



Lockheed Martin Management Association Retirees Newsletter

Looking Forward Towards A Wonderful Retiree Future!

AUGUST 2010

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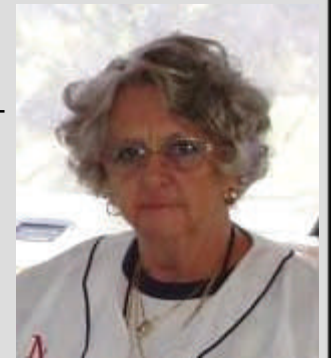
PRESIDENT'S MESSAGE

We are moving on our path towards a successful 2010-2011 year. Our activities are dependent on income to fund our activities. Member dues are our prime source of income. July 1, 2010 was the start of our new fiscal year. This is the period we collect our annual dues and establish our funds. To date, we have not collected all of the projected member dues. Due to the experience of our Treasurer Jerry Vaughan and Executive Board, we determined a budget based on passed trends. Being prudent of not over spending, we included a 7% decline in the budget for membership loss. With this information, our LMMAR Executive Board seized the challenge and determined the Activity Plan and Budget for our 2010-2011 year. Raising the Annual Dues was

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Joan Brock Our LMMAR Sunshine Lady

Joan has warmheartedly spread rays of sunshine to our ill-fated members for 8 years. She has dedicated many hours of her own time keeping us informed in our Newsletter of members that have become ill or passed away. Her caring and thoughtfulness has put smiles on many of our members faces.



Joan began employment with LMSC in December 1961 for an amazing \$2.00 per hour! Her employment varied for 35 years from MSD and SSD, building to building and back and forth. A great experience. She stayed a very happy and proud employee. Joan was very involved with company activities and involved her family too. First job was a Lobby Receptionist going on to Document Control and ending her career in a Planning Group in MSD. To this day she still practices the importance of good documentation procedures and pass it on to her family and friends much to their dismay!

Joan served on the LERA Board for years in addition to being a LERA Rep for 12 years. She was involved in many of the LERA Clubs...RV Club, Boat Club, Ceramic, etc, and volunteered for anything and everything she could get into. (Family day at Great America for LMSC families only,.... A's game at Oakland with our own box.....oh for the good old days!!) Best part of those years was being on the BOMC BOARD. What a rewarding experience that was.

Retirement came about in 1996 after some 35 years. Joan and her husband did a little traveling before the care of her father became a full time job. They moved to Roseville in 1999 to be closer to her family and have a few years for her dad to enjoy all his family. After all...not everybody lives long enough for a 5 generation family picture!

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Joan's father passed away in 2004 and while caring for him, she realized the great need for Care Providers good in their field, honest and most of all...A caring provider. She started taking classes on every subject there was, involving Senior care and became a Senior Peer Counselor along with being an ardent advocate for Elder Care. Seven years ago she became a Care Provider for Placer County for low income Seniors, and staying involved in community affairs as well. Joan has served on the Senior Commission for the City of Roseville, completing her 9th year in January 2011. One of her (Joan, husband, and daughter) highlights was to compete against City Officials in a Chili Cook off. She didn't win...but it was great fun anyway. They just finished their 10th year volunteering at the Sacramento Jazz Jubilee...her yearly highlight activity.

Joan says, "My children, grandchildren and great-grand kids are a very important part of my daily life and moving closer to them was the best move I made. We run into so many retired LMSC people here ...makes one wonder who is left in the Valley. We miss the Bay Area some, wish we could be more involved with LMMAR....but being your Sunshine Lady fits the bill for now".

western outfits on for some Western Line-Dancing! No experience necessary. This will be a "Whaa Hooo!!" fun time. See Flier.

Be Happy!

Ken Koga
President
kkoga04@sbcglobal.net

MEMBERS

New Members:

ROLF FROMM
7 MORNING SUN CT
MOUNTAIN VIEW, CA 94043-1936
SPOUSE: BEATE
PH: (650) 964-3359

GEORGE V. KREIDER
1931 CRESTMONT DR
SAN JOSE, CA 95124-1106
SPOUSE: BARBARA
PH: (408) 266-3036

MARSHA STANTON
1050 BORREGAS AVE SPC 134
SUNNYVALE, CA 94089-1645
PH: (408) 541-9780

Changes:

MARIE REYES
19856 SANDPIPER PL # 100
NEWHALL, CA 91321-1329

Membership DUES

240 members still owe dues.

403 Members have renewed.

Point Of Contact For Address Changes and Other Member Concerns:

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(Continued from page 1) PRESIDENT'S MESSAGE

proposed. I took this proposal off the table and asked for cuts in other areas before addressing raising the Annual Dues. After much discussion and compromise, the Executive Board identified and agreed on the following budget reductions as follows: 1. Luncheon Program Budget will be reduced by \$700.00. 2. The Annual LMMAR Directory will be distributed every two years instead of every year - new members will be highlighted in the LMMAR Newsletter. 3. The LMMAR President's Recognition Luncheon will be scheduled for every other year instead of every year (at the end of the second year of the two year term). 4. Monthly \$50.00 Newsletter Drawings will be discontinued.

