



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

April 2019

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.

St Patricks Day Potluck at the Villa Monterey Clubhouse



TVSD has made it a tradition to gather every St. Patrick's Day for a delightful sampling of everything Green. Also we had a 'sing-a-long' of Irish standard songs. Some Irish humor was added to this festive occasion.

What do you get when you cross poison ivy with a four-leaf clover? A rash of good luck.

Why don't you iron 4-Leaf clovers? Because you don't want to press your luck.

Why can't you borrow money from a leprechaun? Because they're always a little short.

Knock Knock Who's there? Irish! Irish Who? Irish you a happy St. Patrick's Day!

Village Business

Annual General Meeting

April 1 – 3 PM – Main Hall
7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training
By appointment only,
Office at 858-569-9119

Website Training

By appointment only, Call the
Office at 858-569-9119

Balance & Strength Class

Tuesday 9 AM

Instructor: Lesley Norris

Thursday 9 AM

Instructor: Robert Tillung

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.

Cover Photo
Air Force
Thunderbirds
2018



TVSD Board of Directors

Fran Zweibel – Joyce Muinos – Mike Rigdon
Marilyn Bente – Linda Rees – Janice Trantham
Absent: Candy Walsh

Spring is here!

What a bloomin' beautiful flower season we're having! Please set aside some time to take it all in.

Your Board has been very busy these first months of 2019. We had our Board Retreat on March 1st when we set some goals and made plans to continue the success that TVSD has enjoyed over the first 10 years. Keeping things running smoothly doesn't get easier as our organization ages. If anything, we have more events, more speakers, more socials and more members to consider. It's a challenging task and it amazes me how willingly everyone pitches in. A quick check of our member list shows that about 60% of our members volunteer in some way. Thank you all for giving your time! We couldn't do what we do without lots of help!

I hope that you've registered for the Annual Meeting on April 1st. This meeting is our opportunity to tell all our members how we're doing financially and how well we're living up to our charter & mission. It also provides a chance to talk about how we plan to improve the TVSD Experience for all members as we grow and learn. Of course, much of what we do at TVSD is a result of member's suggestions. All ideas are good ideas. We may not be able to implement or execute every project or program suggested, but we certainly want to hear them.

In a Village, each and every one of us has a duty to make every day more enjoyable, exciting and easier for our neighbors! Have you made someone happier today?

See you on April 1st *Joyce Muinos*

Let's Do Lunch!

At the last Coffee & Conversation, members who are not available on the 1st Wednesday of the month were feeling left out! Together, we decided to try a "2nd Tuesday Lunch Bunch". The first gathering will be at Choice of Mandarin in Tierra Towne Center on April 9th at 12:30 pm. Subsequent lunches will be arranged after we determine how many are interested. Please register for this first gathering! It's important that we have enough space for all!

TVSD - COMMUNITY OUTREACH EVENT



Share the love with your
neighbors in need.

Give Today

Would you like to participate in an excellent team-building opportunity in our San Diego community? If so, you may enjoy getting together with some of your TVSD friends to serve a hot meal to those in need at Father Joe's Villages. With only a few hours of your time, you can improve the lives of many people!

If you are interested in participating you will need to fill out the Volunteer Memorandum of Agreement and the Food Handler Test prior to this event.

We are planning to serve lunch on May 29, 2019 from 10:30-1:00.

We will meet at McDonalds at 9:45 and can go out to lunch afterwards, if interested.



Through time we all have enjoyed our local public broadcasting station from watching shows such as Sesame Street, Masterpiece, Nature, and so many more. The Social Committee is arranging a tour of approximately one hour of their news center and TV and radio facilities as well as meeting members of their award-winning staff.

Date: Wednesday, April 17, 2019

Time: 2 P.M.

We will meet at McDonalds at 1:15 P.M.

Place: 5200 Campanile Drive, San Diego 92115

Cost: Free

This event is for 15 members only and we will use only 3 cars as parking is limited. There is a parking fee of \$3.

