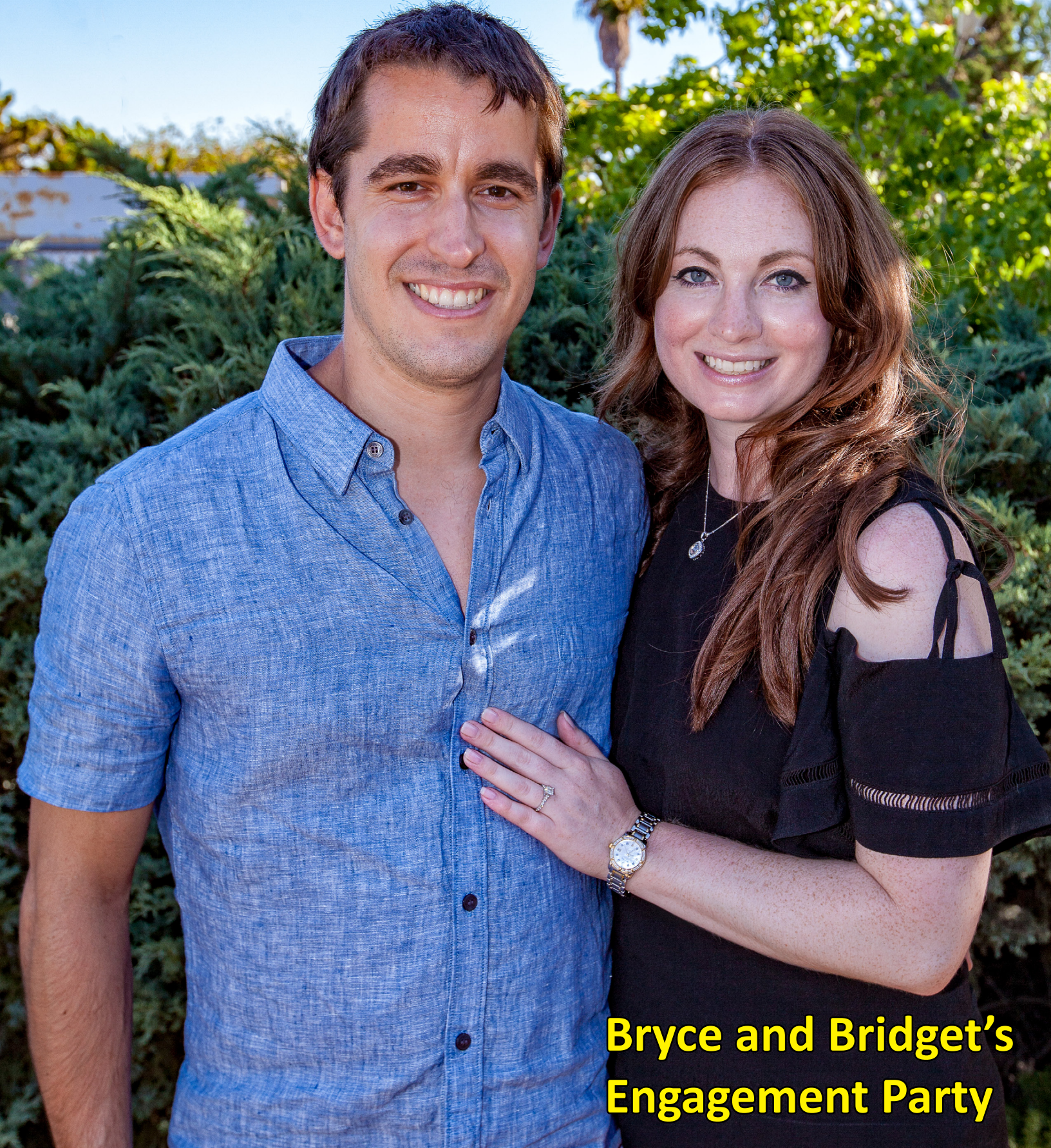




July 2016

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**Bryce and Bridget's  
Engagement Party**

# Bob and Listy Host Another Big Time Riel Event!

On Sunday July 10, Listy and Bob Gillingham once again opened their home up for another Riel party. This time we celebrated Bryce and Bridget's engagement along with Bryce's 30th Birthday. Normally these parties start around noon or so but

in deference to all the really young kids (4th generation) the party didn't start until 5:00 pm thus allowing the little ones to get their afternoon naps in.

