



August 2013 RFNL 270

**MEET
CORA
NATALINE
HARTMAN**

July 15, 2003 6 lbs, 5 oz, 20 in.



Introducing

Owen
DAVID
Lane

born 7/27 9:30 am, 7lbs 3oz, 20.5 in

Curtis and Lauren Proud Parents of Cora

Twins are a great thing, everyone should have one! Since Birdy and Bruce were some 6,000 miles away in Europe, Listy and Bob filled in as their representatives at the birth of Cora! Below is a report from Listy documenting the special occasion:

We had a great time with Curtis, Lauren, and Cora. Here is how the day (July 15, 2013) unfolded:

Lauren went in to see her doctor at 9:00 a.m. where they determined that she was having some light contractions and was dilated. A decision was made to keep her at the doctor's office and watch to see if she would progress with some light drugs to induce labor.

Since we were still in San Diego we were monitoring the situation via texts back and forth. By about 2:30 p.m. we started our trek to L.A. and somehow got there at 5:00 p.m. even with rush hour traffic.



As it turns out we were a well-needed diversion for them as we were able to help pass the time through the contractions she was having. At that time, she was at 3 cm and holding strong. Lauren hung on for a while, but then finally decided she was ready for the epidural, which is when everything went crazy. They had trouble getting the epidural in (took three tries). Then they reported Cora's heart rate was showing signs of stress with each contraction...so the doctor decided it was c-section time. There was no real rush, but it was in Cora's best interest to come out sooner. We stood in the hallway waiting and waiting...and finally, they whisked Lauren away with Curtis is tow.

They told us it would be another hour of waiting, so we decided to go down to the cafeteria and have dinner. When we returned, Curtis was in the nursery...staring at their new baby girl and listening intently to the nurse who was teaching him everything he needed to know about newborns. We had to watch everything through a blinded window with limited views.

Next the nurse swooped Cora up and let us see her in her full glory...and then gave her first real bath. She never cried as she was introduced to water for the first time. She got a full shampoo and bath (Francie would have been impressed). After that, they put her under the heat lamp to warm up. Curtis was in action with the camera getting second by second photos. I tried with my camera, but very hard to do with a window and heavy wood blinds in the way. After that, Curtis just stood and held Cora's hand watching her as the nurse did her paperwork.



She measured her head, took her temps., and made sure she was good to go. She excused Curtis to check in with Lauren and we stayed and watched, still with an obstructed view. The nurse finally peeked out and said she was sucking her finger and if we wanted to come in for a quick picture, she'd let us....so we did.

They then took Cora to see Lauren and we were sent to the waiting room again. Lauren nursed her in the recovery room and then they wheeled her back into her room. It was 11 p.m. at that point, and we had a long drive home however, we waited to see the family together, congratulated them and then said our good-byes. Bob Drove all the way home while I slept, Thank you Bob, for all your help on a very special day for me.



Birdy & Bruce Meet the GRANDBABIES!!!

By Bruce Hartman

The highlight to our summer is while we were vacationing we had three beautiful grandchildren hatch. Yesterday, August 3, I was the lucky one that got to meet and hold both of the new Hartman GIRLS! Curtis and Lauren drove down in the morning from Long beach with Cora and spent the day here at our house. Cora is so cute! She is a great baby and sleeps for long stretches and eats well...Curtis and Lauren don't know how good they have it! Later in the morning Craig, Ana and Corbin showed up with Josephine (aka Josie) so I got to meet

and hold both of my new granddaughters on the same day...Very cool!!!!!!! Josie is a cutie and also very kind to her parents with regard to sleeping and eating. Now I can't wait to meet Owen. We'll have to fly back to D.C. soon!





Owen David Lane Welcome to the Family

Every morning for over two weeks, Michelle would wonder--is today the day that I will finally get to hold Owen on the outside? Mothers and their babies and their doctors all have some say in what day will eventually be the birthday. And even though Owen shared the same due July 15th due date as Josie and Cora Hartman, he was the last to make his appearance. And each day, there was more tension, excitement and anticipation. The text messages flew across the country checking on every detail.