Accolades go to our hard working Executive Board for accomplishing this outstanding feat of achieving the 2010-2011 Activity Plan and Budget. We are the role model Executive Board working for you!

You, the member are key to our thriving future. We appreciate you to keep informing other LM Retirees about our great Organization and invite them to join LMMAR. Use my math of $1 + 1 = 4$. If two members each find 1 LM retiree to join LMMAR, that will total 4 members. Think of our membership potential! :)

Don't miss our popular "Country & Western" Barbecue Luncheon. Friday, August 27, 2010, at Michael's At Shoreline Restaurant, 2960 N. Shoreline Blvd, Mountain View, Ca. Get your

LMMAR
P.O. Box 3847
Los Altos, Ca 94024

Norm_Dhom@Earthlink.Net

Norm Dhom
Membership Chairman

TRAVEL

Travel Chairman Vern De Vincenzi
916-408-4852

Talbot Tours: 800-662-9933

DECEMBER 26, 2010 TO JANUARY 7, 2011 CARIBBEAN NEW YEARS CRUISE. Fly from San Francisco to Ft. Lauderdale with an included overnight stay in Ft. Lauderdale. The next day we will board the Holland America MAASDAM for an 11-day cruise. After a hectic Christmas holiday you can relax while cruising for the day. The first port of call is Grand Turk Islands, where you will spend the next few hours of enjoying the sunshine, shopping and exploring the area. The next day is leisure time on board ship for a day at sea. Now that we are rested we will go ashore in St Thomas to shop and tour. St. Martin is the next port of call where we can observe the cultural variations between the Dutch and French who divided the Island in 1648. Wow, with so much and several more ports of call you need a brochure for the rest of the itinerary. Dependant upon cabin selection prices for dbl occ. Start at \$2690.00 per person. Call Talbot tours or Vern for a brochure.

MARCH 13—28, 2011 Board the MS Zaandam in San Diego and sail to

HAWAII for 15 days bring your shorts, sunglasses, sun tan lotion, Hawaiian shirt/blouse and enjoy 15 days of relaxation. The ports of call are as follows: Hilo, Kona, Maui, Lahaina, Nawiliwili, Kauai, Honolulu and Ensenada, Mexico. Round trip air to San Diego. Shuttle service to and from the airport, and all driver and porter gratuities. Prices start at \$2125 dbl occ depending upon cabin selection, for single supplement pricing call Talbot tours. Brochures are available

SEPTEMBER 24—29, 2011. Get your cowboy hats and boots! We are headed out to Custer State Park. We will spend five nights near Mt. Rushmore where you will enjoy the outdoors in South Dakota. Inclusive tours are; Crazy Horse Memorial, Mount Rushmore, Boot Hill, Badlands National Park, Wall Drug, Buffalo Roundup Steam Train ride, Deadwood, Art Festival and the Journey Museum in Rapid City. Price per person dbl occ. \$1490.00 Single \$1740.00 includes Roundtrip Air, Shuttle service to and from San Jose, taxes and driver/guide gratuities, Brochures are available.

ADDITIONAL TRIPS GUARENTEED TO GO.

CALL VERN AT 408-348-46290R

EMAIL verntrav@sbcglobal.net

Or TALBOT TOUR 1-800-662-9933

Grand Central USA Christmas Tour!
Kansas City, Branson , Oklahoma City
November 13-19, 2010

Tours of the Steamboat Arabia Museum and the WWI Museum, dinner at the Smokehouse Restaurant, dinner and show at Andy Williams theatre and the 12 Irish Tenors Christmas show. Visit the Titanic Museum, off to Fort Smith with Miss Laura's dinner theatre before Oklahoma city, the Federal Murrah Building and the Cowboy Hall of Fame. Unforgettable! **\$1980.**

New Year's at The Empress Hotel

Dec 30, 2010—Jan 3, 2011 Unpack only once!

Enjoy the elegance of New Year's at the beautiful ivy-covered Empress Hotel ~ Experience high Tea, touring Victoria, and Chemainus with its exquisite murals and the beautiful grounds and holiday lights at Butchard Gardens. Highlighting your visit will be an elegant New Year's Eve Party ~ a feast fit for royalty! **\$1695**

New Year's at the Carefree Resort

Dec 30, 2010—Jan 3, 2011 <> Unpack only once!

