



TIERRASANTA VILLAGE Of San Diego

"Living for Today; Planning for Tomorrow"



Debbie Richardson

Village Vibes

July 2015



Dick Rees

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.

Remember!

"Oh, Susan, I am so glad you're here for support."

"Well, Cheryl, you've been here to support me with mom for several years now. I've forgotten how we met?"

"We met in the Village...I was on the Time Bank offering respite for other members. My gosh, that was five years ago!"

Do you remember how you met that very good friend who was just a "nodding" acquaintance until you both attended Village games night? And realize that one of the reasons you remain good friends is that you live in the same small community, and you met many times at Village events?

At what social or on what committee did you meet a neighbor you didn't know well but now depend upon? The Village opens doors to contacts, resources and referrals that make our life easier on our Island. The Village network finds and provides backup as we look for services we need that are hard to find alone.

Please ask yourself who in this community has as its "reason for being" the interests of the adult wanting to remain in their own home as long as possible? Who in this community brings information on health issues

relevant to aging, right to you? Who in this community will walk with you through your losses? Who in Tierrasanta encourages you to get to know your community, participate in its life and asks what you need but cannot find locally? Who brings you chicken soup when you're feeling miserable or are sick?



Life would be diminished without our Village. We now approach membership renewal time. Membership costs are modest. Even at times when our Village is not on the "front burner," we know it's there if we need a resource or some support. Friends move, children live elsewhere. Our Village is right here. But it survives only as we support it with our time and money. As you consider membership renewal, we ask you to remember the value of Tierrasanta's Village.

--Susan Deininger



Happy 6th
Anniversary to
the Vibes

Executive Director

Mike Sheehan

Board of Directors

President...Linda Rees

Vice President...open

Treasurer...Mike Rigdon

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**

Newsletter Staff

Editors.....*Diane Roland*
dianeroland@outlook.com
Gail Schreiber
igsbelle@gmail.com
Proofing.....*Barbara Kanneman*
bakanneman@san.rr.com
Photography.....*Catie Somers*
Mike Rigdon
Circulation.....*Mike Rigdon*
mikerigdon2000@yahoo.com

From The Director



Crikey! We are back at it in July with lots more events and programs scheduled for you, the members. I first would like to thank all of you who took up the slack and volunteered to cover the front desk. Jane Quirin had to step aside for a few weeks. When Franny sent out the email for help, what an outstanding response she had.

Now, as you might already know we have adjusted our hours of operation to 8:30 am - 2:30 pm Monday through Friday. We are trying to tighten up our schedule and save about \$60 a week. This should allow us to have just two people each day covering the front desk for three hours each.

June was another really busy month — Crazy hats, the USS Iowa tour, The Cooley Museum and many speakers — coupled along with our on-going programs of billiards, yoga, walking, Mah Jongg, movies, balance class, grocery shopping, Tai Chi, SNAP, Time Bank and Book Club. And now we have the wildly successful BED program. I think I am going to go take a nap after this letter is done. Pretty darn busy if you ask me.

Even with all this activity, we had Kim Chartrand, RN come back to complete three more sessions, elaborating on her 90 page recipe book for the continuing Empowering Mind & Body Class. These last three sessions and booklet will complete our CEP Grant for this program.

Regular Bunko and Cards have been added and I hear a poker "thing" is going to happen shortly. Keep an eye out for that one! If you are not participating in any of these events, why not? The Village has a ton of different activities. Get involved!!

Our President, Linda Rees, is very lonely. She doesn't have a Vice President to pal around with. The Vice President position is still open. If you want to get really involved, volunteer to become our Vice President. Nominations are welcome and someone will get in contact with the nominee to discuss the position.

The Village doesn't need grumbling members who have nothing else to do but complain. If you did not have the Village, you would be sitting home watching the idiot box. Why not be a contributing member and come down to the Clubhouse and join us in an activity! If you have concerns about our Village, call me at 858.654.4065 and stop the sniping and complaining. We need positive not negative members.

**--Mike Sheehan
Executive Director**

Get Up and Go!

Tai Chi: Moving for Better Balance improves brain function, builds joyful interactions with others, while massaging the muscles and internal organs in a short, gentle, coordinated sequence.

Join us at any stage for a low impact workout that will improve your mental, emotional, and physical health!

Free Classes are on-going and reset at the beginning of each month. Join us on Wednesdays and Fridays 10am-11am. These classes are primarily for those who are 60+ but all are welcome. These gatherings are sponsored by the County of San Diego Aging and Independent Services.

