



# *Tierrasanta Village of San Diego*

## **Village Vibes**

**“Living for Today: Planning for Tomorrow”**

**February 2018**

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.

### **TVSD Board President – Joyce Muinos**

*Cheers, Villagers! As I write this article, Jerry and I are seven days away from our return to San Diego! We've been visiting family in Tampa since December 11<sup>th</sup>, and I'm ready to go home! It will be great seeing everyone and catching up with all the news of Tierrasanta and TVSD.*

*As we settle into 2018, I want to thank everyone for their generous donations to our Annual Donor Drive! The Board of Directors will hold their annual retreat on February 22<sup>nd</sup> and I commit to you that we will do our best to budget wisely and plan events that will provide something for everyone! You all know that our membership is diverse; all ages, all back-grounds, varied interests and many different opinions! Both the Care and the Membership Committees have conducted surveys recently. We will use as much of the collected data as possible to make our 2018 plan, but, if you feel strongly about something we do or don't do, please let me know before February 22<sup>nd</sup>! I promise that it will be discussed at*

*that meeting!*

*One of the items we will be discussing is our Annual Membership Meeting. I hope to set a date and keep the same date every year. We'll publish the date well in advance and, at that meeting, the BOD will lay out plans for the year, long term goals and the year's budget and plan for sustainability. Watch for the announce-ment of the time, date and place! It's the opportunity to learn all you ever wanted to know about the TVSD!!*

*As I wrap up this month's article, I want to thank all the wonderful Board members who, in spite of having lives of their own, generously and willingly donate much of their time on a daily basis to our fabulous Tierrasanta Village! When you add in the time that our Core Team members contribute, it boggles one's mind! The giving and caring spirit of our volunteers is amazing! We are one lucky group!*

*See you soon!*

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### **Coffee & Tea**

**Your Neighborhood Team Captains, Virginia & Jim Inouye and Fran & Greg Zweibel invite you to get together for an afternoon coffee/tea break and conversation with your**

**Monserate/Barbados North Neighbors. – TUESDAY, MARCH 6 @ 2:00 PM**

**Home of Fran & Greg Zweibel**

**Please RSVP by email: [greg.fran-tvsd@att.net](mailto:greg.fran-tvsd@att.net), or by Phone: 858-569-8194 by Friday, March 2.**

**We are looking forward to getting to know our neighbors better in 2018!**

# Village Business

## February Meeting

Monday February 5

3 - 4:30 pm

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Time Bank

Orientation and Training  
By appointment Only,  
Call the Office at 569-9119

## Website Training

By appointment Only, Call the  
Office at 569-9119

## Balance & Strength Class

Tuesday & Thursday 9 AM

Instructor: Mary Maine

## Chair Yoga for Seniors

Monday, Wednesday and Friday  
9 AM – VM Clubhouse

## Aging & Independent Services

### Tai Chi Class

Wednesday and Friday at 10 AM

Open to the entire community.



## Mastering Meditation Class met 4 times in January 2018

## Annual Donor Drive Ends January 30th

A tremendous thank you and “hats off” to the more than 33 members and couples that donated to this year's Annual Donor Drive, bringing our total to over \$12,750. We know there are many organizations that request your contributions. TVSD is grateful that you have helped insure the sustainability of our Village. Even though we did not meet our goal this year, every dollar donated will be used to fund events, VMC rental, website fees, and other essential Village expenses.

When asked why she is committed to financially supporting the Village, one member recently said, “Giving to TVSD is a way to help and support others, so we can stay connected and continue enjoying this wonderful time in our lives. TVSD is one of the best things about living in this community. I donate to TVSD because I want to be sure that the Village is here for many years to come.”

January 30<sup>th</sup> marked the official end of our Annual Donor Drive. But, you can still donate any time throughout the year. On the Village website, under the “Support Us” tab, click “Making Donations”, scroll down and click “Donations-Year End”. All donations are 100% tax deductible.

Cover Photo  
US Flag on Sailboat sails  
past the USS Midway during  
arrival of the USS Reagan



## Tierrasanta Village Romeo Club

is hosting a Valentine's Day luncheon at  
Andiamo Ristorante on **Wednesday,**  
**February 14, 2018 at 11:30 am.**

Space is limited to the first 50 registered members only; therefore, we are requesting that you register by Noon on February 9th in order for us to place our final reservation. A wait list will be started if we have more than

50 interested members.

- ☐ • Cost: \$30.00 per person, includes tax, and gratuity.
- ☐ • Menu: Soup, Choice of One of Three entrees, one unlimited soft beverage (coke, diet coke, sprite, iced tea, hot tea or coffee per guest) and dessert. This does not include alcoholic beverages, which can be ordered from your server.
- ☐ • Gluten Free/Vegetarian Penne Primavera available.
- ☐ • Separate checks will be issued per person or couple.

