

Tierrasanta Village of San Diego **Village Vibes**

"Living for Today: Planning for Tomorrow"

September 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

Where did the summer go? I can't believe that September is already here! Did you know that September is National "Save Your Photos Month"? Also, it is National Potato Month, National Intergeneration Month, and National Suicide Prevention Month. September 15 begins Spanish Heritage Month, and September 29 is World Health Day. As a retired teacher, for me, September will always be associated with "back to school." For many of you, it is the start of the football season and the cheering of favorite high school, college, and professional teams. For us San Diegans, it is a time to enjoy our parks, beaches, and restaurants without the tourist crowds. And for our Village, September represents a calendar full of activities: cultural, informational, social, and physical.

You'll see details of many of these events and activities elsewhere in this issue of the Vibes and Cassandra keeps us up to date with the weekly email blasts, but I want to emphasize some major events coming up this month. There's going to be another fund raiser – this time at Marie Callender's. Our monthly General Meeting on Monday the 12th will focus on the theme of "TVSD Successes." Our Volunteer Appreciation Brunch has been rescheduled for Friday the 23rd. Marc Narkus-Kramer will present another one of his concerts (this one featuring Mozart) on Monday the 26th. Hope you'll plan to attend these events and please don't forget to register!

There are some other Village events that I'd like to make you aware of. Four of our Villagers have volunteered to work in the kitchen, and in the warehouse at the Jewish Family Service to gain some first-hand experience to learn how these operations work. Then we will be inviting you to join in this volunteer opportunity. TVSD will be represented by Bradlyn Mulvey and Jean Kerr for a four-month training in diversity and equality, sponsored by the Village California Movement. Also, our Village will be represented at a Zoom meeting of a coalition of six San Diego County Villages.

Last week our Board of Directors held its monthly meeting and spent the bulk of the meeting time discussing an outline of our Strategic Plan as prepared by Ken Ross. Once completed, this Plan will serve as a roadmap for our Village for the next three to five years. Its central focus is both a business plan and long-range goals. Ken has taken input from the Board and will create a more complete draft to be presented to the Core Team Leaders, and to any interested members before it is finalized. This will be a major accomplishment for us going forward and I want to acknowledge and thank Ken for all the time and effort that he has already put into this important project!

In closing, I want to thank all our members who met this past week to work with the Membership and Social Core Teams to plan the calendar of events and activities for the next year, well into 2023. What an accomplishment! I understand that there was a good turnout of participants who not only helped in the planning, but also volunteered to both organize and take a leadership role. We are so blessed as an organization to have a wonderful cadre of volunteers.

My appreciation goes out to

**All Our
TVSD
Volunteers!**

Marilyn Bente



Board of Directors

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Marilyn Bente

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Someone You Should Know: Linda Rees

by Carol Lee

Linda Allison was born in Oak Park, Illinois, home of Ernest Hemingway. She lived there until she was two, when her family moved to Evanston, Illinois. A final childhood move occurred when she was in the 7th grade, and they moved to La Canada, California due to her father's business.

After high school graduation, Linda went to Arizona State University where she graduated with a Bachelor of Arts degree in Elementary Education, and met her future husband, Dick Rees. The couple married in 1963, then moved to Amberg, Germany, where Dick served in the US Army. Through the Department of Defense, Linda taught first grade on the military base where they lived.

When they returned home, the couple had a son, John, and a daughter, Noel. Linda was a stay-at-home mom for ten years before returning to teaching. John, Noel, and one granddaughter still live in the area. They are very proud of their two granddaughters who are recent college graduates. Family activities are a very enjoyable part of Linda and Dick's lives!

Linda's career developed within the San Diego Unified School District. She taught third and fourth grades, served as a mentor and resource teacher, earned an MA in curriculum at SDSU, and was Credentialed in Administration. She became Vice Principal at Balboa Elementary School and then Principal of Cabrillo Elementary School. Upon retiring in 2003, she continued working for the district as a Substitute Administrator for several years.

Along the way, Linda and Dick, traveled with friends to China, Tahiti and countries in Europe. They are currently enjoying vacations within California with her brother and sister-in-law.

Having lived in Tierrasanta since 1971, Linda and Dick came to feel very much a part of the community. (They were one of the first families to buy a home on the "Island in the Hills.") In 2011 Linda ran into Bev Sheehan in a local grocery store. Bev had taught both of Linda and Dick's children when they were in elementary school. Bev was a new member of TVSD and sang the praises of our Village. Bev soon convinced Linda and Dick to join as well. Linda says joining the Village enriched their already busy lives.

