



**Getting Ready for a Lifetime Voyage**



# ALL ABOARD AT LEMON AVE.

By Listy Gillingham







On May 25th, 2019 the Riel Family, friends, and relatives all gathered at Bob and Listy Gillingham's house to launch the coming nuptials for Birdy and Lyle. The nautical theme was selected in honor of where the wedding will be held in August as it looks like we'll all be meeting at the Bahia Hotel for a bayside wedding and a rocking party on a cruise ship. Everyone got into the spirit by donning their own sailor hat with a salty name of their choosing and they got to rock a few star beads around the neck to show their "nauti" side! Notes were also left in a bottle for the couple to read later with advice that surely will be a life saver for them both in the coming years.



The food was right in line with what you would find in the sea (shrimp tacos and salmon salad) with some mighty fine guacamole to remind us we were in California. Who can have a Riel party without guacamole? After wining and dining, we all moved outside for the famous gathering for friends and family to serenade the couple. The tune was "Gilligan's Island" and the song went something like this:





“Just sit right back  
And you’ll hear our song  
A song for a special pair.  
They started not so long ago  
After giving lots of care.

The mate is a mighty golfin lad  
Likes traveling out and back.  
His bride-to-be teaches kindergarten  
For Francis Parker School  
For Francis Parker School.

Their dating wasn’t really rough  
The family match was fine.  
It was the connection of many events which  
Put Birdy on Cloud nine.  
Put Birdy on Cloud nine.

Their ships set ground after over a year  
Of this uncharted love affair.  
With Tennis Tuesday  
And dinners too.  
The many dates  
And their friends.  
The Europe trip,  
The Hartmans and the Halls too,  
Here in Gillinghams Casa.

So this is the tale of our castaways  
They’re wedding isn’t very far.  
They’ll have to have the best romance  
Speeding in Lyle’s own race car.

The Final date has now-been set  
We are ready for a blast  
To make the guest comfortable  
We hope for a good forecast.

Bring phones, yes lights, and cameras too  
Lots of family will be here  
Like a Fairytale Wedding  
It’s certain to last for years.

So join us soon this next August  
You’re sure to get a smile  
Raise your classes way up high right now.  
For our Birdy and Lyle!”





Lyle generously provided a Methusaleh-sized bottle of champagne (aka a really big bottle) that served everyone during the big toast. Afterwards, the guests cruised around the cabin, playing a game of ping pong here and there and enjoying the company of Lyle's and Birdy's good friends. Doug Farkas brought his DJ set up and opened up the Karaoke bar for everyone to gather around to sing and dance the night away. Everyone had a great night and we definitely rocked the boat towards a fine next gathering to be in August!





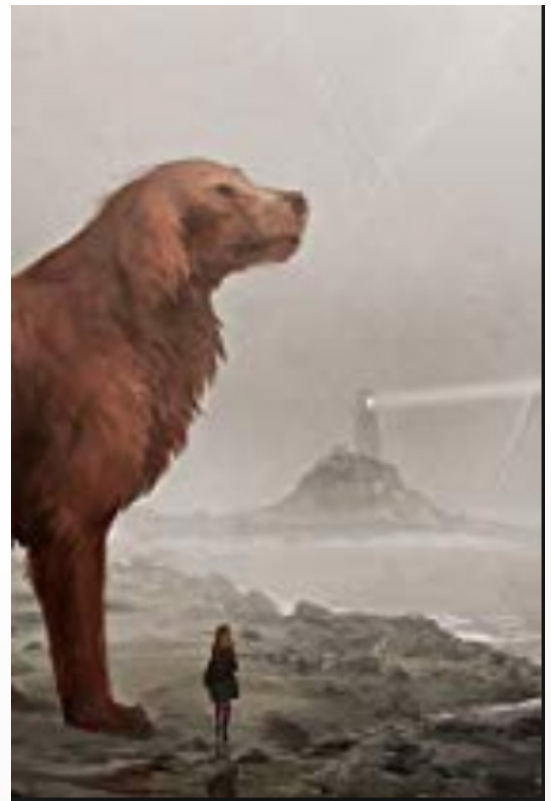




# New York, New Jobs!

This year has been fully of exciting changes for the both of us. From moving cross country, getting engaged, and settling into the East Coast lifestyle, it's easy to say this year has flown by.

