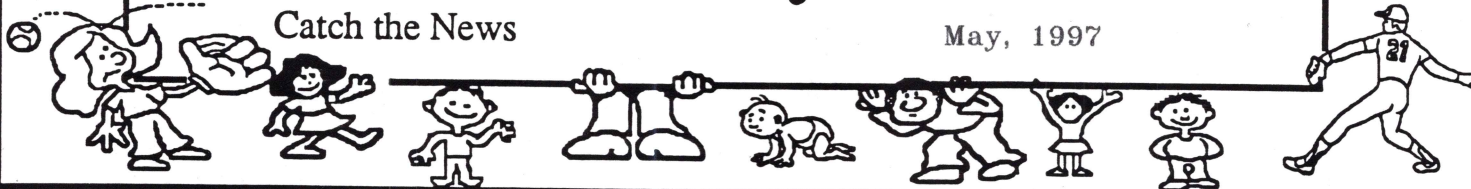




# The Riel Family Newsletter

Catch the News

May, 1997



## GRANDMA AND GRANDPA CRUISE THE CARIBBEAN

### SHOPPING, SIGHTSEEING, FUN AND GAMES MAKE UP A GREAT VACATION

It was a great vacation, and we certainly would enjoy a similar travel mode to visit another part of the world. We took lots of pictures, a few of which are shown on the following pages.

### BIRTHDAY CELEBRATIONS

Grandma is somewhat late in this department, partly due to illness (see below) and partly vacation. However, Craig and Megan were treated recently. Craig enjoyed a round of golf at Presidio, and exhibited a lot of talent, using only a pitching wedge and putter. He missed a hole in one by only about six inches, on one hole, and hit a lot of excellent shots. Lunch was Chinese, and the movie was Liar Liar. Megan opted for Italian food for lunch, and after some shopping they took in the same movie, Liar Liar. HAPPY BIRTHDAY TO BOTH KIDS ! The following photo shows Grandma and Craig after lunch. Megan's birthday photo is not back yet, so it will appear in the next issue.

The long awaited vacation, planned as a part of the 50th wedding celebration took place in early April. On the second Friday morning Francie dropped off Grandpa and Grandma at the Delta Airlines check in desk, and we were off for Fort Lauderdale, Florida. We spent the night in a hotel, and boarded the Celebrity Cruise line MV Century early Saturday afternoon. The stateroom contained a full bathroom, a double bed, a writing desk, sofa, table and chair. We also had an outside private veranda with deck chairs, which provided great views of harbors and seashores. We were treated to a bottle of iced champaign and a basket of fruit, upon arrival, and fresh fruit and snacks were brought in every day for the balance of the cruise. The first stop, after a full 24 hours of cruising was San Juan, Puerto Rico, where we visited Fort San Cristobal, near old San Juan. Afterwards there was time for the first of a number of shopping expeditions. Next came St. thomas, in the Virgin Islands, where we spent a pleasant afternoon wandering about the downtown area, with more shopping opportunities. Next came St. Maartin, a small island owned partly by Holland and the balance by France. We saw only the Dutch section, and the downtown area is similar to the other ports visited. All have very narrow streets, with much traffic, and nothing but shops selling jewelry, watches, gem stones, and large selections of clothing, local arts and crafts, and the like. There are a few restaurants and an occasional casino. Prices are reported to be 50-50% of those charged at home. There is no sales tax. The final stop was at Nassau, in the British Bahamas. There we visited the Atlantus Hotel, a resort somewhat like Vacation Village, here in San Diego. There was a large pool, a tidal swimming pool, and an ocean beach. The main attraction, however, was the Cave, an under water cave with large glass windows, where one can see all kinds of marine life in a natural environment.



