



Congratulations to all four class of 2004 graduates!!!

The year 2004 saw four grandchildren graduate from high school, and get ready for the next big jump, college in September. All four are beginning to plan for future studies, and each one is thinking about a future career.

Katy Riel -

Katy tells us that she is interested in a career as an elementary school teacher. She is enrolled at San Diego State University, and will start her studies there.

Bryce Sorem – Bryce is enrolled at Arizona State, and wants to study movie making. This fits in with Brett, who has similar interests, and the two brothers are talking about working together when they finish their education. They are anxious to start working on their first Oscar winner!

David Gillingham – David has enrolled at San Diego State University. He has not made a firm career decision, but is considering Business Administration.

Scott Hartman – Scott also is enrolled at San Diego State University. He has not yet made a career choice, and will continue to review options.

We wish the very best for Katy, Bryce, David and Scott!!!

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The Riel Family Newsletter

Catch the News July, 2004

Bob Gillingham completes iron man marathon race

Recently we received the following e-mail report from Listy.

Bob successfully completed the California Iron Man Triathlon in Sacramento (Lake Folsom) last weekend. This event includes a brisk 2.4 mile swim around Lake Folsom, a 110 mile bike ride, and a 26.2 mile run. Listy and his parents, Dave and Martha, were there to cheer him through each stage of the race. He came in 7th in his age group and was 66th overall.

The student council at Francis Parker Lower School gives a "GOALS Award" each Monday at Flag raising to acknowledge their peers who have demonstrated good sportsmanship during the week before. This past Monday, the students presented their GOALS award to Dr. Gillingham, along with a surprise banner signed by all the students. In addition, faculty members and sister-in-law Birdy Hartman presented Bob with a unique plaque, an antique iron as the base and a brass plate, noting him as a real iron man. Bob's overall finishing time was 12 hours and 37 minutes, which was enough time for the avid spectators to enjoy a full breakfast, lunch, and dinner without him as he blazed through the course. The winds made the bike ride a bit grueling but it didn't deter him from his goal of completing that event. (Note-in the picture to the right Bob is wearing the yellow shirt.) We witnessed many half iron man competitors collapsing after their races and complaining about the high winds for the mere 56 mile bike ride Bob was a little sore after the event, and had a prize-winning blister to show for his efforts, but other than that he recovered rather quickly and I'm sure this won't be his last race.

Thanks, Listy, for this story. In addition, Listy's report included a summary of Bob's position and time for each event, as follows.

EVENT RANK PACE
Swim 181 1.9 miles/hour
Bike 51 17.6 miles/hour
Run 84 5.5 miles/hour

The entire family congratulates Bob for successfully competing in this most challenging type of marathon race. We have some pictures to show, as follows.







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Catch the News July, 2004

Jessica's "The 5 Lands" story concluded

In the July issue of RFNL we started Jessica's story about her visit to five locations in Italy. You may recall that at the end of the account Jessica had been introduced by her teacher to a lady who hand makes costumes for the Palio, (a famous horse race in Siena every summer, in witch hundreds of people dress up in clothing representing their district).

So that was very nice of my teacher, especially for coming along to help me out with my Italian. That's pretty much all the news for now. Oh I wrote Aunt Birdy an email, but it got kind of interesting so I just included it. Here it is:

Aunt Birdy,

One of my favorite things about Milan was the Duomo! It was really beautiful. If you go there definitely go up to the roof. (You can take an elevator or the stairs). You literally walk on the roof and it is huge! It is a maze of stairs where you can see the whole city. Almost every big city in Italy has a Duomo. I love the one in my home town of Siena, but they are all amazing in their own ways. Milan's has amazing, huge, stained glass windows as well as the roof. Florence's is equally as amazing and famous. My favorite place so far in Italy has been the Amalfi coast near Naples. I wasn't a huge fan of Naples (It's a big, dirty, noisy city) but a little ways south via an amazing bus ride, you reach the Amalfi coast witch consists of Sorrento, Positano and Amalfi. I would definitely suggest going here. Positano was my favorite city but they are all amazing. You can also take a ferry to the island of Capri, which I didn't do but all my friends said was amazing. Rome is a good place to start; there is so much to see. Definitely go to the Vatican museum. Although its claim to fame is Michelangelo's Sistine Chapel, It houses tons of other amazing pieces of art. The place is huge and definitely worth the visit. (If you want a great book to read before you go, or while, I suggest Irving Stone's The Agony and the Ecstasy. It's the story of Michelangelo's life and it talks mostly about Florence and Rome. I am half way done and it is amazing. I am reading about all the places I have visited and the art I am seeing, and actual I feel like I know how it way to be here during the Renaissance. I also bought a small touristy book about Michelangelo's art so I can look at the finished pieces while I am reading about them. It is really fun.) Other than that, I have loved every place I have visited, in different ways. If you want an amazing hike, go to the Cinque Terre. It's a hard 5 hour hike on the cliffs between the 5 cities but the views are definitely worth it. If you want any more suggestions just ask me what you are thinking about and I can tell you what I have found out! You are going to have a blast!