With spring fully in effect here now, both Carinda and I are happy to share that we both transitioned into new jobs! I just wrapped the Beyonce Homecoming Netflix picture (there is no update on that one as it was not as glamorous as you'd imagine working for the Queen Bee) and recently started on my first big studio film. Not exactly in my wheelhouse of films I usually watch but I think we will all remember this one. Paramount is making a live action Clifford the Big Red Dog film that will release Thanksgiving 2020. It is a huge step in the right direction and I'm really excited about the opportunities ahead.



Now more about Carinda's complete career change!!

Hey everyone, Carinda here!



I'm excited to share with you, after 7 years of working in Daytime TV, that I am pursuing a new path into real estate. I'm officially a NY Real Estate agent for Keller Williams Tribeca!

It's been quite a process to get here. I started a month ago and so far, it's been a great experience. I'm currently being trained by head brokers, and I'm meeting other agents at the office through social events. I'm BOTH a rental and sales agent which is very unique in NY than most states. In fact, 70% of the population in New York City rents, so I can definitely get some business from that. I'm learning so much more about NY being in this business as well. It's constantly changing with its new and impressive buildings, restaurants, and public outings.

Anyways, I'm currently trying to get clients which is bringing me to my next point. I would really appreciate it if you could spread my name and business to anyone you know in NY! It could be a great way to catch up with that person...or if you just want to give me their name and emails (or #), I'll gladly reach out and introduce myself. If you know me, you know I don't bite!! ;) For those of you who may feel a little hesitant passing on my info because I'm new...please know that I have a great team that will back me up. You only learn by doing!



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KELLERWILLIAMS





# Running Friendships are the BEST

By Bob Gillingham

Kym Farkas and Listy Gillingham have been great friends for over 30 years, and each has served as an inspiration to the other through their many adventures, including raising children, running insane (but admirable) distances such as the Boston Marathon, and even their array of injuries. Just when one or the other seemed down and out, the other appeared with cheery messages, some new therapeutic remedy, or just bearing the assurance that everything would be all right.

This great supportive relationship played out again in the most recent Rock 'n' Roll marathon. As some of you know, this was Listy's 22nd in a row, making her one of the "legacy" runners. Of the 20,000 or so people lining up to run, Listy was one of only 68 to have come back time and again since 1997. And, for those of you who have followed Listy's progress over the years, she rarely runs one of these events without an injury. Something about running 26.2 miles doesn't present enough of a challenge for her, I suppose, and this time was no different.

Personally, I have been rather consumed with rehabbing our house at Lemon (aka "the money pit"), and Listy decided to help me one day this spring, offering to paint a rusty shed that sits next to the tennis court. She was nearly finished when she stepped awkwardly off a curb, severely spraining her ankle. The injury persisted despite her efforts to rest it, and she finally went to a doctor who told her she had broken her ankle. Less than 3 months from the marathon, he also told her not to run on it. Miraculously, she obeyed the physician until he gave her the green light to train, and with little time to prepare, she jumped in, literally with both feet.



As you might have guessed, she injured herself again by overtraining, straining her gluteus muscles and hamstrings, and she was forced to do a lot of walking rather than the running she would have preferred. Nevertheless, she was determined to be ready, even visiting a sports chiropractor a few times, and she showed up at the starting line as she always has.

About 2 miles into this latest marathon, she could feel the hamstring begin to bark, and she knew she was in trouble. At 11 miles, she was quite discouraged saying things like, "... I don't know, I don't know, " so I did what any sane man would do... and called Kym Farkas! She had been planning to run a bit of the race with Listy, but when I told her that Listy was hurting, she turned to Bob Riel who had been waiting with her and asked him to take her to mile 13 so that she could run at least a half-marathon with Listy.

