



**Ginny VanBenthuyzen**  
Membership Co-Chair

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

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

**May 2016**



**JoAnne Kuelbs**  
Time Bank

**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, print this newsletter, and create activities for different passions and interests.**

## ***A Year to Remember by Joyce Muinos***

Over one year ago, when Allen Rachel first brought the "all volunteer", Core Team concept to the TVSD Board, it sounded exciting, doable and sustainable! Allan and the Board went to work trying to identify potential leaders for the teams. These had to be people with enthusiasm, some leadership skills and a vision for what would make the Village better! I would be less than honest if I told you that we were 100% on our candidates, but, persistence won out!

We have been blessed with teams that far exceeded our expectations! The Team Leaders have taken charge, signed up co-chairs, worked together and, in just one year, the TVSD has changed! We are a living, breathing organization!

It seems that almost everyone is involved! Teams have taken ownership of the TVSD and the resulting successes! Very few are sitting in meetings waiting to hear: "What is the Village doing for me?". Most are vying for time to announce what they have planned for the Village! Volunteers have taken over and they've won!! When we all get together for a social or a meeting or a class; I feel it! We work together! We are a team! We have a common goal! It's a good vibe!! I would like to thank and salute each and every dedicated member who jumped in and took control – you are my heroes!

Of course (and, you knew there would be an "of course"! there is a time when life happens and we must make changes to keep going. The TVSD is in serious need of more heroes. Jane Quirin, our Volunteer Team Leader must step down and leaves a big hole to fill! Additionally, several of our Board members will be ready for a break. Are you the successor?

I can say with complete honesty that "you get what you give" in any organization. The people who enjoy groups the most are the ones who are involved! The sidelines are boring!

So, think about your "connection" to our TVSD. Can you get more by doing more? It's not necessary that you do it *all*. Co-chairs are helpful and there is an entire membership just waiting to be asked! Any BOD member would be happy to chat and answer any questions. Take the first step! "Call me, maybe!"

***You travel a lot? Wow, so do I!***

***You're busy with other organizations? Wow, so am I!***

***You don't think you're qualified? Wow, neither did I!***

***Let's talk! We have so much in common and there's so much more we can do together! Joyce***

## ***"The Afternoon knows what the morning never suspected."***

***-Robert Frost***

Over 65 years old and in the 'afternoon' of life. With our health, our cognitive abilities largely intact, and enough money for a delicious coffee caramel frappe, we can sit at the little cafe table and notice what we missed in the fresh business of earlier years, the 'morning' of our lives.

The afternoon is not the morning! Many expectations and assumptions were based on naïveté or hopefulness. The world is not fresh and new, filled with unknown opportunities.

So how do we enjoy this new phase of life? One earmark of this stage is loss. We reluctantly tuck old loves

and no-longer-with-us dear friends into a corner of our hearts and force ourselves to say "hello" to the new face playing a new game with us in an unfamiliar place. This new face may turn into a companion dear to us in this phase of our life.

And, with gentleness, we should accommodate to the changes we see in ourselves, a shift in interests, in levels of energy, in the length of our strides, in our patterns of sleep. Want some 'afternoon delight'? We never suspected how much fun could be had in the afternoon until it was upon us and we made up our minds not to miss anything it had to offer us!

The Village is a place to make new friends and be reassured that we have sympathetic company through the afternoon into the evening...let's make the most of it!

***Susan Deininger***

# Village Business

## Monthly Meeting

Monday, May 2 – 6 to 7 pm  
7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Board of Directors Meeting

**May 26 – 1 PM**

**To Be Announced**

**RSVP and Agenda items** must be submitted a week before the meeting.

Meetings are open to all Village members. **858-569-8194**

## Time Bank

Orientation & Training

Learn how to participate in the Time Bank and learn the online program. Bring your completed paperwork.

**Tuesday, May 10**

**12:30 - 2:30 PM**

RSVP Required to

JoAnne Kuelbs

**858-292-1578**

## Website Training

2nd Monday only and upon request.

