



Fran Pierce
Snap Co-Ordinator

Tierrasanta Village of San Diego Village Vibes

"Living for Today: Planning for Tomorrow"

March 2016



Anne Hoffman
Transportation

Tierrasanta Village (TVSD) is an active, nonprofit organization for residents aged 50+.

TVSD promotes social connections and helps our members thrive and remain independent.

We plan many special events, print this newsletter, and create activities for different passions and interests.

Board of Directors News by Joyce Muinos

Drum Roll, Please! After much work and effort by the Board and the Core Team Leaders, the All-Volunteer TVSD Core Team Organization is ready for "the Big Reveal"! Please consider attending the March Member's Meeting on March 7th at 6:00 PM in the Seventh Day Adventist Church meeting Room for a full introduction.

The Org Chart and Charters for each team have been written, viewed, reviewed, massaged and tweaked! The Core Team Leaders have been working with the concept for months and all have bought into the program which we believe to be complete and sustainable. The Core Team Organization Chart will be included in the next Vibes (and on the website) and will show the flow of all activities necessary to keep this fabulous organization running like clockwork! The overwhelming amount of programs, activities and administration required to run the Village has been broken into eight teams with a liaison Board Member to field questions and concerns and to provide necessary feedback to the Board.

Please understand that it is not, nor ever was, the intent of the BOD to make the Core Team Leaders responsible for all activities and sub-activities included in their respective charters! The Team Leader may ask for committee members to assist with specific projects/programs or, a member may volunteer to head up a specific project/program! It's a dynamic, ever-evolving organization! It's called "All Volunteer" for a reason. WE ALL VOLUNTEER!! Please find your special interest in this chart and jump in. Everyone has a talent. Some just want to hide it!

The beauty is that you are never tied to one thing. A quick glance at our calendar or the org chart shows that there is work (and fun) for everyone. If you try to organize a game night or a trip to the movies and you don't like it...try something else. The members will be patient with you until you find your niche!

That's what it's all about!



St. Patrick's Day Potluck Luncheon



**Thursday, March 17, 2016
11:30 AM to 2:30 PM
Villa Monterey Clubhouse**

**RSVP a must - Call TVSD Office:
569-9119**

**Indicate dish you will bring
(Salad, Entrée, Side Dish, Dessert)**



Village Business

Monthly Meeting

Monday, March 7– 6 to 8 pm
7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

March 24 – 1 PM

Location to be Determined

Agenda items must be submitted
a week before the meeting.

Meetings are open to all Village
members. 858-569-8194

RSVP to Kira, as space is limited

Time Bank

The new Time Bank software is here.
It is easier to use. You will like it and
your existing password will work.

Please join us

Tuesday, March 9

12:30-2:30

RSVP required to

JoAnne Kuelbs 858-292-1578

Website Training

Second and fourth Mondays
10:30 am or by appointment

RSVP required

Greg Zweibel 858-569-8194

Balance Class

Tuesdays 9 AM

Instructor: Mary Maine

Chair Yoga for Seniors

Monday, Wednesday and Friday
9 am

AIS Tai Chi Class

Wednesday and Friday at 10 am
This class is open
to the entire community
Do not contact the Village office.



American Cancer Society Relay for Life

This Event 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 23-24 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 E-Mail Marilyn Bente @858-569-5919

(cinqavenues5@aol.com). Or Fran Zweibel @ 858-569-8194

(granfranny@att.net)

Thank you! Marilyn & Fran



TVSD Core Team: Don Stewart, Bev Sheehan, Jeanette Vlassis, Mike Rigdon, Gloria Stevens, Jane Quirin, Jocelyn Brierton, Barb Kannerman, Ginny VanBenthuyzen, Jean Kerr, Joan McGeachy, Greg Zweibel, Kathy Guilfoyle



**Old Town Railroad
Museum Tour and
Lunch at
Miguel's Cocina.**

**Look for all the
pictures on the
Website soon**

Board of Directors

President

Linda Rees

Vice President

Kathy Guilfoyle

Treasurer

Mike Rigdon

Secretary

Fran Zweibel

*Community Liaison
Fundraising*

Joyce Muinos

Co-Founders

Candy Walsh

Susan Deininger

Operations Manager

Greg Zweibel

Operations Coordinator

Kira Riley

569-9119

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Vibes Staff

Editor.....Mike Rigdon

Proofing.....Gayle Rolan

Photography.....Mike Rigdon

Circulation.....Mike Rigdon

**Contact Mike at 858-300-6821
or E-mail
mikerigdon2000@yahoo.com**

Neighborhood Groups

by Jane Quirin

The Village's Neighborhood Groups have been up and running since last October when Tierrasanta was divided up into seven groups. They are formed according to where our Villagers live in proximity to one another. Our purpose lies with Captains who are willingly available as a source of information about events at the Village and a resource for help when help is needed.

