



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

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

**July 2019 – Electronic Edition**

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.

## **June Social at Bernardo Winery**



**Cover Photo**  
**Rigdon Ranger Station**  
**Willamette National**  
**Forest – Oregon**

**See all Winery Pictures at: <https://rigdon.smugmug.com/TVSD-Material/TVSD-Social-June-5-2019/>**

**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

Dark in July

Next Meeting: August 5 – 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 & Thursday – 9 AM  
Instructor: Lesley Norris

## 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.

## The Whaley House & Adobe Chapel



Come explore the Whaley House in Old Town with the Social Committee. Learn how many uses it has had and why it is said to be haunted. Visit the Adobe Chapel that became a church in 1858 and was re-built in 1937 with many of the original artifacts. A docent will answer all of our questions.

Date: **Wednesday, July 10, 2019**

Time: **11 AM to 2 PM**

Meet at McDonalds at **10:30 AM to carpool**

Cost: **\$4 to be paid at time of tour**

Lunch at Miguel's Cocina at attendee's expense

Please register online or call the TVSD office. **RSVP** by July 5th.  
Questions? Contact Sue Christian 858-278-6534.



## Garden Coffee Event

The membership team has kept busy meeting with Tierrasanta friends and neighbors who are interested in learning more about the Village. In May, they held a Garden Coffee at the home of Jeanette and Jim Vlassis. Our prospective members had an opportunity to socialize with current members and other guests and at the same time understand the personal benefits and responsibilities of membership in the Village. Thank you, Jim and Jeanette for opening up your beautiful home and garden for this event.

The membership team will continue to meet with prospective members and at the present time want to welcome our newest members to the Village: **Carol Lee, Sally Navarro, and Ed Blum.**

## **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

## **TIERRASANTA VILLAGE**

PRESENTS

## **A SALUTE TO STAGE AND SCREEN!**



**Dance, Song, Comedy!**

**THE RHINESTONE GRANNIES**

**WITH JOHN JAMES OF**

**THE PLATTERS!**

**FRIDAY, SEPTEMBER 20 @2:00 P.M.**

**\$10 PAYABLE AT THE DOOR**

**TIERRASANTA 7TH DAY ADVENTIST CHURCH  
11260 CLAIREMONT MESA BLVD.**

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### **More News about our "resource full" Time Bank**

Are you aware that someone will be glad to help you produce a digital scrapbook, give you a knitting lesson, or knit for you, or accompany you to your Doctor's appointment? There are also some handyman offers. Transportation is already a popular service. These exchanges are available to Time Bank members. If you are not a member consider joining. It's an easy process – you just need to call: Joanne Kuelbs at 858 278 5279 and schedule a session.

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### **Balance Story from Ken Ross**

A woman on the phone said to her friend: "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotard on, the class was over."

