

# Trilogy Tribune

at Rio Vista

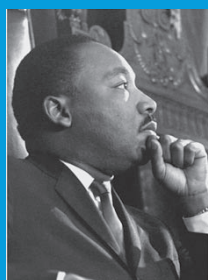
PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

January 2008

## Living the "Good Life" at TRV

### Martin Luther King Tribute

Monday, January 21, 2:00 PM  
Diablo Ballroom, Vista Club



Join in the celebration of Dr. Martin Luther King's Birthday. We want to commemorate the timeless values he taught: courage, truth, justice, compassion, dignity, humility and service.

For further information, call Kersti, 1055. Sign up at Member Services at the Vista Club.

### Congratulations to our TRV Good Life Games winners!



Golf— Joe Rudnicki and Roni Teixeira



Tennis – Mixed doubles: Naomi Subala and Orlando Devera. Women's doubles: Judy Griffith and Marcia Penning

For more information on the Good Life Games, see article on page 8.

### ANNUAL MEMBERSHIP AND/OR DISTRICT DELEGATE MEETINGS

Villages will be holding annual membership and/or district delegate meetings in January. Find meeting dates on page 10. Return your completed ballot either by mail or take it, in person, to the HOA office located in the Delta Club.

Trilogy Art Guild's annual

Art Show

and

Wine Tasting

"Meet The Artists"



Saturday Evening, January 26th  
5:00 to 8:00PM

You are cordially invited to view Art and meet our creative Trilogy resident Artists while you sample Hors d'oeuvres and taste wine presented by The Wine Shop.

The show will hang through Sunday  
10 - 5 PM for your viewing pleasure.

See details in January Trilogy Newsletter

### GATEWAY TRIO



Wednesday, January 16, 7:30 PM  
Diablo Ballroom

The Gateway Trio brings smooth harmony, great memories from the folk era, novelty tunes and high energy instrumentals. BYOB and a glass, \$15 per person; Sign up at Member Services at the Vista Club.

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# TRILOGY AT RIO VISTA

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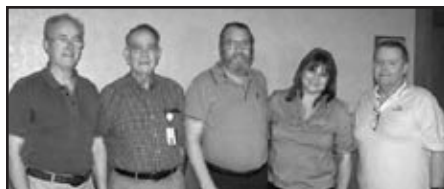
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## MASTER ASSOCIATION

### Notes

#### Robert Sather, President

The Master Association Board has not held any Vision or Executive Meetings since our November board meeting. The Vision Meeting is on January 17. See the calendar for budget meeting dates.

It is our sincere hope that all had a wonderful holiday season. As I write this message, we are looking forward to the holidays.

The regular meeting of the board took place on December 11. During the open forum, concern was expressed about guests using the facilities without being signed in by a resident. Remember, guests may only use the facilities when you are with them and you must sign them in. We have also received several letters of complaint about the same subject.

#### Board action at the meeting included:

- Approval of a request by the Rio Vista Police Department for use of the Delta Club for an overnight event for educational training of high school students on April 3, 2008.
- Approved the first reading of the pool rules for 2008. Only minor wording changes were involved. See them in separate section of the Tribune.
- New or revised charters for the Access Committee and the Adult Committee were approved.
- Approved the recommendation of the Access Committee for a trial period of a one lane entrance at the front gate. Dates of the trial period will be announced in advance.
- Approved the Spa Business Plan regarding Naturopathic and esthetician services, including startup costs.
- Approved the purchase of a laptop computer for the Communications Coordinator.
- Set February 12, 2008, as the date of the Annual HOA Meeting. January 2, 2008 is the deadline for master board candidate statements. Appointed Gene Vick as the Inspector of Election.
- Approved expenditure from the reserve fund for the purchase and installation of two heaters for the Delta pool.



## RESORT OPERATIONS DIRECTOR'S

### Notes

Joel Reger

Greetings,

I hope everyone had a safe and happy holiday season. Now that the New Year is upon us, it is time to make those New Year's resolutions to live the Good Life. Why not start by participating in the Trilogy wide Great in 08 program? Dr. Amy Whittington will be sharing simple lifestyle changes over a twelve week period to improve your overall health. Go to [mytrilogylife.com](http://mytrilogylife.com) for more information.

We are excited to announce that Dr. Whittington has selected a local naturopath to roll out our local program. Dr. Pauline Caban will be available for consultations starting this month. Please contact member services to schedule your appointment. If you would like more information regarding the naturopath program sign on to [mytrilogylife.com](http://mytrilogylife.com) or pick up the newsletters behind the member services desk in the Vista Club.

Starting this month we will also begin offering esthetician services in the Vista Club. Get yourself a relaxing facial and feel the benefits of exfoliating, detoxifying and anti aging. Contact the member services desk (1052).

Please join me in welcoming Charleen Earley as your new communications coordinator. Charleen brings with her extensive experience in the field of journalism and was most recently the editor of the *River News Herald*. Charleen will be overseeing the *Trilogy Tribune* and [mytrilogylife.com](http://mytrilogylife.com), so please contact her at (1063) or [cearley@actionlife.com](mailto:cearley@actionlife.com) with any questions. I would also like to thank Cheryl Lucas and the entire member services staff for assisting with the Tribune while the position has been vacant. Their efforts ensured that members received accurate and timely information.

Respectfully,  
Joel



**ACTIVITY  
DIRECTOR'S  
*Notes*  
Kersti Evans**

Happy New Year. Enjoy the "Good Life" by celebrating 2008 with some wonderful events, programs, and lectures. Sign up early.



A big thank you to the volunteers who decorated the Vista and Delta Club. They looked beautiful! The tree at Delta is really special. Many of the clubs made or purchased ornaments to

represent their club. If you haven't seen it yet, stop by. If anyone is willing to help us take down the decorations on January 3 and 4, please let me know.

### TRAVEL TALK PRESENTERS

I am looking for guest speakers for March and April Travel Talk: Call me if you are interested. Kersti (1055).

Thank you to all of the residents who volunteer their time to share their travel experiences. You have made Travel Talk a wonderful program.

#### 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. Viewpoints contained in this newsletter are not necessarily the opinions of the Trilogy at Rio Vista Homeowner's Association, Inc., the Board of Directors, its officers, or management.

### GRAPEVINE CHAT

**Tuesday, January 8, 6:00 PM  
Grand Living Room, Vista Club**

Enjoy getting to know your neighbors and staff. Bring your own wine and a glass. Sign up at the Member Services Desk at the Vista Club.

### HANDYMAN ALERT

I have a tentative volunteer to share information about simple maintenance home repair.

Members, please share your feedback with what you would like to get out of the Homeowners Workshop. Please call Kersti (1055).

### BALLROOM DANCE CLASS

Classes in January will be on Friday, January 11 and Friday, January 25, at 5:00 PM, in the Group Exercise Room of the Vista Club. Come early, space is limited. Sorry, no classes in February.

### TRAVEL TALK

**Monday, January 7, 7:00 PM  
Diablo Ballroom, Vista Club  
Buenos Aires, Argentina:  
Then and Now**

*by Pamela Mathews*

Buenos Aires, often called the Paris of South America, is rated one of the top ten cities in the world to visit. In the Fall of 2007, Pam spent six weeks living in Buenos Aires with a family as part of a Spanish Immersion Program and experienced first hand the richness of this extraordinary city. It is a blend of new and old, European and South American culture, boasting the widest street in the world. There are numerous museums, plazas, restaurants, tango dancing venues, barrios, leather goods, nightlife and much more.

Experience Buenos Aires during a Travel Talk Presentation that blends a computer photo show of Buenos Aires today and live music provided by Basil and Liria Racuk, natives of Argentina and long time Trilogy members.

### THE GATEWAY TRIO

**Wednesday, January 16, 7:30 PM  
Diablo Ballroom**

Entertaining audiences from Las Vegas to Nashville, Sacramento to Charleston and from Lake Superior to Orlando, the Gateway Trio has appeared with the Kingston Trio, The Limelitters, The Oak Ridge Boys, and more. They have released seven record albums or CD's and have shared the stage with Merle Haggard, Larry McNeely and Asleep at the Wheel. The Gateway Trio brings smooth harmony, great memories from the folk era, novelty tunes and high energy instrumentals. Check them out online. BYOB and a glass, \$15 per person; Sign up at Member Services at the Vista Club.

### FENG SHUI SEMINAR/ WORKSHOP

**Saturday, January 19,  
2:00 PM - 4:00 PM  
Sonoma Room, Vista Club**

Don't Just Stand There – De-Clutter! Get a jump on your New Year's resolutions and de-clutter your office or home! Author and Feng Shui expert Joyce Bueker is conducting a two hour interactive workshop. She will show you simple ways to enhance the eight areas of abundance in any room and permanently decrease your clutter. Bring a simple drawing of a room you'd like to work on. After learning some basic principles, you'll work with Joyce one-on-one in class to create ideas and solutions to implement when you get home. She makes understanding Eastern principles easy and fun as she combines a step-by-step approach with humor and personal examples. Cost of the workshop is \$45 and includes handouts (a preview to Joyce's book, Feng Shui in a Day! to be released in 2008) plus a 30 minute private follow up phone appointment. To sign up, or for more information, contact Joyce Bueker at (925) 768-5574 or check out her website at [www.timeoutforbal-](http://www.timeoutforbal-)

*continued on page 4*



## ACTIVITIES & EVENTS

Continued from page 3

ance.com. Joyce Bueker is the author of several books, including *Ayurvedic Balancing: An Integration of Western Fitness with Eastern Wellness*. She has a Master's Degree in Modern Social History from the University of Lancaster, England and is a certified Communications and Life Balance Coach. She has studied Feng Shui, Yoga, Ayurveda (the "sister science" of yoga) and communications for over 5 years and lives in Walnut Creek, CA. Don't miss this class. 15 maximum for this workshop. Sign up with Joyce quick!

### MARTIN LUTHER KING TRIBUTE

**Monday, January 21, 2:00 PM**  
**Diablo Ballroom, Vista Club**

Join the celebration of Dr. Martin Luther King's Birthday. Commemorate the timeless values he taught us through his example - the values of courage, truth, justice, compassion, dignity, humility and service. The first keynote speaker will be Professor Milton Combs, Sr., MA, who will give a snapshot of Dr. King's life, and will conduct a question and answer session. The second speaker will be Zack Kaldveer, economic, environmental, and social justice advocate. His topic will be "Racism, War, Poverty and Love: Is Dr. King's Dream Still Alive?"



#### *Celtic Music event*

*Everyone thoroughly enjoyed themselves: Members were clapping and stomping to the music.*

Sign up at the Member Services at the Vista Club.

### VISTA ENRICHMENT SERIES: DOG NUTRITION AND CARE

**Thursday, January 24, 6:30 PM**  
**Diablo Ballroom, Vista Club**

Please welcome Alicia Franklin, Manager of Whole Dog Barkery and Paw Spa. She will share important information relating to dog nutrition and care. Sign up at Member Services at the Vista.

### GRAPEVINE CHAT

**Tuesday, February 12, 6:00 PM**  
**Grand Living Room, Vista Club**

Enjoy getting to know your neighbors and Staff. Bring your own wine and a glass. Sign up at Member Services at the Vista Club.

### CHILDREN'S CHRISTMAS EXTRAVAGANZA



Thank you to our homeowners special event committee (HOSEC) and all of the volunteers who planned and helped with this wonderful program offered to the families of Rio Vista. The event started with the Delta Breeze singing while families arrived at the Delta



Club. There was a Christmas Elf (Alma Renko) to greet the children and keep them entertained until the party began. This put smiles on all of their faces right away!

As they entered the Rio Vista Room, there was another elf to guide them to a photo session with Santa himself (Steve Hextell). After the photos the children made ornaments and decorated cookies. The most heartfelt part of the program was when the children went over to retrieve their Christmas Gift.



*Families from Rio Vista had an amazing time. They were so thankful for all of the time and effort the Home Owners Special Events Committee and volunteers put into this event.*

These were absolutely amazing gifts that were donated by all of the Villages in the Trilogy community. As I took photos for this program to be placed in the Tribune, an incredible warmth over came me. I am so proud of the committee, the volunteers, Denise Rubiaco for instant photos, Steve Hextell playing Santa (for hours in a hot suit) and the Rio Vista firefighters who came to pass out hats and give tours of their fire engine. Thank you to all who partici-

*continued on page 6*

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## ACTIVITIES & EVENTS

*Continued from page 4*

pated. You made Christmas come true for many families in Rio Vista.