As friends and family started to arrive, they were greeted into a home decorated to the theme of the movie Despicable Me featuring little minions all over the place all wishing Bryce and Bridget a happy life together.

In addition to the local family members we had plenty of out of towners in attendance including Michael, Ashley and Emmy from Colorado, and Miguel, Jessica, Benny, Mattie and Sofia from New Jersey. It was really great that they could be there and help celebrate this wonderful occasion.



What struck me the most was how many 4th generation kids were there and how they are now old enough to play together. They were constantly running around and just generally having a good time. I couldn't help but remember back to when the 3rd generation was doing the same thing at our family gatherings. I'm sure all of us are looking forward to plenty of parents vs kids activities in the very near future.



No RFNL report would be complete without detailing the food that was served (after all, we are the quick and the fed). As usual, there was a great spread with lots of homemade salads and sides along with a sandwich bar, but the best were the carne and pollo asadas that Bob expertly grilled up for everyone. OK wait... in my humble opinion, the apple cookies made by Francie's friend Karin, were the hit of the party (food wise that is). I think Alan agrees with me as he was seen carrying around about the biggest handful of cookies you ever saw (check out his picture).



After all the food and fun conversation things got real... yes the Riel singers whom have been warming up all night were ready to put on another performance proving once again, that none of them can carry a tune. Bob and Listy put together a song based upon the tune of New York, New York, and it is printed here



Bronx Cheer for Bryce and Bridget

(Sung to the tune of "New York, New York")

Let's party today,  
A wedding is near,  
We want to be a part of it,  
Hip-hip, hooray!

He likes to WHIP up Italian  
in a snap...  
She knows 'bout Faulkner, Hemmingway  
and all that crap!

A Targus he made,  
To sweep her away,  
She said of course I'll marry you,  
In old New York.

He's now THIRTY years,  
Let's hold back all those tears,  
Raise up your glass...  
Three cheers, three cheers!

Bridget and Bryce....

They want to MARRY in a CITY,  
That never sleeps...  
WITH fine wine flowing, craft beer we're stowing,  
Everyone here... give-out-that-cheer...

These little town kids,  
Are melting our hearts,  
They're gonna make a brand new start of it,  
As man and wife...

If they can MAKE it there,  
They'll make it anywhere,  
We all love you,  
Bridget and Bryce.



for you to sing as often as you want. The Riel singers did a great job adapting it to their unique style and talent. In fact, Bob, Listy and Birdy all started to do the famous "Rockettes" leg kick dance as they were singing. Francie, our videographer, has it all recorded and along with Bret as the director will soon release a new short movie titled a History of the Riel Singers.

After the song was over, the sisters presented Bryce and Bridgett with the traditional engagement gift, a silver wine bucket with their names engraved on it. We welcome Bridgett to our family and look forward to their June wedding next year. We also want to thank Francie (who sponsored the party) Listy and Bob for another fantastic family event. Next up... Carol's retirement, it's party time at the beach!!!!



**June 26th, 2016 ,  
Sunday...**

**Today I Became  
Cancer Girl...**

**I have been funny girl, crazy girl,  
annoying girl, smart girl, and many  
other personas...**



But today different words in the English language have significance for me. Words that end in ology. Like Hematology and Oncology. Doctor's have become my gurus instead of comedians.

My family and friends who have always been an important part of my life whom I have helped over hurdles for many years, now have become my keepers and protectors. I sometimes live in fear, but mostly I live in a state of questioning and curiosity. It is my fate, I may as well move on and get used to it.

I know this is as shocking for many of you as it is for me, and the story is getting a little old, so I will bring you up to speed. Then we leave behind what used to be my life and prepare for what my new one has become. Here is the synopsis.

## 01/2016

My Gyn ordered blood tests during routine checkup. My Cholesterol was a little high, (Hey it was after Christmas, no surprise there!)

