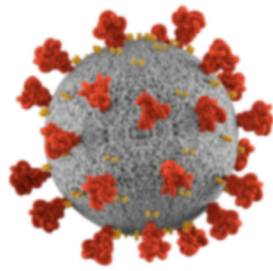


August - 2022

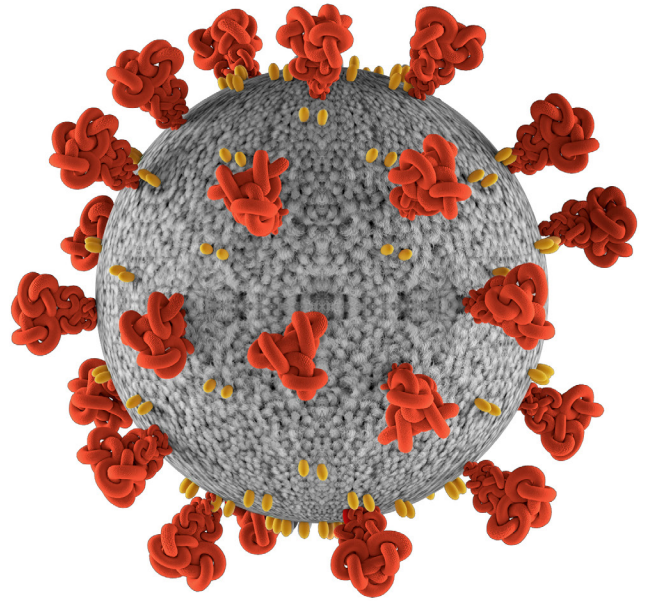
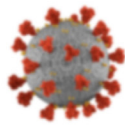
Issue No: 379

Margaret Takes A Swing At Covid





Tracking COVID in the Riel Family



By Margaret Riel

In March 2020 when Covid-19 spread from China to the United States, we found ourselves in the middle of a serious threat. At this point, the social world closed down, children were sent home from school, and only essential workers went to work outside the home. Many of us were working from home and severely restricting all social contact. For example, a visit from my son's family was basically a drive-by where the adults briefly spoke from a distance, and we could only wave at the grandkids who remained inside the car.

In the Spring of 2021, nearly a year later, 2- shot vaccines were available first for the oldest and immune compromised people and gradually for all adults, teens, and children. And as protection waned, booster shots were made available. Normal life was beginning to return with some travel, small family parties. Most of us were getting together outside for small birthday celebrations. We had the larger family at our home for Thanksgiving, but then the Christmas "Riel Bowl" was cancelled among fears of new strains of COVID that was highly contagious.

By the Spring of 2022, after years of wearing masks, meeting outdoors, and staying away from crowds, life patterns including travel returned to almost normal. However, with these changes, and often the travel, came breakthrough, but not life-threatening cases of COVID.

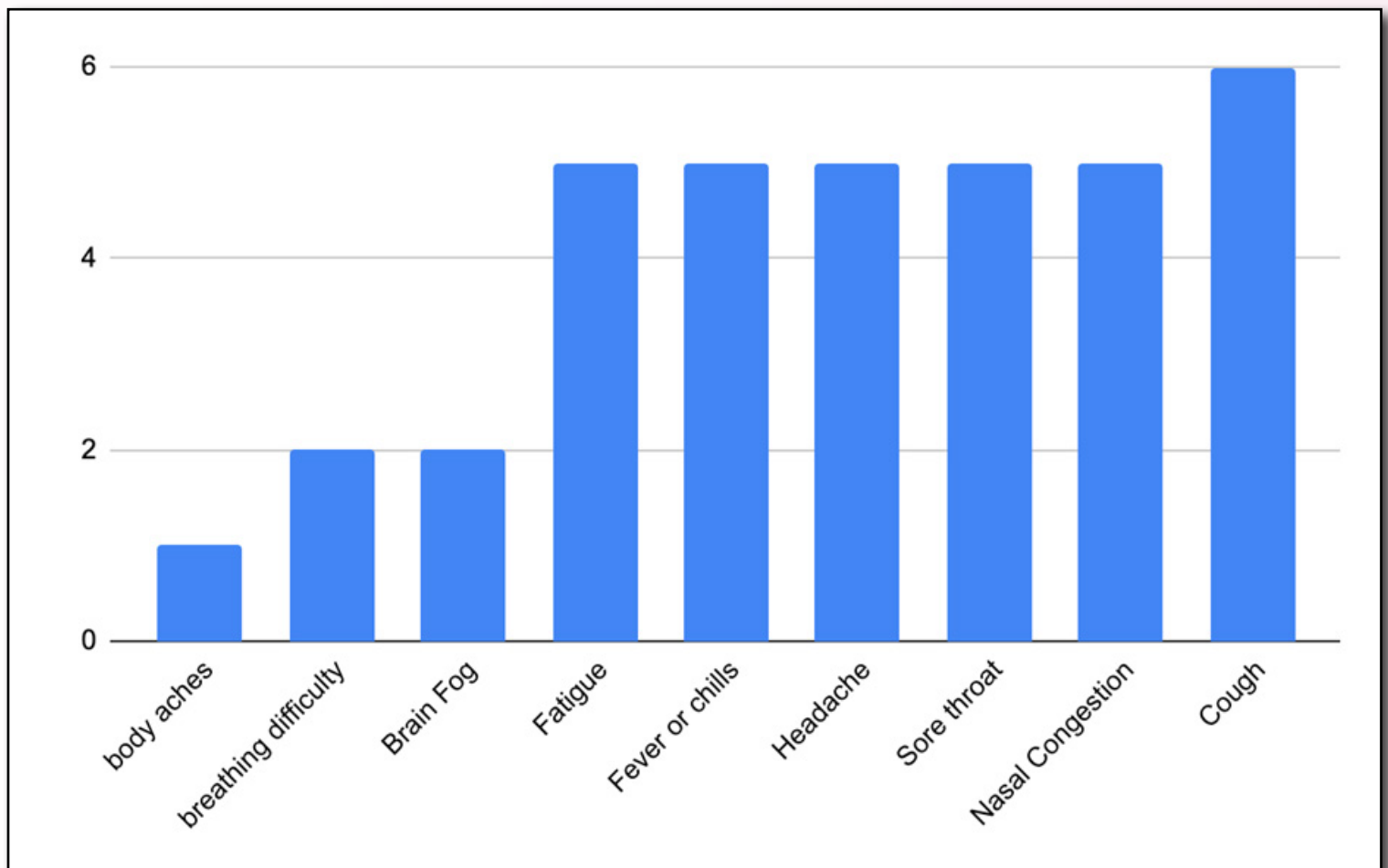
So how has the Riel Family Clan (descendants of Frank and Edith and their spouses and children) fared with respect to Covid? I decided when it seemed that so many of us were getting sick, to create a small survey to look at how covid has and is affecting our family. There are 86 living members of our clan. I received survey results from 62. Some spouses, babies and young children are missing from the count. I will first report the findings by age groups and then whole group comparisons.

