



## **TIERRASANTA VILLAGE** **Of San Diego**

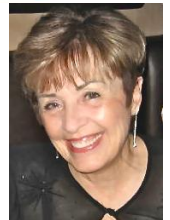
*"Living for Today; Planning for Tomorrow"*



Eva Turner

### *Village Vibes*

**February 2015**



Linda Rees  
Vice President,  
Board of Directors

### **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.

### **Congratulations To Us!**

#### **End of Year Fundraising Campaign a Smashing Success**

You have spoken and the message is loud and clear. You value our Village, and you opened your pocketbooks to prove it!

Over 50 people, members and non-members alike, contributed to our recent year-end matching funds donation campaign. With the recent conversion to an all-volunteer organization, one of our ongoing challenges will be to raise the funds required to continue the same stellar programming offered in the past, together with some enriching new opportunities.

Thanks to a generous kick-start by Lee and Allen Rachel, our campaign provided a staggering launch of our ongoing fundraising efforts. The Village raised a total of—drum roll please—a whopping \$38,720! Kudos to all of you for your generosity, your support, and your enthusiasm.

**--Susan McBeth  
Fundraising Team Leader**

### **Membership Team... Spreading the Word**

We are happy to announce that we have 12 new members in the last 3 months.

The membership team met on January 8. We discussed the importance of having conversations with prospective new members, making sure they understand what the Village has to offer before joining, and with members leaving the Village, to understand their reasons for resigning. We value our members' input in making our Village the best it can be.

Ginny and Fran Zweibel are forming a list of members who are not actively involved. The membership team will personally contact these people and invite them to the next Village function.

The membership team is going to work closely with the social/fundraising and volunteer team coordinators in order to sustain membership and keep all members actively involved.

Our next Prospective New Member Social is scheduled for March 24. The team would like all Village members to think about bringing a prospective new member to this informational gathering. Mark your calendar and reserve on the website.

**--Ginny Van Benthuyzen**

## Executive Director

*Allen Rachel*

## Board of Directors

*President...Allen Rachel*

*Vice President...Linda Rees*

*Treasurer...Joyce Muinos*

*Secretary...Fran Zweibel*

*Member-at-Large  
Yasmin Shah*

*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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## From The Director



Happy New Year and best wishes to all of our TVSD members and the Tierrasanta community. TVSD is completing its first month with an all-volunteer work force. While many are learning their new responsibilities, they are also meeting many other members doing the same.

Our year- end appeal, reported elsewhere in this issue of the Vibes, has provided the ability to sponsor many new and informative programs throughout 2015. Check the events calendar on the Club Express web site, register and participate in and attend programs of interest. Kim Chartrand is presenting a ten week series, "Empowering Mind and Body" that is very popular with our membership. Registration may still be possible for this program that starts February 3.

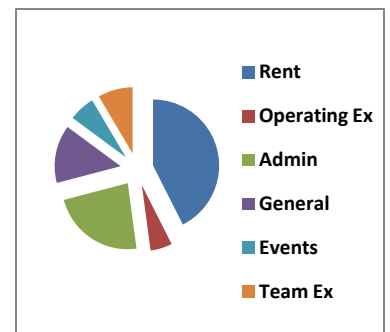
Our mini-TVSD neighborhoods are a reality. You are a member of one of six. Your neighborhood captain will contact you soon. We have many needs and many "opportunities" to serve/help one another stay in our homes longer. Contact Jane Quirin for help in finding your niche to serve our TVSD community.

Please continue to help me express our appreciation to our many volunteers. When we stumble a bit, please contact me personally with an email or phone call. Constructive critique of our operations will help our day to day efforts to improve the managing of your Village affairs.

### The Money Mystery

Where has all the money gone? Here is a simple break out of how your 2015 yearly dues dollar is currently budgeted. Collectively, we collected about 28,200 dollars in dues. Although this is a "bare bones" budget, the good news is that TVSD is sustainable as an organization if the only income we receive is membership dues.