Kym and Listy managed to find each other, and when I next saw them, Listy was immeasurably happier. Kym was also smiling, but I knew the sacrifice she was making, not having trained for the event. Still, in the Farkas Way\*, she soldiered on, making sure that her dear friend was happy and sure to finish the race, despite her obvious discomfort.

\* Anyone who knows Kym and Doug also knows that these two will do anything for family and friends, often sacrificing their own time, comfort and resources. In fact, their home should be called the Farkas Inn.

Thanks to Kym and Listy's determination, there will be future legacy celebrations, and all of us will be able to applaud not only those accomplishments but also the power and beauty of such a wonderful friendship.







# LISTY'S LEGACY AWARD

As many of you know by now, Listy Gillingham is a legacy runner for the Rock "n" Roll marathon here in San Diego. Which means she has completed all of

the 22 marathons held, that's about 575 miles if you're counting.

This year the marathon organizers decided to hold a special ceremony for the 68 or so runners that have become their legacy runners. So, at about 2:00 PM on Saturday, June 1st, at the convention center, Listy along with her compatriots were honored in with special medals and flowers commemorating their special efforts.

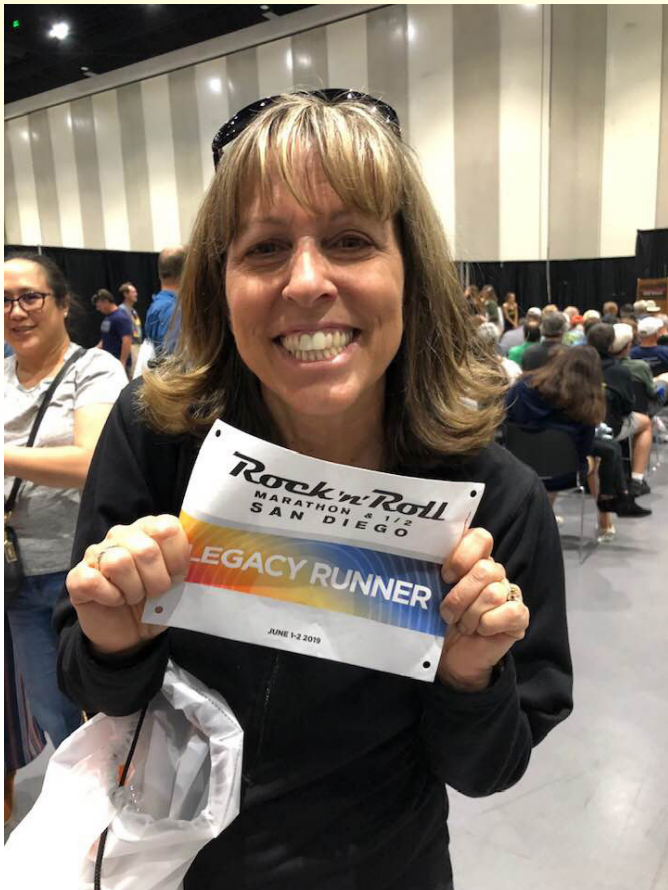
Each legacy runner was brought up on stage and introduced to the large crowd of onlookers (including Bob, Annie, Kevin, David, Bethany, Robert, Birdy, Doug, Kym, Joyce, Sarah, Ed, and Chris.) As Listy took her place on the stage a picture of her and all of her family taken at the finish line of a previous race was shown on the big screen.







This is really a very big accomplishment that has required a lot of dedication on Listy's part. Congratulations to Listy Gillingham. By the way, Next year the race will be held on Bob Gillingham's birthday and he is hoping to have everyone run with him in the full marathon. Better get training now!







