



TIERRASANTA VILLAGE Of San Diego

"Living for Today; Planning for Tomorrow"



Tom Kuelbs

Village Vibes

August 2015



Marti Batchelder

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 Sandra Millers Younger on September 22

Adventures by the Book, in support of Tierrasanta Village of San Diego, is pleased to continue its exciting program, "Tierrasanta Talks," featuring survivor, author, and journalist Sandra Millers Younger, on Tuesday, September 22, at 6:30 pm at the 7th Day Adventist Church.

What San Diegan will ever forget the devastating 2003 Cedar Fire, now legendary as the largest wildfire in California history, and perhaps the first time that Tierrasantans were ever forced to mandatorily evacuate their homes.



As we once again approach Santa Ana season and California continues to experience drought and climate change, thoughts of catastrophic fires are never far from our minds.

In our next "Tierrasanta Talks," author Sandra Millers Younger will share how she learned, the hard way, about the importance of fire safety and emergency preparedness.

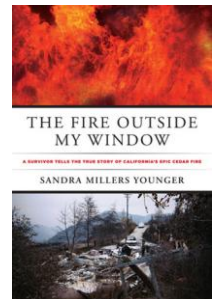
Ten years after losing her home, and nearly her life, in the historic fire, Sandra chronicled her personal experience in a memoir, *The Fire Outside My Window: A Survivor Tells the True Story of California's Epic Cedar Fire*. Her story was featured in the March 2015 NBC Dateline special, "Escape: The Great California Fire."

Join Sandra and retired Cal Fire Deputy Chief Kelly Zombro, also featured in the Dateline special, to learn what you can do now, to protect your home and your loved ones.

Her book, *The Fire Outside My Window: A Survivor Tells the True Story of California's Epic Cedar Fire*, will be available for purchase and signing at the event.

About "Tierrasanta Talks" similar in concept to the enormously popular TED Talks, "Tierrasanta Talks" is open to the public and will feature speakers of renown, interest, or inspiration. The launch event in February featuring Pulitzer Prize winner Steve Breen drew a crowd of about 100 people, and the program has been going strong since then.

Admission is \$10 per person and is a fundraising opportunity for TVSD. Registration is available online at www.adventuresbythebook.com or by calling (619) 300-2532. Tickets may be purchased at the door, while seats are available. **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.**



—Susan McBeth

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From The Director



Howdy again. Many thanks to all those who volunteered to staff the front desk. We had the entire month of July covered and now we are working on August. Please contact either me or Fran if you can volunteer to help at the front desk. We are working mightily to find the right person to hire to help us part time at the desk, but need help until that happens. Hopefully, Jane will be back in August to again coordinate the volunteers. Then we can go forward with training someone to cover the desk on a permanent, part time basis. Every time Fran sends out an email blast to ask for help, you have responded wonderfully, so keep up the good work! It is not hard, and we can train you. Now that we have scaled back our hours of operation from 8:30 am to 2:30 pm, Monday through Friday we are compressing all our activities into fewer hours. Your understanding and working with us is appreciated! We only need 2 volunteers a day to staff the desk for 3 hours each shift.

We have just completed a very event filled month of July. Even though we scaled back our hours, we had just the same if not more events for you, the Villagers. Kim Chartrand completed her final class with a cooking demo and it was delicious! I personally cooked a dinner for my daughter while Bev was away and she said it was a repeater! A very remarkable statement from a very picky eater!!

We had over 50 in attendance at the Tom Hom lecture. Coupled with our normal programs of Billiards, Yoga, walking, Mah Jongg, movies, balance class, grocery shopping, Tai Chi, SNAP, Time Bank and Book Club, there was plenty to do.

Regular Bunco on the second and fourth Friday of the month is scheduled. On the first and third Fridays movies are scheduled. The first movie presented by Gloria Stevens, "Chocolat," was attended by a dozen who loved chocolate and Johnny Depp!

Please go online to register for events that you are interested in attending, so we know who is coming. You only have to go to our award winning website...I awarded them an A+....to see all the things happening at the Village!

