

HAPPY THANKSGIVING!





THANKSGIVING



2014



Riel Family Celebrates Thanksgiving in Encinitas



Once again and for the 19th straight year, Bud and Margaret hosted this year's Riel Thanksgiving celebration. While each year's party has its own unique flair there are some things that never change. Like the good food, family catching up on who has done what with whom, news from common friends and of course all the kid and grandkid news one could hope for.



This year was no different but most of the family did get introduced to Emily who traveled out from the cold Rocky Mountains with her parents, Mike and Ashley. This was a real treat and everyone really enjoyed her sweet smile and happy face.



Proud grandparents Margret and Bud had all family members in attendance as Megan also made the trip down from San Francisco.



One thing that is always a constant is the picture taking. We Riels have never been shy about having our picture taken or taking pictures of other family members. However about 10 years ago Grandpa Frank started a tradition by taking family pictures on Thanksgiving Day. Mostly it was for the newsletter, but it also provided a good documentation of how everyone had changed from year to year. We here at the RFNL have kept up his tradition and on the pages that follow you will see that our family continues to get better looking each year! Especially Francie who never seems to age more than one year for every ten.



One thing that was somewhat different from the last 5 or 10 years is that some of the grandkids are getting old enough to play games with the adults. Corbin and Kevin played soccer with Kevin in the net (two trees marking an imaginary net) and





Corbin taking shots on Goal. There was also a lot of toys for the younger kids to play with (all educational of course) and we adults had to get used to tip-toeing around them all. Soon we will have a whole batch of kids wanting to play against the adults and the fun will really begin.

Another family that was well represented was Ed and Jan's clan. With everyone showing up from Grandpa Ed, all the way down to grandkid number 1, Blake. Well ... to be perfectly honest... Tim was there in spirit only, as he couldn't make it down from San Francisco. Yet there was definitely some magic in the air because when the family photo, which was taken in Bud and Margaret's back yard was developed, there was Tim! Also the whole family somehow got teleported to the beach and were no longer in the back yard where the photo was originally taken!





I can't help think of how Grandpa Frank is watching us and how pleased he must be to see the traditions he and Grandma Edith started over 60 years ago are still going strong. Thanksgiving is so much more than just food and conversation, it is a time to be with family. A time to... just be thankful that we have so many good things in our lives. Thankful that we are all part of a very wonderful family that continues to grow each year.