IT Core Team

Dues Time Coming Up

Dues renewal time is not far off, and your IT Core Team is busy in preparation! The plan is to ensure all Villagers can process their annual membership with minimum complications....which of course in our little IT minds means doing it online! Renewing your membership through the Village website can save a lot of our volunteers a lot of time and effort, not to mention how much easier it would be for you.

Most folks with even modest computer skills can breeze through the renewal process. And just in case someone finds a difficulty here or there, Greg Zweibel will soon publish step-by-step procedures for completing the process.

Oh yes, and while you're in there spending money, we IT guys would be much obliged if you could fill in some of your missing personal data and interests. After all, we have this very cool data base, and not all that much in it. Don't worry, we take your personal information seriously, and it is never used outside the Village. But it could help someone connect you to others with-similar interests!

--Don Stewart

Book and Author Presentation

Rabbit on a Bumpy Road

By Tom Hom

Tuesday, July 14

1 pm

Chinese Community Church

4998 Via Valarta

Tom Hom is a native San Diegan. He writes about his family's Chinese roots, his dad's produce company in San Diego, his farm in Mexico, World War II, Tom's stint as a San Diego Councilman and more. At the age of 88, Tom is active in the church he helped to build in Tierrasanta.

This talk about San Diego history will include slides and is free to the community. Invite your friends.

RSVP to Ady at the Church 858-874-7888 or to the Village 858-569-9119.

--Arleen Hitchcock
Debbie Richardson

Library Note

The Library will be closed July 3, 4 and 5. The next book sale will be Friday, July 31, Saturday, August 1 and Monday, August 3.

Getting To Know You

Another Ohioan! I think this is the third or fourth in a row. This member is from Cleveland, the oldest of three children of a car salesman and a "stay-at-home" Mom. The children went to Catholic schools all the way through elementary and high school, and our member got her Bachelor of Nursing degree from St. John's College. In fact her 50 year reunion is this fall.

Upon graduation from nursing school she was recruited into the Navy and chose to come to San Diego. After Officers' Training School, in 1965, she was assigned as a charge nurse on the Cardiology ward at the Naval Hospital. Other assignments included the Intensive Care Unit and Obstetrics.

She left the Navy but had married a Navy man and they lived in Japan for two years. She worked in Obstetrics while there and also gave birth to her first son. After Japan they returned to San Diego where she had two more boys and stayed at home until the youngest was in school.

Our member then returned to nursing, getting a Master's degree at San Diego State. She specialized in Diabetic Education in the Scripps Health System, working 22 years in that system and for a private practice endocrinologist for 33 years. She presented a paper on gestational diabetes in Austria in 1992 and found the international audience gave her a broader perspective on her field of specialty.

Her three sons all live in San Diego. Two are Maritime Officers and the third is a landscape supervisor for the school district. Nine grandchildren—ages 3-18—keep her entertained with their ballgames and fun activities. The oldest is now in college.

Village activities have included bridge, the lecture series, our parties, and the program on culture and crafts. She also travelled with the group on a cruise to South America.

Is this enough information to help you know who this member is? If not, the answer is somewhere in The Vibes with a picture to help you identify her.

--Gail Schreiber



Volunteer of the Month

Village Care Team Leader

Jean Kerr



July 2015

4th of July Potluck

Friday, July 3

11:30 am – 1 pm

Bring a salad or casserole to share with 6 people.

Register online or by calling the Village.

Contacts are Karen Muldrew and Evelyn Benner

At the Clubhouse

Insomnia

Thursday, July 9

2:30 pm

Dr. Michael McBeth is an Anesthesiologist specializing in pain management. He will talk to us about the unfortunate but common problem of insomnia.

No charge for this interesting lecture.

At the Clubhouse

Concerts in the Park

6 to 9 pm

Tierrasanta Community Park

July 25 - The UPS All-Star Band...classic rock and fun.

Food trucks on site.

Dave Chamberlain's next **keyboard program at the Library** will be **Wednesday, July 8 at 4 pm**. He will play the music of Johnny Mercer and Harold Arlen and will be joined by Barbara Pfoer for some four hand pieces.

Old Time Rock & Roll Dance Party

Saturday, July 11

6:30 to 9:30 pm

Tierrasanta Foundation's "poodle skirts and blue suede shoes" **adults-only** party will have snacks, beer and wine for purchase and a display of vintage cars. Fred

Astaire Dance Studio will demonstrate some '60's dance moves.

Tickets \$15, available online, at the UPS Store, or at

San Terra Properties

Tierrasanta Recreation Center

11220 Clairemont Mesa Blvd.

2015 TIERRASANTA RELAY FOR LIFE - A SUCCESS DESPITE GRAY SKIES

You know the saying "Neither rain, nor sleet, nor snow..." Well, we can adapt that to read "Neither gray skies, nor off and on rain, nor gusty winds....can keep the TVSD Relay Team down when it comes to supporting the annual Tierrasanta Relay for Life."

