



July 2013

RFNL 269

HELLO JOSIE!

July 11, 2013

Welcome to the Family!

Josephine Sophia Hartman

Born July 11, 2013

at 11:08 pm

7.45 lbs. and 19.5"



New Baby Updates



Braeden is showing off his new teeth now that he is almost two months old. Being the first of this year's new batch of babies, he is growing up very fast. It won't be long before he is walking, then running, and after that happens, look out, as he comes from a long line of runners. He may be the youngest ever to compete in an Iron man!



Michelle and David as well as Lauren and Curtis have been busy "nesting" as they are due at any-time now. You may recall Ana, Michelle and Lauren all had the same due date July 15, 2013, we know who was first, but now we need to see who will be first among the first time mothers- Michelle or Lauren. Who knows by the time this issue of the RFNL is published we may already know the answer. We understand that Listy is on standby for Birdy and Bruce as they are in Europe and had been given instructions to take lots of pictures and "stand in for the Bird."



Jason and Chavva are not at the nesting stage yet as they still have about a month, or so, to go. But that doesn't mean they're not ready. They celebrated their upcoming birth with a shower last month where they received a good start toward their "baby stuff."

Ok, so far this year we have two new babies, two more coming any day, and another in about a month. That's five, count'em, five new members of the family in a span of about four months. So is that all for this year??? Read on...



Kevin and Nicole Visit Hawaii. And Are Expecting in September!

*Aloha From
Hawaii*

Vacationing in the sun is one way to prepare for having your first child, and that's exactly what Kevin and Nicole did this past month. As many of you know, the happy couple made official, what many knew months ago, in that they were expecting their first child this September. Let's face it; you just can't keep secrets in this family!



We are all very happy and excited that the stork will be working overtime later this year to bring a new baby boy to Kevin and Nicole, and of course don't forget Skip the wonder dog! Needless to say Ed and Jan are really excited about becoming grandparents for the first time. Ed can hardly wait until he gets to surf with his grandchild. Rumor has it that he is building a custom board that even a 1 year old can ride! According to Ed "you don't have to walk to be able to paddle!"

The following is from Kevin telling us about their trip to Hawaii:

My cousin Shannon has lived on Maui since early in the Clinton Administration, so Nicole and I figured it was high time to get over there and hang loose, five, ten, and whatever else to celebrate the end of a grueling school year. Add to this Shannon is a flight attendant with Hawaiian Airlines in possession of cheap family standby tickets. Add to that she seems to know everyone who's anyone on Maui along with every secret beach, surf spot, and fish-taco stand from Hana to Honolua. Suffice it to say, our loose was hung.

We managed to do it all beach-wise the seven days we were on Maui: we snorkeled, kayaked, sun-bathed, beach-jogged, cat-napped, day-dreamed, waded, back-stroked, boogie-boarded, body-womped, and surfed in sea turtle and tiger shark infested waters over razor sharp reef and lived to the tell the tale. We also ate ribs and venison and fish tacos delicious enough to challenge the nutritional dogmas of any pair of otherwise full-time vegetarians (i.e. us). We also just had a really great time hanging out with Shannon and her friends and the gecko who lives in her kitchen named Pancho Henry.



On top of everything we couldn't get on a standby flight out of Oahu for three days so had an unexpected bonus vacation and pilgrimage in which I surfed myself silly at Waikiki where Duke Kahanamoku invented the modern version of the sport/lifestyle I cherish above all others. We finally made it home with Polynesian skin tones and resolutions to return every year.