Through the years, Linda served on the TVSD Board in several positions, retiring as President in 2017. She currently serves on the Membership and Social core teams, is Co-Chair of the Lunch Bunch, participates in a balance class, and enjoys many other social activities.

The media often informs seniors of the importance of staying active and socially engaged, as it provides members with a variety of health benefits. Involvement in the Village can provide these benefits. As we know, the Board and Core Teams work tirelessly for our members. Linda stated "It is a pleasure to peruse the event calendar each month to see the wide choice of available activities like exercise classes and fun events providing socialization, and opportunities to serve as volunteers. Wahoo!"

Linda's words to live by come from a Girl Scout quote:

***"Make new friends and keep the old.....
one is silver and the other is gold."***



OFFICE HOURS

Monday - Friday

8:30 AM - 12:30 PM

Village Business

**General Meeting
September 12 – 3 PM
via ZOOM only!**

**Cover Photo
San Diego Bay
Thunderheads
over the City**

TVSD Social and Membership Committee met to plan future Events



Romeo Group

**Tuesday Sept. 20
11:30**

**Panini Kabob Grill
891 Camino de la Reina
Mission Valley**

SNAP Dinner

**Saturday., Sept. 17
5:00 pm**

**Kahn's Cave
9350 Clairemont Mesa
Kearny Mesa**

TVSD PET OWNERS!

DOG PACK: Since Tierrasanta does not have a Dog Park, we are making our own by getting together with our dogs in members' large, fenced-in yards. It is, in a sense, an experiment, but one which I expect will turn out very well. We have detailed guidelines for our first Meeting of the Pooches to be sure that it goes smoothly. We will limit the number to 10 humans with their dogs for this first 'outing'.

The key to the whole experiment is for our dog owners to know their own dog.

Dogs who are friendly and comfortable with new dogs and new humans should be able to enjoy our Dog Pack. I anticipate that this will work well, and that we may even get more and more people and their dogs who want to join. At that point, we can break into small groups, with the help of members who will organize and schedule their Pack Meetings (sounds like Cub Scouts!).

CAT OWNERS: Several members have suggested a group for cat owners to get together as a social gathering--just for the fun of it.

I am not a cat person, but I understand that domestic cats aren't likely to be comfortable in a pack. If I am wrong about that, please let me know! Let us hear from you if you are interested...and interested in helping.

Remember that we are continually forming new groups based on members' interests--with the help of the members of the new groups themselves: sharing the organizing, scheduling, etc. I will always be available to help you get started. This is fun...keeps things fresh!

Carol Lee – Idea Bank



**YOU ARE INVITED TO HONOR AND THANK
OUR TVSD VOLUNTEERS
BECAUSE THEY MAKE OUR VILLAGE THRIVE!!!**

VOLUNTEER APPRECIATION BRUNCH

**Friday, September 23, 2022, 10:30 am - 12:00 pm
Fellowship Hall, Seventh Day Adventist Church**

**A light morning brunch, fun drawings, time to socialize,
and an opportunity to show our volunteers how
grateful we are for their time and energy**

TVSD is a member-run organization, and as such, we rely on our volunteers to create programs, to care for each other, and to build community. We are grateful for each and every volunteer! Thank you all who make the Village -- and Tierrasanta -- a vibrant place to live. Let's all come together to recognize our volunteers. And if you have not been able to volunteer this year, for whatever reason, please join in the celebration to applaud and to personally thank those who have volunteered.

Happy 14th Anniversary TVSD!
Trish Newbill – Historian

Yes, Villagers, it's the month of **September**, and time again to remind everyone of the **14th Anniversary of the Village**. This past year I had another "lightbulb moment" after hearing a medley song sung by Gladys Knight which has now become one of my favorite "September" TVSD songs: **"Try to Remember"** and **"The Way We Were."**

For a look back to see how far we've come, the Tierrasanta Village of San Diego (TVSD) was first named **"Tierrasanta Project"** spearheaded by Co-Founders, Candy Walsh and Susan Deininger. They read an AARP Magazine article about Beacon Hill Village. "Declaration of Independents: Home is Where You Want to Live Forever." Here's how: Their idea was to create a similar model here in Tierrasanta.

A Kick-Off Gala was held on **September 27, 2008** and an exciting new journey began for those Tierrasanta residents aged 50+ who listened to Guest Speakers, asked questions, and some joined the Village at the end of the evening.

