



# *Tierrasanta Village of San Diego*

## **Village Vibes**

“Living for Today: Planning for Tomorrow”

**December 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.

---

### **OUR VOLUNTEERS ARE PRICELESS!**

At each Monthly General Meeting  
we recognize and show our appreciation  
for each of our many volunteers.

#### **2019 Volunteers of the Month.**



<u>Bradlyn Mulvey:</u>	Co-Chairs the Care Core Team and is a member of the IT Team
<u>Sue Christian:</u>	Serves on both the Membership Team and Social Committee
<u>Jeanette Vlassis:</u>	Neighborhood Group Captain and hosts activities in her home
<u>Carol Burgert:</u>	Co-Chairs the Neighborhood Groups Core Team
<u>Anne Hoffman:</u>	For several years now, has been Transportation Chair; helps members with shopping chores
<u>Delise Konigsbach:</u>	Serves on Time Bank Committee; organized Time Bank Fair
<u>Ruth Cleveland:</u>	Serves on the Care Team; member of the 10 – year Anniversary Committee; and hosts activities in her home
<u>Bob Muldrew:</u>	Leads monthly hikes; prepares informative articles for the VIBES
<u>Marc Narkus-Kramer:</u>	Co-Chairs the Care Core Team
<u>Missy Rainier:</u>	Serves on both the Membership and the Admin Core Teams

**“Volunteers do not necessarily have the time; they just have the heart.”..... Elizabeth Andrew**

We are an all-volunteer organization. Currently, about 2/3 of our members are volunteering in some capacity to keep TVSD viable and sustainable. Please be sure to thank our volunteers when you see them and let them know how much they are appreciated!

But we still need more help! If you have just a few hours each month to dedicate to YOUR Village, please contact Marilyn Bente. I have a list of volunteer needs and can put you to work.

Remember: **TVSD needs YOU!**

---

### **President's Message**

As 2019 winds down, Villagers look back at a year of friendships, connections, wonderful social activities, educational programs, experience sharing forums, and so much more. We are so fortunate to have a Village that supports the body, mind, and spirit.

How rewarding to see so many members learning, growing, and finding new confidence through their volunteering experience. Our Board of Directors and Core Team Leaders are pleased that many members, some for the first time, are stepping up when asked to help.

Looking forward to the holidays and New Year, I wish you good health, great happiness, and all the blessings of the Season. **Janice Trantham**

# Village Business

## Monthly General Meeting

None in December

January 6 – 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**  
Iwo Jima Memorial  
Washington DC  
Near Arlington Cemetery



**B** **L** **A** **S** **T** **S**  
**f** **r** **o** **m** **t** **h** **e**  
**P** **A** **S** **T**



## Annual Donor Drive Expected to Reach \$15,000 Goal

We are so excited about the awesome response to our Annual Donor Drive. Many thanks to all who have donated to help cover our 2020 expenses. Do your friends, grown children, and family know how much the Village means to you? One member's friend generously contributed to the Annual Donor drive, because the friend knows how much the Village adds to our member's life. We gladly accept donations from non-members. It lets your friends and family share your continued commitment and enjoyment of the Village experience.



## **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**

---

### ***Time Bank***

**Candy Walsh**

---

### ***Co-Founders***

**Candy Walsh  
Susan Deininger LCSW**

---

### ***Operations Manager***

**Greg Zweibel**

---

### ***Front Desk Coordinator***

**Cassandra Hanrahan  
858-569-9119**

---

## **VIBES Staff**

### ***Editor / Photographer***

**Mike Rigdon**

### ***Proof Reader***

**Gloria Stevens**

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

Carmela Cavero began her interesting story this way: "By chance, I was born in Scotland." Her father and mother had met and married in the north of England. Carmela was born while they were living in Scotland and her father, Thomas Cavero, was studying medicine at the University of Edinburgh.

At the end of her father's studies, the family of three moved back to his homeland—Peru. Her parents felt she would benefit from a British education, so when she was twelve, Carmela was sent to a Marist Convent boarding school in Devonshire, England. Her Irish mother chose the southern location so that the climate difference would not be too drastic for Carmela. Her first winter there, it snowed for the first time in forty years! She loved her school experience, and also that her maternal grandmother lived there; they were able to spend holidays together.

