



# *Tierrasanta Village of San Diego*

## **Village Vibes**

**"Living for Today: Planning for Tomorrow"**

**JUNE 2021**

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**

*Janice Trantham*

After serving as the Village President for nearly two years, I will be stepping down at the end of my term, July 31st. During this time, it has been my honor to serve our members in this leadership role. Since August 1, 2019, with the help of the Board of Directors, we have restored our non-profit status, and added a new board member, Community Partner Liaison Member-at-Large, focusing on intergenerational activities. We successfully engaged members and helped support them throughout the difficult shutdown period. Our next important challenge is safely re-opening the VMC with new protocols and guidelines. Now we are poised to add a Marketing position to help bring in new members, with new ideas, to help us keep growing.

Our work will continue, under the strong leadership of Marilyn Bente, who has agreed to being Interim President for one year starting August 1, 2021. Many years on the BOD and serving as Core Team Leader have prepared Marilyn for this important role. To support Marilyn, I will stay on the Board as Past President, and Fran Zweibel will rejoin the Board as Member-at-Large June 1, 2021 to July 31, 2022.

Please join the BOD in welcoming Marilyn into this new leadership position as we transition into new and exciting opportunities for the Village.

---

### **Happy Hour Social at Anne Hoffman's Home**



## **Board of Directors**

### ***President***

**Janice Trantham**

### ***Vice President***

**Marc Narkus-Kramer**

### ***Co - Treasurers***

**Ann Lasdon**

**Rhoda Keegan**

### ***Secretary***

**Carol Lee**

### ***Member at Large***

**Marilyn Bente**

**Sheila Weiner**

### ***Time Bank***

**Candy Walsh**

### ***Co-Founders***

**Candy Walsh**

**Susan Deininger LCSW**

### ***Operations Manager***

**Greg Zweibel**

### ***Administration Manager***

**Fran Zweibel**

### ***Administrative Assistant***

**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.....by Carol Lee**

Don Stewart claims to have been 'born at an early age' near Seattle, Washington, where he grew up, and considers himself to be pretty much 'a regular guy'. He participated in a multitude of sports activities—literally, anything involving a ball—as well as skiing, hiking, hunting, fishing, bike riding and competitive rifle shooting. He was fortunate to have a close friend that shared his interests, and they often traveled the state competing in rifle shooting matches.

Don's interest in flying developed when he was very young. He took flying lessons in high school, and earned his pilot's license when he was only seventeen. Eventually he realized that to reach his dreams he would need to go to college. This was bad news, because a scholar he was not. But fortune smiled when he learned about the ROTC program. Don applied and was awarded a full-ride scholarship to the University of Missouri. He eventually graduated with a degree in business, married his college sweetheart, and was commissioned in the US Navy.

The Navy sent him to Flight School in Pensacola, Florida, and Beeville, Texas, where he did all the fun things a young lad dreams of: dropping bombs, shooting rockets and machine guns, and flying off Navy carriers. After he earned his wings, his first duty station was San Diego. Don thought he had arrived, his goal nearly realized! However, he began having medical problems involving seizures, which the Navy was understandably not too keen on for a pilot, so he was given a medical discharge.

During his brief Navy stay, Don did manage to learn a lot about anti-sub warfare (ASW) and got a job with the navy contractor Vitro Corp doing various types of analysis related to ASW training and evaluation, including exercise torpedo firings conducted off of San Clemente Island. At this time Don also completed his MS in Operations Management from USC. Eventually the analysis work evolved into computer programming and database development needed to support that analysis. Don eventually became proficient as a programmer, even teaching programming at a community college. He continued working with databases, applications, design and development, and also discovered an affinity for Project and Program Management. After all, someone had to communicate with those hardcore programmer types. Vitro moved Don to Bremerton, WA, in the early nineties.

After 19 years with Vitro, Don took a position with Paladin, a small company in Poulsbo, WA, specializing in custom Oracle database and application development. Four years at Paladin included two and half years traveling, which was a bit much. So, when offered a position with SAIC in Memphis, Don took it. Only two years were required for Don to realize he was not a "southern" kind of guy, and in 2007 he hightailed it back to the west coast, eventually landing again in San Diego, and working again for Paladin, but this time with far less travel.

