



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

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

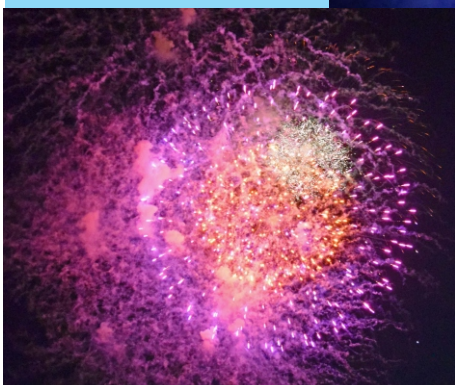
**August 2018**

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.

## **Villagers at 4th of July Celebration on USS Midway**



2000 San Diego locals enjoyed a pleasant evening prior to fireworks



Mike & Bev Sheehan,  
Mike Rigdon  
& Gloria Stevens  
relax on flight deck.

Bev & Gloria found more  
interesting company!





# Village Business

## Monthly General Meeting

August 6 – 3 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 858-569-9119

### 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.

### Friends of the Tierrasanta Library Used Book Sale

Friday, August 3

11:00 to 5:00

Saturday, August 4

9:30 to 3:00

Monday, August 6

11:00 to 5:00

### Cover Photo

Miramar Veterans  
Cemetery Flag  
San Diego

## Cuida (Lisa) Kicks off for TVSD



To date, Tom Watlington and Chris Gutierrez from the Cuida Health Team have successfully installed over 30 LiSA (Language Interface for Senior Adults) systems in the homes of TVSD members. Our Village is now learning how to best use their new roommate! Above, Tom & Chris make the introduction to potential users.

## A CONCERT IN BALBOA PARK

Let's enjoy some time outdoors – have a picnic dinner and listen to the Moon Light Serenade Orchestra on Thursday, August 23, 2018. This concert is part of the Twilight in Balboa Park Summer Concert Series at the Spreckles Organ Pavilion.

The **Social Committee** invites you to join us for this fun outing! Bring your own picnic dinner and meet us at McDonald's at 5:00 PM if you would like to carpool.



*This is where it is happening! The Twilight in Balboa Park summer concert series at the Organ Pavilion. Come along with the Social Committee to listen to the Moon Light Serenade Orchestra as they play a selection of big band, swing, rock, and disco. Bring your own picnic dinner to enjoy in the great outdoors.*

*Date: Thursday, August 23, 2018*

*Time: 6:30 PM*

*Place: Spreckles Organ Pavilion, Balboa Park*

*Cost: Free*

***RSVP** by Monday, August 20th online. We need to know how many drivers are needed if you plan to go with us. We will carpool from **McDonalds at 5:00 PM**. You might want to bring a cushion if you don't like metal benches. Contact Jocelyn Brierton if you have questions.*

## Board of Directors

### *President*

Joyce Muinos

### *"Past President"*

Linda Rees

### *Vice President - Administration*

Fran Zweibel

### *Vice President*

### *Fund Development*

Janice Trantham

### *Treasurer*

Mike Rigdon

### *Secretary*

Marilyn Bente

### *Membership*

Ginny VanBenthuyesen

Bev Sheehan

### *Neighborhood Groups*

Jeanette Vlassis

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### *Time Bank*

Candy Walsh

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### *Co-Founders*

Candy Walsh

Susan Deininger LCSW

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### *Operations Manager*

Greg Zweibel

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Front Desk Coordinator

Missy Rainier - 569-9119

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### Vibes Staff

Editor.....Mike Rigdon  
Proofing, Event & Calendar  
Missy Rainier – Gayle Rolan

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

## *Cheers, Villagers!*

*I hope that you're all enjoying the summer heat. I've been avoiding the 2<sup>nd</sup> floor during the day for two weeks! Thank goodness, it cools off in the evening for sleeping!*

*First, I want to thank everyone who has helped while Missy is out. I know we miss her big time, but she deserved a little break! Let's look forward to the return of her smiley self!*

*Also, I want to remind you that most of us are up for member renewal and will be getting those reminders via email, and...maybe, Lisa! With Missy out, I'll ask Fran to send a schedule of when to drop off checks! I don't want anyone to make a trip only to find that there's no one with whom to leave a check! Of course, the perfect time would be at the General Meeting on August 6<sup>th</sup>!*

*Fran and I enjoyed a visit from the Village Movement California Executive Director this afternoon and, as I write this, I think of one of the themes that kept coming up: involvement and being of service; along with a social life which are so very important to seniors for living a full life! How many people have you seen who, after retirement or the loss of a spouse, retreat into themselves, give up their spark and start to depend on their children and families to fill their days? Studies have shown that having something other than yourself to worry about is good for the soul and promotes a happier, healthier life!*

