

# The Riel Family Newsletter

Catch The News

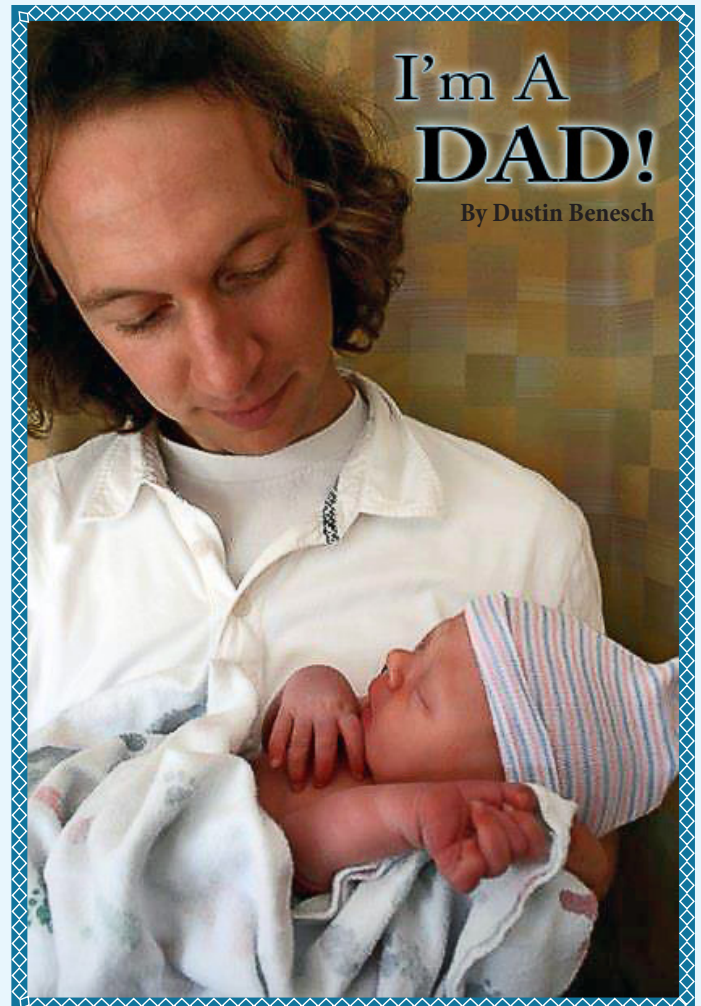
September 2011 RFNL 247



## Holden James Benesch

Born: 8/22/11, 1:57 PM

6 lbs 15 oz, 19"



It has been an exciting few weeks for the Bay Area Benesch Household. As I hope everyone is now aware (thank you Facebook), on August 22nd at Alta Bates Medical Center in Berkeley Lauren gave birth to our first child, Holden James Benesch.

We were very excited to have the birth at Alta Bates as it is one of the best at facilitating natural child births. Unfortunately, our little guy had different plans. After 12 weeks of Bradley Method classes and hours of practicing for a natural birth, little Holds did not want to move head down which meant a planned C-section was in order.



Although I first thought it would be nice to know the exact birth date, as the days grew closer so did the anxiety. Lauren and I were very excited, but with every person telling



us how much our lives were going to change, it was hard to stay calm. Although the majority of the advice we received was to get as much sleep as possible before the birth, we found that was easier said than done.

Then came the morning of August 22nd. Besides for a bit of a delay (and a lot of nerves), everything went fairly smooth. The hardest part for me was waiting

outside the operating room as the doctor administered the spinal anesthesia. Apparently too many fathers faint during the injection, so we are no longer allowed to watch, although I could have just as easily passed out sitting alone in the hallway for those 15 minutes (which felt like an eternity.)

Once inside, it was only another 10 minutes before we were both holding all 6 pounds, 15 ounces of the little guy. After a few hours, Lauren, Holden, and I were taken to our postpartum room where we were greeted by my Mom, Dad, Lauren's Mom, Jason, and Chavva. It was an amazing experience, and we are very thankful that we had everyone there to share it with.



We are extremely lucky to have a child with a very calm temperament and a strong urge to breast feed. We are



also equally (if not more) lucky to live with Lauren's mother who is a lactation consultant and pediatric nurse. We have had a few difficult nights, but we are managing just fine and have an amazing support system to help us out. Lauren is an amazing mother, and for me being a



father is more rewarding than I could have ever imagined. Thank you everyone for the congratulations on Facebook. It is great to feel like we can share the experience with everyone even though we are spread out around the country.



