



# *Tierrasanta Village of San Diego*

## **Village Vibes**

**“Living for Today: Planning for Tomorrow”**

**September 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.

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### **TVSD 12th Anniversary**

Yes Villagers I've been “**sheltering in place**” a little too long....and several weeks ago I had a “lightbulb moment” regarding the 12th Anniversary of the Village. I've had the song “**Try to Remember**” sung by Andy Williams swirling around in my head!

The Village will be celebrating the **12<sup>th</sup> Anniversary on September 27<sup>th</sup>** and since we probably will not be able to have a large social gathering anytime soon, I thought we could place the **10<sup>th</sup> Yr. Anniversary Video** back on our website.

This would give our new members that weren't here in 2018 and didn't get to celebrate with us, an uplifting moment (and for all of us) to SEE...that we sat next to one another at the dinner tables, stood and talked to each other in small groups, some hugged each other, shook hands and touched items on the History Display Table and basically had an enjoyable evening at: **The Butcher Shop**

Re-playing the Village 2018 video and pictures from that evening will be a way to “**reconnect, remember and resolve**” to keep us connected as a Village during these difficult but necessary times.

So enjoy, and if you feel nostalgic, you can find the song “**Try to Remember**” on YouTube with video or if your heart rate can take it, search for “**Remember**” by Earth, Wind and Fire”!

**Happy 12th Anniversary TVSD!**

*Trish Newbill*

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TVSD Founding Members at the Butcher Shop Banquet, September 27, 2018

See all photos at:

<https://rigdon.smugmug.com/TVSD-Material/TVSD-10-Year-Anniversary-Banquet/>

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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

## Board of Directors

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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

## **Someone You Should Know** **A Self-Portrait by Arleen Hitchcock, Guest Author**

October 31<sup>st</sup> is variously known as Halloween, All Saints Eve, and Reformation Day. In 1943 it also became the day I was born, and ever since in my family it has been celebrated with costumes, trick or treats, church pomp and..... birthday cake!

I grew up thinking that I was meant to be someone special in the world, consistent with my date of birth. In school and at home I was drawn to nature, whether birds, seedlings, or planets. I eventually went into chemistry, and was excited to share the wonders of the elements to young college students. That career began in Georgia but led to more responsibilities as Chemistry Lab Director at the University of Mississippi. It also led to marriage to a Naval Officer and relocation to San Diego. I was seeing the world! Now I started a brand new career as a Navy civilian chemist, gaining experience in all kinds of analyses from metallurgy, air and paint to lead in blood samples. Labs were my life!

When Tom and I both retired, still in San Diego, I wondered what else I could do. At church I volunteered to be Stewardship Chair, and gradually I gained the reputation for being someone who was good at jobs that no one else wanted to do.

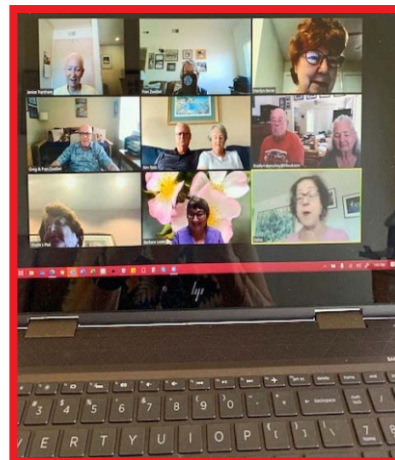
Hearing fanfare about the Village, it was the Time Bank that led me to join in 2008. Candy Walsh got me started to share talents and services with other Tierrasantans. There was a demand for sewing, so I activated my needles and learned the latest techniques for machine hemming knit fabrics. Then I transported travelers to the airport and became a Buddy to three Time Bank members who didn't have computers. Next, at a general meeting, Diane Roland appealed for help with the *Village Vibes*. And that's how I became a reporter, Co-Editor, Photographer, Proofreader and Circulation Manager. To top it off, I got to write regular columns for *Tierra Times*, since (you guessed it!) no one else wanted the job! I enjoyed all the activity and learned so much from new friends.

San Diego had other needs, so I trained to be a Trail Guide at Mission Trails Regional Park. In May 2009 my first assignment was leading a group from TVSD through the Oak Grove Trail. Spending time hiking in nature has been just what I needed to get me outside the house, after my early years in the big city of Chicago and several careers inside labs.

Lastly, no one else at my alma mater (Augustana College, Rock Island IL) I wanted to be Class Rep. For the third year I am proud to have that title, even though now I have the challenge of leading 180 classmates to our 55<sup>th</sup> Reunion, delayed until next year.

As for the future, I look forward to more challenges that I see on the horizon. My prayer is:

***"Dear Lord, Please don't take me, as long as someone needs me!"***



This photo was taken at my August Zoom Chat. My group has been meeting virtually since **May**. Ken and Sue Ross joined us from their summer home in Maine, and Marilyn Bente joined us from Sacramento where she is visiting her family.

Since many of our members have expressed an interest in getting together, these zoom chats have been a way to be able to bring us together, actually see one another, laugh together, and share our stories regarding what we are doing and how we are coping. Also, we have been getting to know one another in a "personal" way. This has been a wonderful way of keeping in touch and helping us get through these "strange" times.

If you would like to join us, our next meeting is scheduled on Thursday, September 17<sup>th</sup> at 1:00 pm. You can go to our website and register and I will send you the zoom link.

