

R F N I

February - 2021

Issue No: 361



Listy is Honored
by the Kiwanis

Retirement News Continues

By Listy Gillingham



Just when I thought I had drifted out of the education scene as quietly as I had entered, I had two surprise contacts regarding my work at Henry High School. The Allied Gardens Kiwanis club is a service organization that

loves to honor Henry students on a monthly basis. We were invited to their breakfast on the third Thursday each month where we selected a special student to share with them for their leadership or community service work. After my retirement, the club wanted to recognize my contributions to the community and decided to put a 6-inch by 6-inch brick in my honor at the corner of Waring and Zion road. The brick reads “With special thanks Elizabeth “Listy” Gillingham Patrick Henry Principal 38 years of service to SDUSD.”

Grandsons Liam, Braeden, and Riley Keith with Grandpa Bob in tow visited the brick and took a picture to complete the honor. A zoom meeting was held with the Kiwanis club to award the brick as well where former SRHS vice principal, John King, who I worked with at Scripps

Ranch High School as a teacher and later as his vice principal (John was a math teacher) spoke on my behalf. Valerie Crawford, a Henry teacher, also made some statements as well as the Kiwanis president. It was a heart-warming event and much appreciated.





Later that week, I got a call from council member Raul Campillo from the 7th district who wanted to bring me a special commendation certificate to thank me for my years of service. This certificate noted the positive impact I had on the lives of the thousands of students I had served over my career. Hard to imagine how many students I have had the pleasure to interact with, given, I worked at two of the largest high schools in the district and one of the largest middle schools as well.

Finally, you most likely haven't heard the last of our retirement celebrations as Francis Parker has yet to officially honor Bob with the Gillingham Family courtyard event, which will be held once it's safe to gather together again.



**Pandemic Cabin Fever:
The Nic/evin Fam Finds
Refuge on Palomar Mountain**



By Kevin Riel

Finding unique, kid-friendly outdoor activities now that we are almost a year under the thumb of coronavirus is becoming more and more challenging. Even our beloved weekly beach trips can feel routine. As such, we pounced on the generous invitation by Aunt Listy and Uncle Bob to stay at their Palomar Mountain cabin this past month, especially as a storm had just peppered the mountain with snow.

One of the many benefits of being a Southern Californian is that snow is a charming novelty rather than a seasonal threat. After we reached about 4,000 feet in elevation on our commute up the mountain, and started to see dirty shards of roadside sleet, the conversation shifted from whether we were “there yet?” to “Whoa!! Look!! Whoa!!” By the time we reached the cabin we might as well have been in Siberia: snow everywhere and the kids were psyched!



