



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

May 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.

President's Message

Looking back over this last month with the Village closed, stay at home orders in place, new cleaning protocols, social distancing...who would have thought our lives would change so dramatically. Connecting with Villagers through Neighborhood Groups, Buddies, phone calls to friends, and checking in on each other is more important than ever.

Even though the VMC is closed for activities and meetings, many volunteers, Board Members, and Core Team Leaders are still working behind the scenes. Committees like IT are meeting virtually to keep the website updated and our IT systems working. Care Committee members are calling and providing those welcomed, caring little chats. Fran and Cassandra meet virtually every morning to plan our daily email to members and to solve problems. Cassandra continues to work from home, making sure that the Village runs smoothly.

The Board meets virtually, brainstorming ways to support and keep members connected, while moving forward with plans for how to reopen, when the stay-at-home order is lifted. We have been calling members and often hear how grateful you are to have the Village in your life. After the last virtual Board meeting, on one of those dark rainy days, we ended the meeting by sharing a gratitude. For many, including me, there were tears and heartfelt thanks for having each other, and the Village in our lives. It felt like a ray of sunshine came through our virtual meeting, knowing we are separated but not alone.

Villagers, please know you are not alone. Your Board, Core Committee Leaders, and other Villagers care, and are here to lift you up and support you during this difficult time.

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Someone You Should Know by Carol Lee

Peter Burgert was born in San Diego at the beginning of World War II. At the end of the war a group of families, including his own, bought a plot of land at the base of Grossmont that later became known as Briar Patch. Fourteen families built their homes there and grew to be a tightly knit community. There were no fences and families looked out for one another. Kids were especially careful about their conduct because their parents would hear about it if they did anything wrong.

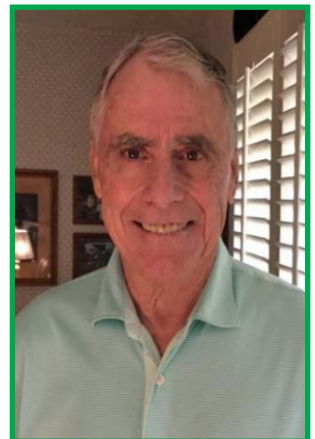
Upon entering college, for some unknown reason his name became Pete. At a mid-semester dorm dance he met his future wife, Carol Brueckner, and they were married six months later. In 1965 he enlisted in the United States Marine Corps and went through Boot Camp at MCRD. During his five-year stay in the Marine Corps he rose from the rank of Private to Captain without ever having gone to Vietnam. His 13-month Westpac tour was served in Iwakuni, Japan.

After leaving the Marine Corps, Pete returned to San Diego State and studied for a Master's Degree in Public Administration. In 1972 the Burgerts bought their first home in Barbados North. In 1974 he joined the Tierrasanta Community Council where he served for the next 16 years. He led the community's fight against the proposed dumpsite immediately north of our community. "We discovered the availability of the current dumpsite, saving the city \$4 million in yearly operating costs in 1974 dollars."

In 1979 the family moved to Del Serrano near the Admiral Baker golf course. Tierrasanta has always reminded him of the close community in which he grew up. Both of his daughters married boys they had gone to school with here in Tierrasanta.

When invited to attend the first Village get-together at Fran and Greg's home, they knew that the Village was a great fit for our community. Since then, Pete and Carol have enjoyed the many opportunities to interact with Village members. Through the Time Bank, Pete has enjoyed meeting many new friends and taking care of the small odds and ends that a handyman can do.

Pete said, "Doing things for other people validates yourself. As we grow older, it's nice to know there are still some things we can do that are worthwhile."



**TVSD Front Desk Coordinator
Cassandra Hanrahan with her husband
Patrick at the 2019 Holiday Party**



**Cassandra's 7 year
old son, Ian, during
his Easter egg hunt
earlier this month.**



**Missy Rainier
with her new
grandson, Kia.**

Annual Meeting
Postponed until Further Notice
7th Day Adventist Church
11260 Clairemont Mesa Blvd.



