



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

“Living for Today: Planning for Tomorrow”

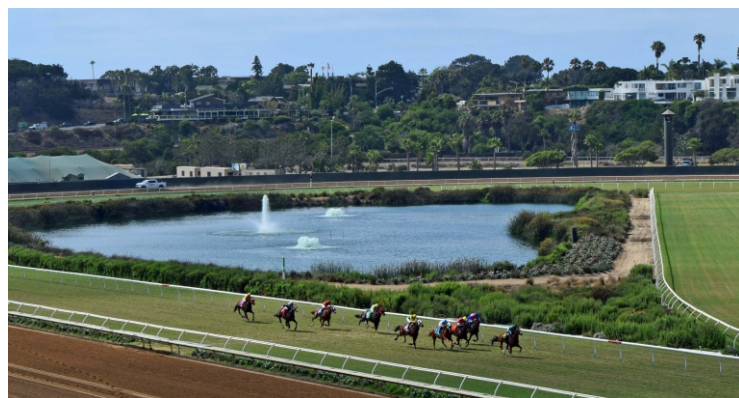
**September 2019**

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.

## **August Social – Delmar Race Track**



Seventeen Villagers enjoyed a sunny day at the Races and Mexican Dinner at Casa Sol y Mar



**Delmar Races Tour at:** <https://rigdon.smugmug.com/TVSD-Material/Delmar-Races/>

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

September 9 – 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 Service

### Tai Chi Class

Wednesday and Friday at 10 AM  
Open to the entire community.

Cover Photo  
USS Ronald Reagan  
CVN-76  
Bow View

## 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.**

## The Village Needs You

Do you have a few hours a month to volunteer but are not quite sure how to help? Why not check out the volunteer opportunities posted on the website?

Go to [www.tierrasantavillage.org](http://www.tierrasantavillage.org), scroll down to "We Need You" and scroll through the volunteer possibilities.

Do you enjoy chatting on the phone? Why not consider the Member Outreach Coordinator position? You would call members who have not been active for a while, tell them about upcoming events, and let them know they are missed. It would only take a few hours a month of your time. Volunteering in this position would give you an opportunity to connect with inactive members and make an important contribution to the Village.

If you would like to learn more about Member Outreach Coordinator, or other volunteer opportunities listed under Membership, contact Ginny Van Benthuyzen. Her contact information is listed in the Membership Directory.

## **Board of Directors**

### ***President***

**Janice Trantham**

### ***Past President***

**Joyce Muinos**

### ***Vice President***

### ***Administration***

**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

## **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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## **TIMEBANK TOPICS**

The existing offers from the current members include transportation, cooking, gardening advice, computer assistance, companionship, and handyman services. The wish of the Timebank Committee is for the circle of giving and receiving to keep growing and growing! Check the website – a gathering of members on August 16<sup>th</sup> added to the list! New members welcome!

TimeBank Committee: Carmela Cavero, Delise Konigsbach, Joanne Kuelbs



**The TVSD  
Board of Directors  
wished Missy Rainier  
well in her retirement,  
and officially welcomed  
Cassandra Hanrahan to  
our TVSD Family.**

# Tierrasanta Village of San Diego

# September 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:00 AM - Chair Yoga - Cancelled Due To Holiday 10:15 AM - Billiards - Cancelled Due To Holiday 12:30 PM - Monday Bridge	3 9:00 AM - Balance Class	4 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch Black Angus on Friars Road	5 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards	6 8:30 AM - Hikes with Bob 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	7
8	9 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - <b>Members</b> Monthly Meeting	10 9:00 AM - Balance Class 2:00 PM - <b>Healthier Living</b> With Chronic Pain/Conditions	11 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	12 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 1:00 PM - <b>Core Team</b> Meeting/Workshop	13 9:00 AM - Chair Yoga 10:00 AM - Tai Chi Classic Movies Cancelled	14
15	16 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	17 9:00 AM - Balance Class 12:30 PM - Lunch Bunch II 2:00 PM - <b>Healthier Living</b> With Chronic Pain/Conditions 6:00 PM - BUNKO	18 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Avoiding Senior</b> Scams 7:00 PM - Village Book Club "Where The Crawdads Sing" Delia Owens	19 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Studio Diner	20 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 2:00 PM - Rhinestone Grannies 7th Day Adventist Church	21 S E E S N A P B E L O W
22	23 <b>Autumnal Equinox</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	24 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting 2:00 PM - <b>Healthier Living</b> w/ Chronic Pain 6:00 PM - DVD Movie Party "POMS"	25 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:15 AM - Knit & Nosh	26 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 1:00 PM - Board Meeting	27 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "THE THOMAS CROWN AFFAIR" Steve McQueen - Faye Dunaway	28
29	30 <b>Rosh Hashanah (1st Day)</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	Oct 1 2:00 PM - <b>Healthier Living</b> With Chronic Pain/Conditions	Oct 2			<div> <b>SNAP</b>  Mimi's Café  Mira Mesa  <b>September 21</b>  5 PM – McDonalds  Carpool </div>