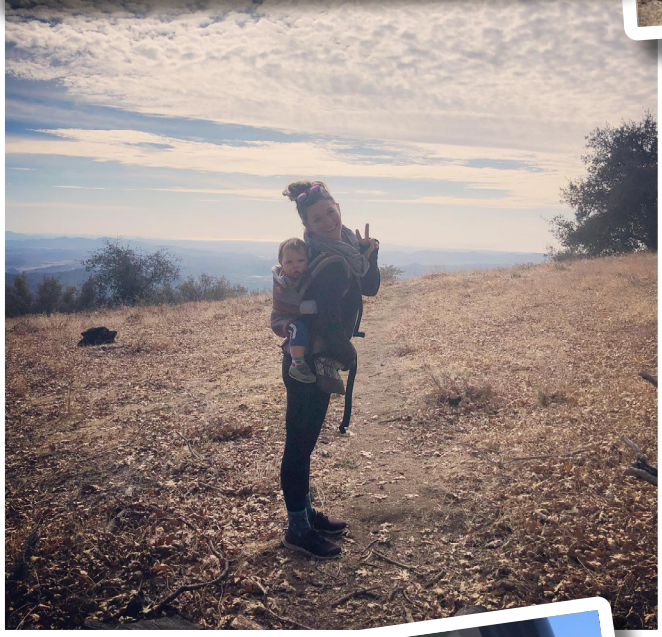
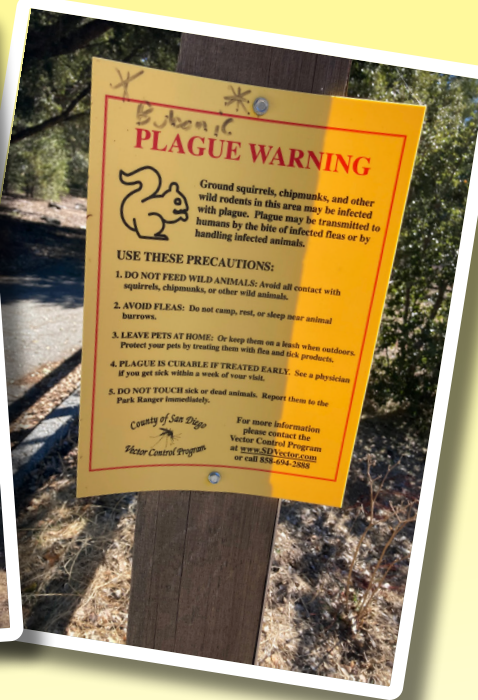
Over the course of four days, terrifying snowmen and snow-creatures rose out of the earth, and clothing that was never meant to be worn outside of Ocean Beach was sopped by snowballs and sledding wipeouts. We went on two daring, icy-trail hikes through Palomar Mountain State Park and were amazed by how well the kids fared. Our favorite hike was a doozy: it took us about five hours to go five miles up to the Boucher Hill Fire Lookout and the best view of Southern California we had ever seen.

We could clearly identify Rosarito all the way to Dana Point, a real treat after so many tears had been shed on the way up. We big-time recommend. Wait...but did I mention the many trail signs warning of squirrels with bubonic plague?

Thankfully, we made it through the trip unbiten, pustule-free, and refreshed. Among other things, the getaway was an opportunity for Nicole and me to take a break from master planning our next big life move. Will we stay in San Diego? Or will we escape to some utopian international enclave with socialized medicine, more gently priced real estate, and automatic-weapon bans? We currently have no idea: Stay tuned!

We want to, once again, send our immense thanks to Aunt Listy and Uncle Bob for the generous offer and respite from pandemic cabin fever in their feverless cabin. We hope everyone else is finding creative and restoring ways to escape.









Kieran's First Snow

As if Kieran hasn't already had an extremely wild year, he is now getting a lot of snow in his life! We got hit with about 2 feet of snow the first day of February here in New Jersey. Bryce has been getting used to salting, shoveling, and making delicious snow day treats. Kieran wasn't exactly thrilled by the snow, especially since it was so cold.

In other Kieran news, his first tooth came in, he is sitting up, crawling, babbling, and loving his food. It helps that dad is a chef and makes all his meals oh so yummy. His first birthday is just around the corner (3/29). Most importantly, Grandpa Big Al, uncle Brett, and aunt Carinda will be meeting Kieran for the first time on his 1st birthday! We are all so so so looking forward to the special moment that Big Al gets to meet his first grandchild.