We need a definite headcount, so please log onto our TVSD Website and register online; or if you do not have a computer or have a problem registering, please call Greg Zweibel @ 858-569-8194 or call the Village Office @ 858-569-9119.



**Your Board of Directors**  
is inviting you to come  
and join us for a cup of  
coffee & conversation -  
no specific agenda -  
just relax and enjoy!  
**Monday, March 19 at**  
**the VMC Clubhouse**  
**10:30 – 11:30 am.**

## Board of Directors

### *President*

Joyce Muinos

Linda Rees – “Past President”

### *Vice President - Administration*

Fran Zweibel

### *Vice President - Fund Development*

Janice Trantham

### *Treasurer*

Mike Rigdon

### *Secretary*

Marilyn Bente

### *Members at Large*

### *Membership*

Ginny VanBenthuyesen

### *Neighborhood Groups*

Jeanette Vlassis

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### *Time Bank*

Candy Walsh

### *Co-Founders*

Candy Walsh

Susan Deininger LCSW

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### *Operations Manager*

Greg Zweibel

### Front Desk Coordinator

Missy Rainier - 569-9119

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

### Vibes Staff

Editor.....Mike Rigdon

Proofing, Event & Calendar

Missy Rainier

Gayle Rolan

### **Friends of the Tierrasanta Library Used Book Sale**

Friday, Feb 2 - 11:30 to 5:00  
Saturday, Feb 3 - 9:30 to 3:00  
Monday, Feb 5 - 11:00 to 5:00

## TVSD General Care Policy

As a member of Tierrasanta Village of San Diego (TVSD), it is important to understand that services our member volunteers perform are what you would expect a neighbor to do, not what you would write a check to have done (plumbing, etc.). Equally important is that generally, our members are not qualified medical professionals. It is expected that all members exercise sound judgement in the giving and receiving of services.

Rides to medical appointments are often provided by Time Bankers or by Care Committee members; however, if a member feels they need treatment at a hospital emergency room, it is TVSD policy that members call '911' for emergency transport.

Member volunteers may lend an occasional arm to a member as they walk an uneven path but if ongoing assistance is needed, it is TVSD policy that the needing member hire a care giver for that assistance.

Policy Drafted 6/28/17

Approved by Board Email Vote 7/2/17 (see Board Minutes this date)

Title Revised 8/24/17 (see Board Minutes this date)

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## Griever's Bill of Rights – Wednesday, March 21

12:30 – 2 PM – Villa Monterey Clubhouse

Grieving and depression are related but quite different. While grieving is a normal and healthy response of sadness to loss and change, depression is usually a symptom indicating something is misaligned in our life and needs to be corrected.

Our culture often wants to tuck feelings of sadness away and regards them as unhealthy or unnecessary, but when it comes to loss, it's important to recognize and honor the sadness known as grief so you can heal and move on. Whereas many cultures have a specific time set aside to 'grieve', we are often expected to "be strong", "move on" and not display any feelings of grief because our culture is not always comfortable expressing sadness and mourning. Basically, any change or adjustment triggering a loss of some degree calls for a period of grief.

Ken Licht will lead a discussion of the "Bill of Rights for Grieving" to give us direction when we mourn the death of someone we love and go through a difficult period of change and loss.

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## Need Wheels? — Meeting Transportation Needs

Tuesday, Feb. 13, 12:30-2:30 at the VM Clubhouse

What happens when you receive the dreaded news that you can no longer drive and need to give up your car? This can be one of the most worst events that happen in a senior's life.

Fortunately, we live in an area where there are numerous options that will help you get around and stay actively involved. At this Member-to-member forum, we will explore these options and maybe even discover some new ones.

Most of you have heard about Uber and Lyft. Need something delivered? Learn how to use Go Share. Bring your smart phones and credit cards and we will help you load the apps. Several community organizations (Jewish Family Services, Elder Care) offer rides for seniors. Learn how your fellow members have used them as well as their satisfaction with the programs.