Not long after his re-arrival, Bev Sheehan, neighbor, match maker, and TVSD member, introduced Don to Gayle Rolan, a widow who was a member of TVSD. He wasn't a member yet but, as a friend of the Sheehans, was helping with room setup for big events. Gayle and Don had what you could call an excellent connection and ended up, literally, traveling the world. They married last August after several years of cohabitation, and Gayle seems to tolerate him exceptionally well. When asked for his favorite words of wisdom, Don replied,

***"Buy low, sell high."***

Smart guy!





## OFFICE HOURS

Monday - Friday

11:00 AM - 3:00 PM

## Village Business

General Meeting  
June 7– Via Zoom

## Cover Photo

Great Barrier Reef  
Australia  
Colorful Reef Fish

### VOLUNTEERS NEEDED

Now that we are easing out of COVID restrictions and able to get back to some normalcy in our lives, it is time to reflect how we want to spend our time “resocializing”. One way is through volunteering and joining a group of your fellow Villagers to help sustain our Village and keep us all active. Several of the Core Teams need additional committee members with fresh ideas and there are exciting leadership positions available too! Primary among these are the Social and Membership Committees. As more in-person activities are being planned and more new members are joining, these teams will need some extra hands and talent.

Need a new challenge to get out of the doldrums of social isolation? The Village also needs volunteers to help with our annual fund drive at the end of the year. And, last but not least, as I transition to the position as interim president of our board, we will need a new Volunteer Coordinator.

I hope that you will step forward and volunteer in some way to keep our Village up and running! Please consider becoming more active in YOUR organization!

Please contact me if you have questions about any volunteer positions. I'll be glad to explain the duties and time commitments.

Thank you.....*Marilyn Bente, Volunteer Coordinator*

---

### HATS OFF ..... To the Planning Committee and Facilitators of our Stronger Memory Program

As many of you know, our Village has joined the Stronger Memory Program as spearheaded by our Care and Wellness Team. Over a third of us are spending 20-30 minutes daily with the three R's: reading, writing, and 'rithmetic, focusing on these basics from our elementary school days in order to strengthen our memories and sharpen our focus.

As Volunteer Coordinator, I want to thank the Village members who stepped up to make sure that this program got off to a great start. I am very impressed with the leadership taken by Carol Lee and Bradlyn Mulvey to inform our membership about this program and to train the facilitators. And I am so very grateful that we have both a strong planning committee and core group of facilitators. Hats off to Ellen Scott, Fran Zweibel, and Jean Kerr who are members of the planning committee. And Kudos to our discussion group facilitators: Laurie Brown, Carol Higgins, Gunnar Schalin, and Carmela Cavero. These members have put much time and effort into this program and are to be commended for their volunteerism. We are an all-volunteer village and I, for one, am both proud of and thankful for their commitment.

MERCI ..... GRACIAS ..... GRAZIE ..... DANKE ..... In any language .....

THANK YOU! ..... *Marilyn Bente, Volunteer Coordinator*

---

### Balance Classes by Lesley Norris Are Back

*By: Janice Trantham*

We are excited to announce that on June 29, 2021 Balance Classes taught by Lesley Norris will start back on Tuesdays and Thursdays at 10:00 am in the VMC Clubhouse. Up to 12 members per class will be taught with pre-registration required. All equipment will be cleaned between classes and Reopening Guidelines will be followed.

From June 29 until September 16, members are asked for a \$5.00 cash donation to Lesley for each class. From September 26th to December 16th, TVSD will pay Lesley for her services and members will not need to make donations during that period. The last two weeks in December and Thanksgiving, Nov. 25th, classes will not be offered, in observance of the holidays.

How great it will feel to stretch, strengthen, and get back into shape with Lesley, after so many months away from her lively music, balance, and wonderful fitness classes!

## Are you a volunteer? Want to share your story?

We are looking for stories from Villagers about the volunteer work they do to make our community a better place. The volunteer work can be what you do for the Village, or for any other organization. Your contributions will be part of a new monthly feature in the Vibes, "Volunteer Vibe". If you'd like to be featured in the "Volunteer Vibe", please email Joan McGeachy, at [joanmcgch@gmail.com](mailto:joanmcgch@gmail.com). It will be fun to learn about all that Villagers do to help our community!

### Volunteer Vibe.....By Joan McGeachy

When was the last time you went down a slide? For many of us, it's been quite a few years, yet we remember the feeling of exhilaration as we flew from top to bottom. I recently got to experience going down a new slide, from the second to the first floor, at the Children's Museum in downtown San Diego, prior to the museum's reopening post-COVID. This fun and unique experience was a reward for some equally fun volunteer work!