The morning of the Relay, Saturday, April 25, began with drizzle and heavy clouds, but Team TVSD co-chairs Fran Zweibel and Marilyn Bente were met at 6:30 am by volunteers to help set up our canopy tent and lay out all of the baked goods. And TVSD members kept coming out all day long, despite some heavy rains and gusty winds (strong enough to blow down the Starbucks tent!), to lend their support to this fundraising event sponsored by the American Cancer Society.

We were met with trays and baskets of baked goods for the sale, by walkers in windbreakers and with umbrellas, by Village friends who sat and visited and kept us company, AND by the generous members who opened their wallets and checkbooks to make donations. ALL of this support brought rays of sunshine to the efforts to carry on the Relay despite the ominous weather! And who could complain about the rain when we are facing such a drought? A little much-needed rain would not deter this event!



All in all, it was a successful event, not only for Team TVSD, but for the entire Relay itself. We had to postpone the luminaria walk because the bags would get too soggy and the wind would blow out the candles, but all participants agreed that it was a very worthwhile day because of the commitment to the mission to help people face the disease of cancer and to educate about cancer prevention and early detection.

Team TVSD raised \$2,460.50 in donations which includes approximately \$500 from our bake sale. It is due to the generosity of so many of our VILLAGE members and friends that we were so successful!

Marilyn and Fran want to thank each and every one of you who gave so generously of your TIME, TALENT, and HEART to this mission. We sincerely appreciate your efforts and commitment to help save lives from cancer, and you continue to do so year after year! We couldn't continue our mission to co-chair this event without YOU!

DVD Movie Party

Once a month at the home of
Diane Levine.

Tuesday, July 28 at 6 pm

Woman in Gold

With **Helen Mirren and
Ryan Reynolds**

RSVP to Diane at 858-292-0610

Space is limited to 10 members

Knit and Nosh

4th Wednesday of the month

Wednesday, July 22

1 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 but
substitutes are needed from
time to time. Call the Village or
contact Emma Chevie to **get on
the list for new groups to form.**

Village Book Club

Third Wednesday of the month

Wednesday, July 15

7 pm

A Long Way Home

By Saroo Brierley

Contact is Diane Roland

Everyone is welcome

Cool Games

Thursdays

12 noon

Rummikub, Scrabble, Checkers,
Canasta, Dominos...Your
choice.....

Contact is Emma Chevie

Village Interest Groups

Bunco

Second and fourth Fridays

1 pm

Contact Jane Quirin

Village Walkers

Thursdays — 9 am

Start at the VMC

Call the Village for information

Armchair Travelers

Monday, July 20

10 am

**The Panama Canal, Panama City,
Cabo San Lucas and more!**

Contact is Mike Rigdon

858-300-6821

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

First and 3rd Fridays

1 pm at the Clubhouse

July 3...***Chocolat***

July 17...***The Looking Glass War***

See details on page 6

Contact is Gloria Stevens

858-505-4188

SNAP

(Singles Network of Active People)

A getting-to-know-you-group.

All Village singles are welcome.

Saturday, July 18

5 pm

Contact is Barb Kanneman

RSVP 858-569-8615

Romeo Club

Men's Lunch

Third Thursday of the month

Thursday, July 16

12:30 pm

Contact is Dick Rees

858-560-7908

The Lunch Bunch

First Wednesday of the month

Wednesday, July 1

11:30 am

Choice of Mandarin

In the Haggen shopping Center

Contacts are Marilyn Bente and

Trish Newbill

Village Hiking

Second and fourth Fridays

1 hour Hike **Friday, July 10**

9 am

2 hour hike Friday, July 24

8:30 am

See details on Page 6

Contact is Bob Muldrew

858-292-8405



Joann Shartel

**Our Getting To Know You
Person of the Month**

Village Business

Monthly Meeting

Monday, July 6
6 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

Thursday, July 23 at 2:30 pm
At the Zweibel's home

Agenda items must be submitted a week before the meeting.
Meetings are open to all Village members. **RSVP requested as space is limited.**

Time Bank

The new and improved Time Bank software is coming in July. We are excited to show you how easy it is to use. Please join us

Tuesday, July 14

12:30- 1:30 pm

or

1:30-2:30 pm

or

Tuesday, July 28

1:30-2:30 pm

RSVP required

JoAnne Kuelbs 858-292-1578

Website Training

Second and fourth Mondays
10:30 am or by appointment
RSVP required

The "IT" Boys

Go to the website and "check out the chuckles." Laughter is the best medicine!