By the time Carmela was sixteen, her parents were living in New York, and she left England to join them. She earned a Bachelor of Science degree from Cornell University in New York, then attended Columbia University and achieved a Master of Science degree in Maternity Nursing and Nurse/Midwifery. She worked in New York for many years on the faculty at Columbia Presbyterian Hospital, then at King's County Hospital in Brooklyn, where she became Director of Nurse Midwifery. She spent three years as a Midwife-Consultant in Colombia, Guatemala, and Bolivia. She worked briefly in Ohio and then went to the Medical University of South Carolina in Charleston, where she established a nurse/midwifery educational program.

Carmela met her future husband, George Subotich, on a vacation to Mexico. George was a widower, so Carmela gained two children when the couple married. She moved to Fresno, California, where he had a grape ranch. A city girl, Carmela marveled at her first experiences of seeing fruit growing outdoors. She worked in Fresno in a nurse/midwife office.

When the couple retired, they took a freighter trip to celebrate. George became ill during the trip and died a year later of a brain tumor, after only ten years of marriage. Carmela's mother died a few years later.

Carmela stayed in Fresno four more years and then moved to Tierrasanta, along with her father, who lived with her for a year before he died. Carmela was offered a job at UCSD and was glad to get back to work. She worked there for seven years in the Family Practice Department, participating in a clinical research study about hormone replacement therapy and heart disease.

Before discovering the Village, Carmela spent many years with the Ignatian Volunteer Corps. Her service assignment was conducting health classes at a detention center for undocumented women. The Village idea was growing, and Carmela was drawn to it. She attended passion-filled talks by Candy Walsh and Susan Deininger in the Public Library. About four years ago, she joined the Village. She became a coordinator of the Time Bank Committee and believes firmly in the core values of time banking, particularly because it encourages the kinds of giving and receiving that will help to build the community. "It is a way to recognize that all of us have talents, and are able to share them with each other." Carmela's hope for TVSD is that it continues to grow strong and might once again afford to have a paid director, so the Board and other members don't have to work as hard as they do.

Carmela enjoys babysitting for her three great-granddaughters, who are nearby. She loves the water and is a fine swimmer who also loves to boogie board. She swims in the ocean often in the warmer weather, as therapy for her back and her soul, and tries to do laps at the YMCA three times a week. One of Carmela's favorite quotes is from Jacques Cousteau:

***"The sea, once it casts its spell,  
holds one in its net of wonders forever."***



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 5:00 PM - <b>Holiday Party</b> <b>Butcher Shop</b> <b>Kearny Mesa</b>	3 9:00 AM - Balance Class	4 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	5 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards	6 8:30 AM - Hikes w/ Bob 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	7
8	9 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - <b>COFFEE</b> & <b>CONVERSATION</b> 12:30 PM - Monday Bridge 3:00 PM - Necklace Workshop	10 9:00 AM - Balance Class	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	13 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Classic Movies</b> <b>"The Nutcracker"</b> <i>Mikhail Baryshnikov</i>	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 - <b>Lunch Bunch</b> <b>Black Angus</b> - <b>Friars Road</b> 6:00 PM - BUNKO	18 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	19 9:00 AM - Balance Class 10:00 AM - <b>Mah Jongg</b> <b>Holiday Brunch</b> 10:15 AM - Billiards	20 8:30 AM - Hikes w/ Bob 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	21
22	23 <b>Hanukkah</b> (1st Day) 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	24 9:00 AM - <b>CANCELLED TODAY</b> 12:30 PM - Care Committee Meeting	25 <b>Christmas Day</b>  CLUBHOUSE CLOSED FOR HOLIDAY !!	26 <b>Kwanzaa</b> (1st Day)  CLUBHOUSE CLOSED FOR HOLIDAY !!	27  CLUBHOUSE CLOSED FOR HOLIDAY !!	28
29	30 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	31 9:00 AM - Balance Class 6:00 PM - DVD Movie Party <b>Dark in December</b> Next: January 28 - 6 PM <b>"The Peanut Butter Falcon"</b> <i>Shia LaBeouf - Dakota Johnson</i>	1/1/2020 <b>New Years Day</b>  CLUBHOUSE CLOSED FOR HOLIDAY !!	1/2/2020  CLUBHOUSE CLOSED FOR HOLIDAY !!		

