



**Blake Meets the Riel Family**

**Mike & Ashley's Baby Shower**

**Thanksgiving With Bud & Margaret**



# Blake Meets the Family

As everyone knows, Blake came into this world with a few challenges to say the least. But being a true Riel he beat them all and finally came home from the hospital just weeks before Thanksgiving. Kevin and Nicole were obviously very happy to finally have their family complete and under one roof. Even Grandpa Ed and Grandma Jan got a chance to hold Blake in a setting other than the hospital. But there was still one challenge Blake had to overcome and that was...

Meeting the rest of the family. No not just his three uncles, or even Great Grandma Edith, that was easy. No, now he had to meet up with the rest of his Riel Family relatives which include:

14 Grand Uncles and Aunts or Gruncles and Granties.

22 1st Cousins once removed up to 44 if you count spouses and/or future spouses.

10 2nd cousins plus 3 more on the way!

Including Great Grandma Edith, his uncles and the list shown above he has around 70 relatives on just the Riel family side alone. Blake you should really be happy that there is email, texting and whatever else pops up in the next few years. Because if you had to hand write or even call each relative to keep in touch... well that's about all you would have time to do!

If you are curious as I was, as to the actual relationship tree in families, this relationship chart should help (a full size chart can be downloaded at Riel.org or Wikipedia).

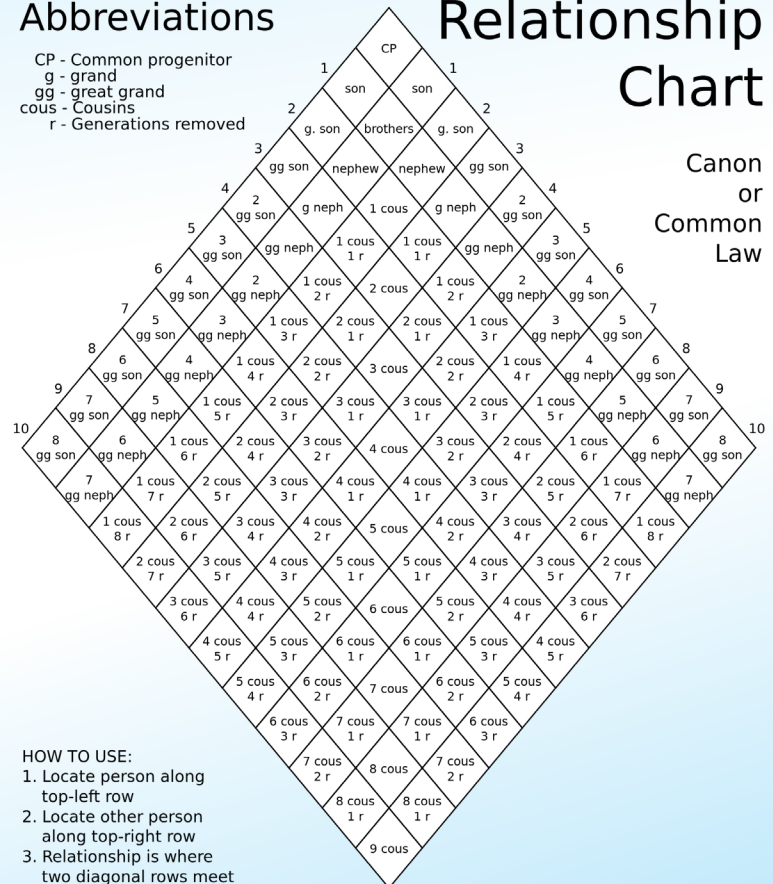


## Abbreviations

CP - Common progenitor  
g - grand  
gg - great grand  
cous - Cousins  
r - Generations removed

## Relationship Chart

Canon or Common Law





# Ashley and Michael's Baby Shower

By Margaret Riel



Baby showers are often an all-female event. Traditionally, it is a gathering of women to share baby stories and shower the new mother-to-be with advice and the many things necessary for caring for a newborn. The shower was to be in San Diego on November 24th and Michael plan to come along and spend the day watching football with his buddies.

Mothers, Margaret and Judi, planned mimosas, brunch and an array of food and drink following "The Runaway Bunny" book theme. It was all was good - until it wasn't. Unfortunately, due to some possible risk factors, Ashley's doctor restricted her travel and she was not able to make the trip to San Diego.

But Michael and Ashley demonstrated flexible problem solving that is critical to successful parenting. Michael flew to San Diego bringing Ashley along inside of his computer. Ashley's mother, Judi, flew to Colorado so that Ashley would not be alone in the virtual world.

