



February 2016

Issue No:

3000



RFNL Celebrates its'

300th

Edition



I'm not sure if Dad would have ever thought that someday the Riel Family News Letter, which he started in April of 1991, would ever reach its 300th edition but I think he would be proud to know that it did. Over the next two months the RFNL will celebrate not only this milestone, but also turn 25 years old. It's hard to believe that for the past 25 years, without fail, the RFNL was published each month bring news about our family members.

A lot has changed over the years, most notably would be the size of the family which has almost expanded 8 times from what it was in 1991. But the biggest change for the RFNL has been its role in the family. Back when it started there were no social medias, the only way family news made its rounds was via the telephone and to be honest, only if you were one of the sister were you ever fully aware of what was going on. So dad started this newsletter to "help everyone keep up on what is going on in the family."

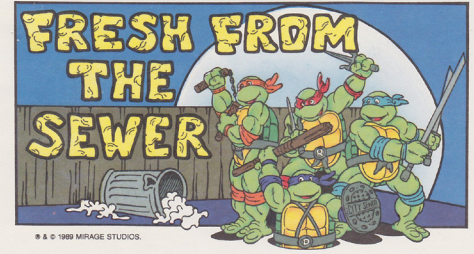
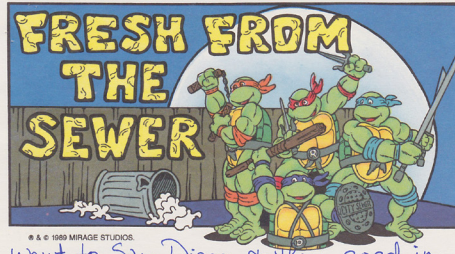
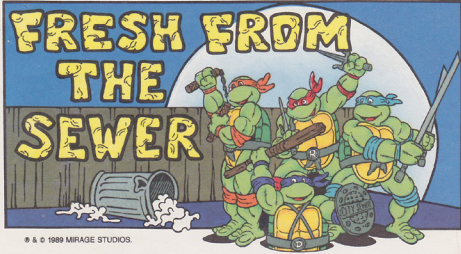
This worked fairly well for the first 10 - 15 years and I always looked forward to getting my edition (in the mail by the way) to find out what was going on. But as the internet grew so did email, my space (remember that?) and AOL with its "you've got mail." Soon the Riel communication stream became a river with information flowing fast via email groups. Still there were plenty of things that needed pictures to tell the story and since digital cameras were still a rarity, only printed photos were available. And the best way to get them out was still the RFNL.

Of course today with everything being digital and the ability to post a comment or picture within an instant of it happening, it has become pretty hard to come up with any real news for the RFNL. Just like the printed newspaper it's hard to provide new content to a "right now" society. To put that into perspective, when the RFNL started San Diego had two newspapers, the Union and the Evening Tribune. Today we have one that is published out of Los Angeles. However, that doesn't mean that RFNL will go the way of the newspaper, not at all. Its role will simply change once again.

I see the future of the RFNL more as a record of our family's existence. It will be the one place available to document the life and times of our family. While it is true that the social medias we now use can be searched for some of this information but they are really not set up to provide the in depth stories and photos that the RFNL has. The main reason this is true is because most people don't post long stories only quick blurbs and maybe a photo about what they are doing at the moment. Many times they are done via a chat service and once they are erased from your device, the message and picture are pretty much gone.

The RFNL provides a place to document the whole story, the who, what, where, when and why of the story. Because after a few years, memories fade and a 2 sentence post becomes something that makes you say "what was that all about?" Let me give you an example... It's 1991 and Francie posts "Bryce told me a very cute story he made up about Ninja Turtles... It

made me LOL!!!!” That’s great but wouldn’t it be better if you could actually read the story he made up? I’d like to say you could but... that little gem never made it to the newsletter back then because it really wasn’t news. However, Francie did take time to write it all down and send it to Dad and Dad being one to never throw anything away kept it in the RFNL archives for me to find. So... some 24 years later here it is:



