



August 2016

Issue No: 306



**Carol Retires  
After 38 Years  
of Teaching!**

# Trading the Classroom for Grandkids, Carol Starts Her Life of Retirement



On Sunday, July 24th, more than 50 family members, friends and colleagues gathered beachside at the Bahia Hotel/Ventura Cove to celebrate Carol's 38 years with San Diego Unified. Though parking was a challenge, most eventually found a spot and located the pop-up tents festooned with banners, balloons and pictures. Jessica worked overtime to

create memory boards and a tribute in photos to teacher

Carol with class pictures dating back over 35 years. There was ample food supplied by long time SD favorite El Indio, and the many kids, grandkids, nieces and nephews, and numerous cousins had a ball with various uncles in the bay. Sand Castles, various trucks and dozers, moats and boogie boards were the order of the day.

After sampling a few cups of Jeff's special "lemonade", several of Carol's old friends contributed with a return performance by the Marvelettes. Ruth Rappaport, Debbie Harris, Laura Edwards and Carol reprised their now legendary performances when they were all together at Green Elementary back in the day, and Jeff would provide lyrics for their "well-



lubricated" renditions. This reprise set included a new song penned by Jeff to the Beach Boy's Be True to Your School, and a reworked version of the fabulous Pirate Song, Yo Ho, Yo Ho, A Teacher's Life For Me.

***I'm Through with Your School  
(to the tune of "Be True to your School")***

When some loud trustee tries to put me down  
And says that school is great  
I tell him right away  
"Now what's the matter buddy  
Ain't you heard of my career  
You're 38 years too late."

And I'm through with your school now  
Just like you would be too, now  
I'm through with your school  
And I'm really freeeeeeeeeeee  
I'm through with your school.

I got a teacher's posture  
Slightly stooped in front  
I got for helpin' kids  
With their readin' and writin'  
When I stand too long  
My other parts all ache  
My bod in on the skids.

So I'm through with your school now  
Just like you would be too, now  
I'm through with your school  
And I'm really freeeeeeeeeeee  
I'm through with your school.

On Friday I'll be jacked up on the tonic and gin  
And I'll be ready to chill  
I've got no worries now  
My weekends will be endless,  
I got no classroom prep  
And I'll be boozin' still

I'm through with your school now  
Just like you would be too, now  
I'm through with your school  
And I'm really freeeeeeeeeeee  
I'm through with your school.



***No Teacher's Life For You!***

Yo ho, yo ho, no teacher's life for you! (repeat)

You got up before 8, you made your hair straight.  
Your work is never done  
You went home after 5, just barely alive  
Who said this job would be fun?

Yo ho, yo ho, no teacher's life for you! (repeat)

Your mornings aren't fleeting, no more damn meetings  
The bell's about to ring  
The flag is raised, the class is crazed  
But you don't have to worry 'bout a thing!

Yo ho, yo ho, no teacher's life for you! (repeat)

"Twas a fight on the bus, don't worry about us.  
And Tania's office is full!  
The parents aren't tell'n their kids are all felons  
No more worrying about this bull!

Yo ho, yo ho, no teacher's life for you! (repeat)

Now Summer is here, we'll hand you a beer  
Your schedule is filling up fast  
A beach bum are you, with much shopping to do  
Now the Benesch Clan will have a blast!

Yo ho, yo ho, no teacher's life for you! (repeat)

A cake cutting took place at the end of the festivities, and all made their way home to wash off much sand, but not some great memories. By the way, several of Carol's current Dewey mates have already made plans for her to "help" with their Fall classroom preparations. For now, she's too busy enjoying the days with her 7 1/2 grandkids in San Diego.

Grama Audrey Benesch and Jeff's sisters Debby and Georganne all made long treks to be there. Several of Carol's fellow teachers from Encanto Elem, Green School and Dewey were present to share stories and experiences. Most of the Riel Clan showed up, Carol and Jeff's great camping group showed up in force as well as some old friends they hadn't seen in ages. Nephew Scott Hartman was kind enough to swing a deal for some great bayside rooms so the party could continue for immediate family for a couple bonus days at the hotel. The pool and bay were visited several more times, including a great bonfire with s'mores one night, and Sea World fireworks another.



My mom taught for 38 years. That is over 1000 student lives touched, not to mention other teachers, administrators, student teachers and countless more. All who know my mother, know she loved her job. She put every ounce of her being into it. She spent thousands of hours (and dollars) to ensure that her class received the best education out there. I have never met a better teacher (and I know quite a few). There is no more giving, selfless, or supportive person on this earth. I feel extremely lucky to have her big shoes to fill.

Unfortunately, I don't think she realizes the impact she has had on so many, throughout her career. Furthermore, she is far from finished. Every day, she continues to teach and help those around her: Her grandkids, the peers who look to her daily for guidance, and others who seek her limitless expertise. I'm pretty sure she will be unable to stay away from a classroom for too long. The list of lives she touches will continue to grow indefinitely because that's just who she is. A giver to the core, I could not be more grateful for her love, wisdom, and support.