Just north of Scottsdale, beyond Pinnacle Peak in the high Sonoran Desert, is a beautiful oasis ~ Carefree Resort! All breakfasts & dinners are included plus a delightful New Year's Day Brunch. Enjoy your New Year's Eve Dinner & Cocktail Party with dancing to a Big Band orchestra. City tours include Phoenix, Scottsdale, visit Sedona, Oak Creek Canyon & Montezuma Castle. Deluxe! **\$1585.**

Mesquite's BransonFest Out West!

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February 7-10, 2011 Unpack only once!

Mesquite is bringing in a little bit of Branson to this fantastic 4-day festival. Enjoy 3 live shows; A Tribute to the Beatles, Elvis and the Great Pretenders and The Cats pajamas. Two matinee shows will feature inspiring entertainers, all over 60 years young. There will be other events, such as wine-tasting, free slot tournament, fitness activities, a welcome happy hour, a fashion show & more! **\$690.**

BRIDGE

We had a good month of playing during July, but lost two of our loyal players, Jorge Rodrigues moved to Galveston, Texas and Caesar Grolemond moved to the San Diego area. We would love to increase our numbers again, so please consider joining us in the near future.

THE WINNERS FOR JULY ARE:

Thurs. July 1st Pairs (7)

1st pl: Ken Krug & Angie Schynert;
2nd pl: Ken Christie & Ted Henshaw;
3rd pl: Dave Himmelblau & Dan Sloan

Tues. July 6th Individual (8)

1st pl: Dave Himmelblau; 2nd pl: Ken Krug; 3rd pl: Angie Schynert;

Thurs. July 8th Pairs (5)

1st pl: Dan Sloan & Dave Himmelblau;
2nd pl: Tied Ken Krug & Angie Schynert and Gary Bea & Chuck Schmidt

Tues. July 13th Individual (8)

1st pl: Dave Himmelblau; 2nd pl: Dan Sloan; 3rd pl: Ted Hinshaw

Thurs. July 15th Pairs (7)

1st pl: John Parker & Tony Zadel; 2nd pl: Chet Hayes & Ted Hinshaw; 3rd pl: Tied Gary Bea & Chuck Schmidt and Ken Christie & Doug Gordon

Tues. July 20th Individual (9) 1st pl: Chuck Schmidt; 2nd pl: Chet Hayes; 3rd pl: Alex Fucile; 4th pl: Ted Hinshaw

Thurs. July 22 Pairs (6)

1st pl: Dave Himmelblau & Dan Sloan; 2nd pl: John Parker & Tony Zadel

Tues. July 27th Pairs (6)

1st pl: Ken Christie & Doug Gordon; 2nd pl: Dave Himmelblau & Dan Sloan

Thurs. July 29th Pairs (5)

1st pl: Ken Christie & Ted Henshaw; 2nd pl: Gary Bea & Chuck Schmidt

LOCKHEED OLD TIMERS

Last Picnic of the year for the Lockheed Old Timers' will be September 22, a Wednesday, at Washington Park in Sunnyvale. Picnic 11:00 a.m. to 1:00 p.m. Bring a friend! Pot luck item to serve 8 or \$7.00. For more information call Lucille Wilson (408) 225-9566 or Flo Fiance at (408) 446-1873. Visit our website at: www.LockheedOldTimers.org.

SUNSHINE

We are very sorry to hear that one of our Newsletter Volunteers, Jack Cunningham, had been very ill with heart problems and we sincerely hope he is on the mend. Rays of Sunshine to Jack and thoughts of better days ahead for him.

Marion Finkenberg, wife of John Finkenberg passed away early part of July. They had celebrated their 50th wedding Anniversary two years ago. John is a retired director from MSD Propulsion Systems. He and his wife were very active in many company activities. Our sincere condolences to John and the family.

Robert Blais passed away July 19th. He is survived by his wife, son, daughter, 4 grandchildren, and 3 great grandchildren. Robert's attending Doctor was his son during his brief illness. Sincere condolences to Naomi and the family.

Bonnie Spittler, wife of deceased past LMMAR president Robert Spittler, passed away this past June 3rd. Bonnie had surgery for cancer and never fully recovered. A memorial for both Robert and Bonnie will be held August 21st at the Los Altos United Methodist Church in Los Altos at 10:30 to be held in the chapel. Sincere condolences to the family...our thoughts are with you.

Bea Tamm, wife of Ralph has been very ill. We are very sorry to hear of the health situation for both of them. We will keep you also in our thoughts.

Many thanks to Carol Hobbs for a great job planning the recognition

luncheon for the LMMAR board. It was a very pleasant affair and special for me because I finally got to meet my fellow cohorts!

Thanks also to the folks who send me the news I need to send on. It is greatly appreciated, without your news there is no news article!

I am able to send on E-mail card (get-well, sympathy, thinking of you) if I have e-mail addresses. They are a little more enjoyable and cost less (not that you are not worth that cost!) Just a thought!

