



# Tierrasanta Village of San Diego

## Village Vibes

“Living for Today: Planning for Tomorrow”

August 2019

Tierrasanta Village (TVSD) is an active, nonprofit organization for local 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.

### July Social at Whaley House – Old Town



See more Pics  
on Page 5

Whaley House Tour at: <https://rigdon.smugmug.com/TVSD-Material/TVSD-Whaley-House-Tour-Lunch/>



#### TVSD Welcomes New Front Desk Coordinator

Cassandra Hanrahan will join our TVSD Family on August 1st. Her background and experience are an excellent match for our organization.

Cassandra moved to Tierrasanta in 2015 after her husband retired from the Navy, and they are happy to be raising their 8 year old son in our fantastic Tierrasanta Community!”



#### 2019 TVSD Board of Directors

Mike Rigdon, Marilyn Bente, Janice Trantham  
Joyce Munios, Linda Rees, Fran Zweibel, Ann Lasdon  
(Not Pictured: Candy Walsh)



# Village Business

## Monthly General Meeting

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 and 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.

**Cover Photo**  
**USS Charleston LCS-18**  
**Newest Ship to call**  
**San Diego her Homeport**

# 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.**

## Rubio's Fundraiser

The TVSD Social Committee has proposed having this year's Holiday Dinner and Party at the Butcher Shop Restaurant in December. To reduce the cost of the meal for members, the Committee will be holding a series of fundraisers. The first one will be at **Rubio's on Clairemont Mesa Blvd, August 15**. The restaurant is giving back 30 % of what we spend! We hope you will join us for fun, food, and comradery all while supporting our fund-raising efforts!

Please see the attached flyer for details. And don't forget to bring a copy of the flyer to Rubio's so that our Village will get credit for what you spend. Sorry, but gift cards will not be counted in our final total.

**rubio's** COASTAL GRILL

JOIN US FOR A GOOD CAUSE  
WITH A SIDE OF FISH TACOS.

Come in and enjoy our sustainable grilled seafood,  
chicken or steak served in tacos, burritos, salads and more.



FUNDRAISER  
— IN SUPPORT OF —

**Tierrasanta Village of San Diego**

We will donate 30% of the proceeds from your meal to this cause. Present this flyer when you dine in,  
take food to go, or pick up a Catering order (24 hours notice requested for Catering orders).  
Please note that online orders do not apply to fundraisers at this time.

DATE: 08/15/2019

TIME: 04:00 PM - 07:30 PM

LOCATION: 9187 Clairemont Mesa Blvd. - San Diego, CA 92123

## **Board of Directors**

### ***President***

**Janice Trantham**

### ***Past President***

**Joyce Muinos**

### ***Vice President***

**Fran Zweibel**

### ***Treasurer***

**Ann Lasdon**

### ***Secretary***

**Marilyn Bente**

### ***Members at Large***

**Linda Rees / Mike Rigdon**

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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***

**Cassandra Hanrahan  
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

## **TVSD Salutes Joyce Muinos and Mike Rigdon**

*by Janice Trantham  
Incoming TVSD President*

As Joyce Muinos and Mike Rigdon step down from their roles as President and Treasurer on the TVSD Board of Directors, the Village salutes them for their contributions and thanks them for their service.

Like veterans who have served our country, Joyce and Mike have served our Village well. They have selflessly spent countless hours, away from family and the things they enjoy, doing what it takes to lead, grow and keep TVSD financially sound.

Joyce and Mike, we offer our sincerest thanks for your years of service and contribution to the Village. You leave your positions with "big shoes to fill" and a legacy of volunteer service that inspires us all to do more.

We know that other, hopefully fun things will be filling your time now. So, Joyce and Mike, as you look forward to new opportunities and new challenges, TVSD wishes you "fair winds and following seas."

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## **Your Upcoming TVSD Membership Renewal**

The summer months will soon be over even though the hot weather will be sticking around, and for most of our members it is time to consider renewing your TVSD Membership. We hope you will take the time to stop and reflect on the past year(s) and what your membership has meant to you.

I know that I have mentioned to some of you many times that I can't imagine what my life would be like without TVSD, and having had the opportunity to know most of our wonderful members and make so many new friends. The Village has been monumental in determining who I am and continue to be at this particular stage in my life.

We truly hope that you are getting the benefits of your membership and taking advantage of all the meaningful services we provide for you. If you would like to get more out of your membership, we hope you will please consider volunteering in new or different ways.

Remember, we need **YOU** and we hope you will continue to need **TVSD**. **Together** we hope to create a place in Tierrasanta that has lasting meaning and purpose.

Fondly,  
Fran Zweibel,

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## **A Taste of Summer**

The Care Committee invites you to join us for a picnic where we can sample each other's culinary skills. You are invited to a "tasting" event in the Portofino Park on Thursday, August 29, 11:30-1:00. All you need to do is prepare your favorite dish (4 to 6 people), bring 10 copies of the recipe, and come. We will then provide tastings to all in attendance.

