

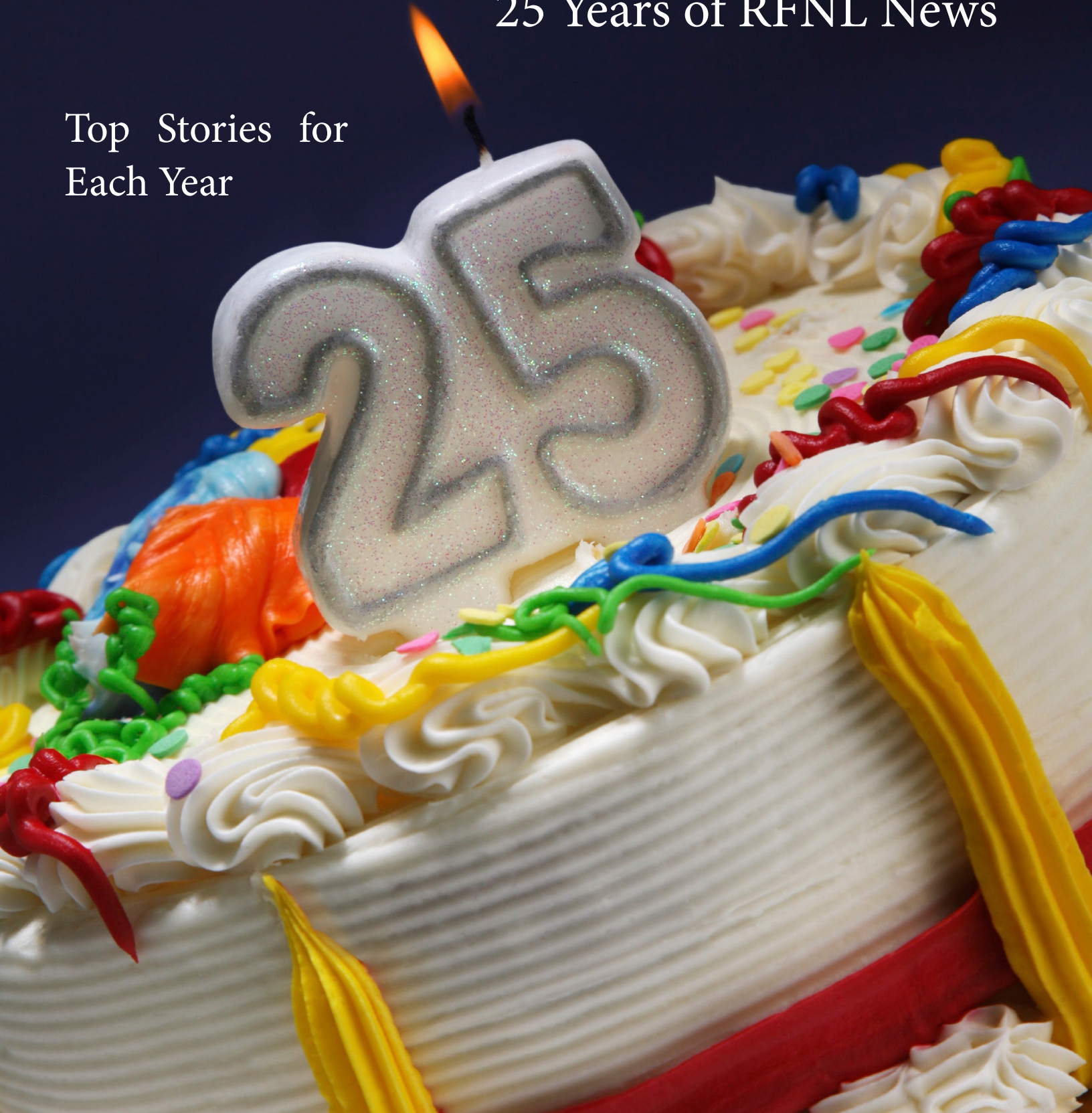


**April 2016**

**Issue No: 302**

## 25 Years of RFNL News

Top Stories for  
Each Year





April 1991 - April 2016

## Each Year's Top Stories!

1991 – Bud Turned 50, Francie pulls off first April 1st, “It Snowed Trick”, Robert and Karla move to Alpine, Bob Gillingham is named Principal of Francis Parker Lower School, Liz Turns 40 and Jessica sings a solo in the play “You’re a Good Man Charlie Brown.”