Enjoy the last month of summer. It seemed very short this year to me. Be peaceful and safe!

Joan Brock

Want To Feel 20% Happier?

Write a Thank-You Note! A study at Kent State University found that students who wrote letters expressing sincere gratitude to someone were happier and more satisfied with their lives. That's because putting pen to paper – instead of dashing off a quick email – gives people time to focus on the good things. Other studies show that feeling grateful improves immunity, boosts lung and liver function, reduces blood pressure, and provides a greater sense of well-being.

from Prevention magazine.

MY DREAM LIST



What is your Dream List? We all have a passion that we daydream about as our Dream List. These are activities that we hope to accomplish for ourselves during our life time. Remember when we would contemplate, "When I retire I will live on an island and nap in a hammock on a beach under two palm trees". For some it is sky diving, visiting the Great Pyramid, underwater diving in the Great Barrier Reef, being serenaded by gondoliers in Rome, climbing Mount Kilimanjaro, viewing the Great Wall Of China, viewing Paris from the top of the Eiffel Tower, re-establish long missing friends or relatives, establish a Foundation to help the less fortunate, etc.

Let's have fun sharing our Dream List. I would like to collect your Dream List to share with our members. Your Dream List could be one or many. By sharing your Dream List, others may get new ideas to add to their Dream List. The list will be published in our Newsletter with or without your identity. It has been proven writing your Dream List and sharing it with others becomes a step towards accomplishing your Dreams. People talk of how time quickly goes by. Don't let your dreams pass you by. Skydiving as an example: Would you rather die skydiving or die in a bed with your last words, "I wish I would have gone skydiving". Be alive while you are alive! ... Live to be Happy!

Please send your Dream List to: Ken Koga, Email: kkoga04@sbcglobal.net or Mail: 3253 Desertwood Ln., San Jose, Ca. 95132.

LMMAR
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Sunnyvale CA 94800
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August 2010

Activity Calendar

1. **LMMAR Executive Board Meeting.** First Monday of each month unless holiday conflict, then second Monday. 9:30 a.m. Bldg. 157-Front Lobby Conference Room. Contact Ken Koga (408) 946-7292.
2. **LMMAR Newsletter Mailing Session.** Volunteers needed. Second Thursday of each month. 9:00 a.m. Bldg 157-Litrium. Contact Norm Dhom (408) 732-2742.
3. **LMMAR Travel.** Cruises and Tours. See Travel Section of Newsletter.
4. **LMMAR Bridge Card Players.** Join the fun! Every Tuesday and Thursday, 12:00 noon. Sunnyvale Elks Club. Contact Ken Krug (408) 252-3023
5. **Lockheed Martin Blood Bank.** Second Wednesday of each month. 8:00 a.m.– 3:00 p.m. Bldg. 163. LMMAR Contact Norm Dhom (408) 732-2742.
6. **Lockheed Martin Toys-For-Tots.** Donations Accepted. **LM Toys-For-Tots Cookbooks are available: \$8.00 Ea. or four for \$25.00.** LMMAR contact Carolyn Hobbs (408) 248-3348.
7. **Lockheed Martin Second Harvest Food Bank.** Donations Accepted. LMMAR contact Carolyn Hobbs (408) 248-3348.
8. **LMMAR "Country & Western Barbeque" Luncheon.** Friday, August 27, 2010, 11:30 a.m, Michael's At Shoreline Restaurant, 2960 N. Shoreline Blvd, Mountain View, Ca. \$24 per person. Don't miss our Famous barbeque luncheon! The Donna Frankel Dancers will lead us in Western Line Dancing. Come and have fun learning Western Line Dancing, socializing and meeting old and new friends. *RSVP* Carolyn Hobbs, (408) 248-3348 or Lucille Wilson, (408) 225-9566. See flier.
9. **Please submit your favorite recipes for the 2010 Toys for Tots Cookbook.** This year our feature section will be "From Grandma's Kitchen". Recipes are due to ps.voshall@lmco.com via email by 31 August 2010.
10. **Special Olympics (Joe Jonas Fun Run/Walk) – Saturday, September 18th**

The LMLA has been a long-time supporter of the Special Olympics, and is taking volunteer signups for the Joe Jonas Fun Run/Walk on Behalf of [Special Olympics Northern California](#). The event takes place Saturday, September 18th from 8:30 am 12 noon. The event takes place at the Shoreline Park in Mountain View. We will be the course monitors and water stop volunteers. Volunteers would have to stay for the entire shift (3.5 hours). There is an age limit of 16 and older for volunteers. The younger set and their families are encouraged to enter the race and raise money. Visit the LMLA website for the Joe Jonas 1k/5k Fun Run & Walk Fact Sheet (<http://la.lmms.lmco.com/>). Contact Patti Voshall@lmco.com for additional info or to become volunteer for this event.

LMMAR NEWSLETTER

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