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Bob Turns 60!





Bob's 60th Birthday Bash!

It is said that "time marches on" and that statement couldn't be any truer when it is applied to birthdays. Why it seems only yesterday we were celebrating Bob Gillingham's 50th birthday. But on May 31st, family and friends welcomed Bob into his 7th decade of life.

The day started off with the whole family running in the Rock 'n' Roll Marathon (more on that later in this issue), then a party at their home in San Carlos. Speaking of their home, most everyone knows that they have sold it and will be moving to La Mesa in the coming months. Now back to the party. Starting at around 4:00PM (Riel time), family and friends started showing up for the big event. The back yard and deck was decorated with the usual birthday fanfare but there was also a large TV set up for a special presentation that would be held later in the evening.

After the normal "catching up" conversations and watching the great grand kids playing in the yard it was down to business... dinner! Listy prepared Bob's favorite dish' lasagna (oh yeah!) along with other dishes and salad. Next it was on to the birthday cake followed up by what else? The Riel singers of course, singing Jeff's latest masterpiece of a song "*You're Sixty, You're Pitiful, and you Whine,*" the words to the song can be found in the side bar to this article and there is a video available [here](#).

Next up was a presentation of some of the highlights of Bob's life shown on the big screen TV. Both Robert and Doug Farkas provided a running narrative as the photos were shown. It's hard to describe these photos as



they were rare shots of Bob, and Listy, never seen before. Many were surprised to learn of Bob's special relationships with Hilary Clinton and Elton John. Also there were some pictures of Bob when he was a bus driver for Francis Parker along with other pictures showing how he eventually became a teacher then principal of the school.

There were also a few shots of Listy describing how she presented birthday gifts in the past. Included are pictures of Bob enjoying participation in the Rock 'n' Roll marathon and even an Iron Man competition. There were some photos of trips to the beaches in France and even one of Bob shopping for his favorite car, a VW bug.

Finishing off the event, there were a few speeches and then Bob thanked everyone for celebrating with him, the end to a perfect day. He was really moved by the fact his whole family ran the Marathon with him and he said it was by far, the best gift he ever got.

Happy 60th Birthday Bob!



You're Sixty, You're Pitiful, and you Whine

You ride every day, 15 miles each way
Pretending that your hamstrings are fine
You're Sixty, you're pitiful and you whine.

Still doing tri's, pulling your thighs
Your knees gave out miles ago
You're Sixty, self destructive, this we know.

(Chorus)

You're Adonis, you're obsessed
Always going for your personal best
You've crashed your bike, your helmet went pop
But when you pedal you just can't stop!

You swim miles each race, without wearing a brace
Don't know how you're staying afloat
You're Sixty, an Ironman, and you gloat.

Still downing a beer, helps facing that fear
That you're drinking at the fountain of youth
You're Sixty, you're invincible, you're Babe Ruth.

(Chorus)

You're my hero, You're still a fox
Even when you wear those compression socks
You've touched our soul, we've got your back
Even when your bike gets ripped off the rack!

Keep living your dream, the impossible scheme
To compete as the years drift on by
You're Sixty, You're a Gillingham, What a guy!

You're Sixty, Bob Gillingham, what a guy!

What a guy! What a guy! What a guy!



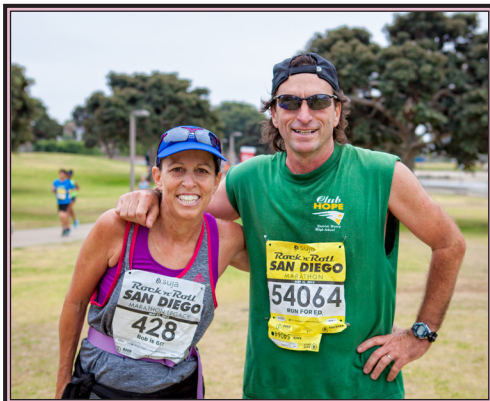


GILLINGHAM'S ARE ROCK 'N' ROLL READY!

