

Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

November 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

As I write this message in late October, on a chilly, blustery morning in Michigan where I am visiting with my four siblings and their families, I am reminded that autumn is here. I see the mums in full bloom on my sister's front porch, brilliant orange and red trees full of fall color in her backyard, and yellow leaves falling from the trees throughout her neighborhood.

As I stated in last month's message, autumn is my favorite time of year, and it's wonderful to be here in the Midwest where there's a new energy in the air with the cooler weather and with planning for the holidays. Life's pace seems to have picked up!



And when I look at our Village's calendar of events, I see that our activities have picked up too. Each day is filled with so many activities to choose from, thanks to our Core Teams and their planning of events to keep us all active **physically** (balance classes and chair yoga), **mentally** (Stronger Memory Program and various games groups), and **emotionally** (grief support and activities that help overcome social isolation). In particular, don't miss the bunko fundraiser on November 11.

Thanksgiving is just around the corner and there is so much that we have to be thankful for. We should count our blessings that we live in a community such as Tierrasanta, and that we have our Village friends and activities to support us as we age in place. Having spent three days attending virtual presentations for the National Conference of the Village to Village Network, I'm inspired by how much the Village concept has grown during the past 20 years and how far along our Village has come in just 14 years. One of the sessions reminded us that we should be asking our members to reflect on these three questions:

What do you value about your Village?
What would you like to see your Village become?
What are you willing to give to your Village Community?

We'll be asking these same questions at our next Core Team leaders meeting on November 8, and hope to get some responses that will help guide our Board members and Core Team leaders as we do our strategic planning and goal setting for the next 3 to 5 years. We need and want input from our members, so if you have any suggestions for the Village leadership team, please contact one of us to share your ideas and recommendations.

And as we enter this season of thankfulness, let's not forget our **Annual Donor Drive** that helps sustain and keep our Village viable. You'll be receiving more information about this throughout the month.

**In closing,
I want to wish
each of you
a very Happy
and Blessed
Thanksgiving!**

**Marilyn
Bente**



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Someone You Should Know: Donna Mae Dobey

by Carol Lee

Donna Mae Ludwig (Dobey) was born in the month of May in Ralston, Nebraska, a little town outside Omaha. Within six years, four Ludwig children had been born—two girls and two boys. “It was the end of the Depression years, and we didn't realize how poor we were. I realize it now when I look at the old family pictures of us and of our house.” Donna said that her mom was a great cook, and could make the simplest food taste great.

Not being able to fight in World War II because of age and hearing problems, Donna's dad did construction work on the Alaska Canada Highway during the War years. He sent back to his family 'moving pictures' of Alaska. Later, in life, Donna and her brothers took a road trip from Nebraska, into British Columbia, and onto the Alcan Highway to visit that part of Alaska where their father had worked.

Donna was born with a hare lip and wasn't popular, but she had intelligence on her side. She poured her energies into her studies. She attended Doane College in Crete, Nebraska, and finished her degree at the University of Omaha, which is now part of the U. of Nebraska. Donna worked in national parks during her college summers: two summers at Mesa Verde (where she met her husband) and one summer at Rocky Mountain National Park. She majored in home economics and wanted to be a home demonstration agent.

After graduating, however, Donna married and moved to San Diego, California, putting that homemaking knowledge into raising her family: two daughters and two sons. Her oldest daughter Jesse retired from Old Dominion University last year. Her son Mike loves to cook and has been working in the La Jolla VA Hospital kitchen for forty-one years. Her next daughter, Amy, has four children, and the family is living in the Country of Georgia, a decision made because of our high cost of living and political turmoil. Donna's youngest son, Danny, is an entrepreneur. His latest business is Décor Visuals, selling dirt bike and motorcycle add-ons.

When the youngest child was out of high school, and after a divorce, Donna moved to Tierrasanta from the San Carlos area. She had lived here for over ten years when she heard about the Coffees that were being held about a new Village movement--and the rest is history. She joined TVSD and enjoyed being a chairperson of Games. She liked playing gentle bridge, and she enjoys SNAP and other social activities and tours, all thanks to Village friends and their rides. Best of all, however, has been the making of new Village friends. “The Village is a lifesaver.”

Donna's words to live by are simple, and direct:

“Be kind.”