## TVSD Implements Its Buddy Program

During the past few years, both the Membership and the Care Core Teams have expressed interest in creating a Buddy System for our Village. The Membership Team wanted to have members available to help guide new members with how to use the Time Bank, to access and navigate the website, to answer questions, to explain our protocols and procedures, and to invite them to join in our activities. The Care Committee has been concerned about members who might want some regular contact (phone call or home visit) to avoid isolation and loneliness or to simply be reminded about upcoming events.

As a Village, we are all about connections and trying to give our members a sense that they belong. So, to meet this goal, a Buddy System has been created after several brainstorming sessions, meetings, and a proposal developed by the following Village leaders: Bradlyn Mulvey and Marc Narkus-Kramer of the Care Committee; Carol Higgins of the Neighborhood Groups Core Team; and Ginny VanBenthuyzen of the Membership Team. It is currently being implemented by the Volunteer Chair, Marilyn Bente.

Two months ago Marc addressed the members present at the Monday General Meeting. He introduced the concept of members pairing up to make sure that individual members are doing well, and if not, to direct them to where they could get help from the Village, be it Care Team, IT, or their Neighborhood Group. At last month's General Meeting, Marilyn outlined different scenarios for having a Buddy and passed around a sign-up sheet for those members interested in being a Buddy. There was a very positive response with many members expressing their willingness to be a buddy!

Since then, the official proposal for the Buddy system has gone out via e-mail blast and Marilyn has been attending Neighborhood Group get-togethers to explain about the Buddy system, and to answer any questions about how it will work, and its implementation. From those meetings, even more members have shown an interest in either being a buddy or wanting to have one. Several members have formed friendships within the Village and have notified Marilyn that they already have their Buddy.

If you would like to have a Buddy to be assured of regular contact, or to find out more about our Village resources, or if you would like to be a Buddy, simply contact Marilyn Bente (by e-mail, text, or phone) and she'll match you up with a willing Buddy!

\* \* \* \* \*

---

## Time Bank Topics

At a recent gathering of Time Bankers one of the participants captured the philosophy of the Time Bank concept accurately. He said that he was sure in the TVSD all members had valuable assets, and that for one he felt valued when he was called on to use one of his talents. That fits in to the idea that giving and receiving services contributes in a large way to building community.

We turned to members for ongoing ideas as well as adding to the offers and request list. Holidays are not too far away and offers for handmade greeting cards, pillows with a photo imprint were added. Of course, handyman services are a favorite as well as transportation requests.

Please feel free to ask for help, the Time Bank Committee is available for members wishing to join the Time Bank as well.

Committee: *Carmela Cavero, Delise Konigsbach, Joanne Kuelbs.*

## DVD Movie Party Dark in December

Tuesday, January 28 – 6 PM  
“The Peanut Butter Falcon”

*Shia LaBeouf – Dakota Johnson*

See Page 7 for details

RSVP: Diane Levine 858-292-0610

## Knit & Nosh Dark in December

Virginia Inouye – 858-278-8847

## Village Book Club

3rd Wednesday

Dark in December

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 – 12/17

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

Dark in  
December

## Village Interest Groups

### Film Classics

Friday – December 13 – 12:30 to 2:30

### “The Nutcracker”

Classic Ballet – 1977

*Mikhail Baryshnikov – Gelsey Kirkland*  
American Ballet Theatre.

In 1816 a European author, E. T. A. Hoffman, wrote a short story called “The Nutcracker & The Mouse King.” Throughout the years this popular fairy tale became very famous and loved by many countries, such that the title eventually became shortened to The Nutcracker.

When famous Russian composer, Pyotr Illyich Tchaikovsky, discovered this charming story he composed his famous music score “Nutcracker Suite” which accompanied all the plays and ballets being produced everywhere.

This 1977 “Nutcracker” is Mikhail Baryshnikov's breathtaking choreography and a critically acclaimed Emmy-nominated production. This spectacular performance is danced by the magnificent team of Baryshnikov and Gelsey Kirkland, both showcased at the peak of their careers and the members of the American Ballet Theatre.

