of cooking, and share our own take on the theme. It's a fun way to gain exposure to new dishes or techniques and pick up a tip or two at the same time.

Our March 14 meeting will have an Irish theme with dishes prepared to an Irish lilt. Susan, Pat, Roger, Kathy and Jenan will be bringing the dishes to sample, while the other members will bring a recipe for an Irish-style dish or preparation they have made to let us know what they like about it and share the experience with the group. We are all home cooks, and all other home cooks are welcome to join us whether you are an experienced chef, or a budding novice. We encourage you to come by and share



your passion. If you have questions, please contact Gary Swieso at 707-374-5859. We meet the second Tuesday of each month at 12 p.m. in the River Room of the Delta Club. Whether you're a novice cook or "well-seasoned," please join us. All are welcome. Saddleback and Eagle Point and other new Trilogy residents; this means you!

## Council for the Arts

Tickets for "Music of the Night" go on sale in March. This year's theme, Las Vegas Nights, is looking to be one of our most exciting shows ever. In addition to many of your favorite performers, there are new cast members this year that are sure to impress. The ticket order form will be distributed in the March magazine. They go fast, so make sure you reserve as soon as possible.

Though rehearsals began in January, it's not too late to be a part of this annual event. We're always looking for volunteers to help make "Music of the Night" a success. Don't worry about not having any particular skill.

The Council for the Arts advocates for and offers financial grants to organizations and clubs in Trilogy that are involved in the many aspects of the arts. Our primary source of the funds used to support the arts is the revenue raised by "Music of the Night."

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

## Couples Canasta

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

## Cycling

Increase your fitness level; come out and ride with the Cycling Club! At the same time you will have fun and meet new friends to cycle with. Meet us on Friday at 8:50 a.m. in front of the Delta Club. Rides are usually around 25 miles but you can add or subtract miles to suit your needs. There are a lot of regroupings, so no one is left behind. With regroupings we make it easier to complete the ride. Bring money for a possible coffee stop. Helmets



are required. Contact Al or Marcia Morrison at 707-374-5177 or marcialsj@netscape.net. This month's photo is one taken when John Fashing Sr. and John Fashing Jr. first came on our ride. They have a great father-son relationship. They ride together during the week also. Every Sunday they have dinner together and are big Southern California sports fans, UCLA football and Dodger baseball. They watch the games together whenever they are on TV.

Wednesday Casual Ride: Meet at 9 a.m. ready to go with helmets on. All types of bicycles are okay. Ride easy Summerset loops within Trilogy. Ride as far as you wish at your own pace. Contact Michael Gaertner at 808-281-7540 or gaertnersr@aol.com for more information

## Dog



This is Harley, a sheltie, and a great little boy who belongs to Helen and Al Bergoust. A rescue dog that was in a foster home for a little over three months, Harley is considered handicapped because he had a broken leg and paw which didn't heal correctly. But he had a wonderful foster mom who loved and trained him. He was very happy to come into a home with a back yard of his own and has been here for six and a half years. Harley likes to cuddle and go for rides. He loves to play with his toys, playing with a new one for a couple of weeks before playing with another one. Harley likes living here and when not otherwise occupied, can be found taking a nap near Helen and Al.

Our February speaker will be Sue Clark. A pilot since she was 21, she has now combined her love of flying with her love of animals. Sue transports injured or forgotten animals to shelters or homes far from her own in Trilogy. Sue will be sharing her stories, telling us about her new nonprofit group, RV2TheRescue, and how the dog club has been involved along the way.





Our Valentine's Day celebration will be on February 12 with seatings at 9 and 10:30 a.m. Sign-up forms are available in the February *Trilogy Living*, and at the Vista and Delta Clubs. And do remember to register your dog with us; we have returned more than 40 missing dogs to their owners! We couldn't have done that without the registration process. Our February meeting will be Tuesday, February 28 at 12:30 p.m. in the Delta Club. Play Day: February 25, weather permitting. For information about our dog club, contact President Sharon Primeau at [sl5prim@yahoo.com](mailto:sl5prim@yahoo.com).

## Drama

We are planning our next annual Pasta Feed Fundraiser, scheduled for April 22 at the Delta Club. This is our one and only fundraiser that supplements our yearlong expenses, so that we can continue to provide productions for free. Signups for volunteering for the Pasta Feed will be taken at our next monthly meeting. We have picked out our next play for August, and, also at the meeting will be signing up members to be involved on and off stage.

Member profile for this month: "My name is Debby DuBrow. Upon moving into Trilogy over 10 years ago I decided to join the Drama Club at Trilogy, with the encouragement of some neighbors. We all went to a meeting, (safety in numbers) to check this group out. Everyone welcomed us with open arms. After one meeting, I decided to stay. A couple of months later a script was chosen for the upcoming summer play. I wanted to audition for it. The auditions were not like other auditions. The group read the script, wrote down three parts they wanted and the Director chose the parts for us. If Paul Starks hadn't been such a patient director I might not have stayed. I enjoyed being in the Club so much that I took on various jobs of acting, doing scenery, etc. I was President for many years and now I direct the club's plays. It has been a wonderful learning experience. I hope to continue doing this for a long time."

Discover your own "second act" and try a bit of acting with other congenial supporting seniors just like you and me! You are welcome to come to our next membership meeting on Tuesday, February 28 at 7 p.m. at the Delta Club. Please contact Judy Calpo for more information at 707-374-2924.

## Fat Quarter Quilters

We are a group getting together to work on our own sewing and quilting projects. Join us and meet new friends. We meet every Wednesday at the Delta Club from 12:30 - 3:30 p.m. There are no dues or fees. For more information, call Esther Young at 707-374-2639.

## Garden



The Garden Club hopes that everyone is enjoying the New Year. We have lots of plans for the upcoming months and we hope you'll join us in learning about our gardens. There is a wide assortment of speakers and topics

that will keep everyone's garden lovely and green!

Our January meeting was very informational! Mr. Baldo Villegas, a Master Rosarian, shared his vast knowledge of roses. Of course, with his own garden of 2,000 roses, he was able to answer all of the questions posed by our audience.

February, a time for love and a little mystery! Please join us on February 9 in the Diablo Room of the Vista Club at 1 p.m. for our mystery speaker! Watch the lobby of the Vista and Delta Clubs for more information about this exciting presentation. As always there will be refreshments and door prizes.

We hope you will come grow with us! Membership is only \$15 per household per year and entitles you to members-only benefits. We invite you to come learn with us. Should you have any questions, please contact us at [trilogygardenclub@gmail.com](mailto:trilogygardenclub@gmail.com).

