



Lockheed Martin Management Association Retirees Newsletter

Looking Forward Towards A Wonderful Retiree Future!

AUGUST 2011

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EDITOR'S CORNER

Hiking is one of my favorite pastimes. I hike with an informal group and we hike all over the area. Some of the places are; Mission Peak, Mt. Madonna, Grant Ranch, Henry Coe, Rancho San Antonio, Saratoga Gap, Black Mountain, Mount Diablo and others. Some of my fellow hikers even travel to Yosemite and the Grand Canyon.

While hiking Mission Peak recently, I encountered a group of senior citizen hikers. I was surprised to see so many seniors near the top of Mission Peak. It turns out they are members of an organization called the Contra Costa Hills Club.

Talking to one of the members, I found that the club was founded in

Thank You Ken Koga

Thanks to Ken, LMMAR now enjoys a professionalism that did not exist before. The Newsletter has moved from a document that had to be explained, to one that is instantly recognizable and appears to be more interesting to the membership. We now have a LMMAR logo, logo lapel pin and banner. We have endorsed a satellite group in the Sacramento Area lead by Vern De Vincenzi. LMMAR has moved closer to the Company in terms of its relationship to Lockheed Martin.

For your dedication to LMMAR, for what you have accomplished, and for the giving of your time in a truly professional manner, we sincerely thank you Ken.

Carl Roberts
Editor

1920 as a conservation and hiking club. They hike each Thursday and Sunday. If anyone is interested, the url for their web site is www.contracostahills.org.

If any of you have information that you think might be of interest to other members of LMMAR, please submit it for printing in the newsletter.

Carl Roberts
Editor
carldroberts@sbcglobal.net

MEMBERS

New Member:

WILLIAM B ROSE, JR
185 SUBURBIA CT
SANTA CRUZ, CA 95062-1266
Sp: EVA J
Ph: (831) 325-4761

Changes:

ABBAS SALIM
17 AQUADUCT RD
MONROE TWP, NJ 08831

Membership DUES

283 members have Paid their dues.

Thanks

299 members still owe dues.

Point Of Contact For Address Changes
And Other Member Concerns:

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

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 Round-trip Air, Shuttle service to and from San Jose, taxes and driver/guide gratuities, **SOLD OUT WAIT LIST IS AVAILABLE**

THREE NEW YEARS TRIPS 12/2011–EMPRESS HOTEL, 12/2011, 12/2011 MONTERAY AND 12/2011 TUSCON

MARCH 19-APRIL 2, 2012 SAN FRANCISCO TO THE HAWAIIAN ISLANDS TO AND FROM SAN FRANCISCO. This is a trip to lay back and relax as you will not have to use the airlines. Enjoy all the activities that are available aboard ship, including the Casino, Spa, pool also you may like to have a massage. You will be spoiled when you return to your home. Cabin prices start at \$2095.00. Brochures are available Cabin space is going fast

ADDITIONAL TRIPS FOR 2012

April Washington DC Cherry Blossom Festival,

May Kenya Safari

May Sorrento, Italy

July Calgary Stampede with Rocky Mountain Rail and Alaskan Cruise

September a repeat of Buffalo Roundup

November 2012 The Holy land

We will have brochures for all these trips by September

You will be notified by mail for a presentation of these trips.

BRIDGE

Jul 5, 2011 individual duplicate - 1st place – Angie Schynert, 2nd place – Chuck Schmidt, 3rd place - Doug Gordon, and 4th place - Roger Abegg

Jul 7, 2011 pairs duplicate - 1st place – John Parker & Tony Zadel, 2nd place – Peggy Parker & Kathy Percy, 3rd place – Gary Bea & Chuck Schmidt, and 4th place – Tom Counihan & Jerry Vaughn

Jul 12, 2011 individual duplicate - 1st place (tie) – Dan Sloan and Chuck Schmidt, 3rd place – (tie) Ken Christie and Doug Gordon.