On the morning of the party, Michael set up the computer and Ashley was able to chat with all of the mothers and show off her baby girl bump. While Ashley was missed we were happy to be able to see and talk with her. Margaret wheeled the computer around the house so she could see the guests, decorations, and activities. Megan and her long term friend Jessica Freeman (and professional wedding planner, freespirit-weddings.com) helped with the party decorations which made the event look particularly festive. Meanwhile, Michael had created an upstairs football watching, beer drinking event with a few of his buddies where he could escape to for moral support.

When it was time for opening the presents, with Megan at his side, Michael sat facing the computer screen which was projecting Ashley's glowing face. He then proceeded to unwrap the gifts under the watchful eye of both the guests and Ashley who watching from afar, was able to participate in the rounds of "ooowes and aaawes" that signaled well-appreciated presents.



Michael did well trying to describe some of the equipment that was a mystery to him. He was complimented by the room full of women for his good natured humor as he worked through the large collection of presents. The book themed baby shower provided Baby-M with a wonderful library of books that she will be able to enjoy for many years to come.

Later, Megan accompanied Michael as he returned to Colorado and his lovely mother-to-be Ashley. We all wish them the best of luck and hope that Baby-M will find that 2014 was a great year to be born in!





# Thanksgiving, "Riel Style" at the Mehans



## For 18 years straight now...

Bud and Margaret have invited the Riel Family to their home in Encinitas to celebrate Thanksgiving. Back in 1995, the third generation was still relatively young (ages 6 to the mid teens) and us siblings along with our counterparts the "Innocent Bystanders" were still in good enough shape to play a game of soccer at the local field before lunch.

Before we knew it the kids were growing up fast and playing soccer along with us "old people" but still we managed a game before lunch. Next it was watch the kids play and maybe kick the ball around a little before lunch.







Around the mid 2000's the only games played were the ones on TV and many of the grandkids were now bringing along their spouses, boyfriends or girlfriends. Not to mention some of the boyfriends or girlfriends later became spouses. It was a time to get caught up to date with many of the cousins that may not have had a chance to see each other in a while or just enjoy the family doing what it does best... talking, eating and of course planning out the "Black Friday" shopping agenda!

Now we have Great Grand Kids joining in the fun and I would bet that soon those long lost soccer games will start up again. I just know Grandpa Frank is watching us from Heaven, knowing that soon he will have some real games to watch once again.

But for this year it was just plenty of good food, good conversations and the anticipation of the next day's shopping. Fortunately the Riel photographers were in full swing and lots of Family Group shots were taken. For the 18th time we thank Bud and Margaret for their hospitality and as always...

"A good time was had by all"





# The Road to Ironman Arizona 2013

By Listy Gillingham

I don't know why anyone would want to enter an Ironman Competition once, let alone for a 6th time, but Bob Gillingham must have a screw loose because for some reason, last year he thought this was a really good idea. In case you're wondering about the road to an Ironman event, it's almost as hard to get there as it is to compete. This idea started LAST November when we had to travel to Arizona so that Bob could volunteer at the event to guarantee a spot for this year's race. You see sign-ups for these crazy competitions SELL OUT in less than ten minutes, so to get a spot you have to either be a professional, volunteer, or a current participant.

Why there are so many people interested in torturing themselves or paying over \$700 to register is a question all on its own. Bob would tell you it's because of the challenge, he will tell you that it forces you to get yourself in the best shape possible, and it makes you commit. So commit we did and training became a year-long focus. Unfortunately, all good plans never go well when you work full-time and have other commitments beyond just swimming, biking, and running. From January until November, Bob had to think about fitting in approximately 20 hours of exercise in each week (yes, it's like another job).

As the summer progressed, he devoted time to each event adding intensity and distance to every work-



out. The challenge he faced this time, was that his body didn't like this plan. He ran into obstacles such as plantar fasciitis and heel pain and leg pain and back pain (sounds like fun doesn't it?). Running was the biggest challenge because every time he tried to build the miles up, something popped or creaked or snapped or did whatever it could to keep him from going further or faster. So he took it slow and tried to listen to the warning signs as much as possible without losing site of the goal (to complete Ironman #6).

By November, he was looking pretty good (meaning he was getting the mileage in that he needed to survive the event). The week before the race, he tripped while running, jarring his back. He ignored it and finished the 6-mile run. When he bent down to get his keys, he pulled something in his back (one might suspect his age was a factor?). So for a week, he hobbled around trying to convince us all he could still compete. Watching him grimace as he stood up on Sat. (the day before the race) was hard for any of us to imagine that he would make it out of bed on Sunday, let alone compete, but compete he did.

