



Mike Sheehan  
Executive Director

# Tierrasanta Village of San Diego Village Vibes

“Living for Today: Planning for Tomorrow”

September 2015



Bev Sheehan  
Membership

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.

## Board of Directors News by Joyce Munios

Welcome to the new corner of the Vibes for TVSD BOARD News! Each month, I will be sharing information about what the TVSD BOD is up to and what keeps us awake at night.



I am Joyce Muinos and I have been a member since 2011. I have served on the BOD since joining and spent most of the time as Treasurer. Most recently, I serve as Fund-raising and Community Liaison Chair. I “won” the opportunity to host this space because... I missed a meeting! The vote was unanimous! Let that be a lesson.

Seriously, I'd like to fill this spot each month, not with the same information that you receive via emails, meetings and other Vibes articles, but with information that will help everyone to understand the “behind the scenes” work that takes place to keep TVSD a vibrant, exciting and dynamic organization. I would also like to invite questions and comments. Anything of importance and interest to the other members will be shared; nasty comments about my article, spelling, punctuation, hair, body shape, etc. will be “swept under the rug!!” Please email me at: [jmuinos@sbcglobal.net](mailto:jmuinos@sbcglobal.net) and use “TVSD” in the subject line.

The most important news from the BOD this month is the hiring of Kira O. Riley, our new **Part-Time Front Desk Receptionist!** As you have heard, Kira will start on August 17 and will be at the Clubhouse from 8:30 am until 12:30 pm each day. Having tried the 100% volunteer Village for the past 7 months taught us that we really needed help with the day-to-day administration and some consistency for our members. I, personally, think that Kira will be a tremendous benefit toward solving some of the issues with administration.

The next important item is **Dues Renewal**. Thanks to everyone who logs on to the website and signs up early!

Of course, checks will be accepted and you can always ask our IT Team for help with the website. They're lonely and anxious to show off their talents!

With the dues renewal, will come the next step of “**living within our means.**” The BOD is serious about sustaining our Village on member dues. As most of you know, any grant dollars come with strings and we intend to continue to chase those resources and use the dollars to further enhance our programs. **Dues keep the doors open!**

On the subject of **grants and subsidies**; our member participation is so very important to the issuing agencies. They need to see what we have for programs, how many participate and what is learned / taken from the programs. Volunteer hours must be recorded! Event attendance must be recorded! Off-site, TVSD activities must be recorded! Please help us to help TVSD by always registering and recording any TVSD activity!

Candy and JoAnne have introduced the **new and improved Time Bank software** and they will be encouraging all members to enthusiastically support our one-of-a-kind TB program. If you have more time than money, the benefit of actively participating in the program is priceless! Don't miss out! Stay tuned for more from the TB committee.

The **JFS Rides and Smiles Program** is one that the TVSD has worked very hard to get into Tierrasanta and usage keeps it on the Island in the Hills. The BOD is so convinced of the importance of having this service available that we have issued a policy offering a one-time refund of \$20 to members who join the Rides and Smiles Program.

Let's keep the rides available in Tierrasanta!

Ok, I might be fired for being too long-winded, so I'm going to end this inaugural piece with a reminder of two important dates: **October 5 at 6:00 pm is the Annual Meeting at the Seventh-day Adventist Church** and dues are due before Sept. 1!

Ciao!

## 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*

**The Village is a 501c3**

**organization**

**Federal Tax ID 26-2581124**

## Newsletter Staff

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*Mike Rigdon*

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## *From the Director*



"Help, I need somebody, Help, not just anybody, Help, you know I need someone, Help". Now that you will have that Beatle's song in your head for the rest of the day, (sorry about that) we the Village really do need your help. As you can probably tell from our new format, we have a new editor of the Vibes, Mike Rigdon. He has volunteered to

take over for our esteemed, award winning Diane Roland (she was awarded Volunteer of the Month). Diane will be moving from our wonderful Tierrasanta. We all wish her God speed. Thank you Diane for all the countless hours you have given to TVSD.

Now, down to business. Yes we still need a Vice President and yes we now need a Social Committee chair to aid Sue McBeth. Yep, Catie Somers has an overflowing plate and Sue McBeth needs "Help". There's those pesky Beatles again. Now that we are an employer, now that we are ramping up for fall, we can't allow the current Committee Chairs and Board volunteers to have more and more heaped on their plates. "It just isn't right" or so says KUSI's Michael Turko. Folks, many hands make a light load. So please let someone on the Board know how you can "Help." Oops, Sorry!

