



Elaine Moser  
Knit & Nosh

# Tierrasanta Village of San Diego Village Vibes

“Living for Today: Planning for Tomorrow”

April 2016



Bob Muldrew  
Village Hiking

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

Wow! Things are moving along nicely for our Tierrasanta Village!

The Core Team concept was introduced at the general membership meeting and it was well received. This is just a reminder that, even though we have teams & team leaders assigned, there is opportunity for all. We are an all-volunteer organization and there's a spot for you – just call or email the Team leaders and share your talents! If you missed the St. Patrick's potluck, you missed a great time. Everyone was Irish for a few hours and Gloria and her leprechauns put together a great fun afternoon. The song written by our own Martha Woods was the pot of gold! We hope to print it elsewhere in the Vibes for your reading pleasure

While we're talking about events, I need to discuss something very important with you, so please read carefully! **Reservations, reservations, reservations!** Having organized many events, both large and small, I feel the pain of every event chairperson! It is impossible to plan and execute a successful party, meeting, or trip with last minute RSVPs!

Room layout needs to be planned, we need to arrange for food and drink, decorations need to be created, and the list goes on and on! **Please!** Our volunteers do not need the stress! We all understand that things happen and you might not make it to the event, but it would be better to cancel in an emergency rather than show up unexpected. We love you, we want your company, but don't surprise us!! You may catch us without our make up!

In addition to making sure that we have room and food for our guests, it is just as important that the TVSD be able to show how many people attend our classes, parties and events to qualify for grants and funding. Donors and advertisers are not interested in giving their hard-earned dollars so that a few people can have an exercise class, but, if we can show that the class reaches a sizable number of Tierrasantans and provides a service or positive results for participants, they are much more interested. So, again, please sign up and be counted!

Thank you, in advance for your cooperation! Now, let's take on April!

**Your Social Committee** and many assistants put on their usual great show. Gloria Stevens, Karen Muldrew, Mike Rigdon, and Jocelyn Brierton. For more pictures of the event, go to TVSD web page and click Rigdon's Party Pictures.



**St. Patrick's Pot Luck** was a huge success.

There was plenty of food, drink, delicious desserts. Thanks to all who did the cooking, baking, and set up. Too many to list here!



# Village Business

## Monthly Meeting

Monday, April 4 – 6 to 8 pm

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Board of Directors Meeting

April 28 – 1 PM

Home of Fran Zweibel

RSVP and Agenda items must be submitted a week before the meeting.

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

## Time Bank

Orientation & Training

Learn how to participate in the Time Bank and learn the online program. Bring your completed paperwork.

**Tuesday, 12 April**

**12:30 - 2:30 PM**

RSVP Required to

JoAnne Kuelbs

**858-292-1578**

## Website Training

2nd Monday only and upon request.

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.

## Two Hour Harbor Cruise & Sea Lion Adventure - May 23 - 12:45 PM



Join us for a classic two-hour sightseeing tour with a green twist. Along with landmarks, natural wonders and military history, this outing also spotlights local environmental efforts through narration, video clips and on-board displays.

Your social committee will purchase reduced tickets online. You must commit to the cruise by **May 2 for the May 23** cruise. **RSVP online or at the Village Office and Write a check to TVSD for \$24 per person and drop it by the Clubhouse.** Snacks and drinks onboard on your own.

Parking next to the USS Midway pier;

\$10 per car. So let's carpool.....

Be at McDonald's at 12:45 PM.

We will board this cruise at **1:30 PM**

### YOUR CRUISE INCLUDES:

- 2 Hour Narrated Yacht Cruises
- Information About Over 50 San Diego Landmarks
- 13 Miles on the Big Bay in San Diego
- Photo and Video Opportunities like No Other!
- Comfortable Indoor or Outdoor Areas
- A Look at Marine Animals and Seabirds
- Snack Bar with Adult Beverages, Soft Drinks, Hot and Cold Snacks, Plus Souvenirs Available for Purchase





## 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**

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*Operations Manager*  
**Greg Zweibel**

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*Operations Coordinator*

**Kira Riley**  
**569-9119**

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

### 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



### **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 (cinquavenues5@aol.com). Or Fran Zweibel @ 858-569-8194 (granfranny@att.net)

