

Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

August 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

Gratitude: Volunteers of the Month, 2022

As I was searching for an appropriate “thank you” card for the July Volunteer of the Month, I came across one that read “Gratitude is a smile in the heart”. And that is the one that I purchased. I like that quote and it so aptly expresses the sentiment of gratitude for our TVSD volunteers.

We recognize our volunteers at the monthly membership meetings, but I'd like to take this opportunity to again thank our Volunteers of the Month thus far in 2022, and to recap what they've contributed to our Village.

January: Carol Lee serves as Secretary on the Board of Directors, is the Idea Bank Core Team Leader, is a member of the Search Committee, and is a member of the Care and Wellness Core Team.

February: Joan McGeachy is a member of the Care and Wellness Core Team of which she used to be Co-Chair. She stores our medical equipment and she writes summaries of medical-related articles for our website.

March: Jim & Jinny Batterson organized and hosted our first annual Groundhog Day celebration. Jim initiated an outing for disc golf and presented an activity with rock painting.

April: Allan Rappoport initiated the Golf Group and has been keeping them organized for several months now.

May: Ken Ross joined the Board of Directors as a Member-at-Large and has recently stepped up into the Vice Presidency of the Board. He is also chairing our Strategic Planning Committee.

June: Joyce Muinos has long been active in our Village, having served on the Board and is our current past President. She is now the grant writer for the funds for our Balance class, and the Chair of our Search Committee.

Gratitude: Outgoing Board Members

The terms of two of our BOD members are expiring this month, and I want to thank both of them for all that they've done over the past several years.

Ann Lasdon has been Co-Treasurer and has done a wonderful job of helping to manage our budget, balancing our checkbook, and reimbursing leaders for the monies they spend up front in organizing events and activities. She also serves on the Search Committee, and helped set the Village goals for 2022.

Marc Narkus-Kramer has been the Vice-President of our Board. During his tenure he has worked to create the Buddy System and the “Talents and Passions” Program where he presented a piano concert and has assisted others in their presentations. He and his wife Grazia champion the arts and hold an Open House which showcases their beautiful holiday decorations.

Gratitude: Make It a Habit

Besides the volunteers recognized above, there are over 50 other TVSD members who volunteer on a regular basis to help sustain our Village. I suggest that we make gratitude a habit. Let's all write a personal note of thanks (via text, email, or US mail) to one of our volunteers to show your appreciation and how you have benefited from their service. Have you ever personally thanked Mike Rigdon for publishing the Vibes month after month? Or Don Stewart for maintaining our website? Or the host/hostess who opened their home or garden for a TVSD event? Or Carol Lee and Fran for their coffee chats? Your Neighborhood Group Captain for organizing a get-together? The list could go on and on! All of these volunteers help support the health and well-being of TVSD, and many of them have been doing so for over 10 years now! So let's get in the habit of personally showing that we care and start sending out notes of gratitude, even for small things that have affected us. Let's start this habit during the month of August.

In closing, I want to wish all of you a safe and enjoyable rest of the summer, whether here in Tierrasanta or on the road. Please take care!

Marilyn Bente

Board of Directors

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Marilyn Bente

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Assistant

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Someone You Should Know: Grazia Narkus-Kramer.....

by Carol Lee

"I have realized that I used art to cope with PTSD caused by my war experiences. In essence I was doing art therapy without knowing it. So this is the story I will share with you."

What follows is a narrative of Grazia's rich and deeply meaningful conversation with me about her life's journey and her art.

"Drama wooed me when I was a high school student in Nebraska, and I took great care in choosing readings to be performed in our regional contests. I performed pieces that had never before been done there by a teenager. When I performed "The Telltale Heart" by Edgar Allan Poe, I was not reciting words—I was feeling him, deeply and emotionally, searching for ways to express the horror and the pain inside me.

For my fifteenth birthday, my parents gave me tickets to a touring company performing the Greek tragedy "Medea." The leading role was played by Dame Judith Anderson and her performance was amazing. Such rage and fury I'd never seen expressed before. It showed how women are scorned, and here was a woman who, from my perspective as a war-traumatized teenager, was right to kill her children to spite her husband. Of course, later, this was an action I abhorred, but at that time I knew I needed to take the rage and fury I was carrying inside and funnel it into my rendition of the same role. I tracked down the poet Robinson Jeffers' version of Medea and I took the epic poem's highlights and pieced them together to tell Medea's story—in a reading no longer than five minutes. Subsequently I won every dramatic reading competition that I entered.

Fast forward some ten years later to my being a high school English teacher in Iowa mentoring the drama club... My students participated in the same drama competitions as I had as a girl. At one such event, I heard 'my' poetic version of Medea! It had become a standard! How amazing is that.

From my passion for painful, over-the-top Theater, I moved on to the visual arts and eventually began to collect crafts which spoke to me, all the time wanting to be a creator rather than merely a consumer of art. And then it happened! I saw fabric art and knew right away that I could do that; that's when I became a fabric artist.