**ED Takes 5th  
Place in the  
San Diego  
Rock "n" Roll  
Marathon\***

**\* 70 -74 Male Runners**



Once again, the Riel Family was well represented in the Rock “n” Roll Full and half marathons. Below are the participants and their respective finishes.

	<b>FINISHER</b>	
	JUNE 2, 2019	
<p>Bethany Tipton</p> <p>has completed the Rock 'n' Roll San Diego Marathon 02:41:05</p> <p>Division Place: 780    Gender Place: 4372    Overall Place: 8557</p> <p><i>Thank you for Running With Us</i></p>		

	<b>FINISHER</b>	
	JUNE 2, 2019	
<p>David Gillingham</p> <p>has completed the Rock 'n' Roll San Diego Half Marathon 02:26:23</p> <p>Division Place: 579    Gender Place: 3548    Overall Place: 6748</p> <p><i>Thank you for Running With Us</i></p>		

	<b>FINISHER</b>	
	JUNE 2, 2019	
<p>Chris Riel</p> <p>has completed the Rock 'n' Roll San Diego Half Marathon 02:36:42</p> <p>Division Place: 680    Gender Place: 4018    Overall Place: 8069</p> <p><i>Thank you for Running With Us</i></p>		

	<b>FINISHER</b>	
	JUNE 2, 2019	
<p>Kevin Mulholland</p> <p>has completed the Rock 'n' Roll San Diego Half Marathon 02:15:02</p> <p>Division Place: 510    Gender Place: 2893    Overall Place: 5076</p> <p><i>Thank you for Running With Us</i></p>		

	<b>FINISHER</b>	
	JUNE 2, 2019	
<p>Kristin Keith</p> <p>has completed the Rock 'n' Roll San Diego Half Marathon 01:51:08</p> <p>Division Place: 71    Gender Place: 423    Overall Place: 1541</p> <p><i>Thank you for Running With Us</i></p>		

	<b>FINISHER</b>	
	JUNE 2, 2019	
<p>Seamus Keith</p> <p>has completed the Rock 'n' Roll San Diego Half Marathon 01:51:08</p> <p>Division Place: 199    Gender Place: 1121    Overall Place: 1545</p> <p><i>Thank you for Running With Us</i></p>		

	<b>FINISHER</b>	
	JUNE 2, 2019	
<p>E Riel</p> <p>has completed the Rock 'n' Roll San Diego Marathon 05:32:50</p> <p>Division Place: 5    Gender Place: 1825    Overall Place: 2786</p> <p><i>Thank you for Running With Us</i></p>		

	<b>FINISHER</b>	
	JUNE 2, 2019	
<p>Listy Gillingham</p> <p>has completed the Rock 'n' Roll San Diego Marathon 05:36:20</p> <p>Division Place: 15    Gender Place: 985    Overall Place: 2842</p> <p><i>Thank you for Running With Us</i></p>		



**Woo Hoo We're  
Having a Baby**



# Michelle and Dave Return to SD

By Listy Gillingham



Listy and Bob Gillingham hosted a small gathering at Lemon Ave. (Is 16 people really small?) in honor of Michelle and Dave Lane. Michelle accompanied Dave on a cross country trip with a plan to stay with his sister over the summer who will help with the two boys while Michelle is off on her first deployment to Venezuela. She will be putting her training to use on a medical ship offering humanitarian aid or support to those in need. Michelle is super excited professionally to be on this adventure, however she did express some sadness over leaving behind her family.



Ed, Margaret, Bud, Carol, Jeff, Robert, Karla, Listy, Bob, Kevin, Annie, Scott, David, Bethany, and Grandma YaYa came together to wish Michelle well for the next 6 months. A Mexican feast was served as it is known to be gluten-free friendly which suited Michelle's family just fine. Bob BBQ'd the chicken on his new outdoor kitchen grill while the rest of the feast was put together





inside the house. Dinner featured build your own tacos, rice and beans. The chicken disappeared almost as fast as Uncle Robert could cut it up. For dessert, what else? Ice cream!

