

Tierrasanta Village of San Diego

Village Vibes

"Living for Today: Planning for Tomorrow"

June 2022

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 and create activities for different passions and interests.



President's Message

It's June already! Half of 2022 has gone by and we may ask ourselves where has the time gone? I hope that you've been so active and busy enjoying all of the opportunities that your Village offers that you haven't been aware of just how fast this year is passing!

I just found out recently that May is National Older Americans Month. I hope that you all had a good month! Our Village was busy in May with our Annual Business Meeting and participation in our community's Tierrafest and Patriot's Day Parade. We were disappointed that we were not able to hold the Annual Business Meeting in person as originally planned with the dinner afterwards, but with positive COVID tests among us, we put the health and safety of our members first. If you missed that Zoom meeting with its presentation of our 2022 goals and the 2022 budget and financial report, you'll find the PowerPoint slides on our website. Don Stewart prepared a wonderful slide show for us and has it available on our home page.

I was quite impressed with our representation at the Tierrafest and Patriot's Day Parade. Cassandra organized our presence, and we had a booth with flyers and brochures and several folks stopped by with interest in our Village. As for the parade, we had a good representation with our banner and 12 walkers, three cute little dogs who stole the show, and Ann with her antics on her scooter. What fun to march down Tierrasanta Blvd. representing TVSD and letting the community know that we exist and are active!

Looking forward to June: National Safety Month Also National Rose Month (hats off to Barbara Lester and her 60 plus rose bushes), also National Candy, Dairy, and Iced Tea (my personal favorite) Month. Also an active month for the Village:

the Prospective Member Happy Hour is on June 22. If you know of a Tierrasanta friend or neighbor who would be interested in our Village, please let them know of this event and ask them to RSVP with Cassandra. It promises to be a fun evening!

There are lots of other things going on this month. The committee tasked with searching for a new venue for us to hold our activities has been making progress as we have toured two of our community churches. The pastors of both churches have been very welcoming and both of their campuses seem to meet our needs. We are now awaiting responses from their boards of directors and business managers for details about availability and the cost of rent.

Congratulations! to Bradlyn Mulvey and her writing committee for the proposal from our Village to be presented in October at the National Village to Village Movement's Annual Conference. The proposal has been accepted and TVSD will get national recognition for their panel presentation on the successful creation of a member-run organization.

In closing, I want to wish all of you fathers, grandfathers, and great-grandfathers a very **HAPPY FATHERS DAY** on **June 19th**.



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Someone You Should Know.....by Carol Lee

Ken Ross was born in Biddeford, Maine. His dad was in retail lumber management. His mother was an accountant, and he says, "I suspect this accounts for my interest in financial matters." The family lived in Maine except for a few years in New Hampshire, where he learned to ski as a four-year-old!

Ken was always active in sports, playing soccer, basketball, and golf throughout high school and college. He obtained his Bachelor of Science degree in Business Administration from the University of Southern Maine in 1974. From early in life, Ken was convinced that the single, most important solution to society's challenges was obtaining a good education. As a 21-year-old junior in college, Ken was elected to the Board of Education. He was interviewed on television to highlight that he was (at that time) the youngest person ever elected to any office in Maine. Ken served on the University of Southern Maine's Board for eleven years, with two of those years as its Chairman. His interest in giving back to the community led him to participate in many non-profit organizations throughout his life.

Ken's career ranged from opening a seasonal takeout restaurant while in college, to retail, and then to the insurance business. He spent 26 years with Clark Insurance, always in sales, but also as Treasurer, and ultimately as its President. Clark Insurance grew from 45 employees to 110 employees and five offices in three states, by the time he retired at the end of 2015.

Of all Ken's successes in life, the most important have always been centered on family. "Susan and I first met at a high school hockey game while we were home for Christmas break during our senior year in college. I proposed we marry (she accepted) in March, became engaged in April, and married in November. That was 1974: the best decision of my life! Our first daughter, Kimberly, was born on our second wedding anniversary in 1976. Our second daughter, Katrina, was born in 1979. Kimberly lives in South Africa with her husband and two sons, and she has a stepson in England. Katrina lives in La Mesa with her husband and three sons."

Ken and Sue have been vacationing in San Diego since 2002, and, upon his retirement, they began staying here more and more until they became CA residents in 2020 and now spend seven months a year here. They plan always to spend summers in Maine.

The couple discovered a Tierrasanta Village of SD flyer while at the Tierrasanta Library. Joining struck them as a wonderful way to meet people, to get to know their adopted neighborhood and, hopefully, to make some contributions in time and talent. Ken recently agreed to join the Board of Directors to contribute what he can to assure this important organization continues to thrive. "Its mission is so very important to our community."

