

# Trilogy Tribune

at Rio Vista

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

March 2008

## Presenting: Blarney Band: Authentic Irish Band

Sunday, March 9, 1 p.m. - 4 p.m. at the 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 are contagious. If you are Irish, you will find yourself home again. If you are not, you soon will be. Sign up at Member Services desk (1052) at the Vista. \$10 per person. BYOB.



## Informative and Fun Health Fair at Trilogy

A record-breaking number of health-conscious people from Rio Vista and beyond, some as far as Brentwood, showed for the fifth annual Health Fair held at the Delta Club in Trilogy last Saturday.



"We broke a record with 275 people and had 250 last year," said Trilogy resident and event coordinator Anna Chunn. "All the vendors showed up too!"

A total of 30 vendors manned their stations during the 9 a.m. to 2 p.m. timeslot on one of the sunnier days residents have seen in Rio Vista in awhile.

The vendors also donated items to be raffled off during the day, while local downtown merchants did the same, to include Delta Pharmacy, Sophie Hammias (quilt), Linda Wells (cookbook), and Bank of Stockton who donated a large pot of ingredients to make homemade soups.

"Through the raffle ticket fundraiser we raised \$333 and donated it to the Rio Vista Foundation, who will in turn donate it to the Delta Swim Center downtown,"

*continued on page 12*

## SPRING FAMILY FUN DAY

Saturday, March 22, 10 a.m. - 2 p.m.

Will be held outside around the Shea model homes. Check in at the Tour Center. Easter Egg Hunt at 10 a.m., BBQ by the Nines (pay the Nines directly, \$5 for burger or hot dog, chips and soda), pictures with the Easter bunny and jump room (eight at a time) for the kids. \$5 per person. Sign up at Member Services desk at the Vista (1052).

## SPRING GIFT AND CRAFT FAIRE

Saturday, April 26, 10 a.m. - 3 p.m.

Cost per table is \$25 for members. One table per person provided. New items and handmade items for sale only. No more than two participants per table. Each vendor is asked to donate a prize for the raffle. All proceeds from the raffle will be donated to the Rio Vista Food Ministries. Tickets are \$1 each or six for \$5. Drawings throughout the day. For more information, please contact Kersti at (1055). Sign up at the Vista (1052) to rent a table and designate your table preference. Don't miss out on a convenient and unique Spring shopping experience at Trilogy.

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evitrano@actionlife.com

**Dir. of Resort Operations: Joel Reger**  
joel.reger@sheahomes.com (1051)

**Activities Director: Kersti Evans** (1055)  
kevans@actionlife.com

**Fitness Director: Jo Carmichael** (1069)  
jcarmichael@actionlife.com

**Operations Dir.: Douglas Babbitt**  
dbabbitt@actionlife.com (4895)

**Manager Assistant: Patty Moreland**  
pmoreland@actionlife.com (4849)

**Tribune Editor: Charleen Earley**  
cearley@actionlife.com (1063)

**Communications Coordinator:**  
**Charleen Earley**

### Club Numbers

**Vista** Front Desk (1052)  
Fax (1099)

**Delta** HOA Office (4843)  
Fax (4891)

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To advertise, contact Joan Azlant  
(707) 374-2620 joanazlant@hotmail.com

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## RESORT OPERATIONS DIRECTOR'S

### Notes

Joel Reger

Greetings,

I would like to thank Anna Chunn, Carol Benkie, Rich Galletta, Lynne Galletta, Pat Puryear, Sandy Dehn, Peggy Bristow, Jill Ledterman, Bev Shilich and everyone else who assisted with the fifth annual Trilogy health faire. This year's event was very well organized and attended by both members of Trilogy and residents of Rio Vista. Thanks also to Steve Hextell and Shea Homes for donating two great raffle prizes that were used to raise money for the town pool.

Wellness is one of the four brand dimensions Trilogy was founded upon and it continues to be the cornerstone to the programming here. As we look at the fitness program, changes occasionally need to be made in order to achieve what is in the best interest of the community as a whole. In light of the approved 2008/2009 Master Association budget we are considering possible ways not to eliminate support of the group exercise program, but different methods to reduce expense to the community. A change in fees for group exercise classes reflecting a 75¢ increase per class and maintaining of minimum monthly class participation will help initially. The possibility of an unlimited monthly pass as an addition to the punch card may also represent a value to members. Also the personal training program and in the future the additional spa services offered may be able to help offset the cost. We are exploring every possibility to make this program adjustment as easy and agreeable as possible for everyone affected, so please feel free to provide feedback to the fitness director, Jo Carmichael and myself.

The best way anyone can help support the program is by participating. This

not only goes for the fitness classes but the spa services and personal training as well. The same applies to the activities and events that take place. Your attendance ensures the quality and variety of activities and classes is ongoing.

As always mytrilogylife.com provides information on activities and schedules of classes that are taking place. Sign on and get involved in the lifestyle here at Trilogy. If you need assistance with a sign on or have any general questions regarding the site please contact your new communications coordinator Charleen Earley at (1063) or cearley@actionlife.com.

Shea is sponsoring a fun new photo contest for Trilogy members. Simply send me (via e-mail) your best five pictures that describe what living at Trilogy means to you. The contest is called, "A Day in the Life of Trilogy." Include photos from Trilogy, clubs and activities, or the Delta region in general. Winners will be spotlighted in the Tour Center and in the Vista Club, and prizes will be given out to the top three entries. And winners will also be featured in the Trilogy Tribune issue. Send to joel.reger@sheahomes.com.

Respectfully,  
Joel

### NOTES FROM THE BOARD

Newly re-elected board members are Bob Sather and Derek Jones; officers are Bob Sather (president), Jim Larsen (vice president), Derek Jones (CFO), Lee Puryear (secretary) and Kris Russell (director).

**The 2008 pool rules were passed.**  
Changes are as follows:

- 1) Shirts are allowed in Delta pool to prevent sunburn;
- 2) Diapers, whether worn by children or adults, are prohibited in any pool as well as any child who is not toilet trained and incontinent adults.



**Communications  
Coordinator's  
Notes**  
Charleen Earley

How about that rain? I know California growers needed it, but without the sunshine for so long, it can certainly wear on your mood. I just hope this March issue cheers you up through the many exciting events, fun clubs and great work-out trainers and classes Trilogy has to offer. I heard one person describe Trilogy as, "it's like a cruise on land!"

My first month here was a joy and a breeze. Of course the task of learning any new job is always a challenge, but everyone here at Trilogy (staff and members included), has been more than gracious and helpful. Thank you.

Just a reminder to all those Tribune contributors out there, the deadline for submission is the tenth of each month. I encourage early submissions, and if you turn in hand-written copy, I need it by the fifth, so I have time to re-type it.

There's also a new style sheet available, which many contributors should have received by now. If you haven't received your copy, shoot me an e-mail and I'll send you one. The style sheet follows AP Style guidelines, which are used by journalists everywhere. Don't forget to use the spell check feature too. Just think, you are all turning professional now!

Please check out [www.mytrilogylife.com](http://www.mytrilogylife.com) and read all the new posts from your neighbors at Trilogy.

Smilz,  
Charleen Earley



**ACTIVITY  
DIRECTOR'S  
Notes**  
Kersti Evans

Greetings! Please check out all of the workshops, special events and classes that will be offered in the next few months. Sign-up early.

**TRAVEL TALK PRESENTERS**

I am looking for guest speakers for 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.

**GRAPEVINE CHAT**

**Tuesday, March 11, 6 p.m.  
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. February's Grapevine chat was well-attended, with some members bringing tasty treats to share with about 25 members.

**PHOTOGRAPHY WORKSHOP**

**Saturday, March 15, 2 p.m.  
followed by a second session  
Saturday, April 5 at 2 p.m.**

Andrew Azquistapace, a member from the Trilogy Community, has volunteered to teach this class. This will be a free introductory workshop to cover many topics, but the prime focus will be on how to take great pictures without the mistakes. This will be a two-session class due to the amount of information shared. At the second session, Andrew will announce a date, time and place for a photo field trip. Sign-up at Member Services desk at the Vista (1052).

**NOTICE:**  
The Vista Club will close  
at 2 p.m. on Sunday,  
March 23 for Easter

**LIVING TRUST AND  
LIVING ON A SET BUDGET  
WORKSHOP**

**Monday, March 17. One session  
offered at 10:30 a.m., another  
session at 7 p.m. at the Nines.  
\$10 per person, per class and  
includes lunch or dinner. (\$10  
includes beverage/tax/gratuity).**

Thirty members per class. Lunch attendees order off of the Nines-for-Nine menu with lunch served after the class. For those who attend the dinner session (6 p.m.) order off the Early Bird menu or pay the additional amount at the Nines for their corn beef and cabbage meal.

Our speaker is David Knight, a Certified Senior Advisor (CSA), who will present important information when dealing with estate planning and new tax laws. He will cover such topics as: how to avoid the cost of probate; how to best hold title to property; current Medi-Cal spend down rules; and when a living trust is appropriate. Plus more information will be shared about budgeting.

David Knight, a Solano County native, currently lives in Winters with his wife and two daughters. He received his BA 14-years-ago from Brigham Young University in political science, with a minor in music. He passed the California Bar Association May of 1998, and joined his father, Wayne Knight (27-year veteran attorney) in Knight and Knight, Attorneys at Law in Fairfield. When he's not conducting financial seminars, David Knight can be found performing in the West Valley (Barbershop) Chorus, or spending time with his family. Sign-up at Member Services at the Vista (1052).

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**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.

## ACTIVITIES & EVENTS

### ENRICHMENT LECTURE SERIES

Thursday, March 27, 6:30 p.m.

Tricia Piquero and Don Huntington, publisher and editor of 110-Degrees; East Contra Costa County's award winning magazine, will tell the inspiring narrative of how the magazine came into existence, how they found each other, and the role the magazine serves in inspiring readers. Tricia and Don's presentation will be lively, providing an encouragement for all of us to conduct ourselves according to the higher purpose for which each of us were put in this world. Sign-up at Member Services desk at the Vista (1052).

**Their presentation outline:** Our Story: the magazine's miraculous origins (by Don); Our Task: the magazine's stirring editorial policy (by Tricia), and Our Purpose: the magazine's inspiring example (by Don).

### HOME DECOR WORKSHOP

Saturday, March 29, 2 p.m.

Want to learn some great home decorating tips? Or how to make a room look inviting? Even better; decorate with what you have. Come to our home décor workshop hosted by Cindy Walston, certified interior designer and Julie Oakes, owner of Rio Vista Floral Designs on Main Street in Rio Vista. Sign-up at Member Services desk at the Vista (1052) for this free event.

### GRAPEVINE CHAT

Tuesday, April 8, 6 p.m.

Grand Living Room, Vista Club

Enjoy getting to know your neighbors and staff. Bring your own wine and a glass, finger foods are optional, but fun. Sign-up at Member Services desk at the Vista (1052).

### FRESH AND ORGANIC PRODUCE MARKET

Coming to Trilogy

Sunday, April 13, 10 a.m. - 3 p.m.

Petrill's Market from Vacaville will be here with fresh farm produce, nuts and honey. We are also hoping to have wellness lectures, chair massages and possibly Pauline Caban, Naturopathic Dr. for this event.

### MEMBER PHOTO DISPLAY

Saturday, April 26, 10 a.m. - 3 p.m.

If you are interested in displaying your photo art, you are welcome to display your work at the Spring Gift and Craft Faire. Please let Kersti know at your earliest convenience.

### ENRICHMENT LECTURE SERIES

Tuesday, April 29, 6:30 p.m.

#### *History Insight*

Carol A. Jenson, historian and author, will be presenting intriguing information about Byron Hot Springs, plus highlights of the Delta.

Carol has been fascinated with Byron Hot Springs since the early 1960's. A native of East Contra Costa County, Carol is a history graduate of University of California Santa Barbara. She delights in discovering hot springs ephemera and documenting the cultural history of the area from those who lived, visited or worked at the resort. The fruits of the historical search can be found at the East Contra Costa County Historical Society, Brentwood, CA. Don't miss out on this great history lesson. Sign-up at Member Services desk at the Vista (1052).

### MOJACAR FLAMENCO

Saturday, May 3, 7 p.m.

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. Sign-up at the Vista (1052). \$18 per person. BYOB and a glass.

### MOTHER'S DAY PAMPERING

Saturday, May 10, 10 a.m. - Noon

We will be doing a satin hand treatment, and a pampering facial that will include a glamour makeover. We will have professionals guide us on how to bring out our natural beauty with makeup. In addition, we will have our own massage therapists offering three-minute chair massages. Refreshments provided during our program will be wine, iced tea and a cheese and fruit tray. Sign-up at Member Services desk at the Vista (1052). \$7 per person.

