



# Tierrasanta Village of San Diego Village Vibes

“Living for Today: Planning for Tomorrow”

June 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.

## Patriots Day Parade & Craft Fair is a Village Favorite



See all Parade Pictures at: <https://rigdon.smugmug.com/TVSD-Material/Patriots-Day-Parade-2019/>

TVSD, 10601 Tierrasanta Blvd. #G-405, San Diego, CA 92124....Phone 858-569-9119...EMail...tierrasantavlg@gmail.com  
We meet at the Villa Monterey Clubhouse, 5275 Rimpark Lane....On the Web: [TierrasantaVillage.org](http://TierrasantaVillage.org)



# Village Business

## Monthly General Meeting

June 3 – 3 PM

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.

## Marine Corps Museum – Social Event – May



See all Marine Corp Museum Pictures at:

<https://rigdon.smugmug.com/TVSD-Material/Marine-Corps-Museum/>

## Updated Printable Member Directory for May 2019.

To access and print this document follow the instructions below:

Go to the TVSD Website ([www.tierrasantavillage.org](http://www.tierrasantavillage.org))

Log in

Scroll down to the Village Quick Links (which is shortly below the Tierrasanta logo)

Click on Member Directories

Click the printable membership directory (left button)

As always, please do not hesitate to let us know if you have any 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**

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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**

**858-569-9119**

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### **VIBES Staff**

#### **Editor / Photographer**

**Mike Rigdon**

#### **Proofing, Events & Calendar**

**Gayle Rolan / Gloria Stevens**

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

## **TIMEBANK TOPICS**

Time banking is a kind of money. Give one hour of service to another, and receive one time credit. For one person to earn a time credit, however, someone else has to agree to give it. Our members come from a variety of backgrounds and have many talents; the possibilities are endless. The interchange process helps us to take an inventory of what skills we each have, and what we might want to pursue as a new venture.

Need to learn a little French for travel plans?

There are offers for that in our timebank.

If you have company arriving, we have a list of loan items that might be most helpful.

Rides to medical appointments are also available including company for the visit!

If you do not belong to the TimeBank, please contact

JoAnn Kuelbs 858 292 1578 to schedule an orientation.

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## **Did You Know?**

**The Care Committee** has some personal medical aids available for your short-term use. If you find yourself in need of any of the following....

\*Walker

\*Cane

\*Knee Scooter

\*Crutches

\*Elevated Toilet Seat

\*Bedside Commode

Contact Joan McGeachy at (858) 652-1381.

Also, if you have any items you'd like to donate for Villagers to use, please let Joan know.

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## **Kiwanis Club of Tierrasanta – Special Event**

The Kiwanis Club of Tierrasanta is holding it's first **Cornhole Tournament** on June 22nd (Sat) at the Tierrasanta Lutheran Church and we would love to have some TVSD Cornhole Teams being represented.

Cornhole is a fun family game enjoyed by people young and old alike and the \$100 it takes to form a Cornhole Team ( 4 players at \$25 each ) ends up going to a wonderful cause, your cause. This is because after the Cornhole Tournament is over, the entire \$100 entry fees are returned back to you, so if you paid for 3 teams at \$300 you would receive \$300 in return, for 5 teams you would pay \$500 and get back \$500 in return, etc.

This is a new concept in fund raising. A hallmark of Kiwanis International is the long standing rule that all funds raised from the public through Kiwanis activities must be used for charitable purposes. Why not yours ?

In addition, the Lutheran Church Youth Group will be providing food and drinks for sale, restrooms are available at the church and we will be playing music. So think about building some teams, come out and have a good time and let the Kiwanis Club of Tierrasanta do all the work while you raise some money for TVSD.

