

PUBLISHED BY TRVMA
August 2025

Trilogy Living

Hands in the Dirt, Hearts in the Work

Get swept up in the Spirit of Aloha on page 19.

Step into backyards full of beauty and imagination — see page 30.

A lifetime in theater lights up this fall's production. Learn more on page 52.

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July 2025 President's Report

Jim Rosteck

TRVMA Board President

July 15, 2025 TRVMA Board Meeting - Open Session

The Board met in Executive Session on Monday,
July 7, 2025.

The Board discussed policy compliance and the design
plans for Marks Road.

The Board met in Executive Session on Monday,
July 14, 2025.

The Board approved the agenda, and the June
16 and July 7 Executive Session minutes.

Legal: The Board discussed the current draft of the
Policy on Alcoholic Beverages at Events in TRVMA
Common Area and received an update on the general
manager's discussions with our insurance broker.

Contracts: The Board authorized an amount not to
exceed \$20,000 for emergency repairs to a part of the
Vista Club HVAC system.

The Board discussed a request for proposal for the Vista and
Delta Club HVAC, the 2025 asphalt repairs and the Marks
Road Conceptual Plan. These items are on today's agenda.

Collections: The Board reviewed the aging report and
the collection status report. The Board approved moving
forward with collection action on two delinquent accounts.

Delinquencies/Member Discipline: A scheduled hearing
was held regarding a member's potential violations of the
Members' Code of Conduct.

This concludes Executive Session reporting.

(continued on p. 12)

TRILOGY AT RIO VISTA

DIRECTORY

TRVMA Board of Directors

President: Jim Rosteck, TRVMABoardPresident@mytrv.org

Vice President: Dave Glass, TRVMABoardVP@mytrv.org

CFO: Mick Riley, TRVMABoardCFO@mytrv.org

Secretary: Lisa Lindsey, TRVMABoardSecretary@mytrv.org

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Village Board Presidents / District Delegates

Eagle Point Village: Gary Swieso, 714-473-2729

Olympic Village: Joyce Steiner, 408-266-7733

Saddle Rock Village: Rayno Niemi, 585-313-6532

Village One: Carl Frazier 510-508-2007

Village Oakmont: Walt Manos, 707-374-2827

Village Riviera: Minnie Howell, 510-866-8786

Committee Chairs

Community Advisory: Darlene Jackson, CAC@mytrv.org

Emergency Preparedness & Safety: Audrey Berman, abobathome@yahoo.com

Media Editorial Board: Mary Kay Rosteck, mkrosteck@gmail.com

Delta Club & Admin. Office: 707-374-4843

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Vista Club & Member Services: 707-374-4200

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Café Vista Manager: Cheri.Lee@mytrv.org

Lifestyle Director: Shalon.Edmondson@mytrv.org

Reservations & Activities Coordinator: Michele.Nadler@mytrv.org

Health & Wellness Center 707-374-4208

Fitness Manager: Sarah Rendon, 707-374-4205

Spa Manager: Heidi Mamea, 707-374-4211

HWC Front Desk: 707-374-4208 (spa appointments)

Amenities

Administrative Office: 707-374-4843; Fax: 707-374-4891

Café Vista: 707-374-4202

Member Services Desk: 707-374-4200; Fax: 707-374-2422

Monarch Grill and Golf Club at Rio Vista: 707-374-2900

Golf Club General Manager: Robert Ellison rellison@playriovista.com

HOA Accounting Services: 888-854-9444 option 1

service@hoa-accounting.com, portal.hoa-accounting.com

Welcome Center (Front Gate): 707-374-4306

Register guests at community.dwellingleive.com

Resident Classified Advertising

Chris Harrison: 707-374-4222, Christine.Harrison@mytrv.org

Commercial Advertising

Jessica Melvin: 707-374-4220, advertising@mytrv.org



Trilogy Living

AUGUST 2025

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FROM THE BOARD OF DIRECTORS

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TRILOGY LIVING IS PRINTED ON RECYCLABLE PAPER.

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Community Hours

Please check your daily emails for updates on State and County health restrictions.

Please continue to check the Community Calendar
and mytrv.org for more details on meetings and events.

HOA Office: 707-374-4843 Monday - Friday, 8 a.m. – 4:30 p.m.

Café Vista: 707-374-4202 Monday - Friday, 9 a.m. – 2 p.m.

Delta Pool and Hot Tub: Open Daily

Dog Park: Daily 7 a.m. – Dusk

Health & Wellness Center: 707-374-4208 7 days a week 6 a.m. – 9 p.m.

Golf Course: 707-374-2900 Daily 6:30 a.m. - 8 p.m. Tee Times: 7 a.m. – 5 p.m.

Member Services Desk: 707-374-4200 7 days a week 6 a.m. – 9 p.m.

Monarch Grill: 707-374-2900 Daily 11:30 a.m. – 7:30 p.m.

Tennis/Pickleball Courts: Open Daily

Tot Lot: Daily 8 a.m. – Dusk

Vista Club, includes Library and Walking Track: 7 days a week 6 a.m. – 9 p.m.

Please make sure that you are subscribed to receive email updates
for information on community hours, meetings and temporary club use rules.

Contact CommunicationsCoordinator@mytrv.org to sign up.

Jan's 2026 Getaways

Spots Fill Fast – Reserve Yours Now!



America's Cowboy Country • June 2 – 9, 2026

8 Days • 10 Meals • Price: Double occupancy: \$4399; Single \$5499; Triple \$4349.

Highlights: Badlands National Park, Custer State Park, Crazy Horse, Mt. Rushmore, Deadwood, Cody, Jackson Hole, Yellowstone and Grand Teton National Park and a chuckwagon dinner.

Included in Price: Round Trip Air from Sacramento, transfers and hotel transfers. Not Included in Price: Insurance \$429.00.

21-Day Ultimate Mediterranean Splendor Collectors' Voyage

Athens to Lisbon • July 19, 2026 – August 9, 2026

Price: Double Occupancy \$7054.00

Highlights: Docking in Kotor, Montenegro, Corfu Greece. In Italy its Messina, Naples, Rome, Florence, and Portofino. Then Gibraltar. In Spain Ibiza, Alicante, Malaga. Morocco and then Lisbon.

Included in Price: 'Have -It All' (Wi-Fi, Beverages, Shore Excursion Discount, Specialty Dining and Crew Appreciation) Not Included in Price: Air and Insurance.



Celebrating America's 250th Anniversary • October 19 – 27, 2026

12 Meals: 8 Breakfast, 1 Lunch, 3 Dinners • Per Person Rates: Double \$4799, Single \$6299, Triple \$4699

In honor of America's 250th anniversary, trace the story of the nation's rise on a journey through Boston, Lexington and Concord, New York, Philadelphia, the Liberty Bell, Washington, D.C and Mount Vernon.

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Notes from the General Manager

Kevin Hubred

General Manager

July 15, 2025

TRVMA Board of Directors Meeting

Annual Pavement Management Plan

Trilogy has adopted a Pavement Management Plan (PMP) to support the long-term maintenance of the community's asphalt. The Board has hired Associated Engineering Consultants (AEC) from Redding, California, to provide their expertise and assist in keeping our roads in the best condition possible.

We are entering the **first year of a six-year PMP**, and the Board will be approving the proposal today.

The roads within Trilogy are a valuable asset, but they are also our greatest liability and deserve careful attention. While the roads are in decent structural condition, there are issues I'd like to address to help ensure their longevity.

Overwatering and Asphalt

When we overwater our lawns, it can significantly affect the asphalt pavement adjacent to our properties. This is due to several factors related to water's damaging impact on asphalt surfaces.

Water infiltration and weakening of the sub-base

Weakening the foundation: Excess water from an overwatered lawn can seep into the soil and potentially compromise the **sub-base**—the layer beneath the asphalt that provides structural support.

Raveling

This **deterioration process** is evident throughout our community and we'd like to bring this to everyone's attention. In layman's terms, it is a type of surface distress characterized by the dislodging of aggregate particles from the asphalt mixture, leading to a rough, pitted surface and the loss of fine aggregates and binder. Essentially, it's the gradual breakdown and erosion of the asphalt's surface.

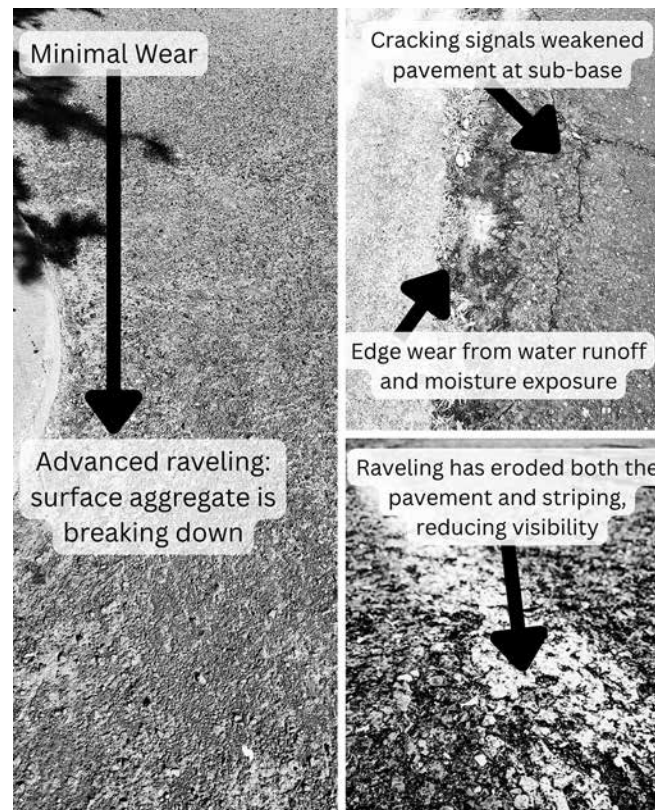
Raveling can be caused by:

- **Overwatering:** Excessive water lying dormant on the asphalt.
- **Aging and weathering:** The asphalt binder degrades over time due to exposure to sunlight, rain and temperature fluctuations.

- **Poor drainage:** Infiltrating water weakens the asphalt and contributes to raveling.
- **Lack of maintenance:** Without regular sealcoating and crack sealing, water can penetrate and accelerate damage.

Cracking and potholes

- **Accelerated deterioration:** Excessive moisture on the asphalt, especially if it's already cracked, can lead to accelerated deterioration and the formation of cracks and raveling, which is deteriorating asphalt from the top down.
- **Moss growth:** Constant moisture from overwatering can encourage moss growth on the asphalt surface. The roots of moss can work their way into cracks, and as the moss grows, it can further lift and break apart the pavement.





Uneven surfaces and settling

- **Heaving and cracking:** Tree roots growing under the pavement, seeking water, can cause the asphalt to lift and crack, creating uneven surfaces and trip hazards
- **Expansive soils:** Clay soils in particular, swell when wet and shrink when dry. It's the same dense clay our resident gardeners wrestle with—see how they turn it into something beautiful in the gardening feature on **page 30**. Unfortunately, clay's constant expansion and contraction puts stress on pavement, potentially leading to cracks and uneven surfaces. There is evidence of expansive clay soil or black clay which can absorb more water causing more severe cracking.

Preventing and mitigating damage

- **Reduce the amount of overspray** directed onto the sidewalk and pavement.
- Set your irrigation timer to have more frequent watering times with shorter cycles, which can help reduce overspray and run off causing premature deterioration. Instead of one 20-minute cycle, **three six-minute cycles will help with better absorption into your lawn.**

- Consider installing French drains or other drainage solutions to manage excess water.
- The HOA can provide **sealcoating**, which provides a protective layer that helps prevent water from penetrating the asphalt and slows down the deterioration process.
- Choose appropriate tree species, ensure sufficient space for root growth, consider root barriers, and maintain adequate soil volume to **discourage roots from growing beneath the pavement.**

What the HOA is doing:

Our HOA is committed to ongoing repairs and annual maintenance to preserve the roads. This includes:

- **Sealcoating:** Applying sealant to protect surfaces and prevent raveling
- **Crack filling:** Sealing cracks reduces water infiltration and sub-base weakening
- **Resurfacing or overlaying:** In areas with significant raveling, applying new asphalt may be necessary

By taking these preventative steps and addressing existing issues promptly, we can work together to reduce the effects of overwatering and maintain the health and longevity of Trilogy's roads.

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Notes from the Administrative Office

Valerie Benkie

HOA Manager

August brings lazy summer afternoons and balmy evenings with stars just out of reach. Summer is ending, and the fall season is approaching fast. Be sure to read my September article about fall season property maintenance.

The HOA invites you to attend your Village Board Meeting Open Session. Please refer to this edition of Trilogy Living for your village board meeting dates, times and locations are on **page 11**. By attending, you can learn about new business within your village. There will also be an open forum where you can meet your Village Board members, your Village Portfolio Manager and me.

August continues to be a great time for landscaping projects and exterior home updates. Our HOA team is available to help with any questions you may have about the architecture process. Please note that all Village Architecture information can be found in your Village Handbook, available on **MyTRV.org**.

No Architecture Review Committee (ARC) application is needed for preventative maintenance such as pressure washing, or painting of mailboxes and wrought iron fencing. However, ARC applications are required for all other exterior changes to your home. Please ensure that you provide samples of turf, rock and any other requested items. Include measurements of landscape improvement areas – drawings or diagrams are especially helpful. All ARC committees require paint chips when painting your home. For any questions about the architecture process, call **707-374-4843**.

There has been an increase in decorative fencing in front yards. Please note that this type of fencing is not permitted, as stated in your Village Handbook. The only type of fencing allowed within Trilogy is black wrought iron, and it must be approved through the Architectural Application process.

The HOA Office extends a warm welcome to all new residents. When registering with the HOA Office,

Assessments for the Month

Effective April 1, 2025

TRVMA \$283.00 plus the appropriate Village Assessment below:

Village I	\$1.80
Village Oakmont	\$1.75
Olympic Village	\$1.20
Village Riviera	\$1.75
Saddle Rock Village	\$1.00
Eagle Point	\$1.50

***Payments due on the 1st of the month.
Late fees will apply if received after the 15th
of the month in which they were due.***

Online payments: portal.hoa-accounting.com

please bring the following items: a grant deed if you are a new homeowner, a lease if you are a new renter, photo identification for all individuals living in the home, and vehicle registration for all vehicles.

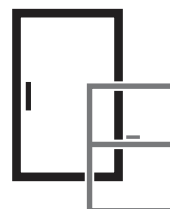
After registering with the HOA Office, be sure to ask about attending New Resident Orientation. The orientation has been redesigned and now includes a digital presentation followed by an in-person Q&A with department heads. Orientations take place on the **third Friday at 9:30 a.m.** in the **Rio Vista Room, Delta Club**. If you have not yet attended, please register in the HOA Office to learn more about your community.

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August Meeting Schedule

Master Association Board Meeting

Tuesday, August 19

1 to 4 p.m.

Diablo Ballroom, Vista Club

New Resident Orientation

Friday, August 15

9:30 to 11 a.m.

Rio Vista Room, Delta Club

Eagle Point ARC

Friday, August 1 and 15

8 to 9 a.m.

River Room, Delta Club

Village One ARC

Friday, August 1 and 15

9 to 10 a.m.

River Room, Delta Club

Village Riviera ARC

Friday, August 1 and 15

10 to 11 a.m.

River Room, Delta Club

Saddle Rock ARC

Tuesday, August 12 and 26

9 to 10 a.m.

Marina Room, Delta Club

Olympic ARC

Monday, August 11 and 25

9 to 10 a.m.

River Room, Delta Club

Oakmont ARC

Monday, August 11 and 25

10 to 11 a.m.

River Room, Delta Club

Council of Village Presidents

Monday, August 11

1 to 3 p.m.

River Room, Delta Club

Community Advisory

Thursday, August 28

6 to 8 p.m.

Rio Vista Room, Delta Club

Emergency Preparedness and Safety

Thursday, August 7

2 to 4 p.m.

River Room, Delta Club

Media Editorial Board

Friday, August 22

11:30 to 1 p.m.

River Room, Delta Club

Village Riviera Board of Directors

Wednesday, August 13,

4:30 to 5:30 p.m.

Rio Vista Room, Delta Club

Village 1 Board of Directors

Not Meeting this month

Village Oakmont Board of Directors

Thursday, August 7

4:30 to 5 p.m.

Marina Room, Delta Club

Saddle Rock Village Board of Directors

Not Meeting this month

Olympic Village Board of Directors

Not Meeting this month

Eagle Point Board of Directors

Not Meeting this month

*Please note that meeting dates, times and locations are
subject to change. Consult MyTRV.org for the most up-to-date info.*

ARC – Architectural Review Committee

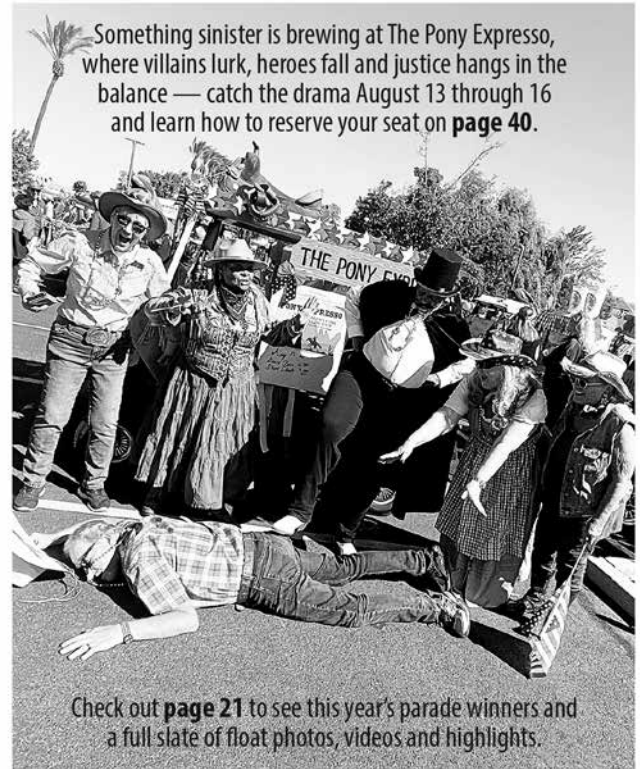


(continued from p. 3)

Last Thursday, we had a “special” Board meeting. By “special,” I mean a meeting that was not one of our regular monthly Board meetings open to member attendance, but rather a meeting of the Board for one purpose: to discuss the revised draft Club Policy and listen to member feedback. I think the meeting was successful, with the room being filled and all speakers presenting their views respectfully. However, if one were to gauge success solely by attendance, then one could say that our yearly Board budget meetings with member input are not very successful.

The Board is now working on the new Alcohol Policy and, as stated previously, this will go through the same process by having a special meeting to solicit member feedback before it goes to the Board for approval of a first reading.