Mom, I'm so sorry I gave you such a hard time getting me dressed when I was little. I'm glad I could give you a granddaughter that can help you relive those exhilarating moments. Seriously though, I'm so proud to call you my mom. You are an amazing person and I love you. - Jessica



*Francie, Carol and Bruce...  
Welcome to the Retirement Club! We look forward to more playtime!  
--Margaret and Bud*



On August 2nd, the new retiree turned 59 for the 3rd time and the entire Benesch Clan celebrated on the patio at South Park's Station Tavern. (Dogs and kids allowed at all times on the patio, pity the other patrons :-))

The restaurant had many burger and sandwich (and beer) options for adults and several good smaller options for the kids. The big hit, however, was their seasoned tater tots, a goodie enjoyed (too much) by all concerned. But the best thing about the patio was a gated play area for the numerous kids, including Carol's 7 grandkids, that featured a wooden trolley car that could be climbed over, under and on top of. Sofia played gate keeper most of the time, which was fine as it seemed to keep the others on the trolley and not pirating our tater tots and fries. We had a nice ice cream cake from Baskin Robbins, and once we located a lighter, we were able to light and blow out birthday candles for Grama Carol. The Birthday Song was sung enthusiastically, if not a little bit off key. All in all, a great time was had by all! Happy Birthday Carol - Jeff

Dear Bruce,  
 I know retirement was not on your life plan at age 57 but think of all that you have done in your lifetime and all the lives you have touched. You have mentored more people in their careers than most people ever have the opportunity to do. You have helped your company reach goals they never dreamed possible. You have shown your family the meaning of integrity and hard work. You have provided a lifestyle for us to enjoy and make great memories with our kids. You have been and will continue to be an inspiration to all of us that love you. Thank you for being my best friend and for making every day special. I love you, Birdy

Dear Carol,  
 I am so happy that you get to retire and enjoy your kids and grandkids. I have always felt your frustration of wanting to do it all. Your passion for teaching only is surpassed by the love you have for your family. You are such a giving person and having spent so many years in the classroom shaping the minds of young kids just makes your retirement all the better. You can close the door on that career knowing that you gave so much and that you had a significant impact on the lives of many. Personally, I will miss having someone to collaborate with as we would discover new ways to improve our craft. There are very few teachers that share our passion for learning new tricks for the trade and having you gone leaves a small hole in my teaching heart. But I know you will enjoy having passion for new things. Grandkids, travel and helping others are what you are all about. I so appreciate you and admire the way you give to others. And I love you, sis! Happy Retirement! Love, Birdy

Dear Francie,  
 I never wanted to see a retirement day come for you because the time I get to spend with you as you do my hair is so special. Yes, you are extremely talented and I don't think anyone can match your mad hair skills. But truly, the best part is the concentrated visit that we get to have as you wield your magical touch. You cajole me into a better mood, you massage my fears and you build me up with confidence. When I get to spend time with you, I know I am in for a treat! I know that retirement was also forced on you but the good news is that you now have time to enjoy all the things you love to do. And I know that even though you may or may not do my hair, we will always spend time together as sisters. You mean the world to me. Love, Birdy



## **Bruce Announces Retirement**

As many of you know I have pulled the trigger on my retirement. I promised myself a couple years ago that when I reach the point that I feel I am no longer contributing at the highest level I would know it and take the appropriate action.

The fall down the stairs and subsequent hospital stay along with the multiple week-long hospitalizations for rampant infections, heart failure, atrial fibrillation, supraventricular tachycardia and of course the underlying cause of it all, the inflammatory myopathy...the root of all evil have taken their toll on me. These hospitalizations have kept me away from work so much over the past couple years. Along with the never ending hospital stays I take time off every month for infusions and many, many, doctor visits. The worst of it all is that the pain killers I have to take to keep functioning are very strong opiates that take a toll on my ability to concentrate and impact my memory. All of these things combined led me to my decision to honor the promise I made to myself and hang it up when I wasn't hitting on all cylinders! Hawthorne has been very good to me and I felt it important to reciprocate...I didn't want to become "that guy they need to do something about!"

So far retirement sucks. But to be fair I'm only a couple weeks in. Much of my time has been spent figuring out how to traverse the confusing web of state disability. Ana has been a tremendous resource for me and has helped quite a bit. Though it is not yet settled, I am on a path. If you ever thought DMV was a pain in the ass you haven't seen anything until you work with California state disability insurance. It seems they are quick to grant it to people that are gaming the system but make it difficult on those that truly need it and are not faking an injury or illness.

In time I will find productive ways to fill my days. Physical issues limit my choices as to what I can do making it a bit more difficult to figure this out. Going to lunch, shooting, golfing etc are all things that I either can't do or bring no joy due to the difficulty factor. But...as I said, in time I'll get this figured out.

