

**Greg Zweibel**  
Interim Operations Manager

# *Tierrasanta Village of San Diego* **Village Vibes**

**"Living for Today: Planning for Tomorrow"**

**January 2016**



**Jane Quirin**  
Volunteer Coordinator

**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, print this newsletter, and create activities for different passions and interests.**

## **Board of Directors News by Joyce Muinos**

Wow! Where did 2015 go? It was a busy year, very successful and enriching for the TVSD! Take a deep breath and congratulate yourself on a job well done!

The effort between the BOD and the Core Team Chairs & Co-chairs has taken considerably more time than originally anticipated to create the re-org plan and we suddenly realized that some of us have lives, families and duties outside the TVSD!! Who would have thought? Some Board members are traveling to be with family for the Holiday: Mike is in Texas, yours truly is in Tampa and Kathy will be with her clan in LA. Fran & Greg are hosting their family for Hanukkah, Linda is busy with her kids and grand kids and Candy is enjoying her family! So, as you can see, it was just too much to "get it together" for the January meeting. The BOD asks for your understanding and patience as we delay the roll out until the February meeting. We'll wow you then!

The year end was a fun one for TVSD! Gloria started things off with a Thanksgiving dinner at Andiamo! For all who were alone, or in my case, too lazy to cook! Dinner was yummy, the company delightful and the conversation sparkling!

Next, Jocelyn and her little elves put together an amazing evening of holiday cheer for 83 members and guests for the annual Holiday Dinner! Mr. Dave Chamberlin, the Serra High School Choral group and many TVSD members provided the entertainment. Antonio from Andiamo! They prepared a special lasagna and dishes from attendees rounded out the feast! Kira was "Thanked" for her dedication to the cause and her cheerful, welcoming presence each morning.

Sadly, we retired our "banged up" ED and sent a silent prayer of gratitude that he was still with us after his accident!

**Mike's final act as ED was to ask that each of us consider a year-end donation to the organization that brought us all together! The TVSD is an all-volunteer organization that exists on the two D's; "Dues and Donations"! As always, we welcome any amount. Twenty-five dollars will almost pay our rent for one day! Our budget needs to cover rent, personnel, office supplies, tax preparation, insurance, printing, etc. Your BOD will continue to seek outside sources for services and supplies and we assure you that your tax-deductible donation will be used wisely.**

As we reflect on the year and count our blessings, let's remember to include the TVSD! We are a wonderful asset to the Tierrasanta community!

**All of our Best Wishes to You and Yours!**

## **Tierrasanta Village Donor Drive – Dec. 5 – Jan. 31**

Dear Members,

As our outgoing Executive Director Mike Sheehan so aptly expressed, now is the time for your continued generosity and support. 2015 was a great year where our core teams flourished and grew and evolved into a new way of doing business at TVSD! Our new volunteer village is strong and is joining other villages in California as we develop a California coalition to increase awareness about the impact of villages for older Californians.

Our participation in the annual survey makes our data an important part of documenting the value of villages—we will be using this data to explore fund development in several areas during the coming year. In 2016 we will be unveiling our re-organizational plan that will again mark us as a leader in the village movement.

Please make TVSD a priority and a tax deduction for you this year. If we all stand together and give back to the village, we will continue to enjoy the benefits of our camaraderie and blessings of our time together. As our BOD liaison writer to the Vibes, Joyce Muinos has said TVSD is an all-volunteer organization that exists on the two D's: "Dues and Donations". We welcome any amount. If each one of us gives what we can, together we can make a difference in 2016.

We will accept donations through January 31, 2016; however, if you wish a tax deduction for this year, we are a 501(c)3 and your gifts are 100% tax deductible. Donations can be made by cash or check payable to TVSD, or made online on our TVSD website.

We thank you for your support,

## **Your Tierrasanta Village Board of Directors**





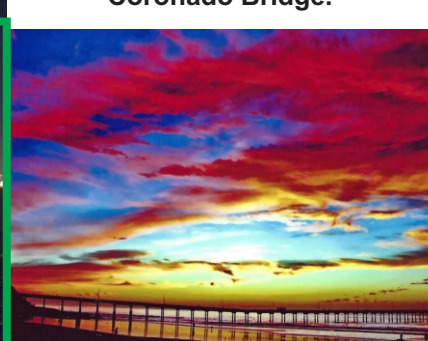
## *Parade of Lights on San Diego*



### **TVSD Night Out**

Some 20 Villagers did it up right by dining at Tom Ham's Lighthouse Restaurant on Harbor Island.

