



**Listy
Does it
Again!**

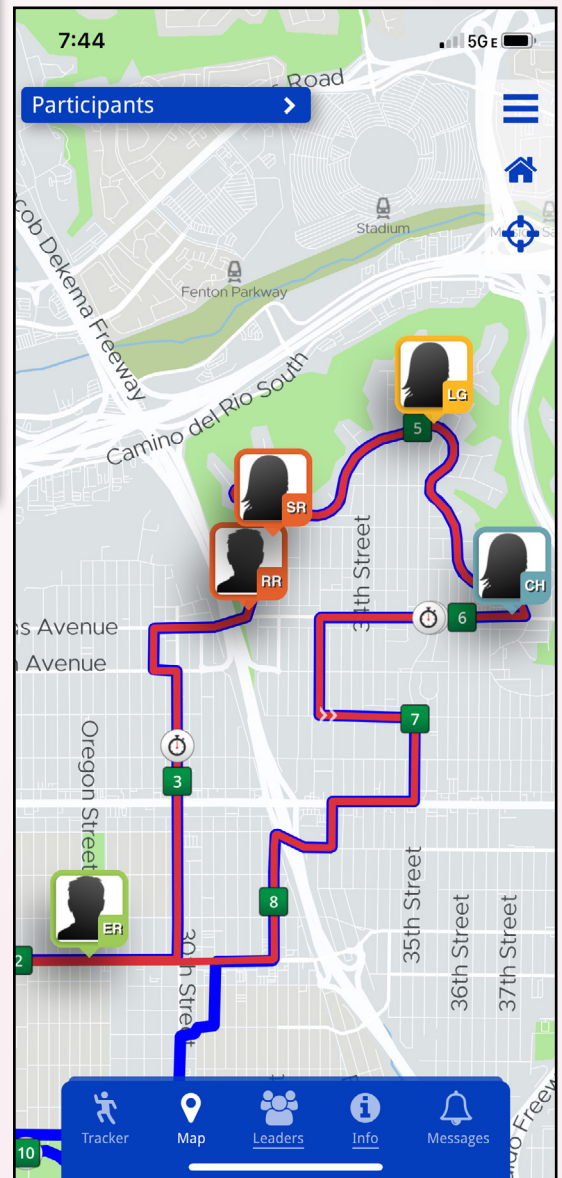
Wonder Woman



By Bob Gillingham


Early on the morning of Oct. 24, Listy (Mom, "Pain," Grandma) arose well before sunrise to get ready to run her 23rd consecutive Rock 'N' Roll marathon. Never having missed a race since its inception in the late 1990's, including one completed just 2 months after fracturing both her tibia and fibula, she is regarded as one of only 60 or so "Legacy" runners.

On that day, she was eager but anxious, as her training regimen over the past year had been somewhat different than in the past. Where exclusive running



(pushing the pace and distance ever farther) had been her strategy, this year it included lots of pick-leball and golf (walking 18 holes at a time). Of course, she continued to run at insane hours (at the Mission Trails trailhead by 5 a.m.), and there were a significant number of long runs, but this was the first time she had cross-trained to such an extent.

And so, as she began her race day, her mindset was to “just finish” and enjoy (ha!) the day. At mile 8 she was delighted to see her granddaughter, and she stopped for a bit. By mile 12, she looked great, and she stopped for kisses and hugs. By mile 19, she



Listy Gillingham

Marathon Bib 21672

Avg. Pace: **10:41 min/mile**

🕒 **Finish Time**

4:39:36

10:41 min/mile

View Details

3rd Place out of 10 >

F 60 to 64 yrs


237th Place out of 548 >

by Gender


939th Place out of 1,795 >

Overall


PRELIMINARY: Times and places may change



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Badge

Listy Gillingham's place F ✕

60 to 64 yrs

Place	Name	Time	Avg. Pace
1	 L. Carlucci Bib 21736	04:20:26	09:57
2	 L. Oliver Bib 21773	04:39:32	10:41
3	 L. Gillingham Bib 21672	04:39:36	10:41
4	 M. Sherman Bib 23547	04:45:15	10:54
5	 Martha Rhine Bib 23943	04:49:09	11:03
6	 L. Kennedy Bib 23188	04:58:15	11:23
7	 Shari Huber Bib 23605	04:58:46	11:25
8	 Carla Keehn Bib 22317	05:01:02	11:30
9	 Karen Gordon Bib 21507	05:05:26	11:40
10	 Marta Hynan Bib 23163	05:07:15	11:44
11	 J. Espinosa Bib 26869	05:56:00	13:36

