



Tierrasanta Village of San Diego **Village Vibes**

“Living for Today: Planning for Tomorrow”

April 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



Hola Villagers! I hope that you've all recovered from losing that hour in March and you're enjoying the beautiful flowers and greenery resulting from the rain.

We are all to be congratulated for the outstanding success of our last Tierrasanta Talks! Thanks to everyone who spread the word, invited their friends and attended this most informative and entertaining event! Ms. Shultz was so well received, that we are considering another appearance – watch for details.

It seems that the trial afternoon member's meeting was also a hit with most Villagers. We had a terrific attendance and even saw a few members who have never been to a meeting! We hope they'll be back now that they know how much fun we are! We'll try the early meeting time again in April. Please feel free to share your opinion about the new time with any BOD member or Greg when you have a chance.

Of course, the St. Pat's Day Potluck was, as always, a smashing success thanks to the fabulous Social Committee! If you missed this one, you missed one of the best! Thirty-six members and guests enjoyed Irish tunes as background music, delicious food, drinks, an Irish Quiz and a great time with great friends!

The Membership Committee has also been busy. They hosted a Prospective Members Wine and Cheese Party on March 16th at the VMHOA Clubhouse and Ginny Van Benthuyzen reports: “Fifteen guests were greeted with welcoming smiles

as they walked through our doors. A big thanks to those Village members who brought guests and also to everyone who contributed food, beverages and time to make this such a successful event! It was great to see people from our community connecting with friends, new and familiar. As members spoke about our Village, it was clear to our guests that we have a wonderful group of people who work hard, have fun and care about each other. Our Bev even wrote a special song for the event!” We have a few new members as a result of the good work by all!

Ok. Now we're going to help “Finish the Fight against Cancer” by supporting the Tierrasanta Relay for Life on April 22 & 23 at Villa Norte Community Park. Our Team Captains, Marilyn Bente and Fran Zweibel are veterans at chairing this event and making sure that all TVSD members get the word on the activities. Every Villager has been touched by this disease in some way and, often, the outcome was life-changing! This is our opportunity to stand up and fight back! The TVSD will sponsor the Bake Sale – a real money maker for the cause! You can make a difference by: joining our Team of walkers, volunteering to work the Bake Sale, donating cakes, cookies, brownies, etc. to the Sale, or, making a monetary donation to TEAM TVSD! Please, show your support and help Tierrasanta make this the year that we found a cure!!

Happy Spring!

Village Business

Monthly Meeting

Our next monthly meeting

Monday April 3

2 - 3:30 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training

April 11 – 12:30-2:30 PM

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

US Navy
Seal Team "Leap Frogs"
skydive onto the
deck of the USS Midway
March 29, 2017



TVSD Neighborhood Group Get-Together



Friday, March 10, marked the first meeting of the neighborhood groups for 2017. JoAnne Kuelbs, captain of the Villa Monterey group welcomed six of her TVSD neighbors to her home for a get-together. We all got to know one another a little better and shared some ideas and recommendations for new activities for the Village. Administration Chair, Fran Zweibel, attended and was pleased to have feedback about the change in time from evening to afternoon for the monthly business meetings.

Jeanette Vlassis and Marilyn Bente were introduced as new board members with the responsibility of overseeing the neighborhood groups and volunteers. They asked for suggestions about these two tasks and received some good feedback. We all agreed that our first get-together was both fun and productive and that we would like to meet again later this year.

Villa Monterey and Villa Tierrasanta residents in attendance were: JoAnne Kuelbs and Diane Levine (the neighborhood captains), Barbara Allison, Marilyn Bente, Diane Crawford, Nancy Fahien, and Laurel Pfab.



Tierrasanta Village Board Members met for a Retreat at the home of Dick and Linda Rees in February.

BR: Mike Rigdon, Fran Zweibel, Linda Rees, Patty Mudd.

FR: Janice Trantham, Ginny VanBenthuyssen,
Jeanette Vlassis, Candy Walsh.

Missing: Joyce Muinos, Marilyn Bente.

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 VanBenthuyssen

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

Tierrasanta Village Book Club

On Wednesday evening, March 15, the seven active readers of the TVSD Book Club met to discuss *The Presidents Club* by Michael Duffy and Nancy Gibbs. This is a non-fiction book about "the world's most exclusive fraternity", the ex-presidents of the United States, from Hoover to Obama, and how they have formed an alliance to serve the country through their experience, duty, and humanitarian efforts.

