



April 2017

Issue No: 315



**Robert
hits the
"Big 60!"**

Robert Turns 60!

By Listy Gillingham



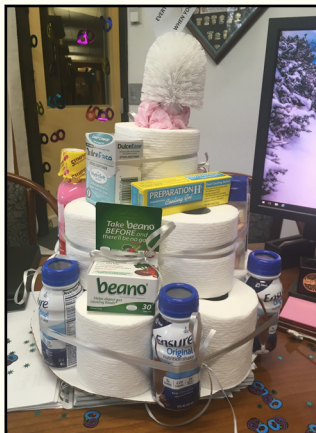
Robert had a weekend of fun as he moved into the next decade of his life. It all started on Friday April 7th when he pulled into work at Dynalectric and noticed his parking place had been augmented with a new sign. “Handi-Bob Parking” was aptly written in blue chalk to warn others that their boss was aging quickly! They then had a “Handi-Cane” ready on the side with a big sign that read, “Take me Bob.” The cane of course had a horn, pill box, dentures, magnifying glass, and other aging supports to help him make it across the parking lot.



Just so he wouldn't get lost there were arrows showing him how to find his office. There was even a “Caution old man crossing” warning on the driveway where Robert would have to cross just to make sure no one would run into him on this special day.



His office door had a banner proclaiming that the occupant had finally reached his 60th year. There was also plenty of his new number “60”, dangling down the pathway. Inside his office, they purchased a special throne, a new walker with a seat and special soft pad. The walker was adorned in toilet paper, a horn, special padding, and another magnifying glass. In addition, they gifted him a lovely weekly pill box, new eye glasses, and an enlarged key board to help him type. And



finally, the cake! If you've been to a baby shower, I'm sure you've seen the diaper cake. Robert got a cake made out of tiers of toilet paper, Ensure, Prep. H, and other "fun" aging items.

Topping it all off Dynalectric had lunch brought in for the whole office (ribs, mashed potatoes, and a huge carrot cake from Claim Jumper). They decorated the training room and everyone had a lot of fun telling Robert how old he was.



On Saturday, he decided to go "old school" and join the family for the traditional Saturday lunch celebration. We went to Tio Leos where we took over the place with a larger party of 11. Francie, Eddie, Carol and Jeff, Birdy, Josie, Corbin, and Scott, Listy, and Mom were all on hand to wish the big boy a happy day and he was thrilled to be able to blow out a candle with some flan at the end of the luncheon. Mom was thrilled to be able to share this special weekend with her baby boy, Robert.



On Sunday, which was his official birthday, and along with his wishes to have a low-key day, we celebrated his birthday on the run. The running club, Doug, Kym, and Joyce, plus Birdy and Carol were part of the fun. We started the run early, ready to do Torrey Pines (his favorite run), with a few special birthday adornments.



He had a special necklace with plenty of bling and the number 60 prominently placed all around his neck. He also got some special glasses that made the outfit come together. As the troupe walked up Torrey Pines grade, Listy played MC and read a 27-question quiz for the others to respond to. A few samplings of the quiz are provided to help you relive the special moment.

After the walk, we made a trip to Starbucks where we toasted the birthday boy and then we broke out, in Riel-Tradition, singing a song. The song is included as well, to further add to the humiliation (oops) fun time we created for our great brother. Robert also was the recipient of a fine shirt (with the quote, "Chicks dig me") that I'm sure we'll see at the Easter celebration coming up next week.

The day ended with Karla and Katy taking him out to his favorite Mexican restaurant then making him a German chocolate cake to enjoy later in the evening. Happy Birthday Robert!

How Well Do You Know Robert?

