

A Beautiful New
Member of the
Family





Welcome Baby Avery Bruce Gillingham!

By David Gillingham

We are more than thrilled to announce that there is a new Gillingham family member who arrived on Wednesday, May 1st at 7:30pm! We had been patiently awaiting our sweet angel's arrival and she finally decided she was ready to join us! While the pregnancy was wildly uneventful, the process of delivery was anything but that!

On Tuesday afternoon, Bethany and I began to feel like her contractions were becoming more significant than the Braxton-Hicks ones that had been slowly becoming more frequent. However, it was clear that we still had some waiting to do, so we waited at home until she would make her presence and eagerness to enter the world more known. Around 2am on Wednesday, that moment came! Bethany began going into labor with such much more profound contractions that, as all our existing mothers know, are quite different! We rushed to the hospital and were admitted to triage around 2:30 - 3:00 am.

Bethany was measured as 4cm dilated already, so they brought us to the labor and delivery room. At that point, we began demanding (kindly) an epidural as Bethany was in a significant amount of pain, which fortunately they quickly administered to both of our relief. Then, it was the waiting game! We spent the next 7 hours having Bethany's contractions grow and preparing to get to the position to push. The baby was healthy and had a strong heartbeat, all indications that our uneventful pregnancy would continue smoothly through the delivery.



How wrong we were! Around noon they decided that it was time to begin pushing, which they supported us in doing slowly. Right about this time, Bethany reported that she was starting to feel really, really, cold and her teeth were chattering pretty violently. We added more blankets, put more sweatshirts on her, but she remained incredibly cold. Her temperature was reading normal, so the nurses did not think much of it, rather just a standard reaction to the epidural. Slowly we continued pushing with each contraction, but soon after things began to become more complicated.

As they continued to monitor her temperature, it suddenly spiked to over 102 degrees, an indication of an infection. They administered antibiotics immediately and continued to monitor her over the next hour or so. Soon after, as Bethany was making progress with pushing, the baby's heart rate began to drop with every push by about 50%. There were five or six times where this triggered a "red alert" of sorts and every available nurse, midwife and doctor would rush to our room to try to get the baby's heart rate to stabilize by moving her in different bodily positions. The issue was that typically a doctor will not recommend pushing for longer than 4 hours because this can be harmful to the baby and incredibly taxing on the mother. The baby was not yet far enough down the birth canal that they could safely manually assist, so pushing continued.

As we entered hour 3.5 of pushing, the heart rate dropping became more frequent and everyone began to get very concerned. The doctor came to us (we had yet to meet him as they had just changed shifts) and he essentially told us that pushing was no longer a safe option and we would likely need to perform a C section. This was not in our plans at all. The doctor, I'm assuming for compliance purposes, explained all of the risks that could potentially occur during this procedure, which was very scary to hear, but told us that this is the option that he recommended. Soon after, we had only a few moments to ourselves to decide, and then she was rushed away to the operating room, and they moved me to the post-op waiting room.





About 20 minutes later, which felt like hours, they scrubbed me up and escorted me into the operating room. As we prepared to begin surgery, both of us sleep deprived and stunned by this sudden change to our birth plan, we were amazed at not only how many people were in the operating room for this procedure, but how seamlessly they functioned as a unit to prepare for this moment. Five minutes later, the surgeon lifted baby Avery over the sheet that blocked our view from the incision, and we got to lay eyes on Baby Avery for the first time! Soon after, the NICU team moved her to a side table where they began to work on her. She was not breathing on her own or making any of the expected sounds.

They quickly intubated her and almost instantly rushed her off to the NICU. The surgeon informed us that they had accidentally nicked the lining between the bladder and the uterus and had successfully sewn it up, but there was some blood in her bladder that was concerning. 3 hours later, multiple machines, poking and prodding, some indigo dye, and several surgical consults, they finally were ready to close the surgery.

