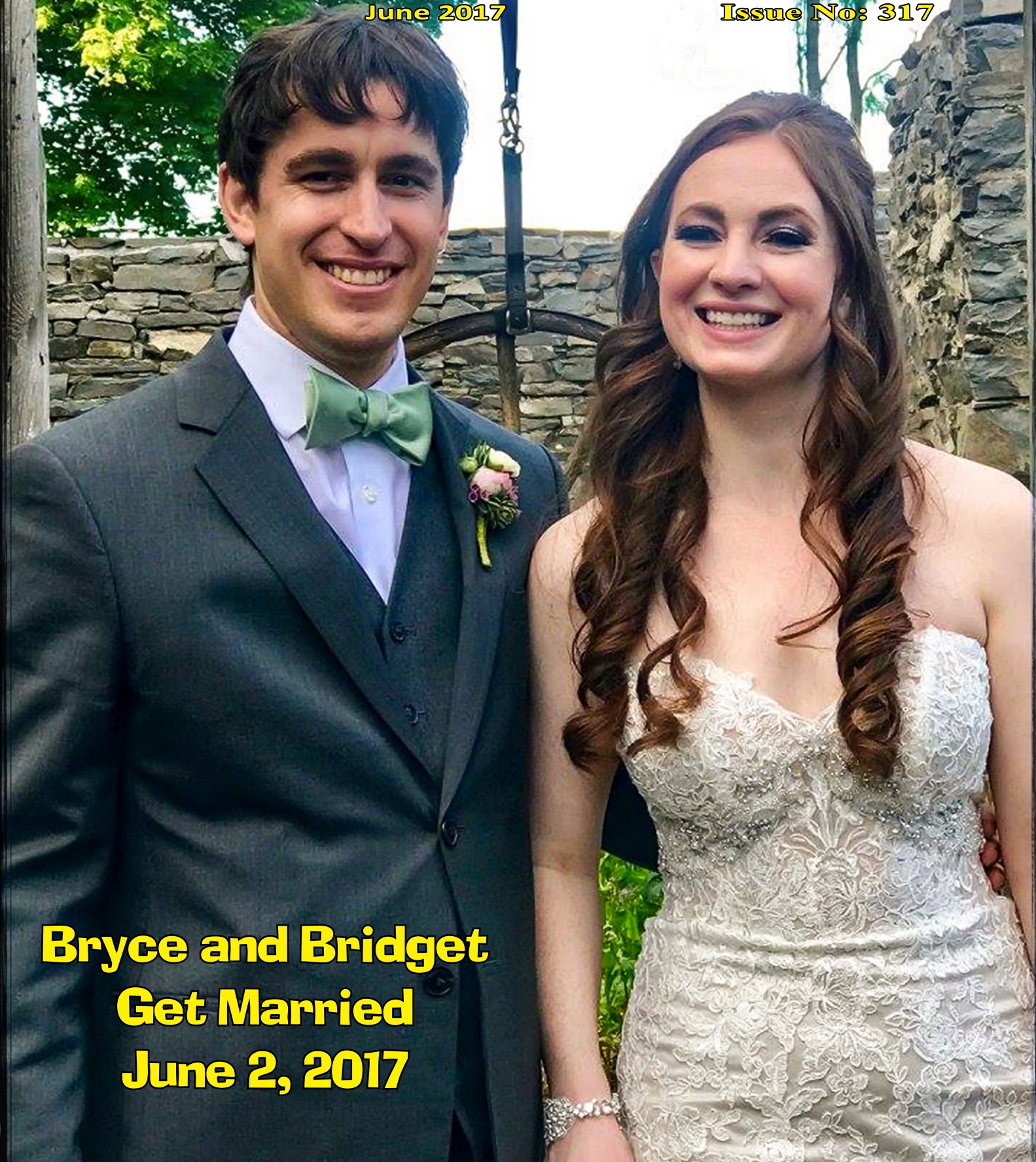




June 2017

Issue No: 317



**Bryce and Bridget
Get Married
June 2, 2017**

East Meets West in A Wedding For All Time!



How do you tell the story of your son's wedding, it was simply magical. It was a marriage of two families who were drawn together by the love of their children, and for each other. And, they changed the world along the way. Most of you know I wasn't supposed to get to go there. It was hard and sad and I thought I had come to terms with it. Uncle Bob got me a camera, Aunt Carol and Brett were going to set it up for me, and Aunt Birdy and Aunt Listy were going to stay with me to watch.