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - Core Team Mtg. 12:30 PM - Monday Bridge 3:00 PM - <b>Members Monthly Meeting - CANCELLED</b>	<b>2</b> 9:00 AM - Balance Class	<b>3</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - <b>Lunch Bunch CANCELLED</b>	<b>4</b> <b>Independence Day</b>  <b>Holiday</b>	<b>5</b> 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>6</b>
<b>7</b>	<b>8</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>9</b> 9:00 AM - Balance Class 3:00 PM - <b>Membership Team Meeting at Sue Christian's</b>	<b>10</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:00 AM - <b>Whaley House Adobe Chapel Lunch at Miguel's Cocina</b>	<b>11</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 3:00 PM - <b>Portofino Group Summer Social Carol &amp; Bob Higgin's Home</b>	<b>12</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies <b>"THE HORSE WHISPERER"</b> <i>Robert Redford</i> <i>Kristin Scott Thomas</i>	<b>13</b>
<b>14</b>	<b>15</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>16</b> 9:00 AM - Balance Class 10:30 AM - <b>New Member Orientation at Clubhouse</b> 12:30 PM - <b>Lunch Bunch II</b> 6:00 PM - <b>BUNKO</b>	<b>17</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Village Book Club	<b>18</b> 9:00 AM - Balance Class <b>Cancelled today</b> 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - <b>ROMEO Greek Palace - Kearny Mesa</b>	<b>19</b> 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>20</b> <b>S E E</b> <b>S N A P</b> <b>B E L O W</b>
<b>21</b>	<b>22</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>23</b> 9:00 AM - Balance Class	<b>24</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	<b>25</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards	<b>26</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies <b>"THE NUN'S STORY"</b> <i>Audrey Hepburn</i> <i>Peter Finch</i>	<b>27</b>
<b>28</b>	<b>29</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>30</b> 9:00 AM - Balance Class 6:00 PM - DVD Movie Party - <b>"The Upside"</b> <i>Kevin Hart / Bryan Cranston</i>	<b>31</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>Aug 1</b> 1:00 PM - Core Team Meeting/Workshop	<div> <b>SNAP</b>  <b>Cucina Basilico</b>  <b>July 20</b>            5 PM -- McDonalds            Carpool         </div>	



## Happy Summer, Villagers!

June gloom should be moving out and a red, white and blue July is here! Fireworks and bar-ba-que – what could be better?

Your Board of Directors took some time off...sort of. We didn't have a formal Board meeting in June, but we'll be back at it on July 25<sup>th</sup>.

As we mentioned at our June General Meeting, five Board members attended the Village Movement California (VMC) convening in Newport Beach on May 31, and we all agreed that it was time well spent. We are one of the older villages in California and we're considered to be quite successful. However, we realize we can learn a lot from meeting other villagers and sharing what works and what doesn't. One thing that is very obvious is that all villages are different! Some have the support and backing of health companies or organizations, universities, local chambers of commerce or their cities. Two are sponsored by a synagogue. Many are similar to our TVSD - member-supported, all-volunteer organizations. One thing that was made crystal clear is the importance of partnerships or organizations/companies with which we establish mutually beneficial relationships. Another point that was clear is sustainability. Many villages struggle for years only to fail. We want our TVSD to be here, serving the senior population of Tierrasanta long after most of us have moved on!

Of course, change takes time & this is serious business! Our Board has agreed to tackle the next phase in our development – moving from a day-to-day managing Board to a far-sighted, long-range planning, governing Board! We will start with a brain-storming session; breaking the task, as we see it today, into baby steps. From there, we'll create an action item list and assign responsibilities with target dates for completion. We may need help or input from you, the membership, as we work through this transition. We've already been in contact with another village, asking that they share their story and they have been most helpful. We also asked Yasmin Shah to provide ideas. She works closely with other villages and the City of San Diego as they work toward a more senior-friendly city.

We intend to keep you updated and informed as we take on this challenge and we ask for your support and cooperation, as needed. After all...It takes a Village! *Joyce Muinos*

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## Villagers Fed the Homeless at Father Joe's Village in May



Following an eventful couple of hours feeding the homeless, our Villagers went to a local restaurant to feed themselves.

This was a Community Outreach Event.

## DVD Movie Party

Tuesday, July 30, 6 p.m.

"The Upside"

Kevin Hart / Bryan Cranston

See Page 7 -- for Details

RSVP: Diane Levine 858-292-0610

## Knit & Nosh

4th Wednesday – July 24

12:30 PM until 2:30 PM at VMC

Virginia Inouye – 858-278-8847

## Village Book Club

3rd Wednesday

No Book Club in July.

Next: August 21st.

