



Lockheed Martin Management Association Retirees Newsletter

Looking Forward Towards A Wonderful Retiree Future!

JUNE 2011

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PRESIDENT'S MESSAGE

Thank You! ...Thank You! ...Thank You!

My term of Office as LMMAR President concludes on June 30, 2011. I had the privilege to serve as LMMAR President for two consecutive two year terms, 2007-2009 and 2009-2011. A little history, during my LM employment years I was President of the Bay Area Management Association Chapter of the National Management Association for two separate terms. My NMA Supervisory and Management Skills Program training helped apply my leadership methods. I retired on April 1, 2007 and was immediately approached to consider serving as LMMAR President. My ex-

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THANK YOU! OUT GOING LMMAR EXECUTIVE BOARD OF DIRECTORS.

The 2009-2011 LMMAR Executive Board Of Directors, two year term of office ends on June 30, 2011. We appreciate the volunteer time, service, and dedication of our hard working LMMAR Executive Board Of Directors. We cannot overstate our appreciation to the successful LMMAR Executive Board Of Directors!

President	Ken Koga
Vice President	Hal Boddy
Secretary	Sheldon Schwartz
Treasurer	Jerry Vaughan
Assistant Treasurer	Bill Hammerlund
Newsletter Editor	Carl Roberts
Programs	Carolyn Hobbs
Assistant Programs	Lucille Wilson
Membership	Norm Dhom
Sunshine	Joan Brock
Travel	Vern De Vincenzi
Assistant Travel	Janet Hammerlund
Historian, Photographer	Bill Hammerlund
LMMAR Sacramento Area:	
Area Director	Vern De Vincenzi
Asst. Area Director	Emmett Taft

Community-Communications	Randy Rasmussen
Liaison To LMMAR, Photographer	P.J. Carlson
Activities Chair	Vern De Vincenzi and Irene Douglas

LMMAR Executive Advisor:

Vice President and Chief Engineer, Lockheed Martin Space Systems Company	John Kowalchik
Executive Vice President Operations/Chief Operating Officer, Star One Credit Union	Carol Safberg

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perience as LMMAR President was successful due the "Role Model" LMMAR Executive Board Of Directors, the supportive LMMAR Membership, the LM NMA Leadership Association Chapter, and LMMAR Executive Advisors John Kowalchik, Vice President and Chief Engineer, Lockheed Martin Space Systems Company and Carol Safberg, Executive Vice President Operations/Chief Operating Officer, Star One Credit Union. This was an experience I will always remember. I will be looking forward to the "Wonderful Retirement Life" of enjoying traveling, meeting nice people, and experiencing new adventures!

I will miss you, the business and social friends that made my presidential journey a pleasant and successful experience. I hope to continue our friendship. Feel free to contact me even just to say "Hello!".

We are saddened of the passing of Christa Vaughan, wife of

our LMMAR Treasurer Jerry Vaughan. Our condolences to Jerry and his family.

I hope to see you at our popular LMMAR Luncheon, "Aloha Hawaii" on Friday, 6/17/11 at Michael's At Shoreline Restaurant. Get in the island spirit! Signup early, this will be a fun event! ...I will see you there! See Activity Calendar or Flier.

Always remember, **Be Happy!**

Ken Koga
 President
 (408) 946-7292
 kkoga04@sbcglobal.net

MEMBERS

New Members:

BRUCE LAWSON
 10923 NORTHFIELD SQ
 CUPERTINO, CA 95014-0515
 Sp: PEARL
 Ph: (408) 996-8409

ASHVIN L JOSHI
 455 TERRACE DR
 SAN JOSE, CA 95112-1754
 PATRICIA A
 Ph: (408) 768-9448

Changes:

WALTER EPPLER
 14500 FRUITVALE AVE UNIT 4221
 SARATOGA, CA 95070-6193

LMMAR MEMBERSHIP DUES TIME

For The July 11 To June 12 Year.

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: LMMAR P.O. Box 3847, Los Altos, CA 94024. If we have not received your Membership Form and Check by end of November 2011, you will not be included in the Annual LMMAR Membership Directory. Please include and note 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 circumstance 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,

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please make note of the circumstance on form and return it. In such cases the **surviving spouse** may maintain membership by continuing to pay annual dues.