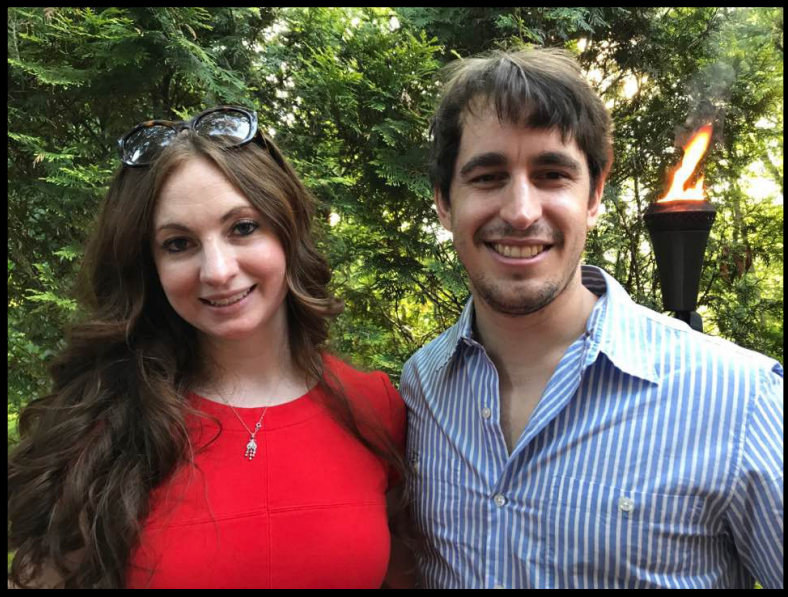
But somewhere along the line I decided I had so many people praying for and helping me fight my cancer that this was a life changer I could not miss. And I am so glad I did not. It was most special to have all of my 4 sisters by my side when I watched my youngest son marry the most beautiful girl, inside and out, and give to me my Daughter-In-Love forevermore.

The first event was the Non-Rehearsal-Rehearsal Dinner held at the beautiful McCarthy home and we were treated to a wonderful dinner by my new best friends and family, Denise and Vinny, along with starring roles by Caitlyn and her husband, big East Coast Brother to Bryce, Mike Loux. They did all the cooking and preparation, like many, helping to make my dream along with Bryce and Bridget's come true. Brian, Bridget's brother and Jacqueline with their adorable ring bearer son, Liam and new baby were with us too with lots of Cousins and Aunts and Uncles. So much fun!!!!

Denise and I hosted a presentation for everyone where we introduced all of the different attendees. First, I thanked everyone for coming and introduced them as our new "Ohana" It is the Hawaiian word for the family that you choose not just the one you are born into. Bryce and Bridget brought this new Ohana together and we were all so happy to be a part of it! Denise introduced Bridget's Father, Vinny and I introduced Alan who, in turn, introduced all of the Sorem side, and even Lyle. How lucky am I to have two such great men in my life!!!! Lyle introduced his son Lyle and new wife Cindy to finish off the Sorem/Hall side of the family.



Bryce and Bridget helped us to get to know all of their attendants and why they were chosen, then of course, bringing the story of Marianne Felice to everyone. Marianne and John were there when I first told Alan, at Bobby McGees restaurant, that Bryce was on the way and she has been a part of both of my boys lives since day one. I had found the pregnancy test result which I still had (in all the moving) and a letter that Marianne had sent to Bryce when he was just 1 month old giving him advice and wisdom for his future. She read parts of it when she was introduced and it was indeed a special moment. The ceremony that she did for them was phenomenal and personal. They both felt so honored to have her there.



Then I introduced everyone to the Riel family contingent and of all the sistahs and their hubbys. Of course, with Listy there we had a song for them to the tune of Take Me Out To The Ballgame, which was definitely a Grandpa Riel favorite!!!! It was widely received and the talents of Bud, Bob, Miguel and Jeff definitely added to the higher Riel Girl voices Margaret, Carol, Jessica, Listy and Birdy to make the song the spectacular one it was. The words to the song are shown in a sidebar to this article.



Now, as most of you know Carol, was Bryce's other Mother for this day, she was willing to step in and "wear the dress" and dance with my son for me. Not only that but when Jessica jumped in and took over the decorating of the non-rehearsal-dinner, she took on for me what I could not do, and did it better than I would have done it. Carol is my rock, my driver, my confidante and



my "twin" I would be lost without any of you but inconsolable without her. And Jessica, your time and effort will never be forgotten.

Then as a surprise addition the McCarthys rose to the occasion and did a song of their own to the Beatles, Here Comes the Sun. So much fun to see our family tradition embraced and carried out in such a great way, everybody loved it and I loved that it made them feel so creative! Now Jessica, being a part of the East Coast Connection also joined in with the McCarthys. This song's words are also shown in another sidebar.

The highlight of the night was definitely Brett's Picture montage.

<https://www.youtube.com/watch?v=Td9sag3LQwU>

Take Me Out To Poughkeepsie

**Take me out to Poughkeepsie,
Fill me up with some wine,
Let's make a toast to the groom and bride
We've all traveled here and we're feeling
just fine.**

**So let's run full tilt to the chapel
No tardis stands in our way
So it's one, with one, and one they will be
On their wed-ding day!**

**Take me out to Poughkeepsie,
Show me family and friends,
Let's have a party that's just so much fun,
That no one remembers when it was
begun.**

**But we'll watch with love as this Friday,
The two state strong vows from the heart,
Then it's cheers, beers, and good times
for all
May they nev-er part!**

**So it's one, with one, and one they will be
On their wed-ding day!**

Congratulations, Bridget and Bryce!

Not only was he Bryce's Best man but older brother as well and this presentation (made to "It's Been a long time since I've seen you my friend...") was such a beautiful expression of his work and admiration for his Bro, it definitely made me cry. You will see a lot of Carinda's help in it. It's so great when the person you care most about shares in your industry and can help you with these kind of efforts. Well done both of you!!!!!!

The next few days were fun filled ones. We made the beautiful drive to the Hudson Valley near Poughkeepsie, New York to the beautiful Red Maple Vineyard where Bryce and Bridget would get married to each other in a few days. It was green and pretty and full of little places to enjoy soaking in all the veivs. The Arbor where the wedding was held was embellished with flowers and was above the backdrop of the Hudson Valley River, extraordinary!!!!!!



