



# Lockheed Martin Management Association Retirees Newsletter

*Looking Forward Towards A Wonderful Retiree Future!*

MARCH 2011

## INSIDE THIS ISSUE:

<b>Travel</b>	<b>2</b>
<b>Press Release</b>	<b>2</b>
<b>Press Release</b>	<b>3</b>
<b>Lockheed Old Tim- ers</b>	<b>4</b>
<b>Dangers of Sitting</b>	<b>4</b>
<b>Bridge</b>	<b>5</b>
<b>Activity Calendar</b>	<b>6</b>

## PRESIDENT'S MESSAGE

It's March! I hope you are all well and happy. Remembering my term of office as LMMAR President comes to an end on June 30, 2011, time seems to be accelerating for me. I invite you to seize this opportunity to run for LMMAR President. This is your chance to carry your leadership and new ideas to reality. Will you do it?

Our LMMAR Board of Directors continue to keep everything moving smoothly. We are open to suggestions on improving LMMAR. Please contact me with new ideas.

Be Happy!

Ken Koga  
President

kkoga04@sbcglobal.net

## LMMAR Supports LM Toys for Tots and Second Harvest Food Bank Programs

LMMAR Collected \$1,102.00 For Toys for Tots and \$225.00 for Second Harvest Food Bank. LMMAR Toys for Tots and Second Harvest Food Bank Director Carolyn Hobbs did a great job promoting this effort. The Marine Toys for Tots Foundation enjoys one of the very best program to support ratios within the non-profit world; 96:4. This means that over 96% of your donation goes to our mission of providing toys, books and other gifts to less fortunate children. The 4% spent on support principally covers fundraising expenses - not one donated dollar goes to pay for salaries or any other manpower costs. From July 2009 through June 2010 (fiscal year 2010), the Second Harvest Food Bank distributed more than 45.5 million pounds of food. Each month, an average of 231,311 local residents received food through our food assistance programs. Thank you LMMAR!

## Members

### New Members:

WILLIAM MIKLOS  
417 PATRICK WAY  
LOS ALTOS, CA 94022-1636  
Sp: SUSAN  
Ph: (650) 941-7899

### LINDSEY THOMPSON

934 NEVADA AVE  
SAN JOSE, CA 95125-2434  
Ph: (215) 284-6008

### Rejoined:

JAMES R. HANEY  
27531 AVENIDA LARGA  
SAN JUAN CAPO, CA 92675  
Ph: (949) 388-2021

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](mailto:Norm_Dhom@Earthlink.Net)

Norm Dhom,  
Membership Chairman

**TRAVEL**

Travel Chairman Vern De Vincenzi  
916-408-4852  
Talbot Tours: 800-662-9933

**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 Zandam. 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 a 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.

**Lockheed Martin Completes Final Installations on First of its Kind Missile Warning Spacecraft**

**SBIRS GEO-1 Passes Final Factory Confidence Test in Preparation for Launch**

SUNNYVALE, Calif., February 16th, 2011 – The U.S. Air Force/Lockheed Martin [NYSE: LMT]-led Space Based Infrared System (SBIRS) team has finished final installations on the first geosynchronous (GEO-1) satellite and successfully completed the spacecraft's final factory confidence test in preparation for delivery to the launch site.

**SBIRS GEO-1**, with its highly sophisticated scanning and staring sensors, will provide the nation with significantly improved missile warning capabilities and support other critical missions simultaneously including missile defense, technical intelligence and battlespace awareness.

Final installations included the spacecraft's deployable light shade, solar arrays, thermal blankets, and flight batteries. The fully integrated spacecraft then successfully passed its final factory confidence test, the last major milestone in preparation for delivery to Cape Canaveral Air Force Station, Fla., for a spring 2011 launch aboard an Atlas V launch vehicle.

"SBIRS GEO-1 will usher in a new era of critical missile warning capabilities vital to our national security. As we progress toward launch, the entire government/industry team is laser focused on delivering mission success for our warfight-

(Continued on page 3)

ers,” said Brig. Gen. (sel) Roger Teague, the director of the U.S. Air Force’s Infrared Space Systems Directorate.

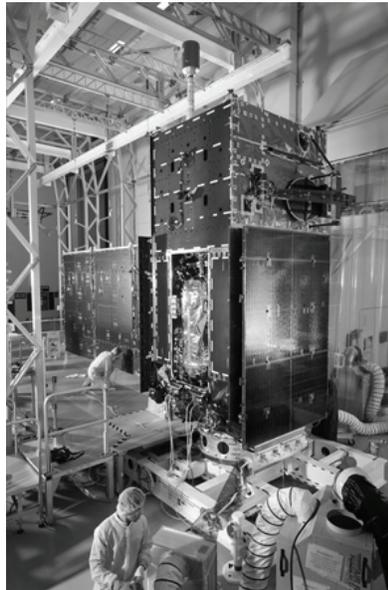
As the SBIRS GEO-1 spacecraft prepares for shipment, the spacecraft’s flight software, designed to provide highly reliable command and control operations, will complete its final qualification testing, and the SBIRS ground segment team will conduct final readiness exercises in preparation to support GEO-1 launch and operations.

