

VIP Club Newsletter

VOLUME 24, NO. 06

www.geocities.com/vipclub2003

JUNE 2004

The Number to call for information on Unisys Retirement Status and Benefits: 1-800-600-4015.

The Number to call for information on Lockheed Martins Retirement Status and Benefits: 1--866-562-2363.

Wednesday, June 02
Wednesday, June 09

Board Meeting, Roseville
Annual Picnic Highland Park Pavilion

10:00 a.m.
4:00 p.m.

Wednesday, July 07
Wednesday, July 14

Board Meeting, Eagan
Eagan, Program & Social Time

10:00 a.m.
7:00 p.m.

JUNE PROGRAM: EAGAN

The **VIP Club Annual Picnic** will be held at 4:00 p.m. on June 09th. This event enjoys the largest attendance of any Club event each year. It will be held at the Pavilion at Highland Park. A Map is given on page 5. The Club will supply hamburgers, buns, condiments, and soft drinks. Suggestions of what to bring for the potluck portion of the Picnic are based on the first letter of your last name: A-K, Hot Dish or appetizers; L-S, Salad; and T-Z, Dessert.

JULY PROGRAM: ROSEVILLE

The Minnesota Senior Federation has prepared fresh presentations on "The Medicare Mess" and "The Drug Discount Card – Much Ado About Nothing" that Brian Berggren will bring to the meeting. Those attending can help decide which to do first. By the time of the July meeting, some of you should also have some information to share on approaches to drug discounts and any actual savings.

ADDRESS CORRECTIONS

Please send permanent address changes to Dick Mullins addressed to the VIP Club at the address given on the label page of the newsletter. Also please remember that for temporary changes the U.S. Postal Service will forward your mail.

A truly happy person is one who can enjoy the scenery on a detour



PRESIDENT'S MESSAGE

From: Dale Phelps

Mr. Bob Deflores took us back to some nostalgic days in the film industry at our May Program Meeting in Roseville. Bob is a very serious film historian and has a remarkable collection of old films. He also has been associated with some of the real stars of show business and shared some of his conversations with industry people. Some of the films he showed were: Looney Tunes with "The Tabasco Kid", The March of Time – Year 1949, Jimmy Dorsey Orchestra of 1952, News Thrills Real of 1939, and GE's Bing Crosby show of 1954.

I would encourage all of you to send in your favorite recipes to be used for the UNISYS Employee Cook Book. It will be published in conjunction with the United Way Campaign. See more details on page 3.

Lynn Farris Lindholm has graciously accepted the responsibility to help Jim Larson with the Sunshine club. Lynn does a beautiful job with the cards.

Our VIP Club Annual Picnic will be held 9 June 2004, 4:00 p.m. at the Highland Park Pavilion in St.

Paul. Suggestions of what to bring for the potluck portion of the picnic are based on the first letter of your last name. Hope you will plan to attend and enjoy good food and company.

Respectfully, Dale Phelps, VIP President

From the Editors



Brian Berggren (651-451-9009) &
Joe Schwarz (651-698-9698)

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DINING CLUBS & GROUPS

Breakfast groups and get-togethers:

One breakfast group meets monthly at 9:00 a.m. on the 2nd Wednesday of each month at the Tri-City American Legion, Old Hwy 8, New Brighton. Phone: **763-416-3903**.

Another breakfast group meets monthly at 8:00 a.m. on the 1st Thursday of each month at Joseph's Grill, 140 South Wabasha, (Wabasha and Plato) St. Paul. Phone: **651-222-2435**.

Luncheon Groups & Dinner Clubs:

One Unisys Luncheon group meets monthly on the 2nd Wednesday at 11:00 a.m. at the Old Country Buffet, Holly Shopping Center, located at University Ave. and Mississippi St. just north of I-694. For information call **651-552-1465**

Another Luncheon group (engineering/drafting) meets monthly on the 1st Tuesday at 11:00 a.m. at the Old Country Buffet at 2000 S. Robert, West St. Paul. For information call **651-456-0750**.

And another Luncheon group (Unisys and Burroughs) meets monthly on the 2nd Tuesday at 11:30 a.m. at the Mall of America 3rd floor North Food Court. We sit at the tables between the elevator and Burger King. For information call **952-854-7855**.