It was the beginning of the best moment since my Brycey was born. He was so happy when he saw his Bridget, it did make me cry. I love them both so much and that moment was worth all the risk to be there. When Vinny walked her down the aisle the sun shining brightly off her beautiful hair I was stunned to think Bryce made her fall so hopelessly in love with him, but I know they make each other better people. I have watched it happen over the years I have seen them each bring something special to each other, and to witness their vows in front of all their families and friends was a sight to behold. Now let's talk about those vows. Their Officiant, Godmother Marianne was horrified that Bryce was not going to write his vows till the last night, and told him so. He said "No worries Marianne, I write better under pressure." His vows were beautiful, and Marianne's ceremony was so awesome, we loved all she brought including her family history. I am so grateful to everyone that made that possible.



It was great to meet Bryce's extended family. It is so nice that so many people were able to travel far and wide to get here for Bryce and Bridget. Francie did a great job with her speech and presentation at the "Non rehearsal dinner" at the McCarthy house. A special thanks to Brett for taking the time to create the slide show and Jessica Rios for finding beautiful and sentimental decorations. The wedding venue was spectacular and the people there made it even better. We are so happy that Bridget has married into this awesome Sorem/Riel family. We love our new "Ohana family" and can't wait to see them and party once again. And to join into the Riel tradition we created our own song for the party and you can read it below.

**Rehearsal Dinner McCarthy Song for Bride and Groom
To the tune of Here Comes the Sun by the Beatles
Written by Caitlin and Denise McCarthy**

**Here comes the bride dododo
Here comes the groom and we're happy nananananan**

**Who would of thought...A cali guy meets a jersey girl
They had their first date in central park too bad it rained
Bryce loved her Red hair
and that she likes wine
but who will you route for when ASU plays Notre Dame na-
nanana**

**Bryce gets home late from a day of cooking in new York city
Hes greeted at the door by hugo and little channel
Bridgets sleeping after reading a Dr. Who love note
But its alright nanana**

**He gets his pizza adds on hot sauce and goes to bed.
Thinking of david villa, hes teaching us what real football is
He soon will be nominated
president of the New Jersey Third Rail hahahahahah**

**Bridget and Bryce love to travel
They must have tons of points on their credit card
So if you need a freeeeee hotel room you know who to
caaaaaallll.**

**Bryce's family are such great people they fit in with all of us
It will be such fun to see if a baby sorem can.....
write a great essay like Bridget or great sauté like Bryce
The McCarthys wish them a long and happy married life**

**Here comes the bride dododo
Here comes the groom and we're happy nananananan**



Now in the Jersey side of the world I was to find that the wedding reception had a very fun side to it and I loved the flow of it. After the pictures were taken and everyone was seated, the bridal party was introduced starting with the parents. I got to choose a song for Alan, Lyle and I, so of course I chose a rousing, "I can make your hands clap." Then all the attendants came in and surrounded the dance floor followed by Bryce and Bridget who had their first dance together. Then they invited everyone to



the dance floor to join them and we were up and partying while the salads were brought to the table, too, too fun... great way to get the thing rolling. Then Vinny danced with Bridget and I danced with my Brycey to "My Wish" by Rascal Flatts. <https://www.youtube.com/watch?v=6eCYb0X9iqM> Such an honor and a privilege to be there for that moment in time.



Then we enjoyed the dinner for a bit and it was Caitlyn's turn to give the toast for her little sis. You could feel the love in her heart and the warmth between them. There is never anything as special as watching your kids talk about their siblings with love. I'm pretty sure I can share for Vinny and Denise that it was a beautiful moment to be remembered. You two have raised some lovely children!!!

Then it was Brett's turn to toast the little brother he fought with all those years, "he's touching me" "he's kicking me." I remember being in the car while they were yelling at the other thinking what a bad Mom I was because my kids didn't like each other. I hoped it would change one day but I never saw this coming and there is no other moment in my life when I have been as proud as I was of both of them. Brett, in a totally memorized speech, talked first about what a bad brother he

was, delivered in the way that Brett has that makes you laugh at him when he is saying something horrible. It makes me laugh just remembering his face and gestures now. But, he said, "somewhere along the line, Bryce quit being my bratty little brother and he became my Super Hero."

He talked about how Bryce had ended up, face down, in a trash can the first day of high school, eating some dirty old burritos, must have had something to do with him. Then he talked about how lucky Bryce was growing up, he was so lucky everything he wanted happened to him. He was the luckiest S.O.B Brett ever met. Then he quoted the Roman Philosopher Seneca who defined "Luck is what happens when Preparation meets Opportunity."

"When Bryce became a wrestler we all saw the preparation he brought to his sport and that he has also brought to his life. When he told me he was going to be a Chef, I thought that was crazy enough, but when he said he wanted to be a Chef in New York City, the Mecca for all Chefs, I really thought he was off his rocker" (Okay I'm sure he said something different then that, but ask him, I'm just trying to get the newsletter out, hahaha).

"But with his usual preparation which provided his opportunities, Bryce became a head Chef at L'APICO restaurant in New York City. Now if you went to the restaurants web page and looked at the executive Chefs picture, you would probably see Bryce's face smiling at you from a white Chef coat. But me, all I see, is a guy with a big red S on his shirt..."