Speaking of being an employer, Kira Riley (pronounced Kear ah) is our new front desk receptionist. She will be there from 8:30 to 12:30 Monday through Friday. Have you gone in and introduced yourself? Stop by and say hi, she may even take your picture to help her put names with faces. With over 150 members she wants to get to know all of us! She is a sweetheart, I know you will love her!

The first Monday in September is Labor Day, and we will not have a general monthly meeting. However, the October meeting on Monday night the 5th, in the big room at Seventh Day Adventist, will be our Annual meeting. Not only will you get a few short speeches to help digest your food, but a slide show of the numerous Village outings and activities and maybe a showing of our PACE-TV program. So mark it on your calendars!

Suffice it to say, your executive director, board members and core committees are working diligently on making the Village a better place to live and play. Please "Help" (dog gone those Beatles) and we will be able to introduce you as a new Board member that night. See you Monday October 5.

Finally, September 1st is the renewal date for most of us Villagers. Checks can be mailed, dropped off at the club house (you can meet Kira) or you can use a credit card on the website. It is quite a bargain when you compare it to association dues. Bev and I pay \$51 a month just to have our back bank landscaping done once a week. With all the "perks" of the Village, it is a no brainer!

Respectfully submitted,

**Mike Sheehan**  
**Executive Director**

## Tierrasanta Talks with Sandra Millers Younger on September 22 Reminder

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.

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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### Getting To Know You

This month we are focused on a couple of “military brats,” by their own description. I see them more as “citizens of the world” as they have lived in many exotic places and traveled to many others. In fact, we don't see them around often as they still enjoy traveling. They are leaving next week for a six week trip in their RV.

Mrs. X is one of four children born to a Navy man. They lived most of the time in Washington, DC and Maryland when her father was with the Navy band. She says she is the only one in the family without musical talent, but she is a graphic artist and designer. After her father retired from the Navy he became an industrial arts teacher, so she didn't fall far from the tree. The entire family went to the University of Maryland, where she met her husband.

Mr. X is one of three children. His father was stationed in Japan, Hawaii, and West Point where he was a tennis and squash coach. Our Villager, born in Washington State, was influenced by his father's career. Also in the Army, Mr. X was stationed in Thailand in security services. Upon return to civilian life he attended the University of Maryland, studying recreation management while on a tennis scholarship, and meeting his bride to be.

The couple married in 1968, drove across country, arriving at his parents' home in San Diego until he found a job managing a teen club in Los Angeles. After a year he was hired by the City of San Diego as an assistant community recreation director. Their son was born during this time and when he was 2, Mr. X was hired by the Army as a civilian recreation leader. The family moved to Germany for three years, their last assignment at Heidelberg ending in '81. When the family returned to San Diego he worked as a Recreation Director for the Navy Submarine Base. Later he worked for the City of Carlsbad as an Area Manager. Mrs. X freelanced in graphic design. She ended her career as the supervisor in the City graphics department.

What are they up to now? Mr. X likes to garden, play tennis, read, take photos, and travel. Mrs. X likes to play mahjong, quilt, and play tennis. They have played mixed doubles tennis, not with each other, Mrs. X played in the Super Seniors League. That's all the clues you get. Who are they? A picture is in The Vibes somewhere.

—Gail Schreiber

## Tierrasanta Village to Sponsor “Care and Support Options for Caregivers” by the Alzheimer's Association

Are you a new care giver, or are you ready to consider additional help? Come hear this valuable presentation by the San Diego/Imperial Chapter of the Alzheimer's Association and learn the ins and outs of in-home care, community-based services, and residential care options, as well as how to pay for them.

This presentation is FREE, and open to the public. Mark your calendars for Tuesday, October 13, from 6:30 p.m. to 8 p.m., at the Tierrasanta Seventh-Day Adventist Church, 11260 Clairemont Mesa Blvd. To RSVP, or for more information, please contact the Alzheimer's Association at 1-800-272-3900 or alz.org/sandiego. You may also contact Tierrasanta Village at (858) 569-9119.

### Knit and Nosh

Virginia Inouye will now co-chair the Knit and Nosh group with Elaine Moser, and Jim Inouye (unofficial member) is doing the driving to take the blankets etc. to the VA and Naval Hospital.

### Department of Veterans Affairs

Dear Mrs. Inouye,

Thank you for your support of the VA San Diego Health Care System with your generous donation of 36 blankets. We are very grateful for your concern for our patients.

It is donations such as yours that make the VA San Diego Healthcare System special for the men and women who need our assistance. Your donation contributes greatly to the welfare and comfort of our patients at the Medical Center as well as the Outpatient Clinics.