The individuals who are in those groups have most likely already been contacted with information on how they may reach the Captain of their neighborhood Village group. A list of the individual groups, the residents in the group, and Captains' phone numbers have been provided on a separate sheet as an attachment with the Vibes. Please feel free to contact the Captain in your group for any information you may need.

The Captains of the Neighborhood groups met on January the 29th to discuss the various aspects of the service they are providing. The accompanying photo shows those Captains who were present at our gathering. We continue to define and redefine with questions like: "How much do the members of our groups wish to be contacted?" "How often should we check in when we have not heard from a member"? Unless we hear from you otherwise, it was decided that your Captain will contact you approximately three times during the calendar year. We constantly discuss the element of not wanting to be intrusive yet still wanting our Village neighbors to know we are there as a source of information or help when help is needed. We have appreciated some of the feedback we have received and continue to encourage members to call when they need clarification on how we can assist.

Above all is our desire to be there for one another. Please let your Captain know when you have a concern of your own or about one of your Village neighbors. The Chart of Groups is attached to member's e-mail Vibes.

GreatGen2.0 Happy Hour Presentation

Thursday, April 14, at 4:30 pm

Villa Monterey Clubhouse

Through her internship, Kira Riley (TVSD's Operations Coordinator), has access to a wonderful and engaging presentation related to WWII and the "Greatest Generation" that she would like to share with our Villagers!

The presentation, GreatGen2.0, is delivered by Kira's preceptor, Aaron Byzak--founder and chief advocate of a local organization called Hazel's Army. Aaron will tell the story of W.H. "Chick" Mensching, a veteran of WWII and Korea and a survivor of more than 3 years as a POW in Japan.

Join us for a wine and cheese happy hour at 4:30 pm, the presentation will begin promptly at 5:00 pm.

Words to live by:

"Live life so the minister doesn't have to lie at your funeral."

Adult Coloring Class by Marilyn Bente

Did you always enjoy coloring as a child? Do you color with your grandchildren, nieces, and nephews, and find that it is as entertaining for you as it is for them?

Recently seven members answered these questions with "YES" and joined their TVSD friends for an hour of adult coloring time to rediscover this joy. We met at the clubhouse on a January afternoon, armed with colored pencils, crayons, and coloring books and spent a relaxing hour not only coloring, but chatting about changes in our neighborhood since 1971, recommending restaurants and movies, and indulging in home-made cookies. One participant suggested that we call ourselves "Kolor and Knosh" or "Color and Chat". We did manage, though, to concentrate on the often intricately-designed pages on topics such as snowflake mandalas and Egyptian pharos.

Most adult coloring books are titled. Here are a few that we worked from -- "Secret Garden: An Inky Treasure Hunt"; "Magic Garden: Fantastic Flowers to Color"; "Magic Gold: Luxurious Designs". Adult coloring is becoming very popular and you can purchase these books and a treasure-trove of others at Michael's, Costco, Aaron Brothers, Barnes and Noble, and even our neighborhood Hallmark store! They can also be purchased on line at Amazon and at Cheap Joe's Art Stuff.

Two more coloring sessions were added to the TVSD calendar for February and we hope to continue each month as interest grows and clubhouse space is available. Come and join us for a fun, relaxing, and creative time! Don't worry if you do not have all of the supplies. Participants have shared pens and pencils and crayons, and there are extra books available to use. We've found that it is fun to be a kid again!



Time Banker Tidbits

Offer: Knit & Crochet Lessons

I can teach how to knit and crochet.

Request: Occasional Need for Dog Sitting

One of my dogs is blind and needs a little help getting out the garden. Would be for a day only.

Offer: Handyman – Electrical

Can fix most problems – if I can't, no charge for my time. Call to check my availability

Offer: Smart Phone Assistance

Need help with your Smart Phone? Call me so we can schedule a mutually convenient 1me.

Request: Handyman Repair

I'm looking for a handyman I can call when something breaks. Please call and we can discuss.

