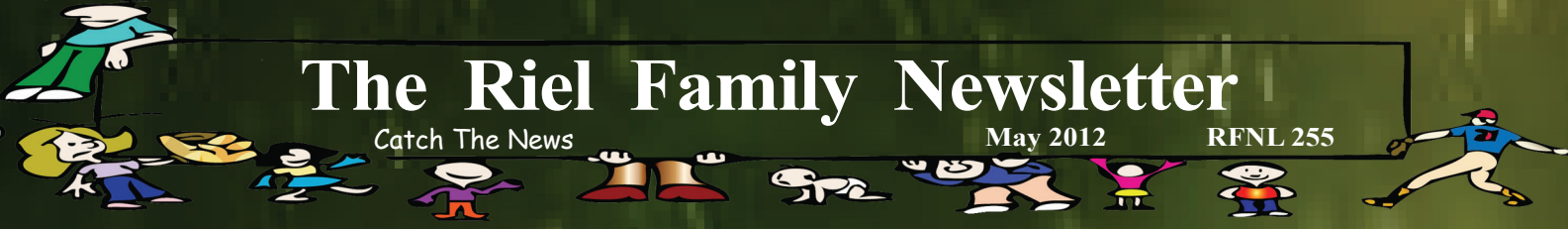


The Riel Family Newsletter

Catch The News

May 2012

RFNL 255



APRIL
SHOWERS
BRINGS...

WEDDING
FLOWERS
... IN JUNE



*A Riel Weather Forecast:
Spring Showers!*



The first spring shower happened on Saturday, April 7th when Listy and Bob Gillingham hosted the "Bridal Shower" for Lauren Cooper, soon to be Hartman, (and oh yes Curtis, more on that later) at their wonderful home and backyard oasis. It was a very nice evening and as family and friends arrived they were greeted by Listy who was hopping around with the help of her walker (Riel Jeopardy fans take note, she is the first Grandma in the Riel family using a walker, even if only temporarily, see Family Shorts).

What made this shower different was that the "men" (Curtis that means you) were invited as well, as this was a couples party, along with a smattering of grandkids and cousins just to round things off. Longtime family friend, Doug Farkas remarked that it was the first bridal shower he ever went to.





The night's activities were fairly normal for Riel functions, lots of talking, eating, drinking and of course, picture taking, as can be seen on these pages. The best part of the night was the bonding of the Cooper family with the Riels (and others). We all toasted the bride and groom to be, wishing them all the good luck in the world. Even though Grandma Frank and Edith couldn't make it; I'm almost sure I heard her saying "God Bless you Children" during one of the toasts.

It was a wonderful night and everyone had a really good time. We are looking forward to Lauren and Curtis' wedding in June, but first... another shower!





Reyna Maldonado invited the female family members and friends of the Riel-Mehan and MacMitchell clans to shower soon-to-be-brid Ashley with their good wishes for happiness and, well a thing or two, for their shared life together. The

home and hospitality of the maid of honor was lovely, and the patio brunch combined an amazing array of food with mimosas to add a bit of spirit to the day. This joyful occasion brought together three generations of the Riel-Mehan family, with Ya Ya, Margaret and Megan present to welcome Ashley into the family. Judi MacMichell was there bringing a special gift from her mother, so there was no shortage of mothers.



While Michael and Ashley attended the same high school, it wasn't until a number of years after graduation that they would come to know each other. However as fate would have it, they shared the same soccer coach. Kim Scott coached both of them helping to create the love of soccer that is a cornerstone of their life together. Both families were connected

by her humor and spirit which extended to her shower gifts of personal items-- for Ashley to wear and Michael to enjoy. Half of the bridal party – the ones with all the long hair—enjoyed the brunch having fun with picture posing. All of us, look forward to the set of weddings that will make this summer so much fun.





ANOTHER RIEL EASTER

Once again Francie was gracious enough to invite the whole family to celebrate Easter at her lovely home above Mission Valley. As usual her garden was the envy of every green thumb in San Diego and her backyard served as the perfect venue for the event.

Family and friends started to arrive just before noon and before long the place was full of Riels doing what they do best, talking and eating (OK shopping should be in there but the store were closed). The menu for the day included several salads, deviled eggs that looked like little chicks, assorted munchies and sandwich fixing's with a wide variety of meats breads and cheeses. There were even hot griddles to toast the sandwiches if you so desired.

There were a few activities like botchy ball but mostly everyone just sat around and visited with other family members. It was very nice to have Grandma Edith and Grandpa Frank among the group completing a full 4 generations of Riel in one location. This was a wonderful event and especially having many of the "3rd generation Riels there made it even more of a treat! We all thank Francie for inviting us to her home for another great Easter celebration.



