

HELEN's HISTORY, second draft Sep 19, 2002 As told to Egan	
YEAR	EVENTS
1917	Helen born May 18, 1917 at home. Father was Ike Henry Fahl. Mother was Adelaide Fahl.
Fill in	Brother was Robert Fahl, born in Finley OH.
Fill in	Sister is Louise Fahl (McGinley), born in Wadsworth OH. Helen has lived in her home at 1045 Clayton St. (San Francisco) since 1947.
Childhood	Drugstore, soda fountain, popcorn on Sundays etc. High School.
1918	Jack's birth Sept. 21, 1918 as Joseph Gofman Father was David Gofman. Mother was Sarah Kaplan Gofman. Sister is Ida Gofman (Greenwald). Born April
1935-1939	Oberlin College, Oberlin, Ohio. Helen's bicycle (gift from her grandmother) gets stolen at Oberlin along with everyone else's in a mass theft. She met Jack during their junior year; they were in same Organic Chem Lab. She was dating Eugene Farber, who introduced her to Jack. But Jack had noticed her even during their Freshman Year, as she bicycled along South Professor Street past Helen Brand's house (where he lived in the attic w two others & worked his first year)! During freshman year, Helen lives at Shurtliff Cottage, a co-op where "we all pitched in"; Sophomore, Junior, Senior years, Helen lives and works at the Pyle Inn. One job was food preparation. Another job was to scrub pots & pans in the basement. Food at Pyle Inn is terrible, so when she invites Jack to dine there with her, it was no treat! "That was the BAD part of meeting Helen!" he says. By contrast, Jack had gotten a job at High-O-Hi Tea Room, a commercial upscale place with delicious food. He earned \$5/week there in tips, plus he got three meals/day there. He learned how to wait tables holding tray on palm going thru a swinging door (the classic thing). Helen & Jack went ice-skating, dancing, sometimes to the movies. Helen also worked at a Natl Youth Admin (NYA) job for 50 cents/hour, up to \$15 per month max allowed. So did Jack. During HIS soph year, first semester, he rented a room in a house where 8 guys were already there. He was assigned to live with Dean Woodruff, who had already posted pro-Nazi and Hitler posters all over the wall. They agreed not to discuss politics. The next semester, Jack moved to Rev. Gay's home, where for \$2 per month, he shared a cold loft with Jerry Goldstein (or Friedman?) & Harry Polster (both from Glenville High Sch too). Stayed there to graduation. Jack had planned to transfer to Harvard for his soph year (was accepted), but stayed at Oberlin bec of his father's poor health. Had he left for Harvard, he and Helen would never have met!
1936	Jack's father, David Gofman, died Sept. 14, 1936.
1939-1940	Helen earns Masters Degree in Biology at Case Western in Cleveland. Jack does first year of medical school there. They live at ???
1940	Helen and Jack marry, travel to California by train. Arrive in San Francisco without knowing a soul. Look for famous Chinese food. Find some at 8 th & Market, 2 nd floor. TERRIBLE food. Better Chinese food in Cleveland. Rent a Berkeley apt for \$35 per month at 2339 Hilgard, on north side of Berkeley Visitor;

O'Connor,
friend, John W
editor, ultimately
to visit Helen &
home until their

Gofman's
care-giver
John at their
deaths (2004
+ 2007,
respectively)