While we are now in our third year of "challenging times," TVSD has continued to stay in touch (with members) by Zoom, social events, phone calls, Emails, exercise/health awareness topics, or seeking care related needs.

Congratulations to **TVSD for 14 years** of determination and continued growth.

Piano Concert - Mozart to Modern

Marc Narkus-Kramer is an amateur pianist who still takes lessons and gives 2-3 concerts a year. Marc will be playing Mozart's Sonata in A minor, and selected works by M. Ciurlionis and Norman Dello Joio. His wife, Grazina, was born in Lithuania and introduced him to Lithuania's most famous composer, M. Ciurlionis. Mark fell in love with his music and is happy to share it with others. This virtual concert will last about 45 minutes.

Monday, September 26, 2022, – 7:00 PM until 8:00 PM
Website Link to Event: <https://us02web.zoom.us/j/82773935971>
Meeting ID: 827 7393 5971

SUN	MON	TUE	WED	THU	FRI	SAT
	Caregiver's Support Group Saturday, Sept. 10 10:30 to 11:30 Fran & Greg's Home	SNAP Dinner Saturday, Sept. 17 5:00 pm Kahn's Cave 9350 Clairemont Mesa Kearny Mesa	Romeo Men Tuesday Sept. 27 11:30 AM Panini Kabob Grill 891 Camino De La Reina Mission Valley	1 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group	2 10:00 AM - Chair Yoga 11:00 AM - Games and Grub	3 Dog Pack Meeting 9:30 AM
4	5 Labor Day VMC CLOSED FOR HOLIDAY	6 9:00 AM - Balance & Strengthening 11:30 AM - Eating Well 2:00 PM - Fran's Chat	7 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory (Zoom) 11:30 AM - Lunch Bunch (Zoom) 1:00 PM - Bridge Group	8 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 3:00 PM - Village Book Club	9 10:00 AM - Chair Yoga 11:00 AM - Games and Grub	10 Care Giver's Support Group See Box Above
11	12 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 3:00 PM - TVSD General Meeting ZOOM ONLY!!	13 9:00 AM - Balance & Strengthening	14 9:00 AM - Stretch & Balance 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory (Zoom) 1:00 PM - Bridge Group 11:30 AM - Marie Callender Fund Raiser	15 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 4:30 PM - Happy Hour at Fifty9Fifty	16 VMC Closed for Special Event	17 5:00 PM SNAP for Singles See Box Above
18	19 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	20 9:00 AM - Balance & Strengthening 11:30 AM - Tuesday Lunch Bunch Puesto Restaurant Mission Valley	21 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	22 Equinox 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Board Meeting 1:00 PM - Bridge Group	23 10:00 AM - Chair Yoga 10:30 AM - VOLUNTEER Appreciation Brunch 7th Day Church Hall 11:00 AM - Games and Grub	24
25	26 Rosh Hashanah (1st Day) 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee 7 to 8 PM - Piano Concert Mark Narkus-Kramer Zoom (See Page 4 for Link)	27 9:00 AM - Balance & Strengthening 11:30 AM - Romeo Group Panini Kabob Grill 12:30 PM - Care Committee Meeting	28 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	29 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 1 to 2:30 - Care Committee Member Forum: Medical Devices	30 10:00 AM - Chair Yoga 11:00 AM - Games and Grub 5 to 7 PM - Monserate Neighborhood Group PotLuck	OCT 1

TVSD Social and Membership Committee met to Plan Future Events



Are You Interested in Small Social Events?

Have you ever enjoyed a TVSD large group event, and yet wished it was easier to see and hear, and personally interact with your Village friends?

Here's an idea from a member -- How about 6 or 8 people having a potluck in the Clubhouse, enjoying the meal and some relaxed small talk and sharing?

What do you think? Are you interested?

Contact Carol Lee if you would like to participate!

Note: kudos to our Neighborhood Groups for their get-togethers—and, here's hoping we can resume our larger potlucks soon.

Marie Callenders

Save the date! Our next fundraiser is Wednesday, September 14th at Marie Callender's. Check your emails for more information coming soon.



Happy Hour at Fifty9Fifty Restaurant Patio



Rueda Neighborhood Meeting

hosted by
Patty Mudd



Medical Devices That Might Save Your Life

The Care Committee has scheduled a member-to-member forum for Thursday, Sept. 29 (1:00-2:30) at the clubhouse. The Topic will be: Medical Devices Which Might Save Your Life. What happens if you fall at home (or outside) and cannot get up? How would you get help in the case of an emergency?