Shipboard life also was very pleasant. Evening meals were elaborate and delicious. Choices included appetizer, soup, salad, main entree and dessert. Drinks were served as ordered. The service was great. Other meals included buffets, which were open at various hours throughout the day and night, and various snacks in between. Other activities we enjoyed were golf instruction, dancing lessons, aerobics, dancing, bridge, casino gambling and elaborate evening entertainment in a large Las Vegas style show room. There is so much going on that one has to pick and choose from the many options. Everything is included in the cruise fee except gambling and drinks. Each guest is issued a charge card for drinks and tours, and the bill is totaled up at the end of the cruise.

### BIRTHDAY CALENDAR FOR MAY

Curtis Hartman	May 2	13
Michelle Hartman	May 17	15
Bud Mehan	May 28	56
Bob Gillingham	May 31	42

### RUNNY NOSE DEPARTMENT

Both Grandma and Grandpa were struck down by the flu last month, but have recovered. We were fortunate in that we both were sick just before the vacation, but recovered in time to enjoy our trip. Right after the trip Grandpa had the flu again, and Grandma had some adverse reaction to some medications she was taking.

# The Riel Family Newsletter

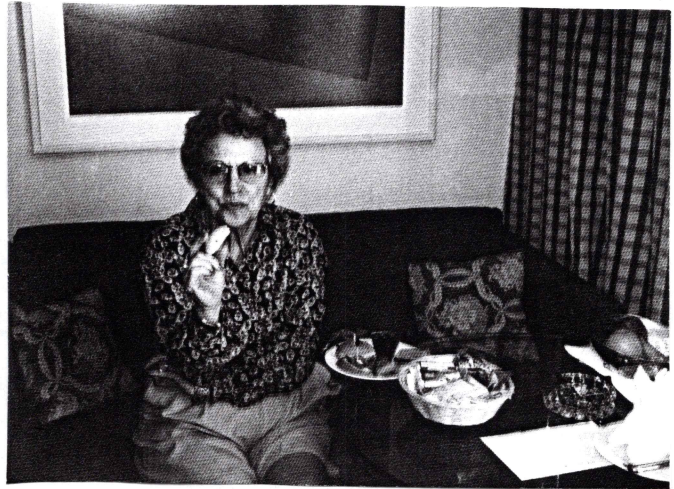
Catch the News



May, 1997



GRANDMA ENJOYS SOME CHAMPAGNE AND SEA AIR ON THE PRIVATE VERANDA



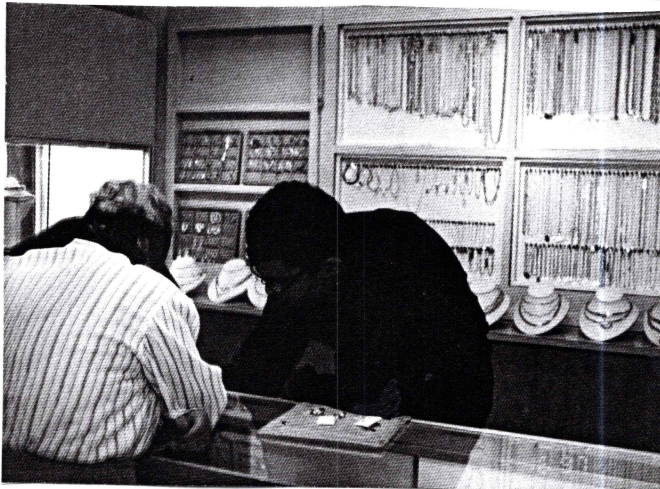
GRANDMA ENJOYS SOME SNACKS IN THE CABIN SUITE