The world stopped for me at that moment and I felt my rich life pass before me, no matter how the rest of it goes, this was my day for both of my sons to shine together and I will think of it every day and often and remember how lucky I am.

The rest of the wedding was a blur, lots of dancing and I pulled the wig off to The Commodore's Brick House from 1977. I may not be "stacked" like the girl in the song but I am a brick house, nobody's taking me down, hahahaha ok there was a little wine involved, I am not going to lie!!!!



The last hour of the wedding was Cigar's, S'mores and Whiskey, wasn't too happy about the Cigar smoke but it was a big hit and a nice finish to a great event. I did try a few S'mores though just to be a good sport.

For those of you who couldn't come, I hope I painted a good enough picture for you to catch the details, if not, come see me in my new home and I will tell you all about it. Bryce and Bridget, you were amazing!!!!!! You have made me feel like I had to be there from day one and your love and caring brought me there. I will never forget your day, thanks for making it such a special wedding for all to enjoy!

A Groom's Perspective

By Bryce Sorem

Where to begin??? The whole weekend was a crazy whirlwind full of family, fun, and ending with a beautiful day at the Red Maple Vineyard. First things first, the weather gave us quite a bit of a scare a week out. Heavy rain showers were forecasted, but thankfully the good vibes from both the McCarthys, Sorems, and Riels helped us enjoy a beautiful weekend of weather for all our events.

The Wednesday before the wedding was the rehearsal dinner that was generously hosted by the McCarthys at Bridget's childhood home. It is an absolutely stunning home in the middle of Washington Township in New Jersey. Jessica

and the Riel clan did a fantastic job decorating the house and backyard, making it extra special for Bridget and me. My new Brother-in-Law stepped up to be head chef for me and as he always does, did not disappoint. Now this wouldn't be a Riel event without some creative song writing along with some of the "best signing voices" America has to offer. We were serenaded by the Riels and to our surprise, even the McCarthys!!! They hit it out of the ballpark with their rendition of "Here Comes the Sun". What followed was delicious food as well as the presentation of the bridal party, and last but not least, Brett put together a truly memorable video with pictures of Bridget and me that we really loved!

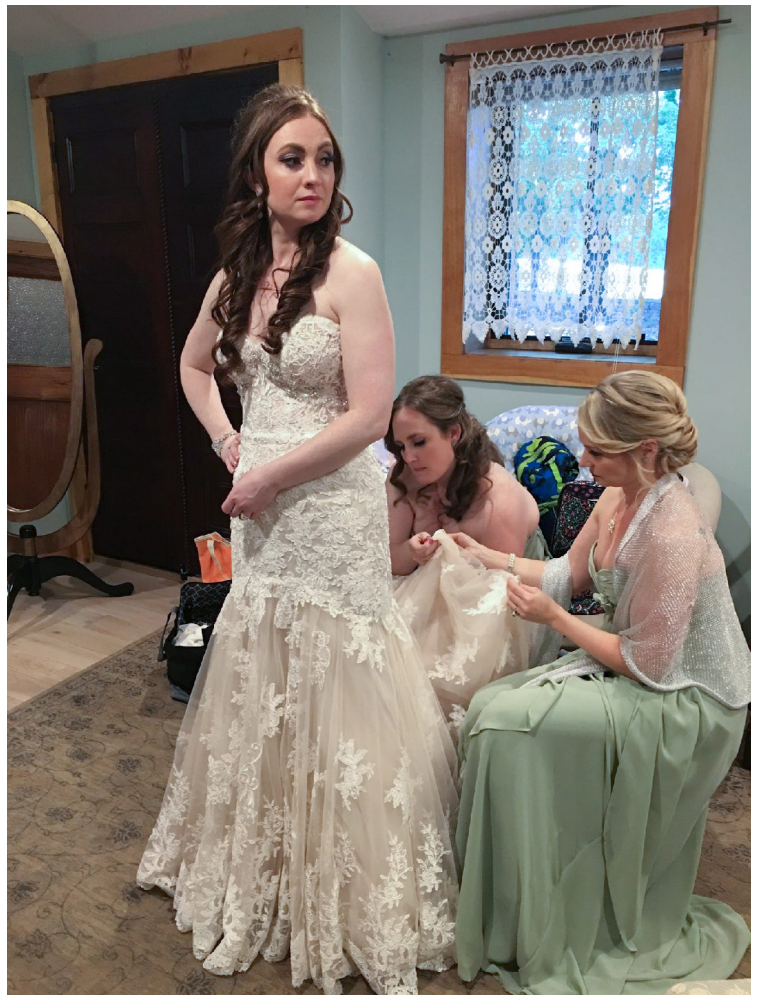
Now on to the big day! From my end, I woke up in a house with Big Al, Brett, Carinda, and Ronnie (Groomsman). I tried to act like it was a normal day and hide the anticipation, but it was a little hard after Big Al busted out the special well aged bottle of Jameson straight from Dublin. All the Groomsmen were finally there and we had to get dressed, which included figuring out how to tie a bowtie...Thank god Brother-in-Law Mike did his homework and was able to assist all the guys in looking good for the big day.