Applications will be available at the Clubhouse or call PK at 858-775-5872 / or e-mail me at pkandcandy@gmail.com

SUN	MON	TUE	WED	THU	FRI	SAT
			<div> <b>SNAP</b>  <b>94th Aero Squadron</b>  <b>June 15</b>  <b>5 PM -- McDonalds</b>  <b>Carpool</b> </div>			1
2	3	4	5	6	7	8
	9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - <b>Members</b> <b>Monthly Meeting</b>	9:00 AM - Balance Class	9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:00 AM - <b>Bernardo Winery</b> 11:30 AM - <b>Lunch Bunch I</b> Bud's Louisiana Cafe 4320 Viewridge Avenue	9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards	8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	
9	10	11	12	13	14	15
	<b>CLUBHOUSE CLOSED</b> <b>FOR A PRIVATE PARTY</b> 12:30 PM - Monday Bridge	9:00 AM - Balance Class	9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - <b>Monserate</b> <b>Barbados North</b> <b>Neighborhood Picnic</b>	9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 1:00 PM - Core Team Meeting/Workshop	9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Classic Movies</b> <b>"Tea with Mussolini"</b> Comedy / Drama - 1999 <i>Cher - Maggie Smith</i> <i>Judi Dench - Lili Tomlin</i>	<b>S E E</b> <b>S N A</b> <b>P O V E</b>
16	17	18	19	20	21	22
	9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - <b>COFFEE &amp; CONVERSATION</b> 12:30 PM - Monday Bridge	9:00 AM - Balance Class 6:00 PM - <b>BUNKO</b> 12:30 PM - Lunch Bunch II <b>Fifty9Fifty Restaurant</b>	9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Village Book Club <b>"The Sun Also Rises"</b> <i>Ernest Hemmingway</i>	9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - <b>ROMEO Men</b> <b>Fifty9Fifty Restaurant</b>	Summer Solstice 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	
23	24	25	26	27	28	29
	9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	9:00 AM - Balance Class 12:30 PM - Care Committee Meeting 6:00 PM - <b>DVD Movie Party</b> <b>"A Dog's Way Home"</b> <i>Jonah Hauer-King</i> <i>Ashley Judd</i>	9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh 12:30 PM - Member to Member Forum <b>Traveling as a Senior</b>	9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 1:00 PM - TVSD Board Meeting	9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Classic Movies</b> <b>"My Big Fat Greek Wedding"</b> Romantic Comedy - 2002 <i>Nia Vardalos - John Corbett</i>	
30						



## Ciao, Villagers

Jerry & I enjoyed our little get away to Rome & Florence, but now it's time to get back to our San Diego routine. First, I want to thank everyone who showed up to work or support our booth at the TierraFest Craft Fair. Linda, Fran & Greg assembled a very enthusiastic team of workers. It's always nice to put ourselves out there for neighbors & friends to learn more about the TVSD. It's been reported that we walked away with 13 people to contact with more information about us! Nice work, everyone!

I particularly want to thank PK Walsh for providing the nice wheels for the Parade! Wow, we felt like a 1965 Prom King & Queen! Thank you, PK. Thank you Bev and Mike, for dancing their way along the route carrying the Banner for TVSD. They represent us so well! Of course, a real star of the show was Anne Hoffman. Anne showed off her "scooter skills", doing everything but wheelies in her "Anne Mobile"! She was a hard act to follow. Thanks, Anne for the performance!

Your Board is off to the Age of Leadership Conference, sponsored by the Village Movement California, on May 31<sup>st</sup> in Newport Beach. This is an opportunity to meet, mingle and learn from other West Coast Villagers. We hope to bring home information that will help us as we continue to improve and grow our Village. We'll have a brief report at the General Meeting on June 3<sup>rd</sup>.

On the subject of sharing information, I hope you're taking advantage of the wonderful and informational articles on our website. Your Care and IT Teams have loaded the pages with all sorts of hints for living a better, healthier, carefree life. There are notes and hints from recent presentations that some of us couldn't attend that I find very helpful. Thanks to all who so generously share this information with us. While you're cruising the site, check the "Volunteers Wanted" section. We continue to stress that our TVSD is an "all-volunteer" Village. That means member-helping-member and if you are looking for ways to contribute, this is the place to look. The Board and Core Team leaders are listing short duration, simple tasks that are needed to keep our Village running. We're all busy, but we make time to do the things that are important to us. I hope the TVSD is important to you!