I sent out an e-mail with new contact info but I may have missed a few of you. The contact info is as follows:

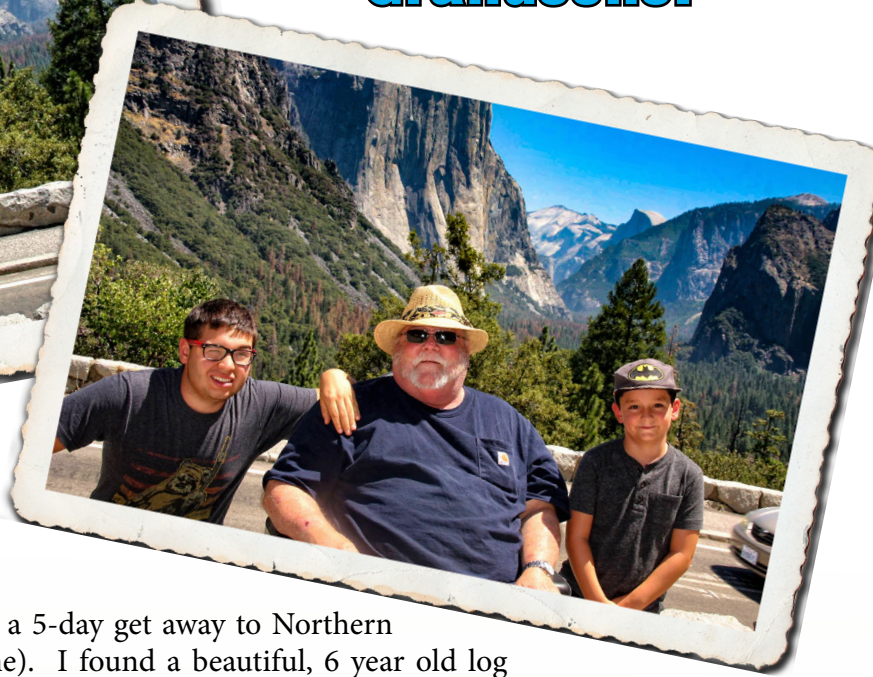
E-Mail = [brucehartman@cox.net](mailto:brucehartman@cox.net)  
Cell Phone = 619-990-4283

Hey Bruce,

I know how much change you have brought to Hawthorne over the years, besides bringing along Craig and helping him to hone his amazing skills. It must be great to look back and see how much your presence impacted all of those around you. Your always recreating mind has accomplished so much, you must be very proud. Ok, knowing the humble guy you are, probably not as proud of yourself as we are of you. Your diligence and tenacity are now rewarded with the gift of free time. I am sure since you are such a great writer that now you will be helping Bob with the newsletter each month, hahahah. I am also retired so let me know if you want to catch a movie or lunch. My schedule is pretty open, hahah.

Love you - Francie

# Yosemite Vacation with Two Awesome Grandsons!



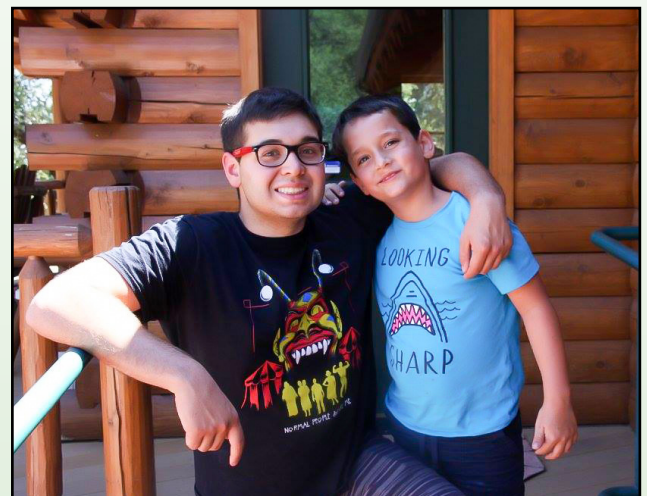
By Bruce Hartman

Birdy and I recently took Matthew and Corbin for a 5-day get away to Northern California (a long-time favorite destination of mine). I found a beautiful, 6 year old log home for rent just outside Yosemite National Park in Mariposa. It had wheelchair ramps, a handicapped friendly bathroom, all the amenities including computer, Wii, giant screen TV and plenty of room for us all to spread out and be comfortable. Hard to call it a “cabin in the woods;” it was a beautiful home!

We hit this area during an unseasonably warm spell with daytime temperatures in the Mariposa area over 100 degrees. Thank goodness the “cabin” was equipped with central air conditioning and ceiling fans in every room!!!

Each morning after breakfast we loaded everyone up into the van and drove the scenic hour and a half to the park and down into the Yosemite Valley. The daytime temps were much nicer in the park with highs in 80’s. We went on a few “hikes” on paved, wheelchair friendly paths but swimming in the river is what the boys wanted to do the most. We found a spot with shade and a couple picnic tables next to a swimming hole roughly the size of two football fields created by a hand-stacked stone dam. The boys spent hours every day swimming there. We brought a picnic lunch with us each day and truly enjoyed the time spent with the kids!

Yosemite has become so popular since we were there 20+ years ago camping in our motor home. The volume of cars in the park is mind boggling! They see over 4 million visitors per summer season...it’s crazy!







Our first day trip took us to the Yosemite Visitor Center where we learned all about all the theories of how the canyon was formed. Corbin and Grammy enjoyed playing a game of “I spy” using the many different animals that they had displayed in a giant panoramic mural/diorama on the wall. It is one of the best National Park Visitor Centers we have ever seen. Definitely worth a visit if you ever go into Yosemite. We also enjoyed an air conditioned movie about the life of John Muir. We never realized that this famous natural-ist had a screw loose and was known for crazy antics like crawling on a cliff of a waterfall like an inch worm (on his belly) to know what it felt like. Or climbing trees during high winds to know what the trees were “feeling”....talk

about a true tree hugger! He may have been crazy but he certainly was instrumental in saving this natural treasure.