- 1) Robert spends more time ironing:
 - a) His running shirts
 - b) Carla's renaissance dress
 - c) His birthday suit.
- 2) Robert's first car was
 - a) Volkswagen
 - b) MG
 - c) Truck
 - d) Jeep
- 3) Robert's dog's name growing up
 - a) Sparky
 - b) Foxy Lady
 - c) Groovy Tuesday
 - d) Spot
- 4) Robert graduated from High School
 - a) 1974
 - b) 1975
 - c) 1976
 - d) 1979
- 5) Robert's favorite Sister
 - a) Listy
 - b) Listy
 - c) Listy
- 6) Robert played the following sport in high school
 - a) Water polo
 - b) Football
 - c) Track
 - d) Basketball
- 7) Find the area where Robert didn't own a home
 - a) Alpine
 - b) OB
 - c) PB
 - d) Mira Mesa
- 8) Which holiday (besides Riel Bowl) did Robert decorate most for?
 - a) 4th of July
 - b) Labor Day
 - c) Halloween
 - d) Christmas
10. Robert's fastest marathon time is:
 - a) 4 hours flat
 - b) 3:59
 - c) 3:58
 - d) He can't remember
11. Robert was in the following weddings:
 - a) Listy's
 - b) Birdy's
 - c) Carol's
 - d) All is his sister's
 - e) Eddie's
 - f) Richard's
 - g) His own
12. Robert's Favorite place to shop for a gift for Karla
 - a) Von's
 - b) Nordstrom
 - c) Winchell's Donuts
 - d) Who needs a gift, when she has Robert?
13. Robert's Favorite Running places
 - a) Torrey Pines
 - b) Black Mountain
 - c) Lagunas
 - d) Cuyamaca
14. Robert likes to run "kind and gently" because
 - a) He doesn't want to fall
 - b) He is afraid Doug might have to give him mouth to mouth from panting so hard
 - c) He likes hanging with Joyce and Kymmie Sue
15. Robert's sock are known for:
 - a) Sagging
 - b) Being bright white
 - c) Matching
 - d) Becoming the latest fashion for a GQ magazine

16. Robert would most likely be seen at
 a) A Yonni Concert
 b) Beauty and the Beast show
 c) Charger's Game
 d) Being the Sag Wagon for Dynalectric Picnic
17. Robert almost owned a store called:
 a) Fedmart
 b) KMar Markets
 c) Grains and Greens
 d) Bobby and Jeffy's House of Greens
18. Robert tried to change his name to:
 a) Running Rob
 b) Bob
 c) Sparky
19. The following phrase best describes Robert now that he's sixty:
 a) He really shops at Target and Walmart for his clothes.
 b) People at work call him "spry" and he's not offended.
 c) His "old spark" takes a little more blowing to get going.
 d) People call at 7 PM and ask, "Did I wake you?"
20. The following phrase doesn't describe Robert now that he's 60:
 a) He starts wondering who that old man is looking in his window and realizes it's him standing in front of his mirror.
 b) He used to make fun of adult diaper commercials, but now he's busy clipping coupons for them "just in case."
 c) The only reason he took up running was to hear heavy breathing again
 d) His secrets in life are safe because his running friends can't remember them either.
21. If we wanted to plan a Marathon for Robert's Birthday the best name for it would be:
 a) Romping with Robert
 b) Rooting for Robert
 c) Roasting Robert
 d) Ragging and Bagging on Robert

The Robert Riel Song

And here's to you, Mr. Robert Riel
 60 years have come and now will go.

Wo Wo Wo

God bless you please, Mr. Robert Riel
 Heaven holds a place for those who age.

Hey Hey Hey, Hey Hey Hey

We'd like to know a little bit about your new decade,
 We'd like to help you learn how to accept your aging
 fate.

Look around you all you see are younger people
 here,

We walk with you ready to hold your new cane very
 near.

And here's to you, Mr. Robert Riel
 60 years have come and now will go.

Wo Wo Wo

God bless you please, Mr. Robert Riel
 Heaven holds a place for those who age.