The Annual Parade of Lights begins close by and boats of all sizes cruise by our view on their way past downtown, the USS Midway, & under the Coronado Bridge.



Sunset at Ocean Beach Pier



See all Parade of Lights: <https://rigdon.smugmug.com/TVSD-Material/Parade-of-Lights-with-TVSD/>



## Board of Directors

*President*

**Linda Rees**

*Vice President*

**Kathy Guilfoyle**

*Treasurer*

**Mike Rigdon**

*Secretary*

**Fran Zweibel**

*Community Liaison  
Fundraising*

**Joyce Muinos**

*Co-Founder*

**Candy Walsh**

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*Co-Founder*

**Susan Deininger**

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*Interim  
Operations Manager*  
**Greg Zweibel**

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

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## Vibes Staff

**Editor.....Mike Rigdon**

**Proofing.....Gayle Rolan**

**Photography.....Mike Rigdon**

**Circulation.....Mike Rigdon**

Articles need to be submitted  
no later than the 15th of month

Earlier if possible!

Contact Mike at 858-300-6821  
or E-mail

[mikerigdon2000@yahoo.com](mailto:mikerigdon2000@yahoo.com)



**Adventures by the Book** sponsored a French Red Cross "Je Suis Paris" Fundraising Adventure, featuring Paris-inspired authors Susan Vreeland, Jennifer Coburn, Mary Duncan, Juliette Sobanet, Amy Finley, Jan Moran, & Bernard Guillas to benefit the Croix Rouge Française (French Red Cross). It was an insanely fantastic success. Through donations, a silent auction, and everyone's incredible generosity during the fund raiser, we raised well over our initial \$5,000 goal. **Their grand total raised for the French Red Cross was \$5,900!**



Here's hoping all Villagers had a happy and entertaining Holiday Season. See some pics of our Holiday party on page 8 of this issue! See all the pictures at:

<https://rigdon.smugmug.com/TVSD-Material/TVSD-Holiday-Party-2015/>

## **Thanksgiving Dinner at Andiamos Italian Restaurant**

Gloria Stevens co-ordinated this event for the 16 Villagers who attended for Turkey or Seafood feast on Thanksgiving Evening. A great time was had by all, old and new members!







## Ladies Holiday Tea

In celebration of the holiday season, TVSD's Operations Coordinator, Kira Riley, and her mother, Anne, hosted a traditional tea at the VMC. To the sounds of holiday music, guests sipped tea and enjoyed light snacks. It was a tranquil afternoon with wonderful company.



Our Senior Member, "Clem" met for lunch with former members Mary Fox, and Alumni members Jean Mabie, Diane Roland for lunch at the Shores in La Jolla.

## **DVD Movie Party**

Once a month at the  
home of Diane Levine

**Jan 26, 6 PM**

**"The Interns"**

Robert De Niro / Anne Hathaway  
RSVP to Diane at 858-292-0610  
Space is limited to 10 members

## **Knit and Nosh**

**4<sup>th</sup> Wednesday**

**Wednesday, January 27 – 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**

## **Village Book Club**

**Wednesday January 20 – 7 pm**

**"All the King's Men"**

Contact is Laurel Pfab  
at her House  
858-560-7826

Everyone is welcome

## **Cool Games**

**Thursdays 12 noon**

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

Contact is Emma Chevie  
858-569-5013

## **Armchair Travelers**

**Tuesday – January 5 – 1 PM**

**at the Clubhouse**

**California Missions**

Overview of Major CA Missions  
including San Diego de Alcalá.