Trilogy Drama Club at the Fourth of July Parade



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Rio Vista Acupuncture

OVERACTIVE BLADDER

Approximately 17 percent of American men and women suffer from overactive bladder and spend an estimated \$20 billion on products to manage the condition. But research published in *Obstetrics & Gynecology* indicates that acupuncture is a more effective treatment.

Incontinence and urinary tract disorders commonly arise as one gets older, especially for women over fifty. Normal bladder functions are regulated by the bladder, brain, spinal cord, and peripheral nerves. With overactive bladder the bladder continually sends a signal to the brain that the bladder should be emptied. Fortunately, electro-stimulation acupuncture can address bladder issues and reduce the symptoms of incontinence. A study with electro-stimulation acupuncture for overactive bladder treated seventy-four women and men for 12 weekly sessions. The research concluded that women and men who received weekly bladder-specific acupuncture treatments significantly improved in bladder capacity, urinary urgency, frequency, and quality of life.

With electro-stimulation acupuncture, very specific acupuncture points are used. These points stimulate nerves that travel directly to the bladder and help the body regain control. Patients report long-lasting relief of their symptoms, less trips to the bathroom, less urgency, and fewer accidents. Office visits are once a week for 30 to 45 minutes for 12 weeks. This is usually followed by periodic maintenance sessions.

You can schedule your appointments with Dr. Charles Peri (415) 845-3965 at the Health and Wellness Center in Trilogy.



VILLAGES

Eagle Point Village Residents' Club



Eagle Point Village likes to party! The Jingle and Mingle Gala held in July was a full house in the Diablo Ballroom, Vista Club.

It was a festive evening with friends and neighbors. Many thanks to the elves who imagined this holiday party and brought it to life. Our prior fundraising efforts supported this gala and enabled us to have this dinner.

Be on the lookout for details of our next event, the Pancake Breakfast on **Sunday, September 21**. We will be sending out the flyer with information soon. You will want to make your reservation early for this popular morning.

We would like to see everyone come to our monthly Eagle Point Village Residents' Club meetings. We discuss future plans for social activities and welcome your ideas. Our next meetings are **Tuesday, August 5** and **Tuesday, September 2 at 4:30 p.m.** in the **Monterey Room, Vista Club**. Contact **Jill Anderson, 707-378-2366, EPVRC@outlook.com**.

Olympic Village Board

We have new members on the Architecture Review Committee. We want to welcome Greg Castillo, Li'i Spencer, David Lawrence and Thea Sorscher to the committee. We look forward to Labor Day weekend and hopefully slightly cooler weather. Contact **Joyce Steiner, 408-266-7733, knickearth@yahoo.com**.

Saddle Rock Village Board

If you are planning a landscaping project, consider attending an Architectural Review Committee (ARC) meeting to ask questions of the committee members. The ARC meets the **second and fourth Tuesdays** from **9 a.m. to 10 a.m.** in the **Marina Room, Delta Club**. You may face a fine if you begin a landscaping project without submitting an Architectural Application approved by the ARC.

The next meeting of the Saddle Rock Village Board of Directors is **Wednesday, October 15 at 4:30 p.m.** in the **River Room, Delta Club**. Plan to attend to learn what is going on in our village. Contact **President Rayno Niemi, 585-313-6532, raynoniemi@yahoo.com**.

Saddle Rock Village Residents' Club



Saddle Rock Village Residents' Club proudly announces the appointment of five new board members: Jon Webb, President; Linda Reynolds, Vice President;

Ken Landoline, Secretary; Jackie Sigrand, Treasurer; and Dyann Donahue, Director-at-Large. Be sure to congratulate our newly elected board members when you see them!

We appreciate your strong support for our local schools during the recent School Supply Drive. The River Delta Unified School District values your commitment. To celebrate the success of this drive, we are hosting an ice cream social on **Saturday, September 13 at 6 p.m.** in the **Rio Vista Room, Delta Club**. We expect representatives from the school district to join us.

Mark your calendars for our next Residents' Club meeting on **Monday, August 25 at 4:30 p.m.** in the **Rio Vista Room**. The speaker will be announced shortly. If you have any questions or concerns, do not hesitate to text **Jon Webb, 209-402-8067**.

Riviera Village Residents' Club

Here goes another summer racing by! We hope all of you fun-loving ladies already have your tickets for the Mad Hatter Luncheon on **Wednesday, August 20 at 11:30 a.m.** in the **Diablo Ballroom, Vista Club**. If tickets are still available, grab a bunch of friends and set up a table of ten or fewer for \$30 per person. We also welcome singles and will place you with some other fun ladies. You can dress up or not. A simple top hat will do. Sam's Catering, has put together a fabulous menu. See the flyer at the Vista Club or on What's Happening Trilogy for the sign-up form. For those Riviera party setup people, we will meet at **5 p.m.** the evening before to begin setup and decorating.

On **Thursday, October 9**, Riviera residents can enjoy delicious appetizers. This will be a free event and you bring your own beverages and glassware. We'll announce the time and location soon.

The final date to remember will be the prestigious Black and White Affair on **Saturday, December 13**. This is a first-class affair and all of Trilogy is invited, hosted by Riviera. More information will be announced soon.

Our next scheduled meeting on **Thursday, August 21** has been cancelled because of its proximity to the luncheon the day before. Contact **Chris Shaver, 925-330-7506**.



Village One Residents' Club

The Village One Residents Club (VORC) plans social events for our neighbors and their guests. We charge no dues. Our monthly meetings are where we develop plans for our parties and other events. All Village One residents are welcome to attend our meetings on the **second Wednesday** in the **Marina Room, Delta Club**. Our next meeting is on **August 13 from 7 to 8 p.m.** Please join our group of regular participants, who would welcome the ideas, experience and enthusiasm of new contributors.

We held our most recent "SSSS" (Silver Screen Sunday Spectacular) event on Sunday, July 27 in the Diablo Ballroom, Vista Club. The movie "Instant Family" was shown free of charge, along with free popcorn and water, to an appreciative crowd from several Trilogy villages. Free raffle tickets were given at the door for prizes of movie candy. These events are fun and a good opportunity to spend a summer afternoon in the cool air conditioning with friends.

Mark your calendar now for our annual Oktoberfest dinner on **Saturday, October 4** in the **Rio Vista Room and River Room, Delta Club**. Come help us plan this and future VORC events.

Save the date **Saturday, December 6** for VORC's annual holiday party in the **Diablo Ballroom, Vista Club**. Preliminary planning is underway! All Trilogy residents are welcome at VORC events.

Contact **Sylvia Holloway, divaj524@gmail.com**.

COMMITTEES

Community Advisory Committee

Thank you to all the people who worked on the Dog Park Surface Committee, including those who brought the issue to the Community Advisory Committee (CAC) and the Breakout Group who researched and vetted the proposed project. The Master Board approved the recommendation to install natural grass as it is the safest and healthiest option for our fur babies; the test period for any other material is not necessary. Our Homeowners Association (HOA) will move forward with obtaining bids.

The Chair reminded the community members that the CAC is slowly working through issues that appear to be stalled and that the Master Board makes the final decision on recommendations submitted by the CAC. The committee is tasked with thinking about how proposals and suggestions will

impact all the 5,000 plus residents living in Trilogy and making a decision whether or not to approve sending a recommendation to the Master Board.

Sail Shading Serenity Park committee members revised their May proposal to add shading in Serenity Park. The CAC will continue to vet and research issues, including a cost analysis of the revised project. We may need assistance from the community, so be on the lookout for a survey coming your way soon!

The Dog Club would like to place a small storage shed at the Dog Park. The CAC will support the members of the club in sorting out issues and feasibility. Follow-up discussion continued at the July meeting.

The CAC meets on the last Thursday of the month, alternating day and evening. The meetings are open to all. The next meeting is scheduled for **Thursday, August 28 at 6 p.m.** in the **Rio Vista Room, Delta Club**. Contact **cac@mytrv.org**.

Emergency Preparedness and Safety Committee



On **Thursday, September 4**, Solano County is sponsoring a four-hour earthquake preparedness seminar from **9 a.m. to 1 p.m.** in the **Diablo Ballroom, Vista Club** – space will be limited.

The county is conducting these seminars in different cities around the county, presenting data on earthquake risks and potential impact. Presenters will include local police and fire departments, Office of Emergency Services personnel and other community emergency response providers. Participants will be given the resources to prepare their own list of emergency information and supply kit. Registration information will be distributed through the What's Happening Trilogy newsletter and on flyers throughout the community. Please sign up as soon as you see the QR codes.

Although Trilogy Rio Vista is at a somewhat lower risk of earthquakes than other parts of Solano County and Northern California, the information is valuable for all other types of emergency situations.

A safety fair covering many other aspects of emergency preparedness and safety will be held on **Tuesday, October 7 from 12 to 4 p.m.** in the **Diablo Ballroom, Vista Club**. Additional information on that event will be forthcoming.



Editor's Note Colin Hannigan

This month's feature on the Garden Club's Home Garden Tour is a

must-read, starting on **page 30**. It brings a splash of life and color to these pages. A big thank you to author Mary Kay Rosteck for capturing the spirit of the tour, and to photographers Marsha Willard and Dave Bellamy for their beautiful contributions.

In June, we asked how well our communications are working for you, and more than 200 neighbors responded. 83 percent of respondents read Trilogy Living every month, and nearly four in five read the entire Friday What's Happening Trilogy e-blast.

Roughly half said they would welcome text alerts about things like pool closures or road work.

We have evaluated the charts and checkboxes, and we are now turning our attention to your open-ended comments for a thorough review.

As part of our transition to a new website and resident portal, we will share a follow-up survey in the months following the upgrade. It will be an opportunity for you to weigh in on what has improved, what still needs attention and how we can better use the new tools to meet your needs.

To the 52 percent of you who gave a hard pass to HOA text messages, fair enough, but you can still reach me via call or, yes, even text at **707-803-3466**. I promise not to spam you with emoji-heavy updates. Email works, too, colin.hannigan@mytrv.org.

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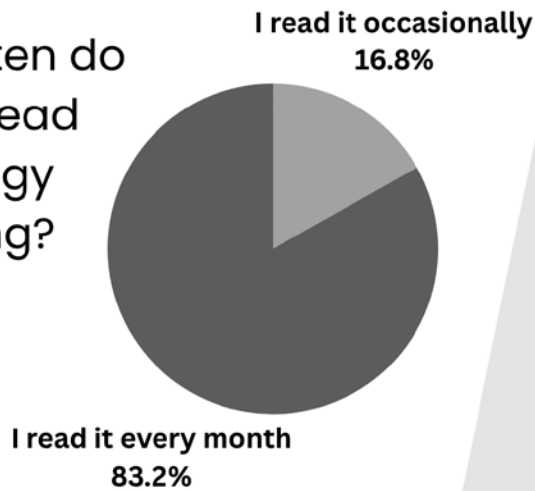
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Visit us online at www.WalnutGroveRiverDental.com



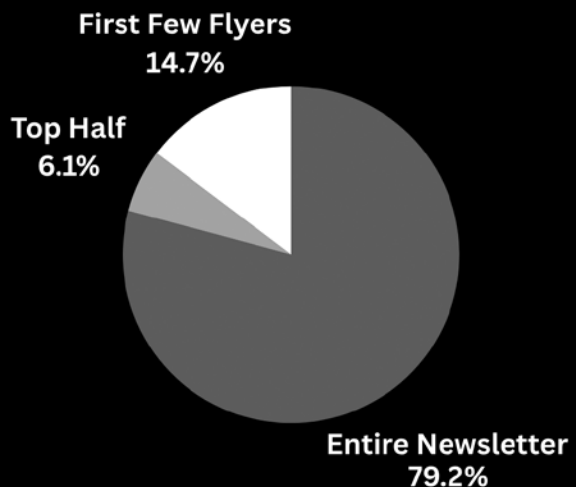
June Communications Survey Results

How often do you read Trilogy Living?

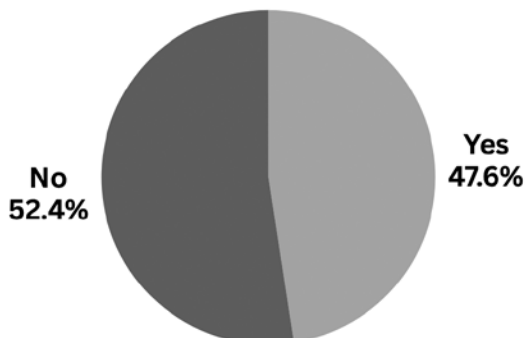


Thank you to everyone who participated in June's communications survey. This page contains a few interesting takeaways from the results.

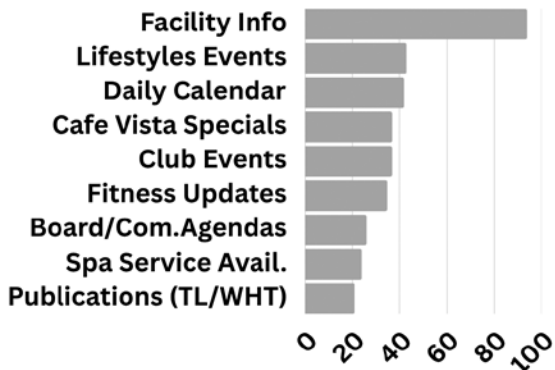
How much of What's Happening Trilogy (email newsletter) do you read?



Are you open to receive text messages from TRVMA?



What text message updates are you open to receiving?





Notes from Lifestyle



Shalon Edmondson
Lifestyle Director

Get ready, Trilogy! August is bringing the heat, and Lifestyles is turning up the volume!

We're cruising into the

month with our first-ever Hot August Nights Cruise on **Saturday, August 9**. Meet us at **4 p.m.** at the **Vista Club** for an evening filled with great cars, food trucks and music. Show off your ride, admire fellow enthusiasts' wheels and soak in the fun. Then, at **6 p.m.**, we hit the road and cruise through Summerset! Residents and guests, bring your lawn chairs and enjoy the show from your favorite sidewalk spot. To register your car, email Ted Tome at **tedtome@hotmail.com**.

Later this month, embrace the island spirit at our first annual Trilogy Luau on **Saturday, August 30 at 5 p.m.** in the **Diablo Ballroom, Vista Club**. Dust off your Hawaiian shirts and mu'umu'u for a night of vibrant celebration. This year's event brings the full spirit of aloha, with authentic Hawaiian culture, festive decor and island-style fare. Tickets are \$55 per person and available now at **Member Services, Vista Club**.

September kicks off with a stylish twist on tradition at our White After Labor Day Patio Party featuring the return of Papa Joe and the New Deal. Join us on



Saturday, September 6 from 5 to 8 p.m. on the **Vista Patio, Vista Club**. Wear your favorite whites and enjoy an evening of music, laughter and celebration. Tickets are \$25 per person and can be purchased at **Member Services**. Bring your lawn chairs, your favorite refreshments and your dancing shoes!

And save the date for Trilogy's very first Woodstock-style music fest happening on **Sunday, September 21**. Lifestyles and the Trilogy Dance Club are collaborating to bring you **eight hours of live music on the Vista Patio**. With food trucks available all day, this free event promises a fun, energetic atmosphere you won't want to miss. More details to come soon!

We're grateful every time you choose to join us for good times and entertainment. Your participation supports Trilogy at Rio Vista and helps us bring exciting experiences right to your backyard. Let's keep the good times rolling! I will see you out there! Contact **Shalon Edmondson, 707-374-4200, lifestyles@mytrv.org**.



Echoes of Aloha

FROM ISLAND ROOTS TO BALLROOM RHYTHMS

On **Saturday, August 30**, lilting ukulele chords mingle with acoustic guitar riffs while bright red congas snap a backbeat across the **patio, Vista Club**. From **1 to 4 p.m.**, the five-piece band sets a mellow island mood. Inside, chefs pile platters with kalua pig, chicken teriyaki, macaroni salad and white rice. At **4 p.m.**, guests will trade patio sunshine for white-clothed tables and a hula show in the **Diablo Ballroom, Vista Club**. What looks like a simple luau, the Hawaiian word for “party,” once the name of a flavorful taro-leaf stew, carries a heartbeat that began on O’ahu and now pulses through Trilogy.

Roots of Aloha in Solano County

Island-born Antonio and Constancia Ramos, followed Air Force orders from Gardena to Travis Air Force Base in 1962. Jet engine mechanic by day, Antonio played bass by night while Constancia strummed ukulele and sang. Together they founded Hui Hau’oli (“Happy Gathering”), Solano County’s first Hawaiian band and hula club, lifting spirits for fellow veterans. Their daughter kept the dances alive, eventually passing the pā’ū skirt to her own child, Lifestyles Director Shalon Edmondson, who now channels that legacy into community events like this month’s luau.

Born to the Beat

“My mom danced at eight months pregnant,” Shalon grins, “so my first lullaby was a pahu drum.” That cradle-deep immersion shapes her philosophy: hula is the “dance of the heart.” Every gesture carries genealogy, prayer or a beloved place name. Shalon grants teaching requests sparingly, ensuring context travels with the moves. Trilogy’s luau is her invitation to experience that lineage firsthand.

Shalon’s own daughter “danced before she talked,” insisting on wardrobe of exclusively rainbow pā’ū



Heidi Mamea, Heidi's daughter Nani and Shalon Edmondson hula for Trilogy.

skirts until about nine years old. Recent Vista Club workshops feature Shalon, Spa Manager Heidi Mamea, and Heidi’s keiki (Hawaiian for “child”).

Meet the Performers:

Makona’Oihana
Some descendants of Hui Hau’oli now rehearse in

a Fairfield church as Makona’Oihana. Their name means “in His service,” derived from ma (“in”), kōna (“His”) and ‘oihana (or ‘ohana, meaning “service, mission”). Although not Shalon’s own halau (“troupe, group”), they will headline the luau with ancestral chants and contemporary riffs, backed by the same band that greets guests on the patio.

The Spirit of Aloha Luau – Save the Date!

The Spirit of Aloha Luau will take place on **Saturday, August 30**. Guests can enjoy **patio music from 1 to 4 p.m.**, followed by **dinner and a show at 4 p.m.** in the **Diablo Ballroom, Vista Club**. Tickets are **\$55 per person**, and Hawaiian shirts and mu’umu’u’s are encouraged. Get your tickets at **Member Services, Vista Club**. Contact lifestyles@mytrv.org.