At this point it became clear that for me life is an art project. I am happiest when doing art; the only prism I can see through as I live."

Grazia's present garden is filled with art works and various crafts. One of her proudest achievements is her transformation of the garage wall. She made the portion of the wall leading to her home—a tall, long-empty slate—"into a gallery wall featuring three decorative mirror windows which reflect the flowers and trees from all over the space, multiplying the garden's visual effect." Because she loves color and folk art, she then added folk art pieces: butterflies, dragonflies, birds, lizards, and a big Haitian folk art sun made from the tops of metal oil barrels that had been thrown into the trash. "Art made from recycled trash is the best," she says.

Grazia's tale here must end with a piece of mosaic art. She and Marc recently visited Sherman's Library and Gardens (well—the gardens) on a trip to Newport Beach. The gardens are set among patios and a conservatory linked together by wide brick wall ways, beds blooming with seasonal flowers and decorative tiled fountains. Mosaics are Grazia's favorite garden art form, and this photo from their visit shows her with a huge and glorious mosaic butterfly.

She says, "*Of course, what is important to focus on...is the butterfly.*" She thinks the work is a testament to the artist's great talent and vision, as well as exemplary attention to detail. An absolutely glorious piece of garden art.



OFFICE HOURS

Monday - Friday

8:30 AM - 12:30 PM

Village Business

General Meeting

No Meeting in August

Cover Photo

USS Midway

Mirror Image

**TVSD "Neighborhood Group"
Captains Met for Organizing
Future Events**



Library Book Sale August 2022

Friday, 8/5

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

Saturday, 8/6

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

Monday 8/8

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

SNAP Dinner

Saturday, August 20

5:00 pm

Panini Kabob Grill

**891 Camino de la Reina,
Mission Valley**

* * * * *

Romeo Group

Tuesday August 23 – 11:30

Panini Kabob Grill

**891 Camino de la Reina,
Mission Valley**

**Do you have a friendly dog and want to form
a "Doggie Pack" with TVSD friends?**



Maybe meet in a member's yard for short get - acquainted times, and/or go on walks together?
Maybe dog-sit a TVSD dog who you know,
or in case of emergency,
or for their dog when a friend is traveling?



IDEA BANK is reaching out to you....just brainstorming for now.

**PLEASE REPLY TO CAROL LEE WITH YOUR IDEAS AND
SUGGESTIONS! cleameritech@gmail.com**

TVSD Summer Event – Taco Party – Tierrasanta Lutheran Church

View all pictures here; copy or download as you wish:

<https://rigdon.smugmug.com/TVSD-Material/TVSD-Summer-Event/>





Armchair Traveler

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

August 9 – 1 to 2:30 PM

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



Welcome TVSD Newest Members



Janet Leeder



Dolores Sullivan



Carol Rinehart



Lesley Fitzpatrick



Round Table Pizza Fundraiser. Your Group Raise Meal is happening!

10415 Tierrasanta Blvd, San Diego, CA,
August 30, 2022 from 4:30pm to 7:30



Join TVSD for this fundraiser at Round Table to help support our December Holiday Party!
You can participate in this fundraiser by:

Dine in Take out Delivery Pick up Storefront Walk-in
Notice: Orders from third-party delivery apps do not qualify for this fundraiser.

Tierrasanta Village group will get 20% of your meal's price donated back!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	3		

10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 3:00 PM - TVSD General Meeting - CANCELLED	9:00 AM - Balance & Strengthening 11:30 AM - Eating Well	8:30 AM - Tour Tierrasanta Giving Garden 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 11:30 AM - Lunch Bunch (Zoom) 1:00 PM - Bridge Group	9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group	10:00 AM - Chair Yoga 11:00 AM - Games and Grub	
10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	9:00 AM - Balance Class 1:00 PM - Armchair Traveler South America Travels	9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory (Zoom) 1:00 PM - Bridge Group	9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 1:30 PM - Fran's Monthly Chat 3:00 PM - Village Book Club	10:00 AM - Chair Yoga 11:00 AM - Games and Grub	13
10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	9:00 AM - Balance & Strengthening 11:30 AM - Tuesday Lunch Bunch 2:00 PM - The Memoir Project	9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory (Zoom) 1:00 PM - Bridge Group 2:30 PM - Care Partners Support Group	9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 4:30 PM - Happy Hour at Fifty9Fifty	10:00 AM - Chair Yoga 11:00 AM - Games and Grub 1:00 PM - Sack Lunch and a Movie "The Prize" Paul Newman & Elke Sommer	20 5:00 PM SNAP for Singles See Box Below
10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 1:00 PM - Laurie Brown's Stronger Memory Meeting (Zoom)	9:00 AM - Balance & Strengthening 11:30 AM - ROMEO - Panini Kabob Grill See Box Below 4:00 PM - Rueda Neighborhood Group Meeting	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 6:00 PM - Bunko	9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Board Meeting 1:00 PM - Bridge Group	10:00 AM - Chair Yoga 11:00 AM - Games and Grub	27
10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	9:00 AM - Balance & Strengthening	9:00 AM - Stretch & Balance 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Bridge Group	Romeo Men Tuesday Aug. 23 11:30 AM Panini Kabob Grill 891 Camino De La Reina Mission Valley		
SNAP Dinner Saturday, August 20 5:00 pm Panini Kabob Grill 891 Camino De La Reina Mission Valley					

