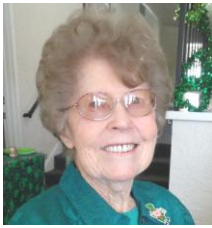




## TIERRASANTA VILLAGE Of San Diego

*"Living for Today; Planning for Tomorrow"*



Martha Woods

### Village Vibes

May-June 2015



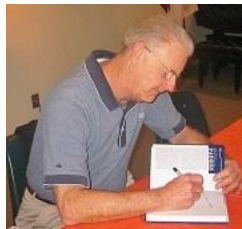
Eleanor Garrow

#### Making the most of life on our "Island in the Hills"

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.

### Tierrasanta Talks with San Diego Padres Sportscaster Bob Chandler

Batter up; it's time to celebrate the start of baseball season with our beloved San Diego Padres! And what better way to do that than by attending our next "Tierrasanta Talks" program on Tuesday, May 12, at 6:30 pm with longtime Padre sportscaster Bob Chandler.



Did you know that the Padres became a National League expansion team in 1969, that they have never won a World Series, have never had a pitcher throw a no-hitter, and have never had a hitter hit for the cycle, but they have had three different pitchers win the Cy Young Award?

Having worked on the San Diego sports scene since 1963, Bob Chandler, a beloved longtime Tierrasanta resident, has plenty more stories like this, including some fun inside anecdotes about Tony Gwynn, Randy Jones, Tim Flannery, Ken Caminiti, and many others. And boy does he have some stories!

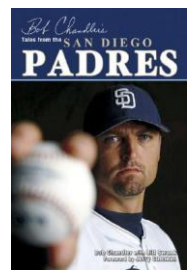
Don't miss your chance to reminisce with Bob about some of your favorite players, as the Tierrasanta Village of San Diego, together with Adventures by the Book, continue their popular new program, which seeks to unite community through speakers of re-known, interest or inspiration.

The event is open to the public and will be held at the 7th Day Adventist Church. Admission is \$10 per person, and is a fundraising opportunity for TVSD, as well as an opportunity for members and the community

to meet and connect. Books will be available for purchase and signing at the event.

TVSD members may register by cash or check at the Clubhouse. Credit payments, as well as registration for the general public, are available online at [www.adventuresbythebook](http://www.adventuresbythebook) or by calling (619) 300-2532. 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 Bob: Bob Chandler is San Diego's senior sportscaster. He began working in the San Diego television/radio market in 1961 and began covering the San Diego sports scene full-time in 1963. During his career, Chandler has done play-by-play of the NFL's San Diego Chargers, the NBA's San Diego (now Houston) Rockets, San Diego State University football, basketball, and baseball, as well as numerous other college and high school sports.



He has worked for three different TV stations in San Diego, delivering the regular evening sportscasts and interviews. In 1972, Chandler joined Jerry Coleman as the TV/radio broadcasters for the Padres. Associated with the Padres from 1970-2003, he likely knows more than almost anyone when it comes to San Diego baseball.

Susan McBeth

## Executive Director

*Mike Sheehan*

## Board of Directors

*President...Linda Rees*

*Vice President...open*

*Treasurer...Mike Rigdon*

*Secretary...Fran Zweibel*

*Community Liaison  
Fundraising  
Joyce Muinos*

*Co-Founders  
Susan Deininger, LCSW  
Candy Walsh*

## Board Advisor

*Pam Chapman, PhD*

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

## From The Director



How about this last March? What a busy and fun filled month! With our ongoing programs of Billiards, Yoga, walking, Mah Jongg, movies, balance class, grocery shopping (I wish Bev would get more involved with this one) Tai Chi, games, SNAP, Time Bank and Book Club. Not to forget our St. Patrick's Day grand gala and potluck. Then we finished up with a Member-Guest Social. Phew, pretty darn busy if you ask me.

Even with all this activity, we had the continuing Empowering Mind & Body class presented by Kim Chartrand, RN. Joyce Muinos did our accounting of this grant and determined that we need to spend \$894 to complete the funding. Several of the participants thought a cookbook/recipe guide would be very nice to have and Kim has agreed to come up with a tome of recipes and do several more presentations.