**MERCI GRACIAS DANKE XIE XIE GRAZIE**

In any language THANK YOU to all of our Village members, neighbors, family, and friends who supported the TVSD Social Committee's recent fundraising efforts at Rubio's! Here are some statistics:

We raised almost \$200!

Our sign-in sheet shows that 57 people attended, and of that, 47 are TVSD members.

40% of our total membership attended this event.

A shout out to Carmella who brought her three adorable great-grandchildren!

More fundraising activities have been planned between now and October. So look for announcements about lunch at Marie Calendar's near SDSU and a pizza night at Roundtable here in Tierrasanta. The committee appreciates all of your support, and besides, it's fun to dine out with our Village members!

Just think of Fun, Food, Friendship, and Fundraisers!

*Marilyn Bente*

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***Someone You Should Know by Carol Lee***

Anne Hoffman's life began in California and has come full circle back to San Diego. Anne was born in Long Beach and, when she was just six months old, her family moved to New London, Connecticut. There were many such moves in her life, since both her Dad and her husband were career-Navy, graduates of the United States Naval Academy.

In June, 1949, Anne met her future husband on the quarterdeck of the Battleship Missouri. Very few people can say that! He was on the Midshipmen Cruise, when the ships docked in New York City. A Tea Dance was being planned for them, and young ladies were being sought to serve as dates for the Midshipmen. At the time, Anne's father was assigned to the Brooklyn Navy Yard, and Anne was fifteen years old. It was a special occasion, so she wore a hat with a veil--and her first high heels.

In 1953, Robert and Anne married. They had a very short honeymoon, "driving as far as they could west of New Jersey" so that he could get back to be deployed. As a new bride of about forty-eight hours, Anne drove herself to Key West, where he was on temporary duty, having arrived there by ship. The first of six daughters, Cecilia, was born in '54 in RI; the twins, Catherine and Carolyn, were born in '56 in San Diego; the 4th and 5th daughters, Constance and Claire, were born in '59 and '61 in CT; and the 6th daughter, Christiane, was born in '78 in Hawaii, four years before Bob's retirement from the Navy. Christiane was always sorry she missed out on all the family travels.

Anne now has seven grandsons and one granddaughter. Sadly, when Anne and Robert's second daughter was forty years old, her 17-month-old son died of cancer.

For many of their married years, Anne was a busy, stay-at-home mom. When her fifth child was in middle school, Anne gave up being a "volunteer" and got a real job (making money). She kept working for four years until one month before their move from San Diego to Hawaii, where Christiane was born two weeks later. She was eighteen months old when they moved back to San Diego, and Bob had his last active duty assignment before their move to LA County in 1983.

Until her husband retired from the Navy, the longest Anne had lived in any one place was two years and eleven months. From 1982 until 1998, they lived in LA County, where Robert worked for General Dynamics. They moved back to Tierrasanta in 1998 (in 1976, while stationed in San Diego, they bought a house here and had the foresight to hang onto it.) We are glad they did!

Robert died in August last year and will be buried on October 2 in Arlington National Cemetery. An honor for a fine man and his family, and their years of service.

In 2006, Anne attended Candy Walsh and Susan Deininger's first meeting at the Library, where the Tierrasanta Project began. Anne joined the two women when they went to Boston for the Beacon Hill Village Conference in Boston—and thus was born Tierrasanta Village of San Diego. Anne says she went "only because her daughter, Carolyn, lived in Cambridge MA." Anne told me that she "was not a "Founder of Tierrasanta Village, only one of the first 'cheer leaders'! Still am!"