I love you all and wish you all the best. I hope the weather there is as nice and hot as it in here! Ciao, Jessica

Some Father's Day celebrations

Due to so much travel Grandpa enjoyed several Father's Day celebrations. We enjoyed dinner with Rich, Liz,, and JJ at



Seaus
The
Restaura
nt, in
Mission
Valley.
As usual,
we
enjoyed
great
food and
a good
time.



On Father's Day Sunday Birdy joined us at St Vincent's, and Grandpa figured out that something else was in store. When we arrived at out favorite

Chinese restaurant we were joined by Bob, Listy, David,



Scott, and Curtis. We all enjoyed our meal and the chance to talk to some family members. We missed Bruce, who was absent due to business travel.

Finally, we were

treated to lunch at the Red Lobster, by Carol and Jeff. We also enjoyed the company of Birdy, Jason, and Dustin. It was another nice celebration, and we really thank all who remembered us on this special day of celebration.

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The Riel Family Newsletter

Catch the News Sully, 2004

Some news from Aunt Eloise in Sumter

We just received the following letter from Eloise.

June 26, 2004

Dear Edith and Frank,

Your monthly newsletters are always welcomed. Both Susan, Debbie and I appreciate being able to keep up with your family. And I think it's a godsend for Marie Fowles, who is almost blind. She's just celebrated her 91st birthday! She is always in good spirits when I talk with her. Marie is living with her daughter, Georgia, in Berea.

Susan and Jason are well and as busy as everyone else. They still write as lot, and are now working on a book together. It is history not fiction. Alex is keeping busy this summer with the Governor's Art Camp, as well as camps for soccer, and Science. He achieved his Black Belt in the martial arts, and is working toward the next one.

Debbie is in New York this weekend for a meeting with the International Leukemia Board. They meet twice a year, and Debbie always enjoys the meetings. She is still teaching school at Thomas Sumter, and loves it. Dave's construction work keeps him busy. Right now he is working in Charleston, Columbia and Charlotte. He likes to be outdoors.

Andy is happy with his work at Fort Bliss. Stacy, Maribeth and Rollins were here for fifteen days earlier this month, and Andy was able to get a long weekend pass. It was great seeing all of them. We do miss them but are grateful that they are safe and secure. Andy, as Chaplain, spends most of his days at the airport counseling troops as they depart for overseas, and the troops coming back to the States.

Scott still likes his work at the hospital ER. Unfortunately, his next promotion would be for a desk job, which he really doesn't care for. He does like Charleston and now had an apartment on the battery. The David Cup tennis matches will be held in Charleston this September, and Scott has asked me to go with him. Γ m already practicing turning my head from side to side!

While Stacy and the girls were here, we spent some time at Folly Beach, so that Scott could be with them also. Maribeth is four years old and Rollins is one, and so much fun to be with. I'm sending pictures that were taken at the beach.

Thank you for continuing to send the newspaper. We do appreciate all the news. Give our regards to all your family.

Love, Florise

For those of you who are not familiar with the family of



Eloise, Grandpa's Brother Jim (deceased) and Eloise have two children, Susan and Debby. Susan is married to Jason Silverman, who is a history professor at Winthrop University, in Rock Hill, South Carolina. They have one son, Alexander. Debbie married David Nix, a building contractor, and they have two sons, Andy and Scott. You may recall that Eloise and Scott visited San Diego a few years ago. Andy's wife is Stacy, and they have two

daughters, Maribeth and Rollins,(the baby).



A surprise party for Birdy

A few week age some of the family noticed that Birdy was sort of down in the dumps over the stress of moving. So, an impromptu surprise party was organized. It was known that Birdy and Listy meet every year on their birthday, June 3, at TGIF. It was decided that a few family and friends would show up and be surprised to find Birdy and Listy there. This scheme worked well with Grandpa and Grandma. When they saw Birdy and she said "what are you doing here" their answer (the truth) was that they were on the way to the baseball game, and stopped by to pick up a couple of sandwiches. However, after a few more people accidentally drifted in Birdy caught on to the scheme, and we all had a good laugh and a good time. We hope Birdy was cheered up and ready to go back and face the moving mess with increased resolve.



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