In fact, it was not until July 27 that Owen finally was introduced to the Lane, Hartman and Riel clans. The labor was in progress the day before and was long and at times scary starting and stopping with some concerns about what might be happening. After 31 hours of labor, Michelle and David reluctantly gave up the hope that Owen would find his way out on his own. In the end, Owen got a bit of help from the doctor as is sometimes the case. But at 9:30am he was finally in hand weighing 7lbs and 3 ozs and measuring 20.5 inches. The birth of a child is no less than a miracle, and there are no words to express the joy, wonder and outpouring of love that each new pair of parents experience as they hold their

child, their creation, for the very first time. Michelle and David soon wrote "Today has been one of the best days ever just chillin' with our baby boy. We are so in love with Owen."

And we are all in love with all of the babies that have been born and those who we are waiting to meet. Family gatherings are going to be so much fun with so many kids that will be almost the same age.

His birth marked the first time the Riel family had one of its members arrive so far away from San Diego that no other family member could be there to witness the event. The last time our family had this much distance separate us from a birth was when Birdy and List were born. Back then the only way to communicate the news quickly to the waiting grandparents and other family members was by telegraph (mail would have taken about a week to the east coast and another 10 days to cross the Atlantic, then finally another week to reach Iran). A telegraph, on the other hand, would reach both sets of grandparents within a day's time.

Fortunately, we have much better means of communication today and Michelle kept the family informed via text messages. Listy then relayed those messages to the RFNL and below we have reproduced them:



SMS Message received from Listy Gillingham 7/26/2013 3:00 PM
Michelle is in labor! Still 4cm Probably 7/27 birthday. But coming soon!
SMS Message received from Listy Gillingham 7/26/2013 3:00 PM
She says... They just started pitocin. I was contracting fine but it stopped for 2 hrs. Don't know why, so they started drugs. Last night this AM I had cytotec & a bulb
SMS Message received from Listy Gillingham 7/26/2013 3:01 PM
thing that manually contracts the cervix (so painful!!) but it worked, but then it stopped
SMS Message received from Carol Benesch 7/26/2013 3:03 PM
Thanks Listy. Poor Michelle.
SMS Message received from Listy Gillingham 7/26/2013 3:03 PM
I know
SMS Message received from Carol Benesch 7/26/2013 4:59 PM
Any new news?
SMS Message received from Listy Gillingham 7/26/2013 5:18 PM
Yep. Easily said
SMS Message received from Listy Gillingham 7/26/2013 5:19 PM
Nope. I asked
SMS Message received from Carol Benesch 7/26/2013 5:22 PM
:(
SMS Message received from Listy Gillingham 7/26/2013 5:23 PM
I think she doesn't like to report no news.

SMS Message received from Rich Peterson 7/26/2013 5:27 PM
Well she will soon see Owen. The rest will just be story.

SMS Message received from Listy Gillingham 7/26/2013 9:28 PM

You're so sweet. I labored for 6 hrs. No epidural, when they checked me @ 11pm I was still 4 cm with really strong contractions. I was pretty devastated. That

SMS Message received from Listy Gillingham 7/26/2013 9:29 PM

was my wall. I just got an epidural & we are waiting

SMS Message received from Listy Gillingham 7/26/2013 9:29 PM

Here it is the 27th in 5 minutes so looks like his b-day will be 7/27

SMS Message received from Listy Gillingham 7/26/2013 9:30 PM

Sorry for the late reply. Without the epidural, I was really focused on labor...

SMS Message received from Carol Benesch 7/26/2013 9:31 PM

Wow! I feel for Michelle wish her luck from all of us!

SMS Message received from Listy Gillingham 7/27/2013 5:31 AM

I got an epidural finally, but I've had a bad reaction to the drugs & so has Owen so I'm in a holding pattern w/oxygen & Owen is on special monitoring. I don't

SMS Message received from Listy Gillingham 7/27/2013 5:31 AM

know what will happen since my BP is also extremely low. But we did get to sleep a few hours after the epidural so that's great for us. Probably won't know more

SMS Message received from Listy Gillingham 7/27/2013 5:32 AM

till they check me again around 6am or so...