### GRAPEVINE CHAT

Tuesday, May 13, 6 p.m.

Grand Living Room, Vista Club

Enjoy getting to know your neighbors and staff. Bring your own wine and a glass. Snacks are optional but fun! Sign-up at Member Services desk at the Vista (1052).

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## SAVE THE DATES

### MEMORIAL DAY TRIBUTE

Monday, May 26, 11 a.m.

At the Vista

### STRINGS IN THE SUMMER: ESPIRITU QUARTET

(two Violins, Viola and Cello)

Sunday, June 29, at

2 p.m. at the Vista

The Espiritu Quartet members are seasoned professional musicians who record and perform in Bay Area orchestras and improvisational ensembles. All are conservatory trained and have studied with master teachers.

The Espiritu Quartet offers an extensive repertoire pleasing to a broad range of musical tastes, from classical, light classical and opera to jazz, Latin, holiday favorites, American songbook standards and show tunes.



*A handful of Trilogy members and friends braved rain drops and cold weather on Mt. Diablo, for a hike Fitness Director Jo Carmichael organizes annually on her birthday. The group enjoyed a warm and tasty lunch afterwards at Ed's Mudville Grill in Clayton before retiring home to a much needed hot bath.*

## HARMONY IN THE HOME THROUGH FENG SHUI



*Joyce Bueker, seen here at right with Trilogy resident Annette Eugenis, shows Annette how to incorporate the art of feng shui into her home decorating*

Joyce Bueker, an expert on decorating in feng shui fashion, spent over two hours at Trilogy in Rio Vista last month and began her workshop with a warning.

"I must warn you, I love fung shui," said Bueker, author of *Feng Shui Today*. "I have some neat stuff in my brain and I want to share it with you."

Share it, she did. So much so, that she ended the workshop with everyone wanting more. Some went as far as to book private consultations with her to come to their home.

She told Trilogy members how feng shui allows them to know what their center is, and while it can seem overwhelming at first, the basics help to build a beautiful foundation and balance in one's home.

"Feng shui is about helping to enhance your environment," said Bueker, of Pleasant Hill.

Bueker became involved with feng shui 20 years ago when she began to study meditation, yoga and ayurveda. Feng shui (pronounced fung-shway) teaches an ancient Chinese practice of placement and arrangement of decorative items and color to achieve harmony with the environment.

Trilogy member Annette Eugenis said she was excited to learn more about the art of feng shui and Peggy Brainerd said she wanted to learn how to de-clutter her home.

Once each room is decorated with specific objects and colors, Bueker said all those who enter the home will not only be energized, but will experience abundance and harmony.

"It gives the person walking into the room a sense of 'you feel really glad to be there,'" said Bueker.

Bueker gave everyone a good tip.

"Use your front doors as much as possible when entering your homes and try not to use their garage door entrance," she said. "By doing so, you bring in fresh energy into the home every day."

While some members enjoyed the workshop lecture, others said they prefer a more visual way of learning.

"Sometimes you have to look at something with another person's eyes to get a different perspective," said Bueker. "A visit to someone's house really cuts to the chase."

Bueker is scheduled to return to Trilogy for free workshops on March 15 (balance your appetite); June 7 (compassionate communication); September 20 (sleep easy through relaxation exercises) and November 15 (reducing clutter and enhance harmony). Classes are from 2 p.m. – 4 p.m., except March, which is 10 a.m. – noon, and will be held in the Diablo Ballroom at the Vista Club. Sign-up with at Member Services (1052). Also check out her website at [www.timeoutforbalance.com](http://www.timeoutforbalance.com).

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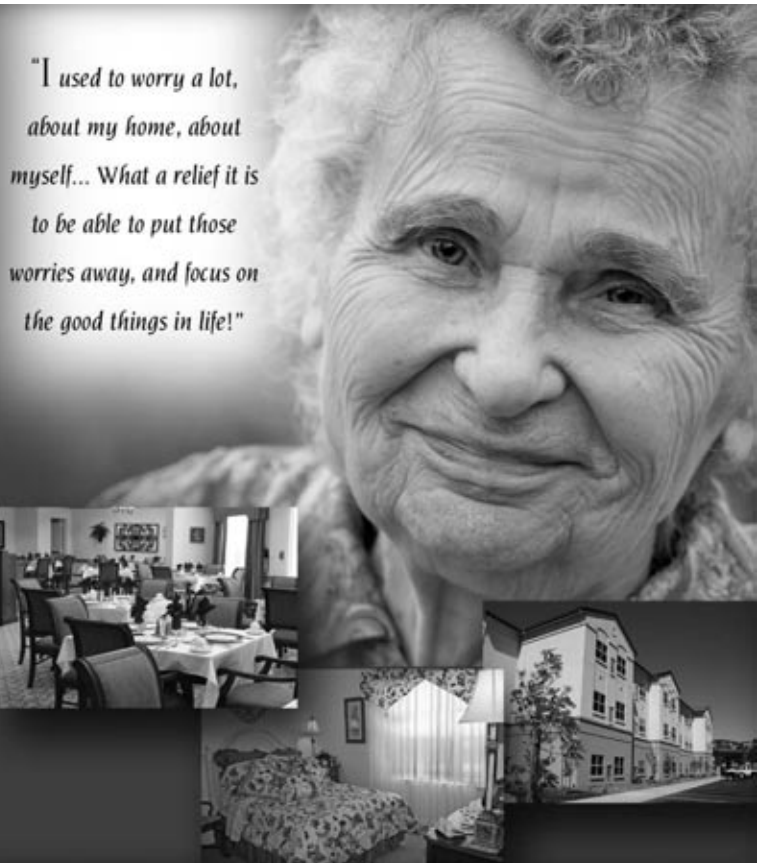
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## GATEWAY TRIO STRUMS A MEMORABLE NIGHT FOR TRILOGY MEMBERS



Over 80 members showed up with wine bottles and glasses in hand to enjoy a night of lively song and music by The Gateway Trio at Trilogy's Diablo Ballroom on January 16.

The three, Pat Brunner (banjo), Michael Clark (guitar) and Ed Moore (bass) flew in from Indianapolis, Indiana and confessed they were happy to be anywhere it wasn't snowing.

"It's three degrees above zero over there, so we are very happy to be here!" said Pat Brunner, banjo player and singer.

They opened with lively numbers such as the Kingston Trio's, "Gonna Go Down the River," and Ricky Nelson's, "Hello Mary Lou, Goodbye Heart."

Two of the Trio players, Pat Brunner and Michael Clark, have history together. They've plucked guitars and banjos on the same stage for the last 45 years, and played with the Oakridge Boys in 1980.

Clark is considered one of the best



*"The lady with the lighted martini glass"*

flat top pickers in the nation and has recorded and performed live with John Mellancamp, "Trouble No More" and "Greatest Hits" (CD).

Between songs, Brunner dished out engaging jokes. Throughout the concert he had trouble with his banjo strings, but what caught his attention most was a member and her lighted martini glass.

"The lady with the lighted glass took center stage and was a great sport," he said.

Member Rod Rumble loved their concert.

"We need to book them for next year," he said. "They're great!"

Check out their website at [www.gatewaytrio.com](http://www.gatewaytrio.com).

## MARTIN LUTHER KING TRIBUTE TOUCHES TRILOGY MEMBERS



*Hattie Walker sang a solo with the Trilogy Gospel Choir in honor of the late Martin Luther King Jr.*

It was a heartfelt afternoon in the Diablo Ballroom at the Vista Club as Trilogy members from all walks of life honored the late Martin Luther King Jr. in a tribute to his legacy.

Held on January 21, over 85 members listened to the Trilogy Jazz Band and Trilogy Gospel Choir, as they sang such songs as "Lift Every Voice and Sing" and "We Shall Over Come."

Milton Combs and Zachery Kaldveer both spoke at the event about a man who promoted peace through non-violence. Combs, a Trilogy member and co-author of The African-American Quiz Book, tested everyone's knowledge of King with five questions. Those who answered correctly took home a Hershey's chocolate bar.

Combs, who taught African American studies, ethnic studies and world religions for almost 30 years at Solano Community College, asked questions such as when and where did Martin Luther King receive the Nobel Peace Prize and what was his chosen profession?

Kaldveer (younger brother to Kersti Evans, activities director) spoke on subjects he felt Martin Luther King (if he were alive today) would want him to talk about.

"Today is a big day for me. Martin Luther King inspired people like me to dedicate my life to making a difference," said Kaldveer, an advocate for economic, environmental and social justice.

He spoke about how society has changed since the King's influence 45 years ago; where we are today and what barriers still need to be crossed.

"We've made great progress, but discrimination has not gone away," said Kaldveer, of Oakland. "Forty-five percent of Black children today are born into poverty, one in four has trouble with the law and one in five goes to college."

After the tribute, Kaldveer enjoyed meeting the Trilogy members.

"Receiving the comments I did was probably the highlight of the whole experience, which in itself is one I'll never forget," said Kaldveer. "A lot of

*continued on page 10*



**UPCOMING EVENTS**

**NINES RESTAURANT**



**LIVE MUSIC**

**Saturday, March 29, 8-11pm**

- Parel Bros
- Dinner Served till 9pm
- Reservations are requested, limited seating
- BBQ Rib Dinner 1/2 Rack \$19.95 Full Rack \$25.95, includes Soup or Salad & Special Dessert
- \$5 Cover After 9pm

**EASTER BRUNCH**

**Sunday, March 23, 11am-5pm**

Adult Members \$22.95,  
Young Adults 16-54, \$25.95,  
Children 11-15 \$19.95, Children 5-10 \$13.95,  
Kids 0-4 Free

- Easter Egg Hunt at 12pm & 2pm for the little Kids and Big Kids (in Heart) come have fun and meet Mr. & Mrs. Easter Bunny
- Big Kids find the golden egg hunt 3pm, meet in golf shop & bring your cart

**COOKING CLASSES WITH THE NINES CHEF**

**Saturday, March 15th 11am-1pm, \$20 per person**

- Session Topic: How to make corn beef and cabbage with Irish soda bread
- **Class limited to the first 25**

**KARAOKE SUNDAY AT NINES**

**Sunday, March 9 & 30, 2-7pm**

- With Joe Corradetti Aka DJ Easy from the Outrigger Bar
- Order off Early Bird Menu from 4-8pm

**TRILOGY TRIVIA NIGHT AT NINES**

**Monday, March 17, 6pm**

- Early Bird 6-7pm
- Corned Beef & Cabbage Cooked by Bob Tharp (O'Brien Family Recipe My Mothers)

**SUNDAY BRUNCH**

**Sunday, March 2**

Adult members \$18.95,  
Adults & Young Adults 16-54 \$23.95,  
Children 11-15 \$18.95, Children 5-10 \$14.50,  
Children 0-4 Free

**COMEDY SHOW & DINNER**

**STARRING JIM GIOVANNI**

**Saturday, March 15, \$29.95 per person**

- Dinner Served at 8pm
- Show starts at 9pm
- Special Dinner menu
- Limited Seating
- **Sorry No Refunds**

**WINE MAKER'S DINNER**

**Tuesday, March 12, 6-9pm, \$65 per person**

Baked Brie in Pastry Puff  
Roasted Butternut Squash Soup  
Roast Beef or Poached Salmon  
Poached Pears

**FOR RESERVATIONS CALL  
707.374.4400**

Continued from page 8



*Kersti Evans stops to pose with brother Zack Kaldveer (right) after his moving talk at the Martin Luther King Jr. Tribute. He's an advocate for economic, environmental and social justice*

them were simply 'thanks for keeping the fight going,' and others felt a bit inspired to get more involved again in what's happening in our country."

"A preacher asked if I've ever given a sermon before (which was cool)," he added. "But most people felt that we as a nation are facing a crisis on a number of levels, but there is a lot of reason for hope, and we as human beings are meant for more."

The event ended with more singing, refreshments and a quote by Dr. Dale Turner read by Kersti.

"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born."

## **CURING CANCER ONE WINE BOTTLE AT A TIME**

Over 50 wine-lovers did their best to support Antoinette Pestana's Relay for Life fundraiser held at The Wine Shoppe on Main Street last Friday, by purchasing bottles of wine made by Watts Winery.

For each Watt's bottle sold that night, owner Craig Watts generously donated \$3 per bottle to go directly to Relay for Life. He's been doing this for the

past two years because he believes in the cause.

"My grandmother passed away from (breast) cancer many years ago and I also have a very good friend who is currently suffering," said Craig Watts, owner of Watts Winery in Walnut Grove.

"I'm good friends with the owners of The Wine Shoppe (Carlos and Tracy Tejada) and we thought this would be a good idea in order to get better known as well as give to a very good cause," he added.

Rio Vista Event Chair, Antoinette Pestana of Trilogy, said the fundraiser was a success.