As the Chief of Voluntary Services, I am always proud of the support we receive from those who share their time, talents, and energy with our Nation's Heroes. An organization such as yours or one individual can make a big difference to our Veterans.

Donna M. Fischer, CAVS Chief,  
Voluntary Services



## The Resource File by *John Batchelder*

This is intended to initiate a series of articles devoted to describing the various public and private services available throughout San Diego County for our age group. I will be drawing on my years of experience as a member of the Advisory Board to the San Diego County Agency for Aging and Independent Services as well as my membership on the Quality Assessment committee of the St Paul's Pace Program.

Let me start with an overview of the county's Aging and Independent Service Agency. I will follow up with a more detailed presentation of their programs in future articles.

With a staff of 390 employees and a budget of \$384 million this agency is the single largest source of funding for programs providing services to seniors in our county. Funding for the agency comes 50% from the federal government, 32% from the state of California and 18% from the county of San Diego. The agency is one of 33 similar agencies throughout the state of California.

The agency headquarters are located in Kearney Mesa within walking distance of our Village clubhouse.

The Agency's origins lie with The Older Americans Act which Lyndon Johnson signed into law in 1965 as part of his Great Society programs.

The agency's primary mission is to help seniors age safely in their own homes. This includes advocating to the County Board of Supervisors and other county agencies for the needs of the senior population. The agency contracts private service providers to offer a variety of services to the senior population.

Among the services provided are:

- Adult Protective Services (provided by county staff)
- Coordinated Care Transition Program
- Health Insurance Counseling (Elder law)
- Health Promotion
- Information and Referral Services
- In Home Supportive Services
- Multipurpose Senior Service Centers
- Ombudsman (nursing home related)
- Public Guardian/Conservator
- Veterans Services

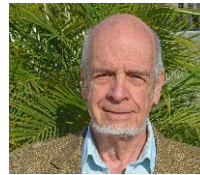
It is my intent to describe these services in more detail in the coming months.

The Village Movement is well known and supported by the San Diego County Aging and Independent Services Agency. The Village concept fits perfectly with the Agency's mission to promote healthy aging at home. Our cofounder Susan Deininger has spoken to the agency's advisory board. I make a point of promoting the Village ideal whenever possible. The former director of the agency,

Pam Smith, gave a presentation a few years ago at one of our lunch and learn activities. Support for the village movement is actually mentioned in the agencies five-year plan. Our tai chi class which is offered on Wednesdays and Fridays is funded through this county agency as part of their healthy living program. They're healthy living program has

also made three presentations at our clubhouse on managing chronic health problems.

We at the Village need to know how we can get the best service from these programs so I will devote future articles to keep you abreast of the services and initiatives coming from this county agency on aging.



**John Batchelder LCSW**  
**858-254-9011**

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## Bio for New Receptionist – Kira Riley

Kira resides in Tierrasanta, graduated with her BA from USD, and is currently attending classes at USC for a Masters Degree in Gerontology. She is eager to work in the Community that she grew up in, and very anxious to meet all our members.



She has worked as a volunteer at Elder Help of San Diego where she assisted their members with grocery shopping, provided support and companionship, and participated in many of their activities.

Please join us in welcoming Kira to our Village Family! Feel free to drop by the VMC and introduce yourself.

We also want to thank all of our volunteers who have helped us to keep the front desk open and functioning during the past 7+ months. You are ALL awesome and we would not have been able to support our members without you during this time.

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## Notes from the Care Committee

Medicare provides 5 days of respite for  
Care Givers once every 3 months  
– **Jean Kerr**

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## Notes from the Transportation Committee

Any members who wish to attend the  
Monthly Meetings and have no transportation  
(for any reason), please call Ann Hoffman (573-1643)  
and I will pick them up, or arrange for another  
member to do so; and get home again  
– **Ann Hoffman**

