



## TIERRASANTA VILLAGE Of San Diego

*"Living for Today; Planning for Tomorrow"*



Bruce Haggerty

### Village Vibes

March 2015



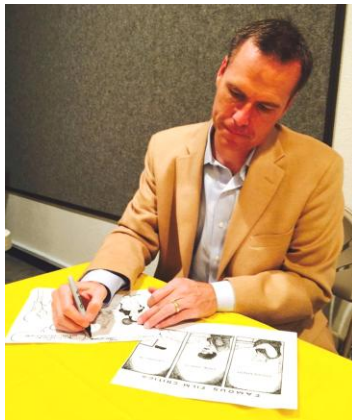
Elaine Moser

#### Making the most of life on our "Island in the Hills"

Tierrasanta Village (TVSD) is an active, nonprofit organization for Tierrasanta residents aged 50+. TVSD promotes social connections, provides a Time Bank for exchange of services, and helps older members continue to thrive and remain independent. A core of very enthusiastic volunteers oversees the Time Bank, plans special events, produces this newsletter and creates activities for different passions and interests. Come visit us at one of our monthly meetings.

#### "Tierrasanta Talks" Launch a Smashing Success

Pulitzer Prize winning editorial cartoonist Steve Breen captivated an audience of about 100 people on February 18, as the Tierrasanta Village, together with Adventures by the Book, launched our first "Tierrasanta Talks" event. Designed as a new fundraising series for the Village, the concept is similar to the enormously popular Ted Talks, which regularly feature speakers of renown, interest, or inspiration.



Breen shared stories and cartoons from his decades of experience as an artist and editorial cartoonist, including his most talked about piece that followed the September 11 Twin Towers bombing, and his most memorable, personally, a tribute to the 50th anniversary of Harper Lee's publication of *To Kill a Mockingbird*, in which he received personal thanks from the author herself, as well as an autographed book.

The audience was rapt as Breen demonstrated his talents by drawing caricatures of Bill Clinton, George W. Bush, and President Obama, and then generously donating the drawings for raffle to raise extra funds for the Village.

His move into writing and illustrating children's books came when he had children of his own, six to date, and they began asking him to draw them pictures. The ensuing collection is featured in his most recent book, *Unicorn Executions: And other Crazy Stuff My Kids Make Me Draw*, which has been optioned for film by Universal Studios, and copies of which he autographed for Villagers after the event.

Thanks to all who donated time and expertise to help organize our first event. Thanks also to those who attended in support of this exciting new series, which raised approximately \$500 for the Tierrasanta Village of San Diego. Stay tuned for our next event, coming soon!

--Susan McBeth

## Executive Director

*Mike Sheehan*

February 25, 2015

## Board of Directors

*Interim President...Linda Rees*

*Vice President...Linda Rees*

*Treasurer...Mike Sheehan*

*Secretary...Fran Zweibel*

*Community Liaison  
Fundraising  
Joyce Muinos*

*Co-Founders  
Susan Deininger, LCSW  
Candy Walsh*

## Board Advisor

*Pam Chapman, PhD*

**The Village is a 501c3  
organization  
Federal Tax ID 26-2581124**

## Friends of the Village

**Benefactors  
Lee and Allen Rachel**

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## Letter From Your Board of Directors

It is with heavy hearts that we announce the resignation of Allen Rachel as our Executive Director and President of the Board of Directors, effective February 24, 2015.

Allen stepped in when his outstanding management and leadership skills were needed. He instituted an all-volunteer organization where responsibilities are divided among Core Teams that have proven to be highly successful.

For many years Allen and Lee have been champions of our cause and friends to all. We have enjoyed and appreciated the many events and parties that they have hosted in their home, as well as their very generous financial support. TVSD will be forever grateful for this and for all of their many contributions. Board members are sincerely saddened by Allen's decision, and he will be sorely missed by all.

Prior to Allen's resignation he enlisted Mike Sheehan to be our new Treasurer. In addition, Mike has also agreed to take on further responsibilities as our Executive Director. Mike brings with him extensive management background and experience. The Board is committed to supporting him and the Core Teams as they continue to move forward and lead our all-volunteer TVSD!