## Genealogy

Our first meeting of 2017 was attended by researchers ready and eager to kick off the new year. Our round-table discussion related some great success stories of brick walls tumbling down and raised questions about DNA tests that so many have participated in with the Ancestry website, as well as some others. The Ancestry tests were reduced in price from their standard \$100 and many took advantage of the reduced rate. Now all we have to do is interpret the findings. We are very fortunate to have members who understand and can hold classes within the workshops to help us all. We look forward to member participation with special presentations that expands our knowledge, which helps us with many road blocks. It's such a pleasure to work with members willing to share their knowledge and experience.

A tip for today: It can't be said enough how important it is to document every single thing you add to your official family history. Citing sources is something that should be second nature to any serious family historian. If you are not already doing it, you should start, and make it a habit.

The Club meetings take place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club.



The Workshop is held the third Thursday at 2 p.m. in the Learning center, Vista Club. For more information, contact Carolyn at [wncbridges@comcast.net](mailto:wncbridges@comcast.net) or call 510-334-0912. Beginners are welcome to attend both monthly meetings.



*Christmas Outreach in Rio Vista*

## Good Samaritans

It's a blessing to see people from all walks of life in our community always share love, a kind word and heritage customs with one another.

We want to thank Brother Paul for his achievements during Black History Month. Through Brother Paul's love and dedication he was able to get approval for the first Bible Study Group to meet in common areas of Trilogy. Brother Paul established the Good Samaritans Bible Study 11 years ago, also sponsored the first Dr. Martin Luther King, Jr. event, 9-11 event, Prayer breakfast, Good Friday Service, Easter/Resurrection Food Giveaway, National Day of Prayer, Back-to-School event, Thanksgiving Food Giveaway, Christmas gifts for seniors, visiting local care homes, giving of Christmas gifts to needy children, and additional hard work, always devoted to the welfare of humanity.

We thank all the people in our community who gave gifts of clothing, toys, food and love towards the Christmas outreach. The seniors and children who received their gifts were grateful for all they received. Thanks to the local businesses that showed love towards the Christmas outreach: Ace Hardware, Family Dollar Store, Pizza Factory and Petals on Main Street. For more information, email [9fellowship@gmail.com](mailto:9fellowship@gmail.com).

**Scripture of the Month: Romans 12:10**

## Guitar

Our first Coffee House of the new year was January 15. If you missed it, you can come to the next This 'n That Coffee House on Sunday, March 5 in the Diablo Ballroom from 6:30 - 8:30 p.m. Coffee and snacks are free and there is no admission. All performers at the Coffee House live here in Trilogy and are members of the Guitar Club. They are Rich Victor, George Sasaki, Bob Frable, Larry Nakashima, Denny Rogers, Lou Ann Lanham, Don Maher, Gary Spear, Ron Chalmers, Bill Rafferty, Tony Riate, Dwayne Stevens, Patty Kohn, Carol Foote, Grace Bos and Zoe Mrdeza. Without their participation, courage, enthusiasm and commitment, This 'n That Coffee House could not exist. Come out and listen to your neighbors sing and play guitar or ukulele. We also sprinkle in a little poetry or prose. It's a relaxing evening of music and the spoken word.

Guitar Club meets in the Diablo Ballroom on the first Monday of the month from 3 - 5 p.m. and meets in the Monterey Room on the third Monday from 3 - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome. If you want to learn to play guitar, need help changing strings or just need some advice, consider coming to our Beginners Workshop on the second and fourth Fridays of the month in the Diablo Ballroom from 2 - 4 p.m. If you have questions about the club or events, contact Roger Kohn at 707-374-2737 or email Rich Victor at [thatsrich@gmail.com](mailto:thatsrich@gmail.com), or email us at [guitarclubTRV@gmail.com](mailto:guitarclubTRV@gmail.com).

## Havurah Friends

Havurah Friends is a social and educational club, open to all who are interested in exploring Jewish history and culture through discussion, books, special events and traditional holiday gatherings.

On Monday, February 27 we have a very special evening planned. Grace Bos, who is a native of The Netherlands, will share her WW2 experience as a young girl. Grace's family hid Jews during the war and they were caught. Therefore, her father was sent to Westerbork, a concentration camp on the border of The Netherlands and Germany. It left her mother to try and survive with three children. Today, Grace is one of our neighbors here at Trilogy. Please join us in discussion after hearing her poignant historical, personal story. We meet in the Monterey Room at the Vista Club at 7 p.m. We look forward to welcoming new members as we expand our group of friends. For more information please call Pam at 707-374-3161 or email her at [karatpah20@gmail.com](mailto:karatpah20@gmail.com).

## Hiking

The Trilogy Hiking Club is one of the oldest and largest clubs in Trilogy, formed 12 years ago with a current membership of over 250. The Club offers a wide variety of hiking, special interest and social events; membership and most hikes are free. A nominal fee is charged for our special events.

**Hiking:** The club's mainstay activity is our Saturday hikes. In the last 12 years close to 500 hikes and events have been conducted. We offer a varied assortment of trips ranging from short hikes on paved surfaces, to long single-trail hikes for those more adventurous. A monthly member newsletter describes each hike in detail in advance of the hike date. All hikes depart at 9:30 a.m. from the Vista Club, where a pre-trip meeting is held and car-pooling arrangements are made.

**Special Interest Events:** These range from day trips to places such as the Mines at Black Diamond, Sacramento's Underground, Vasco Caves to multi night trips to Pt. Reyes, Lassen or Yosemite. (Traditionally we go to Yosemite in May and Pt Reyes in September). **Social Events:** Club members gather monthly at a member's home for a Potluck followed by an evening of socializing and playing card or board games.

### February's Saturday trips are:

February 4: Bridge to Sandy Beach - Easy - Rio Vista  
February 11: Canal Trail - Easy - Walnut Creek  
February 18: Contra Costa Trail - Easy - Walnut Creek  
February 25: Mokelumne Trail - Easy - Antioch

If you have questions, or would like to be put on the mailing list, please contact Vic Thiry at [vic@thiry.us](mailto:vic@thiry.us) or 707-374-3749.

## Labyrinth



Trilogy Labyrinth Walkers Tee-Shirt

*2017 is the Year of the Labyrinth; "Walking Together since 2006, Come Join Us."*

It's really impossible to explain the effects that walking a labyrinth can have on an individual. Everyone who walks has their own unique experience. And of course some feel no effect in walking. But unless you try, you'll never know if the labyrinth can be a positive experience for you. I have been

walking labyrinths since the 1980s. Some of us will admit that at times the only experience is a nice meditative walk; that's it! But often the experience is one of reflection, guidance and self-empowerment.

