



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

March Electronic Vibes 2018

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.

TVSD Board President – Joyce Muinos

Wow! Your Board had a marathon retreat day on Thursday, February 22nd. We met at the home of Ginny VanBenthuyzen at 10:30 am and left around 4 pm! Our Village Core Team chairs & co-chairs sent reports and Ideas for discussion, each board member had ideas and thoughts to share, and there were some pending decisions to be made. All in all, it was a busy, productive day with a few laughs and personal stories thrown in!

One of the things we are seriously trying to do is to find a publicity person who can help “spread the news” about TVSD. We have one of the very best newsletters and many contribute, but the readership is limited to our members, supporters and our regular distribution list. We need to reach the entire Tierrasanta community. If you think you'd like to consider this job, please contact me or any board member. We have several great proof readers and lots of ideas to help when they're needed, we just need someone to put pen on paper!

The Board would also like to announce our Annual Membership Meeting which will be at the Seventh Day Adventist Church in the large meeting room on Monday, April 2, 2018 from 3:00 – 5:00 pm. All members are encouraged to attend, so please save the date and watch weekly emails and the Vibes for more details. The program and schedule are in early

development, but we'll update as it comes together.

Finally, I want to thank each of our Board members for their contribution to the retreat and all of our Core Team chairs and co-chairs for sending their ideas, comments and suggestions.

All the input made our day much easier! Gracias!

Joyce



2018 Board: Linda Rees, Jeannette Vlassis, Fran Zweibel, Janice Trantham, Marilyn Bente, Mike Rigdon, Candy Walsh, Ginny VenBenthuyzen, Joyce Muinos

Coffee & Tea

Your Neighborhood Team Captains, Virginia & Jim Inouye and Fran & Greg Zweibel invite you to get together for an afternoon coffee/tea break and conversation with your

Monserate/Barbados North Neighbors. – TUESDAY, MARCH 6 @ 2:00 PM

Home of Fran & Greg Zweibel

Please RSVP by email: greg.fran-tvsd@att.net, or by Phone: 858-569-8194 by Friday, March 2.

We are looking forward to getting to know our neighbors better in 2018!

Village Business

February Meeting

Monday March 5

3 - 4:30 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training
By appointment Only,
Call the Office at 569-9119

Website Training

By appointment Only, Call the
Office at 569-9119

Balance & Strength Class

Tuesday & Thursday 9 AM

Instructor: Mary Maine

Chair Yoga for Seniors

Monday, Wednesday and Friday
9 AM – VM Clubhouse

Aging & Independent Services

Tai Chi Class

Wednesday and Friday at 10 AM
Open to the entire community.

Cover Photo
US Flags
Miramar National
Veterans Cemetery
San Diego, California

Your Board of Directors
is inviting you to come
and join us for a cup of
coffee & conversation -
no specific agenda -
just relax and enjoy!
Monday, March 19 at
the VMC Clubhouse
10:30 – 11:30 am.



The "Knit & Nosh" knitters prepare lap blankets for the VA hospital and Baby Blankets for Murphy Canyon YMCA. Dee Hiller, Lee Rachel, Virginia Inouye, Bradlyn Mulvey, and Alice Wasserman (not pictured) Please call Virginia at 858-278-8847 for any questions.



TVSD ST. PATRICK'S DAY POT LUCK FRIDAY MARCH 16, 2018 @

CLUBHOUSE

12:00 PM TO 2:00 PM

SIGN-UP REQUIRED

(LIMITED TO 40 PEOPLE)

REMEMBER TO WEAR
YOUR NAME LANYARD

Board of Directors

President

Joyce Muinos

"Past President"

Linda Rees

Vice President - Administration

Fran Zweibel

Vice President - Fund Development

Janice Trantham

Treasurer

Mike Rigdon

Secretary

Marilyn Bente

Members at Large

Membership

Ginny VanBenthuyzen

Neighborhood Groups

Jeanette Vlassis

Time Bank

Candy Walsh

Co-Founders

Candy Walsh

Susan Deininger LCSW

Operations Manager

Greg Zweibel

Front Desk Coordinator

Missy Rainier - 569-9119

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

Vibes Staff

Editor.....Mike Rigdon

Proofing, Event & Calendar

Missy Rainier - Gayle Rolan

Friends of the Tierrasanta Library Used Book Sale

Friday, March 2 - 11:30 to 5:00
Saturday, March 3 - 9:30 to 3:00
Monday, March 5 - 11:00 to 5:00

Griever's Bill of Rights – Wednesday, March 21

12:30 – 2 PM – Villa Monterey Clubhouse

Grieving and depression are related but quite different. While grieving is a normal and healthy response of sadness to loss and change, depression is usually a symptom indicating something is misaligned in our life and needs to be corrected.