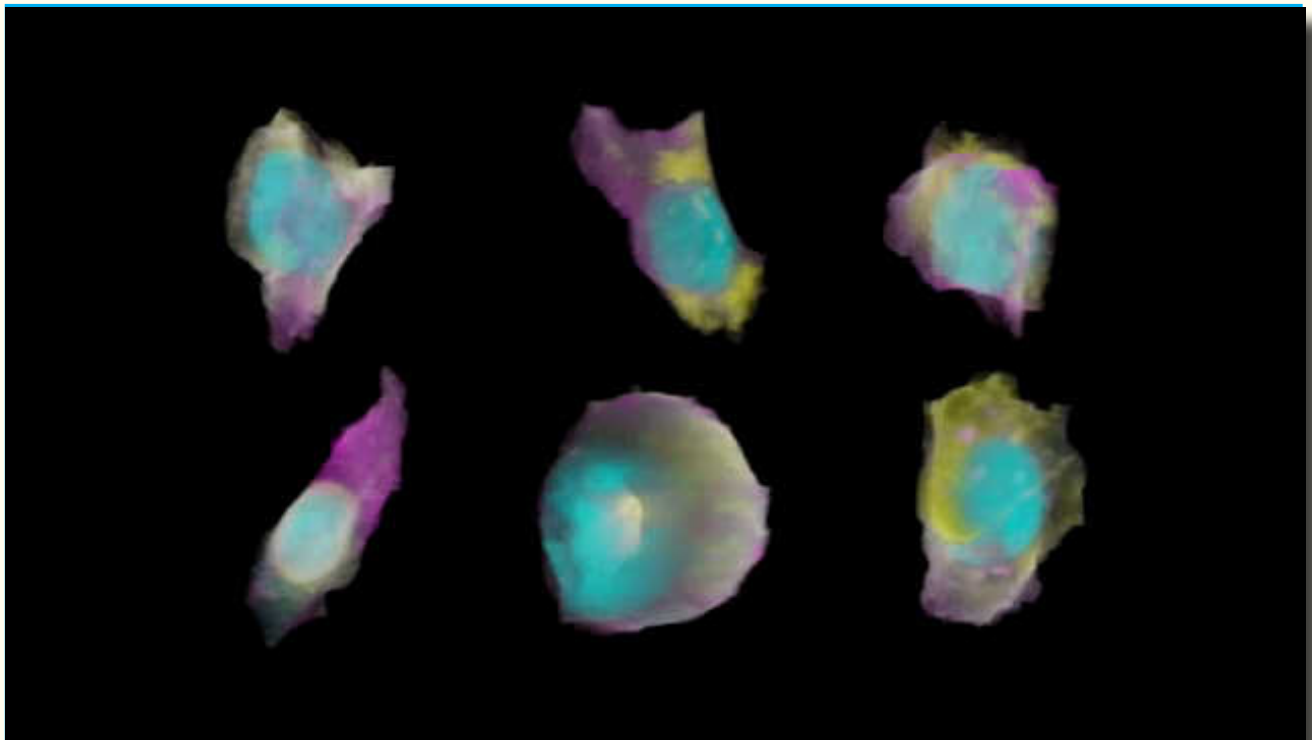
Hey Hey Hey, Hey Hey Hey



Megan is going places without moving!

By Megan Mehan

I have had a lot of updates lately so I'm putting them together in one Riel Family press release. As many of you know, I have moved to Seattle, because my mentor, Graham Johnson got a job as a director at the Allen Institute for Cell Science. I have been up here about a year, but I've technically still been employed through UCSF because I had an ongoing grant. As of this coming Monday, I'll be a full-time employee of the Allen Institute as a Visualization Scientist. I am very excited about this position and this project. We just released our website yesterday and have been getting some good coverage <http://www.nature.com/news/machine-learning-predicts-the-look-of-stem-cells-1.21769>. I've worked on the 3D Cell Viewer, which is a way that anyone can view and interact with all the microscopy data, and I built the Cell Catalog, which is where other scientists can view the data of each cell line and order their own. The other fun part of this is HR only has a few different categories for job types, which are 'Scientist' for people doing lab work, 'Computer Scientist' for the software engineers, and 'Bio-informatician', which is what I am now, more or less by process of elimination. The reason this is fun is that my brother's PhD is in Bio Informatics. So, with my unusual combination of skills and interests I've accidentally just wandered into his career track.





