

VIP Club Newsletter

VOLUME 26, NO. 09 www.geocities.com/vipclub2003 SEPTEMBER 2006

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, September 06	Board Meeting, Eagan	6:00 p.m.
Wednesday, September 13	Eagan, Program & Social Time	7:00 p.m.

Wednesday, October 04	Board Meeting, Roseville	10:00 a.m.
Wednesday, October 11	Roseville, Pot Luck & Program	6:00 p.m.

SEPTEMBER PROGRAM: EAGAN

Has your life had ups and downs, highs and lows, peaks and valleys? Of course it has, and in retrospect you handled it, got through it and moved on. Our speaker for September has had highs and lows that may make yours seem like the ripples on a pond of a calm summer day. Lee Peterson will speak about her book *“When the Merry-GO-Round-Stops”*. This candid tell-it-like-it-is account catapults one into a pandemonium of heart tugging reality. Peterson writes, “My daughter was born with a severe heart defect and my husband (after many years of being sick) needed a heart transplant. With four children, I had to find a way to support my family. My relief from stress was to write about the struggles of daily living.” “Being in a life/death situation is hard enough for anyone, but I have to believe that it is made harder when the bills are piling up, and you can’t pay them. The merry-go-round was starting and it kept speeding up, making it impossible for me to jump off”. Don’t miss her endearing story told with love, strength and a wonderful sense of humor.

OCTOBER PROGRAM: ROSEVILLE

The evening begins at 6:00 p.m. with a pot luck dinner, followed by a musical program. Our program “Music That Tickles” will be provided by J. Shawn Sweeney. In a world that has come to promote sameness above creativity, endless sequels over originality and a bland, soulless fast food mentality to almost every human endeavor, J. Shawn Sweeney provides a refreshing, eccentric alternative to the

cookie cutter approach so prevalent in our cellular society. Combining an exquisitely expressive and flexible voice, a wonderful and evocative musical timing and an offbeat and, yes, somewhat warped sense of humor, Shawn provides you, his listener, with a wonderful musical experience guaranteed to touch your heart and tickle your funny bone. **What to bring** for the pot luck meal is based on the first letter of your last name: A-H, Hot Dish, I-P, Salad, and R-Z, Desert.

ADDRESS CORRECTIONS

Please send permanent address changes 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: Bernie Jansen

The Newsletter staff and your President have enjoyed the respite provided by not having a July deadline to issue the separate August Newsletter. We now plan on again issuing monthly Newsletters. The Board is considering for next year to reduce the number of Program meetings and the frequency of

issuing the Newsletter. This subject will be discussed in more detail at our September Board Meeting. You will be notified if any changes are approved.

We have been fortunate this summer to have had two excellent Programs. On July 12th, Mr. Henry A. Oertelt recounted his experiences during the 1940's while growing up and living in Nazi Germany. He survived the Holocaust and endured living in two death camps at Auschwitz and Flossenbürg. His presentation was videotaped by TV channel 11 for later use in a special TV program about Mr. Oertelt. His program was well received and discussed by the more than 50 members and friends in attendance. On August 9th our program featured a slide show on Northern Italy by Jack Farber, our Club Treasurer and World-traveler in his own right. Jack's well done presentation including background theme music was enjoyed by the thirty members in attendance.

In last month's President's Message I noted that Jack Farber our Treasurer had resigned effective the end of August. Board Director, Lowell Benson has volunteered to assume the Treasurer responsibilities and has also committed to run for this office for the 2007 Calendar year! The Club again thanks Jack for his many years of dedicated service and we extend best wishes to Lowell as he assumes the duties of Club Treasurer. At the August Board Meeting, the 2007 Nominating Committee was activated under Chairman Past President, Dale Phelps. Dale has contacted all current officers and Board Members. He reports that Brian Berggren will run for President replacing me as the current President. Also all other Officers and Directors will run for re-election to their current positions for 2007. The net result is we have two openings on the Board for 2007 – the position of Vice President and the Director position vacated by Lowell Benson. . Please contact Dale Phelps if you would like to volunteer to fill one of these vacancies.