We are gearing up to be very busy in the coming months. The BED (Balance, Exercise, Dance) program will start up in the near future. Susan McBeth has 3 very interesting speakers slated for the Tierrasanta Talks program in the fall. A poker event at my house is coming up. I hope I am a winner!

We are being interviewed and taped for the PACE-TV program. This volunteer based TV Elder program is highlighting our Village as a success story here in San Diego. Check our email blasts for more information on when it will air. Tentatively it is scheduled for August 4 or 11 on TWC channel 24, I think.

We still need to fill the Vice President position on the Board of Directors. If you really want to be a part of your Village, get involved and volunteer for this position.

**—Mike Sheehan,
Executive Director**

London Theater Via the Queen Mary

Jean, a friend I met in graduate school in 1961, asked me to join her for an educational program aboard the Queen Mary II. I'm not a big fan of cruises unless that is the only way to see a place—i.e. Alaska, Cape Horn. However, I am a big fan of theater, London, Jean, and Road Scholar programs. So I signed on for a trip from NYC-London with four additional days going to London Theatre plus 5 days in London to tie up some loose ends of my family genealogy. I didn't go wrong!

I flew to NYC and, we boarded the QM II with our class of 16. The uniformed staff was eager to orient us to the ship and to our state-room. We were

thrilled by the size of our cabin and by the large picture



window. Décor in the cabin and out was elegant and classic with less glitz and bling than on other cruise ships. All services aboard were seamless and easy to arrange.



Entertainment was better than I've ever experienced on a cruise and there was more of it. Enough of this ad for Cunard Ships!

Focus on our classes was about the London Theater. Our instructor was a young British director/producer known internationally. He delivered a multi-media lecture each day on subjects such as "The Origins of Theater from Cave Paintings to the Greeks," "Elizabethan Plays and Playhouses," "The Trinity of Ibsen, Strindberg, and Chekhov," "Directing a Play," "Contemporary British Theatre," and "Medieval Drama Reformation and Christopher Marlowe." Get the idea? I tried to just relax and listen, but I was so stimulated I began taking notes. He also provided a reading list which I am going to tackle...soon.

After a week, we arrived in London. The education continued with attendance at four plays in four days. First a farce called "The Play That Went Wrong" about a community theater group who tries to stage a play. It was hysterically funny.

Next were two productions at the National Theatre. The first was a medieval morality play, "Everyman," adapted by the current Poet Laureate of the United Kingdom. It was staged with rap music, robots, special effects galore and was quite effective in producing guilt in audience members. The second play at the National Theatre was "The Beau Stratagem" about two bankrupt fellows who try to marry for money in the 1800's.

Our last production was Noel Coward's "Hay Fever," quite entertaining and fun.

During our days in London we toured the Theatre portion of the Albert and Victoria Museum, had high tea at the Phoenix Artists Club, had a seminar with the International Herald Tribune theater critic at the London bureau and a discussion with one of the UK's political journalists.

All of this was against the background of The Queen's birthday, the 200th Anniversary of the Battle of Waterloo



(where the Brits and their allies defeated Napoleon) and the royal horse



racing season at Ascot. I don't think anyone does the staging better!

What a fabulous time Jean and I had, and we still had a week on our own, staying with one of her friends. More on that next time.....

—Gail Schreiber

Library Note

The next book sale will be Friday, July 31, Saturday, August 1 and Monday, August 3.

Village Knitters

The Knit & Nosh Group recently met to finish up over 40, hats, and many blankets



Becky Lunneberg, Dee Hiller, Alice Wasserman, Virginia Inouye, Barbara Kanneman, Lee Rachel, and Elaine Moser.

Elaine Moser was “out of commission” for three months and during that time Virginia Inouye helped out with the Knit & Nosh group. When Elaine returned to us, she had 24 baby blankets and 32 lap blankets and many hats waiting to be delivered to the VA Hospital and Balboa Naval Hospital.

Thank you Virginia, thank you to all the knitters, and welcome back Elaine.

Care Committee

Laurel Pfab presented information from the Alzheimers Association at the July meeting.

