

Happy



Day

Tierrasanta Village of San Diego

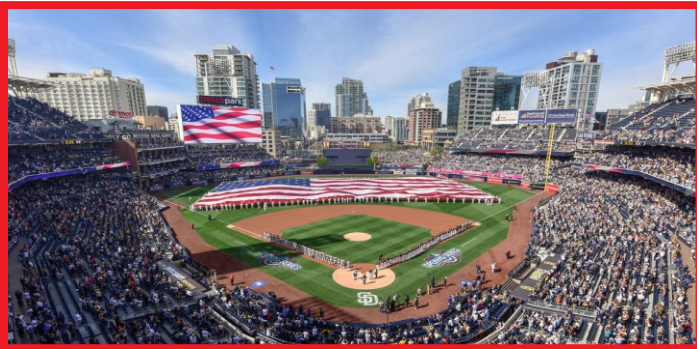
Village Vibes

“Living for Today: Planning for Tomorrow”

February 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.

February Social Event – Petco Park Tour



Please join the Social Committee for a fun and informative tour of Petco Park. The guided tour will take you behind-the-scenes to see the press box, the Visitor's Clubhouse, the Padres Hall of Fame, the Breitbard Hall of Fame, and more. You will even be able to sit in a major league dugout! There will be walking and stairs, but it is wheelchair accessible. Lunch to follow at attendee's expense.

Date: - **Wednesday, February 26, 2020**

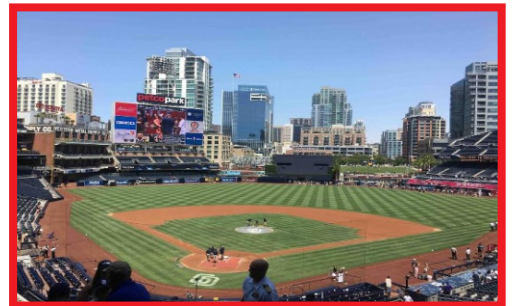
Time: - 10:30 AM to 2:30 PM

Cost: - \$19 for members and senior guests

Meet at McDonald's at 9:30 AM to carpool.

You must register online and a check should be made payable to Patty Mudd. You can bring your check to the Clubhouse or deliver to Patty Mudd before February 19th.

Any questions? Contact Patty Mudd



President's Message

Have you ever noticed how important “feel good moments” are in your life? As we age, managing health challenges, or those of a loved one, can begin to feel like it takes more of our time and energy. Then something happens during the day that lifts our spirits, and we experience a “feel good moment.” It may be something small like holding a door open for someone, or smiling at a person who looks like they are having a bad day.

One of the things I love the most about being a Villager are all the opportunities to connect and do something nice for others – a word of encouragement, acknowledging a contribution, or a ride to the airport. For me, doing something unexpected for others creates “feel good moments,” especially now during my current health challenge. I encourage you to seek out ways to create your own “feel good moments,” by finding ways to share your kindness with a fellow Villager.

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

Monthly General Meeting
February 3rd – 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 VM Clubhouse

AIS – Tai Chi Class
Moved to Rec Center

Cover Art
Happy Valentines Day
2020

Someone You Should Know

by Carol Lee

Barbara Cayer was born in Green Bay, Wisconsin, and was an only child. After graduating from high school, she attended the University of Wisconsin in Madison. She met and married Tom Kanneman. The couple moved to Albuquerque, New Mexico, where Tom worked for the Sandia Corporation, and he earned his Master's degree. Their daughter Kathy was born there. They then moved back to Madison, where Tom worked on his PhD. They relocated to Phoenix and then Scottsdale, where Tom finished his PhD in Electrical Engineering.

The family lived in Scottsdale for twenty years while Tom was working for Arizona State University. Barb was active as a leader in Girl Scouts and at the same time managed an anesthesia office for two doctors. They loved Arizona, enjoying church activities and camping and socializing with friends. Barb retired after fifteen years with the medical office, and Tom soon got an offer to work for the University of San Diego. Kathy came along with them when they moved to San Diego in 1986.