Dinner Club - A Unisys Dinner Club meets monthly on the 4th Wednesday at 5:00 p.m. at Champs located at 35E and Larpenteur Avenue. For information call **763-786-1044**.

MEETING & EVENT DATES 2004

Date	Time	Location	Activity
Jan. 14	7:00 p.m.	Rsvl	Program - Social Time
Feb. 11	7:00 p.m.	Eagan	Program - Social Time
Mar. 10	7:00 p.m.	Rsvl	Program - Social Time
Apr 14	7:00 p.m.	Eagan	Program - Social Time
May. 12	7:00 p.m.	Rsvl	Program - Social Time
June 09	4:00 p.m.	Park	VIP Club Picnic
July 14	7:00 p.m.	Eagan	Program - Social Time
Aug 11	7:00 p.m.	Rsvl	Program - Social Time
Sept. 08	7:00 p.m.	Eagan	Program - Social Time
Oct 13	7:00 p.m.	Rsvl	Program - Social Time
Nov. 10	7:00 p.m.	Eagan	Program - Social Time
Dec. 09	5:45 p.m.		USAF Christmas Party

Note: Rsvl = Roseville, Eagan = Eagan Community Center, Park = Highland Park Pavilion, USAF = NCO Club at U.S. Air Force Base of Hwy 62

WELCOME NEW CLUB MEMBERS

Graber, Kenneth and Ellen LM Apple Valley MN
Kubista, Thomas and Ruby Eagan MN
Mc Donnell, Patrick & Pam Johnson Lilydale MN
Miller, Gregory and Beverly Bloomington MN
Pliml, Richard and Sue U Burnsville MN
Tucker, Les and Linda Boyd MN
Wagner, Richard & Elizabeth U/B W. St. Paul MN
U = Unisys B = Burroughs LM = Lockheed Martin
D = Unisys Defense Systems

IN REMEMBRANCE

Johnson William "Bill" C. - Age 60, of Rosemount. Bill retired from UNISYS and is survived by his wife, Deborah.



Kettner, Gordon J. - Slipped away on April 14, 2004 to go home to be with Jesus. Gordy had a 37 year career with Unisys. Gordy is survived by his loving wife of 47 years, Dorothy.

Kissling, Bob - Died in St Petersburg FL. Survived by his wife Agnes.



Nagel, George J. - Age 74, passed away peacefully on May 3. Survived by his wife, Irene (nee Dotty). George was retired from Unisys with more than 30 years of service.

ANNOUNCEMENTS

RECIPES NEEDED FOR THE UNISYS EMPLOYEE COOKBOOK

Plans are underway for a Unisys Employee Cookbook to be published in conjunction with our next United Way Campaign (late summer) and the committee needs lots of good recipes to include. The plan is to collect all of the recipes **by June 15**, so that the book can be printed and ready for sale to employees during the campaign. As in the past, these books will be produced in a large quantity and will be available for purchase as gift items. All proceeds will be donated to the Greater Twin Cities United Way. Recipes can be sent to : **Unisys, Attn: UW Cookbook Team, 2470 Highcrest Road, Roseville, Minnesota 55113** or go to the web at: http://192.61.3.24/cfapps/surveys/cookbook_recipes/ and submit them online.

VIP CLUB MEMBERSHIP DIRECTORY

The VIP Club will be sending new membership directories later this summer to all VIP Club members. If you do not wish to be listed in the directory, please notify us by July 01, 2004, using the return address shown on your newsletter or email to vipclub2003@yahoo.com You do not need to respond if you already checked the "DO NOT LIST" box on your 2004 renewal form.

OLD TIMERS FIELD ENGINEERING PICNIC

Mark your calendars for the OLD TIMERS FIELD ENGINEERING PICNIC. This picnic will be at Spring Lake Park Reserve /Schaar's Bluff on the 7th of August from noon to five. This picnic is arranged and sponsored by Curt Anderson. More information and directions will be provided in future newsletters. Questions can be directed to Curt Anderson at 651-438-9851 or email anderscort@comcast.net.

BLOODMOBILE INFORMATION

Bloodmobile Information from Marion Scott: SEPTEMBER RED CROSS BLOOD DRIVES.

Wednesday, September 1st,. Lockheed Martin, Eagan needs greeters and servers 9 am-12 pm & 12 pm-3 pm.