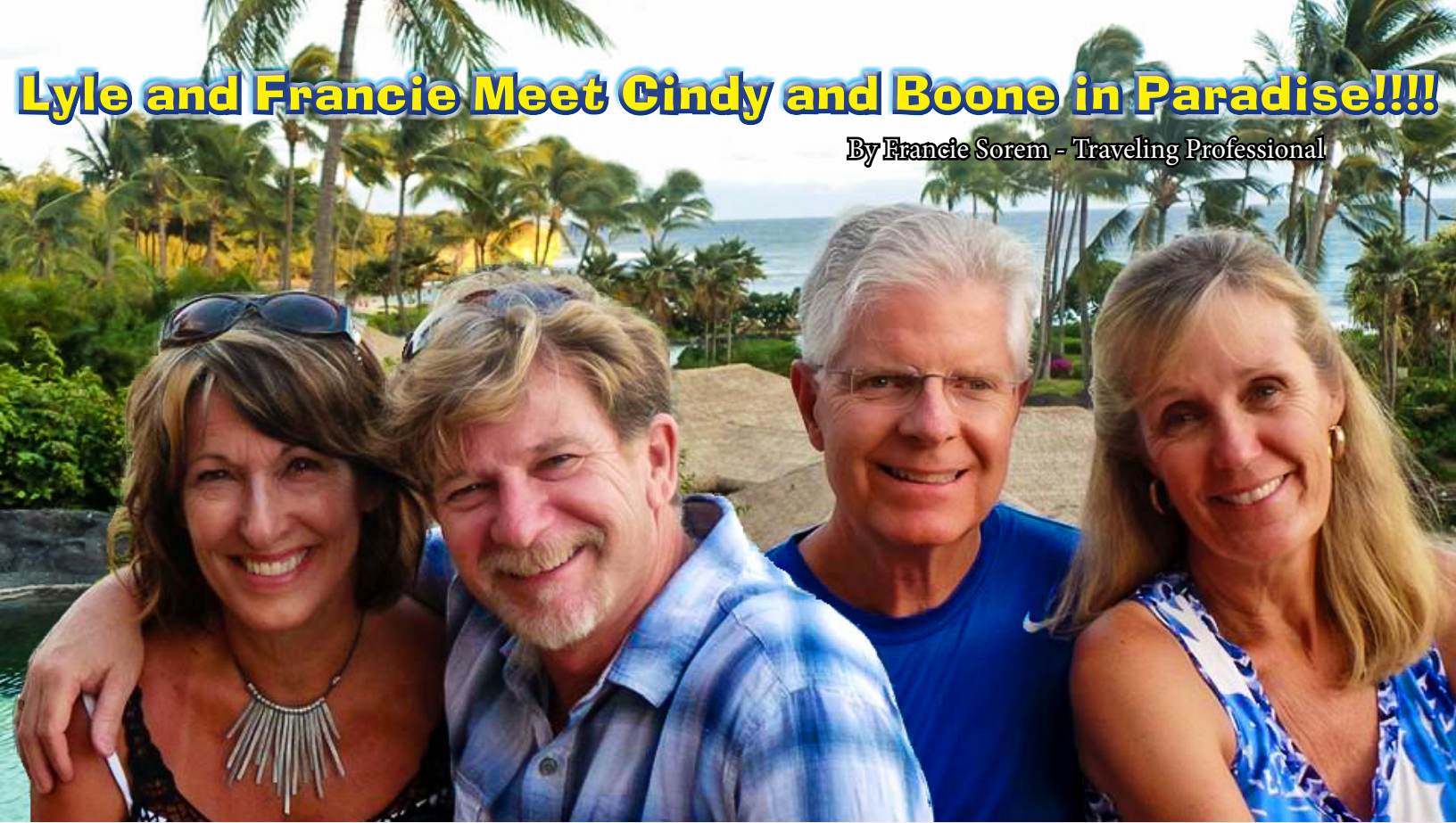


We really thank Margaret and Bud for inviting all of us to their home each Thanksgiving. It would be hard to imagine holding the party someplace else. Their generosity has made everyone in the family feel like, well at least on the fourth Thursday in November, Encinitas is their home, where they have always belonged!



Lyle and Francie Meet Cindy and Boone in Paradise!!!!

By Francie Sorem - Traveling Professional



Yes I do know that I have already been to Hawaii once this year, but as the saying goes, once is never enough! On October 22, 2014 Lyle and I took our yearly sojourn to Hawaii to rest our minds and soothe our souls.

Lyle and I started out at the Turtle Bay resort on Oahu where we enjoyed the North shore and all of its beauty. We took some day trips to The Dole Plantation to get some Pineapple ice cream. Of course you have to visit the beautiful Waimea Valley visitor center and gardens, a picture takers dream! We stopped at a few shopping opportunities along the way and sampled some Hawaiian Baja corn, (a little confusing), it was so good I bought the spice and will be cooking some up at Bob and Listy's at the Big Christmas party on the 1st .

The last day on the Island we stopped to visit the site of the Arizona sunken battleship from the Bombing of Pearl Harbor. While there, we visited the Pacific Aviation Museum, on Historic Ford Island, which occupies two hangars and the Ford Island Control Tower that still bear the scars as our nation's first aviation battlefield. This museum is ranked "One of the Top 10 Aviation Attractions" in the Nation" by TripAdvisor®. If you look at the picture you can see the bullet holes in the windows from that fateful day.