We would personally like to invite you to attend one of this year's scheduled Solstice/Equinox walks; March 20, June 21, September 22, and December 21. Times will be listed in future *Trilogy Living* issues.

Trilogy Labyrinth Walkers will also schedule four car-pool field trips in 2017 starting with Antioch Kaiser Hospital labyrinth on February 23. Meet at the Vista Club Waterfall at 9 a.m., departure for the 30-minute drive promptly at 9:15. Suggestions for a place to have lunch are appreciated. Please call or email Elaine Wisz if you can attend.

Watch for dates and times for future walks at Haps McGee Park, San Ramon/Danville; Trinity Church, Sonoma; and St. Martins Episcopal Church in Davis. In future *Trilogy Living* issues. Call Gerry Swan at 510-507-4080 or Elaine Wisz at 707-374-4310 with questions or for information. Please contact Anna Chunn at 707-374-3560 if you would like to purchase a Trilogy Labyrinth Walkers Tee-Shirt for \$20.

## Men's Executive Nine Golf

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and, with a few mostly winter exceptions, individual and team tournament events on the alternate Tuesdays. We would like to welcome new members George Ellenberger, Al Morton, Jim Ondersma, Tim Provance, Frank Rosas, Harold Rowe, and Manuel Santos. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Mike Warr at 253-312-8371 or [mwarr48@gmail.com](mailto:mwarr48@gmail.com).

Because of the holidays and inclement weather, there was only one Tuesday Tournament held in December. The winning foursome members of the "Miami Scramble" tournament on December 13 were Rayno Neimi, Jim McDermott, Jimmy Neill, and Tim Kublai.

As the Club continues its winter schedule, there will be one Tuesday Tournament and three Tuesdays of "straight" golf in February. The tournament on February 21 will utilize a "Shamble" format.

We invite you to come out and join us for a good time with a great group of guys.

## Motorcycle

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The January 7 ride was a challenge for most riders. Weather was a bit uncooperative; nonetheless, five riders showed up at MacDonalds at the appointed hour, three without bikes





2016 Holiday Party, Vista Club

and two on bikes with rain gear and ready to go. After much discussion, mostly centered around the weather and sanity of certain people, a breakfast ride was agreed to by all. Three riders decided to brave the wind and rain and headed to Lodi...in an SUV. The two riders on bikes and in rain gear set off for a torturous trip to Highway 12 Diner. Both groups safely reached their destinations and speaking for the Highway 12 Diner group, enjoyed more steaming hot coffee and some of the finest omelets and pancakes west of the Rockies.....chuckle. All in all, a fine riding day with the bikers putting some 3.8 miles on the clock, but, true to the optimistic nature of real bikers, we know there will be another day with better weather and off we will go for parts known and unknown.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonalds in Rio Vista at 8 a.m. February 4, the destination to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967.

## Movers & Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia, or any movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser at 707-374-7506.

## Nature

Nature Club will travel to Grizzly Island Wildlife Area and Suisun Marsh, Thursday, February 23. This is a driving trip with minimal walking and standing. We look forward to seeing many, many birds, the resident Tule Elk herd, and maybe even raccoons and river otters. Grizzly Island Road begins in Suisun City at Highway 12. We will drive past Rush Ranch and expect to see raptors and other birds along this part of the drive. It is about nine miles to the California Fish and Game Headquarters where we'll buy permits (about \$4.32 per person) to continue on the auto tour through the Wildlife Area. There are designated parking lots on the gravel roads where you can get out and take short walks on levees to look for wildlife. This field trip is a minimum of four hours, longer if we stop afterwards for lunch. Meet at 9 a.m. in the Vista Club parking lot to carpool or caravan.

A planning and information meeting will be February 8,

Wednesday, 6:30 p.m., in the Monterey Room, Vista Club. We hope to see you with your ideas. Call Gail at 707-374-374-2718 with questions.

## Photography



The Horned Owl - photo is courtesy of Jim Hodges

for everyone who loves to take pictures, regardless of their skill level, so we can share knowledge, improve our skills and mingle.

February will be the beginning of our educational programs for 2017. One of our members, Yvonne Camper, will teach Snapseed which is a free editing app that can be used on all tablets and iOS devices. It's the #1 app for all smart phone and tablet users to edit pictures. Yvonne has over two years' experience teaching iPhoneography and Snapseed to beginners and advanced photographers. Download the app and bring your devices to join in on this hands-on class.

We have a new list of suggested "assignments" for each month of 2017 and copies will be available at every meeting. These are only suggestions and the March assignment is doors and elevators. We are looking for black and white photos to include in our monthly newsletter so please email them to [yvonnecamper@att.net](mailto:yvonnecamper@att.net).

Our monthly meeting is on the first Thursday of the month at 7 p.m. in the Learning Center at the Vista Club. If you wish to share, please arrive at 6:45 p.m. and bring your labeled USB drive with 4 - 6 photos on it. For more information, please contact Yvonne Camper at 408-690-4524 or [yvonnecamper@att.net](mailto:yvonnecamper@att.net).

## Pickleball

Hello Pickleball Club and pickleball enthusiasts!! 2017 is here and the winter weather has not stopped us from playing Pickleball as much as possible. On every sunny day there has been two or three active pickleball courts,

The weather co-operated beautifully for our Holiday field trip to San Francisco via the Ferry to take pictures of the city lights. Please attend our next meeting on February 3 to learn where and when our future trips will take us. The Photography Club is



thanks for the enthusiasm! Even though we're happy to have had more rain this year, but we sure look forward to the days of clear skies and pickleball play. Just remember to be safe out there and enjoy the sport. Tip of the month: Pickleball is a sport of skill and placement, not necessarily strength. Those who practice placement control have no need to slam the ball.

If you are interested in promoting pickleball and other activities and amenities here in Trilogy, please remember to attend the Amenities Committee and the Master Association Board meetings. It is very important to show your support and give your opinion on what amenities we all want here in Trilogy Rio Vista. Check out the Association Meeting Calendar in the *Trilogy Living* magazine for all meeting times and dates.

For additional Pickleball Club information, check out our website [www.TRVPC.com](http://www.TRVPC.com), or contact Pickleball President, Linda Pagliaroli at 916-835-3801.

## Pinochle

The Pinochle Club meets every Thursday at 6 p.m. in the Vista Club's Sonoma Room. Bring your pinochle skills or desire to learn to play double-deck pinochle. We look forward to spending Thursday evenings together and hope you will come join us. For more information contact Shirley Grijalva at 707-374-6752.