GRANDMA TRIES OUT HER LUCK AT THE SLOT MACHINES IN THE SHIP CASINO



GRANDMA CHECKS OUT HER NEW WATCH AFTER A BUSY SHOPPING TOUR



GRANDMA DOES SOME HARD BARGAINING AT A SHOP IN ST. MAARTEN



GRANDMA DOES SOME MORE BARGAINING AT A SHOP IN ST. MAARTEN

# The Riel Family Newsletter

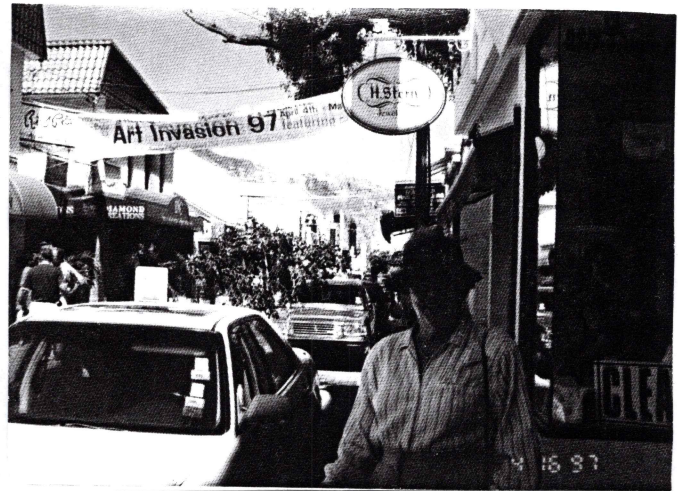
Catch the News



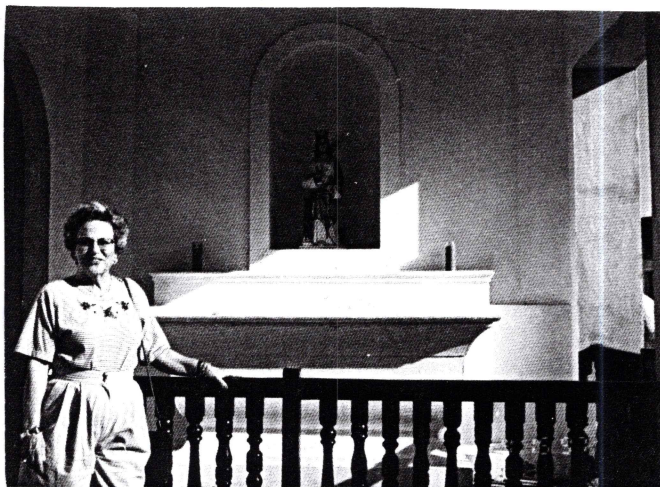
May, 1997



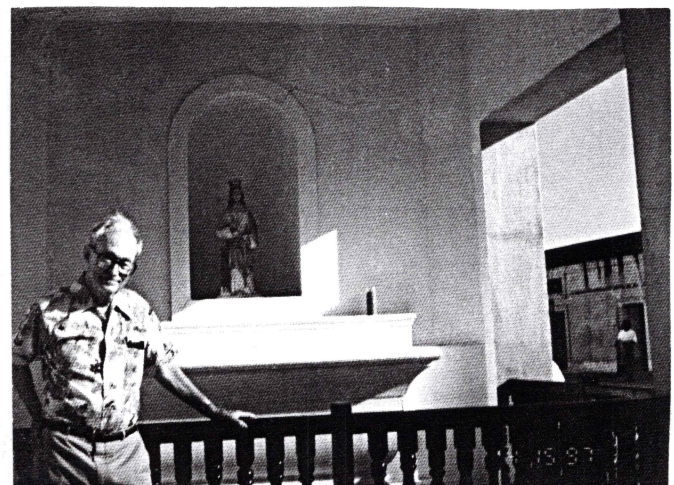
THE SHOPPING MALL IN ST. THOMAS



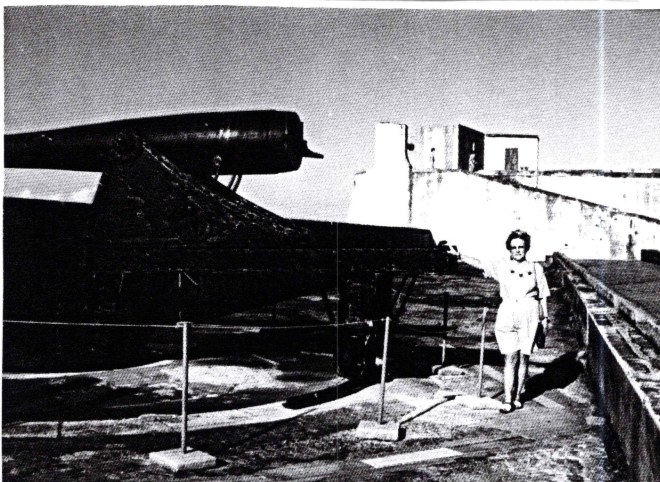
THE SHOPPING MALL IN ST. MAARTEN



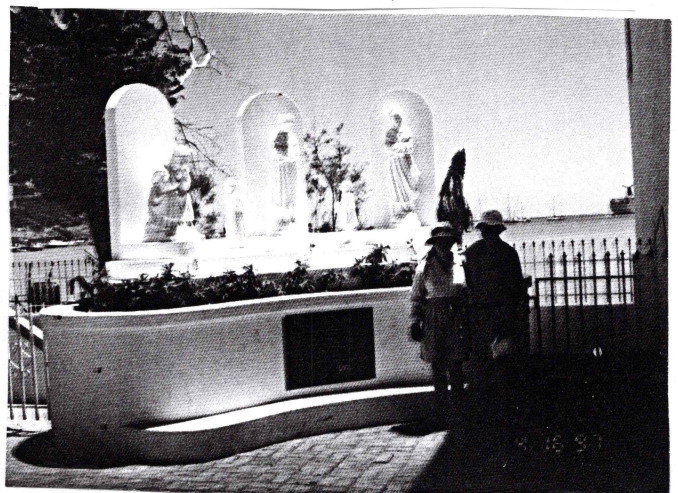
GRANDMA AT THE SHRINE TO MARY IN FORT SAN CRISTOBAL, IN SAN JUAN



GRANDPA AT THE SHRINE TO MARY IN FORT SAN CRISTOBAL, IN SAN JUAN



GRANDMA CHECKS OUT THE BIG CANNON AT FORT SAN CRISTOBAL, IN SAN JUAN



GRANDMA AND GRANDPA AT A CHURCH SHRINE IN SAN MAARTEN

# The Riel Family Newsletter

Catch the News