### **DVD Movie Party**

Once a month at the home of  
Diane Levine

**Monday, September 21, at 6 pm**

**Far From the Madding Crowd**

**With Carey Mulligan and**

**Matthias Schoenaertse**

RSVP to Diane at 858-292-0610

Space is limited to 10 members

### **Knit and Nosh**

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

**Wednesday, Sept. 16 – 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, Sept. 16 – 7 pm**

***"The Hare With Amber Eyes"***

**by Edmund de Waal**

Contact is Laurel Pfab

858-560-7826

Everyone is welcome

### **Cool Games**

**Thursdays 12 noon**

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

Contact is Emma Chevie

### **Village Walkers**

**Thursdays — 9 am**

Start at the VMC

Call the Village for information

## ***Village Interest Groups***

### **Armchair Travelers**

**Tuesday, Sept. 29 – 1 PM**

**Andre Rieu Concert Part II**

**from Melbourne, Australia**

Contact is Mike Rigdon 858-300-6821

### **Billiards**

**Mondays and Thursdays 10:15 am**

Contact is Bob Muldrew

**858-292-8405**

The pool table area is open for  
play anytime weekdays

8:30 am – 2:30 pm

### **Film Classics**

**First and 3<sup>rd</sup> Fridays**

**1 pm at the Clubhouse**

**Sept. 4 – 1 PM – Dream Girls**

An homage to the rise of the  
Supremes - style girl groups of the  
60's, and their back-stage stories of  
power, greed, ambition and  
tenacity. Fabulous music!

**Sept. 18 – 1 PM – Ashanti**

A UN doctor (Michael Caine)  
& his wife are in Africa to perform  
an inoculation program for  
villagers. His wife is kidnapped by  
modern-day ruthless slave traders,  
and abducted for future auction.  
Caine tracks her across the Sahara  
which is deadly & merciless.

Contact is Gloria Stevens

858-505-4188

### **SNAP**

(**S**ingles **N**etwork of **A**ctive **P**eople)

All Village singles are welcome.

**Saturday, Sept. 19**

Please RSVP to Barb Kanneman

858-569-8615

### **Romeo Club**

**Men's Lunch**

3<sup>rd</sup> Thursday of the month

**Museum Tour & Lunch**

**Details in Weekly E-mails**

**Thursday, Sept. 17, 12:30 pm**

Contact is Dick Rees 858-560-7908

### **The Lunch Bunch**

First Wednesday of the month

**Stein's Pub by UPS Store**

**Sept. 2 – 11:30**

**Oct. 7 – Filippi's (Kearny Villa Road)**

**Nov. 4 – Tierrasanta Mexican**

Contacts are Marilyn Bente

and Trish Newbill

### **Village Hiking**

**Second and fourth Fridays**

One hour / one mile group normally  
meets the second Friday at 9 AM.  
Two hour/two + mile group normally  
meets the fourth Friday at 8:30 AM

Contact is Bob Muldrew

**858-292-8405**

### **Mah Jongg**

**Thursdays -- VMC – 10 am to noon**

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

Contact is Fran Zweibel

858-569-8194

### **Balance, Exercise & Dance**

Get out of "BED"

And join us instead !

Have a fun filled 6 week class  
of Balance Exercise and Dance

**Wednesday Sept. 30**

**October 6, 13, 20, 27, & Nov 3**

1:15pm to 2:25 pm at

The Villa Monterey Clubhouse.

Instructors: Carole Tippet, dancer

from NYC and Bev Sheehan,

Dancer from The CYT Senior Follies!

Available to TVSD members only.

Dress comfortably, wear tennis  
shoes or comfortable shoes with  
nonskid soles.

Sign up on line or at the  
clubhouse soon, space is limited !!!

# Village Business

**Monthly Meeting**  
No Meeting in September

**Annual Meeting**  
Monday, October 5 – 6 pm  
7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

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## Board of Directors Meeting

**Thursday, Sept. 24 – 1 pm**  
**At the home of the Zweibel's**  
Agenda items must be submitted a week before the meeting.  
Meetings are open to all Village members. 858-569-8194  
**RSVP as space is limited**

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## 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, Sept. 8 – 12:30-1:30**  
or  
**Tuesday, Sept. 22 – 1:30-2:30**  
RSVP required JoAnne Kuelbs  
858-292-1578

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## Website Training

Second and fourth Mondays  
10:30 am or by appointment  
RSVP required  
Greg Zweibel 858-569-8194

## 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 entire community**

## Village Hiking

**Second and fourth Fridays**  
**One hour/one mile group**  
normally meets on the second Friday at 9 AM. North Shepherd trip: On Fri, 11 Sep 2015 we gather at Villarrica Way to travel to Portobello Drive to the edge of Mission Trails Regional Park (MTRP) - & back. (...From the south end of the mall in which the US post office resides, at the north end of Santo Road, proceed east on Portobello Drive, turn right at the third street on to Villarrica Way. Park on either side of the street next to the eucalyptus trees.)

**Two hour/two + mile group**  
normally meets on the fourth Friday at 8:30  
One half hour earlier than the one hour/one mile folks. .... Shepherd Pond trip: On Fri, 25 Sep 2015 we gather at the the three-way corner of Portobello Drive-Camino Playa Cancun - Via Valarta. (.... From the south end of the mall in which the US post office resides, at the north end of Santo Road, proceed east on Portobello Drive all the way to where the road rises & curves right. At Camino Playa Cancun, turn left, stop & park.)