Once we got to Red Maple, one would think it would be time to relax and take in the gorgeous weather and amazing venue...but Mike had other plans! We immediately put the finishing touches on all the name cards, table numbers, and centerpieces. I seem to remember the staff complimenting the Groomsmen on being so prompt to the venue, one of the first to do so. (Go Men!)

Eventually when the ladies showed up and Bridget was finally dressed and ready, it was time for the "First Reveal". I was taken to the "secret garden" in the middle of the farm and was told to wait, facing away from the garden. For what seemed like an hour I waited in anticipation for my Lovely Bride to finally be revealed to me, and when the moment came, she did not disappoint!!! As you can see from the pictures she looked absolutely gorgeous (obviously). We then went through all the pictures with our great photographers and before you know it, it was time for the ceremony!

Piled into a school bus, we were driven up to the hill and brought behind a fence waiting for the long walk up to the arbor. I was the first to go and had to sit in front of all 100+ of you, sweating and hoping I wouldn't screw anything up. This is where I give a HUGE thank you to my Godmother, Marianne Felice, for putting on the best ceremony and making sure both Bridget and I were relaxed and having a loving fun moment.



I was able to get through my vows...mostly...without crying, and was beyond moved with the words Bridget vowed to me. Once we made it official and kissed, the string trio began playing "Here Comes the Sun" as we walked out and lo and behold, the sun peaked through the clouds!!! It was a very special moment and a very special day.



As for the reception, it was a typical Riel/Sorem/McCarthy party. Which only means one thing: lots of eating, drinking, and most importantly dancing! I couldn't have asked for a more perfect wife, a more beautiful day, and a more loving family to share this special day with. I would love to thank all of you who were able to come, and the entire Riel/Sorem/McCarthy family for being the best family we could have ever have!!!

We would also like to say that the best gift we received was being able to have my Mother in attendance. It meant so much to Bridget and me, it truly made the wedding day feel complete.

A Brother's Perspective

By Brett Sorem



For those of you that didn't get the opportunity to attend the Bridget and Bryce wedding, Both Carinda and I can tell you, from an insiders and outsiders perspective, that it was one of the most successful and enjoyable weddings we have been to. Now we all know that each of us think our family's weddings are the best, we know the most people, are closest to the bride and groom, and usually have a significant part in either the preparation, or the execution of the wedding. However, there are a quick few memories that for us, made it an incredibly awesome wedding.

All of the "hurry up and wait" moments were cut out. There was no awkwardly waiting around for the first dish, or the silly flower toss, or cutting the cake. The reception starting off with a bang, great dancing, then before you knew it your food was there and the first dances happened, the speeches flew by :) and it was back to dancing. I don't remember a dull moment, it was all fun and good times.

They had a wind down bourbon and cigar bar, as well as a bonfire and marshmallows. Most weddings we have all been to, you dance, then last call hits and everyone leaves real quick because they have to clear the venue. For their wedding, we had time to relax and catch up with others we hadn't yet spoken with and got to say a proper good bye. It was a great way to end a celebration with a chill kick back vibe for about an hour.

It was also great to be able to spend multiple days before with the families so by the wedding day, everyone already knew each other and the good times kicked off quickly. The McCarthys, with the help of a few Riels, threw an incredible rehearsal dinner party that set the mood just right.

As far as Riel weddings go, it was definitely one for the books. We are super excited for Bryce and Bridget and cannot wait for the next chapter ;)

Brett and Carinda



Bryce and Bridget got married.....

It was really a wonderful week and weekend. I would really just like to thank all of those who made the long trek to NYC. I know those who came had a great time and we were thinking of all who were not able to attend.

A large thank you to Vinny, Denise, Mike and Catlin for all of the work put into the wedding and the rehearsal dinner. Everything was wonderful. Also a big thank you to Bridget and Bryce for getting the party started by getting married and asking all of us to attend.

I can't really name everyone but would like to thank my brother and his daughter Karin, Svein Sorem, Maria and Fintan for representing the Sorem side of the family. Thanks to all of the Riel clan...I will probably forget someone so here goes. Birdy, Listy, Bob, Bud, Margaret, Carol, Jeff, Jessica, Miguel. I should also not forget Lyle, Francie, Brett and Carinda, Lyle and Cindy. What a great group to call family.



Thanks again for all your love and support. I know Bridget and Bryce appreciated it, and didn't Bridget look amazing? Also can't forget Marianne.

Alan



WEDDING CEREMONY FOR BRYCE AND BRIDGET, JUNE 2, 2017

WELCOME

Good evening, everyone, and welcome. My name is Dr. Marianne Felice, and it is my privilege to be the officiant this evening.

On behalf of the bride's parents, Denise and Vincent McCarthy, and the groom's parents, Francie and Alan Sorem and Lyle Hall, his stepfather, thank you for attending this ceremony.

On behalf of the bride and groom, Bridget McCarthy and Bryce Sorem, thank you for being witnesses to their union in marriage.

Bridget and Bryce would also like to remember members of their families who have passed away and cannot be here on this joyous occasion, namely, Bridget's grandparents, Barbara and Jack Rudd, and Noreen and Edward McCarthy, Bridget's Uncle Joseph Ascolese, and her cousin, Dennis O'Connell. Bryce would like us to remember his grandparents, Frank Riel, Evelyn & Hjalmer Sorem, and Jewell Hall, as well as his Uncle Bruce Hartman.