"It was successful because people came and were made aware of Relay for Life and that it's starting up again this year," said Pestana, a 14-year breast cancer survivor.

Relay for Life – Rio Vista's fifth year – begins August 23 at 9 a.m. and ends the following morning at 9 a.m. Toni Tucker is team recruiter and captain chair, and Pestana said sign-ups will begin this month.

"We have six signed up so far and will continue with sign-up this month and March," said Pestana. "Letters will go out and people can sponsor their favorite teams and church groups."

Diana Patrick was happy to raise wine glasses at Friday's fundraiser.

"I really appreciate the Wine Shoppe and Watt's Winery's donation to the cause and know all who attended enjoyed contributing as well," said Patrick, Realtor for RE/MAX Gold Real Estate, and painter in Clarksburg.

Patrick sees this event as a win-win for everyone involved.

"Our lives seem so perpetually busy – I know mine is – that events like these are



*Carlos Tejada, owner of The Wine Shoppe in downtown Rio Vista, served artist Diana Patrick a taste of one of Watts' offerings.*

a great way to enjoy an evening with our local merchants, friends and community while giving to a cause that is so close to all our hearts," she said. "We've all been touched with the tragedies of cancer."

Trilogy's Activity Director, Kersti Evans, attended the event and bought a bottle of Watt's Malbec and Cabernet. She heard about the event through Trilogy members and wanted to show her support.

"I'm so supportive of the Trilogy members who continue to stay motivated and driven in raising money for Relay for Life," said Evans. "This is such a great cause. My grandmother had a mastectomy 25 years ago."

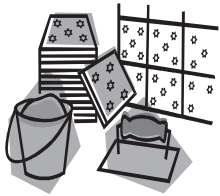
Pestana said Watt's Winery will continue to donate \$3 on every label purchased throughout the year.

"I really do appreciate the community coming together to help combat cancer," said Watts. "If we all give a little, great things can happen."

To join the Relay for Life team or become a sponsor, contact Pestana at 374-5154 or e-mail [apsunflower@hotmail.com](mailto:apsunflower@hotmail.com). Also go to [www.cancer.org](http://www.cancer.org).

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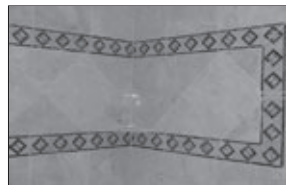
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## HEALTH FAIR

*Continued from front cover*

said Chunn. "Shea Homes donated a GE microwave and range oven."

Some of the vendors included American Cancer Society: Rio Vista Relay for Life, Dr. Melvin Pearson of Dentistry of the Delta, Tammy Trujillo with YogaED, Dennis and Celeste Bond with Melaleuca, Eric Stratton of Advanced Instruments Hearing Aid Center in Vacaville, I Feel Good



Medical of Fairfield, Helping Hands Senior Resources, Meals On Wheels of Solano County, Blessed Horizon Senior Assistance, Sutter Regional



Medical Foundation of Fairfield, and Holistic Choices to name a few.

Bill Pacuilla, a Trilogy resident for two years, views these health fairs as resourceful.

"I think it's excel-

lent for people in our age group," said Pacuilla. "It's how we found our chiropractor last year, Dr. Joe Awender."

Kathy LaTrielle, a 10-year Trilogy resident, said the fair was both good and bad.

"It's great, I just got my blood pressure taken," said LaTrielle. "The only bad thing was the cookies some of the vendors had on their tables!"

Louise Davis came all the way from Brentwood to visit her friend LaTrielle and visit the fair.

"You get to see so many different things here," she said.

First year resident, Chuck Tappero, was impressed with the events the staff at Trilogy organizes.

"This fair was wonderful. It's my first year here and it's amazing what Trilogy does here," said Tappero.

Prizes were raffled out like clockwork.

"The attendees really liked the fact that there were prizes every hour," said



Chunn. "There were 40 prizes given out altogether."

Overall, the day was a huge success for Fitness Director at Trilogy, Jo Carmichael, who received positive feedback from those who attended.

"Everyone was happy to be there," said Carmichael. "They were pleased with how the staff treated them and how professional it was."

For those interested in next year's health fair, please contact Anna Chunn at [achunn@actionlife.com](mailto:achunn@actionlife.com).



*All trips 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.*

## TRIPS AND TOURS



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

**March Trips are SOLD OUT – wait lists only.**

**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 have 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.

**April 29 Ethel's Mystery Trip & Lunch \$69/ pp.** "Roses are red, violets are blue – it wouldn't be a mystery if I told you what we're going to do!"

**May 13 Dinner & San Francisco Giants/Houston Baseball Game \$78/ pp.** We'll have a Three-course dinner at Delancey Street Restaurant prior to game. We'll see the game at ground -level seating, near first base.

**May 19 Gambler's Special: Cache Creek Resort Casino \$27/ pp.** Same ole, same ole – get on the bus, leave the driving to us, test your luck at the casino, enjoy the buffet and come back home feeling you've had a really fun day.

**June 1–3 Yosemite & Lunch at Ahwahnee – Chukchansi \$359/pp.** This three day, two night trip will include the following: A BBQ lunch

and tour at Stewart & Jasper Almond Orchards; a narrated tram tour of the Yosemite Valley floor with numerous photo stops; a gourmet lunch in "The Great Hall" at the famous Ahwahnee Hotel; a guided tour of Forestier's Underground Gardens, where you'll be amazed at what you'll see growing underground; lunch and shopping at Harris Ranch; and a two-night stay at the "crown jewel" of casino resort hotels, Chukchansi.

**June 11 "Phantom of The Opera" & Dinner \$118/pp.** Learn the "secrets" of Old Town Sacramento before having dinner at a unique, underground restaurant. Then off to see "Phantom of the Opera" at the Sacramento Community Center.

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

## CRUISES AND TOURS

*The following trips are planned for 2008 & 2009. Group sizes are limited. All prices shown are double occupancy.*

**Sept 6 – 15, 2008 Ireland** – Land Tour to the Beautiful Emerald Isle - \$2,679 per person, \$509 single supplement.

Tour highlights: Dublin Castle, Blarney Castle, the spectacular Atlantic coastline with the Cliffs of Moher, Ring of Kerry, Muckross House, and much more. Hotel stays in Dublin, Donegal, Galway and Killarney. The tour includes round-trip air from San Francisco to Dublin, Superior First Class Hotels with private bath/shower, luxury coach transportation, full breakfasts daily and seven dinners. Deposit - \$250/ pp prior to March 30, 2008.

**Feb 27 – Mar 14, 2009 Deluxe Land Tour and Cruise to North Asia:**

22 Days per person prices start at \$7,536, oceanview cabin.

This deluxe trip includes a seven day land tour to China and a 14 day cruise on Azamara's 684 passengers *Quest* to Japan, China and South Korea. Tour highlights: Great Wall of China, Forbidden City, Terracotta Warriors Museum, cruise on the Li River and much more.

Price includes round-trip air from San Francisco, land tour in China (accommodations, escorted tours and most meals) and luxury cruise. Deposit \$450/ pp prior to March 21, 2008.

**April 26 – May 11, 2009 Panama Canal Cruise** – Per person price \$2,161 Inside Cabin, \$2,661 Oceanview, and \$3,161 Balcony.

Sail on Celebrity's, 5 Star *Infinity*, from Ft. Lauderdale through the Panama Canal to San Francisco. Price includes the cruise, air from San Francisco to Ft. Lauderdale and all government taxes & fees. Ports of Call: Montego Bay (Jamaica), Cartagena (Colombia), Puntarenas (Costa Rica) and the Mexican ports of Huatulco, Acapulco and Cabo San Lucas. Deposit - \$450/pp prior to March 21, 2008.

For further information or to make reservations, contact Terri Anisko (6277) or email oceans@myifp.com.



## VILLAGE ONE RESIDENTS CLUB

The VORC nominating committee has submitted the following slate of members for 2008-09 club officers: Joe Downes (president), Nancy Vickers (vice president), Naomi Walker (treasurer), Beverly Shilich (assistant secretary), Dianne Kelly (secretary) and Peg Colvin (assistant secretary). The actual election will take place at the April 8 general membership meeting at 7:30 p.m. in the Delta Club. Absentee ballots will be available for those who cannot attend said meeting. Additional information will be tubed prior to the election. Please take the time to vote, either in person or by absentee ballot, after all it is your club.

VORC issued a call for charity involvement proposals in the 2008-09 club year, at its February general membership meeting. Proposal can be made at the April 8 general membership meeting by any Village One member. Alternatively written proposal can be sent to any of the existing board members prior to the April 8 meeting. The new board will evaluate and decide on the 2008-09 course of action. The recipient of our 2007-08 charity event was the Rio Vista Food Ministry. Plans are being finalized for an April VORC social. Look for the details in your tube and plan to attend. Joe Downes for the Board.

## VILLAGE RIVIERA HOA & RESIDENTS CLUB

A final thanks to our outgoing Board Members: William Carroll, Joanne Smith and Betty Roque who served us admirably on the Board. And a big congratulations to our new officers: President Ida May Wagner, Vice President George Perry, Treasurer Warren Oglove, Secretary Marilyn Nelson, and Director-at-Large William Pacuilla. We thank you all for your willingness to serve our Village. Dave Bewick will be our Delegate to the Master Board and Dave Slaughter is our Alternate Delegate. They take with them 186 votes (out of a possible 500+ votes), which was the number of ballots cast by members of our Village. If you did not receive a ballot by mail, please contact the HOA office at 4843 to verify your mailing address. The number of ballots cast becomes the number of votes we have on issues voted on by the Master Association. We could have a powerful say in what happens here if we all returned our ballots.

Our January Soup Potluck was the talk of the town. We had 18 incredible soups. The variety was wondrous, and all were delicious. A special thanks to Sue Conklin for creating the Soup Bingo Game and the Soup Crossword Puzzle for us. They were really fun. Another special thanks to all of you who helped set up the decorations and

for helping to clean up when the party was over. What a team.

So how could we ever top the fun we had with Soup Bingo in January? We did it with Mardi Gras in February, our wine tasting and appetizer event. The decorations, games, wine, appetizers and chocolate fondue fountain were amazing. Big thanks to Linda Robinette and Diane Griffin who secretly created that fun-filled evening. Our Village will be famous for the success of that event too. So far we are two for two with winner events. You won't want to miss what we have coming up.

Spring is on the horizon, bulbs are sprouting up, and we are looking forward to our St. Patrick's Feast this month. We will feed you (for a small fee of \$9 per person) a traditional St. Patrick's Day Dinner on Saturday, March 15 at 5:30 p.m. Watch for your flyer and respond quickly to be sure you have reserved your space for a delicious meal. Be sure to invite friends you've made from other Villages. They can always pick up a flyer at the Vista or the Delta.

April finally brings back PIZZA AND GAME NIGHT. Be sure to save Saturday, April 5, for this annual fundraiser event. It is the only Pizza Game Night planned for this year, so be sure to work it into your schedule. We promise you great pizza, delicious salad, dessert and coffee, plus good friends and fun games to play. I'd say this has been our most popular event, but how could it top what we've already done this year, and what we still have to look forward to; our 50's Party, Treasure Hunt, Poker Run/Chili Dinner, Harvest Crush Wine Tasting event and a catered Christmas Dinner to be held at the Vista Club this year. What a great year we have planned for you. Keep smiling. Happily yours, Barb Downs.

### Master Association Board Meeting

Tuesday, March 11, 2 p.m.  
Diablo Ballroom, Vista Club

### Adult Committee Meeting

Thursday, March 28, 1 p.m.  
Rio Vista Room, Delta Club

### Village I HOA

Thursday, March 13, 10 a.m.  
Monterey Room, Vista Club

### Village Oakmont HOA

No Meeting  
This Month

### Village Riviera HOA

No Meeting  
This Month

### Olympic Village HOA

No Meeting  
This Month

## VILLAGE OAKMONT RESIDENTS CLUB

Our February celebration "Pie in the Sky" was a huge success. Thanks to the Trilogy cooks, the creative pie dishes and savory pies were delicious, and oh those sweet pies almost too good to be eaten, but we did. Thank you to Janet McKimmy and her committee for all their hard work in putting together a great event. Many of our guests stayed and enjoyed visiting, playing canasta, poker, Mexican Train and other card games.

Our next event is our St. Patrick's Day dinner to be held on Sunday, March 9 at 5:30 p.m. at the Delta. All residents of Trilogy are invited. Flyers will be out soon. We are looking for anyone who is interested in helping cook corned beef, cabbage, potatoes and carrots. We will purchase all the food. Call Janet at (5415) or Antoinette (5154) if you would like to help.