First Generation (Ages 60-81, 14 Reponses)

There were responses for 14 of 16 possible people in this group. Two spouses are missing. Thirteen are fully vaccinated; two have had one booster shot and 12 have two booster shots. At this point, 50% of this group (n=7) has had COVID, one in 2020 and the rest in 2022. Only two have had treatments, one Paxlovid and the other monoclonal antibody treatment. On a scale of 1-5 asking about the severity of the symptoms (from “I was sicker than I have ever been” to “only mild symptoms”) the average level of sickness for this group was in the middle, 3, but the range was 1-5 indicating different experiences. Strong symptoms lasted an average of 4 days, again with a large range (0-8 days of strong symptoms) with 5.5 days of light symptoms (range of 2-14 days) with an average of 11 days of being sick (range 3-17 days).

The most common symptoms (reported by six of the seven people) were a cough and congestion, sore throat, headache, fever or chills, additionally, fatigue was reported by five people. The average number of symptoms per person was 4. Everyone reported full recovery.

Number of reports



Frequency of symptom of the First Generation of Descendants of Frank and Edith with COVID (Total N=7)

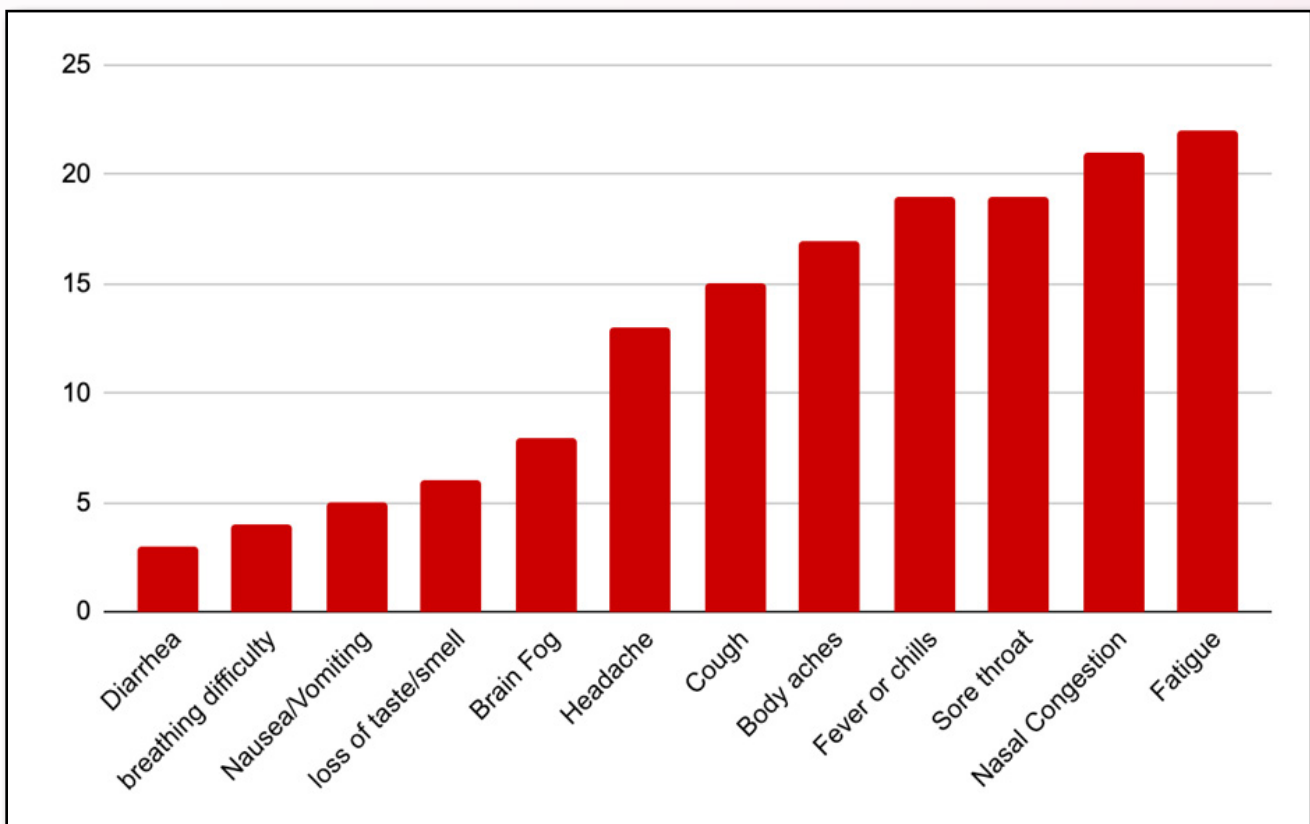
Second Generation (Ages 30-42, 30 Responses)

The “second generation” are the 22 grandchildren of Frank and Edith and their spouses. Thirty-one out of a possible 40 reported; some spouses did not participate. All respondents were fully vaccinated and some with one booster (n=23) or two boosters (n=3). The second booster was only recently made available for this age group and depending on when they were vaccinated, some may not yet be eligible for the second booster.