“The entire SBIRS team continues to focus on operational excellence as we prepare this critical spacecraft for launch,” said Jeff Smith, Lockheed Martin’s SBIRS vice president. “We are dedicated to achieving GEO-1 mission success and delivering unprecedented infrared surveillance capabilities to the warfighter.”

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 two HEO payloads that have already been delivered, 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 GEO satellites, and associated ground modifications.

### SBIRS GEO-1



### Lockheed Martin and NASA Perform Spectacular Flyby of Comet Tempel 1

DENVER, February 15th, 2011 – NASA’s Stardust-NExT spacecraft made a Valentine’s Day deep-space rendezvous with an object it had been seeking for the past four-and-a-half years. The Lockheed Martin [NYSE: LMT]-built spacecraft flawlessly executed its mission and performed a flyby of comet Tempel 1 at 9:39 p.m. MT yesterday.

Stardust made its closest approach of the nucleus of the comet at a distance of 111 miles (178 km) and was traveling a relative speed of 24,300 mph (10.9 km per second). During the encounter, the NavCam instrument took 72 images of the comet. The closest images can be viewed at <http://www.jpl.nasa.gov/news/stardust>. In addition, two other instruments aboard the spacecraft collected data on the composition, size distribution

and flux of dust emitted into the coma—the cloud of dust and debris surrounding the comet.

“This little spacecraft has really been around the block. Even through the odometer is high and the fuel is low, it did everything we asked of it and the results are visually amazing,” said Allan Chevront, Lockheed Martin Space Systems Company program manager for Stardust-NExT. “Most of our team has been working with the spacecraft since launch and their dedication to this project was clearly evident today.”

During yesterday’s encounter, and for the previous 12 years, Lockheed Martin provided mission flight operations for the spacecraft. At its Mission Support Area (MSA) near Denver, engineers monitor the health and safety of the spacecraft, develop, test and send commands via the Deep Space Network, and plan mission activities. Spacecraft navigation and project management are handled by the Jet Propulsion Laboratory.

“The NExT mission is a shining example of an innovative and affordable solution that is bringing us outstanding science,” said Jim Crocker, vice president of Sensing and Exploration Systems at Lockheed Martin Space Systems Company. “The team was able to fly Stardust through deep space and send back amazing images and science data, all at a small fraction of the cost of a new, ground-up mission.”

On Feb. 16, the project moves into the

*(Continued on page 4)*

departure phase where the NavCam will take an image of Tempel every five minutes for five days and then every 12 minutes for the following six days as the comet recedes into the distance. Several weeks after the flyby, the Stardust spacecraft will be decommissioned.

Stardust-NExT is a low-cost mission that will expand the investigation of comet Tempel 1 initiated by NASA's Deep Impact spacecraft. JPL, a division of the California Institute of Technology in Pasadena, manages Stardust-NExT for the NASA Science Mission Directorate, Washington, D.C. Joe Veverka of Cornell University, Ithaca, N.Y., is the mission's principal investigator.

### Comet Tempel 1



### LOCKHEED OLD TIMERS

Lockheed Old Timers' Pizza Depot Get-together: April 12, Tues, Pizza Depot - 11:30 a.m. Location: Pizza Depot, 919 E Duane Ave., Sunnyvale, CA (408) 245-7760. For more information, contact: Flo Fiance at (408) 446-1873 or Lucille Wilson at (408) 225-9566

### THE EXTREME DANGERS OF SITTING

James A. Levine, MD, PhD

Mayo Clinic

Being a couch potato has long been known to threaten a person's health. But now researchers are discovering that it's much more dangerous than previously thought.

**Troubling statistic:** Americans spend more than half their waking hours sitting – primarily watching TV, driving and working at a desk.

**Important new finding:** When Australian researchers recently tracked 8,800 men and women (average age 53) for about six years, they found that for every hour of daily TV viewing, risk for death due to cardiovascular disease increased by 18%. For those who watched TV four or more hours daily, risk of dying from cardiovascular disease was 80% higher than for those who reported watching fewer than two hours daily.

**Most surprising:** A similar Canadian study of about 17,000 adults found that even among people who are physically fit and have a normal body weight, prolonged sitting, for any rea-

son, was associated with increased health risks, suggesting that sitting for long periods may cancel out some of the health benefits of regular exercise.

**THE PROBLEM WITH SITTING:** Our bodies are programmed to move. When we spend most of our waking hours sitting, our health suffers in various ways. *Examples...*

**Sluggish central nervous system.** Sitting causes your central nervous system to slow down, leading to fatigue. Three weekly sessions of low-intensity exercise, such as walking at a leisurely pace, which stimulates the central nervous system, reduced fatigue by 65% after six weeks, according to one study.

**Weakened muscles.** Sitting weakens your muscles (especially those that support posture and are used to walk) and stiffens joints, leading to a hunched posture and increased risk for back and joint pain.

**Poor fat burning.** The walls of your capillaries are lined with *lipoprotein lipase*, an enzyme that breaks down certain fats in the bloodstream. Sit for a few hours, and these enzymes start switching off. Sit all day, and their activity drops by 50%.

