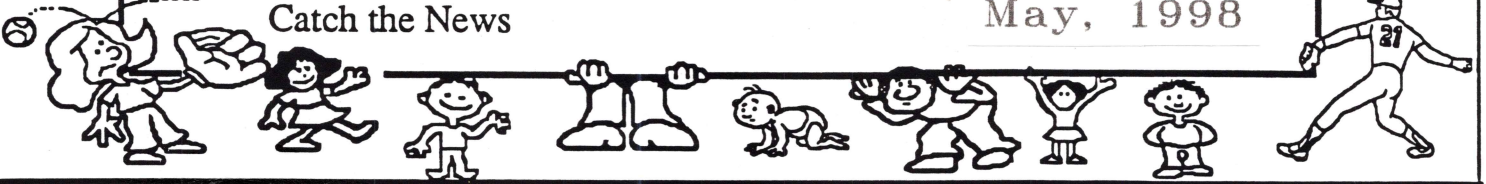




The Riel Family Newsletter

Catch the News

May, 1998



SURPRISE PARTY CELEBRATES JAN'S 50TH

FAMILY AND FRIENDS JOIN IN FOR AN EVENING OF FUN

Saturday, April 15th was a special night in the Ed Riel family. After much secret preparation the big 50th celebration took place on schedule. A large group of family, neighbors and friends convened at the home on Larkspur. Jan had been taken out for a dinner invitation with friends, and it came as a complete surprise when she came in through the back door to discover that her house was packed with friends to help her celebrate this birthday milestone. Ed, with some family assistance had laid out lots of party snacks and drinks, and everyone enjoyed this special evening. Some pictures are reproduced on page 2, and the celebration included a special poetic salute to Jan, (see page 3) composed by none other than the family poet laureate Francie. Then everyone enjoyed the special birthday cake, plus other desserts. It was a great party, enjoyed by all, and we wish Jan many, many more happy years!

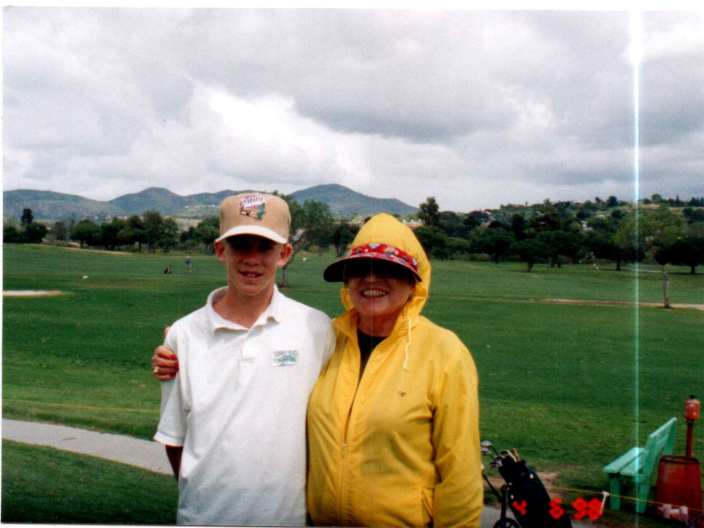
MORE BIRTHDAY CELEBRATIONS

April was a busy birthday celebration month, and in addition to Jan's Brett, Jessica and Dustin all were treated. For his 15th Brett opted to a round of golf, and we played the South Course at Admiral Baker. As shown in the following picture the weather was cool and windy, but fortunately we did not get wet. Prior to the round we enjoyed lunch at Oscar's, in Mission Valley.

Jessica also celebrated her 15th, and we started out with lunch at Chili's. We then took in a movie, The Man in the Iron Mask.



Dustin celebrated his 13th with lunch at Oscar's, followed by a round of golf at Presidio Hills. We then visited Balboa Park, and took in the Science Museum. We enjoyed all three celebrations, and wish Brett, Jessica and Dustin many happy birthdays!