The day after Pearl Harbor was bombed, President Roosevelt appeared before a joint session of Congress and declared, "Yesterday, December 7, 1941--a date which will live in infamy--the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan." The museum had several of the aircraft used during that attack. It was a very interesting and complete collection.



On the next day we met up with Cindy and Boone in Kauai and headed over to the Waiohai in Poipu Beach to our timeshare. We spent a lovely week hanging out in the sun, the sand and the surf with some sea lions and turtles. We even did a little snorkeling in the rain which worried me since I didn't want my hair to get wet, hahahah.

We visited the lighthouse home to many wedge tail shearwaters, (birds to you) and hung out with a couple of nenes, or the Hawaiian Goose, their state bird. There were some very cute shearwaters nesting by the lighthouse. I think the highlight of the trip for me was a bike ride along the coast, from Kapaa, towards Princeville. Beautiful sights, warm weather and good

friends. Throw in an al pastor taco from a food truck and it doesn't get much better than that.

A visit to Kauai is never complete without visiting the lovely gardens at Na 'Aina Kai ("Lands by the Sea") Botanical Gardens, Sculpture Park and Hardwood Plantation. Joyce and Ed Doty, the founders of Na 'Aina Kai, developed their extraordinary artistic and horticultural vision based upon their strong love for the land and the people of the tropics. Today, the mission of this not-for-profit organization continues to be multifaceted, strengthening the firm foundation upon which the gardens were conceived.

The collection contains a beautiful home and swimming pool surrounded by lush gardens and many rainbow eucalyptus trees. If you've never seen one they are very distinctive. When the bark peels off it reveals many beautiful colors underneath. The many bronze and copper sculptures were collected or commissioned by Joyce over many years and reflect many different themes throughout the gardens, even showing a couple of the gardeners having some spam a staple not only of Hawaii, but was often found in the Riel refrigerator on Lyndon Road. (There's a trivia question for you!)



November Turkey Trot in Vancouver, BC



By Birdy Hartman

Had I known what I signed up for, I might have rethought this trip to British Columbia with the torture team of Bob, Listy and Kym Farkas. We spent 4 days in hot pursuit of the treasures of Vancouver Island and I would say that we were very successful (minus my aching feet!) Even though I was worried about keeping up with this crew of athletes, in the end, they were kind.

We saw beautiful waterfalls, rocky beaches and amazing rainforest. We even happened upon a stream of salmon trying desperately to swim upstream and then tragically die....and rot (ugh, the smell! Who knew that nature would waste such a delicious fish by letting it die and rot in the same stream where it was born, mates and lays it's young?...Such a strange life cycle if you ask me!)



One of my favorite sights of this trip was when we visited Duncan, B.C. or better known as the City of Totems. Duncan has more than 80 First Nations (can't really call them Native American) carvings located throughout the town. We took the self-guided tour

where we could follow yellow foot prints painted on the sidewalk around this small town and view 41 of the totems (which was plenty for our fast paced trot bearing crew). It was quite humorous as we walked around making up our own stories of each pole but we decided that if you really want an interesting explanation of the totems, we needed Doug Farkas as our commentator. Too bad he was in Hawaii enjoying basketball when he should have been with us in Duncan.