It wasn't until 5 hours in the post-op room passed before they finally let Bethany hold her baby for the first time. There were tears of relief and joy as we finally felt like we had crossed the danger line and things would settle down. Avery had to stay in the NICU overnight, but they were able to extubate her and were just monitoring her vital signs as she continued to breathe stronger and stabilize.

The next day they informed us that Bethany's blood work was positive for an E. Coli infection, and they were concerned that Avery had it as well. Long story short, she did not have it, but Bethany was required to receive IV antibiotics and they placed a midline IV in her arm so that "Nurse David" can give her intravenous antibiotics for the next two weeks, which will end this Thursday. It took four days in the hospital, but we were finally released and both Mama and baby are safe and healthy at home.

It was quite the journey, but we could not be more in love with our new little addition to the family. Both doggies love her to death and are learning boundaries so that they don't lick her face completely off. I was a feminist before but observing the strength and resilience that Bethany and Avery showcased throughout a complicated and exhausting delivery, I could not be more in awe and have more respect for the power of the female body. We are thrilled for everyone to meet her and can't wait to see the amazing, strong young woman that this child becomes and the inevitable impact that she will have on this earth. Thank you to my parents, sisters, Aunt Birdy and everyone else who has been so kind and supportive to us during this journey and thank you in advance, to all of you who will do so in the near and distant future! Welcome, Avery Bruce Gillingham!



Tim and Federico Get Married



By Ed Riel

Our Tim and his love Federico Piccinini were married March 30th in San Francisco amongst immediate family and friends. The ceremony took place in a small park across the street from the Embarcadero with the reception in a restaurant named appropriately, Fog City. The weather that day was beautiful; one might say perfect.

The nuptials were performed by their mutual friend, Sara Corrigan, who had known Tim since Point Loma High as a fellow Thespian. She noted how what was being enjoyed today was, just years ago, illegal and that the community here gathered today shared in making the changes that made this celebration possible.

It was additionally enjoyable that we got to spend so much time with members of Federico's family all the way from the northern Parma region of Italy. Though language was an obstacle the human dialect of smiling goes a long way, and it was fun to learn the European double kiss greeting.

After the wedding Jan and I enjoyed a road trip throughout California with Tim, Federico, and his family members. It was a great way to cement family ties and have a lot of fun along the way!





HAPPY
Mother's Day







A Coronado Vacation Is Fun, Anytime Of The Year.

By Listy Gillingham

I was looking through the Marriott time-share Getaways one morning and noticed the availability of the Coronado Beach Resort (which sits across the street from the Del) at a very reduced rate. We got a one-bedroom villa which is our favorite way to travel and crossed our fingers the weather in late April would cooperate. Lucky for us, it turned out to be a wonderful week with two days of sitting on the beach with the sun shining and our eBooks humming.

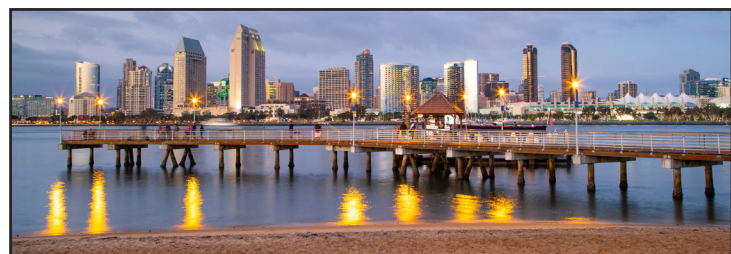


We seem to have this vacation during retirement living down as we quickly assimilate to any spot easily. Running was fun as I did have a marathon to train for, so Bob borrowed a bike from the hotel (they were free) and rode beside me as we made it around the perimeter of the island. We also found time to golf a few days (when it wasn't as sunny on the island) which was an easy drive back to Steel Canyon or Mission Trails with our family! The hotel had an agreement with Loew's Coronado Bay Resort Hotel down the strand, which allowed us complimentary use of their pool giving us a fun way to spend one afternoon as well.