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A TRIBUTE TO JAN ON HER 50TH

Gather around and lend me an ear
as we pay tribute to Jan's 50 yrs here.
She started out many years back, at home on the range
with a given surname that sounded quite strange.
One of three kids with two brothers in tow
Wayne and Dell were there don't you know.
I'm sure they would tell us how kind she was then,
as all brothers, see their sisters, time and again.
School years begin and quickly fly by
depositing Jan at San Diego High.
There she met Ed in one of those classes
attended by many of the "Caveman" masses.
But their friendship was fleeting and many years would fly
before they got reconnected and got married by and by.
Soon they were living on Larkspur in O.B.
in a cute little house about the size of a tree!
Kevin would soon join them and start the big crowd
that soon would be growing and becoming quite loud.
Just two years later a couple more boys
and soon their house was spilling over with toys.
So Jan got her house, grand and much bigger.
It just took ten years to finish, now you go figure.
But Jan was real patient, as she's always been,
A year after the twins another boy was added in.
And as if four boys wasn't enough
she did day care for Brett with all of his stuff.
So 5 boys all playing with bats, balls and toys
kept poor Jan's ears ringing with plenty of noise.
But through all those years of kids growing tall
she showed us the spirit that makes us recall
that even when life deals you a hand that is tough
the love in your heart showed us you have the "right stuff".
We look at the giving you always have done
and feel very proud to count "us" all as one.
They say your family is something you can't choose
and when Ed married you we knew he'd never lose.
You've brought to all of us an integral part
and we say this to you from all of our hearts.

Thank you for all of the love you have given
Thanks for your time, what you've brought to our living
Thanks for the honor of knowing your soul
for sharing and caring and nurturing us all.
We wish for your birthday the best of a life
and we'll forever be grateful Ed made you his wife.

Frances Sorem

April, 1998

BIRTHDAY CALENDAR FOR MAY

Curtis Hartman	May 2	14
Michelle Hartman	May 17	16
Hugh Mehan	May 28	57
Robert Gillingham	May 31	43

TRAVEL NEWS

Francie was in the travel news again, in April. This trip had two stops, one in Montana and a second, a big trade show, in Indianapolis, Indiana. As she was about to depart she was asked to attend one more function, and was pleased to find out that she had won the best presenters award for the show. The down side, however, was that not only was she awakened in the wee hours by some loud celebrators, but also she experienced a return flight delay which caused her to be stuck in another

city and had to spend the night there. The next day was OK in that she got back to San Diego just in time to attend the Padres opener. At the show she also learned that she would be the subject of a feature article in the ISO newsletter ISO WELLNESS REPORT Spring, 1998. We have reproduced the article, as follows, and certainly congratulate Francie for both the award and the article.

AN ISO PROFILE:

No California dreamin' for Francie Sorem. A top stylist and performance artist on the ISO design team, Francie is a native California girl whose down-to-earth practicality has brought her success in her career and life. "I am a left-brain person in a right-brain world," says Francie. "I've always wanted to do everything well."

Francie grew up in San Diego, one of eight children, and remains there today, working and raising her two boys, ages 15 and 11. Her day starts early: she rises at 5:30 a.m. for an aerobics class, then she heads to Primo Hair Design, where she maintains a client base of about 400. Her evening is often spent participating in her kids' sporting events. "Every day is so much fun," says Francie. "My clients are my friends. They come to visit for an hour and then they pay me. I am in the best industry on earth."

A licensed stylist since 1970 and an ISO design team member since 1991, Francie incorporates her left-brain thinking into her stage technique. "I appreciate the science and technology behind the ISO line, and I have the ability to communicate the concept visually. Our industry loves visuals. On stage, I'll use the analogy of nature and sports. For example, porous hair is like tall grass, which shows footprints. ISO lets you keep hair healthy, like a putting green, nice and smooth."

Another ISO attribute promoted by Francie is the line's broad-based appeal. "ISO lets me work with models of all ages. At the Long Beach, California show, I had a model who was 57 years old and wanted a change. Here was someone who wore his hair the same way for 37 years. Who hasn't had a client like that? There was a real one-on-one going on stage. That's what I bring to the ISO design team: I relate to the everyday person." When younger stylists ask if they'll ever get to be performance artists, Francie imparts the following advice: "Only if you want it more." She lives by the following mottoes: The more you push yourself, the further you go. When you love what you do, it can take you anywhere.

The most influential person in Francie's life has been her father. "I admire my father more than anyone else. When I was at my lowest, he reminded me that there are others in worse situations and more terrible places, and that it was up to me to turn my life around."

Francie, from her own experience, believes that life begins at 40, 50, 60 and beyond. "Just look at our industry and how the consumer has changed in the past five to 10 years," says Francie. "People want to be beautiful no matter their age, and the concept that beauty comes from the person you develop is widely accepted. People know that they're going to live longer and appearance counts. There's a bigger demand for bald men to have hair than there is to walk on the moon. Physical appearance enhancement industries have a great future."



