

Grandpa and Grandma get settled in new home

One of the things we learned in the moving process is that it is more work to unpack than it was to pack up at the beginning. We were fortunate to have so much help from our children, and we would still be unpacking if it wasn't for them. Everyone pitched in at one time or another, and we unpacked and put away most of our belongings. However, we still are left with some full boxes that need our attention. The worst is over, however, and we now can work to a more relaxed schedule. The following pictures show some of the post-move activities.



The Riel Family Newsletter

Catch the News

November, 2002

Bob and Listy compete in marathon

Dad,
Here's the latest sports news for the newsletter

The triathlon's in the books, and the day was even better than anyone could have imagined. Bob competed in his first half-iron man. He was awesome. He swam 1.2 miles, rode on his bike for 56 miles, and then donned his running shoes for a half marathon (13.1 miles). He did a super job on all three...proving to us all that he is a real stud! I joined a team as a relay runner (I ran the half marathon and wisely let someone else swim and bike) at the last minute after someone scratched, and our team came in 10th overall. This event was supported the Challenged Athletes Federation and drew lots of big names besides Bob and Listy Gillingham. Celebrities including Robin Williams, Jim Carey, Will Ferrell (sp?), and world-class athletes including Michelie Jones, Paula Newby-Frasier and Scott Tinley rubbed elbows with mere mortals in a wonderfully intimate gathering at the Cove. The previous day, participants were introduced to some of the most amazing challenged athletes including Melanie Benn, a woman who lost all of her extremities after contracting a virus. To see her swimming in the Cove alongside pro athletes was quite moving. Another, "One-Armed Willie," bounced back from an industrial accident at the Watergate Hotel to challenge able-bodied athletes. He's had some remarkable triathlon times (Bob saw him fly by on three-mile mark), including a 10:47 at Ironman Hawaii (without any prosthetic device). After the swim and the bike, Bob said he was feeling very good, but the run was tough (it was very hilly). Nevertheless, he beat his goal of six hours by 3 minutes with a finishing time of 5:57 for over 70 miles of swimming, biking, and running... He Rocks! He also beat his fundraising goal for the CAF. He had hoped for \$2,000, was dreaming about \$3,000, but was speechless and most grateful to all of his supporters for the \$7,000+ he was able to hand over to the stunned organizers. If you saw how the money was spent to support these challenged athletes, you'd understand how excited he was to be able to help.

I also ran my yearly 50K in the mountains just to keep my mind sane from the many stresses of my job. Hope everyone is well and feeling fine.

Take care.

Listy

Thanks, Listy, for this great account of a real achievement by Bob. He is to be congratulated for the performance he demonstrated, and even more so for the money he raised for this deserving charity

Listy has sent me some pictures by e-mail, but so far we have not been able to spring them loose from the computer. Hence, we searched the RFNL photo file for some suitable replacements, and offer the following as substitutes.



As you can see Listy is finishing strongly, and we imagine Bob would have been ready for some food after all that exercise.

Craig hired by Barona Medical Services

Recently we received the following e-mail communication from Birdy.

Hi Dad

I have Craig news for you. He was interviewed, tested, and



hired by Barona Medical Services. He is officially a working EMT (Emergency Medical Technician) He has to spend a year working as an EMT before he can be hired as a paramedic. We are so

excited for him.

See you soon, love Birdy