1992 – Jeff turns 40, Bret receives the Sports Loop Award, Bud is teacher of the year at Warren College, and Francie turns 40.

1993 – Robert and Karla celebrate their 10th anniversary, Listy is selected to teach math at Scripps High School, The Hartmans take a trip to Mexico, Bob Gillingham becomes a “Doctor”, Kevin was learning about planets, and Grandpa Frank and Robert play in a father/son golf tournament against Phil Mickelson and his father.



1994 – Jessica and Dustin perform in the musical Aladdin, Michael and Megan win awards from the San Diego Union, Carol Turned 40, Francie and the boys went to Disneyland, The Hartmans went to Sequoia NP, End and Jan bought a new van, Grandpa Frank is hospitalized with pancreatitis and The Gillinghams remodel their home.

1995 – Grandma Edith turns 70, Listy and Birdy take her to San Francisco, Brett hits a hole-in-one at Presidio golf course, Tim appears in “Hansel and Gretel,” Jessica and dusting are in “Beauty and the Beast,” The RFNL now can now accept faxes, Bob Turns 40, Richard is a branch manager for Wells Fargo, and Margret and Bud host the first of many Thanksgiving day celebrations.





1996 – Frank and Edith celebrate 50 years of marriage. The innocent bystanders officially pledge to commit to the “Riel Way of doing things.” The Hartmans get a new roof on their home, Carol walked a picket line during the teachers strike, Annie is in Frances Parker’s adaption of the Haunted Castle, Michael is selected to his all-star soccer team, Megan wins first prize in the KPBS poetry contest and Listy runs a marathon and 50k in the same year.

1997 – Kevin’s truck is stolen... again, Listy goes to work for Bud, Margret accepts a position with UC Irvine, Frank and Edith take a cruise in the Caribbean, Jessica wins the US essay competition, Uncle Jimmy dies of Lymphoma, Robert turns 40, Craig takes first place in the Science Olympics, and Kevin, Tim, Jessica, and Dustin all star in plays.

1998 – Grandpa Frank Turns 80, Ed and Jan both turn 50, the Twins turn 40, Craig gets a classic 1952 Chevy Truck, Listy’s car is stolen and recovered, El Nino visits San Diego and puts a damper on some of the Riel celebrations, Listy and Bob visit Europe, Carol, Listy and Robert all run the Rock and Roll Marathon and Bud was elected to the National Academy of Education.



1999 – Grandpa Frank starts to use a word processing program to publish the RFNL and also gets an email address, retiring the old Fax machine. Margret and Bud scare a burglar from their home, Listy qualifies for the Boston Marathon, Bud is appointed director of CREATE, Birdy wins an excellence in teaching award, Listy is named vice-principal at Scripps Ranch, and Carol and Jeff Celebrate their 20th wedding anniversary.



2000 – Grandma Edith turns 75, Margaret turns 50, Long time Riel Family doctor Linblade passes away, Bruce is linked to Shoppergate, Bud and Margaret travel to China, Jan goes to Great Brittan, Kevin Turns 21, Robert goes to Guam for work and Richard and JJ go camping.

2001 – RFNL is 10 years old, Bud turns 60, Frank and Edith hold a house cooling party at their home at 1875 Lyndon road in preparation of moving to their townhome in fashion valley, Robert beats Listy by over 2 minutes in the Race for Literacy 5K and Frank Publishes a special edition of the RFNL responding to the tragedies of 911.