The Nutcracker is the magical and lighthearted story of a small girl's dream on Christmas Eve. Baryshnikov is the toy Nutcracker-turned-Prince in this exhilarating production that marked his initial and universally acclaimed choreographic effort. Gelsey Kirkland is little Clara, the young girl who falls asleep and dreams of the Prince in a fantasy land.

Extravagant sets and costumes bring the beauty of this winter wonderland to life. The magical aspects delight children while the spectacular performances enchant the child in all of us. Celebrated by critics and public alike, Baryshnikov's “Nutcracker” delivers a brilliant and sparkling adaptation of the famous E. T. A. Hoffman tale along with Tchaikovsky's classic score. The athleticism and precision of Baryshnikov's solo variations will make you gasp and take your breath away. The “Nutcracker” is a truly remarkable treasure that will be enjoyed by all for generations to come.

Gloria Stevens: 505-4188

## Lunch Bunch I Dark in December

## Lunch Bunch II

Tuesday – December 17 – 12:30  
Black Angus – Friars Road

## Romeo Club Dark in December

## Hiking With Bob

In January we expect to climb North Fortuna Mountain on **Fri, 17 Jan 2020 (third Friday)**. Prior to this, we are scheduling the last get-in-shape hike to the north end of the mountain (where the climb really starts) on **Fri, 20 Dec 2019 (third Friday)**. There's NO requirement to go on any pre-climb practice, but it's the smart to do to exercise those legs (& lungs/heart).

**Two hour/two mile (Tierrasanta Canyons)**, So. Rueda Canyon/Roadrunner Canyon Loop. On **Fri, 06 Dec 2019 (first Friday)**, we gather at 8:30 AM across the street from the pathway to open space between houses #10936 & #10940 on Baroque Lane. (Drive east on Tierrasanta Blvd to La Cuenta Drive; turn right. Go - past the library & fire station - to Baroque Lane; turn left. Go the equivalent of about six regular city blocks; the street descends & turns to the right - you're there.) Wearing long pants is desirable. Bringing a hiking stick (or two) is recommended.

**Two hour/three+ mile (Mission Trails)**, North end of No. Fortuna mountain (get-in-shape) Loop on **Fri, 20 Dec 2019 (third Friday)**, we gather at 8:30 AM at the Catalina entrance. (Go east on Clairemont Mesa Blvd; make a left turn on Villa Vallarta. Go two blocks, and make a right turn on to Collegio Drive - up the hill to a “T”. Turn left on to Alejo Street - which curves around to the right. At the third left, turn left on to Belardo Drive. Go one block, & turn right on to Camino Playa Catalina. The road eventually curves around to the left, a canyon appears off to the right, with no houses on that side. Keep climbing; park on the right near where the road ends.) Wearing long pants is desirable. Bringing a hiking stick (or two) is recommended.

**Two hour/two+ mile (Tierrasanta Canyons)**, Shepherd Canyons Loop. On **Fri, 03 Jan 2020 (first Friday)**, we gather at 8:30 AM at Villarrica Way. (From the US Post Office shopping center, drive east on Portobello Drive to the second intersection - Villarrica Way. Turn right & go 25 yards, or so. Stop/park.). This loop which briefly darts in & then out of Mission Trails is probably the first loop devised in Tierrasanta Canyons. Shepherd Canyons (north & east) are two of the most popular routes our community has. (We expect to go clockwise.)