TOWN HALL PROJECT

SHOW UP • SPEAK OUT

Another bit of news is we've submitted a research paper for review. This is work I've done at UCSF as my postdoc, in collaboration with Lil Fritz-Laylin, who is a fantastic researcher. I'm really proud of this work. And the great part of it is even if you don't follow the science, the data itself is inherently beautiful. This work is all about studying how white blood cells move. Up until very recently it was only possible to watch cells crawl on flat surfaces, but there are no flat surfaces in your body. And white blood cells move quite fast in comparison to other cell types. This data is of cells crawling on networks of collagen (basically a jungle gym Lil synthesized for the cells), and the images were collected using the microscopy that won Eric Betzig the Nobel prize for developing it. This made it so we can watch these cells move in a much more natural environment with a level of detail never seen before. My contribution to this work was finding new ways to visualize and analyze the data since there were no established tools for doing so. We were able to identify new structure types the cells form to move, and come up with a new hypothesis for how the cells are propelling themselves.

Lastly, I've been volunteering as lead developer for the Town Hall Project. The group is a collection of very diligent volunteers who contact members of congress to find when they're holding events. It's crazy that there was no collection like this before they started, but when they began they were just collecting the information in a google doc. It got so popular so quickly that it was overwhelming the functionality of the google doc. I reached out to Nathan Williams, one of the founders of the project and offered to build a website, and the result is townhallproject.com, which I'm building in collaboration with other volunteer coders. I'm also working on replacing the data collection and management process so the database is more uniform, and easier to share with other progressive organizations. It's a super fun project to work on intellectually, and I've also been learning about good management. In academia, I think we often neglect some of these very critical skills, like motivating group members, keeping deadlines, etc. because we are a bunch of easily distracted day-dreamers (I may be exaggerating slightly). The people on this project have shown me a lot about how to be an effective leader and organizer, and I hope to absorb some of those skills while I am able to contribute my particular skills to the project. They are also sending me to a meeting in LA this month with other progressive coding group, I'm really looking forward to that.

Michael & Ashley Are Moving Home!!



By Mike Mehan

After talking about it for years we're finally doing it - Ashley and I are packing up the family including Chico the cat, and moving back to San Diego! We always knew it was something we wanted to do eventually but we didn't think it was going to happen this suddenly.

A few months ago, the CEO of my company stepped down and the new CEO started taking the company in a new direction, away from the research and development work that my group does. There were some troubling signs early on, but the last straw for me was when the new CEO shut down our satellite office. I work for a company in Boston but I've built a small data science group in Colorado. My team and I rent an office in one of those shared office spaces, and the powers-that-be decided that they didn't want to pay for that extravagance any more. When I first started with this company I worked from home for a year and I really didn't want to do it again. Working in your pajamas all day is nice for a little while, but it got pretty lonely and Ashley was complaining that I had stopped showering.

I didn't want to go back to that, so I started looking for work, mostly in San Diego. My top choice was to work at Illumina, and I was really happy to find that they had a job posting that looked like a perfect fit. It is a senior



bioinformatics scientist position working on improving a non-invasive prenatal genetic screening test (early detection of conditions like down-syndrome in babies before they are born). I applied and heard back from them pretty quickly. The interview process was intense. I had a technical interview, then an interview with the recruiter, then a six-problem homework assignment that they gave me on a Tuesday and was due on a Friday. The amount of work they asked for would have been hard under normal circumstances, but Addy was just two weeks old, so I didn't have a ton of spare time on my hands.