2002 – Grandma Edith turns in her 18-year-old Cadillac for a new car, Bryce and Brett also get new cars, Francie is engaged to Lyle, Jeff Turns 50, Liz turns 50, Frank and Edith move to Fashion Valley, JJ plays varsity Soccer, Curtis and Kristy graduate from High School, Primo hair salon goes bankrupt so Francie joins hair Mechanix in Kearny Mesa and Robert, Karla and family rent a RV for their summer vacation.



2003 – Francie and Lyle are married in Hawaii, Richard and Liz celebrate their 25th wedding anniversary, Fire storms sweep through San Diego, many family members are forced to evacuate their homes, Bret goes to work for Oscar’s while Scot and David work at Subway, Lyle is named Vice President at his work and Ed and Jan celebrate their 25th wedding anniversary.

2004 – Carol turns 50, Michael Graduated from UCLA with honors, Carol and Jeff, Listy and Bob and Birdy and Bruce all celebrated their 25th wedding anniversaries, Birdy and Bruce buy a new home in Dell Cerro and almost immediately start the remodel, Francie and Lye along with Bud and Margaret start remodel projects of their own, and Katy, Bryce, Scott and David all graduate from High School.

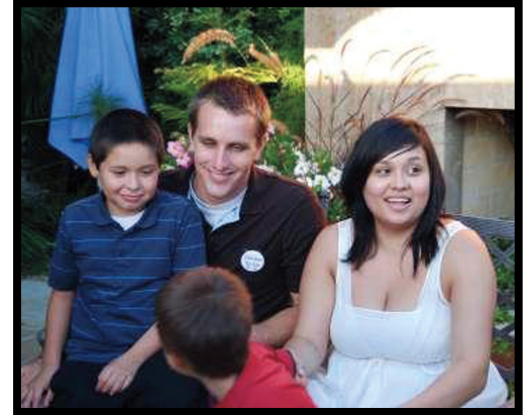


2005 – Grandma Edith turns 80, Curtis joins the Army and is deployed to South Korea, Michelle graduated from SDSU, Annie graduated from high school, Listy and Bob are looking at building on their lot in Julian, and Francie opens “the Final Cut.”

2006 – Seamus and Kristy get engaged, Riel Bowl 15 takes place, Birdy and Bruce finish the home remodel, Jessica leaves for Houston for flight attendant school, Frank and Edith celebrate their 60th wedding anniversary, Tim is part of the “Bike and Build” program to raise money for the “Habitat for Humanity Foundation,” Grandpa Franks Plaque is placed at the veteran’s memorial atop of Mount Soledad and Listy and Bob drive Annie up to her new school in Washington.

2007 – Ana and Craig are engaged, Kristy and Seamus are married, Robert turns 50, Grandma Edith’s friend Sister

Mary turns 101, Brett’s new Movie Loaded premiered in San Francisco, Brian turned 18 and graduated from High School, the RFNL is now being distributed via E-mail, Margaret joins the RFNL as Publishing Manager, Kristy starts teaching at Francis Parker, Listy Runs in her 10th straight Rock and Roll Marathon and Richard turned 60.



2008 – Grandpa Frank turns 90, Ed and Jan turn 60, the Twins turn 50, Frank Jr. turned 18, Bruce’s work takes him to Manila and he visits Curtis in South Korea, Frank and Edith buy their scooters, Robert and Karla remodel their home and Craig and Ana get Married.



2009 – Jessica and Miguel get engaged, Dustin and Lauren also get engaged, Carol and Jeff, Listy and Bob, and Birdy and Bruce all celebrate their 30th wedding anniversaries, Annie Graduates from Gonzaga, Francie buys a Mercedes SUV, Seamus and Kristy buy a new home, Francie expands the “Final Cut” and Corbin is born.

2010 – Curtis and Lauren get engaged, Jessica and Miguel get married, Dustin and Lauren get married, Annie moved to Spain, Bud retires from UCSD, Margaret turns 60, Michael and Ashley move to Bolder Colorado and Craig goes to Cape Town, South Africa for his job.

