

VIP Club Newsletter

VOLUME 24, NO. 08 www.geocities.com/vipclub2003 AUGUST 2004

The Number to call for information on Unisys Retirement Status and Benefits: 1-877-864-7972.

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

Wednesday, August 04	Board Meeting, Roseville	10:00 a.m.
Wednesday, August 11	Roseville, Program & Social Time	7:00 p.m.

Wednesday, September 01	Board Meeting, Eagan	10:00 a.m.
Wednesday, September 08	Eagan, Program & Social Time	7:00 p.m.

AUGUST PROGRAM: ROSEVILLE

Our own Jack Farber will share his slides of a whirlwind tour of western and central Turkiye (Turkey). Jack will visit Ankara and share a little about Ataturk, "Father of the Turks." He will take us to Cappadokia, where the wind has carved the landscape into strange shapes, and where people lived inside hills and underground centuries ago. He will show us Ephesus, where once was the second largest library in the world. Jack will then take us to Istanbul, one of the most interesting cities in the world. We will go into the harum in Topkapi and visit Dolmabace, the last palace of the last sultan.

SEPTEMBER PROGRAM: EAGAN

Due to popular demand we are bringing back Phyllis Salchow, a Registered Occupational Therapist with the Phillips Eye Institute, who will speak on "The Aging Eye." Using both video and graphic projections, Ms. Salchow will describe normal eye functions, common age-related problems and solutions, and eye diseases of concern to seniors – macular degeneration, glaucoma, diabetic retinopathy, and cataracts. She will also demonstrate adaptive techniques and equipment that can help to maintain independence when vision is compromised. Not one of us can expect to age without vision problems at some point; come and learn. This program was so well received in Roseville we asked Phyllis to present the program again in Eagan.

The ideal summer is where the fish bite and the mosquitoes don't.

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.



PRESIDENT'S MESSAGE

From: Dale Phelps

The July VIP Club meeting was held on July 14th at the Eagan Community Center. The program featured a slide presentation prepared by the Minnesota Senior Federation (MnSF). The presenters were Brian Berggren and Warren Becker, both of whom are Federation and VIP Club members. Brian is co-chair of the Medicare Justice Coalition (MJC) of the MnSF, which with the Federation is taking a national leadership role in the fight for equal benefits under Medicare. The very informative presentation described the planned changes to the Medicare Law, the features of the new "Drug Discount Card," and the impacts of these over the next several years. Brian also provided

several handouts prepared by the MJC, which show the significant inequities in the cost of health care under Medicare for enrollees living in Minnesota vs. those in Florida. Thanks to Brian and Warren for their excellent presentation on this subject which is of personal interest to all Club members.

Dale Phelps chaired the meeting. The new portable PA system purchased by the Club Board provided quality sound throughout the room and was a big help to all those listening to the speakers. Lockheed Martin provided refreshments at the meeting.

On a final note, please keep Dale Phelps and his wife, Ruth in your thoughts and prayers. On July 15th Dale underwent total hip replacement surgery at Fairview Southdale Medical Center. The surgery went well and he is now recuperating at home. On behalf of the Club we wish him a speedy recovery and a quick return to his active role as Club president!

Respectfully, Bernie Jansen, VIP Club Vice-president

From the Editors



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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 off Hwy 62

WELCOME NEW CLUB MEMBERS

Anderson, Rip and Judy U Apple Valley, MN
French, Tom and Jean LM Rosemount, MN
Gephart, James & Marilyn U White Bear Lake, MN
Grape, John and Marge U St. Paul, MN
Lahti, William and Carol LM Apple Valley, MN
Manning, Ben and Katryn LM Apple Valley, MN
McCloskey, Judi U Eagan, MN
Patraz, Victor and Patricia LM St. Paul, MN
Pufahl, Jim and Diana LM Shakopee, MN
Schaus, Bob and Ruth Ann U Salt Lake City, UT
Simon, Andrew and Ruth LM Eagan, MN

U = Unisys B = Burroughs LM = Lockheed Martin D = Unisys Defense Systems

IN REMEMBRANCE

Dereschuk, Bernadine - 'Bonnie' - Age 70, of N St Paul. Passed away peacefully at home on June 22, 2004. Bonnie was a Unisys retiree.



Dueholm, Helen Lucille – Age 85, of St. Paul. Passed away on June 17, 2004. Helen was a Unisys retiree

Murphy, James J. - Age 58 of Apple Valley. James was born on June 23, 1946; he passed away peacefully at his home on July 7, 2004 after a long, courageous battle with cancer. Survived by his wife, Andrea. Jim was a Lockheed Martin employee and worked in the Training Department and other Logistics areas.

A MESSAGE FROM YOUR EDITORS

We again request our readers to submit pieces that might be of interest to the members. We appreciate the thanks and encouragement we've received about the newsletter content. We also realize that not every piece is of interest to all. Some of the recent retirees might be able to share some information on what our companies are doing with current technology. Also, we hope some at the Medicare-eligible age of 65 will share how the companies intend to change the supplemental plans as rules and provisions of the Medical Modernization Act become better understood.