Our culture often wants to tuck feelings of sadness away and regards them as unhealthy or unnecessary, but when it comes to loss, it's important to recognize and honor the sadness known as grief so you can heal and move on. Whereas many cultures have a specific time set aside to 'grieve', we are often expected to "be strong", "move on" and not display any feelings of grief because our culture is not always comfortable expressing sadness and mourning. Basically, any change or adjustment triggering a loss of some degree calls for a period of grief.

Ken Licht will lead a discussion of the "Bill of Rights for Grieving" to give us direction when we mourn the death of someone we love and go through a difficult period of change and loss.

TVSD General Care Policy

As a member of Tierrasanta Village of San Diego (TVSD), it is important to understand that services our member volunteers perform are what you would expect a neighbor to do, not what you would write a check to have done (plumbing, etc.). Equally important is that generally, our members are not qualified medical professionals. It is expected that all members exercise sound judgement in the giving and receiving of services.

Rides to medical appointments are often provided by Time Bankers or by Care Committee members; however, if a member feels they need treatment at a hospital emergency room, it is TVSD policy that members call '911' for emergency transport.

Member volunteers may lend an occasional arm to a member as they walk an uneven path but if ongoing assistance is needed, it is TVSD policy that the needing member hire a care giver for that assistance.

Policy Drafted 6/28/17

Approved by Board Email Vote 7/2/17 (see Board Minutes this date)

Title Revised 8/24/17 (see Board Minutes this date)



Care Committee

Member to Member Meeting on February 13

A large number of Villagers attended a very informative session on Transportation needs, options and details regarding how we use smart phones to access various rider programs like Uber, Lyft, on the go, and many more.

SUN	MON	TUE	WED	THU	FRI	SAT
			<div> SNAP DINNER Andiamos March 17 – 5:30 PM </div>	1 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	2 9:00 AM - "2 hr/2+ mi. (T. Canyons) hike" 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 1:00 PM - Time Bank Coffee	3
4	5 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge - Off Site 3:00 PM - MEMBERS MONTHLY MEETING	6 9:00 AM - Balance Class 2:00 PM - Monserate/Barbados No. Neighborhood Coffee/Tea	7 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch	8 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	9 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies: "Driving Miss Daisy" – Jessica Tandy – Morgan Freeman – Dan Akroyd	10
11 Day light Savin Time Begin	12 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge - Off Site	13 9:00 AM - Balance Class 10:30 AM - Celebration of Life for Clem Clemons	14 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	15 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Men's Club - Admiral Baker 12:30 PM - Games	16 9:00 AM "1 hr/1 mi. hike" (Introductory) 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:00 PM - St. Patrick's Day Potluck Lunch	17 <div> S N A P </div>
18	19 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - COFFEE & CONVERSATION 12:30 PM - Monday Bridge - Off Site	20 Vernal Equinox 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting 6:00 PM - BUNKO	21 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Care Committee: Good Grief / Rev. Ken Licht, Speaker 7:00 PM - TVSD Book Club	22 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	23 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies: "Jane-Eyre" Michael Fassbender – Judy Dench – Mia Wasikowska	24
25	26 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge - Off Site	27 9:00 AM - Balance Class 6:00 PM - DVD Movie Party - Off Site "Darkest Hour" Gary Oldman and Lily James	28 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	29 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	30 Good Friday 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	31 Pass over (1st Day)

DVD Movie Party

March 27 at 6 pm

Darkest Hour

Gary Oldman and Lily James

RSVP to Diane Levine 858-292-0610

Knit & Nosh

4th Wednesday – March 28

12:30 pm

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

Contact: Virginia Inouye
phone: 278-8847

Village Book Club

**In the Midst of Winter
by Isabel Allende**

March 21 – 7 PM

Contact: JoAnne Kuelbs
858-292-1578

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.

