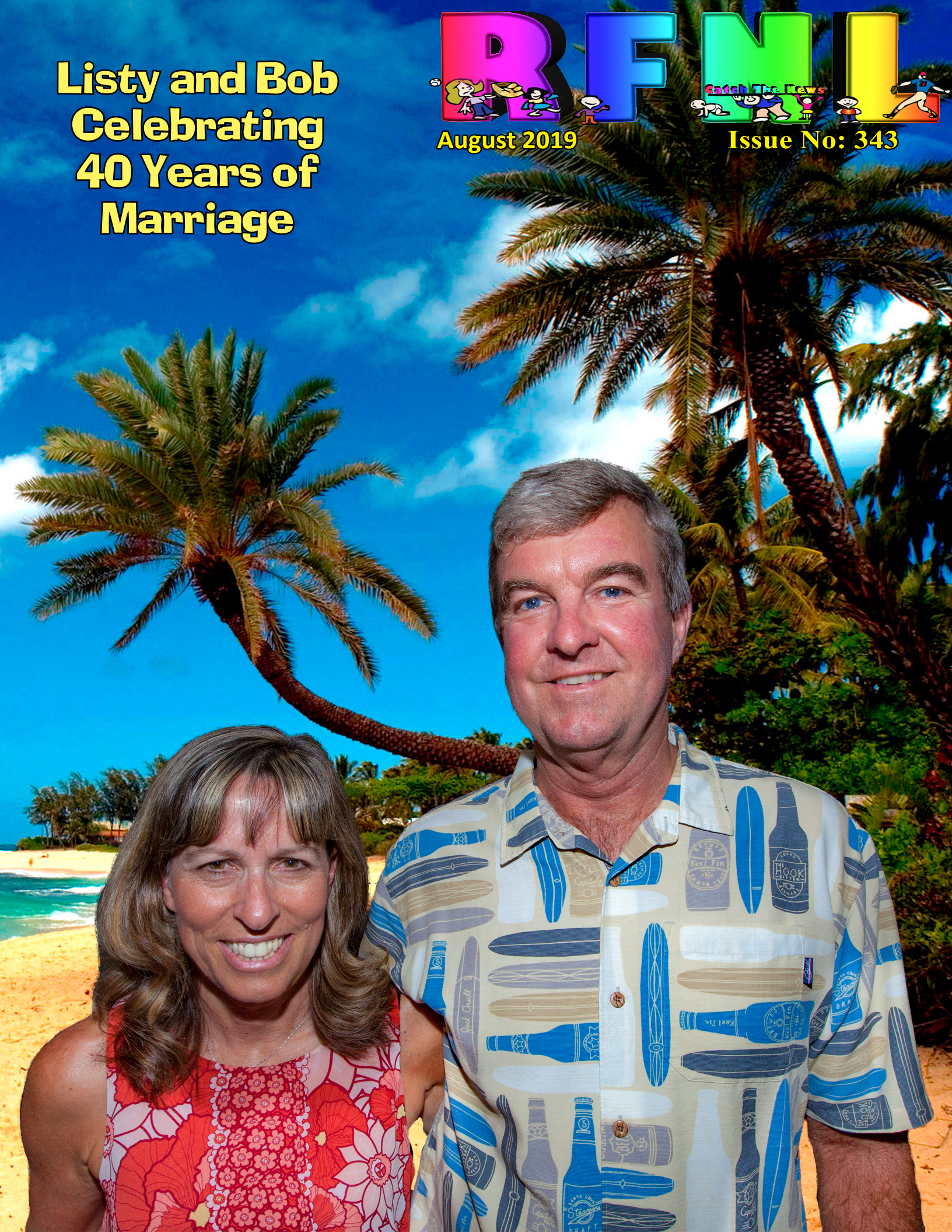


Listy and Bob Celebrating 40 Years of Marriage



Bob and Listy Celebrate in Hawaii 40TH Anniversary with Family



By Listy Gillingham

Last November, when we were all celebrating Holiday Hoopla in Temecula, one of our amazing children who loves to travel (hint: that would be all of them) suggested we celebrate our 40th Wedding Anniversary by treating them to a week stay on Hawaii. We laughed at first, but then when each couple offered to pay their air transportation, we decided having everyone together for a week's vacation would make our celebration complete and that's how the planning began.