| SUN       | MON   | TUE  | WED  | THU   | FRI  | SAT                                  |
|-----------|---|--|--|---|--|--------------------------------------|
|           |   |  | <b>14</b> ROMEO Men's Club<br><b>VALENTINE'S DAY</b><br><b>SPECIAL LUNCHEON</b><br>Andiamo Ristorante<br>See Page 2 Article  | <b>1</b><br>9:00 AM - Balance Class<br>10:00 AM - Mah Jongg<br>10:15 AM - Billiards<br>12:30 PM - Games   | <b>2</b><br>9:00 AM - "2 hr/2+ mi. (T. Canyons) hike"<br>9:00 AM - Chair Yoga<br>10:00 AM - Tai Chi  | <b>3</b>                             |
| <b>4</b>  | <b>5</b><br>9:00 AM - Chair Yoga<br>10:15 AM - Billiards<br>12:30 PM - Monday Bridge - Off Site<br><b>MEMBERS MONTHLY MEETING - 3:00 P.M.</b> | <b>6</b><br>9:00 AM - Balance Class  | <b>7</b><br>9:00 AM - Chair Yoga<br>10:00 AM - Tai Chi<br>11:30 AM - Lunch Bunch   | <b>8</b><br>9:00 AM - Balance Class<br>10:00 AM - Mah Jongg<br>10:15 AM - Billiards<br>12:30 PM - Games   | <b>9</b><br>9:00 AM - Chair Yoga<br>10:00 AM - Tai Chi<br>12:30 PM - Classic Movies<br><i>"P.S. I Love You" - 2007 Hilary Swank, Gerard Butler</i> | <b>10</b>                            |
| <b>11</b> | <b>12</b><br>9:00 AM - Chair Yoga<br>10:15 AM - Billiards<br>12:30 PM - Monday Bridge - Off Site  | <b>13</b><br>9:00 AM - Balance Class<br>12:30 PM - Member to Member Forum: Need Wheels? (Meeting Transportation Needs) | <b>14</b> <b>Valentine's Day</b><br>9:00 AM - Chair Yoga<br>10:00 AM - Tai Chi<br>11:30 AM - <b>ROMEO Men's Club - VALENTINE'S DAY SPECIAL LUNCHEON</b> - Andiamo Ristorante | <b>15</b><br>9:00 AM - Balance Cl.<br>10:00 AM - Mah Jongg<br>10:15 AM - Billiards<br>12:30 PM - Games<br>2:00 - Membership Team Mtg. (offsite)   | <b>16</b><br>9:00 AM - "1.5 hr/1.5+ mi. (Mission Trails) hike"<br>9:00 AM - Chair Yoga<br>10:00 AM - Tai Chi                                       | <b>17</b> <b>D &amp; A S N C A P</b> |
| <b>18</b> | <b>19</b><br><b>Presidents' Day</b><br>9:00 AM - Chair Yoga<br>10:15 AM - Billiards<br>12:30 PM - Monday Bridge - Off Site                    | <b>20</b><br>9:00 AM - Balance Class<br>12:30 PM - Care Committee Meeting<br>6:00 PM - BUNKO                           | <b>21</b><br>9:00 AM - Chair Yoga<br>10:00 AM - Tai Chi<br>7:00 PM - Tierrasanta Village Book Club   | <b>22</b><br>9:00 AM - Balance Class<br>10:00 AM - Mah Jongg<br>10:15 AM - Billiards<br>12:30 PM - Games  | <b>23</b><br>9:00 AM - Chair Yoga<br>10:00 AM - Tai Chi<br>12:30 PM - Classic Movies<br><i>"The Natural" - 1984 Robert Redford, Glenn Close</i>    | <b>24</b>                            |
| <b>25</b> | <b>26</b><br>9:00 AM - Chair Yoga<br>10:15 AM - Billiards<br>12:30 PM - Monday Bridge - Off Site  | <b>27</b><br>9:00 AM - <b>Balance Class-CANCELLED</b><br>6:00 PM - DVD Movie Party - Off Site<br>"Victoria and Abdul"  | <b>28</b><br>9:00 AM - Chair Yoga<br>10:00 AM - Tai Chi<br>12:30 PM - Knit & Nosh<br>VM Clubhouse  | <b>17</b> <b>SOCIAL OUTING</b><br>3:00 to 5 PM - San Diego Civic Dance Company - Collage 2018<br><b>SNAP - DINNER</b><br>China Max - 4698 Convooy Way<br>5:00 PM - Carpool from McDonalds |  |                                      |

# ***Tierrasanta Village of San Diego Village Business Supporters***

## **Choice of Mandarin**

10% off your bill; dine in only;  
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858-268-0979

## **Tierrasanta Mexican Restaurant**

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5950 Santo Road Suite E-F

## **Gaetano's Italian Restaurant** Monday-Thursday

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858-565-1665

## **Sub-Marina #2**

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## **Island Style Café**

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## **Baskin Robbins**

10% off any drink; 10% off ice  
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## **Long Island Mike's Pizza**

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Brittany Killen-Scruggs  
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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

## **Primo Market**

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

## DVD Movie Party

Tuesday, February 27, 6 pm

Victoria and Abdul

Judi Dench and Ali Fazal

RSVP to Diane Levine 858-292-0610

## Knit & Nosh

4th Wednesday –February 28

12:30 pm

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

Contact: Virginia Inouye  
phone: 278-8847

## Village Book Club

Bettyville --George Hodgman

February 21 – 7 PM

Contact: JoAnne Kuelbs  
858-292-1578

## 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.

## Cool Games

Thursdays 12:30-2:30

Come join us for games on Thurs. afternoons.