Chair Yoga for Seniors
Postponed until Further Notice

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
Dark in April
Instructor: Lesley Norris

Cover Photo
*Spring Showers
bring
May Flowers*

Cheers Villagers

I hope that this finds all of you safe and healthy. It seems like so long ago that many of us met at the Coffee and Conversation on March 9th! I would like to list all my accomplishments and show you how well I've used my "home" time, but... I really sort of wander from task to task. I find it difficult to get serious about chores!

Lucky for all of us, your Board of Directors has not been sitting idle. Our last, official public gathering was the Board Retreat on March 12th when we set goals for 2020 and on, when we discussed hits and misses and when we each shared our hopes and expectations of where TVSD would be in 2025.

We looked forward to sharing the outcome of our Retreat at the Annual Meeting/Volunteer Appreciation event and, hopefully, we still will have that opportunity. For now, I thought I'd share some of the hi-lights.

First, we have decided to keep our membership dues at the current level for another year. We will continue to discuss and research increasing and adding activities and services to assure that we continue to attract new members while living within our yearly budget. Community partnerships will play a big part in this!

Next, we want to maintain our level of fundraising at last year's level. The generosity of our membership resulted in surpassing our goal and, again, we will work to live within our budget. You may think that we don't pay bills while we can't meet. Keep in mind that we continue to pay almost everything except rent!

Covid-19 was just ramping up and we had no idea what our community was facing! At our virtual, Zoom board meeting on April 2nd, we addressed the current crisis. First and foremost is helping each other to stay safe and healthy. Healthy means both physical and mental and the board is looking at ways to make it possible to "see" each other! Cassandra continues to send notices of activities, classes and virtual trips we can take, but we want to see our friends! Hopefully, we can set up Coffee Chats or Lunches using one of the face timing apps. In the meantime, let's keep in touch. Call each other just to say "hi" or to share a funny story. There is nothing like a caring friend to make a lonely day brighter!

Stay well and your Board cannot wait to see all your smiling faces!

Joyce Munios

GOOD NEWS!

Some of you recently participated in a Village CPR Class. At that time, we discussed the possibility of purchasing an AED (Automated External Defibrillator). We are now happy to announce that TVSD will be purchasing a machine later this year to be used at the VMC. This was made possible because we have received a grant from our insurance company, NIAC, in the amount of \$500 toward the purchase of a unit

The American Heart Association strongly encourages companies and organizations to implement AED programs to increase the chances of survival for people who have heart-related emergencies. With an AED program, our members will be better prepared to save the lives of others. The goal of every AED program is to deliver defibrillation within 3 – 5 minutes after collapse.

It is our intention to purchase and offer training on the AED after we return to the VMC with business as usual. So, let's look forward to coming back strong, taking care of one another, and looking forward to being together!

Fran Zweibel (on behalf of your Board of Directors)

Dear TVSD Members:

When I retired in October 2005, I wanted to use my time to make a difference in my community. After my many years of working in Human Resources, I was ready to step up and volunteer “in my own backyard”.

Serving on the Tierrasanta Village of San Diego Board was a wonderful way to support this new and upcoming concept, and a powerful way to build and continue using my skills and expertise during my retirement, and gave me the opportunity to develop and grow as a leader and cultivate new skills. I believe in the future of our Village and understand that it depends on the governing of our Board, which includes dedication and vision. After all, its leadership that keeps our Village on track.

After being a Board Member since 2014 as Secretary and then Vice President, and also being Secretary on the Interim Board when we were grass roots, it is time for me to step back and devote my time to other areas. I will do this effective August 1st. I plan to continue to work in Administration, and it is my hope that one of our wonderful members will make the decision to step up and join this wonderful group of TVSD Board Volunteers!

Our Board Members are enthusiastic advocates for TVSD and take their job very seriously. I am proud that I had the opportunity to be on this very special team!

Sincerely,
Fran Zweibel

Board Recruiting Vice President

By Janice Trantham

Fran Zweibel is stepping down as Vice President of TVSD, after serving over 7 years on the Village Board of Directors. We appreciate Fran's exemplary years of service. Knowing these are “huge shoes to fill,” the Board is now recruiting her replacement. Fran will continue as Administration Core Team Leader, working with Cassandra, to oversee the day-to-day administrative functions.

