



Tierrasanta Village of San Diego Village Vibes

“Living for Today: Planning for Tomorrow”

November 2016

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.

November Events by Joyce Munios

Oh, boy! Get ready! It's already November and we are into the busiest time of the year!

We kissed October “goodbye” with a fabulous Halloween Pot Luck and we are welcoming November, and the start of shopping season, with the Time Bank Fair! The Fair will be on November 6th from 1:00 – 4:00 PM in a member's Tierrasanta home, and is open to TVSD members only.

The Fair will feature hand-made items, donated treasures, baked goods and the perfect gifts to finish off Santa's shopping list! Please register now and make it easier on the organizers! Don't we all love a good shopping bargain? This time, you don't even need money – just your Time Bank Account! If you are not a Time Bank member, you have one more opportunity on November 1st to attend the Orientation and Training! Don't miss out!

For those who don't want to cook on Thanksgiving, our lovely Social Committee is, again arranging a Dinner with TVSD friends at a local restaurant. Details are on the way!

Of course, the Social butterflies are also already planning our big Holiday Party! Mark your calendar for Monday, December 5th and, please register! This year, we will collect gifts for New Alternatives, “a sub-acute psychiatric facility serving a special group of foster children not eligible for foster homes”. I will have an information flyer at the November general meeting.

Your Board of Directors is finishing off this year on a very positive note! Watch for an exciting announcement in December!

Ok, I'm ending this article as a “cliff-hanger”! Stay tuned!

Happy Thanksgiving to All!



FORT ROSECRANS NATIONAL CEMETERY

Every Veterans Day & Memorial Day at Point Loma the Cemetery is a Sea of Flags Honoring some 101,000 Military Men and Wives dating to 1874. The USS Bennington Monument commemorates the deaths of 62 sailors in a boiler explosion in San Diego Bay in 1905. The Entry Monuments below honor sunken WW II Warships.



Village Business

Monthly Meeting

Our next monthly meeting is
scheduled on Monday
November 7 (6 – 7:30 pm)
7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

November 17 – 1 PM
Fran & Greg's Home
RSVP & Agenda items
must be submitted a week
before the meeting.
Meetings are open to all Village
members. **858-569-9119**

Time Bank

Orientation & Training
Learn how to participate in the
Time Bank and learn the online
program. Bring your
completed paperwork.
Wednesday, October 28
Tuesday, November 1
12:30 - 2:30 PM
RSVP Required to JoAnne Kuelbs
858-292-1578

Website Training

2nd Monday only or on request.
10:30 am or by appointment
RSVP required
Greg Zweibel **858-569-8194**

Balance & Strength Class

Tuesdays & Thursday 9 AM
Instructor: Mary Maine

Chair Yoga for Seniors

Monday, Wednesday and Friday
9 AM

Aging & Independent Services

Tai Chi Class

Wednesday and Friday at 10 AM
Open to the entire community.



Thank you! Thank you! Thank you! That was the theme of the Tierrasanta Village Wine and Dessert Volunteer Recognition Party held at the home of Fran and Greg Zweibel on Monday, September 12.

Over fifty TVSD members assembled to recognize and celebrate the dedication and commitment of the numerous volunteers who make the Tierrasanta Village a success and keep programs in place to meet the needs of all members.

It's always a party when the Villagers get together! TVSD is host to so many programs, events, classes, meetings, gatherings, etc. that there seems to be little time for "socializing"! So, again, with a little wine and a few cookies, the social part of the evening was delightful and difficult to interrupt! But, there were people to recognize and President Linda Rees did just that.

Ms. Rees did not leave one person out of her long list of Villagers who have contributed countless hours to the organization to assure that each and every member has their own social, educational, mental and spiritual needs met! At the end of the evening, everyone felt appreciated and an important part of the TVSD family!

The hi-light of the evening was the presentation of a special, engraved desk set to Fran and Greg Zweibel. TVSD's own stalwart volunteers have been recognized nationally as Village to Village Volunteers of the Year! They will be celebrated at this year's V2V Conference in Columbus, Ohio. Unfortunately, the Zweibels will not be able to attend the conference – they'll be enjoying a private celebration on a Quebec, Canadian Cruise!

Fran and Greg have been volunteering almost since the inception of the Tierrasanta Village in 2007. Fran is currently serving as Secretary of the Board of Directors and Greg is the IT Chair and acting Director. Both have donated countless hours and, it is said, that they live and breathe TVSD! The Tierrasanta Board of Directors thanks Fran and Greg and all the volunteers for making the Tierrasanta Village one of the best. For more information about the TVSD, visit:
www.tierrasantavillage.org
or call **858 569-9119**.



