



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

October 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 *by Marilyn Bente*

First of all, I want to congratulate Cassandra and her team of volunteers for our fabulous TVSD booth at the Tierrasanta 50th Anniversary celebration on September 18. It was Cassandra's first major event in marketing our Village to the Tierrasanta community. And she did a fantastic job of organizing the project, creating a decorative booth, and promoting our members to volunteer selling desserts and sharing our new informational flyer with prospective members. Kudos to Cassandra and a big THANK YOU to the following volunteers: Fran and Greg, Jo Carle, Gunnar, Marilyn and Dave Millikan, Sheila Weiner, Patty Mudd, Ginny Van, Sue Christian, Bradlyn, Joann Reichenbacher, and Linda Rees.

Secondly, I want to remind you that we are an all-volunteer village and stress that we still have some positions that need filled on our Core Teams. Please consider volunteering, even if just to join a committee or to devote a few hours a month to such tasks as:

Volunteer Core Team: purchasing the gift card and writing a thank you note for the Volunteer of the Month.

Care and Wellness Team: sending Thinking of You cards to our frailest members.

Social Core Team: helping to plan a single event or helping to set up and clean up after an event.

Communications: writing a small article for the VIBES, perhaps a restaurant or movie review or sharing about a TVSD event you have attended.

Neighborhood Groups: hosting a get-together or choosing a park or other venue and providing the water & snacks.

Membership Core Team: calling new members to welcome them to our Village; calling prospective members and telling them why you enjoy the Village.

Now, if you are up to more of a challenge and are willing to take on a leadership role, the following Core Teams need co-chairs: Care and Wellness, Membership, Social, & Volunteers. We'll be waiting to hear from you for any task, big or small!

I would also like for you to think about this our membership fees have stayed the same for several years now due to the fact that we are an all-volunteer organization. We haven't had to hire an executive director and program managers at a cost of at least \$60,000 a year each. Do the math and see what that would mean in raising our fees. So be sure to personally thank our volunteers who are so valuable!

Here's an acrostic poem I've created to symbolize how appreciative our Village is for all of our volunteers.

Valuable and valued
Outstanding
Loved
Unselfish
Needed
Time and Talent
Energetic
Enthusiastic
Reliable
So Appreciated



**Bradlyn Mulvey,
Gunner Shalin and
Jo Carle volunteered
at the dessert booth
at the Tierrasanta
50th celebration
on September 18, 2021.**

Board of Directors

President

Marilyn Bente

Vice President

Marc Narkus-Kramer

Co - Treasurers

Ann Lasdon

Rhoda Keegan

Secretary

Carol Lee

Member at Large

Fran Zweibel

Sheila Weiner

Co-Founders

Candy Walsh

Susan Deininger LCSW

Operations Manager

Greg Zweibel

Administration Manager

Fran Zweibel

Time Bank

Delise Konigsbach

Carmela Caverio

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

James Gunnar Schalin was born and raised near Wrigley Field in Chicago, Illinois. His father, Hans, emigrated from Sweden to the U. S. in the late 1920s. Watchmaking was the trade he brought with him to America. Gunnar's mom, Josephine, was born in Chicago; her family was from the Austria-Hungary area in Europe. His older brother Rich died in 2017.

In the mid-1950s, when Jim was about ten years old, the family moved to Arlington Heights, a northwest suburb of Chicago. There he learned to ride his first bike and then spread his suburban wings. Gunnar attended a parochial school in sixth through eighth grade, then went to Arlington High School. There his class motto was: "1 -9 -6 -3! That's the year they set us free!"

At the University of Illinois, his Pi Kappa Phi fraternity brothers began calling him by his middle name, Gunnar, primarily because he did not like it. The name stuck, although family and old friends still call him Jim. His niece and two nephews call him Uncle Jimmy. Gunnar studied Human Factors Engineering, with minors in chemistry, physics, and math. His dream was to design spacecraft cockpits...but he was ahead of his time.

After college, Gunnar served in the Army. After flight school he flew helicopters with the 3rd Squadron, 17th Air Cavalry in Vietnam for nineteen months. The unit engaged in a lot of combat, reconnaissance, and rescue missions. He twice was awarded the Distinguished Flying Cross for valor in rescuing soldiers under fire. Towards the end of his tour, he was appointed as the Squadron's Intelligence Officer. The unit interpreters reported to him. Lan, the chief interpreter, later escaped from Vietnam and contacted Gunnar from a refugee camp. Gunnar sponsored Lan into the U. S. They remain good friends.