How can you tell if you owe dues you ask? Look on the mailing label of the Newsletter. You will see an item above your name to the far right. E.g. P10/11 means "Paid for July 10 to June 11 and is now **DUE**. If you have paid for more than one year, you might see P11/12, which is paid through June 2012. 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.

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

2011-2013 LMMAR Officer Openings

July 1, 2011 starts the new 2011-2013 two year term of Office. We have four important LMMAR Officer positions open: President, Secretary, Newsletter Editor and Web Master. This is an opportunity to share your ideas, promote fellowship and support

for fellow retirees. Please email or call me.

Ken Koga
kkoga04@sbcglobal.net
(408) 946-7292

SUNSHINE

It is with great sadness to hear of the death of Christa Vaughn, wife of our Jerry Vaughn who is so much a part of LMMAR.

Our Sincere Condolences are extended to Jerry and the family. Jerry and his wife were married some 58 years. He has the love and support of their son and 3 daughters, nine grandchildren and 5 great- grandchildren.

Ken Krug's passing was also a great loss to LMMAR.

Ken was a long time mainstay for LMMAR's Bridge Club and has been greatly missed. He and his wife had recently celebrated 61 years of marriage before his passing. He is survived by his wife Virginia, two sons and a daughter, 6 grandchildren and soon to be 7 great- grandchildren. condolences has been sent to the family.

Please be patient with my not responding to death notices immediately. We have had unusual interference with our Internet Server, virus and what ever comes up to making e-mail response difficult. I do appreciate your inputs and notices and try to get back with you with appreciation. Remember, that we only state In "Memorial" if the deceased person was not a member of LMMAR.

Word was received that Harold (Harry) Zimmer passed in April 2011. Harry was a member of the Toastmasters and a prior LMMAR member. He is survived by his wife of 61 years, Burdiene, 3 sons and 2 daughters. Condolences are extended to the family.

Have a warmer, sunnier month of June!
Joan Brock

BRIDGE

May 3, 2011 individual duplicate - 1st place - (tie) Alex Fucile and Dan Sloan; 3rd place - (tie) Ted Hinshaw and Angie Schynert.

May 5, 2011 pairs duplicate - 1st place - John Parker & Tony Zadel, 2nd place - Gary Bea & Chuck Schmidt, and 3rd place - Doug Gordon & Ted Hinshaw.

May 10, 2011 individual duplicate - 1st place - Doug Gordon, 2nd place - (tie) Ted Hinshaw and Roger Newkirk, and 4th place - (tie) Chuck Schmidt and Angie Schynert.

May 12, 2011 pairs duplicate - 1st place - Gary Bea & Chuck Schmidt, 2nd place - Doug Gordon & Ted Hinshaw, and 3rd place - Dave Himmelblau & Dan Sloan

May 17, 2011 individual duplicate - 1st place - Ted Hinshaw, 2nd place - Roger Newkirk, 3rd place - Doug Gordon, and 4th place - Dan Sloan

May 19, 2011 pairs duplicate - 1st place - Doug Gordon & Ted Hinshaw, 2nd place - John Parker & Tony Zadel, and 3rd place - Dave Himmelblau & Dan Sloan.

May 24, 2011 pairs duplicate - 1st place - Dave Himmelblau & Dan Sloan; 2nd place - Alex Fucile & Wilma Tringaly.

May 26, 2011 pairs duplicate - 1st place - (tie) Dave Himmelblau & Dan Sloan and Ken Christie & John Parker

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May 31 No Game

Chuck Schmidt

Thank You Star One Credit Union!

Star One Credit Union has graciously donated funds to cover the costs for production of our June 2011 LMMAR Newsletter and a new printer cartridge. We appreciate Star One's thoughtfulness. Support Star One Credit Union!

If You're Starting to Exercise, Expect to be Miserable

Tyler C. Cooper, MD, MPH

We all know that exercise is perhaps the single most beneficial action we can take to protect our health, and millions of people vow each January 1 to start – and stick with – a program of regular physical activity.

So why are two of every three American adults still "sedentary" – meaning they get little or no exercise?