May, 1997

## RUNNY NOSE DEPARTMENT (CONT.)

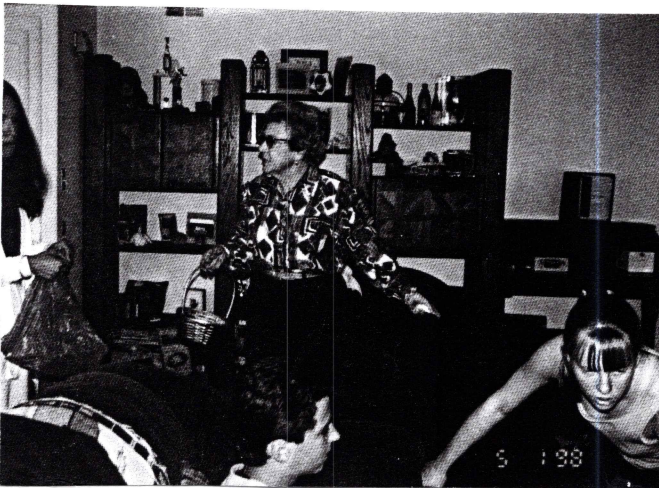
We are pleased to report that recent eye surgery on Bruce Hartman was successful, and we understand that he is much improved and feeling well. Good news we all are happy to hear. In another surgical procedure Margaret recently underwent hernia surgery, and is making a good recovery. She had some post operative soreness, and has stayed away from the soccer field for a while. Best wishes to both Bruce and Margaret for a speedy full recovery.

## FAMILY CELEBRATES EASTER AT GILLINGHAM HOME

Easter was the occasion for a family get together, and we enjoyed an excellent meal and the traditional Easter egg hunt for the kids. Everyone had an enjoyable time, and we thank Listy and Bob for opening up their home on this special day. We have a few pictures, as follows.