Fondly,  
Fran Zweibel, Administration



# NEW TVSD

## OFFICE HOURS

Beginning Monday,  
August 31st

**Monday - Friday**

**11:00 AM - 3:00 PM**

*Village Business*

### Website Training

By appointment only

Call the Office at 858-569-9119

### Balance & Strength Class

Dark until further notice

Instructor: Lesley Norris

Chair Yoga for Seniors  
Dark until further notice

### Cover Photo

USS Midway  
Aircraft Carrier  
Museum

## President's Message

Recent member survey results were clear. Many of you said you wanted to be with each other, safely distanced. TVSD started scheduling face-to-face gatherings of 10 members or less, for the first time since the March COVID-19 shutdown. Kudos to all who stepped up and helped make these gatherings happen. Special thanks to:

- Members who came forward and offered their yards as gathering places.
- The Admin Team: Fran and Cassandra who identified guidelines, coordinated, and publicized events. They are collecting information about events so we can keep making gatherings fun and safe.
- The Making Connections Team who developed a plan and will be working with the Admin Team to add different face-to-face events in the future.
- Neighborhood Groups who started having backyard gatherings again.
- Members who left their "comfort zone" and attended backyard events.

It makes my heart "soar like a hawk" to be face-to-face with you again, after so many months apart. Looking forward to seeing you at a backyard gathering soon!

*Janice Trantham, TVSD President*

## Memories from the 10th Anniversary Banquet



SUN	MON	TUE	WED	THU	FRI	SAT
			2 11:30 AM - Virtual Zoom Lunch Bunch	3	4 11:00 AM - Small Group Social – Roadrunner Park Hawaiian Style Picnic hosted by Karen Muldrew	5
7 <b>Labor Day</b> 10:00 AM - Carol Lee's Zoom Coffee Chat	8		9 4:30 PM - Small Group Social – Sun Christian “Sip wine, and whine about COVID restrictions”	10 4:00 PM - Zoom Book Club Meeting	11	12
13 14 10:00 AM - Carol Lee's Zoom Coffee Chat	15 9:30 AM - Monserate, Barbados North & Villa Monterey Neighborhood Group Meeting		16 9:30 AM to 11 AM <b>Small Group Social</b> Ginny & Thom's patio 1:00 PM - Core Team Meeting	17 1:00 PM - Fran Zweibel's Zoom Coffee Chat	18	19 Rosh Hash anah (1st Day)
20 21 10:00 AM - Carol Lee's Zoom Coffee Chat	22 <b>Equinox</b> 12:30 PM - Care Committee Meeting		23	24 1:00 PM - <b>Board Meeting</b>	25 1:00 PM - Zoom Meeting Coping With Covid	26
27 28 <b>Yom Kippur</b> 10:00 AM - Carol Lee's Zoom Coffee Chat	29 1:00 PM - Living Well San Diego – AIS Presentation		30			



## Village Interest Groups

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

### NEIGHBORHOOD GROUPS

Despite the pandemic, some of our neighborhood groups have been meeting via Zoom. In fact, the Monserate, Barbados North, and Villa Monterey group is having their second Zoom get together. At their first meeting it was suggested that they all try to view a particular movie and then they could discuss it at their second meeting.

Based on the survey that went out in July it was apparent that many people were eager to begin meeting for outdoor neighborhood get togethers. Captains would welcome your ideas for topics of conversation at meetings or your willingness to host a group in your backyard. These gatherings must be limited to 10 people and, of course, observe social distancing. Just recently the Monserate and the Viacha groups each hosted backyard get togethers that were enjoyed by all in attendance.

Mike Rigdon has graciously agreed to be a captain for the Tierrasanta Norte group and would appreciate any help from those of you in his group. Ginny Van and Patty Mudd have agreed to serve as captains for both the Rueda and Tambor groups until other captains can be found for those groups. If you live in either of these areas and are able to help it would be greatly appreciated.



Ginny & Thom's Social  
**"the Outlaws – Before and After"**



**Beny & Jim's Social w/ lots of photo props**



Nancy Fahien  
sends a cheerful  
**"Hello"** to all her  
friends at TVSD.  
This picture taken  
outside of Nancy's  
new home at **The  
Glen** in Scripps  
Ranch







**USS Midway 2014 – 10th Anniversary of the Museum Ship  
Former TVSD Member Tour**



**USS Midway July 2004 – Interview by Aloha Taylor  
for Home Port Arrival of the USS Ronald Reagan**



## Health & Wellness event

There is a new Health & Wellness event scheduled for Tuesday, September 29th. The event details are listed below and registration is now open on the TVSD Website.

Anabel Kuykendall, a consultant with Aging and Independent Service (AIS) will be providing a Zoom presentation on Sept. 29 from 1:00-2:00. This will be a 40 minute presentation followed by time for questions and answers.

AIS is the County entity responsible for overseeing the myriad of services available to seniors in our Community. The title of her presentation, Living Well, will cover the following:

An overview of the eight dimensions of well-being and prevention of isolation and loneliness. The presentation will cover the Live Well San Diego vision for healthy, safe and thriving residents and the AARP age friendly domains of livable communities. Healthy lifestyle will also be encouraged.

It is hoped that you will find the information a valuable resource when you are looking for information on many different topics. The Village is so fortunate to live in such a resource rich environment. We hope you will join us for this presentation.

## Blasts from the Past – December 2018

### Villagers Visit “Lions, Tigers & Bears Sanctuary – Alpine,



To see all photos: <https://rigdon.smugmug.com/TVSD-Material/Lions-Tigers-Bears-Sanctuary-Alpine-2018/>



# ***Tierrasanta Village of San Diego***

## ***Village Business Supporters***

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## **Village Book Club**

**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.*

### **Future Months**

Oct.	Cannery Row	John Steinbeck	4/28/1945
Nov.	The Moment of Lift	Melinda Gates	4/1/2019
Dec.	Magpie Murders	Horowitz, Anthony	10/1/2016
Jan.	Spying on the South	Horowitz, Tony	5/1/2019
Feb.	Ordinary Grace	Krueger, William Kent	3/1/2013