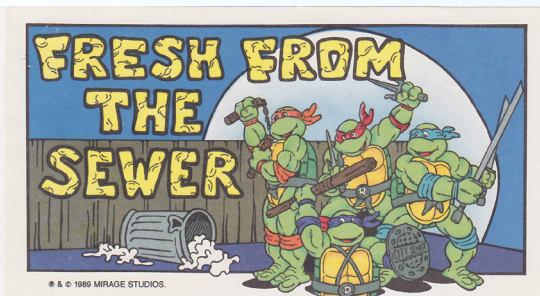
Ninja turtles of the Technochrome
by Bryce Soren ages 5

Once upon a time, there was turtles. And one of their names was Michelangelo + one called Raphael + one called Leonardo + one called Donatello. And when they was watching T.V. they thought they was hungry. And they eat a pizza with pepperoni + lots of anchovies on it. And there was April on T.V. And April said on T.V. that Shredder was going to destroy the whole world. And the turtles went in their Turtle van to stop Shredder. And they

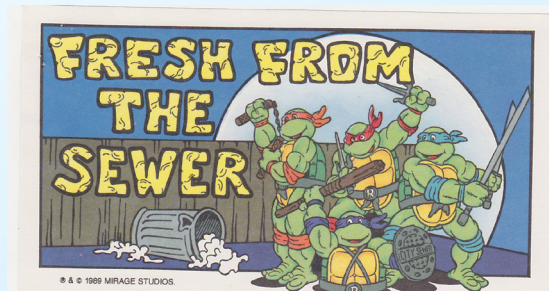
went to San Diego, + they goed in their turtle blimp. And they was going underground with Raphael + Sai's, (unspose to those of you unfamiliar with the turtles) + break a big hole. And the turtles goed + tried to get B-bop + Rock steady + Krang + destroy his whole body, + destroy Shredder, before he ruins the whole world. And one turtle was sneakin' up on Bebop + Rock steady + his name was Donatello. And when he sneaked up on him, he just kicked his head + Bebops head + Raphael was sneakin' on Krang + Michelangelo was right there on him + so they

could get his body. Leonardo also going to get Shredder + he kicked him in the back. And Leo set a bomb in the technochrome + he told the guys it was going to blast + they run out of the Technochrome + goed out the little hole with Michelangelas rope + he goed home + when they got home Michelangelo was hurt + they put some pizza on his boo boos. Master Splinter put some ice on it + that worked + now his friend said "He's dancing" And they laughed + said "Cowabunga" + Clapped hands.

Ok, maybe not the most riveting story but... here's the best part, Francie took the time to interview Bryce and here is that part of the story:



Background of writer:
RFNL: Bryce, what do you want to be when you grow up?
Bryce: A fire fighter + a character drawer
RFNL: How did you get the idea for this story?
Bryce: That's because I like ninja turtles.
RFNL: If you could do anything in the world, what would you like to do?
Bryce: I would like to tell jokes
RFNL: What are your favorite T.V. shows?
Bryce: Inspector Gadget, It came from under the bed + Mr. Wizard.



R.N.F.L.: what do you like best in school?
Bryce: eating + playing
RFNL: Why do you want your story published in the RFNL paper?
Bryce: because I want my picture in the paper.

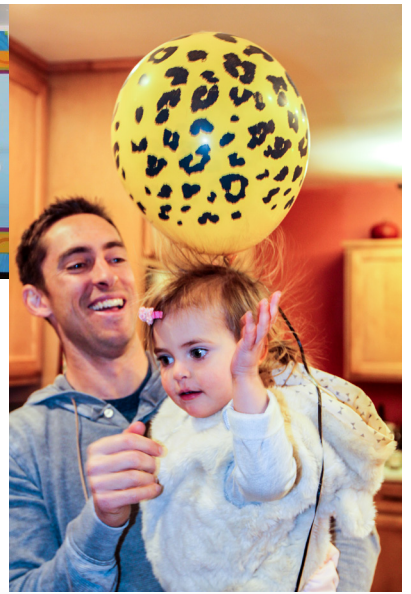
Preserving Memories... That’s the role the RFNL will play in the future. I’m fairly sure Bryce will not remember any of this but it was a part of his life that Francie recorded and Dad preserved for him to enjoy later. So my question to all of you is this... What memories will you save for your kids?



Emily Turns Two!

