

## Karla celebrates 50<sup>th</sup> – Robert pulls off surprise at restaurant

It's pretty hard to organize a surprise birthday party and actually fool the birthday person, especially when it is a special milestone like the 50<sup>th</sup> birthday. However, Robert pulled off a pretty real surprise on Karla. First, he selected a date ten days prior to the actual birthday (September 20<sup>th</sup>). Then he told her that he had an electrical job to do at the restaurant on the party date and that she was to meet him there, entering at a side door which actually was the service entry to the banquet room. At the appointed hour, 6:00 pm, everyone gathered around the door and a



surprised Karla was greeted by the well-wishers. Once things settled down the buffet line opened and all enjoyed a really great dinner (see picture, pg 2) along with drinks served throughout the evening. The next item on the program was a Robert Riel special. The ceiling



was decorated with many inflated balloons of various colors. Robert explained to Karla that each of the black ones contained a written message or quotation of special family interest. On order to retrieve them Karla had to break each balloon and the message would pop out. We do not have room to print all of the messages ,but we have selected a few for your enjoyment. *When you turned the kitchen into an indoor pool –The fact that you never missed a swim meet –When you attempted to help us with our math homework –Pulling us around Disney on our heels – For treating our friends like family – Letting us destroy the living room with our forts – Call me when you get there – Summers driving across the country – The advice that you give us – When you flooded the pool –When you smile, even after a bad day – Your old Levis*

Each message inspired some sort of response from either Karla, Brian, or Katy; some were very amusing. Afterwards, a series of speakers talked about Karla's past life. Some of the speakers included Paula Worley, (Karla's sister), family friend Doug Farkas, and some friends and family members, including Katy and Brian. While all of this was going on, a slide show showing various incidents in Karla's life was shown continuously on a screen in the corner of the room. Finally, the RFNL choir sang a rousing song about Karla, sung to the tune of "New York, New York" (lyrics by Listy).

Old Age, Old Age (New York, New York)

She's getting real old, her youth has vamoosed,  
 She wants to be a kid again, but her parts are loose!  
 She dreams of years past, she buys an MG,  
 It falls apart so fast, just like her old knees.

She wants to wake up as a teen, but pimple free  
 And find she's Queen of the Prom - with the QB!

These little gray hairs, they resist all her creams,  
 She'll make a brand new start of it- just in her dreams.  
 If she can climb the stairs, she just might dye those hairs,  
 But then again, why not use Nair?

She wants to shop around for a brand new silver Benz,  
 But finds she's looking instead, for some Depends.

These little town blues, she'd rather see Rome  
 But she can't sail the seas - in her motorhome.  
 Yet if she can make it there, then we will all prepare  
 To see her Gla-di-ator Ro-bair.

If she can make it there, then we will all prepare  
 For a tru-ly monstrous scare.

Happy Birthday, Carla.



## Happy birthday Karla – and many more as happy as this one!!



### Grandpa experiences a minor health problem

As most of you know, Grandma and Grandpa are getting along in years and hopefully will celebrate their 86<sup>th</sup> and 92<sup>nd</sup> birthdays during the coming Christmas and New Year holiday seasons. We have been extremely fortunate, health-wise, in that we are still playing golf and are active in the HMO Senior Fitness program. However, as time goes by human bodies begin to wear out and tend to function with decreasing efficiency. This can lead to some annoying problems, and in a recent doctor's visit Grandpa defined one in particular. According to the doctor the condition's medical term is Ataxia, which means a decrease in balance ability. Broken hips due to falls are common among the elderly. Our doctor explained that I should not live with the problem, but do something about it. The recommended approach is physical therapy, and fortunately our HMO has active programs at many of the facility sites. The staff members are trained to demonstrate various exercises designed to strengthen the calf muscles, which in part, provide balance as one moves about. Also, balance type exercises that target the sense of balance are defined. In addition to one-on-one sessions at the gym, home type exercises are demonstrated for long-term improvement. Also, the Wii program the family got for Grandma contains a series of balance enhancement games that address balance problems. Finally, our HMO presents, four times a year, a three-day symposium defining the causes of Ataxia, approaches addressing the problem, and suggestions on "fall-proofing" one's home and walking habits. Grandma and Grandpa are signed up for the next session, in November. We plan on doing everything we can to safeguard our future.