And April is scheduled to be just as busy. We also are setting up Bunco and Cards in the near future. If you are not participating in any of these events, why not? The Village has a lot of different activities. **Get involved!!**

Finally, we have the Vice President Board position open. If you want to get really involved, volunteer to become our Vice President. Or nominate someone, and we will get in contact with them to discuss the position. If the Village is not moving forward, it just might be you are not involved in helping push it along. We don't need armchair quarterbacks, we need players!!

**--Mike Sheehan  
Executive Director**

## Highlights from the Board of Directors Meeting March 26, 2015

Motions were made, seconded and approved to appoint Linda Rees as the new President of the Board and to appoint Mike Rigdon as Treasurer. The Board discussed the vacant Vice President position. The Board intends to see if any member of the Village would be interested in filling this position.

Village bookkeeping is to be transferred in-house thereby saving \$140/month. Mike Sheehan, Executive Director, will be working with Mike Rigdon, our new Treasurer. Our bank accounts will be transferred from North Island Credit Union to the more accessible Chase Bank. The new account will be set up for two signatories on each check.

Our postal address is transferred to the UPS Store from USPS. We will pay less money for a bigger box. Mike Sheehan will institute a Volunteer of the Month award and will plan a Volunteer Recognition Gala.

There was discussion of the (ever elusive) Senior Center for Tierrasanta. The Hex building is not viable at this time.

The open forum included discussion of insurance...we have Directors, Officers and General Liability.

**--Diane Roland  
from Minutes prepared by Fran Zweibel, TVSD Secretary**

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## Getting To Know You

Our focus this month is on some more Ohioans. As we see them today, they are retired: he from a 34 year career in computer programming for National Cash Register and she from teaching, hotel management and administration at the University of San Diego. He still teaches classes at Miramar, though they do travel as much as possible. Recent trips include the Village cruise around South America and a cruise to Ireland and Scotland. Previous trips have taken them to China and Tibet, a cruise from Venice to Barcelona, Istanbul and Athens, as well as a trip to London, including Downton Abbey. At the Village you could run into her at mahjong or at the Membership Committee. He is connected to the Romeo Club, billiards and is helping with the IT work.

They feel very lucky that their two children live in San Diego and join them on holidays and celebrations. Their daughter works at Scripps Memorial Hospital as Coordinator of Volunteers and the Pet Therapy Program. Their son is a copy writer at Road Runner Sports.

These Villagers describe themselves as having had typical Midwest childhoods. Both have one sibling, and hard working parents. Our male member enjoyed playing at a nearby creek, catching tadpoles, but disappointing his sports loving father. He worked all the way through high school and college at a chain grocery, and gained a reputation as the fastest chicken cutter in Cincinnati! His motto was "Have knives, will travel".

The female member recalls wonderful fun playing canasta, jacks and cards with friends and family, going to Catholic schools for 12 years and then to the University of Dayton where she trained to be a teacher. She also worked at a grocery as a cashier while still in school. After college graduation she taught for 4 years in Dayton and then moved to Cincinnati for more adventure.

Soon after settling in she met her future husband at a party and they were married 8 months later. His employment after military service in Viet Nam took them to San Diego where they moved into their brand new Portofino home. They have enjoyed their life here ever since.

Can you place this couple? Their names and picture are elsewhere in this edition of The Vibes.

--Gail Schreiber



## Volunteer of the Month

Jane Quirin is our first Volunteer of the Month. She has a magic touch. She has gathered 40 Village members to work the front desk for the Village, trained them, even fed them! And she has 6 big strong Village men to help with the heavy work as needed.

Jane started with the Village leading a Progressive Relaxation and Guided Meditation group. Angel asked her to identify the various areas of volunteerism in which members were involved. And as we became an all-volunteer organization she became our crucial Volunteer Leader.

Her latest endeavor is to fill some of those empty afternoons at the clubhouse with Bunco and Bingo.

A small token of the Village's appreciation will be hers in the very near future.

--Mike Sheehan

## Walk or Hike

It doesn't matter what you call it, we all know we need to keep moving. I've never heard of any scientific research that concludes exercise is harmful. In fact,



most research shows that exercising is good for our health.

I have just come from my first time joining the hike that Bob Muldrew is leading for us twice a month. It was a lovely walk and talk. Bob

is gentle, knows the territory very well, and is watchful about possible difficulties for the walkers. He makes very specific plans and is reliable in carrying them out. He is also open to new ideas for hikes...all in all, a delightful experience.