We are inviting Villagers who may have some information on this technology (smart phone, watches, medical alert system) to come and share what you have learned. What assistive devices have you used?

We will share other helpful hints for maintaining our safety and normalcy as we age. In addition, Carol Lee will share the research she has done on this topic. We can all learn from each other.

We hope you will join us!

Insight from a Peeled Potato I learned a precious life lesson...while peeling potatoes.

As a preteen, I worked on Saturdays for a family, cleaning the house and helping with meals. One day, the wife asked me to help her peel potatoes for dinner. Never having peeled potatoes before, I was confident it would be easy. She...peeled eight potatoes. I was so embarrassed, saying, "Oh, my gosh, you peeled so many—and I only peeled one!" She said to me some simple words which would become part of my outlook on life for all these next 70+ years. "But, Carol, that was one potato I didn't have to peel!"

Volunteering for TVSD has been a joy to me. Sometimes I peel just one potato, and sometimes a whole bowl full.

The help needed to make our Village vital can be as small and simple as making a phone call to see how a member-friend is doing, taking a TVSD friend to an activity because they can no longer drive, setting the tables or checking people in for an event—Or it can be as great and fulfilling as becoming co-leader of an activity, a member of a Core Team, or even considering being a member of our Board by visiting a few BOD meetings to see how we run this crazy, cozy, curious, full of character (and characters) Happy Meal called Tierrasanta Village of San Diego.

I hope you will consider peeling some potatoes with / for us!.....Carol Lee

Care Partners Group Meeting

The TVSD Care Partners Support Group provides a safe place where caregivers can give voice to stressful experiences, strong feelings, and personal frustrations in the company of others. It is a place where we can share ideas and provide empathic understanding. Caregivers and care partners are invited to attend our meetings.

This group welcomes new attendees. If you would like to learn more about these meetings, please contact the event host, Fran Zweibel, for more information.

Library Book Sale Sept. 2022

Friday, 9/9

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

Saturday, 9/10

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

Monday 9/12

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



Tierrasanta Village of San Diego Village Business Supporters

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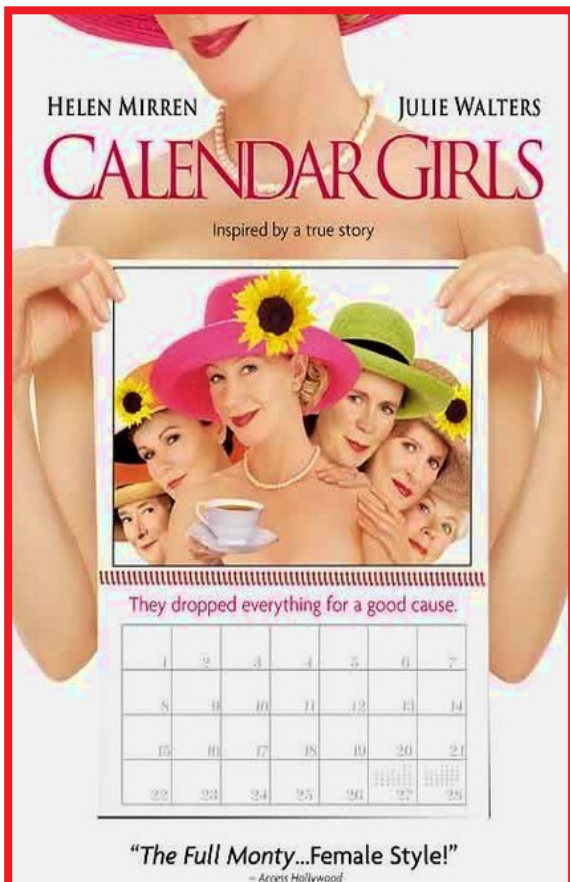
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TVSD Book Club Selections — 2022 - 2023

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 Korelitz



Sack Lunch and a Movie

Friday – October 21 – 1 to 3 PM

"Calendar Girls"

Helen Mirren & Julie Walters
12 Award Noms. Won for Best Comedy

2003 Comedy Feel-good True Story

Calendar Girls is a 2003 British comedy film. It is based on the true story of a group of middle-aged Yorkshire women who produced an annual calendar to raise money for Leukemia Research, under the auspices of the Women's Institute. In April 1999, after the husband of one of their members dies from cancer, they give the calendar a twist from traditional baked goods, apple pressing and flower arrangements to their members posing **NUDE!** The film stars an ensemble cast headed by Golden Globe nominee Helen Mirren and Julie Walters

Calendar Girls is a terrifically entertaining comedy.
And that's the naked truth.