After his active service, Gunnar transferred to the Army Reserve, where he completed his 30-year military career as a colonel. He had some great assignments, the most significant was being selected as the first Commander of the 168th Combat Aviation Group. Upon mobilization his headquarters would be responsible for units in Germany, Washington, Illinois, and Southern California.

Coming off active duty, Gunnar was hired by Rockwell International, Missile Systems Division, in Columbus, Ohio as a Human Factors Engineer. Later he served as a Marketing representative and then as an Engineering Test Pilot during the development of the laser-guided HELL-Fire missile. Since the Apache helicopter was still in development, Gunnar flew the Cobra helicopter as the launch aircraft during the tests. The technology was so good that he never missed his target.

In 1979, Gunnar was recruited by Teledyne Ryan, in San Diego as a Marketing representative for its radar products. Later he worked in subcontracts and program management. The division closed in 1994. Gunnar used that opportunity to finish his M.S. in Business at SDSU. That led to employment at Southwestern College. There, he served as Director of the Procurement Technical Assistance Center until retirement in 2015.

In 2018 Gunnar read about the Village movement in a financial magazine which mentioned TVSD. So he investigated. After meeting Ginny and others, he applied for membership. He has enjoyed many TVSD social occasions. He especially enjoys activities that involve food. He gladly accepts invites to play bridge with Anne Hoffman's group. He signed up as a TVSD driver and has joined the Time Bank. Gunnar was a check-in group facilitator for the Stronger Memory 12-week pilot program. As part of that he has written 80+ pages of his early memories. He thinks that the program works and plans to continue with it. Gunnar would love seeing TVSD membership grow, and he thinks that hiring Cassandra as Marketing Director was the right move.

Gunnar did not hesitate when asked if he could share his own personal 'words to live by'. As its first Commander, he was responsible for choosing the motto of the 168th Combat Aviation Group. The Bible verse, Isaiah 40:31, inspired his choice: "With wings as eagles." Gunnar, we all thank you for your service to our country, and to us.



John Edwin Lester

September 17, 1938 - September 8, 2021

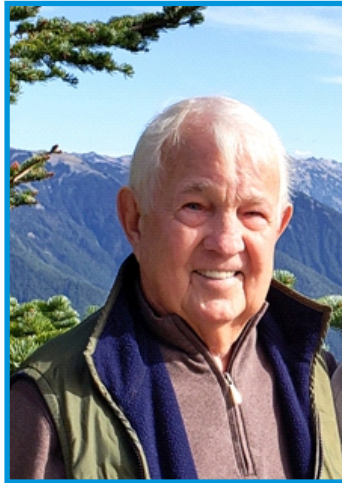
Longtime Tierrasanta resident, John Lester, passed away on September 8 of a recurrence of Non-Hodgkins Lymphoma. He and his wife Barbara were charter homeowners in the Villa Barbados neighborhood, having purchased their lot and chosen the model of the house to be built during the fall of 1971. They moved into their Montego Drive home in February, 1972, and have continued to live there since.

John Lester was born in Mt. Vernon, MO. He was the youngest of three boys. He grew up in southeast Missouri, graduating high school in Sikeston, MO. He received his degree in Forestry from the University of Missouri and then served in the Army. After the Army, he worked in the Idaho & Sequoia National Forests, but he found that his training in timber management and conservation took a second to fighting fires, so he moved to San Diego where he earned a degree in history and a teaching credential at San Diego State University. He later returned to SDSU for a MA in education.

In September, 1969, he was assigned to teach history and science at Hale Jr High where he met another first-year teacher, Barbara Stecker, who was to become his future wife. They were married in June, 1970. He later transferred to Crawford High School where he taught history and geography, retiring from

teaching in 1995. John was also a dedicated Charger football fan until they deserted San Diego.

John enjoyed traveling. He and Barbara explored much of the U.S. and Europe, as well as New Zealand. Their love of nature and the mountains drew them to purchasing land in Idyllwild in 1978 and they began what would be the beginning of many summers of building a geodesic dome cabin.