A class for the Village is planned for October to discuss care and support options.

Care for those suffering from dementia is very expensive. It can run up to \$8,000 a month in a nursing home. In San Diego County there are currently 50,000 people with this disease.

The Alzheimers Association’s services are free. They have 3 licensed social workers on board and serve people with any type of dementia. No referral is needed to access their services and their many faceted programs.

Their phone number is 800-272-3980

Coming Soon Membership Renewal for the Majority of TVSD Members!

This article applies to everyone’s renewals no matter when they come due.

Although there are those members who do not fall into the major membership renewal timeframe of September 1, 2015, the majority do. The majority of memberships will expire on August 31, and it will once again be time to renew them.

The information here is aimed primarily at those with computers or computer access. Those of you without a computer or computer access please don’t feel left out! We will still renew your membership, as we have always done in the past, by having you contact the IT Team for assistance (see *contact information after the signature below*).

To help all of you “computerites,” a set of instructions will be found on our website (**to be online by August 1, 2015.**) The instructions can be found on either the Public side (no login required) or the Member side (login required,) then in Documents & Forms under the Resources tab.

Please remember — to renew online you will have to login with your TVSD Website username and password. Your username is usually your first initial and last name, no spaces. Please note the following:

the full last name is not always used;

sometimes another initial is inserted between the first name initial and last name and/or a number is tacked on at the end of the username.

Remember — if you need assistance with renewing, you forgot your username and/or password or if you have any website and/or database problems, please contact your IT Team. If we are not available at the time you call and we need to return your call, please give us a date and timeframe to best call you back. If you have both a home and cell phone, give us the better number to use.

Good luck with your online renewing! If you have any problems, we’re here to assist you.

IT Email: TVSD92124@gmail.com

Phones: Greg (619) 316-2400 (cell)
(858) 569-8194 (home)

Don (360) 710-1660

Marty (619) 822-8184

--Greg Zweibel,
Don Stewart
Martin Sandman
Your IT Team

DVD Movie Party

Once a month at the home of
Diane Levine.

Tuesday, August 25 at 6 pm

***The Second Best Exotic
Marigold Hotel***

With **Judi Dench** and
Richard Gere

RSVP to Diane at 858-292-0610
Space is limited to 10 members

Knit and Nosh

4th Wednesday of the month

**Wednesday, August 26
1 pm**

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 but
substitutes are needed from
time to time. Call the Village or
contact Emma Chevie to **get on
the list for new groups to form.**

Village Book Club

Third Wednesday of the month

**Wednesday, August 19
7 pm**

The Rosie Project

by **Graeme Simsion**

Contact is Diane Roland
Everyone is welcome

Cool Games

Thursdays

12 noon

Rummikub, Scrabble, Checkers,
Canasta, Dominos...Your
choice.....

Contact is Emma Chevie

Village Interest Groups

Bunco

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

Monday, August 17

10 am

**Andre Rieu Concert from
Melbourne, Australia**

Contact is Mike Rigdon
858-300-6821

Billiards

Mondays and Thursdays

10:15 am

Contact is Bob Muldrew
The pool table area is open for
play anytime weekdays
8 am – 2:30 pm

Film Classics

First and 3rd Fridays

1 pm at the Clubhouse

August 7...*Nights in Rodanthe*

A Romantic drama with Richard
Gere and Diane Lane. A surgeon
and a housewife separately visit a
remote resort and do some soul-
searching about their respective,
failing marriages. "It's never too
late for a second chance."

August 21..."21"

A suspense with Kevin Spacey and
Kate Bosworth. **True story** about
a statistics professor teaching
some of MIT's most gifted
students a gambling system and a
plot to break the Las Vegas casinos
for millions.