## Religions of the World (ROW)



Our February meeting will be held on Tuesday, February 7 in the River Room, Delta Club. We will have an overview of religion in Africa. We will discover that

all but one of the most popular religions in Africa also are the most popular religions around the world. We will look at events that led the three most popular to that position. We also will have a presentation from a Trilogy resident who went to Nairobi, Kenya and attended a religious convention there. He will have pictures of what life is like there from the airport, traffic, people, hotels and vehicles. There will be pictures of the stadium where the convention was held, a museum and a National Animal Park.

ROW Club is a diverse group of Trilogy residents interested in learning about the religions of the world, their history, beliefs and practices. We normally meet the first Tuesday of every month at 6:30 p.m. Our club is not a forum for recruiting members to any belief system. All residents are welcome. For more information, contact Don Cooper at 510-909-5049 or Dave Bellamy at 303-229-6942.

## RV Roamers

Hello Roamers! We've missed talking to everyone about the fun things we have planned so we're back. For the past few years we have started off our year with a Chinese dinner at Tao San Jin Chinese Restaurant in Antioch. The food is always so delicious and plentiful. Our thanks to our hosts, retired Roamers, Pauline and Ron Cruz.

This Valentine Day will be celebrated at the elegant Ryde Hotel on February 12 at 10 a.m. This hotel has quite a storied history from the prohibition era. Our hostess will be Nancy Shirley (707-374-5229) and she will need your reservation by February 1. The cost is not available at printing, but it is on our website, [www.rvroamers.net](http://www.rvroamers.net). It is such a treat to dine at the Ryde!

Our club's very first weekend outing will be March 16-19, and we are hoping that will enable some new roamers to join us. Our destination is again, as requested, the Leguna Seca Raceway campgrounds in Salinas. Corned beef and cabbage will be on the menu by our hosts, Sandra and Manny Santos (707-374-3538). The cost will be \$37/night, payable in full, to Sandra by March 3. If we have more than 10 rigs it will drop to \$35/night. This spot overlooks the valley leading to Monterey and is beautiful. Do we sound interesting? Come join us and give us a try! Call our hosts or Richard Larsen at 707-580-8122.

## Senior Men's Golf

Ah, Winter is upon us. Result is fewer playing days, but the course looks great. We should also be very encouraged by the rapid drainage of the repaired bunkers. Keep it up Warrior!

This is also the time of the year to set new goals, sharpen your game, and strengthen your body. Core exercises generate greater club head speed and stamina as we tackle this most challenging sport. Draw on the inspiration of the great Gary Player for guidance. Go online to [www.YouTube.com](http://www.YouTube.com) and watch his videos to head you in the right direction. Our own Harold Rowe gave me an invaluable improvement tip. (No, it wasn't to quit golf) He advised to swing the golf club 50 to 100 times each day. What a difference it made, shaving 2 strokes off my index.

2017 promises our Senior Men's Golf Club members a fresh approach to friendly and competitive golf. With the "Mighty" Joe Freeman as Tournament Director, expect more postable tournaments and opportunities to play with new faces. On behalf of Tony Peters, Club President, we urge golfers of all capabilities to join this great group of guys.

Joining our club is easy. RVSMGC welcomes all Rio Vista men 50 and older to join our club and be part of the fun. Membership forms can be found in the club room of the



Pro Shop. For all other information concerning membership and activities, contact our Membership Director, Eric Bromell, at 925-685-7237 or [ebmixer@yahoo.com](mailto:ebmixer@yahoo.com).

## Singles



The Singles Group is growing with new friends. There are many impromptu activities as our circle gets bigger. We get together for cards and games on Wednesdays at the Vista Club from 7 - 9 p.m. in the Sonoma Room. Don't forget to bring your favorite beverage to quench your thirst. If you'd like to bring a sweet or savory to share you can, but it's not required. We look forward to meeting you at the next event!

The Singles Club is still heating up the cold winter nights with our Meet & Greet Potluck. Please join us the third Sunday of the month at 6 p.m., February 19 in the Marina Room, Delta Club. Bring something to grill or a main dish, a side dish to share, something to drink and get ready to enjoy an evening of great conversation and laughs. For those who are daring, don't forget your swimsuit in case you want to take a dip in the hot tub!

Remember to check out the local community website [www.Nextdoor.com](http://www.Nextdoor.com), where the Singles Club also posts impromptu activities! If you have any questions, or require additional information, contact Robie Williams at [robiejw@hotmail.com](mailto:robiejw@hotmail.com) or Doug Littrell at [littrelldouglas66@gmail.com](mailto:littrelldouglas66@gmail.com).

## Square Dance

The Square Dance Club has adopted a new name. We are now the Rio Vista Grand Squares. This is the name we will use at away events and will be the club name shown on our badges. In addition, our club now has its own web site. To see the goings on check out [www.riovistagrand-squares.com](http://www.riovistagrand-squares.com). The site shows our class schedule, current call status, as well as links to other instructional sites. We are currently dancing at the beginner to mainstream levels. If you are an experienced square dancer, come join us on any Wednesday. Sessions start at 6:30 pm in the Delta Club, Rio Vista Room. The club has engaged the services of Scot Byars, a nationally-known professional caller and teacher, at a cost of \$5 per dancer per session. If you are interested but have no square dancing experience, new beginner classes will be offered again in the near future. We are gathering names of interested dancers and will offer a special beginner catch-up session when enough people are signed up. Groups, couples and singles are welcome. Dress is casual. For further information on our sessions or information about the club, call Judy Lentz at 707-374-6506 or Ron Kott at 650-464-2071. Be there and be square.

## Table Tennis



"Let the beauty of what we love be what we do." Most of us came to Trilogy because we wanted to belong to a community that promotes fitness, stimulates mental health, and fulfills our desire for social interaction. We all want "wholeness" in life. Some of us find wholeness playing bocce, golf, tennis or pickleball. Others find it in aerobics, dancing, swimming or water exercises, boating, fishing, walking, hiking, or cycling. Yet others are attracted to yoga, meditation, or one of numerous other activities.

Regardless of your interest, you are certain to benefit from doing what you love. Table tennis is a unique sport that combines the physical, mental and fun aspects of living. The player is called upon to perform a sequence of physical and mental activities beginning with observing how the opponent strikes the ball, monitoring the trajectory, speed and spin of the ball coming over the net, formulating a plan for striking the ball back across the net in a way that challenges the opponent, then be prepared to begin the cycle all over again, all within a fraction of a second. No wonder some physicians are prescribing table tennis to their patients as an antidote against dementia and Parkinson's, and as a means of gaining strength, flexibility, balance and improved mind-body coordination.

