

# VIP Club Newsletter

**VOLUME 24, NO. 12      www.geocities.com/vipclub2003      DECEMBER 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, December 01	Board Meeting, Roseville	10:00 a.m.
Thursday, December 09	Christmas Party, NCO Club	5:45 p.m.

Wednesday, January 05	Board Meeting, Eagan	10:00 a.m.
Wednesday, January 12	Eagan, Program & Social Time	7:00 p.m.

## DECEMBER CHRISTMAS PARTY

Our annual VIP Club Christmas Party is on a Thursday this year; December 09 is the date and the NCO Club is the place. Following a social hour, the North Suburban Chorus will present a program of Christmas music. After dinner the Connie Villars Quartette will play music for listening and dancing. **REMEMBER TO CARRY PICTURE I.D.** For those who would like to attend but are unable to drive at night, please give one of your officers a call; we may be able to arrange a ride. (See map to the NCO Club on page 4 and reservation form on page 5).

## JANUARY PROGRAM: EAGAN

Patti McCauley, Education Coordinator and Paramedic from ALF Ambulance Service in Apple Valley, will tell us about the "VIAL OF L.I.F.E." program and demonstrate the Automatic External Defibrillator. The VIAL OF L.I.F.E. is a way of making personal medical information available to paramedics or other first responders should they be called to your home. The medical information is stored in a plastic sleeve that is put in your refrigerator. Ms. McCauley will give us forms to complete with our medical information and also the sleeve to put in your refrigerator. Automatic External Defibrillators are now in many public buildings. Being aware of how important minutes can be in a cardiac emergency and how easy this tool is to use might just help to save your life or that of a friend or neighbor.

## CHRISTMAS DINNER DANCE LAST CHANCE

The VIP Club Christmas party will be held on Thursday Dec. 09. See page 5 for menu and reservation form.



## PRESIDENT'S MESSAGE

**From: Dale Phelps**

Election of officers and directors was held at our November program meeting at the Eagan Community Center. **NO ONE NEW** stepped up to the plate to pinch hit, not even for a single or a home run !!!

Elected were the following for 2005:

President, Dale Phelps

Vice President, Bernie Jansen

Secretary, Jim Larson    Treasurer, Jack Farber

Directors are:

Hank Dotzler, Past President

Brian Berggren                      Dick Mullins

Marion Scott                          Joe Schwarz

Please consider serving as an officer or director (an office) for 2006 as we need new people to help

support our club. I have enjoyed serving you this past year.

Our November program presented opportunities for travel. Jeanie Johnston, from Sunshine Travel, talked about a March trip to New Orleans and a May trip to Holland, Michigan. Matt Hoffman, from Collette Vacations, presented a May trip to Ireland.

Hope you plan to attend our annual VIP Club Christmas Party Dinner-Dance to be held Thursday 9 December at the NCO Club. It is a gala event and I would like to see you there.

Respectfully, Dale Phelps, VIP Club President

## From the Editors



**Brian Berggren** (651-451-9009) &  
**Joe Schwarz** (651-698-9698)  
**Address:**-VIP Club, 1486 Fairmount Ave, St Paul  
MN 55105 e-mail: [vipclub2003@yahoo.com](mailto:vipclub2003@yahoo.com)

### The Newsletter Editorial Staff:

Bernie Jansen, e-mail [bjksj@hotmail.com](mailto:bjksj@hotmail.com)  
Richard Lundgren, e-mail [rflundgr@aol.com](mailto:rflundgr@aol.com)  
Don Naaktgeboren, e-mail [donfishn@juno.com](mailto:donfishn@juno.com)

**IF YOUR ADDRESS LABEL DOES NOT HAVE A 5 AFTER YOUR NAME, YOU ARE NOT PAID FOR 2005 AND YOUR NEWSLETTER WILL STOP SOON. PLEASE USE THE DUES COUPON ON PAGE 5 AND SUBMIT YOUR 2005 DUES**

## 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**.

## MEETING & EVENT DATES 2004/2005

Date	Time	Location	Activity
Dec. 09	5:45 p.m.	USAF	Christmas Party
Jan. 12	7:00 p.m.	Eagan Program	- Social Time

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

## WELCOME NEW CLUB MEMBERS

**Durand, Dennis & Bonnie** LM Spring Lake Pk, MN  
**Newel, Dean** U Daytona, FL  
U = Unisys B = Burroughs LM = Lockheed Martin D = Unisys Defense Systems

## IN REMEMBRANCE

**Boss, Garold Dean** (Gerry). Died Nov. 3, 2004. He was born May 14, 1932 in Gosper Co., NE. After graduating from Hastings College, he was employed as a Research Mathematician before moving to St. Paul, MN in 1960 where he was employed at Sperry Univac. He retired as Director of Software Development in 1989. Gerry is survived by his wife, Carol.



