



Lockheed Martin Management Association Retirees Newsletter

Looking Forward Towards A Wonderful Retiree Future!

OCTOBER 2012

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EDITOR'S CORNER

(Reprint from webMd)

Flu in Older Adults

Older adults and people with chronic diseases are at the greatest risk of problems associated with seasonal flu.

Of all age groups, individuals older than age 84 have the highest risk of dying from seasonal flu complications; those older than age 74 face the second highest risk of flu complications. Children age 4 and younger have the third highest risk of problems with seasonal flu.

How Can Older Adults Tell If They Have the Flu?

The symptoms of flu in older adults – whether it's caused by the more typical seasonal flu viruses or the swine flu virus – are pretty much the same as in other age groups. They may include:

- fever (usual)
- headache (common)
- tiredness and fatigue (can last two or three weeks)
- extreme exhaustion (usual at the start of flu symptoms)
- general aches and pain (often severe)
- chest discomfort, cough (common and can become severe)
- sore throat (sometimes)
- runny or stuffy nose (sometimes)

For in-depth information, see WebMD's Flu Symptoms: What You Might Feel.

Do Older Adults Get Gastrointestinal Problems With the Flu?

Although more common in children, older adults sometimes suffer from stomach symptoms, like nausea, vomiting, and diarrhea, with flu. These symptoms seem to be more common with swine flu.

What Flu Complications Should Older Adults Watch For?

Complications of flu in seniors may include:

- pneumonia
- dehydration
- worsening of chronic medical conditions, including lung conditions such as asthma and emphysema and heart disease

It's important to see your doctor immediately if you have any of these flu complications. The sooner you start medical treatment, the faster it can work to treat the more serious symptoms.

For in-depth information, see WebMD's Flu Complications.

How Can Older Adults Prevent the Flu?

The best way to prevent the seasonal flu is to get an annual flu vaccine.

Getting a seasonal flu shot is a very smart idea. It reduces hospitalization by about 70% and death by about 85% among older adults who do not live in nursing homes, according to the National Institute on Aging. Among nursing home residents, the flu shot does the following:

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- reduces the risk of hospitalization by about 50%
- reduces the risk of pneumonia by about 60%
- reduces the risk of death by 75% to 80%

Keep in mind that the seasonal flu viruses change each year, so older adults need to get a new flu shot each fall.

The CDC recommends that older adults and senior citizens also get a one-time pneumococcal vaccine. The pneumococcal vaccine helps prevent bacterial pneumonia in older adults. This vaccine can be given at the same time as the flu shot.

For in-depth information, see WebMD's Flu Shot: Influenza Vaccine.

Where Can Older Adults Get a Flu Shot?

The Centers for Disease Control and Prevention (CDC) offers an online flu shot clinic locator. Flu vaccinations are easier to find than ever. They are commonly found at walk-in clinics at many pharmacies and grocery stores. That's in addition to local health departments and many doctors' offices.

Can Older Adults Use the Nasal Spray Flu Vaccine?

FluMist is a nasal spray flu vaccine that contains a live flu virus. FluMist is not recommended for adults over age 49.

For in-depth information, see WebMD's What Is FluMist?

When Should Older Adults Get a Flu Shot?

The flu season can begin as early as September and last until as late as May. It's recommended that people get a flu shot early in the season so the body has a chance to build up immunity to the flu virus. It takes about two weeks for the flu shot to offer protection. Still, if you miss the early flu shots, getting a flu shot later still helps.

How Is Flu Treated in Older Adults?

Seniors should contact their health care provider if flu symptoms develop. A medical evaluation may be needed to evaluate for complications and treatment. Antiviral medication (Relenza, Tamiflu) may be prescribed.

Other recommendations for treating flu symptoms in older adults include:

- Get plenty of rest.
- Drink plenty of liquids.
- Ask the doctor or pharmacist before buying a new over-the-counter cold or flu medicine to make sure it won't interfere with prescription drugs or complicate existing medical conditions.

For in-depth information, see WebMD's Flu Treatment.

Are There Warning Signs of the Flu That Older People Should Look For?

While the flu can make you feel very ill, sometimes flu complications can develop that will make you feel even worse. Call your doctor immediately if you have any of these signs and symptoms with flu:

- You have trouble breathing with flu.
- Symptoms don't improve or they worsen after three or four days.
- After flu symptoms improve, you suddenly develop signs of a more serious problem including nausea, vomiting, high fever, shaking chills, chest pain, or coughing with thick, yellow-green mucus.

For in-depth information, see WebMD's Flu Complications.

MEMBERSHIP

New Members:

CAROL REPUCCI
21589 EDWARD WAY
CUPERTINO, CA 95014
Ph.: (408) 406-9777

CHUCK VIVIAN
3649 EMANUEL CT
SAN JOSE, CA 95121-2523
Ph.: (408) 691-5401

Membership Renewals

As of 30 Sep, **404 members** have renewed their dues.

127 members still owe DUES.

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

P12/13 still owe DUES.