By Mike Mehan

Emily was born two years ago, on New Year's Eve. As Ya-Ya surely knows, having your birthday around the holidays can make you feel like your birthday is drowned out by all the other festivities. Emily didn't seem to mind one bit and quickly fell into the daily rou-



tine of opening presents. She warmed up with a few small presents before Christmas and by the time the big day arrived she was opening presents like a seasoned veteran.

As soon as Christmas was over we started gearing up for Emily's birthday party, which was the following day. Since one of Emily's favorite thing to do around the house is bounce and tumble around on the couch, we decided to get her a jumpy castle for her birthday. It arrived at 9:00 in the morning which gave her plenty of time to jump herself into exhaustion and settle in for an early nap before her big day.



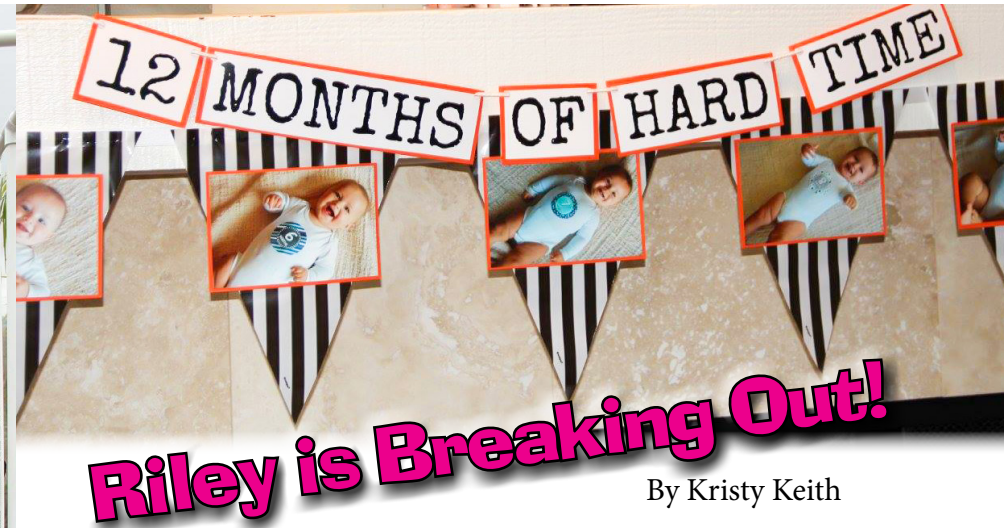
During that time the rest of the family decorated animal themed cupcakes and finished up the party preparations. This involved my mom laying out all of the toys from my childhood, which she has apparently kept in the attic for 30 years, patiently waiting for small children to be running around the house again.

Guests started arriving at around 3:00. We had a great showing from the Riel Clan and some of Ashley and my friends brought their kids as well. Most kids went straight to the bouncy castle and we immediately started reconsidering the decision to get a bouncy castle without having kids sign liability waivers first. Fortunately, there weren't any major injuries, or at least none that were directly bouncy castle related. I think there was one bee sting and a someone stepped on a thorn, but no major head injuries so we dodged that bullet. When the sun started to set we sang Emily happy birthday, which seemed to thoroughly confuse her. She wasn't quite sure what to do with the candle but she did manage to eat a little cake. This was a vast improvement from last year, when she immediately spit out the one tiny bite of frosting we gave, which made her mother very happy.



Emily wrapped up the day with... what else...but more presents. I think she's been a little confused why that daily ritual has slowed down lately. Overall, it was a wonderful day. It was great to see all of you and marvel at how fast all your little ones are growing. We hope everyone has a great 2016!





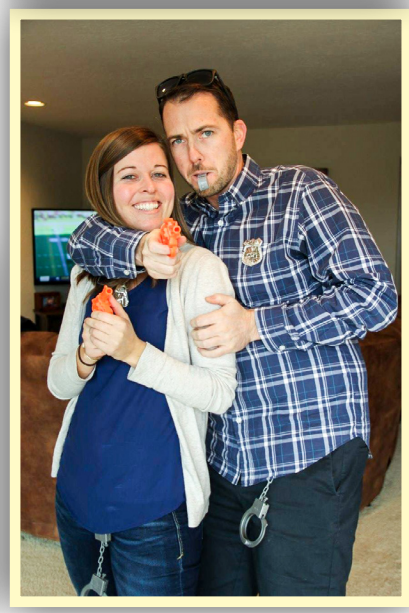
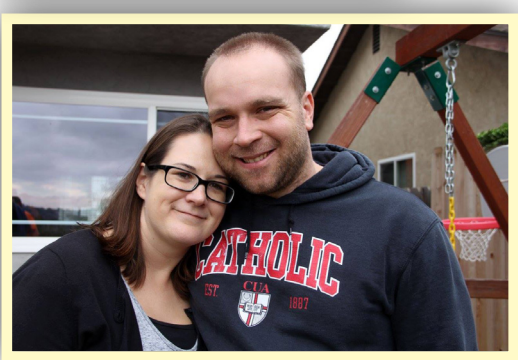
Riley is Breaking Out!