--Greg, Don & Marty

Notes From the Care Team

The Care team has compiled the following list of important contacts which could be of use to Village members.

District Attorney's Office

Elder Abuse Hotline

619-531-3342

Aging and Independent Services

Adult Protective Services

800-510-2020

Long Term Care Ombudsman

800-640-4661

619-640-4661

Southern Caregiver Resource

Center

858-268-4432

Alzheimer's Association

858-492-4400

24/7 Helpline

800-272 3900

Jewish Family Service

On The Go

858-637-7331

--Joan McGeachy

Movies

The Village has a new movie "producer." Member Gloria Stevens has a personal collection of films, and she will share them on the first and third Friday of the month at the clubhouse.

The July 3rd movie, **Chocolat** is a comedy/drama starring Juliette Binoche, Judi Dench and Johnny Depp. When a striking young lady arrives in an old French town her magical chocolate confections inspire the straight-laced villagers to abandon themselves to temptation and happiness.

The July 17 film, **The Looking Glass War** is a spy thriller starring Anthony Hopkins, adapted from John Le Carre's novel. During the Cold War espionage was a ruthless game where the stakes were human lives.

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

Hikers, Please Note

One of the two "easiest of the easy" one hour/one mile day hikes will be on the calendar for the first month of every quarter. They are: East Shepherd Canyon to the community pond & back, or North Shepherd Canyon & back.)

They are both flat, with only a hill at the end of North Shepherd, which can be avoided by waiting at the foot of the hill



for the group to come back.

The only thing easier is being carried; and

we're not going to do that!

Get out and breathe the fresh air, see what there is to see, and visit with your friends.

Friday, July 10 at 9 am

One hour/one mile

East Shepherd Canyon

Meet at the Vons center ATM

Friday, July 24 at 8:30 am

Two hour/two mile

Shepherd Loop: North Shepherd Canyon to East Shepherd Canyon

Photo by Jo Carle

--Bob Muldrew

In Memoriam David Pierce

September 19, 1927–April 14, 2015



Dave was born in Newton, Maine the third son in a family of four children. He graduated from Newton High School in 1945 and then served in the Army Signal Corps for two years, stationed in Vienna, Austria.

After the Army he used the GI Bill to further his education and graduated from the University of Massachusetts. After college he worked in California on a variety of surveying jobs and then with Caltrans as a Highway Engineer until his retirement in 1983.

Dave's interests included old railroad trains, chess, bridge, coin and stamp collecting. He loved to read and could be seen walking daily to the Tierrasanta Library for many years. In the Village, he played bridge and over the last years accompanied his wife of 46 years, Fran, to many activities and bridge games.

On The Go

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

The 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

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



During the TVSD Board Retreat your board of Directors adopted **new hours for the Clubhouse.**

Starting July 1 the Clubhouse will be open from **8:30 am to 2:30 pm.**

This will save about \$200 per month. Regular activities should adjust their schedules. Special events may run later on occasion, and they will be accommodated.

Our snail mail **address has changed.** We are now at the UPS Store. Effective immediately:
Tierrasanta Village of San Diego
10601 Tierrasanta Blvd. #G-405
San Diego, CA 92124

Welcome to new members **Janice Trantham** and **Mick Tartaglia**

Don Stewart won the monthly meeting raffle...a gift certificate to the Choice of Mandarin

Our volunteer coordinator, **Jane Quirin**, is the June **Volunteer of the Month.** Mike Sheehan presented her with a gift certificate to Steins

Emma Chevie reports small changes in **Cool Games** at the Clubhouse. Games are **starting at noon** and **Canasta** is included every Thursday. Please join us.

If you want to learn how to play **Canasta** or maybe just review the game, please call the Village and put your name on the interest list. If there is enough response, a class will be scheduled.

Interested in starting a new **Bridge** group? Put your name on the interest list so new groups can be formed!

Mystery Tour

Evelyn Benner led a group of 8 TVSD folks to tour the Cooley



Museum on Park Blvd. Jim Cooley, or "Frank the Train Man" as

he is known, maintains a great collection of antiques and autos covering a hundred year period.



Afterwards we enjoyed lunch at the Park House Restaurant in Normal Heights and Mike took the ladies for a scenic drive through the quaint neighborhoods of Hillcrest and Kensington.

--Mike Rigdon

From Diane Levine
The most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

--Helen Keller

Crazy Hat Day May 5, 2015

With thanks to Evelyn Benner



Photos by
Mike Rigdon



TVSD at the Patriot's Day Parade...May 2015

Photos by Catie Somers