Thursday, September 2nd, Unisys MAC Eagan needs greeters and servers 9 am-12 pm & 12 pm-3 pm.

Wednesday, September 29th and Thursday, September 30th, Unisys Roseville needs greeters and servers 9 am-12 pm & 12 pm-3 pm.

Please call Marion Scott at 651-455-7952 to sign-up.

HEALTH ISSUES

Health Issues for June 2004 – Alzheimer's

It may be too late for you and me, but researchers are looking at ways to prevent the disease's progression that may help our children. The May 2004 Scientific American discusses research into tiny proteins call ADDLs (amyloid beta-derived diffusible ligands). These small proteins are thought to produce memory deficits by binding to neurons and disrupting the ability to transmit signals. Post-mortem brain studies show ADDLs in high quantities in Alzheimer's patients and a virtual absence in normal patients.

Previously, both amyloid plaque and tau protein tangles have been proposed as culprits for Alzheimer's disease. The problem with amyloid plaque is that every older person carries the plaque but only a few develop the disease. The tau protein tangles show up later in the disease, leading researchers to consider them more a consequence than a cause. Already, the scientists know how ADDLs attach to the nerve dendrites and disrupt signals needed for short-term memories. They also found neurons in lab mice that functioned normally after removal of the ADDLs. Their search is for an antibody that would destroy the proteins and thereby prevent the start of Alzheimer's and possible reverse early symptoms.

Preventive and diagnostic findings were presented at a conference in April. Dr. Gary Small, director of the UCLA Center on Aging, spoke about strategies for memory fitness. He said only one third of those with Alzheimer's are of genetic origin; the other two-thirds result from many of the lifestyle problems that bring on diabetes and other diseases. By being physically active, eating properly, watching weight and blood pressure, and reading and doing other mental activities, Alzheimer's risk can be minimized. Dr. Small wrote The Memory Bible to discuss memory improvement with diet and lifestyle changes. A second book, The Memory Prescription, provides a two-week program for memory improvement.

In the diagnostic area, Dr. Small compared slides of CAT and PET scans of patients with normal, mildly impaired, and seriously impaired cognitive functions. The PET (positron emission tomography) scans had significant detail and were said to predict at levels of 90% or better those who would and would not get the disease.

Most of us hope for a long life, but one without escalating age-associated cognitive impairment. In other words, if we live long enough, we likely will get Alzheimer's. With such progress in research and

diagnosis, maybe the future can be a little more hopeful.

Written by Brian Berggren.

Care Disparities – June, 2004

Regional inequities in Medicare reimbursements have long been a recognized problem and have gotten worse with the new Medicare law. A new study, conducted through St. Mary's/Duluth Clinic Health System and reported in the April 2004 Minnesota Physician, looks at actual care costs between rural and urban nursing home residents in the two years before end of life.

A total of 3,740 elderly residents with chronic impairment were studied; 1,897 were rural and 1,843 were urban. The study used the following six medical services: feeding tubes, IV medication, number of hospitalizations, total hospital days, total hospital claims, and intensive care days.

Average charges for the rural residents were only 43% of the charges for the urban residents. The researchers noted the rural-urban differences were strongest for the most aggressive types of care – hospitalizations and intensive care. The study populations seem to show another type of care rationing that is even worse than the Medicare inequities. Midwestern rural care gets less and spends much less than coastal urban areas. But the real question remains to be answered: quality of care – did the disparity in care costs make the residents more comfortable, extend life, or just waste more health care dollars?

Written by Brian Berggren.

VIP CLUB MEMBERSHIP AS OF 5/5/2004
Total paid members for 2004 851
Submitted by Jack Farber, Treasurer

THE LIGHTER SIDE

A new pastor was visiting in the homes of his parishioners. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, he took out a card and wrote "Revelation 3:20" on the back of it and stuck it in the door. When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, "Genesis 3:10." Reaching for his Bible to check out the citation, he broke up in gales of laughter. Revelation 3:20 begins "Behold, I stand at the door and knock." Genesis 3:10 reads, "I heard your voice in the garden and I was afraid for I was naked."

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, "In the lake."

Those who get to big for their britches will be exposed in the end!

We make a living by what we get, but we make a life by what we give.

Winston Churchill

The last fight was my fault. My wife asked, "What's on the TV?" I said, "Dust!"