*So, again, I'm asking you to consider making a commitment to your Village by becoming a more active, involved member! We're still looking for a few special individuals to help fill some key spots: A Public Relations Chair to help get the word out and spread the happiness, and a Care Committee Chair, or Co-Chair, to help lend a hand when our neighbors need it. We're not asking for any "over the top" or special talent, just a friend who wants to do some good. These are things that any one who raised a family or had a career can do. Remember, also, that you will have an entire committee that's willing to help out! You're not alone in any task that you take on with the TVSD! Call the office. Volunteer. You'll be so glad that you did!*

*Now, don't forget to get your 10 Year Anniversary Party tickets!!*

*Stay cool my friends, Joyce*

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## **USS Midway Speakers Bureau Talks at the Tierrasanta Library**

**August 10 at 4 PM:**

**The Battle of Midway: How America Won the Pacific War**  
The U.S. Navy had no chance to win the Battle of Midway in 1942. The Americans were outgunned and out manned following the devastating attack at Pearl Harbor. Yet code breaking, daring leadership, and extraordinary heroism led to the most remarkable victory in U.S. Navy history. It became the turning point in the Pacific in World War II and the inspiration behind naming of the USS Midway -- three years later.

# Tierrasanta Village of San Diego

## August 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	<div> <b>LUAU</b>            Saturday, August 18, 2018,            3:00 PM until 8:00 PM            Home of Jim and Beny Parker            4169 Rueda Drive         </div>	<div>           No SNAP            in August  <b>Sept. 15</b>            5 PM  <b>Miguel's            Cantina</b>            Old Town         </div>	<b>1</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - <b>Lunch Bunch</b> <b>Andiamo's</b>	<b>2</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	<b>3</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>4</b>
<b>5</b>	<b>6</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge <b>3:00 PM - Members            Monthly Meeting</b>	<b>7</b> 9:00 AM - Balance Class 1:00 PM - Cuida Health ALEXA Class	<b>8</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>9</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games <b>BUNKO</b>	<b>10</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Classic            Movies</b> <b>"Elephant Walk"</b> <i>Elizabeth Taylor</i>	<b>11</b>
<b>12</b>	<b>13</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - <b>Monday            Bridge</b>	<b>14</b> 9:00 AM - Balance Class	<b>15</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - <b>Village Book            Club</b>	<b>16</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - <b>ROMEO</b> <b>Annie's Fine Burgers</b> 12:30 PM - Games	<b>17</b> 9:00 AM - Walks with Bob Introductory 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>18</b> <b>L U A U</b>
<b>19</b>	<b>20</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - <b>Monday            Bridge</b>	<b>21</b> 9:00 AM - Balance Class 6:00 PM - <b>BUNKO</b>	<b>22</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	<b>23</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 5 - 8 PM - <b>Spreckles</b> <b>Organ Pavilion,</b> <b>Balboa Park</b>	<b>24</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi <b>No Classic Movie today</b>	<b>25</b>
<b>26</b>	<b>27</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - <b>Monday            Bridge</b>	<b>28</b> 9:00 AM - Balance Class 12:30 - Care Cmte Mtg 6:00 PM - <b>DVD Movie            Party</b> <b>The Greatest Showman</b>	<b>29</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>30</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	<b>31</b> 8:30 AM - Walks with Bob 1.5 hour/1.5+ mile (Mission Trails) 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>1</b>



## DVD Movie Party

Tuesday, August 28 – 6 pm

### The Greatest Showman

Hugh Jackman & Michelle Williams  
RSVP to Diane Levine 858-292-0610

## Knit & Nosh

4th Wednesday – August 22  
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

August Book:  
Manhattan Beach  
by Jennifer Egan

Contact: JoAnne - 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.

## Cool Games

Thursdays 12:30-2:30

Come join us for games on Thursday 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

## Evening Bunko – 8/21

3rd Tuesday of Month  
6:00 PM (offsite)

This is an RSVP game  
limited to 16 players.

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

Friday – August 10 – 12:30N - 2:30PM

#### “Elephant Walk”

Drama/Romance/Action – 1954

Elizabeth Taylor – Peter Finch  
Dana Andrews

This action-packed drama is set in the country of Ceylon, an island southeast of India. Wealthy entrepreneur John Wiley (Finch) has just married Ruth (Taylor) his new bride from London, & has brought her to his sprawling home & business - - a mammoth tea plantation in Ceylon called “Elephant Walk”. Her delight with her new exotic environment & palatial mansion soon turns into boredom & loneliness. Her husband spends all his time working with his many English male staffers who manage the native tea workers. There are no English females with whom she can socialize & she feels like a trophy wife. Until .... the Main Overseer (Andrews) arrives. A love triangle ensues, but is soon dwarfed by other catastrophic events - - a cholera epidemic breaks out & kills many of the tea pickers; a drought blights the surrounding land; & herds of thirst – maddened wild elephants devastate the plantation in a thundering stampede, seeking water.