After a grueling three days, I turned in a pretty polished assignment and made it to the video interview. After that was the on-site interview a few weeks ago. The interview went really well. I really liked the group and felt that I had a decent shot at getting the job. A week later they reached out and said they would like to make me an offer. I was overjoyed! The only catch was that I had to start within a month because they had an urgent project they wanted me to get started on.



Since then our life has been insanely busy. I've been trying to wrap things up with my current job, Ashley is getting her resume ready for teaching jobs in SD, we've been getting our house ready to sell (it went on the market yesterday, people start coming tomorrow), we are organizing a move, looking for a new house, all while juggling a toddler and a newborn. Needless to say, we're completely exhausted.

To keep us going, Ashley and I keep talking about how excited we are to be moving home and be closer to all of you. It's hard to believe that two months ago we were living our lives as we normally did, and now I have a new job, we're selling the only house we've ever lived in, and we'll be living in San Diego in one week. It blows my mind. We're so exciting to be coming home and can't wait to see a lot more of all of you!



Love, - Michael, Ashley, Emily, & Addy



Francie's Updates

Hey Everybody,

March 18th, 2017

Hope you had a very cheerful and fun St. Patrick's Day when we share in the spirit and fun part of the Irishman we all love the most!!!! Sorry I missed the green river in Boston or NYC or wherever it is, though a river that looks full of algae is not always a good thing, hahaha.

Ok, now to my latest update, I know it may seem a little boring to you, but a little more of the same, feeling good, blood counts going in the right direction story, whatever that direction should be. Here is the science portion of the update for you science geeks and nerds like me out there.



Item Name	Goal	16Mar2017 12:05 PM	01Mar2017 11:30 AM	24Feb2017 8:00 AM	21Feb2017 8:00 AM	17Feb2017 7:50 AM	14Feb2017 3:30 AM	14Feb2017 3:30 AM
Sodium	New	142	142	141	141	140	140	138
Potassium	New	3.7	3.8	4.2	4.1	3.8	3.7	3.9
Chloride	New	106	107	106	106	105	107	106
Glucose	New	*99	*114	*80	*88	*105	*85	*81
CO2	New	25	25	24	24	24	26	25
BUN	New	12	10	10	9	6	5	5
Creatinine mg/dL	New	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Anion Gap	New	11	10	11	11	11	7	7
Calcium	New	8.9	8.7	9.1	8.8	9.1	8.3	8.3
Albumin	New	3.9	3.7	4.0	3.7	3.7	2.9	3.2
AST	New	29	46	35	35	29	35	23
Protein, Total	New	6.0	5.7	6.1	5.8	5.8	4.9	5.2
Bilirubin, Total	New	0.7	0.5	0.5	0.5	0.5	0.4	0.5
ALT	New	33	51	35	32	36	39	34
Alk phos	New	120	168	154	186	226	212	176
GFR Calc, Non-African	New	>60	>60	>60	>60	>60	>60	>60
GFR Calc, African	New	*>60	*>60	*>60	*>60	*>60	*>60	*>60
Osmo calc	New	294	294	290	290	288	287	282

* indicates comments or annotations. Hover * or Report to view full result. Right click on result to view in new window.

As you can see that damn protein (normal 6.3) ruined my perfect all black score. The alk phos reading was especially exciting because :

An alkaline phosphatase level test (ALP test) measures the amount of alkaline phosphatase enzyme in your bloodstream. The test requires a simple blood draw and is often a routine part of other blood tests.

Abnormal levels of ALP in your blood most often indicate a problem with your liver, gall bladder, or bones, and God knows I don't need any of those things but it certainly is encouraging to think that the indication is that my bones are getting stronger! Normal is 38 to 126 and as you can see from past tests in the red I have definitely been improving!!!

