



# Tierrasanta Village of San Diego

## Village Vibes

“Living for Today: Planning for Tomorrow”

January 2020

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 and create activities for different passions and interests.

### December 2019 Social Event – Holiday Party



Holiday Party photos: <https://rigdon.smugmug.com/TVSD-Material/TVSD-Holiday-Party-2019/>

### President's Message

Many thanks for all your well wishes and cards. I am recovering well and continue serving the Village, behind the scenes. Although I may not always be at meetings and events, I am with you in spirit, and sustained by your friendship and caring support.

Looking forward to a new year and decade, TVSD opens its arms to new opportunities. Thanks to generous giving, we go into 2020 on sound financial footing. This year saw many break throughs with learning and educational presentations, expanded Neighborhood Groups, and members taking on new volunteering roles and tasks. Core Team Leaders' exceptional leadership continues to inspire us all to do more.

As you approach the new year, I hope you will think about your Village experience. How would you like to get more involved this year? What small steps can you take to enhance your Village membership? Perhaps you have a couple of extra hours a month to volunteer, or may be thinking about joining an activity, but just have not taken that first step. I challenge you to say yes and “go for it”.

Wishing you a happy, healthy, new year filled with many meaningful Village connections and experiences.

**Janice Trantham**

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)

**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

## *Village Business*

**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

**AIS – Tai Chi Class**  
Wednesday and Friday at 10 AM  
Open to the entire Community

**Cover Photo**  
Mt. Soledad  
Veterans Memorial  
La Jolla

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### **Someone You Should Know**

*by Carol Lee*

Mike Rigdon was born in Lancaster, Wisconsin in 1941. His family moved to Fort Worth, Texas in 1951. He attended Laneri High School and University of Texas, Arlington.

Mike enlisted in the Navy in October of 1961, with “boot camp” in San Diego. Then he served on the USS Jupiter AVS-8 from October 1962, until it’s decommissioning in June of 1964. He also stood watch on the Battleship USS Missouri (site of the end of WW II) while it was “moth-balled” at Bremerton, Washington. His last tour of duty was with VU-3, a Utility Squadron at North Island NAS, San Diego, until July 1965.

He remained in San Diego rather than return to Texas. After finishing his BA and MA at San Diego State University, he taught Industrial Arts for thirty years in San Diego high schools. He retired from Kearny High in 1998.

Since attending the 1996 Reunion of the USS Jupiter, Mike has been Historian and Newsletter Editor for the ship for twenty-one years. He has hosted eight Jupiter Reunions across the country, three in San Diego. Some of his fondest memories have been meeting many true war heroes during those ship Reunions.

Being an avid photographer, Mike's specialty in retirement has been traveling. He has attended three or more ship Reunions yearly, all over the country, and has taken many overseas trips and cruises. The most memorable was a cruise from Australia to Japan in 2006, visiting the Islands of Admiral Nimitz's Campaign in WW II. The last stop for that cruise was Yokosuka, Japan, where his ship, USS Jupiter AVS-8, was stationed for fourteen years. Mike has been a Volunteer Curator aboard the USS Midway CV-41 for fifteen years. The Aircraft Carrier Museum, now a major part of the San Diego waterfront, is a world famous “flat-top” destination.

Mike has volunteered as a Board member and Treasurer for Tierrasanta Village of San Diego. He is also the Editor and Photographer for this monthly 8-page Village VIBES newsletter. Volunteering has been a huge part of his life.

Mike's words to live by:

*“Don't search for the meaning of life.  
Simply be present for the people you love.”*



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### **Village Celebrates Successful Annual Donor Drive**

Our Annual Donor Drive (ADD) went well over its \$15,000 goal. What an accomplishment! Applause and thanks to all who generously contributed. Special thanks to all the (ADD) Ambassadors who reminded member to contribute at events, and activities. The February Vibes will have the final count, percentage of members who donated, and the names of contributor. TVSD is an awesome Village filled with members who continue to contribute, and to make a difference in our community.