Thank you! Marilyn & Fran

### **GreatGen2.0 Happy Hour Presentation**

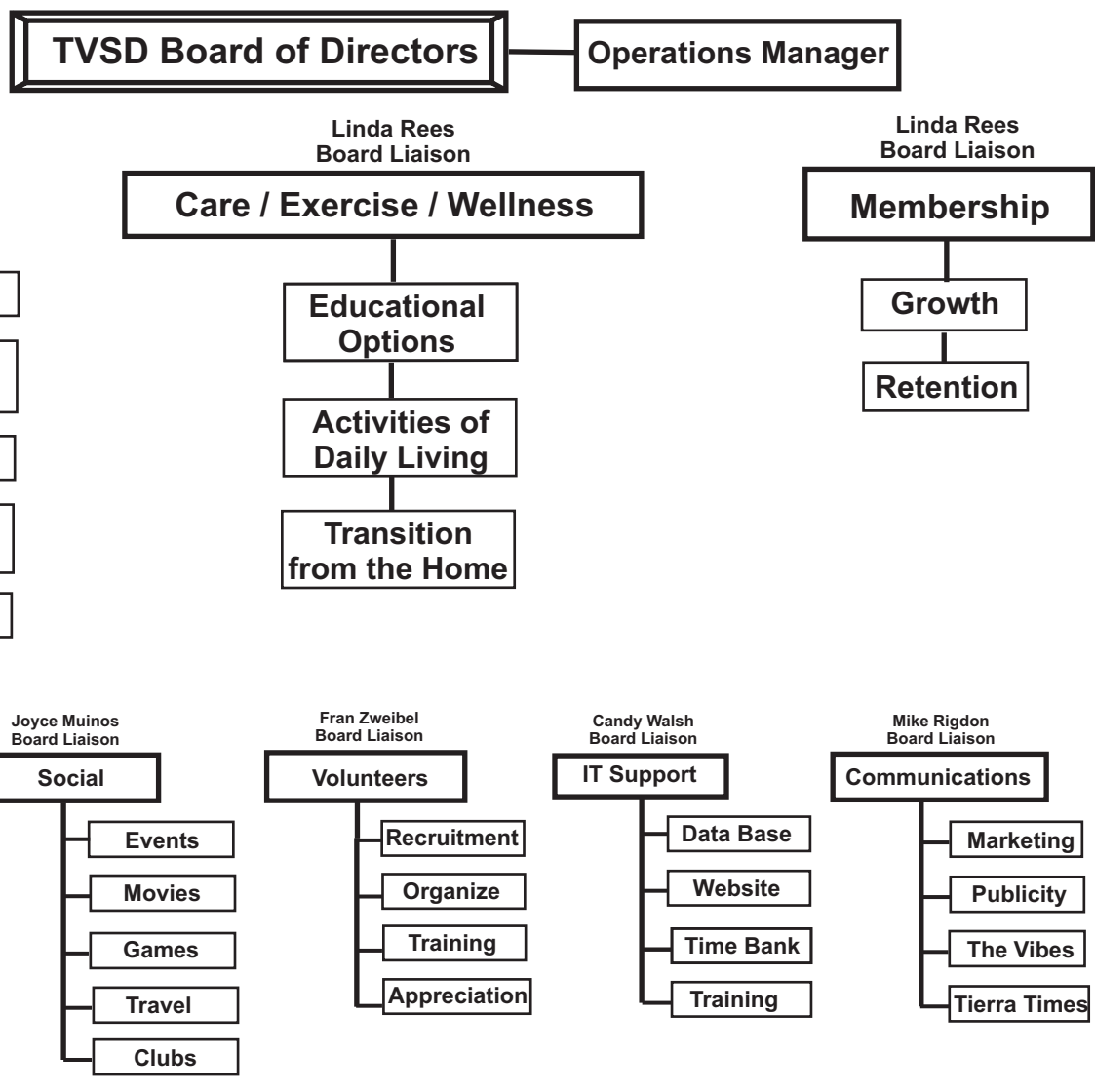
**Thursday, April 14, at 4:30 pm**  
**Villa Monterey Clubhouse**