	Goal	16Mar2017	01Mar2017	24Feb2017	21Feb2017	17Feb2017	15Feb2017	14Feb2017
Item Name		12:05 PM	11:30 AM	8:00 AM	8:00 AM	7:50 AM	3:30 AM	3:30 AM
WBC	New	4.9	3.0	2.6	2.5	5.3	3.7	2.3
RBC	New	3.18	2.80	2.96	3.13	3.20	2.85	2.51
HGB	New	10.7	9.1	9.4	9.5	9.8	8.8	7.9
HCT	New	30.5	25.7	26.3	27.6	27.9	24.9	21.7
MCV	New	96	92	89	88	87	87	87
MCH	New	34	33	32	30	31	31	32
MCHC	New	35	35	36	34	35	35	*37
RDW	New	17.5	17.4	14.3	13.5	12.8	12.7	12.8
Platelet Count	New	141	129	94	*49	*30	*14	*24
Neutrophils	New		64.6					
Lymphocytes	New		22.7					
Monocytes	New		11.4					
Eosinophils	New		1.1					
Basophils	New		0.2					
Absolute Neut Ct	New		1.95					
Absolute Lymphs	New		0.69					
Absolute monos	New		0.35					
Absolute Eos	New		0.03					
Absolute Baso	New		*0.01					
Segs	New			60	37	63	67	62

But check this one out, I am in the black for white blood cells, the ones we killed off in the hospital back in December through January. My stem cells

are grafting nicely and my numbers are great!!!!!! Normal range for red blood cells is 4.0, so I am very close to that. Hemoglobin and hemotacrit (we check these two for anemia), normal range 12 and 36, again pretty damn close, and as you can see, have been climbing steadily since the transplant. My platelets are just 9 short of the bottom end of normal, so I will probably not bleed out anytime soon, hahah.

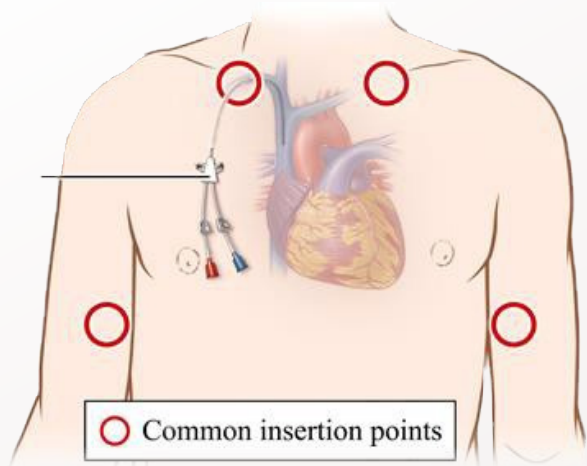
My neutrophils, though not shown above are also behaving as they should, hence the pictures on facebook minus the mask. Speaking of the mask, I had a great time at two of Brett's film festivals and am considering heading up to LA again for a third one in NoHo (North Hollywood for all of you that are not hip to the slang for smaller communities in bigger cities) a week from Wednesday.

If you follow our family Newsletter, put out monthly by my amazing brother, Bob Riel, you will not only get to see Brett's writeup about his event and new home but also there is a link to Bryce's spectacular win in the inaugural soccer specific photo scavenger hunt that he won as a great fan of the New York City FC. (Football Club for you non soccer fans!)

This last Thursday, I got to have another bone marrow biopsy, oh joy wasn't that something to look forward to!!! The results will not come back till early next week but it was mainly more of a baseline test to show me that all the chemo they pumped into me in December and January had a purpose.

Dr. Hutchins told me that the bone she had to go through to get to the marrow seemed a little less "squishy" which I am sure is a highly technical term for judging the density of your bones, hahaha. Hopefully they are getting stronger and less full of holes as they were at the end of last year.

To all of Lyle's and my friends in the AFSA I am contemplating coming out to New Orleans next month for the meetings. (Ok Dr. Hutchins, don't freak out...), it will depend on whether I have to have any treatments that might interfere. I already have to get into the hospital every 4 days to have my Central venous catheter flushed out with Heparin so that I do not get a blood clot. Isn't that an at-



tractive accessory!!!