VIP Club members of the LM Legacy project Lowell Benson, Dick Lundgren, Harry Wise and I participated in the Corporate Legacy Project review hosted at LM, Eagan on August 1st. Also on August 2nd Dick Lundgren and Harry Wise took part in visits by the group to the Charles Babbage Institute and the Minnesota History Museum. Dick, Lowell and Harry have received commendations from Eagan LM management for their efforts in supporting the LM Legacy Project: Lowell for his design and implementation of the Legacy Project Web Site; Dick for establishing the ongoing interface with the Charles Babbage Institute; and Harry for his leadership in explaining the technology of the

Magnetic Drum which was crucial to the success of ERA 60 years ago! Refer to the "Legacy News Update" on page 3 for more information on the Legacy History Project

Respectfully, Bernie Jansen, VIP Club 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 2006

Date	Time	Location	Activity
July 12	7:00 p.m.	Eagan	Program - Social Time
Aug 9	7:00 p.m.	Rsvl	Program - Social Time
Sept 13	7:00 p.m.	Eagan	Program - Social Time
Oct 11	6:00 p.m.	Rsvl	Pot Luck Program
Nov. 08	7:00 p.m.	Eagan	Program - Social time
Dec. 14	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

Beers, Warren & Judy	U	Red Wing MN.
Bernauer, Jerry & Donna	U	Burnsville MN.
Chesky, Dan & Kay	U	Bloomington MN.
Fox, Alan	U	Chanhassen MN.
Hokenson, Gary & Sherry	L	St. Paul MN.
Keane, Thomas & Kathleen	U	Wht Bear Lake MN.
Niziolet, Ron & Carol	U	Elk River MN.

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

IN REMEMBRANCE

Berg, Roy Alfred - Age 86, of Elk River, MN, on August 3, 2006. Roy will be sadly missed by Agnes, his wife of 59 years. Roy retired in 1986 after 38 years with Sperry-Univac.

Burnett, Norman K. - Age 79 of Apple Valley, MN. He is survived by his wife, Marilou. Norman was a Unisys retiree.

Fletcher, Larry L. - Age 71 Of Prior Lake, MN. Larry passed away on July 12, 2006. He is survived by his wife, Gerry. Larry was a Lockheed Martin retiree.



Foster, Edward L. - Age 71 of Woodbury, MN. Born Dec. 18, 1934, passed away July 26, 2006. Survived by loving wife, Mary Lou. Edward was a Unisys retiree.



Gilstad, Richard Lawrence - Born July 3, 1928. Called Home to God July 23, 2006. He is survived by his wife, Mary Lou. Dick was an engineer, writer, editor, an elder and deacon in his church. Dick was a Unisys retiree.

Moe, Walter - Aug. 12, 1918 - July 5, 2006, in Oregon. Walter lived most of his life in the St. Paul area. Wally had an Electrical Engineering degree

from the U of M; served in the Navy in WW II, and worked for ERA, Univac, and Control Data.



Runyon, Ernest G. "Tut" - Age 83 On July 12, 2006. Preceded in death by wife Viola Larson. He worked at Honeywell, Univac, Ace Hardware and MN DOT. Tut was a Univac retiree.

Wylde, William H. - Age 71 Of Burnsville, MN. Passed away peacefully on July 3, 2006. He is survived by his wife, Carol. Bill retired from Unisys in 1994.

ANNOUNCEMENTS

Science Museum Program Submitted by John Thompson

Starting in September, The Science Museum will declare the first and third Tuesdays "Senior Tuesdays." This means you will not be overwhelmed by large groups of students. Seniors will be invited to a quiet visit in the Museum at reduced cost, and offered free coffee and something to nibble on. Those of you who have a scientific background will no doubt enjoy the Experiment Gallery on the third floor. Others may prefer staring down the dinosaurs, or viewing the 3D theater. In addition to the lobby on the fifth floor, there are numerous displays in the Mississippi River Gallery.

Since my retirement from Univac in 1983 I have been a volunteer at The Science Museum of Minnesota. I have enjoyed this activity, and invite fellow retirees to visit the Museum. I am stationed on the 4th floor in the Collections Gallery, where I have stone tools, animal pelts and American Indian artifacts. There are other displays on the 4th floor including a Cell Lab and many displays relative to the human body. I am looking forward to seeing some old friends and acquaintances at the Museum.

Membership statistics:

Three membership years for \$12 has been a stunning success, 66% of our 929 members are enrolled through 2008. Another 2.5 % are enrolled beyond 2008. Only 29% of the recipients of this Newsletter have memberships expiring at the end of this year.

Uni-hog/Uni-turkey luncheon:

Mark your calendar for November 17th - registration information will be in the next Newsletter.

LEGACY NEWS UPDATE

Visit from Lockheed Martin Corporate Office

Two directors, Barbara Reinike and Shelly Paup, from the LM Corporate Office in Bethesda,

Maryland visited LM on August 1st and 2nd to hear about our efforts in documenting the Legacy of LM Eagan. They represent the LM Legacy Initiative at the highest corporate level and have purview over all divisions/units of the company in this respect. They regarded their visit as very successful, and they were impressed by the enthusiasm of all involved.