Barb says, "We lucked into a house in Tierrasanta", where she still lives today. She was sometimes overwhelmed, since she had had no experience with freeways! They joined the Clairemont Lutheran Church. Tom developed the first engineering program at USD. He then oversaw the program and did some teaching, as well. Tom's mother developed Alzheimer's and they moved her to San Diego from her home in Wisconsin. Barb cared for her, as well as working part-time as the CLC secretary and singing in the choir. When Tom's mother died, Barb was asked to work full time for the church, which she did until 2007, when she retired.

Tom retired a year later and died soon after that, so they missed out on spending their retirement years together. Barb found herself at loose ends. They hadn't made many friends in the area, but that was to change. She and Tom had heard about TVSD, and they had planned on becoming members in their retirement.

Barb joined TVSD in 2010 and was very active. She said, "First thing I went to was the balance class, and then I moved on to chair yoga." Barb shared some administrative duties and was responsible for the monthly calendar until Missy was hired. She worked on The Vibes with Diane Roland and Mike Rigdon. Diane left the Village and Mike took over the newsletter.

Barb has participated in both of the Lunch Bunch groups. She has been active in the Games group and Bunco, whenever she can, and also belongs to a Bunco group at CLC church, where she is still a member. In July of 2014, Barb started SNAP with another member, as a weekend activity for TVSD singles. As the group grew, potluck dinners in individual homes developed into monthly restaurant dinners, which continue today.

As Barb has experienced more health issues, her daughter Kathy has been her caregiver. Kathy is also a member of TVSD. Barb is disappointed about having to depend on Kathy and others to get around when driving gets to be too difficult for her. She hopes to stay in her home for as long as she can, and she is thinking about participating in our new Buddy Program.

Barb hopes that TVSD will continue to develop opportunities for members who are now in their 70s, 80s and 90s. Although she may not be able to get out as much as she'd like, she is willing to host members in her home if a small-group meeting place is needed. She wants to continue to contribute to the success of TVSD.



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858-569-9119

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Editor / Photographer

Mike Rigdon

Proof Reader

Gloria Stevens

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

2019 Annual Donor Drive Raises \$21,935

With a goal of \$15,000 contributions to the 2019 Annual Donor Drive totaled \$21,935. The Board of Directors are grateful to all who contributed and extend our sincere appreciation to all who gave. Sixty members, a friend of a member, and Tierrasanta Junior Women's Club donated. 53% of members gave donations to help bridge the gap between income from membership fees and expected expenses. Special thanks to Ambassadors who helped make the campaign an overwhelming success.

We acknowledge and thank the following generous donors:

Fran Pierce	Mick Tartaglia	Janice Trantham	Carol Lee
Marilyn Bente	JoAnne Kuelbs	Roy Gilmour	Anne Hoffman
Eva Turner	Fran & Greg Zweibel	Mike Rigdon	Pete & Carol Burgert
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Allan & Jane	Diane Levine	Ray & Trish Newbill	Barb Kanneman
Rappaport	Judy Daily	Diane Roland	Kathy Farrington

Tierrasanta Junior Women's Club

TIMEBANK TOPICS

Recently a new member was added to the Timebank. In the near future we will have a gathering of timebank members. These gatherings are a great source for new additions to our offers and requests list. The wish of the Timebank committee is for the circle of giving and receiving to keep growing and growing!

New members welcome!

Timebank committee: **Carmela Caverio, Delise Konigsbach, Joanne Kuelbs**



<http://www.tierrasantavillage.org>



Please Join Us for Happy Hour

What: Tierrasanta Village Informational Social for Prospective Members
When: Tuesday, March 10, 2020 from 4:00-6:00 PM
Why: The Membership Team is having an Informational Happy Hour for prospective new members. This will give attendees an opportunity to learn about our Village and hopefully join. Current members are encouraged to invite friends and neighbors. Members may attend the social if they bring a prospective member.