Central venous catheter flushed out with Heparin so that I do not get a blood clot. Isn't that an attractive accessory!!! Going will push that out to 6 days so I have to see if that is a possibility as well. But I am thinking of all of you and missing our visits.

No more big news for now, still waiting to do the Allogeneic transplant, testing my son Brett to see if he is a likely candidate. Until that time I will probably start taking an oral chemo every week to discourage any mutating going on. I certainly do not want any teenage mutant ninja turtles showing up!!!

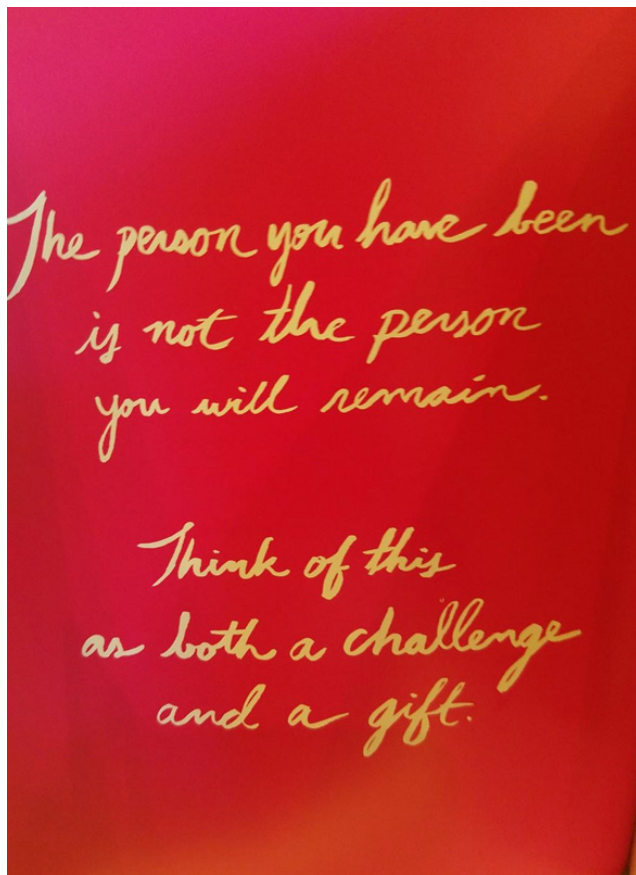
If there is any earth shattering news from the Biopsy I will send out a quick paragraph or 2 early next week.

Thanks to all of you who have been keeping my energy up by coming on walks with me to the Zoo, Wild animal Park, coastlines, Santee Lakes, etc. I am enjoying getting to see you and knocking out a few miles a day as well.

Also thanks to Jill and Devin for sending me this great book that speaks differently to whoever may read it, I have enjoyed sharing it with many people. It is a new favorite...



So I will leave you with one of the pages I always pause on and think about...



Best to all of you and thanks for all the encouragement you give me by caring, it is a special gift indeed!!! Xoxoxoxoxo - me



Hey Everybody.

March 23rd, 2017

Just a quick side bar for everyone, got the results back from my bone marrow biopsy and of the 2 samples Dr. Hutchins took, there was no Myeloma present. That is certainly something to cheer about!!! At least all of the effort of my Doctors and Nurses was not in vain!

Now that doesn't mean it won't come back given the fact that I still have that mutating gene that wants to spit out cancer cells left and right, but I am winning the war today and that is good.

I am starting back on an oral chemo today, Cytosan to be specific also known as Cyclophosphamide. It is the pill form of what I got in the hospital both times last December. This one will not be as strong, I will take it once a week with a steroid.

I still have a little bit of bone pain from all the holes that are still there, but it is not a terrible thing. I can tolerate it. Multiple Myeloma bone pain:

"Bone pain affects almost 70% of patients and is the most common symptom.[11] Myeloma bone pain usually involves the spine and ribs, and worsens with activity."