At this point, 74% (n=23) in this group have had COVID, almost all (n=21) had COVID this year, 2022. Two people contracted COVID in 2020; 1 person had COVID twice, once in 2020 and a second time in 2022. No one had COVID in 2021.

The severity of symptoms was 2.7 on a 5-point scale with 1 being “the worst cold ever.” Hard symptoms lasted an average of 3.5 days with another 6 days of mild symptoms. The overall exposure to COVID lasted an average of 13 days however there was a large range (5-36 days).

This generation reported more symptoms (average 6.7 symptoms) than the older group (average 4 symptoms) and slightly different ones. The most common symptoms were fatigue (n=22), nasal congestion (n=21), fever and chills (n=19), sore throat (n=19). This group experienced symptoms that did not appear in the older generation. About a quarter of the group experienced loss of smell, nausea/vomiting (n=5) and loss of taste/smell(n=6).



Almost all symptoms have disappeared with one exception, there is one person with a weaker sense of smell after COVID.

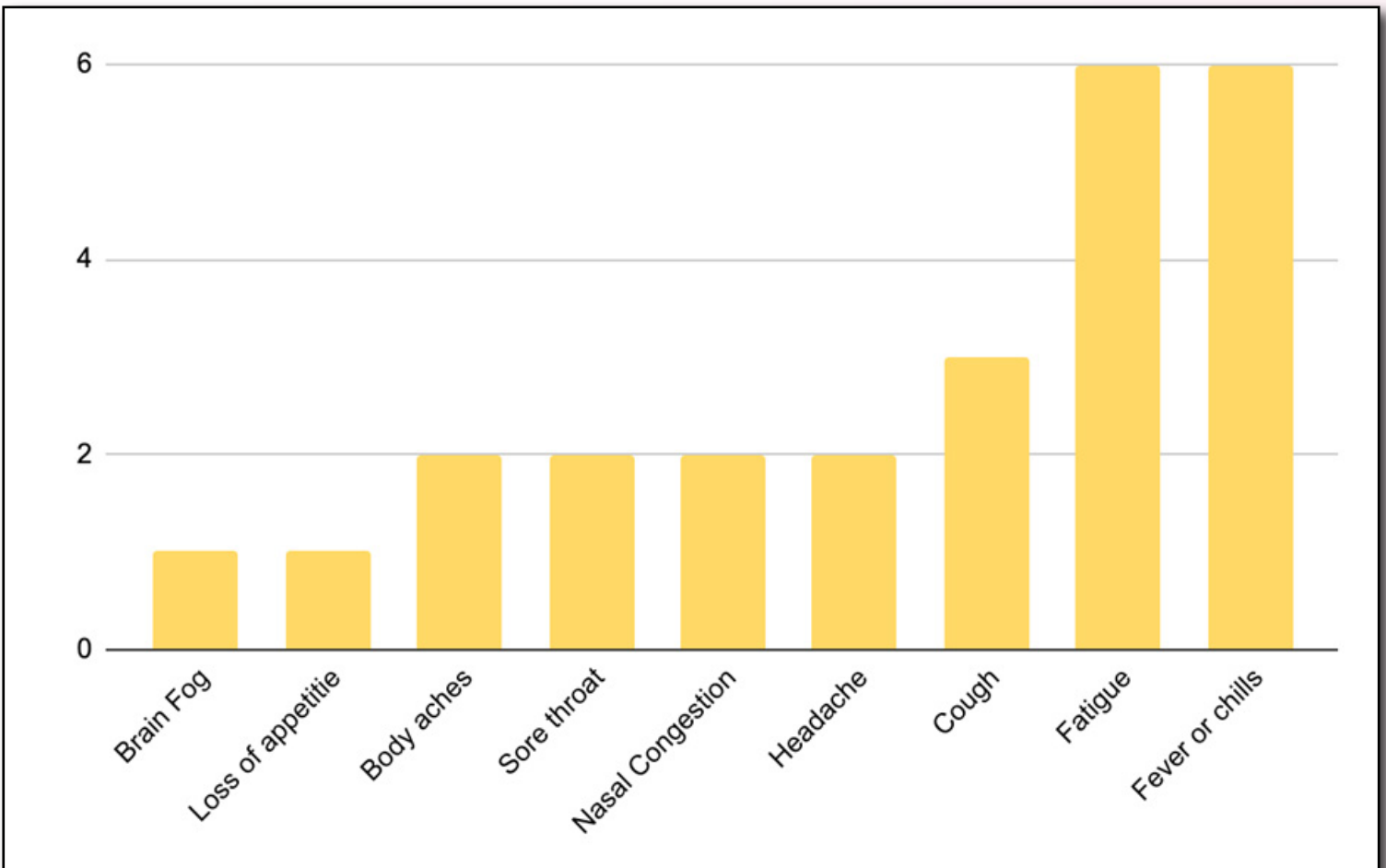
The Third Generation (Ages 1-23, 17 responses)

This group are the great grandchildren of Frank and Edith. We have COVID data on a little more than half of this group (17 of the 30 children). The average age in this group was 7 years old.

Seven of the 17 children or 41% have been fully vaccinated with 5 having had 1 booster.