2011 – Michelle and David are Married, Kevin and Nicole are Married, Robert retires as Riel Bowl Commissioner, Michelle earns her PhD, RFNL turns 20 Grandpa Frank retires as editor and passes the job on to Robert, Listy and Bob start kitchen Remodel, Bud turns 70, Liam, Benny and Holden are Born, and Grandpa Frank suffers a stroke but returns home after rehab.

2012 – Michael and Ashley get married, Jason and Chava also get married, Listy breaks her knee at school function but recovers enough to still finish the Rock and Roll marathon, Jeff turns 60, Curtis graduates from Catholic University and is accepted at Cal State Fullerton, Michelle turns 30, Curtis and Lauren are Married, Francie turns 60, Tim turns 30, Listy and Bob go to Spain, and Listy is appointed principal at Patrick Henry High School.



2013 – RFNL Gets a new Logo, Brett turns 30, Ashley, Chava, Nicole, Kristy, Lauren, Ana and Michelle were all expecting at about the same time, our beloved Father, Grandfather and Great Grandfather dies, Braeden, Josephine, Cora, Owen, Blake, Noah and Emily are born, and Megan earns her PhD.

2014 – Cutis and Lauren move to their new home, Rhys is born, Listy breaks her wrist, Edith, Francie and Carol take a Hawaiian cruise, Sofie and Matty are born, Carol turns 60, Lauren and Dustin are expecting, Katy and Brian attend Burning Man, Matthew Turns 16, Jan retires from the school district, Bud Honored by USD and Birdy, List and Bob Visit Vancouver.



2015 – Grandma Edith turns 90 and we celebrate with a family trip to Las Vegas, Karla and Robert win \$1,300 while playing bingo with the family in Vegas, Riley and Grayson are born, Robert and Karla visit Europe, Bud and Margaret visit the Galapagos Islands, Bob Turns 60,

Listy and Bob move to a new home in La Mesa, Birdy and Bruce visit Alaska, Bryce and Bridget get Engaged and Bud Receives UC-SD's Revelle Medal.



OF RIEL FAMILY NEWS



This year's Easter celebration was held at Listy and Bob Gillingham's house but was also Co-hosted by Francie.

As guests arrived, slightly after noon, Francie was there to greet them and serve up her special goat cheese, hot sandwiches, made in her new, hot air sandwich cooker. Everyone agreed they were fantastic!

She also placed David in charge of putting together a new dessert using gram crackers, Peeps and chocolate. Once arranged, the dish is placed in the oven and baked until the Peeps are golden brown, then served as what can only be called a s'mores dip. Again another big hit with the Riel Clan.

There were plenty other items on the menu including a sandwich bar, deviled eggs, potato and macaroni salad, and of course Carol's world famous orange salad. But the biggest treat of the day was the appearance of the newest member of the Riel Family, Madeline.





Bob, not wanting to waist all the extra help, enlisted a few of the guest to help him remove a rusted-in, post located at the tennis court. This of course was all done under the guise of making it better place for the kids to play in. After a lot of rust remover and elbow grease the offending post was extricated and the kids, now safe and sound from the big bad post, could play in relative safety.



After lunch and a lot of conversation, it was time for the kids Easter egg hunt. The bigger kids (sometimes call adults) hid the eggs with care, making sure that there were enough eggs at the appropriate height for each of the grandkids, then turned them loose. There defiantly is a lot of Riel blood in each of these kids as they went to work with a single minded goal... get the most eggs possible!



It was really fun seeing them all find their eggs (including David, who as usual just played with his). I think everyone is looking forward to the time when the grandkids are old enough to take on their parents in soccer, tennis or some other game, while us "older" generation members simply watch and re-live the days we used to do the same thing.