Red Skelton

TRAVEL

**WINNIPEG FOLKLORAMA 2004
AUGUST 9 THRU 12, 2004**

TOUR HIGHLIGHTS:

- Deluxe motorcoach
- 3 nights at the brand new Club Regent Hotel
- Luggage Handling
- Winnipeg guided tour
- Shopping time at the Forks Market
- 6 different countries Folklorama Pavilions
- Club Regent & Mc Phillips Station Casinos
- 3 Buy \$15.00 get \$30.00 coupons (total of \$45.00)
- 2 \$4.00 food credit coupons (1 at each casino)
- 3 Meals (1 lunch and 2 dinners)
- Tourco Firstline Tour Manager

Price Per Person:
\$399.00 Double
\$389.00 Triple/Quad
\$499.00 Single

A \$50.00 deposit per person is Required to hold your reservation (Proof of Citizenship required)

For more details see page 5 or our Web site at <http://www.geocities.com/vipclub2003> Make checks payable to TOURCO'S FIRSTLINE TOURS and send to Roger Gillette, 5628 Irving Ave. S., Minneapolis, MN 55419-1636. If more information is needed call Roger at (612) 926-7214.

WINNIPEG FOLKLORAMA 2004

Canada's largest International Cultural Celebration of sights, sounds and taste
August 9 - 12, 2004

DAY 1 This morning we'll stop for our morning coffee and roll break as we head for North Dakota. We'll stop in Fargo for included lunch then head for the Canadian border (Be sure and have your proof of citizenship on you). After clearing customs we'll head for Winnipeg, Manitoba. We'll check into our hotel for the next 3 nights, the deluxe Club Regent Hotel. The hotel has indoor pool, Aalto's Restaurant, Alley Cats Duelling Piano Bar, Playmaker's Gaming Lounge plus each room has coffee maker, hair dryer, iron and board and refrigerator. This evening we'll enjoy gaming time at the attached Club Regent Casino. You'll get a \$4.00 food credit coupon for any restaurant in the casino and a buy \$15.00 get \$30.00 coupon. As the casino is attached to the hotel, you can return to your room for time to relax. (CS, L)

DAY 2 Our day starts with our guided tour of Winnipeg including Old Market Square, legislative buildings, St. Boniface area and Assiniboine Gardens. This afternoon we'll visit Mc Phillips Station Casino and you'll get a \$4.00 food credit coupon for any restaurant at Mc Phillips Station Casino and a buy \$15.00 get \$30.00 coupon. Later we'll return to our hotel and have time to refresh prior to

attending our first night at Folklorama. We'll visit 3 different international pavilions. At the first country's pavilion we'll enjoy an appetizer with a traditional alcoholic beverage. At the second, we'll enjoy an ethnic dinner and beverage and at the third, a special dessert and beverage. All the pavilions will have unforgettable ethnic entertainment and cultural displays. (D)

DAY 3 The morning will be free until 10:00 am to relax at the hotel. Remember they have an indoor pool. Later this morning we'll return to the Club Regent Casino for some gaming action. You will get another buy \$15.00 get \$30.00 coupon. This afternoon we'll head to the Forks Market for time to browse and shop the many stores. We'll then return to our hotel for time to refresh and relax prior to heading out for our second night at Folklorama. We'll visit 3 different international Pavilions and experience their food and entertainment. (D)

DAY 4 We'll depart South this morning stopping at the border to shop the Duty Free shop then clear customs (have your proof of citizenship on you). Later we'll stop for lunch on our own, then we'll head back into Minnesota. We should arrive home early this evening.

TOUR HIGHLIGHTS:

- Deluxe motorcoach
- 3 nights at the brand new Club Regent Hotel
- Luggage Handling
- Winnipeg guided tour
- Shopping time at the Forks Market
- 6 different countries Folklorama Pavilions
- Club Regent & Mc Phillips Station Casinos
- 3 Buy \$15.00 get \$30.00 coupons (total of \$45.00)
- 2 \$4.00 food credit coupons (1 at each casino)
- 3 Meals (1 lunch and 2 dinners)
- Tourco Firstline Tour Manager