Contact is Bob Muldrew  
**858-292-8405**

***What's the difference between  
In-laws and Outlaws?  
Outlaws are Wanted!***



**Dave & Marilyn Millikan**  
Our Getting to Know You  
Persons of the Month

## Adieu to Diane Roland

Some of us recall the night that Diane Roland stood up at a monthly meeting and announced she wanted to master Word on the computer, so she was going to start a TVSD newsletter. That was in 2009 and the first one page newsletter came out July 2009. Look what it has developed into—this colorful 8 page newsletter that we can't wait to get. We expect to hear from the Executive Director, see pictures of recent social events, see what the latest scam is, see what new local businesses are giving us discounts, -I could go on.

The point is that Diane has created a beautiful monthly document we are proud to share in public places as well as appreciate as our very own newspaper. I'd say she really mastered Word! Kudos to her on both counts! Many of you may already know that Diane has made a decision to sell her Tierrasanta home and move to the Vi retirement home in La Jolla.

I think it is bittersweet for her to leave us. She has loved doing The Vibes and being a Villager and yet she is looking forward to her next adventure. We thank her for her wonderful contributions to the Village and we hope our paths will cross again—after all, she'll just be in LaJolla.



We love you.....the Vibes Staff.



## World Trade Center New York

Where were you when you learned about the attack on 9/11?



Most of us still have very vivid memories of the day, where we were, what was on TV, the phone calls we got from or made to our loved ones. On my recent trip to NYC in route to England, my hotel was across the street from Ground Zero. In the AM before we went to board the ship, most in our group chose to go on a tour of the site. I didn't know what to expect as I had never been to the World Trade Center area before 9/11.

As of June 3 construction



was still going on. It was very noisy, lots of pollution stinging one's eyes. The memorial pool with all the names engraved in marble with water running over them continuously is the first thing you see.



Entering the museum, the space is very open but there are some remnants of steel girders within sight. You begin to work your way downward via stairs, escalators or ramps.



The space is stark and dark, massive seeming, and mostly all cement. Large sections of rubble are arranged in displays with explanations of their former functions in the World Trade Center; they are mutilated and mostly unrecognizable. Some walls have inspirational quotes on them. Memorial quilts are displayed. The mood is very somber.

Outside again you see the new tower completed.



It is beautiful but we were unable to enter it due to lines and time constraints.

Close by is the new incomplete Transportation Center designed by Spanish architect Santiago Calatrava to look like a bird flying from a child's hand. At certain locations along the street it appears that the new tower is rising out of the wings of the bird. Nearby are many souvenir kiosks, a newly painted fire station,



and several new glass buildings reflecting the older buildings.



Very noticeably, gawkers are in the way of those trying to go about their daily lives.

How do I describe what I felt and still feel? I feel everything and nothing. Every time I try to describe it I find new words — detached, numb, slapped in the face, sad, angry, violated, overwhelmed, horrified, disbelieving, and shocked. Being there definitely added another level to my understanding and appreciation of this historical event that has changed so much about our lives. I now truly believe our nation will never get over it and that I will reprocess it again many times for many reasons.

**Gail Schreiber**

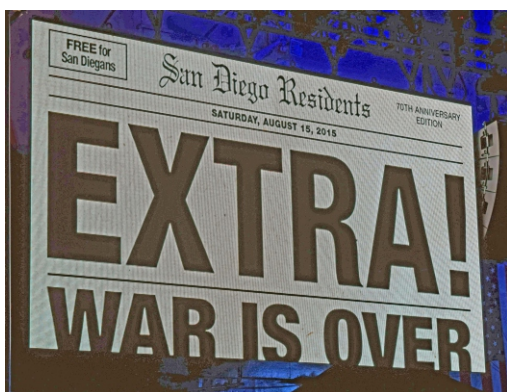


**August 15, 2015 marked the 70th Anniversary of the End of WW II.**

A huge free Celebration was held on the Flight Deck of the USS Midway Aircraft Carrier Museum. Some 90 WW II Vets, including our own member, "Clem" Clemons were honored along with their guests. A flyover of vintage aircraft was followed by a fabulous USO Show 'Recreation' with Bob Hope, the Andrews, Judy Garland, Lena Horne, and Betty Grable. Finale was a fireworks show and Swing Dancing.



Three Nuclear Carriers are a Rare Site!



"Clem" Clemons



photos by Mike Rigdon