Bob and Listy, along with Friends Doug and Kym Farkas, drove from their cabin at Lake Hume to meet up with us in Yosemite. Everyone did their own lunch thing and then we all met for a 2 hour tram tour of the valley. There is nothing that can compete with the giant sequoias, Half Dome, Cathedral Rock, El Capitan, Yosemite Falls, Glacier Point and Sentinel Rock. Though it was very hot riding around in an open tram, it was great to be able to share these sites with the boys. So at the ending of that ride we all headed straight to the store to get some well deserved ice cream. Memory makers for sure!!!

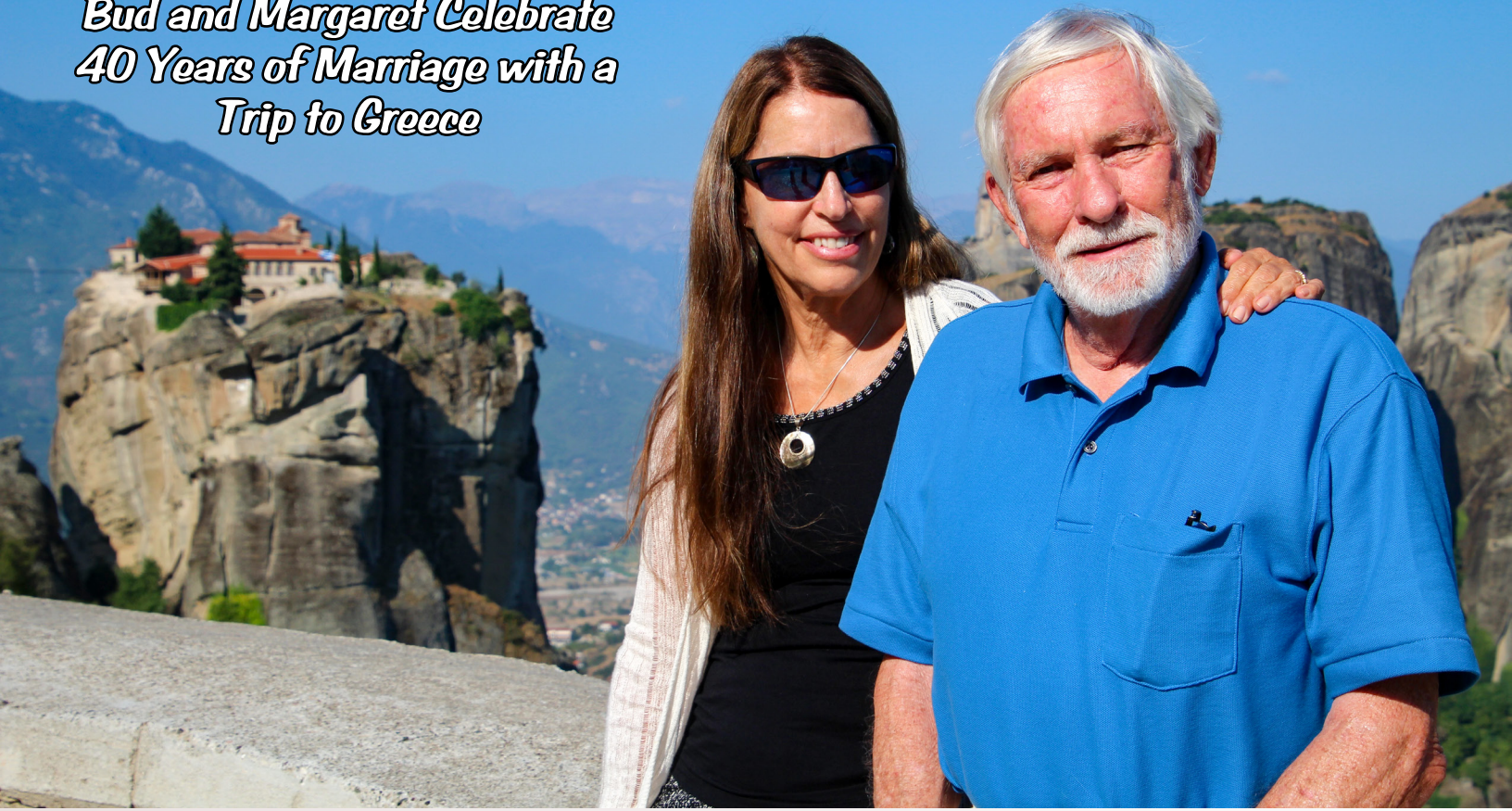


Returning home proved to be the most difficult part of this trip. The 6 hour drive turned into a 9 hour drive of endless traffic delays. Listy proudly boasted that her way down the 15 beat our drive down the 99/5 through LA by over an hour. So perhaps you better consult her for future trips. The boys never complained and were the best van company known to man! We would easily take them anywhere, any time!