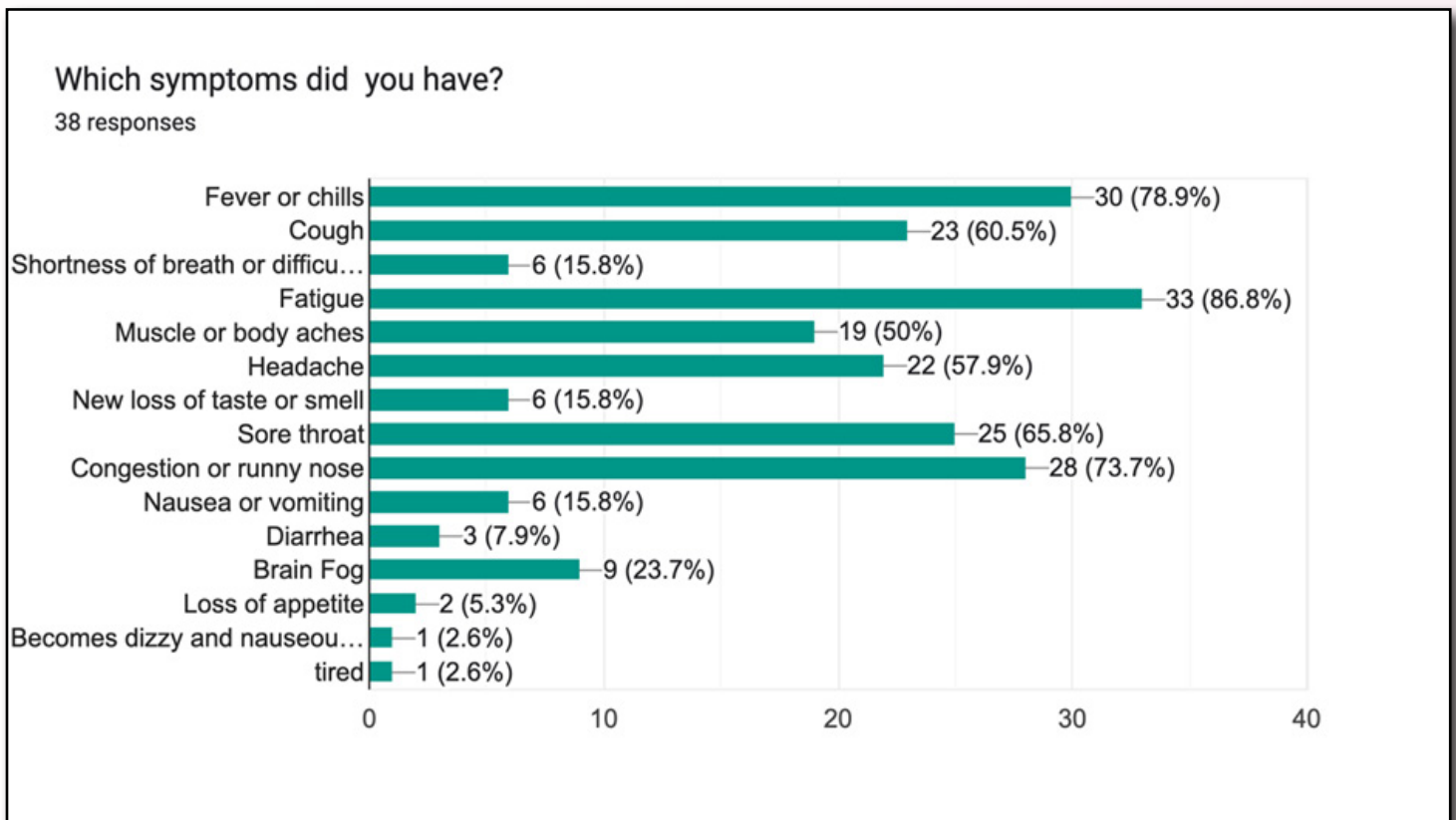
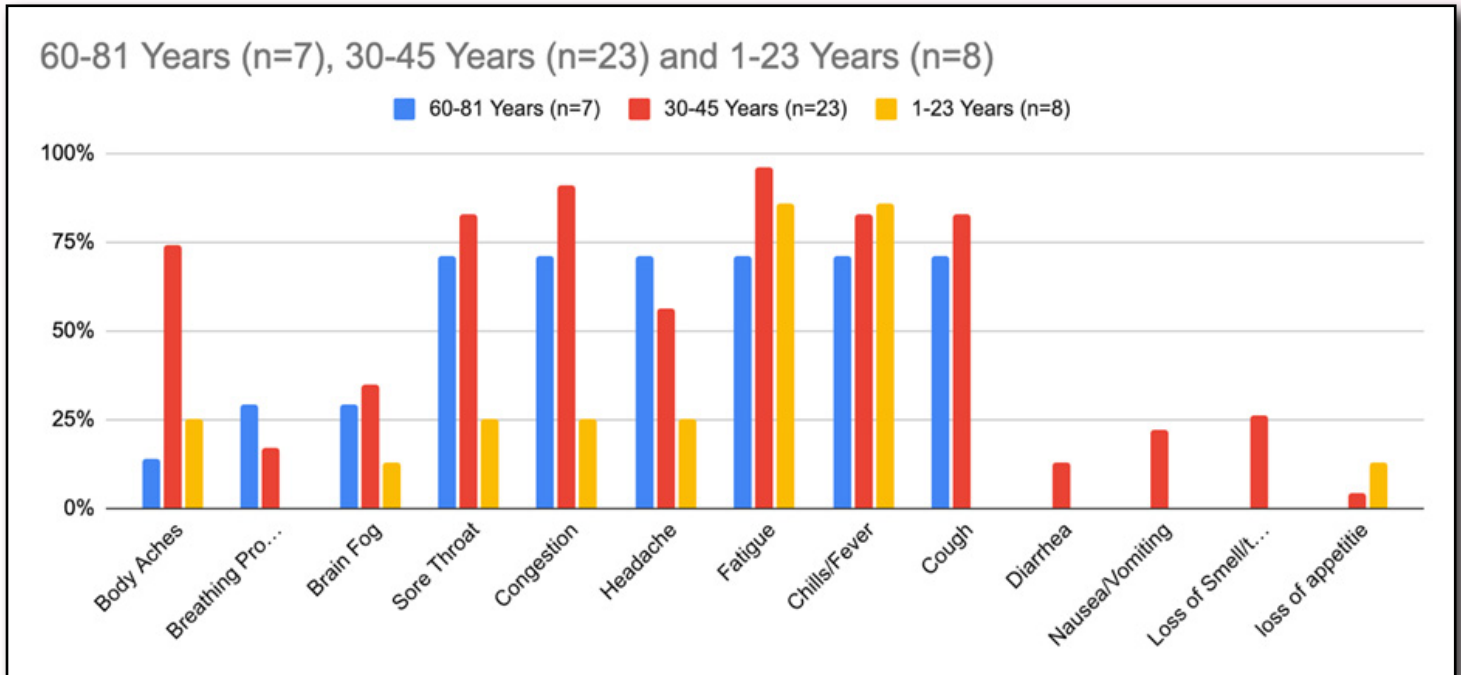
Just under half of this group have had COVID (N=8) and all of the cases have been in this year. The reported less symptoms per person with an average 3.1 symptoms. Their symptoms were also not as severe and did not last as long as their parents. The severity was 3.75 suggesting that the experience was more similar to having a common cold.

