



Lockheed Martin Management Association Retirees Newsletter

Looking Forward Towards A Wonderful Retiree Future!

JUNE 2010

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PRESIDENT'S MESSAGE

Summer is here! ...I think. We have had some lingering cool rainy weather. Let's look forward to the warm summer sunshine months. July 1, 2010 starts the second half of our 2009-2011 LMMAR Administrative fiscal two Year term. Also, it is time to submit your Annual LMMAR Membership Dues. I ask that you help us by promptly submitting your Annual LMMAR Dues. Collecting and monitoring the unpaid dues is a big task for us. Remember, we are all volunteers. It is important that we have an accurate budget to plan our activities. The Budget and Activity Plans are the first order of business for the second half of our LMMAR Administration.

(Continued on page 2) PRESIDENT'S MESSAGE

LMMAR MEMBERSHIP DUES TIME



Happy New Year! Let's welcome the LMMAR Fiscal New Year! The LMMAR fiscal new year 2010-2011 starts July 1, 2010. If you wish to maintain your membership, please complete and send in the form, "LMMAR MEMBERSHIP DUES" and include with your check for \$15 (or multiples thereof for additional years). Send to address: Norman Dhom, LMMAR Membership Chairman, LMMAR P.O. Box 3847, Los Altos, CA 94024. Please send us your Membership Dues promptly. If we have not received your Membership Form and Check by end of November 2010, you will not be included in the Annual LMMAR Membership Directory. Please include any changes on the form. If you decline to renew your membership, check box on form and return. Please enter your name on form.

We are sensitive to the unfortunate circumstances that some of our members have passed away. In such cases we continue to mail the Monthly Newsletter for the remainder of the paid fiscal year. If the addressee has passed away, please make note of the circumstance on form and return it. In such cases the **surviving spouse** may maintain membership by continuing membership.

How can you tell if you owe dues? Look on the mailing label of the Newsletter. You will see an item above your name to the far right. E.g. P09/10

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(Continued from page 1) DUES

means "Paid for July 09 to June 10 and is now **DUE**. If you have paid for more than one year, you might see P10/11, which is paid through June 2011. We have received several "Thank You" notes during the past year, they are all appreciated.

Newsletter Sunshine information: Please send us information about retirees who have passed away.

Let's all look forward to another fun and exciting year!

Norman Dhom LMMAR Membership Chairman

(Continued from page 1) PRESIDENT'S MESSAGE

I encourage you to continue promoting LMMAR to prospective new members. We are aware that there are many LM Retirees that are not aware of LMMAR. There are LM Retirees that do not know that they do not know of LMMAR, and LM retirees that do not know of LMMAR yet. Let's let all LM Retirees know about and join LMMAR!

Last month I suggested being aware of eating healthier. I visited a local Farmer's Market, ...WOW! The taste and quality of eating local fresh fruits and vegetables is fantastic. I also enjoy the outdoor open market experience, and meeting and talking with the friendly farmers and other shoppers. Live music is provided to enhance the experience. I met a representative of the Pacific Coast Farmer's Market Association who coordinates the event. All of the farmers are certified and monitored for their quality of fruits and vegetables. They also provide education for healthier eating. There is no comparison to the "fresh?" fruits and vegetables the grocery stores are selling. I look forward

to going to the local Farmer's Market every week. Look for a local Farmer's Market near you, ENJOY EATING FRESH! Exercise, it is easier to exercise when you are happy; a good exercise makes you happy!

Where is the most important place for you to be right now? ...It is where ever you are this minute! Enjoy your life now and every day! If you look at yourself as a non-fiction book, hopefully not a fiction book, you know your start, you are living the middle, and don't know the end. Make your life a wonderful, romantic, compassionate, spiritual, exciting, responsible, and fulfilling real story. Be happy and healthy every day!

I hope to meet you at our LMMAR "European Fête " Luncheon Party, Friday, June 25, 2010, at Michael's At Shoreline Restaurant, 2960 N. Shoreline Blvd, Mountain View, Ca. This will be a fun time. See Flier.

Be Happy!

Ken Koga
President
kkoga04@sbcglobal.net

MEMBERSHIP

Monthly Winner:

LILIAN MORGAN

New Members:

TIMOTHY F. FELLEMAN
5277 RIO LOBO DR
SAN JOSE, CA 95136-3357
PH: (408) 578-0519

HAROLD FRANKS
862 SPOTTED PONY LN
ROCKLIN, CA 95765-5467
PH: (916) 408-7151

ABBAS SALIM
33857 JULIET CIR
FREMONT, CA 94555-34533
Spouse: ZUBEDA

Changes:

CHUCK DOUBLEDAY
Ph: (408) 723-4150

Membership Dues Are Now Due For The July 10 To June 11 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

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

(Continued on page 3)

We begin our trip with an overnight stay aboard the riverboat. We will start with a guided tour of Paris, the City of Light. This evening enjoy your free time to tour this fabulous City. The following morning we cruise the River Seine, pass through suburban Paris then arrive at Conflans a quaint river town that has its roots in the 11th Century and was the home of Vincent Van Gogh. The next port of call is Vernon, Claude Monet's Gardens and home in Giverny or a visit of Bizy Castle with its magnificent courtyard. The following day we are at Rouen, for a morning tour of the Capital of Upper Normandy. We will have 1 1/2 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. 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 too soon our delightful trip must come to an end, and we fly home. Pricing per person dbl. occ. at \$3990.00 dependant upon cabin selection. Brochures are available

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.