Mike Rigdon 858-300-6821

or Register online

## **Village Interest Groups**

### **Billiards**

**Mondays and Thursdays 10:15 am**

Bob Muldrew - 858-292-8405

The pool table area is open for  
play anytime weekdays

8:30 am – 2:30 pm

### **Film Classics**

**Second and 4th Fridays**

**1 pm at the Clubhouse**

**January 8 – 1 PM**

**The King's Speech**

True Historical Drama

Won 4 Oscars for Picture, Director,  
Screenplay & Supporting Actor.

Colin Firth (Oscar Nom.) &  
Goeffrey Rush (Sup. Actor Nom.)

Upon his father's death, King  
George VI is suddenly thrust into  
the English throne to lead his  
nation, despite a lifelong debilitat-  
ing speech impediment. A Speech  
Therapist empowers the King to  
find his voice amidst royal family  
scandal and impending world war.

**January 22 – 1 PM**

**The Interpreter**

**Foreign Intrigue Thriller**

Nicole Kidman & Sean Penn

Nicole works at the United Nations  
in New York as a foreign language  
interpreter. She overhears a secret  
plan to assassinate a foreign  
diplomat due to arrive at the UN  
soon. Agent Sean Penn investigates  
her claim, only to discover her own  
dangerous past. Is she a victim  
or a suspect?

Contact is Gloria Stevens  
858-505-4188

### **The Lunch Bunch**

First Wednesday of the month

**January 6 – 11:30 – Gaetanos**

**Feb. 3 – 11:30 – Choice of Mandarin**

Contacts are Marilyn Bente  
and Trish Newbill

### **SNAP**

(Singles Network of Active People)

All Village singles are welcome.

**Saturday – January 16 - 5 PM**

Please RSVP to Fran Pierce  
858-279-8290

### **Romeo Club**

**Men's Lunch**

**Thursday, January 21 - 12:30**

Hamburgers - Mike Rigdon  
11533 Corte Playa Las Brisas  
Contact Mike 858-300-6821

### **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

### **Village Hiking**

**Second and fourth Fridays**

All hikes will start later - at 9 AM

**One hour/one mile**, East Shepherd  
Canyon (ATM to community pond, &  
back): On Fri, 08 Jan 2016 (second  
Friday), at 9 AM we'll gather at the  
ATM in the Vons shopping center.  
This is a great starter-hike with level  
terrain to the community park (&  
back). It's also scenic & guaranteed  
to view water.

**Two hour/two + mile**, Shepherd  
Loop (ATM through East Shepherd  
Canyon, to Mission Trails Regional  
Park connector, to North Shepherd  
Canyon): On Fri, 22 Jan 2016 (fourth  
Friday), at 9 AM we'll gather at the  
ATM in the Vons shopping center.  
This route is relatively flat with only a  
few small/moderate hills. It's a great  
time of year to get out there to see  
interesting terrain, & some water.

### **Village Walkers**

**Thursdays — 9 am**

Start at the VMC

Call the Village for information



# Village Business

## Monthly Meeting

Monday, January 4 – 6 to 8 pm  
7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Board of Directors Meeting

January 28 – 1 PM

Location to be Determined

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

## 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

No Meeting in December

**Tuesday January 12 – 12:30-2:30**

RSVP required to

JoAnne Kuelbs 858-292-1578

## Website Training

Second and fourth Mondays 10:30  
am or by appointment

RSVP required

Greg Zweibel 858-569-8194

## New Balance Class

**Tuesdays 9 AM**

First Class Free - then \$5

New Instructor: Mary Maine

## Chair Yoga for Seniors

Monday, Wednesday and Friday  
at 9 am

## AIS Tai Chi Class

Wednesday and Friday at 10 am

This class is open

to the entire community

Do not contact the Village office.

## Member / Guest Wine & Cheese Party

Friday – January 22  
4 to 6 PM  
at the Clubhouse

Bring a friend, neighbor,  
acquaintance,  
(prospective member)  
to encourage them to  
join our wonderful  
vibrant & friendly  
Village  
Invitations will be at  
the Clubhouse

## Pocket Pool Class

A pocket pool school for  
beginners will be put-on starting  
on Thu, 07Jan 2016 at 10:15 AM  
and run for all four Thursdays in  
January. .... If you have some  
experience, but want to brush up  
on the basics; it's OK to attend  
too. .... Since we only have two  
pool tables, six attendees is the  
most we can accommodate.

