



Lockheed Martin Management Association Retirees

Newsletter

Looking Forward Towards A Wonderful Retiree Future!

MARCH 2012

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EDITOR'S CORNER

What role does diet play in senior health?

A good and healthy diet has numerous potential benefits in the health of seniors.

Heart disease, vascular disease, diabetes, high blood pressure, high cholesterol, strokes, memory problems, osteoporosis, certain cancers, skin, hair and nail diseases, and visual problems are examples of conditions which can be impacted by diet.

Proteins, carbohydrates, fats, vitamins, minerals, and water are all essential nutrients that make up most cells and tissues in human body. Thus, these essential components need to be provided in moderation

through the diet for maintenance of good health.

A balanced diet consisting of fruits and vegetables, whole grains, and fiber is generally recommended to provide these necessary nutrients. Avoidance of saturated fats (animal fat), supplementation with minerals and vitamins, and consumption of plenty of fluids are considered an important component of a healthy diet.

Although the quality of food is important, its quantity should not be overlooked. A large portion of a very healthy diet can still lead to a high caloric intake. Moderate portion sizes to achieve daily caloric goals of 1500 to 2000 are generally advised. Avoiding empty calories are also important. These are foods which lack good nutritional value but are high in calories. Examples include sodas, chips, cookies, donuts, and alcohol.

Special dietary restrictions for certain conditions are also important to follow. Restricted salt and fluid intake for people with heart failure or kidney disease, or carbohydrate controlled diet for people with diabetes are general examples of such guidelines.

Reprint from MedicineNet. Com.

BRIDGE

Feb 2, 2012 2011 pairs duplicate - 1st place – Roger Abegg & Jimmy Woo, 2nd place – John & Peggy Parker, and 3rd place - Gary Bea & Chuck Schmidt

Feb 7, 2012 - individual duplicate - 1st place – Ted Hinshaw, 2nd place Dave Himmelblau, and 3rd place – Roger Abegg.

Feb 9, 2012 pairs duplicate - 1st place Jerry: Vaughan & Bob Vigeant, 2nd place – Ken Christie & Doug Gordon, and 3rd place Gary Bea & Chuck Schmidt,

Feb 14, 2012 individual duplicate - 1st place – Ted Hinshaw, 2nd place – Chuck Schmidt, and 3rd place Alex Fucile.

Feb 16, 2012 pairs duplicate - 1st place Chet Hayes & Ted Hinshaw and 2nd place Roger Abegg & Jimmy Woo.

Feb 21, 2012 individual duplicate - 1st place – (tie) Doug Gordon, Paul Peuker, Angie Schynert, and Chuck Schmidt.

Feb 23, 2012 pairs duplicate - 1st place Chet Hayes & Ted Hinshaw, 2nd place John Parker & Tony Zadel, and 3rd place - Gary Bea & Chuck Schmidt.

(Continued on page 2)

(Continued from page 1)

Feb 28, 2012 pairs duplicate - 1st place - Angie Schynert & Bob Vigeant; 2nd place - Chet Hayes & Ted Hinshaw, and 3rd place - Roger Abegg & Jimmy Woo

PRESS RELEASE

Lockheed Martin Team Completes On-Orbit Testing Of First AEHF Satellite

Critical National Asset on Track to Achieve Full Mission Life and Capability

SUNNYVALE, Calif., Feb. 29, 2012 – Lockheed Martin [NYSE: LMT] announced today the successful completion of on-orbit testing for the first Advanced Extremely High Frequency (AEHF) military communications space vehicle (SV-1).

The AEHF system will provide vastly improved global, survivable, highly secure, protected communications for warfighters operating on ground, sea and air platforms.

AEHF SV-1 was launched on Aug. 14, 2010 aboard a United Launch Alliance Atlas V rocket and reached geosynchronous orbit on Oct. 24, 2011 following successful execution of a work-around orbit-raising plan.

The satellite has now completed on-orbit testing that included establishing communications networks between combinations of EHF terminals at the

backward compatible Milstar data rates as well as at the new AEHF extended data rates. On-orbit testing began with SV-1 then progressed with SV-1 networked with the Milstar constellation. Completion of this key milestone paves the way for the satellite to be turned over to the 14th Air Force at Vandenberg Air Force Base, Calif.