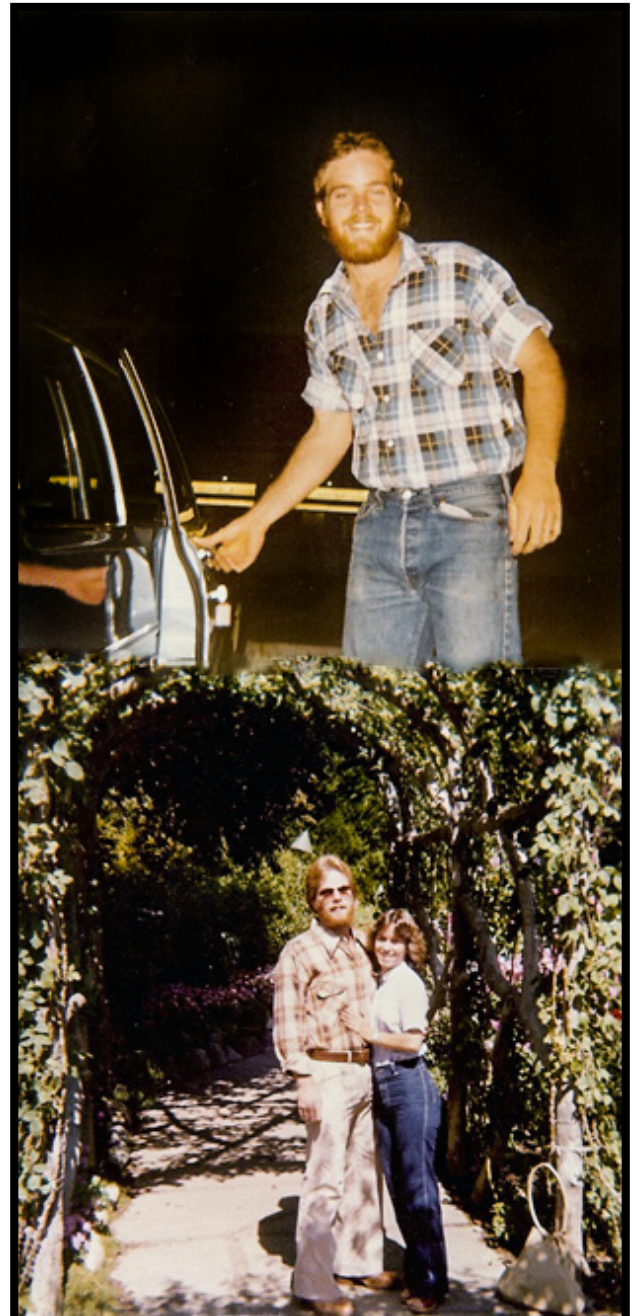
I, personally, marveled at the craftsmanship and the vision it took to want to create such a monument to serve as the history of a family and its members. And then I wondered what a Riel totem pole might look

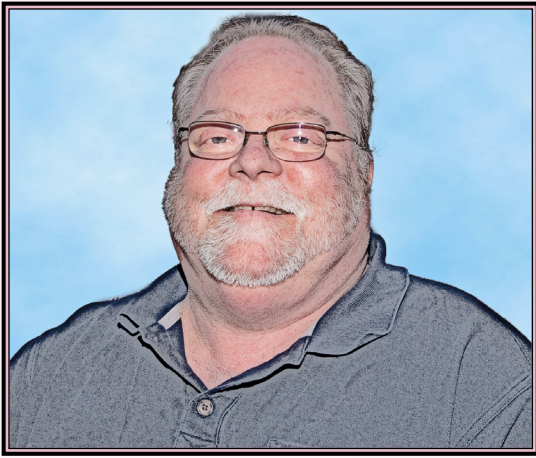


like...hmm....I see myself as the majestic eagle perched on the top (hey, it's my totem pole, so I get top billing) while Listy is below me as a turtle trying to win the race. Bob Gillingham is that salmon swimming upstream to catch up with Listy and Robert would be the frog that loves to hibernate. Francie would be the beaver because of her love to cut things, while Carol would be the Mother bear that cares for us all. I see Margaret as the wise old owl that stays up all night working and Grandma Ya Ya as the otter that is playful and wants to enjoy life (with a glass of wine in her hand). Richard would be the rarely seen northern bald ibis and Ed, you would be the bear. Because you are powerful and strong, yet humble. And finally, I would put my dad at the bottom of our totem pole as the wolf. The wolf is the hunter, provider and protector for us all. That is how I like to remember my dad most!