At the LM facility in Eagan on August 1st, various Legacy team members, including the Executive of Interest Lee Meyer, presented the current status of our legacy effort as well as our plans for the future. We emphasized the involvement of both active employees and retirees, and VIP Club member Lowell Benson walked the corporate visitors through our initial legacy website (<http://www.usfamily.net/web/labenson/Legacy.htm>). They mentioned that the website approach was consistent with their vision at the corporate level. An innovative feature of the website was the "Collective Authoring" approach which provides for written input of many employees who have lived through so much history and are so very capable of capturing it for future reference. Another key element of our presentation was our comprehensive computer genealogy chart from 1946 to the present. We presented this genealogy chart as the roadmap of our legacy effort. The evolution of our computers, and the systems built upon them, is the record of our legacy.

On August 2nd the group convened at the Charles Babbage Institute at the University of Minnesota. The past director (Dr. Arthur Norberg) and the current director (Dr. Thomas Misa) welcomed all and discussed the background, purpose and functions of CBI. They also provided a tour of their underground repository for the safe storage of all their archival material. The LM directors then spent time examining historical material which had been brought to the reading room for them, and making copies of selected items to take back to the corporate office. The last stop of the day was at the Minnesota Historical Society to view two legacy artifacts - the first magnetic drum produced by ERA in 1946 and a UNIVAC II console. All members found the two days to be very interesting and rewarding.

LM Legacy Website features "Collective Authoring"

The development of the legacy website continues with additions of multiple written inputs from many very knowledgeable employees from all different business areas and decades. The goal is to exceed "Collective Authoring" content from more than 100 different legacy sources. Check out some of these write-ups by going to the website, <http://www.usfamily.net/web/labenson/Legacy.htm>,

and clicking on "Careers." Great examples are provided by Lowell Benson, Millie Gignac, Keith Behnke, Don Lovely, Manny Block and many others. Also click on "Systems" and then "Air Traffic Control" to find an excellent write-up from Jack Sater. Likewise click on "Support" to find an excellent write-up by Mike Svendsen on the topic of "Component Acquisition." Submitted by Dick Lundgren, rflundgr@aol.com.

HEALTH ISSUES

CRBestBuyDrugs.org

Consumer Reports and the Oregon Health and Science University-based Drug Effectiveness Review Project have evaluated drugs for effectiveness, safety, and affordability. Locally, the Minnesota Senior Federation is helping to publicize this program.

The website, *CRBestBuyDrugs.org* provides information on need, use, cost, and generic and brand names for many of the common classes of drugs used by seniors. These classes include: ACE inhibitors, BETA-blockers, calcium channel blockers, antihistamines, NSAIDs, and many others. Check out the website and compare your drug list with the website's recommendations. Submitted by Brian Berggren.

Drug Over-prescription

The book *Generation Rx* by Greg Critzer takes a look at both the politics and medicine of our over-prescribed society. The following paragraphs are representative of many of the issues and problems Critzer describes in his book.

The liver makes glucose for cell nutrition and stores excess sugars as glycogen. Hepatocytes take drugs, which are fat-soluble, and add a molecule to make them water-soluble and excretal. (All drugs, to the liver, are poisons.) Hepatic idiopathic is a way of saying some people are good "drug processors" and some are poor processors. This is why some people react more quickly or slowly to drugs, or have a high sensitivity to reactions or have little effect. About one-half of drug-induced liver injury is caused by acetaminophen (Tylenol).

The COX-2 painkillers, like VIOXX, were approved by the FDA on the supposition they were easier on the gut than traditional anti-inflammatories (aspirin, naproxen, ibuprofen, NSAIDs). By 2004, 74% of COX-2 users were not in the group at risk for ulcers, they got the drugs because they were new. VIOXX users with cardiovascular risk were told by Merck to take daily aspirin in 1999. In 2001 the FDA scolded Merck for the recommendation. "Taking aspirin with VIOXX cancelled the gastric protection that was the

sole reason for taking VIOXX over aspirin in the first place.”

Statins work by inhibiting coenzyme A used by the liver to make cholesterol so users can keep eating the fatty foods. Many times statins (Lipitor) are prescribed when diet and exercise would control the cholesterol.

A 2002 study of 45,000 patients by the National Heart Lung & Blood Institute compared diuretics (reduce water retention) with Norvesc (calcium channel blocker) and Prinivil (ACE inhibitor). ACE users had a 15% higher risk of stroke and channel blockers only a little better. Costs: diuretics, \$25/yr; CCBs, \$500/yr; ACE inhibitors, \$250/yr.

We used to just have heartburn. Now we have gastrointestinal esophageal reflux disease (GERD). GERD is treated by H2 blockers and proton pump inhibitors. These “cure” by suppressing stomach acid, not by controlling a loose esophageal sphincter. The problem is not too much acid. The drugs allow us to eat fatty and sugary foods. But with the drugs we have too little acid that leads to a severe lack of digested minerals that are essential to the health of all key organs. Submitted by Brian Berggren.