"The Given Day"

Dennis Lehane

Contact: JoAnne Kuelbs

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 – 7/17

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 – 7/20

Cucinca Basilico

Aero Drive by Sizzler

5:00 PM – McDonalds

Carpool

Nancy Fahien - 560-7431

## Village Interest Groups

### Film Classics

Friday -- July 12 – 12:30 – 2:30 PM

### "THE HORSE WHISPERER"

Drama — 1998

Robert Redford - Kristin Scott Thomas  
Scarlett Johansson Sam Neill

"The Horse Whisperer" is an American drama film directed by and starring Robert Redford, based on the 1995 novel of the same name by Nicolas Evans. Redford plays a talented animal trainer with a remarkable gift for understanding horses.

After a devastating riding accident, a young girl, Grace (Johansson) and her beloved horse are left with serious physical and emotional scars. Grace is bitter and withdrawn after the accident. Her horse is traumatized and uncontrollable to the extent it's suggested it be put down. Grace's mother, (Thomas) refuses to allow it to be put down sensing that somehow Grace's recovery is linked with the horse. Determined to help, Grace's mother, (Thomas) puts her busy New York life as a workaholic magazine editor on hold, and travels west to seek out the "Horse Whisperer" in the remote mountains of Montana.

On this trip not only Grace's welfare, but her mother's marriage, future, and her New York life are examined and redefined.

Friday -- July 26 – 12:30 – 2:30 PM

### "THE NUN'S STORY"

Drama – 1958

Audrey Hepburn - Peter Finch

"THE NUN'S STORY" is an American drama based upon the 1956 novel by Kathryn Hulme. The film tells the life of Sister Luke (Hepburn) a young, free-spirited Belgian woman who decides to enter a convent in the 1920's, and makes the many sacrifices required by her choice. She is hoping to serve as a medical worker in the Belgian Congo alongside her father (Jagger) a prominent surgeon. She undergoes her postulancy & novitiate which foreshadow her future difficulties with the vow of obedience.

Once there, she is disappointed that she will not be nursing the natives, but will instead work in a segregated whites/European patient hospital. She develops a strained but professional relationship with the brilliant, atheistic surgeon, Dr. Fortunati (Finch). Due to the impending war in Europe, she cannot stay in the Congo, and is assigned as a surgical nurse at a Belgian hospital.

Gloria Stevens: 505-4188

## Lunch Bunch I

Wednesday – Dark in July

## Lunch Bunch II

Tuesday – July 16 – 12:30

Admiral Baker Field Restaurant

## Romeo Club

July 18 – 11:30 AM

Greek Palace - Kearny Mesa

## Hiking With Bob

Well, we climbed Tierrasanta mini-mount; there was no ancient pit on top with cold lava in it. Bummer. .... There were some strange rocks that I've never seen anywhere in MTRP, so that might jibe with the conical volcano theory. .... But then I ran into an author named Patrick Abbott who wrote a recent book, "Geology of MTRP" for sale for \$16+ at the Visitors Center. .... Magma builds (caused by subduction) stopped 90 million years ago. Everything since then eroded the raised lands to what we see today. .... We'll try to get across the San Diego River (again - since we backed away from the too high water a few months ago) and walk - with dry feet - on to the Visitors Center. .... The Shepherd Loop has a new meeting/starting place across the street from the Catholic Church.

Two+ hour/two+ mile (Mission Trails).  
CM Blvd entrance to San Diego River crossing & the Visitor Center (& back): On Fri, 05 Jul 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 Visitors Center building. Long pants and a hiking stick are recommended.

Two hour/two mile (Tierrasanta Canyons). Shepherd Loop (North, then East Shepherd canyons): On Fri, 19 Jul 2019 (third Friday), we gather on Via Dominique, next to Via Vallarta. (Drive east on CM Blvd to the Catholic Church, make a left turn on to Via Vallarta, go one block, turn right on to Via Dominique; stop/park (on the street). There are parts of this route that have shade and even quiet. Long pants and a hiking stick are recommended,