By Kristy Keith

Kristy hosted another wonderful birthday party to celebrate Riley's first birthday and finishing 12 months of "hard time" as a baby. Attendees were encouraged to come in their fugitive outfits and were given stickers to put their gangster names and what they are most "wanted for." For example, "Locked-up" Listy was there wanted for "Wrestling with Riley!" and she had "Killer Kristy" at her side for "Krankin' out Kidz." Kristy carried the theme throughout the house with a "Slammer" made from PVC pipe and a Mug Shot area for taking pictures with the right prop. They had temporary tattoos and a fingerprint art area for the kids.

She served Chili (aka "Prison slop") and pizza for the kids. She had a bandit bar for us to mosey on up to as well. Bob came in full costume and Annie and Kevin were the only coppers to be found (being a convict was just too much fun). Jamie and Tom, Seamus' parents, made the trip down from Sonoma to help with the decorations and food and share in on the fun. Liam and Braeden brought the party to the 21st century by pulling out their Star Wars Storm Trooper and Darth Vader costumes (Braeden insists his name is Darth Vader Braeden).

The weather was cool but gratefully, the rain stayed away. Riley had a great time with his number 1 shaped cake which he got to demolish all on his own in his fully decorated high chair while the rest of ate delinquent desserts made by Kristy. Guests included Cora, Lauren, Curtis, and Birdy Hartman, all the Gillinghams, and friends and neighbors of Kristy and Seamus. A fun time was had by all and Riley has broken out of the baby years and is on his way to toddlerhood.



News From The Lane's

By Michelle Lane



As you know, David and I bought a house! We have been looking for over a year and had put several offers on homes in the last year. Dave, (who is an Economist Monday thru Friday) was looking for a house that we could rent out for more than what our mortgage is. Because I am in the military, and we will be moving fairly frequently, that was critical. Very few houses met that criteria that I would also agree to live in since most in this area that fall into that category are a little on the rough side.



The home we ended up buying is no different except, unlike the rest, this one is in a neighborhood with very good schools. This house is also across the street from an elementary school that is not in use. So it is nice for us because there is a fun playground right across the street, however, the county had not decided what they were going to do with the school, so it was just sitting on the market. We low-balled the sellers and being in their mid-90's, they accepted our offer. The home appraised for \$114K more than what we offered for it and in the meantime, the county decided to turn the school across the street into school support services. This is lucky because there were some less desirable options!



There is a lot to be done in this house. We are planning on doing the kitchen and along the line the bathrooms as well. Before we moved in, we ripped out all the trim in the bedrooms and re-finished floors (hard to tell in the "before" picture but the floors were in rough shape) and replaced vents. Nothing had been updated in the house since probably the 70's, so the refresh is really nice. We are moving a few doors to make things slightly more functional as well.



In other news, I got a new job. I had been working as a Clinical Microbiologist at the National Military Medical Center. We recently got a new Director of the hospital, who also oversees nearby clinics at Fort Belvoir, the Pentagon, etc. All flag officers (O7 and above) have an extensive support staff, one of high importance is referred to as the "Aide de Camp". That person is essentially an extension of the Flag Officer and helps them execute the mission, whatever that may be.