Warmly,

**--Your TVSD Board of Directors**

*Our heartfelt thanks to Allen for righting our ship.*

*You were there when we needed you most.*

**--Diane Roland**  
*The Vibes*

## Relay for Life

The American Cancer Society Relay for Life is the world's largest and most impactful fundraising event to end cancer. It unites communities across the globe to celebrate people who have battled cancer, remember loved ones lost, and take action to finish the fight once and for all! Today, with your support, we are helping to save more than 400 lives a day – and we won't stop until we finish the fight!

Please join the TVSD Relay for Life Team. The Relay will be held April 26-27 from 9:00 am – 9:00 am (24 hours) at Villa Norte Park, 6599 Antigua Boulevard. You can help by signing up to walk, donate, bake, purchase luminary bags or by just coming to our tent and giving our team your support. Call or email Fran Zweibel @ 858-569-8194 ([granfranny@att.net](mailto:granfranny@att.net)) or Marilyn Bente @858-569-5919 ([cingavenues5@aol.com](mailto:cingavenues5@aol.com))

Thank you!

**--Fran and Marilyn**

## **“Getting To Know You” Quiz**

**I’ve been doing GTKY for about two years now. I’m wondering if you can match the Villager with a fact from his/her/their lives which were described in past columns.**

- 1.... What couple had an arranged marriage?
- 2....What female Villager had a puppet business?
- 3....Who was in the Peace Corps in Afghanistan?
- 4....Whose mother was a high jumper and tried out for the Olympics?
- 5....Who was on the Board of the San Diego Fly Fishing Club?
- 6....Who was a pro baseball player?

Here are the Villagers to match: Nancy Pitts, Marti Batchelder, Ellen Scott, Virginia and Jim Inouye, Karen Muldrew, Ray Newbill.

The answers and scoring are elsewhere in this issue.

**--Gail Schreiber**

## **IT Core Team**

Under the steady hand of leader Greg Z, the IT Core Team has been very busy adding features to our Village Web Site, updating membership data, training Web Site users, and looking for ways to make your interaction with the Web site easier and more intuitive.

Two exciting new features are being implemented to improve web site convenience: Credit cards are now accepted for payment of Village events when reserved through the Web Site! Membership dues payment continues to allow on-line credit card use. Additionally, credit cards can now be used to process donations made to the Village! Members are encouraged to test this delightful new feature early and often!

On-The-Go Forms have been updated, and are available at the Village Web Site.

Work continues on establishing and documenting the processes associated with administering and maintaining the Village Web Site. Process flow diagrams and content responsibility matrices are in the review and revise cycle.

All Village members should attend the Village Web Site Training Class! If you have not yet attended, schedule through the calendar, call the VMC, or call, text or email Greg or Don for class availability. The next scheduled sessions are 9 Mar and 23 Mar.

**--Don Stewart**

## **Notes from the Care Team** **Jewish Family Services (JFS)**

The Care Team is currently researching services available in the San Diego County for those of us wishing to remain in our homes as long and as safely as possible.

One of the agencies recently explored was Jewish Family Services which provides services which may serve our members well. Jean Kerr, Care Team Chair and Laurel Pfab, a member of that team, recently met with representatives from JFS. The Care Team decided to provide a workshop to better understand the scope of these services. The workshop was available to Captains and Co-Captains of our mini neighborhoods, and the Wellness Committee.

Some of the services discussed were food assistance, case management services, and transportation solutions for older adults.

Rides and Smiles provides individual transportation as needed for personal and medical appointments. On the Go Silver is a premium service now available. It provides safe, dependable rides to anywhere you wish to go in Southern California. On the Go Silver can accommodate individual riders for personal errands, and large groups for customized outings. For more information please contact ([www.ifssd.org/onthego](http://www.ifssd.org/onthego)).

We continue to grow in our understanding of services available for TVSD members in the community at large.

**--Laurel Pfab**

## **Mosquitos**

Tiny mosquitos which are aggressive feeders that bite during the day and often live indoors in urban areas have been found in Chula Vista and on the San Diego Naval Base.

The tropical diseases (yellow fever, dengue fever) that this mosquito carries are rarely found here, but environmental and public health officials are working to keep these mosquitos from getting established. The *Aedes aegypti*, commonly found on the east coast, started appearing in California in 2013.

