A Long, Strange Trip in 2.5 Acts...and Counting





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About the Presenter



Sometimes, It Can Be Tough to Find Your Bearings When...

- You're an only child
- Your parents are two (older) Holocaust survivors from Poland
- Your next closest relative lives 100 miles away, with none anywhere near your age on the same continent
- You show up for school after speaking mostly Polish and Hebrew at home (in Hollywood)
- You attend 4 different elementary schools (while living at the same address), mostly switching midterm
- Sanity finally arrives with Jr. High (7th-9th grades). Same school, friends, straight through. Heaven.

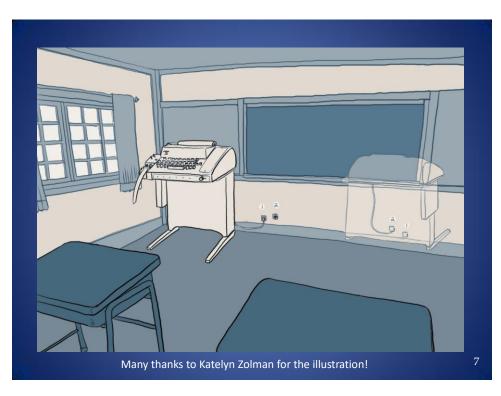


A Teacher Made a Big Difference: Thank You Gene Robidoux



The First Genius Hack I Witnessed





Bought Adam Osborne's first book from him across a huckster's table at an SCCS swap meet...



The HP-25



My first programmable device

49 programmable steps of volatile memory

The Machine... *



* ...that my life revolved around, 1975-1985-ish; the frugality of it all paid dividends down the road.

Early Writings





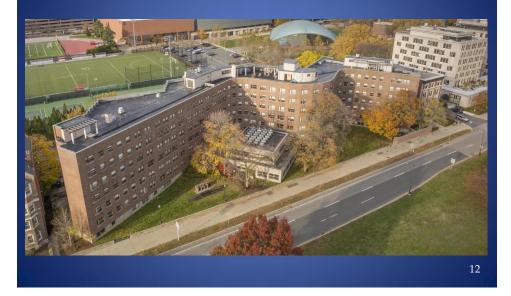




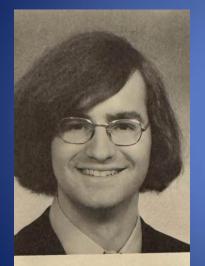
1979 (?) Greed (mine) delayed publication of this article by a year or more...

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A One of a Kind Dorm



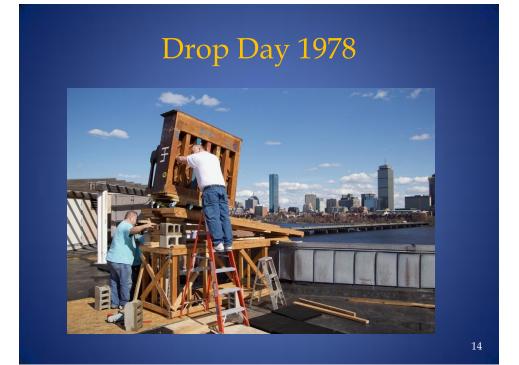
And a One of a Kind Friend



Edwin Paul Ziemba

- Ed Ziemba was a junior at Baker House when I showed up as a freshman in '76
- Ed *designed* and built his own rack-mount 8080-based microcomputer system, and of course wrote all the software for it
- Four years later we'd be on the verge of something huge together...





Zenith Gave One to All the Top Guys in the Lab (not me [©])...



In 1978, only two individuals at the MIT Lab for Computer Science had 9600 baud modems for personal use

Everyone else was stuck with 1200 baud

C was popular on the Unix Version 7 system (PDP 11/70) I administered...but tough to work with from home

...So they needed a C compiler, as did I. And we all ran CP/M!



About the nicest thing anyone has ever written about me and BDS C: muq.sourceforge.net/muf3_toc.html#TOC26



Mr. Chaos Manor



MARC is Born

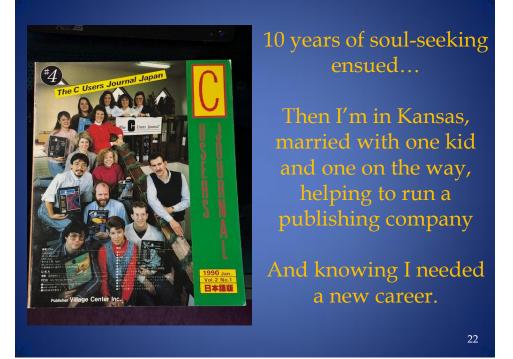
- While I worked on BDS C, Ed Ziemba was even busier
- The OS he wrote was morphing into a mini-Unix
- Soon BDS C for MARC joined the party
- My friend Leo Kenen wrote a CP/M emulator to allow off-the-shelf CP/M software to run unmodified under MARC
- We did a demo for Dennis Ritchie at Usenix in Boston (I was a bit star struck)
- We were about a month away from an official announcement. Everything worked.

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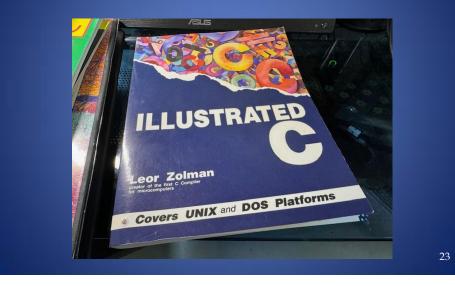
June 7, 1981

BDS C Users' Group Newsletter Volume 1, Issue 1





Hey, Let's Publish Books! (Who Wants to Be the Guinea Pig?)





