

LISTY'S BACK!!!



Listy's Legacy
Lives!

Rock n Roll
SAN DIEGO
marathon legacy
MAY 6, 2012
Say Happy Birthday
711

Listy's Legacy
Lives!

The Riel Family Newsletter

Catch The News

June 2012

RFNL 256



A LETTER FROM LISTY

Dear Family,

This injury has definitely altered my life and challenged me in many ways. As most of you already know, I had a tibia plateau surgery on March 7th, from a freak volleyball accident. What you may not know is how important everyone was in helping me get back on my feet (literally). I want to use this race to say thank you to the people that made a difference when I was recovering and prepping for the race.

Mom and Dad- I'll never forget the we had our Sat. lunch with Birdy because of some back pain, the same...Of course....I kept moved to a cane and then on there....and I know mom ferent...having her run up

Ed- Always a great brot-proud to finish under 5 to see me finish which who greeted me on the around...it was great to finish.

Margaret- I don't know jump in for a half marathon and I appreciated you being the sign to let everyone know

first day you came to see me at our house. Eddie brought you over and too, a week after my surgery. I know Dad wasn't too comfortable but he came anyway to help me feel like my weekends would be coming for lunch after that...in my walker for a time.....and slowly my own two feet again.....Thank you so much for always being would have trained with us or walked with us if things were dif-to me, half way through the race reminded me of that...

er...there at lunch and there at the end of the race. He was hours, officially kicking my butt, and waited around isn't easy to do when you're sore...Thanks to Tim, course and Kevin and Nicole who also hung have so many family members at the

what possessed you to walk....but you did it there...holding I was impor-

t a n t ...
You also called and stopped by my house, even with mom and dad in tow, to make sure I was healing properly.

Francie-You helped me in my darkest moment of despair when the depression set in. I had a good week of feeling sorry for myself, realizing the impact of the injury and how my life has ultimately been changed so quickly. You brought me mindless tasks to help me forget about it and you encouraged me with advice along the way. You also showed up for a 4-mile walk on an early 5:30 a.m. training session which was great support for the race.





Carol-You are another crazy sister, who decided to take on the marathon challenge with me. You showed up for a few training sessions with Robert and realized what a fierce trainer he can be. It was nice to have you there to soften his demands...although it never worked...and being there for the entire race... sometimes holding my cane and cheering along the way. Thanks to Jeff, Jessica, Miguel, and Benny for also stopping by to check on me when I was stuck at home...your visits always boosted my spirits. And to Jeff, for encouraging us on your bike and at the race...it was great to see you on the sidelines. You also got the media there...which added to the drama of the entire event.

Robert-You are officially the GREATEST brother in the world. There is no way I could have done the race without you. From the moment you heard about the accident, you made it your personal crusade to lift me back up. You helped when my back was aching by getting me a chair that would support it better, you stopped by to harass me in the middle of the day and you also called frequently to see how I was doing. But most importantly, you pledged to help me when I was ready to walk again. You showed up during the week and on the weekends and pushed me so I could make the time cut-offs. Each week we tracked my training and I never, ever thought I'd get to 4 mph. I don't think any of our siblings know what a drill sergeant you are...never giving into my pleas of "but it hurts" understanding my capacity to get through it and pushing all the

way. You carried my cane, on demand...and never once complained about your aches and pains to complete a marathon that you have seemed to avoid to do for many years. Thanks for not accepting my excuses and helping me resume my healthy life, even though it isn't a running life yet.

Birdy-You also were there, thick and thin, every mile of the way...but in a different capacity. You also were there during my dark moments...helping me cope...and cheering me up. You took me shopping, pushing me in a wheel chair, and helped me any way you could. You took a few days off from work (although you were really sick) to help break through that last week of being home alone. You also spent your birthday, cheering me on, from the half way point to the very finish. A long day of standing and waiting, but I very much appreciated seeing you there. You also trained with me twice for the race. You helped me with my first mile walk (took an hour with a walker)...and you was there for the 8-mile trek around Lake Murray with Robert. That 8-mile walk gave me hope that I could accomplish the goal and having you there to help train with me meant a lot. You are the best twin sister anyone could have.

