



***Hello Blake !***



## Hello people we care about,

Thanks so much for your phone calls, e-mails, text messages, thoughts, and good vibes—they were/are deeply appreciated. We hope you will forgive the couple weeks of radio silence, as we've been focusing all our energy and concern in one direction, which seems to have paid off: Blake Nikolaus Riel, who was born Friday afternoon on September 6, is doing great.

As you may know, Blake was born with a birth defect called gastroschisis. "The birth defect you want to have if you had to pick one," said one of our doctors. In other words, it's very treatable. Blake rang in his first week of life with two surgeries and both went well. He recently waved goodbye to the ventilator, and is expected to make a full recovery within a month or so—home for the holidays!

In the meantime, Blake will continue healing, Nicole will continue pumping with steadfast resolve and decreasing enthusiasm, Kevin will be confounded by directions for things called Ergobabys and Blooming Bath Canarys, Skip will defy his bark collar, and we will all look forward to being with you soon.

Much love,

Nicole, Kevin, Skip, and Blake







## **Karla and Robert Visit Owen**

***(Along with Michelle and David)***

As of this moment both Karla and I are in Washington D.C. for the NECA (National Electrical Contractors Association) convention. Which means the RFNL will be published from our nation's capital this month. Yes the government is shut down and everything is closed down, but the news, the Riel Family news that is, must go on.

There will be more next month on our trip but after all, going to Washington is not about the memorials or the Smithsonian's or even the white house or capital building. No, it's about having a chance to see Owen, David and Michelle.

Michelle and David graciously invited us to dinner so we could meet the little guy. So we jumped aboard the metro (we Washingtonians call it that) and took it to the Forest Glen stop where Michelle picked us up. They live in a beautiful old neighborhood with brick homes surrounded by trees that were just starting to change color.

We had a great time catching up with the Lanes and especially playing with Owen, along with his special friend Jenny (see family shorts). David BBQ'd some Kielbasa and veggies (the onions were really great) while Michelle prepared salad and sweet potato fries with her special seasoning. MMMM it was great.

We had a wonderful time and really thank David and Michelle for their hospitality. And just to set the record straight and because it's never happened before... We were the first Uncle and Aunt from the Riel family to visit Owen, woo hoo! I also know Margaret will be there soon, so who else will be making the trip to Washington??? Listy, I think you need to make plans! However, Michelle tells us that the family is coming out for Christmas as she wants to be there for Annie's special announcement (see family shorts for more info).







By Birdy Hartman

# Keeping Track of the Second Generation...

With my growing family, it is hard to remember where and what everyone is doing. So here is a rundown of the Hartman clan.

Michelle is married to Dave Lane. She is a Microbiologist in the United States Navy in the National Capital Region. She is currently working to develop clinical tests that verify the function of vaccines that the Navy is developing for Enterotoxigenic E.coli. However, she is most excited about a 2-year Clinical Microbiology Fellowship she will be starting in July 2014 to become an American Board-Certified Medical Microbiologist. Dave is an Economist at the Bureau of Labor Statistics (BLS). His job is to track prices for real-estate, books, management consulting and investment consulting for the Producer Price Index - a monthly publication put out by the BLS. But their biggest achievement to date is the birth of their first son, Owen David Lane. So far, a very go-with-the-flow kind of guy... though not afraid to speak his mind when he feels it's necessary. His fa-

vorite things are his activity gym, his swing, modern art (think geometric shapes in black & white) and singing. His favorite tune is "Itsy Bitsy Spider" especially with hand motions. He is one smart cookie (says his adoring Grammy and can coo with the best of the new babies).



Craig is married to Ana Arboleda Hartman (or Hartboleda as she likes to be known as on Facebook). They live in a house that they have been busy remodeling in Sierra Mesa (just few blocks from Aunt Francie) Ana is an Associate lawyer at Gordon & Rees LLP. She is a member of the firm's Insurance and Environmental/Toxic Tort practice groups. She is lucky because she can do a lot of her job from home and still enjoys the goodness of being a mom. Craig works for Hawthorne





Power Systems and often travels the world repairing generators, engines, wiring....you name it, and he can repair it. He specializes in high tech control systems. He has made quite a name for himself in the industry and companies think nothing



of flying him out to remote places just to have his expertise! Together they have 3 children.

Matthew is their oldest at 14! Can you believe that? He is currently going to High tech high as a freshman and reports that he loves it there! He is an excellent student and a wonderful big brother!



Corbin is 4 years old and attends preschool in Kensington. His latest stats say: When I grow up I want to be a ninja. His favorite color is yellow. He loves broccoli and his favorite toy is Batman! He also plays soccer on Saturdays with other 4 year olds. It is quite entertaining to watch Corbin's version of soccer.