Cool Games

Thursdays 12:30-2:30

Come join us for games on Thurs. afternoons.

Donna Dobey
858-279-0964

Mah Jongg

Thursdays -- VMC -- 10 to Noon

This is an RSVP game...A new group can be formed for beginners.
Contact: Fran Zweibel 569-8194

Evening Bunko

3rd Tuesday of Month
6:00 PM (offsite)

This is an RSVP game limited to 16 players.

A daytime bunko group may start soon.

Interested? Contact: Ginny VanBenthuyzen

Village Interest Groups

Billiards

Mondays & Thursdays 10:15 AM

Bob Muldrew - 292-8405

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

Film Classics

Movies will be on 2nd & 4th Fridays.

“Driving Miss Daisy”

Friday – March 9 – 12:30

Comedy / Drama – 1989

Jessica Tandy – Morgan Freeman
Dan Akroyd

The winner of 4 Oscars (Best Picture, Best Actress, Best Adapted Screenplay & Best Makeup), this is a poignant & heartwarming tale of aging & the decades-long relationship between an elderly & stubborn Jewish woman, (Tandy) living in the '40s deep South (Atlanta), & her benevolent black chauffeur (Freeman). Not only about aging & friendship, but a peek into the political history & racial climate of the times in the deep South.

“Jane-Eyre”

Friday – March 23 – 12:30

Historical Drama / Romance – 2011

Michael Fassbender – Judy Dench
Mia Wasikowska

A beautiful example of adapting an English author's (Charlotte Bronte) beloved novel of classical literature into a love story as intelligent as it is passionate. When orphaned governess Jane Eyre (Wasikowska) arrives at imposing Thornfield Hall, she's intrigued by her brooding employer (Fassbender). Strong feelings develop, surprising them both, but his dark moods & strange occurrences in the house lead Jane to discover a terrible secret that he had hoped to hide from her; love is still possible, but the pair may have many more difficulties to overcome.

Gloria Stevens: 858-505-4188

Lunch Bunch

March 7 – 11:30

Aladdin Café on CM Blvd.

Marilyn Bente: 569-5919

Romeo Club

March 16 – 11:30

Admiral Baker Field

Carpool from McDonalds

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – March 17 – 5:30 PM

Andiamos'

RSVP to Nancy at 560-7431
or Rhoda at 278-3632

Village Hiking

2 hour/2+ mile (Tierrasanta Canyons), North Rueda Canyon.

On **Fri, 02 Mar 2018 (first Friday)**, we gather at 9 AM at Tierrasanta Blvd & Rueda Drive. (Drive east on Tierrasanta Blvd, past the library & down the hill to Rueda Drive, turn left & park.) We'll hike north into the canyon (possibly all the way up to Tierrasanta Blvd), and back. The walk starts out as a six foot wide utility road but narrows down to a 3 foot wide path. There's a stream bed that should have some water in it. There are non-native palms that are slated to be removed.

1 hour/1+ mile (Introductory), a Community Pond through East Shepherd to Via Villarta (to possibly in-ways to Mission Trails), and back. On **Fri, 16 Mar 2018 (third Friday)**, we gather at 9 AM at the gate leading down to the community pond. (Go north on Santo Road past the Von's shopping center, turn right on Antigua Road. At the next right turn, go east on Playa Veracruz to just-past the Playa Encino intersection. Stop/park.) The route in East Shepherd is essentially flat, except for a hill before Via Villarta. The utility road is at least 6 feet wide. The terrain/ scenery is next to a stream bed, & more shaded than usual.

Bob Muldrew: 292-8405

Appreciation to Annual Donor Drive Contributors

By Janice Trantham

How often do we give gifts to grandchildren or others and never get a note or call to say thank you? It leaves us wondering if they got the gift or did the gift even matter? Many thanks to all the donors that helped us raise \$12,250 for our Annual Donor Drive. The amount raised is not as important as our shared experience of giving. We share in so many other ways, donating to the Village is one more way of acknowledging how much TVSD means to us. Every dollar given makes a difference. It means we can cover all the expenses to keep the Village running and still have enough for the fun things like socials, the holiday dinner, and other events that keep us connected.