**COMEDY SHOW  
FEATURING JAN HEINZ**  
**Saturday, February 16, 7:00 PM**  
**Diablo Ballroom, Vista Club**

There will be two shows, one at 4:00 PM and one at 7:00 PM. Jan Heinz approaches comedy in simple terms... Make People Laugh. With an array of stories and a slew of take home "classic jokes," you won't be disappointed. When you watch Jan perform you'll either think she's the voice of reason for the over 40 generation...or a mad woman looking at life through the reflection in her cereal spoon! Jan is a 15 year veteran of the national comedy scene. Over the years Jan has performed at some of America's best clubs. She's also opened for the Oak Ridge Boys and Tim Allen, too! \$5 per person. Sign up at Member Services at the Vista. BYOB and a glass.

**VISTA ENRICHMENT  
SERIES: CANINE  
COMPANIONS FOR  
INDEPENDENCE**  
<http://www.cci.org/index.html>  
**Thursday, February 28, 6:30 PM**  
**Diablo Ballroom, Vista Club**

Sally Simcoe, a graduate who uses a wheelchair and has a CCI service dog, will be coming to do this presentation.

Canine Companions for Independence (CCI) is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. CCI is funded by private contributions and receives no government funding. There is no charge to the graduate for a CCI assistance dog.

Some volunteers take care of breeder dogs and their litters, and other volunteers raise puppies. These puppies spend about 18 months living in the puppy raiser's home. During that time they are socialized, trained in house manners and basic commands, and loved. After

they're returned to CCI, the puppy gets 6-9 months of advanced training by professionals. Then they're ready to be matched with a disabled person who has applied for an assistance dog.

So don't miss out! Sign up at Member Services at the Vista.

## SAVE THE DATE

**PRESENTING:  
BLARNEY BAND**  
*Authentic Irish Band*  
**Sunday, March 9, 1:00  
PM - 4:00 PM**

**Diablo Ballroom, Vista Club**

Blarney is defined as: smooth, flattering talk, often nonsensical...and so it 'tis with the Blarney Band — smooth, flattering song, often nonsensical. Keith and Dan Shannon make up the sound of Blarney and make their home in Truckee, California. This father and son duet blend strong harmonious voices with a variety of instruments, bringing together a wonderful presentation of Irish, Scottish and Celtic music.

Their constantly expanding repertoire includes traditional and contemporary songs and ballads. The music is inviting and you'll find yourself singing and clapping along in short order. Their passion and their love for the music is contagious. If you are Irish, you will find yourself home again...if you are not...you soon will be.

**SPRING FAMILY FUN DAY**  
**Saturday, March 22,**  
**10:00 AM - 2:00 PM**

Tentative plans include: Easter Egg Hunt, BBQ, Pictures with the Easter Bunny. More information will be provided in the February Tribune.

**SPRING GIFT  
AND CRAFT FAIRE**  
**Saturday, April 26,**  
**10:00 AM - 3:00 PM**

**MOJACAR FLAMENCO**  
**Saturday, May 3, 7:00 PM**

Experience the beauty and art of contemporary Flamenco music and dance. Mojacar Flamenco is a dynamic group of Flamenco artists led by guitarist Stephen Dick and dancer Katerina Tomas. Together they offer virtuosic tour-de-force in which music and dance weave together in tight interplay.

Mojacar was formed in 1997 when Stephen and Katerina returned from an extended visit to an artist's retreat in the village of Mojacar in Spain's Mediterranean coast. While there, Stephen wrote much of the music that became Mojacar's core repertoire. Since then, the group has toured the US and Canada, performed in Spain, collaborated with artists from all over the world and released a CD featured on NPR's Morning Editions.

**STRINGS IN THE SPRING**  
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## 2007 TRILOGY GOOD LIFE GAMES

### THE CHAMPIONS HAVE BEEN CROWNED

#### A Review of the 2007 Trilogy Good Life Games

*By Jennifer Olohan,*  
Member Services, Trilogy at Vistancia

As the first rays of daylight poured over the mountains surrounding Trilogy at Vistancia on Saturday morning, the first annual Trilogy Good Life Games were about to begin. The qualifiers from Rio Vista, Glen Ivy, Central Coast, La Quinta, Redmond Ridge and Vistancia were anxiously waiting their turns to show us why they were here. With the best tennis players and golfers representing each community, crystal trophies and bragging rights were at stake. It was time to start the games.

The tennis tournament finalists started the day off with a tennis clinic offered by celebrity tennis pro John Austin. All of our tennis qualifiers had the opportunity to learn from and ask questions of the former coach of Pete Sampras and Michael Chang.

Immediately following the tennis clinic, the tournament finals began in a match play, round-robin/single elimination format. All of the competitors came to the court ready to play. Some finalists – including ladies doubles teammates Jan Pfeffer and Mary Ann Baker from Glen Ivy – could also have competed in the “best dressed” category. All of the players seemed excited to come to Vistancia to participate in the Good Life Games, and to enjoy the Arizona scenery. After a long day of fierce competition, the results were as follows:



### LADIES DOUBLES TENNIS



- Fierce competitors (L to R) Judy Griffith and Marcia Penning of Rio Vista came in first place.
- In second place was Mary Ann Baker and Jan Pfeffer of Glen Ivy.
- Third place went to Terri Pizzulli and Sue Davis from La Quinta.

### MIXED DOUBLES TENNIS

- Finishing in first place was the unstoppable duo of Mike Kenyon and Dianne Glanville of La Quinta.
- In second place were Ken Buck and Nancy Johnson from Glen Ivy.
- Dolores Thain and Ray Dolan from Vistancia captured third place.

Meanwhile, back on the greens, after a practice session early Saturday morning, our golf qualifiers teed off to tough it out on Vistancia's 18-hole, 72-par course. Golfers had to battle the 70 pronounced and transitional bunkers and tall native Arizona grasses to earn the title of Trilogy's Best Golfer. After several hours of intense driving, swinging, and putting, the results were as follows:

### MEN'S GOLF

- Dave Reinert of Vistancia captured first place.
- Finishing in second place was Rick Emerton of La Quinta.
- Mike Marlatt of Central Coast finished in third place.

### WOMEN'S GOLF

- Carol Suycott of Vistancia was the queen of the greens, capturing first place for the women.
- Coming in second place was Sue Sweet of La Quinta.
- Rio Vista's Roni Texiera finished in third place.

Congratulations to all of the winners – and all of the competitors – in both golf and tennis!

As part of the Good Life Games weekend festivities, and to offer further inspiration for all to live a healthy life, Vistancia hosted a Health and Wellness Fair at the Kiva Club on Saturday. Vendors from all over Phoenix were present, including Vistancia's own Dr. Amy, who took the opportunity to talk about her naturopathic services and supplements. The Arrowhead Health Center also offered members complementary bone scans. Members were able to take advantage of several opportunities to get back and neck massages, as Vistancia's Alvea Spa and a host of licensed chiropractors were on hand to rub the stress of the day away!

Later that night, an awards ceremony, cocktail reception, and dinner were held at the JW Marriott. The champions in Men's and Women's Golf were awarded trophies and hearty congratulations by Mark Bakeman, General Manager of the Trilogy at Vistancia Golf Club. The Mixed Doubles and Ladies Doubles Tennis champions received their trophies and kudos from John Austin. Finally, in a tradition that began for Trilogy golfers four years ago, the Master of Ceremonies, Nick Ferre, awarded Trilogy at Vistancia the traveling trophy for golf, which will now reside at Vistancia until next year's golf tournament.

Kudos to all the participants for their hard work and thank you to everyone who came out to support our athletes!





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## VILLAGE I HOA

Once again we are preparing for our annual meeting and election of new officers for the Village I board of directors. We have three wonderful candidates running for the Board: Bernie Dehn, Judy (Deerfield) Taylor and Ralene Nelson. In addition, we have Jim Larsen as delegate to the master board and Carol Benkie as alternate delegate. Your vote is very important, as the number of votes our delegate has at the master board meeting is directly correlated to the number of people who vote. As we are the smallest village, we are already at a disadvantage. So, whatever you do, don't just throw out your ballot. If you have any questions about the vote, feel free to contact any member of the current board or the home owners association.

Our Annual Membership and District Delegate Meeting and elections will be held on January 10, 7:00 PM, at the Delta Club. While the votes are being counted, we will have Joe Downs, VORC President, with updates for 2008, and Marge Brown with information from the Adult Committee. We will have refreshments provided by VORC. Hope to see you all there.

Karen Lodge, Secretary

## VORC

We are still in the process of attaining our not-for-profit status and our alcohol license. We will keep you posted.

Our holiday dinner was a huge success, and we would like to thank the members who donated gifts to the HOSEC children's holiday party.

Looking ahead to 2008, the first social event will be a "Honey Do" Night on Friday, February 15 at the Delta Club. Details will be tubed.

A village nominating committee has

been formed and they are looking for Village One residents who are interested in running for the VORC board. The nominating committee is charged with presenting a slate of candidates at the February 2008 general membership meeting. The actual election will take place at the April general membership meeting. If you are interested in being on the VORC board, please contact any member of the committee: Norma Donaldson (2779), Diane Kelley (3229), or Nancy Vickers (5566). Please come to the next general membership meeting which is scheduled for Tuesday, February 12 at 7:30 PM in the Delta Club. Think about getting involved and sharing your talents with the rest of the members. After all, it is your club.

Joe Downes, for the VORC board.

## OLYMPIC VILLAGE RESIDENTS CLUB

We have been assigned a specialist named Tracy Prater by the IRS to review our application for non-profit status. We heard from her and she needed a little more information. I spoke with her and FAXed the required information. Now we wait and see. After we receive our non-profit status from the IRS, we can file an application with the ABC in Oakland, CA to be able to have "spirits" served at our events if we so choose.

The next event for our village is:

**Thursday January 17th. Spaghetti Feed with all the trimmings (\$7.00)**

5:30 PM at the Delta Club.

Grab a flyer and sign up early as space is limited and this event is sure to be a sell-out. All villages are welcome.

We will have a 50/50 raffle at this event to help us earn money to contribute and support Rio Vista non-profit organizations. Look for flyers in your tube.

**Important Note:** Our Residents' Club meetings, due to multiple conflicts, have been changed again: they are now in the Vista Club's Monterey Room on the 2nd Wednesday of each EVEN month at 7:00 PM. All residents are invited and encouraged to bring ideas for future events and organizations to support to the meeting. Our next meeting will be in February.

Olympic Village (and some individuals) purchased gifts for children attending the HOSEC party in December. The children really appreciated the gifts and the fun activities are the party.

We STILL really need people to volunteer for our Welcoming Committee.

As the other villages have done, we are asking each household of our village to contribute a ONE TIME ONLY dona-

*continued on page 12*

### Master Association Board Meeting

Tuesday, January 8, 2:00 PM  
Diablo Ballroom, Vista Club

### Adult Committee Meeting

Thursday, January 31, 1:00 PM  
Rio Vista Room, Delta Club

### Village I Annual Meeting

Thursday, January 10, 7:00 PM  
Rio Vista Room, Vista Club

### Village Oakmont Annual Meeting

Tuesday, January 17, 7:00 PM  
Diablo Room, Vista Club

### Village Riviera HOA

Thursday, January 22, 6:00 PM  
Rio Vista Room, Delta Club

### Olympic Village District Delegate Meeting

Thursday, January 10, 7:00 PM  
River Delta Room, Vista Club

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*Continued from page 10*

tion of \$10 per resident - NOT per residence, to your Residents' club to help build up the initial treasury. Donations can be deposited in Box #5 at the Delta Club. Be sure to put your name and address on the envelope or check so we can give you the proper credit. Brent Cohn, President (4050)

## VILLAGE OAKMONT RESIDENTS CLUB

As we head into the New Year, a new board of officers will assume their duties on February 14, 2008. Results of the election will be announced in the February Tribune since the election was held after the deadline for the January issue. There will be no club meeting in January due to the annual village HOA meetings.

Attended by 135 enthusiastic children between the ages of three and 10, plus parents, the December 8 Christmas party for downtown Rio Vista children, organized by HOSEC, was a huge success. Many thanks to Oakmont residents who donated gifts and volunteered their time during the event.