Constancia and Antonio Ramos



Makona'oihana



TRVMA LIFESTYLES AND
TRILOGY DANCE CLUB
PRESENT

TRILOGY

Woodstock

MUSIC FESTIVAL

OUR LOCAL MUSICIANS ARE
DONATING THEIR TIME AND TALENTS

FREE EVENT

SEPTEMBER 21, 2025

11AM - 7PM

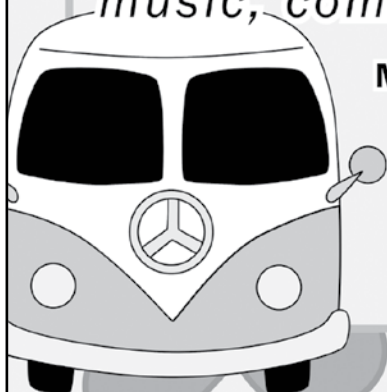
VISTA CLUB PATIO

*Lifestyles and the Trilogy Dance Club have
teamed up to present an unforgettable, all-
day extravaganza packed with music, tasty
food trucks and nonstop fun!*

*Trilogy's First-Ever WOODSTOCK Event,
a vibrant celebration of good vibes, local
music, community spirit and classic tunes!*

**MARK YOUR CALENDARS AND STAY TUNED!
MORE GROOVY DETAILS COMING SOON!**

***For more information:
Lifestyles@mytrv.org***





Fourth of July Parade Winners 2025

Top 3 Clubs

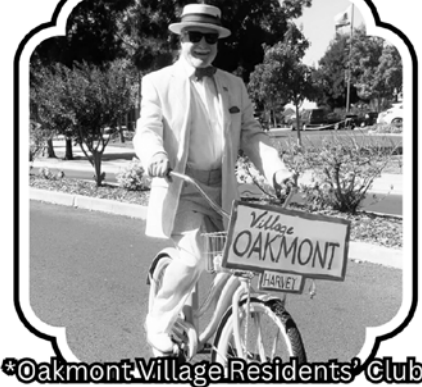
Pickleball Club



YoYo Aqua



OVRC*



*Oakmont Village Residents' Club

Top 3 Individuals

Mirna Severance



Queen of the Parade

Stanley Gilstrap



Red, White, Blue

Christina Ray



Veterans Recognition

We extend our heartfelt appreciation to everyone who participated in this year's Fourth of July event. Thank you to the parade participants, the dedicated volunteers who directed traffic and ensured safety, our amazing TRVMA Event Staff, the Solano County Sheriff's Department, and the Rio Vista Police and Fire Departments.

Watch the Parade:



Scan the QR Code



Heidi Mamea
Spa Manager



Sarah Rendon
Fitness Manager

Notes from the Health + Wellness Center



Spa Testimonials

Fitness and Strength Utilizing Fitlinxx Range of Motion

Monday, July 21
4:30 to 6 p.m.
in the Group X Room

With Ken Schmitt

**Must Register at Vista Club
Member Services**

As temperatures rise and summer settles in, it's the perfect time to renew your commitment to both relaxation and movement. Whether you're refreshing your skin with a soothing facial or keeping your body energized with daily workouts, the Health and Wellness Center is here to support your seasonal self-care goals. This month, the Fitness and Spa teams invite you to explore new ways to feel your best, inside and out.

From Fitness

While our class lineup remains unchanged this month, summer is an important time to focus on hydration and safe movement. Be sure to drink plenty of water before, during and after your workouts, especially if you're enjoying outdoor activity. If you ever have questions about equipment, schedules or how to get started with a fitness plan, we're here to help. The full Health and Wellness Center rules are available at the front desk for anyone who would like a copy.

This article's photo is of Rita's Zumba Gold class. This version of Zumba is fun, energizing and just one of the many ways residents can stay active and connected!

Fitness department contact, **Sarah Rendon, 707-374-4205,**
sarah.rendon@mytrv.org.

Fitness Class Punch Cards

**Purchase at the
Health and Wellness
Center Front Desk**

Purple Punch Card \$50
10 classes of your choice

Red Punch Card \$100
20 classes of your choice

All Land and Aqua classes require a
prepaid punch card to participate.

Payment by check or credit card only.

Make checks payable to TRVMA.
No refunds or replacements.





From The Spa

Infused Spa Water Recipe to Try at Home: Create your own spa refreshment with this simple Watermelon Basil Spa Water. Combine two cups of fresh watermelon cubes, a handful of fresh basil leaves and one sliced lime in a pitcher of cold water. Let the mixture infuse for at least an hour. This blend is refreshing, hydrating and delicious.

Enhance Your Self-Care with Our Retail Products: We proudly offer Eminence Organic Skincare and Farmhouse Fresh products to extend your spa results at home. From rejuvenating serums to nourishing body oils and creams, our retail boutique has everything you need to maintain glowing, healthy skin between treatments.

Custom Gift Baskets Available Year-Round: Looking for a thoughtful gift for a loved one, friend or team member? We create custom spa gift baskets for any occasion, beautifully arranged with Eminence and Farmhouse Fresh products and spa essentials to brighten anyone's day.

Book your August appointment today and let us take care of you with relaxation, intention and care. To book an appointment, call **707-374-4208** or visit **wellnessliving.com/login/mytrv_wellness**. **Spa department** contact, **Heidi Mamea, 707-374-4211, heidi.mamea@mytrv.org**.

WATERMELON BASIL CHILL MASSAGE



BLISSED MOON DIP BACK TO YOUTH AGELESS BODY MOUSSE



COOL STONE FACIAL MASSAGE



WATERMELON BASIL VODKATINI LIQUOR INFUSED BODY POLISH



WATERMELON BASIL LARGE FIZZING BATH SOAK WITH SWELLNES FORTUNE

80-minute service with soothing massage, warm towels, facial refresh, and foot scrub. Call 707-374-4208 or scan the QR code to book online.

Trilogy[™] at Rio Vista Health & Wellness Center Surveys

We value your input! Whether you've visited the Spa or the Fitness Center, your thoughts help us enhance our services and create the best experience for you.

Take a moment to share your feedback. Scan the QR codes below to access the surveys.

Fitness



Spa





SUMMER SEASONAL SPA SERVICES *July & August*

Summer Glow Gemstone Facial

Indulge your skin in radiant summer renewal with our luxurious Gemstone Glow Facial. This revitalizing experience features a Charcoal Exfoliating Gel Cleanser, Turmeric Energizing Treatment Mask and Camellia Glow Solid Face Oil, perfect for post-sun nourishment.

50 min \$75.00

75 min with stone crop foot
or hand scrub \$95.00

Clementine Citrus Back Treatment

Enjoy a Farmhouse Fresh Sunny Dippin' back scrub followed by an invigorating neck, back and shoulder massage using Farmhouse Fresh Clementine Body Oil. This fresh, bright citrus scent boosts energy and lifts your mood. Your service also includes a complimentary hand and arm massage with Farmhouse Fresh Fresh Acres shea butter.

50 min \$70

Revolutionary Red-Light Facial Treatment

Book with Dale Ann:
Three 20 min sessions for \$85.00

Watermelon Basil Chill Massage

Experience a soothing massage with Farmhouse Fresh Blissed Moon Dip Back to Youth Body Mousse and warm towels infused with Watermelon Basil bath bombs. This service also includes a cool marble stone facial massage, designed to cool, refresh and hydrate after days in the summer sun. Your treatment includes a Watermelon Basil Vodkatini foot scrub.

80 min \$100

Summer Bonus

Every spa guest who books a seasonal special will receive a complimentary travel-size Farmhouse Fresh lotion with their service (please ask your provider). Guests will also receive 5 percent off any Farmhouse Fresh and Eminence products displayed in the case. Additionally, you may enter to win a free full-size Watermelon Basil Vodkatini scrub.

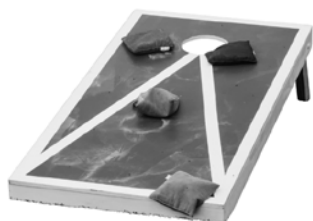
Important info

Specials may not be combined with any other offers, prepaid services, discounts or upgrades. No substitutions, cash value or refunds will be issued for services or products.





PLAY LIKE NOBODY'S WATCHING AT ADULT RECESS



Looking for a playful way to beat the heat? Join the Fitness Department for Adult Recess, a lighthearted, movement-filled event where fun comes first and fitness comes naturally. Whether you're tossing foam axes, building a Jenga tower or grooving to a freeze dance, this event invites you to move your body and enjoy the moment, no gym shoes required.



Friday, August 29
10 a.m. to 2 p.m. (drop in anytime)
Diablo Ballroom, Vista club
Light stretch session at 10 a.m.



Free for Fitness Punch Card Holders!!

Healthy-ish Snacks
and Beverages Will Be Provided

We will have...

Axe Throwing	Jenga
Relay Races	Connect Four
Tic-Tac-Toe	Freeze Dance Party

Let's keep moving, Trilogy — playfully, joyfully and together.

Contact Trilogy Fitness Manager

Sarah.Rendon@mytrv.org

707-374-4205





Notes from the Golf Club at Rio Vista

Robert Ellison

Golf Club General Manager

July 15, 2025 Manager's Report



In July, all golf round categories were below the budgeted numbers. We were impacted by two bridge closures during the month. However, the green fee and cart fee

revenue did surpass budget due to increased play during prime time and higher rates. Golf operations revenue was mainly affected by lower membership dues and merchandise sales.

Food and beverage revenue fell short of budget by \$16,800 for June. However, compared to two years ago—when we had a fully functioning restaurant — we saw a significant increase; Last year, the restaurant was under construction.

Operational expenses reflect a large cost for the outside audit completed in April. This expense is budgeted in August, as that is when it typically occurs.

Projects completed in June included greenside bunker renovations and culvert and drainage cleanouts throughout various areas of the course.

This week, we will be replacing the irrigation pumps on hole 2. This work will require some traffic control on Summerset Drive for a few hours to accommodate a crane.

Over the next few weeks, we will install aeration bubblers in the lakes on holes 11 and 12. These should help minimize aquatic growth during the warmer months. In addition, I have been informed that the decorative pond on hole 17 is finally being

completed. This required the contractor to install a variable frequency drive (VFD) on the pump to accommodate the electrical power available at the site.

The maintenance team has been busy with the warmer weather, seeding various areas of the course. Some bare spots have been treated with ryegrass, but most areas are being interseeded with Bermuda seed, which will continue throughout the summer months.

June Highlights and Updates

We hosted a Movie Night and a Patio Party, along with the usual trivia and karaoke events at the Monarch Grill. Beginning this month, Chef John served a special barbecue lunch on July 4.



Upcoming events at the Monarch Grill include:

- Quarterly menu update from Chef John on **August 1**
- Trivia Night on **August 12**
- Karaoke continues from **5 to 8 p.m. on August 25**

Golf members, don't miss the Member Bounty on **Thursday, July 31.**

Anyone wishing to improve their play or learn more about golf in our community is encouraged to contact **Christopher Hill at The Golf Club at Rio Vista's pro shop.**



GOLF CART PROS

Mobile
Golf Cart Repair **\$115**



Refurbished 2020 EZGO RXV ELITE LITHIUM Battery Starting at \$6599

- **NEW** Painted Body, Customer to Choose Color
- **NEW** LED Headlights and Taillights, Axle Bearings, Windshield (tinted or clear)
- 14" Wheels
- Upgraded Speed to 24 MPH
- Smart Battery Charger
- 1 Year Warranty

Lithium Ion Upgrade Now Available
Other Carts Available
Free Delivery to Rio Vista



2019 EZGO RXV Elite Lithium Ion Battery \$4299 LED Light Kit, 90 Day Warranty



2025 Denago Nomad \$8999 Lithium Battery, Street Legal Ready!

New Carts in Stock!
Financing Available

840 West Yosemite Ave. Manteca

209.409.4270

WWW.SHOPGOLFCARTPROS.COM

August Events at Monarch Grill

NEW MENU LAUNCH Friday, August 1 • 11:30 AM

Chef John's Quarterly
Menu Update:

Skewers & Hummus
Chicken Strawberry Salad
Chef John's BLT
Jumbo Stuffed Quesadillas
Country Dinner Plates
... more local favorites!

HOT AUGUST NIGHTS SPECIALS

Saturday, August 9
3 to 9 PM

Food and drink specials
to celebrate the car show,
great eats, cool drinks
and good company.

KARAOKE NIGHT WITH CC AMATO

Monday, August 25
5 to 8 PM

Kitchen open until 8 PM
Bar open until 9 PM

LIVE MUSIC & FOOD SPECIALS

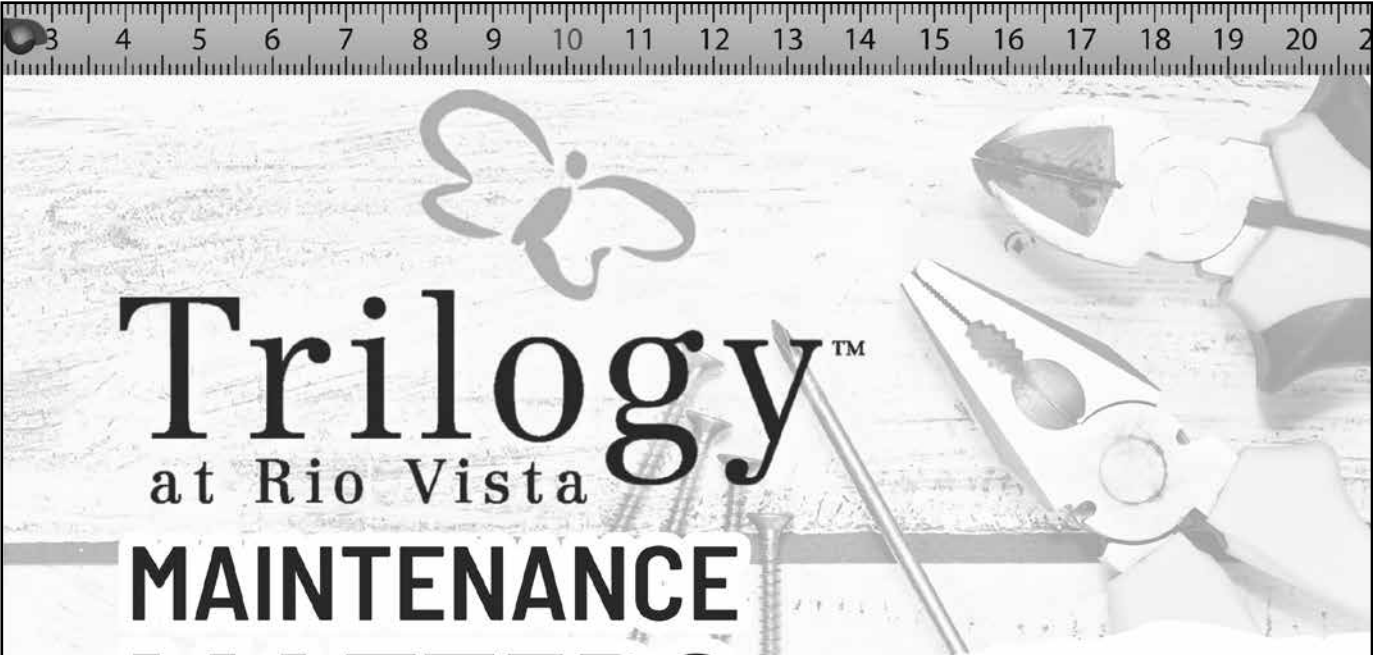
Save the Date:

Saturday, August 23
More info announced soon.

MONARCH GRILL

PlayRioVista.com
707-374-2900





TrilogyTM

at Rio Vista

MAINTENANCE MATTERS

From bold new street markings to detailed upgrades at the Health and Wellness Center, our Maintenance Team and vendors have been making an impact across the community. Stop signs shine brighter, roundabouts are freshly painted, handrails have been improved for safety and comfort, and more. Check out the latest photos and scan the QR code to explore the full story behind these enhancements!



Photos captured and collected by Maintenance Manager Albert Van Noy



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Just Simply AFFORDABLE,
Reliable, Clean Energy!

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experience

1M+

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Across the US



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and battery systems



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solar subscription

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Growing Together

A GUIDE TO GARDENING AT TRILOGY

By Mary Kay Rosteck

Walking through the tree-lined streets of Trilogy on any given morning, you'll notice something magical: residents tending to vibrant flower beds, pruning perfectly shaped shrubs and sharing gardening tips over their patios. In our Rio Vista climate, where mild winters and warm summers create ideal growing conditions, gardening isn't just a hobby — it's a passion that brings neighbors together.

Our Rio Vista location provides a Mediterranean climate and a wonderfully long growing season, allowing for an impressive variety of plants. But for a garden to truly succeed here, gardeners must learn to work with our unique challenges: drought, wind, extreme summer heat and dense clay soil.

The Heart of Our Garden Community

The motto of the Trilogy Garden Club, founded in 2014 by Harish Chinai, is "neighbors sharing their knowledge and love of gardening." The club boasts a membership of 98 households.

"My favorite aspect of the garden club is definitely the people," explains Nancy Toledo, the club's vice president. "We're not just sharing plants — we're sharing stories, successes and sometimes our failures too."

The proof of this community spirit showed beautifully during last June's sixth annual garden tour, which was headed by Nancy. Nine generous resident gardeners, including Debbie Edgell and Dolores Darling-Riordan,



White arbor draped in magenta bougainvillea.

opened their outdoor spaces to fellow Trilogians, welcoming 174 visitors — a 25% increase from the previous year.

The club is a hub of activity. Monthly meetings cover topics from vegetable gardening to local sustainability, while hands-on workshops explore everything from bonsai to sea glass crafts. A member-run seed library encourages experimentation, and field trips to places like the Sonoma Botanical Gardens and the UC Davis Bee Haven ensure that learning extends beyond Trilogy's borders.

Mastering Our Microclimate

While Trilogy benefits from our climate's generous growing conditions, successful gardening here requires understanding our specific challenges and

advantages. Nancy Toledo emphasizes that there's no one-size-fits-all approach to choosing the best plants for our community, which is why the Garden Club focuses on education rather than plant recommendations.

"We don't want to be responsible for recommending specific plants," Nancy explains. "Every lot is different, and what thrives in one spot might struggle in another."

Nancy says the key lies in understanding your garden's unique microclimate — those small variations in sun exposure, wind patterns, drainage and heat retention that make each yard distinct. Factors like your home's position, surrounding topography and even nearby



hardscaping can create microclimates that differ significantly from your neighbor's garden just a few feet away. For a deeper dive, you can find a detailed guide to microclimates by community member, Richard Willard, on the Garden Club's page on MyTRV.org."

One resident who has masterfully adapted to her garden's unique personality is Dolores Darling-Riordan, whose space is a testament to creativity and embracing the unpredictable.

A Garden of Whimsy and Wisdom

Visitors to Dolores Darling-Riordan's garden are enchanted by its beauty and whimsical touches. Her husband, Jay, provides invaluable support, often accompanying her on trips to find new additions.

The diverse collection includes vibrant magenta bougainvillea, colorful lantanas, geraniums, mandevilla, the exotic Crown of Thorns plant and many others.



Dolores presenting her garden to guests on the tour.

Dolores reminds fellow gardeners that nature can be unpredictable — she points to two lavender varieties where one thrived while the other struggled despite identical care.

When conventional methods fail, Dolores employs creative solutions. When a decades-old Christmas cactus she received from her mother started to fade in color, she revived it using Epsom salts.

