



Lockheed Martin Management Association Retirees Newsletter

Looking Forward Towards A Wonderful Retiree Future!

OCTOBER 2011

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EDITOR'S CORNER

With today's point and shoot cameras almost everything is automatic. However there are some things you can do to get better pictures. Here are some tips for getting better pictures with point and shoot cameras.

1. Read and study your camera's instruction manual. Familiarize yourself with the different controls and how they work.
2. Don't pose people so that they have to face the sun while taking their portraits outdoors.
3. Move in on your subject until it fills the entire viewfinder frame. One of the most common mis-

BILL HAMMERLUND

Bill joined Lockheed in 1966 as an electronic inspector, for the Polaris program, after spending 4 years in the Navy. During Bill's tenure at Lockheed, in addition to Polaris, he worked FBM, THAAD and Commercial Space. Retiring after more than 30 years with Lockheed, Bill joined LMMAR.



While at Lockheed Billed served on the Board of Directors for both LERA and the Management Association and is now the Historian, Photographer, and Asst. Treasurer for LMMAR.

Bill and wife Janet have resided in San Jose since 1966, the year that Bill joined Lockheed. They have a son that resides in the L.A. area.

In addition to the great work that he does for LMMAR, Bill enjoys photography, trap shooting and reading scientific literature. Bill's love for photography began in High School where was the photographer for the school paper.

Many thanks to Bill for helping LMMAR to achieve its goals.

- takes made is to take pictures from too far away.
4. Allow time for the camera to focus.
5. When making the exposure, hold the camera level and perfectly still. Spread your feet apart, brace yourself, hold your

breath and slowly press the shutter release button without jerking the camera.

6. Be aware of backlighting that will cause dark exposures.

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7. Pay attention to composition. Compose your photograph so that the background is not distracting.

Hopefully these tips will help someone that may be having a problem getting decent photos.

Carl Roberts
Editor

MEMBERS

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Membership Renewals

As of 30 Sep, **451 members** have renewed their dues.

130 members still owe DUES.

Please look at your address on mailing label of Newsletter for membership dates.

P10/11 still owe DUES.

Newsletter problems: Our Newsletter was assembled by our great volunteers on 08 Sep, and mailed by LM on Fri. the 09. Sunnyvale Post Office received them & sent them on to regional P.O. for distribution.

Some of us started receiving them on 20 Sep,

Others 26, 29 Sep. Maybe some still have not received them.

Point Of Contact For Address Changes
And Other Member Concerns:

Lmmar
P.O. Box 3847
Los Altos, CA 94024
Dhom@Earthlink.Net

Norm Dhom,
Membership Chairman

BRIDGE

Sep 1, 2011 pairs duplicate - 1st place - Chet Hayes & Ted Hinshaw, 2nd place - Gary Bea & Chuck Schmidt, and 3rd place - Ken Christie & Doug Gordon.

Sep 6, 2011 - No Game.

Sep 8, 2011 pairs duplicate - 1st place - Roger Abegg & Jimmy Woo, 2nd place - (tie) Gary Bea & Chuck Schmidt and Angie Schynert & Bob Vigeant.

Sep 13, 2011 individual duplicate - 1st place - Doug Gordon, 2nd place - Dave Himmelblau, and 3rd place (tie) Roger Abegg and Alex Fucile.

Sep 15, 2011 pairs duplicate - 1st place - Dave Himmelblau & Dan Sloan, 2nd place - John Parker & Tony Zadel, and 3rd place - Angie Schynert & Bob Vigeant.

Sep 20, 2011 individual duplicate - 1st place - Angie Schynert, 2nd place Ted Hinshaw, and 3rd place - Dave Himmelblau.

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Sep 22, 2011 pairs duplicate - 1st place - Tom Counihan and Jerry Vaughan, 2nd place - Chet Hayes & Ted Hinshaw, and 3rd place - Ken Christie & Doug Gordon.

Sep 27, 2011 pairs duplicate - 1st place - (tie) Ken Christie & Doug Gordon, Chet Hayes & Ted Hinshaw, and Roger Abegg & Angie Schynert.

Sep 29, 2011 pairs duplicate 1st place - Ken Christie & Doug Gordon, 2nd place - Chet Hayes & Ted Hinshaw, 3rd place - Gary Bea & Chuck Schmidt.

SUNSHINE

Kathy Gould of Milpitas passed away at her home on September 3rd, 2011. Kathy had no known medical problems and passed away in her sleep while taking a nap. Burial was 30th September in Los Angeles. Memorial will take place late October, early November. Her husband Roger reported her death to LMMAR. Condolences will be sent to Roger and her family.