Jul 14, 2011 pairs duplicate - 1st place – Dave Himmelblau & Dan Sloan, 2nd place - Angie Schynert & Bob Vigeant, 3rd place – Gary Bea & Chuck Schmidt

Jul 19, 2011 individual duplicate - 1st place – (tie) Ted Hinshaw and Chuck Schmidt; 3rd place Doug Gordon

Jul 21, 2011 pairs duplicate - 1st place – Ken Christie & Doug Gordon; 2nd place – Angie Schynert & Bob Vigeant; and 3rd place – Gary Bea & Chuck Schmidt.

Jul 26, 2011 pairs duplicate - 1st place - Gary Bea & Chuck Schmidt and 2nd place – Chet Hayes & Ted Hinshaw

Jun 28, 2011 pairs duplicate - 1st place - Chet Hayes & Ted Hinshaw, 2nd place – Gary Bea & Chuck Schmidt, 3rd place – John Parker & Tony Zade1, and 4th place – Dave Himmelblau & Dan Sloan.

PRESS RELEASE

Nation's New Missile Warning Satellite Delivers First Infrared Imagery

SBIRS GEO-1 Satellite to Provide a Quantum Leap in Infrared Surveillance Capabilities

DENVER, July 7th, 2011 – The first Lockheed Martin [NYSE: LMT]-built Space Based Infrared System ([SBIRS](#)) geosynchronous (GEO-1) spacecraft beamed down its first infrared image on June 21 to the SBIRS ground station. Following its [May 7 launch](#), the satellite is per-

forming as expected, and is now undergoing early orbit testing.

The U.S. Air Force's SBIRS GEO-1 spacecraft is the most technologically advanced military infrared satellite ever developed. The system will enhance the military's ability to detect missile launches around the globe, support the nation's ballistic missile defense system, greatly expand technical intelligence gathering capability, and bolster situational awareness for warfighters on the battlefield.

The satellite includes highly sophisticated scanning and staring sensors that deliver improved infrared sensitivity and a reduction in area revisit times over the current constellation. The scanning sensor will provide a wide area surveillance of missile launches and natural phenomena across the earth, while the staring sensor will be used to observe smaller areas of interest with superior sensitivity.

"We are tremendously proud of Team SBIRS for their superb efforts to initialize the Air Force's newest, most capable infrared payload," said Col. Mike Noble, Deputy Director of the U.S. Air Force Space and Missile Systems Center's Infrared Space Systems Directorate. "This is another important milestone for the SBIRS' Air Force and industry team. Successful payload activation is a major step toward fielding the all-new GEO capabilities for the nation and joint warfighters."

After launch, the U.S. Air Force/Lockheed Martin SBIRS ground team executed a series of six Liquid Apogee Engine (LAE) burns to [propel the spacecraft to its geosynchronous orbital slot](#). The team then deployed the satellite's solar arrays, light shade and antenna wing assemblies. Most recently, the team opened the satellite's payload doors and activated its sophisticated infrared sensors to begin the start of early orbit calibration and testing.

"SBIRS GEO-1 is performing flawlessly thus far, and the first image sent from the satellite is outstanding," said Jeff

Smith, vice president of Lockheed Martin's Overhead Persistent Infrared (OPIR) mission area. "We are focused on executing an efficient and thorough checkout of the spacecraft and ultimately delivering unprecedented infrared surveillance capabilities to our nation."

The SBIRS team is led by the Infrared [Space Systems Directorate](#) at the U.S. Air Force Space and Missile Systems Center. [Lockheed Martin](#) is the SBIRS prime contractor, with [Northrop Grumman](#) as the payload integrator. [Air Force Space Command](#) operates the SBIRS system.

Lockheed Martin's original SBIRS contract includes HEO payloads, two geosynchronous orbit (GEO) satellites, as well as ground-based assets to receive and process the infrared data. The team is also under a follow-on production contract to deliver additional HEO payloads and the third and fourth GEO satellites, and associated ground modifications.