For answers, *Bottom Line/Health* spoke with Tyler C. Cooper, MD, MPH, a preventive medicine physician at the renowned Cooper Aerobics Center in Dallas. This health and wellness organization was founded by his father, Kenneth H. Cooper, MD, MPH, the physician responsible for coining the term "aerobics," who now serves as chairman of the center.

LIVE THREE YEARS LONGER!

Most people who want to start exercising do so because it's "good" for

them. But to stay motivated, you should know exactly why you want to start exercising.

For example, compared with people who exercise regularly, sedentary people are three times more likely to develop metabolic syndrome – a constellation of risk factors including high blood pressure (hypertension), elevated "bad" cholesterol, high blood sugar and obesity. Regular physical activity also has been found to reduce risk for cognitive decline.

And if that doesn't keep you motivated, consider this: People who regularly exercise briskly live an average of three years longer than those who are sedentary. "Briskly" means exercising at an intensity that makes you perspire and breathe a little heavily while still being able to carry on a conversation. This is known as the "talk test."

HOW MUCH EXERCISE?

It's a common misconception that you must exercise daily to achieve significant health benefits.

In a study of 10,000 men and 3,000 women conducted at the Cooper Aerobics Center's clinic, we found that walking just two miles in less than 30 minutes three days a week is all that's needed to achieve a "moderate" level of fitness, which lowers risk for all causes of death and disease.

For a less demanding workout that confers the same benefits, you could walk two miles in 35 minutes four days a week... or walk two miles in 40 minutes five days a week. If you prefer other forms of exercise, such as biking or swimming, use these fre-

quency guidelines, plus the talk test (described above) to achieve a moderate fitness level. By increasing the frequency and/or intensity, you'll achieve even greater health benefits.

HIT THE SIX-WEEK MARK

If you have not exercised regularly in the last six months and/or are overweight (for women, having a waist size of 35 inches or more... for men, 40 inches or more), the basic exercise requirement described above may be too much. You may want to start by walking only to the end of the block for a few days, then gradually increase the distance. Aim for an increase of up to 10% weekly – for example, from 10 minutes per week to 11 minutes the next week and so on.

Helpful: Expect the first few weeks to be miserable – you'll feel some muscle soreness for a while. *Accept it* – but make the commitment to keep going.

Important: If your muscle pain doesn't go away within several weeks, see your doctor to rule out an underlying condition, such as arthritis.

We've found at the Cooper Aerobics Center that few people quit after they've performed a program of physical activity for six weeks. Once people reach the four- to six-month mark, adherence to an exercise program approaches 100% for the long term.

DETERMINE YOUR BASELINE

If you've been sedentary, be sure to get a comprehensive medical check-up before starting an exercise pro-

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gram. This is particularly important for men age 40 and older and women age 50 and older – cardiovascular disease risk rises at these ages.

People of any age with underlying health problems or a family history of diabetes, hypertension, high cholesterol or heart disease also should get a checkup before starting to exercise.

Ask your doctor – or a fitness trainer – to give you baseline measurements for strength, flexibility and aerobic capacity, which will enable you to track future changes.

Checking these measurements (along with such markers as blood pressure, cholesterol and blood sugar) again in about three months will give you tangible evidence of your progress and can motivate you to keep exercising.

Bottom Line/Health interviewed Tyler C. Cooper, MD, MPH, a preventive medicine specialist at the Dallas-based Cooper Aerobics Center (www.cooperaerobics.com) and founder of Cooper Ventures, which helps people incorporate healthy living into every aspect of their lives. He is coauthor, with his father, Kenneth H. Cooper, MD, MPH, founder and chairman of Cooper Aerobics Center, of *Start Strong, Finish Strong* (Avery).

Aromatherapy's Amazing Effects on Your Mind and Mood

Alan Hirsch, MD

Scents have subtle yet powerful effects on emotions – boosting confidence, easing stress, triggering fond memories and more. Here's how to use your sense of smell to manage your moods... and other people's, too!

Increase mental sharpness with fresh flowers. When you need to focus – for instance, to memorize a speech or balance a checkbook – keep a vase of

mixed fragrant flowers nearby. Take periodic breaks to consciously "stop and smell the roses." *For kids:* This helps when doing homework or studying for a test.