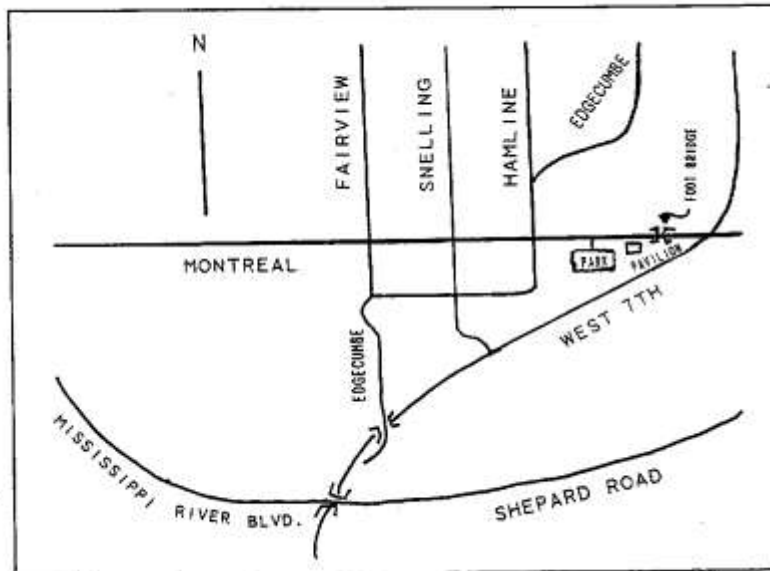
Price Per Person:
\$399.00 Double
\$389.00 Triple/Quad
\$499.00 Single

A \$50.00 deposit per person is Required to hold your reservation (Proof of Citizenship required)

MAP TO THE ST PAUL PAVILION IN HIGHLAND PARK

PLAN TO BE AT THE PARK BY 4:00 PM FOR THE PICNIC. DRESS COMFORTABLY AND EXPECT TO HAVE A GOOD TIME.

The entrance to the parking lot for the Pavilion (Highland Park Shelter building) is just west of the entrance to the park where the swimming pool is located. It is the first entrance on the south side of Montreal west of the foot bridge over Montreal.



**VIP CLUB – MS 4003
P.O. BOX 64942
ST PAUL MN 55164**

VIP CLUB OFFICERS AND CHAIRPERSONS FOR THE YEAR 2004

* = A/C 651, + = A/C 612, @ = A/C 763, # = A/C 952

**BOARD OF DIRECTORS:
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Director.....Joseph Schwarz *698-9698
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Red Cross Blood Drive
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Programs Eagan Dale Phelps #831-7843
Programs Roseville ... Jack Farber *785-9557
Newsletter Editors Brian Berggren *451-9009
& Joe Schwarz *698-9698

WEBMASTER

Joe Schwarz *698-9698
email address: vipclub2003@yahoo.com

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Christmas..... Dorothy Becker #881-3516
Picnic.....Chuck Homan *699-5180
Historian Millie Gignac *454-0971
Metro Sr. Fed.....Brian Berggren *451-9009
John Dufour *639-8289
Jim Larson *698-3963
Sunshine.....Jim Larson *698-3963
Lynn Farris Lindholm *484-1030
Travel Opportunities
Roger Gillette +926-7214
& Yvonne Cecchini at *423-9196

UNISYS Liaison, Roseville Judy Cognetta *635-6563
Printing & Mailing UNISYS Print Shop, Roseville

Lockheed Martin, Eagan Liaison Sheri Grone *456-2210

Directions to Eagan Community Center. Take Hwy 35E south or north to Pilot Knob Road. Turn left (north) on Pilot Knob Road. Turn left on Central Parkway (which is also the North entrance to Lockheed). The Eagan Community Center is at 1501 Central Parkway.

Directions to Unisys in Roseville. Take Hwy 35W south or north to the Industrial Way / St. Anthony Blvd off ramp. If coming north or south on Hwy 35E go west on Hwy 36 which will take you to the Industrial Way / St. Anthony Blvd. off ramp of 35W (Hwy 36 becomes Hwy 35W where it joins Hwy 35W). Go north on St. Anthony Blvd. to Walnut St. (the first street on the right). Turn right and go to Highcrest which is the first place where you can turn left. Past the stop sign. Bldg 3 is on the right. Gate 5 is in the center of the building.

From Hwy 280 northbound, use left lane exit just past Cty Rd B for Terminal road access (St Croix St.). Turn left at Terminal Rd, then turn right at Highcrest Rd to building entrance.