RSVP: By Wed, March 4, to the Village office. 858-569-9119
(Monday-Friday 8:30-12:30)

Tierrasanta Village of San Diego

February 2020

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - Members Monthly Meeting	4 9:00 AM - Balance Class	5 9:00 AM - Chair Yoga 11:30 AM - Lunch Bunch Choice of Mandarin	6 9:00 AM - Balance Class 10:15 AM - Billiards 10:15 AM - Mah Jongg 12:30 PM - Games	7 8:30 AM - Hikes with Bob 9:00 AM - Chair Yoga	8
9	10 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	11 9:00 AM - Balance Class	12 9:00 AM - Chair Yoga	13 9:00 AM - Balance Class 10:15 AM - Billiards 10:15 AM - Mah Jongg 12:30 PM - Games 4:00 PM - Village Book Club "The Dutch House" Ann Patchett	14 9:00 AM - Chair Yoga 12:30 PM - Classic Movies "Valentines Day" Romantic Comedies – 2010 Twenty Major Stars	15 S N A P
16	17 Presidents' Day Holiday 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	18 9:00 AM - Balance Class 12:30 PM - Lunch Bunch II Black Angus – Friars Road 6:00 PM - BUNKO	19 9:00 AM - Chair Yoga	20 9:00 AM - Balance Class 10:15 AM - Billiards 10:15 AM - Mah Jongg 11:30 AM - ROMEIO Kabobgee Grill 12:30 PM - Games	21 8:30 AM - Hikes with Bob 9:00 AM - Chair Yoga	22
23	24 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	25 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting 6:00 PM - DVD Movie Party "Judy" Renee Zellweger – Peter Wittrock	26 9:00 AM - Chair Yoga 9:30 AM - Social Event Petco Park Tour 11:15 AM - Knit & Nosh	27 9:00 AM - Balance Class 10:15 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 1:00 PM - Board Meeting	28 9:00 AM - Chair Yoga 12:30 PM - Classic Movies "Somewhere in Time" Romantic Drama – 1980 Christopher Reeve Jane Seymour	29
M A r c h 1	March 2 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - Members Monthly Meeting	March 3 Clubhouse Closed for Voting Site	March 4 9:00 AM - Chair Yoga 11:30 AM - Lunch Bunch			8 SNAP February 15 Marie Callendar's on Alvarado Road Carpool at 5:00 PM

TVSD BOOK CLUB INFORMATION

At the last meeting of our Village Book Club, members discussed changing the date and time for our monthly discussions. We agreed to meet the second Thursday of each month, at 4:00 pm. Our next meeting will be Thursday, February 13, and we are still meeting at the home of Joanne Kuelbs. Here is a list of the books we will be reading for discussion during the next few months.

February: Dutch House by Ann Patchett

March: The Great Believers by Rebecca Makkai

April: The Woman Who Smashed Codes by Jason Fagone

All TVSD members are welcome to join us. We always have lively discussions, even though we don't always enjoy the book! Please register ahead of time so that we know how many to expect.

YOUR VILLAGE NEEDS YOU!

YOU are critical to our village! **Volunteers are needed to keep TVSD vital and relevant.** **YOUR** interest, skills, talent, and time can be put to good use through volunteering for your Village! Help make ours a better Village by stepping up to fill one of these needed positions:

- 1.) Membership Outreach: Keeping track of prospective members, calling them to see if they have any questions or would like information about attending events and activities, reporting back to membership committee.
- 2.) Membership Committee: Checking in on members who have not been active for a while, calling them to see how they are doing, and, if needed, referring them to the Care Team.
- 3.) Social Core Team is looking for a co-chair and for someone to organize the holiday dinner party for December, 2020.
- 4.) The Neighborhood Groups are looking for captains and for hosts for the neighborhood get-togethers.

Some of the boundaries are going to be reconfigured and new captains may be needed. Please consider volunteering for one of these positions. If you have any questions, please do not hesitate to contact Marilyn Bente, Volunteer Core Team Leader.

CANNED GOODS AND EYEGLASSES

You may ask what canned goods and eyeglasses have to do with each other?