It was time for me to enter the grownup world and find a primary care physician. After all, like Mark Twain, I really did believe I was the exception to the rule that no one gets out of here alive, reality check, game one.



## 05/31/2016

Here were the results after that first blood test taken in May:

***Low White Blood Count***

***Low Red Blood Count***

***Low Platelets***

***High Lymphocytes***

***Low Neutrophils***

***Low Absolut Neut CT***

***High Hct***

***Borderline Cholesterol***

With these results firmly in hand, as well as a DNA testing showing a variant for Hemochromatosis and DVT, I was referred to a very fine Hematologist, Dr. Andrey, who would lead me through Dr M. and Dr. Torrey to my Team Francie, Leader, Dr. H. And of course Marianne, my always go to, middle of the night, help me I'm sick what do I do friend.

At this same time, I would meet my new sanity leader, Dr. L and my spiritual Adviser, Father Dermot. Armed and dangerous let's do battle.



but when he got onboard, he got onboard with a love and enthusiasm, that may at times seem to be taken for granted. It is only because I need him to be all these things to me and I know he will never let me down. I am a little relentless in my selfishness, but I am sure that part will find its course as well.

Let's take a slight segue here, even though I am on pain meds at 330 AM, and see what brought me ultimately to the hospital.

**05/31/16**

Rib pain just under left breast, starts to throb, thinking I have over stretched it at one point.

**06/07/2016**

Liver and spleen scan done, all appears normal



**06/11/-15/2016**

Trip to NYC to see kids, rib pain increases and spreads to lower ribs. Lots of walking, pain gets worse, taking Aleve and Advil for pain. Return home have rib x-ray, no breaks or cracks, but a lot of general stomach soreness. Get some rest let's wait and see what happens. hardly seems like much of a plan.

Then Food poisoning hits on Sunday 06/19, vomiting 13 times in 16 hours. Now I am done. Tired weak, clearly running out of gas and headed for a stay in a hospital

06/19/ thru 06/24, 2016. Sunday morning, 06/24, I check in at Scripps Green Hospital, after alternating days of work and pain and misery. What has happened to me, where is my strength, where is my stamina. This will be my home for a week of tests and treatments.

The following week brought many new names and faces, only important to my story because they started to form the skeletal network that has become all consuming to me. Team Francie.

I decided early on that only positive and re-soundingly strong people needed to surround me and feed me their energy. Whether prayers, encouragement, advice, knowledge, humor, didn't matter. Come with a vengeance or be destined to stand out in the hall with team wussies, ha ha ha, holding hands and singing Kumbayaa. Oh the sarcasm, it never ends.

As usual, I could depend on my Lylie to step up to the plate. He may have stubbed a toe or 2 along the way





## Meeting the enemy:

High Calcium

Low Platelets

Pain

Low Kidney and Liver Enzymes

Biopsies

MRI's

CT scans

Sonograms

X-rays

Lab results

Blood sucking and lots of it!!!!

Pic lines

Ports

Bruises

Communication errors (OUCH!!!!!!)

## Saturday, July 2nd, 2016

Yay, Finally I get to come home! I think it will change things a lot but it really doesn't. All the difficult decisions are still there. I still have to call a lot of friends and clients who I have visited with over 40 years and tell them I can no longer do their hair, Financially, of course I hope they will stay in the salon, but I understand what a huge deal changer this is for everyone. I have set up a great transitional environment where Leonor will be able to move forward with their haircare needs. But it is what it is and I am appreciating everyone's patience in advance. Please be patient with Leo. Not only does she need to get the hair care thing down, but she will be providing a comfort that only one so close to me can deliver. I know this will all work out and I will try to leave as good a record as I can for the transition.

## Here is what all this means to you:

I am now retired. There is no lead in, there is no do some clients here some there, my life as a hair designer ends today, and I will become a smaller part of what Leonor will carry on. This doesn't

mean the Final Cut is going away, nothing could be further from the truth. It will now be under the capable hands of an amazing young woman named Leonor. She is so much like me, you will hardly notice. She definitely owns my sarcasm, ha ha ha ha. I will be in the salon from time to time to oversee the changes, and help her to do all the new things that she will be taking over. I could not have left you in better hands and I know that because, she will be doing my hair and my family's hair as well. Give her the opportunity, you will not be disappointed!!!!

