



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

August 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

Many thanks for completing the recent Members' Survey. At last count, 79% of members responded. Kudos to the Membership team for their efforts to get member feedback during this shutdown period.

Survey results showed most members are very positive about their Village experience. Fifty-six percent of members are open to connecting in new ways through Zoom and other virtual activities. Many want to start getting together, safely distancing, for events and chats. Staying connected to avoid isolation is more important than ever.

A few members suggested refunds or reduced fees since face-to-face activities are limited. Village Movement California, an organization with over 40 Villages, recommends that reducing membership fees during shutdown de-values the Village experience. TVSD offers more than just services. The Village offers a way to connect, build relationships, and reduce isolation. All our expenses are the same except the clubhouse hourly fee. Therefore, the Board of Directors and Core Team Leaders recommend keeping membership fees the same.

Going into this period of membership renewal, I hope you value your TVSD relationships as much as the activities that have been put on hold. Your loyalty, volunteering, and willingness to participate in activities, adapted for safety, are valued and appreciated.

Janice Trantham



Timken Art Museum & Lunch at the Prado – April 2017

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

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

Someone You Should Know

Marc Narkus-Kramer was born in New York City. When he was four, his family moved to the suburbs, and his father commuted into the City. Marc was good at math but struggled with reading, due to his dyslexia. This has led Marc to tutor elementary school kids who struggle with reading. He is part of the AARP Childhood Initiative. There was some stress and turmoil in Marc's later growing-up years, and he found the piano to be an important keystone in his life. Marc, not to be deterred by his dyslexia, earned not only a Bachelor's, but also a Master's Degree in Physics.

Marc's first job was in Washington DC, where he contributed to building the first large-scale model relating economics to the environment, for the Environmental Protection Agency. Alone in DC, Marc heard about an encounter group and decided to try it. He walked in...and saw ...Grazia Yamakawa. She kept warning me—"She was divorced, had two kids and two dogs, and was older than me." One year later, they married and have been married for nearly 45 years.

When Ronald Reagan was elected, the energy and environmental work had fallen by the wayside. Marc was hired by a previous boss who had a contract to modernize the air traffic control system. Marc moved from a junior position to a senior management position as "someone who could work on the technical side, while strategically bringing people together to forge the road ahead; and as someone who could see all the aspects of the issues involved in modernizing the air traffic control system, not just the technical ones."

For three years, his assignment was in Germany, working with leaders of the German government. When the Berlin Wall fell, plans shifted as air traffic control was privatized, and the family returned to DC. Maya (their daughter) went back to school, and Grazia retired. Marc helped form Beacon House, which served inner-city kids, and he joined their Board. He was also on the Board of Maya's preschool.

After Germany, Marc was so busy that he quit studying the piano. After Maya was at college he went to Lithuania for six weeks and studied with a concert pianist there, practicing five hours a day. He still plays the piano daily and has given a few concerts in the area.

The head of the FAA asked the President of his organization (MITRE) to lead an entirely different approach to air traffic control modernization. Marc was tasked to do this and, along with a team, devised an approach that was built on getting rid of the expensive large programs, and substituting them with smaller programs that could be tested out in the field, before being uniformly implemented. This approach was adopted by the FAA. He was promoted to run the International Division at MITRE and then as Outcome Leader, a totally new position, where the focus became on "making things happen" rather than just solving complex technical issues.

After a trip to Hawaii where Grazia experienced much less arthritic pain, she told Marc that they should move to a warmer climate. He retired, and the online search began. They were interested in the Village movement and went to one of the Monday members meetings at TVSD and felt very welcomed. They moved here in May of 2018, and the first thing they did was to join TVSD. Marc became a member of the Care and Wellness Committee and is now co-leader with Bradlyn Mulvey. In August, he became Vice President of the Board and will leave his position with the Care Committee.

Marc's sister lives in the LA area. Marc has a stepdaughter in Delaware. Marc and Grazia's daughter, Maya, lives in Shanghai and recently made them grandparents with the birth of her daughter Mika.