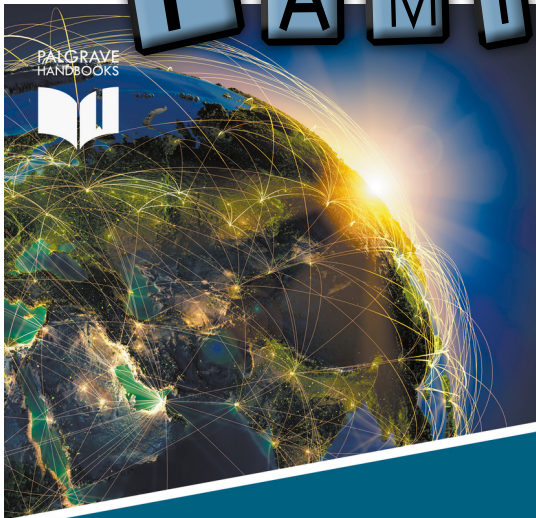
Yep, that would be me, though my right shoulder seems to be the most common area. That said, I am now in possession of an airplane ticket to New Orleans arriving late on Wednesday the 19th of April and returning home on Saturday evening around 7pm. So all my AFSA (American Fire Sprinkler Assoc.) friends I am looking forward to seeing you then!!!! It has been quite a while since I have been on a plane and I am very excited to get out of town for a visit.

I will also be headed up to Los Angeles to see Brett next Wednesday, another train trip, yay!!!!

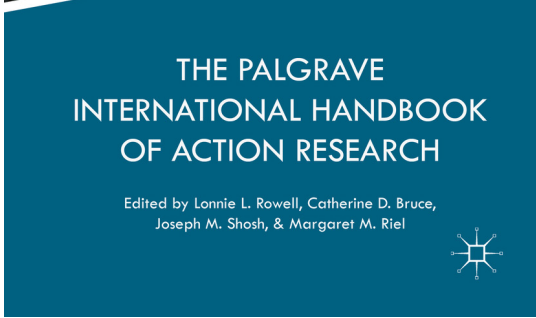
Thanks again to everyone who has reached out to me, by any means, email, text, card or prayers, I appreciate your kindness and thoughtfulness.

love to all - me

FAMILY SHORTS



The book Margaret help edit finally made it to the libraries. It is called the International Handbook of Action Research and besides editing dozens of chapters, Margaret also authored or co-authored 5 of the 49 chapters. The high cost of his book places it out the of reach of all but the most serious of researchers, even the electronic version is pricey. However, Mom has a copy at her apartment (the size --almost 900 pages-- makes it a good table for her electronic tablet. More information at the publisher's website (www.palgrave.com/gp/book/9781137441089) or at the editors website (inhandbookactionresearch.wordpress.com.)



Hey Everybody,

Just wanted to let everyone know that after 37 years of living in Greyling Drive the house is now officially up for sale! As you can see below, Mark Shaffer, my Boy friend before Lyle, will be selling our home. There will be many items that we will not be taking with us. One important one is the pool table that we grew up with on Lyndon Road. We have offered it to Listy and Bob who are considering replacing theirs with this one. It is very heavy (slate Bed) and I'm sure will be fun to move with all the volunteers we have available. Any other takers, please make me aware of your interest (too late it's staying with the old home).

Our new home will be in Santa Luz between Rancho Penasquitos and Del Mar, here is the link to our model:

<http://www.calatlantichomes.com/find-your-new-home/38-san-diego/7867-the-villas-at-auberge/40056-residence-3x.html>. This new adventure will enable me to feel like I am on a vacation even though it is now my home! - Francie

Hey Everybody, look at what a great job Margaret, Bud, Carol and Jeff did helping me to stage our house. it looks awesome, though I do believe the greenery in the back yard is slightly color enhanced. I figure the pool table will go with the house.

Francie