**Note:** If you don't want to prepare a dish, bring drinks to share. There will be no way to heat or refrigerate food. It is important that you sign up for this event so we may set up appropriately.

**Hope to see you there as we celebrate summer, good food, and ideas!**

SUN	MON	TUE	WED	THU	FRI	SAT
		<div> <div>SNAP</div> <div>Greek Palace</div> <div>August 17</div> <div>5 PM -- McDonalds</div> <div>Carpool</div> </div>		1 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 1:00 PM - <b>Core Team Meeting/Workshop</b>	2 8:30 AM - Hikes with Bob 9:00 AM - Chair Yoga	3
4	5 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - <b>Members Monthly Meeting</b>	6 9:00 AM - Balance Class	7 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - <b>Lunch Bunch</b> <b>Choice of Mandarin</b>	8 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 1:00 PM - <b>A Day At The Races</b>	9 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies <b>"COMPANY BUSINESS"</b> <i>Gene Hackman</i> <i>Mikhail Baryshnikov</i>	10
11	12 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	13 9:00 AM - Balance Class	14 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	15 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - <b>ROMEO</b> 4:00 PM - <b>Rubio's Fundraiser</b>	16 8:30 AM - Hikes with Bob 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	17 <b>S E E</b> <b>S N A B O V E</b>
18	19 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	20 9:00 AM - Balance Class 12:30 PM - <b>Lunch Bunch II</b> <b>Islands Rest. on Balboa</b> 6:00 PM - <b>BUNKO</b>	21 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - <b>Village Book Club</b> <b>"The Given Day"</b> <i>Dennis Lehane</i>	22 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 1:00 PM - <b>Board Meeting</b>	23 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies <b>"RUNAWAY BRIDE"</b> <i>Richard Gere</i> <i>Julia Roberts</i>	24
25	26 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	27 9:00 AM - Balance Class 12:30 PM - <b>Care Committee Meeting</b>	28 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Knit &amp; Nosh</b>	29 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - <b>"RECIPE SHARE"</b> 6:00 PM - DVD Movie Party <b>"STAN &amp; OLLIE"</b>	30 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	31





## Senior Travel

Now that most of us are retired, we have had the time to travel and enjoy the world. On June 26 eighteen Villagers discussed topics including: large vs small group travel, traveling alone, what do they mean by strenuous tours, and, of course, trip insurance. We all benefitted from each other's experiences.

## A Message from President Joyce Munios

Well, I've reached the end of my term as the President of your Board of Directors. To say that it has been an honor and a privilege would not be enough! I sincerely want to thank each of you for all the support that I received during my term. Many know that I went through a rough time last fall, but my village friends were there with hugs, sympathy, good thoughts and love when I returned! Thank you.

Of course, I must mention my fellow board members whose dedication and commitment to the TVSD is an inspiration! Each one brings something different to the table and each accepts challenges enthusiastically and with a "let's get it done" attitude. We've shared a lot of laughs, few disagreements and built lasting friendships along the way. It's so much fun that we're all staying for another year to support Janice as she leads us into the future! Stick around, folks! TVSD is moving forward!

With gratitude, Joyce



Continued from Page 1 the tour finished with a visit to the Adobe Chapel and then lunch at Miguel's Cocina in Old Town

## DVD Movie Party

Thursday, August 29, 6 p.m.

"Stan & Ollie"

Steve Coogan / John C. Reilly

See Page 7 -- for Details

RSVP: Diane Levine 858-292-0610

## Knit & Nosh

4th Wednesday – August 28

11:15 AM at VMC

Virginia Inouye – 858-278-8847

## Village Book Club

3rd Wednesday – August 21st.

7 PM (Offsite)

"The Given Day"

Dennis Lehane

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 – 8/20

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 – 8/17

Greek Palace

8878 Clairemont Mesa Blvd

5:00 PM – McDonalds

Carpool

Nancy Fahien - 560-7431

## Village Interest Groups

### Film Classics

Friday – August 9 – 12:30 – 2:30 PM

#### "COMPANY BUSINESS"

Spy Drama — 1991

Gene Hackman Mikhail Baryshnikov

The Cold War might be over, but things are about to heat up again! A CIA agent (Hackman) is called back from his recent retirement by his former CIA boss, to handle one more very sensitive assignment. He is to escort a Russian spy (Baryshnikov) currently caught and held by the US, to Berlin for a prisoner trade. An American spy caught and now held in Russia is to be exchanged for the return of the Russian spy now held in the US.

It seemed like business as usual, but when the former adversaries (Hackman & Baryshnikov) realize they've been double crossed by their own governments. They must work together & destroy the double operatives within both the CIA & the KGB to win this intricate and deadly spy game.

A thrill-a-minute ride hurtles them through Europe, and culminates in a death-defying confrontation atop the Eiffel Tower in Paris.