Tierrasanta Village of San Diego Village Business Supporters

Tierrasanta Ace Hardware

5% discount with TVSD Card
10615-A Tierrasanta Blvd.
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Tierrasanta UPS Store

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TVSD Book Club Selections — 2022 - 2023

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
December: [Hamnet](#) by Maggie O'Farrell
January: [The Personal Librarian](#) by Marie Benedict & Victoria Murray
February: [The Plot](#) by Jean Koretitz



Sack Lunch and a Movie

Friday – August 19 – 1 – 3 PM

"The Prize"

Paul Newman / Elke Sommer

1963 American spy film and romantic comedy

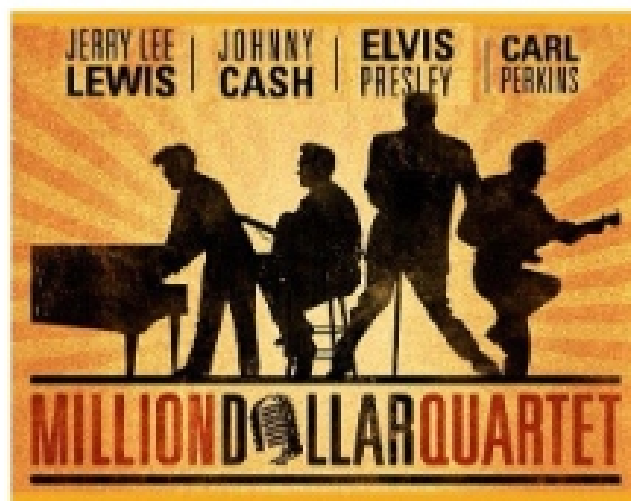
The Nobel Prize in Literature has been awarded to Andrew Craig (Newman), who is disrespectful of it, and seems more interested in women and drinking. Arriving in Stockholm for the award ceremony, he is delighted that the beautiful Swedish Inger Lisa Andersson (Sommer), has been assigned as his personal chaperone. At the hotel where all the winners are guests, Andrew is introduced to the physics laureate, Dr. Max Stratman, an elderly German-born American, who is accompanied by his niece Emily.

The Nobel laureates for medicine are Dr. John Garrett and Dr. Carlo Farelli. Garrett thinks Farelli must have stolen his work rather than reaching the same result through improvisation as he claimed, and thus does not deserve half the prize.



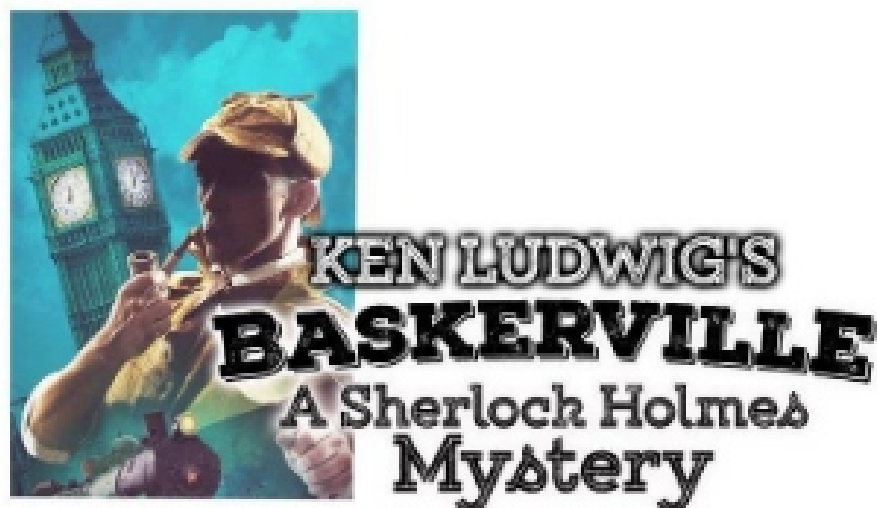
Join the Tierrasanta Kiwanis and
your neighbors at the Lamb's
Players Theatre in Coronado

Contact a Kiwanis member to buy tickets



Saturday, August 27, 2022 at 2:00 pm

Tickets \$65 Per Seat



Saturday, October 15, 2022 at 2:00 pm

Tickets \$65 Per Seat