OFFICE HOURS

Monday - Friday

8:30 AM - 12:30 PM

Village Business

**General Meeting
November 6 – 3 PM
via ZOOM only!**

**Cover Photo
Golden Gate
Bridge
San Francisco**



Fran's Monthly "Chat" group

Our monthly chats began in May, 2020 when we all were anxious to see one another during the pandemic. At first we met on Zoom and then as time went on and Covid calmed down a bit we met at several different parks in Tierrasanta and in Fran's yard on occasion.

Our group has come together during isolation and we have become friends and confidants. We try to meet monthly and the date, description and time are on the TVSD calendar. Please contact Fran if you are interested in joining us!

See our group pictures at left.

TVSD Holiday Dinner Party

Tuesday, December 6th -- 5:00 P.M. until 8:30 P.M.

Come and celebrate the season with the Village's annual Holiday Dinner Party.

*This year our dinner will be held at **The Butcher Shop Restaurant***

5255 Kearny Villa Road, San Diego 92123.

A Social Hour and no host bar will be held from 5 P.M. until 6 P.M.

Dinner will follow with villagers being able to choose from three entrees: Prime Flat Iron Steak, Herb Roasted Chicken, or Saffron Cream Salmon or Vegetarian Fettuccine Alfredo. No host bar will continue throughout dinner. Salad, dessert, water, coffee and tea will also be provided.

The cost is \$40 for Members and \$55 for Non-Member Guests payable by check made out to TVSD.

Registration and payment must be made by November 25th.

After registration please provide the Front Desk with your meal choice.



Anne Hoffman Update – September 25 as we were all together for the first time since 2019. Had a hilarious few hours. The fun never ends!

Love and prayers Anne Hoffman



Meet out Newest Villager
Cheryl Bear

JFS and TVSD!

We are finalizing our Volunteer Opportunities with Jewish Family Services (JFS). The goal is to have a group of several TVSD members that would take turns volunteering to support JFS food distribution services. By having a group of members committed to volunteering, we will be able to commit to providing kitchen help for one 2-hour shift per month. Three hour warehouse shifts are also available if there is enough interest among our members.

Please contact the Front Desk asap if you would like to volunteer! We are hoping to get our first shift finalized for early November.

Thank you for supporting
JFS and TVSD! -

Cassandra Hanrahan

Library Book Sale October, 2022

Friday, 11 / 4
11:30 a.m. to 5:00 p.m.
Saturday, 11 / 5
9:30 a.m. to 3:00 p.m.
Monday 11 / 7
11:30 a.m. to 5:00 p.m.

SNAP Dinner

Saturday – 11 / 19 –
1:00 PM
Filippi's Pizza Grotto
Kearny Mesa

Romeo Group

Tuesday 11 / 15
10 AM - 2 PM
USS Midway
Museum Tour

The Care Committee Program Survey results are in!

The most popular topic was: Activities of Daily Living. This will be an open conversation about any tips or tricks that you have discovered to make life as we age easier and more enjoyable. Possible topics include options for running errands, grocery shopping and transportation; pain or mobility management; completing tasks around the house (managing chores, helpful items for use in the kitchen or bath).

This should be a lively discussion, so please bring your ideas and questions as we learn from each other. We hope you will join us for this discussion on Monday, November 14, 1:00-2:30 at the VMC.

"Save the Date: Wednesday, November 30th
A Passions & Talents Event: **Holiday Baking with Bradlyn Mulvey**"

Cornhole Tournament and Pizza Party

The 2nd annual cornhole tournament took place at Tierrasanta Lutheran Church (thank you to Tierrasanta Lutheran Church for allowing us to use your nice patio area). Congratulations to the 1st place winners, Gunnar Schalin and Laurie Brown and to our 2nd place winners, Marilyn and Dave Milikan. Thank you, Cassandra, for ordering and picking up the pizza and to the members who helped with the salad, dessert, set-up and clean-up. Great teamwork!



Complete List of Attendees

Laurie Brown, Jocelyn Carle, Chris and Sue Christian, Kathy Farrington, Barb Kanneman, Rhoda Keegan, Diana and Jay Keyes, Ann Lasdon, Carol Lee, Barbara Lester, Becky Lunneberg, Dave and Marilyn Millikan, Bob and Cindy Palenske, Allan and Jane Rappoport, Dick and Linda Rees, Joann Reichenbacher, Mike Rigdon, Carol Rinehart, James Schalin, Bev and Mike Sheehan, Georgia Sparkman, Gloria Stevens, Dolores Sullivan, Ginny and Thom VanBenthuyssen, Sheila Weiner, Francine and Gregory Zweibel