We had a wonderful homecoming because as we drove into our driveway, there was Craig, Ana and Josie waiting with huge smiles and hugs. Craig had come to help us unload our stacks of luggage and to wash Bruce’s huge van. You can’t ask for a nicer son than Craig Hartman! But no one was happier than Josie to get her two brothers/playmates back! The hugs that she gave were as good as the whole trip!



# *Bud and Margaret Celebrate 40 Years of Marriage with a Trip to Greece*



Plane delays in Los Angeles and Toronto required us to make a rather quick visit to the Acropolis before leaving on a 3-day excursion of some of the Greek Islands that lie in the Aegean Sea.



On the gorgeous island of Mykonos, we strolled through the town with its labyrinth of winding alleyways and white-washed buildings, basket-laden donkeys, and upscale shops and cafes. One side of the island has a hint of Venice with



water lapping on the sides. Windmills are a classic part of this quaint island paradise providing a great background for sunsets.

On our second day we docked at Ephesus, Turkey and visited the final home of The Virgin Mary where she is believed to have died at the age of 101. St. John who is also buried there is said to have cared for her.





Margaret lit a candle for both Mom and Francie and tied a prayer for both on the wall.

We continued to the ancient city of Ephesus. There we explored the archeological site that ranks among the wonders of the world. The Roman baths and hot rooms



surrounded areas they used for exercise. A flowing waterway ran underneath a square of marble toilet seats. In the center of the square was a frog pond with lily pads to provide a cover noise and natural scent. The amazingly



well preserved library was supported by pillars with statues the first of which was of Sophia, a goddess of wisdom. We walked on the royal road with the ruins of arches that would have been stores ending up at one of the many outdoor theatres that we saw on our trip.



No visit to Turkey would be complete without a visit to a workshop where rugs were made by hand. So with any luck, the next time you visit you will see a new rug in our kitchen.



Later that day we toured Patmos, a lively place with whitewashed houses, flowered courtyards, taverns and shops. Patmos is famous as the place where St John wrote the book of Revelation. On our final day at sea, after a



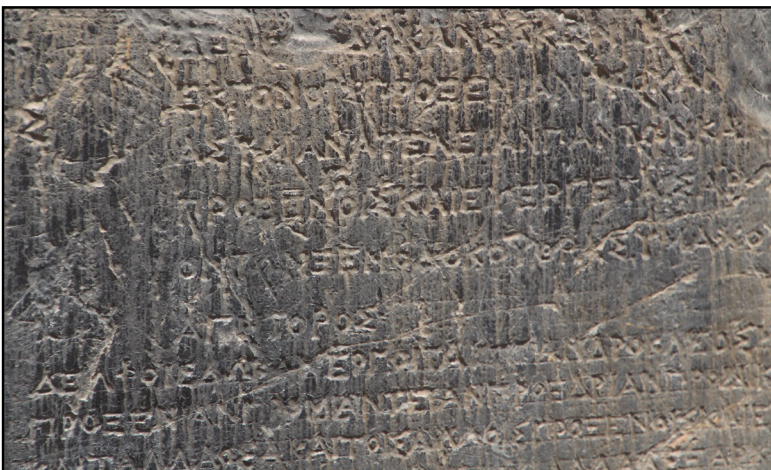
quiet day walking through Heraklion on Crete, we sailed to Santorini, a striking island inside a volcanic crater immersed in the sea. The island is famous for its breathtaking, rugged landscapes, whitewashed houses, with blue shutters and domes open-air cafes that cling to steep cliffs.

The second half of our 10-day excursion focused on sites on the Greek mainland. First, we toured Epidaurus, with its theater constructed in the 4th Century BC, so acoustically perfect that sounds on stage can be heard at every point from the first to the 55th tier.

The next day we visited Olympia, site of the original Olympics, dedicated to Hercules, son of Zeus. So, while much of the world watched the modern games in Rio, we re-enacted footraces that transpired starting in 776 BC and lasted until 393 AD.



Delphi, famous for the infallible Oracle that guided ancient Greek decision-making located on the slopes of the breathtaking Mount Parnassus was the site of the next day's tour. This site was Bud's favorite, because he has written about "oracular reasoning"—the capacity of people to repel disconfirming evidence in order to preserve a basic premise—a form of rea-



