



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

March 2017

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.

Greetings, Villagers! ...Joyce Muinos

I have been in Tampa for 2½ months already and, I can't tell you how much I've missed my Village and my Tierrasanta! As hard as it is for me to accept, it seems that everyone is doing quite well in my absence!! That really does not do much for my self-esteem! Your new Board of Directors held the Annual Retreat/Transition Meeting on February 23rd at the home of Linda Rees and laid the groundwork for another fabulous Village Year! Highlights of the Transition meeting will be shared with you at the March General Meeting. As a test, we're trying an afternoon meeting at 2 PM at the Seventh Day Adventist Church. I suggest that you please register for the General meeting. We could pack the room and we want to make sure everyone is comfortable! It is the hope of the BOD that the afternoon meeting will bring more members and facilitate the exchange of information and ideas! Many members (not mentioning any names) complain that they aren't aware of some of our events, socials, etc. Of course, each one of these are discussed at the general meetings, announced on line on our very entertaining website, listed on the activity calendar and... advertised in the beautiful Village Vibes! C'mon, people!

Of course, your Social Committee is always thinking of good times and they've planned another St. Patrick's Pot Luck for all Villagers on March 17th at the VMHOA Clubhouse. If you've never been to one of our pot luck lunches, you are missing out big time! Food, fun and frivolity! This is a big-seller, make your reservations early and

don't forget to wear something Green!

The Membership Team is also busy trying to spread the word about our Village. They will be sponsoring a Happy Hour on March 16th, from 4 'til 6 PM at the VMHOA Clubhouse. This is an informational meeting for prospective members. Members are invited, but, you must bring a prospective member! There's plenty fun for everyone – spread the word and invite your neighbors!

I also want to recognize the efforts of Janice Trantham and Fran Zweibel in convincing the Copley Foundation that the Village was a worthy investment, in spite of the fact that we didn't meet their Grant criteria! The Foundation was so impressed with our TVSD and Janice and Fran's presentation, that they sent us a “discretionary” check in the amount of \$2500 to use toward some of our worthwhile programs! Thank you, ladies, for your effort and thanks to the Copley Foundation for their generosity!

Janice has also prepared the application for the San Diego County Community Enhancement Program funding. It is with these and our annual appeal dollars that we can afford to continue to bring classes and programs of interest to our members to the Village. Our dues keep the lights on, give us shelter, insurance, a phone and a very competent front desk administrator. Everything else is “extra” and the Grant dollars help cover the “extras”!

Again, I've created a space problem for Mike R! I think that better be all for now! I sincerely miss you all!! Adios!

Village Business

Monthly Meeting

Our next monthly meeting

Monday March 6

NEW TEST TIME – 2 - 3:30 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training

March 14 – 12:30-2:30 PM

Time Bank Continental Breakfast
March 25 from 10 AM to Noon
at Candy Walsh's home. We will be discussing Offers & Requests and identifying new ones.

RSVP Required to
JoAnne Kuelbs
858-292-1578

Website Training

2nd Monday only or on request.

10:30 am or by appointment
RSVP required
Greg Zweibel **858-569-8194**

Balance & Strength Class

Tuesdays & Thursday 9 AM

Instructor: Mary Maine

Chair Yoga for Seniors

Monday, Wednesday and Friday
9 AM

Aging & Independent Services

Tai Chi Class

Wednesday and Friday at 10 AM
Open to the entire community.

Cover Photo
Villager "Clem" Clemons
helping fold
the giant US Flag
at Fort McHenry
in Baltimore Harbor



St. Patrick's Day
Potluck Luncheon
Friday, March 17, 2017
11:30 AM to 2:30 PM
Villa Monterey Clubhouse



Register online or call TVSD Office: 858-569-9119
Indicate dish you will bring
(Salad, Entree, Side Dish, Dessert)



Musical Entertainment
will be provided by Marti Batchelder



Bunko Nights

Evening bunko has proven to be a night full of fun and camaraderie as 16 players roll the dice and try to get the most wins, losses, bunkos or junkos!!! The game is played each month and subs are always needed to fill 3 or 4 tables. Contact Ginny VanBenthuyssen or Sue Christian if interested in playing.