**Jubera, Carol A.** - Oct. 16, 1936-Nov. 8, 2004. Passed away peacefully at home after a courageous battle with cancer. She is survived by her loving husband, Raymond. Carol was a Lockheed Martin retiree.



**Stoutenburgh, Joseph S.** of Edina. In 1964, Joe moved his family to Minneapolis to take a position with Sperry Univac in the Defense Systems Division. He left Sperry in 1968 to lead ATRON Corporation, serving as President and Chairman of the Board. He rejoined Sperry in 1974, eventually becoming Vice President

of Defense Systems Engineering. Joe is survived by the love of his life, Sally, his devoted wife of 53 years.

**Zander Donald E.** Age 71 of Burnsville, passed away on 10/10/04. Survived by his wife, Darlene. Donald was a Unisys retiree.

## **ANNOUNCEMENTS**

### **BLOODMOBILE INFORMATION**

#### **JANUARY RED CROSS BLOOD DRIVES.**

Wednesday, January 12th., Lockheed Martin, Eagan needs greeters and servers 9 a.m.-12 p.m. & 12 p.m.-3 p.m.

Thursday, January 20th, Unisys MACS Eagan 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.

## **HEALTH ISSUES**

### **HEALTH INSURANCE RATES**

With the health insurance rates now out for 2005, I'm asking those outside the Twin Cities to email the Website, [vipclub2003@yahoo.com](mailto:vipclub2003@yahoo.com), with your county, state, monthly rate, and whether the rate is for insurance (under 65) or a Medicare supplement (65 and over). No names will be published.

I'd like to get some idea of the range of rates we are paying, both across the state and in other states. If it looks interesting or frightening, I'll do an article with the numbers. No point in waiting another year or two until our pension checks only cover part of our medical insurance costs. Submitted by Brian Berggren.

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### **Science of Aging**

We are lucky. Humans grow old and die. At this year's Nobel Conference at Gustavus Adolphus College, six preeminent researchers discussed aspects of aging and left us feeling fortunate for the age we have attained, hopeful that we will see many more years, and accepting that our bodies will wear out and eventually fail. I've used my notes from four of the presenters for what follows.

Other animals don't have that luxury and start dying after reproductive maturity. A telling comparison is that the only animals other than humans that live beyond reproductive maturity are our pets and the animals we keep in our zoos.

The first lecture by S. Jay Olshansky, a biodemographer, helps us with the following four definitions: aging is the passage of chronological time, senescence is the passage of biological time, lifespan is the observed duration of life for an individual, and life expectancy is the average age at

death for a population. He considers aging as simply surviving beyond the warranty period for living machines; growth, development, and reproductive life are necessary, while aging and senescence are only a byproduct.

Olshansky has suggested some design changes to the human body. He considers our bipedal locomotion a big problem; walking upright is tough on the knees and hips. Our vision is fragile and limited, we could use larger ears, more bone mass, a shorter body, the epiglottis attempts to let us use one orifice for both eating and breathing, and the prostate could be repositioned. He considers the next longevity revolution will replace body parts, modify our underlying biology, modify our germ line, and move to human cloning. His fear is that we will only extend our period of frailty and disability.

The second lecturer, Leonard Hayflick, is a cell biologist and considers humans to now live longer than we were intended to live. He considers biological aging as the loss of molecular fidelity that exceeds the bodies' maintenance or repair capacity. This progression increases our vulnerability to age-associated diseases. Hayflick determined that cells divide approximately 50 times and then die – this is known as the Hayflick Limit.

Our proteins have a molecular complexity similar to that of a bowl of spaghetti, with every turn and fold having significance. The misfolds in our proteins give us gray hair, age spots, wrinkles, cataracts, hearing loss, insoluble amyloid fibroids. All those things that we consider "aging." Hayflick thinks much of our aging success is a result of redundant physiological capacity—two lungs, two kidneys, large liver, etc., along with excess capacity in bones and muscle after reaching reproductive success.

He also states elimination of cardiovascular disease, strokes, and cancer would only add 15 years to the life span (77 to 92). He further states that elimination of Alzheimer's Disease would add only 19 days to the life span. Hayflick's conclusion is that aging is not determined by genes, that age changes occur spontaneously, that genes are unnecessary to drive any spontaneous process, and that age changes do not require instructions. He concluded by saying that no studies have shown antioxidants pass the gut.