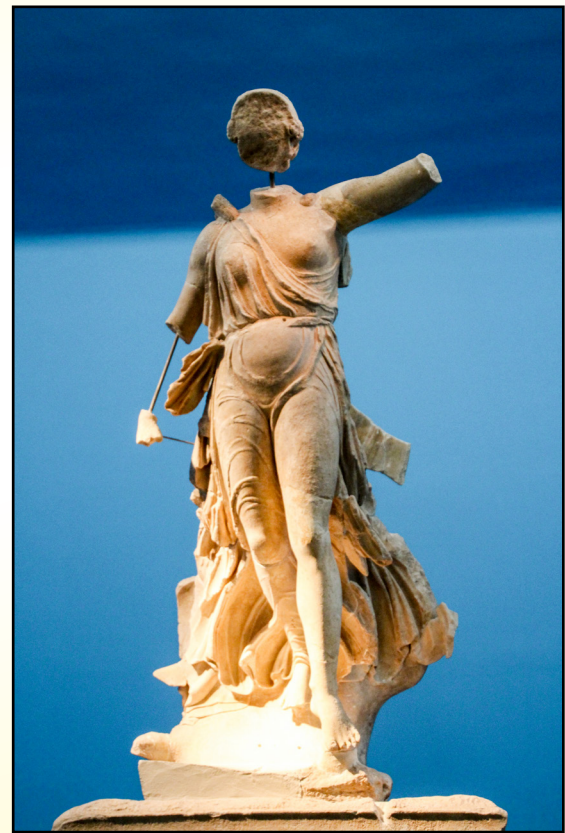


soning in abundance this election season. On the walk to seek wisdom, there was the “Facebook wall”—huge blocks of marble full of carved letters detailing the lives and happenings of people who visited Delphi.

The final day was the most spectacular, featuring the Meteora monasteries, perched upon the summits of some precipitous and isolated pinnacles above the flat valley of the Pinios river. The monastic history of Meteora dates to the 11th century AD, when Greek Orthodox monks constructed inaccessible eagle’s nests in the crannies of mountains to facilitate a life of contemplation and protection from apostates.



The ending of our 10-day Greece excursion was especially pleasant because we were able to connect with cousin Evy (daughter of Isa and Romulus Merica and sister to Michael Merica) on the Mediterranean coast. Margaret had last seen Evy in Athens in 1971, so Evy and Margaret had whole lifetimes of stories to swap. Hopefully we can share more photos of the Romulus Merica family in the future.





## ***Francie Update***

**July 21, 2016**

Yay, happy Birthday to me!!!! My treatments are now more defined. I will not be doing the 2nd chemo that is usually used when your cancer returns a second time. Though it has been tested as first lines of defense, since I am doing so well on the Valdade, that is where we are going to stay.

Good news, only 1 day a week, using a 21 day cycle, and 3 of those days are just a drop in for a shot. Once a month, I will be infusing some zumeta to help strengthen my bones. So far I am not feeling any negative effects from the treatments, another good thing.

We will continue 4 rounds of these 21 day cycles. then around late October I will be getting a stem cell replacement. For this I will check into the hospital for one week.

***What is a Stem Cell Transplant (Bone Marrow Transplant)?  
Approved by the Cancer.Net Editorial Board, 01/2016***

A stem cell transplant is a treatment for some types of cancer. For example, you might have one if you have leukemia, multiple myeloma, or some types of lymphoma. Doctors also treat some blood diseases with stem cell transplants. In the past, patients who needed a stem cell transplant received a “bone marrow transplant” because the stem cells were collected from the bone marrow. Today, stem cells are usually collected from the blood, instead of the bone mar-

row. For this reason, they are now more commonly called stem cell transplants.

Why are bone marrow and stem cells important?  
A part of your bones called “bone marrow” makes blood cells. Marrow is the soft, spongy tissue inside bones. It contains cells called “hematopoietic” stem cells (pronounced he-mah-tuh-poy-ET-ick). These cells can turn into several other types of cells. They can turn into more bone marrow cells. Or they can turn into any type of blood cell.

Certain cancers and other diseases keep hematopoietic stem cells from developing normally. If they are not normal, neither are the blood cells that they make. A stem cell transplant gives you new stem cells. The new stem cells can make new, healthy blood cells.

I will be receiving the following transplant:  
Autologous transplant. Doctors call this an AUTO transplant. This type of stem cell transplant may also be called high-dose chemotherapy with autologous stem cell rescue. In an AUTO transplant, you get your own stem cells after doctors treat the cancer. First, your health care team collects stem cells from your blood and freezes them. Next, you have powerful chemotherapy, (now that sounds scary!!!) and rarely, radiation therapy (so far that is not on the table for me). Then, your health care team thaws your frozen stem cells. They put them back in your blood through a tube placed in a vein (IV). It takes about 24 hours for your stem cells to reach the bone marrow. Then they start to grow, multiply, and help the marrow make healthy blood cells again.

Removing the stem cells is much like dialysis where they will filter the blood through my arm for about 6 hours. Then I will get the heavy duty chemo in which I will lose my hair within a week or 2. Of course I already have plans for that, hahahaha. then, as stated above they will return the healthy stem cells to me to do what they do best and that is to make more just like them and kick out all the slackers in my bones that are not doing their fair share of keeping me strong. They will have to go!

I'm not exactly looking forward to my stay at the Scripps Green resort in La Jolla, but I do have a few friends there I will get to hang out with again. Oh Joy!

Thanks to all who are working with Leonor for your hair-care needs, we talk everyday and when possible, I will try to drop by for a visit to see how things are going with all of you. I still have to be careful to not be in enclosed areas with lots of people, but I try to do a lot of virtual hugs and phone conversations.

If it was not for the rib pain, I would say I feel damn good. It is worse some days than others. I am on a treadmill everyday walking a couple of miles on an incline to make my muscles stronger and my heart rate lower. I'm not loving the heat this week, but it is not that bad at night when the breeze kicks in. I am definitely spending more time at home trying to help with my "housewifely" chores. Cooking more meals, and trying to help Lyle organize all of the massive paperwork he is being bombarded with. Luckily he is very good at it while I suck big time at it. We all have our gifts and that is not one of mine. He is very patient with me even though I feel like I am a freeloader living off the company dole.