LISTY CHECKS OUT THE SNACKS TABLE



GRANDMA HANDS OUT SOME EASTER EGGS FOR ALL THE KIDS



SOME OF THE KIDS ARE HOT ON THE TRAIL OF SOME GOODIES AUNT ELOISE AND GRANDSON SCOTT NIX VISIT SCHEDULED FOR JUNE



BRYCE SOREM SHOWS OFF SOME OF THE GOODIES HE FOUND

Recently we had a letter from Eloise, and their planned visit to San Diego has been scheduled. They will arrive on Wednesday, June 18th, at 1:55 p.m. They will be staying at the Old Town Ramada Inn. We have some tentative plans, as follows. After getting settled in, they will visit our home, and then we will go out for dinner, followed by a Padres baseball game. Thursday will include a visit to the zoo, and on Friday either the Wild Animal Park or Sea World. On Saturday Ed Riel and kids will introduce Scott to the California surfing community. We plan on showing Eloise around the community while Scott surfs, and we hope we can visit some of the family homes. Sunday we plan to organize a family get together so the guests can meet all of the children and grandchildren. Everything still is in the planning stage, and we will be talking to everyone in order to firm up the details. They will be leaving on Monday, at 9:00 a.m.

# The Riel Family Newsletter

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May, 1997

## ANOTHER SNOW STORM HITS MISSION HILL AREA ON APRIL 1ST !

Once again the annual April snow storm hit the Mission Hills area early in the morning. Strangely enough it only fell in Grandpa's car, and even more strangely while the car was parked inside the garage! Stranger still, it seemed to fall in a pattern which spelled out "it's snowing"! This seems hard to believe, but the following photograph proves that it actually happened. Not only that, but when Francie and Mark visited Grandpa's office later on in the morning they experienced a second snow storm when they opened the office door and entered. Unfortunately we did not get a picture of the looks on their faces.



## MYSTERY PHOTO OF THE MONTH

Who is this slim young man seen in the company of Karla and Grandma? Yes, it really is the new Robert Riel, minus 65 pounds shed by watching his diet and exercising. Congratulations to Bob and also to Karla for her encouragement and also careful preparation of low calorie meals.



## FAMILY FITNESS ADVICE FOR ALL AGES

As you all know, Grandma and Grandpa have been involved in aerobics and strength training for the last seven years. Recently our instructor at the

Family Fitness Center passed out a brief article which and we thought important enough to copy, as follows.

### STRENGTH TRAINING SLOWS AGING

One of the inevitable consequences of aging is a gradual loss of muscle mass. The result is that by the time you are over 40 or 50, your strength may be drastically less than it was at 20. By 65, a woman who has followed a sedentary lifestyle may have no more strength than a child. Fatigue comes easily, everyday tasks become monumental chores. Posture poops out, and you begin to think of yourself as old even though your mind may be as young as ever.

Strength training is just the ticket to combat this slide into premature senescence. While it's probably not possible for a person of 60 to maintain the same muscular strength he or she enjoyed at 20, it is definitely possible for a fit 60-year-old to enjoy the strength of the average 45-year-old or for a 45-year-old to have the power of a 25-year-old.

If you have never followed a strength-building program before, you can actually throw the deterioration of your muscles into reverse gear by starting one now. You'll be building muscle instead of losing it. As each day passes and you continue your workouts, your muscles will in effect become younger and younger. Eventually you will reach a limit to this rejuvenating effort, but by that time you will be ahead of the game.

Loss of muscle isn't the only loss we suffer with age. Both men and women also lose bone mass as they gain years. The process begins earlier with women - often by age 25 - and progresses more rapidly, too. But both sexes suffer from the problem - osteoporosis - and it's consequences can be fearful: chronic back pain, vertebral collapse and broken hips. Once again, strength training can come to the rescue. Contrary to what you may think, working against resistance builds not only muscle, but bone, too. It's believed that muscular contraction around bone somehow stimulates it to conserve its structural minerals. Tennis players, for instance, have been found to have not only larger muscles but also thicker bones in the arm which holds the racquet. A training regimen that includes every muscle group in the body can therefore be expected to have profoundly beneficial effects on the strength of the skeletal system.