The current Chief of Staff at the hospital pulled me aside and told me to apply for the position of being the new Director's Aide de Camp. There were 7 applicants total. I'm pretty junior so I didn't expect to get the position, but I found out on Feb 5th that I got the job! This is an excellent opportunity for me to learn about executive medicine very early in my career. I feel very fortunate to have been selected. At this point it's only a one-year appointment and then I will go back to my job as the Division Officer in the Microbiology Laboratory. However, that is flexible. I started part time on February 9th and will be full time on the 16th. Rear Admiral David Lane (yes, you read that right!) is the Admiral that I will be supporting and seems to be a really a great guy. I am really looking forward to working with him this year.



We moved in just in time for the big blizzard that hit the east coast last month. This is on the south side of the house that is "protected" by the house from snowfall and you can see there is 21". I'm guessing our real amounts are about 26" so far. David spent part of the day shoveling snow but it took some time before the city plowed the streets.

My Christmas Trip to Washington to be with the Lanes

By Birdy Hartman



The holidays are always a busy time for everyone. You shop like crazy looking for the perfect gifts to make your children and grandchildren squeal with delight and you look forward to the times that you get to spend together. That is why I was so eager to get to Washington D.C. to see Michelle and her wonderful family as soon as school let out on Dec. 18th.

I flew that weekend for a whirlwind trip to be with the family that I rarely get to enjoy. I loved how welcomed they made me feel. The boys stayed up extra late so that I could get some quick hugs and kisses in on my first night. Michelle and Dave had a hot, steamy pizza delivered for all of us to enjoy as we quickly caught up on our lives.



The next day we bundled up those precious boys for a trip to meet Santa. The pictures tell the story of two eager faces beaming up at a jolly soul that spreads joy across the world (well, truthfully, Rhys was scared to death... but what one-year-old loves to be held by a stranger with a big white beard?)

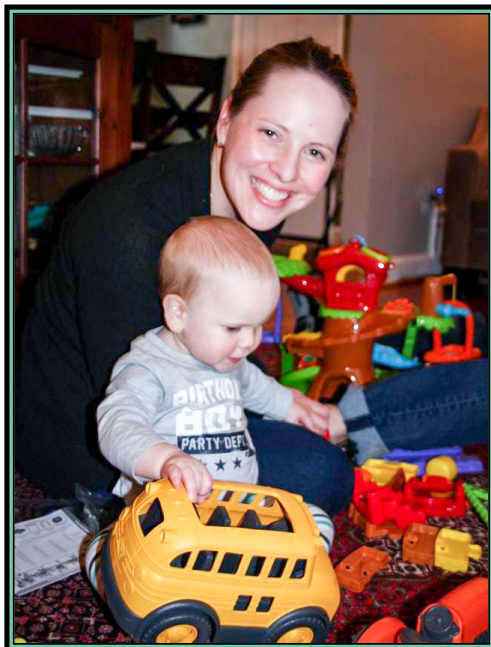
The next day Michelle took me and the boys to the Washington D.C. National Zoo (too bad for Dave. He had to work). It may not be as grand as our own SD Zoo, but it