The strongest symptoms lasted less than two days and the average length of time between getting COVID and testing negative was the shortest of all three groups--at just under 6 days, half as long as their parents or grandparents.



Comparisons and Discussion

It is interesting to compare the three groups and to look at some whole group information. Fatigue is the most common symptom reported by 89% overall, followed by Fever/Chills which was reported by 79% of the whole group.



Close to two thirds (61%) of our family has had COVID (38 of 62) with almost all of this occurring in the last few months. Only 6% (n=4) had COVID in 2020 and no one had COVID in 2021. I assume that this is because the vaccines provided protection until the highly contagious but less dangerous variant evolved. Vaccines had reduced the severity of the virus. While there are treatments, only three family received treatments to mitigate the effects of COVID

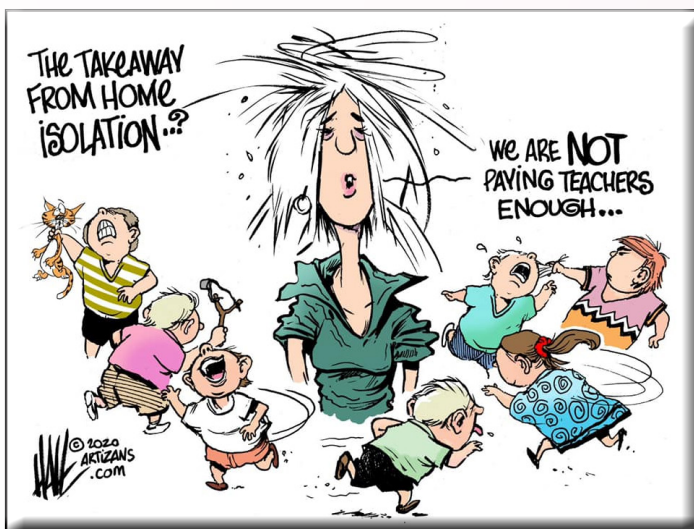
There is an interesting gender difference. Of the 30 females, 22 or 73% have had COVID. Of the males, 16 of the 32 or 50% have been sick with COVID. This difference is interesting as a Carnegie Mellon study found that males were slightly more likely to have had COVID than women. COVID Tracker indicates that slightly more males (50%) than females (48%) have COVID in California.

It seems that this strain of COVID, Omicron B.5 is most difficult for the middle group, those 35 to 45 years of age. Of the 12 people who were sick for two or more weeks, 8 of them were from this group. The other 4 were from the older group. The younger group seems to resist COVID the best. Perhaps some of the other vaccines they have more recently received provided some additional protection against COVID.

Here is a note that might be interesting: those with type O blood are somewhat less likely to get COVID. I have type O and think that my brothers and sister share that type. Perhaps that has given us some protection, as more than half of the Riel siblings have not (yet) had COVID.

For those who continue to face pandemics, Michelle, who has been studying infectious diseases for the Navy leaves us with these words to ponder:

"Fear fuels some really crazy behavior in people. When this happens again, and it will, remember who you are and that you are part of an integrated society, not alone on an island. Do the right thing for yourself and those around you. And remember to be patient and kind."



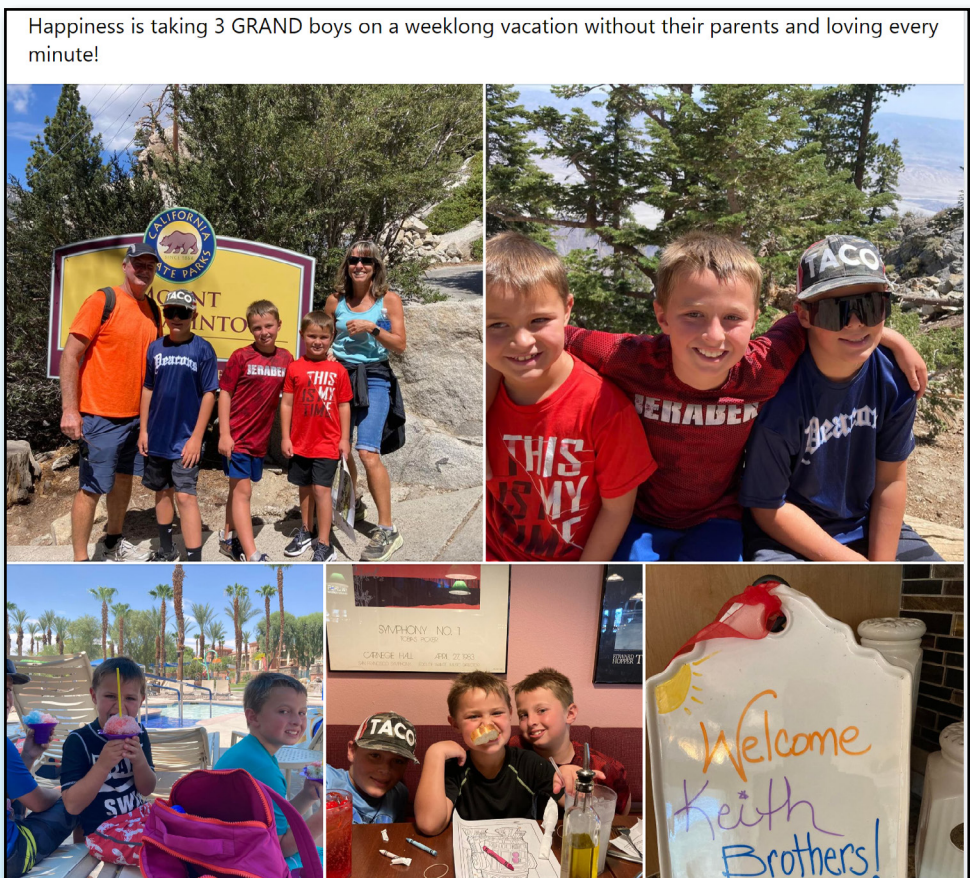
FAMILY SHORTS

With the summer months comes family vacations and RFNL articles are low on the priority list. So, to fill in this month I took some of the posts from our family and added them below. It is possible that some of you may have missed one or more so please enjoy.