## ANNIE GILLINGHAM AND SCOTT HARTMAN STAR IN FRANCIS PARKER SCHOOL PLAY

Recently Grandma and Grandpa had an opportunity to see Annie and Scott perform in a play put on by the Lower School kids. The title of the performance was "Clue - A Murder Mystery". One of the 5th graders, Julie Barmeyer, came up with the idea to do a play based on the "Clue" murder mystery board game. A few ideas were borrowed from the film version "Clue", then some new characters were added along with a whole new plot twist to make it an original play. The entire play was double casted to give more students a chance to play some really fun roles. Annie was one of three other students who played the "Kids" role, and Scott played the role of "Wadsworth, the Butler". Both did a great job, and the entire cast put on a very interesting and well played performance. On the next page we have reproduced a copy of the program along with a photo taken after the show was over.

# The Riel Family Newsletter

Catch the News



May, 1997

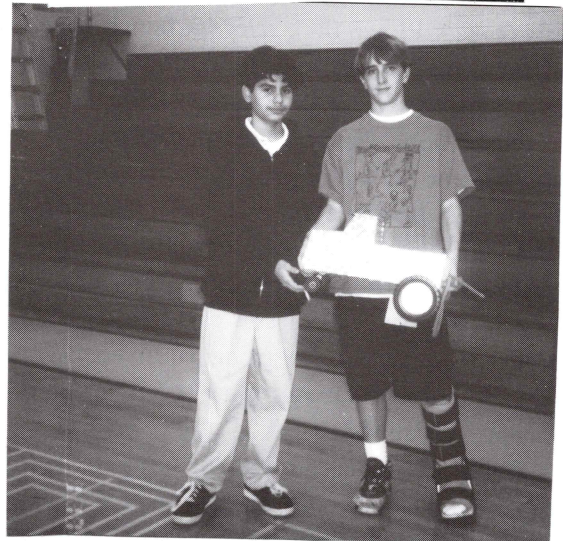
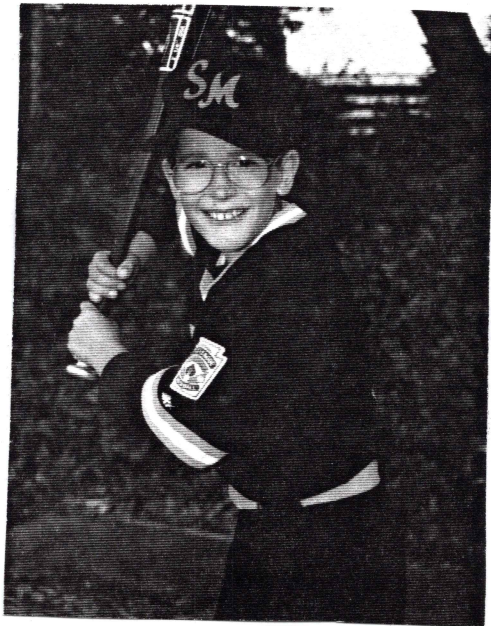
The 1997 Showstoppers  
proudly present  
three original plays...

## CLUE

A MURDER MYSTERY

*Annie*

*Scott*



### SOME NAMES IN THE NEWS

Bryce Sorem is having some spectacular achievements in Little League baseball. He recently changed to another league, and has become a very successful pitcher. Also, in two recent games he had the game winning hits, one a last inning home run, to lead his team to victory. Craig Hartman's picture appeared in the latest issue of Parker Perspective magazine, with his Science Olympiad project. Also, both Kristy Gillingham and Craig Hartman made the Fall Fitness Awards 96-97 National Fitness Awards list. Finally, Dr. Bob wrote an article in the same issue, titled "Pre-Kindergarten Program". The following pictures show some of the winners the winners.