10:30 am or by appointment

RSVP required

Greg Zweibel **858-569-8194**

## Balance Class

**Tuesdays & Thursday 9 AM**

Instructor: Mary Maine

## Chair Yoga for Seniors

Monday, Wednesday and Friday  
9 am

## AIS Tai Chi Class

Wednesday and Friday at 10 am

This class is open

to the entire community

Do not contact the Village office.

## Two Hour Harbor Cruise & Sea Lion Adventure - May 23 - 12:45 PM



Join us for a classic two-hour sightseeing tour with a green twist. Along with landmarks, natural wonders and military history, this outing also spotlights local environmental efforts through narration, video clips and on-board displays.

Your social committee will purchase reduced tickets online. You must commit to the cruise by **May 2 for the May 23** cruise. **RSVP online or at the Village Office and Write a check to TVSD for \$24 per person and drop it by the Clubhouse.** Snacks and drinks onboard on your own.

Parking next to the USS Midway pier;

\$10 per car. So let's carpool.....

Be at McDonald's at 12:45 PM.

We will board this cruise at **1:30 PM**

### YOUR CRUISE INCLUDES:

- 2 Hour Narrated Yacht Cruises
- Information About Over 50 San Diego Landmarks
- 13 Miles on the Big Bay in San Diego
- Photo and Video Opportunities like No Other!
- Comfortable Indoor or Outdoor Areas
- A Look at Marine Animals and Seabirds
- Snack Bar with Adult Beverages, Soft Drinks, Hot and Cold Snacks, Plus Souvenirs Available for Purchase



## Board of Directors

*President*

**Linda Rees**

*Vice President*

**Kathy Guilfoyle**

*Treasurer*

**Mike Rigdon**

*Secretary*

**Fran Zweibel**

*Community Liaison  
Fundraising*

**Joyce Muinos**

*Co-Founders*

**Candy Walsh**

**Susan Deininger**

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*Operations Manager*

**Greg Zweibel**

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*Operations Coordinator*

**Kira Riley**

**569-9119**

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The Village is a 501c3  
organization  
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### Vibes Staff

**Editor.....Mike Rigdon**

**Proofing.....Gayle Rolan**

**Photography.....Mike Rigdon**

**Circulation.....Mike Rigdon**

**Contact Mike at 858-300-6821  
or E-mail  
mikerigdon2000@yahoo.com**

### TVSD Presents: The Wisdom of the Three Brains

**Your brain, heart, and gut communicate and function together for optimal brain and overall health. In four weekly 90 minute classes, you will hear about current research and discover how you can use whole-body intelligence every day to feel better, despite diagnosis.**

**Classes combine lecture, Q&A, and activity.**

**Kim Chartrand, R.N.** is a health educator who specializes in promoting health and wellness

**When: May 2, 9, 16, June 6 1-2:30 p.m.**

**Where: Villa Monterey Clubhouse, 5275 Rimpark Lane**

**Cost: \$10 TVSD Members; \$35 non-members**

**Limit: First 35 - Please RSVP online or call the Village Office**

### Save the Date – Time Dollar Fair

**Saturday, Nov. 5, from 5-7 pm, Silent Auction**

**Sunday Nov. 6 from 1-4 pm, Time Dollar Fair**

The Time Dollar Fair is a place where you can spend your time dollars on really cool things. All Villagers have time dollars to spend.

Crafters, this is a great place to trade your wonderful handmade items in exchange for time dollars. The Fair is just before the holidays when other Villagers are looking for unique gifts.

We're also accepting donations (new items given to you as a gift or purchased by you that are not used.)

Watch for more information about the location and other details on the Village website, Vibes, and email. Mark your calendar so you won't miss this fun event.

For more information or questions, contact: Delise Konigsbach, 858.277.0605, delisek@hotmail.com. or Joyce Muinos, 858.278.5279, jmuinos@sbcglobal.net.