Prospective Members

Wine & Cheese Social



What: Tierrasanta Village Happy Hour Informational
Social for Prospective Members

When: Thursday, March 16, 2017 from 4:00-6:00 PM

Where: Villa Monterey Clubhouse - 5275 Rimpark Lane

Why: Members may come if they bring a prospective new member(s). Please join us!

RSVP: by **March 13th** to the Village office at 858-569-9119
Monday-Friday 8:30-12:30

Board of Directors

President

Linda Rees

Vice President - Administration

Fran Zweibel

*Vice President - Fund
Development*

Janice Trantham

Treasurer

Mike Rigdon

Secretary

Patty Mudd

*Community Liaison
& Fundraising*
Joyce Muinos

Member at Large Membership

Ginny VanBenthuisen

Member at Large

*Volunteers & Neighborhood
Groups*

Marilyn Bente & Jeanette Vlassis

Time Bank

Candy Walsh

Co-Founders

Candy Walsh

Susan Deininger LCSW

Operations Manager
Greg Zweibel

Front Desk Coordinator

Missy Rainier

569-9119

**TVSD is a 501c3 organization
Federal Tax ID # 26-2975168**

Vibes Staff

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Proofing, Event & Calender

Barbara Kanneman

Gayle Rolan

**Contact Mike at 858-300-6821
or mikerigdon2000@yahoo.com**

WHY IS REGISTERING FOR EVENTS IMPORTANT?

As many of you are aware, the Village to Village Network and Beacon Hill Village 15 Year Celebration Webinar, with guest speaker, Dr. Atul Gawande, author of "Being Mortal" scheduled for Monday, February 13, 2017, was cancelled. We had 41 people who had registered to attend this event, a few of whom were not TVSD members.

When I received the notification that the Webinar had been cancelled due to the blizzard conditions in the Boston area, I immediately sent an email to all our members, as well as our non-member database, to inform everyone about the cancellation. In addition, we were able to call each and every person who had registered, speaking to them either personally or by leaving a detailed message.

The moral of this story is that if we had **NOT** had these registrations, we would **NOT** have known who was planning to attend and **NOT** have been able to contact everyone. In fact, we were advised by some of our members that they do not regularly read their emails and most likely would not have known about the cancellation. Therefore, please think about registering for events in the future – it not only benefits the Village but it assists you in your planning as well. This is exactly why many of us have been urging you to register for all events! If you need assistance, please do not hesitate to contact us – we are there to help you!

For your information, the Village to Village Network is planning to reschedule this event sometime this summer. We will keep you posted you as soon as we receive information.

Thank you!.....**Francine Zweibel**

Veterans who qualify for these FREE SERVICES

. For Veterans who frequently fall and/or have fractures, the Primary Doctor can request Home Aid Assistance, PT / OT for in-home sessions

. For Veterans who have a tendency for falling, the Primary Dr. can request **Personal Emergency Response System** that includes:
No Activation costs, contracts or monthly fees.

Upon request, you can request Emergency Wall Communicators for areas to be mounted in your home.....**Trish Newbill**

Dear Villagers (friends):

Why do I have a variety of friends who are all so different in character?

How is it possible that I can get along with them all? I think that each one helps to bring out a "different" part of me. With one of them I am polite. With another I joke. I can sit down and talk about serious matters with one. With another I laugh a lot. I listen to one friend's problems. Then I listen to another one's advice for me.

My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box, a treasure of friends! They are my friends who understand me better than I understand myself. They're friends who support me through good days and bad.

Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (for Friends) and counts the benefits of friends as essential to our well being. Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress; even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%. I'm so happy that I have a stock of Vitamin F!

In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together and pray for each other in the tough moments.