Headquartered in Bethesda, Md., Lockheed Martin is a global security company that employs about 126,000 people worldwide and is principally engaged in the research, design, development, manufacture, integration and sustainment of advanced technology systems, products and services. The Corporation's 2010 sales from continuing operations were \$45.8 billion.

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SBIRS video and high-resolution images are available for download at www.lockheedmartin.com/sbirs

SBIRS GEO-1 Art



SBIRS GEO-1 includes highly sophisticated scanning and staring sensors that deliver improved infrared sensitivity and a reduction in area revisit times over the current constellation. The scanning sensor provides a wide area surveillance of missile launches and natural phenomena across the earth, while the staring sensor can be tasked to observe smaller areas of interest with superior sensitivity. GEO-1 transmitted its first infrared image on June 21.

SUNSHINE

Over looked and belated news of the death of Anne Mack. So sorry to have just received this news. Anne Mack passed away this past April 22nd and we were just notified by her family.

Anne was an amazing woman and I had the pleasure of running into her now and then while at LMSC. She was a definite asset to the company. Anne involved herself in just about any "cause" that came available. Senior Care, Union matters, Red Cross and the Blood Bank, to name a few. She will always be remembered for her infectious smile, laughter at life, generosity and her passion to help those less fortunate.

Our thoughts and prayers are extended to her family and apologies for the oversight.

Hard to believe that next month will bring us the approach to fall already. Boy does the time fly so fast as we get older....enjoy it

(Continued on page 4)

while we can!!
Enjoy what is left of summer and be safe....

Joanie Brock
mutisalr@macnexus.org

You Already Know How to Use Email Safely

By: Frank Thompson

Is your email communication really safe? As our online capabilities change rapidly, it can be difficult to know what online behavior is acceptable and what can threaten our cyber security.

Fortunately, secure email solutions are not that difficult to come by. Email safety is not so different from any other sort of safety, so being safe on the internet is simply a matter of applying principles you already know to an online environment.

Take computer viruses, for instance. You know that there are a lot of them and that they can cripple your computer. The internet is the easiest access way between those viruses and your computer, so how do you protect yourself?

How do you protect yourself from actual viruses? You keep yourself healthy (with anti-virus software) and watch what you put into your body. If you do not know where an email

comes from, you should no more open that email than eat an unidentified object off of the floor. If you only accept emails from sites or people that you know, viruses will have a difficult time getting in through your email.

Another major concern with email security is your password being hacked. Many people use their username as their password. This and other simple passwords are an incredibly bad idea. Many people do banking and manage their credit cards online. If someone hacks the password of your email, they can not only access your communications, they can also request your bank and credit card log in information.

To put it another way, would you feel secure if anyone who knew your birthday could walk into your bank and access your accounts? Because using your birthday as your password allows hackers to do the online version of that. Make your password longer. Include at least one number and one capital letter. Make sure that your password will not be something that even you can guess.

Finding secure email solutions is not difficult. It requires only that you think about what your email could allow others to access and take the same kind of precautions you would take in the physical world. If you do that, your chances of running into problems with email security will be greatly reduced.

Frank Thompson covers internet, email and business technology topics, stressing the importance of secure email solutions and internet security.

Article Source:

<http://www.articlebiz.com/article/1051497517-1-you-already-know-how-to-use-email-safely/>

The bloody reality with regards to Hemoglobin levels

By : Sam Christian

Our blood is literally the life line of our body. It courses through our vascular network carrying vital nutrients and precious oxygen needed by the cells in our body in order for it to function properly. The blood cells in our blood are like cars each carrying different passengers with special functions. Take for example hemoglobin which is a passenger in the red blood cell.