Brian and Drew are on the move as they have sold their home in Arizona and are moving to Washington state next month. They both have found new jobs and are looking forward to life in “the Fungus Corner of the United States”.

Listy and Bob spent a whole week with the Grand kids in Palm Desert, while Seamus and Kristy went to Ireland for a work/vacation getaway.



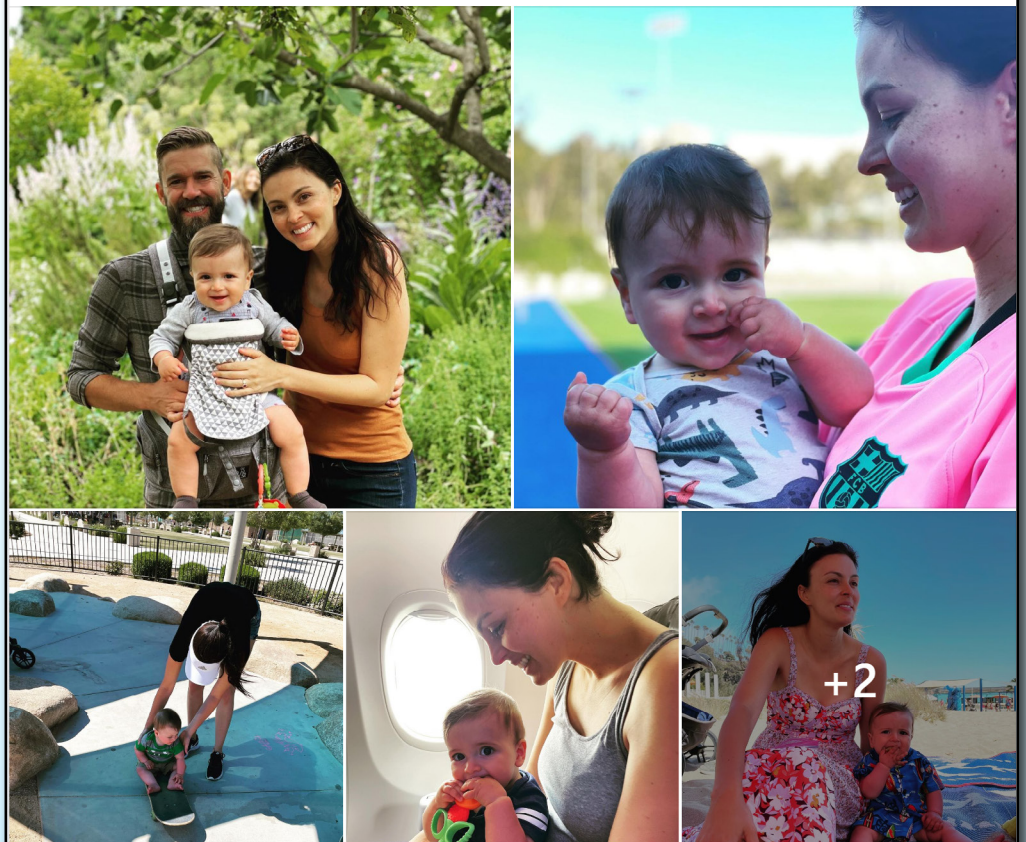
Spent the day rooting for the home team. Thankful for the tickets from Liberty Military Housing-neighborhood lottery for tickets means we will **100** see friends! Go Padres!



The Lane family (including their new dog Chloe) celebrated Owen's birthdays and even took in a Padres baseball game!

Most years you look back on and vow to make more of the next, but a few years you think, "yeah we did pretty good." This was one of those years. Love you babes, and love what we've built. Happy Bday my babes!

Brett and Carinda celebrated her birthday in style and even toured a winery in Temecula (or as they put it a quick day trip to Europe!)



First day in New Zealand. So happy to be together again!!!

Carol and Jeff are off to see Dustin, Lauren and their kids in Algies Bay, New Zealand. It been a long time since they have actually been able to see them in person due to the pandemic, so the family reunion is very special.



Such a great family day. We so wish these Sorem's lived in San Diego. We just don't get to see enough of them. We are loving our time with Kieran!



Birdy and Lyle visited Annapolis for a work related (or so the say) meeting but I think there was more golf than meetings. But it did give them a chance to visit with Brice, Bridgett, and Kieran while they were out there.



Annie celebrated her return to health after a short bout with Covid and more importantly celebrated her Birthday!



Dave and Bethany both celebrated birthdays in the last 30 days or so. Boy! These summer months are just full of family birthdays!

A beautiful morning in Inverness,, Scotland and the start of another Rios - Strong summer adventure. These summers spent together, are what get me through the other 10 months of the year.