Let us have a moment of silence to remember these individuals who are gone but not forgotten.



WEDDING SERMON

For those in attendance who do not know me, let me introduce myself. I am Bryce's godmother. I have known him since his first breath. His parents were kind enough to invite me to be in the Operating Room when he was born by Caesarian Section. I cut his umbilical cord and I held him in my arms before his parents held him. It is not lost on me, that I cut the cord that bound him to the first woman he ever loved, his mother, Francie, and that today, I will help him tie a knot in another figurative cord binding him legally, morally, and spiritually, to the second woman he has ever loved, Bridget. How lucky am I to have such a history with the man standing before me!

I have not known Bridget as long, of course. But I did meet her just a few months after Bryce and Bridget began to date in 2013. They drove from New Jersey to Massachusetts, where I live, and Bryce introduced us. I remember thinking: My goodness, this woman is drop dead gorgeous. And she is lovely and nice. She teaches school, further endearing her to me since I am a pediatrician and, like her, I love children and adolescents. Now, I love my godson, but I could not help but think: Bryce, how did you pull this off? And then, I watched them together on that first visit and several more visits since then. They laugh together....a lot. He gently teaches her cooking tips in the kitchen since he is a professional chef. He looks out for her and he takes care of her. She seems to soften his rough edges. She "gentrifies" him whether he wants it or not. And, they seem to both understand that respect is a fundamental underpinning of love. So, I have great expectations that their love will last a lifetime.



I have taken it upon myself to choose some poems for this day:

Bryce, for you I have chosen a poem by Roy Croft entitled, I Love You, that I can imagine you saying to Bridget:

I love you.
Not only for who you are
But for what I am when I am with you.

I love you.
Not only for what you have made of yourself
But for what you are making of me.

I love you for the part of me that you bring out.
I love you for putting your hand into my heart
And passing over all the foolish, weak things
that you can't help;
Dimly seeing these, yet drawing out, into the
light, all the beautiful belongings...
That no one else had looked far enough to find.
You have done it without a touch, without a
word, without a sigh.

Bridget, for you I have chosen some words by
the poet, Carl Sandberg, also entitled I Love
You, and I can imagine you saying these words to Bryce:

I love you for what you are, but I love you yet more for what you are going to be.

I love you not so much for your realities as for your ideals. I pray for your desires that they may be great, rather than for your satisfactions, which may be so hazardously little...

Not always shall you be what you are now. You are going forward and further than now toward something great. I am going on that way with you because I love you.

And for BOTH of you, may I remind you of the words of St. Paul to the Corinthians:

Love is patient; love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.





Happy Mother's Day!





Rock'n'Roll

MARATHON & 1/2
SAN DIEGO

20 YEARS RUNNING

stretches out for almost a mile. To give you an example, once the first person passes the start line it could take as long as an hour for the last person to pass. Since Listy was a

legacy runner, she was placed up close to the front and was able to start around 6:30. In contrast, Ed decided to keep out of the crowds and waited to start until around 7:00am.

As a spectator, you have to pick and choose your viewing locations wisely. There was just no way Birdy and I were going to fight the crowds at the beginning of the race (or even get up early enough to get there), so we decided to watch at approximately the 6-mile marker. At about 7:00am we stationed ourselves on the side of the road and just waited for friends and/or family to run by.

First into view was Jason (who was trying to catch Chavva – which never happened) followed by Listy along with running friends Cory and Sarah 10 minutes later. Next, we saw Kristy and Seamus who stopped for a few pictures then a little later, it was Annie and Kevin who after a quick pose sprinted on by. Based upon the runner tracking app provided by the race sponsors we realized that we had missed both Bob and Chavva (they were just too fast for us) but Ed was just a few minutes away. After Ed made his appearance we scooted off to the jeep so we could meet the full marathon runners (Ed and Listy) down at Mission bay.

We set up at about mile 17 and got good views of Listy and Ed (also a few other friends). I had brought some Ice, energy mix and bottled water so Listy could refill her water bottle with a fresh supply of cold drink, which beats the heck out of the hose water the race was providing. Then it was off to see them again at mile 21 next to PF Chang's in fashion valley. We had to really hustle to get back to the Jeep then drive around all the traffic to get there but we made it just in time to see Listy pass us by for the last time on her way to the finish line. A short time later Ed came by looking ready to climb the hill up Highway 163 (truth be told he looked like he wanted a ride home but he kept moving).

The weather was perfect with a light drizzle keeping all the runners cool throughout the race. Birdy and I had a great time watching everyone put forth the amazing effort to run so far. Congratulations to all the runners and I'm sure we will see you all again next year. On a side note, as I was driving Birdy back to her car I asked her how she was going to finish off her Sunday, her answer... Shopping with Listy of course!



On Sunday June 4th the 20th annual Rock n' Roll Marathon was held and the Riel Family was well represented. Listy, who is a legacy runner (someone who has finished every Rock 'n Roll marathon held in San Diego), participated along with Bob, Kristy, Seamus, Annie, Kevin, Chavva, Jason and Ed.

As noted in the cover story, Bryce and Bridget were married on the Friday before the race so Listy was not able to attend the Legacy celebration party held on Saturday (they were flying home at the time). However,

the Keith's (along with many others) did see Listy's star of fame at the race exposition. Each legacy runner (there were only 83 left) was given a star of fame and as you can see in the picture to the left, Listy's star made for a great picture opportunity for the Grandkids.