Our December 9 Victorian Christmas Dinner, attended by 85 residents, was also a block buster event. Good food, plenty of spirits, fun entertainment and much camaraderie was the order of the day. To Antoinette Pestana and her Santa helpers, thank you for a wonderful evening.

It has been a pleasure and very gratifying having worked with many of our residents on different projects during the past years. Thank you all for your support and encouragement during my tenure as residents club president. The very best to all in 2008. Dick Lyon (3578)

## VILLAGE RIVIERA HOA AND RESIDENTS CLUB

Happy New Year! How time flies... speaking of which, ELECTIONS... ELECTIONS... ELECTIONS are coming up. Please go immediately to the HOA office at the Delta Club to pick up your entry form if you wish to run for the Riviera Board or Social Committee. The Board makes the decisions, so if you want to be part of the process, pick up your form and return it immediately to the HOA office. We must get the ballots out ASAP.

And speaking of getting things done quickly...we are getting a flurry of sign ups for events at the last minute, and many folks are being turned away. Our fabulous Holiday Dinner Buffet at the Nines in December was such an example. Over 30 folks were turned away because they got their forms in late. Please do not wait until the last minute. We have terrific events planned for you, but the space is always limited. No more procrastinating! Perhaps that can be your New Year's Resolution #1. No more procrastinating. Deal?

January brings us one of our few potlucks planned for 2008. Please put Sunday, January 20 on your calendar, and watch for your flyer for a potluck of soups, salads, breads, desserts and great friends. Think of thick hot soups like lentil, bean, chili, cabbage, chowder, vegetable, or whatever

your imagination can dream up, along with luscious salads, breads and rolls. Is your mouth watering yet? Let's get back to healthy and hearty foods for a good start to the New Year. We'll supply lots of bowls, so don't worry about only being able to try one kind of soup. Just bring your plate, utensils (including a soup spoon) and your drink. If you do not receive a flyer by Jan. 12, please call Myra (3660). This goes for any event. We tube everyone in Riviera, but some of the flyers blow out of the tubes. Be proactive and call her early if you don't get a flyer. That could be New Year's Resolution #2—being proactive. All villages are always welcome to join us.

Save Sunday, Feb. 17 for our annual wine tasting and appetizer gathering (remember the chocolate fondue fountain?—prepare yourself)! Resolution # 3—Indulge occasionally...you deserve it!

Again—Happy New Year. Stay healthy and laugh a lot. Barb Downs

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## TRIPS AND TOURS

*All trips and tours are operated by outside companies and are not associated with Trilogy Rio Vista Master Association. Trilogy Rio Vista Master Association is not liable for any trips or tours.*



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

*Trips from January 8 – March 5, 2008  
are completely Sold Out! Wait Lists Only*

### **March 15 SF Chinatown Shopping – Lunch - Chinese Musical \$49 pp**

Enjoy traditionally embroidered and sequined costumes, classical Chinese dance, Kung Fu, and a jungle filled with playful monkeys and exotic animals. This play is performed in both English and classical Cantonese and has been an on-going production in San Francisco for the past forty years. We'll have time for shopping and a hosted lunch before going to the theater.

### **April 16 Luther Burbank Home – Lunch - Canine Companions \$72 pp**

We will travel to Santa Rosa for a guided tour of the Luther Burbank Home and Gardens where we'll learn the history of the home and enjoy the beautiful grounds and gardens. We'll enjoy a hosted lunch at Hunter Steak House and then off to the Canine Companions for Independence. We'll have a guided tour of the facility and a demonstration of how these dogs are trained to aid and assist the hearing and physically disabled.

### **NEW! April 29 Ethel's Mystery Trip – Lunch \$62 pp**

Roses are red, violets are blue, it wouldn't be a mystery if we told you what we're going to do!

### **May 13 SF Giants Baseball Game – Lunch \$78 pp**

Enjoy an afternoon at the baseball park watching the SF Giants play Houston. Good seats in the second tier between home plate and first base. Hosted luncheon prior to game at the Delancey Street restaurant.

### **Future Trips:**

- June 1-3 Yosemite, Ahwahnee, Chuckchanzi (2 nights/3 days)
- July 3 A's Baseball Game  
– Dinner – Fireworks
- July 12 USS Potomac "Bridges of the Bay Luncheon Cruise"
- August TBA Reno "Hot August Nights" – Nat'l Auto Museum

For further information / reservations, call Ethel (7548) or Eileen (2684)

**MEN'S NINE-HOLE GOLF**

A new men's nine hole golf club is being formed by the Senior Men's Golf Club. Anyone who is new to the game or has been away from golf and wants to get back into the swing, or if you would just like to play nine holes of golf and have a group of men with the same interest this may be the group for you. The first meeting of this new golf group will be Tuesday Jan. 22, 4:00 PM, in the Delta Club.

If you would like additional information, please call Dick Popham (4701).

**WOMEN'S  
EIGHTEEN-HOLE GOLF**

Congratulations to Angie Jones and Frankie Freese for breaking 100 this month! Our group is getting better every month.

Our regular play day results are:

**November 15**

A Flight

1st place: Joan O'Connor, 2nd place: Frankie Freese and Roni Teixeira

B Flight

1st place: Debbie Carroll,  
2nd place: Trixie Roque

**November 29**

Sucker in the Bucket

1st place: Vicky Riddle, Angie Jones, Charlotte Godsey and Anna Stevens, tied with Roni Teixeira, Frankie Freese, Barbara George and Alma Renko,  
3rd place: Pat Kistler, Joan O'Connor, Marilyn Rogers and Bev Dunn

**December 6**

Only eight players braved the rain and made eighteen holes. They are true golfers! No game was played.

Birdies were made by Marilyn Rogers and Joan O'Connor this month. Chip-ins were made by Lynn Grace, Angie Jones, Trixie Roque and Marilyn Rogers.

For any new resident that would like to join us, we meet in the Nines at 8:30 AM every Thursday. Play begins at 9:00 AM. Contact Cindy Brown (3170) for more information.

Anna Stevens (3449)

**WOMEN'S  
NINE-HOLE GOLF**

Happy New Year to everyone! We hope you had a happy and safe holiday season!

We only got rained on once this past month which is pretty darn good for this time of the year. But I'd better not say anything more on this subject or the weather will certainly take a change for the worse!

**Visualize yourself not as you are, but as you can be. Focus on why you can, rather than why you cannot. As good as we are, we can always be better. Fly with both wings.**

Following are the results of our contests for the last four weeks:

**November 20th Low Putt**

A Flight

1st place Barbara George, 2nd place Bessie Dunn, 3rd place Trixie Roque

B Flight

1st place Mary Popham, 2nd place Karen Adams, 3rd place Diana Stalen

Pars:

Diana Stalen, Mary Popham, Terry Sutter, Arla Gustafson, Alma Renko

Chip Ins: Trixie Roque, Mary Popham

Here are a few golf rule pointers when you are on the putting green:

- 1.) When putting on the green, if your ball strikes another ball that is on the green, you incur two penalty strokes. Play your ball as it lies, and put the other player's ball back to its original position. (19-5a).
- 2.) While on the putting green, if your ball strikes the flagstick or the person attending the flagstick, you incur a two stroke penalty. (17-3).

Any questions on the above rules or any other rule contact our 9 Holes Rules Chairperson Donna Bjork at (3068).

We meet in the Nines Restaurant at 9:00 AM sharp for announcements and making up of the teams. Please call the Pro Shop (2900) by 9:00 AM if you are going to be late, cannot play, or forgot to sign up. If interested in playing, call Sharon Ford (6922).

**RIO VISTA  
SENIOR MEN'S GOLF**

The holidays are over and it's time to get the year started with lots of good times on the golf course! The weather has been great and the course is in great shape.

Your tournament committee has put together a schedule of tournaments for the year. It is posted on the bulletin board. We have added some new and different things this year as well as keeping some of the old favorites. We have Home and Home tournaments with Brentwood, Napa County Club, Oakmont and Crow Canyon.

The first general meeting of the year will be held Thursday, January 18 at 4:00 PM at the Delta Club. Come and meet your new board.

The motto for this month comes from John Daly: "Grip It and Rip It." See you on the links. Dennis Dolan.



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## CLUBS

### TRILOGY ART COUNCIL

Coming soon - MUSIC OF THE NIGHT!

Mark your calendars for February 22 and 23rd! The Kit Kat Club presents Music of the 20's. Think back, what do you remember about the 20's? You will be seeing and hearing some great music, comedy, singing and dancing - all done by our talented Trilogy residents. So look for the sign-up coming soon to a tube near you.

The Art Council is now researching the possibility of a curtain for the stage at the Vista. Any suggestions are always appreciated.

The next meeting of the Art Council is scheduled for Thursday January 3, 2008 at the Delta library. New members are joining all the time and we welcome all who might be interested in supporting the arts here at Trilogy.

### BILLIARD CLUB

#### Latest Tournament Winners

November 6, Nine Ball -

1st Gene Bloczynski,

2nd John Robinson, 3rd Jack Clark

November 13, A, B&C Division  
winners eight Ball -

**A Division:** 1st Marlin Horner,  
2nd Jack Clark, 3rd Ben Bautista

**B Division:** 1st Joe Russo,  
2nd Roger Paterick, 3rd Joe Mattos

**C Division:** 1st Hale Conklin, 2nd  
Dallas Salomon, 3rd Diego Cassone

November 20, Eight Ball Partners - 1st  
Dave Stewart and Mike Quihuiz, 2nd  
Oscar Grissom and Dallas Salomon,  
3rd Geno Toscano and Tom Horn

November 27, Eight Ball - 1st  
Bon Puno, 2nd Oscar Grissom,  
3rd Marlin Horner

The next billiard club meeting will be Wednesday January 9, 7:00 PM, at the Vista Club. We will meet to nominate and select new officers for the coming year. All residents who are interested in being a part of the club or serving as an officer should attend this meeting.

Our Tuesday night tournaments have been very successful and we are gaining new members. All of our tournaments are open to men and women. They start at 5:45 PM. The tournament fee is \$5 for billiard club members and \$7 for non-members. Prizes are awarded to the top three finishers.

A tournament was held at the Vista Club Napa Room on Saturday, December 8 with San Pablo. Trilogy fielded 12 players for the tournament and San Pablo came with their best 10 players. With the help of new members Mike Quihuiz and Jim Padilla, and with the existing team, Trilogy was able to come out with a tie in both rounds. Trilogy served coffee and donuts during the tournament and then treated San Pablo to a great lunch at the Nines restaurant. A great time was had by all and San Pablo invited Trilogy over to their adult center for a tournament. The club is also looking into scheduling a tournament with the Alameda Senior Center.

If you are interested in joining the club, please call Joe Mattos (5264) or Oscar Grissom (6124). To join the women's group, call Sylvia (916-813-5622) or Dallas (5674).

### BINGO

Welcome the New Year with the Trilogy at Rio Vista Bingo Club. Bigger games: all regular games \$50 prize per game; blackout game \$250 prize. Games start at 7:00 PM at the Delta Club on Friday, January 25. Packets of sheets are \$10 for one packet, \$15 for two packets.. Don't be late!

### BOCCE BALL

The Trilogy Bocce Club Board is actively involved in formulating plans for the 2008 season. We have responded to the Master Association's Budget Call and have requested funds for repairs, replacement of sideboards plus annual maintenance and weekly court maintenance during the season. We have received positive feedback to the idea of scheduling play on the same days and times each week. The preferred play days are Monday through Thursday and Saturday morning. Fridays are OK with some but not all. The final number of teams will dictate the play days and the schedule. More to follow.

There is still time to make your needs, wants and desires known. Send a written note to any board member or log onto MTL, click on Bulletins, go to the CLUBS site, find the TRILOGY BOCCE CLUB article [Bulletin] and add your comments to the TRILOGY BOCCE CLUB BLOG. Just click on ADD A COMMENT. It is easy and your comments will be recorded. We are looking forward to the 2008 OPENING DAY. The Board. Joe Downes, Bill Poate, Claudia Pound and Julia Mattos

### BOOK CLUB

The book club meets on the second Tuesday of the month at 10:30 AM in the Bridge Room at the Delta Club. Our book for the January 8, 2008 meeting is *Blue Highways: A Journey Into America* by William least Heat-Moon. On February 13, 2008 we will discuss *Into The Wild* by John Krakauer. We have both women and men in our discussion group. Please call Nancy (3310) or Pat (3384) if you plan to attend. New members are very welcome! Nancy (3310).