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

Time Bank

Candy Walsh

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Candy Walsh

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Front Desk Coordinator

Missy Rainier

858-569-9119

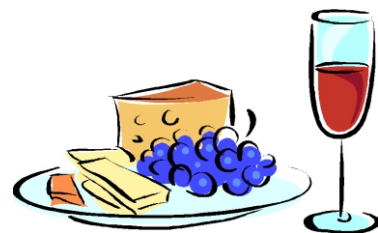
VIBES Staff

Editor / Photographer

Mike Rigdon

Proofing, Events & Calendar

Gayle Rolan / Gloria Stevens



Please Join Us

- What:** Tierrasanta Village Informational Happy Hour for Prospective Members
When: Tuesday, April 30, from 3:00-5:00 PM
Where: Villa Monterey Clubhouse - 5275 Rimpark Lane, 92124
Why: Enjoy visiting with Tierrasanta friends and learn about the Tierrasanta Village
RSVP: by Tues., Apr. 23, to the Village office at 858-569-9119 (Mon.-Fri. 8:30-12:30)

Informational Happy Hour for Prospective Members

The Membership Team is sponsoring an *Informational Happy Hour* for prospective members on **Tuesday, April 30, from 3:00-5:00 PM at the Clubhouse**. Our guests will learn about how we are organized and why members love the Village. It's a great opportunity for guests to meet other Tierrasanta residents and learn about our Village. Light refreshments will be served. Village members are invited to come if they bring a prospective member. Please consider inviting your friends and neighbors.

TIMEBANK TOPICS

We have members who are interested in joining the Timebank, so an Orientation and Training is scheduled this month. If you are interested in sharing your talents and benefiting from an exchange of the earned Time credit, please join the Timebank. You may call JoAnne Kuelbs at 858 292 1578 to schedule a time for your orientation.

Light carpentry, useful items to borrow, and help with sewing are among the offers. Please check the requests. **"Helping each other, we reweave communities of support, strength & trust."**from Core values of Timebanking.

Roy's Guacamole

Ingredients: Avocados Salsa Verde, La Victoria Thick 'N Chunky,
Medium (not hot or mild)
Garlic Powder Pepper Salt

Instructions:

Cut avocado flesh into small pieces into a medium bowl.
Add Salsa Verde. I also use the Salsa Verde to give me the right consistency
Add Garlic Powder - a good amount. Add salt and pepper.
Stir and crush. If making for 2-4 people, I do this with a fork in a small bowl.
If making a large amount, I use a mixer in a larger bowl. I like the
guacamole thoroughly crushed but still with small chunks of avocado.
Taste and adjust as necessary. Usually it needs more salt.

Serve with taco chips, and enjoy.....Roy

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - Members Annual Meeting	2 9:00 AM - Balance Class	3 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch Kahn's Cave Ruffin Road	4 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	5 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	6
7	8 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	9 9:00 AM - Balance Class 12:30 PM - Tuesday Lunch Bunch Choice of Mandarin	10 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	11 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	12 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Life of Pi" <i>Indian Actors</i> <i>3-Oscar Winner</i>	13
14	15 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	16 9:00 AM - Balance Class 6:00 PM - BUNKO	17 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 1:15 PM - KPBS Tour 7:00 PM - Village Book Club "Varina" <i>Author: Charles Frazier</i>	18 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Mike's Hamburger House 12:30 PM - Games	19 Good Friday 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	P A S S O V E R Y 20
21	22 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	23 9:00 AM - Balance Class 2:00 PM - Membership Team Meeting – offsite.	24 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh 12:30 PM - Member to Member "What's for Dinner"	25 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	26 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "The Sting" – 1973 <i>Robert Redford -- Paul Newman</i> <i>Robert Shaw -- Charles Durning</i>	S N A P 27
28	29 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	30 9:00 AM - Balance Class 3:00 PM - Informational Wine and Cheese Social for Prospective Members 6:00 PM - DVD Movie Party "The Wife" <i>Glenn Close / Jonathan</i>	May 1 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch <i>Tierrasanta Mexican Restaurant</i>	2 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	<div>SNAP Casa Machado Montgomery Field April 20 5 PM from McDonalds</div>	

DVD Movie Party

Tuesday - April 30 - 6 PM

"The Wife"

Glenn Close / Jonathan Pryce

See Page -- for Details

RSVP: Diane Levine 858-292-0610

Knit & Nosh

Wednesday, April 24

12:30 PM until 2:30 PM at VMC

Virginia Inouye - 858-278-8847

Village Book Club

3rd Wednesday - April 17

"Varina"

Author: Charles Frazier

Contact: JoAnne - 858-292-1578

Bridge Games

Offsite

Want to get in on a bridge game?

Groups are pre-arranged but substitutes are needed.

Jean Kerr - 858-268-4448

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 - 4/16

3rd Tuesday of Month

6:00 PM (offsite)

This is an RSVP game limited to 16 players.

