



Lockheed Martin Management Association Retirees Newsletter

Looking Forward Towards A Wonderful Retiree Future!

FEBRUARY 2011

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President's Message

Greetings! LMMAR continues to cruise forward. Our role model LMMAR Executive Board Of Director's identified plan, organize, lead, and control schedule is being followed as intended. Our Treasury Funds are being closely monitored. We have maintained a positive balance each month to date. To stay successful, we must always be looking critically at everything we do. We continually look for improvements. We cannot become complacent. We must always work towards being successful. As an example, an organization can go into decline not only by continuing to do old familiar things, but by continuing to do the very things that made them successful. It has happened to some of the greatest Companies, GM and Sears to name two.

Jerry Vaughan Our LMMAR Treasurer

Jerry has volunteered and served as our LMMAR Treasurer for 10 years. He has volunteered as LMMAR Assistant Secretary, 1998-1999 and managed LMMAR Luncheons, 2006-2007. He was born and raised in Oklahoma. Jerry's military experience included being in Korea with the 45th Infantry Division. He acquired a BA in Liberal Arts at Oklahoma University, Norman Oklahoma. Jerry married his wife Christa in 1953. He was employed at Boeing Wichita for 10 years, and LMSC for 28 years. While employed, he developed, maintained, and coordinated business computing systems, and held technical and management assignments. Jerry retired September 1992. In humor Jerry says, "I matched the profile for undesirables and took the SIRP." His interests are duplicate bridge, reading, classical music, and travel.



As LMMAR Treasurer, Jerry has dedicated many hours of his own time keeping accurate records, receiving and depositing funds, paying our debts, and keeping the Board of Directors informed with superb detailed monthly Financial Reports. He has supplied the Board of Directors detailed data to meet scheduled yearly Financial Audit requirements for 10 years successfully. He also arranges refreshments for the LMMAR Executive Board Of Directors Monthly Meetings and LMMAR Monthly Newsletter Mailing Volunteers. Jerry is active with the LMMAR Bridge Card Group. He has been the cornerstone of LMMAR. Jerry's skill, talent, wisdom and commitment have made LMMAR successful as we are.

Accolades go to Jerry for his devoted work as our LMMAR Treasurer.

The next LMMAR Officer term of Office will begin July 1, 2011. We are looking for you, those that are interested in holding the position of President and Secretary. LMMAR needs your leadership and bright ideas to come out and soar LMMAR to new heights. This is your opportunity to make your dreams

a living legacy. Why would you not do it? Email or call me. Thank you.

Don't miss our LMMAR St. Patrick's Day Luncheon on 3/4/11 at Michael's At Shoreline Restaurant. Live Irish Entertainment. This will be fun! See

(Continued on page 2)

(PRESIDENT'S MESSAGE)

Flier.

Be Happy!

Ken Koga
President

kkoga04@sbcglobal.net

MEMBERSHIP

New Member:

KAREN STAYROOK
8802 GRAPE WAGON CIR
SAN JOSE, CA 95135
Ph: (408) 622-5539

Directory Updates:

Due to budget concerns, we will be publishing only updates to the Directory this year.

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

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 re-

laxation 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

APRIL 11-14, 2011 Catalina Island Adventure. Fly to Los Angeles and transfer to the pier to board the Catalina Express for the one hour trip to the Island. You will be met at the pier and escorted to your accommodations at the Pavilion Lodge. Choose from the many activities that are available as follows; Skyline Drive Tour, Glass bottom Boat Cruise, Casino walking tour, Zipline, Eco tour and Golf Green fees. Price per person = \$950.00 double, \$1330.00 single. Included 3 continental breakfasts, Wine tasting with cheese daily all taxes and gratuities. Home pick up and transfers to and from a local airport. Brochures are available

JULY 13-24, 2011 Alaska Land and Cruise. Fly to Juneau, Alaska and enjoy the following; 2 nights in Anchorage, 2 nights in Denali land trip meals are 4 breakfasts, 1 lunch, 1 Dinner and 1 Dinner show. Alaska railroad between Anchorage and Denali, Anchorage to Seward where you will board the Holland America Zaandam. Inclusive in this trip are Driver, Guide and shipboard Staff gratuities. Prices for cabins start at \$3590.00 per person. Call Talbot tours for additional information. 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

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
For brochures call Vern at 408-348-4629.