Believing that a good sense of humor goes a long way in managing stress and enhancing relationships.

Ken's words to live:

***"If it's not fun,
it's time to move on!"***

**Ken and Sue Ross enjoying
their summer in Maine**



OFFICE HOURS

Monday - Friday

8:30 AM - 12:30 PM

Village Business

No General Meeting

in June

Cover Photo

**Fifty State Flag
Honor Troop
Canyon Hills High**

Welcome new Members



Diana Keyes



Cindy Palenske

Library Book Sale – June 2022

Friday, 6/3

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

Saturday, 6/4

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

Monday 6/6

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



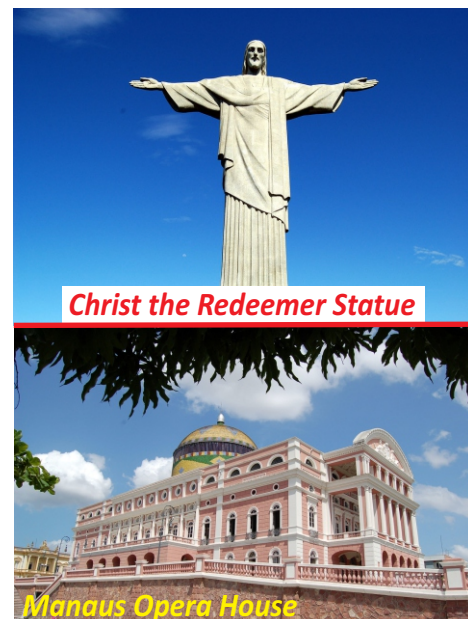


Armchair Traveler

June location
will feature South America
with highlights of Rio de Janeiro
Buenos Aires, Santiago
Easter Island, Montevideo
and others
videos by *Princess Cruises*

JUNE 14 – 1 to 2:30 PM

*Feel free to bring a personal snack.
Water will be provided.*



TVSD Village

Calling all Villagers! Volunteer Help! Committee: Communications

Description: Create informational flyers for
Village events such as Tierrasanta Talks,
Social Outings, etc.

Estimated Volunteer Hours:

1-2 Hours per month, once or twice annually

Committee: Membership

Description: Attend a membership meeting
and help plan next steps for membership
growth and retention

Estimated Volunteer Hours: Approximately
1.5 hours each month.

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JUNE SNAP Luncheon

June 18 Bud's Louisiana Café – 5 PM

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Romeo Group

June 22 – Wood Ranch BBQ
Mission Valley – 11:30 – 1 Pm

Thanks to Marc and Grazina
Narcus-Kramer for hosting the
“Christmas in May”
Event last month!



June 9, 1 pm Hearing Loss Presentation

The Care Committee, will offer this program about knowledge and embracing change.

Are you the one who's saying “what” lately? Hearing loss becomes very common as one ages. The National Institute on Aging reports that one in three adults aged 65-74 has hearing loss and nearly half of those 75+ have difficulty hearing. That is only part of the story: hearing loss has effects on the brain, cognitive function, and social relationships. Come listen to Abby McGuire (Graduate Student Clinician | SDSU Speech, Language, and Hearing Sciences) and learn how important it is to educate yourself about hearing loss and the alternatives available to us.

Memories of Patriots Day Parade 2022



SUN	MON	TUE	WED	THU	FRI	SAT
	<div> <div>SNAP</div> <div>April 23 – 11:30 Bud's Louisiana Cafe</div> </div>		1 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting 11:30 AM - Lunch Bunch 1:00 PM - Bridge Group	2 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group	3 10:00 AM - Chair Yoga 11:00 AM - Games and Grub	4
5	6 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	7 9:00 AM - Balance & Strengthening 11:30 AM - Eating Well 1:00 PM - This is Your Life: Follow Up	8 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Bridge Group	9 9:00 AM - Balance Class 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 1:00 PM - Hearing Loss Presentation 3:00 PM - Village Book Club	10 10:00 AM - Chair Yoga 11:00 AM - Games and Grub	11
12	13 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	14 9:00 AM - Balance & Strengthening 1:00 PM - Armchair Traveler A South American Adventure	15 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting 1:00 PM - Bridge Group 2:00 PM - Monserate, Barbados No, Villa Monterey & Tierrasanta Norte Neighborhood Group Meeting 6:00 PM - Bunko	16 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 1:30 PM - Fran's Mo. Chat 4:30 PM - Happy Hour at Fifty9Fifty	17 9:30 AM - IT Meeting 10:00 AM - Chair Yoga 11:00 AM - Games and Grub 1:00 PM - Sack Lunch and a Movie: “To Catch a Thief” Cary Grant / Grace Kelly	18 SEE SNAP BOX
19 F A D T H E R' S	20 Summer Solstice 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 1:15 PM - Laurie Brown's Stronger Memory Meeting (Zoom)	21 9:00 AM - Balance & Strengthening 11:30 AM - Tuesday Lunch Bunch 2:00 PM - The Memoir Project	22 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Bridge Group 2:30 - Care Partners Support Group	23 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Board Meeting 1:00 PM - Bridge Group	24 1 10:00 AM - Chair Yoga 11:00 AM - Games and Grub	25
26	27 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	28 9:00 AM - Balance & Strengthening 10:00 AM - Monet to Matisse Exhibit 11:30 AM - ROMEO Wood Ranch BBQ 12:30 PM - Care Committee	29 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting 1:00 PM - Bridge Group	30 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group	July 1	