“I am extremely proud of the team that raised SV-1 to geosynchronous orbit and successfully demonstrated its on-orbit performance,” said Lockheed Martin’s Global Communications Systems vice president and general manager, Kevin Bilger. “Their ingenuity, perseverance, and dedication to the mission enabled this critical national asset to stand ready to provide our warfighters around the globe with unprecedented new protected communications capabilities.”

One AEHF satellite provides greater total capacity than the entire Milstar constellation currently on-orbit. Individual user data rates will be five times improved, providing transmission of tactical military communications, such as real-time video, battle-field maps and targeting data. In addition to its tactical mission, AEHF also will provide the critical survivable, protected, and enduring communications to the National Command Authority, including presidential conferencing in all levels of conflict.

The AEHF team includes the U.S. Air Force Military Satellite Communications Systems Directorate 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, space and ground segments provider as well as system integrator, with Northrop Grumman Aerospace Systems, Redondo Beach, Calif., as the payload provider.

Headquartered in Bethesda, Md., Lockheed Martin is a global security and aerospace company that employs about 123,000 people worldwide and is principally engaged in the research, design, development, manufacture, integration and sustainment of advanced technology systems, products and services. The Corporation’s net sales for 2011 were \$46.5 billion.



Shown here is an artist rendering of an Advanced Extremely High Frequency (AEHF) satellite

For low- and high-resolution JPEG image files of AEHF, please visit: <http://www.lockheedmartin.com/aehf>

Media Contact: Steve Tatum, 408-742-7531; e-mail, stephen.o.tatum@lmco.com

HIKING at COE

The first time I met George and Carl was on one of those warm but beautiful days in the park. I was out on Trail Patrol and had hiked over from China Hole to Poverty Flat and had just crossed the creek to start climbing up the road to head back to park headquarters. They were both sitting on rocks at the creek crossing taking a break and I paused to say hello to them and see how they were doing. And not knowing their capabilities I suggested they hike over to the Creekside Trail and hike up the China Hole Trail instead of doing the long hard slog up Poverty Flat Road that I was about to do! And I felt all proud of myself and good inside about helping some park visitors as I headed on up that steep hill.



I don't remember when it was after that, perhaps a few months later, I arrived at 8AM on a gorgeous Saturday morning to work the Visitor Center and who did I see gearing up in the parking lot but Carl and George. I remembered them from that chance encounter at Poverty Flat and stopped to say hello and ask about their hiking plans for the day.

I expected they might do one of the popular hikes in the park, perhaps the Middle Ridge Loop or maybe even down to China Hole and back.

No. They had more ambitious plans. They were doing the Blue Ridge Loop hiking up the Short Cut!

What!?!

Oh yes. They had already done it a number of times during 2011 and were out to do the loop 10 times in the year. They liked it for the workout it offered in climbing the Short Cut and the 15-mile or so length of the hike was just perfect for a nice day out.

Oh man! If you have never climbed the Short Cut, it is arguably the meanest, badest, beast of a trail (or dirt road in this case) in the greater Bay Area, climbing nearly 1500 feet in a mile-and-a-half. The Short Cut gives meaning to the word steep. Hiking up Poverty Flat Road almost seems like a picnic at times compared to the Short Cut.

And it made me realize how badly I underestimated Carl and George when I first met them at Poverty Flat. These were no day strollers, they were serious hikers! And they not only finished the Blue Ridge Loop that day, they went on to complete their goal of hiking it 10 times in 2011 by that November. And then for good measure they hiked it two more times, completing 12 times for 2011, sneaking in the last time on December 31st!

I think there ought to be a Tee shirt or something for that! Has anyone ever done it before? And wouldn't you know it, they started 2012 off right by doing it again this January. However now that they completed their goal and then some, Carl and George are now thinking of what other hikes they can do in the park for a little variation and I will be talking to them about that the next time I see them at the Visitor Center. I'm thinking of some good ideas. Oh yeah. And did I mention? Carl is 75!

Cynthia Leeder
Uniform Volunteer for
Henry W. Coe State Park

PRESS RELEASE

**New Military Communications Satellite Built By Lockheed Martin
Launched Successfully**

CAPE CANAVERAL AIR FORCE STATION, Fla., February 24, 2012 – The first Mobile User Objective System (MUOS) satellite, built by Lockheed Martin [NYSE: LMT] for the U.S. Navy, was successfully launched today from Cape Canaveral Air Force Station, Fla., aboard a United Launch Alliance Atlas V rocket.

