



# RETIREE'S CLUB OF ARIZONA



## NEWSLETTER



### September 2011

### Honeywell

PO Box 11633 Scottsdale Arizona 85271-1633

[www.garrettretireesaz.com](http://www.garrettretireesaz.com)

#### 2011-2012

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President **Ed Taschner** welcomed members and guests to the meeting on April 6, 2011. **Bob Elliot** led the Pledge of Allegiance.

**Ken Blakely** rose to talk about the passing of **Roger Heldenbrand**.

Ed recognized **Don and Carolyn Lakeberg** from Oregon who stopped in to visit the meeting

**John Evans** spoke to the membership about the Veterans History Project (<http://www.loc.gov/vets/>). This is a national project to capture veterans experiences for future generations. The local office is in the Tempe History Museum.

80,000 histories are already archived in the Library of Congress. In addition to veterans, civilians (WASP, USO, etc.) who were actively involved in the support of war efforts, are invited to share their experiences. Interviews last anywhere from 30 minutes

to 2 hours. 1 copy is sent to the Library of Congress and 1 copy is stored at the Tempe History Museum.

Our second speaker was **Dr. Nick Messing** speaking on Health and Wellness. His 1<sup>st</sup> topic spoke to toxicity in our environment. Toxins can be found in air, water, food we eat and on our skin. Our bodies are continuously trying to filter out this daily bombardment but can be overloaded.

On the subject of nutrition, Dr. Messing indicated that there are 90 essential nutrients that our bodies need on a daily basis. 60 of these are minerals. Unfortunately, most of our food is nutritionally bankrupt, as pesticides and herbicides kill soil micro-organisms that break down the minerals so that they can be absorbed by plants. If one takes supplements to counteract this issue, Dr. Messing recommends that one should take organic or ionic supplements only.

#### Upcoming Events

- Sept 7 – Meeting – Leigh Dechaine - Reno Air Races
- Oct 5 – Meeting
- Nov 2 - Meeting

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Dr. Messing believes that ageing is accelerated by free radicals causing oxidation within our bodies combined with poor nutrition and environmental toxins.

To counter these effects, Dr. Messing recommends dietary supplements and nutritional cleansing and the cellular level twice monthly. This is in addition to 20 minutes of daily exercise, and if sedentary, drinking ½ your body weight in ounces of purified water daily.

Our speaker at the next meeting will be our own **Leigh Dechaine**. He will be talking about the Reno Air Races and National Aviation Historic Invitational (part of airshow).

The 50/50 winners were **Russ Roberts** and **Gary Kains**.



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### President's Column

Welcome back from wherever you've been this summer! Hope everyone took a great trip or vacation or simply had a great summer at home with family and friends.

Great news for the Club! John Lester has stepped forward to pick up the Vice President's duties. He was recruited for the job by Warren Koepsel. My hearty thanks to Warren for helping us out at a time of need. I'm looking forward to working with John who will be working for you to make our Member Meetings informative and memorable.

I'm looking forward to this 2011/12 meeting season as an opportunity to develop a better recruiting process for new members and new officers. John Lester suggested we become involved with the retirement process at Honeywell, such as inserting a Club flyer in their separation package. We'll be exploring this and any suggestions we can get from our body of members.

Last year we worked hard to update the Club Operating Guidelines. One of the significant improvements was the adoption of two ad hoc members to the Board of Directors. The primary job of these two directors will be to represent the membership in general for discussions and votes affecting the Club. By the time you see this article, the Board will have selected these two members which we'll announce at September's meeting.

You can be proud that we are contributing a portion of your dues to scholarships at AU, ASU, & NAU. The first award this season went to David Konves, grandson of Club members John & Margery Konves. This is David's second consecutive Club scholarship. He is a junior at ASU studying Biomedical Engineering.

This year we'll get back to our focus on charities and giving back to our communities. I know Dick & Joyce Carpenter are always looking for hospital volunteers. Dick Luther works as a volunteer to maintain hiking trails in and near Scottsdale. I'm sure plenty members

can tell us about other opportunities. Let's hear from you!

We're always interested in feedback about the newsletter, or any other services provided by your board. So please let Stu or any other Board member know what you like or would like to see in your publication and activities.

Don't forget ... we'll be having special events throughout the year, such as the Holiday Luncheon (Dec), our Spring Picnic (Apr'12), plus, perhaps, a cruise or two. There is already a cruise scheduled under the sponsorship of Barbara Ripstein at the Honeywell Club in North Phoenix. It is a 14 day cruise on the Sapphire Princess from the west coast to Hawaii. Call Barbara at (623) 566-1572 for the details.

Your Board of Directors looks forward to serving you this year. Let's make it a great one!

*Ed*

This month's charitable donation went to the **Mohammed Ali Parkinson's Center of Phoenix**. A Thank You notes were received from **Sunshine Acres** and the **AZ Science Center**. Club guidelines now dictate that we support local charities exclusively.

A list of the charities from which the board chooses monthly donations is posted on the website. If you have a favorite charity you would like the club to consider for donations, please bring it to our attention.

We are looking for volunteers to call members to remind them of upcoming meetings. If willing to help, please contact **Diane Bennett**.

**Have you moved?** If so provide your new address to **Diane Bennett** in order to continue to get this terrific newsletter et. al.

We welcome any member who wishes to speak to the meeting on a topic of general interest. To do so, please contact any Board Member immediately prior to the start of the meeting.

The Club issues new membership rosters each year. We ask you to properly destroy (shred) old rosters. This information is provided so that our members may stay in touch with good friends. We do not wish this information to fall into the hands of solicitation organizations or worse.

Please remember to wear your badge to meetings and functions. It sure helps in remembering names. If you have lost your badge, **Diane Bennett** can make you a new one for a \$2.00 charge.

