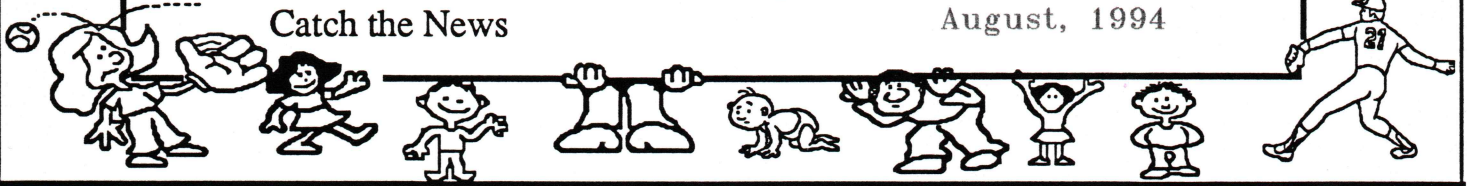


# The Riel Family Newsletter

Catch the News

August, 1994



## AUNT CAROL TURNS 39 <sup>383</sup>/<sub>385</sub> YEARS OLD - CELEBRATES WITH BIG PARTY

FAMILY AND FRIENDS ENJOY CAR RALLY FOLLOWED BY PARTY AT VACATION VILLAGE

July 31st was a big day in the life of Carol, since it was the day of the big "turning 40" celebration. All the many details had been worked out in advance by husband Jeff, and the celebration kicked off with a reception at Grandma and Grandpa Riel's house. The various guests came dressed in costumes representative of safari travelers. After drinks and snacks Jeff briefed the contestants on the rally. Six teams were defined, with a designated driver, a navigator, and one or two directors who studied the clues which directed each team to a series of places which were important in Carol's youth. At each location there was a poster containing various pictures of Carol, taken as she was growing up. Each poster was identified by a number or letter, and each team was instructed to take a photograph of the poster, showing it's designation. The letter/number combinations, when unscrambled, spelled out an appropriate phrase. Once the briefing was over each team took off in search of the clues. The first stop was Presidio park, then Kiefer's market, the old home at 1877 Lyndon Road, St Vincent's school, Carols birthplace (Mercy hospital), the miniature train at the zoo parking lot, Stardust Golf Course, the marriage place (Kate Sessions Park), a Baskin-Robbins ice cream parlor, and the last stop, at Vacation Village, where the party took place. The winning rally team was the one where Carol was the driver, which came as a surprise to no one. After the last team came in a delicious buffet dinner was served, and then came the awards for best team, best safari costume, etc. All of the teams were able to decode the secret message, which was "39 forever". Then Carol opened her presents, the cake was cut, and everyone enjoyed dessert. It was a great party, and we all enjoyed the presence of the Benesch and Riel parents as well as family and friends of Carol. Margaret and Bud even showed up, somewhat worn out from a return flight from London, but still able to join in the celebration.

In order to commemorate this event we have reproduced in full color a copy of the poster illustrating various phases in Carol's growing up life, and it is contained on page three of this issue. Page 4 is a collection of some of the photos taken by the various teams during the rally. It was a great party, and we all owe a vote of thanks to Jeff for the considerable time and effort he spent to take care of all the many details. Also, we all wish, once again, a happy 40th for Carol, and many, many more years.

### TRAVEL NEWS

As we mentioned above, Margaret, Bud, Michael and Megan returned from a two week vacation in Germany and England. We understand they had a great

time visiting friends and seeing the sights. Also, Francie and Jose also just returned from a vacation in Jamaica, where they enjoyed swimming, boating, and loafing in the sunshine. As you can see from the following photo they are about to set out for a sail around the harbor. ( Or maybe the picture was posed in the hotel lobby) In any case they reported that Jamaica is a great place to relax and enjoy sea and sun.