Rhys and Owen had the run of the house as they were the only two kids and they seemed to enjoy being the center of attention among all their great aunts and great uncles. Much thanks to everyone for coming with short notice to wish Michelle good luck! On the next page there is an article detailing more about Michelle's mission during her deployment. We are all very proud of her and also recognize the great sacrifice Dave and the boys are making to allow her to serve our country. Thank you, Dave Michelle, Rhys and Owen!



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June 10, 2019 —

NORFOLK, Virginia -- The U.S. Navy hospital ship USNS Comfort (T-AH 20) deploys from Naval Station Norfolk on Friday, June 14 at 8 a.m. Eastern Daylight Time.

During its five-month deployment, Comfort will provide medical assistance in support of regional partners and in response to the regional impacts of the Venezuela political and economic crisis. While deployed, Comfort will conduct

mission stops in Colombia, Costa Rica, Dominican Republic, Ecuador, Grenada, Haiti, Jamaica, Panama, Saint Lucia, St. Kitts and Nevis, and Trinidad and Tobago.



NORFOLK, Va. (December 18, 2018) The hospital ship USNS Comfort returns to Virginia after completing an 11-week medical support mission to South and Central America. Comfort will again deploy to the region June 14, 2019, for a 5-month medical assistance mission. (U.S. Navy photograph by Brian Suriani/Released)

U.S. military medical personnel aboard the Comfort will work alongside a variety of governmental agencies to provide medical assistance to communities based on needs identified by host-nation health ministries, and to relieve pressure on host nation medical systems in countries hosting Venezuelans who have fled the country's crisis.

“This deployment responds directly to the man-made crisis Maduro’s regime has created,” said U.S. Navy Adm. Craig Faller, commander of U.S. Southern Command, which will oversee the deployment. “Comfort medical teams will be working alongside host nation medical professionals who are absorbing thousands of Venezuelan migrants and refugees. The Venezuelan people are desperately fleeing their homeland for hope of a better way of life. We are committed to finding ways to support the Venezuelan people and our regional partners who share the goal of seeing a legitimate, democratic government reinstated in Venezuela.”







This marks the hospital ship's seventh deployment to the region since 2007, second deployment to the Western Hemisphere in the last six months, and reflects the United States' enduring promise of friendship, partnership, and solidarity with the people of the Americas. The USNS Comfort operation is part of the Caribbean 2020 Strategy to increase the security, prosperity and well-being of the people of the United States and the Caribbean.

The ship's crew size will be tailored, depending on the area being assisted, but will number approximately 1,000 U.S. and partner nation military doctors, nurses, and technicians. A team of civil service mariners, who will oversee the ship's operation and navigation, will operate Comfort.

As part of the planning for Comfort's mission, the health ministries in each country will determine how patients are seen. The majority of patients will be treated at Comfort's land-based medical sites. Select patients may be chosen for the hospital ship's on-board surgical services.

The medical and dental capabilities provided during this deployment will assist communities with a wide range of health services. These services will include basic medical evaluation and treatment, preventive medicine, dental screenings and treatment, optometry screenings, eye-wear distribution, general surgery, ophthalmologic surgery, public health training and additional specialties as required.

A U.S. Navy hospital ship has the capacity to provide afloat, mobile, acute surgical medical facilities to the U.S. military, and is an optimal platform to provide hospital services in support of humanitarian assistance and disaster relief operations worldwide.

The Comfort mission demonstrates the U.S. commitment to the Americas and is part of a continuum of support provided by U.S. Southern Command. USSOUTHCOM-sponsored civic assistance and humanitarian missions happen in close cooperation with partner nations in the region as well as with U.S. interagency partners. Similar missions include Continuing Promise, New Horizons, Beyond the Horizon, medical readiness training exercises and the Medical Civil Action Program.

USSOUTHCOM is one of the nation's six geographically focused unified commands, with responsibility for U.S. military operations in the Caribbean, Central America, and South America.