### Have You Made Your End-of-Life Arrangements?

On Tuesday, May 17, from 12:30-2:00 p.m. at the Villa Monterey Clubhouse, you can come learn from an expert! Learn how to protect your family with pre-need planning. Dee Sanford, Senior Community Service Counselor for Clairemont Mortuary and Greenwood Memorial Park, will share her knowledge regarding topics such as:

- Deciding on, and communicating your preferred arrangements to your family and loved ones.
- Understanding the "hidden" costs of insurance.
- Saving on necessary items and locking in today's prices. Understanding what the VA will and will not provide for Veterans and their Spouses.

There will be complimentary lunch served, and there is no obligation. Please RSVP to the Village Office at (858) 569-9119, or on the website, [www.tierrasantavillage.org](http://www.tierrasantavillage.org).



## Hi fellow Villagers by Linda Rees

As many of you will remember, TVSD members were asked to track the number of activities they participated in each month, when we were involved with the Archstone Grant several years ago. Members were then asked to submit this information at the end of each month. This valuable information provided proof of the effectiveness of the grant,

As you know, TVSD is primarily an all volunteer village, currently being sustained by membership dues, donations, and grants that members have written. With that in mind, we now need to ask all members to record the services they provide for others in order to help TVSD make data driven decisions like: which new programs and services are needed, or what areas to focus on for grant writing/fund development. Grant resources are more likely to fund the Village if we provide information about member involvement and evidence of strong volunteer commitment.

A TVSD Activity Log has been written by members Janice Trantham, Jean Kerr, and Kathy Guilfoyle for the purpose of capturing the above mentioned data. I am writing to encourage you to attend the monthly meeting on **Monday, May 2nd. at 6 p.m at the Tierrasanta Seventh-day Adventist Church.**

At that time Janice will explain the new Activity Log and how it is to be implemented by our members beginning May 15th. The new TVSD Activity Log and instructions are included in this copy of the Vibes. Please let us know if you will be attending the May 2nd meeting by reserving your space online, or by phoning Kira at 858 569-9119 so we can plan accordingly.

In appreciation,

**Linda Rees**

## How to Complete the TVSD Activity Log

1. Complete the TVSD Activity at the end of each month and return it by the first Friday of the following month. (Record activities you provide, not activities or services you receive.)
2. Throughout the month, each time an activity is completed, record it on the TVSD Activity Log under the category heading that most closely fits that activity. Use hash marks next to the category heading, or whatever method will help you keep a record of completed activities.
3. If the activity you provided does not fit one of the heading categories, record it under the heading **Other**.
4. At the end of the month, add all activities completed and enter them under Times This Month for each category.
5. Add all Times This Month totals and enter them at the bottom next to Total Monthly Activities.

**Please note:** Attendance at all social events, classes, and training is captured through on-line registration and sign-in sheets and does not need to be reported on the TVSD Activity Log.

### Background:

The purpose for completing the Activity log is to:

- Give yourself credit for all the important work that you do for TVSD.
- Provide a record of activities completed by TVSD members which will be given to the National Registry of Villages and compiled into national reports.
- Use results to help TVSD make data driven decisions like: which new programs and services are needed or what areas to focus on for grant writing/fund development.
- Total activities logged by members will be translated into the approximate number of TVSD volunteer hours per year which provides credibility when seeking grants and raising funds.