Anne enjoys playing bridge and participating in the many social activities of The Village. She is Chairwoman of Transportation and can be called if someone needs a ride to the grocery store, and so on. She values most the opportunities for making friends and keeping in touch. "I always said, my last baby would keep me young or age me prematurely, but having the Village makes life so much more interesting and FUN!"

**ANNE'S HOPES for TVSD**—She would like to see us do what Beacon Hill does in overseeing a member's in-home care. If a person hires a home care giver, the Committee would simply check to make sure that the member is getting the care for which they are paying.



Love and prayers, **Anne Hoffman**

## DVD Movie Party

Tuesday, September 24, 6 p.m.

"POMS"

*Diane Keaton - Jacki Weaver*

See Page 7 -- for Details

RSVP: Diane Levine 858-292-0610

## Knit & Nosh

4th Wednesday – September 25

11:15 AM at VMC

Virginia Inouye – 858-278-8847

## Village Book Club

3rd Wednesday

September 18 – 7:00 PM

"Where The Crawdads Sing"

*Delia Owens*

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 – 9/17

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 – 9/21

*Mimi's Bistro*

*Mira Mesa*

10788 Westview Pkwy

5:00 PM – McDonalds  
Carpool

Nancy Fahien - 560-7431

## Village Interest Groups

### Film Classics

NO MOVIE ON SEPTEMBER 13TH

Friday – September 27 12:30 to 2:30

"THE THOMAS CROWN AFFAIR"

*Steve McQueen – Faye Dunaway*

*Crime – Romance – Sultry Thriller*

Debonair millionaire, businessman, sportsman Thomas Crown (Steve McQueen) believes he has pulled off a perfect crime, by orchestrating 5 men to steal \$2,600,000 from a Boston bank. None of the men ever meets Crown face-to-face, nor do they know or meet each other before the robbery. Crown retrieves the money that he purposely ordered to be left in a trash can in a cemetery (after secretly following the driver of the getaway car). He deposits the money into an anonymous Swiss bank account in Geneva, making several trips there, and never depositing the money all at once, to eliminate undue attention to his actions.

Independent insurance investigator Vicki Anderson (Faye Dunaway) is contracted by the robbed bank to investigate the heist. She'll receive 10% of the stolen money if she recovers it. When Crown first comes to her attention as a possible suspect, she intuitively recognizes him as the mastermind behind the robbery.

Crown does not need the money. In fact, he masterminded the robbery as a game. Vicki makes it clear to him that she knows that he is the thief and that she intends to prove it. They start a game of cat and mouse, with a strong attraction between them becoming evident and growing. Their relationship soon evolves into an affair, complicated by Vicki's vow to find the money. She is clearly closing in on Crown's guilt. But she is also becoming heavily conflicted by her personal emotions for him.

Does the cat or the mouse win this edge-of-your-seat game of intrigue and suspense?