Our next discussion will take place on Wednesday, April 19, at 7:00 pm. The book will be a fiction this time: *The Woman on the Stairs* by Bernhard Schlink, the German author of *The Reader*. Here is a hint of what it is about: In a museum far from home a man stumbles onto a painting of a woman for whom he once, long ago, risked everything and who then mysteriously disappeared from his life.....

We meet the third Wednesday of the month and all TVSD members are welcome to join us. Here are our upcoming reads:

May: *The Whistling Season* by Ivan Doig

June: *The Sympathizer* by Viet Thanh Nguyen

July: *Hillbilly Elegy* by J.D. Vance

Marilyn Bente & JoAnn Kuelbs

Summers Past Farms

15602 Olde Hwy 80 Flinn Springs, CA 92021

Antique & Craft Fair ~ Saturday, April 15th

Carpool from McDonalds at 8:30 AM to 2 PM

Male Villagers will enjoy this day trip too, so come on, Guys!!!

RSVP on the TVSD website or call Missy at 858-569-9119



**Time Bank
Members** met
for Breakfast
and planning
session last
month.

Available offers using our "resource full" Time Bank

Are you aware that someone will do your grocery shopping locally or at Costco and Sprouts? If you are interested in learning French or polishing it up, there is a tutor nearby. If you need something written using calligraphy, that is also available. There are also some handyman requests as well as the need for advice for computer users. These exchanges are available to Time Bank members. If you are not a member, consider joining! You will find this group a very lively and friendly bunch with lots to offer other Villagers.



SUN	MON	TUE	WED	THU	FRI	SAT
2	3 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 2:00 PM - MEMBERS MONTHLY MEETING	4 9:00 AM - Balance Class 10:00 AM - Armchair Traveler - Mexico Cruise See Page 8 of Vibes 10:00 AM - Grocery Shopping	5 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch Elijah's Restaurant	6 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	7 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "EAT PRAY LOVE" Julia Roberts	8 S N A P
9	10 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - Website Training 12:30 PM - Monday Bridge	11 Passover (1st Day) 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Time Bank Orientation & Training	12 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	13 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	14 Good Friday 9:00 - "1 hour/1 mile hike (Introductory)" 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	15 8:30 AM - See box below
16	17 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	18 9:00 AM - Balance Class 10 AM - Grocery Shopping 10:15 AM - Knit & Nosh 10:30 AM - Luminaria Bags "Make it, Take it" 6:00 PM - BUNKO	19 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Tierrasanta Village Book Club "The Woman on the Stairs" by Bernhard Schlink	20 9:00 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	21 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "The Monuments Men" George Clooney Matt Damon	22 Relay for Life
23 Relay for Life	24 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	25 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 10:30 AM - Coloring Time 12:30 PM - Care Committee Meeting 6:00 PM - DVD Movie Party	26 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Care Comm Program on FALL PREVENTION	27 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games 1:00 PM - Board Of Directors	28 9:00 AM - "2 hr./2+ mi. hike (Tierrasanta Canyons)" 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	29
30	May 1	May 2	<div> Summers Past Farms -April 15 – 8:30 A day at the Antique & Crafts Fair - Flynn Springs </div>	<div> American Cancer Society Relay for Life See Page 5 for Full Details </div>	<div> SNAP - Singles Network of Active People April 8– 5:00 Bangkok West Thai Cafe </div>	

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



Relay For Life of Tierrasanta/Murphy Canyon

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



DVD Movie Party

Tuesday, April 25, 6 pm.

Sully

With Tom Hanks & Aaron Eckhart
RSVP to Diane 858-292-0610
Space is limited to 10 members

Knit & Nosh

3rd Tuesday - April 18

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 April 19– 7 PM

"The Woman on the Stairs"

by Bernhard Schlink

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. We are a lively bunch and willing to try new games.

Donna Dobey

857-279-0964

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 – April 7 – 12:30 - 3PM

"EAT PRAY LOVE"

2010 Drama / Romance

Julia Roberts Javier Bardem

James Franco Viola Davis

Based on Elizabeth Gilbert's memoir, a career woman leaves her comfortable life, house, husband, & career in hopes of finding happiness on a trip around the world. She learns the pleasure of food in Italy, spiritual solace in India, & in Bali the unexpected danger of falling in love. An easygoing blend of self-discovery, wish fulfillment, vicarious luxury, wry humor & spiritual uplift.