From here on out it is just receiving chemo and monitoring the results. I have an army of medical personnel led by a remarkable young woman, Dr. Hutchins watching over me. She will be letting me know how the chemo is working. From time to time I will give you an update. I am a private person and keep a lot to myself. Please be patient with me, it is my way. I appreciate hearing from you, and wish I had more strength to answer you all, but my priorities are even more self centered then they have ever been. I have made an agreement with my caregivers to put my confidence in a certain area of treatment, and though I greatly appreciate all the advice and ideas from those around me, I have promised not to compromise results by adding in different supplements and remedies from other areas.

So we are off and running!!!! I hope to see you from time to time around the salon when I drop by to visit and harass Leonor! I will make sure she is holding her arms in the proper cutting positions and keeping you apprised on the latest and greatest in hair. I will see you and your families grow on Facebook and make fun of you like I always have, ha ha ha ha. Thanks for the tremendous support and prayer you have all generated, it makes me stronger every day, and keeps my eye on the prize.

Love to you... Francie



Hey Everyone,

July 07, 2016

Thanks for your kind words and prayers, it is so hard to get around to calling everyone.

So far I am tolerating the chemo very well, this was my second dose of the same type. All of my "numbers" are better, even though chemo knocks your platelets down a bit, in the past week they are back close to the safety zone. But because the strain of cancer is very aggressive we are going to try a drug that generally is used when the myeloma returns a second time. They are using it at the Mayo Clinic this way with great results.

Even if it does not get approved, I will be getting a more aggressive treatment, starting next week.

I will be on 4 cycles of 2 weeks of chemo (once weekly) then 1 week off. After the 4 week cycle they will be transplanting stem cells, it will probably be a year of follow up treatments after that. They are also going to put me on the bone marrow transplant approval list now to get things going, since insurance company's love to drag their feet on this one.

I am only having chemo once a week since I am responding well, so that is a good thing. I have not gotten sick nor thrown up yet either which were two of my biggest fears. I'm not worried about losing my hair either, can't wait to try a few short cuts, it will be fun. Retirement came a little earlier than I expected but I definitely am going to put on my oxygen mask first and make my life a good one for me. I'm so lucky to have Leonor ready to take over my spot, she is amazing and my sisters and I will be going to her as well.

I will be coming around the salon to visit as I get my immune system stronger, and remember, we will always be friends even if I am not the one doing your hair. I will probably have a happy hour every other month or so, so I can see everyone and catch up! Thanks again for your friendship and loyalty, it means the world to me. ...Francie

July 14, 2016

Seems like more than a week ago, since I last wrote, my how time flies when you are having fun. Today marks a new day in my battle with Cancer. Today we are bringing out a can of "Whoop-Ass" on the enemy. It is a chemo by pill I will be taking for 14 days straight and then off for 7. I will also be taking a 2nd chemo once or 2x a week depending on what gets approved

Yes, I've read all the side effects, yes, I know it could kill me before it kills the cancer, what the hell, let's do it!!! Here is the regimen. Every Thursday I get to visit all my new best friends at Oncology-Hematol-

ogy and try out the cocktail of the day. Here is how those Thursdays will go for the next 2 weeks... Pay attention! As many of you have learned, I do not like to repeat the story over and over...

Thursday morning, blood labs, this is a very important part for my army of "prayers" out there. This is when we see if my Blood Platelets are so decimated by the chemo, that I become a greater risk for blood clots and other horrendous choices. We do not want that to happen! So, your job, if you choose to accept it, is to keep me in your thoughts and prayers everyday and keep my blood alive. Then after a couple of hours, I will check in with my General, Dr. Irene Hutchkins and she will apprise me of the situation. Then onto chemo for a shot of chemo, then fight the traffic from La Jolla home again.

If the other chemo get's approved, then we add on Friday, just the cocktail, thru IV then back home. Of course the only time available is 3:30 so I can enjoy that traffic again on the way out. I will be taking the new chemo orally at home for 14 days on and 7 days off, for 2 cycles, for now. Then assessment.