We all loved Kauai so the destination was quickly decided and then Listy was charged with making the hotel plans. The Keith family and the Mulhollands were the first to leave wanting to capitalize on as much vacation time as they could. They arrived on Friday and started the vacation at the hotel next door to where we would all soon be meeting. Listy and Bob joined them on Sunday after having dinner (back home) with David and Bethany who had just returned from traveling abroad in Spain, France, and England (they'll need to write their own article on that trip). David

and Bethany made their way to Hawaii on Monday and that's when we were all together.

Our first day included sitting at the pool where a large group couldn't help notice the family bonding and decided to "gift us" four giant bags of leftover beer, wine, and other large bottles of adult beverages as they had unfortunately purchased too much and were on their way back to Colorado. I have no idea why they would think we would love to have four full bags of free beverages, but being the polite Californians, we decided to take on the challenge to take the haul complete with pool floats to add to our adventure!

Seamus is known for his vacation face (aka Seamus Beer Pose, SBP) by taking poses with a wide gaping grin and maybe that's one reason the booze bags ended with us, but one can never tell. Or it could have been the amazing sliding talents by Annie as she landed with style being the only sober one in the bunch for sure (she is 20 weeks pregnant and was known as Vannie Annie for being our designated driver all week).





We ventured out to dinner the first night to a Brazilian Restaurant and got a nice family pose to start the week off right.

Day 2 got us out to the beach to enjoy some fun in the sun on the sand and in the ocean blue. Staying in Kapaa worked well because we had the opportunity to use a trail that winds along the coast for 4 miles going north which could easily be covered by foot (we had a few runners in the group) or by bike (the hotel offered free bikes for the early risers).

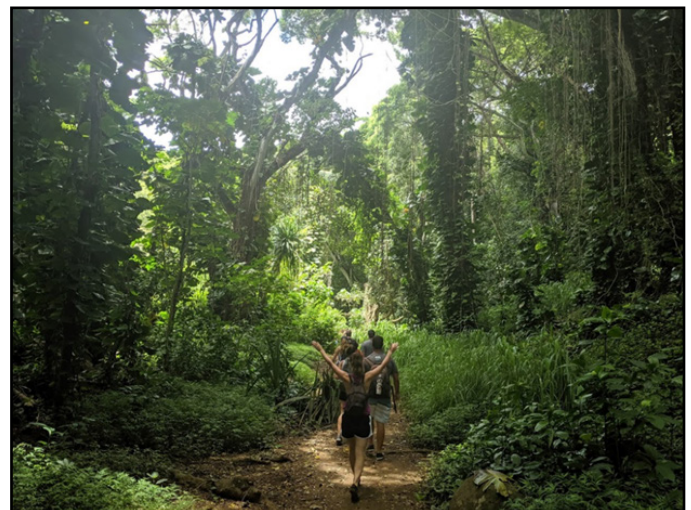
Don't ask Kevin how he got this illegal selfie- while-driving pose, but you can easily see how nice the trails were and why we enjoyed using them every morning. Spending the entire day on the beach was super easy especially since Grandma brought a few games and toys to play with in the sand. Liam and Breaden learned to love body surfing with Grandpa Bob and rode many waves over and over again. There were a few waves that were bigger than the boys which I have to admit took my breath away as I watched safely on the sand. But somehow both boys would pop up with these smiling faces and a thumbs up sign to let us know they were fine. David and Bethany joined us just in time for dinner and we ventured down the road for a pizza at the Coconut Plaza.

Day 3 was a hiking date where we got to see what the Keith boys were made of. Annie found a hike that took us to two waterfalls. The first waterfall was a short hike where we looked at the falls, but didn't stop because the Keith boys were ready to go on to the next one.



The second took us to a steep drop that you had to scale down using the roots of a nearby tree, but it was well worth it as the falls were beautiful but they also fed a watering hole where you could swim and leap off a ledge with the help of a rope swing. All the big boys had to do it and Kevin got the largest “splat” when he landed on his back. Seamus got the biggest swing and shows his boys how to fly while hanging onto a rope. Everyone enjoyed the hike and the ability to cool off in such a beautiful location. The pictures don’t do the hike justice!

After the hike, we settled back down in front of the hotel for more beach time and reading. That night, we decided to walk down into Kapaa where we tried a new restaurant titled, “Taps and Hops” Eatery. They had a great menu with super reasonable prices and we were offered a California special of IPAs and Ambers from a can for \$2.00 each as they were pushing out a new brand. We love a deal and that one kept our dinner costs so low that we decided to visit this place one more time before we left.