Mucho aloha! - Kevin



Nine National Parks In Twenty-Four Days



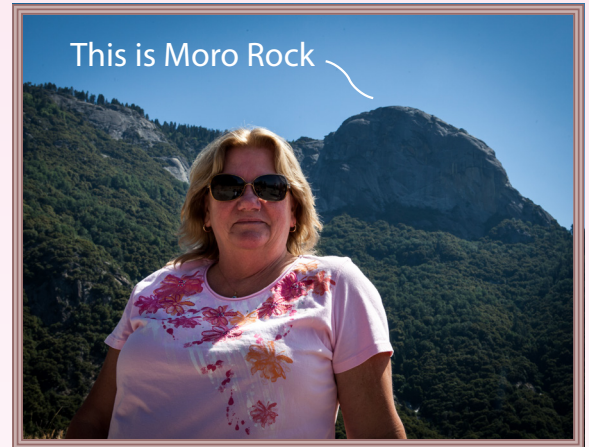
If it's June (and there are no weddings) then you know it's time for mine and Karla's annual motorhome trip across the country. This year, we had no real plans other than to visit Sequoia and Yosemite National parks. After that we were going to "wing it" and see where the wind blew us, and in a motorhome that can be almost anywhere! We had about 24 days to spend on vacation giving us one day back before we had to return to work, so we made the most of it! Leaving on June 6th we drove to



Visalia, California which is just outside of Sequoia NP. We got up bright and early the next morning to visit the park. Our good friends Doug and Kym Farkas had recommended a few things to do that day including visiting Crystal Cave and hiking to the top of Moro Rock. The weather was rather hot (well over 100) but the Jeep had good air conditioning so off we went.

Crystal Cave is at the bottom of a 1/2 mile hike down into a canyon. Even though it was hot outside, inside it was a nice 50 degrees which we really enjoyed. The cave had all the typical things you would see in a cavern type of environment and it was very pleasant place to visit. However the walk back up was not one of Karla's favorites and she could be heard muttering something about having a talk with Doug when she got back.

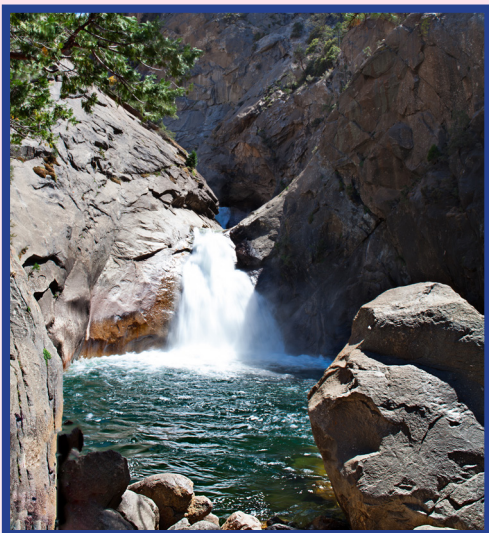
Next it was Moro rock and the first thing that greets you is a sign telling you that there are over 350 very steep stairs to go up. Karla was thrilled! She



kept saying how Doug was "#1 in her book!" Funny thing was, she didn't use the index finger to indicate number one as most people would do... but oh well. Once we got to the top we were rewarded with a wonderful view and that made the climb well worth it!



The next day we went to Kings Canyon NP which is just north of Sequoia which required a jeep trip of about 250 miles, round trip. The canyon is very long and narrow with a river running the whole length of it. There were many waterfalls and we enjoyed the scenery as we drove through the canyon.



On Sunday it was a short trip in the motorhome to just outside Yosemite NP. Once we got all setup, we jumped in the jeep for a visit to the park. We drove up to Glacier Point which overlooks the valley and were treated to a spectacular view of Half Dome and Yosemite falls. We even took a hike out to Taft Point where you can stand on the edge of a 2,000' cliff and look down into the valley.

For the next 4 days we spent wandering around the park. We saw all the usual things like Bridal Veil Falls, Sentinel Dome, Yosemite Falls, Cooks Meadows, the Giant Sequoias at Mariposa Grove and the Tuolumne Meadows area. All in all it was a great visit; however, I think it would be better in late April or early May as we were told there would be more water in the falls at that time.