Unfortunately, my neutraphylls are still low and during this time period I am very susceptible to catching anything anyone is offering, so if I ask for no visitors it is because it is a danger to my concerted effort to keep alive. It is not because you are annoying, unless of course you are, ha ha ha ha.

Unfortunately for all of you, so far, chemo has not adversely affected my warped sense of humor, so for now you will have to suffer through it with everybody else!

I will add to this after each chemo trip to let you know how much the new drugs affect my already lively personality. Thanks again to all for the kind words, prayers and gifts, I am buoyed tremendously by your good thoughts and wishes.

Thanks Leonor, for holding down the Final Cut Fort, no one can do for me what you can. I know it is a huge thing to ask of you, and it will be difficult, but I am already hearing such great things from so many. Thanks to all my clients for "training" Leo the way you have trained me for so many years.

Bur most of all, thanks to my Lylie. you may think I am sarcastic with you, but you have no idea what this poor man has had to tolerate! He is my champion, and no matter how hard I try to knock him down he keeps coming back for more. Who would have thought I would be so lucky?

I realize that you may have some FAQs that I might be willing to answer, you can always try. You never know. I do appreciate the emails and texts; some days are better than others so if I don't answer please don't take it personally.

So in a nutshell, Thursdays lots of time in La Jolla, most of the day, maybe Fridays, an hour or two, rest of the week, enjoy retirement. Could be worse, thanks to all

me





## Gillinghams go PRO!

ANNAPOLIS, Md. - Navy senior pitcher Luke Gillingham was selected on Saturday in the 37th round of the 2016 Major League Baseball First-Year Player Draft by the Toronto Blue Jays. Gillingham was selected 1,122nd overall and is the second Midshipmen player in as many years to be drafted into

the professional ranks as Stephen Moore, a right-handed pitcher was selected by the Atlanta Braves last June.

"This is such an incredible honor," exclaimed Gillingham. "The opportunity to be drafted and become part of a top-notch organization like the Toronto Blue Jays is amazing. I have so many people to thank who have been a part of my career and have helped me grow and succeed."

One of the most decorated pitchers in the modern history of Navy Baseball, Gillingham garnered All-American accolades in each of his junior and senior seasons. The Mids' number one starting pitcher the past two years, the southpaw turned in back-to-back eight-win seasons with 90-plus strikeouts, 80-plus innings pitched and minute ERAs, 1.19 in 2015 and 2.35 in 2016. After notching 104 strikeouts and six combined wins over his first two years, Gillingham became one of the most statistically imposing pitching in the nation. In 2015, he finished number one in the NCAA DI with a 0.70 WHIP and 4.75 average in hits allowed per nine innings. He was a semifinalist for both the Golden Spikes Award and Dick Howser Trophy as the nation's top collegiate player as a junior.

The two-time winner of the Patriot League Pitcher of the Year award, Gillingham finished his career with a 22-14 record, a 2.40 ERA, .217 opponents' batting average and 308 strikeouts over 52 appearances and 46 games started. He threw a total of 296.0 innings and completed 17 games with seven solo shutouts and an eighth combined shutout. All-time in the Navy record books, Gillingham ranks first in games started, second in strikeouts, second in innings pitched and second in individual shutouts. He's fifth in program history in wins and has the 13th-lowest ERA; second-lowest amongst pitchers post-1979.

Gillingham graduated in May with a degree in mechanical engineering and was commissioned as an Ensign in the United States Navy for the Nuclear Surface Warfare community.

"We are extremely excited for Luke!" remarked Navy head coach Paul Kostacopoulos. "This is a great day for him to be selected by a Major League Baseball organization. This is a huge honor that recognizes Luke's tremendous career at Navy. This is couldn't have happened to a more deserving person."