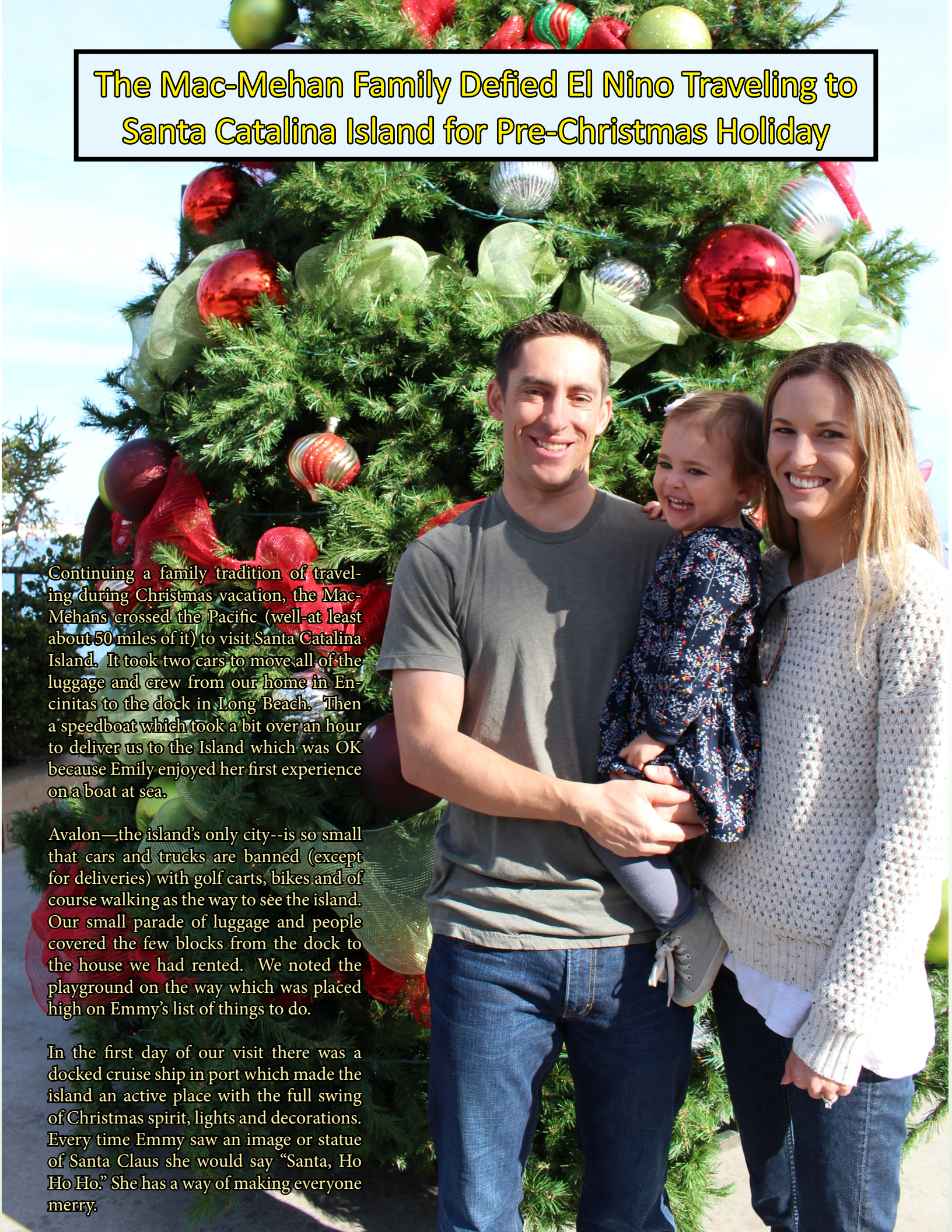
did contain just the right amount of animals to entertain my two grandsons. One perk to this zoo that is missing from San Diego is a petting farm. We got to visit cows that mooed and chickens that clucked right along to the tune of Old MacDonald. It was quite fun.

While the boys napped, Michelle took me for a quick peek at their soon to be home, sweet, home that they bought which was about 20 minutes away. Wow! What a great home! Unfortunately, we couldn't get in. Escrow would not close until after I was gone. But we got to walk around the outside and from what I could see, I knew they were in for a fun adventure. The back yard was huge! Enough space for two boys to play soccer while Ginny, their dog, runs around with joy. I can see that this is a home that they can continue to enjoy being a family.

On my last night with the Lanes, we celebrated Christmas. I enjoyed playing with the toys that I had brought them and was so touched by the gifts they gave to me. Truly, the best gift of all was the gift of time. I loved every moment with my far away family and can't wait to hop on a plane and see them again. Thank you, Dave and Michelle, for welcoming me into your lives. I love you all!



The Mac-Mehan Family Defied El Nino Traveling to Santa Catalina Island for Pre-Christmas Holiday



Continuing a family tradition of traveling during Christmas vacation, the Mac-Mehans crossed the Pacific (well—at least about 50 miles of it) to visit Santa Catalina Island. It took two cars to move all of the luggage and crew from our home in Encinitas to the dock in Long Beach. Then a speedboat which took a bit over an hour to deliver us to the Island which was OK because Emily enjoyed her first experience on a boat at sea.

Avalon—the island's only city—is so small that cars and trucks are banned (except for deliveries) with golf carts, bikes and of course walking as the way to see the island. Our small parade of luggage and people covered the few blocks from the dock to the house we had rented. We noted the playground on the way which was placed high on Emmy's list of things to do.