After retirement, John discovered roses. He became an active member of the San Diego Rose Society and with great enthusiasm filled the front and back yards of their home with over 200 rose bushes. Many neighbors on Montego Drive and Tierrasanta friends both admired and enjoyed the prolific beauty of John's roses. He became an ARS Rosarian and Judge and enjoyed helping others with their gardens. He traveled as far as Scotland to exhibit and

judge rose shows, while winning awards at those shows and as well as the San Diego County Fair.

Another great love of his life was his canine companions. Over the years, John & Barbara shared their home with 10 amazing rescues. Their latest two, Riley and Tulip, were his devoted companions to the end.

A celebration of John's life will be held at a later date ----- Barbara Lester

Four new members joined our Village this summer!
They all look forward to meeting other members in the upcoming months.



**Joann Reichenbacher
(Cassandra's Mother)**



Anita Pittman



Jinny & Jim Batterson

OFFICE HOURS

Monday - Friday

8:30 AM - 12:30 PM

Village Business

**General Meeting
October 4 – 3 PM
Zoom Meeting Only**

Cover Photo

**Cruising
the Amazon**



While cruising the Coral Sea on the Pacific Princess in 2006 we visited Brisbane and the Great Barrier Reef - see more reef fish: <https://rigdon.smugmug.com/Travel/Great-Barrier-Reef-Sea-Life/>

TVSD ROMEO (Tired 'Old' Men Eating Out)



We meet once a month at different restaurants in the community. Here we are at the Panini Kabob Grill - Mission Valley



MUSEUM OF MAKING MUSIC

5790 Armada Drive – Carlsbad, CA

Nov. 10 at 10:00 am. Cost is \$8.50. Lunch follows at a nearby restaurant.

Discover and play musical instruments at a unique museum that tells the story of how instruments were made, used and sold. It tells the rich history from 1900 to today.

“Clean Crafted Wine” Social

A good time was had by all and we even learned a lot about “clean crafted wine” to boot!

Members of the Tierrasanta Village of San Diego met at the home of Carol and Pete Burgert to taste and learn about clean crafted wine by Scout & Cellar Winery.

We were taught that clean crafted grapes are grown naturally with no synthetic pesticides and the produced wines have no added chemicals or additives to alter the taste. Wine growers can add additives and chemicals and don't have to disclose that on the label—those chemicals change the taste of the wine so that it tastes the same year after year no matter what the grape actually taste like. Grapes



change in taste each year depending on growing factors.

We learned a lot about grape production and wine making and got to sample a number of wines from Scout & Cellar. A fun event for the villagers.....**Bradlyn Mulvey**



Our September “**Cornhole Tournament**” was full of fun and a lot of laughter. Let's just say tossing a beanbag the tournament regulation 27feet is a lot harder than it looks!



Our finalists included Thom & Ginny VanBenthuyssen, Gunnar Schalin and Laurie Brown, with the VanBenthuyssen's taking the win. Will they be able to hold onto the title at the next tournament? We shall see!



TVSD offers the Stronger Memory Program because it focuses directly on memory. Its effectiveness is supported by research.

by Carmela Cavero

The end of August marked the completion of the 12-week pilot program. The participants met in small groups for weekly check-in and support.

IN response to the question: subjectively, have you noticed any cognitive/memory changes? These are responses from participants:

"Not as foggy as I was –just trying to slowing down and listen well."

"Feel a little sharper and confident with memory."

"I really feel it helps me."

A respondent felt she noticed no change because of her own lack of consistency.

"I find myself thinking about the process rather than jumping into something."

"I notice better memory."

"I am beginning to notice my visual memory coming back and sometimes I feel like my mind is more focused."

"I don't give up trying to remember short term as easily as before and I can often remember."

"Slight change for the better perhaps with words coming more easily."

"I am not too bad cognitively so I didn't expect much change."

"I have not noticed any cognitive changes but am more aware of what is presented and attempting to act on it."

"Because of the journal exercises, I remember a lot more details about past experiences that I had forgotten."

"No real noticeable change (5 responses). I really want to prevent/ "ward off" memory failure."

Many national and governmental health agencies have identified age as an important risk factor for cognitive problems and mild cognitive impairment. The prevalence of MCI is between 12- 18% in those aged over 60--and almost 24% over the age of 80. Some of those with this diagnosis will continue on to suffer from dementia.

Specifically, the prefrontal cortex is the part of the brain involved in memory. Now we have research at an international level to indicate that writing by hand, reading, and completing simple arithmetic is effective in improving cognitive function and memory.