The garden's true magic lies in its whimsical features. The star



attraction is a red-painted wheelbarrow overflowing with blooms, an item so beloved by neighbors that Dolores has replaced and repainted it twice since rescuing the original from a trash pile. Charming touches reveal her playful spirit: there are the prolific jade plants in amusing ceramic pots that she propagates and shares freely. A colorful glass mushroom garden is cleverly placed where other plants won't grow. Near the front door, a decorative white sink displays stray golf balls that have landed in her yard from the neighboring course. It is guarded by a brightly painted stone depicting a grumpy golfer. It was crafted by a friend who understands the garden's spirit perfectly.



A beautiful flower arrangement captured by Marsha Willard.

Plants That Thrive at Trilogy

While the Garden Club wisely avoids blanket recommendations, certain plants have proven themselves as Trilogy favorites with years of local success stories.

Master Gardener volunteers, like David Bellamy, consistently point to several standout performers. Roses, in their many varieties, seem to love our conditions, providing blooms from spring to fall. Camellias earn their reputation as "queens of winter blooms," and azaleas provide spectacular spring color.

Among the many types of flowering plants that seem to thrive here are:

- California poppies for their cheerful orange faces
- Russian Sage for its silvery foliage and purple spikes
- Salvias in many colors
- Lavender for fragrance and pollinator appeal
- Desert mallow for its resilience
- Coneflowers for their daisy-like charm
- Yarrow for tough beauty
- Jasmine for evening fragrance
- Coreopsis for nonstop summer color

According to HOA manager Valerie Benke, the most requested tree is the Crape Myrtle, and a walk through the community reveals that olive



trees are another popular and successful choice. To see many of these successful plants woven into a single, stunning landscape, look no further than the garden of Debbie and Garry Edgell.

Labor of Love Garden

The gorgeous garden that Debbie and Garry Edgell have created at their Waterwood home is truly a labor of love.

Inspired by her mother and grandfather, Debbie has been gardening since childhood. Today, she and Garry share the planning and the chores, creating beauty in every corner of their property. Their landscape features glorious plants



A yellow hibiscus from Debbie and Gary's garden.

like red hot lips salvia, purple butterfly bush, a show-stopping yellow hibiscus and roses of all colors. Garry has even transplanted 16 olive trees that have moved with them over the years. The jewel is their magical side courtyard with abundant flowering plants. Nearby is a beautiful white arbor covered with magenta bougainvillea. Garry

used his skills as an electrician to illuminate many parts of the garden, creating a magical glow when evening falls. The garden is also productive, with vegetables like tomatoes and green beans growing near an impressive collection of fruit trees, including lemon, apple and nectarine. The Edgell's garden is ever-changing. Having gardened in different places and houses, Debbie knows what she likes. "When I go to a nursery, I'm like a kid in a candy store," she says, always bringing home new plants to replace others in decline. Plants cycle through good and difficult years, with some needing visits to an area the Edgells call "the hospital" to get fortified and healthy.

"A perfect day for me is working in the garden," says Debbie. "It's total Zen. I can be out there all day, sometimes till 7 o'clock and Garry never complains



because he knows it makes me happy."

because he knows it makes me happy."

Essential Tips for a Thriving Trilogy Garden

Our climate offers something special for food gardeners: the potential for year-round production. From winter lettuces to summer tomatoes to fall kale, the challenge isn't cold temperatures but managing summer heat

and humidity. The reward is a garden that keeps giving, no matter the season. The soil at Trilogy is mostly clay-based, so adding organic matter annually is one important thing you can do for garden success. Watering deeply but less frequently encourages deep root systems that can better handle our summer heat and occasional drought periods.

Understanding our unique growing seasons helps residents maximize garden potential:

Spring: Arriving as early as February, this is the prime time to plant warm-season annuals, vegetables, shrubs and trees.

Summer: Focus on consistent watering for established, heat-tolerant plants. Avoid new installations during the hottest months.

Fall: Our "second spring" is ideal for planting cool-season vegetables, shrubs and trees, as many plants enjoy a second bloom.

Winter: A time for evergreen structure and winter-blooming species like camellias to shine, ensuring your garden is never dormant.

Looking Forward

The future of gardening at Trilogy is bright. By working with our climate, embracing native plants and building healthy soil, we can keep our community beautiful for generations. Whether you are drawn to the stress relief of working the soil or the pride of sharing your garden's bounty, there is a place for you here. Each new resident who catches the gardening bug adds to our collective beauty, proving that in Trilogy, we truly grow together.

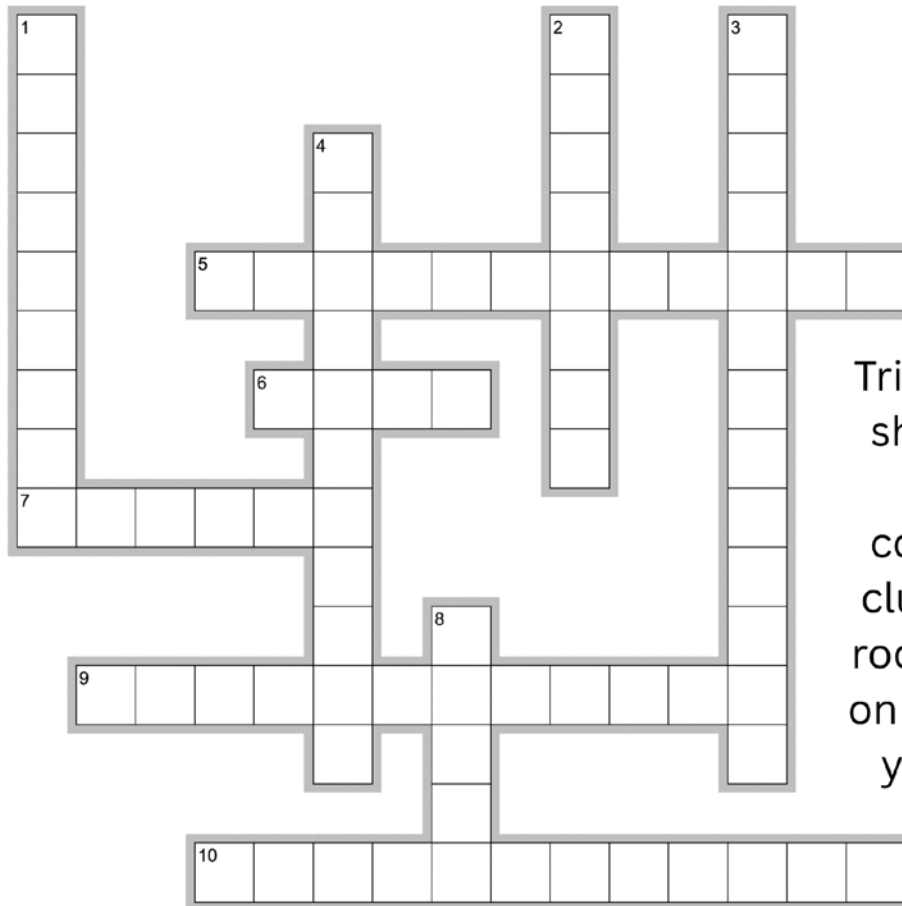


From Allison Martin's garden.



In The Garden

CROSSWORD CHALLENGE



Trilogy's gardens are shaped by climate, creativity and community – each clue in this puzzle is rooted in the feature on page 30. See what you can cultivate!

Across

5. "A member-run ____ encourages experimentation" and supports the Garden Club's mission.
6. Gardeners are advised to add organic matter to this type of soil, which dominates Trilogy's landscape.
7. "Red hot lips ____" and others in many colors are praised as community favorites.
9. "The key lies in understanding your garden's unique ____ – those small variations in sun exposure, wind patterns, drainage and heat retention."
10. "According to HOA Manager Valerie Benke, the most requested tree is the ____."

Down

1. Known as "queens of winter blooms," these flowers shine during the cold season.
2. Debbie and Garry Edgell have an area called "the ____" for reviving struggling plants.
3. A magenta variety of this tropical vine is highlighted in both Dolores' and the Edgells' gardens.
4. "The star attraction is a red-painted ____ overflowing with blooms... replaced and repainted twice since rescuing the original from a trash pile."
8. These trees, transplanted 16 times by Garry Edgell, are a popular and successful choice in Trilogy gardens.



Clubs at Trilogy

There's Something for Everyone

With over 100 Member Clubs available, there's virtually something for everyone at Trilogy at Rio Vista.

Visit mytrv.org/page/41602~905742/ClubsGroups to view the Trilogy 2023 Clubs brochure. You'll be able to select any club that is of interest to you and view its description.

If you are a club leader with organizational and operational questions or you are exploring a new activity or event, contact Lifestyles@mytrv.org.

If you are a club leader who needs to reserve meeting space or add your event to the calendar, send your reservation form to Facility Reservations Coordinator **Michele Nadler** at FacilityReservations@mytrv.org.



31 Card

The 31 Card Club meets every **Sunday at 12 p.m.** in the **Sonoma Room, Delta Club**. It's a fun card game for Trilogy residents and their guests. The goal of this game is to try to score 31 points, or as close to it as you possibly can. Your score is based on the value of your cards in a single suit. Aces are worth 11 points, face cards are worth 10, and all others are worth their numerical value. The object is to get a high score, hold on to your chips and be the last standing. At the start, \$1 is collected from each player. The pot is given as the grand prize. We usually play four games. At the end of each game, each player provides the winner with \$1.

31 is played in rounds. At the end of each round, the player with the lowest score must give up one of their chips. Once you lose all four of your chips, you're out of the round and must wait for the next round to begin. Interested? Join us. Questions? Contact **Evelyn Chase, 707-372-1112**.

Art Guild (TAG)



Judi Howard "Ginkgo Leaves"

It is generally accepted that eating a healthy diet and walking 30 minutes five times a week or an hour three times a week can help slow memory decline. Some studies report that using ginkgo can also help reduce the rate of cognitive decline. There are indications that making art can improve cognitive function as well as increase life span. If you happen to be taking a walk and you come

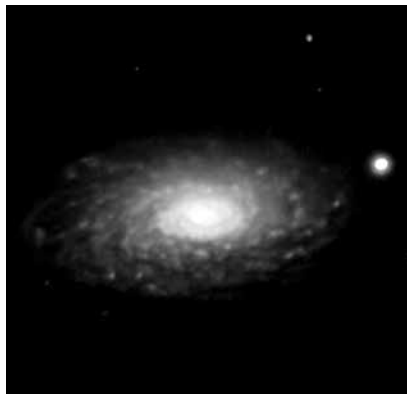
across a branch of ginkgo leaves, then go home and make a watercolor painting, you just might be doing yourself a big favor! Granted, TAG member Judi Howard probably did not have all this data when she spotted the ginkgo leaves on a recent stroll, but her beautiful watercolor painting is proof positive that art can also make our lives better.

Come join us at TAG. It may make your life better still. Annual dues are only \$20. Our next meeting is on **Monday, August 4 from 1 to 3 p.m.** in the **Marina Room, Delta Club**. On the other **Mondays**, we offer open painting sessions from **1 to 3 p.m.** All meetings are in the **Marina Room, Delta Club**. Contact **Harvey Steinhaus, Harvey.Steinhaus@gmail.com** for questions or more information about the club. Upcoming 2025 meetings: **September 8 and October 6**.

Astronomy Club

August is one of the most interesting times to take out your telescope and observe. In reasonably dark skies, the Milky Way extends from Sagittarius (the Teapot) all the way up to the north. This is the time of year when you can see the most interesting nebulae with different shapes, such as the Eagle, Trifid, Omega (Swan) and Lagoon. Then there are the bright and varied star clusters, too countless to name here.

Antares is a super red giant star and the brightest one in the constellation Scorpio. It is the largest known star



that we can see. At fifteen times the mass of the sun, the diameter of Antares is huge. By huge, we mean that its diameter extends beyond the orbit of Mars to about 550 million miles, which is near the area of

the asteroid belt. So, if the Earth were suddenly placed there, we would be cooking or worse! Red giants are stars that are near the end of their life and are a bit unstable until they go nova. Because of this, Antares varies in diameter by about 20%. If the sun did that, we would cook and then freeze on Earth on a regular basis.

Our next meeting is on **Monday, August 11 at 7 p.m.** in the **Monterey Room, Vista Club**. Come view the latest images our members have taken and hear something interesting about astronomy. If you have a telescope but need help, contact us and our members will help. Contact **Mike Chibnik, chibnikm@gmail.com**.

Bible Truth Seekers

Bible Truth Seekers Club endeavors to create an effective learning experience for all interested in knowing more about the Bible. Use whatever Bible translation you are comfortable with. According to many Bible scholars, the Old Testament is believed to have been written over a period of 1,400 years by 32 writers and covers approximately 3,600 years of mankind's history. Words were penned in different ages, in different countries and by different men and yet their collective writings were later compiled into what is now called the Bible. II Peter 1:21 states that believers view these writings and their preservation as guided by God's providential hand.

The Bible contains two covenants called the Old Testament and the New Testament. It is a collection of 66 books, arranged in sections, just like a library. The Old Testament sections are Law, Israel's History, Poetry and Prophets. The New Testament sections are the Gospels, Church History, Epistles and Prophecy.

In the Old Testament, God establishes His covenant with the twelve tribes of Israel. In the New Testament, God continues His covenant through the twelve apostles, who were all of Jewish descent. Christian tradition holds that through the apostles' preaching of the Old Testament Scriptures, the Church was established on the earth.

Because many Christians believe the Bible unfolds God's plan progressively, we will be studying the Old Testament to see how God unfolded His plan from the very beginning.

Bible Truth Seekers Club meets every **Friday from 11 a.m. to 12:30 p.m.** in the **Monterey Room, Vista Club**. Contact **Don Halstead, 707-208-7703, 24jesus@sbcglobal.net** or **Theresa Halstead, 707-208-7703, 24jesus@sbcglobal.net**.

Billiards Club

Tournaments are held every **Tuesday**, starting at **5 p.m.** Please be there by **4:50 p.m.** if you would like to play.

The June winners were: **June 3:** 8-Ball, first Bruce Anderson, second Tom Conklin, third Terry Erb; **June 10:** 9-Ball, first Nathan Griffin, second John Faustini, third Jim Rosteck; **June 17:** 8-Ball, first Bruce Anderson, second Terry Erb, third Larry Meers; **June 24:** 8-Ball, first Donald Martin, second Tom Conklin, third Jim Rosteck.

Orientation for Women: Even if you've never picked up a cue stick before, you can get an introduction to the basics with free lessons on **Wednesdays at 10 a.m.** from our Club Secretary, Vickie Muñoz. Like Vickie, you can learn at your own pace without any judgment because she was taught the rules and basic fundamentals of shooting pool when she moved to Trilogy by one of our club members. That gives her the ability to help beginners with empathy and patience.

The group has an excellent mentor willing to answer any questions: John Faustini, the Billiards Club Vice President. **Wednesdays from 10 a.m. to 12 p.m.** is limited to attendance by ladies only, except their mentor. There is no cost to women who want to learn to play pool or who would enjoy playing pool with other ladies on Wednesday mornings. If you want more information, contact Vickie, **925-330-1838, vmunoz126@pm.me**. For information regarding the Billiards Club, contact **Jim Rosteck, jrosteck@aol.com**.



Bingo

Meet new friends and have fun. We meet on the **fourth Friday at 6 p.m.** in the **Rio Vista Room, Delta Club**. Buy-in is \$10 for a pack of 12 games (4 cards on a sheet). Every player must purchase a \$10 buy-in. Additional packs are \$5 each after buy-in. Early bird special: \$1 per card. We use these funds for the early bird prize. The game prizes are \$50; blackouts \$250. Extra blackout cards and daubers are available for \$1. Contact **Irene Foss, 707-374-6999**.

Bocce Club

It's hard to believe it's August already. Just last month, we completed the halfway point of the 2025 Bocce Season, with all 44 teams bringing their excitement and enthusiasm to each game. Playoffs will begin in September for the night league. New for 2025 is the addition of playoffs for the morning league.

An important reminder for those teams or individuals wanting to participate in the upcoming Harvest League: registration is currently in progress, with the deadline to join as a team or unaffiliated individual ending on **August 15**. Forms can be picked up in the **Delta Club**, on the wall above **Box 8**.

A reminder to all participants: no one is to enter the court until the paddle person has made their final call regarding the determination of points to be awarded per frame. The paddle person, at their discretion, may grant permission for individuals to enter the court based on certain circumstances. Lastly, once the paddle person makes their call regarding points being awarded, team captains and any active player may challenge the call only at that time.

Contact **Al Anthony or Sam Benson**, trilogypaysbocce@gmail.com.

Book Club

The Book Club's Shakespeare Group recently celebrated its third anniversary, as shown in this month's photo. Members have begun their thirteenth play, *Richard II*, after watching the film adaptation of *The Merchant of Venice*.



The Book Club meets on **the second Tuesday of each month from 10 a.m. to 12 p.m.** in the **Multipurpose Room, Vista Club**. The gathering starts with an informal chat at 10 a.m. and moves on to book study from 10:30 a.m. to 12 p.m.

The Shakespeare Group meets on **the first and third Tuesdays from 11 a.m. to 12:45 p.m.** in the **Monterey Room, Vista Club**.

For Book Club questions, contact **Gerry Swan**, swanmom82@global.net. For Shakespeare Group or Classics, contact **Don McGill, 910-612-4799**, djmcha@yahoo.com.

Breast Cancer Support

Welcome summer! We would like to thank all the people in Trilogy who have supported us over the years and who have nominated our fellow residents to receive a Bag of Caring. Our group of men and women are some of the nicest people you could ever meet. We have all been to that place where we said, "Now what?" But we all came through it and want to give back to others here in our own community.

Please nominate someone you might know who is going through cancer treatment. You do not have to be a member of our club, nor does the recipient. Everything is anonymous. Our hope is that everyone can be as well as they can be in the moment, knowing better days are coming. If you would like information or support, are thinking of giving back or can tell us of someone who may need some TLC by receiving a Bag of Caring, please contact **Sally Feldman, 510-501-0684**, trilogysurvivor2016@gmail.com.

If you would like to join us, we meet on the second Tuesday of each month at **1:30 p.m.** in the **Monterey Room, Vista Club**. Our next meeting is on **August 12 at 1:30 p.m.** in the **Monterey Room**. Always remember there is so much to be grateful for.

Broadway Bound

The Broadway Bound Group is heading to the **Downtown Theatre, 1035 Texas Street, Fairfield** on **August 24 at 2 p.m.** to see *Six, The Musical*.

"Divorced, beheaded, died, divorced, beheaded, survived" is a well-known mnemonic used to remember the fates of Henry VIII's six wives. It summarizes their marital fates in order: Catherine of Aragon was divorced, Anne Boleyn was beheaded, Jane Seymour died, Anne of Cleves was divorced, Catherine Howard was beheaded and Catherine Parr survived.

From Tudor queens to pop icons, the six wives of Henry



VIII take the mic to remix five hundred years of historical heartbreak into a euphoric celebration of 21st-century girl power. This new original musical is the global sensation that everyone is losing their head over.