Board of Directors

President

Linda Rees

Vice President

Vacant

Member at Large

Janice Trantham

Treasurer

Mike Rigdon

Secretary

Fran Zweibel

Community Liaison

Fundraising

Joyce Muinos

Co-Founders

Candy Walsh

Susan Deininger

Operations Manager

Greg Zweibel

Front Desk Coordinator

Melissa Rainier

569-9119

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organization
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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

Time Dollar Fair Sunday, November 6, 1:00-4:00 PM

Want to get unique gifts for the holidays without spending money? Want to have fun socializing and eating homemade cookies? Wondering what to do with those 3 Time Bank Dollars you got for renewing your membership? Plan to attend this exciting pre-holiday event available exclusively for Village Members. It will be held in the beautiful home and yard of one of our members.

Usually Time Bank Members earn and spend Time Bank Dollars for services such as rides to the airport, pet care, handyman services and more. This is a special opportunity to spend those TB Dollars for goods. Even if you are not currently a Time Bank Member, you can still use the TB Dollars in your account (given to you for renewing your membership in the Village) at this Fair. We want to stir up interest in the Time Bank.

We also want to make sure the Time Bank Donation Fund has a healthy balance of Time Dollars. So, please consider donating your handmade creations or other items suitable for gifts to the Time Bank Fair for this fund.

If your Time Bank account is low and you would like to get some Time Bank Dollars, bring your "goodies" to trade so you can beef up your account. Once you register as a Vendor, we'll make sure we have plenty of table space for you to display your special items. Members who have attended Time Bank Orientation and Training, and have a Time Bank account, are eligible to be vendors. Vendors are charged one Time Bank Dollar.

To become a Time Banker, register a week in advance to attend Time Bank Orientation and Training on either Oct. 28th or Nov. 1st. Members who attend Orientation and Training, and meet requirements, receive 3 time dollars for opening an account, and 1 time dollar for attending the Orientation. Time dollars can be used to get gifts and goodies at the Fair.

Adding to the excitement of the event will be a silent auction with one of a kind items that you won't want to miss!

The Time Bank is a benefit of being a member and helps distinguish TVSD among the 200 plus Villages in the U.S.

For more information or questions, contact: Delise Konigsbach, 858.277.0605, delisek@hotmail.com, or Joyce Muinos, 858.278.5279, jmuinos@sbcglobal.net.

Consider a Donation to the Annual Donor Drive

Looking for a tax deduction to reduce your tax payments this year? Why not consider a year end donation to the Village Annual Donor Drive? We'd love your support to help us reach our goal of \$20,000.

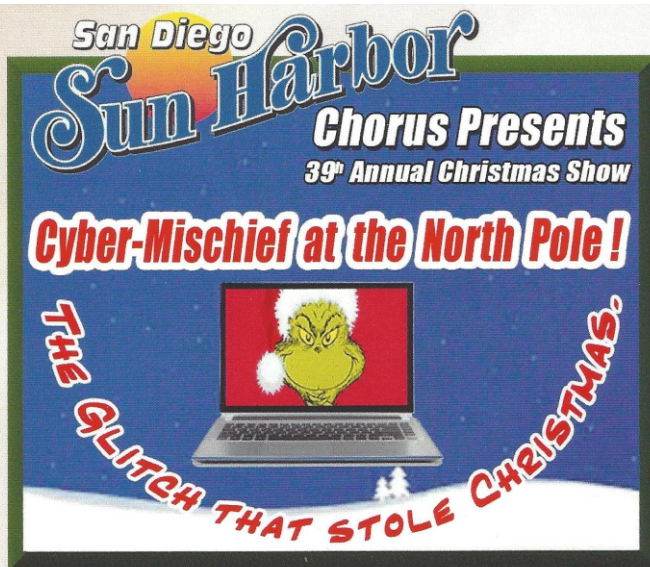
Funds received during the Annual Donor Drive will be used to help cover operating expenses which are expected to increase by 5% in 2017.

When asked, "what difference has the Village made in your life?", one member answered, "I appreciate the caring outreach. Recently I fell and broke my wrist. It is nice to know there are people there for you when you need them."

When considering a donation, think about why the Village is important to you, and what difference it makes in your life.

Donating is easy and 100% tax deductible. Click the "One Click" link on the website home page. Click "Donation-Year End". Your donation can be anonymous if that works best for you. Or, stop by the VMC and give your check to Missy.

The Fund Development Core Team appreciates your support.