\* \* \*

Gloria Stevens  
505-4188

## Lunch Bunch I

Wednesday – September 4 – 11:30

Black Angus on Friars Road

## Lunch Bunch II

Tuesday – September 17 – 12:30

*TBD*

## Romeo Club

September 19 – 11:30 AM

Studio Diner

4701 Ruffin Road

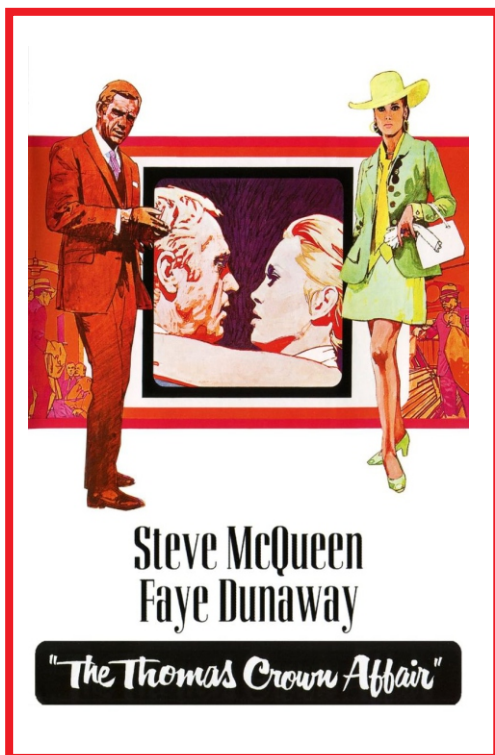
## Hiking With Bob

**Two hour/two mile (Mission Trails)**, Suycott Wash Loop: On **Fri, 06 Sep 2019 (first Friday)**, we gather at 8:30 AM at Seda entrance. (Drive east on Clairemont Mesa Blvd to Seda Drive - where the new water pump building has been constructed - turn left, go to the very top of the hill - by a fence. Stop & park.) We dip into the big canyon for a while & climb back out. Bringing a hiking stick (or two) is recommended.

**Two hour/two mile (Tierrasanta Canyons)**, Powerline Canyon-Tambor Connector-Promesa Plateau Loop: On **Fri, 20 Sep 2019 (third Friday)**, we gather on Calle de Vida. (Drive east on Clairemont Mesa Blvd to the last right turn, Rueda Drive. Turn right, go a couple of long blocks to Calle de Vida. Turn left, park under the power lines.) Bringing a hiking stick (or two) is highly-recommended because the down hill is a doozy. But the route is unique, and worth the effort.

**Two + hour/two + mile (Mission Trails)**, (near) Tunnel Loop: On **Fri, 04 Oct 2019 (first Friday)**, we gather at 8:30 AM at Catalina entrance. (Detail driving directions will follow.) We'll get close to where the tunnel goes under CA route 52 which many have heard about, but few have actually seen. Bringing a hiking stick (or two) is recommended.

Bob Muldrew: 292-8405  
bobmuldrew@yahoo.com



## CLASSIC MOVIES

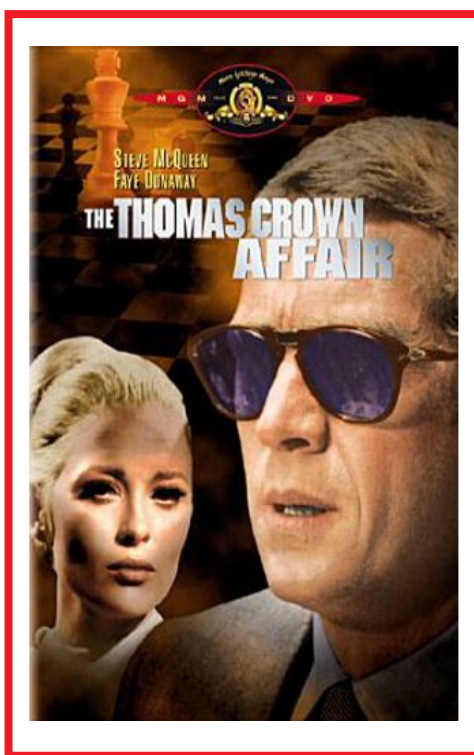
### "THE THOMAS CROWN AFFAIR"

Drama / Mystery / Romance  
1968

*Steve McQueen  
Faye Dunaway*

September 27, 2019  
12:30 – 2:30 PM  
VM Clubhouse

See Page 6 for Details



\* \* \* \* \* NO MOVIE SEPTEMBER 13TH \* \* \* \* \*

## DVD Movie Party – Tuesday, September 24 – 6 PM

### "POMS"

*Diane Keaton – Jacki Weaver*



Comedy about **Martha (Diane Keaton)** who moves to a retirement community. Martha, an introverted woman, checks in with the Community Supervisor who gives her a tour and explains every resident must participate in an extracurricular activity. Hoping to be left alone, she meets **Sheryl (Jacki Weaver)**, a fun-loving neighbor, who insists they become best pals. Martha ignores Sheryl but eventually comes out of her shell, and they become good friends.

Sheryl learns that Martha was a high school cheerleader. She convinces Martha to start a cheerleading squad with her fellow residents. Sheryl and Martha hold tryouts for the squad and pick several reluctant but enthusiastic members. All want to prove that it is never too late to follow your dreams. But the Community Supervisor opposes the group and is intent on dissolving it, and preventing them from participating in an upcoming competition.