Robert Elmer Pex passed away on September 22nd at his home with his family. Bob had quite a busy and full filling life with his many activities and travels. He was committed to his family and his church. His travels included all fifty states, seven continents and 87 countries.

He is survived by his wife Betty Marie of some 63 years, 2 daughters, 2 sons, 7 grandchildren and 10 great-grandchildren. A celebration of his life was held October 1st at his church in

Belmont. Sincere condolences to his family are being sent.

Art Giorvas of Santa Clara passed away on September 27th. He is survived by his wife Lucille, a daughter and son, 3 granddaughters. Services were held 5th October 2011 at St Justin parish in Santa Clara. Sincere condolences to Lucille and the family.

Fall is here and we are still having beautiful weather...the usual hustle and bustle of putting away all the garden furniture and getting ready for the change in the weather. And then of course the holidays being around the corner too.

I did see this quote somewhere....you know how we always make a comment that life is the lords plan or our life is in his hands...

"IF YOU WANT TO MAKE GOD CHUCKLE....TELL HIM YOUR PLANS!!" (No offense intended towards anyone who doesn't appreciate or approve of my posting)

Walking Speed May Predict Survival in Seniors

Walking is probably an activity you take for granted, but scientists say it could have something to say about the survival of older people.

A large study in the Journal of the American Medical Association finds that walking speed may be a good predictor of the life expectancy of senior citizens. Slowing down, it seems, may actually mean the end is nearer.

"This gives us another way to monitor our health and explore ways to age as well as possible," said Dr. Stephanie Studenski, researcher at the University of Pittsburgh and lead study author.

This does not mean, however, that you should try to change your walking speed, she said. The point of the research is that many systems in your body - cardiovascular, musculoskeletal, nervous and others - contribute to the way that you walk, and the health of those systems may be reflected in your natural pace.

Researchers analyzed data from nine different studies, collectively looking at nearly 35,000 adults aged 65 and older. Participants lived in the community - not in nursing homes or other institutions - at the time of the research and included members of both sexes and various ethnic groups. The various studies had looked at how fast participants walked over a fixed distance at a usual pace, beginning with them standing still.

They found that the higher the walking speed, the longer a person is expected to live. This appears to be as good an indicator of longevity as age, sex, chronic conditions, smoking history, blood pressure, body mass index, and hospitalization history in the last year.

For example, researchers found that for a 70-year-old man, the difference between walking 3 mi/hr and 3.5 mi/hr was four years of life on average; for a woman, it's six to seven years. A

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70-year-old man who walks at 2.5 mi/hr would expect to live an average of eight years longer than if he walks at 1 mi/hr; for a woman, that difference is about 10 years.

"If you have a natural walking speed that's pretty brisk, that's a good sign of how you're doing," Studenski said.

The study found that walking speed was the strongest predictor of lifespan in older people who were independent or only had trouble with non-instrumental functions such as shopping, housework and cooking. For those who cannot do basic activities such as feeding and dressing themselves on their own, walking speed may be less relevant.

"If you're already having a lot of trouble, gait speed doesn't help as much," she said.

Of course, this is all based on probabilities, and it's by no means a death sentence. There are some elderly people who walk slowly and will live many more years, just as there are certain people who have high blood cholesterol and never have a heart attack.

One important potential application of this research is helping older people decide whether certain preventive tests, such as prostate cancer screenings, are worth their while. If their walking speed suggests that they are expected to live 10 more years at age 70, that might be an important factor in making decisions about such tests.

Walking speed might one day become as relevant as blood pressure as an

indicator of overall health, she said. But, it will take time to see how useful it is to doctors and patients.

Post by: Elizabeth Landau - CNN.com
Health Writer/Producer

PRESS RELEASE

Lockheed Martin Aeronautics Reduces About 540 Positions

FORT WORTH, Texas, , September 26th, 2011 – Lockheed Martin [NYSE: LMT] today announced there will be approximately 540 reductions in employment across its Aeronautics business area as part of a plan to trim the organization and improve operational efficiency.

The greatest impacts are occurring at the larger sites in Fort Worth, Marietta, Ga., and Palmdale, Calif. Lockheed Martin currently has more than 28,000 employees at its principal Aeronautics sites in Texas, Georgia and California and at six smaller locations in as many states. Affected employees are expected to depart the company by the end of the year.

Ralph D. Heath, executive vice president, Lockheed Martin Aeronautics, said, "These reductions are part of Aeronautics' plan to realign the organization, enabling us to meet the requirements of our customers. While this is a difficult decision, we're committed to conducting this process in a fair and responsible manner that treats affected individuals with respect and that does not disrupt the important business we do for our military service customers."