The April 13 Pancake fundraiser will be held at the Delta and monies will go to the Rio Vista Firefighters Association. Anyone interested in helping is asked to call Antoinette (5154).

The Residents Club will not hold a board meeting in March. The Social Committee will also not meet in March. Watch the April Tribune for the April dates of the meetings.

With all this free time, we hope you are enjoying the great weather and all our activities at Trilogy. Recently we tubed a single page sheet which includes information of who to call for various Oakmont Committees and Boards. We hope that you find having all the information on one page helpful. Call or e-mail me (psunflower@hotmail.com) with any comments or recommendations for future events. Antoinette Pestana (5154).

## OLYMPIC VILLAGE RESIDENTS CLUB

Our application to the IRS for non-profit status 501(c) (7) has been approved. Our first tax return (IRS Form 990-N) will be filed and no audit is expected. Next, we can travel to the ABC in Oakland, pay their fee and register with them as a non-profit organization. We will then be able to sell and serve "spirits" at our events if we so choose.

The next event for our village is a Spring Fling Fundraiser on Thursday, April 17 at 5:30 p.m. Cost is \$8 at the Delta Club. 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 50/25/25 raffle at this event to help us earn money so we will be able to contribute and support local Rio Vista non-profit organizations. Flyers with detailed information about the Spring Fling will be tubed to your residence.

Reminder: Our Residents Club meetings, due to multiple conflicts, have been changed again. They are now in the Vista Club's Monterey Room on the second Wednesday of each of the following months (Dec, Feb, Apr, Jun, Aug and Oct) at 7 p.m. 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. This change is reflected in the Trilogy events calendar. Mark your individual calendar with these important dates.

Our Spaghetti Feed was a huge success. There were over 110 people in attendance and many were from other villages. Thanks to all who attended. The 50/25/25 raffle netted us \$195 profit and the total profit for the "feed" was over \$875. Some local Rio Vista

## U. S. POSTAL SERVICE TOWN HALL MEETING

March 10 at 1 p.m. at the Vista Club in the Diablo Ballroom

non-profits will be very happy when we contribute to them.

Our Residents Club is now a member of the Rio Vista Chamber of Commerce for 2008 as a non-profit organization.

Please, we still really need people to chair and help with the Welcoming Committee. We can get off to a good start from Oakmont Village, who has said they would help us.

As the other villages have done, we are asking each household of our village to contribute a one-time-only donation 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 and be sure to put your name and address on the envelope or check so we can give you the proper credit.

If there is a wanna-be writer out there who would like to take over writing this article each month, call me. I would be more than happy to turn this fun-filled experience over to you.

Our next meeting will be in the Monterey Room at the Vista on April 9 at 7 p.m. Brent Cohn, President (4050).

## MASTER ASSOCIATION UPDATES

- Budget was passed
- Fitness punch cards were increased by .75 per class. See Joel Reger's notes on page 2 for more details.

**BILLIARDS CLUB**

**Latest Tournament Winners  
January 2, Nine Ball**

- 1st Joe Mattos
- 2nd Oscar Grissom
- 3rd Jack Clark

**January 8, A & B  
Division Eight Ball**

- A Division
- 1st Oscar Grissom
- 2nd Gilbert Molina
- 3rd Dave Stewart
- B Division
- 1st Mike Quihuiz
- 2nd Jim Padilla
- 3rd Diego Cassone

**January 15, Eight Ball Partners**

- 1st Geno Toscano & Dallas Salomon
- 2nd Jack Clark & Jim Padilla
- 3rd Dave Stewart & Diego Cassone

**January 22, Eight Ball**

- 1st Mike Quihuiz
- 2nd Geno Toscano
- 3rd Gilbert Molina

**January 29, Eight Ball**

- 1st Dave Stewart
- 2nd Gilbert Molina
- 3rd Mike Quihuiz

The next Billiard Club meeting is Wednesday March 5 at the Vista Club at 7 p.m.

The format for Tuesday evening tournaments are as listed below. The first Tuesday will be nine ball with a double elimination format for 16 players or less; if more than 16 the format changes to single elimination with a round robin format. Second Tuesday the players are split into two groups: A players and B players with the eight ball format. Third Tuesday all tournament

winners are teamed with a non-tournament winner with eight ball partners format. The last Tuesday will be eight ball with a round robin format. This should allow everyone a chance at a tournament win.

All tournaments are open tournaments men or women can play, with start times at 5:45 p.m. on Tuesdays. A donation of \$5 is required for club members and \$7 for non-members. Dues are \$5 per year. All Trilogy residents may join the club. Prizes are awarded to the top three finishers. Our officers are: President Joe Mattos, Vice President Dallas Salomon, Treasurer Jack Clark, Secretary Oscar Grissom, and membership chairman Bon Puno.

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 at 916-813-5622 or Dallas (5674).

**BOCCE BALL  
WEEKDAY MORNINGS**

As indicated on page 16 of the February Tribune, weekday morning Bocce Ball will kick off at our annual general meeting on March 18 at 9 a.m. at the Delta Club. All who expect to play are asked to be present.

Is anyone willing to serve as secretary of our league? If so, we welcome your volunteer time. The position is vacant due to Joe Downes taking over since last season as president of the Trilogy Bocce Club. The position entails membership on the executive committee, and a few other light duties. Dick Nachtsheim (5251).

**BOCCE CLUB**

Daylight Savings Time begins on March 9, which means the 2008 TRV Bocce season is almost here. The club season, a.k.a. night league, is scheduled to start on Saturday, April 19, with the first matches at 10 a. m. The initial organi-

zational meeting of the 2008 season for existing club members is scheduled for Thursday, March 6 in the Delta Club at 4 p. m. All existing members are invited and encouraged to attend. Topics to be discussed and decided upon are; days of play (for example Monday-Wednesday and Tuesday-Saturday with no Thursday, Friday or Sunday scheduled matches), times of play, number of teams in total, plus old and new business.

New member sign-ups and new team registration is scheduled for Thursday, March 27 at 4 p. m. in the Delta Club. We can accommodate additional teams and players. We have scheduled two training sessions for new members on Saturday, April 5 and Saturday, April 12. New captions will be briefed at 9:30 a.m. with new member instructions at 10 a. m. on both days.

The final schedules for all teams will be distributed on Thursday, April 10 at a captains/co-captains meeting in the Delta Club at 2 p. m. An end of season gathering is in the planning stages, stay tuned, additional details to follow. Notices, schedules and information will be posted at the Summerset bocce bulletin board as well as on MTL. Bocce yours, Joe Downes for the Board.

**MEN'S GOLF**

After a very wet and cold January things changed and February the weather was as good as it gets. The course is in great shape and with any luck at all we should have a wonderful spring.

We are getting very large turnouts for our Wednesday tournaments. Because of the large turnout we are working with the course management team to try to get more shotgun starts.

*continued on page 18*



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Continued from page 16

**The February 6 Straight Golf Tournament winners were:**

**A Flight - Soc Solis**

**B Flight - Don Grass**

**C Flight - Armond Roque**

**D Flight - Bob Thomas**

*Congratulations to the winners!*

We had a full house for the Sadie Hawkins Tournament on Valentine's Day with the 18-Hole Women's Club. A good time was had by all.

This month's general membership meeting will be March 19 at 4 p.m. at the Delta.

Quote of the month comes from Dave Hill:

*"Golf is the hardest game in the world to play, and the easiest to cheat at."*

See you out on the course, ENJOY!!  
Dennis Dolan.

**WOMEN'S 9-HOLE GOLF**

We had a busy January starting with our board getting together and scheduling our activities for 2008. Included in this schedule are several outside tournaments, an invitational in June at Lockeford Springs, a Relay for Life fundraiser in June, our Club Championship play days in July, the Rio Vista Women's 18-Hole invitational in August and our Women's 9-Hole play day in October, just to mention a few.

A few days later we had our general meeting and some of the items discussed are as follows: use of cell phones is becoming a problem and their use should be limited to emergencies; Mary Popham has volunteered to assume responsibility for chairing the Sunshine Club; Linda VanNieuwburg, Terri Anisko and Norma Donaldson are working on a new design for our club shirts; and

our Handicap Chairperson Terri Anisko gave an excellent informative explanation on how the club website can be utilized. Our club is growing and as we grow so do our activities. We look forward to 2008 as a year of new experiences and plenty of great golfing!

Between several rained-out Tuesdays and many members out of town on vacations, our contest results are shorter than normal: chip-ins - Terry Sutter; pars - Sue Milne, Trixie Roque (2), and Terry Sutter.

We are excited to announce a new member to our club, Karen Nash. We welcome her and look forward to golfing with her!

Tournament Chairperson, Joanne Smith, would like to stress the importance of signing up in advance and not making changes after 9 p.m. Monday. This is very important in making up the teams. If there is a change, or if you are going to be late, please call the Pro Shop (2900) by 9 a.m.

Our club meets in the Nines Restaurant at 9 a.m. sharp for announcements and assignment of the teams. Anyone interested in playing with the Rio Vista Women's 9-Holers can call our Membership Chairperson Sharon Ford (6922) for more information.

**WOMEN'S 18-HOLE GOLF**

We were able to play three of four games in spite of the weather.

The overall low net for the February 7 game was Marilyn Rogers. She came in with a net 72. Marilyn gets to wear our golf charm for the month. Congratulations Marilyn!

The following ladies made birdies and chip-ins for the month: Lynn Grace made a birdie on hole 5. Donna Martella and Marsha Loomis made chip-ins on hole 6 (Marsha's gave her a par),

Linda Barlesi on hole 10 and Bessie Dunn on hole 4 (from over 100 yards out). Congratulations ladies!

Terry Sutter is our new member. We are happy to have her join our group of great ladies. Welcome her when you see her.

For any new resident that would like to join us, we meet at the Nines at 8:30 a.m. every Thursday. Play begins at 9 a.m. Contact Cindy Brown (3170) for more information. Anna Stevens (3449).

*Regular play day results are:*

**January 17: Even Holes  
(1/2 handicap)**

**A Flight**

- 1st - Marsha Loomis
- 2nd - Angie Jones
- 3rd - Linda Barlesi

**B Flight**

- 1st - Frankie Freese
- 2nd - Lynn Grace
- 3rd - Marilyn Rogers

**January 31: OSEN  
(holes starting with O, S, E, N)  
1/2 handicap**

**A Flight**

- 1st - Joan O'Connor
- 2nd - Marsha Loomis

**B Flight:**

- 1st - Trixie Roque
- 2nd - Bessie Dunn

**February 7: Low Putts**

**A Flight**

- 1st - Marilyn Rogers 32 putts
- 2nd - Debbie Carroll  
and Lucille Rhodes 34 putts

**B Flight**

- 1st - Bev Dunn 32 putts
- 2nd - Anna Stevens 36 putts
- 3rd - Lynn Grace 37 putts

*continued on page 26*



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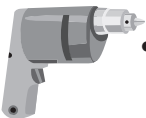
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## FITNESS DIRECTOR'S *Notes*

**Jo Carmichael**

I would like to take this opportunity to say thank you to all those hard working volunteers who made the fifth annual health fair such a huge success. Nicely done. As the fitness department at Trilogy in Rio Vista continues to grow, we are expanding the ways to serve the community here. Working with a trainer can mean much more than pushing weights around. Your training staff includes some highly qualified and some of the best in the field of fitness. Personal trainers look at you as a whole person, each of us have areas we excel in and some trainers are a better fit for your needs. Here are the trainers you have available:

**Beverly Shilich** – Certified in medical exercise, specializing in joint specific and aquatic post-rehabilitation. Bev is also well versed in Pilates, balance training and is now our new in-home trainer bringing personal training to you in your home.

**Susan Prince** – Certified trainer with a background in sport science, rehabilitation, agility, nutrition, balance, circuit training goal setting and golf.

**Deanna Araya** – Certified trainer and instructor in the practice of yoga, teaching classes and also available to work one-on-one yoga sessions to increase flexibility and improve mobility.

**Marilyn Warnock** – Certified clinical somatic educator, dealing with chronic pain relief. Marilyn will be teaching group classes and education workshops starting this month.

**Jo Carmichael** – Certified master trainer with experience and background in nutrition, sports training, heart rate testing, balance and core progression and cycling.

Personal training can jump start your fitness goals and help you achieve them.

### IN-HOME TRAINING SERVICES

New in-home training service now available – If you have training limitations such as rehabilitation, or special needs that keep you from getting to the fitness center on a regular basis and have been cleared by your doctor for training, we now have one-on-one training services that will provide a trainer to come to you.

Purchase your personal training packages at the Member Service desk and the trainer will contact you to schedule your sessions.

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

Sub-max heart rate test - \$55 booked with Jo Carmichael.

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

### MARCH ORIENTATION DATES:

Saturday, March 8 at 11 a.m.