Donna Dobey  
858-279-0964

## Mah Jongg

Thursdays -- VMC – 10 to Noon

This is an RSVP game...A new group can be formed for beginners.  
Contact: Fran Zweibel 569-8194

## Evening Bunko

3rd Tues. - Feb. 20  
6:00 PM (offsite)

This is an RSVP game limited to 16 players.

A daytime bunko group may start soon.

Interested? Contact: Ginny VanBenthuyzen

## Village Interest Groups

### Billiards

Mondays & Thursdays 10:15 AM

Bob Muldrew - 292-8405

The pool table area is open for play anytime weekdays.

8:30 am – 2:30 pm

### Film Classics

Movies will be on 2<sup>nd</sup> & 4<sup>th</sup> Fridays.

**"P.S. I Love You"**

Friday – February 9

12:30 – Romantic Comedy – 2007

Hilary Swank - Gerard Butler - Lisa Kudrow

Harry Connick Jr. - Kathy Bates

Jeffrey Dean Morgan

A heartfelt tale of love & rediscovery! Sometimes all you need to start really living is a little shove in the right direction – and that's what Holly Kennedy (Hilary Swank) gets. From the handsome, big-hearted love of her life (Gerard Butler). And from girlfriends who know that a friend in need is a friend in need of some laughs! This is your very own letter Full of fun, love, triumph, & romance. Open it now. (P.S. you'll love it!)

### "The Natural"

Friday – February 23

12:15 – Early Start due to film length

Biographical / Sport Drama – 1984

Robert Redford – Robert Duvall

Glenn Close – Kim Basinger

Wilford Brimley – Barbara Hershey

Nominated for 4 Oscars & a Golden Globe, THE NATURAL (Robert Redford) is ballplayer Roy Hobbs, a Midwestern farm boy who grew up with a brilliant natural talent for baseball, but whose career was cut short by a murderous stalker. Years later, almost too old to play, Hobbs joins a struggling National League team & takes them to the World Series. Set to a heroic soundtrack by Randy Newman, the adaptation of author Bernard Malamud's 1952 novel celebrates the myth at the heart of America's love affair with baseball