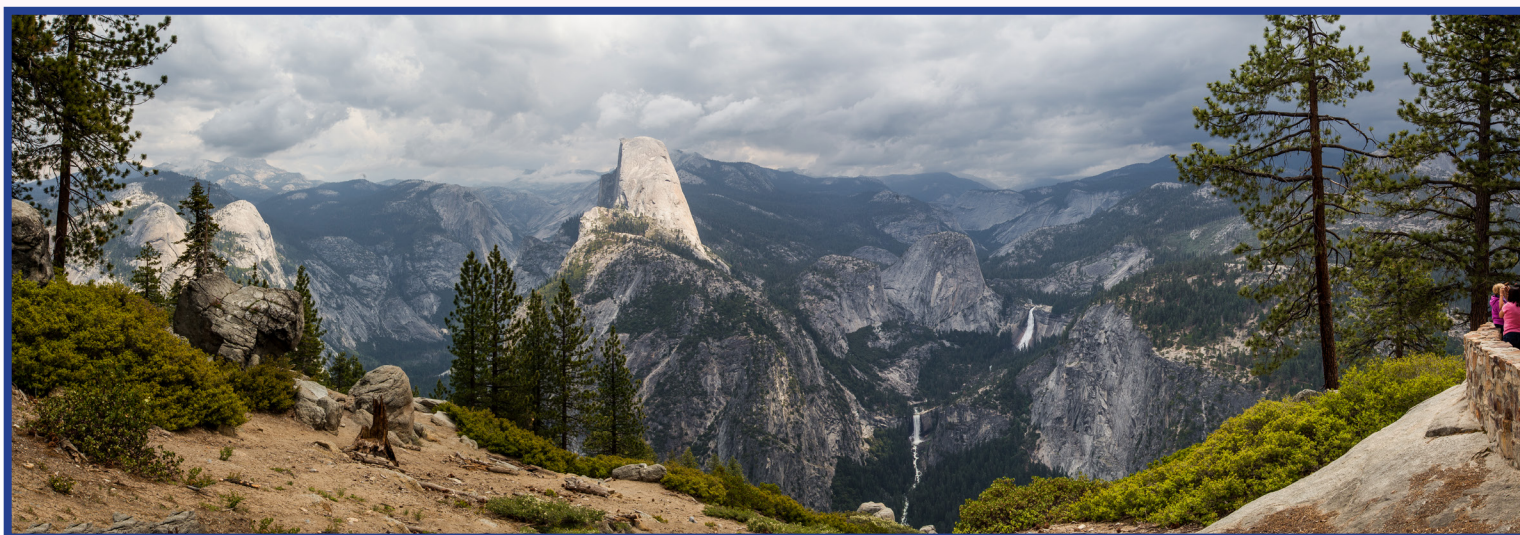
With the planned part of our vacation over we decided to head to Reno and spend a day there. Our campground was next to a large casino and we couldn't resist calling Grandma Yaya and telling her where we were. She was so excited that she asked us to play a \$1 for her in the slots machines. Which we did and she won \$2 doubling her money! We liked the area so much that we decided to stay an extra day and visit Virginia City.

It's about an hour drive from Reno to Virginia City, up a long grade and into the mountains. Which begs the question just how long did it take the Cartwright's to "ride into Virginia City?" Regardless, we found our way into town and actually met the great grandson of Mark Twain. He was giving a tour at one of the old homes in the area originally built by Randolph Hearst's father, who, as the story goes, walked into town with nothing

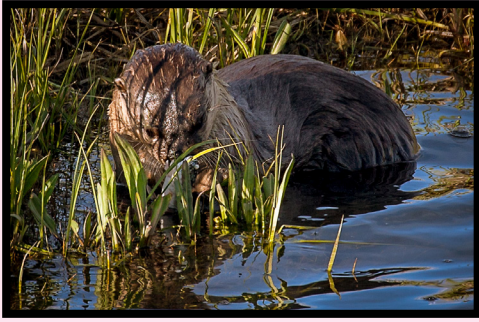


and made it rich in the silver mines. The town itself is interesting but felt a lot like main street in Disneyland with a lot more junk (excuse me) antique stores.

The next day we decided to go to Yellowstone, so off we went. It took two days of driving, with a stopover in Twin Falls, Idaho for the night. But we pulled into West Yellowstone around noon and quickly set off for the park in our Jeep. You might not realize it, but the sun stays up until around 9:30 so we had plenty of time to view some of our favorite places.



We are always on the lookout for animals, large and small, and did manage to see a river otter with a fresh catch of fish for dinning on the river's edge.