### Your Dues Dollar



The really, really, good news is that your collective response to our year-end fund drive has provided over \$20,000 dollars to sponsor a wide variety of programs for TVSD members. This allows us to bring you quality events and programs at little or no cost for our members and a reasonable cost to our community attendees when venues allow their participation. We sort of go on a TVSD members get first choice of event attendance, but often have room for non TVSD members to attend.

We can't do everything for all members, so how do we decide how to spend our discretionary funds? All of our Core Teams are responsive to all of our members, as member desires and needs are made known. Each Core Team will be given the opportunity to "bid" for available funds. These "bids" will be supported by detailed proposals answering the What, Why, When, Where, Venue, Cost (in dollars and committed volunteer hours) to deliver a successful program. I have the task of prioritizing and funding candidate

**Continued next page**

## Money Mystery

From page 2

programs (or better known as, "How to please some, and disappoint others.") Anyway, we will try to make it a fun and transparent competition and might be able to give you a voice in the final decisions. What do you think?

I am reminded of an old country song by Willie Nelson, "If you've got the money, honey, I've got the time." Well, TVSD has some money, do you have the time? If you do, tell your core team leaders how you would like to spend your money. They will need your input to support their "bids." Send them an email, or text, or phone call.

--Allen Rachel  
TVSD, Executive Director



**John and Barbara Lester** encourage Village members to attend the San Diego Rose Society show at Liberty Station on April 18-19. A room full of roses is amazingly beautiful and great for the spirit. John is an American Rose Society Consultant Rosarian and an ARS Judge.

He loves to help people with their roses and he will come to your home to help you.

--Allen Rachel

## Save the Date

**SATURDAY, APRIL 25 through SUNDAY,  
APRIL 26, 2015**

**For - The American Cancer Society  
Tierrasanta Relay for Life!**

Thanks to all of you who participated with us in 2014 and helped our TVSD Team and the entire Tierrasanta Community raise funds for the Relay for Life. You are all amazing!

Now let's get ready for another wonderful Relay for Life Tierrasanta!!! Watch for more information and details next month.

If you have any questions or would like to volunteer to help our team, please contact: Marilyn Bente @ 858-569-5919 or Fran Zweibel @ 858-569-8194.

## Care Team...Off and Running

As of January 1, 2015 TVSD is functioning without any paid staff. As a result the Care Team has reorganized. How the reorganization is working will be reevaluated in six months. It's mission statement supports that of the Village -- to assist members to live in their own homes in Tierrasanta. Briefly, that support may include direct assistance, as requested by members, through phone calls, home visits, bereavement support, providing food, transportation, agency referrals and transition planning.

Members can access the new system by calling the Village phone number and asking for help from the Care Committee. That request will be passed on to the Chairperson, Jean Kerr. Jean will contact the member requesting help.

We have divided Tierrasanta into mini communities, each with volunteer captains and co-captains. Jean Kerr will pass member's requests on to one of these volunteers. Gail Schreiber and Marti Batchelder held a training session with volunteers as to how to function in that role. These volunteers will call everyone in their area at least once. Those members who don't use computers will be called on a more regular basis as Jean says "... so everybody feels connected and included."

Jean reports that Marti and John Batchelder have volunteered to help those who need to transition to a more supportive living situation. Laurie Pfab is updating our resource list of agencies in the greater community.

The Care team wants to help the Village meet its mission. Remember, we are volunteers that are also members. Our intentions are good, and we want to be of assistance. Please do not hesitate to call the Village office (858-569-9119) if you need help with something. Together we'll figure it out! And, new volunteers are welcome.

--Gail Schreiber

The wonderful members who have stepped forth to captain our neighborhoods and do the calling noted above are: Eleanor Garrow, Evelyn Benner, Fran Pierce, Virginia Inouye, Ann Lasdon, Gail Schreiber, JoAnne Kuelbs, Nancy Clifford, Carmela Caverio, Jean Kerr, Joan McGeachy, Beverly Sheehan, and Ginny Berlin.

We thank each and every one of them.