This famed sequence is a triumph of moviemaking. Their palatial mansion is reduced to rubble as onrushing elephants pound across polished floors, rip walls from their foundations & knock over kerosene drums to ignite a terrifying inferno. You have to see it to believe it!

**NOTE: There will be no movie on  
Friday, August 24.**

Gloria Stevens: 858-505-4188

## Lunch Bunch

August 1 – 11:30

Andiamo's

## Romeo Club

August 16 11:30

Anny's Fine Burgers

Kearny Mesa

Carpool at 11:15 from McDonalds

## SNAP

(No SNAP in August)

Sept. 15 – 5 PM

Miguel's Cantina  
Old Town

## Hiking With Bob

Do not register on Website  
email, phone,  
or just show up.

**1 hour/1+ mile (Introductory)**, East Shepherd Canyon to North Shepherd canyon (& back). On **Fri, 17 Aug 2018** (third Friday), we gather at 9 (nine) AM at the gate near the community pond. (Drive north on Santo Road past the Vons shopping center to turn right on to Antigua Blvd at the next right turn (Playa Veracruz), go east to just past the Playa Encino intersection; stop/park.)

**1.5 hour/1.5+ mile (Mission Trails)**, Colina Dorada to Suycott Wash to four corners to the Rim trail loop. On **Fri, 31 Aug 2018** (fifth Friday), we gather at 8:30 AM . (Drive east on Clairemont Mesa Blvd. to the last right turn - Rueda Drive; go south three blocks to Calle de Vida, turn left; drive to “L” intersection with Colina Dorado; stop/park.)

In general, utility roads are at least 6' wide, and trails are mostly at least 3' wide. .... Vegetation in Mission Trails is mostly chaparral - plus some cactus & oaks (in canyon bottoms). Tierrasanta Canyons receive more rain runoff (down bottom) from the slopes and are more lush.

Bob Muldrew: 292-8405

# ***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 Mexican Restaurant**

10% off your bill; dine in only with  
your membership card 5950 Santo  
Road Suite E-F 858-277-3412

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

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

### **Sub-Marina #2**

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

### **Island Style Café**

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

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



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4926 La Cuenta Drive  
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San Diego, CA 92124  
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[www.drpaulsmiles.com](http://www.drpaulsmiles.com)

10% Senior Discount Offered

### **Tierrasanta UPS Store**

10% off all products and services  
except UPS shipping and USPS  
With your membership card  
10601-G Tierrasanta Blvd.  
858-292-8633

### **Long Island Mike's Pizza**

20% off with membership card  
Cannot use with other coupons  
5250 Murphy Canyon Road  
858-569-7499  
[longislandmikespizza.com](http://longislandmikespizza.com)

### **Tierrasanta Ace Hardware**

Mike and Susan Scruggs, Owners  
5% off with your membership card.  
10615-A Tierrasanta Blvd.  
858-573-9600  
[TierrasantaAce.com](http://TierrasantaAce.com)

**These  
Local Businesses  
support  
our Village.**

**Be sure to  
support them.**

### **Magic Mel Hair Creations** Van T. Truong Aesthetician

10% off with membership card  
10601 Tierrasanta Blvd. - Suite J  
San Diego  
858-204-8204 (cell)

### **Elam's Hallmark**

"Your Neighborhood Gift Store"  
10% off any purchase except  
Christmas ornaments...with your  
membership card and Gold  
Crown Rewards card  
10621 Tierrasanta Blvd.  
858-268-0810

### **Computer Services** Computer Consulting

and Set-up  
\$5 off the hourly rate  
Art Larkin  
858-277-4131  
[pctraining@pacbell.net](mailto:pctraining@pacbell.net)

### **Klassic Dry Cleaners**

and Formal Wear  
5% off dry cleaning  
with your membership card  
5950-J Santo Road  
858-292-5049

### **Beautician**

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



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

## **Friends of the Tierrasanta Library**

### **Tierrasanta Library Closing for Expansion August 13, 2018**

The project will include: the expansion of the Community Room; addition of a seminar room and study area;  
addition of an outdoor reading patio and much more.

**August Blow Out Used Book Sale - August 3, 4, 6**

Bargain pricing changes daily. It is the perfect time to stock up on books, DVDs and CDs. You won't want to miss it.

Friday, August 3 -- 11:00 a.m. to 5:00 p.m. Saturday, August 4 -- 9:30 a.m. to 3:00 p.m.

Monday, August 6 -- 11:00 a.m. to 5:00 p.m.