To learn more please visit <http://trvtt.wordpress.com> or contact: Tom Barnes, President (707-812-7112); Sherry Jasara, Vice President (707-374-4864); Ruth Barnes, Treasurer (707-372-9956); Hans Puppins, Secretary (858-735-5108); or Glenn Hom, Tournament Director (925-915-9249).

## Tennis

Attention all club members; the General Manager, Ed Vitrano, has indicated that tennis court resurfacing on courts one and two will be done by Spring of this year. They are considering two different court surfaces, Premier and Slipsheet. If you have some time and would like to evaluate these surfaces (and have some fun playing tennis at the same time), grab a partner or more and visit any of these courts: In Sacramento, Ashton Park (4251 Ashton Drive, located near Watt Ave., just off Highway 50) uses the Premier court surface. In Carmichael, Sheffield Park (1849 Suffolk Way) uses the Slipsheet. Send your evaluations to Claude, who will forward them on to Ed.

Be sure to mark your calendar for the next Daylight Savings Tournasocial on Sunday, March 12. Spring Team Tennis will also be starting in March, details to follow.

As always, daily Social Tennis is Monday - Friday from 8 - 10:30 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are



"court" shoes that do not leave marks on the court surfaces. Need a racket re-strung? Call either Cora Velasco at 707-374-3585 or Al Banga at 707-374-2339. Members only, for help with the ball machine, please call Chuck at 707-374-6808 or George at 707-863-1082. George is also available for lessons if you want to learn to play or merely pick up your game.

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, February 24, at the Delta Club, or contact Claude Trottier at [crtrottier92@gmail.com](mailto:crtrottier92@gmail.com). You can also visit our website at [www.fron-tiernet.net/~courtjesters](http://www.fron-tiernet.net/~courtjesters).

## Trilogy Art Guild (TAG)

Are you wondering what TAG is all about? We are artists and art lovers who would love to have you join us. We meet at 1 p.m. the first Monday of each month in the Marina Room, Delta Club. We put on the annual Trilogy Art Show, participate in the Wine, Belle Voci Art Festival, as well as support art programs in the local schools, and have art demonstrations and guest speakers. If you would like more information, please contact Maren Waddill at 707-74-3954 or Richard Laswell at 559-359-1248.

If you would like to learn a new hobby, and meet some new neighbors, we would like to invite all Trilogy residents to attend classes taught by some of our talented TAG members. No experience is required; beginners are welcome. Please contact the instructor if you are interested in signing up for their class. Classes are held in the Marina Room in the Delta Club.

### Beginning Watercolor

Tuesdays at 12 p.m.

Contact Anna at 707-374-3560

### Card Design with Wilda

Wednesdays, 2 - 4 p.m.

Contact Alma at 707-374-3064

### Cardmaking with Shari

Fridays at 10 a.m.

Contact Shari at 707-363-9752

### Advanced Watercolor

Fridays at 12 p.m.

Contact Anna at 707-374-3560

### Next Shibori Workshop

February 25 and 26

Contact Lori at 707-374-6196

## Trilogy Jazz Band

We members of the Trilogy Jazz Band thank all of you that have attended our recent concerts and events. We always enjoy playing for an audience and hope you liked the music as much as we like to play for you.

We have been fortunate to have a new first Trombone player, Larry Knowles, to round out our brass section. We're still in need of another trumpet or two to sound really good. We've also updated our music from the Swing era to more modern tunes in keeping with the age of our audiences. There is still a vast portfolio of jazz music but keeping up with the trends is part of addressing the needs of the community.

We will be having another "tea concert" after the holidays and would be so pleased if you'd join us! We exist to make music for you!

## Trilogy Theater Group



*"The Altos" cast in rehearsal: Alan Levine, Marilyn Nelson, George Doner, Murray Levitan, Gary Mitchell, Rusty DeLucia, M. Paula Mezynski. Photo by Larry Mitchell.*

As of the writing deadline for this article, the director and cast for *The Altos*, a new dinner theater experience offered at Sir Flair's restaurant in Trilogy, are in their last two weeks of rehearsal prior to the January 19 opening. The last of four performances are at 5:45 p.m. on January 26 and 27. Check [NextDoor.com](http://NextDoor.com), the Vista and Delta Club lobby billboards, or contact Dorene Reid at 408-966-3072 to see if the shows are sold out. Great fun!

TTG's Actors' Studio Workshop, facilitated by TTG member Ron Chalmers, resumes in February. This workshop, focusing on bringing characters and relationships to life on stage through exercises and scene work, is open to Trilogy Theater Group members. Anyone with an interest in live theater (on or off stage) can join TTG for \$10 annually. See [NextDoor.com](http://NextDoor.com) (Calendar) for the February schedule.

TTG's Spring production is planned for the first weekend in June. Watch [NextDoor.com](http://NextDoor.com), club lobbies, and the Trilogy Theater Group Facebook page for announcements regarding the show and auditions, which will be open to the Trilogy community.



Election of officers will be held at the general meeting scheduled for February 23 at 7 p.m. in the River or Marina Room of the Delta Club. Guests and new members are always welcome. TTG members range from newcomers with limited to no prior theater experience, to people for whom theater has been a significant part of their lives. We are always 'on watch' for new directors, actors, stage and production crews (e.g. set design and construction, lighting, sound, costumes, props, stage management) and those who want to learn.

## Ukulele

Have you been looking for a fun way to keep those neurons firing briskly? For a friendly group of music lovers who like to sing together, to the bright, cheery sound of the beloved little ukulele? Then put it on your calendar, we meet every Wednesday in the Vista Club's Diablo Ballroom. Beginner's class starts at 11 a.m. followed by the performance group at noon. All interested Trilogy residents are welcome to drop in, listen, play and sing along with us. Bring your ukulele if you have one. You don't need to know how to read music or have any prior musical experience.

Don't miss our next jam session at The Point Restaurant on Sunday, February 19 from 1:30 - 3:30 p.m. Bring your ukulele, guitar, tambourine, washboard, banjo, accordion, harmonica, mandolin, or kazoo! Have brunch, lunch and/or a refreshing beverages you watch the river rolling by! Need more details? Contact Claire McKean at 510-301-0479.

## Whist

February is the month of love and commitments. Most of us in Rio Vista Trilogy have loved and been committed to our family members and /or careers or organizations. We hope that you have found new love and a passion (even if it is an old lover) and for living in a great community. Trilogy Rio Vista has exciting activities for you to find new fun commitments for the over-55 age residents.

February is the shortest month in our calendar, but has many observations, such as American Heart, Creative Romance, Black History and about 25 other groups. The Whist Club will offer a new way of celebrating Black History. On February 18, we will have a dance, with a keynote speaker, and great entertainment (Janice Maxie Reid and Tony Lindsay), so be sure to put on your dancing shoes. Please watch for additional information on our flyer. This is a fundraiser for our scholarship fund.