looked a bit spent but happy, and again, she stopped for a few energizing moments with good friends Holly and Rex. Finally, just a few yards short of the finish line, having run for 4 hours and 39 minutes, she gave her final hug to her #1 fan. And while the embraces and kisses were priceless, we learned sometime later that she had placed 3rd in her age division, just 4 seconds out of 2nd place.

So, the question remains... would she trade her deep support among family and friends for a place on the podium? Only Listy knows for sure, but one thing is certain: She is blessed with the support of her long-time running friends (“The Running Club”); her adoring family, many of whom have run with her, including Robert and Eddie who ran admirably in this latest marathon: Kevin M, who completed the half; and a legion of friends and admirers who have known her through work and play.

I’m guessing 3rd is just fine with her... this year.



**Who Murdered
Joe Markum?**

*By Bud and
Margaret Mehan*



Margaret and Bud spent the day before Halloween at a fictitious Hawaiian beach luau. Bud arrived as a less-than-honest businessman Arson Hardasty, while Margaret was cast as Mojo Mo Master Cook, traditional healer and to some, witch doctor. The challenge was to figure out who killed Joe Markkum.

The murder weapon was Blowfish poison which Mojo Mo carried in her medicine bag claiming it had medicinal value in treating convulsive diseases. Was it stolen? Even the smallest amount added to water can kill immediately. And so, the mystery was who killed this young man, grandson of Arson, who had traveled to the Luau with the other guests.

The guest list was a host of suspicious tourists, some with ties to the CIA and others local Islanders likely to sell drugs or even take or put things into your pockets. Arson had an annoying lawyer at his side constantly advising him not to share information while scheming with an unscrupulous real estate agent to build out-sized hotels on the lovely open beach.

In the end, it turned out that Bud's character was the murderer. Margaret escaped blame and during the course of the play managed to find the stolen pearl necklace and return it to the people of Hawaii. Bud won a pineapple for his energetic portrayal of Arson Hardasty. Margaret was awarded passion fruit for the best costume. It was a fun way to get out of character and puzzle out the clues of a mystery.



New Grand Parents

By Rich Riel

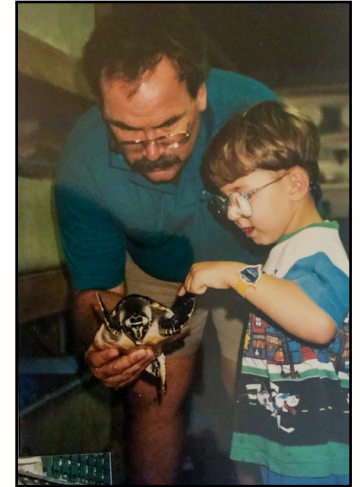
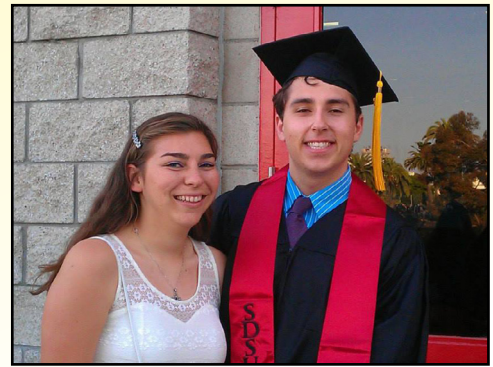


Sometime early next year Liz and I will achieve another milestone in life, we will become grandparents. Frank and Sam are preparing to become parents and we who have been there before will share the experience. The joy of growing old is recognizing recurring patterns of life from the perspective of time. What parent can forget the anxiety, joy, and the adventure of being a parent? Only someone who has shared this experience can truly commiserate.