Contact is Gloria Stevens
858-505-4188

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday, August 15

**Meet at McDonalds at 4:30 pm
to carpool to Wood Ranch**

BBQ & Grill

Please RSVP to

Barb Kanneman

858-569-8615

Romeo Club

Men's Lunch

3rd Thursday of the month

Stein's

Thursday, August 20, 12:30 pm

Contact is Dick Rees

858-560-7908

The Lunch Bunch

First Wednesday of the month

No meeting in August

Contacts are Marilyn Bente and
Trish Newbill

Village Hiking

Second and fourth Fridays

1 hour Hike Friday, August 14

9 am

Walking to "deep crevice" bridge
and back in North Rueda Canyon.

2 hour hike Friday, August 28

8:30 am

Hiking past "deep crevice" bridge
almost to Promesa Drive and back.

Both hikes gather at Rueda Drive
and Tierrasanta Blvd. Drive east
from the Library, downhill on
Tierrasanta Blvd. and at the first
traffic light turn left, stop & park.

Contact is Bob Muldrew

858-292-8405

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

Monthly Meeting

Monday, August 3

6 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors

Meeting

Thursday, August 27

1 pm

At the home of Mike Sheehan

Agenda items must be submitted a week before the meeting.

Meetings are open to all Village members.

RSVP as space is limited

Time Bank

The new Time Bank software is here. It is easier to use. You will like it and your existing password will work. Please join us

Tuesday, August 11

12:30-1:30 pm

or

1:30-2:30 pm

or

Tuesday, August 25

1:30-2:30 pm

RSVP required

JoAnne Kuelbs 858-292-1578

Website Training

Second and fourth Mondays
10:30 am or by appointment

RSVP required

Greg Zweibel 858-569-8194

The Village is Hiring

TVSD is looking for a Front Desk Receptionist for mornings at the Village office in the Villa Monterey Clubhouse. If you are a "people person" with a positive attitude, excellent oral and written communication skills, have cell phone experience and are computer literate, contact us. If you can work with our Volunteer committees, Board of Directors, Executive Director, and Volunteer Administration, contact us.

Send your resume to the TVSD

Board of Directors at

tvsdboards@gmail.com

to see if this job is for you!

Do not contact the Village office.



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

This class is open to the community

Volunteer of the Month



Yours Truly, Diane Roland
Editor of the Vibes

Village Grant Received

The Tierrasanta Village received notice that we have, once again, been selected to receive \$5,000 from the County Board of Supervisors via the 2015 Community Enhancement Program. The actual Grant Agreement has not yet arrived, but the original submittal requested funding for the Healthy Mind & Body Program for Tierrasanta Seniors.

The three elements of this program are the mental health lecture series; craft classes to stimulate the creative and artsy part of our brains; and enjoyable exercise classes to keep our bodies in shape.

We'll have more detailed information when the agreement is received, but in the meantime, if any Villager has recommendations or suggestions for classes or programs that would be applicable and of interest to our members, please contact Joyce at jmuinos@sbcglobal.net or call her at 858-278-5279.

The TVSD Board of Directors thanks the Board of Supervisors for their generous support.

—Joyce Muinos

And thanks to Joyce for submitting this grant proposal.

On The Go

Reminder!

On The Go forms are on our website. The Village will reimburse the \$20 cost of signing up for this Jewish Family Service program when you become a TVSD member.

The JFS phone number is 858-637-7320 to call for forms. Their website is: fssd.org/onthego

Getting To Know You

"I want people to know that I am grateful for my nursing career and for my mother who taught me and nourished my faith." Quite a strong opening statement, I'd say. So, you already have two main clues about our Villager this month.

She was raised in a Chicago suburb, the youngest of three children. She was 16 years younger than her next brother and so thinks of herself as more like an only child. Both the older brothers were in World War II and one is still alive and meeting her in Alaska this summer. Her mother was a "stay-at-home Mom" and her father worked in print advertising.

In spite of her interest in archeology, she went to a 3 year hospital nursing school in Chicago. She moved to San Diego when her Navy husband was based here in 1966. She worked at Sharp and UCSD before being hired at the then new Kaiser Hospital. While there she applied for a Nurse Practitioner program. She was accepted and completed the program in a year. She then worked in Primary Care for twenty eight years until her retirement on February 3, 2004.