Point Of Contact For Address Changes And Other Member Concerns:

LMMAR
O/27-6A B/163
P.O. Box 3504
Sunnyvale, CA 94088-3504

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Norm_Dhom@Earthlink.Net

Norm Dhom,
Membership Chairman

BRIDGE

Sep 4, 2012 individual duplicate - 1st place – (tie) Roger Abegg and Ken Christie and 3rd place – (tie) Alex Fucile and Dave Topka.

Sep 6, 2012 pairs duplicate - 1st place - John Parker & Tony Zadel, 2nd place - Angie Schynert & Bob Vigeant, and 3rd place – Roger Abegg & Jimmy Woo.

Sep 11, 2012 individual duplicate - 1st place – (tie) Dave Topka and Bob Vigeant and 3rd place – Ted Hinshaw.

Sep 13, 2012 pairs duplicate - 1st place - Gary Bea & Chuck Schmidt and 2nd place - (tie) Roger Abegg & Jimmy Woo and Angie Schynert & Bob Vigeant.

Sep 18, 2012 No Game

Sep 20, 2012 pairs duplicate - 1st place – (tie) Roger Abegg & Jimmy Woo and John Parker & Tony Zadel; and 3rd place – (tie) Angie Schynert & Bob Vigeant and Tom Counihan & Jerry Vaughan.

Sep 25, 2012 pairs duplicate - 1st place - Ted Hinshaw & Bob Vigeant, 2nd place - Dave Himmelblau & Dave Topka, and 3rd place – Alex Fucile & Wilma Tringaly.

Sep 27, 2012 pairs duplicate - 1st place – (tie) Ken Christie & Doug Gordon and Dave Himmelblau & Dave Topka.

MEMORANDUM

From: Communications, Corporate

Sent: Monday, October 01, 2012 5:00 AM

Subject: An Update on Sequestration-Related WARN Notices

DATE: October 1, 2012

TO: All Lockheed Martin Employees

FROM: Bob Stevens, Chairman and Chief Executive Officer

Chris Kubasik, Vice Chairman, President and Chief Operating Officer

SUBJECT: An Update on Sequestration-Related WARN Notices

For the better part of this year, we and others in industry and government have worked to raise awareness in Congress as to the devastating effects of sequestration – the federal law passed last year through the Budget Control Act that forces automatic across-the-board cuts in government spending. In July, we informed you that, without clear direction from the government about how these cuts would be implemented, the corporation could issue conditional Worker Adjustment and Retraining Notification (WARN) notices to a substantial number of employees.

We have been working closely with the government to understand our obligations under the WARN Act and to ensure our employees are provided fair treatment and appropriate notice, if their jobs are impacted by sequestration. On Friday afternoon the U.S. Office of Management and Budget (OMB) and the Department of Defense (DOD) released guidance clarifying responsibilities under the WARN Act and outlining their timeline for

making sequestration-related program decisions.

After careful review of the additional guidance provided by the Office of Management and Budget and the Department of Defense, we will not issue sequestration-related WARN notices this year. The additional guidance offered important new information about the potential timing of DOD actions under sequestration, indicating that DOD anticipates no contract actions on or about 2 January, 2013, and that any action to adjust funding levels on contracts as a result of sequestration would likely not occur for several months after 2 Jan. The additional guidance further ensures that, if contract actions due to sequestration were to occur, our employees would be provided the protection of the WARN Act and that the costs of this protection would be allowable and recoverable.

We remain firm in our conviction that the automatic and across-the-board budget reductions under sequestration are ineffective and inefficient public policy that will weaken our civil government operations, damage our national security, and adversely impact our industry. We will continue to work with leaders in our government to stop sequestration and find more thoughtful, balanced, and effective solutions to our nation's challenges.

If sequestration were to happen, we are compelled to comply with the law and will do so as respectfully and as ably as we can. While we work to stop sequestration we will also continue to petition

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the government to outline exactly how sequestration will be implemented so that we can responsibly prepare for the impact to our employees and our business. We will keep you informed through direct communication and our [LM News](#) series.

Your commitment to delivering to our customers has never wavered despite the uncertainty that sequestration has caused. We're proud of your resilience and appreciate your continued focus on our global security mission. Our values and integrity distinguish us, and will continue to distinguish us into the future.

Lockheed Martin Sponsors "Year In Space" 2013 Calendar

Discounts and Free Shipping Available For Lockheed Martin Employees, Retirees, and Stockholders Nationwide

SUNNYVALE, Calif., October 1, 2012 – For the fifteenth consecutive year, Lockheed Martin [NYSE:LMT] is a leading sponsor of "The Year In Space" Calendar, featuring images and information from the past, present and future of space exploration and astronomical discovery.

Through a special arrangement with the publisher, Lockheed Martin employees, retirees and stockholders nationwide are eligible to purchase the 144-Page 2013 Desk Calendar, and/or the new Large-Format 2013 Wall Calendar, at discounts ranging from 24% to 41%, with free standard

shipping on all domestic orders. Employees can combine orders to receive quantity discounts.