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|---|---|---|--|--|
| | | 1 9:00 AM - Balance & Strengthening 11:30 AM - Eating Well | 2 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Mtg (Zoom) 11:30 AM - Lunch Bunch(Zo) 1:00 PM - Bridge Group | 3 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 2:00 PM - Care Partners Support Group | 4 9:30 AM - IT Meeting - Tentative 10:00 AM - Chair Yoga 11:00 AM - Games and Grub 1:00 PM - Grief Support Group | 5 9:30 AM - TVSD Dog Pack |
| 6 | 7 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 3:00 PM - TVSD General Meeting (Zoom) | 8 Election Day 9:00 AM - Balance & Strengthening 1:00 PM - Core Team Meeting/Workshop | 9 9:00 AM - Stretch & Balance 9:30 AM - Bernardo Winery Trip 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Bridge Group | 10 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 3:00 PM - Village Book Club 4:00 PM - Tambor Neighborhood Group Mtg. | 11 Veterans Day Remembrance Day 10:00 AM - Chair Yoga 11:00 AM - Games and Grub 3:00 PM - Bunco Fundraiser | 12 9:30 AM - TVSD Dog Pack |
| 13 | 14 9:30 AM - Acrylic Rock Painting 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 1:00 PM - Member Forum: Activates of Daily Living | 15 9:00 AM - Balance & Strengthening 10:00 AM - USS Midway Romeo Visit 11:30 AM - Tuesday Lunch Bunch | 16 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 | 17 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Board Meeting 1:00 PM - Bridge Group 4:30 PM - Happy Hour Fifty 9 Fifty | 18 10:00 AM - Chair Yoga 11:00 AM - Games and Grub 1:00 PM - Classic Movie "Rear Window" James Stewart Grace Kelly | 19 9:30 AM - Dog Pack 1:00 PM - SNAP |
| 20 | 21 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 1:00 PM - Laurie Brown's Stronger Memory Meeting (Zoom) | 22 9:00 AM - Balance & Strengthening 12:30 PM - Care Committee Meeting | 23 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 | 24 Thanksgiving VMC CLOSED FOR HOLIDAY | 25 Thanksgiving VMC CLOSED FOR HOLIDAY | 26 |
| 27 | 28 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) | 29 9:00 AM - Balance & Strengthening 12:00 PM - Monserate, Barbados North & Villa Monterey Neighborhood Group Get-Together | 30 9:00 AM - Stretch & Balance 9:30 AM - Holiday Baking - Cinnamon Rolls 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Bridge Group | December 1 | | |

Ladies and Gentlemen, Come Join the Fun!!!

BUNCO is a simple game played with dice and no previous experience is needed.
Prizes are given to the player with the most wins, buncos, losses, and junkos!



WHEN: Wednesday, November 16, 2022

WHERE: Village Clubhouse

TIME: 3:00-5:00



WHY: For fun and camaraderie, with snacks & prizes, and to offset the cost of our Holiday Party!

BRING: A sweet or savory snack or beverage to share

COST: \$20 Payable by credit card at the time of registration, or via check made out to TVSD.

The mailing address is: 10601 Tierrasanta Blvd., 92124

RSVP: Registration required. Please cancel ASAP if you are unable to attend.

The game of Bunco requires groups of 4 players - Thank you!

ROMEO USS MIDWAY TOUR

Attention TVSD Men – Mike Rigdon, who is a Curator / Docent on the USS Midway, would like to invite all TVSD men for a ROMEO Day on the USS Midway. Mike will give a tour for those who wish it. There is an elevator to take those unable to do the steps up to the Flight Deck and Hanger Deck. There are 2 elevators. One from pier to Hangar Bay, one to the Flight Deck.

Everyone should be able to access and enjoy the Flight and Hanger Decks. However, for anyone using a walker, wheelchair, cane and/or cannot do steps well, you will not want to venture to any decks below or above these two decks, as the steps are steep and narrow.

Following is important information:

- Parking per car:\$10.00 (carpooling is recommended)
- Admission to Ship:FREE (Mike providing the tickets)
- Lunch @ Ship's Cafe: ..At one's own expense (not expensive)
- **Date: 11/15/22 Time: * 10:00 AM to approximately 2:00 PM**
- Many new exhibits to be seen
- Bring light jacket just in case. Good Walking Shoes, Hat & Sunscreen
- Bottle of water and/or purchase onboard the ship



* NOTE: Leaving time will partially depend upon the others in your carpool.