He will kick the ball until someone else comes along and then he politely stands aside to give them a turn to kick. The ultimate nice guy! And Josie is the apple of everyone's eye. As Corbin put it to his mom, "Josephine is so beautiful. She is the most beautiful in my whole world." We all could not agree more!

Curtis is married to Lauren Cooper Hartman. They live in Seal Beach, CA (just an hour and a half north from San Diego). Curtis is currently a teacher at Saint John Bosco Catholic High School. He is teaching a psychology class to seniors, AP Art History and The Old Testament in Religion. This is his first year as a new teacher. He also is work-



ing on getting his Masters in Education at U.C. Fullerton (Go Curtis!) Lauren is working at Clean Energy which is the largest provider of natural gas fuel for transportation in the US. She is their associate lawyer working on contracts. She is always busy and takes a lot of pride in doing her job. However, their most important job is the raising of their new baby, Cora Nataline Hartman. They are doing a wonderful job as new parents and the proof is in the adorable happy face photos that they often send our way (hint hint). At two months old the doctor



reports that she is strong and has an amazing grip! Look out world....here comes Cora!

Scott is working as the front desk Manager that the Bahia Hotel in lovely San Diego (living in Tulsa taught him that there really is no place like home!). He enjoys the challenges of working with guest to ensure that their vacation dreams are met to a tee. His sparkling personality and charm certainly goes far in this role.

He is living in Linda Vista with a group of friends that he has known since college days. He is dating a lovely girl whom we enjoy hanging out with. Karen Schwartzman moved here from Nashville, Tennessee. She is currently working for Honda as a car sales person. So if you are in the market for a new or used car, come on down and she can hook you up. Just ask Scott, he bought a pretty sweet car from her this last year and boast that she gave him a swinging deal!!!!

Bruce and I are very proud of our growing family and we love sharing them in the RFNL. Listy and I have given our updates. I wonder who will be next in the Riel updates on the next generation. Stay tuned!





# Listy Gillingham Celebrated as Nominee for San Diego Magazine's Woman of the Year

By Francie Sorem



On Tuesday night September 24th, Listy Gillingham was celebrated as a nominee for San Diego Magazine's Woman of the Year. It was a great honor to be considered among several other women in San Diego as Women Who Move the City.

Listy was nominated by her good friend and running partner Doug Farkas who recognized her many contributions as a professional woman and as an inspirational example of courage and resilience.

There were several members of the family there to cheer her on. Her husband Bob of course, daughters Kristy and Annie, son David accompanied by Megan, Mom, Margaret and Bud, Carol and Francie.







Following some delicious appetizers and a few beverages on the rooftop setting of the Westin Hotel in downtown San Diego under a beautiful setting sun, all the nominees were recognized on the video screen as several speakers recounted the importance of Women in business, education and other service industries.

It was a great honor for Listy and though she did not win the top spot she did leave all of us with an indelible impression of her tenacity, spirit and drive.

**DEAR LOWER SCHOOL PARENTS:**

Two weekends ago, I found myself standing in the middle of an old mining town just outside of Barstow, the wind whistling through my hair as the Boston Marathon and Rock 'n' Roll Hall of Fame jackets I was holding flapped away. My wife, Listy, and her dear running buddies, Kym and Doug Farkas, were competing in a 30K race (Doug, a 50K) across the high desert, and I had plenty of time to kill as they negotiated miles of cactus, rock and sand.

As I stared blankly at some character-actor cowboys huddled around a campfire, I reflected on Listy's journey from breaking her leg last March to the present, and I couldn't help but compare it to my other love, the school I've been a part of for so many years. The same kind of single-minded determination that brought my wife back to her mind-bogglingly long races helped our school endure for 100 years through the Great Depression, several wars, near-closure, and any number of other challenges. The same kind of perseverance that finds Listy on the trails every morning at 5:00 a.m. has marked our most successful students for a century. And, the collaborative, collegial spirit that has been the foundation of her informal, makeshift running club for the last 25 years is the same secret ingredient that has sustained our school and can be seen every day, but especially this last week as parents pitched in in countless ways including dressing fairy tale forest characters, portraying colonial figures, decorating our courtyard for Language and Culture Week and showing up all over the county to volunteer their help.

I'll never understand how Listy can bounce out of bed every day before the crack of dawn nor how she convinces others to join her, but like the school that has been my home for more years than it hasn't, I know when I've picked a winner.