Lockheed Martin's leadership in advanced space observatories, interplanetary spacecraft, and human space exploration is portrayed in many of the 53 weekly photos in the 2013 Desk Calendar. The collection includes stunning views of Saturn and its moons obtained by the orbiting Cassini spacecraft; several incredible images of the Space Shuttle and International Space Station; a vibrant false-color view of Earth by the Landsat 7 spacecraft; a number of gorgeous deep space vistas captured by the Hubble and Spitzer Space Telescopes, and more.

The new large-format 2013 Wall Calendar, published for the first time this year, is an impressive 16" x 22" when open, and boasts over 100 space images. Featuring a unique visual design that appeals to space enthusiasts of all ages, the Wall Calendar is unlike any space calendar ever published.

Both "Year In Space" calendars can be ordered at a discount at <http://www.YearInSpace.com/both>, or by calling (800) 736-6836. There is free shipping on all domestic orders while supplies last.

Lockheed Martin Space Systems Company, a major operating unit of Lockheed Martin Corporation, designs and develops, tests, manufactures and operates a full spectrum of advanced-technology systems for national security and military, civil government and commercial customers.

Chief products include human space flight systems; a full range of remote sensing, navigation, meteorological and communications satellites and instruments; space observatories and interplanetary spacecraft; laser radar; ballistic missiles; missile defense systems; and nanotechnology research and development.

Headquartered in Bethesda, Md., Lockheed Martin is a global security and aerospace company that employs about 120,000 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.



Contacts:

Lockheed Martin, Buddy Nelson, e-mail: buddy.nelson@lmco.com

Year in Space, Steve Cariddi, e-mail: Steve@YearInSpace.com

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Lockheed Martin-Led Team to Begin Work on \$4.6 Billion Defense Information Systems Agency Contract

Lockheed Martin to Manage DISA Network Transformation

ALEXANDRIA, Va., October 3, 2012 – Lockheed Martin [NYSE: LMT] will begin managing the transformation of the Department of Defense’s global data network, known as the Global Information Grid. The determination on this Defense Information Systems Agency (DISA) contract was made by the Government Accountability Office after a protest by a competing bidder.

With a total program value of \$4.6 billion over a seven-year period, this Global Systems Management Operations (GSM-O) contract includes a three-year base contract period and includes two 2-year options to extend it to a total of seven years.

“We are gratified that the U.S. Government has made its determination, and we are ready to begin work with DISA to improve the speed and efficiency of information exchange between our joint warfighters around the world as well as their commanders and allies,” said Gerry Fasano, president of Lockheed Martin Information Systems & Global Solutions-Defense. “Our team has maintained a high state of readiness to effect a smooth

transition and an efficient, progressive path forward for the DISA.”

GSM-O is the largest of three DISA Global Systems Management contracts. It provides programmatic, operations, and engineering services; material; equipment; and facilities to support the lifecycle management of the network. GSM-O is headquartered at Fort Meade, Md., with multiple support locations worldwide.

The Lockheed Martin team will manage a smooth transition of GSM-O responsibilities and evolve the network into one that supports new communications capabilities and technologies that directly affect warfighters’ ability to achieve mission success. Lockheed Martin teammates include AT&T, ACS, Serco, BAE Systems, Man-Tech, and other specialized and small businesses.

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Media Contact: John O’Sullivan, 703.916.9478, 202.664.9448; email, john.r.o’sullivan@lmco.com

Suzanne Smith, 303.229.4456, 303.932.5230; e-mail, suzanne.m.smith@lmco.com

NOTICE

Needed: Newsletter Editor

Carl Roberts has done an outstanding job in preparing this LMMAR newsletter for many years. Carl wants to give up that task at the end of the year.

Beginning in January, 2013, we need a volunteer (or two) to take up where Carl leaves off. We will not be able to have a newsletter until we have a replacement Newsletter Editor. Carl will help the new Newsletter Editor to get up to speed.

If you think you can help please contact one of the following:

Carl Roberts, Newsletter Editor – (408) 270-8663

Norm Dhom, Membership Chair – (408) 732-2742

Lucille Wilson, Programs Chair – (408) 225-9566

Gay Morgan, Asst. Programs Chair – (408) 243-2233

Jerry Vaughan, Treasurer (408) 985-2708

Hal Boddy, Vice President (408) 245-4065

Bill Hammerlund, Asst. Treasurer – (408) 371-6899

Jerry Vaughan

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 Sunnyvale CA 94800
 Phone 408 742 7506
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October 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 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 Dave Himmelblau, phone No. 650 968-1121.
4. **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.
5. **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.
6. **LMMAR October 26th luncheon** at Michael's. Put on your costume and come join us for a fun-filled afternoon. You might even win lunch for two at our December Holiday Luncheon. Come hear the "Lockheed Martin Business Update," by Marshall Case, President of Infrastructure Service to learn what is going on at Lockheed Martin.
7. **Lockheed Old Timers'** last event of the year held at the Pizza Depot in Sunnyvale on November 13th. 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

LMMAR NEWSLETTER

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