Annie- You are the greatest long-distance daughter in the world. It's amazing how you played such a great role in my recovery. You happened to be sick the first week I was home and your 8-hour time difference put you home in the middle of most of my long days so we were able to skype quite a bit. Your encouragement meant the world to me and I loved sending you my up-dates as I began to walk again. I was definitely motivated to walk because I can't wait to see you in Barcelona this summer and travel around Spain with you.



Kristy, Seamus, and Liam- The one benefit of the accident was I got more time with the Keiths. Kristy stopped by with Liam in the afternoons to give me an hour of relief where I could focus on being a Grandmother instead of thinking about my leg. Though I couldn't pick him up, I could sit next to him and pretend to read to him while he ate my books. You also came to dinner a bunch and gave me the moral support I needed. And, there was no greater sight during the race to see all three of you at the midway point, cheering us on.

David and Megan-Both of you were there to help me throughout my recovery. You brought dinner over a couple of times (giving Bob a break) and you spent time with me helping me along on the way. Megan was my lunch buddy and even took me to the hospital to have my blood levels checked. I loved the support and encouragement you both gave me...never doubting if I could do it.

Facebook Friends- All the cousins were great supporters...giving me words of encouragement along the way which also helped me. The finish was crazy...I never got so many notices of love and support...and I felt proud to have them recognize the accomplishment even though the time was not record-breaking by any means...you all made me feel like I won an Olympic Medal.





HAPPY MOTHER'S DAY

This year Mother's day was celebrated at Jeff and Carol's home in San Carlos. The day got started around 11:00 am as friends and guests started to arrive. Francie brought fresh picked flowers from her garden for all the Moms in attendance. Brett, on the other hand, brought his new puppy, a shiba inu (a hunting dog from Japan that is one of the few ancient dog breeds still in existence today) named Messi after a Argentinean soccer player. It is one of the cutest puppies you will ever see and of course Francie quickly claimed him as her grand puppy!

As usual there were plenty of munchies to snack on as everyone got caught up on the latest news. Listy's leg was well on the mend as she had just finished a training walk of 12 miles the day before. Nate reported that he was doing well in his electrical apprenticeship and really enjoyed the work. And Chavva was on hand to keep us all informed on the upcoming wedding.

Brother Ed, brought Grandma Edith and Grandpa Frank to join the fun, but unfortunately Richard and Birdy could not make it. Birdy was back east visiting Michelle for her 30th birthday and also attending Curtis' graduation from collage (see related article).

Jeff expertly grilled ham-

burgers and Chicken for the group and there were plenty of side dishes to round out the meal. Carol made Grandpa Frank's favorite orange salad to go along with the fresh fruit and freshly baked bread that Margaret brought.

It was a beautiful afternoon with a warm sun and cool breeze. Everyone enjoyed the great food and company. Carol and Jeff did a wonderful job in preparing for this event. We all thank them for hosting another successful Riel Mother's day party! As Grandma Edith said "the only thing that would make this better would be if we all went out and played Bingo!" Not to worry Grandma, Carol, Jeff, Robert and Karla are taking you and Grandpa to Bingo on Memorial Day.





Curtis Graduates, Michelle Turns 30!

Okay... I never do this so this time you just have to indulge me...I'm very proud of all four of my kids but right this moment I am in Washington D.C. at my #3 son, Curtis's, graduation from Catholic University of America.

Through middle and high

school Curtis caused Birdy and me great frustrations with comments like "What are you so upset about a "B" is good enough!" And chants like "a "B" gets a degree." Lazy was the operative word!