Since February 2021, my *Daughters of the American Revolution* Chapter has been volunteering on the last Friday of the month at the Children's Museum. We assemble art and STEAM (science, technology, engineering, art, and math) kits for elementary school students in the San Diego area. We're provided with the materials for each kit, and the museum staff labels the boxes of each item regarding how many to put in the kits. For April, we filled large zip bags with an instruction booklet, a magnifying glass, a stamp pad, a picture of a tomato plant, and LEGOs. I'm not sure what the project was, but it looked like fun! To date, we have assembled more than 1,000 art and STEAM kits.



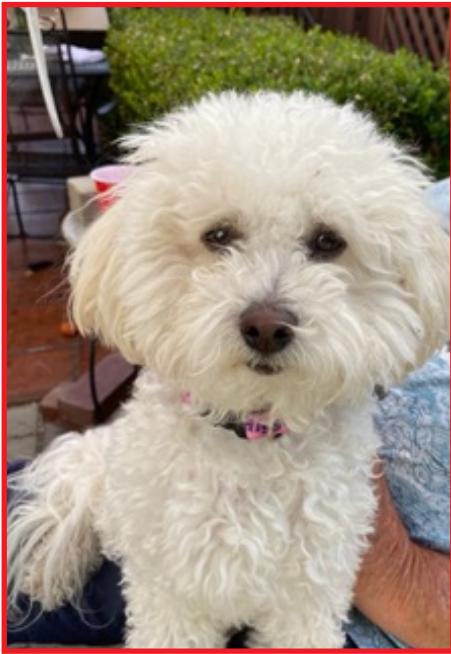
## LAW OFFICES OF

Allen, Bailey, Cooke, Day,  
Embree, Felty, Gross, Hughes,  
Ivyl, Jones, Kogan, Lynch,  
Moreno, Noto, Olson, Plies,  
Qian, Ross, Sandford, Timm,  
Uffman, Vodicka, Washut,  
Xavier, and Yeagle



"Mr. Zakowski! I can't tell you how excited they are to meet you."





## Attention: All Village Pet Lovers

“Hello! I’d like to introduce myself to all members of Tierrasanta Village. My name is **Chloe**. I am a miniature poodle with maybe a little Bichon Frise thrown in there somewhere. I will be two years old this August and I weigh 10 lbs.

I am a **“pandemic puppy”** because I was adopted during the Covid-19 quarantine last year.

A kind gentleman came out to the street to bring his garbage cans in and found me and my brothers chasing a garbage truck in the pouring rain. We ran up to him as if to say **“help us!”** He took us in and I was later that year adopted by Bob and Carol Higgins.

They say I changed their life! I’m not sure what that means, but they love me so much and I love them; it is a perfect match!

To all you TVSD members: We would like to see photos and stories about your furry friends each month! Please send to Mike Rigdon ([mikerigdon2000@yahoo.com](mailto:mikerigdon2000@yahoo.com)) for the Vibes.

## Happy Hour Social at Anne Hoffman's Home

### 16 Attendees:

Claire Blum  
Jocelyn Carle  
Carmela Caverio  
Sue Christian  
Delise Konigsbach  
Barbara Lohne  
Becky Lunneberg  
Arthur Mulvey  
Bradlyn Mulvey  
Marc Narkus-Kramer  
Linda Rees  
Mike Rigdon  
Judy Sandman  
Martin Sandman  
Gloria Stevens  
Ginny VanBenthuyssen



## ***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



**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



**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

**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

**San Terra Properties**  
Property Management-1 month FREE  
+Reduced Rate - Buying or Selling?  
Discount for Villagers 619-261-9612

### **TVSD Book Club Selections — 2021**

June	Homeland Elegies	Ayad Akhtar	9/2020
July	The Lost Man	Jane Harpe	10/2018
August	My Grandmother Asked Me to Tell You She's Sorry	Frederik Backman	4/2016
Sept.	The Warmth of Other Suns (Story of America's Great Migration)	Isabel Wilderson	9/2010
Oct.	Saving Fish from Drowning	Amy Tan	2005
Nov.	Furious Hours: Murder, Fraud, and the Last Trial of Harper Lee	Casey Cep	5/2019