	Spoff English & Bob Duffield.. Had 1 table and fold-up bed in it. Their combined income was \$65/month. They built furniture from orange crates which they painted. Also got some unpainted furniture at Gorman & Sons on Dwight way. In downtown Oakland, bought some rattan furniture, which was very inexpensive then. No car, so it must have been delivered. UCB had no tuition then. Helen applied for graduate status in anatomy; was quickly accepted into PhD program Helen would take a course one year & teach it the next as a TA! While she worked late into night at Life Sci. Bldg, Jack working late for PhD with Seaborg.
1941	June 1941, Seaborg got Jack 4-6 weeks work in Physical Chem with Prof. Axel Olsen, "a real Swede." But afterwards, they could not afford to stay in Berkeley without income, so they gave up their apartment, drove someone's car back to Ohio (their cost about \$25) and spent rest of summer in Cleveland & Wadsworth with their families. Drove back to Calif. too. Louise came with them, bec she was tired of Oberlin after freshman year there. Lou lived with them for 6 months at their new apartment at 1890 Arch Street, across from the "Call Me Joe" clothier! Nearby there was a wee Safeway, about the size of a living room. Helen went in their once carrying Gray's Anatomy. The clerk said, "My, that's a big book for such a little girl!" Helen decided not to stay in anatomy; applied to UCB Med School. Had to pass PHYSICS! Terrified, but succeeded and got accepted. Med school moved to SF. Helen commuted from Berkeley with Muriel Boelter, who had a car. Second year, did Pathology & Physical Diagnosis. Pearl Harbor Dec. 7, 1941. How did they hear about it? What did they think?
1943	Jack earns his PhD in physical chemistry. Did they celebrate?
1945, Aug6	Hiroshima Bomb detonates; how did they hear of it? Feelings?
1945, Aug	WAR ENDS. How did they hear about it? Among other things, end means Jack won't be a Navy physician in the Pacific.
1946	Helen earns her M.D. Did they celebrate? What were memorable moments of each med school year? When did they get their first car? What was it? When did they move to SF? 206 Judah Street for several years. (Corner of Judah & 7 th)
1947	Helen interns & residency in Pediatrics; chief resident in 1947.
When?	Helen is Fellow in Child Study Unit, with George Schade. When he died, she became head of the unit.
1947	Helen and Louise scout for home to buy. Helen & Jack & Mac & Louise jointly buy Dr. Milberry's "handyman's dream" built around 1906 at 1045 Clayton Street. Prior owner = Mrs. Phillips. Agent = Dorothy Shea. "Garage" was on unstable stilts. Snakes and bats in the "belfry". No deck. Top apartment was rentable for income to help pay the mortgage. When did Mac & Louise marry? How did they meet?
1947	Son, John David Gofman, born May 28, 1947 at UCSF hosp.
1948???	Helen and Mac and Jack & Lou plant the pine tree at corner of Clayton & Ashbury. 1948 - Buy first car, to commute from SF to UCB job.
1954	Helen, Jack, and John spent 6 weeks touring Europe in rented Citroen. After Jack's lecture at Spa Vitelle (in French!), saw Paris, Italy (Rome, Firenze), Edinburgh Scotland. John got locked in a bathroom?
1950's??	"The Clayton Catastrophes" band. Helen plays base viola? Jack clarinet (which he bought in Cleveland with his father) and soprano sax.
1950s??	Fishing begins with boat =
1960s	Helen co-authors books about Heart Disease and diet. "Low Fat, Low Cholesterol

2-door gray
oldsmobile,
new.
Failed 5 or 6
years later
on campy trip
to Sierras.
Abandoned
there. Rode
with their
friends.

(3)

	Diet"
1962	Jack's mother, Sarah Kaplan Gofman, died March 15, 1962; never recovered from anesthesia to set her broken ankle.
Ask	John graduates from Stanford Med School? Intern at Univ of Wash (Seattle) because close to skiing! Year? Becomes Bd Cert. Ophthalmologist. Practices first at US PHS Hospital in Seattle; then joins Bellevue Med. Clinic. Get earlier dates of his travel to So America Guinea? Barefoot doctor in the jungle.
Ask	Jack buys salmon fishing boat, Hazel Marie.
Ask Louise	Date of her first "show" of her creatures. Helen knows Bay Area artists such as Elmer Bischoff, Jimmy Weeks, Rob Sterling.
1971	Book by Helen & Bayard Allmond, "Learning & Language Disorders in Children." Is in Natl Library of Med catalog in 2002.
1972, approx	Helen's father dies of heart attack. his
1972	Helen accompanies Jack to Cleveland to receive Stouffer Prize.
1973 month?	Home at 1045 Clayton burns, due to fire beginning next door. Helen & Jack spend months moving from one temporary "home" to another: Seal Rock Inn, Castle, Pac Hts? Etc. ~ 1974 David Pangaro responds to req for "handyman"
1979	Book by Helen, Bay Allmond & Wilma Buckman, "The Family is the Patient: An Approach to Behavioral Pediatrics for the Clinician." Is in Natl Library of Med. In 2002. Status = "available."
1981	Jack hospitalized (pre-R&HH publication in Oct?) for epididymitis.
1982	Helen retires as Assoc. Professor of Pediatrics.
1982, approx	Mother dies of old age in Ohio.
Ask Louise	Helen sees the world: India, Japan, Peru, Mexico, Paris, Yugoslavia, China, Russia, Egypt
1989	Helen has hysterectomy for endometrial cancer. Doc = Dr. Hill.
1989, Oct	Big earthquake in San Francisco; Helen in China with Mac & Louise.
1992, approx	Brother, Bob, died of lung cancer in Ohio; Helen went back several times to comfort him during his illness.
1992, Dec.	Helen accompanies Jack to Stockholm for Right Livelihood Award ceremony; then London.
1993, Sep5	John and Betty marry.
1996, Dec	Helen breaks her hip in kitchen; Dr. Osatka???
1999	Book: New edition of "The Family Is the Patient". Also in Natl Library of Medicine 2002. Status = "available."
2002, Feb19	Jack falls in bedroom; temporary poor handwriting from compressed spinal cord. DX = cervical spinal stenosis (narrowing) which meant the impact damaged the cord. Was very lucky. Falls in the presence of Cervical Stenosis can paralyze you or kill you. So Jack must not ever fall AGAIN. Therefore using cane, walker,