Dennis Selkoe spoke on Aging, Amyloids, and Alzheimer's. Weakening of nerve synapse firing is at the root of Alzheimer's, Parkinson's, Lou Gerhig's, and Huntington's diseases. Alzheimer's progresses over 5-20 years and is a fatal disease; there is a 30-60% life expectancy decrease. Selkoe defined Alzheimer's as a syndrome arising from an imbalance between aB (beta amyloid) production and aB clearance resulting in a gradual cerebral

accumulation. The chemistry is becoming better understood, with a diagnostic tool (Pittsburgh Compound B) finding acceptance and work progressing on a “vaccine” to clear a B in the brain.

The most optimistic of the researchers was Cynthia Kenyon, a biochemist and molecular geneticist. Her work with the worm *c. elegans* has identified genes that control aging. Damage to the *daf-2* gene gives an average life of more than 60 days versus less than 30 days for the undamaged gene. The *daf-2* gene encodes a hormone receptor and normal gene activity speeds up aging.

Kenyon found that hormones control aging through genes that affect antioxidants, “chaperones” that bind to damaged proteins to prevent aggregation and clumping, and antimicrobial and metabolic functions. Her research has led to worms that lived 126 days; these worms had damaged *daf-2* genes and non-functioning germ cells.

Hayflick considers 122 years the maximum, and suggests we think twice before even wishing that. Extending life in the period of frailty and disability is not necessarily a desirable goal. Kenyon bets that slowing aging and extending life will be possible. And both acknowledged that they wouldn’t be around to see who was right. We should just be happy we are functioning as well as we are. Submitted by Brian Berggren.

**TRAVEL**

**TIPTOE THROUGH THE TULIPS**

Come join UNISYS-LOCKHEED MARTIN VIP CLUB on a delightful four-day motor coach tour to the Holland Tulip Festival in Michigan. Celebrate the coming of spring in true Dutch fashion at the

Tulip Festival Parade: See Nature’s finest array of

floral pageantry at Veldheer’s Tulip Farm. Enjoy Delftware artistry at DeKlomp Wooden Shoe and Delftware Factory. Amish Acres, a professional live theater production, and six delicious meals are also part of our tour, plus much more!

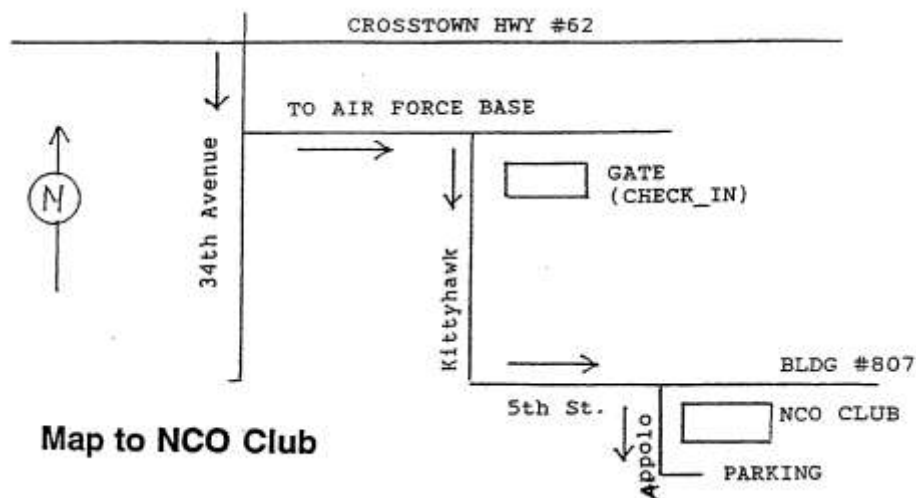
Make plans for this wonderful spring getaway, leaving May 10 and returning May 13, 2005. Your tour includes deluxe motorcoach transportation, fine hotel accommodations, baggage handling, meals, and a professional tour director. Please call ROGER GILLETTE at (612)-926-7214 for more information or visit the VIP Club Web site at [www.geocities.com/vipclub2003](http://www.geocities.com/vipclub2003).