Since Fran will be saying good-bye to the Board on August 1st, a Recruitment Committee has identified potential candidates to fill this two-year position. As part of a succession planning strategy, the person selected will be groomed and mentored to perhaps one day fill the presidency.

Fran has an exceptionally caring heart, along with her outstanding ability as a leader and businesswoman. She constantly makes phone calls to check in on members. If you ever want to know how a member is doing, just ask Fran. If there are decisions to be made, policies to be written, or risk management research to be done, Fran steps up and gets it done.

What a gift and blessing Fran has been to the Village. She will be missed on the Board of Directors. We wish Fran “fair winds and following seas” as she looks forward to having more time with family, friends, and doing things that bring her joy.



Village Interest Groups

**Coronavirus has shut down
all Village Events
until further notice!**

Watch E-Blasts and Website for future Events

Update for TVSD Members

**This is an update about the activity that has taken place during our time in self-isolation.
Also, read below about all the things you can do at home.**

Village members have stepped up to make sure no one falls between the cracks. The Care Committee members, Captains for the Neighborhood Groups, and members of the Buddy System have called **everyone** in the Village has had a check on health and welfare. We have gotten a lot of feedback.

We learned that all of us have been busy. Many Village members are doing those home chores that we all put off like spring housecleaning. Members who have family in San Diego find them making grocery and medication runs. For our Village members who do not have family here, the Buddy System and activities offered in our county might be a method for you to make it through this difficult time.

Smart and Final, Vons, Amazon, and Whole Foods deliver groceries but some of these services may be back-logged for a week. Think ahead for groceries in a week's time.

That brings me to resources we can all consider to use to make our time productive:

1. If you have a buddy or call Village members, try to use Skype or Face time so you can have a virtual conversation in your own home. You can download these as APPs on your phone or computer. Communication is so important to all of us social beings!

2. For those who enjoy reading, download e-books from the San Diego Public Library. Audiobooks are available too. Anyone always want to play a guitar? The Library offers online courses and universities do too..

3. For those of you who are gamers, the Internet has lots of free games to challenge you and your brain. If you want to play a group game like Bridge or Mah Jongg, try forming a Skype Group and play!

4. Does your activity device keep telling you to stand or move like mine? Well, maybe with no Balance or Yoga or Aerobic classes for now, we need to find a new way to move! We need to spend some time everyday in exercise. Here are some ways you can exercise;

a. If you belong to the YMCA, there are a lot of classes on demand.

b. The County Television Network offers free exercise classes on demand: The Feeling Fit Club, Silver Age Yoga, and Jazzy Cardiac Strength Stretch

5. Marilyn was telling me about virtual tours. We could take a tour a many of the world's best attractions and museums via our computer for free.

<https://www.travelandleisure.com/attractions/museums-galleries/museaums-with-virtual-tours>

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 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

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10% discount
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**Friends of the Tierrasanta Library
Used Book Sale**

Dark until further notice



The Original Membership Committee – 2008

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Bev Sheehan – TVSD Original Cheerleader



Special Event – December 7, 2016 Pearl Harbor Memorial Ceremony on USS Midway



Every December 7, this event is held on the flight deck of the Aircraft Carrier Museum. In 2016 over 600 attended an hour long program with Guest Speakers, Navy Band Southwest, 5 Pearl Harbor Survivors, and a Wreath Dropping at the exact time of the attack.

In the Hangar Bay, a live video feed from Pearl Harbor was shown.

Amazingly, during the same week, 3 Chinese Naval vessels were in port with open house on a Destroyer, a clone of our Navy's FFG Class Destroyers.



Remembering Better Days Patriots Day Parade & TierraFest 2017



The 2017 Patriots Day Parade & TierraFest Activities were a huge success for the Community. Our TVSD Villagers figured prominently with our Yellow Shirts, Antique Cars, and Info Booth at the Town Center.



NEW NORMAL SHOPPING
Smart & Final was a nightmare during the mid afternoon hours in April. They only provided beer cases for the 40 minute check-out wait!