As usual Listy, Bob and Francie put on a great party and we are very thankful for the time and effort that went into getting ready for this celebration. Next up... Mother's day.



Now that you've all had a chance to see our new residence, I thought it would be fun (and helpful to the RFNL's editor) to write an article periodically on what Bob is up to while fixing this old house. If **HE** wrote it, you'd get the technical talk but this is from my perspective because I'm the one in awe of what Bob gets done in short breaks and on weekends. I also thought for all the new home owners, if they read about something they've been trying to do or thought about doing, they'd have a guy to ask advice from in the future. And, if he was tackling a job you're interested in trying, you could decide to help him so you can learn while doing (Doesn't that sound like fun?).

Since Riel Bowl, he decided it was time to put in the Jacuzzi we bought from Costco before moving to the new house. The problem was he needed a 220 outlet which we didn't have sitting in the backyard. After meeting with Robert and Doug, seeking electrical advice, he decided to use the 220 outlet where the dryer use to draw from. That task sent him to Home Depot to buy a bunch of big fat wires and an electrical-looking special box. He pulled wire through the house, cramming it into a silver conduit, around the side of the house, to the new box, and then under the ground (he had to chip out some of the brick from the Jacuzzi stand) and up to the new Jacuzzi. How he did all of that is magic to me, but miraculously he got it all wired correctly and bingo, we have a Jacuzzi that works and heats up to a nice 100 degrees to keep us cozy during the winter months.

Second problem since the party, flooding. Surprise, surprise, we have lots of property that doesn't drain well because of untended problems that have been ignored for years. Bob had tried snaking them, but no luck, the drains remained to be plugged. When we had the extra wet week, with rain coming quickly, our driveway and other parts around the house began to fill up. He put a temporary fix outside by buying a fancy pump that can be submerged and then automatically will pump water to a drain that does work (using a long hose). That helps but doesn't really fix the problem. Bob decided to dig up part of an old bush and hack into the pipe. What he found was roots about 7 feet long that filled up the pipe. He decided that for next week's fun, he will have to dig up more pipes to see if he can get to the "root" of the problem so to speak. I need everyone to send him good vibes that the roots don't go all the way down the pipeline.

Third problem is to make our house accessible to people who have difficulty walking up the stairs. He took out the back fencing and parts of a ratty bush so that he can make a landing pad for wheelchair vehicles and a ramp into the backyard. He put in a new fence and a gate. After that, he is going to dig out a path of travel for a wheelchair that hopefully will work. He plans to try gravel first to see if that will do the trick. More intel on this as it goes...and maybe a picture or two. He is also busy with the back bedroom. He took down a false wall and added real walls to separate the bathroom from the bedroom. He now has some plumbing to do to attach the new double sink. He also needs to add some electricity to update the bathroom and make it Listy-friendly. If you like tile, or want to learn how to install it, that's next. He'll be doing that over the spring break starting April 8th. Happy house fixing!



# CARBONATING OUR OCEANS

Our carbon dioxide emissions are not just changing Earth's climate—they are also changing the chemistry of the oceans. How will marine life be affected?

## Changing Ocean Chemistry

Carbonation is fine for soda, but bad for the ocean. About 25% of the carbon dioxide (CO<sub>2</sub>) we put in the atmosphere every year dissolves in the ocean, making seawater more acidic. So...

## Megan Combines Art, Chemistry, and Eco-Activism

By Margaret Riel

Megan Riel-Mehan came to San Diego at the beginning of March to make a presentation at the Annual Meeting of the American Society for Clinical Pharmacology and Therapeutics (ASCPT), and to attend the opening of the exhibit she helped design at the Birch Aquarium in La Jolla. As it happened, Bud and Margaret were in New York City for most of the week celebrating Margaret's Birthday. But they did manage to overlap enough to enjoy a trip to the aquarium see Megan's contribution to the exhibit in which Megan shares her knowledge of chemical changes that endanger our oceans.