SMS Message received from Listy Gillingham 7/27/2013 5:32 AM

31 hours of labor. Owen is struggling. Emergency c-section in about 30 min. I tried so hard. I really wanted to deliver vaginally, but in the end, Owen is all

SMS Message received from Listy Gillingham 7/27/2013 5:33 AM

that matters...

SMS Message received from Francie Sorem 7/27/2013 5:36 AM

So tough am praying for all of them

SMS Message received from Carol Benesch 7/27/2013 6:23 AM

So sorry

SMS Message received from Carol Benesch 7/27/2013 6:24 AM

I'm also praying.

SMS Message received from Rich Peterson 7/27/2013 6:40 AM

Me too.



SMS Message received from Listy Gillingham 7/27/2013 8:25 AM

Meet Owen!



SMS Message sent 7/27/2013 8:27 AM

Woo hoo welcome to the family.

SMS Message received from Carol Benesch 7/27/2013 8:28 AM

Yay!!!!

SMS Message received from Listy Gillingham 7/27/2013 8:28 AM

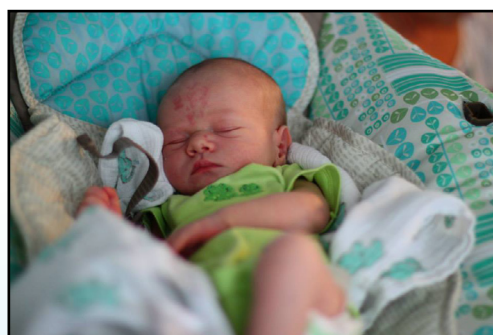
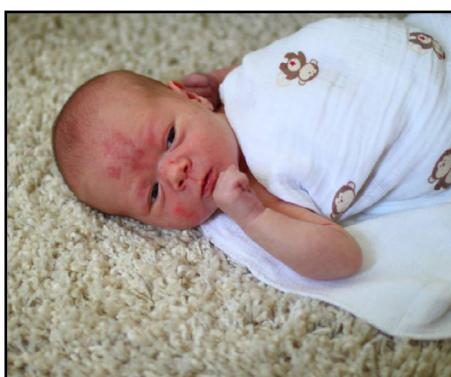
Born 930 am. 7 lbs 3 oz, 20 1/2 in long :)

SMS Message received from Francie Sorem 7/27/2013 8:36 AM

Yay yay

SMS Message received from Rich Peterson 7/27/2013 8:57 AM

Good healthy size. Nice to see you on the outside Owen. It is a bit bright out here but I bet your going to find that the land and sun is better then water with so little space.



News from the Rocky Mountains



Dear Commissioner, Editor in Chief, and Roast Beef Culinarian Robert, along with all the rest of the RFNL readers.

Greetings from the mountains. After a lot of deliberation Ashley and I have decided to temporarily put our snowboarding careers on hold to add another member to the growing clan of great-grandchildren. The baby is due January 26, which will make 4 birthdays in the first three months of the year for the Riel-Mehans. Ashley recently had her first trimester appointment and we are happy to report that the baby's heart rate was a strong and steady 162, right where it should be. We'll provide an update in a few weeks when we find out the gender.