# Nicole's Bridal Shower



**O**n Sunday August 14th a group of ladies gathered at Listy's home for Nicole's bridal shower. We were all treated to a tour of Listy's newly remodeled kitchen and dining area. Bob has outdone himself once again as everything looked beautiful.

The party started at noon with drinks (Iced tea & lemonade) and lots of good conversation. Then once everyone had arrived, a buffet lunch was served. Lunch included Shrimp Salad served on buttery croissants, along with a variety of meats & cheeses



After lunch it was time to "shower" the bride with gifts. Nicole received many beautiful gifts: Brandy Snifflers, Emeril's own cast iron grill, a Cuisinart, a home soda maker, chip and dip bowls, and a set of silver bowls just to name a few.



so you could design your own sandwich. There was also a delicious fresh fruit salad and a wonderful green salad. Nicole brought her famous (whole grain) salad which was a big hit.



Nicole also received a very special gift from Jan. To fashion the ribbon & bow on Nicole's gift, Jan used a tartan scarf that once had belonged to Jan's mother. Now Jan has passed this treasured family icon down to Nicole. Jan's gift to Nicole was a somewhat more modern version of the scarf which we are sure will be put to good use!

Following the opening of gifts, a variety of light and delicious cup cakes was served. They were expertly decorated and almost too beautiful to eat. But remember, this was a Riel function and no chocolate is safe.

The party broke up around 3:30 and we all thank Listy for her hospitality while hosting this event. And of course it goes without saying (even though we always do) ... a good time was had by all.





# Michelle & David Bridal Shower

**On** August 21st, a beautiful Sunday afternoon, ladies from near and far came together to celebrate the upcoming nuptials of Michelle & David. The party theme was “50’s Housewife” and the hair-styles, makeup, dresses, and jewelry of the participants expressed it wonderfully.

*Editor’s note: Two things, first off Bruce stayed in the bedroom watching manly TV shows, thus assuring his membership in the man club. Second, we would love to have pictures of all the ladies dressed as 50’s wives but due to “technical difficulties” most of the pictures taken were lost. In fact, there is no real evidence that the Riel girls ever dressed in “50’s” outfits at all. However... RFNL has searched the archives and found a suitable picture that would represent the day’s attire as shown.*



Ana and Birdy, our hostesses, laid out a luscious, gluten free buffet including chips and dip, BBQ links, hot wings, potatoe skins, fruits, cheese and lots of different salads. Also served was a delicious sangria wine along with other tasty drinks.

Once everyone had eaten their fill, it was time to move outside to watch Michelle open her gifts. Because Michelle resides on the east coast, Massachusetts to be exact, Ana and Birdy requested that everyone ship their gifts to Michelle’s house. But what fun would it be, without presents to ooh and aah over? So she came up with an ingenious plan. The gift-givers were challenged to devise a way to present their gift so Michelle would know what it was but not have to pack it up to get it home. There were

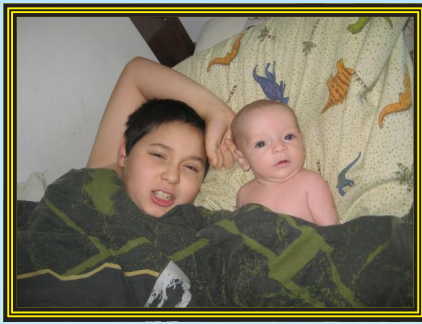


some very creative ideas including: small models, poems, riddles, small gifts that hinted at larger ones and even two jigsaw puzzles to assemble. The prize for the most creative was a mother-daughter singing duet.

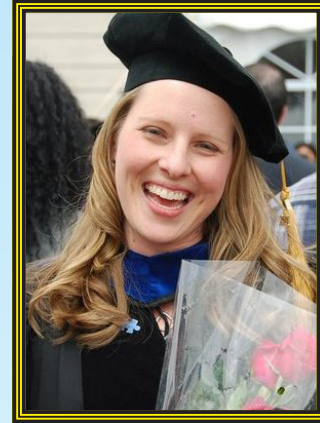


With the gift opening done, we were served cupcakes in various flavors (Bruce came out for the desert portion.) As the party wound down departing guests were given a gift of a chocolate chip cookie mix in a decorated mason jar with the recipe and a wooden spoon attached. It was a great day full of fun and laughter and a good time was had by all.



