



# Lockheed Martin Management Association Retirees Newsletter

*Looking Forward Towards A Wonderful Retiree Future!*

DECEMBER 2009

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## PRESIDENT'S MESSAGE

I hope the Holiday Season finds you and your family happy, healthy, and in peace! For a few weeks we are lifted out of the grey, cold winter and our life is wonderfully transformed to a wonderland of bustling, friendly people, colorful twinkling lights, sounds of holiday music and ringing silver bells, fragrance of pine needles, the laughter of children, the wonderful smells of delicious foods, and the dreams of a white winter holiday season. We are all in happy spirits with an extra measure of generosity, kindness, and joy. We show that we can love our fellow human beings and

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...Wishing You Happy Holidays And A Fantastic New Year!

## From Your LMMAR Executive Board

**Ken Koga**  
*President*

**Hal Boddy**  
*Vice President*

**Jerry Vaughan**  
*Treasurer*

**Norm Dhom**  
*Membership*

**Sheldon Schwartz**  
*Secretary*

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*Programs*

**Lucille Wilson**  
*Asst. Programs*

**Carl Roberts**  
*Newsletter Editor*

**Joan Brock**  
*Sunshine*

**Janet Hammerlund**  
*Asst. Travel*

**Ken Krug**  
*Bridge*

**Bill Hammerlund**  
*Historian, Photographer,  
Asst Treasurer*

**Vern De Vincenzi**  
*Sacramento Area  
Director, Travel*

**Emmett Taft**  
*Sacramento Area  
Asst. Director*

**Irene Douglas**  
*Sacramento Area Activities*

**Randy Rasmussen**  
*Sacramento Area  
Communications*

**P.J. Carlson**  
*Sacramento Area  
Liaison to LMMAR  
Sunnyvale*

**John Kowalchik**  
*Executive Advisor*

**Carol Safberg**  
*Executive Advisor*

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promote peace on earth. This is the time of hope and gratitude! ...Enjoy the Holidays!

We had a fantastic 2009 year! Our dedicated LMMAR Executive Board Leadership met every month on schedule. Our Financial Budget is solvent and exceeds our plan. The monthly Newsletter was published and delivered on schedule. Our Travel Programs, and Bridge Group were active. The LMMAR Sacramento Area Group had enjoyable activities. We supported the LM Blood Bank, Toys-for-Tots, and Second Harvest Food Bank. Our members participated and enjoyed our theme luncheons: "Lads & Lassies" St. Patrick's Day Luncheon in March, "April Showers Bring May Flowers" Luncheon in April, "Aloha Hawaii" Luncheon in June, "Country & Western BBQ" in August, and "Dare To Come For Lunch" Halloween Luncheon in October. Our popular December "Holiday Dine & Dance Extravaganza" Luncheon is approaching. We appreciate and thank LM, Star One Credit Union, LM Bay Area Chapter Leadership Association, and Bronwen Jenkins, LM Space Systems Company Leadership Association Board of Directors Financial Advisor, LMMAR Executive Advisor John Kowalchik, VP and Chief Engineer Lockheed Martin Space Systems Company, LMMAR Executive Advisor Carol Safberg, Executive VP Operations/Chief Operating Officer Star One Credit Union, and also the dedicated Newsletter Mailing volunteers, and the volunteers that helped set up the luncheons. Using

the analogy of target shooting, we have consistently hit the Bull's Eye! ...What a wonderful Year!

Don't miss our December Holiday Luncheon, "Holiday Dine & Dance Extravaganza". Friday, December 18, Michael's At Shoreline Restaurant, Mountain View. We will have "Live" Music for your dancing and listening pleasure. There will be some surprises. I am looking forward to meeting you there. For further information see flier or contact Carolyn Hobbs (408) 248-3348 or Lucille Wilson, (408) 225-9566.