Maybe next time you'll join us and boost your health? I'd love to see you on the Tierrasanta trails.

--Gail Schreiber



## Village Events

May-June 2015

### USS Iowa Tour Daytrip

For Romeos and Juliets

Saturday, May 2

Carpool to San Pedro to visit the biggest battleship ever built by the USA. Cost is about \$30 which includes gas, lunch and admission to the ship.

All Villagers welcome.

Contact Mike Rigdon for details at 858-300-6821

### Crazy Hat Potluck

Tuesday, May 5

11:30

Prizes for the most insane, funny, pretty hats!

Bring an appetizer or salad to share with 6. The Village will provide dessert, water and coffee.

RSVP by May 1 online or to Evelyn Benner at 858-268-4718.

At the clubhouse

### Tierrasanta Talks

With Bob Chandler

Tuesday, May 12

6:30 pm

Join the San Diego Padres sportscaster and Tierrasanta resident who has many inside stories to tell about the San Diego sports scene.

Admission is \$10 pp payable online, with cash or check at the clubhouse or at the door if seating is available.

**Open to the community**

Seventh Day Adventist Church  
11260 Clairemont Mesa Blvd.

### Life Begins at Seventy

Tuesday, May 19

1 pm

Join author, sprinter businessman and motivational speaker Alan Mindel whose second novel, *The B Team*, just recently released. Alan took up sprinting in his 70's and has since won six gold medals in the San Diego Senior Olympics.

At the Clubhouse

## Community Events

### TierraFest

Saturday, May 16

Includes the Patriots Day Parade, Craft Fair, BBQ Dinner, music and fireworks.

The Parade starts at 10 am from Serra HS. The Craft Fair runs from 9 am to 3 pm at Tierrasanta Town Center. At the Tierrasanta Community Park the BBQ begins at 4:30, Beer and Wine Garden opens at 5 pm and the fireworks will be at 8:15 pm.

**Chatty, outgoing Villagers are needed to man our booth.** Contact Mike Sheehan to help out or walk/ride in the parade.

### Annual Home and Garden Tour

Saturday, May 3

The Tierrasanta Junior Women's Club is sponsoring a self-guided viewing of our neighborhood "jewels."

Tickets are available at Elam's Hallmark and Ace

Hardware for \$15. Contact is

[lindalwalker007@gmail.com](mailto:lindalwalker007@gmail.com)

### Concerts in the Park

6 to 9 pm

Tierrasanta Community Park

May 30 - Bayou Brothers Zydeco and Blue Grass

June 27 - Wild Nights...generational classic rock

July 25 - The UPS All-Star Band...classic rock and fun

Food trucks on site.

The concert series is made possible with a grant from County Supervisor Dave Roberts, the County Board of Supervisors and local businesses.

### 34<sup>th</sup> Annual Ascension Fiesta

Friday through Sunday, June 5 - 7

Dance to rock on Friday night and 80's dance on Saturday night (come dressed for the 80's.) Cantina with beer, wine and Margaritas...food booths with ethnic goodies and homemade desserts, Bingo, Silent Auction and White elephant sale will run all weekend. Sunday is Old Fashioned Family Fun Day and a 4 pm grand prize drawing for \$2,000!



## DVD Movie Party

Once a month at the home of  
Diane Levine.

**Tuesday, May 26 at 6 pm**

**Still Alice**

With **Julianne Moore and  
Alec Baldwin**

RSVP to Diane at 858-292-0610

Space is limited to 10 members

## Knit and Nosh

4<sup>th</sup> Wednesday of the month

**No meeting in May**

**We hope Elaine will be back  
among us in June**

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.

Substitutes are needed from  
time to time.

Monday Bridge contact is  
Merry Freer

## Village Book Club

Third Wednesday of the month

**Wednesday, May 20**

**7 pm**

***Americanah***

By Chimamanda Ngozi Adichie

**Wednesday, June 17**

***The Light Between Oceans***

By M.L. Stedman

Contact is Diane Roland

Everyone is welcome

## Cool Games

**Thursdays**

**1:00 pm**

Rummikub, Scrabble, Checkers,

Your choice.....