BRIDGE

The bridge group move into our plush new digs at the Palo Alto ELKS LODGE on January 6th as expected. The games have gone well as expected, but we would like to have more players come out and join us on a weekly or bi-weekly basis. The results for the month of January are as follows:

Jan 4, 2011 Individual Duplicate (10)

(Continued on page 3)

1st pl - Dan Sloan; 2nd pl - Angie Schynert; 3rd pl - Roger Newkirk; 4th pl - Ken Krug

Jan 6, 2011 Pairs Duplicate (6)

1st pl - Chet Hayes & Ted Hinshaw;
2nd pl - Doug Gordon & Jerry Vaughan

Jan 11, 2011 Individual Duplicate (9)

1st pl - Ted Hinshaw; 2nd pl - Chuck Schmidt; 3rd pl - Roger Abegg; 4th pl - Dave Himmelblau

Jan 13, 2011 Pairs Duplicate (4)

Tied for 1st pl - Ken Krug & Angie Schynert, Doug Gordon & Jerry Vaughan, and Gary Bea & Chuck Schmidt

Jan 18, 2011 Individual Duplicate (8)

1st pl - Chuck Schmidt; 2nd pl - Dave Himmelblau; 3rd pl - Ted Hinshaw

Jan 20, 2011 Pairs Duplicate (5)

1st pl - Chet Hayes & Ted Hinshaw;
2nd pl - Doug Gordon & Jerry Vaughan

Jan 25, 2011 Pairs Duplicate (5)

1st pl - Chet Hayes & Ted Hinshaw;
2nd pl - Gary Bea & Chuck Schmidt

Jan 27, 2011 Pairs Duplicate (5)

1st pl - Gary Bea & Chuck Schmidt;
2nd pl - Doug Gordon & Jerry Vaughan

Ken Krug

Lockheed Martin Declares First Quarter 2011 Dividend of \$0.75

BETHESDA, Md. , January 27th, 2011 - Lockheed Martin Corporation [NYSE: LMT] today announced that its Board

of Directors has authorized a first quarter 2011 dividend of \$0.75 per share. The dividend is payable on Mar. 25, 2011 to holders of record as of the close of business on Mar. 1, 2011.

Social Security Changes Coming in 2011

Provided by U.S. News & World Report by Emily Brandon
Tuesday, January 18, 2011

The Social Security program will be tweaked in several important ways in 2011. Workers will get a temporary tax break on the amount they pay into the entitlement program, and several claiming options for retirees will be eliminated. Here's a look at how the Social Security program will change this year.

Lower Social Security taxes. The amount workers pay into the Social Security trust fund will temporarily drop from 6.2 percent of taxable wages up to \$106,800 annually to 4.2 percent in 2011 only. For self-employed workers, the Social Security tax rate will drop from 12.4 percent to 10.4 percent next year, due to provisions of the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010, signed by President Obama on December 17. Employers will continue to pay 6.2 percent of wages into the entitlement program.

The Social Security system's finances are not expected to be harmed because the trust fund will be reimbursed for the full amount of the tax

break from the general fund of the Treasury. However, this change also means that the Social Security trust fund will no longer be completely funded directly by citizen contributions. "This pretty much ends the claim that Social Security is self-financing or that it doesn't contribute to the budget deficit," says Andrew Biggs, a resident scholar at the American Enterprise Institute and a former deputy commissioner of the Social Security Administration.