Dinner will be after the show at the Athenian Grill, 750 Kellogg Street, Suisun (Waterfront Old Suisun). Buy your ticket or tickets at the Downtown Theatre website: **dmtc.org** for that performance. After purchasing your tickets for any of these shows, email coordinator **Linda Beckemeyer, linsfo@gmail.com**, to let her know that you will be joining the group. Your dinner reservations are needed, which is very important.

Bunco

Let's get together and have some fun. Join us for Bunco and make new friends. Bunco is an easy game to play — just a roll of the dice. We sit at tables of four players, make introductions and start when the room is ready. At the end of each round, two players from each table move to another table and then we play again.

We meet on the **second Friday at 6 p.m.** in the **Rio Vista Room, Delta Club**. Refreshments will be served during the break. We look forward to seeing you there. Contact **Anna Hoerz, 925-759-1138**.

Canasta – Couples

If you want to meet, socialize and have a fun evening with other Trilogy couples, this club is for you. We play triple play, gals against the guys. Canasta is a fun card game that is easy to play and requires no experience. Beginners are always welcome. Dues of \$5 per couple are collected to cover the cost of supplies, refreshments and more.

We play twice a month on the **first Tuesday** in the **Marina Room, Delta Club**, and the **third Tuesday** in the **Sonoma Room, Vista Club**. Both meetings are at **5 p.m.** We are always looking for new players. Contact **Lucy or David Blalock, 559-916-4979, blalock31@att.net**

Canasta - Shove It

Gather your friends and join us for an enjoyable evening of camaraderie and fun as we explore the exciting world of games! Whether you are an experienced player or a curious newcomer, this is the perfect opportunity to play in a relaxed, pressure-free environment with no dues required.

We invite you to learn and experience the thrill of Canasta on **the first and third Wednesdays from 6 to 9 p.m.** or join us for the engaging game of Shove It on **the second and fourth Fridays from 1 to 4 p.m.** Both events will take place in the **Sonoma Room, Vista Club**.

This is more than just playing games — it is about building connections with fellow card players and creating lasting memories in a stress-free atmosphere. Experience the joy of friendship and fun with great neighbors. We look forward to seeing you there, so be sure to mark your calendars!

Contact **Sandra Bowen, 925-381-0925**.

Canasta - Triple Play

Whether you're a Canasta veteran or have never held a hand of cards, our club embraces players of all skill levels. Our experienced members take genuine pleasure in teaching newcomers the ropes, and there's never any pressure to be perfect. We believe the best way to learn is through play, surrounded by patient and encouraging companions. Annual dues are \$25, and the club meets every **Tuesday and Thursday from 12 p.m. to 4 p.m.** in the **Sonoma Room, Vista Club**. **Sunday sessions will resume October 5.**

We always have a few extra chairs for anyone curious about joining us. The atmosphere is relaxed and friendly. Your seat at the table is waiting! Contact **Judy Dye, 707-724-0174, jdye8888@yahoo.com**.

Ceramics Club

Can you believe it? It's August! It is time to discover the joy of painting ceramics and transform ordinary objects into extraordinary masterpieces! There are four months remaining this year, so consider painting a holiday masterpiece, something for your personal enjoyment, a decoration or a gift. Whether you're a seasoned painter or picking up a brush for the first time, we'll support you every step of the way. Stop by and check us out; we will offer one piece for you to paint.

Where to go for ceramic pieces? Check out Terrell's Ceramics at **916-410-7010**. She has a website and will mail your items too. If you like ceramics and want to join, it is \$15 per year for the use of the paints, the kiln and a relaxed and supportive environment where



you can unwind, socialize and unleash your inner artist. We meet every **Thursday at 9:30 a.m. to 12 p.m.** in the **Marina Room, Delta Club**. For more information, stop by or contact **Hande, 415-936-6495**; feel free to leave a message.

Collectors Club



Save the date and plan on attending the Trilogy Collectors Club Fourth Annual Show scheduled for **September 27, 2025, from 10 a.m. to 3 p.m.** in the **Delta Club**. Our members will amaze you with at least 10 tables displaying treasured collectibles. Meanwhile, join us when we meet monthly for show and tell of unique collectibles with our own version of the Trilogy Antique Road Show.

We share a common interest in treasured collectibles. Bring your collectibles to share with members for show and tell and maybe even obtain an opinion of value. We encourage trading or buying and selling collectibles. There is no membership fee to join our club.

We meet the second Friday of each month. We look forward to meeting you and your collectibles at our next monthly meeting on **August 8, 2025, at 10 a.m.** in the **Sonoma Room, Vista Club**. Contact **Henry Giovannetti, henrygiovannetti@sbcglobal.net**.

Cooking Club

Hello from the Trilogy Cooking Club. We are home chefs who love to cook, learn about cooking, sample great dishes and share our experiences with cooking and dining in the area. We meet monthly and select a food-related theme for a group of members to cook, and then we sample it. The theme can be anything from vegetables to ethnic cooking to specialty dishes, and it changes each month. From time to time, our club offers demonstrations of techniques or methods of cooking or specialty dishes.

In August, we will take our annual road trip to Larry's Produce, followed by lunch at a local restaurant. We have a great time sharing produce from one of the premier vegetable markets in the area.

The club would like to thank Trilogy Communications Director Colin Hannigan for his work in featuring the club in the July issue of Trilogy Living Magazine. Colin truly captured the essence of our club, and we are grateful that some of the long-time members of our club were highlighted for their added experience and contributions.

We hold our meetings on the **second Tuesday** beginning at **12:30 p.m.** in the **Rio Vista Room, Delta Club**. If you are interested in learning new cooking techniques, doing tastings, seeing great demonstrations or just want to learn more about cooking, please join us. Members submit recipes for the dishes prepared, and these are available online after the meetings.

Guests are always welcome to drop in. Contact **Gary Swieso, 714-473-2729, tabsco1@gmail.com**.

Council for the Arts

The Council has offered financial grants to organizations and clubs in Trilogy that are involved in many aspects of the arts. The source of funds used to support the arts is revenue raised by our spring musical revue, Music of the Night. We will publish next year's theme in the September issue. The Council meets on the **second Thursday at 10 a.m.** in the **Monterey Room, Vista Club**. For information about the Council, contact **Roger Kohn, 707-374-2737, clubkohn@gmail.com**.

Covenant Women of God

As we approach the summer months, we want to inform you that our Covenant Women of God Bible Study is continuing a summer vacation break **through August 31**. This pause will give everyone a chance to rest, recharge and enjoy time with family and friends. We will resume our regular meetings on **Thursday, September 4 at 6 p.m.** in the **Multipurpose Room, Vista Club**, refreshed and ready to continue growing together in faith and fellowship. We look forward to seeing you again in the fall!

Creative Crafting

Our motto is "Something from Nothing." The Creative Crafting Club invites all to join. Our goal is to provide a safe and friendly environment for you to express yourself through art, jewelry making, knitting, quilting, sewing (no machines) and anything else you can imagine! No monthly fees, dues or donations are required. Bring your supplies, and we will provide support and learn from you. We will also give you the opportunity to learn a craft from



someone else. We meet every **Tuesday** from **12:30 to 3:30 p.m.** in the **Marina Room, Delta Club**. Contact **Linda Jones, Uniquemom8@aol.com, 510-343-1496**.

Cribbage

The Cribbage Club is a small group of friendly and fun-loving card players. We meet every **Monday morning** from **9:30 to 11:30** in the **Sonoma Room, Vista Club**. We are always happy to welcome new members and to teach them how to play the game or help them remember the rules and strategies if they used to enjoy playing Cribbage. We have homemade treats every week. We hope you will join us. Please contact **Cheryl Edwards, 925-852-5047** with any questions.

Cycling Club

The photo shows Dale Miller, Dave Blalock, Jerry Overturf, Jackie Cummings, Brenda Lundy and Kathy Cole. They rode 26 miles over the Benicia and Carquinez Bridges and the Bay Trails.



Our next club meeting is **Wednesday, October 1** from **3 to 4 p.m.** in the **River Room, Delta Club**. The Show and Go Rides occur on **Monday, Wednesday, and Friday at 7:50 a.m.** to allow time to catch the 8:20 a.m. ferry. Riders meet in **front of the Delta Club**.

On Monday and Wednesday, the ride is led by **Dave Blalock, 559-916-4979**. On Friday, the ride is led by **Marcia Morrison, 408-398-7994**.

The Casual Ride takes place on **Monday, Wednesday and Friday at 9 a.m.** Riders meet in the upper parking lot next to the Summerset courts.

The Ryer Island Ride is on the **third Thursday of each month**. Riders meet at **8:30 a.m.** in the upper parking lot next to the Summerset courts. The leader is **Brenda Lundy, 707-639-7437**.

On the **last Friday of the month**, all riders are invited to join a Special Ride or Breakfast Ride. Riders meet in front of the Delta Club at **7:50 a.m.**

Contact **Marcia Morrison, 408-398-7994, marcialsj@netscape.net**.

Dance Club



Trilogy Dance Club is a high-energy dance club. We have dances once a month on a Sunday night in the Diablo Ballroom, Vista

Club. In the summer, we move outdoors on the Vista Club Patio for Dancing Under the Stars. We also have special event nights, such as New Year's Eve and Trilogy Woodstock Music Festival. We offer live music by many different bands to make your feet (and the rest of you) move. We feature music from the 60s through the 2000s that will get you dancing. All of our dances have a dress and decoration theme. Come in theme or not, all are welcome.

Dance times are **6 p.m. to 8:30 p.m.** Doors open at **5:45 p.m.** Tickets will be on sale at **9 a.m.** the morning after the previous month's dance. Dance attendance is limited, so get your tickets early. We will have a waitlist in case of any last-minute availability.

The price for our regular indoor monthly dances is \$16, including the Ticketpeak fee. Tickets are only available through **Ticketpeak**. All seats will be at a table of ten with chairs, no reserved seating.

All our events are BYOB and any snacks you wish to bring. Our dances are great for couples and single people alike. Come make new friends! We have a complimentary photo booth at all of our events. After you take your picture, we text it to you immediately. We give a complimentary party favor to help you enjoy the evening.

Summer dances on the patio are \$25 per person, per dance. We periodically run special events that are priced based on that event.

There is no cost to join; just send us your name and email, and we will add you to the communication list.

Our emails will send you a link so you can purchase tickets. Club contacts **Sheryl Wayne, 925-325-5359, Len Wayne, 925-297-9103, trilogydanceclubriovista@gmail.com**.



Delta Rainbows



The Delta Rainbows are a lively group of LGBTQ+ folks who meet on the **second Tuesdays** for a potluck at **6 p.m.** in the **Marina Room, Delta Club.**

On all other Tuesdays, we meet at various local venues for lunch and camaraderie. We also venture out for field trips from time to time. To learn more about our club, please visit our Facebook group, NextDoor.com page or contact **Jerry Washington, 510-691-9807.**

Dog Club



Mona Elliott, holding Peaches and Mayo Rasmussen

It's the dog days of summer, so please consider walking your pet only on the grass, early or late in the day to protect their paws from burns.

The new club board was seated in July and is working on projects to increase membership, continue the Pet Response Team search activities and brainstorm speaker topics and fundraising. Anyone interested in assisting the board will be greatly appreciated. Phil Strand, Vice President, and Mona Elliott, Treasurer, will continue to head up the Pet Response Team, but anyone interested in joining the team in searching for wandering dogs is welcome.

The Dog Club participated in the annual Trilogy Fourth of July parade, and pictured are Mona Elliott and Mayo Rasmussen, Secretary, in Mayo's decorated cart. Mona is holding Peaches, owned by Mayo and her husband. The Dog Club had a great showing of decorated carts for the parade.

The Pet Response Team continues to reunite pets and parents, so check your chip and collar tag information and register that at the **Dog Club mailbox, Delta Club.** For lost or wandering dogs, notify **Trilogy Welcome Center (front gate), 707-374-4306**, and leave a message for immediate action by the Pet Response Team.

The September meeting is on **Tuesday, September 23 at 1 p.m.** in the **Rio Vista Room, Delta Club.** "Dogs teach us to find joy in the simple pleasures — a walk on the beach, a ball to fetch and the warmth of the sun." – Alain Portmann. Contact **Patty Harrington, maxcurie@hotmail.com.**

Dominoes

We play Mexican Train Dominoes on the **first and third Tuesdays at 12:30 p.m.** in the **River Room, Delta Club.** Please come and join us! Contact **Shirley Rogers, 704-374-9984, sjrogers@gmail.com.**

Drama Club

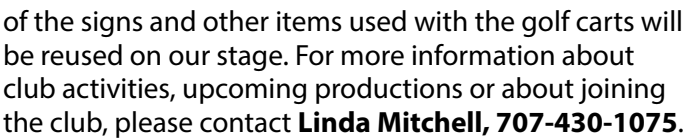


The August meetings of the Trilogy Drama Club will be **July 29 and August 26 at 5:30 p.m.** in the **Marina Room, Delta Club.**

Our next Drama Club production will be "The Pony Express, or the Villain Came to a Grinding Halt" by Rachel Davidson. This is a comedy loaded with jokes. Our cast has started rehearsals, which will continue every week right up to showtime. Near the time this magazine (Trilogy Living's August edition) is delivered, we will be getting into an intensive rehearsal schedule. The stage will be installed in the Vista Club a couple of weeks before the play begins, so we can practice not falling off the stage before opening night.

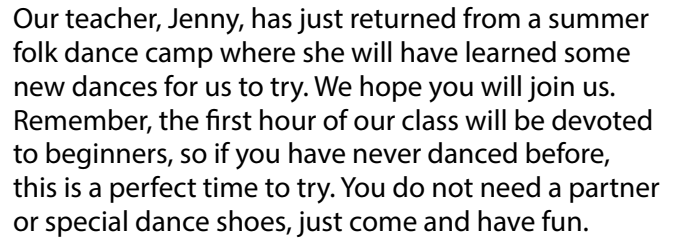
Tickets went on sale in mid-June, and we have issued tickets for every night. At the time of this writing, we have plenty of room every night. "The Pony Express" production will be from **August 13 to 16** in the **Diablo Ballroom.** Tickets will cost \$5 each, which will help offset our play expenses, including the royalty fees and printing. If you come, be prepared to laugh out loud!

Finally, we have included a picture of one of the three golf carts we had in the July 4th Golf Cart Parade. Many



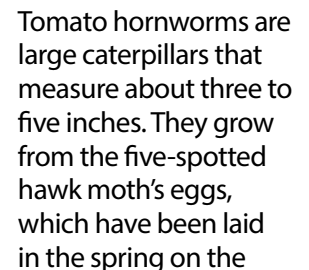
Fat Quarter Quilters is a group for anyone who loves to sew. Come and enjoy sewing with others and making new friends. Bring your project and sewing machine if needed. There is room for sewing, cutting and laying out your project. We have extension cords, irons, ironing boards, cutting mats and rulers. We meet every **Wednesday from 12:30 to 4 p.m.** in the **Rio Vista Room, Delta Club.** Contact **Diane Andrade,** **510-517-2217, dandrade3@frontiernet.net.**

Did you know that many folk dances are based on agriculture? The seasons play such an important part in agriculture, and many dances depict planting in spring and harvesting in autumn. Since it is now August, we are entering the harvest time and I expect we might be learning dances that reflect stamping or swaying to represent harvesting. We will all have fun no matter what dance we are learning.



The Trilogy Recovery Support Group meets every **Wednesday at 1 p.m.** in the **Monterey Room, Vista Club**. Our primary purpose is to support those in recovery or interested in recovery from alcohol abuse. Meetings follow the format of an Alcoholics Anonymous (AA) gathering. Contact **Laney Harber, 408-306-4955**.

At this time of year, gardens produce a bounty of ripe, delicious tomatoes. But wait, it appears someone else has a taste for them too. Upon closer inspection, you see the culprit: a bright green caterpillar. You note damage to the plant's foliage and even nibbles in the fruit. It seems you are now on familiar terms with the tomato hornworm, one of the top tomato pests. Now, what can you do to repel these pests?



Some of the best companion plants to repel tomato hornworms include basil, which not only repels tomato hornworms, aphids and thrips, but can also improve the flavor and yield when it is grown near them. Dill is often used as a trap crop, luring the hornworms away from the tomatoes and onto the herb itself. Nasturtiums are also used as a trap crop. The scent is said to also repel the parent moths that lay the hornworm eggs. Marigolds are the quintessential companion plant, said to keep any number of pests at bay. Their strong aroma repels the five-spotted hawk moths that lay eggs.



clubs + groups

Upcoming events: **September 11** we will hold a plant exchange and container plant showcase. On **September 18** we are taking a field trip to UC Davis Bee Haven. **October 9** we will learn about herbs from Bernadette Clark, Master Gardener.

Contact **Marsha Willard**, rimawil68@gmail.com.

Genealogy Club

Researching your ancestors can be fun, exciting and educational. You never know where a hint will lead you or to what part of the United States or the world you will travel in your research. As with traveling in general, side trips we take along the way provide new adventures and information. It is like putting together a large jigsaw puzzle with pleasing results in the end.

Family Search is a free platform you can use to start your family tree. The website is **familysearch.org**. Many of our members use fee-based Ancestry (monthly, annually), which can be accessed at **ancestry.com**. Some members with significant European ancestors find fee-based **MyHeritage.com** (monthly, annually) very useful. Regardless of what you use, the process is the same: start with your name and information, then your parents and their information, their parents and so forth. Include as much information as you can to generate "hints" for possible matches. Patience helps!

The Genealogy Club is free to join. We meet on the **first Thursday at 2:30 p.m.** in the **Monterey Room, Vista Club**, for our roundtable discussions. Join other members to discuss research goals, celebrate discoveries, share resources, ask questions and break through your "brick walls."

Workshops are on the **third Thursday at 2 p.m.** in the **Learning Center, Vista Club**. Workshop topics vary and include genealogy resources, immigrant ships from Europe, understanding DNA results and writing and publishing your family history. We have members and others as guest speakers with expertise in certain areas.

If you have been thinking of researching and have not started yet, we invite you to join the genealogy journey. Please contact **Sheila Vingo**, trvgeneclub@gmail.com to join our email list.

Golf Club: Men's Executive Nine



The Rio Vista Men's Executive Nine golf club consists of members who enjoy playing nine holes of golf and then socializing after the game. We welcome new



members of all ability levels. We play on **Tuesdays** using a "shotgun start" beginning at **9 a.m.** The format varies each week, usually with individual non-tournament golf two Tuesdays of the month and individual and team tournament events on the alternate Tuesdays.

Tournament Results: The winning team members for the June 10 Whacky Scramble Men Hosting Ladies 9 were Rick Rudolph, Hank Bucko, Kathy Moore and Eileen Foster. Winning flight members for the June 17 All Par 3s tournament were Eric Reyes, Ron Kott and Juan Quinday. Flight winners for the July 1 "Straight Golf Flighted" were Seedro Santos, John Santry, Roni Itagaki and Larry Nohr. Congratulations, everyone!