**A Holiday Celebration in Four Part Harmony
with The Rhapsody Singers**



**SATURDAY
NOVEMBER 26TH
1:00PM**

CASA DEL PRADO THEATER

1800 EL PRADO - BALBOA PARK, SAN DIEGO, CA

\$20 - General Admission

\$15 - Seniors - Military - Children

\$10 - Group (10 or More)

WEB: shc2016.bpt.me

PHONE: 1-800-838-3006

Ask for: Sun Harbor Christmas 2016



TVSD HOLIDAY DINNER
Dining, Music, Village Friends!
7th Day Adventist Church
December 5, 2016 - 6 to 8 pm

Celebrate the season with the sounds of holiday cheer with pianist David Chamberlain and the "Encore" singers

\$10 MEMBER FEE; \$15 NONMEMBERS

Catered Turkey & Ham Dinner
gravy and rolls
potatoes, steamed veggies
garden salad & desserts

Register online at www.tierrasantavillage.org
or call the Village Office between the hours of
8:30 and 12:30 Monday through Friday

Come Knit With Us!

The "Knit and Nosh Ladies" of TVSD is an informal group who get together on the 4th Wednesday of each month to knit or crochet squares, which are then made into blankets. The larger blankets are donated to the VA Hospital and they baby blankets are donated to the Armed Services YMCA in Murphy Canyon.

We welcome new members (beginners or advanced). We meet at the Club House at 1 PM on the 4th Wednesday of each month. Contact Virginia Inouye at 858-278-8847, or just show up.

Tierrasanta Chiropractor Dr. Mike Fillat to Speak November 15

Please join your fellow Villagers at the Villa Monterey Clubhouse on Tuesday, November 15 at 12:30 p.m. to hear from Tierrasanta Chiropractor Mike Fillat. Dr. Fillat will speak on Activities and Exercises to Prolong Continued Good Health. Light refreshments will be served.

Activity Log Sheets

We hope every Village member will fill out the Activity Log each month as this is part of how we create the necessary information to apply for Grants to support our future programs and activities.

Filling it out online at
<https://tvsd.clubexpress.com/>
log-in and scroll to the online Activity Log
It takes 3 minutes!
Submit online or print it out for us.



**Tierrasanta Village of San Diego
THANKSGIVING DINNER**

**Andiamo Ristorante - 5950 Santo RD.
November 24, 2016 - 5 to 8 PM**



No plans for the Thanksgiving holiday? Why not join other Villagers for a special holiday group dinner at Andiamo Ristorante on Thanksgiving Day! Chef Antonio has planned a special 4 - course turkey dinner with all the trimmings for \$26 per person + tax/tip. For non-turkey diners, a fabulous combination seafood dinner – “Brodetto” – also \$26. Regular menu choices are also available at listed prices. Reserve a place by Thursday, November 17th. Call the Office (858) 569-9119 or online (www.tierrasantavillage.org).



**Homemade Butternut Squash Soup
with fresh cream, butter & pepper**

SLOW TOAST TURKEY

**Stuffing with giblet gravy, sausage, walnuts
golden raisins * brown butter sage
Cranberry Sauce
Yokon Gold Mashed Potatoes
French Green Beans Almondine**

PUMPKIN TIRAMISU DESSERT



**Homemade Butternut Squash Soup
with fresh cream, butter & pepper**

“BRODETTO” (Similar to “Cioppino”)

**Clams, mussels, calamari, shrimp & scallops
sauteed with garlic & pepperonccini (mild
red pepper spice). Finished with white wine
& touch of tomato broth, fresh basil
Herb/Garlic Flat Bread for dipping**

PUMPKIN TIRAMISU DESSERT



DVD Movie Party

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

The Sandlot

With Tom Guiry
and Marley Shelton

RSVP to Diane 858-292-0610

Space is limited to 10 members

Knit & Nosh

4th Wednesday - Nov 23 - 1 PM

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

Contact: Virginia Inouye

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

November 16 - 7 PM

"The Little Paris Shop"

by Author - Nina George

Contact: Laurel Pfab

858-560-7826

Everyone is welcome

Cool Games

Thursdays 12:30-2:30

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

Contact: Emma Chevie

858-569-5013

Friends of the Tierrasanta Library - Used Book Sale

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

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

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

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

12:30 pm at the Clubhouse

November 4 - 12:30 PM

"The Bridges of Madison County"

1995 - Romance / Drama

Meryl Streep / Clint Eastwood

When a world-traveled National Geographic photographer (Eastwood) has a chance encounter while on the job with an Iowa housewife (Streep) they weren't looking to turn their lives upside down. Yet 4 days after they meet, they don't want to lose the love they've found. Each is at a mature point in life where expectations are behind them. Based on Robert Waller's best seller novel. Who wins - love or family values?