Bernardo Winery Trip – Wednesday, November 9, 2022, 9:30 AM until 2:00 PM

We will meet at McDonald's at 9:40, where we will board the a bus to the Bernardo Winery. We will have a tour led by Patty, then shop in their little shops.

Lunch will be at The Kitchen Restaurant at the winery at 11:30. We will board the bus at 1:30 and be back to McDonalds at 2:00.

Cost is \$8 for shuttle bus transportation. Members pay their own lunch charges.

The \$8 charge is payable by credit card at the time of registration.

You can also mail a check made out to TVSD. – Please register no later than November 4.

TVSD Small Dog Pack Inaugural - Woof Woof!!!



Acrylic Rock Painting

Did you ever want to make a beautiful art project but didn't think you had the artistic talent? Learn a simple technique that requires no talent and creates beautiful objects. Capacity is limited but an additional event will be offered if there is more interest.

When: Monday, November 14, 2022,
9:30 AM until 12:00 PM

Where: Home of Jim Batterson

No one can pass up these warm, delicious, gooey cinnamon rolls with cream cheese icing!

Come and make a half dozen or a full dozen for you and your family as a special treat for the holidays.

Place: Bradlyn Mulvey's Kitchen

Date: Wednesday, November 30, 2022

Time: 9:30 am to about 12:30

Supplies will be provided.

Cost: \$5:00 for 6 rolls and \$10.00 for a dozen.

Limited to the first 6 people to sign up



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TVSD Book Club Selections — 2022 - 2023

Meeting at Tierrasanta Library – November 17 – 3 pm

November: Caste: The Origins of Our Discontents – by Isabel Wilkerson
December: Holiday Break
January: Hamnet – by Maggie O'Farrell
February: The Personal Librarian – by Marie Benedict & Victoria Murray
March: The Plot – by Jean Korelitz

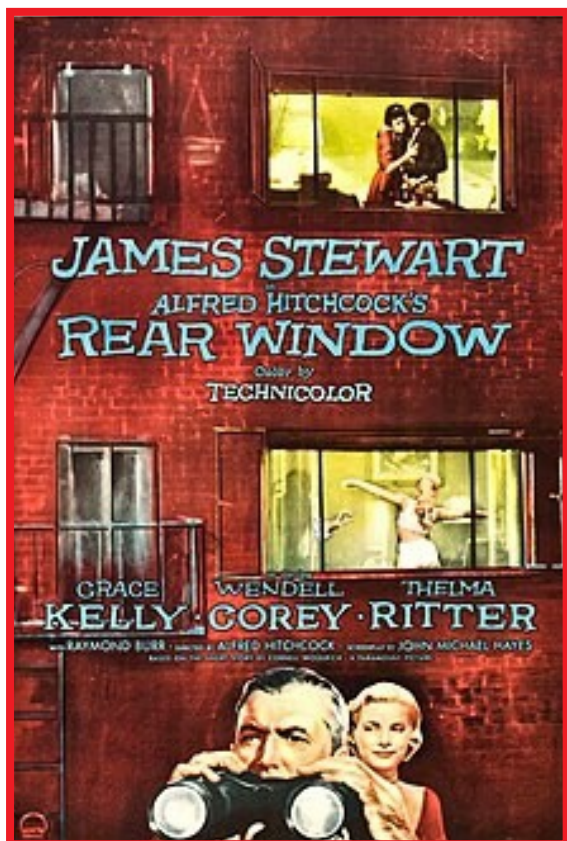
Classic Movie Date

Friday – November 18 – 1 to 3 PM

"Rear Window"

James Stewart / Grace Kelly

1954 Scary Suspenseful Chilling



Rear Window is a 1954 American mystery thriller film directed by Alfred Hitchcock. Written by John Michael Hayes. It is based on Cornell Woolrich's 1942 short story "It Had to Be Murder". Originally released by Paramount Pictures, the film stars James Stewart, Grace Kelly, Wendell Corey, Thelma Ritter, and Raymond Burr. It was screened at the 1954 Venice Film Festival. The film is considered by many filmgoers, critics, and scholars to be one of Hitchcock's best, and one of the greatest films ever made. It received four Academy Award nominations and was ranked number 42 on AFI's 100 Years-- 100 Movies List and number 48 on the 10th-Anniversary Edition. In 1997 it was added to the United States National Film Registry in the Library of Congress as being "culturally, historically, or aesthetically significant".