Ginny VanBenthuyzen
858-268-8348

Billiards

Mondays & Thursdays 10:15 AM

Bob Muldrew - 292-8405

SNAP

Casa Machado
Montgomery Field
5:00 at McDonalds

Village Interest Groups

Film Classics

Friday -- April 12 - 12:30 - 2:30 PM

"Life of Pi" - Drama / Action - 2012

Ang Lee, Director - 3-Oscar Winner

"Pi" is a nick-name for a 16 year old young man named Piscine Patel who lives in Pondicherry, India with his parents & brother. The family owns a zoo in a lovely large park in the city. For various political reasons, Pi's father decides to move the family & zoo to another new location in Canada. After deciding to sell their zoo in India & move to Canada, the Patel family boards a freighter with their belongings and a smaller group of animals. Tragedy strikes when a terrible storm in the Pacific Ocean sinks their ship, leaving "Pi" as the only human survivor. A good swimmer since early childhood, Pi manages to swim to the surface & find a lifeboat. However, Pi is not alone; a fearsome Bengal tiger has also found refuge aboard the lifeboat! As days turn into weeks, & weeks drag into months, Pi & the tiger must learn to trust each other if both are to survive.

"Pi" is based on a novel published in 2001 by Yann Martel, & has sold more than 10 million copies, earning over US \$609 million worldwide. The film received 11 Oscar Nominations and won four: Best Director (Ang Lee), Best Original Music Score, Best Cinematography, & Best Visual Effects.

Friday -- April 26 - 12:30 - 2:30 PM

"THE STING" - Drama / Comedy - 1973

Paul Newman, Robert Redford

Robert Shaw, Charles Durning

"The Sting" is a 1973 American caper film set in Chicago in September 1936 at the height of the Great Depression. It involves a complicated plot by 2 professional grifters (Newman & Redford) to con a mob boss (Shaw), who has killed one of their buddies. The "Sting" was inspired by real-life cons (the brothers Fred & Charley Gondorff) & was documented by David Maurer in his book The Big Con: The Story of the Confidence Man. The title phrase refers to the moment when a con artist finishes the "play" & takes the "mark's" money. If a con is successful, the "mark" does not realize he has been cheated until the con men are long gone.

The film is noted for its anachronistic use of ragtime, particularly the melody "The Entertainer" by Scott Joplin, which was adapted (along with others by Joplin) for the movie by Marvin Hamlisch (& a top-ten chart single for Hamlisch when released as a single from the film's soundtrack". The film's success created a resurgence of interest in Joplin's work.

The film received rave reviews and was a box office smash in 1973-74, taking in more than US \$160 million (\$800 million today). As of August 2018 it is the 20th highest-grossing film in the US adjusted for ticket price inflation. The Sting was nominated for 10 Oscars & won 7: Best Picture, Director, Original Screenplay, Art Direction, Costume Design, Film Editing, & Original Score.

In 2005, The Sting was preserved in the U.S. National Film Registry of the Library of Congress as being "culturally, historically, or aesthetically significant".

Gloria Stevens: 505-4188

Lunch Bunch

April 3 - 11:30

Khan's Cave

CMB at Ruffin Road

Romeo Club

April 18 - Noon

Mike's Hamburger House!

11533 Corte Playa Las Brisas

Hiking With Bob

**Do not register on Website.
Phone, E-mail, or just show up.**

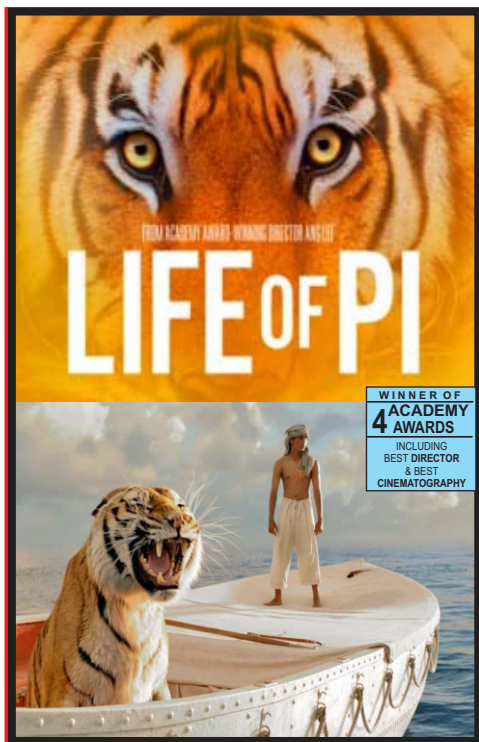
Four Village day hike participants started & finished the climb to North Fortuna Peak (1,291 feet) in mid-March. An ice cream social will take place at the "Saddle" (about 1,000 feet) - between North & South peaks this month to celebrate the accomplishment. Everyone is invited, but of course those flatlanders whose climbing skills have been allowed to deteriorate over the years, might have a little physical exercising to do before starting up. One last note: I used to lead a lot of kid-trips and have had children as young as 8 years old make it up to the Saddle - of course ice cream was involved in some of those cases too.