We walked around the Del and met David and Bethany for dinner one night (giving us one last chance to see them before Avery came into this world). That was fun because we got to listen to Gonzo's band play at Islands (Mr. Gonzales was David's pep band instructor at Parker and is often found playing music in Coronado). We also met up with our pickleball friends for dinner in Old Town and we met up with Bob's brothers and our sister-in-laws who live in Coronado as well.

On our last night, Kym and Doug ventured down and joined us for dinner and drinks which was also very fun. We walked along the beach boardwalk and got to watch the sunset from the rooftop of our hotel. Overall, a very relaxing getaway for us and we highly recommend it for you if you need a fun place to stay that's close



Mother's Day in Seattle

By Karla Riel



Last December Bob noticed that I was sad because the kids couldn't come home for Christmas so he found a great deal on airfare and asked me if I would like to fly to Washington to see Brian and Drew for Mother's Day. Of course, I said yes. Bob booked the flight, and I emailed the boys to let them know I was coming to see them.



Bob took me to the airport, and I was on my way. The boys took Thursday & Friday off so we could spend the days exploring.

Thursday, we spent some time getting me settled in and running a few errands. We had lunch at a wonderful Greek restaurant. The chicken kabobs were very good, and the fresh pita bread was the best. We ran a few more errands and took a walk around Brian's neighborhood to make room for dinner. We ended up going to a small Italian restaurant not far from Brian's house. I had Beef Marsala. It was to die for!

On Friday we went to the Space Needle, which despite visiting Seattle several times I had never had the chance to visit it. The views were spectacular! The weather was clear, sunny, and warm but not too hot. What I enjoyed the most was the history of how the Needle was constructed. Seeing the old pictures from the late 50's through the 60's was very nice and very informative for the boys.



After the Space Needle we explored the Museum of Pop Music. Again, I became absorbed in history. The display of old guitars was incredible. For lunch we went to a Café. Nothing fancy, just really good food. You can't beat a grilled cheese sandwich and a cup of tomato bisque.



After a short walk we arrived at the Seattle Glass Blowing Studio. This was my favorite part of the day. The studio lets you make your own blown glass item. You pick out what you want to make from several items. All three of us chose to make a bowl. I went first. I think the boys were a little nervous. This was the most fun I've had in a long time. Unfortunately, I couldn't bring my bowl home because it must cool in a special kiln for a few days, or it will crack. Later that night, we went to BJ's for dinner and to celebrate a great day.



As you may have heard, the northern lights were supposed to be visible, so we decided to stay up late and check them out. Unfortunately, I fell asleep on the couch and when Brian woke me up to leave, I wimped out and went to bed. The next day I found out that I really missed out. The boys took some great pictures.



Saturday was mostly a rest day. We hiked around a small lake that is within walking distance of Brian & Drews place and went to Red Robins (Yumm) for some burgers & fries and of course a strawberry milkshake for me. Then the boys surprised me with an Apple watch for Mother's Day and then spent the rest of the day teaching me how to use it! I had a wonderful time and want to thank both my sons for having me!

RFNL CONTEST





Last month's contest answers: Using the picture above, please answer the following questions:

1. What family event was this picture taken at? ***Thanksgiving***
2. Who took the picture? ***Frank Riel***
3. What year was it taken (Bonus points for the exact date)? ***Thursday, November 27, 1986***
4. Where was this picture taken? ***The back patio area of Maragaret and Bud's home***
5. How many and what are the names of Edith and Frank's grandchildren that are not present in this photo? ***2 - Brian and Frank***

Once again there were no correct answers so this month's contest is now open to all once again. It's a brand new game with the same rules and prize.

Can you identify the month and year these headlines were in the RFNL?

Family celebrates Easter at Lake Murray Park

Parents beat kids at volley ball – Select group climbs Cowles Mountain

Month _____

Year _____

Get ready for Riel Bowl XIII!!!