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**ALL ABOARD FOR NEW ORLEANS AND THE GULF COAST!**

Escape the chill of winter with the UNISYS-LOCKHEED MARTIN VIP CLUB on a delightful 9-day Amtrak / motor coach tour exploring the best of New Orleans and the Gulf Coast. We’ll journey through bayou country aboard a comfortable Amtrak train. Then we’ll tour New Orleans and the Gulf Coast on a deluxe motor coach. New Orleans highlights include the French Quarter and Jackson Square, a fascinating city tour, Mardi Gras World, the Audubon Zoological Garden, and an evening of sizzling Cajun music.

Make plans for this wonderful winter getaway, leaving March 9 and returning March 17, 2005. Your tour includes round trip Amtrak transportation, deluxe motor coach transportation, six nights fine hotel accommodations, baggage handling, sightseeing admissions, six delicious meals, and a professional tour director. Please call ROGER GILLETTE at (612) 926-7214 for more information or visit the VIP Club Web site at [www.geocities.com/vipclub2003](http://www.geocities.com/vipclub2003).



## VIP CLUB APPLICATION AND RENEWAL FORM

Retiree Name: \_\_\_\_\_ Spouse: \_\_\_\_\_

Address: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
STREET ADDRESS CITY STATE ZIP

Phone: ( ) \_\_\_\_\_

Check here if your address  
or phone number has changed

New Member(s) \_\_\_\_\_  
Renewing Member(s) \_\_\_\_\_

Company: Lockheed Martin & Predecessors: \_\_\_\_\_; Unisys: Univac & Predecessors: \_\_\_\_\_; Unisys: Burroughs: \_\_\_\_\_

Please make check payable to  
the VIP CLUB and mail to  
address shown at right:

VIP CLUB  
Jack Farber  
5700 Villa Dr.  
Shoreview MN 55126

Annual dues: \$4 per Couple or  
Single. Note to new members:  
Your newsletters start after dues  
are received.

Check here if you do not wish to have your name listed in the VIP Members directory. (Directory distributed to members only)

### ABOUT THE CHRISTMAS PARTY

5:45 pm - 6:30 pm Initial social time with hors d'oeuvres  
6:30 pm - 7:15 pm Christmas Music Presented by  
The North Suburban Chorus  
7:15 pm - 8:00 pm+ Enjoy an elegant sit down dinner with your choice of  
Filet Mignon, Burgundy Chicken or Walleye Pike  
8:00 pm - 11:00 pm Dancing to the music you like by  
The Connie Villars Quartette.

### VIP CLUB CHRISTMAS PARTY, Dinner-Dance Reservation Form

Please reserve, at \$24.00 each, \_\_\_\_\_ place(s) for the Annual VIP Club Christmas Party, Dinner & Dance being held Thursday, December 09, 2004 at the NCO Club at the Air Force Base off Hwy 62. The social time begins at 5:45 pm, at 6:30 pm Christmas Music, at 7:15 dinner will be served and at 8:00 pm The Connie Villars Quartette will play music for your listening and dancing enjoyment. Please send in your reservations now, since seating is limited. **Your reservation must be received by Dec. 2nd.** If your reservation is for more than 2 persons, please attach a list of added names and you will be all seated together at a reserved table. **Picture ID required for entry to Air Force Base.**

Check here ( ) if you have attached \_\_\_\_\_ additional names.

Names: \_\_\_\_\_

Address \_\_\_\_\_

Entree selection(s) & qty.: Filet Mignon \_\_\_\_\_; Burgundy Chicken \_\_\_\_\_; Salmon \_\_\_\_\_  
Please make your check or checks payable to: **VIP CLUB**

Mail to:

Dorothy Becker  
8630 Queen Avenue South  
Bloomington, MN 55431

Phone: 952-881-3516

**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:  
OFFICERS**

President.....Dale Phelps #831-7843  
Vice Pres.....Bernie Jansen \*681-9988  
Secretary.....Jim Larson \*698-3963  
Treasurer.....Jack Farber \*785-9557  
Past Pres.....Hank Dotzler #892-0175

**DIRECTORS**

Director.....Brian Berggren \*451-9009  
Director.....Dick Mullins \*552-8837  
Director.....Joseph Schwarz \*698-9698  
Director.....Marion Scott \*455-7952

**VOLUNTEER CHAIRPERSONS**

Courage Center Programs  
Bernie & Kathryn Jansen \*681-9988  
Red Cross Blood Drive  
Marion Scott.....\*455-7952

**ACTIVITY CHAIRPERSONS**

Membership ..... Dick Mullins \*552-8837  
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

**ACTIVITY CHAIRPERSONS**

Christmas..... Dorothy Becker #881-3516  
Picnic.....Chuck Homan \*699-5180  
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.