Also, since Listy did not get home until late on Saturday she could not pick up her bib number from the expo and had to pick it up early on Sunday morning (race day, at 4:00am). So her and Bob along with many of the running club members went down to Balboa Park in the wee hours of the morning just to make sure everything went smoothly. Once settled in and having her bib, they got to hang around until about 6:15 when the race finally started.

Imagine 30,000 people a crammed, curb to curb, on 6th avenue for the start of the race. It's a sea of humanity that



i|synchrony
Rock 'n' Roll
MARATHON & 1/2
SAN DIEGO

FINISHER

26.2

June 04, 2017

Listy Gillingham

has completed the Synchrony Financial Rock 'n' Roll San Diego Marathon in

5:21:34

Division Place: 44 Gender Place: 1392 Overall Place: 3639

Josh Furlow, President
Competitor Group, Inc.



i|synchrony
Rock 'n' Roll
MARATHON & 1/2
SAN DIEGO

FINISHER

13.1

June 05, 2017

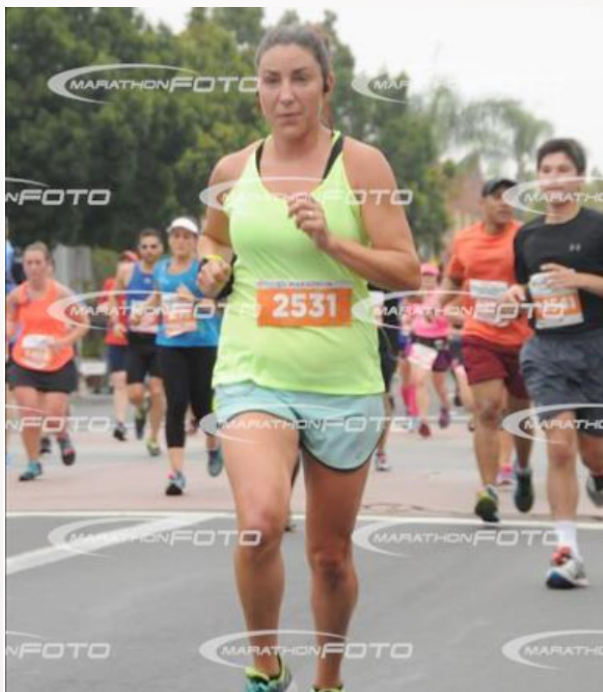
Bob Gillingham

has completed the Synchrony Financial Rock 'n' Roll San Diego Half Marathon in

2:20:51

Division Place: 88 Gender Place: 3579 Overall Place: 6627

Josh Furlow, President
Competitor Group, Inc.



i|synchrony
Rock 'n' Roll
MARATHON & 1/2
SAN DIEGO

FINISHER

13.1

June 05, 2017

Chavva Benesch

has completed the Synchrony Financial Rock 'n' Roll San Diego Half Marathon in

1:35:51

Division Place: 17 Gender Place: 75 Overall Place: 383

Josh Furlow, President
Competitor Group, Inc.



	FINISHER	26.2
	June 04, 2017	

E Riel

has completed the Synchrony Financial Rock 'n' Roll San Diego Marathon in

5:04:30

Division Place: 18 Gender Place: 2021 Overall Place: 3157

Josh Furlow, President
 Competitor Group, Inc.



	FINISHER	13.1
	June 05, 2017	

Seamus & Kristy Keith

has completed the Synchrony Financial Rock 'n' Roll San Diego Half Marathon in

1:53:12

Division Place: 112 Gender Place: 536 Overall Place: 1792

Josh Furlow, President
 Competitor Group, Inc.





	FINISHER	13.1
	June 05, 2017	

Ann Gillingham

has completed the Synchrony Financial Rock 'n' Roll San Diego Half Marathon in

2:07:12

Division Place: 324 Gender Place: 1633 Overall Place: 4177

Josh Furlow, President
 Competitor Group, Inc.



	FINISHER	13.1
	June 05, 2017	

Kevin Mulholland

has completed the Synchrony Financial Rock 'n' Roll San Diego Half Marathon in

2:07:12

Division Place: 458 Gender Place: 2546 Overall Place: 4179

Josh Furlow, President
 Competitor Group, Inc.



	FINISHER	13.1
	June 05, 2017	

Jason Benesch

has completed the Synchrony Financial Rock 'n' Roll San Diego Half Marathon in

2:03:18

Division Place: 401 Gender Place: 2206 Overall Place: 3462

Josh Furlow, President
 Competitor Group, Inc.

Francie's Updates

Hey Everyone,

JUNE 14th, 2017

This is without a doubt the longest update time and so much has happened that I need to catch you up on. As of this moment we are making decisions for me medically that are a little tough but aren't all of them?

I am going to give you a bullet point assessment of what I am going to cover over the next week for you. Moving here to Del Sur and attempting to use AT&T has been the biggest nightmare ever. They have made dates, changed dates, not shown up for dates, I haven't had a boyfriend this awful since High School. My advice is they may sound cheap and dangle the direct tv carrot in front of you, but run screaming out into the night. I called Cox today and will have my internet and TVs hooked up by tomorrow. AT&T is still telling me the 28th of this month. There is no contract for the TV service so we can cancel it at any time and go to Direct if we so choose. Enough of that.