Settling Down

- The return to Boston from Kansas in '92 marked the half-way point in my life
- Change is seldom easy...
 - But I knew I didn't want to code for a living anymore.
- It was time to go into a new line of business.

BU Corporate Education Center

• P.J. ("Bill") Plauger referred me to BUCEC in 1992, launching my "second" career, training



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Soylent Green

- "It's the PEOPLE!"
- C++ gurus/educators who inspired me:
 - Scott Meyers
 - Dan Saks
 - Herb Sutter
 - Andrei Alexandrescu
 - Steve Dewhurst
 - P.J. Plauger
 - Bjarne Stroustrup



My Daughter, Katelyn



Katie spent her college junior year abroad, returned in 2011, graduated...

...then crashed.

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What's Going On?

- Katie spent much of the next ten years up in her room with the door shut
- No one (including therapists) seemed to be able to figure it out
- Then in 2021, Katie self-diagnosed (w/therapists' help) as autistic!
- As soon as we began to talk about it... ...my own life began to make sense.

The Word Cloud is... Cloudy



Some Terms I've Learned in the Past Year and a Half

- ASD (Levels 1,2,3)
 - Autism Spectrum (Disorder | *Difference*)
- Neuro-divergent (also neuro-diverse)
- Neuro-typical – Allistic (syn.)
- Masking
- AuDHD
- Autistic Burnout
 - (An associated *mis-*diagnosis: depression)

So What Were Those 2.5 Acts?

- Act I: Stay sane; write a C compiler to gain some self-respect
- Act II: Have a family, write/deliver IT training with some style
- Act III: Integrate ASD-awareness; rediscover my heart.
 - Two years in: Major inroads have been made. Now I know I'm not just "broken"

Garrett Meiers 34.0

Posted on Facebook 2/27/2025

in the CP/M Users and Programmers Group

I recently acquired what I believe to be the last surving copy of the source code for MARC (Machine Aided Resource Coordinator), a UNIXlike 8080/z80 based OS which was never released. The originator, Ed Ziemba, died in a freak accident while snorkeling.

38x 8" floppies. These are next up to get imaged, and then try to get everything restored to a machine. I have an original manual too, so that might be handy. I was told the disks use a modiifed UNIX V6 based file s... See more

MARC Operating-System Author Dies

By David Fiedler

- Ed Ziemba, the originator, guiding force and one of the primary authors of the UNIX-like operating system MARC,
- was killed June 7 in a freak accident while snorkeling in a small pond. Ziemba, a 25-year-old graduate of MIT, was a close friend of Leor Zolman, the author
- of the popular BDS C compiler. Zolman,
- along with Lauren Weinstein of Vortex



"I have always wished for my computer to be as easy to use as my telephone; my wish has come true because I can no longer figure out how to use my telephone."

-Bjarne Stroustrup

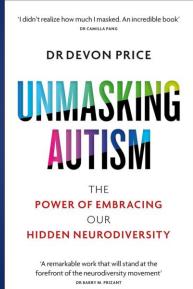
Thanks for attending! Glad to be a part of VCF at last!

(If time permits, some resources follow)

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Resources - Books on Autism



Very popular one right now. Both of my kids gave it to me for Xmas... independently! ©

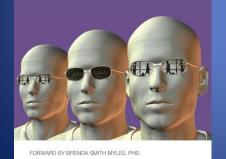
https://shorturl.at/SWRBY

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Autism Books

PETER VERMEULEN, PHD

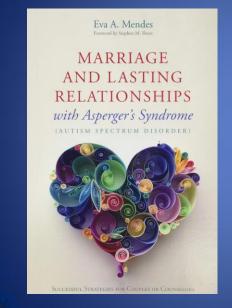




Best book I've read so far on what that major neurodifference might actually be...

https://shorturl.at/uBC6z

Autism Books



For when there's a one ASD person and one NT person working on a relationship

https://shorturl.at/cs1dS

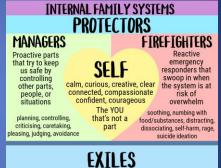
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Internal Family Systems (IFS) Therapy

- I've done *much* psychotherapy through the years
- The form that was most supportive and has continued that way right through the Dx and beyond is IFS
- The magic word is: non-pathologizing
- Having "multiple personalities" is not a disorder; it's regular human nature

Google's Summary of IFS:

Internal Family Systems (IFS) therapy, developed by Richard Schwartz, views the mind as a system of interconnected parts, each with its own unique role and perspective, and aims to help individuals access their "Self" (a core of wisdom and compassion) to heal and integrate these parts.



Vulnerable, usually young parts that hold trauma, pain, fear, and shame They are shut away to keep them safe, but also to stop them from overwhelming the system

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IFS Resources

- An introductory IFS video by Dick Schwartz: https://shorturl.at/sfPJn
- Free mini-course in IFS: https://shorturl.at/XJ3is
- Text introduction to IFS: https://shorturl.at/ivu78
- Home of the official IFS training provider: https://ifs-institute.com/
- The not-for-profit org. I support, funding outcome studies: https://www.foundationifs.org/

Meditation

• Also a nod to Buddhist Vipassana (or "Insight") meditation, another tremendously valuable mindfulness practice 15 years on.





Photos are from the Insight Meditation Society in Barre, MA.