**SNOW
SPECIAL**

Be My Valentine

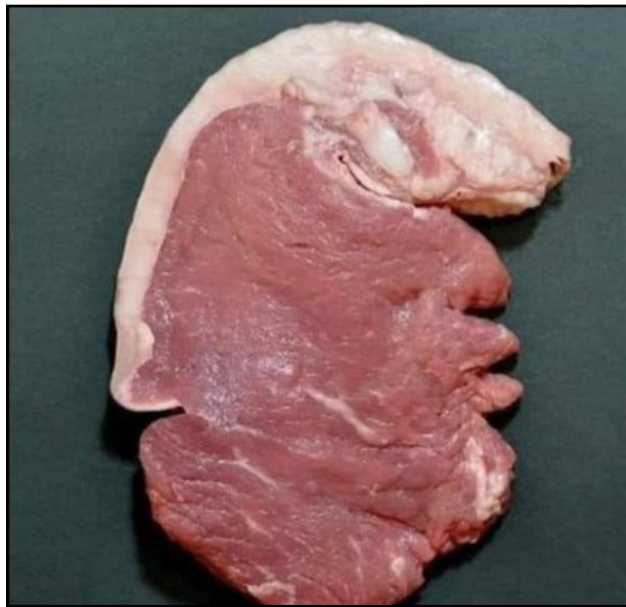
H Y W F P P S E A M U S
M A D I C T W G V H F W W N V P
K T Z U C E L I Z U D O P H E N A O G W
D V E X S Q O A Q V D T D E Z H D L N C Z P F
A B P V T J R R Q U D P I A T A R V G G C N A
L L O Q I C E A B R K C S T V A C B B U C N D
A S H B N N P F A I N I A Y K I N Z V J N Y H
N I C O L E H H F A N M M Q T U D N B A B J G
K O B K M C L R M I K E E Z E D K I N S S
R C L I P F R F Z Q R W J E L K Q E T
I R O E X L Z Z A S H L E Y K O R
S O S H Q I G B Y Y W P N T E
T P G O R S H L E J A T B
Y N A N B T R M R O O
M B I R D Y F C R
K J I M L S A
C A R O L
N G L

Just in time for Valentines, how many sweethearts can you find?

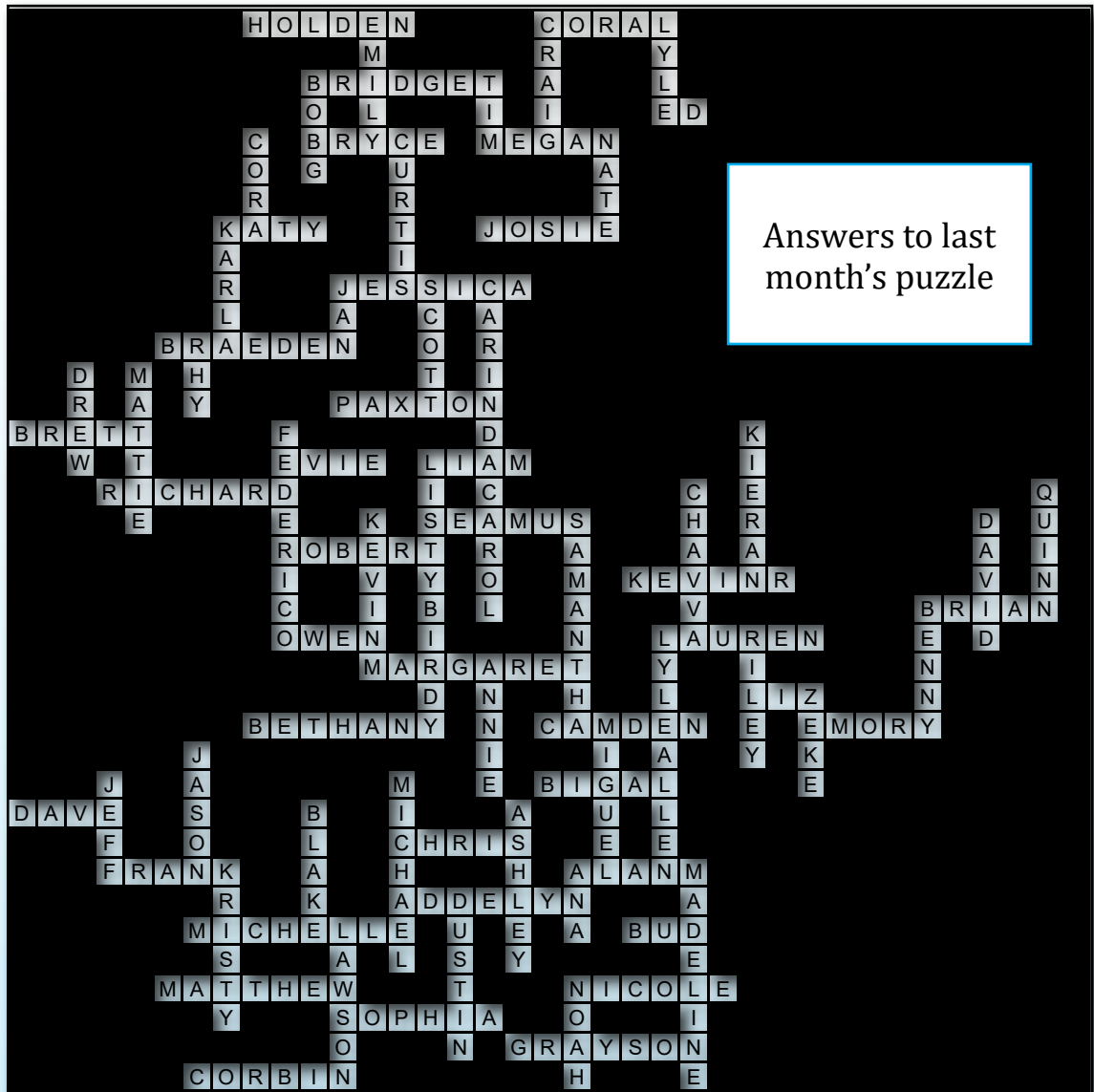
If you look really well, you may find some people who are really swell.