**Increased heart risks.** Sitting for long periods, even in people with healthy body weight, will have negative effects on blood sugar and blood fat levels, which may contribute to diabetes and heart disease.

**THE "NEAT" SOLUTION:** Fortunately, the dangers of prolonged sitting can

(Continued on page 5)

be countered by engaging in simple, low-intensity movement throughout the day. Thirty minutes or more of cardiovascular exercise (such as brisk walking, swimming or biking) several days per week is known to help promote good overall health. However, research at the Mayo Clinic has shown that the average American's biggest health problem is a deficit in activity when formal exercise is not being performed.

*Non-exercise activity thermogenesis* (NEAT) is the term that is used for the energy that is expended (calories burned) doing everyday activities. While in previous generations our work and recreational activities involved regularly standing up and moving the body's muscles, today's world of cars, desk jobs, TVs and computers has reduced our daily NEAT dramatically.

The solution is to add small amounts of non-exercise-related activity into your daily routine. For example, simply standing up triples your energy expenditure compared with sitting. And since a slow (1 mile per hour) walk triggers more than half the metabolic activity of a brisk (3 mph) walk, a leisurely hour-long stroll burns more calories than an intense 30-minute power walk.

**Interesting:** We burn just five calories an hour while sitting and 15 while standing.

**Bottom Line/Health** interviewed James A. Levine, MD, PhD, director of the Non-Exercise Activity Thermogenesis (NEAT) Laboratory at the Mayo Clinic in Rochester, Minnesota. He is

coauthor of *Move a Little, Lose a Lot* (Crown).

## BRIDGE

**Feb. 1, 2011** Individual duplicate (9)  
1st pl - Dan Sloan; 2nd pl - Chuck Schmidt; 3rd pl - Angie Schynert; 4th pl - Alex Fucile

**Feb. 3,** Pairs Duplicate (5)  
1st pl - Dan Sloan & Dave Himmelblau; 2nd pl - (tie) Gary Bea & Chuck Schmidt and Ken Krug & Angie Schynert

**Feb. 8,** Individual Duplicate (11)  
1st pl - Ted Hinshaw; 2nd pl - Dan Sloan; 3rd pl - Valerie Hamilton; 4th pl - Roger Abegg; 5th pl - Dave Himmelblau

**Feb. 10,** Pairs Duplicate (5)  
1st pl - Ken Krug & Angie Schynert; 2nd pl - Dan Sloan & Dave Himmelblau

**Feb. 15,** Individual Duplicate(8)  
1st pl - Chuck Schmidt; 2nd pl - Ken Krug

**Feb. 17,** pairs duplicate(6)  
1st pl - Gary Bea & Chuck Schmidt; 2nd pl -Tom Counihan & Doug Gordon

**FEB. 22,** Pairs Duplicate (5)  
1st pl-Dan Sloan & Dave Himmelblau; 2nd pl Chuck Schmidt& Gary Bea (

**Feb. 24,** Pairs Duplicate (5)  
1st pl -Ted Hinshaw & Doug Gordon; 2nd pl -Jerry Vaughan & Tom Counihan

Don't forget we are Now playing at the new Palo Alto Elks Lodge on the El Camino.

Ken Krug

## Some Free Wi-Fi Connections Are Traps

Crooks steal information from people who sign onto these illegitimate networks, called honey pots, which are found at airports, restaurants and other public places. Account information, passwords and anything else typed to gain access to Web sites can be stolen by the honey pot operator, as well as anything stored on the computer's hard drive. *When using free Wi-Fi service:* Limit your activities to ones that do not involve your personal or financial information, such as reading the news and watching videos.

**Bottom Line/Personal** interviewed Craig Crossman, technology columnist, McClatchy-Tribune newspapers, Asheville, North Carolina, and host of the nationally syndicated radio talk show *Computer America*.

[www.ComputerAmerica.com](http://www.ComputerAmerica.com)

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

March 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 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. **2011 Scheduled LMMAR Luncheon dates:**
  - Friday, 17 June 2011 LMMAR Luncheon.
  - Friday, 19 August 2011 LMMAR BBQ.
  - Friday, 28 October 2011 LMMAR Halloween Luncheon.
  - Friday, 16 December 2011 LMMAR Holiday/Christmas Luncheon.
9. **LMLA Executive Dinner Program with Tory Bruno.** Tuesday, March 29, 2011 at Michaels At Shoreline Restaurant, Mountain View. Keynote speaker Tory Bruno, VP & General Manager of Strategic & Missiles Defense Systems presents "*Leadership And Management: Teammates for Success*". Wanda Sigur, VP of Engineering as executive host. \$20.00 per person. RSVP by COB March 24<sup>th</sup>. For further information contact: Hilda.Vivas@lmco.com

LMMAR NEWSLETTER

O/27-6A B/163

P.O. BOX 3504

SUNNYVALE, CA 94088-3504

FIRST CLASS MAIL

U.S. POSTAGE PAID

PERMIT NO. 303

SUNNYVALE, CA