Promote positive family interaction with Garlic. Serve garlic bread at dinner. In studies, this scent reduced negative dinnertime remarks by 22.7% and increased pleasantries by 7.4%. You don't even have to eat the bread to reap the benefits.

Feel younger with pink grapefruit. To make others perceive you as youthful (so you feel that way, too), apply a grapefruit-scented or other citrusy body lotion or spray right after your shower. *Avoid:* Lavender, which makes you seem granny-ish.

Feel more secure with baby powder. Keep a small bottle or resealable plastic bag of baby powder in your purse or briefcase. Before heading into a challenging situation (a meeting with your ex, a job interview), open the container slightly and take a small whiff. Don't inhale too deeply – you may sneeze or get powder all over your face.

Curb food cravings with banana or peppermint. You needn't eat a banana – just smell it (peeled or unpeeled). Or, place two drops of peppermint essential oil on a cotton ball, stick it in a plastic bag and take a whiff – or try sugar-free peppermint gum or hard candy.

Combat claustrophobia with evergreens. Keep a small vial of evergreen essential oil in your pocket or purse. When in a cramped space (an eleva-

tor, a crowd), hold the vial near your nose and inhale two or three times. Repeat every 10 minutes as needed.

Assuage anger with cucumber. Hold a sliced cucumber one-half inch from your face and level with your lips – inhale deeply, continuing for several minutes. To reduce road rage, use a cucumber-melon air freshener in the car. *Avoid:* Barbecuing or roasting meat when you're angry – the scent stirs up fiery feelings that heighten aggression.

Relax and wind down with lavender. Lie down and place a lavender-scented eye pillow over your eyes – breathe slowly and deeply for several minutes. *Avoid:* Jasmine, which promotes alertness.

Rev up a man's libido with pumpkin pie or black licorice. Bake a pumpkin pie for maximum effect – or use a reed diffuser (a stick that wicks the aroma from a bottle of scented oil). *On a date:* Nibble on black licorice. *Noteworthy:* Perfume is only 3% effective at arousing a man's romantic feelings – versus 40% for pumpkin pie and 13% for licorice.

Bottom Line/Women's Health interviewed Alan Hirsch, MD, founder and neurological director of the Smell & Taste Treatment and Research Foundation and an assistant professor in the departments of neurology and psychiatry at Rush-Presbyterian-St. Luke's Medical Center, both in Chicago. He has conducted more than 200 studies on smell and taste disorders and is the author of eight books, including *Life's a Smelling Success* (Authors of Unity) and *Sensa Weight-Loss Program* (Hilton). His Web site is www.smellandtaste.org.

TRAVEL

Travel is the same as shown in last month's newsletter. Vern

June 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. L.M 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. **"Ten Steps to Financial Success" Educational Workshop – Wednesday, June 15 2011.**

Join Star One in this educational workshop. This workshop will help you learn how financial success is not always dependent on income; in fact, many people earning an impressive salary struggle to make ends meet because they haven't followed the 10 basic steps discussed in the workshop. From developing a spending plan that works to setting goals to weighing insurance needs, this workshop covers the core concepts necessary to develop and maintain personal financial control. *Date: Wednesday, June 15, 2011, Time: 6:00 - 7:30 pm, Location: Star One Administration Building, 1306 Bordeaux Drive, Sunnyvale, CA 94089, Register by: June 14, 2011.* The workshop is free and open to anyone, but registration is required and space is limited. Please call (408) 543-5127 and leave your name, daytime phone number and session (location and date) you would like to attend or visit www.starone.org.

This seminar is also being held... *Date: Thursday, June 16, 2011, Time: 6:00 - 7:30 pm, Location: Stevens Creek Branch, 3136 Stevens Creek Blvd., San Jose, CA 95117, Register by: June 15, 2011.*

9. **Join the Fun! LMMAR "Aloha Hawaii" Luncheon.** Friday, June 17, 2011, 11:30 am. Michaels At Shoreline Restaurant, 2960 N. Shoreline Blvd, Mountain View, Ca. \$24 per person. Contact Carolyn Hobbs (408) 248-3348 or Lucille Wilson (408) 225-9566. RSVP by 6/13/11. Cancellation policy on flier. See Flier.

LMMAR NEWSLETTER
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