Day 4 was Poi Pu Beach day as everyone knows you have to snorkel, especially with kids, in this surf-safe area. We were thrilled to have a sunny day without a large crowd to join us. We dug sand castles, Liam and Bob did some body surfing, we swam with turtles and seals, we ate Hawaiian ice with a scoop of vanilla ice cream, and we had a picnic lunch on the beach. A perfect day of sun and fun in Hawaii.

After a long beach day, we returned to get spiffed up so we could go for our Anniversary Pub Crawl created by our amazing family just for us!

The evening began in Kristy and Seamus' room for the first game. They decorated the room with a Hawaiian theme (what else could they choose) and the boys got to go in their attaching room to watch videos (let's hear it for Netflix).

Everyone had to put on a Hawaiian shirt (the girls all got to wear matching pineapple tank tops) and a lei for the color of your team. Bob did not bring a Hawaiian shirt (I know some might find that shocking) but he did have a t-shirt that said Hawaii, so that worked in a pinch even if the girls rocked the lei look so much better.





The task cards (hanging around our necks) had the rules for the night and the stages for each game. The game rules included:



- To Have and to Hold Hands (If any couple hold hands, all other couples must link hands too. Last couple MUST drink)
- Aloha (Earn an extra point for being the first person to spot "aloha" written anywhere)
- The BIG 4-NO (If you say four, for, or Oh! In any context, you must drink.)

And then came the games. Here is the road map we had to follow. We started with Daddy's Soup and Quesadillas because that seemed like the easiest game to play. Bob was known for making dinners for the kids and when it was his turn he always liked picking Top Ramen and Quesadillas (the kids loved calling it Daddy's soup). It was a dice game that included rolling 6's and 5's and counting up the remainder left behind.

And so the games continued. Newlyweds was quite clever as they brought enlarged pictures from our photo albums and each couple had to reenact the picture while Listy and Bob had to guess what the picture was. We did venture out to dinner, where we played a Newlywed game where we each held up a shoe to show "Who was more likely to be" some-



thing. I'm sure we didn't look silly holding up our shoes and shouting out answers in the middle of the restaurant in the Coconut Plaza. We returned back to the hotel for the last round of drinks and games and I can definitely tell you it was an outstanding evening in every way possible. Much thanks to the party planners who found a way to bring the family fun all the way to the islands.





Day 5

We all needed a pool day and since our hotel's pool happened to be under construction (that was a late-breaking surprise) so we had to venture to the resort next door which turned out to be very kid-friendly and fun. They had a nice pool to lounge around and read your books and many other games set up to occupy someone if they got tired of swimming.

That night, we let the Keiths enjoy some adult time with their siblings while Bob and I took "the grands" to McDonalds for a Happy Meal and then shopping at the ABC Store for a prize which they all loved.



Day 6

This day was the only real planned activity of the trip. Annie secured us all seats on a shuttle so we could hike along the Napali Coastline. Due to recent storms, they have made getting to the hike more of a commercial adventure for non-islanders banning car rentals in their parking lot forcing vacationers to use a shuttle. It worked out fine in spite of the crazy mud, wind, and rain we happened to get because of the recent hurricanes. Kristy, Riley, Braeden, and I only went up the trail for about a half mile and then we let the serious hikers pick up the speed and take the trail all the way to the beach. After finishing the hike, the weary travelers returned back to the hotel and met up for lunch at Coconuts (Birdy and Lyle's favorite fish taco shop). The girls snuck in some shopping as well and then we all opted for some cruise time before dinner back at the hotel. For dinner, we returned back to the "Taps and Hops" because it was a good deal and we liked having the run of the place too.

We loved every minute of the trip and we're so appreciative that our kids wanted to join us as we celebrated this special occasion with them. Special thanks to them and to Bob for always being up for an adventure with me! Love to you all!