Ta Ta for now, **Joyce Muinos**

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## Traveling As a Senior

**June 26th from 12:30 to 2 pm - VMC clubhouse. Members only.**

Now that most of us are retired, we have the time to travel and enjoy the world. So, why not share and learn from each other about the ins and outs of travel as a senior? After all, we do not have to re-invent the wheel if we can share our hard-earned experience! For example, did you know you could get a senior discount to travel?

**Some of the topics that could be covered in this member-to-member forum are:**

What do the advertisements mean by activity levels: easy going to strenuous?

What are the advantages and differences in small groups and large groups?

What are the challenges of traveling as a single senior?

Is there any way to get around the added expenses?

What are the differences between river and ocean cruises? Hidden expenses?

Is it a good idea to get trip insurance or is it just an added expense?

From your personal experiences, what would you say about these travel companies:

Road Scholar, OAT, Grand Circle, etc.

How can one decrease the amount of stuff you take on a trip; any packing tricks?

If you go on your own trip, what do you do when it doesn't work out?

**We are all experts and could benefit from our varied experience, so please plan to join us to learn from others and to share your experiences - good or bad.**

## DVD Movie Party

Tuesday, June 25, 6 pm.

A Dog's Way Home

*Jonah Hauer-King/Ashley Judd*

See Page 7 -- for Details

RSVP: Diane Levine 858-292-0610

## Knit & Nosh

4th Wednesday – June 26

12:30 PM until 2:30 PM at VMC

Virginia Inouye – 858-278-8847

## Village Book Club

3rd Wednesday – June 19

*"The Sun Also Rises"*

*Ernest Hemmingway*

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

## 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 – 6/18

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 – 6/15

94th Aero Squadron

5:00 PM – McDonalds

Carpool

Nancy Fahien - 560-7431

**Cover Photo**  
**Stern View**  
**USS Midway**  
**CV-41**

## Village Interest Groups

### Film Classics

Friday -- June 14– 12:30 – 2:30 PM

**"TEA with MUSSOLINI"** –

Drama / Comedy -- 1999

*Cher – Judi Dench – Maggie Smith*

*Lili Tomlin – Joan Plowright*

Florence, Italy 1935 -- on the brink of World War II -- it was a time of social unrest and, of course...afternoon tea. Pre-War Florence was the place to be for any proper British woman who relished culture and the arts. These ladies had everything they could ever need -- including a promise from Dictator Mussolini himself that not even the imminent World War II will impose upon their lifestyle.

But when it appears that his word was not kept, and these ex-patriots (who chose to stay in Italy instead of seeking refuge in their own country) were in trouble, it took a young outcast boy, and a brazen American woman (Cher) to keep them in the high life and out of harm's way.

Friday -- June 28 – 12:30 – 2:30 PM

**"MY BIG FAT GREEK WEDDING"**

Romantic Comedy - 2002

*Nia Vardalos - John Corbett*

Toula is 30. And unmarried. Which means -- as a nice Greek girl -- she is a failure. All her cousins did the right thing -- they married Greek boys and made Greek babies. So everyone worries what will become of Toula.

Then one day she sees the ultimate unattainable guy, and realizes that the only way her life will get better is if she gets away from her big, fat Greek family. Toula escapes from working in the family restaurant. She exchanges her seating and hostess jacket for a college diploma, and convinces her Aunt to give her a new job in her travel agency. She trades in her coke-bottle glasses for contact lenses just in time for "him" to walk back into her life.

Ian Miller (John Corbett) is tall and handsome, but definitely not Greek. Their courtship is an Olympian culture clash. Can Ian handle Toula, her parents, her aunts, uncles, cousins, and several centuries of Greek heritage? Will Toula discover the love she's been missing right in the middle of her big, fat, family?

One thing is for sure, for better or worse, for richer or poorer, with Ian's proposal Toula is heading for her big, fat Greek wedding.