Sincerely,  
Bob Gillingham

***Editor's Note: the letter shown on the left was published on the Francis Parker website and was sent to the RFNL by Doug Farkas. Upon reading it, Listy commented, "I didn't even know he wrote this... how sweet!"***







## Merica Family's History Discussed at Mehan's Dinner Party

Margaret and Bud hosted a dinner for Cousin Michael Merica, his wife Linda, Grandma Yaya, Karla and I at their home in Encinitas a few weeks ago. It was a chance for me to get to know Michael and Linda and hear some of the stories they knew about the Merica family.

As Michael tells us Grandma Edith is the last person in the Merica Family to be 100% Spartan. Yes it's true that both her parents can be traced back to Greek Spartans living in what was called Constantinople in the mid 1400's. She is the last of her Generation as all of her siblings have now passed away and all of them married spouses that were not of Spartan blood. However that makes me and the rest of my sisters and brothers ½ Spartan which may explain why we were all so competitive when we were growing up.

Michael also told us the story of how my grandfather Theodore Merica (Edith's Father) made his first fortune. As the story goes while living on one of the islands in the south of Greece he got the idea to

salvage barges that had sunk in the shallow waters nearby. The only problem was how to get them from being sunk to where they would float again, float being the operative word here. So he got an idea to use the stomachs of oxen to create floats that could be tied onto the barge and eventually, with enough of them attached, return it to the surface. Once on the surface the barge could be repaired and then used to haul cargo across the Mediterranean Sea.

OK one problem solved but it created another one; how to get the floats down to the barge and then inflate them? He invented a valve that could be attached to the stomach which could be opened and closed thus allowing the stomach to be inflated underwater. Next he hired local sponge divers who were known for their ability to dive deep and hold their breath for long periods of time. He instructed them to dive down, attach the floats, then inflate them by making several trips from the surface down to the float, opening the valve, exhaling into the float, then returning to the surface. By repeating this process he



was able to salvage, and put back into use barges at a fraction of the cost for new ones.

Because he did not have to expend large sums of money buying new barges, he was able to haul freight for half the cost of his competitors. Thus allowing him to gain new customers and still maintain a high profit margin. His business flourished and he continued to add to his fleet amassing more the 20 ships and barges before he moved on to other ventures.

Eventually he moved to Turkey and set up a very successful mercantile business and started a family of his own. However he also found himself on the wrong end of the local government (if you could call it that) and the entire Merica family was on the verge of being killed; until the US Army moved in to save them. But that's a story for another time. Of course you could always invite Michael and Linda to dinner if you want to hear it sooner.

Michael has a wealth of knowledge when it comes to the Merica family history and he has just finished translating a Greek book called GREEKS IN MODERN IRAN, by EVANGELLOS VENETIS that documents some of the Mercia's family history in Iran. I strongly encourage everyone to spend some time with Michael and Linda as they are a really charming couple and Linda's Greek bread is too die for! Also Michael owns his own Farmers insurance agency so if you need any insurance you know whom to go to.

We all had a great time and I thank Margaret and Bud for the hospitality they showed us even after I tore the bumper off of Bud's Mini Cooper while parking in their driveway. Fortunately for me, Bud was able to buy the parts and repair it himself and saved me a lot of money. So now you all know that even though Bud has retired he can now be called upon as an auto body repair man!!!





# FAMILY SHORTS



Francie and Brett joined Robert, Karla, Katy and other friends at the Chargers vs. Dallas football game held last month. It was a lot of fun as Robert brought down the motorhome which included a 50" plasma screen for outside viewing and a 42" screen inside just to make sure no one missed any of the action from the early games. Francie provided her great tasting guacamole along with other goodies while Robert BBQ'd the beef ribs and chicken. After a great lunch we were all treated to a big Chargers win as well so it made for a great day!



It's pumpkin time again and the kids are out in full force trying to find the best ones to make into jack-o-lanterns. Soon everyone will be in their costumes and getting ready for the big event! So in keeping with the spirit of Halloween (pun intended) RFNL is announcing the 2013 costume contest with two categories; adults 18 or over, and kids. First Prize for each category is \$50.00 and to enter just send in a photo with a short paragraph (or two) as to why your costume is the best. There is no theme, just impress the judge with your costume and of course how cute you look in it (are you listening Bob Gillingham???)



Owen, and his best new friend Jenny are getting to know each other very well. They now take naps together and even finish each other's sentences. Which when you think about it, isn't very hard because neither one of them can talk!



Katy wanted to take advantage of the fact that mom and dad were out of town so she decided to host a party in Alpine. She called it the upper 1% dinner party. To attend you had to dress as if you were among the upper 1% wealthiest in the world. Just how one would dress like that on a beer budget is beyond me but they seemed to have pulled it off. Even Brother Brian came over from Arizona to join in on the fun.