*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!*

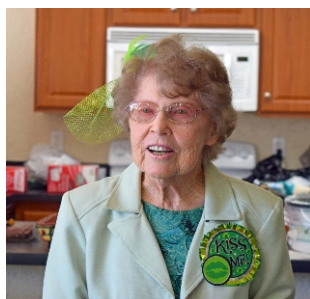
*The presentation, GreatGen2.0, is delivered by Kira's preceptor, Aaron Byzak--founder and chief advocate of a local organization called Hazel's Army. Aaron will tell the story of W.H. "Chick" Mensching, a veteran of WWII and Korea and a survivor of more than 3 years as a POW in Japan.*

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

**Please RSVP online or call the Village Office by Friday, April 8.**



3/4/2016



## When TVSD Gets Together

Sung to the Tune of  
**"When Irish Eyes are Shining"**  
 Words by TVSD's  
**Martha Woods**



When the Village gets together,  
 They welcome everyone.  
 When the Village gets together,  
 They have a lot of fun!

When the Village has a pot luck,  
 With delicious food to eat.  
 When the Village has a potluck,  
 They really are so neat!

When the Village Board has a meeting,  
 It's really great to see.

When the Village Board has a meeting,  
 They plan for you and me.

When the Village needs a helper,  
 They lend a helping hand.  
 When the Village needs a helper,  
 They really are so grand!

When the Village has a special party,  
 On this Irish holiday,  
 When the Village has a special party,  
 We want to say ...

Happy St. Patrick's Day!

## **DVD Movie Party**

Once a month at the home of Diane Levine  
Tuesday, April 26, at 6 pm

### **Brooklyn**

With Saoirse Ronan  
and Emory Cohen

**RSVP to Diane at 858-292-0610**

Space is limited to 10 members

## **Knit & Nosh**

**3rd Wednesday April 27, 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 April 20 – 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 – April 5 – 1 PM**

**at the Clubhouse**

**Italy, Greece & Mediterrean**

**Mike Rigdon 858-300-6821**

or Register online

## **Village Walkers**

**Thursdays — 9 am**

Start at the VMC

Call the Village for information

## **Village Interest Groups**

### **Billiards**

**Mondays & 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**

**April 1 – 1 PM**

**“Quiz Show” 1994**

**Best Picture, Director, Sup. Actor**

Robert Redford’s directorial triumph,  
Quiz Show, was one of the year’s 10  
best movies. It looks behind the  
scenes, thrills, and high stakes  
competition in Tv’s hottest big-money  
game shows. Scandal erupts when a  
Wash. Investigator finds corruption  
behind the show’s glittering facade,  
implicating the current champion,  
Ralph Fienes, the ex-champ, and  
producers.

This is a true Story.

**April 15 – 1 PM**

**“The Net” 1995**

Hit thriller about a computer expert,  
Sandra Bullock, whose life is suddenly  
“erased” by an inter-national  
computer conspiracy. Her driver’s  
license, credit cards, bank accounts,  
her entire existence ---Deleted! The  
INTERNET records our complete lives  
electronically, which prompts the  
question “How can I protect my  
privacy, my identity?” This is’nt  
science fiction, but the real peril of  
today’s technology.

**Contact: Gloria Stevens**

**858-505-4188**

### **The Lunch Bunch**

First Wednesday of the month

**April 6 – 11:30 – Pinto Thai Restaurant**

Contacts are Marilyn Bente  
and Trish Newbill

## **SNAP**

(Singles Network of Active People)

All Village singles are welcome.

**Saturday – April 16 - 12:00 PM**

Please RSVP to Fran Pierce

**858-279-8290**

### **Romeo Club**

**April 21**

**Mt. Soledad Veterans Memorial  
Field Trip (Guided by Mike Rigdon)**

**Lunch at Tierrasanta Mexican**

**Meet at McDonalds at 10 AM**

## **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**

On the second Friday (for over a year)  
we've been having one hour/one mile  
walks as an introduction to hiking, with  
limited success. .... We've decided to  
reduce that effort to every other month  
and to add (starting this month) more  
challenging trips to the West Fortuna  
section of Mission Trails Regional Park  
(MTRP), an area near our community.