Reserve a spot (, or take a  
chance & show up for a vacant  
place). .... This sport is good for  
mental development & using  
logic, and developing balance &  
body mechanics. .... Graduates a  
year ago included Arleen  
Hitchcock & Martin Sandman.

## The Resource File

The San Diego County Aging and Independent Services Agency has a primary responsibility for monitoring conditions in assisted living and skilled nursing homes, as well as the duty to protect the rights of the residents. All skilled nursing homes are visited on a weekly basis while assisted living facilities are visited monthly. That involves over 90 skilled nursing homes and more than 650 assisted living facilities. This task is performed by a staff of only 11 county employees. The volunteers of the Long Term Care Omnibus program are the critical key to completing the coverage of these extensive facilities. Currently the county has 80 omnibus long term care volunteers. They are continually recruiting additional volunteers. Their goal is 140 volunteers.

The program is presently recovering from major budget cuts brought on by the Federal budget sequester. This would be a great opportunity for an active and concerned Village member. Volunteer candidates complete 36 hours of training and 10 hours of supervision before taking on their duties. All volunteers are vetted by Sacramento and certified by the state. Certified volunteers are expected to commit for one year and provide 20 hours per month of coverage. These volunteers are advocates for the residents of the facility. It is their job, in conjunction with the agency staff, to interview any residents who have concerns.

Frequently omnibus volunteers find it useful to attend resident Council meetings and get to know individuals on a first name basis. The rights of individuals in nursing homes and assisted living are extensive and protected by law. Unfortunately many residents and their families are not familiar with their protections and it is the duty of the agency and it's volunteers to see that they are properly informed.

Anyone interested in becoming a volunteer and undergoing training toward certifications encouraged to call the agency at 800-640-4661.  
(this information courtesy of Kristen Rigbee of the AIS agency).

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



## **BIG - PICTURE LOOK AT THE HOLY LAND**

### **IMAX FILM AT REUBEN FLEET SCIENCE CENTER THEATRE**

The film "JERUSALEM" offers an unprecedented archeological, artistic, and scientific perspective on a city with a 5,000 year history. It's been conquered, destroyed, re-built, reinvented and fought over more than any other site in history.

Excavations reveal archeologic layers that tell about the peoples there through the ages, and how cultures and religions lived. Special permits for spectacular aerial footage over no-fly zones (inaccessible to tourists) took a year, revealing stunning beauty.

With its cultural and religious diversity, "JERUSALEM" is explored from an archeology and science angle, not a religious or political approach.

**WHAT:** Lunch & IMAX Movie "JERUSALEM"  
Balboa Park

**WHEN:** Monday - January 11, 2016  
(Carpool from McDonalds - 11:15 AM)

**WHERE:** Lunch 12 - 1 PM Prado Bar - Balboa Park  
Movie - 2 PM IMAX Theatre  
Reuben H. Fleet Science Center

**Tickets:** \$17.95 (Seniors 65 +) Bring ID

**RSVP:** TVSD Office: 858-569-9119

### **Christmas in Tierrasanta 2015**

**Saturday, December 5**

The Island in the Hills celebrated "Christmas in Tierrasanta" sponsored by the Tierrasanta Foundation and organized by San Terra Properties owners, Kim Klecan and TK Kilinoi.....Families were treated to visits with Santa with photos commemorating the event, tastings of every kind at Country Wines & Spirits, mini massages from Pure Spa & Chiropractic, Carrolers, balloons, face painting, an opportunity drawing and.....Snow! Right here in Tierrasanta!

It turned out to be a wonderful family event with all the proceeds going to the Armed Services YMCA for their "The Christmas You Missed" program, a party held in the summer for those who were deployed over Christmas.

Many thanks to all the generous TVSD bakers and to those shown (and Linda & Dick Rees) who helped to "person" our Bake Sale! The TVSD donated \$200 to the event in addition to two \$25 Gift Certificates donated in the TVSD name by Candy & PK Walsh! TVSD, again, supports our Tierrasanta Community!







Santa forgot  
his pants



TVSD Holiday Party 2015  
A great musical & entertainment evening



Joyce & Team served a  
wonderful Lasagna dinner