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CORRECTION

In the last issue of RFNL we printed an item on the truck recently purchased by Craig Hartman. Apparently we were misinformed by a certain party not to be named. Based on the following item we received from Dad Hartman we now have a more accurate story on what the new vehicle is and how it is being rebuilt to a new set of specifications. We regret the misinformation in the April issue and are happy to get a full definition of the true facts.



In last month's edition of the R.F.N.L. a **huge** mistake was made. In the story about Craig's new truck, you referred to it as a "Used Chevy Truck" and further stated that it was to be restored to "Mint Condition". Well, none of this could be further from the truth. First of all, this **CLASSIC** is a 1952 Chevy, five window, half ton, short bed, step side, pickup truck. NOT a "used Chevy Truck". The second correction that needs to be made is the fact that we have no intention of restoring it to original or "mint" condition. What we ARE doing is building a **HOT ROD**. Already, the six-cylinder engine is gone, soon to be replaced with a high performance Chevy 350 V8. A Saginaw 4 speed transmission and a Ford 9-inch rear end will accompany that. We are also changing the brakes to "Power Disk Brakes" so that Craig will be able to stop all this wild horsepower. (Grunt Grunt Grunt) According to Craig, there will be a stereo system in the cab of this truck with as much horsepower as the engine. All of this will be wrapped in a "competition orange" paint job with lots of chrome.

Birdy and Listy have accused me of building this truck for myself, I don't have any idea where they thought that up, but it is certainly not true!!! I will admit, I do enjoy spending time with "The Boy", but that's all.

FAMILY CELEBRATES EASTER WITH PARTY AT LAKE MURRAY PARK

Easter Sunday was another day of celebration, and the family gathered at Lake Murray Park, on a somewhat cool and windy afternoon. However, everyone was in a festive mood, and there were lots of snacks for the early arrivers. Once a crowd had gathered a touch football game was organized, with the kids taking on their fathers. It is becoming increasingly apparent that the parents no longer are a match for the kids. The game was pretty one-sided, and we lost count of the score. Fortunately hunger overcame everything and a great lunch was served. In addition to Grandma's roast lamb and Greek salad there was ham, several other salads and lots of other goodies. After everyone had eaten their fill the traditional easter egg hunt took place. However, the Committee (Margaret, Francie, Carol, Listy and Birdy) decided to forgo a hunt in lieu of a series of family oriented questions, with eggs rewarding the most correct answers. Incidentally, the eggs were not real ones, but plastic, with two one dollar bills inside. Everyone had a great time, and we thank all who helped make this another great Easter celebration. We took some photos, which are reproduced on the next page.

***** SPECIAL NOTICE *****

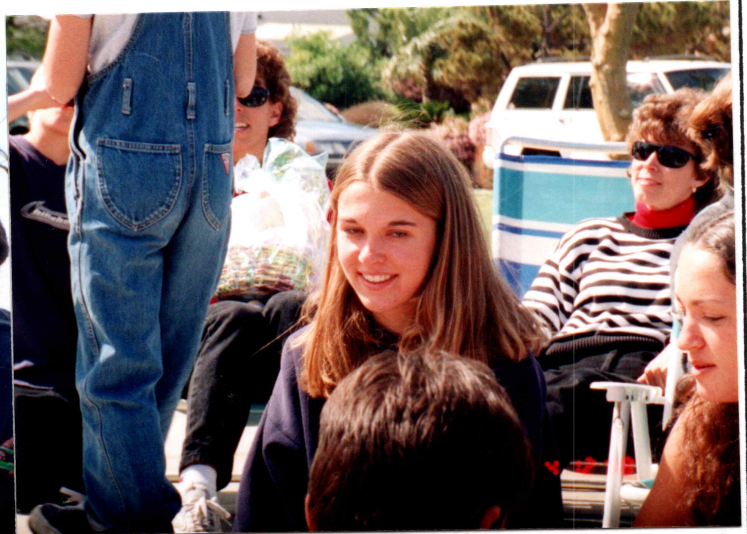
Carol reports that both Jessica and Jason won important roles in the upcoming production of "The Little House on the Prairie". Performances are scheduled for the week-ends of 15-17 and 22-24 of May. The times are 7p.m. Friday and Saturday, and 2 p.m. on Saturday and Sunday. Call Carol for tickets, at 286-5430. All shows are at Lewis M.S., 5170 Greenbriar.