Yes, it's almost time. Your RFNL crossword puzzle is attached. No cheating!! Check with Bob and Karla on what you will bring. There will be lots of fun and games, so be ready to celebrate.

Month _____

Year _____

IB REPRESENTATIVE REPLIES TO EDITORIAL BY RIEL BOWL COMMISSIONER, 1/1/97

Recently we received a communication from a self styled spokesman of an infamous group who sometimes identify themselves as "The Innocent

Month _____

Year _____

Bob's 60th Birthday Bash!

Month _____

Year _____

Cross Country Road Trip in Harvey the RV Jessica, Carol, Ben, Sofie, Matty & Shelby

Month _____

Year _____

*** THANKSGIVING DAY FAMILY DINNER ***

Our annual Thanksgiving day celebration will be on Thanksgiving Day, as usual. Everyone is invited to Grandma's house, and she will cook the turkey. Bring your own kid's drinks and whatever else you want. Come about 11:00 in the morning, and we will "play it by ear" from then on. Lets all celebrate this great day!

Month _____

Year _____



Corbin has just completed his middle school education and is now moving on to High School! Congratulations and enjoy your next four years!

FIRST EDITION OF RIEL FAMILY NEWS LETTER PUBLISHED - This is the first issue of what we hope will become a regular event in the Riel family. Our objective is to help everyone keep up on what is going on in the family. In order to be successful we need input from everyone. Happenings, events ets, relayed by note or phone are solicited from all.

Month _____

Year _____

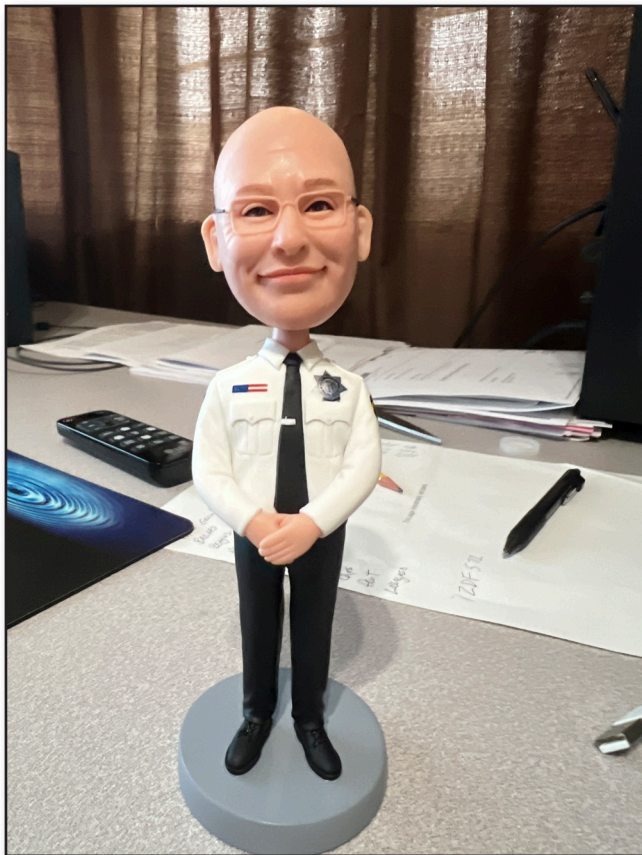
Month _____

Year _____

FAMILY SHORTS



Grandparents' day with Cora and Curtis, what could be better than that? Birdy had a great time at the event and with all of her grandkids it won't be the last one this year!



As a surprise birthday gift, some of my good friends got me my own Bobblehead. It really is scary looking at it as it really does look like me. They took one of the pictures I sent them last year when I graduated from the Sheriff's academy (volunteer patrol – No I am not a deputy) and had it made via 3D printing. It is very detailed, and I am surprised at how far the technology has come. Now it sits on my desk and keeps watch on me as I work. I really want to thank all of them for this wonderful gift!