Sunday morning, he got up and started the swim at 7:00 a.m. (2.4 miles). He reported that part went well,



but the last half mile was when his back started to ache more. He said when he tried to get out of the water (you have to pull yourself up on a step), he couldn't do it. Two young female volunteers tried to help him, but he was too heavy (imagine that?). He said he also got a leg cramp at the same time forcing him to stay in the water and wait for the cramp to subside. He then used his upper-body strength and pulled himself out of the water ignoring the shooting pain across his back. He jogged passed us carrying his wetsuit, and quickly (in ten minutes) jumped on his bike for event #2 (112 miles).

He reported that the ride presented its own challenges in terms of the back pain since you're pretty stuck in a "bike tuck" for about 6 hours (I think my back hurts just thinking about that idea). He said it definitely slowed him down as he periodically had to sit up in the saddle to help relieve the stress of being bent over (hmmm....one might wonder that stopping might have helped too). We finally saw him come in and move to the final phase, a marathon (26.2 miles). Coming off the bike and walking upright was a bit of challenge, but he was able to get his running shoes on with the help of a volunteer who laced them up for him, because bending down to tie his shoes was not possible. I



caught his eye as he started the race, and he stopped by for a quick kiss, and stated that running was not likely possible, but he could finish the race. He grabbed his "personal needs running bag" (which he packed the previous night) and pulled out some more pain relievers to help take the sting out.

We saw him four miles later, and he was running (much quicker than most would expect) and told us to go to dinner because it was going to be a long night. I was with Kym and Doug Farkas who had committed to being the officially cheering crew last year when he signed up. We had our own triathlon in sipping beverages at a nearby tavern in Bob's honor and then returned to see him at miles 17, 25, and 26.2.

The look on Bob's face at the end was worth it all, because he did what he had set out to do, complete #6. And of course he said that this would likely be his last Ironman competition, but that comment lasted less than 24 hours. Slowly, the next day it began as he started to make statements such as, "if I trained..." or "when I'm 60..." and "I can do better!" So regardless of the future, for now, I'm happy to report that I have an Ironman Times 6 back in San Diego recovering and planning whatever new adventures lie in his sights over time.



## **Ironman Bob a.k.a. Stubborn Man, Crazy Man, Inspirational Man, Nutty Man, Torture Man, My Cute Husband!**

### **Final Stats:**

**Swim (2.4 miles) 1hr. 21 min.**

**Transition 11 min. 48 seconds**

**Bike (112 miles) 6 hrs. 12 min.**

**Transition 8 min. 47 seconds**

**Run (26.2 miles) 5 hrs. 44 min.**

**Total Hrs. of Exercise: 13 hrs. 39 minutes and 53 seconds**





## Seamus Keith wins 2013 Customer Satisfaction Jabil Global Competition

By Listy Gillingham

Thought I'd share some cool professional information about Seamus Keith. He was sent to Florida last month to compete in the Jabil Global Competition for the new company that took over Nypro San Diego.

Seamus was sent to represent his plant on a project they had entered for one of the four areas of the competition. There were 880 presenters from 10 different countries and Seamus took first place for his presentation on Customer Satisfaction bringing home to his plant \$10,000 and a HUGE trophy and then receiving a great "atta boy" from the new owner of the company.

His presentation was titled "Flipping Plungers" (must have been Seamus' idea). He demonstrated how they looked at data in terms of a customer complaint and helped solve problems on two ends (Nypro and the customer's process). In his presentation, Seamus showed how they took the product they create (a plastic tube with a plunger inside it) and talked to the customer who used the product to fill with their goopy product (an airplane sealant) and found a way to make the tube work better. He showed how they reviewed the formation of the tube (baking it in ovens) where 45% of them worked effectively and created a new process where 100% of the tubes worked effectively (revising the process designed by the other company to improve the product they wanted). He basically used Black Belt strategies (he's a specialist in this field) which included the Six Sigma Tools (sounds like a secret) to make some fancy graphs, collecting and displaying the data, and building a process map to figure out the solution.

He also partnered with the other company to learn about their process (on their end) and helped them revise it through a team approach sharing Seamus' expertise in project engineering. The overall effect for the company was an increase of sales from \$15 million to \$30 million for the next ten years (very impressive number to use with your new boss and the CFO). To end his presentation, Seamus showed them the San Diego "Mojo" cheer to help spread positive energy from his plant in San Diego worldwide (to the other plants). As a result, his project was selected for delivering the Best Practices in Customer Satisfaction! Way to go Seamus!



# FAMILY SHORTS



Josie is 5 months! She is such a wiggle worm and loves to "play" with her brothers, suck on everything, jump, give kisses, stand up, and scream.



Carol, Mom and Francie all went out for a "girls" event that included food, coffee and pedicures. Check out the size of those chairs... excuse me, massage chairs. It really is a tough life sometimes!