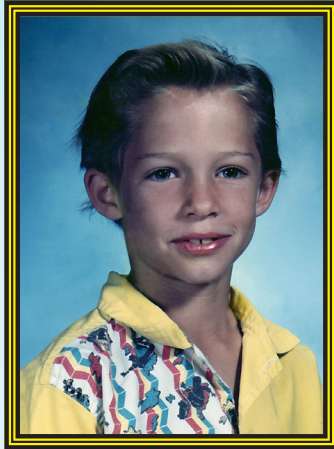
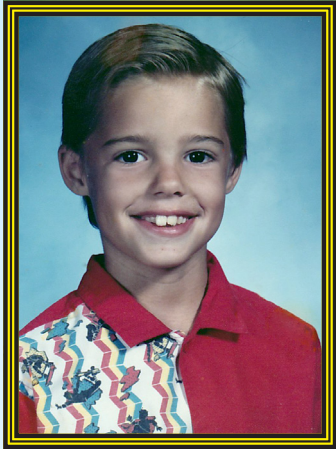


David, Birdy, Bruce, Listy, Bob, Michelle, Seamus, Kristy, and even little Liam helped Megan celebrate her birthday last month at the Hartman's house.



Michelle reports that she survived the hurricane (even if they did lose power for 24 hours) finished her dissertation (to quote her "If I had known how good it feels to finish writing my dissertation, I'd have finished it on time!") and was rear ended while stopped at a light on route 9 (she is fine). Her car will need some major work done, and she wasn't even the one who got slammed into!

Matthew is teaching Corbin the ropes on summer vacations. Sleep in late, watch lots of cartoons, play hard and never be around when there are chores to be done!



# FAMILY SHORTS



Karla and Robert took their motor home to visit Brian in Tuscan during the last week of August, and was it ever hot! With temperatures in excess of 110 and rain at the same time, it made for some very uncomfortable weather. But they still enjoyed a visit to the Saguaro National Park where they continued their car hiking and enjoyed the barrel cacti which were in bloom. They also took Brian to see the Chargers play the Arizona Cardinals at their new stadium in Phoenix.



Jason, Nate and Chris all turned 30 last month. It's hard to believe the next generation is joining the "over thirty club." Well since all the uncles and aunts have joined the over fifties club, it's not that surprising.

Brian and his roommates Pete and Daniel have learned to escape the heat of Arizona by coming back to Alpine where, along with Katy, they have been enjoying the use of mom and dad's pool.



Bob Gillingham says: "Don't kiss off your chance to contribute to the RFNL." Good advice from the latest member of the bald head club. Who's next? Check out next month's edition of the RFNL.



During the month of August, Annie has been exploring her Greek roots with a visit to the Merica homeland of Greece. She visited the ruins of the Greek culture at the Acropolis of Athens. Annie is one of our most experienced European travelers, so if you're planning a trip there, be sure to get her advice.

My Tutor

I have the best tutor, and his name is Frank. and we have been working Together for nine years. He is in his 90s. I don't think I could get all that he has in his head. I have been taught so much by this man and he has so much patience. He takes time with all that he does If I don't get it the first time he say" Don't worry, it may take but we will get sooner or later" He will say, "Calm down and relax." If I have to call him and tell him I can't make It he is all right with that: just call him. This man is like the father that I didn't have. He guides me the right Way. All the years we have been together he has helped me get my C.N.A Certificate, He taught me what to look for when I went to by a car, he help me get my driver licenser and, now he is helping understand the bible. Anything I can think of he will teach me ,and that's why I love him. So much. I don't know what I would do without him, I know someday he will tell me that he can't do it anymore, but I will worry about that when that day comes.

Frank I love you like a father, and thank you  
For what you did and what you are doing for me.

August 25, 2011.

Ruby Grayes



## GRANDPA FRANK GETS MAIL

As many of you know Grandpa Frank has been donating his time as a tutor for about the last ten years. One of his students, Ruby, wrote a story about him recently. I think everyone will agree that Ruby has come to understand what we have all known for years, which is that Grandpa Frank is an exceptional man!

### Late News Flash:

By Frank Riel (Grandpa)