Gloria Stevens: 505-4188

## Lunch Bunch I

Wednesday – June 5 – 11:30

Bud's Louisiana Cafe

4320 Viewridge Avenue

## Lunch Bunch II

Tuesday – June 18 – 12:30

Fifty9Fifty Restaurant

(Previously Andiamo Ristorante)

## Romeo Club

June 20 – 11:30 AM

Fifty9Fifty Restaurant

(Previously Andiamo Ristorante)

## Hiking With Bob

Our group has climbed the two major mountains (North Fortuna & - via the Saddle - South Fortuna) in Tierrasanta, this winter/spring. .... But there's one more: Tierrasanta mini-mount - on this side of North Fortuna. It's just to the north of the route up to the Saddle. It looks conical like a (former) small volcano. It's pretty easy to climb - it's only 100-200' or so up off the surrounding terrain. But who knows what's up on top, a pit with cooled lava in it - or what? We'll find out.

**Two+ hour/two+ mile (Mission Trails)**, Tierrasanta mini-mount (& back): On **Fri, 07 Jun 2019 (first Friday)**, we gather at 8:30 AM at the east end of CM Blvd; park on the street. It is recommended that you wear long pants & bring a hiking stick.

**Two+ hour/two+ mile (Tierrasanta Canyons)**, Roadrunner Canyon (& back): On **Fri, 21 Jun 2019 (third Friday)**, we gather at 8:30 AM next to Roadrunner Park. (Drive south of the Tierrasanta library, past the fire station, past Farb middle school to the park & stop. The canyon when you get down in it, is quiet & beautiful. It is recommended that you wear long pants & bring a hiking stick.

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

You can email (or phone) if you have any questions, or comments. Do not register on website. .... Email, or phone, (or just show up).

Bob Muldrew: 292-8405

bobmuldrew@yahoo.com



## CLASSIC MOVIES

### **"TEA with MUSSOLINI"**

**Comedy/Drama- 1999**

**Cher - Maggie Smith**

**Judi Dench - Lili Tomlin**

**June 14, 2019**

**12:30 – 2:30 PM**

**VM Clubhouse**

**See Page 6 for Details**

### **"My Big Fat Greek Wedding"**

**Romantic Comedy - 2002**

**Nia Vardalos - John Corbett**

**June 28, 2019**

**12:30 – 2:30 PM**

**VM Clubhouse**

**See Page 6 for Details**



**Tuesday - June 25 - 6 PM**

### **"A Dog's Way Home"**

**Jonah Hauer-King / Ashley Judd**

A touching story about the emotional life of a dog (**Bella**) who starts her life in Denver as a stray pup until found and adopted by a young man, **Lucas** (**Jonah Hauer-King**), who brings her home to live with him and his mother, **Terri** (**Ashley Judd**). Bella led an idyllic life until threatened by the Animal Control Dept. Fearful, Lucas places Bella with a friend in New Mexico. But Bella escapes, wanting to return to her beloved home. What she thought would be a brisk walk, evolves into an epic 400-mile perilous adventure.

Along the way, the lost but spirited dog encounters life-threatening obstacles. Then meets a series of new friends—some friendly, some dangerous--and manages to bring a little bit of comfort and joy to their lives. But as time passes, she wonders if she will ever see her family again.-- heartwarming, occasionally funny, thrilling film.

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

### **Notes from your VIBES Editor – Mike Rigdon**

All Village Members are encouraged to submit pertinent short articles or pictures or both to me for consideration in each month's **VIBES**. If you do, I need input by the 15th of each month.

Also, when you [link to more pictures from each social event](#) you can copy / paste any picture as they are not copy-righted. You may forward the links to anyone you like.

Hope everyone finds the **VIBES** educational and entertaining.....Mike



# ***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  
with your membership card  
10601-G Tierrasanta Blvd.  
858-292-8633

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

20% off with membership card  
5250 Murphy Canyon Road  
858-569-7499

## **Tierrasanta Ace Hardware**

5% discount with TVSD Card  
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  
Art Larkin – 858-277-4131

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