Thanks to you all for the cards, letters, emails, Facebook postings, calls, I truly feel that I am Grateful, Thankful and Blessed... Me

## July 28th, 2016

I am now into my 5th week of chemo, all and all things are pretty good. There are adjustments that have to be made and changes that I have to accept, but being the positive person that I am, I refuse to spend any time or energy dwelling on what might be down the road for me. Many of you are so sure that I have been searching the internet for as much information that I can find about this disease. Let me reassure you, that could not be further from the truth.

I will not be looking for what might happen to me, I am only planning trips to great places spending time with people I love. I do not care what happened to Aunt Martha or Uncle Greg, it is not pertinent to what will happen to me. I have put my confidence in my team of Doctors who have spent years of their lives getting to know all aspects of my disease. I also realize that most information on the internet is outdated and often, no longer relevant to what I am facing.

I also believe that being anxious about the future diminishes your ability to enjoy the present. Something, I guarantee you will not be happening either. I am having fun reading all the cards you have sent, I keep them in a gift bag and pick one out every now and then and re read them. It is the gift that keeps on giving. I've done a little coloring, (thank you Birdy and Cindy) and I have become a frequent flyer on Netflix.

Funny thing, I do not miss doing hair. I miss visiting with all my peeps, but it just shows you it was time for me to go. There was no way to sort of do my job. It was full bore or go home and I guess the forces that be were letting me know it was time to stop and smell the roses. It is a wakeup call I am taking very seriously and I am enjoying not always being on the fast track. I have counted out my days and time by the hours for over 40 years, living on a schedule that I worked very hard to keep running on time.

Brett asked me one time when he was very young and I was rushing him into the car so we could accomplish our next errand, "Mom isn't this your off day?" "yes" I said . "Then why are we in such a hurry?" It is nice to officially jump off that treadmill and take each day for what it is. Sorry I waited so long to take that good advice.

Yesterday my labs showed that the chemo is continuing to do what it is supposed to and my lambda light chain data is down from 13 to 9. Great news! My calcium is low so I get to double up on those delicious gummy bear calcium squares, lucky me! My hemoglobin is getting very low since the chemo is a little indiscriminant about the cells it goes after, so I will be getting a transfusion on Monday morning. That should give me a pretty good boost.

The care I get from Dr. Hutchins is very impressive, she makes me feel like I am her number 1 priority. (Oh yea, I am your #1 priority Dr. H, hahah). She is also funny and kind my favorite combination in a person. I feel that we were meant to work together on this thing and both be stronger for it. Next week when I see her again she is going to show me the x-ray of my bones with all the lesions in it. Stay tuned for that!

Thank You to everyone who is working with Leonor to transition your hair care needs. I realize it is hard to sit in my chair without me behind it razzing you and giving you a major ration of sarcasm, but as I get better I will be dropping by to visit. Please understand there is no hugging involved here, I am trying very hard not to catch anything you have to offer while my defenses are so low.

Also thanks to Susanne for putting the back half of salon on Craigs list to find some new stylists for me, I have 2 that I am hoping will be joining us, coincidentally, their names are Kathleen and Aimee. How weird is that? You are the best Susanne for knowing what I needed without me having to think about it. I will be forever grateful.

That is all for now, keep up those prayers and good thoughts coming and I will keep fighting the fight!!!!

## August 4, 2016

Week 6 of Chemo, let's start with the lab results. Calcium, back to normal. Hemoglobin, also back in the normal range. Neutrophils, up 40 points, about a 40 % increase. White and red blood cells count continues to rise, all good things for me.

I am feeling better every week, the pain is dissipating, that makes me very happy. My ribs are down to a dull irritation that I do not notice all the time. I only take a pain pill at

night when I am not moving around and it tends to get a little stiffer feeling.

As I promised last week I am going to share with you the x-rays of my bones from the beginning of my Multiple Myeloma.



Now the first thing all of my hairdressing friends will notice is what a nice round head shape I have making cutting my hair a much easier endeavor. We pray for nice round shapes to work on!!!

Now if you look at the outer perimeter of this picture, you will notice it is more solid looking and “white” around the edges. The dark spots are the lesions that are a result of the cancer breaking down the bone. Hopefully, with the stem cell transplant in October we will be able to return my bones to a more pristine condition. The x-ray of my ribs did not really show the lesions as well as these pictures did. In the pictures below, I have copied a random picture from



the internet of a more normal skull e-ray. You can see how much more even the coloring is. Such a strange thing to happen so quickly, but at least I am lucky that the advances in the last 10 years are available to me now.

Tomorrow I am going to take the train up to Los Angeles to see Brett and help him decorate his new apartment and then we will be having a Taco Tuesday to christen the place to the purpose of a home. Having friends over to enjoy good food and a good time, not to mention Brett’s famous Jalapeno Pear Margaritas!!!

I will be away from home Saturday to Wednesday so it will be practice for all the travel I have scheduled for September. Haha, some things never change. I still love to be on the road.