Medicare Stuff

What kind of questions do you ask to get the poll results reported by the Kaiser Family Foundation? The June poll reported, “80 percent of people enrolled in Medicare drug plans were satisfied, although fewer than half report saving any money.” Another 18 percent reported major problems. You would think that with more than half not saving money, having their formulary limited, and a fair number of the enrollees approaching the donut hole where they pay all of their drug costs plus the premium, a bigger number would register some unhappiness. I guess you only have to tell them they’re getting a good deal.

Medicare premiums for Part B are projected to go up 11.2 percent for 2007 to at least \$98.40. This is the number if physician payments are cut 4.7 percent as had been expected. A new number put out the first part of August has the cut going to 5.1 percent. No good things can happen. Either the Part B premiums will go up, doctors whose Medicare reimbursements don’t cover overhead may stop seeing Medicare patients, or Congress will restore funding so the cuts can at least be reduced.

Even when Centers for Medicare and Medicaid Services tries to limit excessive costs the lobbyists and politicians whack them. Medicare recognized that it was paying too much for implantable cardioverter defibrillators and heart stents and proposed a 20 to 30 percent reimbursement

reduction (these products have 50-plus percent profit margins for the manufacturers and the reimbursement rate allows the super docs to get to seven-figure billing and heart hospitals to show big profits). Anyway, rather than save billions, Medicare rolled over and decided the medical device biz would not get more than a 5.4 percent cut. Naturally, both the StarTrib and Pioneer Press put this information in the business sections. Submitted by Brian Berggren.

Non-Medicare Stuff

Primary care versus specialist ratios showed up in an odd group of conversations and presentations. In a comparison of health systems internationally, Dr. Steve Miles told us our weak primary care gave us worse health and higher costs; outside the U.S. the ratio is 60 percent primary care to 40 percent specialist. Dr. John Wennberg in the Dartmouth Atlas Project reaches the same conclusion about health and costs within the U.S.; those areas with high proportions of specialists had higher costs and worse health outcomes. Lastly, an AMA slide shown at the last Medicare Justice Coalition meeting identified Minnesota and North Dakota as the only states with more than 50 primary care doctors per 100,000! New Jersey, Florida, the usual list, had fewer than 20 primary care doctors per 100,000. Lower cost and higher quality care are universally recognized to occur with good primary care for the population, as happens here – and outside the U.S. Submitted by Brian Berggren.

TRAVEL

SHADES OF IRELAND.

Join the Unisys Lockheed Martin VIP Club on a wonderful ten-day trip to Ireland. Highlights include Limerick, Cliffs of Moher, Galway, Killarney, Blarney Castle, Kilkenny, Dublin and more. This tour is scheduled for August 14, 2007. Price for this tour is \$2723 pp and includes taxes and fees. Departure will be from Minneapolis St. Paul international airport. For more information contact Roger Gillette at (612)-926-7214 or email Roger at rg5628@hotmail.com.

THE LIGHTER SIDE

A guy in Paris nearly got away with stealing several paintings from the Louvre. However, after planning the crime, getting in and out past security, he was captured only 2 blocks away when his Ford Econoline ran out of gas. When asked how he could mastermind such a daring and otherwise brilliant crime and then make such an obvious error, he replied: "I had no Monet to buy Degas to make the Van Gogh."

**VIP CLUB
P.O. BOX 131748
ROSEVILLE MN 55113-0020**

VIP CLUB OFFICERS AND CHAIRPERSONS FOR THE YEAR 2006

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

**BOARD OF DIRECTORS:
OFFICERS**

President.....Bernie Jansen *681-9988
Vice Pres.....Brian Berggren *451-9009
Secretary.....Lynn Lindholm *484-1030
Treasurer.....Jack Farber *785-9557
Past Pres.....Dale Phelps #831-7843

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Director.....Dick Mullins *552-8837
Director.....Joseph Schwarz *698-9698
Director.....Marion Scott *455-7952

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Red Cross Blood Drive
Marion Scott.....*455-7952

ACTIVITY CHAIRPERSONS

Membership.....Dick Mullins *552-8837
Programs - Eagan and Roseville.....
Dale Phelps #831-7843
Newsletter Editors Brian Berggren *451-9009
& Joe Schwarz *698-9698

WEBMASTER Joe Schwarz *698-9698
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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.....Lynn Farris Lindholm *484-1030

Travel Opportunities
Roger Gillette +926-7214
& Yvonne Cecchini at *437-9278

UNISYS Liaison, RosevilleSue Carrigan *635-7955
Printing & Mailing UNISYS Print Shop, Roseville.....

Lockheed Martin, Eagan LiaisonTierney Helmers *456-4963

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 Road. It 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.