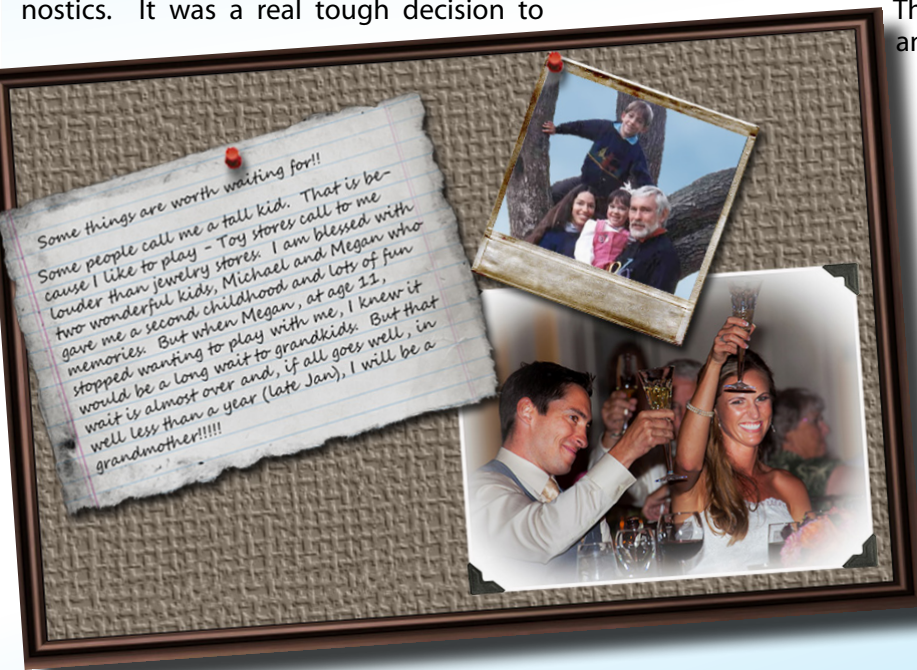
My professional life is also going through some major changes. I've decided to leave the company I've been working for since I got here 4 years ago and join a cardiovascular diagnostics company in Boston called Boston Heart Diagnostics. It was a real tough decision to

leave all the great people at my current job but it's a great opportunity for me to move up the career ladder so I've decided to give it a try. They are going to rent me some office space in Boulder and I'll be pretty free to work from home when needed, which will really come in handy when the little one arrives. I'm finishing up my last week now and then I'll have a week off before I fly out to Boston, which I will probably spend putting the nursery together.

I also competed in my first triathlon on July 28 in Solana Beach. It was short sprint but I had a blast and will probably rededicate myself to the tri season next year. Sorry Uncle Bob, it'll be a long time before I'm ready for my first Iron Man.

That's all for now. It was great to see most of you at Kevin and Nicole's shower. See you guys in November.

The MacMitchell-Riel-Mehans



Postcards From Europe

By Bruce Hartman

From July 11 through July 30th Birdy and I along with our dear friends, Rex and Holly, drove, rode trains, bicycled and begrudgingly walked (remember this is my version of the story) through some of the most beautiful parts of northwestern Europe. We started our trip at the airport in Paris where we picked up a rental car and immediately drove six hours to our three bedroom mountain bungalow in the Netherlands, approximately 1 hour out of Amsterdam. We stayed one week in this awesome forested area among the many bungalows where the locals do their vacationing. We took daily trips to see the sights including several days in Amsterdam, a full day of bicycle riding in the small town near our bungalow, another full day of checking out windmills (very cool) and of course consuming vast quantities of beer, wine, ice cream and... oh yeah...food too. We had a blast but at the end of our week it was time to move on.

Next stop...Montreux, Switzerland...a small town at the east end of Lake Geneva. We left ourselves two days to drive there so we could stop and visit our friend, Vanessa, in Cologne(aka Koln), Germany. Vanessa was an exchange student and worked as a teacher's aide in Birdy's classroom



We're in Amsterdam!!!

POST CARD

50c NETHERLANDS

ADDRESS V.A.Z. 01

RFNL
Alpine Ca, USA

Notice how little beer is in my glass...hm...does that mean I chugged it or does that mean that I barely took a sip? Can you guess?

Birdy and Bruce





several years ago and since then we have spent time with her and her family in Germany and Vanessa stayed in our home last year for several days while vacationing with her dad on his first trip to the USA. We enjoyed a long leisurely lunch on the waterfront with Vanessa and her parents. Mom and dad do not speak any English but that never seems to be a problem...we truly enjoy each other's company and Vanessa is always there to help if we hit a complete log jam.