Wednesday, March 12 at 6 p.m.

Saturday, March 22 at 11 a.m.

### WELLNESS LECTURE SERIES:

#### March topics:

**Feel Well and Feel Well-Fed:** Reduce your appetite too! March 15, 10 a.m. with Joyce Bueker

**Eliminate Chronic Pain.** Learn techniques to stay pain-free, March 19, 6 p.m. with Marilyn Warnock

#### April topic:

An interactive introduction and demonstration to indoor cycling with Jo Carmichael

### FITLINXX

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!

### EVENTS:

**10K-A-Day walking program** – An active self-guided program that will inspire you to improve your health by consistently increasing your activity. The goal is to take 10,000 steps a day, start slow and work up. Go at your own rate and log your progress by using a pedometer. Set aside time each day for dedicated walking or jogging. Your starter packet with instructions, log and pedometer will be available in the fitness center March 17, \$12.00. The 10K-A-Day program begins April 1. Prizes will be awarded to those logging the highest number of steps in three months, six months and by years' end. Get involved, get a buddy, challenge yourself and improve your health!

### GOLF CONDITIONING PROGRAM

If you're interested in a golf conditioning program to improve your game and flexibility, please sign the interest list located at the golf shop or the other at the fitness center. Let us know the best days and times that work best for you.

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Continued from page 20

## GROUP EXERCISE & AQUA

**New class – T/TH 10 a.m. & 4 p.m.**  
– Get Off the Ouch-Couch – this is a 45-minute body awareness and pain relief class/workshop with Marilyn Warnock.

## New classes – SATURDAY FITNESS & EDUCATION BOOT CAMP SERIES

Join Joyce Bueker **March 8, 9 a.m. - noon** – Yoga boot camp

Join Marilyn Warnock **March 22, 9 a.m. - 11 a.m.** – Pain Relief boot camp

(Each boot camp will be different activities with different instructors. In the months to come you'll get to try full body circuit, cardio challenge, NIA dance, salsa sampler, heart rate testing, indoor cycling challenge and more)

## NEW! YOGA BOOT CAMP

Enjoy the best of both worlds – a great workout and deep relaxation – all in one Saturday morning. Master instructor Joyce Bueker will be leading a Yoga boot camp to feature an hour of standing yoga postures perfect for enhancing balance, strength and stamina, followed by 30-minutes of core abdominal work, then an hour of floor postures designed to increase flexibility and breathing, ending with 30-minutes of relaxation exercises. All levels of experience are invited to participate in this great start to your New Year's resolutions to get in shape and feel better.

Joyce has been teaching and practicing yoga, Ayurveda (pronounced eye-yur-vay-tah) and feng shui for over fifteen years and is the author of *Ayurvedic Balancing: an Integration of Western Fitness with Eastern Wellness*. She is also a professionally certified Communications and Life Balance Coach and

is currently conducting workshops and seminars on a variety of wellness-related subjects for Trilogy at Rio Vista. Sign-up at the Member Services desk.

## NEW! GET OFF THE OUCH-COUCH CLASS & BOOT CAMP

There is a solution for your chronic pain through sensory awareness. The pain patterns in our body can be related to stress, trauma, injury or repetitive motions. Join Marilyn Warnock for a new class that will teach you how to recognize, release and reverse the pain that you have been living with. Loose comfortable clothing is best. This is a specialty class and requires two punches. Sign-up today at the Member Services desk at the Vista Club (1052).

## SWIMMING LESSONS

Improve your cardio fitness, improve your swimming skills or learn to swim for the first time. Ongoing classes are held Monday and Wednesday evenings at 5:15 p.m. for beginners and 7:30 p.m. for advanced classes. Dates will start when we have five participants.

## DVD CLASS SUB

No punch card required to join the self-guided DVD class when the instructor is not available.

## MASSAGE & ESTHETICIAN

New to Trilogy in Rio Vista - we now offer full service aesthetician services such as facials, brow and lash tinting, waxing and soon, a full line of skin care products. We also have combination packages available for an aesthetician service and massage, or you may also buy and book in-home massage services.

### March / April massage special

Rain Drop Therapy – Purchase a 50-minute Rain Drop Therapy service and get \$10 off a second Rain Drop Therapy service. (Both sessions must be purchased at the same time).

### March Aesthetic specials

First time facial - \$5 off - New client only

**Massage/Facial Package** - \$10 off - For everyone

**Pick up a brochure at the Vista Club Member Services desk.**



*Continued from page 18*

## TENNIS

There were 31 Court Jesters at the last meeting. It is a good thing we do not all show up at the same time on the two courts in the morning, since only eight people can play at one time here at Trilogy. Our coach George Sablan said we now have 84 teams in the CMPL (Co-ed Multiple Partner Ladder) games. All of these games are played here at various times. On March 9 we will hold our annual daylight savings tennis social here with a dinner at the Nines to follow. Annual dues are \$24 and due now. Checks should be made payable to: The Tennis Club. Our treasurer Alice Hill will be glad to receive your check.

On March 29 we will be playing in a tournament in Walnut Creek at Rossmoor and again on June 21, since Rossmoor has many more courts.

It was decided new balls are needed for the tennis machine. The machine may only be used by members of the Court Jesters Tennis Club.

If you would like more information about the Court Jesters, feel free to join us for coffee and cookies the last Friday of each month at 10 a.m. at the Delta Club. You may also call Alice Hill at (6352) or yours truly, Grace Bos at (3910).

## TABLE TENNIS

A new year and many plans ahead, we requested assistance from the HOA (via their budget process) for the purchase of a Rob-Pong machine and an additional table. To date, however, we don't know the status of our request. We are still trying to compile an accurate list of dues-paying members which will give us the basis of our finances. To date we have 16 paid memberships. This is a bit discouraging since we had had

54 signatures denoting interest in our club. We are still asking those who did sign up and not yet responded to our e-mails and phone calls to please contact any of the following people to either commit or decline membership: Jeffrey Kennan (7541); Lydia Ponce (3859); Vicky Riddle (3684). For all of you who'd like to join us we play mostly in the Rio Vista Room and as a back up the Marina Room in Delta Club House, on Tuesday and Thursday evenings at 6 p.m. and Saturdays beginning at noon. Remember dues are only \$10 per year or 84¢ per month; what a bargain for good health, good fun and good exercise!

## BINGO

Come join the fun on March 29 at the Delta Club. Play 12 games for \$10. Blackout prize \$250. Games begin promptly at 7 p.m. Contact Irene (6999).

## BOOK CLUB

We meet the second Tuesday of every month at 10:30 a.m. in the Bridge Room at the Delta Club. On March 11 we will discuss *The Great Fire* by Shirley Hazzard. Our April 8 selection is *Water for Elephants*, by Sara Gruen. New members are very welcome! If you want to join our group please call Nancy at (3310) or Pat at (3384).

## BRIDGE CLUB

The club meets every Friday of the month at 12:15 p.m. in the game room at the Vista Club. Games start at 12:30 p.m. Anyone interested in bridge is welcome. To be included in the game, a player must be signed up by noon on Wednesday. Please call Ruth Almgren (3867) or Orly Curtis (3019) to get started. January winners were: Tom Toolan (Jan 4), Tom Toolan (Jan 11), Len Yi (Jan 18), and Len Yi (Jan 25).

## CANASTA CLUB

Join us every Tuesday of the month at 1 p.m., except the first Tuesday, 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. If you have any questions, please call Judy (0016) or Janet (5415).

## DELTA BREEZE CHORAL WORKSHOP

The Delta Breeze Chorus is back with a new focus and a new location. We meet every Wednesday, in the Diablo Ballroom, at the Vista Club, at 7 p.m. Our new focus will be on improving our music reading skills and our vocal technique, as well as having a good time singing. Come and join us; no tryouts or previous experience required. There will be a \$10 charge for supplies. Please note, Delta Breeze will not meet on March 5. For more information, call Cheryl (7567).

## DRAMA CLUB

Hear Ye! Hear Ye! Friends and neighbors in our Trilogy community, we are looking for a few good men and women. Did you strut your stuff on the high school or college stage? Have you always been attracted to live theatre? Are you the "ham" of your family? Are you "the entertainment" for your friends?

This is your chance to join a group of fun-loving thespians who enjoy entertaining the community.

In addition to acting, we need script consultants, stage hands, prompters, costume advisors, curtain pullers, help with make up, scenery design, props, sound effects and lighting. The play selection committee has been evaluating and searching for the right plays. We are hoping to have a second production in the fall.

*continued on page 28*

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## CLUBS

*Continued from page 26*

This is your last chance to join the Drama Club if you are interested in participating in the August performances (August 7, 8, 9 and 10). For more information, please call Charlene Oxoby (5627); or just come to our next meeting on March 25. The meetings, usually the last Tuesday of the month, are held in the Marina Room of the Delta Club at 7 p.m. Guests are always welcome. Volunteers are even more welcome!

Please circle Saturday, April 12 on your calendar. That's the date of our annual Pasta Feed, our only fundraiser, since there is no charge to attend our productions.

### FAT QUARTER 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 from 1 p.m. – 4 p.m. at the Delta Club. There are no dues or fees. Call Esther Young for information (2639).

### FISHING CLUB

Our next meeting will be March 17 at 7:30 p.m. in the Marina Room at the Delta Club. We hope to have a guest speaker from the Department of Fish & Game. We will discuss upcoming speakers, events and activities. A sign-up sheet will be available for our April 10 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

Please note that our meeting day and time has changed. Beginning in March we will meet on the first Tuesday of

every month at 2 p.m. at the Delta Club. Our next meeting is now scheduled for Tuesday, March 4. All Trilogy residents are welcome and no membership fee is required. For more information call Rhoda at (7542).

### GOOD SAMARITANS

What Easter Gives Us: The death of Jesus will never be televised. It is impossible to televise the pain that He suffered on the cross on that Friday.

To hear the scream that He shouted out on the cross will never lose its power. The crucifixion was the forgiveness of the sins that we have committed.

We should never forget those seven last words Jesus spoke while dying on the cross.

“Father forgive them ... today you will be with me in paradise ... dear woman, here is your Son ...” The ninth hour He cried out in a loud voice, “My God, my God, why have you forsaken me?” He said, “I am thirsty.” Then Jesus said, “It is finished.” And Jesus called out with a loud voice, “Father into your hands I commit my spirit.” Jesus bowed His head and the crucifixion of our Lord Jesus Christ was over.

That's not the way the story ends. Three days later He arose.

We feel like shouting today because this is Easter/Resurrection Sunday and Christ has risen from the dead.

But just what does that mean to us here, now, in this twenty first century?

Thus, because He lives, God can credit His provided righteousness to the account of every person who responds by faith to that offer. Those who know and follow Christ have certain hope of a resurrection of our own, of eternal life.

Our Bible study meets every Thursday at 1 p.m. in the Monterey room at the Vista Club.

Jesus loves you and so do we. The Good Samaritans. For more information call Paul or Rose (5250).

### KAYAK CLUB



*Ray Talpas, seen here at Lodi Lake on August 7, 2007, is a member of the Kayak Club*

Come out and see some of the beautiful areas surrounding where we live by joining the kayak club. We have trips that will accommodate all levels of expertise and many of our adventures have kayak rentals available. A planning meeting and dinner for the 2008 season is scheduled for March 19. Contact Karen Cavallo (5342).

### MODEL CLUB

The Model Club will meet on Friday March 7 at 9 a.m. in the Monterey Room at Vista Club. We will have our business meeting and an update on the progress being made in the initial construction phase of our Garden Railroad Project.

In our last meeting Dean Lattman presented the plans and cost estimates for the first phase of the Garden Railroad. All is progressing according to plan at this time. Richard Schmidt provided an update on our efforts to secure an off-site location in the city for an HO scale model railroad layout that would be open to all residents. Arthur Fox displayed his new “Soling 1Meter” sail-

*continued on page 30*



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## CLUBS

*Continued from page 28*

boat. It is an excellent performer. On February 9 we attended the Hobby Expo 2008 in Petaluma. We had a good time. Our meetings and trips are open to all residents and our members have a wide range of modeling interests that include model sail and powerboats, aircraft, model railroads and live steam. Also, anyone interested in participating in our Garden Railroad Project please contact Rod (2215) or twoshays@frontiernet.net.

### **MOTORCYCLE CLUB**

Trilogy Motorcycle Club riders meet the first Saturday of the month for an all-day ride. Last month we rode over to the state off-road vehicle park in Livermore to watch how professional (or young) riders cope with the severe terrain. This month we will take a leisurely ride to the north coast. Meet Saturday March 1 at McDonald's at 8 a.m. Contact Bob Pastrino (6556) or Larry Nelson (2967).