Two hour/two+ mile (Tierrasanta Canyons), Tambor Connector-North Rueda Canyon (rim) Loop: On **Fri, 05 Apr 2019 (first Friday)**, we gather at 8:30 AM. (Drive east on Tierrasanta Blvd past the library, down the hill to the last left turn, Colina Dorada Drive. Turn and go to Pendiente Court, turn left & go to the end of the cul de sac. Stop/park.) This route is a potential short cut from Tierrasanta Blvd up to Rueda Drive area. The North Rueda rim portion of this loop is another opportunity to experience the "(palm) stump-tour", viewing downward.

Two hour+/two+ mile (Mission Trails), CM Blvd entrance to Mount Fortuna Saddle (& back); there will also be an ice cream social up on the Saddle. On **Fri, 19 Apr 2019 (third Friday)**, we gather at 8:30 AM at the east end of CM Blvd; park on the street. Bringing a hiking stick (for safety) is recommendation. With agreement, we may also be able to climb to South Fortuna, and take the stairs down to get back to the start.

Two+ hour/two+ mile (Mission Trails), CM Blvd entrance to San Diego River crossing & the Visitor Center (& back): On **Fri, 03 May 2019 (first Friday)**, we gather at 8:30 AM at the east end of CM Blvd; park on the street. This day hike gives you the chance to touch the water in a running river and spent up to one half a hour searching the recesses of the center building.

Bob Muldrew: 292-8405
bobmuldrew@yahoo.com



CLASSIC MOVIES

"The Life of Pi" Director: Ang Lee

April 12, 2019
12:30 – 2:30 PM
VM Clubhouse

See Page 6 for Details

"The Sting"

Paul Newman
Robert Redford
Robert Shaw
Charles Durning

April 26, 2019
12:30 – 2:30 PM
VM Clubhouse



Tuesday - April 30 - 6 PM

"The Wife"

Glenn Close / Jonathan Pryce

Joan Castleman (Glenn Close) questions her life choices as she travels to Stockholm with her celebrated author husband Joe (Jonathan Pryce). He is to receive the Nobel Prize for Literature.

After 40 years of marriage and infidelity by her husband, Joan realizes their relationship was based on uneven compromises, and she had reached her breaking point. On the eve of Joe's Nobel Prize Award, Joan is about to confront the biggest sacrifice of her life and disclose her husband's closely guarded career secret.

A tense drama, with extraordinary, powerful acting by the Close / Pryce duo, earned Close a **Golden Globe Best Actress Award** and an **Academy Award Nomination**.

RSVP: Diane Levine - 858-292-0610 – Space is limited to 10 members



Blast from the Past

Patriot's Day Parade Event – May 2018



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

Tierrasanta Mexican Restaurant

10% discount; dine in only
with your membership card
5950 Santo Road

Gaetano's Italian Restaurant

Monday-Thursday

10% off your bill dine in only
with your membership card

Sub-Marina #2

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

Island Style Café

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

Tierrasanta UPS Store

10% off all products and services
except UPS shipping and USPS
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858-292-8633

Long Island Mike's Pizza

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5250 Murphy Canyon Road
858-569-7499

Tierrasanta Ace Hardware

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10615-A Tierrasanta Blvd.
858-573-9600

Magic Mel Hair Creations

Van T. Truong – Aesthetician
10% off with membership card
10601 Tierrasanta Blvd. - Suite J

San Terra Properties

Property Management-1 month FREE
+Reduced Rate - Buying or Selling?
Discount for Villagers 619-261-9612

Elam's Hallmark

"Your Neighborhood Gift Store"
10% discount with your TVSD
card card and Gold Crown
Rewards card
10621 Tierrasanta Blvd.
858-268-0810

Computer Services

Computer Consulting and/Set-up
\$5 off the hourly rate
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5% off dry cleaning
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