Free loan option eliminated. Retirees will no longer be able to get an interest-free loan from the Social Security trust fund this year. The Social Security Administration announced in December 2010 that individuals will not be able to begin payments at age 62, pay back all the benefits received at age 70 without interest, and then reclaim at a higher rate due to delayed claiming. Under the new rules, Social Security beneficiaries may withdraw an application for retirement benefits only within 12 months of their first Social Security payment and are limited to one withdrawal per lifetime. "This free loan costs the Social Security trust fund the use of money during the period the beneficiary is receiving benefits with the intent of later withdrawing the application and the interest earned on these funds," says the Social Security Administration in a statement about the rule change. The Center for Retirement Research at Boston College calculated that mass utilization of this claiming strategy could cost the system between \$5.5 billion and \$11 billion, primarily going

to high-income households with enough liquid assets to pay back the benefits.

Retroactive benefit suspensions discontinued. Retirees will still be allowed to temporarily suspend their benefits and restart them later, which can result in bigger Social Security checks to account for the months or years in which payment was not received. However, beneficiaries will not be able to retroactively suspend benefits and pay back money already received in exchange for higher payments going forward. Retirees will be allowed to voluntarily suspend benefits only for months in which they did not receive payments or future benefits beginning the month after the request is made.

Paper checks retired. Retirees who apply for Social Security benefits on or after May 1, 2011, will no longer have the option of receiving a paper check in the mail. Seniors can have their entitlement payments directly deposited into a bank or credit union account or loaded onto a prepaid Direct Express Debit MasterCard. "This important change will provide significant savings to American taxpayers who will no longer incur the annual \$120 million price tag associated with paper checks and will save Social Security \$1 billion over the next 10 years," says Richard Gregg, Treasury Fiscal Assistant Secretary. Retirees already receiving paper checks will need to switch to direct deposit or the prepaid debit card by March 1, 2013.

BRAIN BOOSTERS

David Grotto, RD, LDN

Nutrition Housecall, LLC

We all know to eat a healthy diet, but some brain-boosting foods may surprise you.

Chewing gum. OK, it's not exactly a food, but it's more than just something to keep your mouth occupied. Researchers at Northwestern University found that people who chew gum have increased blood flow to the brain – and a corresponding increase in cognitive performance. People who chew gum also report a reduction in stress, which protects brain cells from stress-related hormones. **Recommended:** Chew gum when you are stressed or have challenging mental work to do. Opt for sugarless.

Frozen berries. Raspberries, blueberries and strawberries are among the best sources of brain-protecting antioxidants. Researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University found that animals given blueberries showed virtually no evidence in the brain of the cell-damaging effects of free radicals – and they did better on cognitive tests. Frozen berries typically contain more antioxidants than fresh berries because they're picked and processed at the peak of ripeness. **Recommended:** One-and-a-half cups of frozen or fresh berries at least two to three times a week. Darker berries contain the most antioxidants.

Turmeric. It's one of the most potent anti-inflammatory spices. People

who eat turmeric several times a week can have significant drops in *C-reactive protein*, a substance that indicates inflammation in the brain and other tissues. A study that looked at more than 1,000 participants (average age 68.9) found that those who often or occasionally ate turmeric performed better on mental-status evaluations than those who rarely or never ate it. **Recommended:** Add at least one-quarter teaspoon of turmeric to recipes several times a week. (Turmeric is one of the spices in curry.)

Hazelnuts. These contain the highest concentration of folate of all the tree nuts (including walnuts, almonds and pecans). Low levels of folate have been associated with poor cognition and depression. Other foods rich in folate include spinach, beans, oranges, avocados and wheat germ. **Recommended:** A handful of hazelnuts several times a week.

Cilantro. This herb, also known as coriander and Chinese parsley, has long been used in Iranian folk medicine for stress relief. Stress has been linked to a speeding up of the aging process of the brain. Modern research also has revealed the benefits of cilantro – an animal study demonstrated that cilantro eased stress. **Recommended:** One tablespoon of fresh cilantro several times a week. It's often used in salsa and guacamole and to top tacos, chili, stews and soups.