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

# **“The Nutcracker”**

*An American Ballet Theatre  
Production*

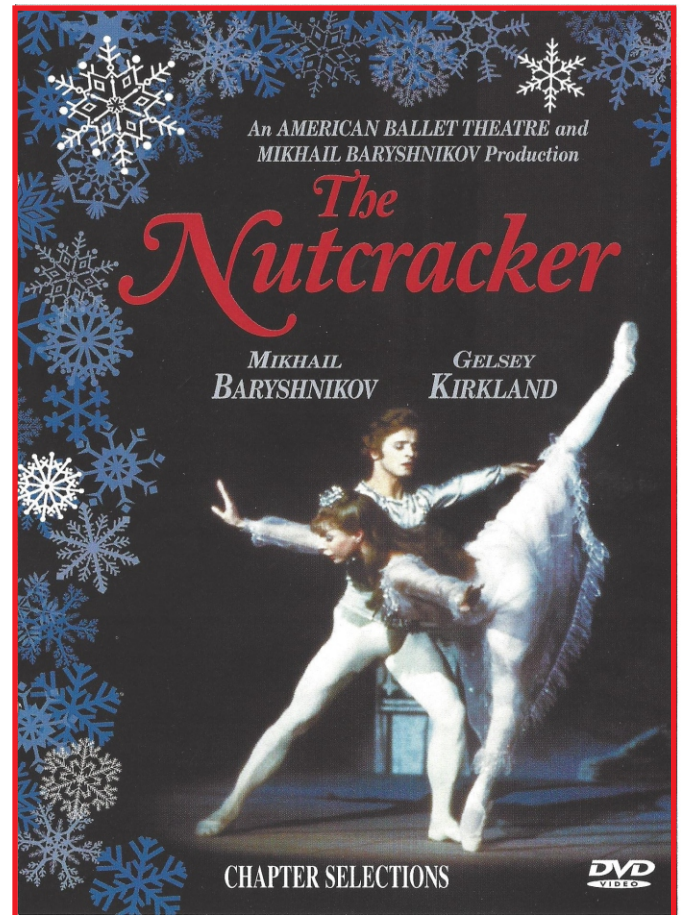
**1977 Classic Ballet**

*Mikhail Baryshnikov  
Gelsey Kirkland*

Friday – December 13

12:30 to 2:30

See Page 6 for Details



## **DVD Movie Party**

**Tuesday, January 28 – 6 PM**

# **“The Peanut Butter Falcon”**

*Shia LaBeouf  
Dakota Johnson*

Zak, a young man with Down syndrome, runs away from a residential nursing home to fulfill his dream of attending the pro wrestling school of his idol, The Salt Water Redneck. On the road, Zak meets Tyler, a small-time outlaw who becomes Zak's unlikely coach and ally. Together, they set out on a wild, life-changing journey and try to convince Eleanor, a kind nursing home employee charged with bringing Zak back, to join them.

*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 Mexican Restaurant</b> 10% discount; dine in only with your membership card 5950 Santo Road
<b>Gaetano's Italian Restaurant</b> Monday-Thursday 10% off your bill dine in only with your membership card
<b>Sub-Marina #2</b> \$1 off any sandwich with your membership card 10645-Z Tierrasanta Blvd
<b>Island Style Café</b> 10% off your bill; dine in only with your membership card 5959-K Santo Road

<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>Long Island Mike's Pizza</b> 20% off with membership card 5250 Murphy Canyon Road 858-569-7499
<b>Tierrasanta Ace Hardware</b> 5% discount with TVSD Card 10615-A Tierrasanta Blvd. 858-573-9600
<b>Magic Mel Hair Creations</b> Van T. Truong – Aesthetician 10% off with membership card 10601 Tierrasanta Blvd. - Suite J
<b>San Terra Properties</b> Property Management-1 month FREE +Reduced Rate - Buying or Selling? Discount for Villagers 619-261-9612

<b>Elam's Hallmark</b> "Your Neighborhood Gift Store" 10% discount with your TVSD card and Gold Crown Rewards card 10621 Tierrasanta Blvd. 858-268-0810
<b>Computer Services</b> Computer Consulting and/Set-up \$5 off the hourly rate Art Larkin – 858-277-4131
<b>Klassic Dry Cleaners</b> and Formal Wear 5% off dry cleaning 5950-J Santo Road
<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

**Support Our  
Local Businesses**

### **Friends of the Tierrasanta Library Used Book Sale**

**Friday    December 6 from 11:30 AM    –    5:00 PM**  
**Saturday   December 7 from 9:30 AM    –    3:00 PM**  
**Monday    December 9 from 11:30 AM    –    5:00 PM**

**GREAT SELECTIONS AT BARGAIN PRICES!**

### **Notes from your VIBES Editor**

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 Rigdon

During a recent password audit at a local company, it was found that a young man was using the following password:

MickeyMinniePlutoHueyLouie  
DeweyDonaldGoofy.

When asked why such a long password, he said that it had to be at least 8 characters long.

They walk among us,  
and they **VOTE!**