Offer: Digital Photo Help

Need an old photo cleaned up or restored:

DVD Movie Party

Once a month at the home of Diane Levine
Tuesday, March 29, at 6 pm
Spotlight

With Mark Ruffalo
and Rachel McAdams
RSVP to Diane at 858-292-0610
Space is limited to 10 members

Knit and Nosh

3rd Wednesday
March 16, 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

Village Book Club

Wednesday March 16 – 7 pm

Contact is Laurel Pfab
at her House
858-560-7826
Everyone is welcome

Cool Games

Thursdays 1:00 PM

Rummikub, Scrabble, Checkers, Canasta, Dominos...Your choice.....
Contact is Emma Chevie
858-569-5013

Armchair Travelers

Tuesday – March 1 – 1 PM
at the Clubhouse

Voyage around South America
Mike Rigdon 858-300-6821
or Register online

Village Interest Groups

Billiards

Mondays and Thursdays 10:15 am

Bob Muldrew - 858-292-8405

The pool table area is open for play anytime weekdays
8:30 am – 2:30 pm

Film Classics

First & Third Fridays
1 pm at the Clubhouse

March 4 – 1 PM

My Week with Marilyn

Michelle Williams, Judi Dench
Eddie Redmayne

Memoir of Marilyn Monroe.

In London to film The Prince & the Showgirl with Laurence Olivier, she became friends with young Asst. Director. As their friendship grew, his focus shifted from his film duties to rescuing her from the pressures and insecurities of celebrity life, and introducing her to a world outside of Hollywood fame. Opening herself up to a stranger, Marilyn finds a personal confidant and an ally.

March 18 – 1 PM

De-Lovely

Keven Kline, Ashley Judd
Legendary composer Cole Porter (Kline) was as elegant as he was complex. From Paris to Venice to Broadway to Hollywood, he and his wife (Judd) were a glamorous & wildly unconventional couple. She was his muse, and inspired many of his greatest songs of the 20th Century. Attn: Music Lovers!

Contact: Gloria Stevens
858-505-4188

The Lunch Bunch

First Wednesday of the month
March 2 – 11:30 – Andiamo's
Contacts are Marilyn Bente
and Trish Newbill

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – March 19 - 12:00 PM

Please RSVP to Fran Pierce
858-279-8290

Romeo Club

Cancelled in March
due to Special

St. Patricks Day Party
Thursday, March 17
at the VMHOA Clubhouse

Mah Jongg

Thursdays -- VMC – 10 am to noon

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

Contact: Fran Zweibel 858-569-8194

Village Hiking

Second and fourth Fridays

All hikes will start later - at 9 AM

One hour/one mile, North Shepherd (ATM to Antiqua to Villarrica Way, & back): On Fri, 11 Mar 2016 (second Friday) at 9 AM, we gather at the ATM in the Vons shopping center. This a starter hike in a quiet canyon that's not well known to a lot of residents in

Tierrasanta. The scenery is very pretty, and the terrain is flat except for an optional climb at the far end.

Two hour/two + mile, NW

Tierrasanta Loop (ATM to West Shepherd Canyon to - eventually - Villa Montserate Park & back): On Fri, 25 Mar 2016 (fourth Friday) at 9 AM, we gather at the ATM in the Vons shopping center. The route is somewhat up & down, and we venture into one long canyon which is barely seen by most of us as we ride around in our cars.

Contact: Bob Muldrew, 858-292-8405

Village Walkers

Thursdays — 9 am

Start at the VMC
Call the Village for information

TVSD Presents

Dianne Klein

from Eastern Division RSVP

(Retired Senior Volunteer Patrol)

Tuesday, March 15, 2016, VMHOA Clubhouse at 1:00pm.

Dianne will explain the RSVP duties, how they're trained, where they patrol, house checks, etc. She will answer any questions you may have about the program. Tierrasanta has been fortunate to have an active RSVP program since 1992. It is yet another way that our neighbors help each other by volunteering. Please join us for this important and interesting presentation!



Open Letter to the TVSD

Thanks so much for the Feb. Vibes. What a strong organization, and again I wish I had something here that would compare with the TVSD. But with your group, there is spirit, willingness, enthusiasm, worker bees, etc. with these fine folks. Miss you terribly, so continue, if you will, sending me the Vibes on email. AND, thanks Fran, for the lovely note from you regarding my donation. Hope it helps out. As you mentioned the financial support you have received has been terrific. My trip to San Diego in January was very brief, so maybe in the future, I can make it down for a longer stay, and possibly get a chance to meet with you all somehow! I am so amazed at the accomplishments of the Village.....Love, Mary Fox

Friends of the Tierrasanta Library Used Book Sale

Welcome Villagers

Friday, March 4
11:30 a.m. to 5:00 p.m.

Saturday, March 5
9:30 a.m. to 3:00 p.m.

Monday, March 7
9:30 a.m. to 5:00 p.m.