posted by Louise
at Cole
Handwave!

8/17/02 10:49 PM

Pg 1

Helen Gfman

Family
 Sycamore, Ohio
 Mt. Blanchard, Ohio

1917 - Helen's Birth, May 18

1918 - John's Birth, Sept 21

1935-1939 - Oberlin College, Oberlin, Ohio

1940 - Marriage & went to California ~~as students~~
 as students by train

Helen's parents

Ike Fahl (Henry) Mader - Death

Adelaide Fahl - Death

35 hrs. ride

UC Berkeley - no tuition

John's parents

David Gfman - Death 1936 Sept 14

Sarah Gfman - Death 1962, March 13

Helen

One sister - - Joyise, Birth

One Brother - Robert Borch - Death

Rotten furniture
 Orange grates

John one sister (sister) - Birth low 90s

John stayed at Helen Brand's House (Oberlin, Ohio)

Stayed at Anna's Bay 2nd - 4th yr

Ice 3 Katay in Oberlin

Roommates
 Jerry Friedman
 Harry Polster

Helen Oberlin

1st yr - Shurtleff College

2-4th yr - Pyle Inn

Bicycle stolen (Grandmother's bike)
 Coop - all pitched in

John - Western Reserve Med School 1st yr 1939-1940

Dropped out with grandfather to go to California
 as a graduate student in hematology

Helen - Western Reserve MS in Biology 1939-1940

John - PhD in 1943 - work on Mambata Project
 - MD 2nd yr - UCSF Med School

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Helen

Medical School - 1945-1946 MD degree

Intern + Resident in Pediatrics
Became Chief Resident 1947

Q

John was born in 1947 -

Helen - Fellow in Child Study Unit
with George Schade

→ Became Head of Child Study after George Schade's death

→ Returned as Associate Professor Pediatrics 1982

(Co-authored the book, Low Fat, Low Cholesterol Diet with 4 other wives
of John's colleagues on lipoprotein research)Helen authored Family & the Patient - 1st Ed. HFG, Wilma
Bruckman2nd Ed. (Family as Patient) Bay Almond, Lane Tanner, Helen Gofman
(as Emeritus Prof Pediatrics UCSF)

Helen and John went to Europe to give lectures at Vittel Spa

1954 - and did buy lovely new rented Citroen
car. Visited Dr. in Paris ~~named~~ Dr. Faure

Visited Edinburgh with Dr. Boyland Dr. _____

Q Traveled thru France, Dordogne, Italy (Rome, Firenze)
Scotland/Edinburgh

1992 - John was awarded a Shant Right Livelihood Award

Helen and John traveled to Stockholm and to London

1972 - John received Storrer Prize - for work on arteriosclerosis
Traveled to Cleveland with Helen -

Helen's Travels (Mostly with Jim McKinley and sister Louise)

① India ② China ③ Japan ④ South America ⑤ Mexico ⑥ Paris

Helen's Illness ① 1947 - Bacteroides - Jack Fienkel saved her life
② 1989 - Asplenic by M. Hill ③ Asplenic, pr. O'Brien overstreet⑦ Peru
⑧ Yugoslavia

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John Holmes - - Testis ~~infection~~ 1981 Epididymitis
 Q - Swims of unknown origin data needed

John Books that were under
 just ~~the~~ those books

Sister Louise - Became a Known Scholpress - with
 several 1 man shows

John + Helen knew several painters in San Fran
 { Elmer Brochoff (Jama)
 Jimmy Week
 Rob Sterling

Helen's Son becomes Stanford Graduate - Intern at Washington University
 & then Resident in Ophthalmology -> Practiced in ~~Veterans~~ USPHS hospital -> joined Bellevue Medical Clinic