**Janice Trantham**



## Board of Directors

### *President*

Janice Trantham

### *Past President*

Joyce Muinos

### *Vice President*

Fran Zweibel

### *Treasurer*

Ann Lasdon

### *Secretary*

Carol Lee

### *Members at Large*

Marilyn Bente

### *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

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

## Experiences with Caregiving

Tuesday, January 14, 2020

12:30 PM to 2:00 PM

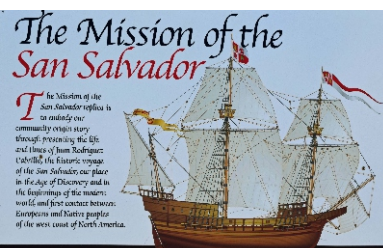
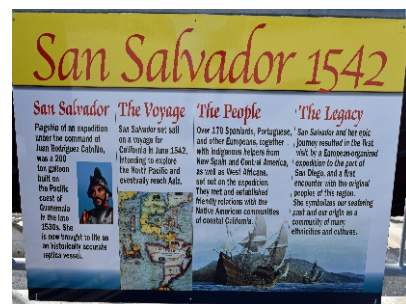
Your Care Committee recently surveyed members on topics of greatest interest for health and wellness programs for the coming year. By far, the most requested topic for a member-to-member program was "Experiences with Caregiving." We hope you will be able to join us to share recent experiences in giving or seeking help with caring for a loved one. What questions/concerns/suggestions do you have? What was the most helpful/least helpful experience you had? Which resources did you use and how did you find them.

We can learn so much from each other, based on our life experiences and shared interests, especially as we all seek to "age in place."

## Blasts from the Past – 2015



### Halloween Potluck



SUN	MON	TUE	WED	THU	FRI	SAT
	<div> <b>SNAP</b>  <b>January 18</b>  <b>Choice of Mandarin</b>  <b>5:30 PM</b>  <b>No Carpool</b> </div>		<b>1</b> New Years Day CLUBHOUSE CLOSED FOR HOLIDAY !!	<b>2</b> CLUBHOUSE CLOSED FOR HOLIDAY !!	<b>3</b> CLUBHOUSE CLOSED FOR HOLIDAY !!	<b>4</b>
<b>5</b>	<b>6</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - <b>Members</b> <b>Monthly Meeting</b>	<b>7</b> 9:00 AM - Balance Class	<b>8</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>9</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	<b>10</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Classic Movies</b> <b>"The Agony and the Ecstasy"</b> Historical Biography – 1965 <i>Charlton Heston</i>	<b>11</b>
<b>12</b>	<b>13</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>14</b> 9:00 AM - Balance Class 12:30 PM - CARE Committee Lecture <b>Experiences</b> <b>with Caregiving</b>	<b>15</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 1:00 PM - <b>Core Team</b> <b>Meeting/Workshop</b> 7:00 PM - Village Book Club <b>"White Fragility"</b>	<b>16</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - ROMEO <b>Mimi's Bistro &amp; Bakery</b> Santee Trolley Square 12:30 PM - Games	<b>17</b> 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>18</b> <b>S N A P</b>
<b>19</b>	<b>20</b> <b>Martin Luther King Jr.</b> <b>Birthday</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>21</b> 9:00 AM - Balance Class 12:30 PM - <b>Tuesday Lunch</b> <b>Bunch</b> 6:00 PM - BUNCO	<b>22</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Knit &amp; Nosh</b>	<b>23</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 1:00 PM - Board Meeting	<b>24</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - <b>Classic Movies</b> <b>"We Bought a Zoo"</b> Comedy – Drama – 2011 <i>Matt Damon – Scarlett Johansson</i>	<b>25</b>
<b>26</b>	<b>27</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>28</b> 9:00 AM - Balance Class 12:30 PM - <b>Care Committee</b> <b>Meeting</b> 6:00 PM - DVD Movie Party <b>"The Peanut Butter Falcon"</b> <i>Shia LaBeouf – Dakota Johnson</i>	<b>29</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>30</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	<b>31</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	





## Holiday Party from 2015



## TVSD Holiday Party from the Past A great musical & entertainment evening



Joyce & Team served a  
wonderful Lasagna dinner



## DVD Movie Party

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

January 22

Virginia Inouye – 858-278-8847

## Village Book Club

3rd Wednesday

### “White Fragility”

Robin Diangelo

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 – 1 / 21

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

Bob Muldrew - 292-8405

## SNAP

January 18

Choice of Mandarin  
5:30



## Village Interest Groups

### Film Classics

Friday – January 10 – 12:30 to 2:30

### “The Agony and the Ecstasy”

Historical Biography – 1965

Charlton Heston – Rex Harrison

Charlton Heston & Rex Harrison portray 2 of the Renaissance's most colorful figures in this historical drama, based on author Irving Stone's best-seller novel. When Pope Julius II (Harrison) commissions Michelangelo (Heston) to paint the ceiling of Rome's Sistine Chapel, he initially refuses, claiming he is really a sculptor, not a painter. But later he is commanded by the Pope to paint the ceiling anyway. He does so begrudgingly, then destroys his initial work and flees from Rome. He eventually returns to ask Julius to restore his commission.

While Irving Stone's novel covers Michelangelo's life from birth to death, the film focuses on the battle of wills between the perfectionist sculptor and the impatient Pope Julius II, who first commissions (and eventually commands) him to paint the famed Chapel.