#### Grandma treated for Hyponatremia at Sharp Memorial Emergency Facility

Since September the 5th was Labor Day we shifted our weekly golf game to Tuesday, the 6th. The morning was cool and overcast, but the forecast was for clearing afternoon skies. Grandma had dressed for the morning temperature, and we teed off at noon, Grandpa riding in a cart and Grandma walking and pulling her electric golf club cart. Soon the sky cleared and a hot sun shot the temperature up to a record humid 100 degrees. Everything was fine up to the eight hole, when Grandma was seen leaning against a tree. She complained of sudden severe neck and back pains and a bad feeling. She seemed somewhat disoriented. Grandpa took her in the electric cart and rushed her to the clubhouse. They called 911 and soon an emergency vehicle arrived. After a brief examination she was transferred to the ambulance and taken to the Sharp Memorial Hospital Emergency Facility. By the time Grandpa arrived she was feeling somewhat better, but the doctor ordered a blood chemistry test and an x-ray. The x ray showed nothing amiss, but the lab test revealed a lower than normal sodium ion level. It was concluded that the warm sleeve length blouse she was wearing caused excessive perspiration and salt loss. This condition, known as Hyponatremia, may cause severe weakness, anxiety, muscle spasms, confusion, and nausea. After an additional IV saline solution was administrated she felt ok, and the doctor released her to go home. The doctor pointed out that in addition to loss of salt by perspiration the ingestion of lots of water on a hot day also can lead to low sodium, by dilution. The lesson learned is that although too much salt in the diet is bad, too little also can be a problem. By Wednesday Grandma felt fine and resumed her normal activity.

## Michael proposes to Ashley on August 17, 2011



*After asking for permission from her parents, Michael proposed to Ashley at the top of of the Rocky Mountains at sunset overlooking their new home. It was very romantic and Michael had hid a backpack with blanket and champagne to celebrate. Everyone is thrilled to have Ashley join our family and are looking forward to all of the celebrations. The wedding will, most likely, be in La Jolla and the tentative date is June 30th 2012. The family looks forward to celebrating with Michael and Ashley at an engagement party to be held over the holidays.*



# RIEL HISTORY

A COLLECTION OF PHOTOS AND THOUGHTS FROM THE PAST



It seemed appropriate for this picture to be included given the population explosion our family has just gone through. But it is not without precedence as we had a series of six, count them six grandkids, born relatively close together. The question here is who can name them and where was this picture taken?

Eddie and Margaret are playing in the yard of their home at 600 Military Road, Fredrick, Maryland, in 1952.



One can only guess that it must have been a hot summer's day. It even looks as if Margaret got the best of Ed with that hose.



Greg and Renee Guindon with Robert and Carol back in 1966. The Guindons spent their summer vacation at Green Valley Falls in the local Cuyamaca Mountains and they always invited Carol and Robert to join in the fun. That tent in the background is a far cry from the motor home Robert uses today.



An unofficial gathering of the innocent bystanders club back in 1984. Check out all the hair on the guys, was that really the look back then?

Aww look how cute the twins look! If you think that this is a picture from a party or Halloween contest, you would be wrong! This is a normal day's outfit when they were going to high school in 1972!





**ARRA**

Formerly Known as the American Recovery and Reinvestment Act

# All Riel Recovery Assistance

The Riel family is doing its part to help spur the economy! Over the last few months several members of our family have purchased new vehicles. As has been a long time tradition of the RFNL we like to publish news about all new arrivals, even cars! Below are some of the latest additions.



To keep Holden safe, Dustin and Lauren decided to get a new car a few weeks ago. The Subaru Impreza wagon is one of the safest on the market and is a lot of fun to drive!



David has just acquired a new to him, Ford Focus to go along with his new job. This sporty 4-door is just the reliable kind of car to get him to work and back without any issues. Now if he can just remember where he put those keys...



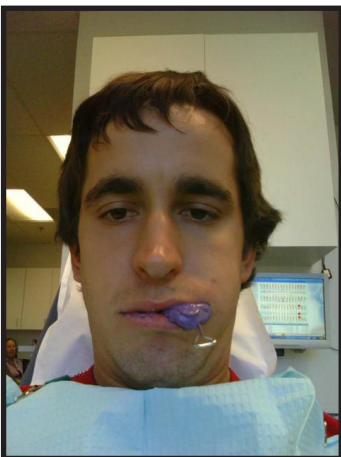
In front of their new house, Jessica and Miguel now have a lightly-used 2009 Toyota Rav4. It has already survived Hurricane Irene, so it must be a tough car



Seamus and Kristy both got new cars to help them drive little Liam around. Seamus has a new VW station wagon (no, it's not a minivan) while Kristy got a Mercury SUV. However... Kristy's new car looks remarkably like the new



car she got 10 years ago (see picture below.) Given her dad's talent for car repair, painting and remodeling we just wonder how new this car really is.



Bryce bought a new motorcycle last month and has been tooling around Phoenix with it. To show off his Charger pride

he has a white helmet that he decorated with the "lightning bolts." Now the fact that shortly after getting this motorcycle he lost a tooth and had to have it replaced has nothing to do with his riding skills, right Bryce?