Count them up and and double check, because if you mess up you will say heck!

Not everyone was used to make this test. But everyone in the Riel family is really the BEST!



OK, So I messed up last month and left one Photo out so to make up for it we will have a run off between Trump and Racer man. To vote you either state "I vote for Trump" or "I vote for Racer Man". (BTW I don't want to influence your vote in any way but if racer man wins, Birdy will double the prize and then Lyle will double it again!!!!).



The light at the end of the co-vid tunnel



By Margaret Riel

There are (very) few advantages to being older. But one is that we qualified for early vaccination. The younger generation will have to wait a bit longer but hopefully, in a few months we will turn the corner and we'll again enjoy a more social and safer world. San Diego health officials are starting to make the vaccine available to those over 75 on January 19 and at some health care programs, the age limit was down to 65. Within a week, free vaccines were available through the city, but you had to be somewhat nimble to find them on the computer. A set of appointments would open up, but then before you could complete the form, they would be gone. But with some persistence it was possible to find a slot.

Ed and Jan Riel both received a Pfizer vaccine at Imperial Beach, on the 30th of January and will get the second one on the 20th of this month. Registration continues to be difficult and you have to be good with computers to get your vaccine. Jan was able to get two slots an hour apart, but it continues to be a difficult to find a slot. There was a small glitch in a missed delivery of the shots to Imperial Beach which caused a two-hour delay. However, they report that people were very friendly, efficient, and well organized. The delay in delivery meant that they both spent hours at the site, but they were finally vaccinated. Ed had a hardly noticeable sore arm for the rest of the day. Jan was sick the remainder of the day. They are hoping for a new delivery person for the next trip.

Bud got the Moderna shot on Jan 20th, which was a Wednesday afternoon, down at the Petco Superstation. He did not have to leave the car. After a quick registration, they lined up a row of about a dozen cars, and then everyone was given the shot relatively quickly. The row was held until 15 minutes had passed and then after checking-in with each car, the row of cars all drove away, and a new row entered the space. The whole process took about a half-hour. No apparent symptoms on Thursday but it was a very stressful day, so it is hard to know. He learned

that his hip replacement was put on hold again, then he had to have cancer drilled out of the back of his ear only to return to a dead battery. However, on the next day, Friday, he had a mild headache, was a bit chilled, and slept solidly for 3 hours in the afternoon. After that nothing but a slightly sore arm for another day. His second shot will be after Feb 17.