Upcoming Scheduled Tournaments: **July 22** Straight Scramble – Membership Meeting, **July 29 and August 5** Club Championship, **August 19** Texas Scramble, **September 2** Super Senior Tees and **September 9** Step Aside Scramble.

Men's Executive Nine currently has 122 members. We invite you to come out and join us for a good time with a great group of guys! Applications for membership are available at the Pro Shop. Contact **Vince Cardinale**, noahspapa1955@comcast.net.



Golf Club: Senior Men's



Welcome from the Rio Vista Senior Men's Golf Club. We are Trilogy golfers who enjoy golfing at Trilogy and at away events at courses in the area. We offer weekly tournament play with individual and team events throughout the month. The modifications at the fifth hole are settling in nicely, and bunker renovations

are almost done. It is expected that the dredging of ponds on holes 11 and 12 will happen soon, along with pump upgrades at the 12th hole pump station.

Tournament play finished the month of May with the ABCD Chicago event won by the team of Askin, Hetterscheidt, Glass and Freeman. The June away tournament held at Paradise Golf Club in Fairfield was won by Dennis Dooley for Flight One and Hans Puppig for Flight Two. Away tournaments are held each month, so come and join us. The General Meeting tournament (Shamble) was won by team Seamans/Fashing, with the Green Flight taken by team Shafer/Sinosky. The Monarch Grill prepared an excellent lunch that was enjoyed by all the members attending.

The Board of Directors has moved to eliminate the tournament fee (no payout) for future General Meetings and will now be offering a \$25 gift card for new first-time members, cutting the new membership fee to a net \$75 cost. It is a great value to encourage new members.

If you are a current member and haven't played in awhile, we would love to see you come out and play again. If you are interested in more information on the club, please contact **Dave D'Arche, 650-773-3346, dd@eaglepoint2.com**. All Trilogy players are welcome to join.

Golf Club: Women's 18-Holers

Golf Club: Women's 18-Holers (June) The Ladies' 18-Hole play on **Thursday at The Golf Club at Rio Vista**. Contact **Jackie Evans, 707-507-9398**.

On June 5, the Ace of the Month was Denise Sargent-Natour with a net 71, and she broke 100 with a 95. Closest to the pin on hole 2 was Terry Sutter at 10 feet 11 inches. Chip-ins were recorded by Bessie Dunn and Loretta Ortenblad on hole 5, and Loretta again on hole 18. Flight

One low putts were Denise Sargent-Natour at 30 putts, Sandy Smith at 31 and Loretta Ortenblad at 33. Flight Two low putts were KarenAnn Evans at 33, Catherine Warr at 37, and a tie for Bird Mercier, Bessie Dunn and Marian Bard with 38. Flight Three low putts were Paula Davis at 37, Helen Swarbrick at 38 and Jill Smith at 39.

On June 12, Par 4's Only, 18 members played, and Sandy Smith was closest to the hole on 10 with 9 feet 3 inches and recorded a chip-in on hole 15. Loretta Ortenblad chipped in on hole 6, and KarenAnn Evans recorded a chip-in on hole 5. Three ladies broke 100 with Sandy



Ace of the Month for June was Denise Sargent-Natour

Smith at 98, Pam Fashing and Denise Sargent-Natour at 99. Flight One first place was Pam Fashing with 40, Denise Sargent-Natour 45, Sandy Smith 46. Flight Two first place was Doris Currie with 39, second place KarenAnn Evans 42, and a tie for third was Nancee Mercier and Diane Scholz at 45. Flight Three first place was Marian Bard with 42, second Paula Davis 43 and third place tie Darl McCarthy and Catherine Warr at 45.

On June 26, Club to Club was a 5-club tournament hosted by Rio Vista Club and included Blue Rock, Hiddenbrooke, Rancho Solano and Cypress Lakes with 5 teams of 2 members from each club. First Place Winning club was Blue Rock with 347 net, Second Place Cypress Lakes 350 net and Third place was Rancho Solano with 352 net.



Golf Club: Women's 9-Holers



Net Niner Cindy Bowns

June 3 low putts day results are as follows: Flight 1: Chris Saybe \$16, Marion Bard \$10, Bird Mercier \$7. Flight 2: Jody Taylor \$16, Marj Niemi \$10, Marcia Frankhouser \$7. Flight 3: Sheila Wood \$16, Alma Renko \$10, Julie Goodin \$7. Great job, ladies. Pars: Jody Taylor \$8. No chip-ins. Eclectic results: first place Marion Bard with a net 60.0 \$92, second place Kathy Cole with a net 62.1 \$69, third place Bird Mercier with a net 62.7 \$46, fourth place Marj Niemi with a net 65.1 \$23.

On June 10, we had a great time as the nine-hole executive men invited us to play with them. June 17 pars: Anita Fox #8, Jennifer Tucker #8, Bird Mercier #5, Denise Sargent Natour #5, Pat Kistler #5, Marion Bard #4, Kerry Zontek #1. Great job, ladies. Chips in: Kerry Zontek #1 and Pat Kistler #4. Low score under 50: Denise Sargent Natour.

June 24 was a great day for golf with a little Delta breeze. Pars: Denise Sargent Natour #13, Sue Clark #13, Joanne Smith #13. Chip in: Taylor Engle #18. # club and a putter play results: Flight 1: Denise Sargent Natour \$12, Bird Mercier \$8, Diane Scholz \$5. Flight 2: Kathy Moore \$12, Marion Bard \$8, Pat Kistler \$5. Flight 3: Donna Divito \$12, Tamie Slover \$8, Joanne Smith \$5. Congrats to all.

If you are interested in joining the Nine Hole Ladies Club, please contact **Cindy Brown, cindybrown_riovista@yahoo.com**.

Good Samaritans

This verse, 2 Chronicles 7:14, is often cited by American faith-based organizations as a spiritual theme for the country, "Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land."

Scripture of the Month: John 16:33. Our Bible study and fellowship meetings will resume on **Wednesday, January 22 at 1 p.m.** in the **Marina Room, Delta Club**. Contact **Rose Narcisse, 9fellowship@gmail.com**

Guitar Club



Carol Foote on stage as Bruce Peck runs sound at the June Coffee House

The Coffee House requires no ticket — just come right in. We have yet to reach full capacity since COVID-19.

Consider joining our email list. We will send you the schedule for the year, a reminder a week before the next Coffee House, the lineup a few days before the "show," and also let you know of any special events or changes to the schedule. We will not bombard you with emails, and you can opt out at any time. Let us know, **guitarclubtrv@gmail.com**.

The next This n'That Coffee House is on **August 31 at 4 p.m.** in the **Diablo Ballroom, Vista Club**. Doors open at **3:40 p.m.** The June Coffee House featured Bob Frable, Claire McKean, Larry Nakashima, Carol Foote, Gary Soals, Murray Levitan, James Long, Joan Savarese and Arthur Goulart. In just over two hours, the audience was treated to an afternoon of music, song, comedy and poetry. Just ask anyone who was there.

The Guitar Club meets on the **first and third Mondays from 1:30 to 3 p.m.** in the **Multipurpose Room, Vista Club**. Anyone is welcome to stop by, especially if you used to play. Maybe you will be inspired to start up again. The Beginners Workshop meets on the **second and fourth Mondays from 1:30 to 3 p.m.** in the **Multipurpose Room, Vista Club**. It is for anyone interested in learning to play guitar.



For information about our meetings or about the Coffee House, contact **Roger Kohn, 707-374-2737, guitarclubtrv@gmail.com**. You can also email **Bill Morales, top4orty@gmail.com**.

Havurah Club



Shalom, friends! Are you interested in exploring Jewish culture — both its rich history and vibrant present? Then our Havurah social group is for you! We meet monthly on the **second Wednesday at 7 p.m.** in

the **Monterey Room, Vista Club**. It's a great opportunity to connect, learn and celebrate together.

On **Sunday, August 17** in the **River Room, Vista Club**, we're hosting a barbecue potluck. Doors open at **3:30 p.m. and BBQ starts at 4:30 p.m.** It will be a fun and casual gathering to enjoy great food and even better company. More details to follow!

Whether you're new to the community or a longtime member, everyone is welcome, including those who'd like to help with planning future events.

For more information and to be put on our mailing list to receive updates on upcoming events, please contact **Pam Hayes, 408-205-0168**. We look forward to seeing you soon! Warm regards, your Havurah friends.

Hiking Club

We are a diverse group who share a love of nature and the outdoors. We enjoy the unique hiking experiences available in our area that often combine wildlife viewing and great photo opportunities with fresh air and exercise.

Unless otherwise announced, our hikes begin on **Saturdays**. All hikes will meet in the **Vista Club parking lot** to accommodate those who wish to carpool or follow someone to the trailhead. We leave the Vista Club at **8:30 a.m. sharp**. A monthly member email and our website describe each event in detail. You are invited to view our website, choose a hike that matches your level of fitness and ability and join us for a great outdoor experience. We welcome new members and look forward to meeting you.

Our upcoming hikes are **August 16** at Carquinez Strait Trail Glen Cove, **August 23** at Temescal Regional Recreation Area and **August 30** at Los Vaqueros Watershed.

If you have questions or would like to be put on the mailing list, please contact **Carole Howe, 415-885-9319, caroleahowe@gmail.com**. For more detailed information about the club and our activities, please see our website: **trilogyhikingclub.weebly.com**.

Hike Leaders Wanted! If you have any interest in leading a hike, please contact **Ron Steiner, ronsteiner@gmail.com**.

International Folk Dance



Birthday Celebration: 1st row: Orlando DeVera, James and Genie Corral, Pauline Young, Alejandro Quillopo, Debbie Wong, Lori Mikkelsen, Carmen and Jim Wong, 2nd row: Larry Louie, William Wong, John Quillopo and Sheila Patchett

On June 13, Carmen Wong joined Dee Phillips in a Hawaiian dance to the song "Lahaina Luna" in honor of our birthday celebrants, Red Hat sister Carmela Maldonado and Red Hat mom Patty Romero, during our monthly luncheon, which was held at the Hong Kong Seafood Restaurant in Rio Vista. Though we did not have pre-planned performance opportunities, we had a chance to dance some easy line dances as a group at various occasions in June.



Viaggio Wine Pickup Party: Vhie Ibay, Debbie Wong, Carmen Wong (Circus performer), Liz Young and Zeny DeVera

On June 15, several of us visited the Viaggio Winery to celebrate Father's Day with music by Marquis Motown, one of our favorite bands. We have learned several line dances, which are part of the band's playlist, including "Celebration," "La Bamba" and our cherished "Sweet Caroline." We enjoyed both partner and line dancing during this celebration.



Father's Day Celebration: Roy Ibay, Raphael Espinosa, Larry Louie (Line Dance Instructor), William Wong, Bob Young, Orlando DeVera and Jim Wong

On June 21, most of our dancers attended a birthday celebration. In addition to playing several line dance songs for us, John, the DJ (nephew of the celebrant), had a chance to teach us another popular line dance called "Cupid Flex." The song itself has parts that tell the dancers the steps to perform.

On June 28, several of us attended the Viaggio Wine pick-up party, which had a circus theme and the band Bad Habits. Though we danced our generic cha-cha beginner line dances #1-3, Liz Young and Carmen Wong also danced a 10-part intermediate dance called "Brooklyn Heights" to the song "Let's Groove."

We meet **Friday from 2 to 5 p.m.** in the **Multipurpose Room, Vista Club**, with line dancing starting at **3:30 p.m.** Please contact **Carmen Wong, 650-438-0540**, or **Pauline Rockett, 915-447-0938**.

Jazz Band

Throughout history, jazz bands have served diverse roles, from providing music in dance halls to acting as a powerful tool for social commentary. Jazz evolved to reflect and shape American culture and social change.

In the early 20th century, jazz became popular entertainment, such as Roaring Twenties music. During the Prohibition Era, jazz was the soundtrack of the speakeasies. Jazz introduced popular swing music, influencing social trends and fostering a sense of community. Big bands provided entertainment during wartime at USO shows and factory dances, helping with morale.

During the Civil Rights movement, jazz musicians such as Duke Ellington, Miles Davis and John Coltrane used their music to speak out against racism and injustice. The United States Government utilized jazz ambassadors during the Cold War. Louis Armstrong was asked to promote American culture abroad, hoping to counter the Soviet influence during this time.

Today, jazz is enjoyed by people of all ages in concert halls, small clubs and large arenas. Jazz has been incorporated into many other genres of music, including rock, country and pop. Jazz has come a long way from its beginnings in ragtime and blues.

If you are looking for an enriching musical experience, give jazz a try. If you are interested in joining the Trilogy Jazz Band, contact **Elaine Schaefer, 707-507-9233**.

Just Dance Club

Join our club every **Monday from 12 to 1 p.m.** in the **Rio Vista Room, Delta Club**. There are no steps to learn; you can dance alone or with a partner. Everyone has a great time, and you burn off some unwanted calories! Did we mention that we collect zero dues or fees? Join us! Contact **Judy Stinson, 707-374-3973**, stinson_lucky2@yahoo.com.

Just Write!



Hoagy Carmichael and Sidney Arodin wrote a song that became popular in 1930 titled "Up a Lazy River." It tells of floating peacefully down a slow-moving river, enjoying the birds singing

and the shade of an old tree. How relaxing!

Have you floated down a lazy river or perhaps taken a cruise to escape the fast pace of our normal lives? It is possible that you have enjoyed a staycation right here in Trilogy at our pools located in the Vista Club or outside the Delta Club. Maybe your haven of rest is your own backyard. These can be perfect places to be inspired to write a poem, short story or novel. They may trigger recollections to include in your memoirs.

No matter what the motivation to write, we hope you have savored the summer hiatus that Just Write! (Trilogy's writers' club) is taking and have gathered many ideas for whatever prompts you to just write! Join our members when we return on **Friday, September 19 at 2 p.m.** in the **Monterey Room, Vista Club**. We share our literary thoughts and ideas for guest speakers as well as information on writing seminars and contests. We will also add to the list of new and unusual words that may solve the writer's block a poet or author may be experiencing. Contact **Judy Stinson, 707-374-3973**, or **Suzi Cassone, 925-231-5213**.



Kindness is Contagious

Kindness is Contagious (KIC) Mission Statement: Using discussions, workshops, events, teams and tools, we are committed to helping Trilogy at Rio Vista be a warm, welcoming community where all day, every day, residents are doing their best to make Trilogy a better place to safely live, work and play.

KIC sponsors the Monthly Grief Support Gathering led by Patty Harrison. We can share our journey as we continue growing through this season of grief and loss. The group meets on the **first Friday of each month at 4 p.m.** in the **Marina Room, Delta Club**. To find out more about the group or for any questions you may have, please contact **Patty Harrison, 925-752-2280**.

Know Your Trilogy Neighbor (KYTN) volunteers are ready and waiting to help you. With the help of the KYTN volunteers, we hope to improve the quality of life for our Trilogy neighbors by helping them remain independent in their own homes and maintain a connection to our community. Volunteers offer a variety of services, including friendly home visits, friendly phone calls (phone buddies), rides to medical appointments, help with grocery shopping and errands, senior peer counseling and more. If you are in need of these services, please contact **Kenda at Faith In Action, 707-469-6675**, or visit **faithinactionsolono.org**. Or you may contact **Kelly Bye, kytnfriends@gmail.com**.

KIC meetings are held the **second Friday of each month from 3 to 4:30 p.m.** in the **Monterey Room, Vista Club**. Contact **Kelly Bye, 925-250-3076**, or **Claudia Serviss, 310-528-4688**.

Labyrinth Walkers



Our theme for the month is walking in mindfulness. I know by now you have heard the word. The benefits of developing a mindful lifestyle are many but mostly related to stress in our lives. However, I want to focus on our labyrinth at Serenity Park, which is a

tool that provides a path to walk in silence, creating a mindful meditation. Walking in silence (no phones, headphones or conversation) allows us to tune in to the sounds in our environment, such as birds, a dog's bark and children playing. Our focused attention allows us to see colorful flowers, trees, clouds and blue or stormy skies. We become mindful of what we can feel: the sun on our skin, a cool Delta breeze and the feel of the earth under our feet. This mindful practice improves self-

awareness, helps to reduce stress and encourages and inspires our creativity.

Please join us on **Saturday, August 9 at 9 a.m.** at the **labyrinth, Serenity Park**, to experience your mindfulness labyrinth walk. Tai Chi Chih (TCC) is offered on **Tuesdays at 9 a.m.** at the **Delta Club patio**. TCC's gentle flowing movements can also help with balance.

The 2025 group walk schedule, directions and historical information can be found on **MyTRV.org** on the TLW page. The labyrinth at Serenity Park is available for solo meditative walking every day. For questions about labyrinth walks, contact **Elaine Wysz, 707-374-4310**. For Tai Chi Chih, contact **Leila Phillips, 906-367-3882**. Gerry Swan is on sabbatical but can be texted at **510-507-4080**. Walking together since 2006, come join us.

Mah-Jongg: Hong Kong

Mah Jongg is a game of strategy and challenge, also interesting and fun. We meet every **Monday** except the second **Monday** from **12:30 to 3 p.m.** in the **Sonoma Room, Vista Club**. We play a Hong Kong version. If you have played a different version or never played, we can help you learn this version. We do not play for money. Come join us for a fun time. Contact **Molly Martinez, 707-374-3417**.

Mah-Jongg: Joy Luck

We play the Chinese version of the game every **Friday** from **6 to 9 p.m.** in the **Sonoma Room, Vista Club**. We are a friendly group who will teach you. It's like Rummy: three of a kind or a three-tile run. If you play the matching game on your computer or phone, you're halfway there, except we play with beautiful Chinese tiles! Please join us! Contact **Sukay Ho, 707-416-1999**.

Men's Fellowship



Men's Fellowship provides participants with an opportunity to become better acquainted with the Bible and to study selected books of the Bible in depth. Men's Fellowship

has grown over the last decade from just a few men to a current roster of over 100. It is remarkable how much we have grown and how enjoyable our studies have been. We would love to have any man interested in studying the Bible attend our meetings.

Men's Fellowship has expanded to include two opportunities for Bible study. In addition to meeting on **Wednesdays from 9:30 to 10:30 a.m.** in the **Rio Vista Room, Delta Club**, there is also an opportunity to attend



another study on **Saturday from 9 to 10 a.m.** in the **Multipurpose Room, Vista Club.** You are welcome to attend either study or both! The Wednesday group is currently studying Hebrews. The Saturday group is studying Revelation.

We also live stream the Wednesday meeting to accommodate those who cannot attend or still wish to attend remotely. The Wednesday meeting is also recorded so those who cannot attend are able to view the meeting later via an email link.

Contact **Bill Whitford, 925-768-8006, billmj@astound.net**, or **Mike Warr, 253-312-8371, mwarr48@gmail.com.** We invite you to come and join us for an uplifting time with a great group of men! 1 Corinthians 16:13-14: Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love.

Model Club

Our Model Sailboat Regatta is on the **second and fourth Tuesdays at 2 p.m. at Vista Pond, Vista Club.** It's something to see!