OvrPl	Bib	Name	City, State	Time
3623	55259	Bob Gillingham	San Diego, CA	02:01:19
5115	24342	David Gillingham	Santee, CA	02:09:21
5555	6409	Annie Gillingham	San Diego, CA	02:11:36
4135	11543	Seamus Keith	San Diego, CA	02:04:04
4143	11544	Kristin Keith	San Diego, CA	02:04:08
1880	428	Listy Gillingham	San Diego, CA	04:30:19
3233	58152	E Riel	San Diego, CA	05:21:42



This year's Rock 'n' Roll Marathon was held on the same day as Bob Gillingham's 60th birthday. As part of the celebration commemorating 60 years of a very active life, Bob's children decided to surprise him by running the marathon with him! Kristy, Seamus, David and Annie all ran the 1/2 marathon while Ed Riel, Listy and good family friend Doug Farkas ran the full marathon.



It was a perfect day for the race as the weather was mild with a nice overcast to keep the runners cool. The race started on time at around 6:30AM with the full marathon runners starting first. After about 45 minutes the 1/2 marathon runners got to start. With two courses, the full and half runners really didn't see each other until the end of the race. But Bob, who finished first in the family, got to watch all the others cross the line. He told us that this was so much fun that he expects his family members to run it with him again next year! Thus proving the point that no good deed goes unpunished!





Bud to Receive the 2015 Revelle Medal

The Revelle Medal is the highest honor given by the Chancellor to a current or former UC San Diego faculty member.

The Revelle Medal recognizes sustained, distinguished and extraordinary service to the campus. The recipient's achievements are illustrative of UC San Diego founder Roger Revelle's vision to attract distinctive and visionary faculty leaders. The Medal honors a record of accomplishment that advances UC San Diego in fulfillment of the campus mission of exceptional teaching, research, service and patient care.

Conceived in 1981 by Chancellor Richard C. Atkinson, the Revelle Medal was first awarded at the Atkinson inauguration. The medal had previously honored distinguished and sustained service to the campus but had excluded faculty or staff.

Previous Recipients

Awarded before change in award criteria

2014 Shu Chien

2014 Peter Gourevitch

2013 Walter Munk

2003 Robert C. Dynes (by exception)

1998 Irwin and Joan Jacobs

1998 Herbert Kunzel

1996 Jerome Katzin

1996 Ellen Revelle

1995 Richard C. Atkinson (by exception)

1995 Audrey Geisel

1993 James S. DeSilva

1993 James U. Lemke

1991 Mandell Weiss

1988 Cecil H. Green

1986 Kenneth Hall

1985 Clark Kerr

1981 DeWitt A. Higgs



Happy Birthday Birdy & Bruce!

On Friday night June 5th Francie and Lyle hosted an informal birthday party for Bruce and Birdy Hartman. Originally it was just planned as a small gathering, with just a few couples attending but as the time got nearer it grew somewhat to a rather large event.

While there was no real dinner planned, everyone brought over some finger food and it wasn't hard to enjoy a full dinner on the smorgasbord of goodies provided. It was great to see Jessica, Miguel, Benny and the twins who had just arrived during the week. Jessica and the kids got to fly here, while Miguel drove their van across the country so it would be available during their stay. Unfortunately for Miguel, he had to fly home for work while the rest of the family enjoys a wonderful summer vacation in sunny San Diego.

The main event was a reading of a poem (see next page,) written by Francie, detailing the group's gift to Birdy and Bruce. Knowing that they were headed to Seattle to board a cruise to Alaska; the family, along with some friends, thought it would be nice to "upgrade" their airfare to 1st class allowing Birdy and Bruce to travel in real comfort to and from their cruise.

It was a great party, and we all wish them a great vacation to the great state of Alaska! Also we will be looking forward to Bruce's article on the trip in a future edition of the RFNL!