--Jane Quirin  
Volunteer Coordinator

## Getting to Know You

This month's Villager has roots in the inland Southwest. Silver City, NM is her birthplace, and she is the third of four children. Memories of her first twelve years are colored by stories of her uncle, a county sheriff, running Billy the Kid out of town and of her grandfather, who homesteaded in Deming, NM, joining the forces to fight against Pancho Villa. Saturday nights in the summer the family hosted musicals in their front yard with her mother at the piano, father and uncle playing fiddles, and other family friends and relatives playing guitars.

After World War II the mining industry in the area died, and her father moved the family to Colorado Springs, Colorado. There she was fortunate to get an excellent education and became excited about knowledge and learning.

A couple of years out of High School she took the exam to enter the Peace Corps and was invited to join with training to go to Iran or Afghanistan. Most of her time was spent in peaceful Kabul. Afghanistan at that time was a constitutional monarchy with progressive ideas about the role of women. Her exposure to Muslim art, architecture, culture and people allowed her to form friendships with many natives.

She returned to Washington, DC determined to finish her education and enjoy the excitement of the city, politics and the accomplishments of women in the feminist movement.

Out of college and social work graduate school, she met her husband at a St. Patrick's Day dinner party. She thought he was handsome and funny and we "did not end the evening when the others did." They married one and a half years later.

After the birth of her daughter the family moved to Grand Junction, Colorado in an attempt to give their children an idyllic small town life. A son came along in 1981. They enjoyed the outdoor life of hiking, horseback riding and camping. Both she and her husband held jobs as social workers, and in 1990 they decided to "return to the city" and San Diego was their goal.

As a social worker our Villager worked for Kaiser for 21 years and though retired, she continues to see a few patients through a private mental health clinic. She now is appreciative of being able to explore her interest in art history, theater, music, cooking, gardening, and doing her own and others' genealogy. She is an active

member of the Unitarian church and the community it offers.

Always wanting to continue her adventures in travel, she participated in the Village trip to Paris last year. Current adventures are with her year old grandson and preparing to celebrate her daughter's graduation from law school with a family reunion.

So, who is this adventuresome person? Final clue: she will bake for any occasion or bake sale.

The answer somewhere in this newsletter.

--Gail Schreiber



**February 2015**

### **Valentine Potluck**

**Friday, February 13**

**Noon**

Details to follow

Contact is Catie Somers

### **Empowering Mind and Body**

**Beginning Tuesday, February 3**

**10 am**

This is a 10 week course presented by Kim Chartrand, RN. Research shows that certain targeted lifestyle factors help reverse many chronic conditions and enhance general well-being. These 90 minute interactive classes target those factors.

Fee for members \$20; non-members \$50

Villa Monterey Clubhouse

Contact is Allen Rachel

### **New Hiking Groups**

1 hour-1 mile hike in Shepherd Canyon-East

**Friday, February 13 starting at 9 am**

2 hour-2+ mile hike in Shepherd Canyon-East

**Friday, February 27 starting at 9 am**

Both hikes are at a slow pace. Meet at the ATM in

Von's Shopping Center, outside, north end.

Contact is Bob Muldrew 858-292-8405

### DVD Movie Party

Once a month at the home of  
Diane Levine.

**Tuesday, February 24 at 6 pm**

#### Boyhood

With **Patricia Arquette** and  
**Ethan Hawke**

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, February 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

**February 25**

**7 pm**

***All the Light We Cannot See***

By Anthony Doerr

**Note change of date**

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

Contact is Allen Rachel

### Armchair Travelers

**Monday, February 16**

**10 am**

**Dive deep into the Caribbean  
with an overview of the region  
then detail of San Juan, Jamaica,  
St. Thomas, St. Maarten, St. Lucia  
and Trinidad**

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**

Beginning Billiards on Thursdays  
There were 8 new players (2 gals)  
last month.

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**

Contact is Allen Rachel

### SNAP

(Singles Network of Active People)

Third Saturday of the month

A getting-to-know-you-group.

All Village singles are welcome.