Road racing takes place on Mondays at 10 a.m. in the **parking lot near the Summerset Courts.**

Dirt track racing happens on **Wednesdays at 10 a.m.** on the **track off Airport Road.**

Drag racing is on **Fridays at 10 a.m.** on the **dead-end road near the police station.**

The Model Club meets on the **first Friday at 9 a.m.** in the **Monterey Room, Vista Club.** Come and have some fun!

For more information about Cars and Coffee or other Model Club activities, contact **Ted Tome, 925-691-4676, tedtome@hotmail.com.**

Movers and Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia or any other movement disorder. We discuss topics such as medications, nutrition, exercise and the latest information a member has learned and can share. Spouses and caregivers are welcome. At the end of each meeting, we have refreshments and social time. We'd love to have you join us. We meet on the **third Wednesday at 6 p.m.** in the **Monterey Room, Vista Club.** Contact **Suzi Masterson, 707-845-8426.**

Nature and Birding Club

The Black-headed Grosbeak is a bird species we see in summer. It is a stocky bird with a large head and a very large bill. Males are black and white with a bright orange neck and chest. Females are brown streaked with a yellow underside.



Black-headed Grosbeak. Male. Photo by Mona Lange.

The latest Trilogy Big Birding Year 2025 summary report to view and download is on the **MyTRV.org** website under the Nature and Birding Club. A total of 68 species were seen or heard out of 130 species on our bird list as of June 23. We post individual bird reports from residents, especially if confirmed with photos. Please send emails to Viola.

Our next field trip is **Wednesday, September 24 at 9 a.m. to Pena Adobe Park and Lagoon Valley Park** located on Interstate 80 east of Fairfield. We will walk through Pena Adobe Park first, then move the cars to the dog park area of Lagoon Valley Park to walk on a mostly level dirt trail to the spillway, a one-third-mile round trip. There is a bench about midway to rest. Next, we will go to the picnic table area to view wildlife. Parking is \$5 per vehicle; cash or credit card is accepted at the kiosk. Bring a chair to sit by the lake if not walking the trail. We should be done by 12 p.m.

Future field trips are **Lodi Lake Park on Thursday, October 9**, and **Cosumnes River Preserve on Thursday, November 6.** Please meet us by 9 a.m. in the Vista Club parking lot near the waterfall. Bring binoculars, water and a snack or lunch. Contact on all field trips is **Mona Lange, 925-753-5029, mmlvll@sbcglobal.net.** Contact **Viola Saima-Barklow, 707-374-5047, barklow.94571@frontier.com**, or **rvnatureclub23@outlook.com.**

Pickleball Club

The Trilogy Pickleball Club will hold our third annual Lynn Leary Memorial Tournament on **September 13.** This is an opportunity to interact with members of our Trilogy Pickleball Club through a social mixer tournament. It will be a fun day of a round-robin social mixer for club members, with all skill levels welcome.



We will mix and match the players so everyone gets to play. And of course, there's lunch and fellowship afterward! Here at Trilogy, our Pickleball Club is lucky to have a large group of players and many new members. This fun event is a good way to get to know some of the folks we have not had an opportunity to play with.

The round-robin will be from **8:30 a.m. to 12 p.m.** The potluck lunch will be from **1 to 3 p.m.**, and spouses and partners of players are also invited. You can register for this fun event by sending your name, contact information and what you would like to bring for the potluck to Patti Powers, **papo32001@yahoo.com**. A registration form and more information will also be emailed to all club members.

Lynn Leary was a founding member of our club, a past president, instructor, player and all-around generous and wonderful person. When she passed away two years ago, she left a hole in our community. This memorial tournament is a way to honor her and keep her spirit alive. For more information on the Trilogy Pickleball Club, including lessons, please contact Debbie Johnson, **president.trvpc@gmail.com**.

Pinochle

The Pinochle Club meets every **Thursday** from **5 to 8 p.m.** in the **Sonoma Room, Vista Club**. We play double-deck pinochle, and there are no dues. Enjoy playing Pinochle? Come join us, even if you have not played for years. You do not have to bring a partner. If you would like to learn to play pinochle, call **Shirley Grijalva, 707-374-6752, grammygrijalva@gmail.com**.

Poker

The Poker Club meets every **Monday** night from **6 to 10 p.m.** in the **Marina Room, Delta Club**. We play games like Seven-Card Stud, Omaha and others. We let the cards declare the winner. There is a \$6 buy-in, allowing only nickel-and-dime bets. Dealers rotate and call the game. New players are taught each game. Everyone is welcome! Contact **Gary Soals, 408-930-0550**.

Poker-Tournament



Join us for an exciting Tournament Poker event featuring Texas Hold'em and Omaha 8 every **Saturday** in the **Marina Room, Delta Club**. We request participants arrive

by **5:45 p.m.** for table seating, with games commencing at **6 p.m.** Instructions will be available if you're an experienced player or new to the game and interested

in playing poker or two specific variations. The event is open to everyone who knows how to play or is eager to learn. There's a one-time entry fee for participation. However, first-time attendees have the unique opportunity to enter for free, offering a chance to win money without any investment. Contact **Dave Huff, 707-374-6610, dmh79@frontiernet.net**.

Pottery Club



We meet every **Wednesday** morning from **9 a.m. to 12 p.m.** in the **Marina Room, Delta Club** to get our hands dirty and play in the mud together. We welcome visitors to come see us working with our clay and tools. We schedule weekly kiln firings of our greenware and glazed pieces, coordinating our kiln usage with the Ceramics Club. Our size is limited due to room and kiln space, but we have a waiting list for those who want to join us as space opens up. Dues are \$25 per year, with a one-time \$25 fee for supplies. Contact **JoEllen Conway, 510-685-5064, conwayjoellen@gmail.com**.

Radio Club

Trilogy Radio Club supports all FCC-licensed radio operators (HAMS) as well as anyone interested in amateur radio. Using transceivers, we can talk with family, friends and others around the world. We chat with other HAMS using voice, Morse code and a variety of digital modes. Others are simply listeners using



shortwave receivers or Software Defined Radio (SDR) on their home computers or laptops. Anyone can listen for free, but you do need to be FCC licensed to transmit.

Trilogy Radio Club supports the Solano County Sheriff's Office of Emergency Services (OES) through the Auxiliary Communication Service. You may want to listen in on our **7 p.m. Monday** night meeting, or "Net" as it is called, on frequency **441.150**, or our **Thursday 7 p.m.** local Trilogy net on frequency **147.510**.

We regularly meet in person every **third Tuesday at 9 a.m.** in the **Monterey Room, Vista Club**. Occasionally, we meet for breakfast at one of the local restaurants in Rio Vista.

The members of the Trilogy Radio Club remain ready to assist anyone expressing a desire or interest in amateur radio. When the power is out, and the internet and phones are down, the radio works! If you are interested and would like further information, please stop by one of our in-person meetings or call **Mark Phillips, 707-590-1510** or **Russ Haig, 510-455-1059**.

Religions of the World



The Religions of the World (ROW) Club's next meeting is **August 5 at 6:30 p.m.** in the **River Room, Delta Club**. At that meeting, Dave

Bellamy will present a review of the book and the movie, both titled "What the Bleep Do We Know!?" Both were released at the same time in 2005. The movie, produced by 20th Century Fox, is an American pseudo-scientific film that posits a spiritual connection between quantum physics and consciousness as part of a belief system known as quantum mysticism. We will watch a 40-minute excerpt from the film that should give us an overview of the entire book.

The book attempts to show us how to address the "Great Question" "What is reality?" Some of the ideas that are covered in these areas, and which we may discuss after the review, include how sight and perception

What the Bleep Do We Know!?



Promotional poster

differ and how our memories can be changed, that the universe is best seen as constructed from thoughts and ideas rather than from matter, that "empty space" is not empty, that matter is not solid and electrons are able to pop in and out of existence without it being known where they disappear to, that beliefs about who one is and what is real are a direct cause of oneself and of one's own realities, and that peptides produced by the brain can cause a bodily reaction to emotion.

Contact **Dave Bellamy, 303-229-6942**, flyinggrayeagle@gmail.com, or **Mark Roseman, markroseman@gmail.com**.

Rip, Stitch and Bitch

If you enjoy knitting, crocheting, needlepointing and similar activities, you should check out our group. We work on our individual projects, produce crafts and laugh a lot. If you are interested in joining, stop by on any **Monday from 12:30 to 3 p.m.** in the **Monterey Room, Vista Club**. We would love to meet you! Contact **Donna Chambers, 707-374-4319**.

RV Roamers

The RV Roamers' June trip was to a new campground at Grass Valley RV Resort. This was a much smaller group than we normally have, but everyone enjoyed it. Our happy campers spent a lot of time getting to know each other since it was a small group, a bit different than what we experience normally. Everyone enjoyed exploring the surrounding area or relaxing at the campground.

Grass Valley's Main Street has a blocked-off area to allow window shopping and dining. The area also had a mine and a mansion for touring. The first day's culinary delights included hearty hors d'oeuvres at the new clubhouse. The warm weather was perfect for enjoying the evening on the patio. One couple fed all the others with a pasta meal that included garlic bread and salad. A typical camping breakfast followed the next day with pancakes, egg casserole, sausage and Irish coffee to top it all off.

The Roamers did not go adventuring in the month of July, but we still have three places left to go: **August 24 to 29 at Bodega Bay RV Park**, **September 21 to 25 at Pescadero/SC North, Costanoa RV Park**, and **October 12 to 16 at Jackson Rancheria**. The annual meeting is on **November 13 at 5 p.m.** in the **Delta Club**. If you have an RV and are thinking about camping more often, talk to us about becoming a guest on one of our expeditions to experience the fun! Camping is more exciting when you are in the



company of your friends. One trip with us and you will agree, this is a great club to be part of! Contact **Bev Combs, 925-348-0203, bjlc7@icloud.com.**

Sew Saturdays



Sew Saturdays is an exciting club for people who like to sew. Throughout the year, we will offer classes and fun Sew Saturday events. You will need to bring your projects to work on. We will have plenty of workspace and tables set

up for your projects. They can be quilts, fiber art, garments or other textile projects.

We meet every **Saturday** from **11 a.m. to 4 p.m.** in the **Marina Room, Delta Club.** Come when you can and enjoy fellowship, make new friends and have fun learning from each other. Bring your sewing machine and other supplies for your project. We will supply extension cords and power strips for your machine. We look forward to seeing you there. Contact **Kay Kelley, 909-234-6913, kaykelley221813@gmail.com.**

Singles Club

I hope your summer is going well. I am still trying to see how many people are interested in continuing as members of the Singles Club. I have had a few people email me and say they are interested. I have had two ideas so far for different events. One is a baseball game in West Sacramento with the Athletics. The second is wine tasting. I did have a few people contact me, but not enough to start a club. I am looking for other ideas that members might want to do and be interested in attending. Please email any ideas to **alankirsch7@yahoo.com.**

Soul Line Dance

The Soul Line Dancers are thrilled to be included in the Trilogy Drama Club's play performance this month. We know that in our golden years of life, remaining physically active and mentally engaged becomes increasingly important. Music and dance, often seen as youthful pursuits, have significant value for seniors. By embracing rhythm and movement, seniors can enjoy improved cognitive function, emotional wellness and a sense of community.

For fun, laughter and movement, join us on **Monday at 6 p.m.** and **Wednesday at 5 p.m.** in the **Multipurpose Room, Vista Club.** Don't worry about your budget. Call **Pat Jackson, 707-398-6052.**

Square Dance



It was 1980 in Maryland when Adam and Shirley Peck met at a party attended by folk dancers and physicists, an unlikely combination that worked out just fine for them. Adam happily learned international folk dancing, and he and Shirley became interested in square dance, an American folk dance.

Looking for a retirement location in 2018, they explored various communities and decided on Trilogy because of the Grand Squares. Shortly after Adam and Shirley joined, the leader moved away and the Grand Squares nearly folded. Even as a new dancer, Shirley volunteered to take leadership and the Grand Squares flourished.

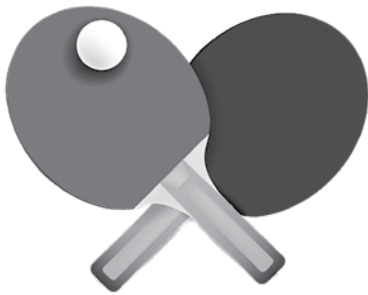
At the same time, Shirley started the Folk Dances of the World group and remains their leader. Although Shirley has stepped away from her prior role, she and Adam continue to dance with the Grand Squares and encourage others to try square dancing and other forms of folk dance.

If you are a square dancer, join us. If you would like to be a square dancer, call us or stop by and check us out. We meet every **Wednesday from 6:30 to 9 p.m.** in the **Rio Vista Room, Delta Club,** to dance to our caller's



instructions. The first three meetings are free; after that, we donate \$5 to \$7 per session. This money goes directly to our caller for his time and expertise. Contact **Randy and Sharon Riley, 925-787-0610, rsriley1972@gmail.com**, or **Gene Mothershead, 707-378-3639, gmothers@juno.com**.

Table Tennis Club



Benjamin Franklin's axiom, "An ounce of prevention is worth a pound of cure," is especially applicable to the benefits of table tennis in guarding against age-related health conditions. As we

age, our muscles and bones become weaker and we develop a less certain sense of balance, increasing the risk of falling. Falling is a primary cause of injuries to seniors. Physical activities like table tennis may reduce this risk by strengthening muscles and bones, helping maintain a good sense of balance and improving mind-body coordination that enhances the ability to respond to rapidly changing situations.

Aging is often associated with a decline in memory and alertness, leading to a higher risk of developing dementia. Some physicians prescribe the sport as a means of delaying the onset and mitigating the effect of dementia and Alzheimer's.

Obesity and associated health risks affect one in three adults over the age of 65. One hour of playing table tennis burns 200 to 350 calories for average players and as much as 500 calories for vigorous players. Physical and mental exercise aspects of the sport help in shedding weight, strengthening muscles and stimulating the heart and mind.

An easy introduction or reintroduction to table tennis is the Community Ping Pong sessions sponsored by the Trilogy activities program that is open to all residents and their guests. It is free, no club membership is needed (please wear non-slip shoes — all other needed equipment is provided), and it happens every **Friday from 1 to 4 p.m.** except the **fourth Friday when it's from 1 to 3 p.m.** Club practice sessions are held every **Tuesday, Wednesday, Thursday, and Saturday** (check the daily Trilogy calendar for exact times). To learn more about the club, please visit **trvtt.wordpress.com** or contact **Keith Flashberger, TRVTTT.treasurer@gmail.com**.

Tennis Club

The Tennis Club has had some great events already this summer thanks to the efforts of Sandy Price and Bill Kienzle.

Sandy ran a ladies' tournament on June 19, which was won by Patti Sorg, and Bill's Tennis and Eats on June 21 resulted in some great tennis and the consumption of many calories. Keep checking your email for other events happening during the summer.

August and September will probably also have more such events. The Christmas party will be on **Saturday, December 13**.

People have been wondering why more people have not been showing up for social tennis on **Tuesday** and **Thursday**. Perhaps people are tired of coming and finding there are not enough to play doubles. It may be necessary to text a few other people the day before to let them know you plan on being there by **8:30 a.m.** When you are trying to organize tennis play, having the other Trilogy tennis players on your cell phone contact list is very helpful to organize tennis play can be very helpful in trying in making sure there will be enough players there on a given morning. Let's make a point of developing this updated list for everyone to use. Keep using it and consulting the reservation board. Even social play groups should make reservations. Contact **Sandy Price, sandypri03@gmail.com**.

Theater Group

Kevin Kennedy is the director of Trilogy Theater Group's (TTG) fall production, *The Whales of August* by David Berry. Theater has been a central part of his life for over 50 years. Kevin was born in Rugby, England, and raised in Canada and the San Jose area. In his twenties, he visited Rugby, got a job and stayed for nearly three years. One evening, he met the actors and crew of the local theater. He was cast in a satirical version of America's "Laugh In," learning to dance and sing, and soon became the lead performer, with other major roles to follow.

Back in the United States, Kevin worked in computers and solar energy. In 1983, he co-founded City Lights Theater Company in San Jose, which still thrives. He served as artistic director for eleven years. "Shows ran all year, and the theater had rent to pay," he says. "So I alternated business-friendly plays like *Girls Guide* to Chaos with serious ones like *Pinter's Betrayal*."

He later acted with the San Jose Stage Company and Northside Theater companies. For ten years, he performed



Kevin Kennedy

with the professional San Jose City College's Shakespeare Theater Company, where he played two characters on alternating nights and served as Literary Associate. He credits the program with teaching him the discipline of acting and directing under short rehearsal periods. He especially enjoyed Love's Labour's Lost, where he delivered sonnet-like monologues. A favorite role was in The Ruling Class at San Jose State, as a man who believes he is Jesus but turns into Jack the Ripper — entering on a unicycle.

After moving to Trilogy in 2013, Kevin joined TTG. He has participated in over 20 shows as actor or director, and designed lighting for every production and sound for many. He was president of the TTG board for four years and served in other positions as well. "I want to see TTG continue to grow and attract people who value the high standard we've achieved," he says.

The Whales of August runs **October 22 to 26**. Ticket info coming soon. TTG meets on the **fourth Thursday at 7 p.m.** in the **Marina Room, Delta Club**. Contact **Melanie Ulricksen, melanie@icloud.com**.

TOPS

Join us at the **River Room, Delta Club at 9 a.m.** every **Wednesday** for our TOPS meeting. We weigh in from **7:30 to 8:45 a.m.** We have a warm, fun-loving community of people who will champion your desire to lose weight. One person has lost over one hundred pounds. Others have also met the goal weight their doctor set for them. The achievements of these people inspire everyone else to keep losing and becoming healthier. TOPS is an organization dedicated to losing

weight and to healthy living. Contact **Cathy Lee, 925-443-9798, calee123@aol.com** for more information.

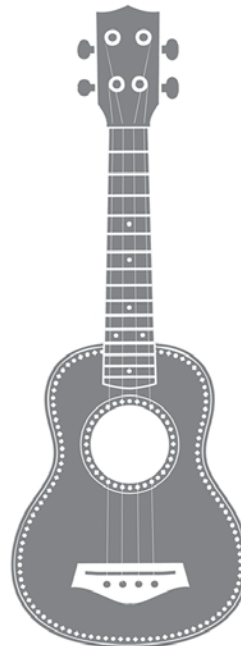
Travelers' Roundtable



We are delighted that a growing number of enthusiastic travelers attend our meetings every month. At our next meeting on **Monday, August 4 from 2:30 to 4 p.m.** in the **River Room, Delta Club**, we will discuss the travel topics members have voted to focus on in the coming months. For August, they will be cruises and excursions. During Hot Topics, you can ask any questions you need answers to as soon as possible before an upcoming trip.

At Travelers Roundtable, we exchange tips, discover unique itineraries, learn about travel tours and find the best bargains and more. The club is open to all, and there is no membership fee. Contact **Suzanne Perry-Paige, Deb Puppig, Mary Kay Rosteck, tvroundtable@gmail.com**. "Wherever you go becomes part of you somehow." —Anita Desai.