### **MOVIE CLUB**

The March movie of the month is "The Last King of Scotland", screened Friday, March 15 at 6:30 p.m. This movie, which earned Forest Whitaker both a Golden Globe and Academy Award is the story of Idi Amin and his personal physician, Dr. Nicholas Garrigan. Garrigan, an idealist, earns all the perks of his job until he becomes aware of

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Amin's inhumanity and his own complicity in the process.

This picture is not an easy one, but it is rewarding for those who will come to see it and be moved by it. With this film Whitaker finally received the awards he had been earning for at least a decade before it.

### **RECIPE CLUB**

Sorry we had to cancel our February meeting. Our March 11 theme will be brunch food. We will try the treats from: Elayne Finch, Barb Downs, Charlene Perry and Molly Woodworth. Coffee will be prepared by Molly Woodworth. Come join us and bring your favorite brunch recipe. Bon Appetit, Molly (4970).

### **RIO VISTA ROAMERS RECREATIONAL VEHICLE CLUB**

Did everyone enjoy the brunch at the Ryde hotel? We thank Wilma and Ken Powell for arranging our yearly Valentine treat.

Manny and Sandra have heard from some of you regarding our trip to River Reflections in Oroville for March 17-20. This resort is right on the Feather River and has a well equipped clubhouse for our use. There is fishing and golf plus two casinos close by.

People were to confirm by February 16 with Manny or Sandra Santos (3538) with a \$36 deposit per site. If we did not hear from you, call and we can most likely get reservations for you.

Most club members have already received a flyer via e-mail for the trip in April to Almond Tree Park in Chico. Check-in date is April 7-10 and Ron or Pauline Crews need a confirmation by March 15 with a deposit of \$30 for the first night. If you would like to receive a flyer about this trip, please call Ron or Pauline (3050).

Would you like to join us? We would love to have anyone with an RV come to an outing with us to see if you like it. No commitments to join the club the first time out! Any questions, call Frank Reid (2259) or Sandra Santos (3538).

### **RUBBER STAMPING CLASS**

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

### **SCRAPBOOKING CLUB**

You are invited to join us on Thursday, March 13 from 10 a.m. - 4 p.m. at the scrapbooking workshop in the Delta Club. We meet monthly and there is no cost. Our experienced scrapbookers are excited about helping YOU with your photos. We usually go to lunch together at the Nines. For more information call Joyce Bailey (3391) or Marti Rogers (6859).

### **SINGLES CLUB**

This month we are going to try something different. March 11 (Tuesday) we will meet at the Delta Club at 1 p.m. for game day. Afterwards we will go into town for an early, scrumptious dinner at Shelby's. For questions or more information call Anna (1368) or Donna (2309).

### **TOPS**

Taking Off Pounds Sensibly (TOPS) had a very successful January. It looks like we have all started off the year with a bang.

Please come join us at the Delta Club each Wednesday morning. Weigh-in is from 8:15 a.m. - 8:45 a.m. with a meeting to follow. We have had some

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## CLUBS

great programs with steps to a healthier you and how to keep the weight off once you have lost it. Please come join us and get the support you need to begin a new year. Contact Laverne Thompson (3613) or Linda Moreland (6880). See you there.

### TRILOGY JAZZ BAND

We enjoyed being part of the annual Music of the Night show in February. This month we resume our (almost) monthly evening dance program on Sunday March 16 from 7 p.m. to 9 p.m. in the Vista Club Diablo Ballroom. Bring your own beverage and snacks and enjoy listening and dancing to tunes from the swing era. Vocalist Eileen Butler will be singing some favorites too. No sign-ups are needed. Admission is free and optional contributions to the band's treasury will be gratefully accepted.

We rehearse on Wednesday afternoons from 3 p.m. to 5 p.m. at the Vista Club Diablo Ballroom. We welcome observers and 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, or if you would like to hire the full band or a smaller group of us to provide music for your special event, please contact Jim Lucas at (7567) or Marti Rogers at (6859).

### COMPUTER CLUB

All levels of computer expertise are welcome and encouraged to join the club. If you are interested in some aspect of computers, come join us. If you have an interest that would be beneficial to others and are willing to share with your neighbors, let us know as we are looking for residents to do presentations of interest to others in the club. If you cannot do a presentation but have a subject

you would like to see presented, let one of the computer board members know. Contact information is available on our website [www.tccrv.org](http://www.tccrv.org).

We hold our general meeting the third Tuesday of the month in the Diablo Ballroom at the Vista Club at 7 p.m. Some meetings are open to all residents, others are available only to computer club members. We have covered a variety of subjects in the past such as eBay, financial programs, computer maintenance, computer security, the new Vista operating system, what to look for in buying a computer or printer, several useful software programs and websites, even identity theft. Presentations may be made by residents or outside individuals. The subject of upcoming presentations will be listed on the club website. We are always open to other topics. What would you like to see in 2008? Let us know.

To join the club, come to a meeting. Membership is \$15 a year for a household. Applications for renewing or joining is on the computer club website and can be mailed to the name on the application or turned in at the meeting.

For March, our meeting will be March 18. We will be awarding a gift to a computer club member who attended the most meetings in 2007. We do appreciate support of our loyal members. Richard Crouser, a local individual who services computers for several Trilogy residents, will be here to do a presentation. Come join us to keep up with the changes in home computer technology, be on the alert of computer situations and share with your friends and neighbors. Bring your questions (or answers) on computer-related topics to meetings or to a member of the board. Again watch the website [www.tccrv.org](http://www.tccrv.org).

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## COMPUTER CLASSES MARCH 2008 SCHEDULE

Class Name	Date	Time	Cost
Basic Computer	Thu Mar 13, 2008	10 a.m.–Noon	Free
Basic Computer II (A Step beyond Basic)	Thu Mar 20, 2008 Sat Mar 29, 2008	10 a.m.–Noon 10 a.m.–Noon	Free
Computer Housekeeping ***New***	Sat Mar 8, 2008	1-2 a.m.	\$10
Digital Photo Basic	Sat Mar 8, 2008	10 a.m.–Noon	\$20
eBay	Sat Mar 29, 2008	1-3 p.m.	\$20
MTL	Wed Mar 12, 2008	5–6 p.m.	Free

Sign-up at Vista Club Member Services desk. Sign-up early so you are not disappointed. All classes meet in the Learning Center at the Vista Club. No food or drink allowed in the Learning Center and no cell phones during class. I know it is spring so spring into the classroom. We will be offering a new one-hour class. A few more classes are planned to include a class looking at the difference between XP and Vista Operating systems.

### Classes for March 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 Cyber Café and the Learning Center computers available to residents. Novices are welcome and encouraged to attend this class.

**Basic Computer II** (or A Step Beyond Basic) – A two-hour class as a continuance of Basic Computer and introduction to our other classes. When do you need to know when to buy a computer, when do you need to be on the internet, what type of internet service to get, introduction to basic e-mail, and searching the internet, are subjects to be covered. Some computer jargon will be covered too.

**Computer Housecleaning** – A new class for one hour. This class will be a lecture on creating and using a checklist of items that should be done regularly to maintain your computer. Students will find where the tools are on their computer to do the maintenance. Housekeeping is necessary to keep your computer working efficiently and protect yourself. We will work on the XP computers but will mention the differences in a Vista computer.

**Digital Photograph Basic** – Do you have a new digital camera or have pictures in your digital camera and need to figure out what to do with them? Or are you planning on buying a digital camera? Come to the class. We start with pulling your camera out of the box, how to use the camera, various options and what they mean. We will practice taking pictures then download them to the computer. Experienced and novices are welcome. Bring your camera and instruction book.

**eBay** – A two-hour class on how to sell your items on-line after you have done your spring cleaning. Or maybe you want to buy some things to spruce up your home. Either way, come and look at how you buy and sell on eBay.

**MyTrilogyLife.com** – Come and see what is new at MTL and what more is coming. This is a one-hour session to help you 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 or want to create one? Well you now have your own blog space. Come and learn how it works under the new MTL.

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 Club, Member Services desk or call (1052). Got questions? Call Marge Brown (5809).



## REMOVING PAIN THROUGH SPECIAL EXERCISES



*Marilyn Warnock*

Are you slowed down by pain from past injuries or aging? If so, Marilyn Warnock is the woman you want to meet here at Trilogy.

A certified Hanna Somatic educator and practitioner, as well as a pain management and movement rehabilitation specialist, Warnock was a member of the only class originally taught by Dr. Thomas Hanna, Ph.D. in 1990.

She teaches classes that incorporate the teachings of Dr. Hanna's exercises, which give pain sufferers tools to recognize, release and reverse chronic neuromuscular pain patterns.

Warnock will teach 60-minute classes called "Get-off the Ouch Couch," every Tuesday and Thursday (beginning March 4) at 10 a.m. and 4 p.m. Bring yoga mats or towels for floor use and wear loose, comfortable clothing.

"I teach people to do these techniques on their own, to free their own bodies from pain and dysfunctional muscular holding patterns," said Warnock, who has lived in Trilogy for one year. "I do hands-on sessions."

"Somatic" means "pertaining to the body; experienced and controlled from within." Warnock studied the techniques of Hanna Somatics in 1990, but only after living most of her life in pain.

At just eight-years-old she injured her back after an attempt to regain a horizontal position from a backbend.

"Our dad was in the war and during the summers in the East Bay, we (kids) fancied ourselves acrobats!" said Warnock.

Years later she incurred a horse riding accident and next, a bike accident.

"I torqued my pelvis and did some major damage. Later I wore away my L5 disc," said Warnock. "I met Dr. Hanna in 1990 and after learning and doing these special exercises, I have been pain-free ever since."

She has studied the techniques for years and while she's retired from working office-type jobs, Warnock continues to work her knowledge and skills of Hanna Somatics with her clients.

"I love to see people get their lives back," said Warnock. "When they get up off the table and say 'I can breathe again!' it gives me a wonderful feeling."

Born in Denver, Colorado, and raised between Colorado, Washington and California as a military brat, Warnock is able to help those suffering from all sorts of pains.

"I help those who suffer from lower back pain, sciatic pain, chronic headaches, digestive problems and shoulder or neck problems," she said.

Warnock conducts classes throughout the U.S. and abroad and is available for private sessions, group classes, workplace and speaking engagements.

She also offers large or small business "corporate workshop" seminars and provides hands-on sessions with employees who may be suffering from neuromuscular conditions related to the workshop.

"People will see a difference in their first session!" she said.

Visit her website at [www.somatix-info.com](http://www.somatix-info.com) or sign-up for March classes at the Member Services desk at Vista (1052).

## KARE BEARS

### SPRING GARDEN TOUR

The Kare Bears of Trilogy are planning a Trilogy-wide garden tour on May 10 (tentative date), and are compiling a list of yards, patios, and gardens to be included in the tour. If you would like to show off your beautiful yard or patio or garden, here is your chance! Please call Karen Gramlow (6861) to have your place be one of those welcoming outdoor visitors for a few hours that day.



This will be a fund raising event with the proceeds divided among the four villages' Kare Bears units. Thank you!  
Marti Rogers (6859).



### 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)

# 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 OAKMONT

We have recent additions to our team of Area Coordinators: Marcia King who is covering some Cypress Drive homes; Ruby Elizardo on Atlantic Drive; and Patrician Costello, also on Atlantic. Thanks to these ladies who keep an eye out for neighbors needing a little help or encouragement!

Our next meeting will be Wednesday, March 12 at 10:30 a.m. in the Delta Club River Room. 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. All residents, homeowners and renters, are eligible for Kare Bears assistance, and are encouraged to participate. If you have ideas for speakers or subjects you would like to hear about, please bring them to the meeting or give them to your Area Coordinator.

We are looking for more gardens and patios for the Trilogy-wide garden tour which is tentatively planned for May 10. This will be an all-villages Kare Bears fund-raising event. If you would like to show off the results of your gardening, please contact Karen Gramlow (6861).

Plans are also underway for the annual Trilogy/Summerset Kare Bears gathering, tentatively scheduled for May.

Kare Bears is a volunteer organization which offers a network of neighbors who help residents with short-term needs related to illness or loss. For more information contact Janet McKinmy (5415), Pat Roberts (1403), or Ruth Joseph (0777).



## OLYMPIC VILLAGE

The Olympic Village Kare Bears club application has been approved and regular meetings have begun. Officers were to be elected at the February meeting, but there is still a need for volunteers for the area coordinators. This person coordinates services needed by a resident in their area (a designated number of houses) during a medical emergency or family crisis and is responsible for sending cards or flowers to residents in that area. For your information, Olympic Village is comprised of the following streets: Anglebrook, Brookside Lane, Cinnabar Hills, Colonial Way, Diamante, Fairbanks Drive, Livingston Place, Lon Hills, Marianna, Michelbook Lane, Oak Marsh, Palisades Drive, Redmont, Riverwood Lane, Sunset Court, Sunset Landing, Timberlane, and Vintage Drive.