**1.5 hour/1.5 + mile**, West Fortuna section  
of MTRP (Rim Trail, & back): On Fri, 08  
Apr 2016 (second Friday) at 9 AM, we  
gather at the intersection of Calle de Vida  
& Colina Dorada. (Drive east on  
Tierrasanta Blvd to the last right turn - on  
to Rueda Drive, go three blocks & turn  
left on Calle de Vida, go to Colina  
Dorada, stop.) We walk along the edge of  
a long plateau next to a wide valley - up  
against a mountain ridge.

**Two hour/two + mile**, Tierrasanta  
Canyons (Promesa Plateau loop): On Fri,  
22 Apr 2016 (fourth Friday) at 9 AM, we  
gather at Pendiente Court. (Drive east on  
Tierrasanta Blvd to the last left turn -  
Colina Dorada, go one block, turn left to  
Pendiente Court; drive to the end of the  
cul de sac. This route shows the diversity  
of Tierrasanta canyon hike options.

**Contact: Bob Muldrew, 858-292-8405**

### TVSD Presents: The Wisdom of the Three Brains

Your brain, heart, and gut communicate and function together for optimal brain and overall health. In four weekly 90 - minute classes, you will hear about current research and discover how you can use whole-body intelligence every day to feel better, despite diagnosis.

Classes combine lecture, Q&A, and activity.

Kim Chartrand, R.N. is a health educator who specializes in promoting health and wellness

**When:** May 2, 9, 16, June 6 1-2:30 p.m.

**Where:** Villa Monterey Clubhouse, 5275 Rimpark Lane

**Cost:** \$15 TVSD Members; \$35 non-members

Limit: First 35 - Please **RSVP online or call the Village Office**

### Did You Know?.....

The Care Committee has some personal medical aids available for your short-term use. And the list has grown longer, thanks to generous Villagers! If you need any of the following....

**\*Walker \*Cane**

**\*Crutches \*Knee Scooter**

**\*Wheelchair \*Shower Chair**

**\*Elevated Toilet Seat**

contact Joan McGeachy  
at (858) 652-1381.

Also, if you have any items you'd like to donate for Villagers to use, please notify Joan.

### Time Banker Group Meeting

We occasionally hold get-togethers for Time Bankers (those who have attended Time Bank Orientation and have opened up an online Time Bank account). On March 15th at the VMC, we met and got to know those in attendance a little bit better. We learned how some of the things we did in our work life or the interests/hobbies we currently have can be valuable to someone else. We were also reminded that if you don't allow someone to do something for you, you are preventing them from giving.

There was mention of having another Time Dollar Boutique and a planning committee has formed. We'll keep you up to date on our progress and let you know how you can help make this years' Time Dollar Boutique a great success.

### Friends of the Tierrasanta Library

Used Book Sale

Welcome Villagers

Friday, April 1

11:30 a.m. to 5:00 p.m.

Saturday, April 2

9:30 a.m. to 3:00 p.m.

Monday, April 2

9:30 a.m. to 5:00 p.m.

**We're stirring the Time Bank pot by showing some of our offers and requests. See anything you need or that you can do? Log in and find the member. Need assistance logging in, call JoAnne Kuelbs or Candy Walsh.**

#### **Offer: Technology Assistance**

I am a good troubleshooter with computer software and hardware. If you need help or get stuck, I'll help you figure it out and get things working again.

#### **Offer: Time Bank Buddy**

I can be your Time Bank Buddy. Call me and we can discuss your needs and my availability.

#### **Offer: Digital Photo Help**

Need an old photo cleaned up or restored? Maybe I can help.

### Time Bank Tidbits

#### **Offer: Calligraphy Tasks**

I can do basic calligraphy and would be willing to address wedding invitations, holiday cards, or awards. Please call me so we can schedule a mutually agreeable date and time.

#### **Offer: Handyman-Plumbing**

Unlicensed but experienced. No charge for time if I can't solve your problem. Call to check my availability.

#### **Request: Do you do E-Bay?**

I need a person who is E-Bay competent and can help me sell chess sets, some antiques, etc. Please call me to discuss.

#### **Request: Japanese Lessons**

Need help with pronunciation. I am a beginner and I'm using a set of CDs to learn.

#### **Request: Arizona Highway Magazines**

If you have any of these magazines, I would love to have them. Please call me so we can discuss.