*This comedy will have audiences rooting for the cheerleaders, who are played by a veteran cast of comedic actors, forming a winning team -- and a funny film.*

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



# ***Tierrasanta Village of San Diego Village Business Supporters***

<b>Choice of Mandarin</b> 10% off your bill; dine in only; with your membership card 10645-F Tierrasanta Blvd	<b>Tierrasanta UPS Store</b> 10% off all products and services except UPS shipping and USPS with your membership card 10601-G Tierrasanta Blvd. 858-292-8633	<b>Elam's Hallmark</b> "Your Neighborhood Gift Store" 10% discount with your TVSD card card and Gold Crown Rewards card 10621 Tierrasanta Blvd. 858-268-0810
<b>Tierrasanta Mexican Restaurant</b> 10% discount; dine in only with your membership card 5950 Santo Road	<b>Long Island Mike's Pizza</b> 20% off with membership card 5250 Murphy Canyon Road 858-569-7499	<b>Computer Services</b> Computer Consulting and/Set-up \$5 off the hourly rate Art Larkin – 858-277-4131
<b>Gaetano's Italian Restaurant</b> Monday-Thursday 10%off your bill dine in only with your membership card	<b>Tierrasanta Ace Hardware</b> 5% discount with TVSD Card 10615-A Tierrasanta Blvd. 858-573-9600	<b>Klassic Dry Cleaners</b> and Formal Wear 5% off dry cleaning 5950-J Santo Road
<b>Sub-Marina #2</b> \$1 off any sandwich with your membership card 10645-Z Tierrasanta Blvd	<b>Magic Mel Hair Creations</b> Van T. Truong – Aesthetician 10% off with membership card 10601 Tierrasanta Blvd. - Suite J	<b>Dr. Paul V. Koepke, D.D.S.</b> Family & Cosmetic Dentistry 4926 La Cuenta, Drive Ste. 100 858-279-7680 10% Senior Discount www.drpaulsmiles.com
<b>Island Style Café</b> 10% off your bill; dine in only with your membership card 5959-K Santo Road	<b>San Terra Properties</b> Property Management-1 month FREE +Reduced Rate - Buying or Selling? Discount for Villagers 619-261-9612	

**Support Our  
Local Businesses**

**Cheers Villagers,**

I hope everyone enjoyed a pleasant, peaceful Labor Day Weekend. I know some of the kids were happy to "ease" back with a short week!

First think this month, I would like to express my sincere thanks and appreciation for all the kindness, friendship and support that was shown me during my stint as you Board President. It was a pleasure to serve and the experience will be remembered as a pleasant one! Thanks to all of you!

So, let's welcome Madam President, Ms. Janice Trantham! Janice is, indeed, a huge asset to our TVSD. Her experience in leadership and her enthusiasm and passion for the village work shows in everything she takes on. The Board stands ready to back our new "Prez" and I know that she will enjoy the same support and encouragement that Linda and I experienced during our terms from the membership. Thank you, Janice, for taking on this responsibility!

The Board is still working with each of our Core Teams to define all the responsibilities and duties of their teams – sometimes, when put on paper, it's almost overwhelming. The wonderful work being done so smoothly, & seemingly effortlessly, by our volunteers is amazing! It is our hope to define and quantify many of the jobs into small, short-term, easily handled tasks and advertise them on a list of volunteer needs. Watch for much more information on this as we move forward.

See you in September! ..... Joyce Munios



*Tierrasanta Village  
of San Diego  
Invites you!*



**20% of sales back to**

***Tierrasanta Village of San Diego !***

**Includes dine in, to-go orders, and bakery purchases!**

***Fundraising ....It's as easy as pie!***

**Date: Wednesday  
September 11<sup>th</sup>, 2019**

**Don't forget to  
bring this flyer!**

**Time: 8:00am – 3:00pm**

**Marie Callender's**  
Restaurant & Bakery

**6950 Alvarado Road  
San Diego, Ca 92120  
(619) 465-1910**

**From Tierrasanta:**

**15 South to 8 East  
Exit 70<sup>th</sup> Street / Lake Murray Blvd.  
Use the two left lanes to turn right  
onto Alvarado Road.**