Contact is Emma Chevie

# Village Interest Groups

## Bunco

**New group forming**

Second and fourth Fridays

**1 pm**

Contact Jane Quirin

## Village Walkers

**Thursdays -- 9 am**

Start at the VMC

Call the Village for information

## Armchair Travelers

**Mike is traveling...again...in May!**

**Monday, June 22**

**10 am**

**Movie: Bedford, VA**

The story of the town that lost the  
most men on D-Day, June 6, 1944

Contact is Mike Rigdon

858-300-6821

## CANASTA

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays**

**1:00 pm**

Contact is Emma Chevie

## Billiards

**Mondays and Thursdays**

**10:15 am**

Contact is Bob Muldrew

The pool table area is open for  
play anytime weekdays

8 am – 4 pm

## Mah Jongg

**Thursdays at the VMC**

**10 am to noon**

This is an RSVP game...A new  
group can be formed for  
beginners.

Contact is Fran Zweibel

## Film Classics

**Fridays at 1 pm at the Clubhouse**

Call the Village for information

## SNAP

(Singles Network of Active People)

A getting-to-know-you-group.

All Village singles are welcome.

**Saturday, May 16**

**5 pm**

Contact is Barb Kanneman

RSVP 858-569-8615

## Romeo Club

**Men's Lunch**

Third Thursday of the month

**Thursday, May 21**

**12:30 pm**

Contact is Dick Rees

858-560-7908

## The Lunch Bunch

First Wednesday of the month

**Wednesday, May 6**

**11:30 am**

**Tierrasanta Mexican Restaurant**

**For Cinco de Mayo!**

Contacts are Marilyn Bente and

Trish Newbill

## Village Hiking

Second and fourth Fridays

1 hour Hike **Friday, May 8**

**9 am**

**2 hour hike Friday, May 22**

**8:30 am**

**See details on Page 7**

Contact is Bob Muldrew

858-292-8405



**Judy and Martin Sandman**

**Our Getting To Know You**

**Persons of the Month**

## Notes From the Care Team



### Monthly Meeting

**Monday, May 4  
6 pm**

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

### Board of Directors Meeting

Due to vacation schedules there will not be a quorum for the May meeting so it will be combined with the meeting in June

**Thursday, June 25  
2:30 pm**

#### At the clubhouse

Any member wishing to put an item on the agenda must submit it a week before the scheduled meeting.

Meetings are open to all Village members.

### Time Bank Review

**Tuesday, April 14 at 2 pm**  
RSVP required

JoAnne Kuelbs 858-292-1578

### Time Bank Orientation

**Tuesday, April 28 at 1 pm**  
RSVP required

JoAnne Kuelbs 858-292-1578

### Website Training

Second and fourth Mondays  
10:30 am or by appointment  
RSVP required

### The "IT" Boys

--Greg, Don & Marty

The IT team does training at least twice a month. Registration is a must because we can accommodate a maximum of six people in each class. That way you get real personal attention!

The UCSD engineering student project is done. None of their communications ideas will be put into practice but hopefully a seed was planted in these youths as to the particular needs of seniors.

A service offered by JFS is their Fix-it Service, which provides free minor home safety repairs and modifications for older adults. Work performed includes installation of safety grab bars and handrails, installation of wireless doorbells, smoke/carbon monoxide detectors, handheld showers, and repairs of window screens. To qualify for services one must be age 60 or older, live in the Fix-it service area (which includes Tierrasanta), and answer a short questionnaire.

For more information, contact the JFS Fix-it Service at (858) 637-3354.

The Care Team meets the 4<sup>th</sup> Thursday of the month at 12:30

--Joan McGeachy



#### Balance and Posture

Mondays at 9 am

#### Chair Yoga for Seniors

Wednesday and Friday at 9 am

#### AIS Tai Chi Class

Wednesday and Friday at 10 am  
**Class is open to the community**

Our snail mail **address has changed**. We are now at the UPS Store. Effective immediately:  
**Tierrasanta Village of San Diego**  
**10601 Tierrasanta Blvd. #G-405**  
**San Diego, CA 92124**

Welcome to new members  
**Bill and Sharon Griswold and**  
**Judy Daily**

Village volunteers are needed for TierraFest. Contact Mike Sheehan [mikesheehan@san.rr.com](mailto:mikesheehan@san.rr.com) or 858-654-4066 if you can help out.