We would like to take this opportunity to do a "shout out" and thank you to the following donors that so generously shared and helped make our Annual Donor Drive a success:

Anne Hoffman
Dick & Linda Rees
Gayle Rolan & Don Stewart
Roger & Ellen Scott
Laurie Brown
Francine & Greg Zweibel
Kenneth & Susan Ross
Diane Modrzejewski
Ann Lasdon
Bob & Karen Muldrew
Bev & Mike Sheehan
Joyce & Jerry Muinos
Ginny & Thom VanBenthuyzen

Mike Rigdon
Janice Trantham & Mick Tartaglia
Missy Rainier
Candy & PK Walsh
Eva Turner
Pete & Carol Burgert
Barb Kanneman
Jean Kerr
Patricia Mudd
Jim & Beny Parker
Claire Blum
Barbara Allison
Donna Dobey

Ray & Trish Newbill
Marilyn Bente
Fran Pierce
Sue Christian
Delise Konigsbach
Jim & Jeanette Vlassis
Alan & Marianne Meth
Jim & Virginia Inouye
Kathy Farrington
Allan & Jane Rappoport
JoAnne Kuelbs
Nancy Fahien

A total of 47 people contributed which represents 44% of our membership. We acknowledge you for your continued commitment to TVSD!

TimeBank Coffee

Open to those who have attended TimeBank Orientation and have opened a TimeBank account. TimeBankers are getting together for Coffee, Cookies and Comradery. We'll go over the services that are being offered and requested in the TimeBank. If there is a service you need or you want to offer, this is a perfect time to bring it up. We're meeting Friday, March 2nd from 1:00 - 2:00 p.m. at the Village Clubhouse. Please register online or call Missy at the office.

Annual Meeting

will be held on
Monday, April 2
(3:00 – 5:00 pm).

Seventh-day
Adventist Church
(large meeting room)

Difference between Complete and Finished

Time for a clear, serious grammar lesson

No English dictionary has been able to adequately explain the difference between these two words. In a recent linguistic competition held in London and attended by, supposedly, the best in the world, Samdar Balgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes. The final question was: 'How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand?' Some people say there is no difference between COMPLETE and FINISHED. Here is his astute answer: When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!!! He won a trip around the world and a case of 25 year old Scotch!



Allan & Jane Rappoport

**Valentines Day
Luncheon
at
Andiamos
Ristorante**



Art & Bradlyn Mulvey



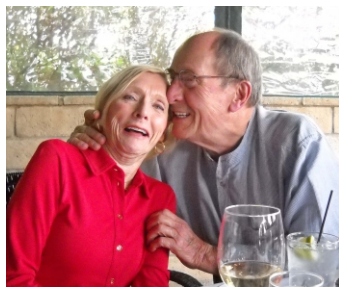
Fran & Greg Zweibel



Pete & Carol Burgert



Sue Christian



Jocelyn & Ron



Dick & Linda Rees



Marilyn M & Judy S



Jim & Jeannette Vlassis



Thom & Ginny VanBenthuyssen



All the Ladies got a Rose



Gloria Stevens & Roy Gilmore



Candy & P K Walsh



TVSD 10th Anniversary Fundraiser

RAFFLE

Signed by the Artist: Maurizio dell'Aquila -- Caltagirone, Sicily

Value: \$150

Dimensions: Height – 8 ½ inches, Circumference – 22 inches

Anniversary Fundraiser: Ticket price: 1 ticket (\$5), 5 tickets (\$20)

Raffle Begins: Monday, March 5th - Members Monthly Meeting

Raffle Closes: Friday, March 16th – St. Patrick's Day Potluck -
Clubhouse



Membership Meeting on February 15

"The membership team would like to welcome our two newest members, Roy Gilmour and Rhea Wren. Remember to tell your friends and neighbors about our wonderful Village. Guests are welcome to attend three Village events before joining. Let's keep our membership growing!"



Rhoda Keegan's Birthday with SNAP Group on February 17 – China Max