BRIDGE

May 4, 2010 individual duplicate - 1st place – Alex Fucile, 2nd place – Jorge Rodrigues, 3rd place – Ken Krug, and 4th place – Angie Schynert.

May 6, 2010 pairs duplicate - 1st place – Ken Christie & Tom Counihan; 2nd place – Doug Gordon & John Parker, and 3rd place – (tie) Caesar Grolemond & Bob Vigeant and Gary Bea & Chuck Schmidt

May 11, 2010 individual duplicate - 1st place – Dan Sloan, 2nd place - Angie Schynert, and 3rd place – (tie) Ken Krug and Glenda Murray

May 13, 2010 pairs duplicate 1st place – Gary Bea & Chuck Schmidt, 2nd place – Tom Counihan & Jerry Vaughan, and 3rd place – Ken Krug & Angie Schynert.

May 18, 2010 individual duplicate - 1st place – Ted Hinshaw, 2nd place – Ken Krug, 3rd place – Angie Schynert, and 4th place – Glenda Murray

May 20, 2010 pairs duplicate - 1st place – Roger Abegg & Dan Sloan; 2nd place – Gary Bea & Chuck Schmidt; and 3rd place – Ken Christie & Ted Hinshaw.

May 25, 2010 pairs duplicate - 1st place – Ken Krug & Angie Schynert and 2nd place – Chet Hayes & Ted Hinshaw

May 27, 2010 pairs duplicate -
1st place – Tom Counihan & Jerry
Vaughan, 2nd place – (tie) Ken Christie
& Doug Gordon and Chet Hayes & Ted
Hinshaw, and 4th place - Roger Abegg
& Dan Sloan.

SUNSHINE

I received word of the passing of
James Harshman of Cupertino. He
passed on the 19th of May. James
had a 43 year career with LMSC as a
Research Engineer. He retired from
the Air Force and the reserves after a
23 year tenure as a Major. James is
survived by his wife Marilyn, 5 chil-
dren, 13 grandchildren and 13 great
grandchildren and a sister.

Sincere condolences are extended to
the family.

I also received word that Gloria
Wetsch of Sunnyvale had passed
away in March. Gloria is survived by 4
children, several grandchildren and
great grandchildren. She will be
missed by her family and LMMAR.
She was a appreciated volunteer in
LMMAR activities. Our sincere condo-
lences to her family.

Hope your holiday weekend was good
to you and that good health was in
it's presence everyday!

Joanie Brock

LMMAR
P.O. Box 3504
Sunnyvale CA 94800
Phone 408 742 7506
Web Site lmmar.net

THANK YOU

Gentlemen,

Thank you so much for the \$50.00
from your May 2010 drawing. We
have a no-kill animal shelter here in
our valley in Nevada that I support
whole heartedly and this should help
keep this wonderful shelter going and
doing their wonderful deeds for our
four footed friends.

Sincerely,
Jeanette L. Brindos

Dear LMMAR,

Your \$50 was a pleasant surprise. A
big THANKS! I will use it for a pleasant
dinner at a local restaurant and a
movie. Will also donate part of this
gift to help feed the hungry in the
Santa Clara area. Thank you very
much!

Sincerely,
Don Wigginton

PRESS RELEASE

Lockheed Martin Delivers First U.S. Air Force Ad- vanced EHF Satellite

New-Generation Protected Military
Communications Satellite Scheduled
to Launch July 2010

SUNNYVALE, Calif., May 25th, 2010 –
Lockheed Martin [NYSE: LMT] has de-
livered the first satellite in the Ad-
vanced Extremely High Frequency
(AEHF) program to Cape Canaveral Air
Force Station, Fla., where it will be
prepared for a July 30 liftoff aboard
an Atlas V launch vehicle. The AEHF
system will provide the U.S. military

and national leaders with global, pro-
tected, high capacity and secure com-
munications.

“Shipment of the first AEHF satellite is
testimony to a strong government and
industry partnership focused on
achieving total mission success on
this vitally important program,” said
Col. Michael Sarchet, commander of
the Protected Satellite Communica-
tions Group at the U.S. Air Force’s
Space and Missile Systems Center.
“AEHF will play an integral role in our
national security space architecture,
and we look forward to providing this
new capability to the warfighter.”