Friday -- August 23 – 12:30 – 2:30 PM

#### "RUNAWAY BRIDE"

Romantic Comedy – 1999

Richard Gere Julia Roberts

Maggie Carpenter (Roberts) is a spirited, attractive young woman, who has had a number of unsuccessful relationships. Nervous about marriage, she has left a trail of fiancés (so far 3) waiting at the altar.

Meanwhile, Homer Graham (Gere), a New York newspaper columnist, has heard various stories about the commitment-phobic bride-to-be (who is considering a fourth wedding and not running away).

Graham travels to Hale, Maryland hoping to interview Maggie to get the real story. Wishing to not repeat her neurotic previous behavior, and more importantly, to make sure the real story is accurate and not fake, Maggie agrees to an interview with Graham (Gere).

Graham, a cynical, big-city columnist, had been eager to write a tell-all story about Maggie. But the more he finds out, in his research for the story, about skittish Maggie, the more he finds he is falling in love.

## Lunch Bunch I

Wednesday – August 7 – 11:30

Choice of Mandarin

## Lunch Bunch II

Tuesday – August 20 – 12:30

Islands Restaurant

7637 Balboa Ave

## Romeo Club

Thursday – August 22 – 11:30 AM

Admiral Baker Restaurant

## Hiking With Bob

**Two-hour/two-mile (Mission Trails), Quarry Loop:** On Fri, 02 Aug 2019 (first Friday), we gather at 8:30 AM at the intersection of Calle de Vida & Colina Dorado. (Drive east on Clairemont Mesa Blvd to Rueda Drive (last right turn); go south on Rueda two blocks to Calle de Vida; turn left & go east to the sharp right hand turn to Colina Dorada; stop & park on the street.) This is a relatively short distance with a 100' climb - a summer trip. The views are outstanding.

**Two-hour/two-mile (Tierrasanta Canyons), South Rueda - southern loop:** On Fri, 16 Aug 2019 (third Friday), we gather at the south (dead) end of La Cuenta. (Drive east on Tierrasanta Blvd to La Cuenta; turn right past the library, fire station, Farb Middle School a long way, to the end; stop & park.) There's descent into the canyon, and of course the climb back up. A hiking stick is recommended. We may climb clubhouse peak to look over the Navy golf course, and other interesting stuff. 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.

Gloria Stevens: 505-4188

Bob Muldrew: 292-8405

bobmuldrew@yahoo.com





## CLASSIC MOVIES

### "COMPANY BUSINESS"

**Spy Drama 1991**  
*Gene Hackman*  
*Mikhail Baryshnikov*

**August 9, 2019**  
**12:30 – 2:30 PM**  
**VM Clubhouse**

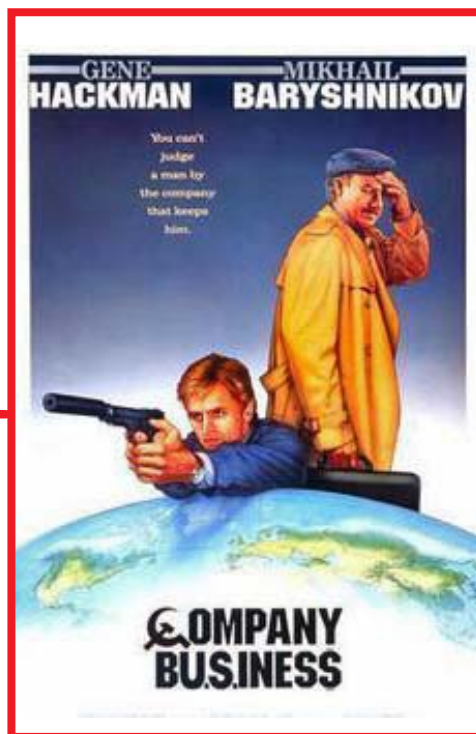
See Page 6 for Details

### "RUNAWAY BRIDE"

**Romantic Comedy 1999**  
*Richard Gere - Julia Roberts*

**August 23, 2019**  
**12:30 – 2:30 PM**  
**VM Clubhouse**

See Page 6 for Details



**DVD Movie Party – Thursday, August 29 – 6 PM**

### **"STAN & OLLIE"**

***Steve Coogan – John C. Reilly***

Already Hollywood legends, the beloved comedy team of **Stan Laurel (Steve Coogan)** and **Oliver Hardy (John C. Reilly)** decide to embark on a grueling music hall tour of the United Kingdom and Ireland during 1953 while simultaneously struggling to get another film made.

The duo enjoyed performing on the tour before adoring fans but long buried tensions & health issues start to threaten their new act and friendship.

A touching, superbly performed biographical comedy-drama.

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

## **Lunch Bunch II**

**June Outing at**  
**Fifty9Fifty**  
**Restaurant**



# ***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

**Support Our  
Local Businesses**



## **New Member Orientation**

This was a meeting for our newest members to: 1. review their welcome binder, 2. encourage them to sign up to volunteer on a core team or other activity of interest, 3. sign up for IT training if they had not done so and time bank, if interested, and 4. ask any questions they may have about the Village. New members were personally invited by the membership team.