The exhibit helps visitors to understand how increases in carbon dioxide (CO<sub>2</sub>) not only negatively affects the atmosphere and climate but an estimated 30-40% dissolves into oceans, lakes and rivers. The exhibit features a large semi-circle of information with a short film on the left that provides an overview of the problem (watch for Megan's name in the credits for the film). The film explains how changes in the ocean chemistry can affect reef building corals. The dissolved carbon dioxide lowers the pH of seawater making it more acidic—a process called ocean acidification. As the water becomes more acidic, it binds up carbonate ions so that they are less abundant for shells and skeletons of sea snails, mussels, clams and coral. The center of the displays shows the relationship between CO<sub>2</sub> emissions in the atmosphere and their effects on the ocean.

On the right side of the display is touch screen display "Connect the Dots: You, CO<sub>2</sub> and Corals" in which you can also see Megan's work. The different screens help you to explore the relationship of increased acidity of seawater and harm it is doing to coral. Megan's animations illustrate how acidification happens at the molecular level by showing how mucocytes in the coral's surface tissue produce a mucus (made up of sugars, proteins and lipids) which together create the rock like shared skeleton for the coral colony. While coral is growing its skeleton, the acid in the water is breaking down the skeleton making it a race between the capacity of the coral to grow new structures and the decay caused to the carbonate structure by the acidity in the water. To stop the negative process, we need to decrease carbon emissions not only to decrease global warming, but to stop destroying shell fish and coral and disrupting the ecosystems of the oceans that we depend on.

We hope you get a chance to visit the Birch Aquarium. The exhibit is the left as you enter the lobby of the aquarium, just past a display of remarkable photographs of aquatic creatures. Bud and I are very proud of her work and regret that Dad is not with us to see his granddaughter using her digital skills to teach environmental chemistry. I know he would be very proud as well.



# Exciting News from the Extreme North (Long Beach)!

By Curtis Hartman



As some of you know, I am finishing my Master's Degree in History at California State University Fullerton this May, and I have been applying to Education Doctorate Programs in the Los Angeles Metro area. While continuing my education sounds somewhat exhausting, Lauren and I have both structured our lives so I can take classes at present, and feel that if I leave school I am unlikely to return.

At the end of February, I was called in for an interview at UCLA, which was exciting until I learned that they interview everyone who completes an application as a part of the ad-

missions package. After submitting my essay and application, I went in for the interview which consisted of a one-hour timed essay (we had to analyze an article) and one hour of small group observation. For the observation, a group of eight professors silently observed and took notes as a group of eight applicants, including myself, had to brainstorm a research plan for some issue in K-12 education. We had one hour to brainstorm the plan, and put together a ten-minute research proposal presentation. I suppose they saw something they liked, as I just received a phone call telling me that I have been accepted to the Education Doctorate (Ed.D.) Program at UCLA! This three-year program will help prepare me to take on a greater leadership role in the field of Education. This year, the cohort of 25ish was chosen from a field of just over 150 applicants, and for some reason they selected me! Lauren and I are both through the roof with excitement. This program was my first choice among those I applied to, followed by Loyola Marymount and USC, and it is the first program I have heard from. UCLA's Education Department is ranked 11th in the nation, and second in the state.

The Ed.D. is a practitioner's doctorate, as opposed to the Ph.D., which is more of a research focused degree. The program is designed for a working professional, with classes on Monday nights and every other Saturday. The first two years will be coursework, with the third year dedicated to the dissertation. At present, I am considering a dissertation analyzing impediments to school reform through the lens of New Institutional Economics, and understanding how we may use this methodology to find better ways to bring radical reform to the market in a way that will not alienate stakeholders.

While we are not looking forward to the time away from home, nor the commute to Westwood (which may yet prove the death of me), Lauren and I are both thrilled about this opportunity. Now I just need to find a YouTube tutorial to learn the 8-clap...