This Villager always knew she wanted to see the world and she has had many adventures. Her curiosity took her to African nations under unusual conditions. She went on a camping safari in Tanzania and Kenya; another time she visited a friend who was a priest in Angola. She did "Earthwatch" researching giraffe and elephant desert dwelling in Botswana and Namibia.

Doing more usual travel, she has been to Egypt, Peru, Italy, Mexico, China, and France, to name a few. She has been drawn

to several places by her love of snorkeling—Belize, Mexico, and Palau, her favorite.

Current interests and activities include gardening, her dogs, Ruby and Annie, and volunteering at her church. She is active there as a leader of the bereavement team, the charity collections, and taking communion twice monthly to Kaiser patients.

Our Villager joined our organization very early because she thinks it is "wonderful, very timely and important." She is active on the Care Committee.

Is this enough information to help you guess who this is? I hope so.

--Gail Schreiber

For your amusement

One Little Dot

A class was given a homework assignment to find out something exciting and relate it to the class the next day.

When the time came to present what they'd found, the first little boy the teacher called on walked up to the front of the class. He picked up a piece of chalk, made a small white dot on the blackboard and sat back down.

Puzzled, the teacher asked him what it was.

"It's a period," he replied.

"I can see that," said the teacher, "but what is so exciting about a period?"

"Darned if I know," said the boy, but yesterday my sister was missing one. Mom fainted. Dad had a heart attack and the boy next door joined the Navy."

—Thank you,
Anne Hoffman



The Village will be on TV. Pace TV runs 30-minute programs for and about Seniors. Watch for a Village email as to time and date.

Dr. Robert Steinberg and his daughter from the San Diego Family Hearing Center spoke at our July meeting. He brought some tiny hearing aids to show us. He said we should have hearing screenings every two years. Put that on your to-do list.



Thanks, Bev Sheehan

Many Colleges Eyeing the Over-50 Crowd

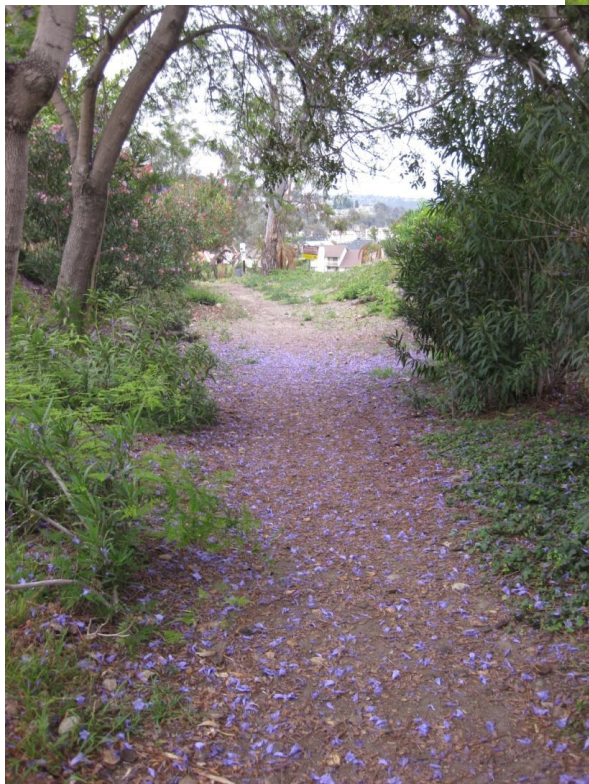
By 2030 the number of Americans 65 and older will grow to 72 million. Many retirees see learning as part of their lifestyle.

In recent years, community colleges have been reaching out to adults interested in continuing education. California's 23 state universities offer tuition-free classes in their Over 60 Program. Students not seeking degrees can audit classes at a local college or enroll in massive open online courses or MOOCs at little or no cost via Coursera, Udacity, EdX and Lynda.com.

From the Union Tribune 4/19/15

Village Hiking

Isn't this a lovely spot!



OUCH!



*Photos by
Jo Carle*

July 4th Potluck

Photos by Mike Rigdon



Pat Berkebile
Our Getting To Know You
Person of the Month