*continued on page 24*

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## FITNESS DIRECTOR'S *Notes*

**Jo Carmichael**

I certainly hope you all enjoyed your Holiday time. Now as we look at the New Year we often make lofty resolutions, only to abandon them far sooner than we expected we would and end up frustrated, but no closer to our goals. So how can we make this year different and truly make some progress? Whether we want to simply have more energy, start a walking program, improve our golf game, our flexibility and balance, or train for our first marathon or try the sport of triathlon, it all begins by asking a few questions:

- What do I want to accomplish this year?
- What is important to me and why?
- And how badly do I want, what I say I want?

We usually give up when we begin to feel overwhelmed thinking about the long journey ahead when setting our goals. Our goals are the road map; without the map you won't know if you are on track or how to get to your destination.

The first step to achieving a goal you set is to break that goal down into smaller medium-term goals and then to give yourself a reward system; this can really make a difference. A good medium-term goal can keep the "fire" burning. Some goals may take longer than others, but bridging the gap between short term and long term make the journey seem not so "out there!"

The second step to success is setting up a support system, such as hiring a trainer or getting a workout partner. Both will give you someone to be accountable to.

You still might get bored and not feel the same enthusiasm as you did early on, and that is why it's important to have that reward system and a support system. So, if you have set your long-term and short-term goals, and you've accomplished your medium-term goal, it's time to reward yourself for progress. An example: if you achieve 90% of your weekly goals, take yourself out to dinner (watch the portion sizes and you can have whatever you want). If you achieve your weekly goals a total of eight times, buy yourself a new toy. If you achieve a medium-term goal, buy something for your house. For achieving a long-term goal, take a trip!

I know... where is the extra money coming from??? You don't have to go into debt to reward yourself... but think, that little extra money you shell out to stay motivated will be worth it in the long run. Your quality of life will be enriched and your self-esteem will skyrocket because you've accomplished something you've always dreamt about! Remember a fit healthy body costs less than a sick debilitated body when you add up the doctor bills. Wouldn't rather spend your money on workout clothes than trips to the doctor's office?

Start slowly, build up, stay consistent and ask for help; make this year your year of change!

### TRAINING 2008

A 3 session Intro to Personal Training package - for \$135. This is for anyone new to PT who would like to get a customized workout plan and experience personal training.

New Member Orientations - are helpful, informative and required for each new member to get you started right.

#### January orientations dates:

- Wednesday, Jan. 9th at 6 PM
- Saturday, 19th at 11 AM
- Wednesday, 30th at 6 PM

The Fitlinxx System R.O.M. (range of motion) appointments are only \$10 and will be one of the best quick-start appointments you do for yourself this year!

New in 2008 we will be introducing the following:

- January - Heart Rate Training  
– Sub Max Heart Rate testing to maximize your fat burning ability
- February - Jo's annual birthday hike and lunch
- March - 10K-A-Day walking challenge using pedometers to track your miles throughout the year
- May - Golf Boot Camp  
– sport specific training to improve your golf game
- Event Training – get ready for your event season (triathlon, running, hiking, kayaking etc).

#### EVENTS:

### DEANNA ARAYA – FOUNDATIONAL YOGA

The benefits of Yoga last long after a class. Join Deanna for an educational lecture and interactive question and answer forum on the multiple aspects of Yoga. Thursday, January 10th at 7:00 PM. Signup at the front desk or in your yoga class.

Jo's Annual Birthday Hike & Lunch – Join the fitness director for her annual birthday hike. This hike is for all levels, go at your own pace, go as far as you like and bring a friend. It is all just for the fun of it. Afterwards we re-group and go out for lunch. You'll need to bring water and money for lunch. Saturday, February 3rd at 9:00 we meet at the Mitchell Canyon staging area at Mt Diablo.

*continued on page 30*

## FITNESS CLASS DESCRIPTIONS

### **Open Classes**

20 class - punch cards available at the front desk. Open classes require one punch on your punch card. See calendar for dates and times of each class.

#### **AFTERNOON STRETCH**

Slow, progressive stretching exercises designed to strengthen muscles while increasing your flexibility. The class is for anyone who loves to stretch. Instructor/Trainer: Susan Prince.

#### **AQUA FIT**

This class combines both aqua aerobics and aqua conditioning set to music to provide a safe workout that makes you feel great! Swimsuit is required, aqua shoes optional. Instructors: Denise Rubiaco, and Anna Chunn

#### **BALANCE BALL:**

Get ready to help strengthen those core muscles and learn a strength training weight routine, all with the balance ball. Instructor / Trainer: Susan Prince

#### **BEG. BALANCE IN MOTION**

Improve balance, flexibility, and range-of-motion through slow, controlled movements. Each movement targets joint mobility, strength, and balance. Gentle stretching, accompanied by deep breathing and the use of soft, instrumental music, helps to reduce stress and encourage relaxation. We end each class with a guided relaxation. Instructor: Anna Chunn.

#### **BODY SHOP**

This is a quick 30-minute total body strengthening routine. Various kinds of equipment may be used. Please wear aerobic shoes for this class. Instructor: Pat Puryear.

### **CIRCUIT TRAINING**

This is a 45-minute combination cardiovascular and strength workout. This class meets upstairs at the fitness center. We will use cardiovascular and strength training machines. Instructor / Trainer: Susan Prince

#### **CORE/BALANCE PROGRESSION**

This new class will be a 30-minute focus on improving your balance and core stability. All levels of fitness can benefit by the progressions that will help strengthen your back while you increase body awareness and posture. We will use stability balls, and various balance challenging tools to help you progress. Instructor / Trainer: Jo Carmichael – New Fitness Director

#### **CORE CONDITIONING**

This class will strengthen and condition your abdominals and your low back as well as working on flexibility. Various equipment such as balance balls may be used.

Instructor / Trainer: Beverly Shilich.

#### **GET FIT WHILE YOU SIT**

This class is replacing our former Sit Down Shape Up class. The class is 50 minutes long incorporating the balance bar, dumbbells, small balls and exercise bands. Instructor: Denise Rubiaco

#### **LOW IMPACT AEROBICS**

This fun, easy class set to music makes 30 minutes of cardiovascular exercise go fast. The second part is strength conditioning exercises using various kinds of equipment. Instructor: Pat Puryear.

#### **STEP AEROBICS**

Get ready for a cardiovascular challenge! This class is a choreographed routine set to music. Instructor: Pat Puryear.

### **TAI CHI RYU**

Improve balance, flexibility, and range-of-motion through the use of very slow, controlled movements. Each movement targets joint mobility, strength, and balance. Instructor: Lillian Garlick.

#### **THE "PRACTICE" OF MEDITATION:**

Develop a routine of meditation and relaxation, each class will focus on various relaxation skills, and individual needs of each student. All levels are welcomed. Instructor: Anna Chunn.

#### **YOGA**

This class uses a series of yoga postures to create balance within the body. Gentle yoga stretches help to develop both strength and flexibility in both joints and muscles. Instructors: Tammy Trujillo and Deanna Araya.

### **Specialty Classes**

Require two punches on your punch card. See calendar for dates and times of each class.

#### **AQUA JOINT**

Reduce your pain, improve flexibility, increase daily activities and strengthen muscles around your joints. The class is structured around each person's ability and is progressive. Limited to eight participants. Sign up at the Member Services desk. Swimsuit required. Instructor / Trainer: Beverly Shilich.

#### **BEGINNING AND ADVANCED SWIM CLASSES**

**Monday, January 9 to February 1**

**Time:** Mon. and Wed.

5:15 PM -6:15 PM  
(Beginning lessons)

Mon. and Wed.

7:30 PM - 8:30 PM  
(Advanced lessons)

*Private lessons are also available!*

Regular Session Cost: \$56 for 8 sessions.  
Instructor: Nichole Collier. Register at the Vista Member Services Desk (1052)

*Continued from page 16*

## BRIDGE – DUPLICATE

The next duplicate bridge game will be January 14, at the Vista at 12:15. If you are planning to play, call Mary (4320) or Jean (3320). To set up the game in advance, we need to know how many tables will be in play.

There was no game in November, so we have no winners to announce. We will discuss whether or not to continue the Thursday game. If you are willing to support the game, we will keep the second monthly game. Mary (4320).

## BRIDGE – FRIDAY

After several years of regular Friday afternoon bridge sessions, those attending formed a club on November 30, 2007. They voted to organize, and then the sixteen charter members elected officers. The initial president is Orlie Curtis (3019) and the secretary-treasurer is Ruth Almgren (3867).

The club meets regularly on Fridays at 12:15 PM, in the Sonoma Room of the Vista Club. The games begin at 12:30 PM. New and old players are welcome. You do not need to be an expert, but some familiarity with common bridge conventions is needed, but really, not a lot is expected. To be included in the games, players must sign up by noon on Wednesday.

The winner from four tables on November 30 was Lee Funkhouser. Orlie Curtis, President (3019)

## CANASTA

Happy New Year! Join a great group of ladies and gentlemen who love to play Canasta!!! We play every Tuesday of the month, except the first Tuesday, at 1:00 PM in the Sonoma Room at the Vista Club. We invite all beginners and also those who have not played for a long time. All Trilogy residents are invited. Please call Judy (0016) or Janet (5415)

if you have any questions.

## COMPUTER CLUB

The Trilogy at Rio Vista Computer Club meets the 3rd Tuesday of each month in the Diablo Ballroom of the Vista Club at 7:00 PM. This month the meeting falls on January 15 and will be open to all Trilogy residents. If you wish to become a member of the Club, you may fill out an application at the meeting and pay the yearly dues of \$15 per household.

Since this is the first meeting of the newly elected officers they will be introduced and welcomed as we start the New Year as a Computer Club. Our speaker for the evening will be John Shilich who will talk about printers including all-in-ones: fax, copy, scan and print. He will address advantages and disadvantages of each type including inherent problems.

As of this writing the Special Interest Group, (SIG), in Digital Photography will not be meeting in January.

On a sad note, Al Kaufman, our past president, is seriously ill at his home in Arkansas. His wife, Marla, tells us that he would appreciate cards from his friends in Trilogy. His address is:

Al Kaufman  
1385 N. Ulmer Street  
Greenwood, AR 72936

**Reminder:** check the Computer Club Website at [tccrv.org](http://tccrv.org) for the latest information on many computer related subjects, changes of meetings, and many other interesting items.  
Lowell Graf (1435)

## DRAMA CLUB

The VIP Drama Club did a short presentation at Oakmont's Christmas dinner on December 9th. Special thanks to Nick Adams, Judy Calpo, Mike and Debby DuBrow, Murray Levitan, Zoe Marie Mrdeza, Marilyn Nelson, Dick

and Chuckie O'Connor, and Ida May Wagner for recreating the days of vintage radio.

We meet the last Tuesday of each month at the Delta Club. Our next meeting is at 7:00 PM on Tuesday, January 29. This will be a planning meeting for 2008. Everyone is welcome. The annual pasta feed, our only fund raiser, is set for Saturday, April 12. We are also searching for a script for our August presentation. We always need help on and off stage. Actors, writers, scenery and costume designers, prompters, props and scenery change helpers are most welcome. For more information, please call Charlene Oxoby (5627).

## FAT QUARTERS QUILTERS

Join our group to work on your own quilting project in a group setting. Meet new friends, share ideas, get help. We meet every Wednesday 1:00 - 4:00 PM at the Delta Club. There are no dues or fees. Call Esther Young for information (2639).

## FISHING CLUB

Our next meeting will be Monday, January 21 in the Marina Room at the Delta Club. We will be discussing our activities for the new year. I would like as many members as possible to attend this meeting as we are looking for suggestions on more activities for 2008. A sign up sheet will be available for our February 14 fishing trip.

Anyone is welcome to join our fishing club. If you are interested, or if you have any questions, please give me a call. We have some great events scheduled throughout the year. Al Silva (3791)

## GENEALOGY CLUB

Our January meeting has been canceled. The next meeting will be on Wednesday, February 6, 2008, at 3:00

*continued on page 26*



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*Trilogy Resident*

**HASTINGS CHIROPRACTIC**

500 Main Street, Rio Vista



*Continued from page 24*

PM at the Delta Club. All Trilogy residents welcome to join us. For further information, call Rhoda (7542).