Our next Stronger Memory Informational Meeting

October 8 from 1:00 – 2:00 p.m. on Zoom.

Everyone is welcome, even those who are already doing the SM Program!



Speaking of Memory, I remember standing watch on the USS Missouri in 1964. The ship Ceremony that ended WW II is now Moored bow to bow with the Arizona Memorial in Pearl Harbor

SUN	MON	TUE	WED	THU	FRI	SAT
	<div> Halloween Party - 12:00 - 2 PM Halloween Party at the Club House patio, costume contest with prizes. We will pick up box lunches from Maria Calendar's for \$13 including a piece of their wonderful pie. Water provided or BYO </div>			<div> Piano Concert the Classics and the Moderns October 16 — 7:00 PM </div>	1 10:00 AM - Chair Yoga	2
3	4 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 3:00 PM - TVSD General Meeting	5 9:00 AM - Balance Class	6 10:00 AM - Chair Yoga 11:30 AM - Virtual Lunch Bunch (Zoom)	7 9:00 AM - Balance Class	8 10:00 AM - Chair Yoga	9
10	11 Columbus Day 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	12 9:00 AM - Balance Class	13 10:00 AM - Chair Yoga 4:00 PM Portofino/Barbados Neighborhood Group Social	14 9:00 AM - Balance Class 3:00 PM - Village Book Club	15 10:00 AM - Chair Yoga 5:00 PM - Wine Tasting	16 SEE BOX on TOP
17	18 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	19 9:00 AM - Balance Class 11:30 AM - Lunch Bunch Wood Ranch Mission Valley	20 10:00 AM - Chair Yoga 1:00 PM - Fran's Monthly Chat	21 9:00 AM - Balance Class 4:30 - 6 PM - Happy Hour Fifty9Fifty	22 10:00 AM - Chair Yoga	23
24	25 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	26 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting	27 10:00 AM - Chair Yoga 5-7 PM - Bunko	28 9:00 AM - Balance Class 1:00 PM - Board Meeting	29 10:00 AM - Chair Yoga 11:30 AM - Halloween Party See Boxes Above	30
31						

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 UPS Store 10% off all products and services except UPS shipping and USPS with your membership card 10601-G Tierrasanta Blvd. 858-292-8633	Elam's Hallmark "Your Neighborhood Gift Store" 10% discount with your TVSD card and Gold Crown Rewards card 10621 Tierrasanta Blvd. 858-268-0810
Tierrasanta Mexican 10% discount; dine in only with your membership card 5950 Santo Road	Long Island Mike's Pizza 20% off with membership card 5250 Murphy Canyon Road 858-569-7499	Klassic Dry Cleaners and Formal Wear 5% off dry cleaning 5950-J Santo Road
Gaetano's Italian Restaurant	Tierrasanta Ace Hardware 5% discount with TVSD Card 10615-A Tierrasanta Blvd. 858-573-9600	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
Sub-Marina #2 \$1 off any sandwich with your membership card 10645-Z Tierrasanta Blvd		

TVSD Book Club Selections — 2021

Oct.	Saving Fish from Drowning	Amy Tan	2005
Nov.	Furious Hours: Murder, Fraud, and the Last Trial of Harper Lee	Casey Cep	5/2019
Dec.	The Little French Bistro	Nina George	5/2017
Jan.	Where'd You Go, Bernadette	Maria Semple	2012
Feb.	The Warmth of Other Suns	Isabel Wilkerson	9/2010

Piano Concert- the Classics and the Moderns

Marc Narkus-Kramer is an amateur pianist who still takes lessons and gives 2-3 concerts a year. This concert will focus on the classical and romantic repertoire: Mozart, Chopin and Albeniz and more modern pieces by Shostakovich and my college roommate Carl MaultsBy. It will be on zoom which will give you a first row seat so you can see and hear my playing close up. Carl will likely be at my house so he can provide some information on his compositions. In my view Carl's compositions are very special.

When:

Saturday, October 16, 2021, 7:00 PM until 8:00 PM

Where: Online via Zoom

Contact(s):

Marc Narkus-Kramer

858-430-6221 (p) mnarkus@verizon.net

Friends of the Tierrasanta Library Book Sale

Friday, 10 / 1
11:30 a.m. to 5:00 p.m.

Saturday, 10 / 2
9:30 a.m. to 3:00 p.m.

Monday 10 / 4
11:30 a.m. to 5:00 p.m.