Important to note is that they breed indoors as well as outside. Check in and out for any item that can hold standing water such as plant saucers, buckets, garbage cans etc. Check to be sure screens are in good repair and secured to keep mosquitos out.

You can report mosquitos biting indoors during the day to San Diego County’s Vector Control Program at 858-694-2888 or [vector@sdcounty.ca.gov](mailto:vector@sdcounty.ca.gov).

# Village Events

March 2015

## Empowering Mind and Body

Continues Tuesdays, all month, at 10 am

With Kim Chartrand, RN

Villa Monterey Clubhouse

## Top Of the Mornin' St. Patrick's Day Potluck

Tuesday, March 17

12:30 pm



You are requested to wear as much green as possible.

Prizes for the BEST green covered person!

Irish music will be played for those who love the sounds of Ireland.

Please bring a salad or light appetizer for six.

Secret Village members and Catie will provide the Irish desserts.

Register on the website or call the Village office to place your reservation.

Catie Somers at 619-890-3464 or [prof608@yahoo.com](mailto:prof608@yahoo.com)

## Prospective New Member Social

Tuesday, March 24

4 to 5:30 pm

At the Clubhouse

All Village members are encouraged to invite their friends and neighbors, who might be interested in joining the Village, to this Member/Guest Social.

The membership team will provide refreshments, nametags and Village information for our guests.

RSVP by registering your and your guest's names on our website or call Bev Sheehan at 858-278-9839.

League of Women Voters  
March 11 at 1 pm at the Library  
Money in Politics

## Time Bank Coffee

Saturday, March 28

10 to 11:30 am

If you have attended a Time Bank Orientation AND opened a Time Bank Account, you are invited to join us to discuss current member offers and requests. We'll meet in a private home and enjoy coffee and coffeecake.

Seating is limited so please register online or RSVP to the Village office by Thursday, March 26.

Contact is Candy Walsh

*Why we still need newspapers:*

*I was visiting my daughter last night when I asked if I could borrow a newspaper.*

*"This is the 21<sup>st</sup> century," she said. "We don't waste money on newspapers. Here, use my iPad."*

*I can tell you this: that fly never knew what hit him!*

**--Who gave me this?**



2001 Subaru Forester

AAA approved Vehicle  
Inspection Report Available  
1/30/15



Good Condition/Premium package  
AWD, Premium Package, 6 CD player, 5 speakers, power moon roof, seat warmers, voltmeter, dual front & side impact airbags, etc.

Well cared and garaged for 99,200 miles.

\$4,400/OBO

858-278-6477

### DVD Movie Party

Once a month at the home of  
Diane Levine.

**Tuesday, March 31 at 6 pm**

**Theory of Everything**

With **Eddie Redmayne and  
Felicity Jones**

RSVP to Diane at 858-292-0610

Space is limited to 10 members

### Knit and Nosh

4<sup>th</sup> Wednesday of the month

**Wednesday, March 25**

**2:30 – 4 pm**

We knit/crochet baby blankets,  
scarves, and hats for breast cancer  
survivors, and lap blankets for  
Vets and residential care patients.

Contact is Elaine Moser

### Bridge Games

At the VMC

Want to get in on a bridge game?

Groups are pre-arranged.

Substitutes are needed from  
time to time.

Monday Bridge contact is

Merry Freer

### Village Book Club

Third Wednesday of the month

**March 18**

**7 pm**

***The Boys in the Boat***

By Daniel James Brown

Contact is Diane Roland

Everyone is welcome

### Cool Games

**Thursdays**

**1:30 to 3:30 pm**

Rummikub, Scrabble, Checkers,

Your choice.....

Contact is Emma Chevie

## Village Interest Groups

### Village Walkers

**Thursdays -- 9 am**

Start at the VMC

Call the Village for information

### Armchair Travelers

**Monday, March 16**

**10 am**

**Visit South America via Rio de  
Janeiro, Buenos Aires, Uruguay,  
Manaus and Iguazu Falls**

Contact is Mike Rigdon

### CANASTA

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays**

**1:30 pm**

Contact is Emma Chevie

### Billiards

**Mondays and Thursdays**

**10:15 am**

Contact is Bob Muldrew

The pool table area is open for  
play anytime weekdays

8 am – 4 pm

### Mah Jongg

**Thursdays at the VMC**

**10 am to noon**

This is an RSVP game...A new  
group can be formed for  
beginners.