## GOOD SAMARITANS

Have a blessed New Year!

While making your New Year's resolution the one thing you should never eliminate is love, more love and agape love (love of God).

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain - faith, hope and love. But the greatest of these is love." I Corinthians 13:4 - 13

Love has become a mixed up term with little meaning. Today people are still confused about love. Love is the greatest of all human qualities, and it is an attribute of God himself. Love involves unselfish service to others; to show it gives evidence that you care. Faith is being sure of what we hope for and certain of what we do not see; hope is the attitude and focus; love is the action. When faith and hope are in line, you are free to love

completely because you understand how God loves. "Above all, love each other deeply, because love covers over a multitude of sins." I Peter 4:8

All Trilogy residents are invited to attend Bible study every Thursday at 1:00 PM in the Monterey Room of the Vista Club. Let us all unite together to build a strong community as Christian believers. For special prayer request and further information, call Linda (2163).

## JAZZ BAND

The Trilogy Jazz Band enjoyed being part of December's Tree Lighting Ceremony and the Holiday Music Show. Our first performance of the New Year will be on Sunday January 20, "An Evening of Music." This event for your listening and dancing pleasure, will be from 7:00 to 9:00 PM in the Diablo Ballroom at the Vista Club. Bring your friends, beverage and snacks if you wish, and enjoy our danceable tunes including songs by our vocalist Eileen Butler. Admission is free; no sign-up is needed.

We rehearse on Wednesday afternoons, 3:00 to 5:00 PM in the Diablo Ballroom of the Vista Club. We welcome new applicants, and are especially in need of a bass and brass players at this time. If you play any band instrument (even though you're "rusty") and would like the opportunity to play jazz and swing right in your own neighborhood, if you would like to observe a rehearsal, or if you would like the band (or part of it) to play at your event, please contact Jim Lucas (7567) or Marti Rogers (6859).

## KAYAK CLUB

If you are interested in kayaking with others or if you have always thought you would like to give kayaking a try, consider joining the Trilogy Kayak Club and meet new friends. We have trips that will accommodate all levels of

expertise and some of our adventures are in areas where you can rent a kayak if you don't own one or want to try a different style.

Contact Karen Cavallo (5342) for further information.

## MODEL CLUB

The Model Club will meet on Friday January 4, at 9:00 AM in the Monterey Room at Vista Club. We will have a business meeting and an update on our proposed Garden Railway project. We are awaiting a decision by Steve Hextell of Shea Homes.

On December 22 we had on display our operating HO Scale Model Railroad modules at the Delta Club.

At our last meeting, John Bastone displayed his completed model of an Armed Virginia Sloop. The model took two years to build and John's excellent craftsmanship was evident. Bob Brainerd presented several photographs of his trip to the Evergreen Aviation Museum in Minnville, Oregon, the home of the "Spruce Goose."

On January 15 we are planning a trip to the Woodland Antique Farm Machinery History Center. We will meet at 9:30 AM in the Delta parking lot and carpool from there.

There are two model Railroad Shows scheduled for January and February.

On January 5 and 6, the World's Greatest Hobby on Tour will be at the Sacramento Convention Center. On February 2 and 3 the Great Train Expo will be at the Cal Expo in Sacramento. We are planning a trip to the Great Train Expo on February 2.

## CLUBS

Our Model Club meeting and trips are open to all residents. Our members have a wide range of modeling interests that include model sail and powerboats, aircraft, model railroads and live steam. For more information, contact Rod (2215) or [twoshays@frontiernet.net](mailto:twoshays@frontiernet.net).

### MOTORCYCLE CLUB

The Trilogy Motorcycle Club meets the first Saturday of each month for an all-day ride. Last month we made a breath-taking ride to the east dome of Mt. Tamalpais. Weather permitting we will make a southern coastal ride January 2. Meet at McDonald's at 8:00 AM for food and fuel.

For additional information, contact Bob Pastorino (6556), or Larry Nelson (2967).

Bob (6556)

### RECIPE CLUB

Our cookie swap was a terrific success. We always go home with a wide array of goodies.

Join us on January 8 for great home soups. Bring your favorite recipe and enjoy the labors of Peggy Kougiros, Virginia Tillen, Linda Costa and Mary Dawson. The coffee will be brewed by Shirley Rogers. Bon Appetit.

Molly (4970)

### RUBBER STAMPING CLASS

Stamp class is the 3rd Wednesday of each month. Call if you'd like to join us. No experience necessary! Class is at the Delta Club at 10:00 AM. There is a small charge to cover the cost of materials. If you have any questions and you wish to come, please call Mary Dawson (6835) so we can be prepared for all who come.

### RIO VISTA ROAMERS RECREATIONAL VEHICLES CLUB

HAPPY NEW YEAR!!!! I hope everyone had a wonderful holiday season. In December we had our holiday dinner party at the Nines, organized by Joan and Tony Stelma. We always have a great time!

January will start off with a new place for us. Barbara and Jerry Cauthens have arranged for us to have dinner at the Lodi Beer Co. on January 23 at 6:00 PM. The cost will be \$20.00 per members and guests will be more than welcome. Please reserve by January 16 at 386-1624 and mail your \$20.00/person to their address. We've been reminded recently that it's illegal to put envelopes in the mailbox unless it is for pick-up or has been delivered by USPS.

Trilogy residents with an RV are welcome to attend one of our campouts to explore joining our fun group. If interested, please call Frank Reid (2259) or Sandra Santos (3538).

### SCRAP BOOKING

Come join us on Thursday, January 10 at 10:00 AM - 4:00 PM for the scrap booking workshop at the Delta Club.

We are continuing to meet monthly and there is no cost. We will be able to order Creative Memories products through Sherie. A catalogue is available. Our experienced scrap bookers are happy to help you with your photos.

Questions? Call Joyce Bailey (3391) or Marti Rogers (6859).

### SINGLES CLUB

This month we will be going to Stockton to the Haggin Museum. The admittance fee is \$2.50 each. We will have lunch at a nearby restaurant to be named later. Meet at the Delta Club on January 9 at 11:00 AM to carpool.

For any questions call Anna (1368) or Donna (2309.)

### TABLE TENNIS

Happy Holidays to everyone! We are officially the Trilogy @ Rio Vista Table Tennis Club, or TRVTTC for short.

We now have a board of directors:

Jeffrey Kennan President (7541),  
[jeffrey\\_kennan@yahoo.com](mailto:jeffrey_kennan@yahoo.com)

Richard Mariant, Vice-President,  
(5232) [bkcon@citlink.net](mailto:bkcon@citlink.net)

Lydia Ponce, Treasurer (3859)

Vicky Riddle, Secretary (3684)  
[vriddle98@yahoo.com](mailto:vriddle98@yahoo.com)

Please feel free to contact any of us for information about the club. We expect great things for our group, but mostly good health and good fun. As of this date our roster includes 53 signatures. We will be calling or emailing all of those names to verify that they still are interested in belonging to this club. We want all members to know that the club will be collecting dues of \$10 per year, beginning in January. (Less than 85 cents per month!) We hope to use this initial "seed" money to help finance a Robo-Pong machine. We also hope that the HOA, to whom we have requested support in this endeavor, will assist us in this project.

By acquiring this machine we hope to be able to train all persons interested in improving their game. We could then create levels of skill so that the better players may coach and train the ones that are not too comfortable playing "hard." Players in a specific category would be able to contact and practice with other players at their particular level of skill comfortably. We could then establish days for advanced, intermediate, and beginning players. We

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## CLUBS

*Continued from page 27*

could start in-house tournaments and eventually play tournaments outside Trilogy. This could be a lot of fun!

Just to update all: we meet on Tuesdays and Thursdays from 6:00 PM to approximately 8:00 PM in the Rio Vista Room of the Delta Club. We also meet on Saturdays from noon till?. When the Rio Vista Room is not available to us we meet in the Marina Room, so don't let those meetings stop you from playing! Vicky (3684)

### TENNIS CLUB COURT JESTERS

At the first annual Trilogy Tennis Tournament at Trilogy at Vistancia, in Peoria AZ, sponsored by SHEA Homes, the 1st place winners were TRV Court Jester's Judy Taylor and Marsha Penning, with Naomi Subala and Orlando Devera coming in with a close second. A dinner to celebrate and honor the winners was held at the Nines on November 18.

George Sablan, Dave Hinders and Sue McCracken worked out the upcoming competitive co-ed multiple partner ladder ( CMPL) games. This is a first for our club and many members have signed up for it. With only two courts it will be a challenge to find the various times to give everyone an opportunity to play. To find out more about CMPL you may contact our coach George Sablan (3585.)

Additional balls will be purchased for the ball machine. This machine can only be used by members of the Court Jesters. Membership dues \$24 per year and will be collected in January 2008.

The annual Day Light Savings Tournasocial will start March 9 to be followed by either a barbeque or a potluck.

Social tennis continues every morning between 8:00 – 10:00 AM Monday through Friday during the fall and winter and at 4:00 PM on Fridays. Check the bulletin board outside the tennis court gate and sign up should you want to play on the weekends.

Anyone interested in attending and/or finding out more about membership in the Court Jesters is welcome to join us for coffee and cookies on the last Friday of every month at 10:00 AM at the Delta Club.

For additional information you may call Alice Hill at (6352) or Grace (3910).

### TOPS

Our holiday luncheon was very festive; special thanks to Paul Starks for providing the music!

We meet at the Delta Club each Wednesday morning. The meetings begin at 9:00 AM; weigh-in is 8:15 to 8:45. We welcome all new members, both men and women, at any time! For information, please call Lavernne Thompson (3613) or Linda Moreland (6880).

### WHIST CLUB

The Whist club is sponsoring a Black History Month Celebration on Saturday, February 9 in the Diablo Ballroom, Vista Club. The program will start at 12:00 PM with a performance by the Gospel Choir of Trilogy. Then we will show a film titled *Journey of Man* by Spencer Wells. During the intermission, Southern Tea Cake and soft drinks will be served. Admission is \$3 per person, or \$5 per couple. All Trilogy residents and their guests are invited to this special event.

## NEW RULES

### CHANGES TO MASTER ASSOCIATION RULES AND REGULATIONS

*Pursuant to Civil Code 1357.130(c) regarding notice after making a rule change, please note the following.*

At their December 11, 2007 meeting, the Trilogy at Rio Vista Master Association Board of Directors approved a 1st Reading of changes/amendments to the Trilogy at Rio Vista Master Association Rules and Regulations. Language with strikeouts are intended to be deleted and **bolded** language is intended to be inserted.

This publication fulfills the requirement for disclosure of the Board's intent and Member comment is encouraged. Comments, in writing, can be delivered to the HOA office at the Delta Club, can be mailed to 990 Summerset Drive, Rio Vista, CA 94571, or emailed to [evitrano@actionlife.com](mailto:evitrano@actionlife.com).

A 2nd Reading for final adoption will be on the February, 2008 agenda.

### Delta & Vista Swimming Pool and Spa Rules – Section #7

Swim suits are required. No cut-offs or other street clothing is allowed in the pools or spas. **The only exception is a tee shirt or top worn over a bathing suit to prevent sunburn.**

### Delta & Vista Swimming Pool and Spa Rules – Section #8

~~Disposable diapers are not allowed in the pool.~~ **Diapers of any kind are prohibited in the pools or spas.** Any person who is incontinent is not allowed in the pool or spas. **Children who are not toilet trained and adults who are incontinent are prohibited in the pools and spas.**

## KARE BEARS

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



### VILLAGE I KARE BEARS

*Happy New Years to all*

Our next Village I Kare Bear meeting is Wednesday, January 9 at 10:00 AM at the Delta Club. All residents are welcome. Dear Kare Bears, I want to thank all of you who so generously donated to our annual fundraiser and bake sale, all who worked so hard to make it a success, and all who made purchases. Also thanks to Dong Kim and Rich Mariant for making and donating patio spinners. They were a big seller. Thanks again to all. If it were not for all our great neighbors, the fundraiser would not be a success. For more information about Kare Bears, or if you would like to be a coordinator, call Sandy Mariant (5232). We are here to help our neighbors who need help with illness or loss.