When we last visited, I was headed to Bryce's and Bridget's wedding in New York. What a spectacular event, well worth the risk to go, luckily for those of you on Facebook there will be a link to our family newsletter to see the whole story with pictures and many contributors. If you are not on face book email me at frantc1111@aol.com and I will send you the website. So, wedding issues, covered for now, more to come to all of you this week after the newsletter comes out in a couple of days I will copy and paste to all of you.

Now the serious stuff, as you know I have been fighting the cancer in my spinal cord with intrathecal lumbar shots directly into my spine, I will be catching you up on that as well, just had my eighth treatment. There are some decisions to be made that will change the outcome of my transplant time, which my son Brett has so generous-

ly and prolifically been able to donate to me this week. Another reason I have been very busy enjoying his and Carindas time with me. They are such good company and helped to make the move less stressful with all their help.

Did I mention moving in the middle of all of this, how crazy are we. So much work, so little extra time and no damn internet!!!!!! Cox will be out tomorrow morning to rescue me and all will be back to normal.

I plan on spending a brief daily or every other day update to catch you all up on what's going on. My doctors are meeting today to discuss the dreaded radiology word, saw a specialist this morning, we will see what their decision on all this will be.

At any rate, all you prayer warriors out there who are keeping me safe we need to pray for all those last random myeloma cells to leave my body. There are no more events I must go to though I will most probably miss a wedding that was also to be special to me, but not enough to risk where we are at this point, that is unless Brett and Carinda, oh just kidding, never mind. By the way a big shout out to Carinda for getting on the new Steve Harvey show, maybe we could convince her to write a little sentence or two explaining what she will be doing just to make you think it isn't really all about me. Though we know it really is, Right, hahaha

I appreciate everyone checking in on me during this long silence and I promise I will catch you up now that things are settling down..

Thanks to all of you for your love, support and prayers, Lyle and I sat down recently and said that our lives have actually improved since I got cancer. We spend more time and live more of a life together. He makes me feel very well taken care of and that means so much to me. So all of you out there, trade up, follow dreams, you may not be able to afford a first class ticket to London, but we

can all afford a first class ticket to a movie theater. Live your life, love your family and friends and meanwhile I am taking out my can of Whoopass and getting things done! - Talk to you soon - me

Way to be "frank" Francie with your wedding bells comment! I'm sure Brett is rolling his eyes on that one. I hope today's appointments go well and we are just moving on up! You know I'm always keeping positive thoughts.

Granting your wishes on describing my new job to everyone...I'll be working on the new Steve Harvey Show called "Steve" which will be on the NBC network. It's just like Ellen, but with a big funny black guy! lol I'll be booking human interest stories, and I'm creating game ideas that Steve can do on the show with celebrities and real people.

Carinda

LATE BREAKING NEWS to add into the update is on my fight with cancer. It looks as though there are still a few random cancer cells floating around my bone marrow and my spinal cord. Though it is a very small amount it still puts the transplant at risk. I have been offered 2 options by a very nice man in radiology, a Dr. Chein. My team with Doctor Mahindra addressing, he was the one you remember who ordered the tests of the spinal cord in the first place, and also told me I could not go to the wedding. He is simply a numbers guy who will tell me the best chance for killing my cancer.

Here are the 2 options.

Behind door number one low dose radiation 1 to 2 days before the transplant that will be scheduled within a two-week period. It will hopefully eradicate any run around cells so that I can get through the 3-month window after the transplant with no chemo. Brett's donation was very prolific and he was able to get me 9 million stem cells to work with. I would hate to put them in jeopardy!!!

Then, behind door number 2 is a spinal crania high dose radiation to my brain and spine that may leave me mentally impaired. I know I have gotten a little more stupid with all these drugs I am taking, but I am not in the least bit interested in becoming stupider, I would rather die than live like that. Dr. Chein did not even think it was a good idea given how great I feel everywhere else. this is a down the road last ditch deal and we are not there. My team is meeting today to go over the time frames for the transplant, will keep you all posted.

Meanwhile, I am getting out my can of Whoopass and going after these bastards again. Thanks to all of you for being there for me, Jan and Carol spend countless hours behind the wheel and in the hospital making me laugh, i am forever grateful. When summer gets here I am sure the twins will be hanging out too. I am making up a recipe list of all my favorite foods you can bring when you come to visit me, hahahahahah

Love you all, see you soon - me



FAMILY



Michelle ran into an Admiral the other day and low and behold she noticed his name badge said “Admiral Gillingham”. So rather than salute him she hugged, him! It’s always good to have relatives in high places!

SHORTS



Last month we celebrated Memorial Day and while most people mostly think of it as a 3-day weekend, the Riel family would like to thank all men and women who are now, or have served this country. There are a lot of family members that fall into this category and we are all very proud to be related to them.

The creator of the Riel Family Newsletter was a veteran of WWII and a Captain in the Army. He served overseas in Iran and if not for this posting none of us would be here today. Frank Riel is the patriarch of our family and we all miss him dearly.

Francie picked up Grandma Edith and took her out to see his grave just before Memorial Day. They honored his life in the service by placing flowers and a flag at his headstone. Somewhere up in heaven Frank is still watching over us and his sprit lives on in all our lives – Miss you Dad