Thank you for being one of my Vitamins!**Fran Zweibel**

SUN	MON	TUE	WED	THU	FRI	SAT
	Time Bank Continental Breakfast March 25 – 10:00 to Noon at Candy Walsh's home.	SNAP March 18– 11:30 Maggies Cafe Contact: Gloria Stevens	1 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch	2 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games 6:30 PM - Tierrasanta Talks "1000 Places To See"	3 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movie "The Last Station" Helen Mirren Christopher Plummer	4
5	6 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 2:00 PM - MEMBERS MONTHLY MEETING	7 9:00 AM - Balance Class 10:00 AM - Armchair Travelers 10:00 AM - Grocery Shopping	8 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	9 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	10 9:00 AM - Chair Yoga 9:00 AM - Fri, 10 Mar 2017: "1.5 hr/1.5+ mi. (Mission Trails)" 10:00 AM - Tai Chi	11
12	13 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - Website Training 12:30 PM - Monday Bridge	14 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Time Bank Orientation & Training	15 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Tierrasanta Village Book Club	16 9 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Men 12:30 PM - Games 4:00 PM - Prospective Members Happy Hour	17 St Patrick's Day 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - St. Patrick's Day Potluck Lunch	18 S N A P
19	20 Vernal Equinox 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	21 9 AM - Balance Class 10 AM - Grocery Shopping 10:15 AM - Knit & Nosh 12:30 PM - Core Strength and Balance Lecture 6:00 PM - BUNKO	22 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	23 9 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games 1 PM - Bd. Of Directors Meeting	24 VMC CLOSED ALL DAY TO TVSD!! Clubhouse Rented All Day For A Private Party. 9:00 AM - "2 hr/2+ mi. (T. Canyons)"	25 See Top Box
26	27 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	28 9 AM - Balance Class 10 AM - Grocery Shopping 12:30 PM - Care Committee Meeting 6:00 PM - DVD Movie Party " Manchester by the Sea"	29 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	30 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	31 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	

Tierrasanta Village of San Diego Village Business Supporters

Choice of Mandarin

10% off your bill; dine in only;
with your membership card
10645-F Tierrasanta Blvd
858-268-0979

Tierrasanta UPS Store

10% off all products and services
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10601-G Tierrasanta Blvd.
858-292-8633

Elam's Hallmark

"Your Neighborhood Gift Store"
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Christmas ornaments...with your
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Crown Rewards card
10621 Tierrasanta Blvd.
858-268-0810

Tierrasanta Mexican Restaurant

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Road Suite E-F 858-277-3412

Long Island Mike's Pizza

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Cannot use with other coupons
5250 Murphy Canyon Road
858-569-7499
longislandmikespizza.com

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\$5 off the hourly rate Art
Larkin
858-277-4131
pctraining@pacbell.net

Gaetano's Italian Restaurant

Monday-Thursday
10% off your bill dine in only
with your membership card
10615-H Tierrasanta Blvd
858-565-1665

Tierrasanta Ace Hardware

Mike and Susan Scruggs, Owners
5% off with your membership card.
10615-A Tierrasanta Blvd.
858-573-9600
TierrasantaAce.com

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5% off dry cleaning
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5950-J Santo Road
858-292-5049

Sub-Marina #2

\$1 off any sandwich
with your membership
card 10645-Z
Tierrasanta Blvd
858-560-5420

**These local
businesses support
the Village.
Be sure to support them.**

Beautician

Brittany Killen-Scruggs
15% off for Villagers
4240 Kearny Mesa Rd #105
858-616-7377

Island Style Café

10% off your bill; dine in
only with your membership
card 5959-K Santo Road
858-541-7002

Magic Mel Hair Creations
Van T. Truong
Aesthetician
10% off with membership card
10601 Tierrasanta Blvd. - Suite J
San Diego
858-204-8204 (cell)



Property Management-1 month FREE
+Reduced Rate - Buying or Selling?
Discounted fees for Villagers
Kim Klecan Owner/Realtor,
Tierrasanta resident, 25 yrs experience
619-261-9612

Baskin Robbins

10% off any drink; 10% off ice
cream cakes over \$20 and
10% off 2 scoop sundaes
with your membership card
10601-C Tierrasanta Blvd
858-560-6931

Dr. Paul V. Koepke, D.D.S.



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10% Senior Discount Offered

Primo Market

proudly opens a new
Deli / Meat Market
& Hot Lunch Area
It's Great & Inexpensive!