November 18 - 12:30 PM

"TANK" - 1984 Comedy / Drama

James Garner / Shirley Jones

After relocating his family (and his prized, restored Sherman tank) to a small Georgia town, military man, Zack, butts heads with local law enforcement. When the Sheriff goes after Zack's son, it's time to roll out the Sherman tank!

Gloria Stevens: 858-505-4188

Armchair Traveller

Next Event will be

December 6 in honor of

75th Anniversary of Pearl Harbor

Contact: Mike Rigdon

858-300-6821

The Lunch Bunch

First Wednesday of the month

November 2 - 11:30 AM

Choice of Mandarin

Contacts: Marilyn Bente

Romeo Club

Next meeting will be in December

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday - November 19 - 12:30

at the Sizzler. Please RSVP to

Fran Pierce: 858-279-8290

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

1.5 hour/1.5 + mile (Mission Trails Regional Park - MTRP), Rim Trail to Twin Towers (- water pipeline overflow towers), & back: On Fri, 11 Nov 2016 (second Friday) at 9 AM we gather at the top-end of Playa Catalina. (Go east on Claremont Mesa Blvd toward the Catholic Church; make a left turn on Via Valarta. Go two blocks, and make right turn on to Collegio Drive up hill to a "T". Turn left on to Alejo Steet. At the third left, turn left on to Belardo Drive.

Go one block & turn right on to Camino Playa Catalina. This road eventually curves around to the left. A canyon appears on the right, and there are no houses on the right. Again, keep climbing; park on the right, near where the street ends.) The trail is flat, up on a mesa. We're on a utility road that's about six feet wide. The vegetation is chaparral; there's a fantastic view of North Fortuna.

2 hour/2 + mile, North Rueda Canyon loop, on the canyon floor up & on the rim back. On Fri, 25 Nov 2016 (fourth Friday) at 9 AM we gather on Rueda Drive next to Tierrasanta Blvd. (Drive east on Tierrasanta Blvd, past the library & down the hill to Rueda Drive, turn left & park.) The route is relatively flat, but at the end, there's a gradual climb up to Clairemont Mesa Blvd, & back on the rim. The trail starts as a six foot wide utility road, but eventually narrows to a three foot trail. The canyon floor vegetation is very diverse & interesting.

Bob Muldrew: 858-292-8405



TVSD Board Members: Janice Trantham, Fran Zweibel, Mike Rigdon, Linda Rees, Joyce Muinos

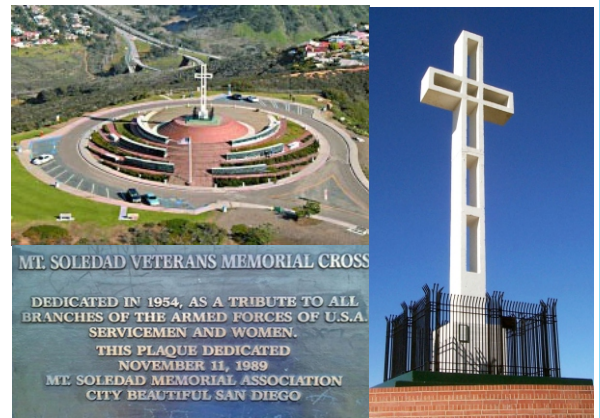
Improving Mind, Body & Spirit Class Instructor: Kim Chartrand

Our Village members and guests enjoyed a very educational program for 4 classes in October. Kim presented simple and easy ways to optimize your health at any age.

Each class was separated into “Body”, “Mind”, and “Spirit”, in reality they are all connected. All based on the latest research to promote health and hopefully help you feel better.

See last day activity, creating a collage for the Village on bottom Page 8.

Social Field Trip to Mt. Soledad Veterans Memorial



November 22 – 1- 3 PM
Car-pool from McDonalds
at 1 PM
RSVP online or call
Mike Rigdon 858-300-6821

The “Golden Girls” Class below



"Tierrasanta Talks" Adventure

featuring award-winning creativity muse and author

Jill Badonsky



About the Event

Are you one of those people who think they don't have a creative bone in their body? Or perhaps you would like to take your creativity deeper, but have become stuck, distracted, or immobilized. Well, creative muse Jill Badonsky is here to help you with that, so join us for our next Tierrasanta Talks, where Jill will share her five tips to become an *"artist of staying alive."*

November 3, 2016, 6:15pm

Cost: \$10 per person

Venue:

Community Room, SDA Church
11260 Clairemont Mesa Blvd.
San Diego, CA 92124

Information/Reservations:

www.adventuresbythebook.com
(619) 300-2532