Marc hopes that our Village will continue to strengthen members' sense of community. "We can come together in common enterprises, not just among ourselves but also with other parts of our community." He also says,

'It's easy to drift through life as we get older, but this is an opportunity to become spiritually and civically engaged with each other, and outside our Village community.'



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

Village Business

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 until further notice
Instructor: Lesley Norris

Cover Photo
USS BonHomme
Richard LHD-6
at Sea 2012

Are You Getting the Most from Your Membership?

By Janice Trantham

Many Village activities have changed to comply with State and local safety requirements. To get more from your membership, check out the following activities and see if any of them sound interesting. If you need computer help, contact Greg Zweibel. He will answer questions about how to get on a Zoom call or he, or someone in IT, will try to solve some computer problems.

1. Daily eblast from Cassandra and Fran with helpful information.
2. Cassandra answers the TVSD phone providing information and support, during her normal work hours (Monday-Friday, 8:30 am to 12:30 PM.)
3. Monthly electronic Vibes.
4. Check-in phone calls to members from: Care Committee, Neighborhood Captains, Board members, Administration.
5. Seven volunteers, outside the Village, doing grocery shopping.
6. Buddy System: Approximately 60 members checking in on each other and building supportive friendships.
7. Book Club meeting virtually.
8. Mah Jongg on-line, with groups of four Villagers, who played at the VMC.
9. Lunch Bunch meeting virtually.
10. Exercise on your own, or with a buddy using flextogether.com.
11. Coffee Chats hosted virtually.
12. Core Team Leaders meeting virtually.
13. Core Team Committees meeting virtually
14. Board of Directors meeting virtually.
15. Neighborhood Group Captains meeting virtually.
16. Community Service Activities meeting virtually.
17. Village to Village and Village Movement California virtual trainings and meetings.
18. Book exchange.

Many events require registration. You can learn more about what is going on at TVSD by checking out the Events Calendar under the Activities tab on the website, or click CALENDAR button in the Village Quick Links BOX.

A committee is working on bringing more face-to-face activities using masking and distancing guidelines. Watch for those new activities coming as-a-result-of suggestions on the Survey.



Luau at the Parkers

THANK YOU FROM THE MEMBERSHIP TEAM

Survey, 2020

The membership team would like to thank Village members who took the time to fill out the surveys and return them. 111 surveys were mailed out to members. Ginny received 95 *completed* forms. You will soon be receiving an email summarizing the results of the survey. The survey results can also be found Online once you sign into our Website.

Several members (52%) indicated they were interested in outdoor meetings either in someone's backyard or at a park. In addition, about the same percentage of members are interested in attending Zoom Chats or meetings. It was suggested in the survey that conversations could be centered around specific topics or questions. That's up to the host. Several topics of conversation were suggested. Do any of these topics appeal to you? Call the Front Desk if you are willing to host an outside gathering or zoom conversation!

Some Suggested Topics for Outdoor or Zoom Conversations

- Favorite movies, restaurants, vacations, sports, pets, hobbies
- Something about yourself – Pick a specific topic, and have everyone share, such as: What did you do before retirement? What are some things you remember about your youth? Given specific topics or questions allows everyone to have a chance to speak.
- Online ordering recommendations (food, crafts, etc.)
- Home improvements /services (electrician, handyman, plumber, painter)
- Lost or misplaced items you've found and are now able to use again.
- Communicating with distant relatives and long-time friends or co-workers.
- Share a skill or craft – members could enjoy hearing about your craft and ask questions. Suggestions: writing class, paper or jewelry project, favorite recipe/how to make...., photography, gardening.
- Finding entertainment during quarantine -What are you engaging in while staying at home? What problems have you come up with?
- Coping with Covid-19, self-care tips, updates on CDC guidelines, speakers to inspire seniors, care-giver support groups.

