



Fran Zweibel
TVSD Secretary

Tierrasanta Village of San Diego Village Vibes

"Living for Today: Planning for Tomorrow"

November 2015



Greg Zweibel
Website Coordinator

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.

Board of Directors News by Joyce Muinos

Hello, Villagers!

It's been a very busy month for your Board of Directors.

Most of our time was spent planning, organizing and executing the Annual Members' Meeting. It all paid off with an attendance of 75 plus! Thank you for taking an interest in TVSD's current status and future plans.

Of course, the icing on the cake was receiving the up-to-the-minute information from Yazmin Shah that our own Fran and Greg Zweibel had been announced as Village to Village Network Volunteers of the Year! The call actually came in while Candy was announcing our submittal and reading the application sent to VtV Network!! These two have been most valuable players since the early days of the TVSD. Let's make November "Hug a Zweibel" month!

Another accomplishment was the creation of the Alumnus Membership. We'll credit Diane Roland's move for getting the ball rolling on this one.

Realizing that some of our members may find it necessary to move out of our area and, thus, out of the TVSD, the Board of Directors feels that this membership level will allow them to retain ties while establishing new relationships in their new homes. It gives them and us a means to stay in touch and continue our friendships. Details about the new Alumnus Membership can be found on the back page of this Vibes Edition and on our website.

There are two more tasks facing the BOD that we hope you will help with. The TVSD needs to revitalize the Time Bank Program and, sadly, we must replace our beloved and dedicated Executive Director, Mike Sheehan. All Time Bankers are invited to the Ice Cream Social on October 27th to share ideas for rekindling interest and usage of a very valuable resource. Results of this meeting will be shared early in November.

As for finding a new ED...those are big shoes to fill and a tough job for the BOD. Any recommendations, referrals or suggestions would be appreciated. Simply email your thoughts to: tvsdboards@gmail.com or any one of the Board members.

Well, once again, I've exceeded my word limit! Bye for now!

2015 Volunteer of the Year Award

Francine and Gregory Zweibel
Tierrasanta Village in San Diego



Within a year of their involvement, Fran became interim board secretary and Greg was timekeeper for Village meetings. The first Village office was set up in their home and remained there for 4 years.

Each year, Fran represents

the Village within the community by co-chairing the Tierrasanta Village, American Cancer Society's Relay for Life Team. Greg co-chairs the Romeo Club (a 'retired old men eating out' club) which encourages their male members' involvement and bonding through lunches, speakers and day trips. Fran is TVSD board secretary and has served for the past 2 years. Greg formed and chairs an IT Committee and moved their Village data from WebEx to Club Express. This committee holds regular website/database training for their members. For all the activities/events in which they participate, they are also very willing volunteers. Fran and Greg are often at the Village office, solving problems or managing issues before anyone else knows about them! They average 210 volunteer hours each month and have been doing so since January of 2006. A huge thank you and congratulations to Fran and Greg and we look forward to seeing you at the 2016 National Village Gathering!

Executive Director

Mike Sheehan

Board of Directors

President

Linda Rees

Vice President

Kathy Guilfoyle

Treasurer

Mike Rigdon

Secretary

Fran Zweibel

*Community Liaison
Fundraising*

Joyce Muinos

Co-Founders

Susan Deininger

Candy Walsh

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

Vibes Staff

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As you can see, the Vibes
could use help / input
Contact Mike at 858-300-6821
or E-mail
mikerigdon2000@yahoo.com



The Alzheimer's Association presented a highly informative discussion of the many options for Care Givers for in-home, community and residential care



Gloria Stevens, Judy Sandman, Evelyn Benner, Debbie Chen Richardson, Kathy Guilfoyle, Carol Tippit, Jocelyn Brierton toured the Spanish Village Art Center in Balboa Park to see Debbie's Gallery of great Paintings.

photos by Mike Rigdon



From the Director

We had a terrific turnout at our annual business meeting! A baked potato bar and lots of desserts, my kind of meal! Many thanks to Joyce & Jerry Muinos and their many helpers for putting it all together. **BIG NEWS FLASH:** The Board presented Fran and Greg Zweibel with late breaking news that they were chosen as Volunteers of the Year over all of the 160 Villages across the nation. What a great way to put TVSD on the map! Congratulations to Fran and Greg. It is a well-deserved achievement. They will travel to Ohio, compliments of Village to Village, and be honored for their award.