The Whist Club seeks your participation in our presentation of annual celebrations in 2017. Share your expertise and historical viewpoint. You are welcome to have fun with us every third Friday of the month at 7 p.m. at the Delta Club.

Bring a dish to share. The food is always plentiful and tasty. We play cards and dominos. The Mexican Train game is the most popular game. Some people sit, exchange information and give their views for a better country.

Come interact and share your thoughts with us on Mondays at 5 p.m. at the Vista Club. We offer encouragement and support for each other. Remember, Genius does what it must, and Talent does what it can. For more information, call Hattie Walker, Chairperson, at 707-374-3699, or Jean Robertson at 707-374-0086.

## Women's 9-Holers



*Christmas Lunch and Awards*

December was a month of contrasts. Lots of rain, then cold, windy days and one Tuesday of glorious weather, followed by temperatures of less than 30s. Our Christmas lunch was great, chicken and salmon, well cooked and delicious, by Sir Flairs. We also had cupcakes baked by Sylvia Vannucchi, and bags of Carmel Corn made by Linda Rowe. Marcus Patterson, our General Manager served Prosecco, provided by our Captain, Betty Bowley. Thank you. It was a fun time and awards were presented.

For 2016, Pam Fashing was our Club Champion with low gross. Barb Bellamy was low net and Most Improved. Good Showing, Barb! Lois Dutcher received Honorable Mention for the Tournament of Club Champions. Linda Rowe received a Most Valuable Member Statue. Congratulations to each of you.

On our Low Putt Day, Jan Benner won for Low Putts and made the only Chip In. There were eight Pars for the month of December: Barb Bellamy (2), Lois Dutcher (1), Diane Scholz (1), Debi Petteruti (1), Marge Niemi (1) and Pam Fashing (1). Come join us. Contact Debi Petteruti, Membership Chair at 707-374-5797 or nsdme2012@gmail.com with questions. We meet at 9 a.m. on Tuesdays.

## Women's 18-Holers

**Highlight of the Month:** Ace of the Month winner was Trixie Roque with a net 72. Congratulations Trixie!

**Dec 1** – 34 ladies braved the cold to compete for the Ace of the Month title. Trixie Roque outplayed the field to clutch the title with a net 72. Other notables were: Chip-Ins: Linda Barlesi, chip in birdie and Suzie Materon. Birdies: Linda Barlesi and Pam Fashing. Broke 100:



Linda Barlesi. Closest to Pin: Marsha Berry, 9' 2 1/2." **Dec 8** – Rained out. **Dec 15** – Christmas Party – 50 of 56 members attended and fun was had by all. Naomi Walker representing The Rio Vista Food Pantry (RVFP) was presented with toys and a check in the amount of \$1,000 raised at the RVWGC Charity event. In addition, a donation of \$725 collected funds was also presented. Hole-in-one trophy, pin and \$150 was presented to Maureen Gingrass. Trixie Roque was presented with a congratulatory letter and pin for her hole-in-one. Quarterly payouts in the amount of \$815 were presented. Joan Rexford was the 2016 Most Improved player. The highlight of the day was the presentation of the first Spirit of Golf Award to Linda Barlesi. Dec 22 – 20 ladies played a game of Scratch 3 holes. Highlights are: 3 chip-ins, Debra Carroll, Jackie Evans and Linda Rowe. Broke 100: Linda Barlesi and Pam Fashing. Closest to the Pin, Roni Teixeira, 6' 3." **Dec 29** – 24 ladies played Best 9. Chip-in: Linda Barlesi and Denise Sargent-Natour. Broke 100: Barlesi, Berry and Teixeira. Closest to the pin, Gingrass, 5' 5."

If interested in joining our group, contact Carol Petronzio at 707-374-2740.

## Writers

### Optional Topic: Unrequited Love



In February, it is customary to express affection to those who have captured our hearts by presenting them with valentines, candy, flowers or other gifts. On occasion, these demonstrations of love are appreciated and reciprocated. In some instances, they are not.

Our optional topic for February is "Unrequited Love." The members of the Trilogy Writers' Club invite you to share your poem, song or essay, whether serious or humorous, factual or fictional. If this subject doesn't inspire you, feel free to write about anything your heart desires. Just write! Then join us on our new date and time, the third Friday of each month, at 2 p.m. We'll meet on February 17 in the Monterey Room of the Vista Club. For further information, contact Suzi (925-231-5213); Judy (707-374-3973) or Zoe (707-374-3676).

## Computer Class 90-Minute Opportunities

Sign Up at Vista Club Member Services - Pay by Check or Credit Card

### February 2017

### ALL CLASSES ARE ON WEDNESDAYS (in the Vista Club Learning Center)

<b>iPhone - Level 1</b> <b>\$10 ea.</b>  <b>Bring your own Apple iPhone</b>	<b>February 8, Class 10:00 a.m. to 11:30 a.m. **NEW CLASS**</b> Learn the basics of using your Apple iPhone as a phone, camera, set up your contacts, text, Siri, connect to WiFi, and learn about mobile device security and etiquette. Fun and easy! <u>Bring your own Apple iPhone – fully charged.</u> This class is <u>only for Apple iPhones</u> , not any other brand of smartphone.
<b>Microsoft Word – Level 1</b> <b>\$7 ea.</b>	<b>February 8, Class 12:30 p.m. to 2:00 p.m.</b> Introduction to word processing, the most commonly used software program. Learn to work with basic text, including how to format text size, color and location on the page.
<b>iPhone - Level 1</b> <b>\$10 ea.</b>  <b>Bring your own Apple iPhone</b>	<b>February 15, Class 10:00 a.m. to 11:30 a.m. **NEW CLASS**</b> Learn the basics of using your Apple iPhone as a phone, camera, set up your contacts, text, Siri, connect to WiFi, and learn about mobile device security and etiquette. Fun and easy! <u>Bring your own Apple iPhone – fully charged.</u> This class is <u>only for Apple iPhones</u> , not any other brand of smartphone.
<b>Microsoft Excel – Level 1</b> <b>\$7 ea.</b>	<b>February 15, Class 12:30 p.m. to 2:00 p.m.</b> Navigate in Excel and learn to use math operations by creating a simple household budget.

If using your own computer, public wireless network cautions apply!