There has been another Annie sighting!!! She spent the day with her nephew Liam, picking out pumpkins and playing in the corn fields. We don't want to give away any secrets but Annie has something really special to announce at Riel Bowl... stay tuned! And no Listy she won't tell you, also she has the RFNL under a nondisclosure agreement until then, so don't even ask!!!



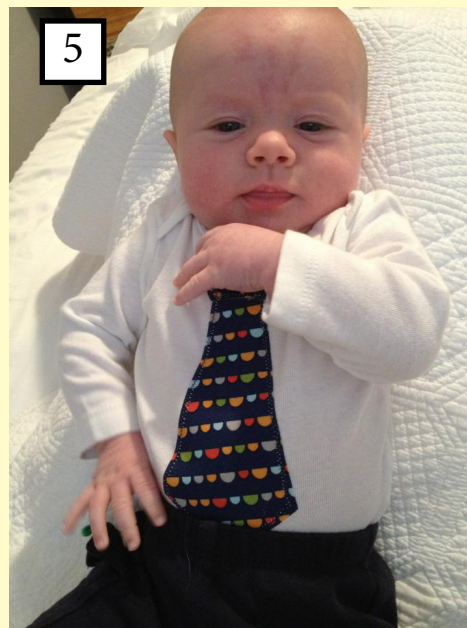
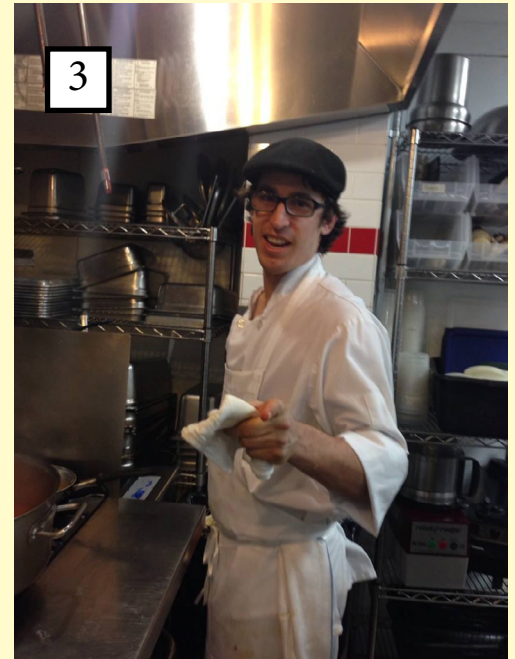


# Grandma's Brag Sheet

Each month we will feature pictures and quotes from the grandma about their grandchild. The question is can you match the picture to the grandma? The answers will be in

next month's RFNL. If you think this is easy be careful kids looks change a lot in the first few years and what if there was some photoshopping going on?

- A. My Grandbaby is as cute as his dad !
- B. My Grandbaby is having a birthday !
- C. My Grandbaby is going to run this country some day !
- D. My Grandbaby is an artist !!
- E. My Grandbaby cooks better than I do !
- F. My Grandbaby is learning a true Riel tradition for the first time !



Last months Answers:

A - 2 - Magaret/? B - 4, Birdy/Corben C - 6, Carol/Benny D - 3, Listy/Breadon E - 5, Birdy/Owen F - 1 Birdy/Cora





## ***Riel Bowl Fantasy Football***

Frank Riel's Frank 'N Berry is the only unbeaten team in the league and is dominating his opponents. Dustin's team Big Daddy is in second place with a tough loss to Nate's team the Naerades. Kevin and David's teams are a solid 4-2 with Robert's team slipping from 1st place to number 5 in the RFNL rankings.

Alan's team the AZ Devils needs some real help while the rest of the pack is looking for some traction. Bragging rights are on the line and so far Frank has all of them. Dustin, how could you lose to a 1-4 team????

Rank	Team	Manager	W-L-T	Points For	Streak
1	Frank 'N Berries	Frank Riel	6-0-0	661.88	W-6
2	Big Daddy	Dustin Benesch	5-1-0	852.50	W-1
3	Rivers' Cowgirl	Kevin Riel	4-2-0	803.62	W-2
4	Morning Woodhead	David Gillingham	4-2-0	717.20	L-1
5	Charger Bob	Robert Riel	3-3-0	696.16	W-2
6	RG3PO	Jason Benesch	3-3-0	637.40	L-2
7	Its not a Fluker	Chris Riel	2-4-0	728.66	L-3
8	Band Wagon Robbers	Brett Sorem	2-4-0	652.20	W-1
9	Brodega	Bryce Sorem	2-4-0	619.10	L-1
10	naterade	Nate Riel	2-4-0	608.98	L-1
11	Deadweight	Mike Mehan	2-4-0	589.28	W-1
12	AZ Devils	Alan Sorem	1-5-0	531.46	L-5