The Month of June brings many things
 The year half way gone, flown by swiftly on wings.
 Soon we will experience the years longest day,
 And then, sadly, summer will soon slide away.
 But there is something greater that happens before,
 We celebrate birthdays, 4 if you're keeping score.
 How old were you Bob, on the last day of May?
 I believe you joined the over 60 club on that day.
 And celebrate you did, with great courage and grace
 Finishing the half marathon, I'm sure near 1st place?
 Now into June, the third clearly in view
 The day our family was blessed with not one baby, but two!
 Oh my goodness the bottles, the noise
 Adding the tally to 5 girls and 3 boys.
 Such a memorable date who could forget
 All the babysitting and diapers constantly wet!!!!
 But on that day, what an improvement to the herd
 As we were blessed with two girls, the Listy and the Bird.
 Now time has passed by and as you can clearly see
 They've almost caught up, in age, to me.
 Listy so strong, showing leadership too many
 While Birdy molds babies, new to school at the ready.
 Listy is a runner that few can outdo,
 Running a marathon, then hosting 50 guests, is nothing to
 you!
 And Birdy runs too, Oh I've seen it, for sure
 When the Nordstrom sale starts, she's the first at the door!
 As sister's go they've been really quite awesome
 From whiny little kids, till they started to blossom.
 As a mother, a sister, a confidante and a friend,
 Today, to you both, Birthday wishes I send.
 Now we arrive at the 5th, guess whose birthday's today?
 The closest friend of that old dude, that turned 60 in May.
 The father of many and grandfather to 6
 And a great husband as well, I'll throw into that mix.
 Tonight Bruce we celebrate, your birthday, and you
 With your family and friends, and a bottle or two.
 Now Birdy and Bruce are soon off on an adventure
 On a ship with so many, they'll soon be indentured.
 Viewing the beauty, the grandeur, the glory



Of the 49th state, in the US's great story.
 So off they will go, in July's long lasting sun
 To travel in style, eat lots of food and have fun.
 To make it more memorable, covering all that terrain,
 And since travel, for Bruce, has become somewhat of a pain,
 We would like to ease the hassle, when off you skedaddle
 With two first class tickets on a plane to Seattle.
 It's not much to do for two, we so love to the core,
 But wait, as they say on TV, There's more!
 We also would like to send you along with some cash
 So if you choose, on a helicopter ride you could dash.
 Or go to a dinner, on shore in some place
 Or blow it all in the Casino gambling space.
 Now, no "Oh you shouldn't have! It's crazy, too much!"
 Just send us some news, have fun, keep in touch.
 So to all of us here gathered today,
 I wish you all many birthdays
 I wish you kindness, laughter and joy
 A life filled with adventures loved ones and toys.
 So let's lift a glass of wine or some beer
 Here's to a life that's been filled, with all of you here!!!!!!



Bet 'ya didn't know!



After seeing the YouTube video (<https://www.youtube.com/watch?v=QqduPH7yoNk&feature=share>) of this young lady that Birdy shared with me I knew Megan Riel-Mehan just had to be my next victim for an RFNL "Bet 'Ya Didn't Know" piece. I sent Megan an e-mail to float the idea and was warmly received. I started by having her answer a few of what I consider my basic questions through e-mail and then we spoke on the phone for a time. Megan is quite a pleasure to chat with and sooo incredibly bright! Bud and Margaret have every reason to be extremely proud of their baby!

Before I called Megan I tried to research a bit about her field and learn something about what she does so that I could ask relevant questions and not waste her time. What I found however was that the more I read and tried to understand, the more stupid I felt! This is some pretty complicated and heady stuff!

Megan is a Postdoctoral Scholar in the Department of Bioengineering and Therapeutic Sciences. Don't think for a moment that I remembered that title. In fact, I was pleased to know that she too had to look it up to get it right! Megan has an undergrad degree in Chemistry, another in Art and she holds a PhD in Chemical Biology. This makes her uniquely qualified to work in this fusion of science and art that takes place in the lab where she works on "scientific animation and visualization."