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

**Limited Class Size-sign up early. Repeating classes is recommended. Class subject suggestion list available!**

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





## MEMBER SPOTLIGHT

# Mary Slick Celebrates Her 100<sup>th</sup> Birthday

Written by Suzi Clarke Cassone



Throughout our lifetimes, many of us have reached significant milestones; graduating, becoming employed, marrying, raising a family, and finally, retiring. These are achievements that many of us have in common with our neighbors. But very few have reached the ultimate milestone, becoming a centenarian. Mary Slick is the most recent member of that prestigious club. On December 15, Mary observed her 100th birthday and was honored with a cake, balloons and visits from family, friends, neighbors and members of the Rio Vista Fire and Police Departments. Her lovely home is decorated with scores of cards she received from local well-wishers.

Mary was born December 15, 1916 in North Dakota. As a child, she rode a horse five miles to and from school. Later she graduated from Jamestown College in Jamestown, North Dakota, as class valedictorian. She earned all of \$600 during

her first year as a teacher. In San Jose, California, she taught junior and senior high school. She married an asbestos salesman and raised a family. Unfortunately, her first husband passed away due to cancer. She remarried and she and Ralph have enjoyed 49 years together, so far. Despite surgery on her legs and a stroke five years ago, Mary remains alert and self-confident. When Ralph attempted to fill in some details of Mary's life, she shooed him out of the room, admonishing him that, "This isn't about you. It's about me!"

Mary states that, "I pretty much did all I wanted to do." Among the world's top 1% of Bridge players, she cruised to Europe, Australia, the Orient and the Philippines 45 times, teaching the card game while on board the ships. She and Ralph have visited all 50 states and every national park. At Trilogy Rio Vista, Mary participated in the Bridge Club and played Bocce until she was 90 years old!

When asked to divulge her secret to a long life, Mary replied, "I've learned to live with whatever comes along. Tomorrow, I'll have another day and I'll worry about it tomorrow." We wish Mary many more happy tomorrows.

## Village Riviera Residents' Club 9<sup>th</sup> Annual Soup Potluck



It's cold outside and nothing is better than hot soup on a cold day. How about some great salad and dessert to go with it? On February 25, Village Riviera Residents' Club invites all Trilogy residents to join

our 9th Annual Soup Potluck. What you bring depends on the first letter of your last name. Please pick up a flyer at the Vista or Delta Clubs for details. You must sign up so we can be sure we have sufficient seating. Hope to see you there! For questions, call Barb Downs at 707-507-5026.

## AARP Foundation Tax-Aide Help

AARP Foundation Tax-Aide is the nation's largest free, volunteer-run tax assistance and preparation program. Founded in 1968 by four AARP volunteers, it is now staffed by nearly 35,000 volunteers in all 50 states and the

District of Columbia, who serve 2.7 million taxpayers annually at more than 5,000 Tax-Aide sites from early February to mid-April. Volunteers are trained and IRS-certified each year to ensure they know about and understand the latest changes in the U.S. tax code and, in California, the California tax code.

New volunteers are always needed not only as tax return preparers, but as greeters at the site or in administrative roles. People interested in the program can find additional information at [www.aarpfoundation.org/taxaide](http://www.aarpfoundation.org/taxaide). Appointments for tax return preparation start in February, and are made by contacting the Rio Vista Library (707-784-1529). The library has said AARP Tax-Aide is their largest program at the library.

We would like to thank you at Trilogy for your support over the past years. Many of our taxpayers reside in Trilogy and are very appreciative of our service. For more information, call Local Coordinator, Margaret Harmon at 970-331-6913.



## Ask a Professional Archivist!

Do you have some family papers that you want to save for your children? Want to know what to do with all those photos or slides? Come talk to a professional archivist about your treasures, and perhaps get a few pointers on how to maintain them.

Come to this free special educational open-house event for archiving on Saturday, February 18, from 10 a.m. – 5 p.m. at the Rio Vista Library, 44 South 2nd Street. For more information, call the library at 707-784-1529 and ask for Charles.

## Rio Vista Food Pantry Needs Your Help!

Commit your Tuesdays (8:30 - 11:30 a.m.) once per month or any combination that works for you. Must be able to lift 40-50 pound items on occasion. Help a team pick up the weekly donated food items with a provided van. Trouble lifting yet want to help? Let's talk about our other areas needing help. Contact 707-374-2358. Thank you.

## Alzheimer's/Dementias Caregivers' Support Meeting

Alzheimer Services and the Greater Bay Area Alzheimer's Association sponsor the caregivers support group to offer information, speakers and videos, as well as open discussion and social interaction for caregivers of loved ones with Alzheimer's or other dementias. The group meets the third Friday of each month from 9:30 - 11 a.m. at the Senior Center located at 25 Main Street in Rio Vista. Contact meeting facilitator Nat Marcoccio (RVALZSG@yahoo.com) for more information.

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## ANNOUNCEMENTS

### Adopt a Kitten

Lady: A sweet soft calico, five months old, spayed with shots.  
Spotty: An adorable, playful black and white male, five months old, neutered with shots. Loving homes wanted. Call 707-330-0808.

## FOR RENT

### Maui Kaanapali Condos

2 Maui Kaanapali Beach Whaler condos: 1) 1Bd/2Ba oceanfront, sleeps 5 from 6/24/2017 thru 7/8/2017 at \$350 per night. 2) Studio sleeps 3 from 7/11/2017 thru 7/25/2017 at \$150 per night. Jill 707-374-5598.

## FOR SALE

### Adult Trikes

New Schwinn adult trikes assembled and delivered to your residence. Electric motor options available for bikes and trikes. I buy used trikes. \$150 max. 510-364-0025.

### AA+ Trilogy Transportation

UBER and LYFT personal driver for hire. Trips to and from BART, airports, shopping, events and appointments. Dependable service and reasonable rates. Call Richard at 925-918-1374 for details.

## SERVICES

### All Transportation

Need a ride, call Nita 707-315-6670. One way or round trip out of town, pick-ups and drop-offs any time. 4 people welcome per trip. Also provide UBER services.

### Bicycle Repair

Gary's Bicycle Repair in Trilogy: (tire changes, wheel changes, flats fixed). Assembles, adjustments, tune-ups. Appointments only. Call 510-912-1640.

### Body Sculpting

Safe, full body treatment cleared by FDA. Reduce cellulite, flabbiness, flatten tummy, improve circulation, detox. Best price anywhere. Treatment provided locally by a Trilogy resident. Call Laurie 925-301-7389.

### Caregiver

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

### Cleaning

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

## SERVICES

### Computer A+ Assistance

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

### Computer Aid

I can fix your PC, including viruses and malware. New PC setup with file transfers and tutoring on Windows 10, wireless printers and Netflix connections. Kathy Barker 707-374-6850.