The Fire Department is encouraging all Trilogy residents to complete a new emergency form. It is similar to the old form, but includes some additional information. You may download the form ([www.vialoflife.com](http://www.vialoflife.com)) or contact Connie (5552) to receive a copy as well as a Fire Department-approved sticker to place on your refrigerator and/or at your front door.

Our village is still young and growing and we do need help in establishing our Kare Bears group. We meet on the second Monday of each month at 11 am at the Delta Club. It is not necessary to attend meetings to be a part of Kare Bears and the time commitment is minimal. If you have an interest in helping in any way, please contact Connie (5552).



## VILLAGE RIVIERA

A lot has been going on in these first two months of 2008. Several people have recently joined Kare Bears and our thanks go to Sandy Foster and Dottie and Bill Pacuilla for becoming our newest Area Coordinators.

In February we had AmeriCare as a guest presenter at our meeting. They informed those who attended about the in-home services they offer and the fees associated with the services. Those who attended asked many questions and left with valuable information. If you weren't able to attend and would like a brochure with AmeriCare's information, contact Kathleen (4750) and she will get one to you.

Elections were held at the February meeting for new officers for the year. Due to the Tribune deadline, the name of those officers will appear in the April issue.

We still need additional volunteers as Area Coordinators for several streets in Riviera Village. The streets are: Birch Ridge, Western Hills and Conway. The requirement for this position is to be a contact for your immediate neighbors if there is a need due to illness, injury or sorrow. Call one of us if you might like to learn more.

Our next meeting will be held on Monday, March 10 at 10 a.m. at the Delta Club. If you haven't attended before, please come and learn about what we do for our Riviera neighbors.

If you know someone who needs assistance and you don't know who your Area Coordinator is, please contact Kathleen (4750), Carol (3445) or Cindy (0097).

## ARTS & CRAFTS

### TAG

The Trilogy Art Guild (TAG) hopes you enjoyed seeing our talented artists displaying their work at our Trilogy Art Show in January. We had over 90 entries and over 380 people attend between Saturday evening and Sunday afternoon. Winners were: Best of Show -Harold Johnson; First Place - Alma Renko; Second Place -Harold Johnson and Jeanne Meaker; Third Place - Linda Fead; and People's Choice Award went to Joanne Robinson for La Petite Café. Thank you everyone who helped put this show together and a big thank you to Millian Maldonado for directing the placement of all the art.

April 26 brings the Spring Gift and Craft Faire to the Vista from 10 a.m. to 3 p.m., so be sure to look for more art to be shown. Artists, get your brushes out!

We have some great meetings coming up this year. Several films on painting, a photographer who will be giving a

talk about photography and your art, and one of our members will tell you about watercolor canvas and a film to go along with it. Tag meetings are the first Tuesday of every month at 2 p.m. in the Marina Room at the Delta Club. Keep creating, Lori Azzolino.

### BEGINNING DRAWING CLASSES

Begins Thursday March 6 from 1 p.m. to 3 p.m. for six weeks in the Marina room at the Delta Club.

Learn right and left brain exercises, contour drawing, gesture drawing, perspective drawing, foreshortening, composition, negative and positive shapes, lights and shadows, tonal value, volume, charcoal and watercolor pencil instructions.

Supplies needed: large scratch pad of drawing paper (Canson 14"x17"), pencils, pencil sharpener, and 12" ruler.

### CHARCOAL DRAWING CLASSES

Begins Tuesday March 4, 10 a.m. to noon for six weeks, Marina Room, Delta Club. The class will focus on instructional techniques in charcoal drawing and drawing and working on your own artwork. Supplies needed: vine charcoal, stumps, kneaded eraser, tracing paper, pencil, pencil sharpener and watercolor paper. Fee is \$48 for six-two hour classes. Please contact Linda Fead (7590) or robtlin@frontiernet.net, ASAP if you are interested.



*Many Trilogy members enjoyed the Black art on display for the Black History Month organized by the Whist Club.*

## TRILOGY CORNER

### ADULT COMMITTEE

The storm and power outage we had in January continues to inspire us to come up with suggestions to help in case such a terrible situation should happen again.

Develop a buddy system if you are alone or have some limits to your physical ability. Know and make arrangements with someone here in Trilogy to open your garage door or help with shutting off your main electric power if you do not have power protectors on all your appliances, computers or electronic equipment. Also rather than stay alone in your house, connect with others to share meals, conversation and maybe even stay overnight. You are not alone and you do not have to be alone as we were all in the same situation.

If using a generator, make sure all safety precautions are taken including proper ventilation and transfer switches.

### Below are a couple reminders from the safety committee:

Cell phone users can program ICE (In Case of Emergency) into their phones and enter their emergency contact phone numbers. Emergency personnel check cell phones for this info.

Residents may want to pick up and complete the Vial of Life form. Forms are available in several locations downtown Rio Vista and at the HOA office. Complete a form for each resident with a picture, and put these into a plastic bag or container. Put one of

the Vial of Life stickers on the baggie and attach the baggie or container to the front of the refrigerator. A sticker goes on the house window by the front door so arriving paramedics or emergency personnel will have a fast and handy medical record of the patient in need.

### A reminder about our Cyber Café and Learning Center computers:

These are considered public computers for residents' use. We request residents respect the use of these computers and not make changes including changing home pages on the web browsers, put personal signatures on e-mail systems, connect the computer based e-mail system to their personal e-mail provider and leave data on these com-



puters. Any data left by a resident on the computer is not backed up, can be changed or deleted by other users during normal maintenance.

The Adult Committee has a few seats open. Deadline for application is March 27, 2008. You must be a resident and homeowner and be available for meetings the last Thursday of the month. Applications are available at the HOA office, fill out and return to the HOA office, attention Adult Committee. You may also e-mail me with your contact information, why you would like to join the committee and what activities you have been involved with Trilogy. The Master Association Board will appoint members to three year terms in the April 2008 Master Association Board of Director's meeting.

The March meeting of the Adult Committee will be held at the Delta Club at 1 p.m. on March 27. Residents are invited to bring up items concerning common areas, and needs for the social and physical aspects of our Trilogy experience.

Marjorie Brown, Chair (5809), e-mail [margebnjackr@yahoo.com](mailto:margebnjackr@yahoo.com).

## MASTER ASSOCIATION BOARD MEETING RESULTS

- Filings of liens – approved filing of several liens.

### Unfinished business:

- Administrative Policy Committee: appointed two members to an administrative committee.
- Committee appointed to prepare administrative policies for TRV.
- 2008-09 Master Association budget: approved the 2008-09 budget. Monthly assessment \$111.46; increased group exercise .75 per class to \$2.50 (final approval).

- 2008 Pool Rules (second reading): approved.
- Final approval of the published pool rule changes for 2008.
- Utility Vehicle: approved for staff use. A proposal to purchase a utility vehicle to service lakes and transport equipment, etc.

### New business:

- Management Contract: approved three-year agreement and year-to-year contract.
- Proposal from Action Property Management regarding contract renewal.
- Computer Learning Center: tabled. A proposal to replace and update the computers in the Computer Learning Center.

## HAVURAH

Interested in joining a Havurah? We meet usually once a month to do fun things. Contact Debra (3511) or [daepner@prodigy.net](mailto:daepner@prodigy.net).

## PET NEEDS HOME

Can you give me a good home? If you are someone looking for a lovable female dog, I'm the one for you! I'm a Chihuahua and weigh 9.5 lbs. I am six-months-old and my name is Milie. I'm also free to a loving home. The only cost to you is lots of love!

If interested in a small dog, please call (3505).

## BRIDGE PRACTICE

There will be bridge practice in the Sonoma Room every Thursday at the Vista from 6 p.m. – 9 p.m. Open to anyone.

Contact: Mary Mead (2915) or Mary Thompson (4329).

## COMMERCIAL AD RATES

*The following rates are effective as of January 1, 2008:*

### REGULAR RATES AND SIZES

1/4 page: 4.5" tall x 3.667" wide	\$140/month
1/2 page: (horizontal only) 4.5" tall x 7.5" wide	\$220/month
Full page: 9.25" tall x 7.5" wide	\$345/month

### PREMIUM POSITIONS RATES:

Back Cover (six months minimum)	\$500/month
Inside Back Cover (three months minimum)	\$445/month
Specific Page Requests:	Add'l \$50/mo.

### DISCOUNTS:

- 10% for 6-months prepaid ad
- 10% for commercial ads placed by Trilogy at Rio Vista residents

## AMATEUR RADIO YOU'RE INVITED!

On Saturday, March 8, the Trilogy Radio Club will conduct informational sessions on Amateur Radio. In a non-technical fashion we will explain: what amateur radio is; how it has served in the past; and how it remains essential during emergency situations in today's world. We will also address the hobbyist side of amateur radio: participation in "rag-chewing session" around the corner and around the world; participating in Communications Contests; and, enjoying the mastering of new communication modes and equipment. Following our presentations we will conduct demonstrations of various amateur radio operations, for you to see and have your questions answered. Please plan on joining us in the Diablo Room at the Vista Club. The first session starts at 9 a.m., the second session starts at 1 p.m. No sign up needed;

*continued on page 38*

there will be seats for all. For more information, contact Jim (4382) or e-mail bigjay901@frontiernet.net.

## LIBRARY NEWS

We got a note from somebody asking if we wanted some foreign language dictionaries in the library. Think it would be a great idea. We'd put them in the reference section and note that we use them just in the library. Also there is interest in foreign magazines. We'll make room in the magazine section so bring us what you have.

We think the library is looking great. Everyone is doing their job and it looks as if you're using and enjoying it.

"America's greatness is not only recorded in books, but it is also dependent upon each and every citizen being able to utilize public libraries."

— Terence Cooke (1921-1983).

'Til next time, Judy and Leo Taylor (2161) and Gary Spear (3488).

## MTL BLOG WINNERS

Yesterday Lynn and I finally redeemed our certificate for two champagne brunches at The Nines. They offered a great presentation of foods. There were dozens of choices from breakfasts to lunches; everything from made-to-order omelets to a chocolate fountain. Even if we had paid for our meals, it would have been a great bargain. It was a wonderful way to enjoy a Sunday, and I thank you very much!

Blogging is a fun and easy way to stay connected to our neighbors and what is going on in our local area. The more people who join in, the more fun it is. I posted an account of how our household coped with the recent power outage, and I'd have enjoyed hearing how others fared in our community.

It's interesting to learn what my neighbors need or have for sale. It's also good

to know where we can get goods and services locally. The pet columns always get my attention. I check the calendar to make sure I haven't missed any upcoming events. There are updates on clubs, as well. The articles are well-written and interesting, and we have a chance to add our own comments after reading them.

You can send personal e-mail messages to any resident. By participating in blogging, you can visit your community from the comfort of your home! Nancy Fortner

## NEW CONNECTIONS

New Connections is a "gathering together" 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 friend-



*The New Members Orientation meeting, held on February 6 at 7 p.m., was well-attended. Many of the new members spoke about how they bought their home based on their friend's recommendations. Everyone enjoyed meeting each other and talking about where they moved from, before making Trilogy their new home.*



ships, 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 the third Wednesday of each month, unless otherwise specified. The March meeting is set for Wednesday, March 19. The location changes monthly. Please call Judy Ayers (2677) for location and directions.

We are going to Filoli by bus on April 30! This trip is open to everyone. We'll be leaving early and will have a 10 a.m. escorted tour of this lovely estate and gardens. Lunch will be included in the trip. Please call Debra Epner for more information (3511). And if you want to check out Filoli in advance, go to [www.filoli.org/visitor](http://www.filoli.org/visitor). Jan Boscacci.

## SUPPORT GROUPS

Our staff is often asked if there is a support group for a particular health issue. As our community continues to grow, the need for such groups will probably increase. If you have a need or would like to see a support group started please let us know. Irwin Tarrell is currently facilitating the Parkinson's support group which meets on Wednesday at 10 a.m. Before we can start any group we need to know if there is a strong interest from our members to attend. We have had requests for the following health conditions: Multiple Sclerosis (MS), Coronary Obstructive Pulmonary Disease (COPD), grief, Fibromyalgia and cancer. The one request we hear most is for a caregiver's support group. Many of our members are currently taking care of parents or spouses. Also let us know if you are interested in facilitating a group. Please contact Member Services desk (1052) and add your name to the list. You will then be contacted when your support group starts. Anna Chunn (1069).

## SNACKS FOR YOUR THOUGHTS

*Information that will help prevent mistakes while you're in the hospital*

According to a recent multi-institution study, July is not the best time to be admitted to a hospital because that's the month that new interns join the staff.