**Many thanks to you for all the work you do for TVSD**

## TVSD Activity Log & Time Bank Transactions

Name: \_\_\_\_\_

Month/Year: \_\_\_\_\_

Activity	Times This Month
<b>Administration</b>	( )
<ul style="list-style-type: none"> <li>• Board business</li> <li>• Front desk coverage</li> <li>• Committee meetings (core teams)</li> <li>• Technical support</li> <li>• Neighborhood captains</li> <li>• Volunteer recruitment</li> </ul>	
<b>Caring For Others / Companionship</b> (neighborly needs)	( )
<ul style="list-style-type: none"> <li>• Phone call</li> <li>• Home/friend visit</li> <li>• Sending notes</li> <li>• Light housework</li> <li>• Respite work</li> <li>• Bereavement</li> <li>• Preparing light meals</li> </ul>	
<b>Driving/Transportation</b> (member drives another member)	( )
<ul style="list-style-type: none"> <li>• Grocery store</li> <li>• Errands</li> <li>• Airport</li> <li>• Medical appointments</li> </ul>	
<b>Home Care</b>	( )
<ul style="list-style-type: none"> <li>• Home repair</li> <li>• Pet support</li> <li>• Handyman</li> <li>• Home safety</li> </ul>	
<b>Leadership Development</b>	( )
<ul style="list-style-type: none"> <li>• Continuing education</li> <li>• Professional development</li> <li>• Community advocacy</li> <li>• Conferences, networking, partnerships</li> </ul>	
<b>Referrals</b> (any outside service)	( )
<ul style="list-style-type: none"> <li>• Vetted list</li> <li>• Member referral list</li> <li>• Outside agencies</li> </ul>	
<b>Other</b>	( )
<b>Total Monthly Activities:</b>	( )

## **DVD Movie Party**

Once a month at the home of Diane Levine  
**Tuesday, May 31, at 6 pm**

### **Suffragette**

With Carey Mulligan and Meryl Streep

**RSVP to Diane at 858-292-0610**

Space is limited to 10 members

## **Knit & Nosh**

**3rd Wednesday May 18, 1 PM**

We knit/crochet baby blankets, scarves, and hats for breast cancer survivors, and lap blankets for Vets and residential care patients.

Contact is Elaine Moser

## **Bridge Games**

At the VMC

Want to get in on a bridge game?

Groups are pre-arranged but substitutes are needed from time to time. Call the Village or contact

Emma Chevie to

**get on the list for new groups**

## **Village Book Club**

**Wednesday May 18 – 7 pm**

Contact is Laurel Pfab

at her House

**858-560-7826**

Everyone is welcome

## **Cool Games**

**Thursdays 1:00 PM**

Rummikub, Scrabble, Checkers, Canasta, Dominos...Your choice.....

Contact is Emma Chevie

**858-569-5013**

## **Armchair Travelers**

**Tuesday – May 3 – 1 PM  
at the Clubhouse**

Maritime Museum - Bay Cruise  
Point Loma National Cemetery  
Cabrillo Monument

**Mike Rigdon 858-300-6821**

## **Village Walkers**

**Thursdays — 9 am**

Start at the VMC

Call the Village for information

## **Village Interest Groups**

### **Billiards**

**Mondays & Thursdays 10:15 AM Bob**

**Muldrew - 858-292-8405**

The pool table area is open for play anytime weekdays  
8:30 am – 2:30 pm

### **Film Classics**

**First & Third Fridays**

**1 pm at the Clubhouse**

**May 6 – 1 PM**

**“Water for Elephants”**

**Reese Witherspoon**

Against all odds, a veterinary student and a beautiful circus equestrian star meet and fall in love through their shared compassion for a special performing elephant. But their secret romance incurs the wrath of her abusive volatile circus master husband. A step back in time – surprises, star power & passion.

**May 20 – 1 PM**

**“Heaven Knows Mr. Allison”**

**Robert Mitchum & Deborah Kerr**

On a remote Pacific Island in WW II, where a Japanese Army base is a Catholic nun & a heroic US Marine live in constant fear & peril – hiding in caves from the enemy. The Marine falls in love with the religious woman, which compels her to question her vows. Can they ever escape the island in order to survive?  
Oscar Nom. 1957  
John Huston Dir.

**Contact: Gloria Stevens**

**858-505-4188**

### **The Lunch Bunch**

**First Wednesday of the month**

**May 4 – 11:30 – Tierrasanta Mexican**

Contacts are Marilyn Bente

### **Romeo Club**

**May 19**

**Mt. Soledad Veterans Memorial  
Field Trip (Guided by Mike Rigdon)**

**Lunch at Tierrasanta Mexican**

**Meet at McDonalds at 10 AM**

### **SNAP**

(Singles Network of Active People)

All Village singles are welcome.