Thanks again for all the positive cards letters and emails, I have them all in a bag near my seat on the sofa and every-day I pick one out and read it again. I especially appreciate hearing how much you appreciate Leonor’s talents and efforts to keep your hair in tip top shape. I cannot tell you how much that means to both of us. It is always a special lift at the end of her very busy, never ending days. Also special thanks to Leslie for coming on to assist Leonor on a more permanent basis. I am sure everyone will get to know and enjoy her as well.

Finally, my immune system is getting better so I am more able to see visitors and go out to lunch. I have really enjoyed getting salads back on my menu since I do not have to be so worried about the ramifications of getting some lettuce that might not have been washed well enough.

I guess that is all the news for this week, thanks for all the prayers and positive thoughts, they are really helping me to move towards better days. I will continue to enjoy each day no matter my situation, even the bad days are a good barometer to measure the good ones by!!!

### August 11, 2016

This is my story for this week. This is what keeps me going, fills my body with good thoughts and prayers that continue to improve my health and make all my days good ones.

On Saturday I took the train up to Los Angeles to visit with Brett and all the great Taco Tuesday crowd. Brett has moved into a new apartment in West Hollywood so I got to go up and share all my decorating ideas. We hoofed it to many different stores and shopping opportunities and built up my walking speed. The train was a great way to travel and Lyle was there to pick me up on Wednesday when I returned.



I have a lot of travel coming up in September and October, so I need to get myself ready for the rigors of plane changing. Every day I feel a little stronger and my range of motion is definitely improving. My retirement has eased my irritation factor, hahaha, not having to live on a rigid and highly structured schedule for 10 hour days has given my life a peaceful and relaxing persona to meet the ordinary irritations of daily life. I find there is joy in doing simpler things because I have the time to do them. I never realized what an enemy lack of free time was to my life.



My chemo trip and lab report were all good on Thursday, my numbers are good except for my potassium which was a little low, but since my neutrophils are back up again and I am free to have raw fruits and vegetables I can get back to juicing again. So far no side effects to speak of other than my usual sarcasm and questionable sense of humor!

Lyle continues to be my rock and my harbor, there are not too many good things for him since our lives have changed, although the house is a little neater and we do spend more time together. I believe I have added to his load of endless paperwork. But he is a good sport and is always there for me when I need him. All that aside, he did manage to work in his first hole in one on the golf course last Tuesday, with many witnesses around. That cost him a few bucks in drinks in the club house, if you didn't get one remind him next time you see him!

Thanks again for the continuing prayer chains, good thoughts and wonderful cards and letters. they make me feel loved and special, what more could a person want from life.

Love Francie -



The Holy Grail of accomplishments for most golfers, is having bragging rights to an ace, that elusive hole in one. Lyle has spent a lot of money over the years chasing that little white ball around a lot of grass in crippling cold weather and stifflingly hot temperatures to achieve that end result. With his 60th year arriving recently, he has taken his game more seriously. He has been taking some lessons that have reshaped his game and helped him to enjoy a little more, the most aggravating game on the face of the earth.

Last Tuesday evening, he was playing golf with a group of businessmen in a late afternoon of nine and dine golf at the Maderas Golf club in Poway. As he was teeing off of a par 3 ,128 yard blind shot, he felt he hit the ball pretty well, but as he came over the slight rise and couldn't find it, he was pretty sure that he had hit it too far. As he walked past the cup, there it was. Of course he had initialed his Titelist golf ball, for just such a rare chance he had to prove it was his. With witnesses all around, and the beverage cart just turning into their direction, Lyle got to buy the first of many rounds of drinks for the 54 people participating in this event. Congratulations Lyle, we wish you many more aces in the years to come!!!!



# FAMILY

# SHORTS

## Curtis is New Department Head

Dear Social Science Department Members,

I hope your summer has been great! I am excited to announce to you that Curtis Hartman will be taking lead of the department. We have been blessed to have Jim Wilsak lead the department for many years. His leadership has significantly impacted our students' and teachers' formation through his conversations, words of wisdom, care for his students, and passion for history. Although Jim will no longer be the official lead, his presence and contributions will always be respected.

Curtis has expressed that he is excited to lead and help continue the tradition of academic excellence at SJB as the new Department Lead. He is innovative, articulate, and a strong teacher. Most of all, he is student centered and embodies the Salesian approach.

I look forward to working with you all and wish you a great last week of summer! God bless.

Sincerely,  
Dr. Christian De Larkin  
Vice Principal of Academic Affairs  
St. John Bosco High School  
Salesian College Preparatory



The Benesch family (well some of them) made a trip up to Disneyland last month. Carol and Jeff, who have been very busy, still found time to visit the “Happiest place on Earth”. What memories it must have brought back to see their Grandkids enjoying the park just as they did way back when.



The Twins (Birdy and Listy) attended their 40th high school reunion this month. It was held at the Cathedral High School campus (yes, good old University High School is no longer there). While some of their close friends didn't make the reunion plenty of their old friends did show up. They had a good time visiting with them and marveled at how time had treated some of them. It really is hard to believe how time flies by, good thing for the Twins they look just like they did in 1976!