Gloria Stevens: 858-505-4188

## Lunch Bunch

February 3 – 11:30

Choice of Mandarin

Marilyn Bente: 569-5919

## Romeo Club

February 15 – 11:30

Andiamo's Valentine's Day

w/ invited spouses & others

## SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – Feb 17 – 5:30 PM

Carpool from McDonalds at 5 PM

China Max – 4698 Convoy Way

RSVP to Nancy at 560-7431

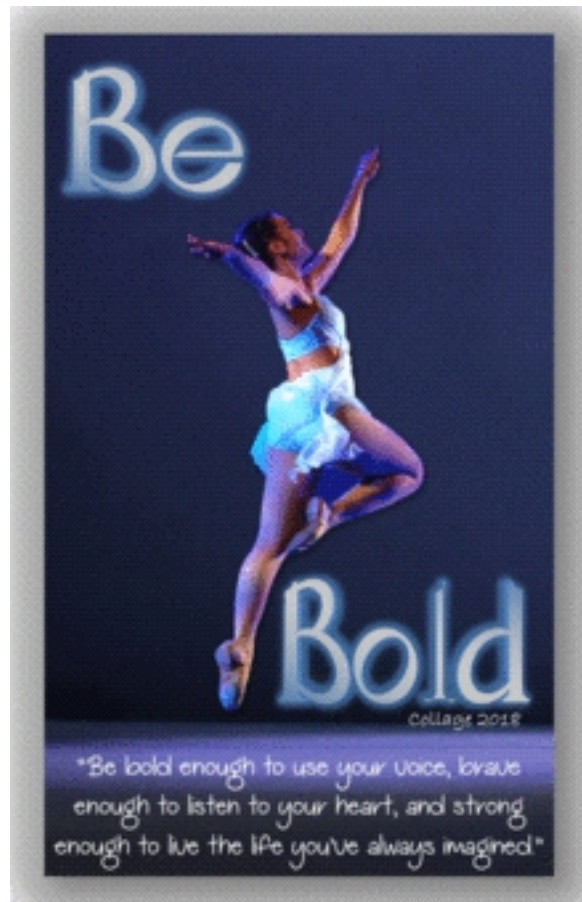
or Rhoda at 278-3632

## Village Hiking

2 hour/2+ miles (Tierrasanta Canyons), Roadrunner Canyon (to South Rueda Canyon) to the Navy Golf Driving Range, & back: On Fri, **02 Feb 2018 (first Friday) at 9 AM** we gather at Roadrunner Park on La Cuenta. (Go south of the Tierrasanta Library, past the fire station, past Farb Middle School to the park, on the right.) The route is down into the canyon which is mostly level - with one mildly-sloped 75 foot hill, at the end, coming back out of the canyon. The trail width is mostly three feet wide. The canyon is getting very green - with the two inch rain we got recently.

1.5 hours/1.5+ miles (Mission Trails), North Mesa Loop (of the Rim Trail); we'll walk to the rim to look across the valley toward the Fortuna Mountain ridge, then loop around to get back to the starting point. On **Fri, 16 Feb 2018 (third Friday), we gather at 9 AM** at the Catalina trail head. (Go east on Clairemont Mesa Blvd toward the Catholic Church; make a left turn on Villa Vallarta. Go two blocks, and make right turn on to Collegio Drive - up a hill to a "T". Turn left on to Alejo Street - which curves around to the right. At the third left, turn left on to on to Belardo Drive. Go one block, & turn right on to Camino Playa Catalina. The road eventually curves around to the left, a canyon appears off to the right - with no houses on that side. Keep climbing; park on the right near where the street ends.) The route is basically on a mesa top, with some up & down; we're primarily on 6 foot wide gravel (utility) roads. The vegetation is typical chaparral.

Bob Muldrew: 292-8405



The **San Diego Civic Dance Company**, a program of the Park and Recreation Department, is presenting a dance show in the Casa del Prado Theater in Balboa Park. This show, called Collage 2018, has 75 dancers performing various dance styles such as tap, jazz, hip hop, modern, musical theater, and Bollywood. The show is 2 hours with a 15 minute intermission. Join the Social Committee for a delightful afternoon enjoying the power and joy of dance.

**Date: Saturday, February 17, 2018**

Time: 3:00 PM

Will we meet at McDonalds to carpool at 2:10 PM.

Cost: \$15 to be paid by check only--payable to Jocelyn Brierton

**RSVP** by February 9th.

Please register online or call the TVSD office. The payment of \$15 can be paid directly to Jocelyn or you may bring a check made payable to Jocelyn to the TVSD clubhouse.

If you have questions, call or email Jocelyn at  
[jocelynbrierton@hotmail.com](mailto:jocelynbrierton@hotmail.com)






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**Snap (Single Network for Active People) dining out at Casa Machado**

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## Volunteer

“We all seek a cause beyond ourselves.

There is a transcendent desire to see and help other beings achieve their potential.” From **Being Mortal** by A. Gawandi

TVSD is built on the energy of our community and the people who make things happen. The Village thrives because our volunteers and staff respond to our members' interests and needs. With a full calendar of events and a determination to help every member, every day, we make sure needs are met. There are many ways that you can volunteer and make a difference to someone who needs you.

Volunteering fulfills our members' commitment to help others, to stay connected, and to maintain and grow our Village.

TVSD is sustained as an all-volunteer organization through the dedicated leadership of our Core Teams. Each team of volunteers, working together, delivers the synergetic energy that defines our organization as a Village. Our volunteers participate in one or more of the teams listed below. Explore our volunteer opportunities to find out how you can get involved.

**Administration**

**Care, Exercise & Wellness**

**Communications**

**Fund Development**

**Information Technology**

**Membership**

**Neighborhood Groups**

**Social**

**Volunteer**

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**MERCI**

**GRACIAS**

**DANKE**

**XIE XIE**

**GRAZIE**

And THANK YOU to all of our Village members, neighbors, family, and friends who have supported the TVSD 10<sup>th</sup> Anniversary Committee's fundraising efforts! We have held two events thus far and both were well attended. Here are some statistics:  
December: Rubio's had 67 Villagers attend with \$147.00 going towards the anniversary planning.

January: Applebee's had 39 attendees with \$106.00 earned towards the planning expenses.

More fundraising activities have been planned between now and September 27, the date for the 10<sup>th</sup> anniversary dinner. So look for announcements about a raffle, a Bunko party, and a pizza night at Roundtable here in Tierrasanta.

The committee appreciates all of your support, and besides, it's fun to dine out with 67 Village members!