The newly formed TVSD Community Service/Outreach Committee has agreed to organize two projects. One is to collect non-perishable foods and the other is to collect eyeglasses.

We are asking that you bring a donation of non-perishable food items to the member meetings to help stock the food bank for a charity that the Seventh Day Adventist Church supports: the South Bay Community Services. Just bring a can, box, or package of non-perishable food (no glass jars please) and help us fill tote bags and boxes for this worthy cause! We will be continuing this food collection each month at our general meetings.

Do you have eyeglasses that you no longer wear and that have been taking up space in drawers and on counters? Now you can donate them to a worthy cause. Just bring them as well to the monthly meeting and Marc Narkus- Kramer will see that they are recycled for those in need.

We thank you in advance for your generosity and thoughtfulness in helping us with these charitable efforts!

Your TVSD Community Service/Outreach Committee

DVD Movie Party

Tuesday, February 25 – 6 PM

"Judy"

Renee Zellweger – Peter Wittrock

See Page 7 for details

RSVP: Diane Levine 858-292-0610

Knit & Nosh

February 26 – 11:15

Virginia Inouye – 858-278-8847

Village Book Club

2nd Thursday 2 / 13 – 4 PM

"The Dutch House"

Ann Patchett

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 – 2 / 18

3rd Tuesday of Month

6:00 PM (offsite)

This is an RSVP game limited to 16 players.

Ginny VanBenthuyssen
858-268-8348

Billiards

Mondays & Thursdays – 10:15

Bob Muldrew - 292-8405

SNAP

February 15

Marie Callendar's
on Alvarado Road
Carpool at 5:00 PM



Village Interest Groups

Film Classics

Friday – February 14 – 12:30 to 2:30

"Valentines Day"

Romantic Comedies – 2010

Multiple Major Stars

"VALENTINES DAY" is a group of hilarious romantic comedies directed by Garry Marshall. Set in Los Angeles, the tripwires of modern love are exposed in a merry go round of romantic relationships and the single life – on the most romantic day of the year – Valentines Day. The film follows an all-star cast of remotely connected characters, whose stories intertwine with one another's struggles with love and it's mishaps during 18 hours on Valentines Day.

There's a proposal. Flowers that didn't get sent. A big fat secret that's finally told. Stories criss-cross, collide and boomerang. Fights, kisses, wrong turns, right moves and so much more. The romantic destinies of many **Very Attractive People** converge, diverge and cloverleaf like the interstates threading through California's Southland.

Friday – February 28 – 12:30 to 2:30

"Somewhere in Time"

Romance Drama / Science Fiction – 1980

Christopher Reeve / Jane Seymour

Christopher Plummer

"SOMEWHERE IN TIME" is the story of a young writer / playwright who sacrifices his life in the present to find happiness in the past, where true love awaits him. Young Richard Collier (Reeve) is approached by an elderly woman who gives him an antique gold watch, and who pleads with him to return in time with her. Years later, Collier is overwhelmed by a 1912 photograph of a beautiful young woman (Seymour). Another picture of this woman in her later years reveals to him that she is the same woman who had given him the gold watch. Collier then becomes obsessed with willing himself by self-hypnosis to travel back in time to 1912, and the beautiful young woman who awaits him there. This story was filmed in the Grand Hotel in Mackinac Island, Michigan, where Collier returns in order to find the mysterious woman in the photograph.

Gloria Stevens: 505-4188

Lunch Bunch

Choice of Mandarin – 2/5 – 11:30

Lunch Bunch II

Tuesday – February 18 – 12:30

Black Angus – Friars Road

Romeo Club

Thursday – February 20 – 11:30

Kabobgee Grill

9350 Clairemont Mesa Blvd

Hiking With Bob

The **North Fortuna Peak day hike** was impacted by the weather. A fast moving system (that was primarily up north) was supposed to rip-through-here overnight leaving only 0.1 inch of showers. It kind of happened that way, but scared away a lot of participants. So only two of us went forward, but no other hikers were out there, either. So we stopped/ended at the north end of the mountain (next to CA route 52) - before the final 400 foot climb. (If we needed assistance there was no one else to turn to.) About 10 AM on our way back, the sun showed and others started turning up. We'll try again, toward the end of the rainy season on Fri, 20 Mar 2020 (third Friday).