ANNOUNCEMENTS

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. **(Spring Lake Park Reserve / Schaar's Bluff (East Shelter) is located 5 miles west of Hastings on County road 42. Turn North on Idell Ave (a sign reading "Dakota County Spring Lake Park - Schaars Bluff" marks this intersection) and go to the East shelter.)** This picnic is arranged and sponsored by Curt Anderson. 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, August 25th, Lockheed Martin, Eagan needs greeters and servers 9 a.m.-12 p.m. & 12 p.m.-3 p.m.

Thursday, September 2nd, Unisys MAC Eagan needs greeters and servers 9 a.m.-12 p.m. & 12 p.m.-3 p.m.

Wednesday, September 29th and Thursday, September 30th, Unisys Roseville needs greeters and servers 9 a.m.-12 p.m. & 12 p.m.-3 p.m.

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

ATTENTION DAKOTA COUNTY RETIREES

Dakota Area Resources and Transportation for Seniors (DARTS) is conducting a series of tours of their campus to acquaint Dakota County residents with their facility. Although last year they gave 166,000 rides in their 35 handicapped-access buses, they are more than a bus service. This unique non-profit organization offers many types of services for seniors, including: caregiver support, help at home, care management, and education programs. We, who live in Dakota County, are lucky to have this wonderful organization, it cannot be matched anywhere.

The tours last one hour and are scheduled from 8:00-9:00 a.m. on Tuesdays 8/3, 8/17, 8/31, 9/14, 9/28 and 10/12 and at 3:00-4:00 p.m. on Thursdays 8/12, 8/26, 9/9, 9/23, and 10/7. Please call the DARTS office (651-455-1560) if you are interested in attending. The DARTS office is located at 1645 Marthaler Lane (between Wentworth and Lothenbach, next to Tapemark) in West St. Paul.

I have been involved with DARTS for over 25 years and cannot praise this organization enough. Submitted by Millie Gignac

HEALTH ISSUES

Silly us. We continue to be told that our business and congressional leaders have our best interests at heart. We seniors also know these people have either something to sell or something to legislate in response to lobbying. In the July 3rd Star Tribune, Mary R. Grealy, head of the Healthcare Leadership Council (a group of healthcare company executives) asks for a truce in the Medicare political battle. She says Congress settled the Medicare prescription drug issue last December, and claims a study shows seniors will save over 20 percent on their drugs. Grealy is right in saying low-income seniors get a \$600 credit with the discount card, and that over 10 million seniors without drug coverage can benefit from the Medicare discount cards. But AARP and the Univ. of Minn. show drug prices increased at almost four times the rate of inflation in the last 12 months.

Centers for Medicaid and Medicare Services (CMS) chief Dr. Mark McClellan reported in the first week of July that less than 4 million of the 10-plus million had signed up for the discount card. He is hoping that another 3.3 million sign up by the end of 2004. Four million of the over 10 million would be eligible for the \$600 credit. McClellan has hired 3000 people to answer our 1-800-Medicare calls and reduce complaints about the new Medicare provisions before the November election.

Senate majority leader Bill Frist spoke to the National Press Club the second week in July (see David S. Broder's column in the 15 July Pioneer Press) about the U.S. health care crisis. Frist said we spend \$5,540 a year per citizen on health care, almost 15 percent of our income. With care costs rising four times as fast as wages, care costs for employer-sponsored family coverage is expected to reach \$14,500 in 2006 (and the coverage will have higher deductibles and copays). Frist also mentioned a Rand study that found patients received the recommended care for conditions such as heart disease and diabetes only about half the time. (I think Frist or Broder meant to say only half the patients get the recommended care.) Frist then warns that dealing with the problems of the uninsured, cost controls, uneven quality, and poor use of information technology will be very expensive. Broder closes with "whoever is president will find the issue waiting for him."

I submit the health issue should help determine who is elected president. With the current administration, a majority of Congress, CMS, the FDA, and HHS (Tommy Thompson's Health and Human Services) seemingly working against seniors through unrestricted drug pricing, reimportation roadblocks, and provider payment inequities we should not expect our health issue problems to be improved in the face of rising national debt. It is more likely that the big drug companies and for-profit health insurance companies with their 600 lobbyists will see the lesser change. In spite of all the talk, seniors will surely be paying more for less.

Examples of lobbying and lawmaking are the two drug re-importation bills now being considered in Congress. The Dorgan bill (supported by Sen. Dayton) would allow re-importation from Canada and other approved countries and prohibit the restriction of supplies the nine big drug companies have imposed on Canadian distributors. The Gregg bill (supported by Sen. Coleman) was crafted with big drug company approval, allows manufacturers to control distribution, would take at least two years to implement, and has provisions that conflict with Canadian law – it is a dummy bill that cannot be made law. Written by Brian Berggren.

Positive Thinking M.D.