Dwelling for Helen for John and John for John

① 2339 Hilgard - on North Side of Berkeley
 Visitors: Spoff English and Bob Deppert

② Went Home to Washington or Cleveland for Summer

③ Return to Berkeley (Bingy house)

House 1890 Arch Street Berkeley - house with no for several
 months

④ Move to SF - to 206 Judah St for several yrs

→ ⑤ Moved to 1045 Clayton St to our current Residence Bought house

John

Mrs Phillips (Mrs Dorothy Shee
 redial

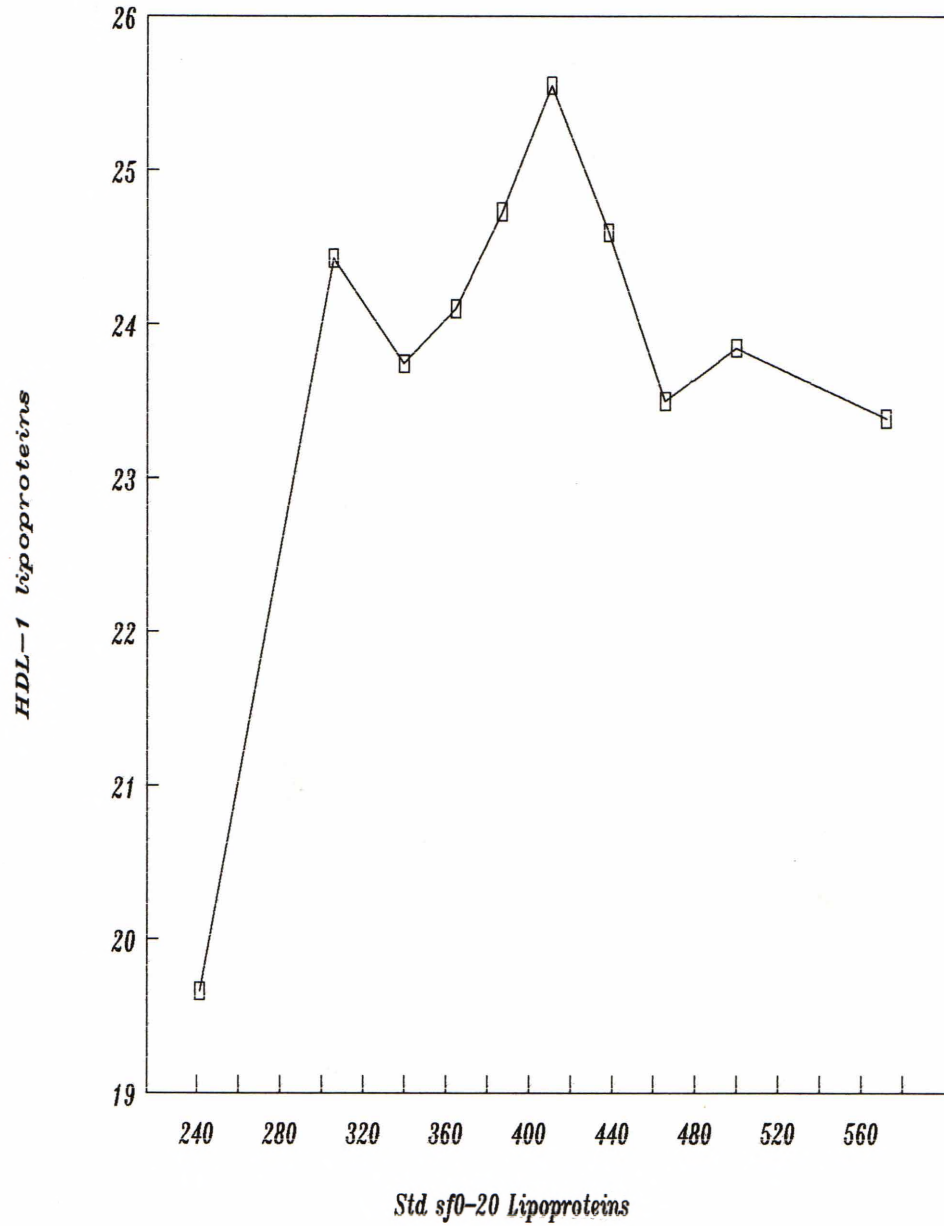
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Figure HDL9A

Males : Ages 30-39 years. Livermore Cross-Section study of employees.

Regression of HDL-1 on Std Sfo-20 Lipoproteins



Partial! late
9/5/02

[illegible]