Margaret received Pfizer vaccine in La Jolla, on Thursday, Jan 21, at Scripps. This was a walk-up location but outside. It was very efficient. Drive up, park, check-in at one tent, wait about 5 minutes for a vaccine station to open up. Some more questions, vaccine administered and then to a large waiting area with a timer that would go off in 15 mins. Again, no longer than 30 minutes total. Her symptoms were a bit like Bud's, nothing on Friday, but one day later, Saturday, she woke with what was threatening to be a migraine headache (but never got that bad), no appetite. She went back to sleep at 11 for about an hour, and then again from 4-6. She had chills but once awake, all symptoms were gone. She received the second shot on Feb 11 and fortunately, Scripps had shifted to a drive-up system which was very efficient. Shot in the arm in 5 minutes, cars wait in a car park with a 15-minute timer on the car. When the timer goes off, you can leave. After one day She had no serious symptoms, just a bit lightheaded and queasy feeling (but this might be because Bud is away in the hospital getting a new hip). Day two, no problems at all. It might have helped that she was taking an immune system booster set of vitamins every few hours as suggested.

Jeff and Carol Benesch were very lucky to get their first vaccine, Moderna, on January 20th at Petco Park. It took them about an hour from start to finish. They waited for the longest time outside the park in line. It was no big deal because they just sat in their car and listened to MSNBC. Once they got into the park, the process was very easy. They took their driver's licenses and checked them in, then they drove into a line of cars where nurses came to their car and gave them a shot and a sticker. They had to wait 15 minutes and then drove away a little more relieved to have the 1st of 2 vaccines completed! They had the vaccine in the morning and they both felt fine until the evening when they both felt like they were getting the flu. Aches, tired, and Carol had a headache. They went to bed and felt much better in the morning except Carol still had a headache also, they were both a bit tired the second day. Nothing was awful and by the end of the day, they were back to normal. A small price to pay to keep them healthy!! They have their second one on February 26 and 2 weeks after that they should be a little safer in a somewhat unsafe world!



Bob Gillingham joins the post 65 group and received his Pfizer vaccination at the Grossmont Mall on Feb 3rd. He waited in line for 10 min. and then the 15 mins. He will return in three weeks for the second dose.

Richard seriously believes the virus is a world-wide hoax. Since it doesn't exist, he sees no need for vaccination (or any other Covid precautions).



Cabin Fever

By Birdy Hartman Hall



Covid sure makes it hard to continue to enjoy life in a traveling kind of way. So, we have to be creative with our get-a-ways. Bob and Listy were kind enough to invite us to their mountain retreat at the end of January, for a little snow fun. We left Friday at noon and drove up in the storming rain. At one point, we even saw hail pound our cars as we climbed towards Palomar. But the real thrill was the last 3 miles of the trek as the slush turned into snow and ice. It was a little scary driving up the last hills as we worried about the ice on the roads, but Lyle's excellent driving skills kept us safely on the road without any problems.

We had to park up the road because Bob and Listy's driveway was blanketed in snow and even

the big truck did not like the thought of going down it. We trudged across the snow with our suitcases and ice coolers amazed by the beauty that we were enveloped in. There was 15 inches of snow and more falling with each step we took. We settled inside and decided that we would watch the snow with the fire blazing and do our adventuring on Saturday when the skies were predicted to be clear.