We are now over 110 members strong! The Membership committee had a very successful Member-Guest Social introducing prospective members to the Village way of life. Thank you to all the Villagers who pitched in to make it happen. The Membership Committee has been on a roll signing up new members. We had one gentleman sign up on that same day. Welcome Ralph! Other Member-Guest socials are in the works, so talk up the Village with your friends and bring someone to the next social!

We have our normally scheduled meeting on Monday, November 2nd back in the smaller room of Seventh Day Adventist Church. Be there or be square. Then the "new" Social Committee has big plans for our Holiday meeting back at the Fellowship Hall at Seventh Day Adventist Church. It will be our Annual Holiday Party so get your checkbooks out because your donations are tax deductible! This is scheduled for Monday December 7, 2015.

The Care Committee has been very busy and presented a very informative program on Alzheimer's. The program focused on related problems with both short term and long term care. This is going to be a vital resource for some of us. We all can thank the Care Committee for putting this in place. Way to go Jean and Joan!

We also have an upcoming meeting with a representative of The San Diego Foundation to see if we can combine forces and present more informative programs. That news is coming soon! They even researched us and were very impressed with our website. That is all due to Greg, Don and Marty working countless hours updating and revising the site, great job guys. Remember, they can do most anything with computers, and they work for donuts!

A special dinner, with all the trimmings, is being held for Village members at Andiamo! Restaurant on Thanksgiving Day, from 5 to 8 p.m. See further details in this edition of the Vibes.

Be sure to check the weekly email blasts for all upcoming events. I hear poker chips rattling. Be sure to watch for the next poker night! The Village will be closed November 26 and 27 for the Thanksgiving Holiday.

Gobble, Gobble

Mike Sheehan,

Executive Director



Time Bank Tidbits

Fulfilling a Time Bank request is the perfect way to get to know a Villager in a small, personal way. Bev Sheehan and I chatted up a storm while I helped organize her home office. Linda Rees trusted me with her beloved dog when a last minute Thanksgiving trip came up. It was the perfect way to meet her and Dick, and their little darling. I've also decorated a home for the holidays and shown off my creativity. Hey, what nice Jewish girl wouldn't love to play with all the gorgeous Christmas decorations? I taught several private French lessons to a couple about to embark on a month's visit to Paris. It felt warm and friendly. I have benefitted from rides to the airport and dentist. What I also love about the Time Bank is that no "favors/charity" are involved. I can feel free to ask, knowing that the other person can easily say no and also knowing that I have Time Bank dollars credited to my Time Bank account. So, count me in as a Time Bank fan!

by Delise Konigsbach

For a sample of Offers and Requests, Log in to the Time Bank to see who is offering or requesting these or many others:

Offer: Free Zoo Entrance - You can enter the famous San Diego Zoo with me as my guest November through April of next year. Let's go for an hour or two and play tourist together. I can also meet you there and get you in and then take off while you spend the day.

Offer: House and pet sitting - Leaving town? Want someone to check on your home/yard? Need a pet sitter for a 1/2 day or so? Contact me!

Request: Sand and Paint/Stain - Need my outdoor swing sanded and painted/stained.

Request: Holiday Desserts - Busy holidays will be here soon. I am looking for a holiday elf who might be willing to cook/bake a holiday dessert for me.

New Donation Module on Website

As I mentioned at our Annual Meeting on October 5th, we are excited to announce that we now have a Donation Module for our Village. It is very simple to use, not only for members but also for non-members. There are a few things to be aware of which are mentioned below.

The Donation Module can be accessed from both the Public and Member sides. However, Members need to login first so your donation can be attached to your account in the database. If you do not login, the database will create a non-member record which will not be attached to your account. If you forget to login first, the first screen (“Contribution to Donation - xxxxx”) on the Public side lists as its first item, the question: “Village Member? Login in to Contribute.” Just click here to go to the login screen.

The Donation Module can be accessed from either side in two ways, both found on the HOME page.

- The easiest way is to go into the “Quick Link” box (to the right of “Welcome to Your Village!”) and click on the “To Donate to TVSD” link.
- The other way is to put your cursor over the “Support Us” tab along the top of the page and click on “Making Donations” from the dropdown menu.