## Margaret and Bud install solar electric panels on Encinitas home

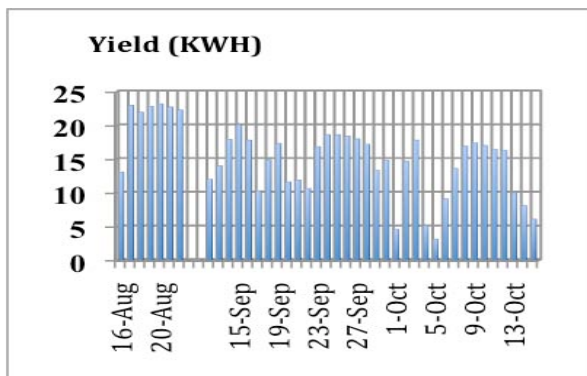


The Riel/Mehan house is on the grid!

By Margaret

Beginning at the end of August, our electricity meter has been running backwards during the day. And since then the weather has warmed up to the point where we are producing about 22 kilowatt hours a day. We hope to reduce our bill by 75%. One of the benefits of producing solar energy is that customers settle with SDG&E once a year instead of monthly. Another great thing is that between the state and federal rebates we only have to pay about 60% of the cost of installation. If you are interested in learning more about solar, I have had a multiyear education--(Bob, thanks for all of your help!!!)-- and know a bit about a number of companies. We went with Heliopower as a part of a one-block-off-the-grid program. (If any of you are thinking of solar, there is a discount with Heliopower if we recommend you.) We have 20 "Sunpower" panels that are rated to work well in overcast weather that is common in coastal areas. Some face south, some face east. The system should pay for itself in about 8 years, (it immediately increases the value of the house). After eight years, it should save us a quite a bit of money. But the best part is the knowledge that we are pulling down energy from the sun.

We use about 20 KWH a day in electricity in the summer and about 30KWH in the winter. You can see from this chart that in August, we averaged around 22 KWHs which produced a surplus and that gave us a credit of \$73 the first month. (I didn't download the number from Aug 21 to Sep 15 and they are no longer on the website.) We just got the second bill and we now have a credit of about \$35 dollars. This means that by next month, we could be close to even or start to owe money. For the next few months, we are likely to owe and then we will start back towards gaining. Our goal is to offset 75% of our bill when we settle up with SDG&E next August.

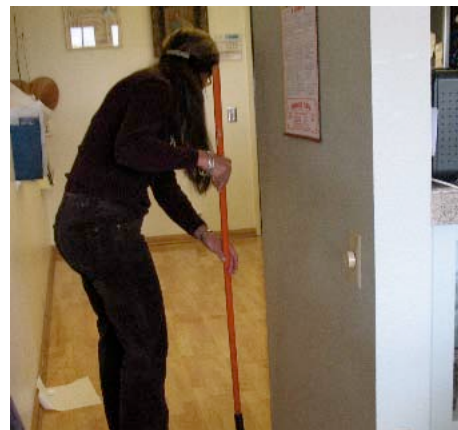


## Riel Bowl XIX dine out dinner award

At the last Riel Bowl Katy was one of the two winners (the other was Kevin) of the dine-out certificate. Some time ago we reported on the Kevin dinner, at a Hillcrest Italian restaurant. After many months of attempted scheduling to pick a date when Brian and Katy would be available we gave up and treated Robert and Karla. Robert chose a site compatible with the Robert Riel famine and feast diet; six days with apples and bananas and on the seventh gorging at the buffet brunch at Viejas casino. Cameras are not allowed in the casino, so pictures were possible only outside. It was a fun party, but we missed Katy and Brian. (NO, we didn't win at the machines or bingo)



## Margaret paints condo kitchen in one hour



A couple of Saturdays ago, at about 10:00 a.m.

Grandma casually announced to Grandpa that Bud and Margaret were coming over at 10:30 to paint the kitchen. "What!" Grandpa said. "We are going out to lunch at

noon". Actually it was the kitchen floor that Margaret had volunteered to paint, using a special mopped on liquid that hardened to a hard and shiny surface. Once the furniture was removed it only took a few minutes to finish the job and now it looks great and Grandma is very happy with the way it looks. (THANKS, Margaret and Bud)

## ScOOTering to the Mingei

There has not been a lot of great scootering weather this summer but the beginning of October proved a different story. So we decided it was time for another trip to Balboa Park and one of our favorite museums, the Mingei.

The Mingei international Museum features current craft art from around the world. One of the two larger exhibits was in honor of the 100 anniversary of the Mexican Revolution. It showcased many depictions of its heroes and the spirit of the times by a local artist.

Also on display were the textiles and dresses of English artist Zandra Rhodes. What made this exhibit all the more interesting was the guided tour we got from the museums' volunteer / member who was both excited and knowledgeable about her work. Ms Rhodes was a fabric designer who had trouble selling her patterns to the dressmakers of the world, and so became a famous dressmaker as well. Here colors and patterns were inspired by her travels around the world.



Ed, Margaret, Museum Docent and Edith