Be Happy!  
Ken Koga  
President

kkoga04@sbcglobal.net

## **MEMBERSHIP**

### **Monthly Winner:**

Anton Zadel

### **New Members:**

Barbara G. Akin  
P.O. Box 24525  
San Jose, Ca 95154-4525  
Ph: (408) 227-4721

Paul J. Fenech  
1531 Sunrise Dr  
Gilroy, Ca 95020-7775  
Spouse: Kimm Randle  
Ph: (408) 847-8693

Sam Sherwood  
2828 Park Est. Way  
San Jose, Ca 95135  
Spouse: Rosemary  
Ph: (408) 238-3127

### **Changes:**

Doris Bliven  
P.O. Box 2407  
Morgan Hill, CA 95038  
Ph: (408) 253-4153

Marie McGlone  
981 Coeur D'Alene Wy  
Sunnyvale, CA 94087  
Ph: (408) 739-2936

Michael Morales Jr  
P.O. Box 18744  
San Jose, CA 95158-8744  
Ph: (408) 224-8663

Any Address Changes You Want Corrected Before New Directory Is Published?

Point Of Contact For Address Changes And Other Member Concerns:

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

[Norm\\_Dhom@Earthlink.Net](mailto:Norm_Dhom@Earthlink.Net)

Norm Dhom,  
Membership Chairman

## **NOVEMBER NEWSLETTER MAILING**

LMMAR volunteers met Thursday, November 12<sup>th</sup> in Building 157 to collate and prepare the Newsletter for mailing:

Hal Boddy, Jack Cunningham, Pat De La Ossa, Norm Dhom, Alex Fucile, Carolyn Hobbs, Gwen Osborne, Jack Pedretti, Sheldon Schwartz, Jerry Vaughan, Gloria Wetsch, and Delmar Wrensch.

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They enjoyed pastries, coffee and brittle repartee (somewhat diminished by the absence of Chuck Schmidt) as well as a free lunch in the B157 cafeteria. We thank them for contributing their time and effort.

LMMAR Executive Committee

## SCIENCE DISCOVERS THE SECRET TO HAPPINESS

Robert A. Emmons, PhD  
University of California, Davis

Surprise: Research suggests that becoming more grateful could make each of us 25% happier – and that being happy is the key to a longer, more successful life. Our lives do not just seem better when we are happy – they actually become better, according to a 2005 analysis of hundreds of psychological studies. Happy people tend to have longer, more loving marriages... are healthier... live an average of seven to nine years longer than chronically unhappy people... and have more successful careers. According to one study, happy college graduates had annual salaries \$25,000 higher than unhappy graduates 16 years after graduation.

While an endless procession of self-help gurus have claimed to know the path to happiness, psychological studies generally have failed to confirm that proposed happiness strategies actually work.

**One notable exception:** Research conducted in the past decade appears to indicate that we can become happier by feeling more gratitude.

*Bottom Line/Retirement* asked psy-

chology professor Robert A. Emmons, PhD, of the University of California, Davis, for more information...

### What is "gratitude" to a psychologist?

In simple terms, gratitude is our affirmation of a benefit that we have received and our recognition that this benefit has come to us from outside of ourselves.

### Why does feeling gratitude make us happier?

Primarily, I believe, it is because gratitude increases our sense of connection to other people. Having strong relationships is the single best predictor of happiness, and our relationships become stronger when we acknowledge the support we receive from those around us. Acknowledging the support we receive from others provides us with confirmation that we have value in other people's eyes. Gratitude also buffers us from envy, resentment and regret, emotions that inhibit happiness.

### Why do people often have trouble being grateful for what they have?

Lots of reasons. Most of us are fortunate to have pretty good lives, so our default reaction might be to take the benefits that come our way for granted. Consumerism and other cultural pressures can foster a sense that we deserve even more than we have. Our desire to see ourselves as self-sufficient makes it difficult to admit that someone else has helped us. And admitting gratitude can create uncomfortable feelings of indebtedness.

### Can we consciously choose to become more grateful and thus happier?

Yes, I do believe it is a choice. Chroni-

cally unhappy people do not greatly differ from happy people in terms of their life circumstances – they just approach life with a different set of attitudes. Unhappy people tend to see themselves as victims of their past, and feel entitled or exaggeratedly deserving when good fortune comes their way. Happy people are thankful that good things happen to them – even though their lives might be no better than those of the unhappy people next door. We cannot always alter the events of our lives, but we can alter our attitudes.