Contact is Fran Zweibel

### Film Classics

**Fridays at 1 pm at the Clubhouse**

In March there will be a choice of  
one of three films

Call the Village for information

### SNAP

(Singles Network of Active People)

Third Saturday of the month

A getting-to-know-you-group.

All Village singles are welcome.

**Saturday, March 21**

**1 pm – Lunch out!**

Contact is Barbara Kanneman

RSVP 858-569-8615

### Romeo Club

**Men's Lunch**

Third Thursday of the month

**Thursday, March 19**

**12:30 pm**

Contact is Dick Rees

### The Lunch Bunch

First Wednesday of the month

**Wednesday, March 4**

**11:30 am**

**Steins Pub**

In the Albertson's Shopping Center  
near the UPS store

Contacts are Marilyn Bente and

Trish Newbill

### Village Hiking

Second and fourth Fridays

1 hour **Hike Friday, March 13**

**9 am**

**2 hour hike Friday, March 27**

**8:30 am**

Meet at the ATM in the Vons  
parking lot.

Contact is Bob Muldrew

858-292-8405

### Answers to Quiz on Page 3

1. Virginia and Jim Inouye;
2. Karen Muldrew
3. Marti Batchelder
4. Ellen Scott
5. Nancy Pitts
6. Ray Newbill

### Scoring:

- 6-Gold Star, 4-5 Silver Star,  
2-3 Bronze Star,  
0-2 No Stars!



# Village Business

## Monthly Meeting

Monday, March 2

6 pm

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Time Bank Orientation and Training

Tuesday, March 10 at 1 pm

RSVP required

JoAnne Kuelbs 858-292-1578

## Time Bank Review

Tuesday, March 24 at 2 pm

RSVP required

JoAnne Kuelbs 858-292-1578

## The "IT" Boys

--Greg, Don & Marty

All village members should attend the Website training class. You can reserve a place by using the calendar on the website, calling the Village or you can call, text or email Greg or Don.

## Village Classes

### Balance and Posture

Mondays at 9 am

### Chair Yoga for Seniors

Wednesday and Friday at 9 am

### AIS Tai Chi Class

Wednesday and Friday at 10 am  
Class is open to the community

## On The Go

On The Go forms for riders and drivers have been updated and are available on the Village website.

Jewish Family Services' address is 8804 Balboa Avenue, San Diego, CA 92123. Their phone number is 858-637-7320. The website for the

On the Go program is [jfssd.org/onthego](http://jfssd.org/onthego)

As a reminder, the Village will discount your dues by the \$20 amount it costs you to sign up with this JFS program

## Signs of Stroke

Each year about 425,000 women suffer a stroke. When strokes occur, immediate treatment can prevent disability and save lives, so it is critical to recognize stroke symptoms and act quickly.

Sudden onset of symptoms may include one-sided weakness, problems speaking or understanding, blurred vision, loss of balance and unexplained headache.

There are numerous acronyms for recognizing signs of stroke. Doctors say a bystander can recognize a stroke by asking these simple questions:

F...FACE...Ask the person to smile.

Does one side droop?

A...ARMS...Ask the person to raise both arms. Does one arm drift down?

S...SPEECH...Ask the person to repeat a simple phrase. Is their speech slurred?

T...TONGUE...Ask the person to stick out their tongue. Is it crooked?

Trouble with any one of these means call 911!

--Anne Hoffman



**Joyce Muinos**, longstanding member of the Board, has agreed to remain on the Board as Community Liaison and Fundraiser.

**Mike Sheehan** has taken over supervision of the **Front Desk**. He is the person to call if questions or emergencies arise while you are volunteering at the front desk.

Welcome to new member  
**Janet Fialho**

At our January meeting **Claire Blum** won a certificate for Ace Hardware and in February **Fran Zweibel** won the drawing for a gift certificate at Domino's Pizza.

**Jane Quirin** reports that volunteers to the front desk provided 160 hours of service in January. Thirteen volunteers will be calling members in our mini-neighborhoods.