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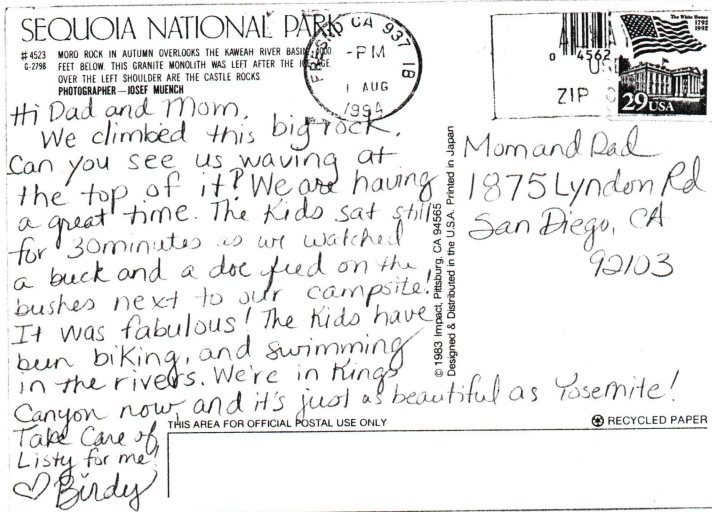
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The Hartman family also was on the move, with a visit to Sequoia National Park. Their activities are reported in the following post card.

lowed by a movie, "The Masque". The next stop was a visit to Toys-R-Us, and then to a comic book store. Annie Gillingham also celebrated, her

the contractors insurance firm, over faulty workmanship in the Alpine home. The case has been going on for about two years, and it appears that a settlement may be achieved soon. We hope to have the results for the next issue.



## RUNNY NOSE DEPARTMENT

Grandpa underwent the July 15th test on schedule, and we now have the full results. First of all the test the doctor (a specialist) ran is called an ERCP. This stands for "Endoscopic Retrograde Cholangiopancreatography" This is why they call it ERCP. In this test an endoscope (a flexible thin tube that allows the physician to see inside the bowel) is passed through the mouth, esophagus and stomach into the duodenum (first part of the small intestine). After the common opening to the ducts from the liver and pancreas is visually identified, a catheter (narrow plastic tube) is passed through the endoscope into the ducts. Contrast material (dye) is then injected gently into the ducts (pancreatic or biliary) and X-rays are taken. The patient is anesthetized throughout the procedure. On August 1st the doctor reviewed the results of the test. According to his analysis he located a diverticulum ( a pouch or sac opening out from a tubular organ, in this case, the intestine) which is adjacent to the pancreatic duct opening into the intestine. He believes that in some instances the diverticulum becomes filled with food and distends so as to shut off the duct. When this happens the enzymes produced by the pancreas when food is ingested cannot escape, and irritate the pancreas, causing pain and nausea. Three options were outlined to cope with this situation. The most radical one is surgery to remove the diverticulum. The doctor described this as very major surgery, to be attempted only as a last resort. A less extreme procedure is to use the endoscope procedure to locate and enlarge the duct opening. The third option, recommended by the doctor, is to do nothing, with the hope that careful control of the diet will prevent any further attacks, or at least limit severity to the point where hospitalization is not necessary. Needless to say, the last option met with our approval, and will be followed. This means no alcohol, no caffeine (coffee, tea, cokes) no spicy foods and a low fat diet. These foods stimulate the pancreas to produce larger amounts of enzymes which overload the duct.



Listy also was on the move with a visit (her first) to Washington, D.C. We understand she was much impressed with the things to see and in our nations capital, and already is planning a family trip for all to enjoy.

Bob and Karla are enjoying a weekend at Laughlin, where they expect to do some serious gambling at the Hilton and other spots. They also will be visiting friends on the Arizona side of the border. We hope to get a full account upon their return.

## BIRTHDAY CELEBRATIONS

David Gillingham recently celebrated his 9th birthday. There was lunch at Burger King, fol-

lowed by a movie, "The Masque", so they will have to wait until the next issue.

## BIRTHDAY CALENDAR

Carol Benesch	August 2	40
Nathan Riel	August 13	13
Christopher Riel	August 13	13
Annie Gillingham	August 13	7
Jason Benesch	August 30	13

## BABY-SITTING

Grandma took care of Katy and Brian Riel recently, so that Bob and Karla could attend a mediation meeting on the lawsuit they are bringing against

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