One hour/one+ mile (Tierrasanta Canyons), Introductory East Shepherd canyon Loop. On **Fri, 07 Feb 2020 (first Friday)**, we gather at 8:30 AM by the gate near the community pond. (Drive north on Santo Road past the Vons shopping center to turn right on to Antigua Blvd. At the next right turn (Playa Veracruz), go east to the gate just past the Playa Encino intersection, across from 11018 Playa Veracruz; stop/park.) We'll walk east toward the Catholic Church & turn around to go back toward Santo/Antiqua & then back toward the pond. It's very easy - a walk in the park.

Two+ hour/two+ mile (Mission Trails), Tierrasanta Mini-Mount (& back): On **Fri, 21 Feb 2020 (third Friday)**, we gather at 8:30 AM at the Colina Dorada entrance. (Drive east on Clairemont Mesa Blvd. to the last right turn - Rueda Drive; go south three blocks to Calle de Vida. Turn left & drive to the "L" intersection with Colina Dorada; stop/park.) Tierrasanta mini-mount is on the west side of North Fortuna, just to the north of the route up to the saddle. It looks conical like a (former) small volcano. It's pretty easy to climb - it's only 100-200' or so up off the surrounding terrain. Wear long pants & bring (at least) one hiking stick.

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

"Valentines Day"

20 Major Stars

Romantic Comedies – 2010

Friday – February 14

12:30 to 2:30

"Somewhere in Time"

Christopher Reeve / Jane Seymour

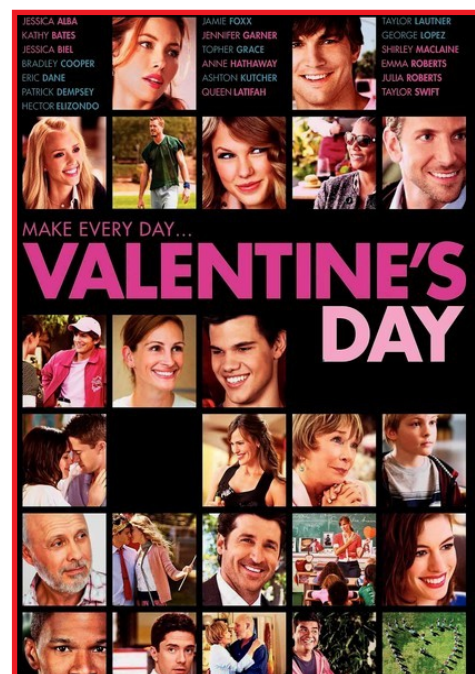
Christopher Plummer

Romance Drama / Science Fiction – 1980

Friday – February 28

12:30 to 2:30

See Page 6 for Details

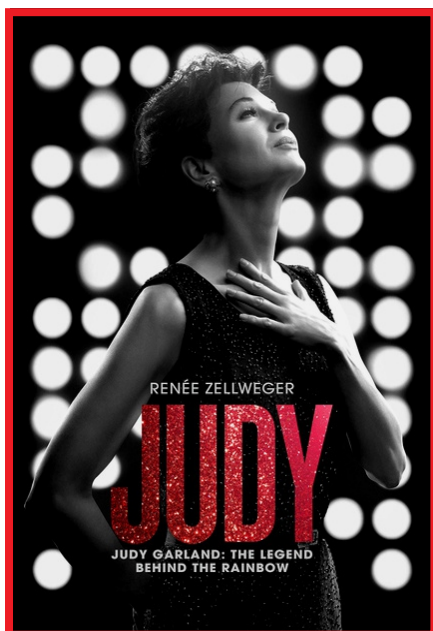


DVD Movie Party

Tuesday, February 25 – 6 PM

"Judy"

Renee Zellweger / Peter Wittrock



Beloved actress, singer and showbiz legend, Judy Garland arrives in London to perform her final concerts for sold-out audiences. After working 45 of her 47 years, she is haunted by memories of a childhood lost to Hollywood and longs to return home to her children. Unfortunately, these latter days of her career were often not the happiest.