### Faux Finishing @ Its Best

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

### Full-Color Photo-Statuettes

Photo "Statuettes" of pets, Bocce players, Tennis & Pickle ball players, grandchildren, etc. Have camera & will travel . . . or made from your existing photos. Call Harlan @ 707-666-9672.

### Gardening/Design

Tosh Bonsai Gardening and Design: Trilogy resident, full service gardener, master pruner (your roses will look amazing). Sprinkler installation and repair. Call Robert at 707-374-3427.





## 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, disposals, toilet maint., and more. Free estimates. City bus. license #1654. Bob Bailey 707-374-3391.

### Handyman

A Trilogy resident to help with those handyman jobs you can't or don't want to do. Plumbing, electrical, window treatments, assembly, etc. Call Scott 707-374-6013.

### Hauling

Ed & Bill's Hauling: Clean-ups, Dump runs, Move furniture, Load and unload trucks, Rain gutters cleaned, Trim bushes. References available. Free estimates. 707-330-0358.

### Helping Hands

At your service: Helping you with your daily needs. Affordable prices, weekly, bi-weekly, monthly or occasional services. Call Karen, a Trilogy resident, 707-656-8639.

### Home for the Elderly

Goldenstar Home for the Elderly 707-374-4087 or 707-631-0016: Staff are background checked, TB tested, and CPR trained. Care in the facility or in your own home.

## Want to Run a Classified Ad?

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

## SERVICES

### Impeccable Improvements & Repair

Established retired general contractor. . tile and wood floors, bath & kitchen remodels, water leak repairs, drywall damage, privacy walls, iron fences, French doors, indoor/outdoor Jacuzzi tubs, storm doors, cat/dog doors, fireplaces, mantels. 12 year resident. Big or small, I do them all! References available. Your one stop shop in Trilogy. Dominic 707-322-9476.

### Income Tax Preparation & Notary

Individual and corporate tax returns. Reasonable prices. Jim Castress 707-374-3590 castress@sbcglobal.net

### Koi Ponds Hand Painted

For your unique landscapes: Catherine Foster creates original sculptured art. No fish to feed, no maintenance! Green product. Call 360-860-2002. catherinefoster@mac.com . www.catherinefoster.com

### Moving?

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

### Notary

My home or yours. Servicing Trilogy for the past 14 years. Please call Eileen Griffin at 707-374-2684. Thank you.

### Notary Public

Certified Notary, fast, professional and reliable service. \$8 per signature. Please call Jeffrey 707-374-7541. Thank you.

## SERVICES

### Notary to Go

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

### Notary Services

\$15 per signature per page/ discounts for multiple pages. Trilogy resident Elaine Wisz 707-374-4310.

### Organization Help

Organize, declutter, odd jobs .Need help organizing and/or decluttering? I can help create functional space. Garages, office, den, pantry, rooms, sheds, etc. Dawn, Jerry the sprinkler guy's daughter. 707-628-4235, 707-374-5239.

### Osmosis Water System

Start drinking pure, clean water. Install 5 stage reverse osmosis under counter system. Holiday Special: Only \$125. Installation extra. 707-374-2643.

### Painting & Drywall

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

### Pest & Termite Services

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

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



## SERVICES

### **Pet Care**

Loving Pet Care Services since 2007. Cats: 1-2, two visits \$15; or Dogs: 1-2, five visits \$20 a day. Meds etc. negotiable. Advance vacation reservations, short notice welcomed. Includes: feed, scoop, play and brush. Mimi 707-374-4343.

### **Pet Care**

Happy Home Pet Sitting Services Cathy Vickers: Free estimates. Dog walking available. Trilogy resident, dog owner, loves animals. 707-416-8394 or jsv.cav@gmail.com.

### **Pet Care**

I will take care of your dog or cat while you are away. I will care for your pet four times a day at \$25 a day. Ken 707-374-3842 or email kenatkins7@aol.com.

### **Ron the Painter**

Trilogy resident with experience in painting interiors, fences, mailboxes. Great work, good price. Call Ron 707-430-3135.

### **Rain Gutters Cleaned**

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

### **Sliding Door Repair**

Sliding Door and Screen Door Repair: Stop fighting your sliding door and screens. If it does not slide, I will make it glide. Repair screen rollers, patio door, patio screens, locks, handles, shower door enclosures and wardrobe doors. For a free estimate, please call Jonathan 707-374-2736.

## SERVICES

### **Airport Transportation**

In my Mustang convertible I will take ONE PERSON ONLY to airports, BART, medical appointments. Top up/down your choice. Ps. Can take two to airports with basic luggage. Serving Trilogy residents since 2005. Call Ralph 707-374-3941.

### **Transportation**

Reserve your Ride. Trilogy resident will drive you: to or from airports, trains, BART, ferry and medical (will wait). 415-823-7575 Joanne

### **Transportation**

Retired peace officer will provide safe and comfortable transport to travel terminals, destinations and medical appointments within 200 miles. Personal tour guide, travel agent services available. Sandra 707-249-1567

### **Transportation**

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

### **Transportation**

Dave's Transportation since 2009. I will take Trilogy residents to planes, boats and trains. Very dependable. Call 707-374-3192 or cell 949-412-8452.

### **Your Personal Travel Concierge**

Put yourself in our hands and let us arrange your travel from door to door, cruise, train, resort, hotel, villa, rental cars, drivers, activities, sightseeing, excursions, fine

## SERVICES

dining, shows. Call Joan Greene, All Occasion Travel 707-374-2440 or email alloccasiontrvl@aol.com Let's talk it over.

### **Window Cleaning**

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

## WANTED

### **Golf Carts**

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

### **Sporting Goods**

And equipment, especially fishing rods, reels, lures and other paraphernalia. Cash paid on the spot. Free appraisals. Call Ed 707-374-1349 or 925-216-6300.

**NOT  
ALL  
WHO  
WANDER  
ARE  
LOST**

— J.R.R. Tolkien



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

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

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

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



Kathie Bleier  
925.683.7084  
KBLEIER@APR.COM  
BRE 01063281



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

## ADVERTISING INFORMATION

**DEADLINE:** All final ads and checks are due by the fifth of the month prior to the month of publication. For example: March 2017 ads and checks are due by February 5, 2016. All late submissions will run in the April 2017 issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

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

### PREMIUM SIZES AND RATES:

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

### DISCOUNTS:

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

*To place an ad, contact Joan Azlant at joanazlant@comcast.net or 707.374.2620. If you need ad design, contact Tania Fardella at indigodesign@att.net or 925.324.9988. Additional fees will apply for design, scanning, and edits.*



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**[www.wfnc.gallery](http://www.wfnc.gallery)**



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