Be Aware of the following before you proceed:

1. The Public side will ask for your name, address, etc. on the upper part of the screen since the database does not know who you are. You will not be asked for this information on the Member side since you are already identified by your login. The bottom part of the screen (“Contribution Details”) is the same for Public and Member sides.
2. In either side, before you enter a dollar amount on the first screen (under “Contribution Details”), be absolutely sure you choose the correct donation group and that you're now ready to make your donation. Once you put in a dollar amount and enter the payment section (after you click the “Proceed to Payment” button), your payment will be registered, even if you decide to click the Cancel button. If you're paying by check, you can always call Admin or IT and we can delete the transaction. However, if you are paying with a credit card, it goes through and we cannot delete the transaction. Also, with a credit card on the Public side only, a Convenience Fee of \$1.00 is automatically added.

For more information about using the Donation Module, you are encouraged to register for a database/website training class (2nd and 4th Mondays, 10:30am-noon). If you are having trouble logging on, registering, or just want additional help over the phone, please contact IT at tvsd92124@gmail.com or call Kira at the front desk between 8:30 & 12:30, Monday thru Friday – excluding holidays (**for registering only**). We look forward to assisting you with regard to the website and all related functions.

Greg Zweibel, IT Chair

Referred Service Provider (aka Resource Directory)

The “Referred Service Provider” Directory (*originally known as “Resource Directory”*) has been updated as of October 12th and is available online under the Directories tab. This information is visible only on the Member side (i.e.: you must login). This directory is updated periodically on an as-needed-basis.

Your help is needed! Please contact Admin by email (if you have email) or call the Kira at the front desk between 8:30 and 12:30 Monday thru Friday (excluding holidays) with any of the following:

- If you currently have any referral(s) in the directory, we need you to periodically review your listing(s) to be sure that it/they are still in business. If they are no longer in business, the listing(s) will need to be removed from the directory.
- If your referral(s) is/are still in business, then we need you to verify that all of their information (business/person name, address, phone, any discounts given, etc.) is still current.
- If you have used or contacted any business listed by another member and find any of the above discrepancies, please let us also know.
- If you have any new referral(s) you'd like added, please send us the name, contact info, description of business and why you are recommending them along with your name & phone number.

Greg Zweibel (IT)

Fran Zweibel (Admin)

DVD Movie Party

Once a month at the home of
Diane Levine
Tuesday, November 24, at 6 pm
Little Boy
With Emily Watson and
Jakob Salvati
RSVP to Diane at 858-292-0610
Space is limited to 10 members

Knit and Nosh

normally the 4th Wednesday

Note Change due to Thanksgiving
Wednesday, November 18 – 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 (Singles
Network of Active People) Al
get on the list for new groups

Village Book Club

**Wednesday Nov. 18 – 7 pm “Unlikely
Pilgrimage of Harold Fry” by Rachel Joyce**
(Lauri) Contact is Laurel Pfab
858-560-7826
Everyone is welcome

Cool Games

Thursdays 12 noon
Rummikub, Scrabble, Checkers, Canasta,
Dominos...Your choice.....
Contact is Emma Chevie

Billiards

Mondays and Thursdays 10:15 am
Contact is Bob Muldrew **858-292-8405**
The pool table area is open for
play anytime weekdays
8:30 am – 2:30 pm

Balance, Exercise & Dance

Get out of “BED”
And join us instead !
Have a fun filled 6 week class
of Balance Exercise and Dance **Wednesday,**
November 4
1:15pm to 2:25 pm at
The Villa Monterey Clubhouse.
Contact is Carol Tippit
858-384-2384

Village Interest Groups

Film Classics

First and 3rd Fridays
1 pm at the Clubhouse
Nov 5 – 1 PM – Flashdance
Oscar Winner

A talented woman determined to
reach for fame as a dancer bravely
fights her way out of poverty to be
accepted to a famous elite dance
academy. Pop culture of 80's Fabulous
Dancing!