The MUOS constellation will replace the legacy Ultra High Frequency Follow-On (UFO) system and provide significantly improved assured communications, including simultaneous voice, video and data, for mobile warfighters.

“MUOS is a revolutionary new satellite system that will provide unprecedented new communications capabilities for the armed forces,” said Kevin Bilger, Lockheed Martin vice president and general manager of Global Communications Systems. “We look forward to executing a smooth and efficient on-orbit checkout, paving the way for operational use.”

MUOS satellites feature a wideband code division multiple access payload that incorporates advanced technology to provide a 16-fold increase in transmission throughput over the current UFO satellite system. A single MUOS satellite will provide four times the capacity of the entire legacy UFO constellation of 10 satellites. The satellites also include a hosted legacy UHF payload that will be fully compatible with the current UFO system and legacy terminals. The first MUOS satellite and associated ground system will provide initial on-orbit capability this year with the four-satellite global constellation achieving full operational capability in 2015, extending UHF narrowband communications availability well past 2025.

Lockheed Martin Space Systems, Sunnyvale, Calif., is the MUOS prime contractor and system integrator. The Navy's Program Executive Office for Space Systems, Chantilly, Va., and its Communications Satellite Program Office, San Diego, Calif., are responsible for the MUOS program.

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Atlas V MUOS-1 Launch 2/24/2012
Photo Credit: United Launch Alliance

What to Take on a River Cruise

By: Adam Christie

If you are a first time river cruiser, heading out on your first river cruise you may be struggling to work out what to take with you. Taking the right clothing and accessories with you can, in many cases, make or break your holiday. It is important that you get it right if you are not to be put off river cruising in the future.

For obvious reasons (like ice) many river cruises tend to run in the summer months. Because of this cruise passengers can generally pack quite light with summer shirts, shorts and skirts. Obviously sun and insect protection is also a good idea. It can be cool in the evening so a sweater and perhaps a light raincoat are also a good idea.

For footwear, it must be borne in mind that these cruises stop and allow passengers to explore multiple ports along the length of a river cruise. Taking good shoes for exploring in is a must. A sure-fire way to ruin your holiday would be to spend it with blisters and sore feet.

When booking your cruise you really need to check if there are formal attire requirements for meals or entertainment. If there are you will probably require evening wear, tuxedo, formal kilt outfit or ball/evening gown. Not all cruise lines have this requirement, although it may be wise to pack a jacket and tie even for an informal cruise.

When considering what luggage to take, bear in mind that your cabin on a cruise ship is not always the most spacious of holiday accommodation available. Rather than taking large, solid luggage that sits taking up room once emptied, consider taking softer pack-away luggage that you can stuff in a drawer once you have unpacked. This will make your cabin more comfortable over the length of your holiday.

No doubt you will visit the occasional shop on your shore excursions as part of the cruise. Everyone does it, but if you spend money on souvenirs and gifts to take home you should ensure you have got enough room in your luggage to get it all your purchases home. It is a good idea to fill your outgoing luggage only half full when leaving for your cruise. That way you should have more room to treat yourself and buy some gifts for your family and friends.

Before you leave for your cruise you should carefully lay out all the items you are taking with you and catalogue them. Take photos of these items all laid out and leave the photos at home. Doing this means you have a list of all your luggage items that can be presented to a travel insurance company in the event that your luggage goes missing or is damaged. This applies to all holidays, not just to cruising.

A final consideration is that in most cases your luggage will have to be transferred onto a flight to get you home. You should ensure that you keep within the weight and size limits specified by the airline or you may be hit with a surplus luggage charge at the airport - not a pleasant way to end any holiday.

Article Source:

<http://www.articlebiz.com/article/1051535211-1-what-to-take-on-a-river-cruise/>

March 2012

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.
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 at the Willow Park Condominiums located at the NE corner of Moffet Blvd. and Middlefield Road in Mountain View. Entrance is from Moffet Blvd. 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. **LM Toys-For-Tots Cookbooks are available: \$8.00**
Ea. or four for \$25.00. LMMAR Contact Patti Voshall (408) 742-7667.
7. **LMMAR Luncheon** March the 23rd at Michael's at Shoreline for a St. Patrick's Day Celebration. Come party with the Leprechauns and listen to the music of Denis D'Aoust. Join in on a sing-along with Denis and don't forget to wear green. For additional information call Lucille Wilson at 408.225-9566 or Gay Morgan at 408.243.2233. Hope to see you there!

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