So here is a little background. There is a long history of Medical Illustrators as people who have a combined Art and Science background, but the science is generally gross Anatomy and not molecular biology. Up until very recently if a scientist or a pharmaceutical company wanted their molecular biology project animated professionally they would hire someone who is an animation expert, but might make a lot of mistakes when it came to the science. A new breed of self-taught molecular biology/Artists has emerged (Drew Berry won the MacArthur Genius Grant for his work), but there is no formal way to get this type of training. They animate or illustrate only what the scientist visualizes and is able to communicate to them and only after the fact when it has already been visualized via microscopy. Megan has a strong background in art as well as (degrees in) and a (passion for) Molecular Biology and Chemical Biology. What that means is that she is a one of very few uniquely qualified to animate, illustrate and work with the scientists that require this resource. Megan uses the tools of visual graphics, animation, storytelling and data visualization to help scientists visualize their data, either for further experimentation or for communication purposes. The communication aspect can include either other scientists or the general public. Megan's science background allows her to collaborate with scientists that have not yet visualized some of the very things they are working on, thereby turning this technology into a research tool rather than its traditional use as a presentation or sales tool which, all too often, is not scientifically accurate.

Generally Megan has 3 to 5 projects going at any given time. These are triaged into an order of importance by whomever screams the loudest or which is the most critical at the moment. Megan explained that most projects



require approximately one third of her time researching the science and two thirds of her time is spent actually animating or illustrating the work using 3D animation software and computer game techniques.

By definition Organic Chemistry is a chemistry sub-discipline involving the scientific study of the structure, properties, and reactions of organic compounds and organic materials; that is to say, matter in its various forms that contain carbon atoms. What it is to Megan is a continuum that makes the world make sense (to her) and makes it all explainable. The only part of her job that she does not love is the fact that her future remains somewhat uncertain. Her lab is funded through grants so neither Megan nor her boss, Graham, know what the future holds. You can be assured that during the grant “season” Megan will be extremely busy writing in an attempt to capture any and all available funding to keep the train on the tracks for another year.

Megan loves what she is doing because it combines her talents and interests really well. Her five year plan includes running her own lab of science visualization experts with an ultimate goal of starting a PhD program in this field that would combine fine art, data science and molecular biology. I’m not sure where she expects to find people with talents equal to hers to fill this PhD program however. I don’t think she recognizes just how special she is. There are not many people strong in both art and science; the two are not exactly hand in hand and are usually polar opposite personalities.

Megan met Graham at a conference in Germany. Graham is considered a Guru in this field of scientific animation and visualization. They talked and he told her about his plans of running a lab at UCSF. Megan more or less attached herself to him knowing this was exactly what she wanted to do professionally. There was no formal interview process, as is common for this sort of thing. Megan simply told him that she wanted to work for him and he agreed. They have been together working for approximately a year and a half. The entire lab consists of exactly three people...Megan, Graham, and an intern, Thao. Some of their work helps to pay the bills and they currently are teaching “minicourses” to grad students everyday from 1:00 to 3:00. Megan is certainly not finished with her education. She feels that she is still learning

a lot all the time in this lab with Graham. What Megan finds that she is really good at is understanding and communicating science as well as teaching herself new things. There are many skills she wants to acquire on this path, one of which is computer programming. Occasionally she collaborates with her brother, Michael. He brings many of the skills she hopes to acquire to the table. Sounds to me like a partnership of these two would set the science world upside-down!

Megan’s future is a bit uncertain at the moment with regard to financial, location, life partner and job opportunities. She recently was turned down on an opportunity at a tenure-track position in Toronto. She was 1 of 3 candidates and was ranked fairly evenly with the successful candidate but was told she lost due to laws that require favoring Canadians. Though she was disappointed she remains in a great lab with awesome opportunities to grow professionally. She hopes to persuade a University that has Art, Computer Science and Molecular Biology departments to create a position and provide her with a lab to grow her future. This will require Megan to show her face and network at every conference possible all over the world in order to self-promote. She needs to become a great salesperson on top of being a scientist, artist and programmer. Megan has the moxie to do this from the precedent that has already been set by Mom, Margaret. I learned from Megan that over the years Margaret has been successful in persuading and promoting her own path. That is empowering to Megan and gives her the confidence that she too can be a “stud” in the world of academia. She envisions her path remaining in that world rather than private sector but is open to chasing this dream down whatever path it takes her. Megan is open to relocating to Europe and would consider somewhere like Edinburgh.

My personal take on Megan is that she is a quiet giant! She is incredibly gifted in so many disciplines. She is driven to chase her goals and will let little stand in her way! That puts her just short of being an academic bully... she’s just too damned sweet to be a bully! She is definitely taking charge of her own destiny with a “lead, follow or get out of the way” attitude. This kid is going places... and these are just a few things about Megan that I bet ‘ya didn’t know.