The next day I got up early (4:00 am) to catch the sunrise (5:15 am) while Karla slept in. I like going out early as it is the best time to catch the animals before they disappear into the woods. I was lucky enough to catch a grizzly bear wandering through the geysers and he even stood up for me!



I also came across a bald eagle waiting by the riverside to catch some fish. All in all, we spent four days there with one of them being used to drive down to the Grand Tetons NP. The Yellowstone area, including



Grand Tetons is one of our favorite places to visit. The spectacular views coupled with the abundance of wildlife makes it a must see for everyone.

Another favorite spot we love to visit is Glacier NP and since we were so close we decided to head "North" and pay it another visit. This park has it all, waterfalls, massive lakes, snow covered passes, flowery meadows and hikes for just about any skill level.



Karla and I decided on a nice hike along Two Medicine Lake. It was fairly flat, lots of pine trees and even a few river crossings. We opted to go for about an hour out and then come back. We ended up going out for about an hour and ten minutes before turning around and I told Karla that we should try to beat our time going back. I didn't get a very enthusiastic reply but she said she would try.

As we were going back we were passed by three younger people who pleasantly greeted us as we let them go by. A few minutes later they were back saying they had run into a Grizzly bear right on the trail. We all waited around to give the bear time to pass and then as a group continued on. Here's the funny part, all of a sudden Karla had no trouble keeping up with the young kids, and in fact we made it back in less than an hour, even with the wait for the bear. Now I know how to motivate Karla to hike faster, just get a bear to follow us!

After Glacier, we spent a few days driving down to St George Utah, where we spent a day visiting Zion, Brice and Cedar Breaks National Parks. Just like at the beginning of our trip the weather had turned hot again and was peaking around 110 degrees. But the nice part was once you got up into the mountains it cooled off considerably.

Zion was packed with visitors and there was no place to even park, so we just drove through saving this park for another trip. Brice Canyon was great, cool weather, not very crowded and spectacular views! Later as we drove back to our campground we went through Cedar Breaks National Monument which is at an elevation of over 10,000 feet. For you skiers it's located right next to Brian's head ski resort.



The next day we drove a short two hours in the RV to Las Vegas where it was 123 degrees. We took refuge in the casinos having an early dinner and then strolling around trying to find some soft serve ice cream which we eventually located at the dairy queen in Excalibur's food court. We again called Grandma Yaya to see if she wanted to bet her \$2 and of course she did. Unfortunately, she lost it all, poor Grandma.

We got up early the next day to beat the heat and drove back to Alpine and a conclusion to our trip. We had a great time and are already looking forward to next year. But until then it's time to get the motorhome ready for the Charger season as it is just a month away... GO CHARGERS!



Bryce celebrated his 27th birthday this month and he was joined by both Francie and Alan who flew out to New York to be with him. As it so happens Jeff and Carol were there visiting Jessica and Benny as well so the group including Bryce's girlfriend Bridget, got together for a lunch. That's a pretty good turnout for an out of town party!

FAMILY SHORTS



Matthew Hartman graduated from the Creative Performing Media Arts (CPMA) Middle School this year and is headed to Point Loma's High Tech High's media arts program next fall. Congratulation to Matthew and good luck in high school!



Jeff was one of the marchers at this year's Gay Pride parade held in Hillcrest on July 13th. He and Carol braved the crowds to watch and participate in the annual event. As he put it; "Tens of thousands of people lining the streets of Hillcrest celebrating the demise of Doma and prop 8! Proud to be one of hundreds of marchers in San Diego's most colorful event!"



It was Grammy day for the twins, Corbin and Liam when they all went to the Rueben H Fleet Science Museum in early July. They (the kids not the twins) got to play with all kinds of cool stuff including a fire engine. Listy was busy teaching Liam how to run one of the many computers for kids they have while Birdy went with the standard chalk board. They had a great time and as the grandkid population grows there will most likely be many trips back to Balboa Park!



Corbin recently celebrated his 4th birthday with a party featuring family, friends, cake, ice cream and lots of presents. He also shared a few fun facts with the guests like his favorite color, yellow, or favorite animal a monkey, and he can count all the way to 100. When asked what he would be like when he turned 5 next year, his answer... "I don't know!"