Needing friendship and love, Judy embarks on a whirlwind romance with young Mickey Deans, her soon-to-be-fifth husband.

Superb acting by Rene Zellweger earned her a Golden Globe Award for Best Actress. She also has been nominated for Best Actress Academy Award.

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

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.' The other man said, 'What is the name of the restaurant?' The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.' 'Do you mean a rose?' 'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

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
 <div style="display: inline-block; vertical-align: middle;"> SD COMPUTER SPECIALISTS Gabriel Barrios 1455 Santa Rita East Chula Vista, CA 91913 619-207-0999 sdcomputerspecialists@cox.net 10% discount with your membership card </div>

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

**Support Our
Local Businesses**

Friends of the Tierrasanta Library Used Book Sale Friday January 31 from 11:30 AM – 5:00 PM Saturday February 1 from 9:30 AM – 3:00 PM Monday February 3 from 11:30 AM – 5:00 PM GREAT SELECTIONS AT BARGAIN PRICES!

A Few Reminders for TVSD General Meeting

- 1.) Don't forget to bring your non-perishable foods and recyclable eye glasses to our next Village Monthly General Meeting on Monday, February 3.
- 2.) The Wednesday Lunch Bunch will meet the first Wednesday of the month, February 5, 11:30, at the Choice of Mandarin Restaurant to celebrate the **Chinese New Year**. Don't forget to register!

TVSD Resource Directory Submission Form & Provider List

by Greg Zweibel, IT Chair

I was asked at our January General Monthly Meeting to publish information regarding the “TVSD” Resource Directory Submission Form” along with instructions as to where to find and how to use it. I am also including instructions on how to access the Resource Directory.

The Submission form is used to enter provider referrals by Members into our Member's Provider Resource Directory (which is where you can look for a non-vetted referred provider).

Accessing and using the Resource Submission form and category list:

When filling out a TVSD Resource Submission Form, you'll also need to use the TVSD Resource Submission – CATEGORIES form; this form contains the Category names and numbers needed.

Both can be printed from the website. The Submission form can be handwritten –or– it can be filled in online and then printed or “Saved As” to be emailed to the Admin Coordinator.

You can access these forms in two ways:

1. From any screen, clicking on Documents & Forms in the dropdown menu under the Resources tab; then clicking on the forms (at the bottom of the screen) to open them.
--OR--
2. On the HOME page, go to the Village Quick Links box and click on Forms & Instructions (third button from the right). Then click on the respective forms to open them.
3. Whichever method you use to access the forms, just follow the instructions on the Submittal form to fill it out.
4. Once the form is completed, it will need to be submitted to the Admin Coordinator at the TVSD Front Desk (email address: tierrasantavlg@gmail.com).

Accessing the Referred Service Provider list:

To view this list to look for a provider, from any screen, click on the Referred Service Provider link in the dropdown under the Directories tab at the top of the website. The first thing you will see is the following disclaimer prior to clicking the button below the disclaimer and accessing the listings:

“Listing are recommendations by fellow Villagers only – Tierrasanta Village of San Diego (TVSD) does not endorse any of these providers nor does it take any responsibility for usage by its members. Usage is at the individual member's discretion.

“Members who recommended these providers:

- May or may not still be at the phone number listed;
- May have moved from Tierrasanta;
- May have passed away.

“Providers:

- May not have been updated by Member listed (Member's responsibility)
- Thus:
 - Information may not be up-to-date;
 - Provider may have move or gone out of business;
 - Provider may have changed its policy and/or what it offers.”

When looking for a provider, on a PC you can do a Ctrl-F (find) and type in the provider name or service and hit Enter. You will notice to the right of the find box is a number (x/xx) followed by one up (^) and down arrow (v) to jump to the previous or next item in the search box.