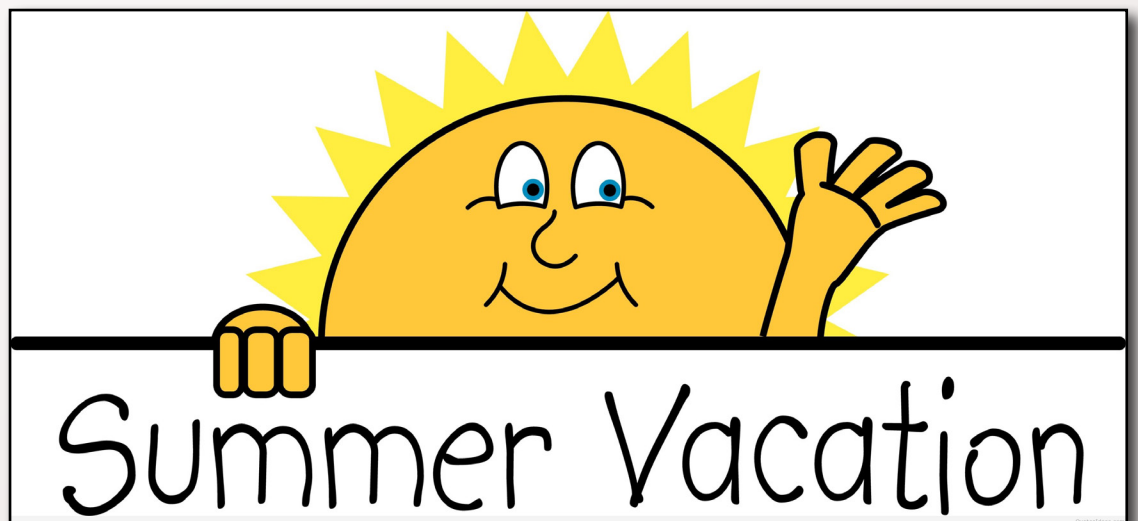


Miguel, Jessica and family took a trip to Scotland to visit some friends and enjoy a well-deserved summer vacation.

Kamp KarKar! We just love our annual trip to visit our favorite [Karleen Schwander!](#) ❤️ This year was especially green, filled with delicious summer meals on the veranda, nights catching fireflies, sweet corn, tomato salads, good coffee, slow mornings, lots of love and snuggles. ❤️



Kevin, Nicole, and family visited Naperville, Illinois to enjoy some fun with Karleen Schwander in what they called Kamp KARKAR!



Kristy and Seamus wedding takes place as scheduled on Saturday, August 4th, 2007

What's the matter with this song we're singing?
 Can't you tell that it used to be cool?
 Maybe we should just keep on drinking,
 Then we wouldn't look the part of the fool.
 Who made the rules, they seem kind of funny,
 You can't get hitched till you spend a lot of money.
 What the heck, another check, bills are climbing to our necks,
 It's still matrimony to us.

What's the matter with the groom we're seeing,
 Does he know he'll be single no more?
 All the college cuties who he used to make eyes at
 See his ring and make a run for the door.
 It's just not fair what they ask of a fellow,
 All this fidelity could just make you below.
 That's tough, one's enough, Kristy's got the right stuff,
 It's still matrimony to us.

What's the matter with the bride we're observing,
 Does she know that the presents will stop?
 Once the vows and the toasts have been given,
 And the crystal is replaced by a mop.
 Don't worry Seamus, she's a happy little camper,
 Feed her by 5 and you won't see her scamper.
 Firm kiss, wedded bliss, the two of you just couldn't miss,
 It's still matrimony to us.

What's the matter with crowd that we're seeing,
 Don't they know that they've played a big part?
 Seamus and Kristy have all these great people,
 Who will always reside in their hearts.
 We love you Kristy and we love you Seamus
 And we won't forget you when all of us are famous
 Oh no, one day to go, then you'll really be betrothed,
 It's still matrimony to us.

Everybody's talking 'bout the new couple
 Funny, but it's still matrimony to us.

The week-end of August 4th through the 6th was a busy and significant one for the Gillingham, Keith, and Riel families. It started on Friday afternoon, with the wedding rehearsal at St. Vincent's church. At 6:00 p.m. the invited guests convened at the Catamaran Resort Hotel on Mission Bay Drive. Drinks and a great buffet dinner were served at the lawn in the rear of the hotel, overlooking a portion of the Mission Bay Park area. After the dinner a series of speeches by various members of the families were made, mostly directed at Seamus' and Kristy's past activities and future plans. The highlight of the program was a rousing rendition of the adjoining original lyrics, written by the Bride's parents, Listy and Bob, and set to the tune of - (none of the singers we have talked to know what



tune was used... maybe that is why... well... we will sort it out later.

After a lot of friendly conversation, the party broke up in anticipation of a busy schedule on the wedding day. We express our thanks to the Keith family for this great party.



Congratulations To Kristy And Seamus For 15 Years Of Marriage!



The Wedding Day



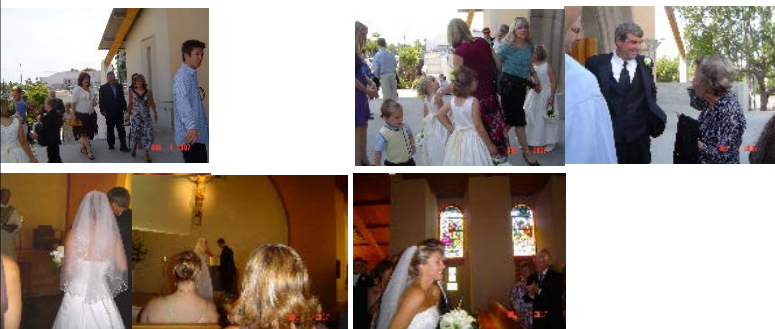
Friday, August 3, 2007
 Come to the Rehearsal Dinner at the Catamaran at 6:00 pm (outdoor, on the grass, semi-casual)

Saturday, August 4, 2007
 12:00p.m. Arrive at Final Cut if you want Francie to do your hair
 1:00 p.m. Wedding party leaves
 3:00 Ceremony begins
 4:00 Stay for Pictures
 4:30 Go to Parker for Cocktail Party
 5:30 Move to Dinner area
 5:50 Toast
 6:45 Dance
 7:30 Cake
 Have a drink and relax...we made it...

The Bride:
 "I'm a special 'n' a magnificent one for inspiration before marriage. I'm sure someone like the daffodils while vicarious bloom on wedding hills. This summer came and days were hot, they brought a tender spirit, golden wheat ripened in the breeze like waves upon the gentle seas. Love filled the heart of a maiden fair, changing all graces with his name. Then the dream of youth all came true as she applied the sacred 'I Do'."
 With Love and Best Wishes,
 My and Mrs. P. J. Riel,
 St. Simons Island, Georgia.