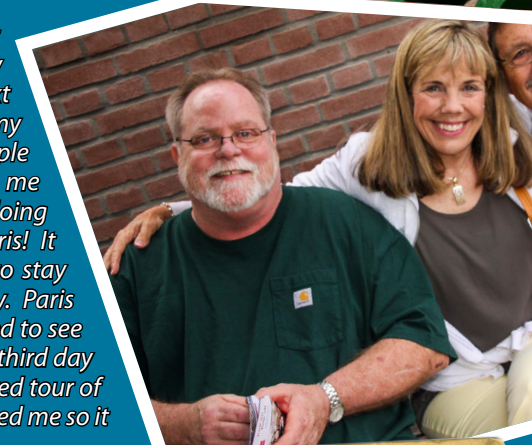
After saying our goodbye's we drove a couple hours to Strasbourg, France where we had booked rooms for the night. We killed a couple bottles of half-way decent wine and called it a night. The next morning we were off to Switzerland. We hit Montreux after four hours of driving and then followed the signs and GPS for another 45 minutes via the narrow switchback road to the ski resort high up in the mountains where we stayed the next week in a very spacious three bedroom condo. Rex and Holly wanted to see some places that Birdy and I have already seen so we decided to divide and conquer and rented a second car. This worked out well for everyone. I was running out of gas and didn't want to slow anyone down anyway and it gave Birdy and I a chance to visit some places we have never been. It was fun to share stories at the end of the day while we cooked dinner and enjoyed the local wines! One of those days worthy of mention was going to the Matterhorn. It was sooo beautiful! The mistake we made was not





considering the altitude that the funicular train takes you to. At just over 11,000 feet with both of my lungs compromised with pulmonary emboli we realized we had made a big mistake...breathing was a serious challenge so we only spent an hour on top and had to grab the next train down...but it was worth it for the view! We also went to Geneva (boring) and spent most of a day at the Castle Chillon in Montreux...very cool castle!

Our week was up and it was time to move on. Next stop Paris France. We drove a very scenic route to Paris and arrived early evening at our hotel approximately 10 minutes from the Eiffel Tower. Since the driving in Paris was scary and dangerous Rex decided to return the rental car that evening and then we all met for a late dinner upon his return. Our excursion to the Matterhorn had caught up with me and pushed more clots into my lungs so I stayed in the hotel room for the next two days trying to keep enough fluid off of my heart and lungs to breathe...it was a tough couple days and I'm glad I had enough medicine with me to go around the clock high dose lasix. I was doing everything I could to avoid a hospital stay in Paris! It was extremely warm weather so I was happy to stay back and let Rex, Holly and Birdy take on the city. Paris is not a favorite of mine anyway but Birdy wanted to see the Louvre and some of the many sights. On the third day I felt good enough to join them for our pre-booked tour of the Eiffel Tower. Four hours of that pretty well killed me so it was time to let the girls shop while Rex and I explored some of local beers with a nice breeze in the shade of a sidewalk café. That's my idea of shopping! Anyway... We had a great time! It was a little harder than I thought it would be but we made it home in one piece.





Congratulations to Listy Gillingham on being nominated for San Diego Magazine's Woman of the Year award. She will be joining other nominees to celebrate their outstanding achievements at the Women Who Move the City event; taking place on Tuesday, September 24, at Westin Gaslamp from 6:30 to 8:30 p.m. Listy will also be featured in the September issue of San Diego Magazine as a nominee for the San Diego Woman of the Year award. There will be 5 honorees and 1 woman of the year announced at this year's event.

Listy was nominated because of her outstanding work as principal at De Portola middle school and Patrick Henry High School. She was also commended for her determination in running (walking) a marathon so quickly after her surgery, displaying a good example of dedication to a goal. Good luck Listy!

FAMILY SHORTS

Annie is back home for good (well at least for a while)! She arrived in town on Friday August 9th and was picked up by her Mom and Dad. She also visited Grandma Yaya the next day joining her for lunch at Merrill Gardens.

After catching up with old friends, visiting family, especially her new nephew, and enjoying the warm weather, Annie will be looking for a job. Her plan is to go back to school, work and eventually find a place to live on her own. It is so nice to have Annie back in town as we all missed her while she was away. Welcome home Annie!



August is a busy month for the Riel family, starting with Carol's Birthday on the 2nd. Carol and Jeff spent her birthday weekend down at the bay, where they rented a room at one of the hotels and celebrated the start of her 6th decade (she turned 59).

Also this month we have Kristy & Seamus' 6th anniversary, Birdy and Bruce's 34th anniversary both on the 4th.