Francis Parker School turned 100 years old in June and Bob, Listy, Rex and Holley all joined the party to celebrate this momentous occasion. Here is an interesting fact there was a Riel family member attending Francis Parker when it celebrated its 50th year do you know who it was?



Margaret and Bud Do Qatar

By Bud Mehan

Margaret and Bud parlayed their participation in the 20th annual International Education and Resource Network (iEARN) conference in Doha, Qatar to learn more about Arab culture and Islamic religion. Margaret, recently appointed to the Board of Directors of iEARN, presented two papers—one on her widely-used specialty, Learning Circles, and the other on Action Research—which she is encouraging iEARN members to use more widely in order to document the impact of iEARN projects. Bud attended sessions and provided informal advice to colleagues.



Before, during, and after the conference, Margaret and Bud braved 100 degree F temperatures and 75% humidity to travel extensively. Doha is actually two cities: The "old" Doha is a quaint small desert town. The new Doha—fueled by discovery of incredible oil and gas reserves—since 2004 has built dozens of skyscrapers—occupied by businesses, universities, and residents. Each is more uniquely designed and opulent than the next. Texas A&M and MIT—two universities with branch campuses in Doha, are built out of beautiful red marble—acquired from a quarry in Turkey that the Qatar government bought out. The buildings are all works of art with many different and some very strange structures..



The Qatar National Conference Center—which housed the conference—is twice as big as San Diego's—and is made entirely of in-laid marble and glass, and supported by an abstract tree-like trunk structure. The crystal wine goblets set at the conference served meals were amazingly beautiful even if they only held water. Alcohol is not served anywhere in the country except for a few western hotels.



The Villagio shopping center has every recognized British and US high-end store, I-Max and 3-D theaters, gondola rides, and an ice-skating rink—all indoors under an artificial cloud flecked blue sky but with high conditioned air. In anticipation of the 2022 World Cup, Qatar is building a set of football stadiums with retracting roofs and water spraying devices to reduce temperatures.

The Islamic Art Museum is an extraordinarily beautiful architectural marvel and houses Islamic art, textiles, ceramics, and inventions from Turkey, Iran, Iraq, Morocco, Afghanistan and (what is now) Spain. Margaret and Bud were especially captivated by Astrolabes—calendar-like devices (often made of brass) that tracked the movement of stars, the sun, and moon—used notably to determine the direction of Mecca from anywhere and to inform believers of the times in the day to pray. These artistically crafted scientific devices date to 500 AD—which predate the invention of many similar devices built in Europe.





A thrilling ride in a high-powered SUV up, down, and over sand dunes gave them a spectacular view of the desert. The overbearing heat was abated somewhat by toe-dipping in the Arabian Sea during a break in the ride.



The Souq Waqif is a traditional open-air market where clothing, household items, and food can be purchased. As many natives as tourists

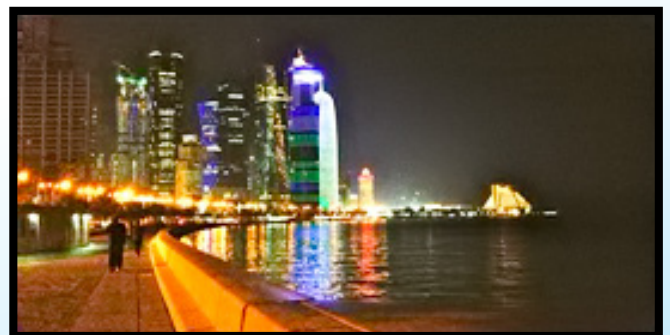


shopped there when Margaret and Bud visited. Locals carted wheelbarrows full of goods through impossibly narrow passageways. Abayeeas—the black robe that covers devout Muslim women from head to toe (and face)—were sold in many stalls. Margaret absorbed a bit of local culture: henna tattoos on her hand, arm, and leg.

The food, culture, sights, sounds and heat of the Arabian nights all made for an unusual interesting adventure.