Memories of Lions Tigers and Bears Tour



Members of the TVSD enjoyed a field trip to Lions, Tigers and Bears on April 27th and a good time was had by all!

L, T & B is a wildlife sanctuary in Alpine, California. Covering almost 100 acres in the scenic hills of San Diego, it is the “forever” home to bears, big cats and other neglected or abused exotic animals, many rescued from organization and private parties that used them for entertainment and display, throughout the US. TVSD enjoyed an informational guided tour where we were able to witness the animals in the most beautiful, peaceful setting, enjoying a life even better than possible in their natural environment. The owners and staff are obviously animal lovers who work very hard to ensure they enjoy the remainder of their lives in idyllic circumstances. The owner has even started a “resting place” for deceased animals so that they truly have the promised “forever” home!

After such an uplifting learning experience, in the most beautiful surroundings, TVSD and guests moved on to the Descanso Junction to enjoy a delicious down-home lunch and lively conversation!

If you missed this trip, watch for information about other outings to interesting San Diego spots and, hopefully, a return visit to Lions, Tigers & Bears in the future!



TVSD Bridge Group

“The TVSD Bridge Group meets each week on Wednesday and Thursday. Additional players are always welcome for games and/or substitutions. Contact member Anne Hoffman for more information!”



Tierrasanta Village of San Diego Village Business Supporters

Tierrasanta Ace Hardware

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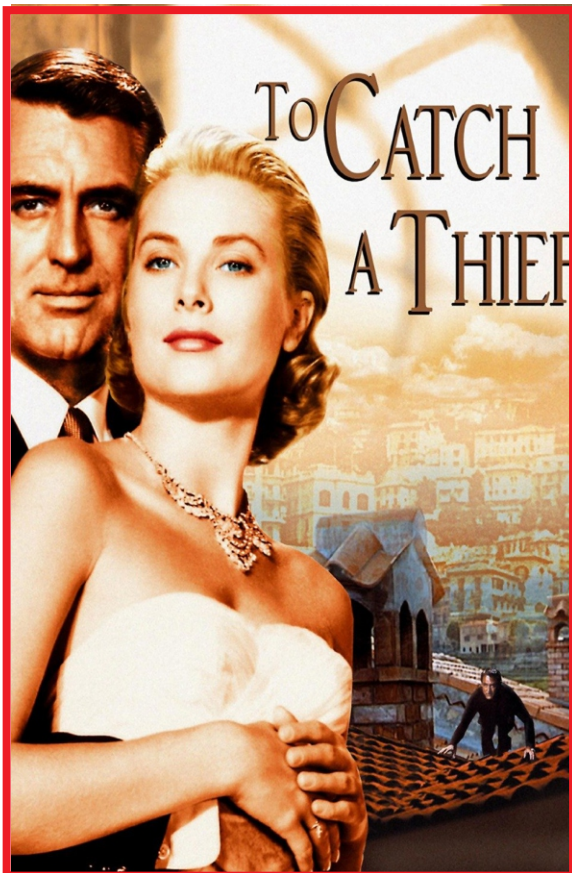
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TVSD Book Club Selections — 2022

June: [Grey Bees](#) by Audrey Kurkov
July: [Fahrenheit 451](#) by Ray Bradbury
August: [The German Heiress](#) by Anika Scott
September: [Little Fires Everywhere](#) by Celeste Ng
October: [The Splendid and The Vile](#) by Erik Larson
November: [Caste: The Origins of Our Discontents](#) by Isabel Wilkerson



Sack Lunch and a Movie

Friday – June 24 – 1 – 3 PM

"TO CATCH A THIEF"

Grace Kelly – Cary Grant

Romantic Thriller – 1955

To Catch a Thief is a American romantic thriller film directed by Alfred Hitchcock. The film stars Cary Grant as a retired cat burglar who has to save his reformed reputation by catching an imposter preying on the wealthy tourists of the French Riviera. Grace Kelly stars opposite him as his romantic interest in her final film with Hitchcock.