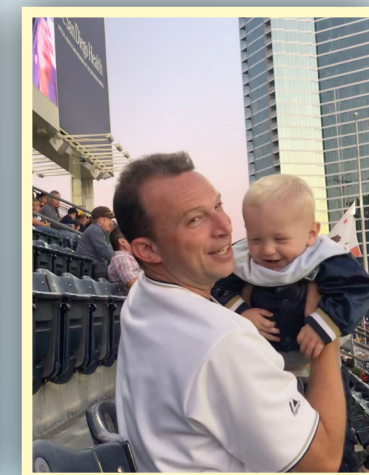


A Trip to the Old Ballpark



By Carol Benesch

On a beautiful August night, Jeff and I took 6 of our 10 grandchildren along with Jason and Chavva, to a Padres game. The night brought back many memories of all the fun times the Padres' brought to our family. I could feel dad and Francie cheering along with us, as well as mom saying, "Go Padres, go!!" Popcorn, Cracker Jacks, Padres and Grandkids...It was a fun evening!





Moving Mom to A New Home and...

A New State of Mind

By: Margaret Riel

This past month the Riel family, led by Carol, pulled together to plan and execute a move of Edith Riel to a new facility. We needed to have her at a residence that had a memory unit and more people with greater skill in working with people who have memory issues. Mom has what her doctor calls age-appropriate memory loss.

We moved her from Merrill Gardens, an independent retirement home called Montera. One of the big advantages is that it locates Mom closer to most of her children, especially Carol. Even though she had to part with half of the things that she owned, now that they are gone, she doesn't miss them. Thanks to everyone who helped to organize the move in such a way that it minimized distress.

At first, she was confused by the new surroundings and did not seem to understand that she had moved. Also, she was not confused by the change in the appearance of the dining room, but rather that she did not recognize the people sitting there. One of the challenges of this new location is that there are two buildings with two elevators with confusing names. She leaves her room on the second floor but goes down 2 floors to the "lobby floor" of her building. Then she walks across to the second building arriving on the second floor. While the elevator in that building has only two floors there are three buttons to push (one seems to go nowhere). So, it is not surprising that figuring out paths takes some time. But the staff are friendly, helpful, and mindful of where a person might be going.



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Some of you might be wondering how 94 years of life has affected the matriarch of our family. The good news is that she is physically strong. She walks mostly without support, occasionally using a cane. She goes to all of the physical activities offered. She also plays (almost) 9 holes of golf every week at Admiral Baker Golf Course. I say almost because increasingly she asks me to either drive for her, finish, or get her out of a sand trap (the odd time she misses the green) and if she is tired, she skips the ninth hole. But she still has a strong swing and enjoys the outdoors and the challenge. She mostly hits the ball in the middle of the fairway and loves telling me how to improve my game (she is my only golf instructor and is happy to see me slowly improve).



Her eyes are strong, and she reads mostly without the need for reading glasses. Her hearing is great, although I do notice that she appears to be missing a cognitive skill in listening. She does not know how to "not listen" to sounds. She will startle at sounds that most of us have tuned out as unimportant ambient noise. She is highly distressed by machine noise.



While she is great at getting around on her own, she often forgets where she is going. The mind of an elder is a world that is hard to grasp. She lives largely in the present time. While she often cannot remember what she just did, what she just ate, or what she wants to do next, if she is happy in the present, she is completely happy. She is living in the present as well as any Zen master! When she experiences nice encounters, she beams with pleasure.

As time moves forward, she cannot mentally travel backward--no new memory trails. So, what does she remember? Her long-term memories are cloudy on some days and bright and sunny on others. She

generally remembers that she has 8 children, (3 boys & 5 girls), who she can usually name. She knows she has lost the love of her life, Frank, although all memories of the stroke period are gone (a blessing!). She only has happy memories of him and mostly remembers his eyes and her wedding date. She knows that there have been some deaths in the family and that one is a daughter and the other a daughter's husband but only on some days can she identify who is (sadly) missing. I am reluctant to ask her much about this as it often causes her to relive the sadness of losing Francie and Bruce anew. But sometimes she will ask "now who are the people who have died?" so I know she thinks about it and when I tell her Lyle and Birdy are soon to be wed, she brightens and is happy for them.

She recognizes all of her kids by name and most of their spouses, but it is hard for her to keep straight who goes with whom. She knows she has lots of grandkids (22) and great grandkids (~24) but is likely to forget who they go with if the context doesn't help her. When I show her pictures of my two granddaughters, she will ask if they are my children? When she is clear, she will ask about the parents and want to see a picture of Michael and Ashley and then says, "yes, I know them". Sometimes she is very clear, other times she struggles mightily to sort out the generations.