**Saturday, February 21**

**5 pm**

Contact is Barbara Kanneman

RSVP 858-569-8615

### Romeo Club

**Men's Lunch**

Third Thursday of the month

**Thursday, February 19**

**12:30 pm**

Contact is Dick Rees

### The Lunch Bunch

First Wednesday of the month

**Wednesday, February 4**

**11:30 am**

**Choice of Mandarin**

In the Albertson's Shopping Center

Contacts are Marilyn Bente and

Trish Newbill

### Village Hiking

**New group**

**1 hour Hike Friday, February 13**

**2 hour hike Friday, February 27**

**9 am**

Meet at the ATM in the Von's  
parking lot.

Contact is Bob Muldrew

858-292-8405



**Marti Batchelder**

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



# Village Business

## Monthly Meeting

Monday, February 2

6 pm

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Time Bank Orientation and Training

Tuesday, February 3–1 pm

RSVP required

JoAnne Kuelbs 858-292-1578

## Time Bank Review

Tuesday, February 24–1 pm

RSVP required

JoAnne Kuelbs 858-292-1578

## 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**

## The "IT" Boys

--Greg, Don & Marty

We'd like to see your picture in our Membership Directory. All you need is a JPG photo and a smile. It's easy! We can help, teach you or do it for you. Greg, at 858-569-8194

## Protect Yourself!

Tips from Elaine Moser

**Congratulations!!!** You have won \$1,000,000 in the National Lottery. We have your check ready to mail. Just send your credit card number for postage and handling. **No! No! No!** Shred it, discard it, delete it!

from Ellen Scott

"Sale" emails: those unbelievable prices could be too good to be true. These email links can direct you to a phishing site that steals your payment information. Visit the online retailer to verify that the advertised prices are legitimate.

Shopping online? Always look for the 'https' in the URL. The 's' means the site is more secure for sharing information.

Avoid using a debit card for online purchases. Credit card charges can be disputed but debit accounts may not be reimbursed if the card number falls into the wrong hands.

Making a donation? Before writing a check, make sure you're supporting a legitimate cause. Research the organization on a reputable directory like Charity Navigator or the Better Business Bureau.

from Jo Carle

Posted on Next Door from Officer McElroy, San Diego Police Department;  
In San Diego, door to door solicitors are required to have a business tax certificate and a solicitor's ID card. "If you get the candy, magazine, solar or alarm

folks coming around, the worry is they may be casing a property with malintent." If a company is legitimate they will gladly show you their paperwork. If you suspect someone, you may call the Police on the non-emergency line at 619-531-2000.

and from Diane Roland

The IRS scams...you didn't pay your taxes...or you have a big refund just waiting. **Careful with your information**...these guys file ahead of you and get your refund! That season is fast approaching.

You can check out more of these scams at

[www.consumerfed.org/fraud](http://www.consumerfed.org/fraud)

## Tierrasanta Talks

Wednesday, February 18

6:30 pm

**Steve Breen, two time Pulitzer Prize winning political cartoonist at the Union Tribune will launch this series, a new fundraising opportunity for the Village.**

Steve Breen is an author and illustrator of children's books, which will be available for purchase and autographing.

Drop a check at the clubhouse, register and pay online or pay at the door if seating is available. \$5 members..\$10 non-members

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

**Open to the community**

Contact is Susan McBeth  
619-300-2532

## Social/Fundraising Team

Our core team met on January 14 to brainstorm fun and innovative ways for our Village to gather and to raise funds. And while we have some exciting ideas, they can only succeed with your help and your participation, so read on to see what we have in store for you.

### Social:

1. **Points of Contact**—Catie is seeking POC's for bridge and classic movies, so if you are part of one of those groups, please contact Catie to ask how you can help.
2. **Valentine's Day Potluck**—Reserve February 13 on your calendar as Catie is planning a fabulous Valentine's Day potluck. Details will be forthcoming shortly. If you want to volunteer to help at the event, please contact Catie.
3. **Bruce Haggerty Art Lectures**—This popular series will continue with a March 19 lecture on the Dutch Masters, 6:30 pm at the 7<sup>th</sup> Day Adventist Church. Admission will be \$5 for members and \$10 for non-members.