Qatar's population is unusual, to say the least. Native Qataris number about 250,000; foreign workers number about 1,500,000. Foreign workers come from other Arab nations, India, Bangladesh, Pakistan, Southeast Asia, and the Philippines. Because of Qatar's extreme wealth, natives do little manual and service sector labor—leaving that to expats. Foreign workers receive no benefits and can't own land—policies that produce extreme stratification by race and ethnicity. According to a native Qatari film-maker/educator we met, Qatar's abundance makes it hard to convince Qatari youth to work hard in school; they already have the trappings of success.

Qatar has more forcefully entered regional and international politics recently. Al Jazeera is based in Doha. The Taliban recently established an office in Doha—presumably to engage in negotiations with Afghanistan. Qatar pledged weapons such as shoulder-fired missiles to the Syrian rebels—over the objections of the US—and \$8 Billion to Egypt during Mohamed Morsi's year in office. (By contrast, the US provides \$1.5 B in annual aid to Egypt). Qatar has also supplied funds to Islamists in Tunisia and Libya—rebuffing their powerful neighbor, Saudi Arabia in the process. Some of these military moves can be attributed to Sunni-Shiite sectarian divisions; others to Qatar's desire to support predictable central governments.



Birdy and Bruce are off to Europe!



On the day their newest grandchild was born Birdy and Bruce had already left for Europe barely 12 hours before. As we all know they had made their vacation plans well before three of their children announced they were going to have a baby on July 15th.

So off they went and are at this very moment having a great time with their good friends Holly and Rex. Once they found out that Josie was born they celebrated in true Riel fashion, with an ice cream toast to their new granddaughter.

Most likely they will have two more grandchildren by the time they get back. But for now, it's time to relax and enjoy the farmlands of Europe. There will be plenty of time to spoil the grandkids when they get back. No doubt Birdy is taking lots of pictures and we can expect a full report in next month's RFNL.

Rock 'N Roll Update



Listy and Bob Gillingham along with Ed Riel participated in this year's Rock 'N Roll Marathon which kept Listy's legacy streak intact. As many will recall it was only a year ago that Listy finished the marathon despite having her leg and knee joint broken just months before the event. This year was a different story as she returned to her old form. Additionally, Bob Gillingham in preparation for his Iron man race decided to just do the half marathon and had a great time.

Ed also finished the marathon in his usual surfer style; no problem and easy going. Ed is remarkable and has run this race for several years, each time making it look easy but we know all that surfing is good training.

Carol, Jeff and Grandma Ya Ya were on the course ready to provide encouragement and support. While Robert along with Family friend Doug Farkas (Kym ran the race with Listy) traveled the course taking pictures and providing new cold bottles of fluids half way through the course.

Congratulations to Bob, Listy and Ed, great race and we can't wait to see you do it again next year!

E RIEL
Finish Time
04:50:33
(unofficial)

Point	Time	Time of Day	Pace
START	00:00:00	6:24:12 am	
10K	01:02:28	7:26:40 am	10:04
13.1M	02:12:29	8:36:40 am	10:11
20M	03:31:20	9:55:31 am	11:26
FINISH	04:50:33	11:14:44 am	12:47
			Avg Pace 11:06

LIVE RESULTS BY & TIMING BY

LISTY GILLINGHAM
Finish Time
04:31:39
(unofficial)

Point	Time	Time of Day	Pace
START	00:00:00	6:18:00 am	
13.1M	02:04:52	8:22:52 am	09:32
20M	03:20:29	9:38:28 am	10:58
FINISH	04:31:39	10:49:39 am	11:29
			Avg Pace 10:23

LIVE RESULTS BY & TIMING BY

ROBERT GILLINGHAM
Finish Time
02:04:21
(unofficial)

Point	Time	Time of Day	Pace
START	00:00:00	7:18:06 am	
5K	00:32:00	7:50:05 am	10:18
10K	01:01:56	8:20:01 am	09:38
10M	01:37:04	8:55:09 am	09:17
FINISH	02:04:21	9:22:26 am	08:48
			Avg Pace 09:30

LIVE RESULTS BY & TIMING BY