The AEHF system is the successor to
the five-satellite Milstar constellation
and will provide significantly improved
global, highly secure, protected, sur-
vivable communications for all war-
fighters serving U.S. national security.
The governments of Canada, The
Netherlands, and the United Kingdom
participate in the AEHF program as
international partners and will have
access to the communications capa-
bility of AEHF.

A single AEHF satellite will provide
greater total capacity than the entire
Milstar constellation currently on-orbit.
Individual user data rates can be up to
five times higher than Milstar’s high-
est speed. The faster data rates will
permit transmission of tactical mili-
tary communications, such as high-
quality real-time video and quick ac-
cess to battlefield maps and targeting
data.

“Lockheed Martin is extremely proud
of this significant program milestone,”

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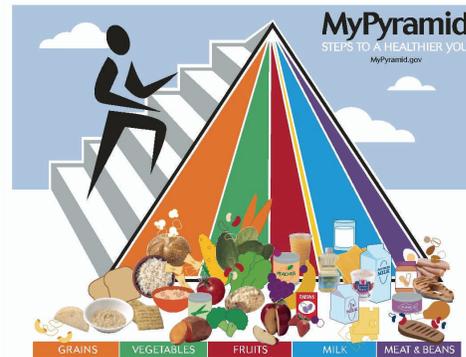
said Mike Davis, Lockheed Martin's AEHF vice president. "This satellite will provide substantially improved protected communications capabilities for the warfighter, and we look forward to achieving mission success for our customer."

The second AEHF spacecraft (SV-2) has completed Final Integrated System Test which verified all spacecraft interfaces, demonstrated full functionality and evaluated satellite performance and is now preparing for Intersegment testing to ensure the spacecraft is ready for flight. The third AEHF satellite, SV-3, has completed acoustic testing, one of several critical environmental tests that validate the overall satellite design, quality of workmanship and survivability during space vehicle launching and on-orbit operations. SV-2 and SV-3 are on track for launch readiness in 2011.

The AEHF team is led by the U.S. Air Force Military Satellite Communications Systems Wing at the Space and Missile Systems Center, Los Angeles Air Force Base, Calif. Lockheed Martin Space Systems Company, Sunnyvale, Calif., is the AEHF prime contractor and system manager, with Northrop Grumman Aerospace Systems, Redondo Beach, Calif., as the payload provider.

"Assured communications for our military services is absolutely essential wherever they may be deployed," said Stuart Linsky, vice president, Satellite Communications, for Northrop Grumman. "Capabilities provided by AEHF will give more warfighters access to the protected communications they need."

MyPyramid - - Getting Started



USDA has released the MyPyramid food guidance system (www.mypyramid.gov). Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. Below is information that can help you.

MyPyramid Plan—Help consumers find the kinds and amounts of foods they should eat each day at MyPyramid.gov.

When they enter their age, gender, and activity level, they get their own plan at an appropriate calorie level.

The food plan includes specific daily amounts from each food group and a limit for discretionary calories (fats, added sugars, alcohol). Their food plan is one of the 12 calorie levels of the food intake patterns from the Dietary Guidelines.

They can print out a personalized miniposter of their plan, and a worksheet to help them track their progress and choose goals for tomorrow and the future.

www.mypyramid.gov/professionals/food_tracking_wksht.html

Inside The Pyramid—Point consumers to the in depth information about each food group, discretionary calories, and physical activity on the website at "Inside the Pyramid."

www.mypyramid.gov/pyramid/index.html

MyPyramid Tracker— For consumers who want a detailed assessment and analysis of their current eating and physical activity habits, have them try MyPyramid Tracker

(www.mypyramidtracker.gov/).

June 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. **NASCAR Sprint Cup Series – Sunday, June 20th.** Come out and enjoy a great day in Sonoma hearing and seeing the worlds drivers compete in the Toyota – Savemart 350 at Infineon Raceway. Infineon 29355 Arnold Drive Sonoma, CA 95476 www.infineonraceway.com/

Contact: Rob Giacomi at robert.w.giacomi@lmco.com or 408-742-8547 to get involved. Meet Jimmie Johnson 4-Pack \$195.00, Jeff Gordon \$24 Special \$119.00 or Reserved Sunday Only \$85.00. You will need to provide your own transportation
9. **LMMAR "European Fête" Luncheon.** Friday, June 25, 2010, 11:30 a.m, Michael's At Shoreline Restaurant, 2960 N. Shoreline Blvd, Mountain View, Ca. \$24 per person. The popular Tibor Horvath (violin) and Yelena Savchenko (piano) will be entertaining us with Czardas Gypsy music and many romantic strolling violin songs. Come and have fun socializing and meeting old and new friends. *RSVP* Carolyn Hobbs, (408) 248-3348 or Lucille Wilson, (408) 225-9566. See flier.
10. **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](mailto:ps.voshall@lmco.com) via email by 31 August 2010.

LMMAR NEWSLETTER

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