After a weak start at SDSU and then 5 years serving our country in Korea and Iraq as a sergeant in US Army intelligence, Curtis came back with a new lease on life. Today he is graduating with high honors in History and Secondary Education (and a teaching credential that will actually help him earn a paycheck) The Honors include: Magna Cum Laude, Phi Beta Kappa Academic Honor Society, Phi Alpha Theta National History Honor Society and 2012 Strong Scholar – Hattie M. Strong Foundation...He is also starting grad school in the fall to begin work on his PhD. (Our second Dr. Hartman)... Birdy and I are very proud of him...and the best part is...he's a great kid!



We were exceptionally gratified that Michelle and David attended the graduation ceremonies and afterwards hosted a great party for Curtis back at their place. Michelle went all out for her brother with lots of decorations, food gifts and fun. We were so appreciative of her efforts. As Grandpa Frank would say, "A good time was had by all!"



While in Washington, we took an evening to celebrate Michelle's 30th (yes, you read that right) birthday. We marvel at how this child has pushed herself so hard to be the woman that she is today so it goes without saying that we are very proud of her.



We had a great birthday dinner at Jalio in Bethesda, Maryland. It was a Spanish tapas place with an amazing array of unusual foods. You might like to know that for her birthday we celebrated with ice cream at the end of our meal...but not just any ice cream. We had olive oil ice cream and it was surprisingly great. Happy birthday, Michelle! So happy that we got to spend it with YOU!



Love Mom and Dad (Bruce and Birdy Hartman)



FAMILY SHORTS

Listy is getting so famous that she will need to hire a press clipping service just to keep her up to date on stories about her. In the last month she was the subject of a Union Tribune newspaper article, featured on channel 39 news, on the cover of the RFNL, and even a dignitary for the Tierrasanta Patriot's Parade.



Curtis and Grandpa Bruce really had fun teaching Matthew all about gun safety. Matthew is sporting a 40 cal auto in one pocket, a 22 mag in the other pocket, a 20 gage shotgun in one hand and a 22 bolt action in the other. He shot all four of those today as well as a 22 mag lever gun. He is quite the marksman and he really had a blast! He can't wait to go again.

We offered to leave a couple times and he asked if we could stay a little longer so he could shoot a few more times... He probably shot through 150 rounds total today... and he never once scared Curtis or Grandpa a single time. He totally understood the safety rules and impressed us with his concentration. We'd do it again with him in a heartbeat!



Katy and Brian along with their friends Pete and Janine went on a one week cruise to Mexico during the first week of June. They reported that they had a great time and that we will get an article detailing their trip in time for next month's RFNL



Margaret was recently invited to give the keynote address on global learning through online learning circles (online-learningcircles.org) in Taiwan at a Global Education and Curriculum Conference. Bud went with her and they took this opportunity to visit a friend in Japan, Naomi Miyake, who was one of her partners in starting learning circles in the late 80's. They walked through many beautiful temple grounds, and while they walked all day, it was no where near the pace that Listy would set for the walk and roll marathon a few days later.





Corbin Turns 3!

As usual, many family and friends gathered to celebrate Corbin's birthday. Of particular note was that both sets of Grandparents and one set of Great Grandparents were also in attendance. Corbin, you don't know how lucky you are. Your Grandmother, Birdy, never really knew her grandparents, as one set lived on the east coast and the other in Iran. How wonderful it is for you to have so many loving relatives all living close enough to come to your party.

And speaking of lucky, Corbin pulled in plenty of presents including a Indian tee pee, an Avengers outfit, a basketball backboard for dunking and many more gifts. The guests were treated to Pizza and fresh fruit along with cold drinks. Then of course there was cake and ice cream for all.

Everyone enjoyed the afternoon and there was plenty of laughter to go around especially when Great Grandma Edith was attacked by one of Corbin's gifts (you'll have to get the story from her). Bruce (Pop Pop) and Birdy (Grammy) put on a wonderful party and a good time was had by all!