BRUCE BOULEVARD →

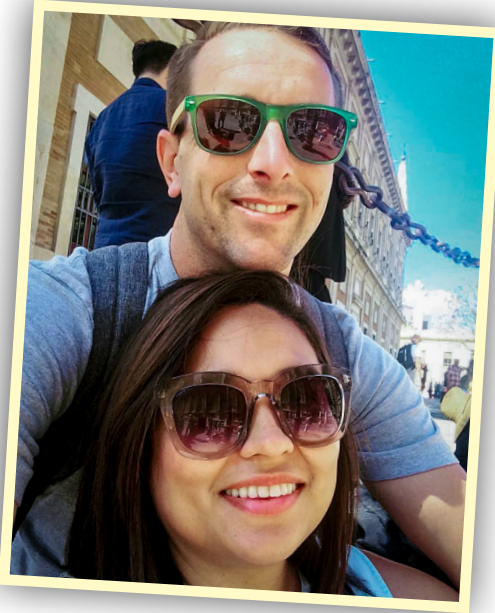
On Father's Day we decided it was time to host the official "Breaking the Ribbon" ceremony for the new ramp. We couldn't get all of the co-conspirators here but we got a good showing of those that came to help build the ramp and anyone else who wanted to join in on the fun. Everyone arrived a little early, and Rex and Holly Panton surprised us with some homemade signs to make Bruce's journey down the path a little more enjoyable. He was welcomed with a street sign titled, "Bruce's Boulevard" and after making the right turn, he found a GIANT pink ribbon that he had to cut

as he made the turn onto our property. From there he glided down the pathway with signs you used to see on the freeways marking how many miles until you reached a certain destination ("Burma Shave" signs for you old people).

From there we celebrated with a small crew for Father's Day (for the Riel Family) which included Birdy and Bruce, Ed and Jan, Holly and Rex, Annie and Kevin, and many others were there in spirit through their hard work to rake, dig, and contribute in one way or another (thank you Margaret, Bud, and Francie). We served Italian sausages grilled to perfection and topped it off with a traditional Baskin Robbins's Ice Cream Cake provided by Jan and Eddie. The ramp still has work left as Bruce had a little trouble with the unfinished portions, but it did the trick and it made it a special event because Bruce was able to safely participate in a family function without feeling as though he had to compete in an Ironman race to climb the stairs in the front. Thank you to everyone who helped and Happy Father's Day to all the Dad's in the family!



# FAMILY SHORTS



## ***Ana and Craig Celebrate their 8th Anniversary in Spain!***

Craig and Ana spent the end of May and the beginning of June in Spain to celebrate their 8th year of marriage. They started out in the Sevilla area treating themselves to the local eateries and bars, they even found a nightclub called La Jolla!

Next up was Córdoba where they toasted the night away while drinking wine and watching a flamenco show. It was the perfect place to celebrate their actual anniversary! Then it was off to Granada to tour the area and of course sample the local wine!

Barcelona was next on the agenda and who can visit this city without seeing a few of its more famous churches? There were plenty to see and they visited a few including a trip up to Monestir de Montserrat.

They spent their last day in Spain at the Dali museum, but as we all know... all good things must come to an end. So it was time to fly back home to San Diego, family and friends.

## **Grandma Edith's Hospital Stay**

On Monday night, the day after Francie was admitted to the hospital, Grandma Edith was rushed to the hospital for high fever and lack of responsiveness. Eddie and Jan along with Margret met the ambulance at Scripps Memorial Hospital in Kearny Mesa and did not leave until around 1:00am on Tuesday. Fortunately, the doctors were able to determine fairly quickly that she was suffering from an infection.

After a few days of antibiotics and rest Grandma was well enough to go home. But for Tuesday and Wednesday many of us visited two hospitals each day to make sure both Grandma and Francie were doing well.

Carol took Grandma home on Wednesday afternoon and when they got back to Merrill Gardens all the residents gave grandma a standing ovation as she returned (I guess most tenants that are taken out in an ambulance never return). A big thanks to Margaret, Ed, Jan and Carol for taking such good care of Ya Ya!



## ***Mystery Solved***

The case of "Who Baked It" has been solved. The mystery chef is a Sorem of course but not the one you may all suspect. There is another Chef in the Sorem clan, and a Pastry Chef to boot. Karin Sorem (from Big Al's side) was responsible for the "Delicious" Apple Pie Cookies. And for those of you who need your fix or the unlucky few who did not get a taste they will soon be available at Doc's Pie Shop in Seal Beach (fingers crossed by Mid-September). Swing on by and demand to see the Pastry Chef!