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APRIL FOOLS JOKE FLOPS

The annual "snow job" carried out each April 1 by a certain individual failed once again to fool a clever Grandpa, who detected at once the trick and was able to "defuse" it. As you can see in the following photo the tricksters filled a plastic bag with Styrofoam pellets and attached it to the inside wall above the bathroom door, so that the closed door sealed the bag. When the door was opened the contents of the bag were supposed to shower down on the victim. However, as you can see, the photo was taken from inside the bathroom. How, then, did Grandpa get inside the bathroom without releasing the Styrofoam pellets? Is there a secret door to the bathroom? Was the photo taken through the window? There will be an award to the kid who can figure out the correct answer. All entries must be in writing, mailed to the RFNL office. No telephone responses, please. The winner will be the first one to submit a correct answer. The decision of the judge will be final!



SOME FAMILY HISTORY

Recently Grandpa has been in contact with a distant relative on his mother's side of the family. His name is Dan Southam, and he lives in Slidell, LA. The relationship is that his grandfather, Corbett Southam, was my uncle, the brother of my mother. As a matter of fact, Corbett and his second wife Myra were wedding guests when Grandma and Grandpa were married, in 1946. Uncle Corbett was Chief of Police at Elyria Ohio, a moderate sized city west of Cleveland.

Dan sent me some old photos, as shown at right. The upper one is of my grandmother, Isabel Ester Gould, born in London in 1848. She came to the U.S. and married Edwin Southam, my grandfather, in about 1868. She died young, in about 1890. The second photo shows Edwin Southam with his third wife, Ida Hoadly. They married in about 1910, and both died in 1934. The man on the extreme right appears to be the fourth son, my Uncle Corbett. We will have more on how the Southam family arrived in this country in the next issue of RFNL.



Less + Proctor

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May 15 2-7 2
16 17
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2 PM
27 PM

Fri 7
Sat 2-7
Sun 2

Lewis MS

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Renewed You

ENERGIZE

Spring forward. Spring ahead. Spring into action. Do you lack the energy required of the season known for its get-up-and-go? Fatigue is one of the most common health problems facing Americans today, notes Dr. Paul Varnas, co-author of "Everything You Wanted To Know About Energy But Were Too Tired To Ask."

In his book, Dr. Varnas reveals that stress is often a common cause of fatigue. "Modern society overworks our adrenal glands," says Varnas.

When primitive man walked through the forest, he'd see a saber-tooth tiger and his heart rate would increase; his pupils would dilate; his blood pressure would rise and he would either respond with a fight or flight. If he survived the ordeal, chances are it would be a while before such strain was again put on the adrenal glands. He would have an opportunity to relax and a chance for his adrenal glands to recover. And while we're not being chased by tigers today, many of us don't have the luxury of a recovery period.

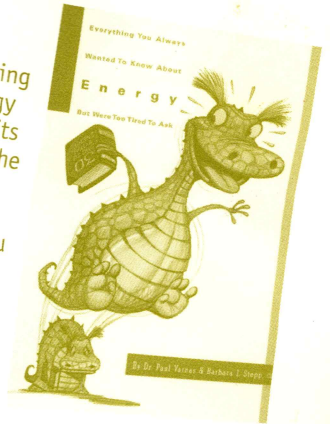
"Our overworked adrenal glands cause a decrease in the immune system function, so an individual under constant stress may hit the exhaustion stage where the adrenals begin to fail," says Varnas. "During this stage a person begins to have a variety of symptoms including allergies, indigestion, irritable bowel, obesity, depression, fatigue and many other problems. You go a long way in preserving your health and energy if you try to eliminate as much stress from your life as possible."

Dr. Varnas advises that if you reduce the stress you can control, stressful situations will not have as much of a physical effect on you. For instance:

- You can reduce stress by controlling your diet. People with weak adrenal glands frequently crave coffee and sugar. Avoid those and eat frequent, smaller meals. Gradually improve your diet by removing chemical additives, and move toward a more organic way of eating.
- Don't worry. It's a waste of energy and undermines your health. Look for the positive in each situation.
- Let go of an anxiety-ridden past situation. Your adrenal glands simply don't know the difference between imagined and real danger. This is why meditation and biofeedback are valued in controlling stress. So is laughter.

Dr. Varnas is a doctor of Chiropractic in private practice and is a member of the Illinois Chiropractic Society and the International College of Applied Kinesiology. He is an instructor at the National College of Chiropractic, teaching clinical nutrition. To order his book "Everything You Always Wanted To Know About Energy, But Were Too Tired To Ask," call 1-800-672-2250.

Before starting any health program, please consult a physician.



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Thank you for all the love you have given
Thanks for your time, what you've brought to our living
Thanks the honor of knowing your soul
for sharing + caring and nurturing us all
We wish for your birthday, the best of a life
And we'll forever be grateful Ed made you his wife...