NEWS FROM MICHELLE

As many of you know, I've been looking for my first post-grad-school job since we got back from our honeymoon in October. It has been a long slow road. Honestly, I never dreamed it would take so long to find a job after finishing a Ph.D. Much of it has to do with the state of our economy. I had been applying for a lot of post-doctoral fellowship positions that are funded through the NIH (a government agency) and there were huge budget cuts for research grants. The holidays came and went, turns out not too many people hire between Thanksgiving and New Years. January & February brought more interviews and by the end of March, I finally had some job offers- one at Johns Hopkins School of Public Health in a Malaria lab and another at the US Army Medical Research Institute of Infectious Diseases (USAMRIID) doing genomics for the detection of bio-warfare agents.

Though these jobs were working on projects that I found interesting and overall useful to society, there is still a lot lacking in those positions because I really like to see the application of the science in the "real world". I did my Ph.D. in infectious disease because I have a very strong desire to use my skills to make the world a better place and to help people who don't have the capacity to help themselves.

About a year ago, I contacted an officer recruiter for the US Navy because I was interested in becoming a Navy Microbiologist. I was told that I couldn't join because I have Coeliac Disease. The Boston medical recruiter wasn't even interested in helping me get a waiver, so I thought that was it. When we re-located to the DC Metro area, I decided to try applying to the Navy a second time. I got lucky and my recruiter didn't know that Coeliac is



a non-waiverable condition. I proceeded to interview with 5 senior officer Navy Microbiologists, including the specialty leader for Microbiology (who oversees all 47 of the Microbiologists in the Navy). About the time I finished my interviews, my medical came back denied (which we expected) but since my interviews had gone so well, I was now in a position to ask for help to get it approved. I spoke with the specialty leader about my situation. Long story short, he made some calls, I had an appointment with a Navy G.I. specialist who looked over my G.I. history/symptoms/biopsy- and, because Microbiologists in the Navy don't deploy (unlike most other sailors), my non-waiverable condition was waived (thanks to the G.I. specialist who works closely with Microbiologists to do work on enteric vaccine clinical trials).

From this point, my "kit" (which includes my complete CV, notes from my interviews with Navy scientists, 4 professional recommendation letters from graduate school, all of my transcripts, my medical exams and history and security clearance approval) went to a professional review board, which is basically a panel of scientists in the Navy who look over my qualifications and paperwork and decide if I'm qualified to be a Navy Microbiologist. My board was on April 27th, I passed successfully and am now waiting for "final selection". This is basically a second review board that compares my application

to others who have applied. They decide who is best and then let the candidates know who will be awarded the available billets. In my case, there are 2 available billets and 4 candidates waiting for final selection. Last week I got a call from the specialty leader and he told me that he had recommended me as his top choice for final selection for FY12 and a week later I learned that the final selection board agreed with him and I was in!!!!!!!

Navy Microbiologists perform a wide array of tasks. On-shore (AKA- while in the United States- duty stationed in either San Diego, Pearl Harbor, DC metro area or Portsmouth VA) the work ranges from wound infection/medical Microbiology, vaccine research and "environmental" Microbiology (a wide range of duties ranging from biodefense research to being ready for natural disasters and/or homeland security efforts in the case of an attack). Off-shore duty stations for me will likely be in one of 3 places- Lima Peru, Singapore and Cairo Egypt. In these duty stations, most of the work is humanitarian in nature. It involves a lot of teaching to people in remote villages, showing them how to control infections, avoid outbreaks of diseases, how to maintain clean drinking water and pasteurization techniques for food. These posts often involve disease surveillance and clinical trials of vaccines for enteric diseases, malaria, dengue and more. This is basically a non-deployable job. The only time that

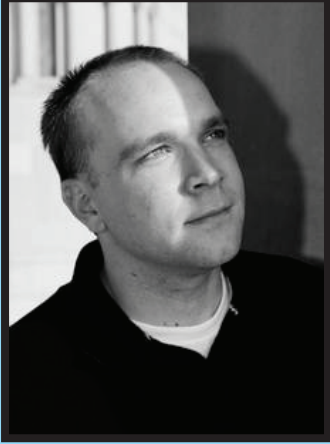
I could "deploy" would be if I were doing environmental microbiology at the time of an attack or natural disaster. For example, I could be on one of the Red Cross boats, the USS Mercy or the USS Comfort, after an earthquake in Haiti or Japan. Though, the Red Cross boats do "tours" for example, throughout South America where the mission is purely humanitarian and educational in nature. I really hope that someday I will get to be a part of that. I think that would be one of the best tours ever.

I started this whole process at the end of January and got the good news about my final selection in May, however it could be as late as October until I go to training. It has certainly been a long road, but I'm glad that I stuck with it. It is a career that I am sure I will find fulfilling and incredibly exciting.

Meanwhile, I found out on May 2nd that I was awarded an ORISE (Oak Ridge Institute for Science and Education) fellowship at USAMRIID, which will allow me to work in the same lab that offered me a post-doc position but with a temporary status. This is great news because it will allow me to get some great experience with biodefense genomics while I wait for my commissioning as a naval officer.