Friday – April 21

"The Monuments Men"

2009 Suspense / Thriller

George Clooney Matt Damon

Cate Blanchett Bill Murray

True story of 350 special men & women in the Fine Arts & Archives Section of the American Army during WW II. As Hitler was robbing & pillaging all the finest art in Europe, the "Monuments Men" (as they were called) looked for all the looted treasures before the Nazis could reach or destroy them. This specially recruited platoon of art historians, museum curators, art conservators were trying to preserve the world's cultural heritage & 1,000 years of priceless art, all at the risk of their own lives.

Gloria Stevens: 858-505-4188

Lunch Bunch

April 5 – 11:30

Elijah's Restaurant

May 3 – 11:30

Tierrasanta Mexican Restaurant

Marilyn Bente: 569-5919

Armchair Traveler

Tuesday, April 4 – 10-11:30

Preview of Mexico Cruise

Ports of Call in October

Mike Rigdon 858-300-6821

Romeo Club

Thursday, April 20 - 11:30 to 2 PM

Choice of Mandarin

RSVP on Website ASAP

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – April 8–5 PM

Bangkok West Thai Cafe

Laurel Pfab 560-7826

or Nancy Fahien 560-7431

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

One hour/one mile (Introductory), North Rueda Canyon - walk north from Tierrasanta Blvd up-a-ways in the canyon, & then back to the starting point: On **Fri, 14 Apr 2017** (second Friday) at 9 AM, we gather on Rueda Drive next to Tierrasanta Blvd. (Drive east on Tierrasanta Blvd, past the library & down the hill to Rueda Drive, turn left & park.) The route is relatively flat along the canyon floor. The trail starts as a six foot wide utility gravel road but eventually narrows to a three foot wide trail. This season the vegetation is very diverse.

2 hour/2+ miles (Tierrasanta Canyons) Northwest canyon Loop - this route pieces together various park, open space, & private walkways to give an interesting view of this section of our community. On **Fri, Apr 28 2017** (fourth Friday), we gather at 9 AM. (Meet at the ATM at the north end of the Vons shopping center, next to Santo Road.) There is some up & down. Long pants & a walking stick are recommended (- some spare sticks are available to use). This time of year is a great time to be outdoors.

Bob Muldrew: 858-292-8405

Friends of the Tierrasanta Library – Used Book Sale

Friday, April 7 from

11:30 a.m. to 5:00 p.m.

Saturday, April 8 from

9:30 a.m. to 3:00 p.m.

Monday, April 10 from

9:30 a.m. to 5:00 p.m.



2017 St. Patrick's Day Potluck was our Social Event for March



Bev opened our Event with a few classic stories and a prayer. Jocelyn, Gloria and Marilyn did a great job organizing the food and trivia quiz.



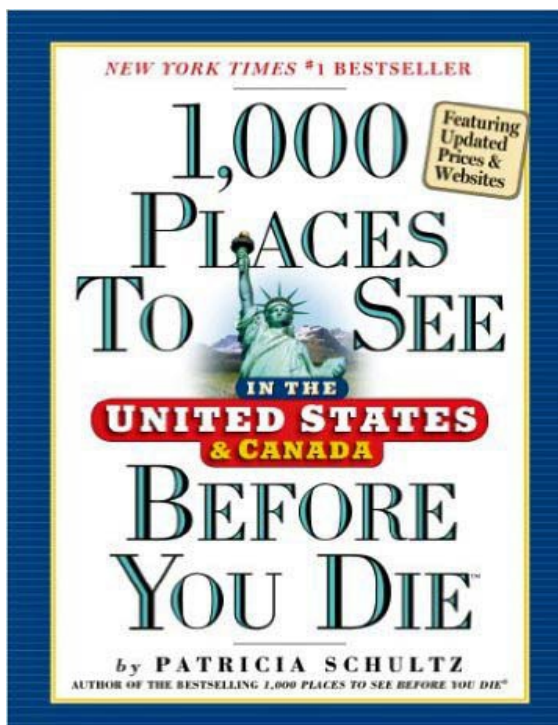
Gloria and Marilyn relax after the food is all laid out.

The trivia quiz really was a tough one. Dave Millikan won the big prize with 11 of 16 correct answers.



Adventures by the book

March 2 was a huge success with over 100 guests enjoying a great Author and Speaker. She will return sometime later this year or 2018



March Wine & Cheese Social for Prospective Members

was a great success with 16 visitors. The Board presented an overview of what the Village is about. So far, 5 new members have signed up and are ready to enjoy our benefits.



Social Event of the Year – Cruise the Mexican Riviera Puerto Vallarta - Mazatlan - Cabo San Lucas

October 7 - 14, 2017

Details at April 3 General Meeting