Not all health professionals are trying to sell us something. James L. Reinertsen, M.D., Senior Fellow at the Institute for Health Care Improvement in Boston and former head of Park Nicollet, offers hope and suggestions in the July MetroDoctors. His first hope is for a more sensible and fair distribution of resources; sending twice as many Medicare

dollars to Miami than Minneapolis for the same or worse outcomes will be for the politicians and policymakers to fix. A second concern is to focus the system on chronic disease patients, such as those with heart disease and diabetes, rather than acute problems. Like the docs in Sen. Durenburger's Citizen Forum, Reinertsen believes the primary care physician should be the captain or coordinator of any multidisciplinary team.

His pick of the one thing that would make a difference in our health care system would be "...universal health coverage for all evidence-based preventive and catastrophic services supported by a broad based tax...no American would get a preventable illness because of lack of ability to pay, and no American would lose all her savings because she got sick and piled up big bills." Reinertsen calls for a single national payment method to minimize ridiculous administrative expenses. He also thinks it would be a mistake for Minnesota to allow for-profit health plans; care dollars would go in the wrong direction for administrative costs and advertising.

For those services that are neither preventative nor catastrophic, he suggests private insurance or personal money. This includes the extra test or the MRI for an aching knee or allergy shots. He also calls for standardization of the science of medicine, those common ways of doing common things that improve patient outcomes, without ignoring the art of medicine.

Miracles by the Numbers

Princeton physicist Freeman Dyson, in a book review cited "Littlewood's Law of Miracles" (John Littlewood was a Univ. of Cambridge mathematician). Dyson says, "In the course of any normal person's life, miracles happen at a rate of roughly one per month. During the time we are awake and actively engaged in living our lives, roughly for eight hours each day, we see and hear things happening at a rate of about one per second. So the total number of events that happen to us is about thirty thousand per day, or about a million per month. With few exceptions, these events are not miracles because they are insignificant. The chance of a miracle is about one per million events. Therefore we should expect about one miracle to happen, on the average, every month."

The Law of Large Numbers, a principle of probability, shows an event with a low probability of happening in a small number of instances has a high probability of happening in a large number of instances. Given the U.S. population of 295 million, a million to one event is likely to happen 295 times a day. Like gamblers counting their winnings and ignoring their losses, accepting paranormal

occurrences while ignoring the misses demonstrates only the laws of probability.

MOVIE REVIEW

Fahrenheit 9/11 is that rare movie that can generate the full range of dramatic effects: laughter, fear, outrage, sadness, disgust, and empathy. We all by now know its intent – preventing President Bush’s re-election. Some of the Bush family associations with the royal Saudis are a little oblique, as is the connection to the oil pipeline through Afghanistan.

The before and after of life in Baghdad is telling, as is the Marine recruiters working a downscale mall in Flint. The roughest contrast is with soldiers selecting heavy metal music to play while going into combat versus those soldiers who seriously wonder what we’re doing there. And nothing is as sad as the Flint mother who has lost her son. The film has an amazing collection of film clips that would convey almost as much impact without words, as when Paul Wolfowitz put his comb in his mouth and then combs his hair and then spits in his hand to pat down an errant patch.

HAPPENINGS

Working people look forward to retirement.



In order to give the employees of Lockheed Martin a little taste of what is to come for them, the VIP Club gave a presentation on retirement on 16 June 2004. Presentations were given: left to right by Brian Berggren - Medical Insurance; Joe Schwarz - Retiring at age 60-62-65 and 401k’s; Bernie Jensen - Membership in the VIP Club; John Dufour - Volunteering; Hank Dotzler – Lifestyle; Dale Phelps – Moderator; and Brinda Subbiah - Diversity Council. Brinda presented the panel members with a certificate of appreciation from the Lockheed Martin

Tactical Systems Diversity Council. This was a great event for employees and presenters.

REMEMBER WHEN

Signing Union contract at ERA in 1951 or 1952



Standing left to right: Gowan Miller, Lou Cramer, Adi Khambata, C. J. Helms, D. McMullen, Rudy Wanzong, F. Kroitlow, and unknown. Seated left to right: Union representative and John Parker.

THE LIGHTER SIDE

There was a man who had worked all of his life, had saved all of his money, and was a real miser when it came to his money. Just before he died, he said to his wife. “When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the afterlife with me.” And so, he got his wife to promise him with all her heart that when he died, she would put all of the money in the casket with him. Well, he died. He was stretched out in the casket, his wife was sitting there in black, and her friend was sitting next to her. When they finished the ceremony, just before the undertakers got ready to close the casket, the wife said, “Wait just a minute!” She had a box with her, she came over with the box and put it in the casket. Then the undertakers locked the casket down, and they rolled it away. So her friend said, “Girl, I know you weren’t fool enough to put all that money in there with your husband.” The loyal wife replied, “Listen, I’m a Christian, I can’t go back on my word. I promised him that I was going to put that money in the casket with him. “You mean to tell me you put that money in the casket with him!?” “I sure did,” “Said the wife. “I got it all together, put it into my account and wrote him a check. If he can cash it, he can spend it.”

Living on Earth is expensive,
but it does include a free trip
around the sun every year.

**VIP CLUB – MS 4003
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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

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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.