DVD Movie Party

Tuesday, March 28, 6 pm.
"Manchester by the Sea"

Casey Affleck / Michelle Williams
RSVP to Diane 858-292-0610
Space is limited to 10 members

Knit & Nosh

3rd Tuesday -

March 21 – 10:15 to 11:30

We knit/crochet baby blankets, scarves, and hats for breast cancer survivors, and lap blankets for Vets and residential care patients.

Contact: Virginia Inouye

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 Office to get on the list for new groups.

Village Book Club

Wednesday March 15– 7 PM

"The President's Club"

Contact: JoAnne Kuelbs
858-292-1578

Cool Games

Thursdays 12:30-2:30

Come join us for games on Thurs. afternoons. Bring a non-messy snack and a beverage of your choice and maybe a new game you'd like to try or an old favorite. We do have some at the VMC but we are a lively bunch and willing to try new.

Donna Dobey (new contact since we seem to have misplaced Emma.)
857-279-0964

Friends of the Tierrasanta Library – Used Book Sale

Friday, March 3 from
11:30 a.m. to 5:00 p.m.

Saturday, March 4 from
9:30 a.m. to 3:00 p.m.

Monday, March 6 from
9:30 a.m. to 5:00 p.m.

Village Interest Groups

Billiards

Mondays & 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

12:30 pm at the Clubhouse

Friday – March 3 – 12:30 - 3PM

"The Last Station"

2009 Drama / Comedy

Leo Tolstoy Biography

Helen Mirren (Oscar Nominee:

Golden Globe; & Screen Actors Guild

Christopher Plummer (Oscar Nom.)

Paul Giamatti

A true story based on the last years of Russian literary icon – Leo Tolstoy (Plummer). His new "Socialist" political principles require that he renounce his wealth, property, & royalties from his many famous books & writings. He intends to change his will, giving all to the "people of Russia," leaving his wife (Mirren) & 8 children without income. His enraged wife wages a one-woman war, & sets out to stop her husband's outrageous, idealistic folly.

Friday – March 17 – NO MOVIE

St. Patrick's Potluck lunch
replaces the movie.

Gloria Stevens: 858-505-4188

Lunch Bunch

March 1 – 11:30

Bud's Louisiana Café
(day after Mardi Gras)

Marilyn Bente: 569-5919

Armchair Traveler

Tuesday, March 7 – 10-11:30

Narrow Escape – Drama / Navy Film
based on True Story of Korean War

Mike Rigdon 858-300-6821

Romeo Club

March 16 - Noon to 2 PM

Car pool to Admiral Baker Field
RSVP on Website ASAP

SNAP

(Singles Network of Active People)
All Village singles are welcome.

Saturday – March 18–5 PM

Maggie's Cafe

Gloria Stevens: 858-505-4188

Mah Jongg

Thursdays -- VMC – 10 AM to noon

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

Contact: Fran Zweibel 858-569-8194

Village Hiking

1.5 hours/1.5+ miles (MTRP - Mission Trails Regional Park), Quarry Loop: On **Fri, 10 Mar 2017 (second Friday), we gather at 9 AM.**

(Drive east on Clairemont Mesa Blvd to the end; park on the street (either side) just outside the gate; we'll meet at the gate.) We walk across a long metal bridge & slowly climb a 100 foot hill. Past the top, it's largely down hill or almost level the rest of the way.

We get a great view of the active Quarry that's down near Mission Gorge Road. The trail is mostly a three foot wide path, through chaparral. Everything is very green; many comments say it "looks like Ireland" now.

2 hours/2+ miles (Tierrasanta Canyons)

Shepherd Loop (clockwise - community pond toward Santo): On **Fri, 24 Mar 2017 (fourth Friday), we gather at 9 AM.** (Go north on Santo Road past the Von's shopping center, to turn right on Antigua Road. At the next right turn, go east on Playa Veracruz to just past the Playa Encino intersection where there's a gate on the right. Stop/park.) The route has mostly 6 foot wide utility roads, plus some 3 foot wide paths. You're mostly in canyons (North Shepherd, then by connecting trails over to East Shepherd); the water down the bottom makes the vegetation more lush than up on the dryer hills.