## Protect Yourself

Tips from Elaine Moser

Many of us have debit cards which we easily get from our banks. The card is directly linked to your bank account and anyone with access to the card can drain every cent from that account. This is a very risky item! If your card is stolen, your money will be gone in no time. Don't carry the card with you and use it only for your own emergency needs.

## Getting To Know You

Clue #1: This month's focus is on a Buckeye, born and bred. Hometown is Columbus, Ohio. Oldest of 5 from "old fashioned" parents—a nurse and an electrician—who sent them all to Catholic schools through high school. Education was highly valued in this family, and parents regularly helped with and checked homework. All the children went to Ohio State for college.

Clue #2: Our Villager went to college as a nursing student but figured out early it wasn't for her. She switched to teacher training in English and French. For one semester during college she lived in the French House at OSU. This involved French immersion as well as learning housekeeping, nutrition and "culture." It opened a whole new world to her giving her confidence to explore the world.

Clue #3: She met her future husband in an English class. He was studying Spanish and already had been bitten by wanderlust. After dating for a year and a half, they married during their senior year. Wanderlust led them to apply for employment in California and lucky for us they both were hired by the San Diego school system for the fall of 1969. Initially living in Pacific Beach, they bought in Tierrasanta in 1972.

Clue #4: Our Villager has loved her teaching career, working 34 years full time and three part time. She received two Fulbright Scholarships to France, the first in 1981 to Calais and in 1999 to Marseilles. Back home, she sponsored student trips to France, the French Club, as well as other student activities. In 1992 she was honored as the California Foreign Language Teacher of the Year.

Clue #5: World Traveler! With her husband and son, she has explored 43 countries and been to all continents except Antarctica. She also led a trip to Paris for 12 Villagers a year and a half ago. Her son, also bitten by the travel bug, has become a cartographer and geographer with additional interest in foreign languages.

Last Clues: Since retirement from teaching, she has continued to work on educational projects. One is a longitudinal study of children from Kindergarten to Grade 5 and the second is an evaluation of grades 4, 8 and 12 every other year.

She is active in the Village as the organizer of the Lunch Bunch and the Cancer Relay for Life. She is one of the original members of the Membership Committee and serves as its secretary. In case you haven't guessed who this is yet, her picture and name are somewhere in The Vibes.

--Gail Schreiber

## Administration Team

The word "Administration" covers a myriad of tasks and at the present time this is a "two-person" team. Barb Kanneman is my Co-Chair, and we are attempting to learn each other's duties as well as "back each other up." We are hoping that other Village members will join our team as we move forward and as we identify what our needs are.

At the present time, our Administration Team is responsible for keeping the calendar of events up-to-date and accurate; sending email notifications, letters and reports; assisting with event registrations; processing new member applications; maintaining the membership and resource directories; filing, and in addition, responding to questions and addressing member concerns.

Barb and I are trying to keep you apprised of what is happening at the Village. We would very much appreciate your feedback and comments about how information is presented. It is not only great to hear from you but it will help us to get to know what our members need.

--Fran Zweibel  
Administration Chair



***Mint Tea and Minarets* author Kitty Morse (center) and attendees at her demonstration of how to preserve lemons the Moroccan way.**

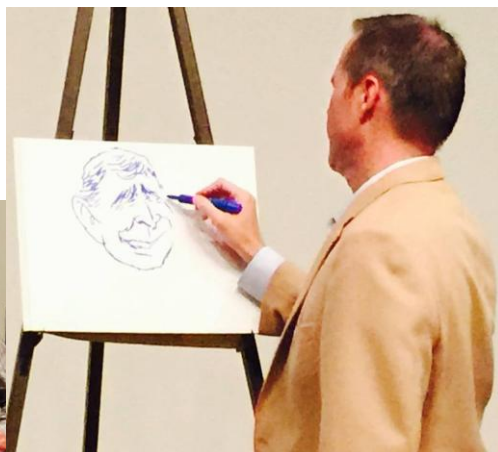
*It doesn't matter if my glass is half empty or half full.  
Clearly there is room for more.*



# February 2015

## *Tierrasanta Talks* Launched with Political Cartoonist Steve Breen

Photos by Mike Rigdon and Susan McBeth



**Marilyn Bente**  
Our Getting to Know You  
Person of the Month