Ellen Scott

Time Bank Meeting

On Wednesday, 15 March, Village members who have opened a Time Bank account are invited to 'meet up' with each other at the VMC on

**Wednesday, 15 March from
10:30 to 11:30 a.m.** We'll

discuss our offers and requests, and learn from each other things we can do for each other. There will be refreshments and lively conversation, and we hope you can join us.

Mark your calendars.



UT Article about Susan McBeth on February 13

A good book can take you on a voyage of imagination. Susan McBeth takes that a step further, organizing outings and journeys that connect readers with authors amid settings where the books take place.

Through her company, "Adventures by the Book," McBeth, 57, of Tierrasanta, plans events that range from a candy-tasting party with food blogger and author Sally McKenney to a literary tea with San Diegan Michelle Gable, author of "I'll See You in Paris."

For those with literary wanderlust, she also leads readers on tours through the U.S. and abroad. Readers catch crab with Alaskan wilderness author and photographer Lynn Schooler or trace the novel "Lisette's List" through Paris and Provence with author Susan Vreeland.

McBeth, who drew on her background in event planning and bookselling to start her company, discusses how she combines books, food and travel to enrich the reading experience.

See Complete Article at: (copy & paste in your browser menu bar)

<http://sandiegouniontribune.ca.newsmemory.com/?selDate=20160213&startEdition=San+Diego+Union+Tribune&goTo=A02>

Q: What are any benefits or fundraisers you participate in?

A: Because I live in the community, I developed a "Tierrasanta Talks" program for the Tierrasanta Village, a member-based support group for seniors that regularly features authors of interest, inspiration or renown. These events not only raise a bit of money, but they offer an opportunity for our community to connect, once again, through books. After the Paris attacks in 2015, I helped organize Je Suis Paris, a fundraiser to benefit the French Red Cross. We invited seven authors to participate, whose books take place in Paris, and together, we raised almost \$6,000 in just eight days.

Q: What's the best advice you ever received?

A: Life is an adventure to be lived, not a problem to be solved.

Care Committee in Action

CARR Presentation

On February 16, a group of Villages and their guests, heard an excellent presentation by Chrisy Selder, Co-Founder of **CARR (Consumer Advocates for Care Reform)**. The mission of this local non-profit advocacy group is to improve residential care in assisted living facilities by educating consumers and increasing industry accountability. The topic of the presentation was: Using Public Documents: Informing Your Assisted Living Choices.

Many times, families are faced with making a snap decision about a care facility upon dismissal of a loved one from the hospital. Our speaker strongly advised that we do our homework in advance of such an emergency.

In beginning your research, the following resources are available, where you may review source documents pertaining to compliance, inspections, complaints, license, evaluations, and other important information on specific care facilities.

Department of Social Services

7575 Metropolitan Ave., Suite 109

San Diego, CA 92108 (619)767-2300

Webiste: www.ccl.d.ca.gov (Under Facility Search)

OR

**CARR Website, www.rcfererform.org
(619)795-2165**

Information is power. We encourage our members to begin their homework!

Upcoming Presentations:

Thursday, March 24, 5-6 pm at the Clubhouse.
Dr. Mc Beth will present current thinking on insomnia, so we can all get a good night's rest.

Tuesday, March 29, Member-to-Member Forum
Topic, hearing aids. 12:30 at the Clubhouse.

Please let your Care Committee know if you have a suggestion for a topic. We will do our best to research the topic and find a presenter.



Your Care Committee Members

Jim Inouye, Jeannette Vlasits, Fran Zweibel, Diane Levine, Emma Chevrie, Jean Kerr, Judy Sandman, Jane Quirin, Jo Ann Kuelbs, Ginny Berlin, Virginia Inouye





Your Romeo (Retired Old Men Eating Out) Club Members

Mike Rigdon, Dick Rees, Martin Sandman, Steve Kiley, Guest Ken Ross, P.K. Walsh, Mike Sheehan, 'Clem' Clemons, John Witt, Tom Kuelbs, John Batchelder, Pete Burgert



The Romeo Boys met February 18 for Hamburgers & stuff at Mike Rigdon's home for good food, a few jokes, plans for April to visit Mt. Soledad Veterans Memorial and Tierrasanta Mexican Restaurant for lunch on April 21.

Chinese New Years Celebration

The event was held Feb 6, 2015, the Year of the Monkey, at the Chinese Community Church. About 350 people attended.

A dozen Villagers enjoyed the evening. The buffet included a 12 course meal.

There was a silent auction with many prizes given out. Entertainment included a lion dance.

The purpose was to fund raise for the mission of spreading the gospel.

The Church also supports an Orphanage in Mexico.