Action Steps Based on the Survey

1. Admin (Cassandra and Fran) will continue the “Daily Chatter” to keep members informed and entertained.
2. Admin, along with neighborhood captains, will be seeking names of members who are willing to host an outside chat session and/or a Zoom meeting. Both outside chat sessions and Zoom meetings will be posted on the Website calendar so people can sign up.
3. Members will also be hearing more ideas related to outdoor and Zoom exercise activities. The survey indicated an interest for both.

Thank you for the many positive comments on the survey! These comments will be submitted for all of you to see when the survey results are sent out to members.

Book Club

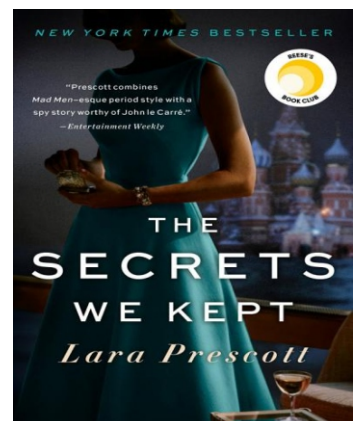
August 13 – “News of The World” by Paulette Jiles

In the wake of the Civil War, Captain Jefferson Kyle Kidd travels through northern Texas, giving live readings from newspapers to paying audiences hungry for news of the world. An elderly widower who has lived through three wars and fought in two of them, the captain enjoys his rootless, solitary existence.

September 10 – “Secrets We Kept” by Lara Prescott.

Secretaries turned spies, love and duty, and sacrifice inspired by the true story of the CIA plot to infiltrate the hearts and minds of Soviet Russia, not with propaganda, but with the greatest love story of the twentieth century: Doctor Zhivago.

Cheers, Jo Carle



Tierrasanta Food Drive

A sincere "Thank You" to all Villagers who have helped to stock Ascension Parish's shelves for the Tierrasanta Food Drive. Your kind donations have helped many of our local families who are struggling during this Pandemic. Not only have many bread-winners lost their jobs, or have been on temporary leave, but the financial help from the government has been extremely difficult and slow!

Non-perishable items can be dropped off at the Parish Pavilion every Monday and Thursday from 9 am – noon. The food is distributed every other Saturday, in the Parish parking lot from 9 am – 12 noon. Delivery is available for those who cannot drive or shop for themselves. We ask them to call the Ascension Parish Office: (858) 279-2735 or email: office@ascension-sd.org and leave their name, address and phone number.

Items that are needed each week are: canned goods, juices, cereals, muffin and pancake mixes, peanut butter, soups, pasta, rice, etc. Of course, the \$25 gift cards from Walmart, Vons and Smart & Final are needed, also. If you would like to make a donation, but can't deliver, please call the TVSD office and Cassandra will arrange for someone to pick up.

Again, thank you for your generosity and caring!



World War II Stats

During the 3-1/2 years of World War II that started with the Japanese bombing of Pearl Harbor in December of 1941 and ended with the surrender of Germany and Japan in 1945, "We the People of the U.S.A." produced the following:

22 aircraft carriers	98,000 bombers
8 battleships	24,000 transport aircraft
48 cruisers	58,000 training aircraft
349 destroyers	93,000 tanks
420 destroyer escorts	257,000 artillery pieces!
203 submarines	105,000 mortars
34 million tons of merchant ships	3,000,000 machine guns and
100,000 fighter aircraft	2,500,000 military trucks

We put 16.1 million men in uniform in the various armed services, invaded Africa, invaded Sicily and Italy, won the battle for the Atlantic, planned and executed D-Day, marched across the Pacific and Europe, developed the atomic bomb and, ultimately, conquered Japan and Germany.

THE VALUE of TVSD BUILDING COMMUNITY PARTNERSHIPS

During the month of July the Village Movement California presented the second and third in its series of Zoom presentations entitled “Innovation Can't Wait.” Three members of your board of directors, Janice Trantham, Marc Narkus-Kramer, and Marilyn Bente, are attending this series and are looking forward to starting to implement some of the ideas shared during these two conferences. The focus of the first presentation was on marketing and examining a village's value proposition; the second was on creating an intergenerational village. We saw how these concepts overlap and learned some strategies presented by the main speaker, Kate Hoepke from the San Francisco Village.