### What, specifically, can we do to become more grateful?

Make an effort to speak about your life using words of gratitude even if you do not feel very grateful. Though it seems counterintuitive, we can become more grateful by forcing ourselves to feign gratefulness that we do not initially feel. Speak in terms of gifts and givers, not regrets and setbacks. Refer to yourself as blessed or fortunate, not deserving or lacking. Say that you live in abundance, not in need. For example, say "I feel so grateful when I can sleep through the night," rather than "Most nights I wake up every few hours." Keeping a gratitude journal also seems to encourage gratefulness. Every day or every week, write down five or more things for which you are grateful. Be specific – "I'm grateful for my spouse" is little more than a cliché, but "I'm grateful that my spouse picked up my dry cleaning this afternoon" reminds us that we are grateful to our partner today for a particular reason. Try not

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to repeat entries – gratitude journals are most effective when we think of new items each day. Incidentally, if you are struggling to get to sleep at night, don't count sheep, count your blessings. Grateful people sleep better and longer than ungrateful people, and wake feeling more refreshed.

### SUNSHINE

I have received a lovely note from Shirley Burtz notifying me that her husband (Warren "Gene" had passed on this past April. They were married for 59 years . Gene was a long time employee at LMSC in Engineering. Our sincere condolences to her and family are extended in spite of the many months in passing.

Robert Fuhrman passed on November 21st, 2009. His obit was very lengthy posted in the Mercury news. Very impressive background. Bob as known to all his friends knew him, retired in 1991 to Pebble Beach where he passed on. To sign Robert's guest book for messages to the family , please log on to the [www.thepaulmortuary.com](http://www.thepaulmortuary.com). A celebration of his life was held on the 6th of December. He leaves his wife Nancy and many children, grandchildren and great and great, great grandchildren. For his 84 years of life, he lived every moment to the fullest. Our condolences go to Nancy and the family.

Old news and lost in the archives.....who knows whose?????? Norm Loop (father of Karen Pallidino) had passed on several months ago. He fought a very brave fight for many years with AHLS. Our late condo-

lences go out to Karen and her family. Norm was very involved with LERA programs for many years, a great contributor of his time on many functions and loving every second of involvement. He was very special.

I wish great holidays for you all, safe ones, healthy ones also, bundles of happiness and family love. A new decade is around the corner....I can remember the total panic when 2000 arrived....and here we are 2010 already.

Remember you can call me or send a e-mail.....I am in the directory!!!!

Joan Brock  
Sunshine

### Lockheed Martin Tests Carbon Nanotube-Based Memory Devices

PALO ALTO, Calif., November 18th, 2009 – A radiation-resistant version of NRAM™ carbon-nanotube-based memory, developed jointly by Lockheed Martin [NYSE: LMT] and Nantero, was tested on a recent Space Shuttle mission. The NRAM™ was incorporated by NASA into special autonomous testing configurations installed into a carrier at the aft end of the payload bay. It was launched into space as part of STS-125, the May 2009 mission of the Space Shuttle Atlantis that successfully serviced the Hubble Space Telescope. The project was managed by Dan Powell, Chief-Nanotechnologist at NASA Goddard Space Flight Center (GSFC).

“Lockheed Martin is a leader in the research, development and applica-

tion of nanotechnology to future government applications,” said Dr. Jim Ryder, vice president and general manager of the Lockheed Martin Advanced Technology Center in Palo Alto. “This demonstration of carbon-nanotube-based semiconductor devices in the rigorous conditions of space is an important step towards a whole new suite of future applications.”

The experiment was a proof-of-concept that enabled the testing of launch and re-entry survivability, as well as basic functionality of the carbon nanotube switches on orbit throughout the shuttle mission. The NRAM™ devices were early prototype parts, and performed the same before, during, and after completion of the mission. This mission represents an important first step in the development of high-density, non-volatile, carbon-nanotube-based memories for spaceflight applications. Lockheed Martin and NASA are working on plans for future NRAM™ flights.

Carbon nanotubes are tiny cylindrical carbon molecules just 1/50,000th the diameter of a human hair that possess unique electrical and structural properties. The word nanotube is, of course, from nanometer (10<sup>-9</sup> meters or approximately 10 carbon atoms) and tubular (the shape of a rolled up sheet of graphene that forms a carbon nanotube). Carbon nanotubes are half the density of aluminum, 50 times stronger than steel, thermally stable in vacuum up to nearly 3,000 degrees Centigrade, efficient conduc-

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tors of heat and may be either metallic or direct bandgap semiconductors.