Ever wondered what makes blood red? Well it's the hemoglobin that gives it the color of scarlet. Oxygen is a vital element for living things to survive. So it is only logical to maintain a stable hemoglobin level in order to have enough oxygen in the body. Normal hemoglobin levels vary and depend on gender and the person's age but in general normal values would range from 12 to 18mg/dl.

Slight changes in hemoglobin levels can be stressful to the body and can lead to various illnesses like anemia. Anemia is caused by low hemoglobin levels and may indicate malnutrition, diseases of the blood and bones and maybe even genetic diseases. So you are saying that having high hemoglobin levels would be better so that more oxygen can be used in the body. But that kind of thinking is wrong because elevated levels of hemoglobin would mean that your body is working overtime to compensate for the lack of oxygen in the body like certain lung diseases. It can also mean that you are at risk in developing diabetes if your hemoglobin A1c is high. But as they say prevention is better than cure and these things can be avoided.

For those who are deficient in hemoglobin, consuming food rich in iron helps in elevating hemoglobin levels in the body. Liver, seafood, dried fruits and nuts are just some of the food items that are rich in iron. But if anemia is severe, a blood transfusion will be done to quickly correct the problem to avoid further complications.

On the flip side, if you are suffering from too much hemoglobin, there are several things to do to help you drop it down a notch. One important step in lowering your hemoglobin levels is to stop hitting cigarettes because smoking alters the oxygen levels in the body causing your body to increase hemoglobin so that more oxygen can be delivered in the body. Being hydrated is also important since dehydration

also causes the elevation of hemoglobin. If you live on elevated areas like mountain sides, your hemoglobin levels would most likely be high since these areas have low oxygen levels and in order to maximize such a limited supply more hemoglobin must be made. So to correct the problem, just transfer to a lower area which has more oxygen. But if all else fails and you want a quick fix, ask your doctor for a phlebotomy which simply means removing excess blood similar to a blood donation. However, if your hemoglobin levels are normal then all you have to do is maintain a healthy diet, engage in exercise and best of all donate some blood because it allows the body to renew its blood supply.

A simple blood test or the use of a hemoglobinometer can help determine how much hemoglobin is present in your blood. Knowing the level can help you assess your health status so that if you do have a problem, a simple doctor's appointment can help correct the problem.

Article From Base Articles

PRESS RELEASE

[Lockheed Martin Awarded \\$85 Million Contract To Support U.S. Navy Anti-submarine Warfare Mission](#)

ORLANDO, Fla., July 18th, 2011 – Lockheed Martin [NYSE: LMT] received an \$85 million contract to continue its operations and maintenance support to five U.S. Navy ocean surveillance ships as part of the service's anti-submarine warfare mission. The competi-

tive one-year contract includes four additional one-year options.

The Surveillance Towed Array Sensor System program provides sustainment and logistics management for all installed antisubmarine warfare mission systems, including passive and active surveillance equipment and computer network systems.

"The antisubmarine warfare mission is of significant importance to the Navy," said Carey Smith, vice president of technical services in Lockheed Martin's Global Training and Logistics business. "The equipment we maintain is vital to that mission, whenever and wherever these ships may be."

Operated by the Navy's Military Sealift Command, the ships and their crews conduct training and missions worldwide. Maintenance is primarily performed at Commander Fleet Activities Sasebo, Japan. Other locations include the United Kingdom and Virginia Beach, Va.

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August 2011

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. Moved to new Palo Alto Elks Lodge. Contact Chuck Schmidt (408) 253-4965.
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. **Lockheed Old Timers' Picnic in the Park** – Last picnic of the year, September 14, a Wednesday, at Washington Park in Sunnyvale. Time: 11:00 a.m. to 1:00 p.m. Bring pot-luck dish for 8 or \$7.00 per person. (Pot-luck dish preferred). For information call Flo Fiance at (408) 446-1873 or Lucille Wilson (408) 225-9566 or contact any Committee Member listed on the web at www.lockheedoldtimers.org

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