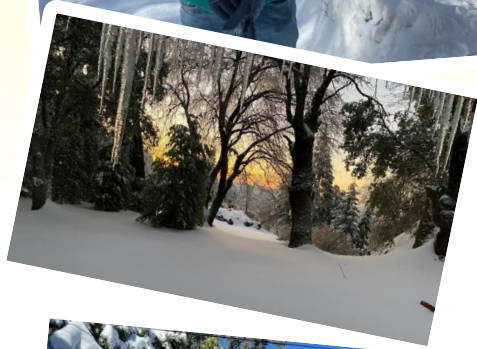
There is truly something magical about waking up in snow. It was so soft and powdery that it glistened every time the sun rays touched the surface. I kept thinking that we were seeing fairy dust because it sparkled like Christmas lights as the morning continued to unfold.

We had a hearty Listy breakfast and could not wait to go outside to play. We tried sledding on a small boogie board, but it didn't quite get the speed that Wild Lyle is accustomed to flying. So, we took a hike to the local store and picked up a new sled. Lyle could not wait to test its capabilities, so on a small slick hill on the road back, he jumped on it and went flying down the road. You could hear his laughter echoing off the hills as he slid to a final stop (with a truck coming straight for him). Luckily, the driver was going slow and saw his silly ride happening.



We returned to the cabin and continued to check out the new ride. Bob proved a little tall for the tiny sled (awe...the advantage of being short finally pays off). But Listy and I had a great ride down their neighbor's driveway. Lyle and Bob enjoyed it too, but it didn't quite live up to the Matterhorn slope of their dreams. So, we went to the other side of the cabin where the drop is much steeper. Success! Lyle and Bob got to spin out of control while Listy and I cheered them on.

Listy and I made a sloppy looking snowman. We drank happy hour outside on the deck as the sun slowly set. We enjoyed great dinners and a crazy game of Mexican train. We watched movies and golf tournaments. It was certainly a vacation and a wonderful get-a-way. Thank you, Bob and Listy for opening up your home to us. We can't wait to go again...hint, hint.



FAMILY SHORTS



Hip Hip Hurray,

It finally happened, Bud has a brand-new hip-and now he has a matched set! One setback after another delayed the process for almost a year but will finally (hopefully) be able to walk without pain. Some of you might remember that Bud avoided a heart attack by paying attention to symptoms, but the heart procedures pushed the hip replacement forward 6 months. Then there were other issues with teeth and skin each of these pushing the date forward. And then there was the holiday pandemic spike. But finally, they opened up an operating room and the hip was replaced on Feb12. The doctor reported that it was a routine procedure. He did say that he could "see Bud's pain." But now bone will not grind against bone. He will need to go through some physical therapy, but he is eager to get started. Apparently, he has to pass a physical therapy test to be able to come home and guess what? Bud is home and already he is in less pain than when he left. And his pain will diminish daily instead of getting worse. All is good with the Mehan Household!



Studio SWEAT San Diego

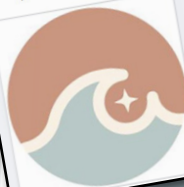
Yesterday at 5:00 AM · 🌐

Float like a butterfly, sting like a bee! Wishing [Chavva](#) a Happy Birthday in 1..2...3!!! With three little ones at home, this woman deserves 9 rounds of free time and self care! She is an amazing team player, one heckuva fighter (in every way) and a big piece of our Studio SWEAT pie. Happy Birthday Chavva girl! We hope you have a knock-out day with less boxing puns than we just gave you. 🥳🔥🥳



Nicole Schwander Riel
2h · 👤

Friends! I'm so excited to announce a big project and labor of love that I've been working on over the last few months! I hope you can check it out and hopefully we can YOGA together soon! Sending lots of light and big love! A huge shout out to my homegirl [Joanna Lai Lord](#) who made this beautiful work of art come to life. Forever blessed by amazing friends, dedicated students, inspiring teachers, and the love of my family. Drop me a message to join our community, or sign up via the site!



NICOLERIELYOGA.COM

Nicole Riel Yoga

Blissful yogawith Nicole Join the Community Find a flow that fits your life
Nicole offers classes up to five days a week online through Zoom, Yoga One San Diego, and MA yoga. Classes are designed for all-levels: modifications...