In the first day of our visit there was a docked cruise ship in port which made the island an active place with the full swing of Christmas spirit, lights and decorations. Every time Emmy saw an image or statue of Santa Claus she would say "Santa, Ho Ho Ho." She has a way of making everyone merry.



El Nino inspired rain fell only one day. This respite enabled the intrepid crew to enjoy some of the attractions of this enchanting little island. Megan and Michael went scuba diving; the whole crew enjoyed a ride around the bay in a “submarine”—which Emily thoroughly enjoyed. She loved feeding the fish by pushing a plunger that released food from the side of the sub. Also the two playgrounds and a sandy beach kept Emmy very active.



We took a tour of the iconic Catalina Casino which has been the focal point of Santa Catalina Island entertainment and culture since it opened over eighty-four years ago. Casino, an Italian word meaning “little house” was originally used to indicate a public room for music or dancing. The huge circular dance floor rises to the height of 12 floors above the water. The Catalina Casino is an outstanding architectural accomplishment built by the Wrigley (chewing gum) family, at a cost of 2 million dollars and was lavishly decorated in art deco and Mediterranean Revival style.



It houses the world's largest circular ballroom with a 180-foot (55 m) diameter dance floor, that can accommodate 3,000 dancers. On the first floor we visited the first movie theatre to be designed specifically for films with sound (“talkies”) with a seating capacity of 1,154. The acoustics are so good that a person talking in a normal voice can be heard anywhere in the theater. (And a fussy child can easily compete for attention with the tour guide). Movie studio tycoons, stars and fans have traveled by steamboats, private yachts, and helicopters to the Casino to preview the newest cinema productions. The building itself is large enough to accommodate all of Avalon’s residents and is stocked with enough food and water for two weeks, should there ever be an emergency.



The rented house provided excellent facilities for cooking and a BBQ. Additionally, the crew sampled a variety of the local restaurants. In the evenings, we learned to play Aggravation Rummy, a card game that the MacMitchels often play. Like most card games, it relies to some degree on the luck of the

draw, but Ashley’s skill was undeniable. With drought warnings to conserve water everywhere, the Mac-Mehan crew did their part by consuming plenty of beer and wine instead. All to soon it was time to leave our Island paradise for the “mainland” but we all had a great time and can’t wait for next year’s adventure.



FAMILY

SHORTS

Nicole Schwander Riel
February 3 at 11:30am · Claremont · 🌐

Hey Naperville! Would love to yoga with you THIS WEEKEND! I'm teaching 2 special classes SATURDAY morning at Sundari Power Yoga. We changed the date because we realized Sunday is Superbowl. Hope to connect with some old friends! Let me know if you have any questions!

FLOW + RESTORE: SPECIAL CLASSES
with guest teacher **NICOLE RIEL**

SATURDAY, FEB. 6th 🌿 **FLOW** @ 8am 🌿 **RESTORE** @ 9:15am



Join us for a full-spectrum, all-levels practice.

Nicole is happy to share West Coast-style yoga with the Sundari yoga community. The first hour of class will be an alignment-based flow class with creative sequencing to help you "dance" through standing poses, sun salutations, playful inversions, opening backbends, strengthening arm balances, juicy hip openers, and calming forward bends. The second hour of class we will slow the pace to a soothing restorative practice, using props, pranayama, and super slow movement to calm the nervous system. Class will be set to an inspiring and uplifting soundtrack to enhance your experience.

NICOLE is the co-owner of Claremont Yoga, in Claremont, California—a small community just East of Los Angeles. She has been practicing yoga since 2000, and teaching since 2007. Her teachings are based heavily in mindful alignment, which she weaves into a vinyasa-style practice. Nicole infuses yoga philosophy and positive psychology into the themes of her classes and hopes to inspire you to choose love and mindfulness, both on and off your mat. She is also the co-director of the Claremont Yoga Teacher Training Program and is grateful to train new teachers to keep the ancient tradition of yoga alive in the 21st century. Nicole is very excited to be back in Naperville (her hometown) to share the gift of yoga and health with YOU!