I had a wonderful vacation with this crew. Bob was a wonderful chauffeur and bag handler for us...as well as a good traveling buddy. Kym was my better half, while Listy got to hold Bob's hand. But, as good as the trip was, I still missed Bruce (I guess that goes without saying). My last time in Canada was 36 years ago on our honeymoon. We shared some great memories together and I hope to just keep making more with this wonderful man. In the meantime, I will just have to trot harder to keep up with the Bob, Listy and Kym team! Thanks to all for a great vacation!





Runny Nose Update

November 2014

By Bruce Hartman

Well it has been 3 or 4 months since the last update so I thought it was about that time. Some of you seem to be a bit timid in asking how things are going so I'm happy to put it out there. I don't get weird about any of this stuff, I have no secrets and as far as I'm concerned, it is all simply a matter of fact.

My new rheumatologist is working out well. We agree on a treatment plan with regard to the corticosteroid use which is huge. My previous doc insisted on getting me below 20mg daily to slow the debilitating side effects of the medication. I have complained for years that 20mg is too low and has resulted in a rollercoaster ride of disease flare and high dose meds to rein in control. My new doc agrees that 30mg daily is a better threshold and so far is keeping the flares under better control. The long term damage from the meds need to be balanced against the long term damage from the disease but for now it appears that net-net I am using less cortisone at 30mg than I was at 20mg since I don't have to go for weeks at a time at 100mg to regain control of a flare. I'm just happy to finally have a doctor that sees this and is willing to listen to me!

Edema (fluid retention) is a big part of my daily life. The muscle disease, heart failure and many of the medications I take all contribute to the fluid imbalance. I take a host of meds including diuretics to help control the edema but it still gets ahead of me at times especially when the disease runs amuck and requires a hospital stay to get it all back in balance. The first week of November started all wrong for me. The edema in my left leg got so bad the fluid just wanted out! I started developing blisters on my lower leg as the fluid pushed its way to the surface. That allowed a path in for bacteria and resulted in cellulitis, a skin infection. For most people that would not be a big deal but because I am immunocompromised it turned into a bigger deal. At the time I thought it was another blood clot so I called urgent care. They insisted I go to the ER and with Birdy already on that path I decided this was not an argument I was going to win. So, on Sunday evening we went to the emergency room at Kaiser.

They quickly determined I had an infection and began IV antibiotics. The problem was that it had already gone septic (systemic blood infection). Kaiser was out of beds so at 2:00AM they put me in an ambulance and shipped me off to Scripps/Mercy in Mission Hills. The first few days were challenging because the fluid retention was a bit out of control despite around the clock IV diuretics. The infection was winning so heart failure and renal failure were a problem since we couldn't get the fluid off. Finally the high dose antibiotics started to turn the tide on the infection which allowed the diuretics to start working. After peeing out 20+ lbs in two days I started feeling a lot better. Finally after a week of hanging out at "the spa" things were under enough control that they let me go home. I wish I could say this sort of thing was avoidable but it is just part of the ride. Opportunistic infection is just something I have to live with or in fear of...so don't cough around me please! Pain is challenging me at times. Specifically my neck and especially bad is the low back pain from failed back surgeries (post laminectomy syndrome) the medical term for "oops we screwed up." I have been using dilaudid to control the pain on the bad days but now I am using methadone regularly and diluadid for breakthrough pain. This seems to be working and I find it easier to work while on methadone without feeling quite as stupid. Go figure, its synthetic heroin but it works pretty well for managing chronic pain while making me less sleepy and no weird dreams. It has my sleep habits all screwed up but in time that should settle down.

All in all, and aside from the occasional bumps in the road that require a little help from the hospital, I would say I'm doing pretty well! I look around the room every month when I'm in getting my five day infusions and think to myself I'm pretty lucky. Some of the folks I'm with have it a lot tougher than me. I'm still able to work and able to walk unlike some of those poor bastards! I like to sit near the whiners and complainers that get wheeled in since they complain about everything which makes my world look a little brighter. If I engage them in conversation some will go on for hours about how awful they have it and how bad their life is... Am I twisted or what?