Bud and Margaret Visit Galapagos Islands



Bud and Margaret explored the Galapagos Islands, one of the places on Bud's "must visit" list. It was all we expected and more. The islands were created by the earth moving over a hot spot similar to one under the Hawaiian Islands. However these fifteen islands lie directly on the equator. They are not as lush as Hawaii, perhaps because of the harsher climate. But what makes them special is their in-dependent adaptation of creatures, which inspired Darwin's theory of evolution. Darwin studied finches and the turtles (galápagos is an old Spanish word for tortoise). We could see how differences in tortoises were easy to see, but finches are really tiny birds with very small differences. But I guess bird lovers have mighty binoculars.

We traveled with a tour group, Friendly Planet. We were in a small group of 6 people, were well taken care of, and we enjoyed getting to know the other four people. We did not have to worry about details like how to get to from site to the next and we had one or two guides with us who shared interesting stories and answered our questions. When it was time to snorkel, our equipment was there, and afterwards, well we didn't have to worry about how it got back to the dive shop. We didn't have to do anything but enjoy the experiences and take pictures. Thanks to Robert's good ad-vice, Margaret had a telephoto lens that enabled her to capture pictures of some of the more unusual creatures.

Perhaps the most amazing adaptation was the transformation, over many, many, years, of the land iguanas. Scientists figure that land-dwelling iguanas from South America must have drifted out to sea millions of years ago on logs or other debris, eventually landing on the Galápagos. From that land species over the million years emerged the marine iguanas, which spread to nearly all the Galapagos Islands.





Without much food on the islands that served their vegetarian diets, they started to feed on seaweed. Over time, the iguanas that could hold their breath longer were able to get more food. Eventually they learned to swim and dive. They now can slow their heart rate to one beat per minute and stay underwater for up to an hour. The shape of their nose has flattened, and while Darwin called them “hideous-looking” and “most disgusting, clumsy lizard”, they are ugly enough to be cute. The babies piled on each other and were fun to watch in places set aside for breeding.

Margaret’s favorites were the crabs that were so colorful that each looked like it had been designed in an art studio. They are black in color when they are born. With each shedding of the shell, they become more colorful and larger. They were beautiful to watch as the climbed on the black volcanic rocks.



Birdy--[here](#) are lots of the pictures of the penguins you ordered and many more of the creatures. And no visit to the island would not be complete without snickering at the name of some very unusual looking birds. The Blue Footed Boobies have almost fluorescent blue feet which look like they were outfitted by a dive shop.



Margaret Reconnects with Diego in the Galapagos Islands

As many of the readers of the RFNL will recall, Edith & Frank often took their children to the San Diego Zoo. One of the prime attractions for the children was a giant tortoise. Margaret remembers following this immense critter around in the Children’s Zoo.



At the Tortoise Wildlife Sanctuary on Santa Cruz, Margaret and Bud there, in a specially designed enclosure was a very wrinkled old giant tortoise named Diego. Their tour guide explained that Diego, now over 150 years old, was discovered during a world-wide search for a mate for Lone-some George, the last surviving tortoise from the Tinto Island. Diego was a male from Española Island and was also part of an endangered breed. The San Diego Zoo arranged to return him to his natural habitat for his remaining years. Margaret was hoping that Diego might look up and recognize her from the many, many family’s many visits to his State-side home.