# Bryce Has A New Job!

By Francie Sorem

Very exciting news for Bryce, after working in several great restaurants since arriving in NYC 4 years ago, He has been offered a chef's position at L'Apicio Italian Restaurant (<http://www.lapicio.com/>). Chef Harold Moore, who has been helping Bryce to grow in his culinary adventures recommended him for this position. here is a video interview of Harold on The Dish in 2014:

<http://www.cbsnews.com/news/chef-harold-moore-serves-up-beef-shanks-on-the-dish/>

Chef Moore, who's path through the kitchens of NYC has won him a Michelin star, has experienced a similar path in his quest for culinary excellence. here is a link to his BIO:

<http://www.haroldnyc.com/bio/>

This is a huge opportunity for Bryce to continue down his path and step up his game in a city where some of the best food in the world is available. He will be receiving a substantial pay increase and full benefits within a 90-day period. The best part of this is that Chef Moore will be available to "coach" Bryce through this important part of his professional career. The following are excerpts from a letter by owner August Cardona, welcoming Bryce on board to his restaurant and Epicurean Events catering business:



**epicurean**GROUP

225 Varick Street, Suite 303  
New York, NY 10014  
epimgt.com

April 1, 2016

Dear Bryce,

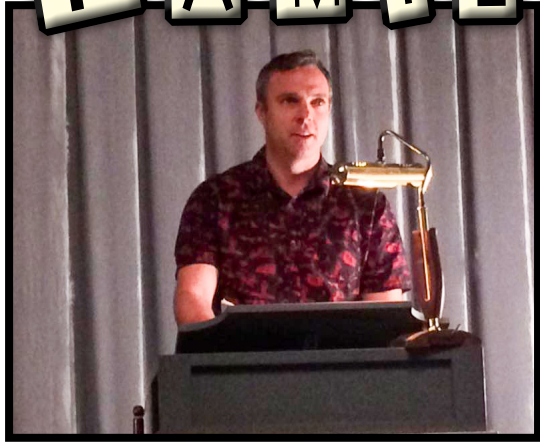
This letter is to formalize the employment offer terms for the role of Chef de Cuisine of Epicurean Events/L'Apicio. In this role you will report directly to Heather Morgan, Director of Operations while all BOH managers for L'Apicio and Epicurean Events will report directly to you.

In addition, you will be accountable to Consulting Chef, Harold Moore, for the duration of his consultancy for Epicurean Events/L'Apicio. Pending your acceptance of this offer your start date will be Monday April 18th, 2016.

We greatly look forward to working with you in the Chef de Cuisine of Epicurean Events/L'Apicio position. Bryce, I know you will find the Chef de Cuisine position an exciting and excellent opportunity to work, grow and prosper. Should you have any questions, please do not hesitate to contact me.

Sincerely, August Cardona

# FAMILY SHORTS



Claremont West Reading Series released the following about our own Kevin Riel!

We are so proud to announce our second event! Kevin Riel will be our featured reader! Kevin's poems have recently appeared in the "The Iowa Review", "Prelude", "Beloit Poetry Journal", "Yemessee", "Rhino Poetry", and elsewhere. His first chapbook, "North Pacific Gyre", is due out later this year with Saucepot Publishing. He is a PhD student at Claremont Graduate University where he is also editor in chief of Foothill: a journal of poetry. Elder Zamora and Rosie Alonso are on deck to complete this fantastic afternoon of poetry, so come on by, April 9, 4-6 PM, at the The Claremont Forum & the Prison Library Project!



News from Brett... He tells us that "The Road Between" is finished. It was definitely a long road between concept to completion, but we made it. Big thanks to everyone who helped on this project in any aspect, from cast to crew to KS backer to emotional support! Thanks everyone! It is being submitted to festivals now and I will update you as soon as I know more!

So Lyle had an almost 60 party a few weeks ago which means by now he certainly is over 60 and heading into his 7th decade of life. Congratulations Lyle you now qualify for the senior circuit of car racing! Get those training wheels on and start your engine!