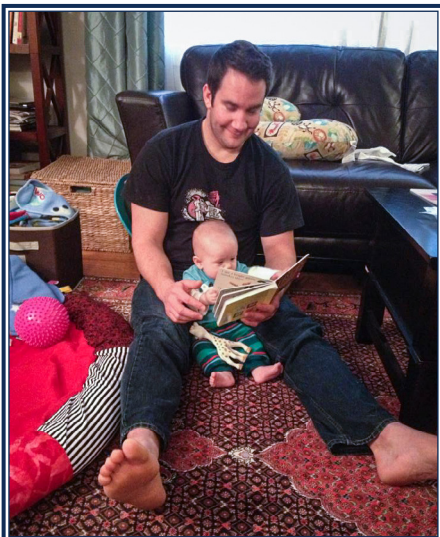


A few weeks ago, Francie went to see Bryce in New York City. Since Bryce was working, Francie along with Bryce's girlfriend Bridget decided to go out for dinner. It just so happened that they decided to go to the same restaurant where Bryce works and had him make them their dinner. As luck would have it, the restaurant wasn't particularly busy at that time, so not only did he prepare their dinner, but was allowed to eat with them as well.

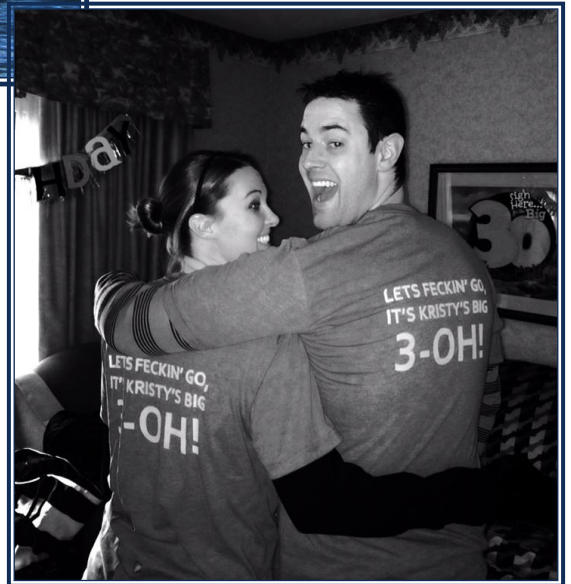
It's less than 3 week until Riel Bowl XXIII and the revealing of Annie's "Big Announcement." But I also believe a new Riel Family record has been set and one that will most likely never be broken. The secret of her announcement has actually been kept secret for more than a few months! For this family that is really something! While I have been sworn to secrecy, Annie has given me permission to confirm a guess if the exact one should come along, but that is highly doubtful.



We wish we could tell you that the above sweater was a gift, but no. We also wish we could tell you that Brett ordered a leather jacket but this came in the mail instead, but no. Word is, Brett bought this sweater and was even sober while doing so. I guess he is just trying to fit in to the L.A. Movie lifestyle.



Usually "reading" means chewing on books... That's where this endeavor went about 2 minutes later despite Dave's best efforts...



It's hard to believe that Kristy has just turned 30!!! And of course Seamus was not about to allow the event to go unnoticed. He even had special shirts made up to commemorate the occasion as seen in the photo above. I'm guessing that the reason the picture is in black and white is to hide the many wrinkles that just appear once you turn 30.



# **Riel Bowl Fantasy Football PLAYOFFS!**

## Quarterfinals

## Semifinals

## Championship

Big Daddy (1) Dustin Benesch	117.76
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Charger Bob (8) Robert Riel	113.98
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Frank'N Berry (4) Frank Riel	140.92
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Morning Woodhead (5) David Gillingham	132.44
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Band Wagen Robbers (3) Brett Sorem	101.40
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RG3PO (6) Jason Benesch	137.52
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Rivers' Cowgirl (2) Kevin Riel	189.06
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Naterade (7) Nate Riel	102.16
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Big Daddy (1) Dustin Benesch
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Frank'N Berry (4) Frank Riel
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RG3PO (6) Jason Benesch
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Rivers' Cowgirl (2) Kevin Riel
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## **Riel Bowl XXIII to be held at Listy and Bob's Home**

Once again Listy and Bob have been awarded the rights to hold Riel Bowl XXIII at their home in San Carlos. It will be held on Saturday, December 28th starting at noon. Robert will be bringing his world famous prime rib which will be complemented by Listy's equally famous twice baked potatoes. All participants are encouraged to bring their favorite side dish, drinks and/or dessert.

This year's white elephant exchange has a slight twist to it, announced commissioner Listy. "This year everyone (18 and older) may participate, all that is required is that you bring a handy gadget wrapped up and ready for the exchange. It can be store bought or custom made, just use your imagination. A prize will be awarded to the person who brings the most unique gift."