### Family Support Services

The Family Support Committee is available to organize a memorial service for any family that incurs a loss. For more information, please contact Claudette Gartner (3689) or [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com)



### VILLAGE RIVIERA KARE BEARS

We hope that everyone had a nice holiday during the past month. Our Village Riviera Kare Bears were busy helping neighbors and we hope you might consider joining us by volunteering to prepare a meal, offer a ride to a medical appointment or call on someone who could use a friendly visit. We are always looking for additional people to join our group.

*The greatest virtue is  
kindness. You can't love  
everyone, but you can  
be kind to everyone.*

Watch for information in the February Tribune article about an upcoming presentation by Comfort Keepers of Vacaville. This is a service that offers in-home care that goes beyond what Kare Bears is capable of offering and we thought it would be helpful information to have available.

Our next meeting will be held on Monday, January 14 at 10:00 AM at the Delta Club. Both Riviera and Olympic Village Kare Bears attend the meeting. We hope to see you there!

If you would like to join our volunteers, like more information about Kare Bears or if you know of someone who needs assistance, please contact Kathleen (4750), Carol (3445) or Cindy (0097).



### VILLAGE OAKMONT KARE BEARS

HAPPY NEW YEAR TO ALL! We have exciting events in the planning stages, some involving all Trilogy villages.

#### All Village Kare Bears

There will be an organizational meeting on Monday January 7, 10:00AM in the Monterey Room, Vista Club to name committees and define their roles for the annual Trilogy/Summer-set tea which we are hosting on May 1. Please attend this meeting if you are interested in helping. This is always a special occasion.

Also, anyone interested in helping to plan or participate in a Trilogy-wide garden tour this Spring, please contact Patty Evans (1424) or Karen Gramlow (6861). There are many beautiful gardens in Trilogy, and if one of them is yours, here is your opportunity to show it off! This will be a fund-raising event for all Trilogy Kare Bears with proceeds divided between the individual villages.

The regular meeting of the Village Oakmont Kare Bears will be on Wednesday January 9, 10:30 AM in the River Room of the Delta Club. Come early for coffee and a morning snack and a chance to visit with neighbors. New volunteers are always welcome, and if you're new to the community please come by and get acquainted.

For more information contact Betty Liggett (3907), Pat Roberts (1403), or Ruth Joseph (0777).

## ARTS & CRAFTS

### **TAG (TRILOGY ART GUILD)**

The January TAG meeting will be Tuesday January 8, 2:00 PM at the Delta Club.

The Trilogy Annual Art Show is this month at the Vista Club. Opening night, "Meet the Artists" is on Saturday, January 26, from 5:00 to 8:00 PM. On Sunday, January 27, the show will be open from 10:00 AM until 5:00 PM.

Entries must be original art no older than four years. Pieces from previous Trilogy Art shows will not be eligible. All media is accepted, up to 4 pieces of watercolor, oil, acrylic, charcoal, pastels and three dimensional art.

"Classroom art" will also be displayed. Please no photography. This will be the next show.

Flyers and show guidelines with pre-registration forms are at the Vista and Delta Clubs. Please fill out a form and drop it with your check along with membership dues in the TAG box at the Delta Club, no later than Jan. 20.

#### **Membership:**

\$15 for the year, Jan - Dec.

Submitted Art: \$ 5 per piece for members; \$10 for non-members.

Be Creative, Lori Azzolino  
Show Chairperson, (6196)

### **WATERCOLOR CLASS**

UPDATE: Watercolor class will start, as scheduled, January 7, 10:00 AM. The following is a final schedule:

January 7, Introduction,  
demonstration, and first assignment  
January 14, First session  
January 21, MLK Holiday, no class.  
January 28, Class resumes  
February 4, 11, Class continues  
February 18, Presidents Day, no class.  
February 25, Class resumes  
March 3, 10, & 17, Last three sessions

There are eight full classes which are two hours long and start at 10:00 AM in the Marina Room of the Delta Club. Fee is \$80. Supplies are extra. Any questions? Call Harold Johnson (6015).

## HEALTH & FITNESS

*Continued from page 18*

**REMINDER:** We have replaced the spray bottles of cleaners with disinfecting machine wipes through out the facility. They are designed to make the cleanup of the machines easier. Please use one or two after you are finished with your workout on the equipment. Remember, a couple go a long way!

### **GROUP EXERCISE & AQUA**

New classes for the New Year. We will be adding a variety of new exciting classes this year, some more cardio fitness classes, matt Pilates, dance and aqua challenge classes that we are finalizing the details on now. These new classes will get you moving and keep you motivated. Look for announcements in the club this month. Starting the first week of January look for the following changes:

New class – Yoga - 9:00 AM W/F in the ballroom - starting Wednesday, January 2nd.

New class – Aqua Early - 8:30 AM  
Mon – starting Monday, January 7th.

New day – Get Fit While You Sit - 2:45 PM will now be on Thursday (formerly on Tues).

### **MASSAGE**

We are thrilled to welcome back Beth Rebstock, massage therapist, who has been on maternity leave. She gave birth to a healthy girl, Eleanor Suzan ("Nora") on September 5th, 2007 to the delight of her four-year-old sister, Kacey. Beth will be available for massage appointments in the New Year. Please call (1052) for her schedule and to book your appointment!



New 2008 massage packages will be available in January

### **2008 MASSAGE**

#### **JAN / FEB**

**Warm Stone** – Purchase a 90 minute Warm Stone Therapy service and get \$25 off a second Warm Stone Therapy service. (Both sessions must be purchased at the same time).

Look for expanded spa services in 2008!

#### **FYI**

2008 TRILOGY HEALTH & WELLNESS FAIR – February 9th 9 a.m. – 2 p.m. inside the Delta Club

If you want to be a vendor please turn in your Health & Wellness Fair application TODAY!

### **IT'S A NEW YEAR AND TIME FOR A NEW YOU**

Come into the Vista Club and take advantage of all that your Fitness Center has to offer. Let us help you with your New Year fitness goals!



# COMPUTER CLASSES JANUARY 2008 SCHEDULE

Class Name	Date	Time	Cost
Basic Computer	Wed Jan 9, 2008	10 AM - Noon	Free
Basic Computer II (A Step beyond Basic)	Thu Jan 10, 2008	10 AM – Noon	Free
Basic Digital Photo	Sat Jan 19, 2008	10 AM - Noon	\$20
MTL	Mon Jan 21, 2008	10-11 AM	Free
Search The Internet	Sat Jan 19, 2008	1 – 3 PM	\$20

Sign up at the Vista Clubhouse desk. Sign up early so you are not disappointed. All classes meet in the Learning Center in the Vista Clubhouse. No food or drink allowed in the Learning Center. No cell phones during class.

The holidays are over and we are exhausted, but it was fun. Now that it is winter, you should have time to be at home using your computers. Come to class and learn a new skill. Let us know what classes you would like to have offered this winter.

## Classes for January 2008:

**Basic Computer** – A two hour beginner class. Get started with computers including using a mouse and bringing up a web browser. We will also cover the use of the Cyber Café and Learning Center computers available to residents. Novices are welcome and encouraged to attend this class.

**Basic Computer II** (or A Step Beyond Basic) – This two hour class is a continuance of Basic Computer and an introduction to our other classes. What do you need to know when buying a computer, when do you need to be on the internet, what type of internet service should you get, introduction to basic email, and searching the internet, are subjects that will be covered. Some computer jargon will be covered.

**Digital Photograph Basics** – Did you get a new digital camera or have pictures in your digital camera and need to figure out what to do with them? Maybe you would like to buy a digital camera with that Christmas gift card. Come to this class for an overview of camera options, learn some of the meanings of digital camera jargon, get suggestions on taking pictures, learn how to share and print your pictures. The experienced as well as novices are welcome.

**MyTrilogyLife.com** – The new MTL is here! Come and see what is new and what more is coming. This one-hour session will help you to familiarize yourself with the new MTL. Do you know you can upload pictures of items you want to sell on the bulletin board? We will help you upload pictures of yourself to add to the member directory. Do you know what a blog is and do you want to create one? You can now have your own blog space. Come and learn how it works under the new MTL.

**Search the Internet** –A two hour class to concentrate on using web browsers, reviewing search engines, how to do efficient searches and stopping at some interesting websites. We will look at how to look within a site as well.

Check the listing for Computer Class under [www.tccrv.org](http://www.tccrv.org) for information and for any changes. Bring questions to class if you have them.

Sign up at the Vista Desk or call (1052)

Questions?? Marge Brown (5809)

## COMMERCIAL AD RATES

*The following rates are effective as of September 1, 2007:*

### REGULAR RATES AND SIZES

1/4 page: \$140/month  
4.5" tall x 3.667" wide

1/2 page: \$220/month  
(horizontal only) 4.5" tall x 7.5" wide

Full page: \$345/month  
9.25" tall x 7.5" wide

### PREMIUM POSITIONS RATES:

Back Cover \$500/month  
(One-year commitment. Avail. 9/08)

Inside Back Cover \$445/month

Specific Page Requests: Add'l \$50/mo.

## TRILOGY CORNER

### ADULT COMMITTEE

Geoff Skinner of the Rio Vista Fire Department was at the November Adult Committee meeting and discussed a program, 'Vial of Life Project.' The project consists of a form to fill out and keep inside your home in case of an emergency. This form and perhaps other emergency information including a photo of the home's residents for identification are to be put in a baggie identified by a decal and put on your refrigerator door. Another decal is to be placed by your front door. In case of emergency, the fire department can easily see the decal by the front door and when entering the house, look for the baggie of emergency information if needed. The Adult Committee and HOA office are looking at how best to pass this form around for those who would like to be part of the project.

A reminder to residents: if you want

to borrow tables and chairs from the Delta, you do need to reserve them and sign them out. There is a committee of residents who monitor loaning equipment and a resident on the committee is designated to be on duty. The person on duty to contact to reserve or sign out items is listed on the bulletin board in the Delta hallway.

Another reminder for volunteers of the Disaster Preparedness Committee: We still need you. We never know when there will be an emergency and we must continue to practice and attend meetings to stay strong. While practicing we can also be thankful, it is a practice and not a real disaster situation.

The Trilogy wide phone book maintained by the HOA office will be moved from the Computer Club's website to the HOA page on MTL.

The January meeting of the Adult

Committee will be held at the Delta Club at 1:00 PM on Jan 31, 2008. Residents are invited to bring up items concerning common areas.

Marjorie Brown, Chair (5809) email: margebnjackr@yahoo.com

### ACCESS COMMITTEE

The Access Committee (AC) in conjunction with staff has been working on improving the effectiveness and efficiency of the privacy service at the front gate. There is a set of approved post orders (procedures) related to entry that are in place that should be followed by the staff at the front gate. We are committed to seeing that the approved procedures are followed. Residents need to advise the Welcome Center, i.e. the front gate staff (4306) when visitors are expected. Frequent visitors can be cleared quickly by being entered in the data base. See



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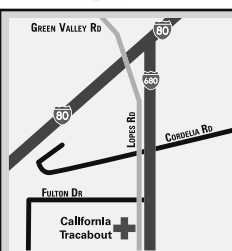
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M-F 8:30am - 5pm  
Saturday By Appointment



the HOA office for details and copies of the frequent/extended information input form. The license plate numbers of all vehicles entering the community through the visitor's front gate will be recorded as standard operating procedure (SOP). The committee is also committed to reducing multi-car entry, both piggy-backing and side-by-side entry, at the front gate, while improving the overall safety of entering our community. Resident input is solicited and welcomed by the joint action committee. Visit the HOA office, at the Delta Club and record your comments or log on to MTL, go the "Bulletins" page, (the icon is at the top of the front page) then click on "Your Community" (the last listing on the screen), then click on the "Access Committee Report" and add your comments to the blog.

Joe Downes AC chair

## **CERT (COMMUNITY EMERGENCY RESPONSE TEAM)**

Planning is on the way for a new CERT class, given by the Rio Vista Fire Department in early 2008. The class is given on three to four Saturdays, concluding with an exercise the Fire Department develops for the graduating class. CERT members will be CPR and First Aid Certified. Granting time, AED training will be given during the course or at a later time. Once earning a CERT status, members are required to take three classes over a year's time which will be decided by the CERT Leader and Fire Department. CERT members are under the guidance of The Department of Home Land Security. Please call or email Carol Benkie if you are interested in becoming CERT qualified.