Sign up online at www.sundaripoweryoga.com

Nicole Schwander Riel
February 5 at 10:55am · Instagram · 🌐

Hi Naperville friends! I'm guest teaching TOMORROW at @sundaripoweryoga! Join me for FLOW at 8am + RESTORE at 9:15am. I'm so excited to share my love of yoga with my hometown! 🌿 #flowandrestore #saturdaymorningyoga #iloveyoga #hometownyoga #napervilleyoga #napervilleyogalife

FLOW + RESTORE: SPECIAL CLASSES
with guest teacher **NICOLE RIEL**



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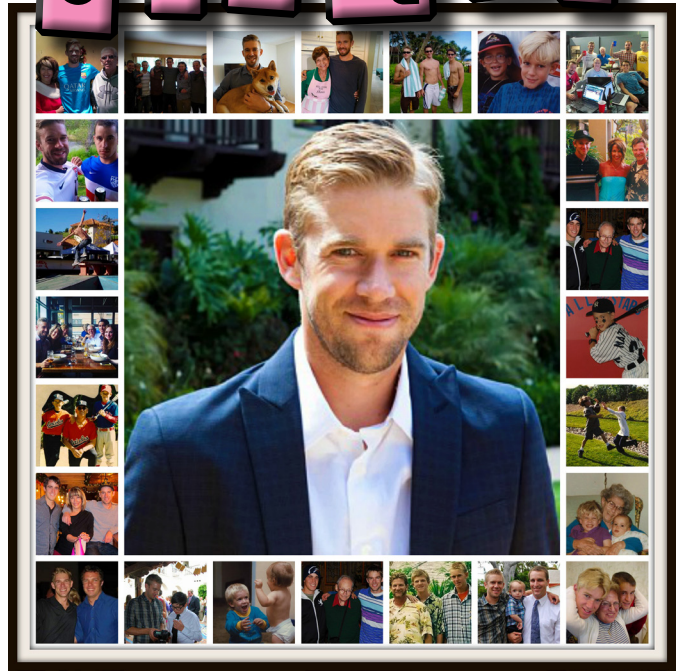
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SATURDAY, FEB. 6th 🌿 **FLOW** @ 8am 🌿 **RESTORE** @ 9:15am

Sign up online at www.sundaripoweryoga.com

Nicole Schwander Riel
February 6 at 8:32pm · Instagram · 🌐

Happy moment adjusting my mama Karleen Schwander in today's restorative yoga class at Sundari Power Yoga@sundaripoweryoga I'm grateful that she has such a supportive community and yoga home. Sharing the love of mindfulness and health. Thank you to my friends that came out...and so great to connect with new ones! Already looking forward to the next visit!
#yogamama #shareyogalove #momdaughteryoga



Brett Sorem
February 11 at 2:19pm · 🌐

I want to thank everyone who reached out and wished me a happy Birthday yesterday. Sorry I was MIA, I spent the day doing what I love most. Growing up skateboarding taught me many things. It taught me to look at life from a new perspective, to persevere, and to create. Skateboarding is not just a sport, its a lifestyle that spans cultures and generations. So on my birthday I decided to ditch work, and do what makes me happy. One trick for as many years as I am old. Enjoy. #skateboard #skater4life #dowhatmakesyouhappy #skate #stillgottit



Bretts 33rd Bday Park sesh
A day at the parks on my birthday

YOUTUBE.COM

👍 Like 💬 Comment ➦ Share



Ana Hartboleda
February 10 · 🌐
View on Instagram

Wednesdays are always fun days, but today was extra fun because Craig joined us! Side note: we restaurants with play areas! #jossiehartman #banyankitchen

👍 Like 💬 Comment ➦ Share

Bridy Hartman, David Gillingham, Jeff Denesch and 9 others like this.

Nicole Schwander Riel what. where is this? restaurants with play areas?
Like · Reply · February 11 at 2:26pm

Ana Hartboleda Banyan Kitchen is in Liberty Station. Some other ones in SD with play areas are Bo Beau in La Mesa, Waypoint Public in North Park, and Station Burger in South Park. 📍
Like · Reply · February 11 at 4:48pm

Ana Hartboleda Maybe we eat out too much? 🙄
Like · Reply · February 11 at 4:49pm

Lechie Huizer Uh that sand between my toes.
Like · Reply · February 11 at 5:37pm · Edited

Nicole Schwander Riel Kevin Riel and Jan Strange next time we are in SD!
Like · Reply · 📍 1 · February 12 at 9:28am

Write a comment... 📷 📍