Dustin and Lauren celebrate their 3rd anniversary on the 7th. Annie's 26th birthday along with Nate and Chris' 32nd birthday all happen on the 13th. Holden turns 2 on the 22nd and Bob and Listy celebrate their 34th wedding anniversary on the 25th. Then there is Jason's 32nd birthday on the 30th ending up with His and Chavva's 1st wedding anniversary on the 31st.



Brian came home from Tucson for a visit last month and while here, he put on a show of fire spinning. Since high school, Brian has made a hobby out of the art of spinning Poi. 'Poi' is the Maori word for 'ball' on a cord. Poi is a form of juggling where the balls are swung around the body. From its beginnings Poi had the purpose of enhancing dance and rhythm. It was soon realized that Poi swinging had several other benefits from wrist strength, flexibility and improving co-ordination to name a few.

Brian spins both the traditional fire Poi and fire staffs. While here, he joined in on a presentation that his friend Rachel performs weekly at a local hotel resort on mission bay. The performance went off perfectly with both Brian and Rachel entertaining the crowd. They applied

to the Burning man organizers to provide a show this year and almost made it (one short of the cut), but they vow that next year they will be in it!

Margaret Announces Her Retirement

Margaret has officially retired from her many positions as educator, consultant and guest speaker. Her work has spanned the globe with many presentations in just about every continent in the world (I don't think she ever spoke in Antarctica, but I could be wrong). She also has made a big impact on how the internet can be used to assist the teaching of students, both young and old.

But as they say "all good things must come to an end" so starting this month she is retired. With both her and Bud being retired just think of all the trips to far-a-way places they will go, maybe even Antarctica. But most likely will be trips to Colorado and San Francisco so they can bother their children on a regular basis!



Bruce Harman sent us a update to his "runny nose" article... I did have to go to the ER after being home from vacation for a couple days because I still can't breathe. The prognosis sucks...It is all disease related. My heart is not doing too well and my lungs are a mess. The Lupus component of the disease creates clots and the clots back up pressure which is screwing up the heart. Nothing they can do for it. The blood thinners are supposed to keep new clots from forming but I have a ton of old clots in my legs that keep breaking off and going to my lungs. The hope is that in (6 months to a year) my body will dissolve and absorb the clots and things might improve slightly. We'll see!



On July 27, 2013 Ed and Jan hosted a baby shower at their home for Kevin and Nicole. It was perfect in that all the boys were once again home, filling up the house with laughter, and noise, and eating food, and... and oh boy can those kids eat and drink! Fortunately there was plenty of food and drink along with friends and family to celebrate the happy occasion. There were plenty of gifts to be opened and stories to be told but most of all it was just a great time together. Ed and Jan did a spectacular job and... a good time was had by all!

Kevin and Nichol's Baby Shower



Riel Bowl Fantasy Football

The RFNL is proud to announce the formation of the Riel Bowl Fantasy Football (RBF) league headed by football commissioner Brett Sorem. Currently there are 11 teams all managed by Riel family members. The draft will be held at the end of this month, so if you're interested in joining please contact the "Commissioner".

We will be updating the standings each month providing bragging rights to some, and incentive to others. The winner will be announced during Riel Bowl XXIII this year. There will also be some cash prizes as well. Be sure to root for your favorite team!

Rank	Team	Manager	W-L-T	Pts For	Pts Against
1	AZ Devils	Alan Sorem	0-0-0	0.0	0.0
1	RG3PO	Jason Benesch	0-0-0	0.0	0.0
1	Frank 'N Berries	Frank Riel	0-0-0	0.0	0.0
1	Charger Bob	Robert Riel	0-0-0	0.0	0.0
1	Its not a Fluker	Chris Riel	0-0-0	0.0	0.0
1	Norv Turnover	Bryce Sorem	0-0-0	0.0	0.0
1	Big Daddy	Dustin Benesch	0-0-0	0.0	0.0
1	Deadweight	Mike Mehan	0-0-0	0.0	0.0
1	thane of cawdor	Kevin Riel	0-0-0	0.0	0.0
1	naterade	Nate Riel	0-0-0	0.0	0.0
1	Band Wagon Robbers	Brett Sorem	0-0-0	0.0	0.0