The Friends of the Tierrasanta Library plan to suspend the Used Book Sales until the library reopens next year.

What to do with your future donations? We are grateful for our many loyal donors in the community. If willing, hold onto your donations until we reopen. We hope to begin collecting donations before the reopening. Details to follow.



### **“Can You Believe it”**

Your Treasurer, Mike Rigdon has been hosting and attending USS Jupiter Reunions all over the country for 20 years. He has had 3 in San Diego: 2000, 2004, and 2008, including a Cruise to Mexico. Guess that's why he rated this silly costume in 2009 for their Nashville Reunion!!!

**I would like Villagers to submit photos and stories for future Vibes like the one you see here!!!**

**Mike Rigdon**

### **Knit & Nosh**

Marilyn Millikan just gave Virginia Inouye a rather large donation of yarn.

A very generous donation of yarn was given to our TVSD Knitters from the family of Kay Wiel from Tierrasanta. They wanted her yarn to go to the right person. When I said it would go to TVSD they were delighted.

## **Let's Put Fun Back into Fund Development Committee Members Needed**

Storytelling never seems to go out of style. We all remember hearing bedtime stories and telling ghost stories around the campfire. Surprisingly, storytelling hooks our interests and sometimes our hearts.

The Annual Donor Drive (ADD), which is our second largest income source, is a chance for us to tell our personal stories about what the Village means to us, how being part of our Village makes a difference in our lives.

This year the Annual Donor Drive (ADD) goes from Nov. 1st to Dec. 31st. Our goal this year is \$14,000. So that more of us can get involved, we are looking for volunteers to join a Fund Development Committee to gather Villagers' stories. Collectively, those stories remind us that being part of a Village is very special.

Here's the plan. At least one representative from each of the following TVSD events is needed for the ADD committee: Balance Class, Tai Chi, Chair Yoga, Book Club, Mah Jongg, Classic Movies, Bridge, Knit and Nosh, Walks with Bob, SNAP, Billiards, Romeo, Games, and Lunch Bunch.

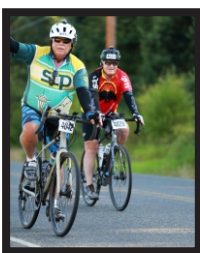
What will committee members do, and how much time will it take? With training and a script, each week during the eight-week drive, you'll ask members to share their stories about what being part of the Village means to them. After jotting down responses, you'll send them to be collectively shared with others. It will only take about 15 minutes a week of your time during the Drive.

### **What's in it for you, what do you get out of being on the Fund Development Committee?**

1. Know you are doing something important to help sustain our Village.
2. Get to know other members of your event group by learning more about their personal Village stories.
3. Get to know other Committee members better, make new friends. We'll have a kick-off meeting, learn what is expected, get scripts for what to say, and how to handle questions.
4. In January, we'll have a lunch to celebrate our success, and will talk about what we learned that will make the Annual Donor Drive even better next year.
5. Recognition in the Vibes and at General Meetings.

If you want to join the Fund Development Committee representing an event group, or to learn more, contact Janice Trantham: 858.278.0016, or email: [jtranth1@san.rr.com](mailto:jtranth1@san.rr.com)

## **Seattle to Portland 200+ Mile Bike Ride**



On July 14-15, Don Stewart with his friend, Jack Braun, successfully navigated the annual two-day 200+ Mile Bike Ride, along with 10,000 other participants. Temperatures were over 100 degrees, making it a particularly challenging ride. The STP is the largest multi-day bicycle event in the Northwest and winds through the scenic valleys, forests, and farmlands of western Washington and Oregon. This year's riders were from 7 countries and 45 states. The eldest rider was 89 years old, and it sold out to the maximum capacity of 10,000 riders by March! Don and Jack prepared for the ride for almost six months and were glad they did!







**TVSD Membership Team hosted an informational coffee for all prospective new members. TVSD members are invited if they bring a prospective member. Guests learned about the Village and all the great things offered to members who join.**



## RSVP Seeks Volunteers

San Diego Police Department - Retired Senior Volunteer Patrol (RSVP) is seeking volunteers to assist the Department in providing neighborhood safety and crime prevention.

Volunteers help officers by performing tasks that allow the police to focus on crime. Some of the work that RSVP officers provide include:

- Patrol neighborhood streets.
- Search for lost children and Alzheimer patients.
- Perform business security checks.
- Help with graffiti abatement.
- Check on homes of vacationing neighbors.
- Issue citations for disabled parking violations.
- Visit homebound seniors.
- Traffic control.
- Participate in special events.
- Assist with Homeland Security



Volunteers must be at least 50 years of age and able to commit to a minimum of three days per month. For more information, please call (858) 495-7990.