M.V. Century  
 Embark : 04/12/97  
 Disembark: 04/19/97  
 Billing : PR086215

Page: 141  
 Date: 04/19/97  
 Time: 05:34:36  
 User:

DETAIL FOR CABIN: 1069

FOR: 1. MR FRANK RIEL  
 2. MRS EDITH RIEL

DATE	TIME	LOCATION	CHECK #	P#	GRATUITY	AMOUNT	
CHARGES FOR >>> 1. MR FRANK RIEL							
04/12/1997	21:19	RENDEZVOUS BAR	2658	1	1.12	8.57	
04/12/1997	21:47	WINE CELLAR	8510	1	0.68	5.18	
04/13/1997	12:08	BINGO-LOTTO-CAS.ADVANC.	6459	1	0.00	40.00	
04/13/1997	10:54	RENDEZVOUS BAR	2717	1	0.26	2.01	
04/13/1997	21:29	THEATER BAR	1275	1	1.05	8.05	
04/13/1997	13:31	SHORE EXCURSION	102774	1	0.00	36.00	
		Tour HOLLYWOOD for PR086215-1					
04/13/1997	13:33	SHORE EXCURSION	102779	1	0.00	31.00	
		Tour S/T SIGHTS for PR086215-1					
04/13/1997	19:43	WINE CELLAR	8832	1	0.89	6.84	
04/14/1997	19:19	DINING ROOM BAR	2561	1	0.53	4.03	
04/14/1997	10:58	SHORE EXCURSION	s21055	1	0.00	36.00CR	
		CXL Tour HOLLYWOOD for PR086215-1					
04/14/1997	19:15	WINE CELLAR	9090	1	0.68	5.18	
04/15/1997	17:28	CRYSTAL ROOM	4010	1	0.78	5.98	
04/15/1997	11:53	ISLANDS	4356	1	1.05	8.05	
04/15/1997	06:07	SHIPBOARD CREDIT	s10443	1	0.00	25.00CR	
04/15/1997	20:56	THEATER BAR	1397	1	1.01	7.76	
04/15/1997	07:18	SHORE EXCURSION	s21083	1	0.00	31.00CR	
		CXL Tour S/T SIGHTS for PR086215-1					
04/15/1997	19:37	WINE CELLAR	9259	1	0.89	6.84	
04/16/1997	21:23	DINING ROOM BAR	2848	1	0.53	4.03	
04/16/1997	11:01	POOL BAR	5172	1	0.97	7.42	
04/16/1997	20:29	THEATER BAR	1480	1	0.59	4.54	
04/16/1997	20:10	WINE CELLAR	9514	1	0.89	6.84	
04/17/1997	19:55	DINING ROOM BAR	2982	1	1.12	8.57	
04/17/1997	14:37	TASTINGS	337	1	0.56	4.31	
04/17/1997	19:47	WINE CELLAR	9797	1	0.83	6.33	
04/18/1997	21:22	DINING ROOM BAR	3099	1	0.53	4.03	
04/18/1997	20:16	THEATER BAR	1775	1	0.59	4.54	
04/18/1997	19:49	WINE CELLAR	72	1	0.89	6.84	
		SUB-TOTAL				16.44	140.94
CHARGES FOR >>> 2. MRS EDITH RIEL							
04/13/1997	13:31	SHORE EXCURSION	102775	2	0.00	36.00	
		Tour HOLLYWOOD for PR086215-2					
04/13/1997	13:33	SHORE EXCURSION	102780	2	0.00	31.00	
		Tour S/T SIGHTS for PR086215-2					
04/14/1997	10:58	SHORE EXCURSION	s21055	2	0.00	36.00CR	
		CXL Tour HOLLYWOOD for PR086215-2					
04/15/1997	07:18	SHORE EXCURSION	s21083	2	0.00	31.00CR	
		CXL Tour S/T SIGHTS for PR086215-2					
		SUB-TOTAL				0.00	0.00
		TOTAL CHARGES				16.44	140.94
		BALANCE DUE					140.94

M.V. Century  
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\*\*\* This amount will be charged to MASTER CARD