I'll keep you all posted as things progress! I am so Excited!!

FAMILY SHORTS



Curtis has been accepted to the California State University at Fullerton next year. He is looking forward to continuing his education toward becoming a teacher and will start classes this fall. Currently he is working as a student teacher in the DC area, for

more information check out his website at curtishartman.com. Bruce and Birdy are on the way to see him proudly graduate from the Catholic University on Saturday, May 12th. He is also receiving top honors and will be initiated into the Phi Beta Kappa Chapter of the District of Columbia, on May 11th. Photos and commentary on this Hartman event is coming soon.

I'm on the mend! I know it was reported that I would be in a walker (non-weight bearing) for 12 weeks, but on my 6-week check up with x-rays, my surgeon reported that my bone was completely healed and I could start walking. He made me promise not to run and so far, that's easy to comply with as I don't think I physically can do it yet. My knee just doesn't want to bend all the way. I tried getting on the stationary bike today (2 weeks later) and I can't make the rotation pedaling yet since my range of motion isn't back. But I am walking and for those of you who know me well...I'm considering walking the Rock and Roll marathon.... it's crazy on one level...but the surgeon opened the door when he said I could walk. My progress has been slow. My first day it took me close to an hour to do one mile. But with time, and Robert's coaching/torturing I have been able to cut my speeds dramatically. I even graphed it to help motivate me to improve... Robert, Birdy, and I walked 8 miles yesterday.... it wasn't bad....the knee felt good afterwards, but my calf muscle was screamingI guess I'm waking up some muscles that were cruising for 6 weeks and they don't like it....but it's better today....my physical therapist commented on my calves needing to be re-flexed as he could see the difference from my left leg to my right....so I challenged it a bit....my knee feels actually better today...it's a weird process to watch actually.



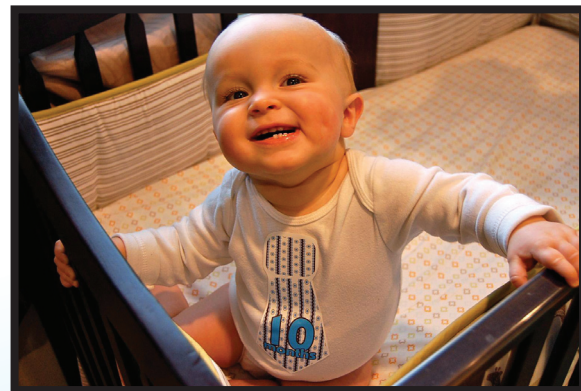
Lyle reports that his racing team competed at Buttonwillow Raceway off I-5 north of Bakersfield and it was their 1st time in competitive time trials racing. They took 1st on Saturday and 1st on Sunday averaging 90 mph on a 2.5 mile road course. They are currently tied for first in their class after two races. Lyle's top speed was 135+mph on the straightaways and they were faster than the fastest car at the track, even in the class above them. Inside race car temps were in excess of 130 degrees fortunately



for Lyle he knows how to keep a cool head. Their next race will be at Willow Springs (Lancaster area) May 26th & 27th.

I went faster too....2 hrs. 25 min....compared to last week's walk where it took me 1 hr. 50 min. to do 4.1 miles....so that's great improvement (I should be happy)....but I'm not because I need to get to 4 miles an hour (15 min. mile an hour) to make my time count for the Rock and Roll marathon....so I still have a long ways to go....next week...I'll try 12miles...I'm only increasing my mileage by 4 miles each week....but if my knee bugs me...I'll listen...I think....I am using a cane for the walking because I still need a boost when it starts to hurt...mostly up and down the hills. So wish me luck....it's coming back and I am a work in progress....time will tell (and my body) if it's possible...but I'm not giving up my Rock and Roll marathon status as a Hall of Famer without a fight....

Bud and Jeff visited Francie's shop the other day to help with the expansion. Unfortunately they fell asleep on the couch and missed all the heavy moving. But, not all was lost, because they both got a new hair cut at no charge!



Look who is moving around by himself! Grandma Listy reports he is crawling and by the time this issue gets published he'll be walking! The real question is who will be faster Grandma or Liam?

What I'd be when I'm 80

What I'd be like when I'm 80 is, I'd have short hair and I'd like all kinds of food. I'd live with two dogs and some of my family. I'd have lots of friends and I'd travel all around the world like my grandma. I'd live in San Diego like the rest of my family. I'd be enthusiastic for all of my grandchildren and go to their plays, programs and performances. And I'd always be with my family no matter what because they'll always be in my heart.

By

Michelle Hartman

Dear Mom + Dad,
Thank you for coming to Grandparents' Day! It meant so much to my children! They raved about the time they spent with you! Thank you for helping make that day

so special by being with each one of them!
We all love you!
Birdy