FAMILY



Brett has finished shooting his new movie *The Road Between* and is in the process of editing and sound mixing. Soon it will be premier time for the next great American Movie. We are all looking forward to the red carpet event, better reserve your limos now!

SHORTS



Rich spent the better part of November driving out to and back from his 45th Citadel Class reunion in Charleston, South Carolina. Rumor has it, he made several stops along the way including Homerville, Georgia and San Antonio, Texas visiting some of his fellow classmates and friends.

Riel Bowl XXIV January 1, 2015 Bob & Listy's Home

[Click in This box for
More Information](#)

December 6th marks 96 years since Grandpa Frank was born. We all miss him very much and in December it's always a little sad when his birthday rolls around and he's not with us. But that's the point, he is with us. Every time we think of him, he is here. With every issue of the RFNL you can feel him reading it with you. Happy Birthday Dad, this issue is for you!



Listy Visits New Orleans for Halloween!

Everyone knows that New Orleans is a hot town to visit and that fun can be found in the French Quarter day and night.



Listy Gillingham was invited to attend the Panasonic LAP Conference (Leadership Associate Program) with district cabinet members to represent high schools and discuss how to get all students to graduate with the new requirements. During the day, she met with her team and worked through some of the hurdles high schools face when implementing big ideas. At night, they got to wander downtown and enjoyed great cuisine and a night cap at Pat O'Brian's famous piano bar. They also got to see the Halloween parade and experience how packed the streets get with everyone in costume tossing beads and having fun! Listy enjoyed seeing the craziness but was very happy to arrive home safe and sound.



Riel Bowl Fantasy Football

The Playoffs are Here!

The top 8 teams squared off against each other last week and now we're down to 4. Brothers Nate and Chris face each other this weekend and as of the writing of this article Nate is the underdog. Also on tap for this weekend Frank who is a slight underdog is challenged by Dustin. By the time this issue of the RFNL is published we will know which 2 teams will be in the "Riel Bowl" and soon a new champion will be crowned.

Standings	Schedule	Playoffs	All Time	Current Standings				
Rank	Team	W-L-T	Pts For	Pts Agnst	Streak	Waiver	Moves	
*1	naterade	10-3-0	1604.78	1418.66	W-1	10	18	
*2	Frank 'N Berries	8-5-0	1587.44	1452.92	W-1	9	14	
*3	Big Daddy	8-5-0	1583.06	1476.68	W-1	11	38	
*4	Ah nice marmot	8-5-0	1489.04	1299.92	W-2	7	34	
*5	Cool Brees	8-5-0	1441.20	1282.52	W-5	8	26	
*6	We're down with ODB	8-5-0	1353.82	1389.14	L-1	12	73	
*7	Charger Bob	7-6-0	1542.30	1494.42	W-5	6	8	
*8	Deadweight	6-7-0	1479.36	1570.62	L-2	5	10	
9	Shadynasty	6-7-0	1363.22	1343.76	L-4	4	22	
10	Broadway Bro	5-8-0	1346.20	1509.68	L-1	3	15	
11	AZ Devils	2-11-0	1496.06	1639.46	L-8	2	5	
12	Band Wagon Robbers	2-11-0	1228.74	1637.44	L-1	1	6	

Last standings update: Fri Dec 12 12:19am PST

* = clinched playoff spot

Week 14: Dec 2 - Dec 8	Week 15: Dec 9 - Dec 15	Week 16: Dec 16 - Dec 22
Quarterfinal 1 naterade 163.76 8 Deadweight 119.20 Quarterfinal 4 Ah nice marmot 103.84 5 Cool Brees 114.40 Quarterfinal 3 Big Daddy 126.44 6 We're down with ODB 112.58 Quarterfinal 2 Frank 'N Berries 117.88 7 Charger Bob 113.52	Semifinal 1 naterade 5.00 6 Cool Brees 0.00 Semifinal 3 Big Daddy 3.30 2 Frank 'N Berries 13.00	