One of the main points presented was examining the difference between transactional and relational values that we derive from being members of a Village. We pay our dues and enjoy the benefits of membership. That is the transactional value of our village. But I think that most of our members will agree that there is much more that we gain through our membership, namely new friends, a sense of community, and human connection. It's not just services, but relationships within those services. And this allows for expansion by means of intergenerational community building. (Think of the younger volunteers who have been assisting us during this COVID pandemic.) This is the relational value of TVSD. If we are to sustain and grow our Village, the first question that we need to address is how we do as members view the value of TVSD? Is it simply on a transactional basis or do we want to create a thriving, community-based, relational Village?

And if our answer is yes, we want a relational Village, then how do we go about building partnerships which will connect us with a broader community and an intergenerational one? We need to look at two further questions: (1.) Who are our current partners and how can we grow in our relationship with them? (2.) Who are our potential partners and why do they need us? If we form business, health-related, and academic partners, how can we make it a win-win situation? What do we hope to derive by forming a partnership with a tech company, with a hospital, or with a university as many of the villages around the state are doing? And, very importantly, what can they gain from us? How can we help them fulfill their mission statements and help them generate recognition for the good they create in society? How can we assist the younger generation in sharing our expertise and experiences without being didactic and over-powering? We heard many examples of partnerships currently in play, relational partnerships that have helped attract new members to the local village, have provided needed funds and services through a wider donor pool, and have formed many new multi-generational friendships that have been based on mutual respect and have provided an opportunity for love. As Kate Hoepke stated: “Love is engendered through the act of caring.” Some of these partnerships are with programs such as Meals on Wheels, county Departments of Health and Human Services, food banks and grocery stores, university gerontology departments and arts programs (improv theater, memoir writing, and dance), tech companies and start-ups. The San Francisco Village has partnered with the Mon Ami mobile app which has the software and data tracking capabilities for matching hundreds of volunteers for their village.

In closing, Kate urged us Village members to ask ourselves: What can we do to repair the world? How can our village become involved? How can we organize around civic issues? We have to think bigger, beyond our membership. Who are the partners that can help us grow, help us gain visibility in our community, and how can we include these partners as priority, mission-minded audiences?



Old Globe Theater Tour 2019



Member Information Meeting 2019

Current Events in San Diego – July 12, 2020 – Mike Rigdon

That dire morning a massive fire broke out on one of the iconic Amphibious Warfare Ships based at 32nd Street Naval Station. At approximately 8:30 AM on July 12, a fire was reported aboard USS BonHomme Richard LHD -6 while it was moored pier side. Only 160 Sailors were aboard at the time. USS Bonhomme Richard is going through a maintenance yard period and has a normal crew size of approximately 1000. The fire burned for 5 days. To repair or scrap the damaged ship is still being debated by the Navy Brass.



Early in April of 2012, I was invited to join my neighbor, a Commander on the 14 year old *USS BonHomme Richard*, LHD – 6, for a Tiger Cruise for the day. LHD means Landing Helicopter Docking ship. Its primary role is to deploy some 600 Marines to war zones.

I served on the *USS Jupiter*, a 30 year old Aviation Supply ship in the 60s and met many men at reunions, one who served on the *USS BonHomme Richards'* earlier version, the CVA-31, an Essex-class aircraft carrier. Gerry Arnett served on her during the late 50s and he asked me to take the day cruise as his guest.

To view pictures of the day visit:

<https://rigdon.smugmug.com/Military/Miramar-NAS-Cemetery/Tiger-Cruise-on-USS-Bonhomme/>



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only with your membership
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Hospital Ship Mercy



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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

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Van T. Truong – Aesthetician
10% off with membership card
10601 Tierrasanta Blvd. - Suite J



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**Vibes Editor, Mike Rigdon was Discharged from the Navy on
July 1, 1965 from VU-3, a Utility / Drone Squadron at NAS North Island**