**Saturday – May 21 - 12:00 PM**

Please RSVP to Fran Pierce

**858-279-8290**

### **Mah Jongg**

**Thursdays -- VMC – 10 am to noon**

This is an RSVP game...A new group can be formed for beginners.

**Contact: Fran Zweibel 858-569-8194**

### **Village Hiking**

**One hour/one mile (introductory),**  
North Shepherd Canyon to the edge of Mission Trails Regional Park (MTRP) - & back: **On Fri, 13 May 2016 (second Friday) at 9 AM**, we gather on Villarrica Way. (From the US post office shopping center drive east on Portobello Drive to the second intersection - Villarrica Way, turn right & go 25 yards or so, stop/park.) We'll be hiking in a canyon & then on a private trail behind Belsera. There's some minor up & down, but the route is essentially level.

**Two hour/two + mile**, Santo Ridge golf course overlook - & back: On Fri, 27 May 2016 (fourth Friday) at 9 AM, we gather at the south end of La Cuenta Drive. (Drive past the Tierrasanta library & fire station to the very end, stop/park. We'll hiking down into South Rueda Canyon, then eventually up on Santo Ridge to a unique view point that few have ever experienced. There's a lot of down and up.

**Contact: Bob Muldrew, 858-292-8405**





**Thursday, April 14**, thirty-four Villagers welcomed Aaron Byzak—founder and chief advocate of **Hazel's Army**—to the VMC for a special one-night presentation of **GreatGen 2.0**. Through this powerful and engaging presentation, Aaron told the story of W.H. "Chick" Mensching, a veteran of WWII (survivor of more than three years as a POW in Japan) and Korea War Veteran. Guests enjoyed a lovely wine & cheese happy hour prior to the presentation. It was a wonderful evening that will be long remembered. Thanks to Kira Riley for arranging this event.



## 2016 Tierrasanta Relay for Life a Success !

The 2016 Tierrasanta Relay for Life event exceeded the set goal of raising \$21,000 for the American Cancer Society to assist those fighting cancer here in San Diego County. The money stays locally not only to help cancer patients face the disease with dignity, but also to educate about cancer prevention and early detection.

Of the \$21,400 raised, Team TVSD contributed over \$2,200 thanks to the generosity of our members, their family, and friends.

Saturday, April 23, started off cool and drizzling, and co-chairs Fran Zweibel and Marilyn Bente feared a repeat of last year's grey skies and heavy clouds. But by 9:00 a.m. at the start of the survivors' walk, the sun was out, the sky was blue, and our spirits were high as we began the events of our 6th annual Relay!

Fran and I would like to thank the TVSD members

who gave so generously of their time, talent, and wallets to help us in this fund-raising event. It is always very heart-warming to know that so many of our members take the time to bake and deliver cookies and brownies, to come out to walk laps for the Relay, and to put in time socializing at our tent. Our bake goods and craft items netted about \$400.

A special thank you to Pete and Carol Burgert who came early Saturday morning to help us set up and who returned Sunday to help tote our gear back to our cars. Another thank you to Beny Parker who assisted in setting up 73 luminaria bags! And a very special thank you to all of our members who show their commitment to this cause by their generous donations year after year. We couldn't continue our mission to co-chair this event without YOU!





## San Diego Bay

View with North Island NAS to the west

L to R: Carriers

USS Theodore Roosevelt CVN 71

USS Bonne Hom Richard LHD 6

USS Carl Vinson CVN 70

USS San Diego LPD 22 (partly hidden)

A Very Busy Day on the Bay



## TVSD Tours the Maritime Museum

Twenty Four Villagers met on the Embarcadero for a guided tour of the Star of India, the HMS Surprise, the Russian Sub, the San Salvador, the Steam Yacht Media, the Sub Patriot. Plus the fabulous Ferryboat Berkeley with it's fantastic history in pictures and models of major ships from San Diego's past.



Many Villagers dared to climb thru both Subs while many relaxed in the easier walk and were amazed with the docent's talk about the ship.

At a future Tierrasanta Talks we might have docent Jim Bregante give us a special presentation.

The group finished up the Tour with lunch at Anthony's.