Televisions have remotes and they should be easy but when she is tired, she forgets how to turn it off. When that happens, she might just unplug it and be done with it. But then when she wants to watch television, she cannot get the remote to work to turn it back on. The good news is that she knows to call either Carol or me and if we call the front desk, someone is there in minutes to help her. This is such a relief as this did not happen in her previous home. (I now know to ask her to check to see if the TV is plugged in (smile)).

Mom loves her new room-- claims it is the best setup. Everyone helped but, as usual, it was Carol who focused on all the small details. The move was so seamless and stress-free, that she often thinks she is still living at Merrill Gardens. The only person from Merrill Garden that she really misses is her friend Charlie. But there is a rumor that he might also be looking to make a move.



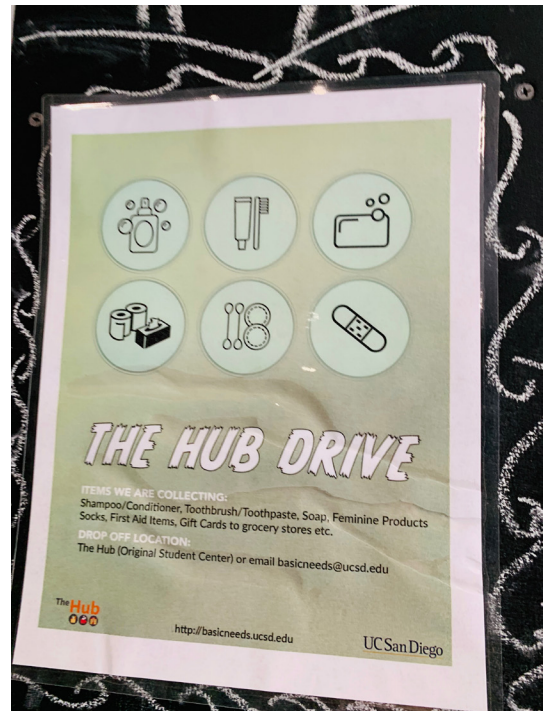
The Riel-Mehan Helping Hand Award at UCSD

By Margaret Riel

Megan read an article about food insecurity at UCSD and other UC campuses and was moved to do something about it. Megan remembered seeing friends and roommates at UC-Berkeley struggling to survive. This impacted her deeply and she wanted to do something to help others.

Bud introduced Megan to Luis Murillo, a Development Officer at UCSD. Luis then included her to Alicia Magallanes, Program Director of The Hub, and a social worker who counsels single mothers, homeless students, students with food insecurities, as well as students who miss seeing their families during the holidays or are unable to afford educational materials, experiences or books. Megan contributed funds to assist the general operations of the Hub and the food pantry which helps to meet the student's needs.

Alicia and Megan then came up with the idea of a special award for students deeply in need. Typical financial aid in the form of loans actually adds to students' financial burden and can cause them to drop out. Alicia and Megan's plan enables social workers to identify especially needy students and give them emergency funds not tied to financial aid or loans. The "Riel-Mehan Helping Hand Award" has now been formally established at UCSD. The campus has identified the first five student recipients of Megan's Award. In the Fall of 2019 Megan will have the opportunity to meet (virtually) with the students who received this assistance.



Carol's 65th Birthday in Cabo San Lucas

By Jeff Benesch



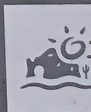
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LOS CABOS



I gave Carol some really great options for her 65th Birthday Celebration at the beginning of August. I had a few days off from the airport duties, so I suggested a Winery/Spa trip in beautiful Temecula for her special day. Resounding NO. How about Pechanga Resort and Spa? Louder NO. Laguna Beach weekend? Too expensive. How about I get someone to cover a couple of my shifts and we sneak in a few days in Cabo? Neither of us had ever been south of Ensenada, the flights looked like they had plenty of seats for non-revs, and no hurricane was in sight. So, on Tuesday, July 30th, we took the first Alaska Airlines flight from Terminal 2 and whisked off to Cabo.

On Birdy's recommendation, we booked a 4-day all-inclusive package at a close-in hotel, the Marina Fiesta, the sister hotel to the one where Lyle recently proposed to Birdy. It was right on the Cabo Marina, and a 5-minute walk to Downtown Cabo. And it included meals and all alcoholic beverages at all their restaurants, along with the restaurants at the Hacienda Encantada, the aforementioned sister property.