Carol Benkie, CERT I Leader ~ Trilogy, (3316), benkie@myifp.com

## **CERT**

At a training class held on December 8 at the Rio Vista Fire Station, the CERT group was updated on CPR procedures and utility emergency turnoffs.

The CERT team wishes the community a safe and healthy New Year. With that in mind, we would like to suggest that you consider purchasing a CO (carbon monoxide) detector for your home. The fire department recommends having at least 2, placing one in the garage and the other in a hallway. They should be located on the lower half of the wall. CO detectors are readily available at a hardware store or home improvement center.

Judy Calpo (2924)

## **HOMELESS CATS AND KITTENS**

I am often asked what to do with stray cats and kittens that are found in our community. The main thing to do is to do something! Given that time goes quickly, you need to take immediate action. One female cat + one male cat = 420,000 kittens in seven years. Talk about a tired mom!

Your choices of what to do include: buying a trap at a feed supply store such as Western Feed and Supply; calling the local SPCA volunteers at 707-448-7722 and ask them if they have any available traps, (it is likely that you will have to pay a deposit for the use of a trap); or call SCARF (Solano County Animal Rescue Feral Cat Group). Their hotline number is 707-421-5515. SCARF is trying to keep up with an overwhelming population of abandoned, feral cats.

The next step is to have the cat neutered. Remember: neuter is not only cuter, but healthier for cats surviving outdoors. You can get an appointment

at a low cost spay/neuter clinic that supports "fixing" homeless cats, such as The Well Pet Clinic, 4040 Railroad Avenue, Pittsburg, 925-427-4300.

Thanks for helping our almost "purrfect" kitties out. I hope that you don't feel alone on this issue, because you are not. Other caring Trilogy residents have gone to bat for more than one abandoned cat. In February there will be an informal meeting at the Rio Vista Bakery. We will brainstorm on how we can further help Trilogy's abandoned cats and kittens. It is definitely time for creative thinking. The date for our meeting will be in the February issue of the Trilogy Tribune.

I hope that you have a healthy, safe New Year,  
Jody G.

## **The TRILOGY JAZZ BAND INVITES YOU TO**

**"AN EVENING OF MUSIC"**  
**Sunday January 20, 7:00 – 9:00 PM**

Come for an evening of music in the Big Band style played by Trilogy's own jazz band with vocalist Eileen Butler in the Diablo Ballroom. Admission will be free of charge; no signup is needed. All residents and their guests are welcome to come and listen and dance. Bring your own beverage and snack if they wish. (If you bring food or drink, remember to bring your own glass, plate, or napkin too.)

## **LIBRARY NEWS**

Happy New Year to us all! I love this: "An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."

I doubt whether we'll see many new changes to the library this year - if sales don't pickup. We'll have to make

*continued on page 34*



sure that everything we do have is in good order and that everything runs as smoothly as possible. As usual, your thoughts and ideas, etc. are very welcome.

So again - let's wish ourselves a happy and healthy 2008 and be open for what comes along.

"A library is thought in cold storage."

Til next time,

Judy & Leo Taylor (2161) and Gary Spear (3488)

## NEW CONNECTIONS

New Connections is a gathering of new residents and "old-timers" for the sole purpose of getting to know each other in a relaxed social setting. Our mission is to provide a platform for new and everlasting friendships, exciting events, and community information. Old-timers are encouraged to bring along a new neighbor or an old friend. New residents, please join us! We want to meet you.

The meeting is generally held on the third Wednesday of each month, unless otherwise specified. January's meeting is on Wednesday, January 16. The location changes monthly. Please call Judy Ayers (2677) for the location and directions.

After the January 16 meeting, we will be touring the California Vegetable Specialties plant. California Vegetable Specialties is the world's largest producer of California endive - and Rio Vista's best kept secret. The guided tour is about an hour, at the end of which, they will send you off with endive and recipes to try at home!

On April 30 we are planning a bus trip to Filoli! This trip is open to everyone. We'll be leaving early (more information in January) and will have a 10:00 AM escorted tour of this lovely estate and

gardens. Lunch will be included in the trip. Please call Debra Epner (3511) for more information. (And if you want to check out Filoli in advance, just go to [www.filoli.org/visitor](http://www.filoli.org/visitor).)

"In April, when the formal flower beds are at their peak, the garden at Filoli is a profusion of color, fragrance and texture. Few of our guests realize that the beds are planted "from scratch" and that the planning process continues virtually year round. The formal beds (or parterres) are replanted twice a year, once in early fall for the spring display and again in late spring for the summer display."

Jan Boscacci

## Notes of Thanks:

### CHILDREN'S CHRISTMAS EXTRAVAGANZA

Thank you Village I, Oakmont, Olympic, and Riviera for opening your hearts with your Christmas gifts for the children of Rio Vista. Once again your generosity has reached out and touched so many families. I also thank all of the volunteers, Delta Breeze with their enthusiastic renowned voices, Denise Rubiaco for her photography skills, Kersti Evans for her on-going support and Alma Renko, our dancing elf, and Steve Hextell, our Santa.

What a beautiful way to start Christmas giving to others. Rich Galletta

### HOLIDAY DECORATIONS

A great big thank you goes to Julie Matos for spearheading the holiday decorations at the Vista and Delta Clubs this year. She almost single-handedly decorated both clubs. The Member Services staff had volunteered their time for the last several years to decorate the Vista Club and Village I Residents Club decorated the Delta Club. The MSA staff decided this year that more of the community should get involved with this,

so they decided to take a break. We hope to build community involvement in this fun activity. Thanks also goes to our maintenance staff for bringing everything out of storage for us and putting up the trees. Please help take down the holiday decorations on January 3 and 4. Call Kersti (1055) if you are available to help

## TRILOGY FRIENDS

Willie and I would like to express our heartfelt appreciation to our wonderful Trilogy friends for their kind thoughts, prayers, and support during my illness. We couldn't live in a better place. Thanks again. We love you all.

Barbara Trujillo

## SNACKS FOR YOUR THOUGHTS (SFYT)

### *How can I prevent errors at the doctor's office?*

Most important: Ask questions; ask questions; ask questions and be involved in your healthcare!

If you are uncomfortable asking questions, write down your questions and take a relative or friend with you to ask questions and to help you understand the answers.

If you have a test or procedure done, ask when you can expect to receive the results and be sure to get the results. Do not assume that everything is okay, just because no one calls.

### *How do I ensure that I will know what all my medical options are?*

When faced with a new treatment or option, whether it is surgery, procedure or a new prescription, ask your doctor the following questions. Answers to these questions will provide you the objective information (options, possible outcomes, risks and benefits) you need to make your decision.

## Questions to ask your doctor:

Why are you recommending this treatment? This will help you understand the doctor's reasoning.

What is the likely outcome of this treatment? What is the best case and worst-case scenario for my case or situation?

What are the possible side effects or consequences, and what are the chances of these occurring? The doctor's answers will tell you about potentially negative physical and psychological effects of proposed treatment.

What does the procedure involve? This will tell you what and how it feels to experience a particular procedure or treatment.

What are my other options? For each option, ask why it was not the doctor's first choice. Keep asking about other options until the doctor has exhausted all possibilities.

What happens if I do nothing? This tells you the natural course of the disease and you always have the option to decline treatment.

For the doctor or specialist doing your procedure or treatment, ask, "How many times have you performed this procedure in the past year and with what results?" (Statistically the error rate is significantly lower when doctors or surgeons do a procedure at least 100 times a year.)

How do you feel about patients seeking second opinions?

Who answers questions after I leave the office? Will you be available by phone or will I have to speak to a nurse or assistant?

Ask your doctor if he/she can provide a "decision aid" (websites, DVDs and booklets about procedures and treatments) or tell you where to get one. Use internet sources and information only to supplement the information

you have obtained from your doctor. Internet sources often produce a lot of information that may not necessarily be relevant to your individual situation.

For each treatment option, write down the reasons you might choose it (the benefits) and the reasons to avoid it (the risks). With the information you have obtained, you are reducing uncertainty to its lowest possible point and there is much less potential for wrong decisions. You and your doctor can partner to make a decision you can live with.

I hope that you and yours had a wonderful and healthy holiday season!

More health SFYT on "How to prevent errors if you're in a hospital" on your next month's Trilogy Tribune issue. Have a health question? Please e-mail to felice\_rn@yahoo.com. Please include your daytime phone number.

## DELTA CLUB

- All members have their own key to the Delta Club, pool, and spa.
- Pre-scheduled use activities take precedence in all Common Areas and Facilities.
- Access to the Marina Room is limited to persons 18 years or older when accompanied by a member.
- No individual who is incontinent is permitted to use the water facilities at the Delta. Children must be potty trained; swim diapers are not allowed.
- The spa is for use by members and their guests over the age of 14.
- Guests who use the pool and spa must be with a member at all times. Guests under the age of 18 are allowed in the pool area only during family swim time – 11:00 AM – 3:00 PM, seven days a week.
- The Delta pool is only heated from late May to late October of each year.

## VISTA CLUB

- The Vista Club is open from 6:00 AM – 9:00 PM, seven days a week.
- All members must identify themselves at the Member Services Desk when entering the Club by either signing in or using their ID card.
- Pre-scheduled use activities take precedence in all Common Areas and Facilities.
- The Fitness Room and walking track are available for members only.
- Guests who use the pool or spa must be with a member at all times. Guests under the age of 18 are allowed in the pool area only during family swim time – 11:00 AM – 3:00 PM, seven days a week.
- The spa is for use only by guests over the age of 14.
- No individual who is incontinent is permitted to use the water facilities at the Vista. Children must be potty trained; swim diapers are not allowed.
- The Napa Room is available for guests over the age of 18, when accompanied by a member.
- The Cyber Café is available for all members and guests from 7:00 AM – 3:00 PM, seven days a week.
- The Cyber Café computers are available for members and their guests over the age of 10. Guests between the ages of 10 and 18 must be accompanied by a member.
- The Learning Center is available only for members when a class is not in session. These computers are not available for guests.
- The Sonoma Room is available for members and their guests over the age of 14.
- Wireless Internet is available in the Vista Club.

## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### AmeriPlan

AmeriPlan #1 Discount  
Dental/Medical Plan  
Savings of 30%-50%-80%  
[www.mybenefitsplus.com/doug](http://www.mybenefitsplus.com/doug)  
Douglas Littrell (3291)

### AromaTime

Your source for  
Gold Canyon candles and more  
Suzi Cassone, 925-231-5213  
Email: [aromatime@hotmail.com](mailto:aromatime@hotmail.com)

### Cruises and Tours

For individual and group travel.  
Terri Anisko (6277)  
Email [oceans@myifp.com](mailto:oceans@myifp.com)

### Northridge Travel

Customized, individual and group,  
land, tours and cruises.  
Debra Epner (3511)  
[daepner@prodigy.net](mailto:daepner@prodigy.net)

### Premier Designs, Inc.

High fashion jewelry at affordable  
prices.  
Phyllis Valiquette (707-398-6527)  
[nanavali@comcast.net](mailto:nanavali@comcast.net)

## FOR SALE

### Home Furniture

Home furniture sale from 1/14 – 1/18.  
Nearly new cherry dining table w/6  
chairs \$750 obo; teak bedroom \$300  
obo; entertainment center \$250 obo;  
bookcases, desk, \$300 obo. Call Sheila  
(3044).

### Home for Sale

Healdsburg for sale by owner. \$550,000,  
10% down, 5% interest for five years.  
Some upgrades. Call Buddy Brown (707)  
942-2129.

### Home for Sale

Yountville for sale by owner. \$620,000.  
10% down, 5% interest for five years,  
or lease option with 5% down. Lots of  
upgrades. Call Buddy Brown (707) 942-  
2129.

### Items for the Home

Oreck vacuum cleaner with bags. \$40.  
La-z-boy leather chair. Make offer. Call  
Verdan (5912)

### Mattress and Box Springs

Sealy Posturpedic box springs and  
mattress, double size, used only 3 months.  
\$500. Also have bedding if wanted. Call  
Lois (3687)

### Printer

HP Deskjet 5440 printer \$50. Call Lois  
(3687).