In March the drawing for a gift certificate to Ace Hardware was won by **PK Walsh**. In April, **Donna Dobey** won a gift certificate for the Tierrasanta Mexican Restaurant.

Tierrasanta Talks with Steve Breen drew 100 people and provided a \$500 check for the Village.

**Liz Feightner** has moved to North Carolina to be closer to family. Her email address is in the website directory.

A Bunco group has started and will meet one or two times a month. **Jane Quirin** is organizing this so contact her with your interest.

**Bev Sheehan** reports that a dance class is in the works. Charleston anyone?! But **Carol Tippet**, the dance teacher, says we'll start out easy.

**Mike Sheehan** has submitted a grant request for \$12,000 to Councilman Scott Sherman.

## Hikers Please Note

The May hikes will meet at different spots.

**One hour/One mile** South Rueda hike will meet at 9 am on the path to the right of 10936 Baroque Lane. Baroque Lane is the next left past the library/fire station

**Two hour/two + mile** Roadrunner/South Rueda Canyon hike meets at 8:30 am across from 4777 La Cuenta Drive. This location is past the Library, Fire Station and Farb Middle School.

--Bob Muldrew

## Wellness Event

What is Pain? In this presentation you will be educated on the "do's and don'ts of pain management."

Much of today's generation sees pain relief coming out of a convenient bottle, or at least that is what the TV commercials are telling them, with their multi-billion dollar pharmaceutical advertising budget. Inevitably, they come to the conclusion that that's all there is. We can help you discover other natural solutions that can possibly eliminate drugs or surgery.

Dr. Gerald Williams, a local San Diego doctor, specializing in natural therapies, will volunteer his time to discuss the treatment of Rheumatoid Arthritis, Fibromyalgia, headaches and many other conditions that dramatically interfere with quality of life.

--Mike Rigdon

### Natural solutions to Eliminate Pain

With Dr. Gerald Williams

Wednesday, June 10

2 pm

At the clubhouse

## In Memoriam

### Elaine Carter

November 8, 1928–February 5, 2015

Elaine was born in Panama City, Panama. She was an outstanding student and was selected to attend La Boca Normal Training School in the Panama Canal Zone which prepared bachelor level teachers for elementary school. As a teacher she loved her students and many of them remained pen pals for over 50 years.

Elaine married Charles Carter in 1957 and had 5 children, then 13 grandchildren and 4 great-grandchildren.

Elaine lived life to the fullest, organizing events, attending Padres games and going on more than 40 cruises with her husband. She was a 'fashionista.' Her clothes were personally designed for her. She had a style all her own.

She was devout and devoted much time to her church. She loved music, sang in several choirs and had memberships to the Symphony and the Opera. She loved the theater, attending plays at all the San Diego theaters.

Villagers will miss her.

## On The Go

On The Go forms for riders and drivers have been updated and are available on the Village website.

The Jewish Family Services' address is 8804 Balboa Avenue, San Diego, CA 92123. Their phone number is 858-637-7320. The website for the On the Go program is jfssd.org/onthego

As a reminder, the Village will discount your dues by the \$20 amount it costs you to sign up with this JFS program.

## Website News

Well the lads in the IT dungeon are staying busy as ever with upgrades and updates to the website and database. For those of you who know how, get online and see what all the fuss is about! For those of you that need some training to enjoy your Village website, sign up for it soon! The goal is 100% of the membership website trained before some random date! Annual dues renewals are coming up soon, and doing it online from the comfort of your own home can make the process short and sweet☺

Also, since you know how computer nerds usually come up a bit shy when it comes to creativity... if you have an idea on how to improve the website, or get something posted that would interest you, please drop an email to: [tvsd92124@gmail.com](mailto:tvsd92124@gmail.com)

--Don Stewart



Photo by Mike Rigdon

**Lest we forget**  
Memorial Day is May 25



**Tierrasanta Talks with Georgeanne Irvine  
About the San Diego Zoo  
April, 2015**



**Gail Schreiber visited the  
Ranunculus fields in North  
County**



**Member-Guest Social  
April 2015**



*Photos by Mike Rigdon*