The film received **5 Oscar Nominations: Best Cinematography, Art Direction, Costume Design, Original Music Score, and Sound.** It also received **2 Golden Globe Nominations: Best Actor (Harrison) and Best Screenplay.**

Friday – January 24 – 12:30 to 2:30

### “We Bought a Zoo”

Comedy / Family Drama – 2011

Matt Damon – Scarlett Johansson

Oscar Winner Matt Damon gives a heartfelt performance in this family film based on a true story. When Benjamin Mee (Damon) loses his wife, he suddenly becomes a single father to their 2 children. Wishing to move to a more family-oriented neighborhood (after his teenage son gets into some trouble) he hires a real estate agent to find a new home for them in a quiet country location. Finding the “perfect” home was easy except for 1 requirement -- the home came with a small zoo – complete with animals and a small zookeeper staff.

Mee (Damon) gave up a lucrative newspaper job to move the family to this most unlikely place: a zoo, with help from an eclectic staff and many misadventures along the way. He embarked upon a fresh beginning to successfully restore the dilapidated zoo to its former glory, while uniting his family.

Gloria Stevens: 505-4188

## Lunch Bunch I

Dark in January

## Lunch Bunch II

Tuesday – January 21 – 12:30

Black Angus – Friars Road

## Romeo Club

Thursday – January 19 – 12:30

Mimi's Bistro & Bakery

Santee Trolley Square

9812 Mission Gorge Rd

Winery Room

## Hiking With Bob

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.)

**Two+ hour/four mile (Mission Trails)**, North Fortuna Peak Loop : On **Fri, 17 Jan 2020 (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.

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 Agony And The Ecstasy"**

*Charlton Heston – Rex Harrison*  
Historical Biography  
1965

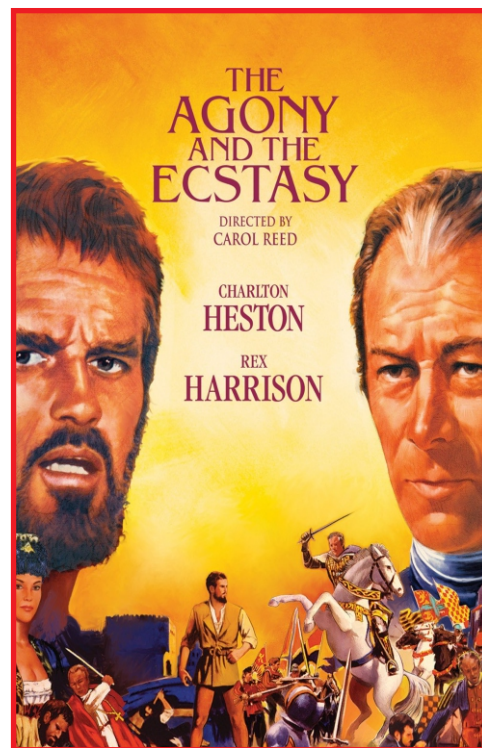
**Friday – January 10**  
**12:30 to 2:30**

### **"We Bought a Zoo"**

*Matt Damon – Scarlett Johansson*  
Comedy – Drama  
2011

**Friday – January 24**  
**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*

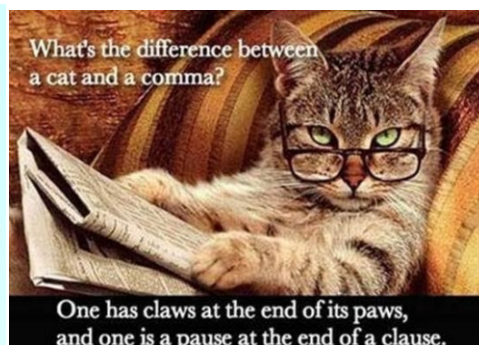
Our wireless doorbells  
sitting on their chargers....



## Husband Vs Wife

**Wife : Shall we try  
different positions  
tonight?**

**Husband : Excellent idea  
Wife : OK you stand at  
Sink & wash dishes, I'll be  
on sofa and watch TV....**





## ***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



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SPECIALISTS**

**Gabriel Barrios**

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Chula Vista, CA 91913  
619-207-0999

[sdcomputerspecialists@cox.net](mailto:sdcomputerspecialists@cox.net)

10% discount  
with your membership card

### **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 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**

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

**Friday January 3 from 11:30 AM – 5:00 PM**  
**Saturday January 4 from 9:30 AM – 3:00 PM**  
**Monday January 6 from 11:30 AM – 5:00 PM**

**GREAT SELECTIONS AT BARGAIN PRICES!**



### ***Holidays from the Past***

*My favorite Christmas picture  
from 56 years ago, during my Navy  
days. This was the Naval Base  
Chapel, Yokosuka, Japan in 1963.*

*Mike Rigdon*