Thomas Rueckes, Nantero's Co-founder and CTO, said, "We are proud of the success of our NRAM memory devices in even the harshest of conditions, and honored for being selected by NASA for this mission."

Dan Powell of GSFC, said "Carbon nanotubes have tremendous potential for a wide range of future space-based applications, and we couldn't be happier for the success of this experiment."

Lockheed Martin recognizes the critical importance of nanotechnology to its current and future portfolio of products and services. Direct benefits of nanotechnology for government customers could include stronger, lighter and less expensive materials; more capable systems; and enhanced personal protection for military and first responders. Through partnerships with small businesses and universities, Lockheed Martin is leveraging its own investment in nanotechnology to develop innovative solutions for the most demanding technological challenges. Lockheed Martin Nanosystems is a business unit of Lockheed Martin Space Systems Company.

## TRAVEL

Travel Chairman Vern De Vincenzi  
916-408-4852 cell 408-348-4629

For additional information call Talbot

Tours: 800-662-9933

**DECEMBER 30, 2009 TO JANUARY 3, 2010** in sunny Arizona for a New Years Eve party at the Carefree Resort and Villa for four nights. This gala

event is through Talbot Tours. For reservations call Talbot tours.

### **AUGUST 16 TO 24, 2010. PARIS TO NORMANDY BEACHES** by Riverboat.

Begin your trip with an overnight stay aboard the riverboat. Paris nightlife is available to you for tonight. We will have a guided tour of Paris the City of lights and the evening is free. Cruising the River Seine, passing through suburban Paris we arrive at Conflans a quaint river town that has its roots in the 11<sup>th</sup> century and the home of Vincent Van Gogh. The next port of call Vernon, Claude Monet's Gardens and home or tour BIZY Castle.

The following day we are at Rouen the Capital of Upper Normandy. We will have two days to tour the Normandy beaches, American Cemetery and many choices to travel the countryside on your own or take the tours that are of interest to you (so much to see in a short time). On our last day we arrive in Les Adayls where King Richard the Lionheart built the CHATEAU GAILLARD in 1196 a masterpiece of middle ages military architecture. All to soon our delightful trip must come to an end and return home. Price per person dbl occupancy approximately \$3990.00. More details of this trip will be in the next newsletter. This trip will sell out rather quickly and Vern will take preliminary reservations by phone. 408-348-4629 **PLEASE LEAVE A MESSAGE.**

**APRIL 12 —16, 2010. FLY TO LAS VEGAS AND SPEND A COUPLE OF NIGHTS** Enjoy these two days and take your pick at attending a show or two. **AT THE GOLDEN NUGGET.** The Golden

Nugget has spent millions of dollars in upgrades and is a great hotel. We do not have all the details as yet but will be available at our presentation of these two trips.

The presentation will be held at HO-BEE'S restaurant in Sunnyvale at 10:00 AM January 22, 2010.

## **Stay Mentally Fit Using Mental-robics™**

You exercise your body to stay physically in shape, so why shouldn't you exercise your brain to stay mentally fit? Learn how to flex your mind, improve your creativity and boost your memory. Try to do some mentalrobics every single day!

The phrase "A picture is worth a thousand words" means that you can describe something by producing a picture rather than using a bunch of words.

There is some research evidence that visual images are remembered differently than verbal material in the mind. In many research tests, the mind has been shown to have a much larger memory for pictures than words.

This fact is an important reason why many mnemonics rely on making mental visualizations. Since images are easier to recall, practice using a visualization of a word will help you remember it better. Additionally, visualizing a word will encode it into your visual memory as well as your verbal memory, which doubles your chances of keeping it in your brain.

## Activity Calendar

1. **LMMAR Executive Board Meeting.** First Monday of each month unless holiday conflict, then second Monday. 9:30 a.m. **Note Change:** Bldg. 157-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. Bldg157-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. **December Luncheon, "Holiday Dine & Dance Extravaganza"** . Friday, December 18, 2009. Michael's Shoreline Restaurant in Mountain View. \$24.00 per person. Holiday Table decorations, "Live" Music: Dr. Margie Baker, plus door prizes. RSVP by Monday, December 14, 2009. For further information contact Carolyn Hobbs, (408) 248-3348 or Lucille Wilson, (408) 225-9566. **This is our Big Event! Sign-up early! See flier.**

LMMAR NEWSLETTER

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