**Reminder** - we no longer charge dues for the spouse of couples who are both retirees from AiResearch/ Garrett/ AlliedSignal/ Honeywell.

Our monthly meetings are held at the **Scottsdale Senior Center, 1700 N. Granite Reef**, (just north of McDowell). The meetings are held on the first Wednesday of every month, September - May, except for December -

our Holiday Luncheon. Our social hour begins at **1:00 pm**, club business is conducted at **1:45 pm**, the presentation starts at **2:00 pm** and adjournment is at **3:00 pm**.

Board meetings will no longer be held prior to the regular meeting. However, we do welcome your input and please contact any board member or send the editor any items that may be of interest to our members.

### **HELP EACH OTHER**

If you need some assistance, e-mail [smitnik@cox.net](mailto:smitnik@cox.net) with your need and contact information.

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AiResearch/Garrett Historical Information - **Ed Gammill**, Historian, asks that if you send/give him photos, please write on the back the names of everyone in the photo. **Jack Bigus** sent a pile of old AiR-eporters and some old Employee Club Newsletters from when he was Jr. Bowling Director to be added to the stack of historic data.

### **NEWS YOU CAN USE**

The Granite Reef Senior Center is hosting the 28<sup>th</sup> annual **Senior Arts and Crafts Fair**, on Saturday, November 19, 2011 - 10 a.m. - 4 p.m. If you interested in selling homemade crafts, paintings, jewelry, photography, holiday decorations, clothing etc. at the Senior Arts & Crafts show, visit the City of Scottsdale's [tax & license website](#) for detailed information on becoming a special event vendor within the

City of Scottsdale. No computer, Call the Senior Center at 480-312-1700 for more info.

The Club periodically receives information about employment opportunities that may be of interest to our members. We put notices in the newsletter and post them on the website when new opportunities become available.

### ----- **Commemorating the passing of Larry Derksen:**

If you ask any of the engineers who started at AiResearch Manufacturing Company in the 1950's and 1960's who hired them, you'd get the name Larry Derksen. Larry was in charge of Engineering Personnel as it was called in those days.

Larry was an avid bridge player in the AiResearch Bridge Club that met in the evening at the Employees Club House.

Larry and his wife Maureen were married for 67 years, had 7 children, 28 grandchildren and 17 great grandchildren.

Larry was a serious fly fisherman and duck hunter. He was a veteran of WWII serving in the Army Signal Corps in the South Pacific. At the time of his retirement in 1980 he worked in Product Support.

Larry will be missed by his many friends from work.

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The Retirees Club Board has decided that for sale or trade items will not be published in the newsletter. However, we will provide a bulletin board at each meeting where any club member may post for sale or

trade items for the duration of the meeting. All postings will be discarded at the conclusion of the meeting.

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If you would like to honor or provide information about a member with a newsletter blurb, please e-mail the information to [smitnik@cox.net](mailto:smitnik@cox.net).

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**Honeywell Health and Wellness Center memberships** are available for retirees and their spouses at just \$10 per month per person. Get together with some of your buddies! Call them! Phoenix 602 -231-7920, Tempe 480-592-1389. **Wellness Center** info is also posted on our website.

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**2011 Activity Calendar Honeywell Retirees of Arizona (Honeywell North):**

- September 21 Four Peaks Brewery
- October 6 Volunteer at Food Bank
- October 26 Oktoberfest
- November TBD Financial Seminar
- November 22 Arizona Science Center
- December 8 Honeywell/Sperry Christmas Party
- December TBD Fall Golf Tournament

More info at [WWW.HRCAZ.ORG](http://WWW.HRCAZ.ORG)

**Other Stuff**

If you don't pay your exorcist, you get repossessed.

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back," said one child. "No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

***In Memory of our departed friends and co-workers***

**JAMES APLEGATE  
JESUS ARANDA  
CHARLEEN BEENY  
E. BENNINGTON  
WILLIAM BOON  
R. BIROCCI  
SHERIE BROWN  
DOROTHEA CAMPBELL  
DOROTHY CHESSE  
FRED CONOVER  
RICHARD CORNELL  
ALTON CURTIS  
FLORENCE DANFORD  
CLYLE DAWSON  
LARRY DERKSEN  
JAMES DOMIGAN  
TERRENCE DYKSTRA  
DONALD EISENHART  
JOHN FORBES  
WALTER FOX  
THOMAS GOODMAN  
JAMES GRAHMANN  
ROBERT GRUNTORAD  
HUGH HARPER**

***In Memory of our departed friends and co-workers***

**ERMA HOOVER  
VIOLA HOPKINS  
R. HOSLER  
LUTHER HOWELL  
DOROTHY JENNINGS  
SHIRLEY JACOBS JABON  
GUYLAND JENSEN  
RICHARD KAISER  
L. KIRCHER  
STEPHEN KLINE  
FRANCESCO LAMANNA  
MICHELLE  
LOUDERBACK  
EDWARD MAJORS  
ALBERTO MARTINEZ  
BEVERLY MAY  
J. MCCLEVE  
RICHARD MCMAHON  
J. MERRILL  
VALBORG NIELSEN  
PAUL OLIVIER  
CONSTANCE PACHECO  
E. PHILLIPS  
GEORGE PINSON  
JEROME PORTER  
JAMES PRATT  
EDWARD PRIVOZNIK  
PAULINE RUSSELL  
L. SCHMID  
LARRY SHEAKS  
STANLEY SHIPMAN  
JAMES SHORE  
DOUGLAS SMITH  
L. SULLIVAN  
JUSTIN TANNER  
CAROLYN WATERBURY  
DOROTHY WHEELER  
HAROLD WHITTEN  
ZEKI YILMAZ**