In June, the company announced a target reduction of approximately 1,500 positions by year-end. In August, Lockheed Martin offered eligible salaried employees an opportunity for a voluntary layoff to minimize the number of involuntary layoffs. More than 450 employees applied for and were approved for voluntary layoff. We also achieved reductions by eliminating about 300 open positions. Earlier this year, we announced approximately 300 positions in our Sustainment Services organization would be eliminated – those layoffs are included in our target reduction of 1,500 positions.

Lockheed Martin Aeronautics is a world leader in the design, research and development, systems integration, production and sustainment of advanced military aircraft and related technologies. Its customers include the military services of the United States and allied nations throughout the world. Company products include the F-35 Lightning II Joint Strike Fighter, F-22 Raptor, F-16, C-130, C-5, P-3, U-2 aircraft and advanced development programs.

Headquartered in Bethesda, Md., Lockheed Martin is a global security company that employs about 126,000 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 2010 sales from continuing operations were \$45.8 billion.

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PRESS RELEASE**Lockheed Martin Congratulates U.S. Air Force on Prestigious GPS Award**

CAPE TOWN, South Africa, October 4th, 2011 – Lockheed Martin [NYSE : LMT] today congratulated the U.S Air Force and the Global Positioning System (GPS) community for receiving the International Astronautical Federation's (IAF) 60th Anniversary Award for outstanding achievement in the area of space applications for human benefit.

The prestigious IAF award, presented to the GPS program on October 4 in Cape Town, South Africa, recognizes the program for having the greatest measurable benefit to humanity in the history of space programs. The IAF noted that while there have been numerous scientific and technical achievements spawned from human and robotic spaceflight, satellite communications, weather satellites, remote sensing and more – the GPS program provides the greatest measurable benefits every day to billions of people around the globe.

Like the Internet, GPS is an essential element of the global information infrastructure. GPS technology is found in everything from cell phones and wristwatches to shipping containers, and ATM's. The system boosts productivity across a wide swath of the economy, to include farming, construction, mining, surveying, supply chain man-

agement and more. Major communications networks, banking systems, financial markets, and power grids depend on GPS and the technology is embedded in virtually every U.S. military asset making armed forces safer and more effective.

"The far-reaching applications of GPS today extend beyond anyone's imagination when the program was conceived almost 40 years ago. We congratulate the U.S. Air Force and the entire GPS community for their remarkable vision and unrelenting diligence in building and operating a true global utility that improves the welfare of billions around the world every day," said Joe Trench, vice president of Navigation Systems for Lockheed Martin Space Systems Company. "We take great pride in our partnership with the Air Force on its GPS program and we are steadfastly committed to providing even better GPS capabilities in the future."

Lockheed Martin designed and built 21 GPS IIR satellites for the Air Force and subsequently modernized eight of those spacecraft, designated GPS IIR-M, to enhance operations and navigation signal performance. The fleet of Lockheed Martin-built GPS IIR and IIR-M satellites makes up the majority of the operational GPS constellation. The satellites have exceeded 140 cumulative operational years on-orbit with a reliability record of better than 99.9 percent, an unmatched record of exceptional performance and reliability for GPS users around the globe. Lockheed Martin heritage also dates back to the production of the Oscar and Nova satellites, the original navigation

programs that paved the way to the current GPS system.

As GPS becomes increasingly vital to modern civilization, the Air Force and Lockheed Martin are developing the next generation system, known as GPS III. GPS III will be a catalyst for profound new applications as it brings on significant capabilities including increased accuracy, availability, anti-jam power, integrity and reliability. The satellites will also add a fourth civil signal that will be interoperable with International Global Navigation Satellite Systems, providing even better precision and increased earth coverage. With first launch in 2014, GPS III is the lowest risk solution to constellation sustainment and the most affordable path to meet the needs of military, commercial and civilian users worldwide.

Learn more about the history and future of GPS at www.lockheedmartin.com/gps

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Note to Editors:

GPS video and high-resolution images are available for download at www.lockheedmartin.com/gps

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October 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.
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. **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 LMMAR,** the ghosts and goblins at Michaels Shoreline Restaurant for our Halloween Luncheon date on Friday, 28 October 2011. Bring your favorite ghoul friend. See flyer for additional information or call Lucille Wilson at (408) 225-9566 or e-mail: lucille32@comcast.net.
9. **Lockheed Old Timers' Get-Together** at the Pizza Depot In Sunnyvale –November 8th, a Tuesday. For information call Flo Fiance at (408) 446-1873 or Lucille Wilson (408) 225-9566 or contact any Committee Member listed on the web at www.lockheedoldtimers.org Directions to the Pizza Depot on website.

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