THREE "GOOD" VICES

You may have heard that certain "bad foods," such as coffee, red wine and chocolate, are good for the heart.

They also are good for the brain...

Coffee. A Finnish study of more than 1,400 participants found that regular coffee drinkers were less likely to develop dementia than those who didn't drink coffee. Those who drank moderate amounts of coffee in midlife (three to five cups daily) had the lowest risk, probably because the antioxidants in coffee inhibit age-related brain damage.

The caffeine in coffee – a five-ounce serving of coffee typically contains 30 milligrams (mg) to 150 mg, depending on how it is prepared – also improves mental abilities. Studies of university students have shown that when students drink coffee before a test, they score higher than when they abstain. **Recommended:** One to three cups daily. If coffee gives you the jitters, try green tea, which also is good for the brain but has slightly less caffeine.

Red wine. Red wine contains *resveratrol*, a polyphenol, that helps prevent inflammation and oxidation of brain tissue. People who drink moderate amounts of red wine have lower risks for stroke and dementia. Laboratory studies indicate that red wine can reduce the accumulation of beta-amyloid, the substance found in the brains of Alzheimer's patients. (In a healthy brain, *beta-amyloid* is broken down and eliminated.) White wine also contains polyphenols but in lower concentrations than reds. **Recommended:** Up to two glasses of wine daily for men and one glass daily for women. Moderation is important because too much alcohol has been

linked to *increased* risk for dementia. **Alcohol-free option:** Concord grape juice. Some studies suggest that it may be just as healthy as red wine when it comes to improvement in cognitive skills. Aim for one cup a day.

Chocolate. The cocoa flavonols in chocolate inhibit free radicals. Flavonols also relax the linings of blood vessels. This helps reduce high blood pressure, a leading cause of dementia. One study, conducted at Brigham and Women's Hospital in Boston, found that participants who drank one cup of high-flavonol cocoa daily had, after two weeks, an average increase in brain circulation of about one-third. Chocolates with a high percentage of cocoa don't necessarily have a high concentration of flavonols – processing techniques can destroy the protective compounds. **Recommended:** Look for products that advertise a high flavonol content on the label (60% to 85%). One ounce is enough to get the benefits without unnecessary sugar and calories.

DON'T FORGET FISH

You probably have heard that fish is "brain food," but we couldn't do a brain-boosting article without mentioning it. A study of 3,660 adults age 65 and older found that those who ate omega-3-rich fish three times a week or more were 25% less likely to have silent *infarcts*, blockages in blood vessels that can cause dementia.

Bottom Line/Personal interviewed David Grotto, RD, LDN, registered dietitian and founder and president of Nutrition Housecall, LLC, a consulting firm that provides nutrition communications, lecturing and consulting services along with personalized,

at-home dietary services, Chicago. He is advisory board chair for the Produce for Kids and PBS Kids health initiatives and author of *101 Optimal Life Foods* (Bantam).

Even "Third-Hand Smoke" is Dangerous to Children

Jonathan Winickoff, MD, MPH

Harvard Medical School

There are at least 250 poisonous gases, chemicals and metals in cigarette smoke, and they can cling to the hair and clothing of people who don't smoke themselves but spend time among smokers. Young children (and adults, including at-risk adults, such as those with asthma, heart disease or COPD) may be exposed to these toxins when they are near people who smoke or who have spent time with smokers.

Bottom Line/Personal interviewed Jonathan Winickoff, MD, MPH, associate professor of pediatrics, Harvard Medical School and MassGeneral Hospital for Children, both in Boston.

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February 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. Sunnyvale Elks. 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. **Join the Fun! St. Patrick's Day Luncheon.** Live Entertainment. Friday, March 4, 2011, 11:30 am, \$24 per person, 2960 N. Shoreline Blvd, Mountain View, Ca, Contact Carolyn Hobbs (408) 248-3348 or Lucille Wilson (408) 225-9566. RSVP by 2/28/11. See Flier.

LMMAR NEWSLETTER

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