At 74 I have lived through the near apocalypse of nuclear war when I was a teenager. I remember late October "63" praying to God that I would wake up the next morning. After that experience I have never feared dying. It was only when my son was born that I understood what it meant to live.

There are three moments in my lifetime that I think are the best, when my dad gave me my diploma at graduation, when I married Liz and when I saw my son come into the world. Now I can look forward to seeing my grandchild for the first time.





As an old man I treasure things from the past. As Liz and I plan for our grandchild we have listed all the things that we must accomplish before our grandchild enters the world of the living. As parents we went out and shopped for the items, as grandparents we would like to use baby items with a history. If any of you have the following items or any item that you think a new grandparent should have that have a history or connection to the Riel family, we would love to have and preserve that item.

The list we are looking at includes crib; cradle; highchair; baby seat; and stroller. I would be happy to pick up this items and document them as part of our family legacy.

Meeting Aro

By Birdy Hartman Hall

Lyle and I had the wonderful pleasure of meeting 2- and 1/2-week-old Aro at Big Al's home in Phoenix, Arizona in October. What a treat to watch Brett and Carinda marvel over their son and see them support one another through the daily challenges that only a newborn can bring.

Setting up a livable schedule is always a new parent's biggest battle. But I noticed such a calm demeanor from both Brett and Carinda as they helped Aro communicate his needs. They didn't seem stressed or bothered by his cries. They just held him, gave him what he needed and enjoyed the moments when he was awake and asleep. Being sleep deprived is just part of parenting but they seemed to enjoy the challenge.

We didn't want to overwhelm them with entertaining us, so Lyle, Big Al and I went off to play golf for part of the day. In the evening we got to proudly be the first to take Aro to a restaurant for dinner. We were all a little nervous on how well Aro would enjoy a noisy restaurant but apparently, he was not





bothered one bit. He slept soundly for our entire dinner, and we were so lucky to have a nice visit with Brett, Carinda, Karine, and Big Al.



This has been such a wonderful trip. It is a thrill to watch Big Al and Lyle become grandparents (again) with this sweet baby. I get goosebumps as I see them hold Aro in their arms and beam with the joy that only grandkids can bring. I feel extra special because I share the love of my sister as I hold her grandson. I can feel her standing next to me saying all the proud things that only she would say..."Look at his perfect chin, he has hair just like Brett did (well, not as much as Brett, but hair nonetheless), look at his strong fist and how deeply he focuses on life. Yes, he is going to be an amazing boy just like my son, Brett and my daughter-in-love, Carinda." Francie may not be here in person, but she is the spirit of love that bonds us all together. Thanks Brett, Carinda and Big Al for inviting us to share this weekend with you. We can't wait to visit you in Austin, Texas in a couple of months.



HAPPY halloween





FAMILY SHORTS




One of Brett's projects is coming to the BIG screen! Here is the trailer for Clifford (click above). Your kids and pets will love It.

Riel Thanksgiving Celebration is BACK!!!!

With the advent of the Covid vaccine we are happy to announce that we are returning to our traditional Thanksgiving celebration at the home of Margaret and Bud. The party will start around 11:00 and everyone should bring their favorite side dish, salad, veggie or dessert to share with the rest of the family. Contact Margaret with any questions.



SUPPORT JOSIE HARTMAN

High Tech Elementary Mesa



\$205.00 Total Raised

DONATE NOW

Help me raise money for High Tech Elementary Mesa. During our fundraiser, I'll be paying your generosity forward by completing Acts of Kindness for others.

We're Raising Money For:

- To support the educational growth and well-being of HTEM families

How I'm Giving Back:

- Writing thank you notes to local first responders (police, firefighters, etc.)
- Writing thank you notes to teachers and administrators
- Writing thank you notes to healthcare workers
- Writing kind notes to siblings telling them why they're special
- Cleaning out closets & donating gently used clothes, books, toys, etc.

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