Margaret turns Evolutionary Clock Backwards

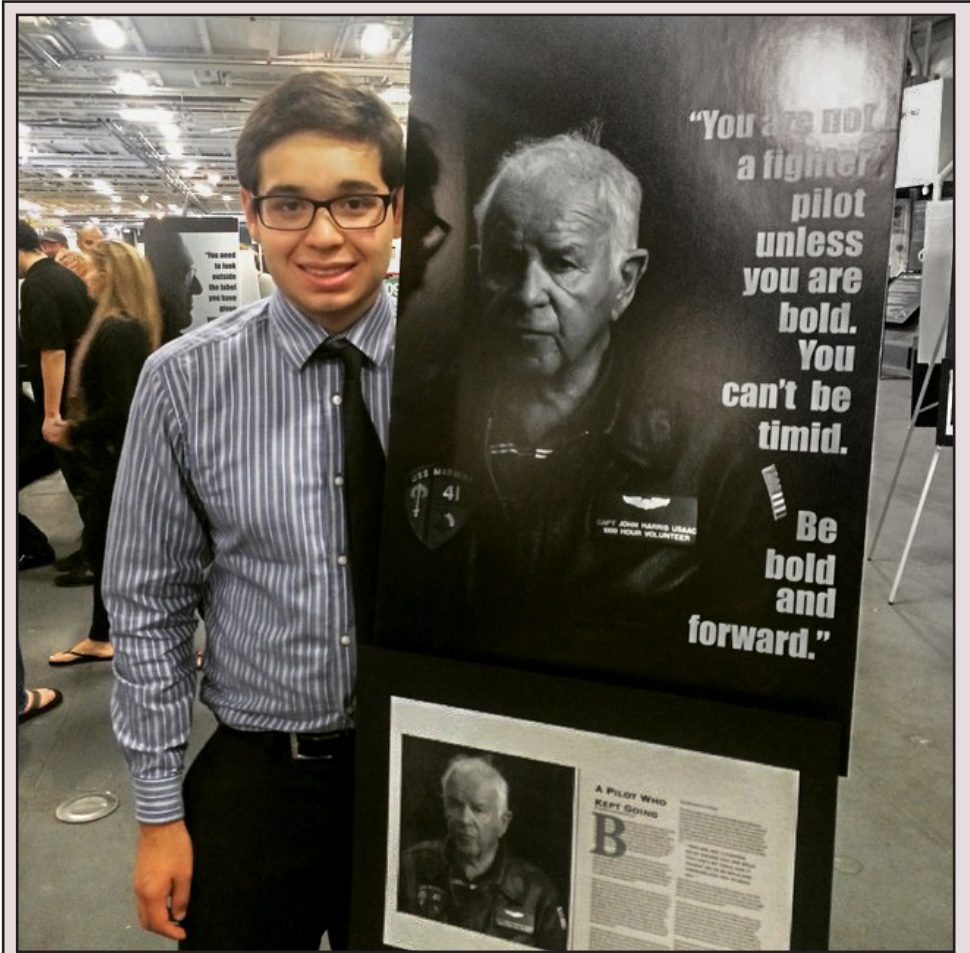
Evolutionary theory posits that animals adapt to their environment by making significant physical changes across many generations. Humans and other primates have evolved to reside at the top of that evolutionary process. That is, until Margaret visited the Galapagos! Here we see Margaret regressing from upright, 2-legged human form to a 4-footed reptile!



FAMILY SHORTS



Richard continues his battle with the La Mesa Police department and is now communicating directly with the new Chief of Police for La Mesa. He has read Richard's complaint ([click here to read full complaint](#)) and said that he was unaware of the Grand Jury investigation of his department. Richard is hoping that with new leadership there will be a full investigation into his allegations.



The journey of this project began with a simple student comment, "We learn a lot about the challenges and problems in the world, can we learn about how people overcome them?" And with that, Portraits of Resilience began.

With enormous collaboration and cooperation from the USS Midway Museum, 50 sophomore students at High Tech High Media Arts were paired with 50 veterans and docents from The Midway and around San Diego. One by one, the veterans came to our school to sit down for individual portrait sessions and interviews.

This led to Matt's exhibition at the USS Midway presenting an interview he did of a WWII veteran. His class made their own website <http://www.portraitsofresilience.com/> and you can even purchase a book with all 50 portraits and stories on Amazon!



Michelle who does a wonderful job keeping us all updated on Facebook, tells us she had an epic weekend which was just coming to an end. It was kicked off with some family snuggles in bed where Owen started showing her and David just how much fun it will be raising brothers. "They really have started engaging with each other which is awesome. Owen also showed us repeatedly that he can sing the entire ABC's. Last major milestone of Rhys's - this little cutie is sitting up!! Can someone just freeze time?!?!?"