## FOR RENT

### Home for Rent

2BR, 2BA, den, 1,400 sq. ft. Large lot.  
\$1200/mo plus security deposit, includes  
HOA, water, gardener, w/d and use of golf  
cart. No smoking. Call Mary Ann  
(408) 255-4018.

### Home for Rent

New Trilogy home! \$1250 per month.  
Must be 55+. 2BR, 2BA, 2 car garage,  
den, fireplace, large kitchen with island.  
Tenant pays utilities. Landlord pays  
gardener. Call Ross at 650-302-1268.

### Home for Rent

Belmont model on the golf course.  
Owner lives in Hawaii and needs to rent  
Trilogy home. Furnished perfectly for the  
right person. Call 925-285-9162

### Home for Rent

Cozy, comfortable Pebble Beach model,  
1439 sq.ft., 2BR, 2BA, den, neutral  
interior, light and bright. Refrigerator  
included. Owner pays HOA and lawn.  
\$1050. Call (916)206-6262.

### Home for Rent

Charming Outrigger, 2BR, 2BA,  
hardwood floors, covered patio, rear yard  
open to park. Washer, dryer, refrigerator  
included. Owner pays HOA and lawn.  
\$1050. Call (925)229-2924.

## FOR RENT

### Room for Rent

Room rental in new Carmel model home.  
Use of kitchen and laundry. No pets, no  
smoking. Unfurnished. \$675 monthly  
plus ½ utilities. For one person. Call  
510-364-0025.

## FOR SALE

### Automobile

'99 Dodge Caravan with electric  
wheelchair entry; 116,500 miles. Needs a  
little work. \$7500. Call John (5039)

### Automobile

2003 Mazda Protégé, 4 DR, auto, AC,  
power windows and locks, great gas  
mileage, 63K miles; excellent condition.  
\$8200. Call 3396.

### Bar Stools

2 bar stools for sale \$25.00 for the pair.  
Call John (5039).

### Bowflex Xtrem

New. Originally \$1800. Will take \$800  
or best offer. Cal 5871.

### Buffet

Beautiful solid oak buffet, 8-ft. long;  
drawers for silver and shelves for china.  
Best offer. Call Faye (5775)

## Trilogy Residents Please Note:

Member Classified Ads are available to  
homeowners only. For Sale or For Rent  
ads must be placed (and removed when  
sold or rented) by the homeowners.  
Service ads must not be national busi-  
nesses such as Mary Kay, Amway—these  
may be placed in Home Based Busi-  
ness Directory for \$10 a month.

To place a Member Classified ad in  
any category such as Services, For Sale,  
For Rent etc. please fill out a form at  
the Vista Club Member Services Desk.  
Cost is \$5 for the first 25 words made  
payable by check only to TRVMA (Tril-  
ogy at Rio Vista Master Association).



## FOR SALE

### Quiz Book

The African American Quiz Book for All Americans makes an enjoyable and interesting book to give to family and friends. Reduced sale price \$15.00. By Milt Combs. Call 707-980-9889.

## SERVICES

### Alterations

Experienced seamstress for all your sewing needs, i.e. men's and women's clothing, knits, leathers, window coverings, bedspreads, light upholstery, etc. Call Patricia Riley (3567).

### Annual Service

Maintenance and minor repairs on garage doors. Set the timing for sprinkler systems. Flush hot water heaters. For appointment, call Dick Dawson (6835).

### Caregiver

Home Health Care. I will provide nursing care, meal preparation, light housekeeping, shopping, transportation and companionship. I have years of experience and references. Donna (6514).

### Caregiver

Home Health Care. I will provide nursing care, meal preparation and housekeeping, shopping transportation. References available. Call Pat at (916) 690-3848.

### Carpet and Upholstery Cleaning

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

### Cellulite Reduction

Cellulite reduction treatment program. NO surgery, no creams, no pills. Safe, effective, lose flab and inches too. Call or email for free trial treatment. Mention Trilogy for a special discount. 925-301-7389, 925-848-4455, synergiebylo@aol.com.

## SERVICES

### Clean & Cuisine

Professional full-service housekeeping company with 15-years experience meeting the individual needs of clients. Amy Marie Mueller (6279)

### Cleaning

Diamond Housecleaning, Windows & Moving Services - housecleaning and windows, move in/out assistance, specializing in packing, unpacking, organizing, downsizing, pre/post move, line cabinets. Best service, best prices. Call

## DEADLINE

Articles and classifieds:  
Due by the 10th  
of the month

Please submit to  
[trvtribuneeditor@actionlife.com](mailto:trvtribuneeditor@actionlife.com)

Nita (3090) or cell 315-6670.

### Cleaning

Less is More! Clearing clutter is a powerful way of taking control towards a positive energy charged lifestyle! I'll organize and de-clutter your home's problem areas. Packing and unpacking also available. Hourly or by project. Call Linda (3300).

### Cleaning

P & J Housecleaning. Windows and carpet cleaning. Will do laundry. Holiday special, low rates. Call Pat 916-690-3848.

### Coins

Rare Coins. ANA life member buys coins, currency, etc. One coin or a collection. Consultation and appraisal as well. (925) 817-9196. Reese

### Computer Doctor

D. Woody Woodard installs, trains, and builds websites. Sctta.addr.com. Weekdays and weekends. 707-416-6067.

## SERVICES

### Cosmetology

Jazz Mirage Mobile Cosmetology Services for Trilogy at Rio Vista residents. Manicures, pedicures, facials, and more are available. Call Pamela James, 707-290-1329 for consultation and appointment.

### Entertainment

Eileen and Friends, jazz vocalist and trio. Available for receptions, anniversaries, birthdays, and private events. Eileen Butler, 374-2836, or [jazz@citlink.net](mailto:jazz@citlink.net).

### Experienced Handyman

Your friendly Mr. Fix-it at Trilogy. Ceiling fan installations, electrical and plumbing repairs. garbage disposal change out. Free estimates. City business license #1654. Bob Bailey (3391).

### Faux Finishes at their best!

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

### Gutters

Gutters and down spouts cleaned. \$69.99 special. Cleaned by Jim, a Trilogy resident. Call (2189).

### Handyman Services

Help with household repairs. Will hang curtain rods, pictures, and mirrors. Assembling and installing products—crown molding, closet makeovers, etc. Call Ron (2227).

### Hardwood Flooring

Licensed flooring contractor (#784747), specializing in wood floor installation and repair. Jack or Robbin (5260).

### Home Improvements

All Home Improvements. Licensed contractor and Trilogy resident. Any interior and exterior designing and remodeling; experienced with local references. Call Dominic to discuss projects and ideas. Vineyard Valley Builders at Trilogy. (707) 322-9476.

# RESIDENT CLASSIFIED ADS

## SERVICES

### Hula 4 ou

Think about a hula gram. These short performances are just the thing to kick off a lively celebration. Authentic music, dance, and costume. Call Willise Morrison, (2379).

### Income Tax Services and Planning

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

### Kitty Care

While you are away, Trilogy resident will play with your felines, feed, clean litter box, and bring in mail and newspapers. Call Mimi (4343) or cell 567-5910.

### Locksmith

Locksmith Services for your home: duplicate keys, re-key your locks, repair locks. Bonded member of NLA. Call Harley (5190)

### Maintenance and Repair

Retired general contractor with 30 years experience in the building trades is available to assist Trilogy residents with maintenance and repair items. Power-washing, electrical, plumbing, consulting, and design. Oscar Grissom (6124).

### Notary

Notary serving Trilogy neighbors for over 8 years. Free travel to your home. Linda Moreland, 374-6880.

### Notary Public

Professional, fast, and reliable service. Please call Jeffrey Kennan, certified notary at 374-7541. Special discount for multiple documents.

### Notary Services

My home or yours. Trilogy resident. Eileen Griffin (2684).

### Notary to Go!

Only \$7.50 per notarization. Discounts for numerous documents. Since 1984. Call Warren (374-3477).

## SERVICES

### Painting

Ron, the Painter for hire, Trilogy resident. Quality work at a good price. All types of painting. References. Ron 707-580-6616.

### Pet Care

Kitty Care while you are away, Trilogy resident will play with your felines, feed, clean litter box, and bring in mail and newspapers. Mimi (4343) or cell 567-5910.

### Pet Care

Pet Sitting in your home, day or overnight stay. Dog walker. Call Betty Johnson, 707-344-0738.

## ATTENTION

- **Classified Ad Rates:** Trilogy Residents Only. Ads \$5 per month for 25 words. Additional words are 25 cents per word. Make checks payable to Trilogy Rio Vista Master Association. Obtain ad form from Vista front desk. Complete form and return with check to Vista front desk. Only checks accepted. No cash.
- When you patronize the businesses advertised here, please let them know you saw their ad in the Trilogy Tribune!
- The Trilogy Rio Vista Master Association not responsible for information or validity of the ads.

### Pet Care

Pet sitting in your home, cats, dogs and birds. Call Kathleen (4750).

### Pet Care

Pet sitting and dog walking. Allow your pets to stay at home while you are away. Will bring in mail, newspapers and set out trash. References available. Kathleen (4750).

### Photography

Wyeth Photography creates lasting impressions. We offer the best local prices and guaranteed satisfaction. Call Morgan (374-3069). Visit web site: <http://wyethphotography.com>.

### Sprinkler Repair

Yearly sprinkler inspections prevent major problems. Call Jerry's Sprinkler Repair and Service (5239) or cell (707) 628-9319.

## SERVICES

### Photography

Photography for all seasons and reasons. Check out the Christmas lights on our website, [www.digitaldreemz.com](http://www.digitaldreemz.com). Spot your house and get a gree 5X7 photo of it. 707-374-6830.

### Stained Glass

Custom Stained Glass for your home; sidelights, transoms, panels, etc. 30 years experience. Trilogy resident. Call Jan for consultation (3612).

### Transportation

Need transportation to any area airport? I'll get you there on time and pick you up on your return. Call Ralph (3941).

### Window Cleaning

Windows and screens cleaned professionally by Trilogy resident Jim. (2189).

### Window Cleaning

I'm back cleaning windows! Outside windows and screens professionally cleaned. Free estimate. Trilogy resident. Call Gary (3488).

### Audio/Visual

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

### Electrical

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

### Hair Services

Hair to Go. I bring my services to you with 35 years exp.. Enjoy a professional haircut and style in the comfort of your home. Hair products, gift certificates, wig cutting and styling also available. Flexible hours. Call Carolyn 925-300-8228.

## WANTED

### Want to Rent

Our friends from out of town would like to rent a furnished Trilogy house from May through July 2008. Contact Marti (6859).



## UPCOMING EVENTS AT NINES RESTAURANT

### NINES \$9 MENU

A new menu offering 9 items for only \$9 – includes tax and an iced tea or soda!

### COOKING CLASSES WITH THE NINES CHEFS

**Saturday January 12, 11:00AM-1:00PM**

- Class limited to the first 25 Members who sign up
- \$25 per person includes personal interaction with the Nines chefs, Cooking equipment, materials and all ingredients provided, and you get to eat what you cook!
- Session Topic **"Stuffed Pork Chops with Apple Chutney"**

### NINES MONDAY NIGHT FOOTBALL

- Monday Night Football Buffet from 5:30PM-7:30PM
- Only \$10 per person, Happy Hour pricing all night long!
- Free Football Pool with great prizes!
- Happy Hour Prices on draft domestic, house wine, well drinks

### KARAOKE SUNDAY AT NINES

**Sunday January 13, 2:00PM-7:00PM**

- With Joe Corradetti, Aka DJ Easy from the Outrigger Bar
- Order from Early Bird Menu from 3:00PM-7:00PM
- Special appetizers

### TRILOGY TRIVIA NIGHT AT NINES

**January 15, early bird 6:00PM-8:00PM**

### SUNDAY BRUNCH

**Sunday January 6 and January 20**

Adult members \$19.95, Adults & Young Adults 18-55 \$26.95, Children 12-17 \$18.95, Children 5- 11 \$14.50, Children 0-4 Free

### TRILOGY CRAB FEST

- Friday January 25, 5:00PM-8:00PM
- \$35 per person
- Crab, pasta marinara or carbonara, garlic french bread

### WINE MAKERS DINNER

**Tuesday January 15, 6:00PM-10:00PM, \$65 per person**

Bake Brie in Pastry Puff  
Soup Roasted Butternut squash  
Beef Roast or Poached Salmon  
Poached Pears



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