# David's Teaching Styles are Recognized

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Hello Friends! We wanted to remind you that the work of the Connection and Restoration Collaboration really does matter! This month our nation experienced another senseless gun-related tragedy at a school. Stem School Highland Ranch in Denver, Colorado was the 9th school shooting this year. Read this Denver

Post Opinion Piece <https://hightechhigh.us12.list-manage.com/track/click?u=5b6c7705a81bcccaaa94064a0&id=bd73cb2a64&e=8d2436144c> written by Wendy Loloff Cooper, a mother of a child who attends the Colorado school. She argues,

"Removing barriers to belonging, providing students with safe spaces for personal development, teaching skills like self-regulation and managing emotions, and making necessary referrals for greater support are no longer optional but critical to preventing further tragedy."

Our work can save lives. Our network focuses on those critical practices that can be instrumental in preventing senseless violence. We hope to go deeper with this work next year. All directors will be setting some time aside for staff to select from one of the networks to join. The CRC is one of them! As a network we will explore the question:

How can we nurture a sense of belonging for all students by proactively supporting students' social-emotional learning, building caring relationships, and responding with tenacious love?

We hope that you will continue to be a part of this collaboration as we explore more ways for students to develop socially and emotionally so that they have a strong sense of belonging, are seen, known, and celebrated!

## BRIGHTSPOTTING DEANS!

This month's spotlight is on two of our dynamic deans! According to the recent Youth Truth Survey, students from HTMMA, HTM, and HTMNC showed that over 90% of their students perceive that they belong in their school community and that discipline is fair. Check out the deans' unique styles of connecting with their students. Their work reminds us all that our first step in making a difference in students' lives is through building relationship.





# Dave Gillingham (HTMMA)

Dave spends most of his day spreading positive energy with students. He does this work in one of two places. One is the dean's office. He uses that space to do his paperwork during after school hours and for private conversations with students who need support. His second space is just outside his office at a desk placed in the hallway at the intersection of the community commons and the 7th and 8th grade wings. This is where he spends most of his hours during the school day because this is where much of the action takes place.

In the hallway, you can find Dave greeting kids by name (he memorized all students' names at the beginning of the year), asking specific questions about projects they are working on or their extracurricular activities. Dave's dean work is mostly proactive. He strives to build strong relationships with all the kids so that when conflict arises, he can use that connection to leverage the problem solving. He hopes that that kids can trust him to support them in getting through conflicts. The strategic location of his hallway office also helps him spot students who look down or disengaged. He can ask them what's going on the spot or he can take a mental note to check-in with that student later in the day.





# FAMILY SHORTS



Our TK graduate! Blake had such an amazing year, and we loved our experience at Oakmont. On to Kindergarten in the fall, but first: SUMMER!!!



These two cuties have been holding on to one another since day 1. They are loud, strong-willed early risers that never let us sleep past 6am. They are also bright, playful, sweet, and incredibly loving. They may be pains in the butt, especially when they're keeping us up at night, or arguing over sweet treats, dinner choices, and iPad time, but they are our wonderful PITBs and we couldn't love them more if we tried. Happy 5th birthday Sofia and Mateo. Mama and Daddy love you so much.



## Ucla

Hello Curtis,

The ELP faculty selected you to receive the Ed.D. Dissertation Award for 2019. You will be awarded \$1,000 - hope you use this to celebrate.

Congratulations!

Linda

## Congratulations to Dr. Hartman!!

Congratulations to Upper School History teacher, Curtis Hartman, for completing his Education Doctorate (EdD) at UCLA! On Tuesday, Dr. Hartman successfully defended his dissertation, "What to Teach? An Examination of Content Decisions among Social Studies Teachers in California." Way to go Dr. Hartman!!

We were at his graduation to watch him get this award from UCLA. What a thrill! I am a proud mom and I know Bruce is smiling in heaven - Birdy