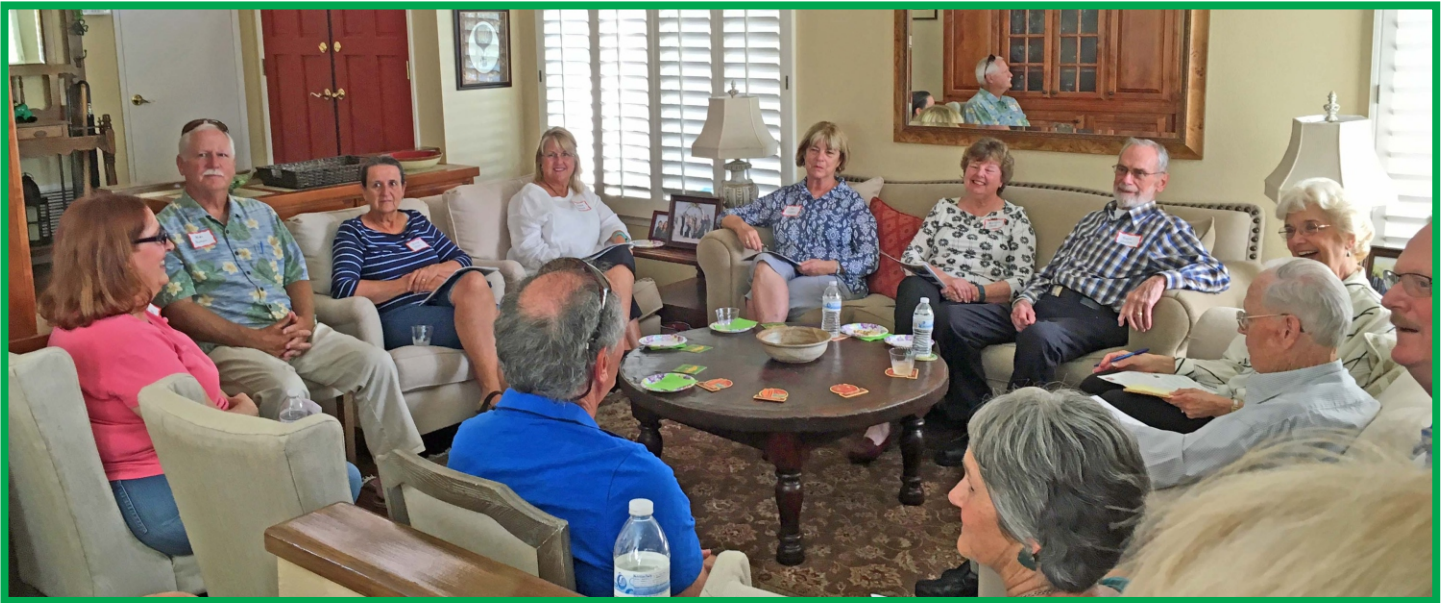
#### **Request: Wallpaper Removal Experience?**

The paper is off - now what can we do that is 'easy' to prepare a mutilated wall for painting?

#### **Request: Help with Clutter**

It's time to organize the clutter and I need help. Please call me so we can schedule a mutually agreeable time.





### New Member Social

Five new members and 3 prospective members along with some long-time members met recently at Ginny's.

The purpose of this social was: (a) provide an opportunity for new members to meet other members of the Village. (b) make sure each member understands how to access the Village website and is receiving weekly email blasts with calendar of activities. (c) describe the various teams and activities the Village has to offer and encourage them to get involved in an area of interest.







**Social Outing April 18 - 9:30 AM  
Lunch at Anthony's at noon**



The Maritime Museum will host our group of 30-35 seniors from Tierrasanta Village on Monday 18, April 2016, for a two hour guided tour starting at 10:00am. Carpool from McDonald's at 9:30. Discounted group rate of \$10.00 per adult. **RSVP online or at the Village Office. Bring a check to TVSD to the Clubhouse by no later than April 4.**

**Ships on Exhibit:** Star of India, San Salvador, Berkeley Ferryboat & Museum, HMS Surprise, Russian Sub, USS Dolphin Sub, and many more sailing vessels

After the leisurely tour, we will lunch on our own at Anthony's Fish Restaurant, next to the Star of India. Metered Parking (bring quarters) along the Embarcadero.