Nov 20 – 1 PM – Flawless

Michael Caine & Demi Moore Bright
and driven employees of world's
largest African Diamond Corp. plan
ingenious diamond heist of the
Century. Can they bypass all the
security? Shocking, Surprise Ending!
Contact is Gloria Stevens
858-505-4188

Romeo Club

Men's Lunch
Thursday, November 12 - 12:30
Anny's Fine Burgers
5735 Kearny Villa Road
Carpool from McDonalds
at 12:15
Contact is Dick Rees 858-560-7908

The Lunch Bunch

First Wednesday of the month
Nov. 4 – 11:30

Tierrasanta Mexican Restaurant
Gateway Center
Contacts are Marilyn Bente
and Trish Newbill

Mah Jongg

Thursdays -- VMC – 10 am to noon
This is an RSVP game...A new group can be
formed for beginners.
Contact is Fran Zweibel
858-569-8194

SNAP

I Village singles are welcome.
Saturday, November 21
Please RSVP to Fran Pierce
858-279-8290

Village Walkers

Thursdays — 9 am
Start at the VMC
Call the Village for information

Village Hiking

Second and fourth Fridays
Contact is Bob Muldrew
858-292-8405

One hour/one mile group normally meets
on the second Friday at 9 AM. West
Shepherd Canyon: On Fri, 13 Nov 2015,
we gather near the ATM in the Von's
shopping center, and head west to the I-
15 fence & back. Along the way we'll
climb over the hill beyond the gate that
we always pass while driving on
Clairemont Mesa Blvd. Except for the hill,
it's fairly level.

Two hour/two + mile group normally
meets on the fourth Friday at 8:30 AM -
one half hour earlier than the one
hour/one mile folks. La Mirage
Overlook: on Fri, 27 Nov 2015 (the day
after Thanksgiving) we gather at the
southern end of La Cuenta Drive. (Hint:
the library is on this street.) We'll go
down the entrance trail into So. Rueda
canyon and eventually climb up to the
overlook. We'll have a view of most of
the Navy golf course and out toward
SDSU, and then hike back to our cars.
(Long pants are recommended.)

Contact is Bob Muldrew
858-292-8405

Friends of the Tierrasanta Library

Used Book Sale?
A lot of Villagers come to it.

Friday, Nov. 6 from
11:30 a.m. to 5:00 p.m.
Saturday, Nov. 7 from
9:30 a.m. to 2:45 p.m.
Monday, Nov. 9 from
9:30 a.m. to 5:00 p.m.

Ellen Scott

Village Business

Monthly Meeting

Monday, November 2 – 6 pm
7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

Thursday, November 19 – 1 pm
At the home of the Zweibel's
10417 El Comal

Agenda items must be submitted
a week before the meeting.

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

RSVP 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 November 10
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

New Balance Class

Tuesdays 9 AM
Starts October 27
First Class Free - then \$5
New Instructor: Mary Maine

Chair Yoga for Seniors

Wednesday and Friday at 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.

Alumnus Membership

At the September meeting of the Tierrasanta Village of San Diego Board of Directors Meeting, the Board approved the formation of an “Alumnus Membership”. The fee for the new membership level will be \$100 per year for a couple and \$75 per year for a single.

To be eligible for this membership, an individual(s) must meet the following criteria:

- Must be a former TVSD member in good standing for at least one year
- Must **Have moved out of the Tierrasanta area**
- Must be open to volunteering for the Village

Benefits of this membership include:

- Attendance at all scheduled social activities
- Attendance at program events
- Participation at Wellbeing/Exercise Activities
- Receive Vibes Newsletter/calendar of events by email
- Inclusion in weekly email TVSD Blasts
- Member Access to the TVSD website

If there is a cost to participate in any of the scheduled activities/events for a full membership, the same cost applies to an Alumnus membership.

Not included in the Alumnus Membership:

- Phase 3/Health Care Oversight/Care Committee involvement
- Transportation policy including reimbursement of 'On the Go' ridership
- Time Bank Account where members provide services for each other

It is the hope of the TVSD BOD that the new level will serve to maintain those relationships and friendships that members enjoy. It keeps us close and, maybe, gives the transplant a tie to “home” We don't want to see anyone leave our beautiful community, but, when it happens, let's keep in touch!

Thanksgiving Dinner for Village Members

Andiamo Ristorante - 5950 Santo Road
November 26 - 5:00 PM to 8:00 PM

No Plans for the Holiday Dinner? For just \$25
Chef Antonio plans a 3-course meal - Your Choice

Slow Roast Turkey dinner with stuffing, gravy, Yukon Gold
mashed potatoes, French green beans almondine
Cranberry Sauce

or

“Brodetto”

Clams, Mussels, Calamari, Shrimp and Scallops sauteed with garlic &
peppers
finished with white wine, tomato broth and fresh basil.