After landing and taking a private shuttle to our hotel, we checked in and were welcomed by the friendly "concierge". I used quotes, because her job, in actuality, was to convince us to take a 90-minute "tour" of the sister hotel/timeshare development in exchange for some deals at either hotel: His and her massages with aromatherapy and exfoliant treatment, a glass-bottom boat tour to land's end, and a big bottle of Kahlua. We set up our tour for the next morning, which would also include a complimentary breakfast on their wonderful dining room patio overlooking the bay and all of Cabo below. Needless to say, the 90-minute tour





turned into a 3-hour ordeal, and we did NOT buy a timeshare unit, though they were spectacular and larger than our home here.

After our taxi ride back to our hotel, the rest of our 4-day vacation consisted of swimming at our hotel's great pools/bars, eating waaaay too much, but very yummy seafood, Mexican food and large volumes of margaritas and something called a Miami Vice. We took our pre-arranged excursions, the first on a large catamaran, with about 50 people aboard to snorkel off the coast and enjoy the warm waters of the Sea of Cortez. One funny "small world" incident took place on our boat trip. We were trying on our snorkeling gear, especially the flippers, and sat next to another couple that looked about our age. In talking to them, we found out they lived in Thousand Oaks, my hometown, and where my Mom and sister still reside. In relating my familiar-



ity with the town (we moved there in 1963), we found out the woman went to Thousand Oaks High School, my alma mater. As it turns out, Denise was in my graduating class and we had many mutual friends and acquaintances.

We had lunch at the Office the next day, a well-known sea-side eatery on the sand very near our hotel and followed that up with his and her massages at the Spa in our hotel. Great stuff! On Carol's Birthday eve, we ate a wonderful meal at Los Riscos, the same spot romantic Lyle committed to Birdy, (and vice versa), the sunset view was spectacular and the food superb! On Carol's birthday, Friday the 2nd of August, she officially joined the Senior's club with a full day of shopping (she got a beautiful silver ring with inset brilliant opals from her boyfriend), eating, (Jacks Steak House right on the Marina), serenading (a couple special songs by the house singer) and lastly a night of clubbing it at Cabo Wabo and Squid Row, a couple of popular (and loud) local bars that Jason recommended highly. They must sell more tequila than gasoline in this town! We slept well that night and had a thankfully, problem free flight home on Saturday.

It's a trip we'll not soon forget, and neither will our waistbands! Salud!



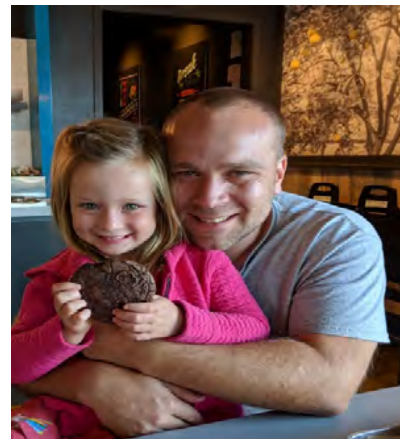
FAMILY SHORTS

Dissertation Award Winner

Every year a graduating Ed.D. student whose dissertation reflects excellence in originality of ideas, clarity of writing, and relevance to practice is awarded the departmental prize for Outstanding Ed.D. Dissertation. **Dr. Curtis Hartman** received this year's award.

Dr. Curtis Hartman is a teacher of A.P. History, U.S. History, A.P. Comparative Government, A.P. U.S. Government, Western Civilization and Civics, at Tarbut V'Torah Community Day School, Long Beach. His dissertation, "What to Teach? An examination of content decisions among social studies teachers in California," explored how social studies teachers, at two large urban public high schools, navigated the current standards in the absence of assessment and how they made content decisions for their classrooms.

In 2013, California abandoned social studies assessment. At the same time, California's social studies standards have required teachers to cover a broad scope of content and provide students with opportunities to explore the contested nature of truth. As a result of these changes, teachers have been given broad interpretive leeway in the curriculum they select in their classrooms. Lack of assessment in elementary grades, coupled with high stakes testing in mathematics and English, has reduced instructional minutes for social studies. In the secondary grades, the ambiguity in objectives for required social studies coursework has proven to be challenging.



Watch Chef Bryce Sorem on the Food Network show Chopped on August 20th at 9pm Eastern Time. The episode is called "Oh My Hot Dog Pie." Hope you can all watch live! If not, you can always search it later and watch. We will be flying to Europe the next day, so if you want to discuss the results with Bryce, he may be on an airplane or with no phone service. Enjoy! Bridget and Bryce