The errors, including misdiagnoses, not ordering necessary medical tests, etc., are due to these residents and intern's lack of judgment, technical competence and also from inadequate supervision by senior physicians who should review the residents' diagnoses, test orders and treatment recommendations.

### How to protect yourself or a loved one from such mistakes ....

Know who your doctor is. Always ask the doctor who is treating you in the hospital or emergency room as to whether he/she is a resident. If your doctor is a resident, ask to see a senior physician or your own physician to confirm the diagnosis.

Know who your nurses/caregivers are. Not all nurses caring for you are registered nurses (RN's). For important questions, ask to speak with a registered nurse. Know the name of the registered nurse assigned to you. Designate a specific relative to act as your patient-advocate and notify the hospital. Due to privacy laws, the hospital cannot provide any medical information without your permission.

If your doctor is a general practitioner, don't be afraid to ask for a specialist to deal with your suspected or known problem. If such a specialist is not available, ask to see a hospitalist (a doctor specially trained to work with hospital patients) or the RN overseeing your care, if he/she feels you need a specialist and/or second opinion.

Be on the lookout for fatigue. Residents are often on call for 24-hours or more. Don't hesitate to ask how long a resident has been on call or on duty. If it is more than 12-hours, ask for a second opinion.

Have a health question or comment? Please e-mail felice\_rn@yahoo.com and include your daytime phone number.

## TRILOGY JAZZ BAND INVITES YOU TO AN EVENING OF MUSIC



*The Trilogy Jazz Band played at the Martin Luther King Jr. Tribute on January 21. Over 85 Trilogy members attended the heartfelt tribute.*

March 16, 7 p.m. – 9 p.m. in the Diablo Ballroom at the Vista. The Trilogy Jazz Band along with talented vocalist Eileen Butler will knock your socks off in big band style. No charge or sign-ups for this event. All residents and their guests are welcome. Bring your own beverage and snack, and remember to bring your own glass, plate, and napkins too.

Thank you! Marti Rogers (6859).

## PLASTIC BAG DONATIONS WANTED

I am looking for folks to collect and turn in plastic bags, any color other than black. Tammy Trujillio teaches yoga for free to about 400 children in our public schools in Rio Vista. She sells the bags in an attempt to cover some of her teaching expenses.

Please bring the plastic bags to the Vista Club (1052) between 8 a.m. and 9:30 a.m., any Friday in March. I will be there to accept your donation and transport them to Tammy. Thank you, Lynne Galletta.

## THANK YOU FOR SUPPORT

To all of my wonderful friends, neighbors and Kare Bears in Trilogy, thank you all very much for the outpouring of love and affection you gave me after my accident, on Jan 4 when I broke both of my ankles. Thank you for the great meals, desserts, beautiful cards and phone calls of support. Sincerely with love, Teresa Groves.

## REGIONAL 211 SERVICE TO BEGIN

*Submitted by Carol Beinke, taken from East Contra Costa Times, February 11, 2008:*

Assistance with food, health care, housing and other social services are now available to residents throughout the Bay Area. A new hotline makes finding social services as easy as calling police officers or firefighters. Bay Area residents can simply dial 211. All calls are confidential, but operators do request a name and phone number so they can easily follow up if needed. Data bases are updated continually, and a teleinterpreter service accommodates speakers of many languages.

Other three digit dialing available: 311 for Local Government services (limited areas); 411 for Directory Assistance; 511 for Traffic and Transit; 611 for AT&T repair service; 711 for California relay for the hearing impaired; 811 for "Call before you dig" (underground utilities); and 911 for life-threatening emergencies.

Prepared by Emergency Preparedness Committee.

**Trilogy at Rio Vista  
HOME BASED BUSINESS DIRECTORY**

**AmeriPlan**

AmeriPlan #1 Discount  
Dental/Medical Plan  
Savings of 30%-50%-80%  
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  
Website: www.aromatimecandles.com

**Avon**

Independent Avon Representative  
Cindi Johnson (2578)  
soljohn123@frontiernet.net

**Cruises and Tours**

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

**Northridge Travel**

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

**Premier Designs, Inc.**

High fashion jewelry at  
affordable prices.  
Phyllis Valiquette  
(707-398-6527)  
nanavali@comcast.nett

**FOR SALE**

**Entertainment Center**

Solid oak 40"W X 21" D X 62" H, with  
doors, will hold 32: TV. \$200. Call  
Byron (5566)

**Home Furnishings**

Apartment size frig, writing desk,  
treadmill, and more. Call Bonnie  
Bowen (5720) or (707-322-5875).

**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. Cal 707-980-9889.

**Timeshare**

Marriott timeshare, June 14  
– September 8, Desert Springs, CA  
or international trade. Paid \$11,500.  
Make offer. Ed Takara (1374) or  
isatak@aol.com.

**Cars**

2003 gold Lexus GX470, 60K, \$25,000,  
and 2007 white Lexus RX400, 14K,  
\$43,000. Navigation on both. Contact  
elya\_b@yahoo.com or (928) 638-3162.

**Cleaning**

Housecleaning services. Call for  
estimates. Shirley (6045)

**FOR RENT**

**Vacation Rental**

Hacienda Del Mar Cabo, ocean front,  
deluxe, 4-star resort, jr. suite, sleeps 4,  
one or 2 weeks available now through  
mid-December. \$900/week. Call  
707-279-1802 or 707-477-3307.  
Book now for best weeks.

**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**

Gorgeous, brand new Burlingame,  
2000 sq.ft., 2 BR, 2 BA, den, travertine  
marble floors, granite kitchen counters,  
2 patios, washer, dryer, refrigerator  
included. Owner pays HOA and lawn.  
\$1450/month. 510-266-2803.

**Home for Rent**

Spinnaker model, 1400 sq. ft.,  
2 BR, 2 BA, den, washer/dryer,  
refrigerator, fireplace. No pets, not  
smoking. Landlord pays HOA dues  
and gardener. \$1100. Call Pat  
707-426-1218.

**FOR RENT**

**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**

Terrific Atherton model, never  
lived in, 2BR,2BA, den, fireplace,  
covered patio, corner lot, quiet street.  
Owner pays HOA, and lawn, \$1250.  
650-302-1268

**Home for Rent**

\$1,000/mo, 2BR, 2BA, must be 55+,  
Refrigerator, W&D, HOA, gardener  
included. No pets, no smoking.  
Two-person max. Call (510) 552-0711  
or (510) 894-2025 evenings.

**Home for Rent in Homecoming**

Want your family close? Nice and  
clean home in Homecoming, 2 miles  
from Trilogy. 3 BR, 2BA, plus den.  
\$1700/month includes gardener, water  
and trash. Call Glen (3396).

**Please Note:**

Member Classified Ads are avail-  
able to residents only. For Sale or  
For Rent ads must be placed (and  
removed when sold or rented) by  
the residents. Service ads must  
not be national businesses 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 (Trilogy at  
Rio Vista Master Association).

**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 timing for sprinkler systems; flush hot water heaters. For appointment, call Dick Dawson (6835).

**Audio/Visual**

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

**Caregiver**

Home healthcare, nursing care, meal preparation, light housekeeping, shopping, transportation, and companionship. Years of experience and good references available. Call resident Donna Price 6514.

**Caregiver – Male**

All types of care, meals, transportation and help with everyday wish to help men who live here. Call Michael (330-5812).

**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.

**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 Nita (3090) or cell 315-6670.

**SERVICES**

**Computer Doctor**

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

**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.

**Electrical**

Certified electrical contractor (lic.#819067) installs chandeliers, fans, lights, outdoor receptacles, RG6 cable for broadband service, telephone lines & wiring for saps. Call Michael (2800).

**DEADLINE**

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

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

**Entertainment**

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

**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).

**Garage Fantasy**

Your garage fantasy can be a reality: sturdy shelving and/or loft that holds all your boxes, tools, and stuff! Inexpensive, practical, and fast. Have the cleanest, best organized garage in Trilogy. Call now for savings. 925-864-2814

**Gutters**

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

**SERVICES**

**Hair to Go**

I bring my services to you with 35 years experience. Enjoy a professional haircut and style in the comfort of your home. Hair products available. Gift certificates available for special occasions. Flexible hours. Call Carolyn at 925-300-8228.

**Handyman**

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

**Handyman**

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).

**Handyman**

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

**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.

**Income Tax Preparation and Bookkeeping Services**

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

**SERVICES**

**Income Tax Services & Planning**

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

**Insurance**

Independent agent specializing in Medicare plans. Will you be turning 65 soon or otherwise eligible for Medicare? Make the best choice for your Medicare coverage. I can educate you regarding your options CA insurance license #0F04271. Call Gwen (2912).

**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 exp. 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 Services**

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

**Notary**

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

**Notary to Go!**

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

**Organizing**

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).

**Painting**

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

**SERVICES**

**Pet Care**

Pet sitter, \$16 a day, no overnights. Shirley (6045)

**Pet Care**

Pet sitting, dog walking, house sitting. 100% tax deductible charitable contribution to The Leukemia and Lymphoma Society. I'm volunteering my time to find a cure. Carol Kern (925-286-2398).

**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 or refunds
- 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 & dog walking. Allow your pets to stay at home while you're away. Will bring in mail, newspapers and set out trash. References avail. 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>.

**Photography**

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

**Beginning piano lessons**

It's never too late to learn a new skill. Let's talk about it! Fun, fun, fun! Call Terry (510-289-3036).

**SERVICES**

**Resumes for Success**

Looking to upgrade your profession or return to employment? The right resume will help open the door. One on one personal service. Maggie Hakes (3396).

**Sprinkler Repair**

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

**Stained Glass**

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

**Synergie**

Improve your shape in 2008. Tone, tighten, lose cellulite, lose inches. FDA cleared, Synergie aesthetic massage system. Visit my website [www.synergiebylo.com](http://www.synergiebylo.com). Call for a free trial treatment (6305) or 925-301-7389.

**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**

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

**Window Cleaning**

Expert window cleaning. Fast, reliable, experienced. Your windows will sparkle, screens cleaned, and normal residue build-up removed at a price that will make you smile. All models. Call for a quote and senior discount. (925-864-2814).

**Wanted**

Do you speak French? Looking for someone for conversation in French. Please call Liria at 2287. Wanted: experienced grant writer willing to use your skills to perform a vitally needed community service. Call Pauline (3050) or (5243).

# Celebrate National Library Week, April 13-19

## Solano Eats: Delicious Food, Healthy Lives



On April 15, 7-9 p. m. , join the **Kitchen Sisters**, a Peabody award-winning duo, authors and producers of the “Hidden Kitchens” series on National Public Radio, which explore the offbeat, ethnic and eccentric connections between food and culture. This is a fundraiser for Solano County Library Foundation, tickets are \$25-\$35 and available at the box office, 449-6217 or [www.vpat.net](http://www.vpat.net).

Meet **Georganne Brennan**, award-winning cookbook author, teacher, journalist and farmer. She'll share her seasonal approach to preparing simple, delicious food. ***A Pig in Provence*** and ***The Green Eggs and Ham Cookbook*** will be available for purchase and signing at each event. All events are free.



- |                               |  |   |
|-------------------------------|--|---|
| April 12<br>10 a.m. –<br>Noon | Vacaville<br>Public Library-<br>Cultural<br>Center | Writers' Workshop: Learn how to incorporate sensory experiences into writing your personal history.   |
| April 16<br>4-5:30            | Fairfield<br>Cordelia<br>Library                   | A book talk and Q&A with the author along with appetizers that celebrate the pig. The Suisun Valley Harvest Trail ambassador will be on hand and Oakbrook School will display photographs from their Slow Food project, a garden feast. |
| April 16<br>7-8               | Vacaville<br>Public Library-<br>Cultural<br>Center | Georganne will visit with the Reporter Book Club and discuss one of her many books, <i>A Pig in Provence</i> .  |
| April 19<br>10:30-<br>11:30   | John F.<br>Kennedy<br>Library, Vallejo             | Visit the Vallejo Farmer's Market and hear about Georganne's experiences with growing and cooking delectable food.  |

**W**e're Cooking Now! “Iron Chefs” free demonstrations and samples  
John F. Kennedy Library, April 19 at 11:30-12:30

Join Solano's own “Iron Chefs” at local libraries for entertaining demonstrations of some easy ways to get dinner on the table that are fast, tasty, inexpensive and more healthful than a trip to the drive-through. John F. Kennedy Library, April 19 at 11:30. **Stay tuned! “Iron Chefs” are coming to the Rio Vista Library—date and time TBA**



*Solano Eats: Delicious Food, Healthy Lives is brought to you by Solano County Library, Solano County Library Foundation, Solano County Public Health, Solano Slow Food Convivium, University of California Cooperative Extension, Solano County, Food Bank of Contra Costa and Solano, and The Reporter.*



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