Both choices come with homemade Butternut Squash Soup
and Dessert of Pumpkin Tiramisu

All other regular menu choices are available at prices listed on menu.

Don't spend Thanksgiving alone

Reserve a place by **Thursday, November 19**

Reserve online or the Office at **858-569-9119**

Need a ride, call Evelyn Benner at **858-268-4718**

Veterans Day Potluck

Info: Evelyn Benner
858-268-4718

Americans too often take for granted the many privileges and freedoms we enjoy in a free America.

Lets remember our veterans who fought for us in many wars. Their bravery, and often ultimate sacrifices, have allowed us to still live every single day in a free democracy.

Join us to show our appreciation

WEDNESDAY

NOVEMBER 11 - 11:30

at the Clubhouse

Please RSVP by calling the Office at **858-569-9119**

by Thursday Nov. 5 or

register online at

tierrasantavillage.org

Kindly bring a dish to share



Thanks again to Susan McBeth for arranging a very informative talk with Sandra Millers Younger on the book about the "Fire Outside My Window" from the 2003 Cedar Fire Disaster.

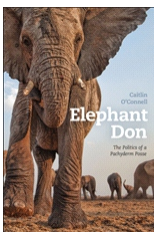


Also for arranging for Maureen Cavanaugh from KPBS "Midday Edition" radio show to talk about writing memoirs, life histories, and other interesting subjects. Maureen is an Award Winning host at KPBS for many years.



"Tierrasanta Talks" with Caitlin O'Connell on November 18 **Make your reservations now for this upcoming Tierrasanta Talks**

By Susan McBeth



Meet Greg, a stocky guy with an outsized swagger. He's just one of the African bull elephants you'll learn about at our next "Tierrasanta Talks," featuring award-winning author Caitlin O'Connell, who will share the challenges and triumphs of field research on these beloved pachyderms. Come join us to take a peek into the rare inside social world of male elephants as featured in O'Connell's new book, *Elephant Don*.

Hosted by *Adventures by the Book*, in support of Tierrasanta Village of San Diego (TVSD), the popular "Tierrasanta Talks" program will next be held on Wednesday, November 18, at 6:30pm in the community room of the Seventh Day Adventist Church, 11260 Clairemont Mesa Blvd. Admission is \$10 per person and is a fundraising opportunity for TVSD.

Similar in concept to the enormously popular TED Talks, "Tierrasanta Talks" is open to the public and will feature speakers of renown, interest, or inspiration. The launch event in February featuring Pulitzer Prize winner Steve Breen drew out a crowd of about 100 people, who were mesmerized by Steve's talent and stories.

Registration is available online at www.adventuresbythebook.com or by calling (619) 300-2532. Tickets may also be purchased at the door, while seats are available. **Remember that your support of this program is integral to its success as an ongoing series in our community, so encourage your friends, family, and neighbors to join us!**

About Caitlin O'Connell: Caitlin O'Connell is a faculty member at Stanford University of Medicine, the author of the acclaimed science memoir *The Elephant's Secret Sense*, and the subject of the award winning Smithsonian documentary *Elephant King*. Her work has been featured in the *New York Times*, *Boston Globe*, *National Geographic*, and *Discover*, among many others.



Photos of October Annual Membership.....by Mike Rigdon
74 Attendees - Great Food - Great Friends
Story on Page 3 - From the Director



Highlights of Evening:
 Joyce Munios gives Diane
 Roland Honorary Award as
 past Vibes Editor
 Members fill out Questionnaire
 Linda Rees & Candy Walsh
 announce V to V Award
 Greg & Fran Zweibel accept the
 Village to Village Award as
 Volunteers of the Year
 Linda & Mike look Serious!

Care Committee
 Jean Kerr
 Joan McGeachy

Membership Committee
 Ginny Vanthuysen
 Bev Sheehan

Volunteer Committee
 Jane Quirin

Social Committee
 Evelyn Benner
 Gloria Stevens

Website/IT Committee
 Don Stewart
 Greg Zweibel