Bob Muldrew: 858-292-8405



**St. Valentines Day
Lunch
with the Romeo Men
and their Valentines
at Andiamos!
Feb 14, 2017**



Help Finish The Fight Against Cancer!



Relay For Life Of Tierrasanta April 22-23, 2017 9:00am-9:00am

Villa Norte Park
6599 Antigua Blvd
San Diego, CA

For more information contact Event Leads
Fran Zweibel (858-569-8194)
or **Marilyn Bente (858-569-5919)**
Or visit our website at

RelayForLife.org/TierrasantaCA



f Relay For Life of Tierrasanta/Murphy Canyon

Learn more at RelayForLife.org
Celebrate. Remember. Fight Back.®



In Memory of Carol McGeachy December 30, 1928 - January 25, 2017

Carol McGeachy, a long-time Tierrasanta Village member, passed away peacefully at her home on January 25, 2017, at the age of 88. She leaves behind her daughter, Joan McGeachy, also a Village member, sons John and Jeff McGeachy, daughter-in-law Jennifer McGeachy, and two grandsons, Gordon and Jack McGeachy, all of Tierrasanta. Carol moved to Tierrasanta in 2008. After joining the Village she enjoyed socializing at many Village activities, including monthly general meetings, SNAP, Chair Yoga, movies at the VMC, Armchair Traveler, and holiday potlucks. Her family is grateful for the friendships she made and the wonderful times she had with Villagers.



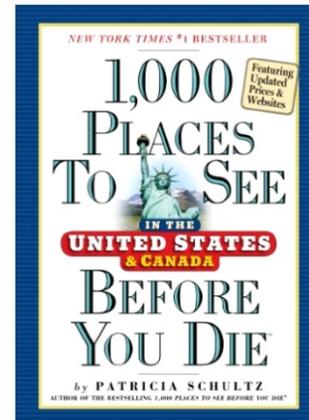
Adventures by the Book

Tierrasanta Talks: 1000 Places Adventure with internationally bestselling author and go-to travel guide, Patricia Schultz

**Thursday, March 2, 2017 at 6:15pm at the Seventh-day Adventist Church.
11260 Clairemont Mesa Blvd, San Diego**

Tierrasanta based *Adventures by the Book*, in support of Tierrasanta Village of San Diego (TVSD), is pleased to continue its exciting program, "Tierrasanta Talks," featuring revolutionary travel writer and #1 *New York Times* & internationally bestselling author, Patricia Schultz, on Thursday, March 2, 2017 at 6:15pm at the Seventh-day Adventist Church.

The public is invited to join us for an exclusive San Diego event to meet the mastermind behind the game-changing, #1 *New York Times* bestseller, *1000 Place to See Before You Die*. Patricia Schultz will speak to us on how she has been inspired to see the world and share it with her readers. She will give guests all the tips & tricks she has learned for finding the best experience wherever she travels. With a special emphasis on the USA & Canada, through a vivid visual presentation Patricia will also reveal images of the many new additions to the revised edition of her book that you will immediately want to add to your bucket list!



Similar in concept to the enormously popular TED Talks, "Tierrasanta Talks" is open to the public and features speakers of renown, interest, or inspiration. The launch event in February 2015, featuring Pulitzer Prize winner Steve Breen, drew out a crowd of about 100 people, who were mesmerized by Steve's talent and stories. Speakers have also included Georgeanne Irvine from the San Diego Zoo and KPBS Midday Edition host Maureen Cavanaugh.

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. You may also register at, or by calling, the TVSD office at (858) 569-9119 (**paying at the office is by check only**). 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!

About the Speaker: Patricia Schultz is the author of the #1 *New York Times* bestsellers *1000 Places to See Before You Die* and *1000 Places to See in the United States and Canada Before You Die*. A veteran travel journalist with 25 years of experience, she has written for guides such as Frommer's and Berlitz and periodicals including *The Wall Street Journal* and *Travel Weekly*. She also executive-produced a Travel Channel television show based on *1000 Places to See Before You Die*.