### Fundraising:

1. **Social/fundraising**—The goal of these ticketed events is to incorporate a fun social experience with a bit of fundraising. We held our first event on January 20, a Preserved Lemons & Mint Tea workshop with award-winning author and chef Kitty Morse. Look for more activities to come, which may include beer tastings, Padres outings, olive oil tastings, etc. And if you have ideas, feel free to pass them along to Susan.
2. **Tierrasanta Talks**—Since TED talks are so popular, we thought we'd bring our own version right here to the Village. Beginning in February, with Steve Breen, UT political cartoonist, the talks will feature speakers of interest, while allowing us to earn a regular source of income through ticket sales, with \$5 admission for members and \$10 for non-members. The added benefit of the talks is that we will raise awareness about the Village and encourage a larger segment of our community to participate.
3. **Amazon Smile**—This is an easy way for TVSD to earn a little extra money without any effort. Every Village member should sign up on Amazon.com, at no cost, and each time they shop online, Amazon will donate a certain percentage back to our Village.

### How you can help:

1. **Sponsors**—Many organizations earn funds through sponsorships. If anyone has experience with securing sponsors, or would like to volunteer to help us do so, please contact Susan.
2. **Participation**—In order to make these fundraising events successful, it will require a commitment on the part of Villagers to not only attend as many as possible, but also to invite and bring guests.
3. **Publicity**—We are actively seeking a volunteer (or a few) to help with publicity for our social and fundraising events, which includes submitting information to our TVSD Vibes, the Tierra Times, the TCC, the TS Foundation and TS Next Door.
4. **Committee members**—We are looking for committee members who are interested in helping coordinate and assist at our social and fundraising events. Together, we will continue the fellowship, fun, and friends of the Tierrasanta Village.

--Susan McBeth



Village friends went to visit Mary Anna Kornbrust in her new digs at Paradise Village in National City. They report that Mary Anna is very happy, well cared for and in a lovely place.

Pictured are Mary Anna, Evelyn Benner, Arleen Hitchcock, Nancy Fahien, Diane Levine and Nancy Pitts

## 'Namaste' from the Pink City

Arrived in Jaipur the Pink City. The city is truly beautiful. The colors of the walls, bridges and homes are pink. That is a color of peace. We flew in from New Delhi this afternoon. The sights have been so unusual tonight.

At dinner our guide told us that a wedding was happening across the street. We left our plates and went over. It was so spectacular! The groom was all decked out in the most sparkling turban outfit and sat upon a white horse. The horse was covered in glitter from head to flank. The horse even had pink hoofs to add a bit of pizzazz to the evening. The Indians invited us to join in the dancing, of course I jumped right in! We could have gone into the venue but our guide suggested that we not as we needed to return to the hotel.

Darn I was just getting warmed up.

The party included guests which could range from 500 to 1,000 people. The ceremony takes many hours. Only the family stays for the final hour when the bride and groom place garlands on each other and take their vows. The weddings cost thousands of dollars. The whole family is included, getting to know each other and sharing gifts. The month of January is wedding month.

Tomorrow I am going on the early morning balloon ride over the city, weather permitting. Then back to the hotel for breakfast, a tour of the pink city and then a home hosted dinner with one of the families here in Jaipur.

Our hotel is excellent. Just beautiful. All the hotels have been top notch. Must get some sleep. Early morning pick up for the balloon. I am going with my 76 year old new girlfriend! Woo woo!

More later...Catherine of the Pink City

--Catie Somers  
Jaipur, India

## Ah, Romeo!



**The Romeo Club (Retired/Rich Old Men Eating Out) met at Mike Rigdon's house for lunch in January.**

*Top row: Jerry Muinos, Mike Sheehan, Ed Brabants, Allen Rachel, Martin Sandman, P.K. Walsh, Clem Clemons*

*Front row: Ray Newbill, Tom Kuelbs, Jim Inouye, Mike Rigdon, Bob Muldrew, Greg Zweibel, Dick Rees*

*Photo by Mike Rigdon*