Ukulele Club



The ukulele is very easy to learn to play and so much fun! It is a popular instrument around the world. If you've ever thought you might want to learn to play the ukulele, come to our Beginning Ukulele Class every **Wednesday at 11 a.m.** in the **Diablo Ballroom, Vista Club**. If you're a seasoned player, attend our advanced class at **12 p.m.** Our classes are fun and informative. Some members have recently purchased "banjo ukes," which will bring a new dimension to our future ukulele performances! We play a variety of music, including Hawaiian and other easy-to-learn songs. You're welcome to try out a class

to see if you're interested. There is no cost for classes. Contact **Claire McKean, 1chanteuse@frontier.com**.



Visually Impaired People Support Group



VIP is a support group for Trilogy residents who are visually impaired or who are worried about becoming visually impaired. Spouses, partners and caregivers are welcome. The group's focus is on sharing experiences, resources and information. A 15-page list of resources has been compiled and is available to anyone who sends a request to **christine3075@gmail.com**.

There are two main support organizations recommended for the visually impaired. The first is the Lions Center for the Visually Impaired, which covers Rio Vista and is in Pittsburg. They provide many services, including Zoom and in-person support groups. Call **1-800-750-EYES (3937)** to be assessed for their services. Check out their website at **LCVI.org**.

The second resource offering a wealth of information and support is HADLEY, **hadley.edu** or **800-323-4238**.

Meetings are quarterly on the **fourth Thursday of April, July and October** at **2 p.m.** in the **Monterey Room, Vista Club**. Check the HOA calendar emails or the MyTRV.org calendar for any changes. Contact **Pearlena Erata, 510-552-9085**.

Walk and Talk

We walk, we talk, but what else do we do? One could argue that listening may be the crucial element that makes it work. We listen to people's stories. We think of things to say that fit the conversation we're hearing.

Walk and Talk is an activity where people listen to what others say as they decide what they want to say. Whether relating ups and downs, sharing something funny or sad or delivering crucial news or mundane trivia, we actively respond to our mates' comments, stories and opinions. The easiest part of the experience is walking; it seems like just five or ten minutes!

Walk and Talk meets every **Monday, Wednesday and Friday** at **9 a.m.** in the **Grand Living Room, Vista Club**. Our walkers enjoy a variety of walking times and durations. Some look for speed; others walk at a leisurely pace. Some stay inside and use the walkway above the pool; others go outside. Some enjoy extended conversations at Café **Vista** following the meeting. All are welcome, and there are no fees. Contact **Doug Matacio, 707-507-9065, dmatacio@burmanu.ca**.

Whist Club

Goal: To utilize our collective talents, skills, and expertise to create enjoyable and educational activities that enhance our retirement experience.

Purpose: To support our Rio Vista community and offer scholarships to high school graduates, we develop and implement programs that reflect our African American culture and life experiences. Our goal is to share these programs with our families, Trilogy residents, and the surrounding communities.

We extend our sincere appreciation to all who attended our 25th Annual Juneteenth Celebration. Your engagement, generous contributions of raffle items, and participation in the raffle enable us to continue awarding scholarships to local graduates and supporting various community services.

Our upcoming event will be the second and final casino trip of the year, scheduled for **September 17**. Additional details and registration forms will be available in early August.

The Operating Committee meets on the **first and third Mondays of each month at 6 p.m. in the Monterey Room, Vista Club**. New members are welcome to join and share their valuable, fresh ideas.

Social nights will continue to be on the **first and third Fridays of each month** unless otherwise noted.

Contact **Janice Wilson, 510-759-9069**, or **Yvonne Rideaux, 510-418-7534**.

Wine Lovers Club

Greetings from the Grape! Wine improves with age. The older I get, the better I like it!

The Wine Lovers Club promotes the appreciation of all things wine. Our club's benefits include meeting local area winemakers and winery owners, tasting their creations, snacking a bit and enjoying camaraderie with fellow wine enthusiasts.

On July 20, the club hosted Noria Wines from Berkeley. Nori, the owner and winemaker, discussed his style of winemaking by blending traditional California techniques with Japanese influence. We had a great time and enjoyed every taste!

On **August 14**, we will hit the road to Lodi for a visit to Twisted Barrel. They not only have excellent wine varietals but even pair them with pretzels!

On **September 21**, the club will host Bokisch Vineyards from Lodi, another family-owned and operated winery. We will taste their offerings, and the winemaker will chat



about the history of the winery. Additional plans are in place for the rest of 2025 as we continue our quest to enjoy wines from Lodi, Fairfield, Suisun, Sonoma, Brentwood and later this fall, we will explore the wineries from Elk Grove.

I'M NOT A WINE EXPERT, BUT I'M DEDICATED TO THE RESEARCH...



If you are not already a member, join soon to experience tastings, road trips and fascinating stories from winemakers. Contact **Jory Hite**, trvwc@yahoo.com.

Wine Tidbits: A new winery is changing thinking

about Chardonnay. A Sonoma County winery, Sphaerics, makes a convincing argument by styling a Chablis-style Chardonnay, "as a rebuke to the overblown butter and oak bombs that proliferated beginning in the 1990s." I'll try some soon! That's all for now, wine folk. See you soon!

Women's Fellowship

We are on summer break and will return on **Thursday, September 4 at 9:30 a.m.** in the **Sonoma Room, Vista Club**. We wish you a safe and blessed summer.

Our Revival Praise and Worship is on summer break and will return on **Sunday, September 28 at 3:30 p.m.** in the **Rio Vista Room, Delta Club**.

Contact **Patty Bromell**, 925-212-0478, for the morning class. Contact **Dee Thompson**, 925-303-7356, for the Revival.

Woodcarving Club

Many times, woodcarvers need inspiration for their next wood carving project. It can come as a gift idea for a friend or spouse, a personal project of interest or even as a challenge to try a new type of carving such as lettering, statue or sculpture, relief or chip carving. But Mother Nature can also inspire



— think of driftwood, burls and twisted tree branches as examples. Such is the case here.

This carver has been patiently working on this piece of driftwood that creativity and imagination brought forth as a lady enjoying the sun and wind (this writer's interpretation). The graceful yet free-form piece of wood spoke to the carver, who in turn released the figure from a rough state to a beautiful sculpture. And, yes, this project was difficult, mainly because the wood had dried out in such a way that made it difficult to carve with any success. Hard, dense wood can resist the carver's chisel efforts. Patience has its rewards as seen here. Enjoy.



The Woodcarving Club has two new members willing to explore the world of carving; why don't you consider carving as well? See us on **Mondays, 8:30 a.m. to 12 p.m.** in the **Marina Room, Delta Club**, or call Bill Bailey, 925-550-5710.

YOYO Aqua



YOYO (You're on Your Own) Aqua Club is a dynamic and inclusive community focused on socializing and exercising in the water. We meet every **Friday at 10 a.m., Saturday and Sunday from 10 to 11 a.m.** at the **Delta Pool**.

Members are encouraged to bring noodles and water weights, fostering a personalized and engaging workout experience. Whether aiming to improve your fitness or simply enjoying the camaraderie, YOYO Aqua Club provides a fun and supportive environment for all participants. The club has no charge. Contact **Cathy Takaki**, 916-505-5153.



Trilogy at Rio Vista HOME-BASED BUSINESS DIRECTORY

Trilogy home-based businesses are required to have a City of Rio Vista Business License.

Writing Coach - A Writer's Life

A Writer's Life (AWL) was founded in 2019 by Andrea Canaan, MSW, MFA. AWL provides the following Creative and Professional Writing Services: Developmental Editing, Individual Writing Consultations and Group Sessions toward increasing and sustaining the writer's craft, discipline, practice, and stamina toward the completion and publication. Fiction, nonfiction, memoir, poetry, legacy writing, family cookbook, etc. Serving multi-generational, disabled, neurodivergent, BIPOC, and LGBTQAI+ writers.
Andrea Canaan, MSW, MFA, 415-515-5943 andreaacanaan@gmail.com

Angel's Housekeeping

Excellent cleaning. Home, windows, outside. Call Mirna @ 707-673-6012

ANP Business Consulting

50 years' tax preparation experience. Registered with IRS and approved in multiple states. Call Tony @ 925-451-5825

Best 4 U Travel, LLC

Best 4 U Travel is your trusted travel partner, specializing in river and ocean cruising, where personalized planning meets unforgettable journeys across the world's most captivating waterways and seas. Do call, text or email Jan Day @ 925-518-5558. Website: www.best4utrans.com

Michael Hodell Taxes

Tax preparation by a Registered Tax Preparer with over 30 years' experience.
Call Michael @ 951-326-0487

Perry's Residential Services

Reliable Home Services & Maintenance, Monthly/Seasonal/Yearly Plans
My services include:
Handyman services & general maintenance, Shuttle service: Local, BART, Airport,
Move In/Out services, Automotive services, Golf Cart battery maintenance
Call Perry @ 925-260-3543

SERVICES

AAA: Notary to Go!

Only \$15 per notarization. In the comfort of your own home. Discounts for multiple documents. Since 1984. Call Warren @ 707-374-3477

Bicycle Repair

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

SERVICES

Computer Help

I can help with the following: setting up a new Windows PC or resolving issues with the current one, connecting or setting up new printers. Kathy Barker @ 707-292-7230

Driver/Transportation

Appointments, Doctor, Dentist, UC Davis, shopping, BART and more. I can drop off or wait. No ride is too small. Call Nydia @ 408-836-4935

SERVICES

Freddy the Handyman

Drains cleared, faucets replaced, light fixture switches replaced. Replace cabinet doors and drawers. Hinges repaired. Attic ventilation. Call Freddy @ 707-374-0100 or 805-748-9463. Lives in Trilogy.

Golf Carts Wanted

Running or not. Cash paid. Some limited service. Also answer any questions. Call Dennis at 707-378-3423



SERVICES

Handyman

Faucet, disposal replacement, toilet repairs, door lock replacement, smoke detector batteries, cabinet repairs, light fixtures, LED's. Fast and affordable. Rick, Trilogy Resident 707-330-8742

Housecleaning Services

New customers, weekly, bi-weekly, move-outs or monthly. Over 12 years in business. For a free estimate please call 707-398-8345 Carmen Martinez Resident

iPhone Tutoring

Everything you need to know to operate your iPhone. Simple to understand. Easy to use. Fun to learn. Private lessons. Call Dory @ 707-326-6628

Mailboxes Painted, Repaired & Replaced

Call Trilogy Resident Scott Rice 707-507-9391

Mirna's Cleaning

Best price. Best service. We care. Call Mirna @ 707-673-6012

Mobile Notary

Need a notary? I am available for all your notarial needs! Insured, efficient, timely & professional. Responds within 1 hour. Discounts available. Call Venia 510-913-0183

Painting

Interior and Exterior by Ron Phillips Painting. California State License #422737. Bonded and Insured. Call Ron for free estimates 707-374-5954

SERVICES

Plumbing, Sewer & Drain Cleaning, Hot Water Heaters

Toilets, garbage disposals, faucets, water leaks, drains unclogged. 46 years' experience, local resident, licensed, insured, call Michael Charles, Rio Vista Plumbing & Drain: 707-375-5424 24/7

Rain Gutter Cleaning

Pressure washing driveways, patios, patio covers, walkways, whole house. Will also clean rain gutters. Call Scott Rice at 707-507-9391

Tax Preparation

Need to file your taxes? I'll prepare and E-File your individual taxes for you. With over 30 years' experience, they will be done correctly. Itemizations, Interest, stocks and bonds, self-employment and rentals to name a few. Contact Michael @ 951-326-0487

Tax Preparation

Over 50 years' experience. Let me E-File your taxes; Individual, Trust, LLC, C Corporation, S Corporation, Non-Profit. Registered with IRS and multiple states. Call Tony 925-451-5825

Timeshare Exit??

Let's talk....call Warren at 707-374-3477



FOR RENT

Furnished Room

1½ BR, 2BA and LR and inside storage for rent for \$1,300 per month and share 50% of utilities cost. For inquiry – send email to brad.mceven@gmail.com

Furnished Contemporary Home

2 BR and a Loft with additional/extra Living Room upstairs (bi-level) and 3 BA, modern patio for \$3,500 per month. For inquiry – send email to brad.mceven@gmail.com



Want to Run a Classified Ad?

Forms are due on the fifth of the month prior to publication. Cost is \$10 for 25 words. Additional words are \$0.25 per word. Checks only. To place a Trilogy-Based Business Ad, the cost is \$15 per ad. All advertisers must be current Trilogy Residents or current Trilogy homeowners.

Scan:

<https://www.mytrv.org/Form/41602~294233/Classifieds-Submission>

<https://www.mytrv.org/Form/41602~294232/Business-Directory-Submission>

Submit using one of these forms, or email Christine.Harrison@mytrv.org



Classifieds



Business



SATURDAY, AUGUST 9

Cruise into an evening of great cars, food trucks, and music! Meet us at the Vista Club at 4 PM to show off your ride, check out other incredible cars, and enjoy the festivities.

Then, at 6:00 PM, hit the road with us as we roll through Summerset for an epic cruise! Residents and guests, set up your lawn chairs along Summerset and enjoy the show.

To register email, Ted Tome:
tedtome@hotmail.com
For more info: Lifestyles@mytrv.org

ADVERTISING INFORMATION

DEADLINE: All Contracts, final ads and checks are due by the first day of the month prior to the month of publication. For example: September 2025 contracts, ads and checks are due by August 1, 2025. All late submissions will run in the October 2025 issue of *Trilogy Living*.

BUSINESS LICENSE: All businesses that operate within the City of Rio Vista are required to obtain a business license. The classification of businesses and a schedule of business license fees are available at the link below. If you have questions about business licenses, please contact Rio Vista City Hall at: (707) 374-6447. <https://www.riovistacity.com/new-business-information/>

REGULAR SIZES AND RATES:

• 1/8 page ad	3 1/2" wide X 2" tall	\$110/month
Scan your horizontal business card at 300 dpi, and email it as a pdf, jpg or tiff file to Tania Fardella at indigodesign@att.net .		
• 1/4 page ad	3.6" wide X 4.5" tall (300 dpi)	\$170/month
• 1/2 page ad	7.5" wide X 4.5" tall (300 dpi)	\$265/month
• Full page ad	7.5" wide X 9.25" tall (300 dpi)	\$415/month

PREMIUM SIZES AND RATES (COLOR ONLY): EXCEPTION: Premium ads will not be assigned if received after the 22nd of month prior to publication. Placement is on a first-received basis.

• 1/2 page ad	Inside Back Cover (300 dpi)	\$340/month
• Inside Front Cover	7.5" wide X 10" tall (300 dpi)	\$525/month
• Inside Back Cover	7.5" wide X 10" tall (300 dpi)	\$525/month
• Outside Back Cover	7.5" wide X 10" tall (300 dpi)	\$600/month

DISCOUNTS:

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

To place an ad, contact Jessica Melvin: 707-374-4220, advertising@mytrv.org. If you need ad design, contact Tania Fardella at tania@indigodesignstudio.net or 925-324-9988. Additional fees will apply for design, scanning, and edits.

(Trilogy Living advertising rules and terms revised February 2020)



SOLANO MOBILITY



*Helping Commuters, Employers, Students, Older Adults,
People with Disabilities, And Veterans Get Around
Solano County & Beyond*



Older Adults, Veterans, And People With Disabilities

- ▶ ADA Eligibility Program
- ▶ Intercity Taxi Card (ITX) Program
- ▶ Medical Trip Concierge Program with GoGo Grandparent
- ▶ Veterans Mobility Program



Getting Around Solano County

- ▶ Travel Training
- ▶ Trip Planning



Commuters & Solano County Employers

- ▶ Solano Express 2-For-1
- ▶ Solano Express Guaranteed Ride
- ▶ Bucks for Bikes
- ▶ Capitol Corridor+Lyft Program
- ▶ Commute Rewards
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- ▶ Guaranteed Ride Home
- ▶ Solano Mobility Express Vanpool

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For more information, call the Solano Mobility Call Center at

(800) 535-6883

or visit our website at www.solanomobility.org

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iec@ie-center.org



What can we help you with?
Call us at (800) 535-6883
Weekdays 8:00 am - 5:00 pm
www.SolanoMobility.org

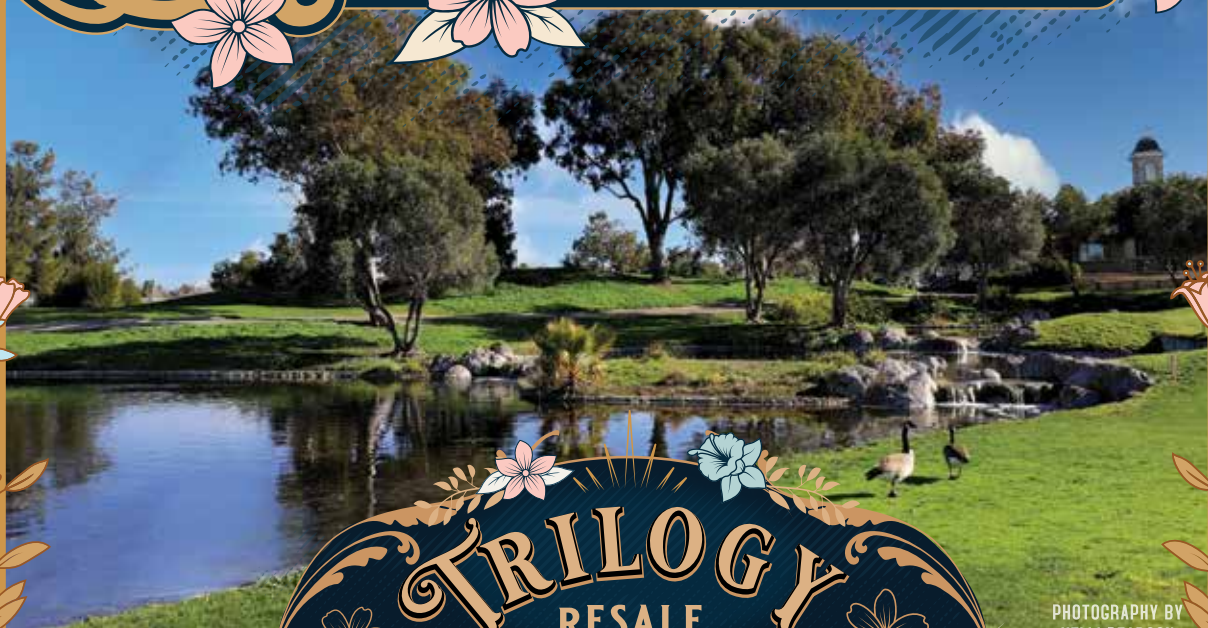


¿Qué podemos ayudarte?
Llámenos al (800) 535-6883
Días de semana 8:00 am - 5:00 pm
www.SolanoMobility.org

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