On Saturday the wedding was off to a great start, as the Bride and her bridesmaids met at Francie's salon for a final touch-up of make-up, costume, and hair-do. It appeared to be pretty frantic, with a few other key players also there. However, Francie was able to take care of everyone, and the party soon was waiting for the limo Listy had reserved. In the usual family flair for total organization, each of the players was provided with a schedule for the entire day. By 2:30 the crowd was gathering on the front steps of the church. Shortly the doors were opened and everyone took their seats. On schedule Kristy and Bob came down the aisle and the ceremony began. Everything went as planned and the vows were sealed. Afterwards a series of photos were taken by the event photographer and then the crowd set out for Francis Parker Lower School, to start the reception party. The guests enjoyed drinks and snacks served in the school courtyard. After a while the wedding party arrived, and all adjourned to the outdoor dining area, where tables were set up with assigned places for everyone. Music was provided by a DJ, who entertained the crowd during the serving of the buffet dinner. When everyone had settled down, Bob and Listy introduced a series of speakers who expressed best wishes to the new couple. Grandpa Riel spoke briefly, and read a poem titled "The Bride". The author was Kristy's great grandfather, who wrote the poem around 1965, when he and his wife were enjoying retirement at St. Simons Island, Georgia. After the various speeches the music was turned up and the new couple showed off their dancing skills. Then the father of the bride and the mother of the groom joined in, followed by the rest of the guests. Soon the dance floor was packed with enthusiastic and happy dancers. Even Grandma and Grandpa took the floor and joined in the excitement and fun. Soon the dancers began to tire out, and the wedding cake was cut and served to the guests. This ended a great party, and the end of a perfect day. We join the many others who wish the very best future for Kristy and Seamus. Also, we thank Bob and Listy, along with all the others who helped, especially Birdy, and Francie, in putting on an outstanding wedding celebration.

The Ceremony
 Processional
 Opening Prayer
 First Reading
 Gospel Reading
 Exchange of Vows
 Exchange of Rings
 Lighting of the Unity Candle
 Prayers of the Faithful
 Presentation of the Gifts
 Communion
 Recessional



The Reception

The rest of the wedding day story is best told with a few of the many pictures taken throughout the afternoon and evening.



Timothy Riel celebrates his 30th birthday with an elaborate flashmob/bar crawl in the city of San Francisco with a slew of family and friends.

By Tim Riel



It was a dream come true for me. I have spent a good amount of time enviously watching numerous flash mob videos on YouTube, and longing to partake in one myself, but I never really knew how to get involved with one. As my 30th birthday approached, I knew I wanted to do something big - something that not only I, but everyone would enjoy doing. To make that happen I knew drinking had to be involved.

I went through a mental list of things I would think people would want to do while drinking - obviously a flash mob, right? That immediately became the idea.

Picking a song was a bit more difficult. Initially I thought I would put together a mash-up of famous over-the-top gay songs. You know the ones: "Y.M.C.A", "Dancing Queen", "I'm Coming Out", "I Will Survive"...the list included 26 other flamboyantly gay pop songs. The tricky part was mashing them together. I spent a month trying to teach myself how to mash 30 songs together. It was irritatingly difficult. I didn't have the patience or the skill for it.



I thought my flash mob idea was doomed until one night, at a local video bar, on Musical Mondays, the ideal song began to play. The song was Dirty Dancing's "I've Had The Time Of My Life". It was perfect! Not only was it a film and song that everyone was familiar with, it summed up how I feel about my twenties and how grateful I am for all the good friends and loving family I have in my life. I'm truly blessed.

With the song picked, I was able to convince two friends of mine to work together in choreographing the routine and putting it up on YouTube

for everyone to learn. I decided we'd perform the flash mob 5 times and have a drink before and after each dance. I picked and contacted five bars within walking distance and created a rigorously-timed schedule for the day so everyone would know the itinerary. I rented a generator and speakers that I would drag along in a utility cart.

With everything on such a precise schedule I expected it to be a somewhat stressful event, but somehow everything went incredibly smoothly and with no hiccups (I think the alcohol helped).

It was great watching everyone getting into character before the start of each flashmob, especially for the last performance at Union Square. Aunt Margaret and I had a moment where we were privileged to notice some true acting talent. Some played the part of tourists (Uncle Jeff especially dressed the part) trying to read maps. One friend dressed as a jogger, another friend as a chef, and one friend even brought crutches all to give the impression that there was no way they were part of the flashmob. I'll never know how Aunt Francie survived - and with grace - in those heels of hers (kudos!).

Watching my aunts and uncles boogie down with their fancy-good moves (did you see that pic of Aunt Carol boogieing it up, I posted on Facebook? Amazing!) Other highlights included: Kevin and Nicole killing the couple's routine like they had practiced it for months, when in fact, they only really learned the routine the day before; Nathan drunkenly waving his shirt up in the air and Chris rocking out with some pretty impressive solo dance moves. Clearly there's some real dancing talent in our family. It was great having Dustin, Lauren, baby Holden, and Megan show up to join in on the party as well.



With each flashmob, we got better and better and drunker and drunker. Special thanks to my mom who made sure to keep everyone's glass full at each bar. The crowds loved us, and we were having so much fun we decided after the first two flashmobs we would play some dance songs and try and get the audience to join in an impromptu dance party to Whitney Houston's "I Wanna Dance with Somebody" and Footloose's, "Let's Hear it For the Boy." The audience loved it, and it was clear they too wanted to join in on the fun. As I rewatch the videos I see little things that bring pure joy to my heart. Watching Aunt Francie try to teach Uncle Bud and herself how to dance to the couple's part - hilarious! Watching my dad with the biggest grin on his face with every move he made - priceless. It was a magical day of dance, drink and fun!

If you've seen the videos you can tell everyone had the time of their lives. I know I did. I would like to thank everyone who came up to SF and helped make my 30th birthday one the best moments of my life.