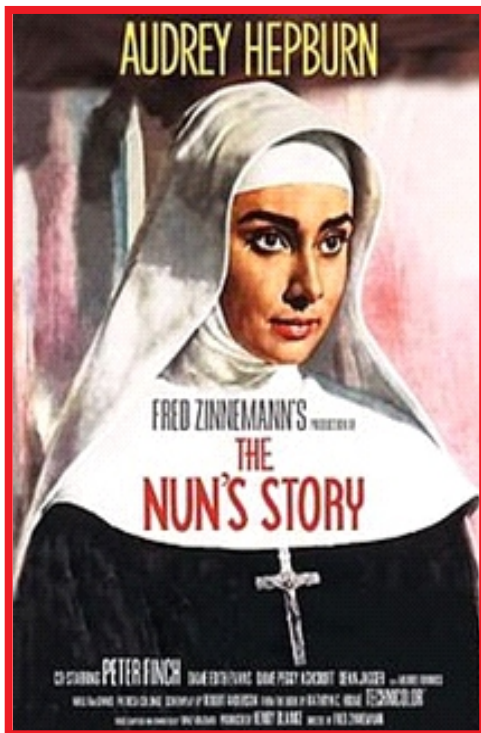
You might bring water (or some other drink) and a hat (or sunscreen). .... Also, especially on longer/harder trips, a walking stick can be very helpful. They sell them at REI - near Route 52, Walmart, & other places. (I wouldn't postpone coming because you don't have a stick. I can loan/give you one (fashioned from a straight branch), or we can select & make one along the way.)

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

Bob Muldrew: 292-8405

bobmuldrew@yahoo.com





## CLASSIC MOVIES

### "THE HORSE WHISPERER"

Drama — 1999

*Robert Redford - Kristin Scott Thomas  
Sam Neill - Scarlett Johansson*

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

See Page 6 for Details

### "THE NUN'S STORY"

Drama — 1959

*Audrey Hepburn - Peter Finch*

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

See Page 6 for Details



## DVD Movie Party – Tuesday, July 30 – 6 PM

### **"The Upside"**

*Kevin Hart / Bryan Cranston*

A true comedy-drama story that follows **Philip Lacasse** (Bryan Cranston), a paralyzed billionaire who hires **Dell Scott** (Kevin Hart), a recently paroled convict, to take care of him.

Each is coping with his own serious problems. The film develops insight into and empathy for their struggles.

What begins as a professional relationship develops into a unique friendship. The two characters grow closer by engaging in each other's dangerous behaviors.

The movie's messages are about normalizing disability and discovering positive, life-changing opportunity amid tragedy. Prevalent in the film are lovely samples of art, opera, and poetry.

*Charming comic, and heart-felt movie.*

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

## **KIWANIS CLUB OF TIERRASANTA CORNHOLE TOURNAMENT – JUNE 22, 2019**

TVSD was represented at the Cornhole Tournament, with Marilyn Bente as the Team Captain and the team comprised of Ann Lasdon and Fran & Greg Zweibel. Even though they didn't make it to the finals they had a great time and enjoyed the comradery of their Tierrasanta neighbors and friends.

This event was a fundraiser and TVSD will receive donations from the Kiwanis as a result. Next year we hope to see more of our Villagers support Team TVSD and our community!





# ***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

## **Klassic Dry Cleaners**

and Formal Wear  
5% off dry cleaning  
5950-J Santo Road

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

Family & Cosmetic Dentistry  
4926 La Cuenta, Drive Ste. 100  
858-279-7680  
10% Senior Discount  
[www.drpaulsmiles.com](http://www.drpaulsmiles.com)

**Support Our  
Local Businesses**



## **ROMEO Group**

The TVSD Romeos (Retired Old Men Eating Out) meet each month at various local eateries.

The June event was at the new Fifty9Fifty (formerly Andiamo's).

We discuss possible ways to involve the group in community activities, along with Village events. And of course, we tell a few "tall tales" from our past.

*Dick Rees, PK Walsh and Greg Zweibel are the hosts.*

